

Good News from

The Good Shepherd
United Church of Christ

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March 2012

Our Mission Statement:

The Good Shepherd United Church of Christ welcomes all as we strive to be disciples, boldly living as God's witnesses and celebrating our intergenerational and multicultural life together. The Good Shepherd is an Open and Affirming Congregation.

One Great Hour of Sharing

One Great Hour of Sharing, the refugee, relief and development offering of the United Church of Christ, transforms lives through health, education, agricultural, and emergency relief initiatives in 138 countries. It will be received at The Good Shepherd on March 25. In order to get you in the mood to give generously, here is a short quiz on the state of the world.

Connect the country with the statement that describes it:

- | | |
|-----------------|-----------|
| 1. India | 5. Serbia |
| 2. South Africa | 6. USA |
| 3. Angola | 7. Haiti |
| 4. Chile | |

- A. Hosts one of the largest populations refugees and internally displaced persons on its continent.
B. The second most populous country in the world, with over 1.1 billion people.
C. Over 30.5 million children receive low cost of free lunches each school day through government-sponsored nutrition assistance.
D. Has the shortest life expectancy at birth of any country in the world (38.2 years).
E. More than 1,000,000 people needed shelter following at magnitude 7.0 earthquake in 2010.

F. Almost 12% of this country's people are infected by HIV/AIDS.

G. 96.5% of the country's people age 15 and over are literate.

The theme for One Great Hour of Sharing is "Sharing Brings Joy." Please consider giving \$10 for each person/experience in your life that brings you joy.

MARK THE DATE!
SUNDAY, MARCH 11
ANNUAL
CONGREGATIONAL MEETING

5 pm Pot Luck Supper (sign-up in narthex)

6 pm Meeting

New Business: Discussion and vote to suspend structural bylaws for one year

The Good Shepherd United Church of Christ

Senior Minister: **Rev. Randy Mayer**
Coordinator of Christian Education: **Julie Ingham**
Intern/Youth Minister: **Stevie Demarest**
Four-Way Covenant: **Rev. Noel Andersen**
Music Director: **Scott Glysson**
Pianist: **Kay Jean Moore**
Custodian: **Severo Rivas**
Administrator: **Amy Dillemath**
Newsletter Editor: **Mary Chapman**

Newsletter Helpers:

Jan Bennett
John & Ginny Fridlund
Carlos Henriquez
Bill & Marge Kinhead
Beverly Myers

Your Council:

Moderator: **Connie Aglione**
Moderator-Elect: **Jackie Smith**
Council Secretary: **Drew Mason**
Treasurer: **Bonnie Sondrol**

Board Chairs/Co-Chairs:

Christian Education:
Facilities:
Donn Bruskiwicz & Pete Hagen
Finance:
Steve Smith
Membership:
Bob Buehring
Mission/Outreach:
Susan Hill
Stewardship:
Hathaway Cornelius
Worship:
Phyllis Hallman

Minister's Reflection

Greetings,

There is something about the Sonora Desert at this time of year that seems exquisitely holy. Maybe it is the smell of the creosote bush after a rain storm. It could be the beauty of the blooming Mexican Poppies that are beginning to color the desert floor. Or it could just be the warmth of the sun beating down on your face while the rest of the nation is shivering in a snow storm. It is holy in this corner of the world, and we are lovin' it!

The Sonoran Desert is also holy at this time of year cause it brings us back to the Judean desert where Jesus wandered for Forty Day before he entered Jerusalem. I am told there are a lot of similarities between the two deserts.

So we should take great pleasure in knowing that we can be in such a holy place. But let us not just let it slip by without taking full advantage of this place. This year let us spend some time wandering the desert, smelling the air, feeling the sand on our feet, and imagining what Jesus was thinking all those years ago.

It might also be good for us to simplify our lives a bit so that we can draw closer to God, sense God's presence and to hear God's call to serve and walk in the footprints of the Holy One.

See you in the Desert,

Randy

Newsletter Deadline

APRIL Issue

WED., March 21, 2012

Send items to: **Mary Chapman,**
mchapman15@cox.net

*Rummage Sale Week Starts
Monday March 5! Sign up in
the Narthex to join the fun,
fellowship, & fund raising.*

Rummage Sale Needs!

