



The Messenger

The Lutheran Church of the Good Shepherd
Olney, Maryland

September

2020

“The Renewing of Your Mind”

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. --Romans 12:1–2 (ESV)

Since September marks the start of a new school year, it seems like an appropriate occasion to reflect upon Romans 12:1-2 (which we heard in church just a couple of Sundays ago), in which St. Paul urges us to be transformed by the renewal of our *minds*.

According to Paul, what God wants of us is not a burnt offering of lambs or goats or doves, but rather a *living* offering of ourselves, of our whole lives. Worship, says the Apostle, is not just what we do on Sunday morning, important as that is (and we'll come back to that later); rather, worship is meant to be what we do with every moment of our lives—as we pursue our jobs, as we study in school, and as we live together in this community, with the fellow members of the body of Christ. What we do in those places is our offering to God.

Paul calls this activity our “spiritual worship.” Now, that’s a tricky expression. Those of you who grew up with the King James Version may recall that the King James says, “This is your reasonable service,” which I like better. I might go with, “This is your rational worship.” In any case, it seems to mean something like, “This is the right way to worship with your mind.” I think what Paul is saying is that loving God with all your mind is not just a matter of having the right ideas about God but of carefully thinking through how to serve God and our neighbor with our bodily actions, because the body is controlled by the mind.

But if we are going to take up the rational worship of offering ourselves as living sacrifices to God, we need to be properly equipped. And so, Paul says, “Do not be conformed to this world, but be transformed, by the renewal of your minds.” Do not let yourself be shaped according to the pattern of this passing age, but be changed from the inside out.

Paul presents a serious challenge to us middle-class American Christians. We are all too quick to shape ourselves according to the values of this age. Too often we are uncritical consumers of a culture that is profoundly at odds with the priorities of Christ. We can hardly avoid it; after all, we live surrounded by a pervasive and powerful cacophony of advertising and political messaging, molding our desires and fears and our sense of self in order to sell us things that, most of the time, we don't really need. Now, I'm not suggesting that we need to shun “secular” culture—as if that were really even possible. I firmly believe that Christians need to engage the culture around us rather than run away from it. But we do need to test and to discern. We need to be aware of ourselves and of the influence that the media and the surrounding culture and our social circles have on our attitudes and ideas. To do that, our minds need to be transformed. Our intellects need to be re-shaped after the pattern of God's wisdom which is why we need to be students of Holy Scripture. Notice that Paul doesn't say, “transform yourselves”; rather, he says, “be transformed,” in the passive voice. It's something we can't do for ourselves. Only God can bring about the transformation we need, and it is in God's Word that we encounter his transforming power.

That is why it is so important to be present in worship (whether physically or virtually), where the community of God's people gathers around the proclamation of the Word. And that is why LCGS offers

Sunday School and various Bible studies, so that young and old alike can grow in their knowledge of Scripture. And that is why it is so valuable to set aside time for personal reading of the Bible, so that "every word that proceeds from the mouth of the Lord" might become your daily bread.

Because only God's Word tells you who you truly are and how much God loves you and what he has done for you. The Word declares that the only reason that we can even contemplate offering ourselves to God is that, in Jesus, God has already offered himself for us. Our living sacrifice is not a sacrifice to earn God's favor, but it is an offering of thanksgiving because God has already shown us favor. The renewal of our minds is not the path to knowing God; it is the result of God making Himself known. And we are transformed not to become acceptable to God, but because, in His mercy, God has already accepted us.

Since, therefore, we have been accepted, let us once again return to the school of God's mercy, the school in which we were enrolled at our baptism. Let us open the Scriptures and sit again at the feet of our Teacher, and learn from him, for he is gentle and lowly of heart. Let us no longer be conformed to this age, but let us be transformed by the renewal of our minds.

Pastor Tim

About People



We continue to pray for :

. . . Military serving our country: Seth M. stationed in Korea (Darlene M. request); Trevor W. now serving in North Carolina (Brianna H. request); Libby S. (friend of Jeanne B.)

stationed in Ankara, Turkey; Raphael (neighbor of the Hoffman's) Marine Corps, Mike H. Jr. Raphael (neighbor of the Hoffman's) Marine Corps, Mike H. Jr. deployed (friend of Ron & Cindy M.)

. . . those who mourn: For the family of Gabriel Chinwendu and the family of Kim Wald (both of whom died of the Covid-19 virus); the family of Mary Trexler who died June 15 and the family of Lois Kubu who died on July 6.

