



# The **WORD**

of the

## Church of the Good Shepherd

Volume 46, Number 5

February 7, 2012

### Church of the Good Shepherd Sunday, February 12, 2012

The Sixth Sunday after the Epiphany  
Worship at 8:00 a.m. in the Chapel  
Worship at 10:00 a.m. in the Sanctuary  
Scripture: Psalm 30 and Mark 1:40-45  
Witness: "I'd Dance with My Father Again"  
Philip Bertolo Wood, Preaching

#### **8:00 a.m. - Worship - Chapel**

**9:00 - Adult Bible Study** led by Senior Pastor Wood meets in the AEC. The class is studying the Gospel of Matthew.

**9:00 - Good Shepherd Forum** - Jordan Hall - "Our Schools – Past, Present and Future." CGS members **Joann Steinmeier, Steve & Lori Phillippi, Vern Whitaker, and Diane Lucas**, will present background about the strengths of Arcadia's schools and information regarding the future, including facts regarding the forthcoming election for Measure A – Protect Arcadia Schools. Come to the Forum to learn more.

**9:30 - Chancel Choir** rehearsal - MR.

#### **10:00 a.m. - Worship - Sanctuary**

**10:00 - Children's Sunday School** - Children go into the Sanctuary with their families, then leave with their teacher and class following "The Children's Time."

**10:15 Children's Church** this morning in the Chapel.

**11:20 - Children's Choir** rehearsal - Music Room.

**11:20 - Youth Bell Choir** rehearsal - Sanctuary.

**11:20 - Visit Health Ministries' "Walk" table** - Patio.

**11:20 - Nite-on-the-Town Cards** for sale.

**11:20 - SSP Stock Sales on the patio.**

**11:30 - Pastor Parish Relations Committee** - Adult Education Center.

**4:30 p.m. - Youth Choir** rehearsal - Music Room.

**6:00 - Youth Choir dinner** - JH/Kitchen.

**6:30 - UMYF** will be led by **Shannon Espino**. The group will be organizing 200 food bags for the Foothill Unity Center and talking about what they are grateful for.

**6:30 - Confirmation** will be led by Pastor Phil (Romance, Reject, Repent).

**8:00 - KNIGHTS** will be having game night tonight.

### Among the Church Family

#### *In Our Prayers:*

Continue to pray for the members of our Church Family previously mentioned and include: **Leonard and Margaret Henkey; Ann Hill** recovering from back surgery; **Nancy Song** continuing to battle Wheelers disease; **Walter McNall** undergoing tests this week; **Bashir Ahmad** having surgery this week; **Bobbie Skinner** undergoing tests this week.

Our condolences to the **Rev. Brenda Simonds** and her family on the death of Brenda's father, **Clarence Simonds**, on January 31, 2012. Let us keep Brenda, her mother Dot, and sister Cindy in our prayer.

Our condolences to the family of **Brenda McDonald** upon her death on February 6, 2012. The funeral service will be here at Good Shepherd on Friday, February 10, at 11:00 a.m.

## Our Schools – Past, Present and Future

The topic for the Church of the Good Shepherd Forum this **Sunday, February 12, 2012, at 9:00 a.m.** in Jordan Hall is “Our Schools – Past, Present and Future.” Church members **Joann Steinmeier** and **Steve Phillipi**, along with **Vern Whitaker**, **Lori Phillipi** and **Diane Lucas**, will present background about the strengths of Arcadia’s schools and information regarding the future, including facts regarding the forthcoming election for Measure A – Protect Arcadia Schools. Since education is vital to our community and to our future, come to the Forum to learn more.

## Brandenburg Old and New

### *Music in Sacred Spaces*

**Concert Date: March 4, 2012, 3:00 p.m.**

Long Beach and Whittier Bach Festival performances are coming to our **Music in Sacred Spaces Concert Series** on **March 4** with “**Brandenburg: Old and New.**” Elizabeth Hedman (violin), Marisa Kuney (violin), Michael Lieberman (viola), Paula Fehrenbach (cello), Thomas Harte (bass), Jenni Olson (flute) and Timothy Durkovic (piano) will perform music by Bach (Brandenburg Concerto No. 5), Mahler ("Adagietto" from Symphony No. 5 arranged for piano sextet) and a premier of a piano quartet by Long Beach Composer, Jenni Brandon, based on the Brandenburg Concerto No. 5. The concert will be held on **Sunday, March 4, at 3:00 p.m.** in the Chapel here at Church of the Good Shepherd. Requested donation of \$20 (\$10 for Students with a valid ID.)

This is the perfect time to invite your friends and neighbors to Good Shepherd. Our concerts feature outstanding, world-class musicians here in the comfort of our beautiful Chapel.

## Exercise and Good Health

**Key exercise guidelines for adults from the National Institutes for Health website are listed below.** The information is important but it is also technical and has easy to forget details. So before looking it over, remember the bottom line – **exercise, just do it.** Many medical studies have shown that exercise lowers the risk of serious illness and can improve quality of life. It is never too late to start. Our bodies were not designed for a couch potato, fast food existence. How often should you exercise? A recent editorial in the American Journal of Medicine had the answer:

**You only have to exercise on the days that you eat!**

**The following guidelines are the same for adults and older adults:**

- All adults should avoid inactivity. Some physical activity is better than none, and any adult who participates in any amount of physical activity gains some health benefit.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity physical activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more intensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) of moderate –intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate -and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

**The following guidelines are just for older adults:**

- When older adults cannot do 150 minutes of moderate-intensity aerobic physical activity because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

*Courtesy- Dave Sullivan, MD, Health Ministries*

## “Souper” Bowl Was A Success!

The 2012 “Souper” Bowl was a big success! We collected 1,057 food items for the Foothill Unity Center! Along with 1,679 groups nationwide, we generated \$4,029,938 in cash and food items for local charities! The UMYF and Outreach Ministries thank you for your support!

