

The *SHEPHERD'S STAFF*

Pastor's Message

Newsletter of Holy Shepherd Lutheran Church

No. 12, Vol. 55 (2010), December 15, 2010

Who is this Jesus? Born to a virgin, in a barn, on a night that apparently there was a bunch of people in town and yet, if it hadn't been for some angels, would anyone had even noticed? A baby is born and did anyone even notice? Did you notice?

Then we learn that this baby is no ordinary baby. Sure he cries, eats, messes his diaper, smiles at his parents and has that new baby smell radiating from him, all ordinary things as a baby goes. But this baby is...Emmanuel...God with us. This is God, entering the world we call home, as a human being. And did anyone even notice? How about you, did you notice, God in the world you call home?

Someone must have noticed because we're talking about him today. An "un-noticed child" doesn't get talked about thousands of years later. It just doesn't happen. What did they notice about this baby slash God that was noticeable to talk about? Did he have a birth mark of some sort, maybe on his head, side or maybe his hands? What was it about this "God with us" that came into our world so long ago? Or was it really, all that long ago?

In a couple of days, we will celebrate Christmas: gifts, trees, food, family, candy canes and maybe even a little snow. Will this celebration resemble that first Christmas, when Jesus was born in a barn, to a virgin and a bunch of people gathered together...and hardly anyone even notices Emmanuel? It is possible. It's happened before. But, what about this year? Will anyone notice? Will you notice?

If you are yelling at me through this article, "Yes, I will notice Jesus this Christmas. I will notice God with us, in the world I call home," then the next question I have is, will you tell anyone about it? If not, then did we really notice? If yes, then what was noticeable about Jesus that you will tell others about: his new baby smell, his eyes, his voice, or maybe his "birth marks" on his head, side and hands?

This Christmas, may God give us the eyes to see God with us, Emmanuel. I pray that not only will we notice but we will tell the world what we noticed. Or, maybe, just maybe, the world will notice something about us that reflects this wonderful reality, that God is with us. Wow, what would it take for the world to notice God with us in our own lives?

May you be a blessing this Christmas.

God's Grace,

Michael





Spiritual Gifts

As we prepare to celebrate God's greatest gift, let us also take time to ponder the other wonderful gifts He has given us.

What is He calling us to get involved in?—community service organizations, food bank helper, being a reader at worship services, hosting others in our homes for a Bible study?

There are many ways to use our gifts, skills, and passions. But we each must take the time to discover and then deploy those gifts so that the Kingdom of God is served and we are fed. Consider a conversation with a Spiritual Gifts team member to start your new year.

Spiritual Gifts Ministry Team:
Sue Keirnes, Emilee Johnson,
Ed & Dianne Schulte, Pastor Michael TeKrony



Church Council News

Budget hearings are scheduled, this is the time to ask line item questions, share your concerns, and voice your opinions. Council members will be present at all three meetings to answer questions about their budget items for 2011.

Budget Hearings, 2011

January 12 at WNL
January 15 after the 5:30 service
January 16 between Sunday services

Annual Meeting

January 30, 2011

Absolute Deadline for Submission of Annual Reports

Monday, January 3, 2011

Last year, we tried to keep the meeting to about an hour and it was well received by the congregation. The plan is the same for our annual meeting on January 30, 2011. We would prefer not review the budget, line by line, during the annual meeting.

We believe this is an efficient way for all of us to participate in the budget preparation and to carefully consider what God is calling Holy Shepherd to accomplish in 2011.



PRIME TIME NEWS 55+

Our PRIME TIMER Christmas Party was great fun! You had to have been there to know what is "hot" in gift giving this year. Thanks to all who participated and thanks especially to Launderers, Kreifels, M. Martin and B. Benson for their help!!

PRIME TIMERS Holiday Lights tour was on Dec. 14th. Sorry we could not accommodate everyone who wanted to go! There will be next year.....

AS I SEE IT

The older I get, the faster the years seem to fly by. A decade ago it was the days that went fast, but there's no denying that now it's the years. We received a Christmas letter from a distant relative who confessed that at one time she had fully expected to grow older and wiser. "Well," she wrote, "I did grow older."

As we all know, we are not just older, we are survivors. We've faced our share of disasters, and we are assured that "God's already done that!" Whatever the next year has in store, we can handle it. With joy!

Blessings for your New Year!

