

Our Vision Statement:

Following Christ through intentional prayer, unconditional love, compassionate service and sacrificial giving.



The Shepherd's Staff

Volume 20 Issue 2

February 2020



February - the month of love. Everyone (especially the greeting card and candy folks) loves this month.

Indeed, February is the month of love. But, for Christians, February means an entirely different

kind of love than that with which St. Valentine is associated.

This year the Lenten season starts on February 26. This means that the greatest love of all...the only perfect love...the love of God for each one of us is to be celebrated starting in February.

Ash Wednesday begins our Christian preparation for the greatest act of love that the world has and ever will know. Well, let's remember John 3:16...the scripture says it better than anyone else can:

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

God's love is all encompassing, all compassionate, all comforting and all forgiving.

As we celebrate loves of our lives this month, let us remember to celebrate even more so that God loves us.

Blessings, *Pastor Mark*

Fletcher Place & Mission Kids

February is one of the months our church collects and shops for Fletcher Place and it is also when we will be focusing on Faith Promise (Missions). The Mission Kids have been asked to speak on February 16th. Please come and see their pictures and hear them talk about their mission project.

Also, the Mission Kids will be collecting on Sundays, February 16th & 23rd, and shopping on the 23rd following Worship. Please be prepared to support our youngest missionaries!

Ladies' Retreat Saturday, March 21st



I have redeemed you; I have called you by name, you are mine.

Isaiah 43:1

Please join us!

Event: Spring Ladies' Day Retreat

Place: Good Shepherd United Methodist Church
2015 S. Arlington Ave
Indianapolis, IN 46203

Please reserve your spot by contacting Sandy or the church office by Wednesday, March 4

Date: Saturday, March 21, 2020—Cost is \$20.00
(Scholarship available)

8 a.m.—5 p.m.

For more information: Sandy Brock (219) 688-0479 or
Sjbrock62@aol.com or
Good Shepherd Office
(317) 356-3787

Ash Wednesday Service

Is at 6:30 p.m. on
Wednesday, February 26th

ADMINISTRATIVE COUNCIL MINUTES – JANUARY 19, 2020

The meeting of the Administrative Council was called to order at 6:15 p.m. by Kent Conger. Dick Nye led us in Prayer and devotion.

The Agenda was amended to add a Financial Report by Penny Bond under Committee Reports. It was moved, seconded and passed by vote to accept this amended Agenda.

It was moved, seconded and passed to accept the November 17, 2019, Minutes as provided.

Financial Report: Marilu Propps reported that our current General Fund Checking balance as of Thursday, January 17, was \$59,397.61. She reported that all payroll taxes and reports are current. She said that we had made our first 2020 tithing payment to conference – 10% of contributions on 1/5/20 with 8.5% to Conference and 1.5% to District. Marilu also reported that regarding last year loan payments we paid 3 payments out of General Checking and 9 payments out of Designated Checking due to contributions by members of the church. She said that right now we can still make a total of 7 payments in 2020 out of Designated Checking for these loan payments. Marilu also asked that all committees complete the 2020 scheduling forms she passed out and return them to the office, so meetings and events can be put on the 2020 calendar. There being no questions, the Financial pages will be filed for audit.

Director of Family Ministry's Report: Susan Nyquist told about some of her experiences with the Youth group and that there would be a Confirmation class this spring. She said that she has ordered the information for this year's VBS and that there would be 4 nights this year instead of 3 nights. She said that VBS was scheduled for June. Kent commented that our church has been growing with more youth and children.

Committee Reports: Education: Debbie Specht reported the Education Committee schedule for the year: February 2 will be the Pairs & Spares celebration Open House; Easter Sunday, April 12, during church Kids Worship and Kids Venture will offer an Easter message; also on Easter Sunday during Sunday School children will have a special Easter object lesson followed by crafts and the an Easter egg hunt; May 17 will be our annual Child Protection Training day; Graduation and "Movin' On Up" Sunday is scheduled for June 28th; Partners in Education Sunday will be on August 30th, which is also a Pitch-In Sunday; Caroling and Cookies will be on Sunday, December 13th. Debbie also added that the Education Committee wanted to stress the importance of not bringing peanuts and tree nuts into the church because of many children's allergies.

Finance: Penny Bond handed out copies of the revised 2020 budget. Motion was made, seconded and passed by vote to adopt this new 2020 budget. Penny also announced that we have enough people to take the Mission trip to Arizona on April 25th.

Pastor's Report: Pastor Mark announced that the new Core class will start on February 5th. He said that this is the year of Transformation for Good Shepherd.