Due to a family emergency, one of our key people will be out of town during the Rummage Sale. We need a woman to be in charge of the "ODDS & ENDS" Room. This is a great opportunity for a detail person to work with "lots of little stuff" such as knickknacks, artificial flowers, decorations, games & puzzles, and more. Please help by calling Jan Bennett, 625-2021 or cell 834-3320.



Talk and Brown Bag Lunch

March 23, Friday, 10-11:30 am lecture with question and answer period on

Selecting Residential Housing Options

Beverly Heasley from Tucson will speak on selecting appropriate residential options as we age. What issues come up to consider life style changes? Stay where you are and make modifications due to mobility problems? Have you reviewed options in advance? Stay in AZ or move?

Come, listen and share your thoughts on this topic. Bring a brown bag lunch, we will provide the beverages after the session ends at 11:30 am. Presented by The Good Shepherd Health Ministry Task Force. Contact Suzanne Schinkel with any questions, 399-1477 evenings only.



Circle of Friends Dinners

We are re-instituting the CIRCLE OF FRIENDS dinners. If you've not been to a CIRCLE OF FRIENDS dinner you have a treat in store. It is like a mini-potluck in someone's home. What a way to become acquainted with other Good Shepherd friends! Just sign up on the bulletin board in the narthex and indicate whether you would prefer to host or be a guest. Any questions, call Carrie Scheufler 393-1992.

Circle of Friends dates:

Friday, March 23 Welcoming Spring

Friday, April 27 Flight of the Snow Birds



Javarita Coffeehouse Friday, March 16th, 7:00 pm

Featuring Rick Nestler

Rick will make his way to Arizona from Mystic, Connecticut where he is the Captain of the schooner Argia. Ricks has appeared in coffeehouses, low waterfront dives and institutions of higher learning across the country and while he was the captain of the Clearwater, Pete Seeger dubbed him the "The Terror of the River---raffish Rick Nestler." Rick's voice is a whiskey baritone that suits the sea chanties, folk and old Irish music, which will be perfect to get us in the mood for St. Patrick's Day. (\$10 per person)

Good Shepherd Golf Outing

Attention All Good Shepherd golfers.

Time to start practicing for the **10th Annual Good Shepherd Golf Outing**. We will be playing at a new venue this year, **Torres Blancas Golf Club on Tuesday March 12th right here in Green Valley.** No long drive this year and better course.

Lots of fun, prizes and fellowship for everyone. Golfers of all skill levels are welcome, we will be playing a Scramble format. Golf, cart and lunch is \$55, golf only will be \$47.

Look for signup sheets and we look forward to seeing you on **March 12th**.

Thank you,

Ron Simon



The Good Shepherd Knitting/Prayer Shawl Ministry

The Good Shepherd Prayer Shawl Ministry is off to a good start. Several ladies have come forth and knit beautiful shawls. A few new shawl knitters are now participating in the Knitting Ministry meetings.

In January we gave 12 shawls to The Good Shepherd Care Group. At the January 15 church service Pastor Randy gave a special blessing for the prayer shawls and the Knitting Ministry.

There are several ways you can participate in this important ministry.

1. If you knit or crochet you can offer your skill and time. Patterns and yarn are available. Contact Irene York at: billandireneyork@gmail.com or call 520 777 7710
2. Donated yarn is welcome. The yarn should be soft and machine washable. Deliver to the church office.

3. Contributions are welcome. The average cost is \$15.00 per shawl.

Karen Moore came up with a great design that could easily become the signature shawl for prayer shawls from The Good Shepherd. It is a rectangle that is about 18" wide and about 54" long. She added fringe to three sides.

The March meeting of the Knitting Ministry will be March 8 at the home of Irene York (2326 E. Spurwind Ln.) from 1 to 3 pm. All are welcome. If you have any questions call Irene at 777 7710.



Quilting News

The Good Shepherd Quilters have been very productive making quilts for Project Linus. While enjoying visiting and making new friends fingers fly on the second and fourth Tuesdays of the month, Cutting, sewing, labeling and bundling each quilt with a ribbon means there is a task for everyone regardless of previous experience.