~ ~ ~ ~ ~

From ENCORE TIMES, publication of
Association of Lutheran Older Adults

Christian One Liners

Don't let your worries get the best of you; remember Moses started out as a basket case.

Some people are kind, polite, and sweet-spirited – until you try to sit in their pews.

When you get to your wit's end, you'll find God lives there.

MERRY CHRISTMAS to all!

BEST WISHES FOR A HAPPY NEW YEAR!





• **Equal Exchange coffee sales dates** – Sundays, December 19, 2010 and January 16, 2011

• **We wanted to take a moment to thank all of you** for the truckload of food you collected for the Jeffco Action Center. Hats off, also, to the wonderful volunteers who participated in the Thanksgiving Food Box Distribution. With your help at the Action Center and on Distribution Day, we were able to provide food boxes to **2,285 Jefferson county households** comprised of **7,422 people!** What an amazing display of teamwork!

Thank you, Thank you!
The staff of the Jeffco Action Center

• **Christmas Season is Here!**

Indian Center Toy Drive - December 18/19

Mitten/Hat Tree - December 18/19

SHARE with Jeffco Action - December 18/19

Let us Share the Joy of the Lord this Christmas Season!

Frohe Weihnachten! Okumenischer Weihnachtsgottesdienst in deutscher Sprache

The congregation of Messiah Community Church invites the community to a Christmas worship service presented entirely in German. This event will take place on Sunday, December 19 beginning at 5:00 p.m. Featured musician will be Eric French playing the organ, Mike Gill playing the trumpet and Lori Gill, soloist. This year, Messiah Community Church will also present its Krippenspiel (Nativity Play).

Messiah is located at 1750 Colorado Blvd in Denver (80220). If you would like more information, please visit [the church website](#) or call the office at 303-355-4471.

Herzlick willkommen!



**INTERFAITH HOSPITALITY NETWORK
OF GREATER DENVER, INC.**

During our last IHN rotation (November 28 - December 5) we housed five families consisting of 6 adults and 11 children. The children ranged in age from 7 months to 17 years. Unfortunately the 7 month old, along with his mom, spent most of the week in the hospital.

We were fortunate to have Girl Scout Troop #162 join us on Monday and Tuesday evenings. The girl scouts helped clean up the kitchen and provided much needed babysitting both evenings when the parents were in required training sessions.

Many thanks to all the volunteers who made last week a great success.

The rewards we receive when we help the homeless families are not measurable.

Cheryl Holz

IHN 2011 HOSTING SCHEDULE FOR HOLY SHEPHERD

February 13-20

May 1-8

July 17-24

October 2-9

Do you feel called to help with the IHN ministry at Holy Shepherd? The need is great for volunteers who are willing to serve as overnight hosts. Overnight hosts spend one night at Holy Shepherd per rotation. Other volunteer opportunities are available as well. Please contact anyone on the team for information about volunteering.
The Team!

Primary Coordinator – Cheryl Holz

Set-Up & Move Out Coordinators – Jeff & Pat Braden

Food & Dinner Coordinators – Joan Young, Pat Mohrbacher

Evening Host Coordinator – Gaylene Szaltzer

Overnight & Van Driver Coordinators – Jim & Paul Freeman

Supply & Laundry Coordinators – Marcy Lloyd, Gloria Lloyd



Attendance, November 2010

	5:30pm	8:00am	*10:45am	Total
11-07-10	64	163	111	328
11-14-10	68	106	109	273
11-21-10	38	142	115	295
11-24-10	Thanksgiving Eve		145	145
11-28-10	83	102	149	334

Financial Report, November 2010

	<u>November</u>	<u>Year-to-Date</u>	<u>Monthly Budget</u>
Income	\$44,445	\$469,510	\$46,203
Expenses	<u>42,662</u>	<u>479,648</u>	\$46,203
Net Income (Loss)	\$ 1,783	\$ (10,138)	

Building Fund Giving for November, 2010 — \$11,298
 Minimum monthly payment—\$8728



Thank You for the cards so many sent to me for my 80th birthday. You are all special to me. I have many fond memories. **God Bless you. Carolyn Ellison**

To the Pre-School Kindergarten Class, Thank you very much! I shall enjoy the "goodies" for a long time. What a wonderful idea. It is truly appreciated. Jesus loves you, and so do I! Have a Blessed Christmas! **Ed Wergin (age 98)**