Kent announced that the next Ad Council meeting would be on Sunday, February 16th, at 6:00 p.m.

There being no further business, it was duly moved, seconded and passed to adjourn the meeting at 6:45 p.m. followed by Pastor Mark giving the closing prayer.

Respectfully submitted, Marilu Propps, Secretary

Attendees: Dick Nye, Sue Nye, Ron Specht, Debbie Specht, Doug Bullard, Julie Bullard, Penny Bond, Ron Bond, Susan Nyquist, Kim Webb, Jon Albright, Jess Albright, Jack Pope, Vince Crabb, Kathy Steward, David Rinehuls, Pastor Mark, Kent Conger and Marilu Propps



Fun for Seniors

Golden Shepherds

The Golden Shepherds meet at 9:30 a.m. in Fellowship Hall on the first Monday of every month. Their February meeting is scheduled for Monday, February 3rd. Our entertainment will be the South African singer, Philip du Plessis.

Everyone 55 and over is welcome to join these recycled teenagers.



The youth will be going bowling in February, so be sure to check the Sunday bulletin for the date and time.

Our Youth Group is growing! Therefore, if anyone has a small loveseat or a comfortable chair that they would like to donate to our classroom, the youth would greatly appreciate it!

Are We Protecting Our Children?

With Valentine's Day around the corner, we need to consider if we are protecting ALL of our children here at Good Shepherd. Food allergies have always been around, but their presence has been increasingly prevalent among our church children and all children in our world. We want everyone to enjoy coming to church to learn about God's great love and plan of salvation, and we don't want anyone leaving in an ambulance due to a preventable allergic reaction.

Out of kindness, adults sometimes offer candy or treats to children who come to church. But this act of kindness can turn into a critical emergency unexpectedly.

We have several children in our church with severe reactions to peanuts and nuts of any kind. Even an open package that they have not touched could trigger a life-threatening situation. If another child eats a food with the allergen, touching shared toys or pencils could cause the allergic child to have a reaction. Unfortunately, we all need to be ingredient readers on packages. A well-known brand that we would assume would have no nuts may now be manufactured in a factory that also makes nut products, even pizza could contain nut contaminants. Please look for nuts listed in the ingredients as well as statements like "made in a factory that also processes peanuts" or "may contain peanuts."

We love all of our children and no one would intentionally cause harm. At this time, due to the severity of reaction that some of our children have to peanuts and nuts, we would ask that you help by not bringing any treats or foods into the church with peanuts or nuts, even in unopened packages. If you are a peanut and nut lover, this may be a sacrifice for you, but neither would you want a child to die because he/she is inadvertently exposed to nuts or peanuts in our church.

It is always a good thing to get parental permission before offering a treat to a child! We have allergies posted in each Sunday School rooms for teachers to be informed and in the church office, but precaution is always the best prevention of an incident we would all regret. Thank you for showing the greatest love that we could offer, protecting the lives of our children by our caring actions and support!

Submitted by the Education Committee



HEALTH NOTES BY JUDY JONES



3John2: *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

Go Red for Women through research, the American Heart Association discovered that heart disease killed more women than men. And it took more women's lives than all forms of cancers combined. Since then, they have educated millions of women on the dangers of heart disease and made major changes in health care. They kept track of the progress for millions of women and the following info reflects some of the encouraging accomplishments: 34% fewer women now die from heart disease; More than 627,000 women's lives have been saved; 90% of participants made healthy lifestyle changes; 37% have lost excess weight; More than half now exercise more; 43% have had their cholesterol checked; Smoking decreased by 15%; 60% have improved their diets; and Women completing in Go Red Heart check-ups have increased significantly. Congress passed the Heart for Women Act in 2012, requiring the FDA to report clinical trial based on gender. They have helped physicians recognize that women's heart symptoms and treatment are different from men's.

Heart attack symptoms for women. Women are more likely than men to have their heart attack symptoms unrelated to chest pain such as: 1) Neck, shoulder, upper back or abdominal discomfort 2) Shortness of breath 3) Nausea or vomiting 4) Sweating 5) Lightheadedness or dizziness. 6) Unusual fatigue. These symptoms are more subtle than the obvious crushing chest pain often associated with heart attacks. Many women tend to show up in emergency rooms after much heart damage has already occurred.

Risk reduction:

1. Exercise 30 - 60- minutes a day on most days of the week.
2. Maintain a healthy weight.
3. Quit or don't start smoking.
4. Eat a diet that is low in saturated fat, cholesterol and salt.

