

THE MESSENGER

Christ the Good Shepherd Lutheran Church
July 2024

Vol. 4 Issue 7



Pastor's Message

THE REV. JOSHUA N. SULLIVAN

Grace to you and peace from God our Beginning and the Lord Jesus Christ,

Did you know we are launching a Worship Team. What is a Worship Team? Well, we have a Property Team who, led by council chair Leo Goodrich and with all their team members, have been doing the amazing, hard work of stewarding, repairing and improving our facility. We have a Congregational Care Team, too. This team is led by council chair Linda Ibsen, and they oversee service to our members through growing spirituality, learning, fellowship, and compassionate care. They are responsible for the cards or calls you may have received, for our Coffee Klatsch, Book Club, Coffee Hours, trips to Camp Calumet special events, and so much more. We also have an Outreach Team that is really, really growing. Outreach is led by council chair Denise Lundgren, and they are responsible for organizing all our drives and collections for area social service agencies like the Keefe Community Center, New Reach, Salvation Army, and so much more. They are also in charge of coordinating our Lord's Bounty Community Garden, and annual special events like "God's Work. Our Hands. Sunday."

So, the Worship Team will be here to help Worship council chair Starr O'Connor and our Director of Music Caroline Henry to make sure

our worship and music experiences at CGS are **both** grounded in our theological commitments as Lutheran Christians **and** adaptive, contextual and evolving. If you are interested in being part of this team, our first, exploratory meeting will be on Monday, July 8th at 6:00 PM.

I like to think that worship here at Christ the Good Shepherd is like a flowing stream. A stream is never the same, yet it is always changing and moving. A stream also has an unchangeable connection to its source and also has an ultimate destination. And, just so, we participate in what is both quite old and traditional, and what is new and adaptive, always flowing from and towards our Lord Jesus Christ. We confess the historical creeds of the universal, catholic Church (Apostles, Nicene, Athanasian), we follow the yearly calendar of seasons and special days handed down to us from tradition (things like Advent leading to Christmas, Lent leading to Holy Week and the Great Vigil of Easter, etc.). But we also are adaptive, the structure of our liturgy is unchanging (as I will explain below), the specific words, however, have changed and will continue to change. Most delightfully throughout our three years as a new congregation, we have all along been casually sharing our unique joys and concerns as we are gathered by the Holy Spirit while the service begins, sharing both our laughter and tears together.

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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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Organist: Caroline Henry

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Council Members
1/1/24—12/31/24

- President: Cyndi Hansard
- Vice-President: Rob Hansen
- Secretary: Brenda Samal
- Treasurer: Ruth Lye
- Financial Secretary: Lisa Ball-Goodrich
- Worship: Starr O’Connor
- Congregational Care: Linda Ibsen
- Property: Leo Goodrich
- Outreach: Denise Lundgren

**In Our
Thoughts & Prayers**



- | | | |
|----------------|-----------|-----------------|
| Family of Dave | Christel | Elfriede |
| Sue | Carl | Kathy & Jessika |
| Ruth | Sharon N. | Pat |
| Anita V. | Ruth L. | Florence |
| Rebecca | Gerry | Paul |
| Elinor | Dustin | Alyssa |
| Sharon | Bob | Mike |

Family of Ruth

The Evangelical Lutheran Church in Jordan and the Holy Land.

The people suffering and mourning in Gaza as well as in Israel, people of Ukraine and of Russia.

Blessing for Bishop-elect Nathan Piphon

Volunteer opportunity: Food deliveries in Hamden and New Haven

Would you like to help deliver and distribute food to elderly residents of Hamden and New Haven? Nutrition Security Solutions (NSS) is looking for volunteers to help with food delivery and distribution in the Hamden and New Haven area. NSS is a food pantry that provides specialized food assistance to elderly individuals who are experiencing food insecurity. Food delivery and/or distribution generally takes place on Fridays.