## “Nite on the Town” Card

It is not too late...*Merri-Mates* Fellowship Group is still fund-raising for worthy projects within the Church or community by selling ‘Nite on the Town’ discount cards. Thirty-one restaurants participate in offering great discounts and the card is only \$25. Cards may be purchased at the *Merri-Mates* tables near each entrance to the Sanctuary **or** by mailing your order form into the church office.

## Money Changes Everything

Join in the Monthly Men’s Night (**Thursday, February 16, at 6:30 p.m., Adult Education Center**) and be challenged by the provocative thoughts of Timothy Keller from his book COUNTERFEIT GODS: The Empty Promise of Money, Sex, and Power, and The Only Hope that Matters as shared by **Alan Krug** from the chapter titled "Money Changes Everything." If you have lived through the past 4 years being bombarded with the headlines and the talking heads, you may be able to relate to this title about the new “idol” that has captured so much of our attention.

Come and be part of this lively discussion and the opportunity for Christian fellowship (United Methodist style) over a modest, simple potluck supper. For more information, contact **Richard Vethamani** ([richard@vethamani.com](mailto:richard@vethamani.com)) or **Craig Lucas** ([craig@clucaslaw.com](mailto:craig@clucaslaw.com)).

## Good Shepherd Bike Group is Riding

Set your calendars for the Good Shepherd 2012 Bike Tour on **June 9 and 10**. Distance riding has begun for our Bike Group and will continue on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of February (every Saturday in March and after) beginning at the church west parking lot at 7:30 a.m. On the 4<sup>th</sup> Saturday in January, the riders for 25+ miles included **Mark Renfrew, Craig Pifer, Diane Lucas, Mike Hoover, John Ballance, Amy Crouse, Terry Crouse, Emily Crouse, Rich Hubinger, Frank Giffen, Bob Wedemeyer, Manoj Bishwakarma, and Craig Lucas**. Come out and join us for fitness and fellowship. For more information, contact **Mark Renfrew** ([mrenfrew@me.com](mailto:mrenfrew@me.com)) or **Diane Lucas** ([dlucasarc@gmail.com](mailto:dlucasarc@gmail.com)).

## 2012 Pledge Envelopes

2012 Pledge Envelopes are available in the Narthex for three more weeks. If you need envelopes, but don’t find a box with your name on them, please print your name on the sheet on the clipboard which is on the table with envelopes and we will have a box with your name next week.

## Sierra Service Project Stock!

The Youth are selling Sierra Service Project (SSP) Stock after church on Sundays. This summer, the Youth will be going to the Susanville Rancheria to repair homes and do other community improvement work in the town of Susanville. The rancheria was established in the 1920's, and members are descendants of Maidu, Pit River, Paiute and Washoe Native Americans. Invest in a sure thing and the future....purchase SSP Stock!

## Request a Foundation Grant!

**Deadline for Applications is February 19, 2012**

Put your ideas into action with a Good Shepherd Foundation grant. Grant requests must be for projects which will promote growth in Christian spirit or growth in our church membership, or to serve the community at large.

Applications are available on Sundays in the courtyard after church, in the church office during the week, or through the church website at: [www.goodshepherdarcadia.org/grants](http://www.goodshepherdarcadia.org/grants)

## Men's Weekend Retreat

United Methodist Men announce "Men Like Us!" The weekend of **March 23-25**, United Methodist Men will be gathering at Aldersgate Retreat & Cultural Center in Pacific Palisades for food, fellowship, and fun, with some serious study thrown in for good measure. They will be exploring men of the Bible. A brochure is available with more details. Look for the United Methodist Men outside Jordan Hall each Sunday, or contact **Dave Raymond** at 626-445-4766.

### *Simply...*

The Season of Lent begins on Ash Wednesday, February 22. For the 5 Sundays of Lent and Palm Sunday there will be a Lenten Study of **The Cost of Discipleship** by Dietrich Bonhoeffer. We will meet in the Adult Education Center (AEC) from 6:30-8:00 pm and I will coordinate our discussions. I look forward to seeing you then.

*–Phil*

**Deadline for articles for the newsletter is noon on the Friday before the publication date.**

### The WORD

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**Church of the Good Shepherd**

**United Methodist**

400 W. Duarte Road,

Arcadia, CA 91007

(626) 447-2181

[www.goodshepherdarcadia.org](http://www.goodshepherdarcadia.org)

Resident Bishop: Mary Ann Swenson

District Superintendent: N. Adiel A. DePano

Pastors: Philip Bertolo Wood and Stephen J. Wilson

Dir. of Youth and Young Adult Ministry: Franklyn J. Shen

Director of Music Ministries: Timothy Durkovic

Director of the Children's Center: Linda Brown



*open hearts,  
open minds,  
open doors*