National Wear Red Day is February 7, 2020. Help support women's heart health - Wear Red, Raise your voice, Speak up about this silent killer, Spread the word about the No. 1 killer of women. Encourage all women to take charge of their heart health.

February is also American Heart Month

Budget for 2020

Projected Income

Tithes & Offerings	\$ 284,000.00
Miscellaneous Income	\$ 0.00
Parsonage Rent	\$ 9,000.00
Total Projected Income	\$ 293,000.00

Projected Expenses

Apportionments - Conference	\$ 24,140.00
Apportionments - District	\$ 4,260.00
Administration	\$ 9,850.00
Communications	\$ 550.00
Compensations	\$ 196,810.14
Continuing Education	\$ 700.00
Staff Appreciation Dinner	\$ 300.00
Education	\$ 7,900.00
Evangelism & Church Growth	\$ 650.00
Finance	\$ 536.00
Social Concerns	\$ 600.00
Trustees	\$ 38,950.00
Utilities	\$ 22,610.00
Worship	\$ 3,000.00
Youth Ministries	\$ 1,100.00
Fruitful Congregations	\$ 200.00
Total Projected Expenses	\$ 312,156.14

Join Us in Celebrating God's Work through the "Pairs and Spares" Sunday School Class

God tells us in His Word that there is a time for everything. As I ponder the life of the Pairs and Spares class, Ecclesiastes 3:11, comes to mind:

He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.

God planted a very special group of individuals in our church called the "Pairs and Spares." A few of these saints of God are still with us, serving God in our church and attending other classes. Many have passed on to their eternal reward. I have no doubt that we will not fully comprehend, this side of heaven, the many things that God accomplished through this Sunday School class and these special individuals.

Please join us in celebrating the lives of these saints of our church on Sunday, February 2, at 10 a.m. in the church lounge. While the class is no longer meeting, some of its former members will be available to share memories of the class and its rich history. Please bring your own memories and encouraging words to this celebration of what God has done and is still doing through these class members. Light refreshments will be provided.

For more information, call Debbie Specht at 317-439-4055.

LADIES MONDAY NIGHT BIBLE STUDY

Please join us beginning Monday, March 2, 2020 at 6:30 p.m. for a brand new Monday Night Ladies' Bible Study.

This 12-week Women of Faith Bible Study is called ***Worshipping God with Our Lives***.

When some people think of "a life of worship," they think of the few hours that they spend at church on Sunday morning. They may think of the CDs they play in the house as they attack the daily chores. Yet while those certainly represent an act of worship, they don't represent a life of worship. In this study readers will discover how Jesus' declared intent was solely to do the will of His Father, how He worshipped as He healed the blind and the lame, and even how He worshipped in the Garden of Gethsemane as He prayed. They will be encouraged to live a similar life of worship to their heavenly Father.

In Colossians 3:17, the apostle Paul tells us, "Whatever you do in word or deed, do all in the name of Lord Jesus". God's design for us is to bring Him glory, honor, and praise through the way we live our lives. But sometimes, it's difficult to know how to do this - or remember to do this - in middle midst of our busy, hectic, and pressure-filled days.

In ***Worshipping God with Our Lives***, we will look at what the Bible says about the ways in which we can bring glory to God in all we say and do. We will examine how to make time each day for fellowship with our heavenly Father, how to stay committed to our prayer time, and how to use the unique gifts God has given us to worship Him. Above all we will discover how a life of worship can serve as a powerful testimony to the Lord's faithfulness!

Please try to join us! For Books (\$5) or Questions, please see Penny Bond or Julie Bullard.



2020 Vacation Bible School

Rocky Railway VBS will be rolling into town Monday, June 15th, through Thursday, June 18th. Be sure to save these dates now and get ready to climb aboard for mountains of fun! On this faith-filled adventure, kids will discover that trusting Jesus will pull them through life's ups and downs.

Adults, be thinking about where and how you would like to serve during this remarkable adventure! We will need station leaders and crew leaders to come alongside of the children and help them to discover the transforming love of Jesus.

Flourishing in 2020!

Join the women of Good Shepherd as they explore all that God has for us as individuals and as a church in 2020! God wants us to flourish. In fact, he delights in our flourishing. Life isn't always fun, but in Christ, it can always be fruitful!

The United Methodist Women will meet bi-monthly in 2020 beginning on Saturday, February 1, at 10 a.m. for a light brunch in the church lounge. All women of the church are invited. It is hoped that the Saturday meeting time will allow more of our women to attend.

The United Methodist Women's vision is to serve the women and children of our community and world and to bring the transforming power of Christ into this service. Each year as a group, we select an outreach ministry to support with our volunteer time, talents and funds to accomplish this purpose. We will be selecting our ministry outreach for 2020 at this February meeting, so please bring your ideas and suggestions.