If you’d like to help these efforts in other ways, that also may be possible. NSS will provide training as needed. More info about NSS can be found on their website (<https://nssincct.org/>).

If you’re interested in volunteering, you can contact Rob Hansen (robert.f.hansen2@gmail.com) for more information.



Nutrition
Security Solutions, Inc.

PASTOR'S MESSAGE

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A large part of how we gather to worship God and celebrate our experiences of the Holy Spirit is in song. Some of our tunes are brand new, played on guitars, piano and other instruments; some tunes are from medieval Europe, or they are even more ancient than this, played on the pipe organ. (Never forget: our organ is a very fancy synthesizer actually, designed to sound like a pipe organ, but you get the idea). And we have a small and spirited choir who leads us in song, both old and new. Some of our music is from across the globe, some coming from American and Black American church history, while some songs come to us from Germany and Scandinavia, the lands where the reforms of Martin Luther and his followers first took root. (Also: we are now the proud owners of a great deal of new, awesome sound equipment that only needs to be installed!)

Above all, we believe Sunday morning (or anytime we gather for worship) is more than a time for *only* praise and adoration (though this is vitally important). In worship we believe that we encounter God. We encounter God's Living Word of grace and forgiveness as it is proclaimed in preaching and scripture, and we experience Christ's true presence in the bread and wine of the Eucharist meal.

In sum, as Lutheran-flavored Christians, our worship strives to be grounded in historical expressions of the universal Church, while looking forward to what is new and relevant in our context. We sing, we pray, we share our lives. This all is in perfect union with what our forebears did as well, when the Church was first formed on that Day of Pentecost when the Holy Spirit descended on the apostles. Like them, God is 1) **Gathering** us together from all corners of the world; 2) God's **Word** of grace we hear revealed to us in scripture; 3) God in **Baptism** makes all people part of the community, what we call "the body of Christ," through a ritual bath; 4) in a special **Meal** we come to the Lord's Table wherein we believe that Jesus is truly and mysteriously present. And, finally, 5) God is **Sending** us back into our communities bringing a message of joy and connection in Jesus' name.

Yours in Christ,

Pastor Josh

JULY OUTREACH NEWS



The church website has been updated to include a new look for outreach. Check it out!

<https://christgoodshepherdlutheran.org/seasonal-ministries/>

Thank you Tanja for your invaluable help!

New Reach May donations

13 Gift cards for the NewReach women were donated, for a total of \$325.00! These will be distributed by NewReach.org to help women and children transitioning from homelessness. Thank you for your generosity!

Lord's Bounty Garden Update

The Garden is growing! Produce has already been harvested and delivered to the Hamden Food Bank. More is maturing every few days. If anyone is interested in helping with the weeding, watering, and harvesting, please contact Rob Hansen. Harvested food is weighed on a small scale located in the office, recorded in a log, and placed in the refrigerator or immediately taken to the Keefe Community Center.

Many people have stepped up to help in a multitude of ways. The love and dedication shown to this outreach project is impressive and appreciated. Without you this garden would not be possible.

Thanks to Leo Goodrich and Ken Watson the waterline is being installed underground to bring water up to the garden – Thank you for your hard work on this.

Mark your calendars

September 14 from 3-5:00 pm to attend a seminar given by a law enforcement officer on Sex Trafficking. What it is, where it is, and how to help prevent it. Spread the word, invite friends. It will be very educational.

More details to come soon!

Christ the Good Shepherd Outreach



Community in Unity

Backpack Program

We will now be supporting the Backpack Program offered by the Keefe Community Center in Hamden through food donations.

The program is a support system for our local children who aren't receiving the proper intake of food, with some only getting meals from our public schools.

The program supplies children with nutritious and easy-to-prepare food they need to get through the weekends.

List of Single-serve foods they provide in reusable bags ('backpacks') to take home.