For those who serve on the front lines of the pandemic:

Sarah King	Elena Wilson
Sarah Edsinger	Vicki Wilk
Thomas Gordon	Robert Seggel
David Hillhouse	Rosemary Sampogna
Deb Harman	Molly Mullen
Paul Fowler	Kathy Nicholson
Mike Rajnik	Phil Nicholson
Christine Birch	Dawn McCann
Judi Seggel	Sungjoon Ryou
Lori Falck (Dolores Falck's daughter-in-law)	



"I thank my God every time I remember you." So said Paul to the Church in Philippi and so we say, too, as we remember our faith family at Good Shepherd. In spite of all the restrictions COVID-19 tried to place on you, you sent us off to North Carolina filled with your love. Thank you so very much for all that you did for us – the parade (how awesome was that!!!), cards, letters, meals, a write up in the Olney News, as well as your prayers, text, and emails of farewell.

Many times, over the years we have heard former members say, "there is no other congregation quite like Good Shepherd" and that is true. Thank you for being you - each one of you and you collectively as a faith family. You all will be truly missed . . . but what great memories!

Love,

Robie, Mike and Adam Hillhouse

Youth Ministry



For the last few months OGSLY has done a great job of coping with things. Not only have we met each Sunday on zoom for Sunday School, we started having social distancing lunches at LCGS, at first, in the prayer garden and now near the back entrance – there are fewer mosquitoes there and we can meet rain or shine.

Our OGSLY students are attending schools in Montgomery, Howard, and Frederick counties and they are all getting used to their new virtual school environments. Now that school has started, on August 28th we changed from having social distancing lunches to enjoying social distancing dinners at 6:00 on Fridays. We either bring our own food or we have food delivered from local Olney restaurants. Come join us!

In addition to our dinner meetings, we started meeting on Zoom Thursday evenings at 7:00 to do homework together. This gives the students an opportunity to reach out to each other for help, to share completed work, or to just chat.

Here are some other ways OGSLY has coped with the Pandemic:

- Exercising, swimming, walking, skateboarding, riding scooters, and running
- Voracious Reading
- Working on Girl Scout Gold awards
- Back yard camping
- Baking
- Recovering from surgery
- Losing weight – well over 86 pounds collectively
- Meeting new people and connecting with friends on SnapChat

Our youth's ability to stay connected, laugh, and truly enjoy each other has helped them to remain positive during these times. We pray that our LCGS family is coping well and have learned how to enjoy each other during these times.

Signs and Wonders

(Signs seen outside churches around the country)

“We don’t trust in the elephant or the donkey.
“We trust in the Lamb.”

“Jesus is coming -
“Hopefully before the election.”

“Jesus rose from the dead.
“You can rise from the bed.”

“Don’t follow the stars,
“Listen to the One who made them.”

“If you are too busy to pray,
“You are too busy.”

*From Joyful Noiseletter,
Sept/Oct. 2017, 2019*

Healing Power of Pets

In March, when Robert D. Reed Publishers of Bandon, OR published *Joyful Noiseletter* Editor Cal Samra's new book, *The Physically Fit Messiah: Wellness Wisdom Past and Present*, one of the book's chapters was titled, "The Healing Power of Pets."

The chapter included comments from *Joyful Noiseletter* subscribers about the healing role of their pets in their lives, as well as their belief that pets go to Heaven.

About the same time, *Trends Magazine* also published an excellent article titled the "Healing Power of Pets" by Jen Reeder. The article was passed on to JN by Dr. Darrell Greathouse, a veterinarian at Lakeview Animal Hospital in Portage, MI.

The article noted that Alan Beck, director of the Center for the Human-Animal Bond at Purdue University's College of Veterinary Medicine, has been studying the human-animal bond since the 1970's, and stresses that pet ownership has many health benefits for humans.

Beck reported that studies have found that humans experience a decline in blood pressure from interacting with a dog, a bigger drop than when interacting with humans. Other studies have shown that people who have a heart attack have a fivefold greater one-year survival rate if they have a companion animal.

Another study indicated that children raised with dogs have a reduced risk of developing anxiety or allergies.

Still another study indicated that Alzheimer's patients were calmed by the presence of pets.

A Purdue University survey of 1,000 family doctors and general practitioners found 97% of physicians reported they believe there are health benefits from pet ownership, and 74% would prescribe a pet to improve overall health, Reeder reported

- From *JoyfulNoiseletter*. Sept.-Oct. 2016



**Shelley D.
Nadine B.
Barbara C.
Gail H.
Sharon A.
Carolyn D.
Sandy L.
Jim R.
Rachel V.
Philip N.
Mary R.
Ele E.
Sophie B.
Gaetan B.
Brianna H.**

ANNIVERSARIES



**Jimi & Lucy T.
Andy & Lisa C.
Anthony & Angela H.
Scott & Gina F.
Tom & Kim L.**

Congratulations!!



Good Shepherd Members,

The entire Wald family would like to thank you for the many expressions of sympathy, as well as the love and concern shown to us following Kim's death from the Covid-19 virus on May 22. He was in long term care during the quarantine which meant we were unable to visit him except for FaceTime once a week. He spent two days in hospice when I could visit, but he was too sick to realize I was there.