I am so grateful to everyone at Holy Shepherd, especially Pastor Rick and members of the writing Group, for all your support during my husband's recent illness and death. Your prayers, food, and hospital visits made a world of difference to me and my family. "God's work, our hands" was evident every day through your gracious care. **Carol Rossini**

Thank you so much for the basket of goodies and the drawings. I will enjoy all of it, and want you to know how much I like it. **Charlie Breidenstein**

Thank you to EVERYONE who has participated in the Prayer Shawl Ministry in its first three years. Your donations of yarn and monies to purchase supplies have enabled the group to reach out to so many in need here at Holy Shepherd and in the community, both near and far. In these three years over 30 people have given tirelessly of their time and shared their talents and love of yarn to create 228 shawls! THANK YOU! We have been blessed to have so many participate in this empowering ministry of God's love.

Thank you Holy Shepherd for all of your thoughts, words of blessings, cards and prayers for our move to Boise, Idaho. We have been very busy the last three weeks repairing and painting the modular home. It really is big once you start to paint every room. We are so blessed to have been at Holy Shepherd and to know all of you. You will not be forgotten. If you need an idea for a place to vacation, think of Boise and come stay with us. Fred adds the fish are edible and you will catch some. Our new address and phone #'s are included: 3363 N Yonkers Lane, Boise, Id 83704. Marge Phone 303-249-2958, Fred Phone 303-249-3169. Thank you again for everything. **Marge & Fred Holmquist**

Thank you each so much for making up the very nice basket of candy and tea I received for Thanksgiving. It is kind of you to include me. **Love to each of you, Virginia Mae Ideker**



WISH LIST

Following is the Holy Shepherd Wish List, December 2010 Update. If you are interested in providing a special, tax deductible, gift to Holy Shepherd, items listed here have been identified by council as being above-and-beyond budgeted items.

- 1) Power Point Projector Cart (with side shelves for laptop)
Cost Estimate: \$200-250.
- 2) Three Manually Retractable Mounted Projection Screens for Fellowship Hall, Bell Choir Room and Multi Purpose Room
Cost Estimate: \$600-\$700 each
- 3) LCD Projector (for education and other needs)
To be used with the retractable screens in the FH & MP rooms
Cost Estimate: \$2000
- 4) Two wireless handheld mics
Cost Estimate: \$500 each
(See Diane Klinkerfues or Karen Novess for specifications)
- 5) Three wireless mics, "over the ear" style
Cost Estimate *for all three mics*: \$3,000
(See Diane Klinkerfues or Karen Novess for specifications)
- 6) 15-passenger van for a variety of church functions
Cost Estimate: \$15,000 to \$20,000
- 7) New Blinds for Admin Building Windows
Cost Estimate: \$2,500
- 8) One office replacement computer
Cost Estimate: \$800-\$1000
- 9) Laptop computer (for worship)
Could be a used computer if not older than 2 years
- 10) Landscaping and Outdoor Sign - see any council member or property committee member for details.
- 11) Video screens and projectors for sanctuary, still needed: \$15,000 - \$17,000

PROGRESS REPORT!

CHURCH: • West women's restroom upgrade/remodel, COMPLETED! Check it out!

ADMIN BUILDING: • A donor has provided funding provided for a new desk for the reception area. We are shopping for the desk now.
• New Windows for Admin Building have been purchased, awaiting installation.

THANK YOU! to the loving and generous donors who have come forward to support Holy Shepherd. A HUGE THANK YOU ALSO to the crew of AMAZING volunteers who are doing the work - the demolition, purchasing, painting, installation, cleanup. We couldn't do it without any of you, donors and volunteers!

BIRTHDAYS



~ January
2010 ~



Due to internet security issues, names have been omitted here. Please contact the office for birthday list.