The need and requests for quilts continues to grow. Children traumatized by experiences no child should have to face are on the increase with the stress of current times. The Project receives many notes of thanks from the agencies and individuals. Following is one of the expressions of appreciation. It is from the mother of a one year old boy who faced serious surgery. She wrote, "I was so scared and so sad. The nurse gave one of your blankets and I almost cried.....I still don't understand it, but I felt at ease after I received it.....There was so much love put into making it that I had to thank you. Who knew that a blanket could be so important and so wonderful.....May God bless the Angels who make such Beautiful Blankets."

Won't you join this group of very special women? The March meetings will be the 13th and 27th at 1 o'clock at the church.



Bookworms, the women's evening book group, will meet on Monday, March 19 at 7pm to discuss *The Immortal Life of Henrietta Lacks* at Martha Belle Fray's, 940 W.

Quail Dr., Green Valley. Please let her know if you plan to be there: 648-6569.

Books Books Books

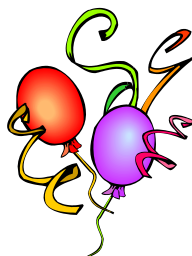
Book, Books, Books meets on the fourth Wednesday of the month in people's homes. The books are chosen by the group to be of interest to both men and women. We welcome all who are interested in discussing the book.

On March 28th the group will meet to discuss *Founding Faith: How Our Founding Fathers Forged a Radical New Approach to Religious Liberty* by Steven Waldman. Reviewers call this book a readable, unusually well-balanced book on an unusually controversial subject. We hope that you will join us.



Electronic Giving

Consider signing up for **electronic giving**. The Good Shepherd relies on the financial support of the congregation and electronic giving offers an easy way to give on a recurring basis. Please contact the church office for details. Thank you!



**Best Wishes
for a
Happy Birthday!**

Glen Harrison	03/01
Nancy Klapak	03/02
Paul Larson	03/02
Chuck Tomhave	03/05
Merril Reinhiller	03/07
Tanner Woodward	03/08
John Fridlund	03/08
Joan Logan	03/12
Del Brewer	03/13
Dylan Carroll	03/13
Cole Woodward	03/15
Carlton Rueb	03/16
Roger Kleckner	03/19
Ann Over	03/19
Carrie Scheufler	03/21
Albert Adams	03/21
Ann Nechodom	03/21
Jan Bennett	03/24
Chris Harrison	03/25
Burt Eubank	03/28
Bonnie Tetzlaff	03/28
Beverly Travers	03/28
Steve Smith	03/29
Ron Simon	03/29
Terry Bellville	03/29
Richard Moffatt	03/30



**Congratulations
on Your
Wedding Anniversary**

Joan Logan & Maurine Audel	03/09
Eddie & Clare Renoux	03/20
Bill & Beverly Myers	03/29

If you have not seen your special day (birthday/anniversary) in the newsletter, please contact Amy if you would like to update your record.

MEN'S FELLOWSHIP NEWS

By Hack McCall

RUMMAGE SALE— This is our biggest revenue source. We need all types of help. Please sign up on the bulletin board in the Narthex.

March 5-8—Setup tables, haul merchandise from storage, sort, mark, & price items

March 9-10—SALE DAYS
Friday 8-12, Saturday, 8-11

ON GOING ACTIVITIES

MONDAY BREAKFASTS continue at La Placita, 8 am. Come have breakfast, conversation, and make new friends.

KIVA, a men's fellowship/discussion group, continues on Mondays, 7 pm in the church library.

A BIG MF thank you to Hathaway Cornelius for chairing the Pasta Night. Also to Stan Raskauskas and Robert Lyngholm for selling tickets on three Sundays.

Tucson Chamber Artists

The professional choir of Tucson Chamber Artists presents Rachmaninoff's *All-Night Vigil* ("Vespers") Friday, March 23, 7:00pm, at St. Francis in the Valley Episcopal Church, Green Valley. Discounted advance tickets (\$20) are available by calling 520.401.2651 or visiting www.TucsonChamberArtists.org

The Jug in the narthex is a good place for your loose change. This money helps with our summer campers. (Dollar bills also accepted!)



Christian Education

We enter March as Lent is in progress, Lent runs from February 22nd through March 31st. There will be a variety of Lenten resources available on the Lenten resource table in the Narthex. We also will have a Lenten study 'Walking the Way of The Cross with Paul' on Thursday evenings at 5:30 starting March 1st and lasting for 4 weeks. From the study - "Lent is, among other things, a journey on the way of the cross, learning how to appropriate Christ's teaching about "taking up the cross" for ourselves." Each week's reading will be available on the Lenten table and I can email it to you as well. The study comes from The Thoughtful Christian, our Lenten study last year was from the same source. Please join us.

