

THE MESSENGER

Christ the Good Shepherd Lutheran Church
August 2026



Vol. 6 Issue 8



The Rev. Joshua N. Sullivan

PASTOR'S MESSAGE

Grace and peace to you, dearest saints of
Christ the Good Shepherd,

*¹ How good and how pleasant it is,
when kindred live together in unity!*

*² It is like fine oil upon the head, flowing
down upon the beard,
upon the beard of Aaron, flowing down
upon the collar of his robe.*

*³ It is like the dew of Hermon flowing down
upon the hills of Zion.
For there the Lord has commanded the
blessing: life forevermore.*

—Psalm 133 (ELW)

Just as last month I began my article with a
Psalm, so this month too.

This summer has really been a summer of
community and spiritual practices. I would
like to specifically highlight our Young Adult
bible study on Zoom, our Tuesday Morning
Prayer with Lectio Divina, and, as always,
our Coffee Klatsch gathering.

In all three of these groups very different
people, from differing lives and worldviews,
come together to experience God's Holy
Spirit speaking through both scripture and
community. "How good and pleasant it is,
when kindred live together in unity!" We are
not all one, but when we come together,
gathering around the feast of God's love, we
come together into unity.

Over the last two months our Young Adult
bible study gathered with as many as 7
young people (ranging in ages from 20-30) to
look at the letter to the Hebrews. We
explored themes of: who Jesus, the "Son" of
God is, who we are, making a "house of
believers," what, is the promised rest" of
God, we unpacked what it means that Jesus is
a high priest of the order of "Melchizedek,"
how Jesus' sacrifice on the cross has removed
all distance between us and God. We
discussed how reassuring it is to know that
the baton of faith has been handed from
ancestor to ancestor, beginning with Adam
through Abraham and to us today. At the
conclusion of each discussion, those gathered
in the "Zoom room" also did their earnest
best to draw conclusions from this at-times
"gnarly" (my choice of words) letter to their
own life situations.

Our Tuesday Morning Prayer with Lectio
Divina has been equally meaningful.
Tuesdays at 9:30 we have been joined by an
average of 8 worshippers! We gather to pray
together from the Psalms, to pray for each

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Council Members

1/1/26 —12/31/26

President: Cathy Cahn

Vice-President: Jake Solomons

Secretary: Vacant

Treasurer: Ruth Lye

Financial
Secretary: Lisa Ball-Goodrich

At-large
representatives: Rob Landino
John Downs
Ken Watson
Krista O'Brien

PRAYER CONCERNS

Those sick, grieving and in need of prayer:

From our congregation

Family of Sharon

Rebecca

Kathy, Mary & Jessika

Richard & Family

Bob

Damar, Chris, Rob, Jonalise

Our Family and Friends

Ellen

Joey & Paul

Danny

Katharine

Tom & Mai

Ciara and Jake

Karen

Darryl

Bev and family

Evelyn

Ray, Cathy and family

Dot

Donna

Andrew

Shara

Bruce

Jeff

Jerry and friends

Those homebound or in care facilities

Carl

Elfriede

Christel

Ruth K

Sue

Charlene.



PASTOR'S MESSAGE

(Continued from pg. 1)

other and the world, and to sit in meditative silence. The bulk of what we do is to discuss how the Spirit is speaking to us in a long passage of scripture. As you all surely know, our lessons for Sundays come from a 3-year cycle called the Revised Common Lectionary. But maybe fewer know, there is what's called a Daily Lectionary of texts for each day of the week that help us to reflect on each Sunday at the beginning of the week and then after Wednesday get us ready for the coming Sunday. These are the texts from which our lessons for Morning Prayer are drawn. To best understand what we are up to in our "Lectio Divina" discussions check out this quote from John F. Thornton and Susan B. Varenne, in their book *The Rule of Saint Benedict* (New York: Vintage Spiritual Classics, 1981).

