

# THE MESSENGER

Christ the Good Shepherd Lutheran Church  
February, 2023

Vol. 3 Issue 2



## Pastor's Message

THE REV. JOSHUA SULLIVAN

*Grace and peace to you in the name of Christ  
Jesus our Lord,*

February in New England, yuck! It's so cold, rainy, and snowy—nothing but bare trees, brown grass and salty roads. But, you know, as drab as it truly does get, **I really love it!** Maybe it's just because I grew up here in Southern New England and it's what I'm used to... but I think there really is a theological truth to it, a God-logic to drab old February.

Let's admit it—our lives are definitely *not* always sunny. We experience all kinds of hardships and grief. There are times of confusion, times of spiritual dryness when God feels a billion miles away. We mess up and can feel crushed under the pressure of guilt. But isn't it sort of reassuring that Earth, our one and only home, and even Jesus too, goes through this same cycle of life, death and new life? It's not an accident.

February in the Church's calendar certainly gives us both high highs and some real low lows. We begin in the season of Epiphany, the time of lessons from Scripture that show the beginning of Jesus' ministry, his "showing forth, coming to light" (which is what *epiphany* means in Greek) and his teaching us to show forth too—"You are the light of the world," Jesus says. On Transfiguration Sunday, we are actually on a mountain top with Jesus! He shines out to the disciples and refracts the coming glory of his resurrection. But then Lent comes and we sink

back down—we admit we are only dust on Ash Wednesday. On the First Sunday of Lent Matthew's gospel shows Jesus out in the wilderness, himself tempted and pressed down by the weight of the world.

Death and decay and hurt are very real. But they are not *more real* than God. God takes death and decay and hurt and is able to transform even these things. We believe that God in Christ has chosen to make these scary things an integral part of God's story. By the sufferings of Jesus—by his cross and by his tomb—we see that death and dryness and tough times are not cast away forever, but they are part of a cycle. They are part of a process wherein these tough times belong, but do not have the last word.

In the Forty Days of Lent that begins on February 22<sup>nd</sup>, on Ash Wednesday, we prepare ourselves for Christ's new life by reminding each other of these cycles. The joy of forgiveness comes by first facing repentance. Jesus' resurrection began with betrayal and death. And our own life, death, and new life are each gathered together by Christ in Holy Baptism. There our new life begins again each day by remembering our baptism, by dying to self and rising with Christ all over again.

And so maybe that's why I like this "yucky" Southern New England month of February. It's a reminder of God's promise: to be present in all this, in all things. The bare gray of Winter belongs just as much as the new green of Spring.

Faithfully yours in Christ,

Pastor Josh

## Christ the Good Shepherd Lutheran Church Mission Statement

Christ the Good Shepherd Lutheran Church is called and committed to building a vibrant, welcoming community to proclaim Christ, nurture the faith, serve others and bear bold witness to God's love throughout the greater Hamden region and beyond.

**CHRIST THE GOOD  
SHEPHERD LUTHERAN  
CHURCH**

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**Council Members**

1/1/23—12/31/23

President:	Ken Watson
Vice-President:	Cyndi Hansard
Secretary:	Brenda Samal
Treasurer:	Ruth Lye
Financial Secretary:	Lisa Ball-Goodrich
Worship:	Starr O'Connor
Congregational Care:	Linda Ibsen
Property:	Durbin Hunter
Outreach: Community Service	Sharon Napolitano
Special Projects	Leo Goodrich

***In Our  
Thoughts & Prayers***



Ruth	Anna	Sue
Paul	Elfriede	John S.
Palmer	Lois	Christopher R.
Kathy	Jessika	Elinor
Phil	Linda	John
Stephanie	Florence	Geneva
David	Barbara	Family of Frank
Jim & Joanne	Family of Alex	Family of Janice Vann
Alex	JoAnne	Family of Jim Mourt



February 22, 2023  
7:00pm at  
Hamden Plains United Methodist  
15 Church Street  
Hamden CT

We again will be participating in a joint Ash Wednesday worship service with Hamden Plains United Methodist, Mt. Carmel Congregational, Grace & St. John's Episcopal, and Dunbar United Church of Christ at Hamden Plains UM.



Council met 1/18/23.

Pastor reported on the activities during December. We have much to be grateful for!

*Worship*— Starr will be writing up a job description for the ushers. Ashes-to-Go is planned as well as a 7:00pm Ash Wednesday service.

*Financials*— 2022 reports reflect the loss of LCGS parsonage rental income. We have met our Synod pledge. Monies from the sale of LCGS property was transferred to Morgan Stanley financial advisor.

*Property*— Many upgrades have been completed this past year. Durbin itemized them in his annual report. Fellowship hall walls are being prepped for a fresh coat of paint. An AA group requested use of our facility on Tuesday nights. Council approved expenditure to repair the bottom shelf in the kitchen sink cabinet that sustained water damage.