The focus scriptures for this month are from the Old Testament and a theme runs through all the readings is that God is always with us no matter how much we struggle.

March 4th – Genesis 17:1-7, 15-16. This is the familiar story of Abram and Sarai and the promise of a new land and many descendants. Abraham is the ancestor of "a multitude of nations". Jews, Christians and Muslims all count Abraham as their literal or spiritual ancestor. God's grace comes before we are ready to receive it or comprehend what it might mean in ancient times and in our time as well.

March 11th- Psalm 19. The verses of the first half of the Psalm have been used in compositions by both Beethoven and Handel praising God's glory. The second half that praises the Torah and the Lord are not as well known. "The law of the Lord is perfect... in keeping them there is great reward. But who can detect their errors? Clear me from hidden faults."

March 18th – Psalm 107:1-3, 17-22. Is part of a prayer of thanksgiving for steadfast and restorative love. It does not focus on the cause of hardship, but on the restoration of those who have been victims of suffering. "O give thanks to the

Lord, for he is good; for his steadfast love endures forever." The psalmist is boldly claiming that God's priority is our health and wholeness. March 25th – Jeremiah 31:31-34. Jeremiah is known as the prophet of doom and gloom, his Hebrew nickname Hagor Mishabebh meant "death and destruction". Jeremiah was called by God to warn the people that they would be defeated in battle and exiled from their homelands. In the end the covenant with God was ruined beyond redemption. Yet there is grace, God's desire for mankind cannot be destroyed. "But this is the covenant ... says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people."

I would like to thank Gail Chaffee, Judy Van Es and Martha Bell Fray for their service on the Christian Ed board these past years. With their help we have been able to have a Vacation Church School, Christmas Extravaganza, the OWL program and much more. Thank you for all of your time and dedication.

We will be continuing the contemplative corner in the library before and between the services. For the Lenten season the focus is on the labyrinth, each Sunday there are reflections for that day and for your daily routine during the week.

As always if you have any questions or concerns please email me at Julie@TheGoodShepherdUCC.org or call me 909-4561. Julie C. Ingham, Christian Ed Coordinator

Food Bank Update

We want to thank all of you who contributed food and money to the Sahuarita Food Bank this month. We received 40 red bags on Sunday, February 6th. Guests were really appreciative for the toothbrushes, toothpaste, soap, etc. A comment was their budget goes for housing and food and many times little is left for extras such as these. For the month of January we served 65 people (that included dependents). 25% were under 13 and 25% were over 60.

Global Missions Message...

The Tear Stained Floor

Written by Jon & Dawn Barnes
May those who sow in tears reap with shouts of joy! Psalm 126:5

8:00 am, Sunday morning in Maputo, Mozambique. The Women's Xirilo (the women's group of the UCC in Mozambique) gathered at the Mavalane Church to welcome three new women into the Xirilo. These three women made vows to be prayerful women of God, to wear their uniforms proudly and to commit to serving the church. Rev. Maria "bloused" their stark white shirts with a new belt and a blue bow. There was much singing and dancing in celebration!

After the sermon the Xirilo and deacons of the church came forward, bowed down on their knees and began to pray out loud together. I sat in my chair right beside where the people were bowed down. There were some people whispering to God, others shouting, some solemn, some crying, but all bowed down on both knees seeking...hoping...praying. I felt uncomfortable and humbled sitting in my chair, looking at this wonderful act of worship. I was challenged to think about my own prayer life while watching sisters and brothers in Christ pour their hearts out to God. The power of the Holy Spirit was so real, you could feel it moving and dancing among the prayers.

When this group of people quietly and solemnly returned to their benches, there, where they had prayed, was a tear-stained floor. There were small puddles of tears on the floor where people had been pouring out their hearts to God. To me this was evidence -- evidence of God.-- evidence that the Holy Spirit was in this place. Soon those tears were dried up with the movement of feet dancing, singing and celebrating again. But the picture in my mind is still there...tears of God's people poured out in worship and prayer.

O God, when have I last had a tear-stained floor? When have I last poured out my heart to You and felt the Holy Spirit dance among my prayers? It is

time....It is time!