"From the very earliest accounts of monastic practice—dating back to the fourth century—it is evident that a form of reading called *lectio divina* ("divine" or "spiritual reading") was essential to any deliberate spiritual life. This kind of reading is quite different from that of scanning a text for useful facts and bits of information, or advancing along an exciting plot line to a climax in the action. It is, rather, a meditative approach, by which the reader seeks to taste and savor the beauty and truth of every phrase and passage. This process of contemplative reading has the effect of enkindling in the reader compunction for past behavior that has been less than beautiful or true. At the same time, it increases the desire to seek a realm where all that is lovely and unspoiled may be found. There are four steps in *lectio divina*: first, to read, next to meditate, then to rest in the sense of God's nearness, and ultimately, to resolve to govern one's actions in the light of new understanding. This kind of reading is

itself an act of prayer. And, indeed, it is in prayer that God manifests [God's] Presence to us."

Last, but not least of these small groups, is our ongoing Coffee Klatsch. Do not let the name fool you, it is much more than coffee, snacks and light discussion! In this group that averages about 20 folks, drawing on life and faith experience, we share and discuss a topic which has been written by leaders in the group and drawn at random from a jar at the start of each session. Past topics have included things like: "What makes you anxious and how do you handle it?", "What is a challenge you are facing? How does it feel to know God is with you?", "What is the best advice you've ever received?" The conversations that ensue are always vulnerable, genuine, faithful and open. We end each session with intercessory prayer for those connected to our attendees and for the world.

In these three groups we are blessed to witness the wondrous unity, the beautiful anointing that the Psalmist describes in Psalm 133. This vulnerability, this openness to God's Spirit, this coming together is what anoints (makes holy) Aaron the priest with oil, what anoints Mount Zion, the temple mount, with life-giving dew. This community, what God has set in motion here at Christ the Good Shepherd, in gatherings, study, and sharing, this is a foretaste of God's blessing and God's command: life evermore.

And I end with a simple reminder **that I will be away on vacation from Thursday, August 6 to Sunday, August 9.** The Rev. Rod Rinell will again be with you all on that Sunday. If there is a pastoral care emergency please be in touch with Miguel Roman our administrative assistant or call the church's landline to find out who will be on call.

Ever yours in the Spirit,

Pastor Josh Sullivan

A "Abide in me and I in you As the branch cannot bear fruit of itself, except it abide in the vine; no more can you, except you abide in me." - John 15:4

U Until I make your enemies a footstool to your feet - Acts 2:35

G Glory to God in the highest and on Earth peace, good will toward men - Luke 2:14

U Uphold me, I will be delivered; I will have regard for your decrees - Psalm 119:117

S So God created man in his own image, in the image of God he created him; male and female he created them - Genesis 1:27

T The Lord will fight for you ; you need only be still. - Exodus 14:4

Council Update

The council met on Wed 7/22. The issues discussed:

- Exterior repairs on the fascia board outside
- Replacing our current copier arrangement (at significant savings).
- Both above items agreed upon.
- We accepted a bid for our seating area near the pollinator garden.
- The parsonage is currently in contract and hope to close in September or sooner.

Musical Notes From Caroline Henry, Director of Music

Hope everyone is enjoying the beauty of summer! As I was looking over music for church, I came across this lovely peaceful song by the late singer/songwriter Leonard Cohen, called "Come Healing", which you can find free on youtube. It was recommended in the Lutheran worship companion site we use under "additional songs" of interest, based on the scripture reading scheduled for August 16. Might be some nice summer listening if you are a Cohen fan!

As always, if you would like to make music with (or without) me, feel free to reach out anytime!



"Our growth consultant thinks the term church sounds outdated."



The Lord's Bounty Community Garden



The Lord's Bounty community garden is in full bloom! Volunteers from this congregation have been busy watering and weeding over the past couple of months. Meanwhile, pollinators have been working to move pollen among the blossoms on the vegetable plants. The fruits of our labor are now beginning to appear! The first harvests and deliveries to the Hamden Food Bank should happen soon. If you would like to help with the garden, there is a sign-up sheet in the hallway. You can sign up to water, weed, harvest, or deliver. If you're unsure of what to do, Rob and the garden team would be happy to show you what to do. Any help that you can give will be greatly appreciated. Thanks to those of you who have already volunteered!