*Outreach—Community Service*— JoAnn Isleb brought 7 bags of nonperishable food and personal care items to the Hamden Food Bank. Items from the Winter Warmth Tree (26 winter hats, 14 pairs of socks, 13 pairs of gloves, 12 scarves, 10 pairs of mittens, four throws and two headbands) will be delivered to New Reach Life Haven Shelter. The website continues to generate increased visitors and page views.

*Outreach-Special Projects*—Leo will assist with Ashes-to-Go again this year and will be helping with scheduling worship assistants and coffee hour. He also wants to volunteer 10 hours a week to the church, from 10-12pm, Monday-Friday. Looking to have CGSL host a blood drive after the fellowship hall upgrades are complete.

*Congregational Care*— Coffee hour schedule complete through March. Shepherding ministry calls continue to the homebound. Lenten weekly devotions will be in collaboration with Grace & St. John's with details forthcoming. Book Club's next read is The Good Life, by Robert Waldinger, MD and Marc Shulz, PhD.

Sunday, February 5— Installation of 2023 council and annual congregational meeting.

Next council meeting— Wednesday, February 8.



Christ the Good Shepherd Lutheran Church

Dear Friends,

Happy New Year! We're excited to share with you the impact your clothing shed made over the last year...

- 26,381 pounds of clothing were donated to your shed in 2022
- This was enough to clothe an estimated 4,860 people all over the world
- Based on this volume of clothing, your organization received \$ 1,055.23

Thank you so much for everything you, your volunteers, and your communities do to support the clothing shed program!

Sincerely,  
The Team at  
St. Pauly Textile, Inc.



February 22, 2023

7:30am-9:00am

12pm-1pm

at

Christ the Good Shepherd Lutheran Church

As last year, Ashes-to-Go will be in collaboration with Mt. Carmel Congregational, Grace & St. John's Episcopal, Dunbar UCC and Hamden Plains United Methodist.

## SCHEDULED TO SERVE

Date	Worship Assistant	Lector	Ushers	Altar Guild
2/5	John Downs	Sharon Napolitano	Durbin & Ursula Hunter	Loraine Brown
2/12	Lisa Ball-Goodrich	David Brown	O'Brien family	Starr O'Connor
2/19	Rob Hansen	John Napolitano	Phil & John Napolitano	Sharon Napolitano
Ash Wed. 2/22	,	~	~	~
2/26	Durbin Hunter	Lisa Ball-Goodrich	Ken Watson Paul Snyder	Ursula Hunter
3/5	Sharon Napolitano	Rob Hansen	John Downs Starr O'Connor	Starr O'Connor
3/12	John Downs	Michael Lye	David & Loraine Brown	Loraine Brown

*If you cannot serve on your appointed day, please find a substitute, and let John, Pastor and Brenda know.  
Thank you for serving!*

## COFFEE HOUR SCHEDULE

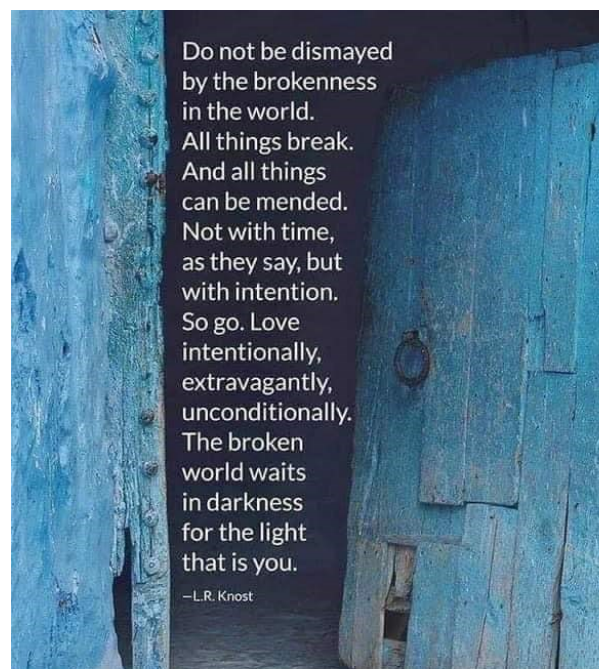
2/5      Hansard family

2/12      *Souper Bowl Sunday*  
The Brown's

2/19      Rob Hansen

2/26      Jackie Menefee

3/5      Goodrich family



**BE THE LIGHT!**



## Winter Warmth Tree Items Delivered

Thanks to all who helped decorate our “Winter Warmth Tree” during the 2022 Christmas season with warm winter hats, scarves, mittens and other items to benefit those served by New Reach Life Haven Shelter.