Jonathan and Dawn Barnes serve with the Mozambique Synod of the United Congregational Church of Southern Africa, based in Maputo, Mozambique. Dawn serves as an HIV and AIDS Coordinator and Jon serves as project and development officer.



Just Coffee Update

2011 was a great year for the Café Justo co-op, and 2012 promises to see even more innovations and improvements and as always, GREAT COFFEE.

The impact of the cooperative on the communities and the families is the best news. The High School in Salvador Urbina is expanding because families can afford for their teenagers to attend school instead of needing them to be in the fields working with the coffee. Many children, like Jessy Cifuentes, have gone on to careers in Nursing, Law and Agronomy. Jessy is currently a director of Nursing Practicum placement for several nursing schools, besides working as a head nurse in a busy hospital in Tapachula. It is amazing what a cup of coffee can do!

Thanks for your support and prayers, for all the cups of coffee and the ongoing support for Café Justo. This has helped Jessy and her family stay home and thrive. 2012 is the 10 year anniversary of Café Justo! Did you know that in the USA, less than 25% of all small businesses exist after 10 years, and in Mexico it is even lower! Please continue partnering with Café Justo for another 10 years of success! Thanks again for your help and support.

Sincerely,

Tommy Bassett, Just Trade Center

New Sizes Now Available...→

Cute 1/4 and 1/2 Pound Bags for simple gifts

Café Justo / Just Coffee is now offering 1/4 and 1/2 pound bags of coffee. These smaller packages make an excellent inexpensive gift to introduce Café Justo to your friends and relatives. Some churches are including the 1/4 pound bags in their welcoming materials for new members.

Current pricing for the 1/4 pound bag is \$4.00 and the 1/2 pound is \$5.00 for all coffees except Marago, which is a dollar more. The 1/4 and 1/2 pound bags are only available with ground coffee. **Café Justo will also be offering a sampler pack** for just \$16 dollars that includes 1/4 bags of: Decaf, Robusta, Arabica and Marago. These sampler packages are only available to our newsletter customers so you won't see it on the website for another month. If you want to order a sampler, just email Pope at pope@justcoffee.org!

If you would like to receive the Café Justo newsletter by email, contact Tommy Bassett at cafe-tommy@gmail.com.



EfM—Education For Ministry Update

EfM (Education for Ministry) continues Fall 2012. Our EfM class at The Good Shepherd started in September 2011. EfM has been an amazing personal experience for me. I started 3 years ago with much enthusiasm, my experience with Bible studies was with a few book groups I had attended and the years I taught Church School. I knew I wanted a stronger background in Biblical study and when an EfM class started at Casas Adobes UCC in Tucson in 2009, I felt this was an opportunity. Not only have I gained a better knowledge of the Bible, more importantly within this small group setting I have learned (and continue to learn) how to distill my beliefs into my own personal theology which then translates into how I do ministry in my every day life. I think if you ask Connie Aglione, Bonnie Sondrol or Carlos Henriquez what EfM has meant to them you would get a similar response. So consider joining our group. See below for a fuller explanation of EfM.

What is it?

EfM is a theological program for lay people. Year 1 covers the Old Testament, Year 2 the New Testament, and Year 3 & 4 church history/theology/ethics/philosophy. This program combines in-depth study, discussion and theological reflection to promote individual growth and development of a personal theology in a small group setting.

How does it work?

EfM is a four-year program; students commit one year at a time. The core of EfM is a group of 6 to 12 students with discussion led by mentors. It is a seminar-style study (no lectures) intended for laity who desire more than “just another bible study”. There are no quizzes, no tests, no papers, and no final exam. Format is based on the idea that people learn best within an accepting environment of free and open discussion.

Who sponsors EfM?

EfM was developed and is administered by the Episcopal Seminary at the University of the South

in Sewanee, Tennessee. EfM has always been ecumenical by design and is currently used in Lutheran, Methodist, Presbyterian, Roman Catholic, Disciples of Christ, UCC, Quaker, and many other denominations. This international program is taught in the United States, Canada, New Zealand, Australia, and Europe. Since its beginning in 1975, more than 60,000 people have enrolled in EfM. More than 25,000 folks have graduated from the four-year curriculum. EfM currently has over 8,000 students enrolled in over a thousand groups. Greg Jenks who visited The Good Shepherd last fall is an avid supporter of EfM and has been a mentor in Australia.