Church & Staff phone & extension numbers, email addresses



Office Phone (303) 233-2740
Fax (303) 274-6725
email: office@holyshepherd.com
website: www.holyshepherd.com

- Pastor Rick Thompson ext. 107
pastorrick@holyshepherd.com
- Pastor Michael TeKrony ext. 109
mtekrony@holyshepherd.com
- Karen Novess, Ministry Partner ext. 101
knovess@holyshepherd.com
- Barb Suder, Parish Nurse ext. 103
barb.suder@holyshepherd.com
- Barbara Newman, Office Manager ext. 102
barb@holyshepherd.com
- Mary Biefel, Secretary ext. 108
mbiefel@holyshepherd.com
- Dana Anderson, Organist
- Dave Gleason, Director, Chancel & Bell Choirs
glea7149@hotmail.com
- Ron Skabo, Director, Prime Time Choir
rskabo34@msn.com
- Joy Folkvord, Director, Kids of the Kingdom and
Kids for Christ Choirs
- Diane Klinkerfues, Director, Praise Team
- Fellowship Hall/Kitchen..... ext. 201
- Basement/Kitchen..... ext. 202
- Nursery..... ext. 203

Holy Communion

Saturday 5:30pm Traditional Service
Sunday 8:00am Traditional Service
& 10:45 am Contemporary Service



The Prayer Chain



is here to support you in prayer.
Please phone or email your prayer requests to:
Dorothy Haldeman @ work: 303-384-6951, or
Harriet Truman, @ 303-237-2309 or
@ ahtruman@mailstation.com

--- NEWSLETTER DEADLINES ---

DEADLINES FOR SUBMISSION OF ANY NEWSLETTER ARTICLE/INFORMATION: MONTHLY, 2ND WEDNESDAY, NO LATER THAN CLOSE-OF-BUSINESS DAY WITHOUT EXCEPTION.

Submission Dates of Articles and Calendar Items
January 12, February 9, March 9, April 13, May 11,
June 8, July 13, August 10, September 14,
October 12, November 9, December 14

Mailing Dates
January 19, February 16, March 16, April 20, May 18,
June 15, July 20, August 17, September 21,
October 19, November 16, December 21

*Holy Shepherd Lutheran Church
920 Kipling
Lakewood CO 80215*

CHANGE SERVICE REQUESTED

*Time Value -- Mailed Wednesday,
December 15, 2010*

Non-Profit Org.
U.S. Postage
PAID
Golden, CO
Permit No. 807



Holiday Schedule

Saturday, December 18
5:30 p.m.

Holy Communion

Sunday, December 19
9 a.m. (one service only)

*Holy Communion, Children's Program,
Seasonal Music, Holiday Fellowship*

Saturday, December 25
No service



Christmas Eve Worship

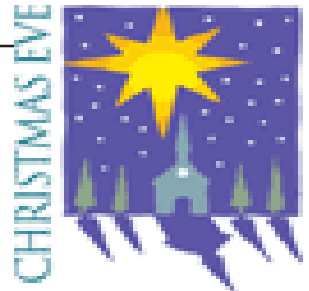
Friday, December 24
3, 5, 7 & 11 p.m.

Word, Holy Communion, Candlelight, Carols
3:00 p.m.

Children's Choirs & Praise Team
5:00 p.m.

Prime Time Choir
7:00 p.m.

Chancel Choir
11:00 p.m.
Contemplative Worship - Praise Team





Dear friends,

The holidays will soon be over and the new year begun. It can be a time for new beginnings and this article suggests just that. I hope you'll enjoy it. It's a fresh new healthier way of thinking about how we eat. Enjoy the new year God has bestowed upon us, and enjoy a new way of thinking.

~Barb Suder, Parish Nurse~

Healthy Living at Any Size

By Francie M. Berg

It's time to take a new approach to wellness and wholeness. Time to focus on promoting healthy, happy lifestyles for both children and adults. This is an urgent challenge for countries around the world. The cult of thinness that permeates our lives has taken its toll. Viewing health through a weight-centered perspective has not helped families become healthier. Instead, research shows it has caused harm.

The new healthy living approach that embraces self-acceptance, respect and diet-free eating comes as a refreshing change. With roots in Health Canada's Vitality program of the early 1990's, this approach offers the simplicity of stress-free living: "Live actively, eat well and feel good about yourself and others."

Preventive of weight and eating problems, it's a health-centered, compassionate approach that leaves restrictive thinking behind and promotes health in body, mind and spirit for people of every size. Everyone qualifies. Right now, just as we are.

In their 1998 New Year's Day editorial, Marcia Angell, MD, and Jerome P. Kassirer, MD, editors of the New England Journal of Medicine, warned, "Until we have better data about the risks of being overweight and the benefits and risks of trying to lose weight, we should remember that the cure for obesity may be worse than the condition."