On January 20, Outreach Chair Sharon Napolitano delivered 26 winter hats, 14 pairs of socks, 13 pairs of gloves, 12 scarves, 10 pairs of mittens, four throws and two headbands—81 items in all—to New Reach Life Haven Shelter, an emergency shelter serving single pregnant women and single women with children in the New Haven area.



Last year, our congregation supported New Reach Life Haven Shelter with 74 warm winter items. Thanks to all for their continued support.



On Sunday, January 8, Olivia Cruz, the three-year-old daughter of Martin Cruz and Meagan Vann, was baptized through the Sacrament of Holy Baptism at Christ the Good Shepherd Lutheran. She is pictured here with her parents, her eight-year-old brother Brandon and Pastor Josh Sullivan.

On Sunday, January 29, Charlotte DeLucia, daughter of Allison DeLucia and John DeSousa, Jr., was baptized through the Sacrament of Holy Baptism. Pictured below are Charlotte, Allison & John, Pastor Josh and sponsors William DeLucia and Daniel Weller.





On February 12, 2023, Christ the Good Shepherd Lutheran Church will be celebrating Souper Bowl Sunday, so please come join us, wear your favorite team jersey, and bring an appetite.

If you would like, please bring your favorite soup, chili or sandwich along with a copy of the recipe to share and indicate it on the space provided on the signup sheet. Desserts are also welcome!

**We will be collecting cans of soup for the Hamden Food Bank.**



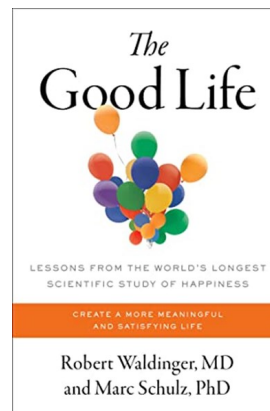
There is a signup sheet posted in the hallway. If you have any questions, please do not hesitate to contact Loraine Brown.

### **SUNDAY, FEBRUARY 5, 2023**

2023 Council will be installed during the worship service.

### **ANNUAL CONGREGATIONAL MEETING**

Immediately following the worship service. 2022 Annual reports will be distributed.



What makes a life fulfilling and meaningful? The simple but surprising answer is: relationships. The stronger our relationships, the more likely we are to live happy, satisfying, and overall healthier lives. In fact, the Harvard Study of Adult Development reveals that the strength of our connections with others can predict the health of both our bodies and our brains as we go through life.


Dr. Waldinger's TED Talk about the Harvard Study, "What Makes a Good Life," has been viewed more than 42 million times and is one of the ten most-watched TED talks ever.

With warmth, wisdom, and compelling life stories, *The Good Life* shows us how we can make our lives happier and more meaningful through our connections to others.

The CGS book club will be meeting through Zoom on March 30 at 6:30pm. If you would like to participate, please feel free to pick up a copy of the book and join us. Please also let me know that you will be attending so that I can send you the Zoom link. *Linda Kapitan*

Hope to see you there!!!

**SUBMISSION DEADLINE:** Please note that newsletter articles for the March Messenger are due February 26, 2023.

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2 <i>Presentation of Our Lord</i>	3	4
5 <i>5th Sunday after Epiphany</i> 9:00am Cross-Generation Faith 10:00am Holy Communion <i>Installation of Council Congregational Meeting</i>	6	7	8  7pm- Council	9	10	11
12 <i>6th Sunday after Epiphany</i> 9:00am Cross-Generation Faith 10:00am Holy Communion <i>"Souper Bowl" Fellowship Event</i>	13	14 	15	16	17	18
19 <i>Transfiguration of Our Lord</i> 9:00am Cross-Generation Faith 10:00am Holy Communion	20	21	22	23	24	25
26 <i>First Sunday in Lent</i> 9:00am Cross-Generation Faith 10:00am Holy Communion	27	28	<div> <b>Ashes-To-Go</b>            7:30-9am, 12-1pm            at CGSLC  <b>Ash Wednesday Joint Worship Service</b>            7:00pm at            Hamden Plains UCC         </div>			

### Masks optional

In light of the changes in mask policy in the town of Hamden and decreased COVID cases across the state, the congregational council has voted to make masks optional during worship and inside the building.

### Facebook Live will always continue to be available.

If you are immuno-compromised, unvaccinated, feeling sick, have been exposed to someone who tested positive, or you yourself have tested positive, or you just are not comfortable worshipping in-person—please join us via Facebook Live! Remember to say “Hi, from so-and-so!” in the comments section so we know who is worshipping with us.

### Holy Communion continues.

The communion elements are prepared by our altar guild with masks and gloves. If you are not comfortable removing your mask to receive, come forward with arms crossed for a blessing. *Please wait at the first pew in the center aisle, and allow the person in front of you time to receive both bread and wine before you come forward for bread.*