- Juice boxes
- Milk boxes (shelf stable)
- Oatmeal or cold cereal
- Snacks
- Chicken salad and crackers kit
- Cheese and crackers
- Fruit cups
- Apple sauce
- Mac and cheese
- Chef Boyardee pasta meals
- Crackers with cheese
- Single serving soups in container

PLEASE - NO PEANUT ITEMS





Church Council Council met June 17 and had the opportunity to listen to and ask questions of financial advisor, Steve D’Amico, re: the church’s investment portfolio. The Investment Team meets with Steve quarterly and the investment reports are accessible in a notebook in the office/work room.

Icebreaker– Pastor asked– *Lake or Ocean?*

Pastor– Pastor will be on vacation 7/19-7/24. A team is almost set up to work along with Tim Bergeland on the Reimagining Church program.

Financials– Donations received for the parking lot paving. Total of all contributions is higher in 2024 compared to 2023. Profit & loss previous year comparison report for the period January-May 2024 shows a net income of \$6510.81.

Outreach-Signage for church interior rooms and a room directory discussed. Council approved the signs. Also approved was to re-dedicate the fellowship hall to Pastor Sanderson hall and put up a sign designating such.

Property– Quotes received to replace broken door closures. Replacement of both parking lot entrance/exits to begin 6/17 or 6/18.



Update– the work is complete!

A new kitchen stove was ordered. (Update– it’s installed!)



CGS Book Club

The CGS book club will be meeting on September 18 at 6:30, at Christ the Good Shepherd. We will be reading The Rose Code by Kate Quinn. If you would like to participate, please feel free to pick up a copy of the book and join us.



As posted on Goodreads---*The New York Times* and *USA Today* bestselling author of *The Huntress* and *The Alice Network* returns with another heart-stopping World War II story of three female code breakers at Bletchley Park and the spy they must root out after the war is over.

If you have not joined us and there is a book that you would like to read and discuss, please let us know. We are always looking for reading material that challenges and intrigues us. Our reading group is open to any genre/topic.

Hope to see you there!!!

New sound system installation will begin after July 15.

Worship– Average attendance: 52. Discussed setting up a worship team meeting. Looking for more volunteers to serve on altar setup and ushering. Training is provided.

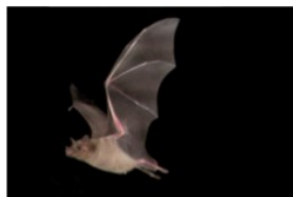
Congregational Care– A new ministry has started to aid individuals/families who need assistance with meals following a significant illness or hospital stay. Congregation members invited to make family size or single serve casseroles that can then be placed in the freezer at church.

Next council meeting: July 15 at 6:00pm



What's all the 'buzz' about pollinator gardens?

If you are like me, you've been hearing and maybe even reading a lot about pollinator gardens. Below are some questions that you may have asked yourself. Maybe the answers will intrigue and motivate you.



What types of insects wildlife does a pollinator garden support?

Birds, bats, butterflies, moths, flies, beetles, wasps, small mammals, and most importantly, bees are pollinators. They visit flowers to drink nectar or feed off of pollen and transport pollen grains as they move from spot to spot.

(source: pollinator.org)



In the beginning God gave us plants, seeds, trees, flowers and fruits. With this gift of food came "the birds of the air and every thing that creeps on Earth" — animals that would fertilize and propagate his earthly garden. In other words, he gave us a host of specialized species called pollinators.

Are we losing pollinators?

- Monarch overwintering loss in the western population has risen from between 35-49% to a 58% seasonal decrease.
- According to the Center for Biological Diversity, more than half of North America's 4,000 native bee species are in decline, with 1 in 4 species at risk of extinction. (source: <https://thebeeconservancy.org/>)

Why should we care about them?

Nearly 80% of all flowering plants need the assistance of pollinators to transfer pollen within flowers in order to produce seeds, fruits, and vegetables. These foods include apples, blueberries, chocolate, coffee, melons, peaches, pumpkins, vanilla, and almonds.