Basic Assumptions Underlying EfM:

Every baptized person is called to ministry. Today lay persons face the difficult and often subtle task of interpreting the richness of the Church's faith in a complex and confusing world. EfM familiarizes individuals with the foundations of the Christian faith and teaches them how to interpret and express that faith in daily life.

Cost: \$350/year

Please contact Julie Ingham for more information 909-4561 or

Julie@TheGoodShepherdUCC.org

A Message from Cathy Sims, Young Adult Volunteer

I would like to once again thank everyone for their support for the Young Adult Volunteers last year. Now that I've had time to step back and reflect on the experience, I feel very blessed to have been a volunteer. I learned a lot about myself and I learned a lot about helping others.

For those who haven't heard, I ended up staying here and got a full-time job at my volunteer placement. I am a Health Aide at Casa Community Services by La Posada (formerly Casa de Esperanza).

During my time as a Young Adult Volunteer, I learned that this is the kind of work I'm meant to be doing and I couldn't have asked for a better place to be working. My time at Casa, both as a volunteer and now as staff, has been very valuable.

Because of my experience here, I am now considering going back to school so I can continue to do more work in the field I'm currently working in. Thank you again for all of your support and for being such wonderful hosts to myself and the other 3 Young Adult Volunteers.

Cathy Sims

More Gift Fair Thank You's

The Mission Board has received several more thank you letters for the money contributed through the Mission Gift Fair.

From the Pachamama Alliance:

"Thank you for taking a vital stand with the Pachamama Alliance and contributing to a just, sustainable, and thriving future. We are grateful for your very generous support and partnership in this critical work."

From the Friends of the Santa Cruz River:

"Thank you for your donation of \$1150 to FOSCAR in support of the composting toilet program. In addition, FOSCAR has matched your donation for a total of \$2300 toward the program. Your generous contribution will help families in Nogales, Sonora receive composting toilets. Not only will this improve a family's living conditions, but also reduce human waste contamination in the Santa Cruz River."

From the Edna Hospital:

The generous donation received from the proceeds of your Gift Fair is greatly appreciated. Thank you all so very much. Your support enables us to help Edna's Hospital continue their wonderful work."

The Mission Board thanks all of you for your support of these wonderful projects.

Good Shepherd UCC

Council Minutes

January 24, 2012

Members present: Randy Mayer, Connie Aglione, Bonnie Sondrol, Jackie Smith, Drew Mason, Rex Crouse, Hathaway Cornelius, Phyllis Hallman, Steve Smith, Julie Ingham, Donn Bruskiwicz, Susan Hill.

Randy opened the meeting with a prayer.

Minutes of the previous meeting were approved as presented.

Pastor's Report:

Randy recapped the Border Issues Fair and Javarita Coffee House, featuring Holly Near. He announced he had purchased and distributed 100 Saving Jesus from the Church books by Robin Meyers, reordered 25 when those were all sold, then ordered 25 more, 2 of which are left at this time. He said that Meyers might visit Green Valley in the fall. He talked about Noel's upcoming Ordination Ceremony and concluded with a comment about the final days of his doctoral studies. He hopes to finish his dissertation soon.

Treasurer's Report:

The Treasurer presented the Council with the monthly update showing our Year to Date budget in the red. This deficiency is caused by several factors including a shortfall in non-pledged and plate giving, diminished income due to loss of donors, and unexpected programmatic expenditures.

Board/Committee Reports:

Finance: No additional report.

Christian Ed: Julie announced that the Talent Show had realized \$400 for the youth trip to San Antonio. The Super Bowl sub-sandwich sales and sales of the Javarita Coffee House refreshments will add to that total. At this time approximately 11 youth are expected to take the trip. She also announced that there would be three

confirmands standing for confirmation on February 5th. Much information is available on the church web site and Julie encouraged all to visit the site regularly.

Open and Affirming: The next Faith and Justice presentation will be held on Sunday, 1/29 at 4:30. The panel, led by Randy, will consist of representatives of the various religions.

Membership: No Report

Stewardship: Hathaway presented an analysis of progress to date in the Stewardship Drive, complimented the testimonials that were given on the two previous Sundays, and generally held to an optimistic view for success of the campaign.