We support **Camp Calumet Lutheran**, the New England Synod's outdoor ministry, located on Lake Ossipee in Freedom, New Hampshire.

This summer there are two fun ways that our congregation can help support Camp Calumet:

For those who like to move and be active, please sign yourself up for the **Boom Chicka Challenge** (formerly known as Walk the Walk or Boom Chicka Move). You and your friends & family can join any time through the end of August, and your \$30 fee helps kids go to camp. You can find all the details and the sign-up sheet here:

<https://www.calumet.org/boomchickachallenge> If you have any questions, see Cyndi Hansard at church or contact Ginger at Camp Calumet: 603-539-4773 or ginger@calumet.org

On August 29, Cyndi and Dustin Hansard will be running in the **Obstacle & Trail Challenge 5K** up at Camp Calumet. If you'd like to join them, you can learn more and sign up here:

<https://www.calumet.org/calumet-obstacle-trail-challenge> If you'd prefer to support them from the comfort of your home, please consider sponsoring one or both of them for whatever amount you feel comfortable. Together, they are hoping to raise at least \$600 for Calumet. You can sponsor [Cyndi here](#) or [Dustin here](#), or you can simply add a little extra to your offering on Sunday with a note explaining what it's for. In September we will tell you all about it! Thank you for your support!

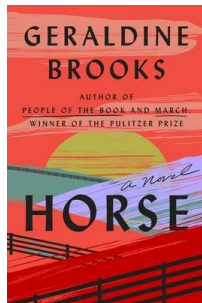
GAME NIGHT



Game Night Brings Fun and Fellowship

A wonderful time was had by all at our Church Game Night on Saturday, July 18, 2026! All ages gathered for an evening filled with laughter, friendly competition, and fellowship. Four tables featured a variety of games, including Scattergories, 500 Rummy, Taboo, Connect 4, Scrabble, and You Can't Say "Ummm", giving everyone plenty of opportunities to join in the fun. Deb added a special touch by serenading the group with her guitar, creating a warm and welcoming atmosphere. A delicious assortment of snacks kept everyone fueled as the games progressed. Thank you to everyone who attended and helped make the evening such a success. Be sure to keep your eyes open for another Game Night coming this fall—we hope you'll join us!

CGS Book Club



Our next meeting is on September 23rd.
We will be discussing *Horse* by Geraldine Brooks

As posted on Goodreads--- A discarded painting in a junk pile, a skeleton in an attic, and the greatest racehorse in American history: from these strands, a Pulitzer Prize winner braids a sweeping story of spirit, obsession, and injustice across American history. Based on the remarkable true story of the record-breaking thoroughbred Lexington, *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism.

We have also chosen our next book—Good People by Patmeena Sabit. The date for discussion has not been chosen, however, there are wait lists at local libraries for this book.

The CGS book club will be meeting on September 23rd at 6:30. We will be meeting in person. Please join us. If there is a book that you would like to read and discuss, we welcome recommendations and enjoy exploring different genres.

Hope to see you there!!!



August Celebrations

Birthdays

4 – Frank Podgwaite
9 – Nixida Prentice
11– Ruth Lye
16– Cianna Shubi
16 – Casey Fish
17 – Lianna Cassidy
24 - Damar Pringle



View From the Office

Hello CGSL

With September and back to school right around the corner, I would like to invite you all to share any pictures or accomplishments that might come up in the coming months with the church bulletin board to share with your church family so that we can all celebrate them together as a community.

I also want to thank all of you who strove to hand in your articles for the newsletter on or about the 18th of the month. I know that circumstances such as events and meeting dates don't always make such a deadline easy or possible it makes getting the messenger published on time much easier and smoother and I appreciate all your efforts.

God bless

Miguel



ASSISTANT MINISTERS NEEDED!

Because of unpredictable changes in availability; we are down to only very few volunteers on the team of assistant ministers. Responsibilities include recording names of people in need of prayer as announced during the opening "joys and sorrows" portion of our service. You will read Prayers of Intercession, including those names, during the service. Also you will help Pastor with preparation and distribution of communion. Other short prayers will be read by you during the service. PLUS you get to wear one of those cool white ropes! (training is, of course, provided) If you are interested; please contact Pastor Josh, Starr O'Connor, or Linda Kapitan.