Approximately one out of every three bites of food you eat depends on the work of a pollinating animal.

Pollination also produces seeds and fruits that feed birds and other wildlife.

Worldwide, roughly 1,000 of the 1,200 plant species grown for food, beverages, fibers, spices, and medicines need to be pollinated by animals. (Source: <https://www.pollinator.org>)

Why are pollinator gardens needed? Isn't there enough supply found in nature?

Many blooming plants depend on pollinators for survival, and globally many pollinators are showing disturbing signs of decline from a variety of causes.

Agricultural intensification:

Agricultural intensification refers to the process of changing agricultural practices that make use of an area more frequently or more intensely to increase the yield per unit of farmland. **This process can have unexpected impacts on pollinators, increasing residual pesticides, reducing habitat connectivity, and decreasing the botanical biodiversity.**

Pesticides

Home use of herbicides and insecticides may inadvertently remove important plants required for pollinators to survive. Habitat alteration or reduction may impair a pollinator's ability to navigate and

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POLLINATOR GARDENS, *continued from page 5*

reproduce. Reduced immune response in bees is also associated with pesticide use.

Agricultural use of pesticides has a significant impact on the landscape and pollinators. Used to optimize production, agricultural pesticides target unwanted pests and weeds. However, pollinators are often caught in the crossfire. Direct impacts such as exposure to toxic substances can kill common pollinators such as the honey bee.

Poisoning of pollinators can also result from:

- **Drift of pesticides onto adjoining crops or plants that are in bloom**
- **Contamination of flowering ground cover plants when sprayed with pesticides.**
- **Pesticide residues being picked up by foraging pollinators and taken back to the nest/colony.**
- **Pollinators drinking or touching contaminated water sources or dew on recently treated plants.**

Climate change

In 2023, severe rain and windstorms moved through California that caused a 60% die-off of western monarch butterflies.

Climate change effects include warmer temperatures, less snow cover, more frequent droughts, and less predictable frost and flowering times. **Research suggests that the mismatching of flowering time and pollinator visitation leads to decreased pollination and starving pollinators.**

The potential impacts of increased temperatures on pollinators may widely alter their range and distributions. **As temperatures increase, suitable habitat for nectar resources and nesting sites become limited.**

Loss of natural habitats

Studies show the linkage between the increase of impervious surfaces with reduced bee and butterfly species richness, reducing the overall biodiversity within urban areas.

Non-native and invasive plants

The introduction and expansion of non-native plants, or plants that have not historically been part of a region, impact the abundance of native plants required by pollinators such as bees, butterflies, and birds to forage and reproduce

Parasites and pathogens

Pollinators also face pressures from parasites and pathogens that can infect their colonies, decrease their health and lower their numbers (source: pollinator.org)

What can we do?

Many churches throughout the country are creating pollinator gardens as stewardship projects.

Redesigning the landscape to incorporate trees, shrubs and plants to promote and sustain a healthy ecosystem for pollinators.

Find out more here: <https://rootandvine.com/turning-church-yards-into-a-pollinator-paradise/>

Raise awareness and learn how we can make a difference:

[Easy Ways to Help Build Bee Habitat](#)

[Bring back the pollinators – follow these 4 simple steps](#)

[Native garden ideas for the northeast](#)

[Supporting from CT gardens at home](#)

[The importance of pollinators](#)

BOOM CHICKA MOVE -- 2024

**CELEBRATE THAT WE CAN MOVE!
BOOM CHICKA MOVE STARTS JULY 1
GOAL -- 151,000 MILES BY AUGUST 31**

For many years, Calumet Nation has come together to Walk the Walk -- a time of movement, connection, and support for Calumet. This year, our walking will be rooted in our call to **Boom Chicka Move!** The fee to participate is **ONLY \$25** and the fee is a donation to Calumet.

This time of activity, common purpose, and togetherness for good is an annual event. Together we set a goal of:

- (1) keeping active,
- (2) growing relationships, and
- (3) supporting Calumet.