Facilities: Donn announced that the committee will create three new handicapped parking places in the church parking lot. He also expressed satisfaction with the work the board members do to keep the grounds cleaned and neat.

Worship: Phyllis reported that the committee members continue to prepare communion in a timely manner.

Mission: Susan led a discussion on the Mission Gift Fair, outlining the problems it encountered this year and ways to make it more successful in the coming year.

Old Business:

Arrangements for Noel's Confirmation were discussed. Randy announced that a Mariachi Band would provide appropriate music.

New Business:

Hathaway raised the issue of Special Events in the church interfering with Food Bank operations on the days it is open. It was agreed that Randy and Hathaway would meet to iron out the areas of conflict.

Hathaway brought the Council's attention to the need for more storage space for perishable items. This led to a general discussion of the relationship of the Food Bank to the church. It was generally agreed that the Food Bank should be considered as a church mission program. Randy

pointed out that a representative is always welcome to attend Council Meetings.

The Moderator asked for recommendations for membership on the Nominating Committee. Several names were advanced and discussed.

There being no further business Randy adjourned the meeting with a prayer.

Drew Mason, Council Sec'y



Spanish Notes

Reyna Interiano, co-founder of the Probigua Language School in Antigua, Guatemala, and coordinator of the Probigua Scholarship Program, spent a very successful and involved five-week period, January 21 to February 23, at The Good Shepherd as its guest. During this time, Reyna taught the five-week, ten-class Conversation Spanish class, conducted four Guatemalan cooking classes, spoke to the Adult Forum, the Church Probigua Alumni Group, the students at their International Luncheon, interpreted the educational programs, and dedication to literacy for children, youth and adults in Guatemala, and made many new friends and reunited with many from The Good Shepherd who have been on one or more of the six Immersion Programs in Guatemala since 2002. A very special thank you to Liz Wright, Donn and Mary Jo Bruskievicz, Dave and Kathy Zwieg, Roland and Judy Van Es and Pres and Dee Johnson who each hosted Reyna for a week. Also, many thanks to all those who entertained Reyna in social and special events in the vicinity and around the state.

2012 Good Shepherd Probigua Scholarship Fund

A check in the amount of \$6,549 (dollars) was presented to Reyna at the Sunday Church services on February 19th. This is the largest amount

to date over the past 9 years that the Probigua Scholarship Fund has been a mission project of The Good Shepherd. It represents 145 gifts from 119 donors from both members and friends of The Good Shepherd and other friends from around the country. This brings the nine-year total to \$26,849 provided to youth of Guatemala for their continuing education beyond the 6th grade, which is a fortunate event and opportunity for so many in that country. Last year's gift of \$5,000 supported 23 young people. This year's gift will be supporting some 25-30. Kudos to all who made a caring contribution to this year's fund - fantastic!

2012 Spanish Classes

58 registered in classes of Beginner, Intermediate and Conversation. Many thanks for the time and effort by Stevie Demarest in Spanish II, Reyna Interiano in Conversation and Pres and Dee Johnson in Spanish I. Also, kudos to Mary Jo Bruskievicz and Nancy Bowen for heading up the annual Spanish luncheon on the last day of classes

Puerto Peñasco Trip

The annual trip took place on February 28, 29 and March 1, with 38 participating in that fun and relaxing event. This year's caravan consisted of ten cars and 2 R.Vs.

2013 Probigua Immersion Program, Antigua, Guatemala

The dates are set – March 11-24, 2013. Some of the participants always take part in a few days of R&R and a cultural experience on Lake Atitlan prior to the March 11 date. Information is found in the narthex. Sign-up is indicating interest in more information and not a commitment to participation in the program.

A big and warm expression of appreciation from Pres and Dee to the many of you who have volunteered in so many ways to this year's success with The Good Shepherd's Spanish programs and events and the hosting and hospitality given to Reyna Interiano for five weeks. Of course, the support and understanding by Pastor Randy is essential and treasured.

Heart Healthy Foods:

Shopping List

Take this list with you the next time you go food shopping. Keep in mind these tips for a healthy heart:

1. Eat less saturated and trans fat. Stay away from fatty meats, fried foods, cakes, and cookies.
2. Cut down on sodium (salt). Look for the low-sodium or “no salt added” brands of canned soups, vegetables, snack foods, and lunch meats.
3. Get more fiber. Fiber is in vegetables, fruits, and whole grains.