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.



**TO ACCESS OUR
LIVESTREAM ON
SUNDAYS**

- Head to our website:

<https://christgoodshepherdlutheran.org/>

- Scroll down just a bit and find this button:

CLICK TO WATCH WORSHIP →

- This will take you to our Facebook page

(<https://www.facebook.com/christgoodshepherdlutheran>).

- There will be a screen asking you to log in in Facebook, but you DO NOT need to have a Facebook account. You can ignore this prompt by clicking on the "X" in the top right corner.



- If it's around the start time of the service, a small red tab will appear on the Facebook page indicating that we are "LIVE." Click this tab.

LIVE

- Otherwise, remain on the page and scroll down to our "feed" and wait for the "Live" tab to show up.

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2 10th Sun after Pentecost 10 am Worship Service	3 7 pm YA Zoom Bible Study	4 9:30am- Morning Prayer	5	6 10:30am- Coffee Klatsch Pastor Josh on Vacation	7 Pastor Josh on Vacation	8 Pastor Josh on Vacation
9 11th Sun after Pentecost 10 am Worship Service Pastor Josh on Vacation	10 7 pm YA Zoom Bible Study	11 9:30am- Morning Prayer	12 CGS Book Club 6:30pm	13	14	15
16 12th Sun after Pentecost 10 am Worship Service Pastor Josh on Vacation	17 Executive Committee 7pm	18 9:30am- Morning Prayer 7 pm YA Zoom Bible Study	19 Council Meeting 6:30pm	20 10:30am- Coffee Klatsch	21	22
23 13th Sun after Pentecost 10 am Worship Service	24 7 pm YA Zoom Bible Study	25 9:30am- Morning Prayer	26	27	28	29
30 14th Sun after Pentecost 10 am Worship Service	31					

The New England Synod's E-News and Updates Email:

<https://list.robly.com/subscribe?a=76e59318b279425c2786c3a4164ddc44>

The blog of the Bishop of New England Synod, Nathan Piphon:

<https://nathanpiphon.com/>

Young Adult Bible Study - Mondays at 7 PM on Zoom (except Mon Aug 17 it will be moved to Tues Aug 18)

Tuesday Morning Prayer - Tuesdays at 9:30 AM

Pastor Josh on vacation - Thursday August 6 - Sunday August 9

Executive Committee - Mon Aug 17 - 7 PM on Zoom

Council - Wed Aug 19 at 6:30

Coffee Klatsch - Thursday, August 6th and 20th

SCHEDULED TO SERVE

DATE	ASSISTANT MINISTER	LECTOR	USHERS	SACRISTAN
08/02/26	Starr O'Connor	Lisa Ball-Goodrich	Phil Napolitano Cyndi Hansard	Jackie Menefee Sarah DeLong
08/09/26	Lisa Ball-Goodrich	Cyndi Hansard	Phil Napolitano John Downs	John Downs
08/16/26	Rob Hansen	Ken Watson	Durbin and Ursula Hunter	Jonathan Goodrich
08/23/26	Starr O'Connor	Rob Hansen	Ken Watson John Downs	John Downs
08/30/26	Linda Kapitan	Cathrine Woade	Phil Napolitano Starr O'Connor	Ellen Frost
09/06/26	Lisa Ball-Goodrich	Durbin Hunter	Durbin and Ursula Hunter	Ursula Hunter

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

**COFFEE
HOUR
HOSTS**



08/02/26	Sarah DeLong
08/09/26	Cyndi Hansard
08/16/26	Ken and Chuddy Watson
08/23/26	Rob Hansen
08/30/26	Linda Kapitan
09/06/26	No Coffee Hour-Labor Day -

08/02/26	Jonathan Goodrich
08/09/26	Rob Hansen
08/16/26	Cathy Cahn
08/23/26	Jonathan Goodrich
08/30/26	Cathy Cahn
09/06/26	Rob Hansen