"Healthy bodies come in all shapes," says Steven Blair, PhD, Senior Scientific Editor of the Surgeon General's Report on Physical Activity and Health. "We need to stop hounding people about their weight and encourage them to eat a healthful diet and exercise."

The "Healthy Living or Health at Every Size" approach frees people to take pleasure in food again and to enjoy activity without the goal of calorie burn. It frees children from struggling to fit unrealistic size expectations, and parents from the confusion of conflicting advice. It frees girls and women who have kept themselves thin but limited by restricting food, so they can live in fulfilling ways and get on with what is important in their lives. Through this approach, people of all sizes are moving on to a more enriching life of wellness and wholeness. Adapted from the book *Underage and Overweight: Our Childhood Obesity Crisis - What Every Family Needs to Know* (2005), and other publications.

Tenets of Health at Every Size

- * ***Size and self-acceptance***- respect and appreciation for the wonderful diversity of body shapes and sizes (including one's own) rather than the pursuit of an idealized weight or shape.
- * ***Health Enhancement*** - attention to emotional, physical, and spiritual well being, without focus on weight loss or achieving a specific "ideal weight."
- * ***The Pleasure of Eating Well*** - eating based on internal cues of hunger, satiety and appetite, and individual nutritional needs, rather than external food plans or diets.
- * ***The Joy of Movement*** - encouraging all physical activities for the associated pleasure and health benefits, rather than following a specific routine of regimented exercise for the primary purpose of weight loss.
- * ***An End to Weight Bias*** - recognition that body shape, size and/or weight are not evidence of any particular way of eating, level of physical activity, personality, psychological issue, or moral character but rather confirmation that there is beauty and worth in EVERY body

VNA Senior Wellness Clinic

Upcoming 2010, 2011 Dates: 4th Wednesdays

2010: December 22

2011: January 26, February 23

9 am – 12 noon, Library

Open to members, friends, neighbors

An RN will be available to trim toenails, check blood pressure and pulse, review medications and answer questions. Charge for nailcare: \$23.00. Appointments: 303-698-6496. Kaiser clients needing nailcare call for pre-approval.



*Mark & Denise Herhold,
Matthew, Jessica

*Brad & Debbie Mitchell

*Pam Smith

*Kim & Brittany Hight

*Becky Trump

*Tanja Warwick, Allison

Due to internet security
issues, you must contact the
church office for contact
details.

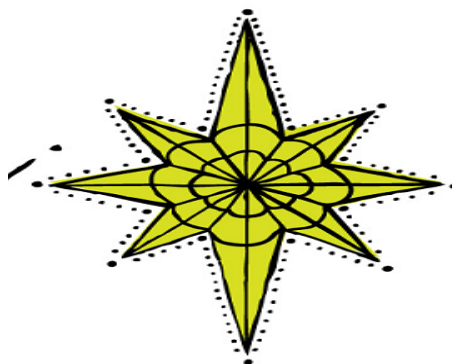


FLOWER CHART: The 2011 flower chart is up in the fellowship hall on the west wall. Sign-up today to celebrate an anniversary, birthday, memory of a loved one or to beautify our sanctuary. Flowers are \$25 per bouquet.



From Sky Ranch - As you prepare for Christmas, help Sky Ranch prepare for all the lives to be touched in 2011 at camp. The Sky Ranch Giving

Tree is on display in the Fellowship Hall and is filled with gifting ideas that will help Sky Ranch build firm foundations of faith in youth and adults. We ask that you take a gift tag from the tree to hang on your Christmas tree at home and purchase a gift card from the store listed on the tag to send to camp. Thank you for helping!!



Through Christ God Will Forgive All Your Sins....Yes, Even That One!!!

ORDER YOUR POINSETTIA TO BEAUTIFY OUR CHURCH AT CHRISTMAS



Fill out the form below and attach check made payable to Holy Shepherd Lutheran Church. A table will be set up between services on **December 19th** in the Fellowship Hall, or you may leave your order at the church office. **DEADLINE IS DECEMBER 19th**. The plants will be placed on the altar Christmas Eve and can be picked up after the 11:00 pm service on Christmas Eve. **Price is \$10.00**. If you have any questions, call **Shirley Matson**.

NAME _____ PHONE _____

ADDRESS _____

Please circle one: In **Memory of** or In **Honor of** _____