For our **MOVEment** event this year, we're going to be seeking mileage of all kinds! We will be intentional about finding bikers, and hikers, and runners, and swimmers -- all kinds of movement that is not motorized and requires our bodies to move into the forward space.

We start moving on July 1
 and finish our movement for
 Calumet on August 31.
 The people/mileage goal --
**800 registrants and 151,000
 miles.** Registrants can be
 two legged or four legged --
 that's right -- **get those
 pooches signed up!**

So, join the **BOOM CHICKA MOVE** event with other members of Christ the Good Shepherd by registering and sending in your activity miles at:

<https://www.calumet.org/boomchickamove>

Lord's Bounty Community Garden Update

The Lord's Bounty community garden is off to a great start!



Many people from the congregation put in hard work this spring to help expand the garden and fill it with plants. The Girl Scout troop also helped! The garden now has six beds, three of which were constructed during one of our work days. There is also a gate, and there will soon be a water line. All the beds are filled with plants that many of you have donated to the garden. The time, talent, and treasures that you have put into the garden this year are bearing fruit (or, more accurately, vegetables!). As of June 23, we have harvested approximately four pounds of produce! Stay tuned for further updates.



Garden photos: Top L– Pea plants
 Top R– Ditch from church to garden for watering system (Dug by Leo Goodrich & Ken Watson)
 Above– New herb garden

SCHEDULED TO SERVE

DATE	WORSHIP ASSISTANT	LECTOR	USHERS	ALTAR SETUP
7/7	Casey Fish	Ken Watson	Paul Snyder Ken Watson	Deb Mason
7/14	Linda Kapitan	Michael Lye	Steven Swanson Starr O'Connor	Sarah DeLong Jackie Menefee
7/21	Durbin Hunter	Paul Snyder	Cyndi Hansard Phil Napolitano	Ursula Hunter
7/28	Lisa Ball-Goodrich	Denise Lundgren	Phil & John Napolitano	Starr O'Connor
8/4	Linda Kapitan	Cyndi Hansard	O'Brien family	Sarah DeLong

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

**COFFEE
HOUR
HOSTS**




7/7	Ken & Chuddy Watson
7/14	Linda Kapitan
7/21	O'Brien family
7/28	Cyndi Hansard
8/4	Linda Kapitan



**Reminder-
Worship service
time will remain at
10:00am
throughout the
summer months.**

Cross-Generational classes on hold for July and August and will resume in September.

SUBMISSION DEADLINE: Please note that newsletter articles for the August Messenger are due July 28.

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4 	5	6
7 7th Sunday after Pentecost 10:00am Holy Communion	8 6:00pm- Worship Team	9	10 7:30pm- Executive Committee Zoom	11	12	13
14 8th Sunday after Pentecost 10:00am Holy Communion	15 6pm- Council	16	17	18 10:30am- Coffee Klatsch	19 <div style="border: 1px solid black; padding: 2px;">Pastor time off- 7/19-7/24</div>	20
21 9th Sunday after Pentecost 10:00am Holy Communion	22	23	24	25	26	27
	<div style="border: 1px solid black; padding: 2px;">Pastor time off- 7/19-7/24/24</div>					
28 10th Sunday after Pentecost 10:00am Holy Communion	29	30	31			
	<div style="border: 1px solid black; padding: 2px;">Articles for August Messenger due 7/28.</div>					

Masks are optional-

If you or a loved one is immune-compromised, or you just want to be safe, feel free to wear a mask.

Facebook Live-

Facebook Live worship will *always* continue to be available.

In-person worship-

Please do not come to in-person worship or other church events if you are feeling sick or you yourself have tested positive. Please follow the updated CDC guidelines for isolation/quarantine.

Holy Communion-

Holy Communion continues as before, with wine in individual cups and wafers. 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. If you are not comfortable removing your mask to receive, come forward with arms crossed for a blessing.