Thank you, wonderful church family, for the many cards, phone calls, emails, and more. You have been such a blessing to each of us. Most of them, except for Eric and his family, live elsewhere and attend other churches. But they all know how important Good Shepherd and its members have always been to us since they too, as youth, attended and were members here.

Our plan is to have a service of celebration of Kim's life when we can eventually meet together.

Much Love,

Nancy, and the families of
Jonathan, Chris, Jeff, and Eric Wald



To our dear Good Shepherd Family:

Thank you for all of your kind thoughts and prayers, calls, messages, cards and the beautiful flowers after the passing of our Mom.

We appreciate each and every one of you.

The family of Lois Kubu –

Ken & Joyce Kubu
Barbara & Steve Gordon
Lisa & David Nestor
Bruce & Nika Kubu, and
Richard & Diana Kubu

Bible Verse to Remember

Philippians 4:6,9

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God...Whatever you have learned or received or heard from me, or seen in me – put it into practice.
And the God of peace will be with you.

JOY

(Editor's note: Donna Johnson of Bethel Park, PA, wrote recently:)

"I want to thank you for the years of joy your Joyful Noiseletter has brought to our family. My Aunt Eleanor Berg subscribed to it for years and generously shared it with my mother and me. Last year, she stepped into eternity to be with our Lord and Savior. In honor of Aunt Eleanor, I composed this poem, titled 'Joy,' which describes her to a "T."

Joy comes by invitation or when
it's least expected.
Lightheartedness bubbling over
spilling on those in our vicinity
brightening our day and
the day of those near us.

Joy cannot be contained.
Its buoyancy requires the
freedom to expand
Spreading throughout our being,
it brings a twinkle to the eyes,
a smile to the face,
a spring to the step.

Joy is a hug sharing the warmth
of companionship,
the love of friendship,
the understanding of family.
It is passed on easily.
We are enchanted by a joyful
spirit. We cannot help ourselves.
We yearn for joy in this stressful
life, often unknowingly.
When it comes close
we embrace its essence
the gaiety, the happiness,
the bliss feeling its warmth
and lightness and
hope flow through us.

*Joy is a dance, a sunny day,
a giggle that turns to lilting
laughter, a song,
an encompassing warmth.
It is contagious, spirit lifting,
accepted, embraced, welcomed.
It is a light that
brightens the day,
lightens the heart, and
lifts the spirit.*

*Joy is a blessing running over,
bringing pleasure and delight,
spreading its glow
to all in its way.*

- Donna Johnson
Joyful Noiseletter
September-October 2018



The deadline for the October newsletter is **Friday, September 25**. Please email articles to nancy.wald@olneygoodshepherd.org

Thank you, Nancy

All You Saints, Laugh Out Loud!

Rev. Dr. Karl R. Kraft of Dover, DE, has been intrigued by Gene Peterson's book *The Message* because Peterson is not reluctant to use the words "laugh" and "laughter," as are other translators.

Below is first the NIV translation and then Peterson's translation of **Psalm 30:4-5**

NIV Translation

Sing praises to the Lord O you his faithful ones, and give thanks to his holy name. For his anger is but for a moment; his favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning.

Peterson's translation:

*All you saints! Sing your hearts out to God!
Thank Him to His face!
He gets angry once in awhile, but across a
lifetime there is only love.
The nights of crying your eyes out give ways
to days of laughter.*

NIV Translation of Psalm 68:34

Ascribe power to God, whose majesty is over Israel; and whose power is in the skies.

Peterson's translation:

*When the righteous see God in action they'll
laugh, they'll sing, they'll laugh and sing for joy.
Sing hymns to God;
all heaven, sing out;
clear the way for the coming of Cloud-Rider.
Enjoy God, cheer when you see Him!*

Bloopers that gnash the Teeth

An Episcopal diocesan bishop went to an unfamiliar church to celebrate the Eucharist.

There was a microphone on the altar, and being uncertain whether it was switched on, he tapped it gently with no result. So, leaning very close to it, he said in a loud whisper which echoed around the church, "There is something wrong with this microphone."

The well-trained and responsive congregation, very familiar with the latest liturgical language, replied at once: "And also with you."

- From Joyful Noiseletter,
September-October 2018

One Liners

The world is changed by your example,
not by your opinions.;

Kindness in words creates confidence
Kindness in thinking creates profoundness
Kindness in giving creates love.

We are "souler powered" by the Son.

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**The deadline for the October issue is
Friday, September 25, 2020 but check
with Nancy.**

Current: Sunday Worship Services
are live streamed at 11:00 a.m.
Sunday School – Zoom classes only -
Check for times.
**For now, watch
Live Streaming at 11:00 a.m.**