Vegetables and Fruits, choose vegetables and fruits in different colors. Buy them in season to save money.

- Fresh vegetables such as tomatoes, cabbage, broccoli, and spinach
- Leafy greens for salads
- Canned vegetables low in sodium (salt)
- Frozen vegetables without added butter or sauces
- Fresh fruits such as apples, oranges, bananas, pears, and peaches
- Canned fruit in 100% juice, not syrup
- Dried fruit
- Frozen berries without added sugar

Milk and Milk Products, look for fat-free or low-fat milk products.

- Fat-free or low-fat (1%) milk
- Cheese (3 grams of fat or less per serving)
- Fat-free or low-fat yogurt

- Breads, Cereals, and Grains

- Look for whole-wheat or whole-grain as the first ingredient listed on the label.

100% whole-wheat bread

- Whole-grain breakfast cereals such as oatmeal
- Grains such as brown rice, barley, and bulgur
- Whole-wheat or whole-grain pasta
- Popcorn

Meat, Beans, Eggs, and Nuts, choose lean cuts of meat and other foods with protein.

- Seafood
- Chicken and turkey breast without skin
- Beef: round, sirloin, tenderloin, extra lean ground beef
- Pork: leg, shoulder, tenderloin
- Beans, lentils, dried peas
- Eggs and egg substitutes
- Nuts and seeds

Fats and Oils, cut back on saturated fat and look for products with no trans fats.

- Margarine and spreads (soft, tub, or liquid) with no trans fats
- Vegetable oil (canola, olive, peanut, or sesame oil)
- Non-stick cooking spray
- Light or fat-free salad dressing and mayonnaise

The new guidelines for healthful eating are illustrated this way, more vegetables and grains, less protein.



*UCC Southwest Conference
Annual Meeting, April 20-21 at
The Good Shepherd*

One of the most powerful verses in the Hebrew Scriptures comes from the prophet Micah: “What does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?” (6:8b,c) It is my privilege and joy—with that verse in mind—to invite you to the 2012 Southwest Conference Annual Meeting hosted by The Good Shepherd UCC. Following the theme Let Justice Roll! we will hear about justice work being done and to be done in our Conference. We will experience kindness with one another as our delegates and guests meet for fellowship and learning. We will walk humbly in God’s presence in worship and in service.

As I conclude my term as Moderator of the Southwest Conference, I will continually speak to you about the growth and excitement we’ve experienced in the transition to our new ministry structures under the new Bylaws, the incredible potential for ministry we see for our future, and about the gratitude I feel for everyone who has worked so hard these past twelve months. In the fourteen years I have served in this conference, there has never been such energy and spirit! Come and witness it!

Peace,
Rev. Lee Milligan, Moderator,
Southwest Conference UCC

Featured Guests at the Conference include:

MIGUEL DE LA TORRE is an associate professor of social ethics and director of the Justice and Peace Institute at the Iliff School of Theology in Denver. He specializes in applying a social scientific approach to Latino/a religiosity within this country, liberation theologies in the Caribbean and Latin America, and postmodern/postcolonial social theory. SANDY SORENSEN is the director for the UCC’s Justice and Witness Ministries in Washington and has served in various capacities during her many years with the UCC’s national setting. PAUL SHERRY is the director of the Washington D.C. office of Interfaith Worker Justice, the president of the UCC from 1989 to 1999 and a longtime advocate for economic justice and civil rights.

Workshops in the Works A variety of workshops will be available and many will be centered on our Annual Meeting theme, “Let Justice Roll!” As these workshops are confirmed, information will be posted on the Conference website. Workshop details will also be included in delegate confirmation packets.

Watch for more information in the April Newsletter and Email Newsletters.

Legacy Program Building Steam

The Legacy Program is renewing its efforts to attract more couples and individuals who wish to make a gift in perpetuity to our Church – and, possibly, to help their own financial circumstances in the process.

We urge you to consider participating in this program that is so vital to The Good Shepherd’s future. Members of the committee, David Lavender, Rick Ernst, and Pres Johnson are available to discuss a variety of options with you. Give one of them a call.

And if you have already made provision for the Church in your estate planning, please notify Randy or Amy that you have done so.