Our meetings will also be an opportunity for personal growth as we enjoy Beth Moore's newly released Bible study, "Chasing Vines", which has a DVD format that will be viewed at the meeting. "Chasing Vines" is designed to help each woman find her way to an immensely fruitful life in 2020!

Beth Moore traces the images of the vinedresser, vine, branch and fruit through scripture and shares stories from her own journey. She inspires others to see how nothing in our lives is wasted, not the place we've been planted, not the painful pruning, or even the manure that gets dumped on us when we least expect it! We will learn together through this study how everything changes when you discover the true meaning of a fruitful, God-pleasing, meaning filled life.

Optional supplemental Bible study material that complements the DVD study is available for individuals to order for purchase at the February meeting for \$9.99. This material will supplement your devotional time between meetings. Call Debbie Specht at 317-439-4055 or Ginny Ransom at 317-989-5440 for more information.

Mark your calendar for a life changing time of fellowship and growth, Saturday, February 1, 10 a.m.!



Chocolate-dipped Strawberries

Ingredients: $\frac{1}{2}$ cup bittersweet chocolate chips
12 large strawberries or 24 small,
stems attached and at room
temperature
2 tbsp freshly grated lime zest

Prep: 1) Line a baking sheet with wax paper.
2) Place the chocolate chips in a small glass bowl. Microwave on medium for 1 minute. Stir, then continue microwaving in 20 second intervals until melted, stirring after each interval.
3) Dip $\frac{1}{2}$ to $\frac{2}{3}$'s of each strawberry into the melted chocolate. Let the excess drip back into the bowl. Place the dipped fruit on the baking sheet.
4) Sprinkle lime zest over the chocolate.
5) Refrigerate until the chocolate is set, about 30 minutes. You can refrigerate in an airtight container for up to 1 day.



Annual Spaghetti Dinner

Our Annual Spaghetti Dinner, which is hosted by the Jr/Sr High Youth Group will be on Sunday, February 23rd, at 5:30 p.m. in Fellowship Hall. Enjoy a scrumptious meal consisting of spaghetti, salad, bread, and dessert! Please be sure to save the date and plan to attend.

Bring the people you love, or just bring yourself and be among the people who love you.

Youth Group Members will be selling tickets immediately following Worship Service on Sunday February 2nd, 9th, and 16th.

Advance tickets are \$8 for Adults and \$4 for children (ages 3-12). Tickets sold at the door will be an additional \$2 per person.

Money raised through the ticket sales will help Jr/Sr High Students in their spring and summer activities.



Mission Moments



Mac N Cheese Church: We have a monthly pledge of 150 boxes of Macaroni and Cheese to Fletcher Place Community Center, so make sure you donate a few boxes during the month of December. Extra boxes will be donated to God's Bounty food pantry. Any questions, ask Dick Nye.

Fletcher Place Community Center: Hope. Compassion. Renewal, 1637 Prospect St., Indianapolis, IN 46203, 317-636-3466. Volunteers are always welcome. www.fletcherplacecc.org

Old Bethel Food Pantry: Opportunities to volunteer. If interested, contact Dick Nye.

Servant's Heart: Good Shepherd is scheduled to help on the 4th Thursday of each month. Clients are scheduled to shop between 6:30 pm and 9:00 pm. Volunteers should arrive at least 15 minutes early. Call 317-788-9433 with questions about volunteering or visit www.servantsheartofindy.org.

Matthew 25:40: The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Commit

Jess Albright

The definition of "Commit" according to Merriam-Webster is "to obligate or bind oneself." It also lists another optional definition of "to pledge or assign to some particular course or use." I don't like that second one as much because I think it doesn't adequately define the word. You know that when you make a commitment, it's more definite. A commitment is a promise. By a kid's standards, it's a pinky-swear (and to my kids, that's serious!). So, "pledge" doesn't seem serious enough.

Which is why this year, the Missions team at Good Shepherd is asking you to *commit* to missions. This year, as we approach Faith Promise Sunday on March 1st, we want you to make a commitment to our missionaries and to God. "What exactly am I committing to", you are asking yourself. We've created an acronym to help:

- C** - Commit to **Care** about our missionaries - where they are, what they are doing, and how they need assistance.
- O** - Commit to embrace the **Opportunities** God provides you to share the Good News of Jesus Christ right here in Indianapolis.
- M** - Commit to provide **Money** through a Faith Promise to Good Shepherd UMC to support missionaries here in Indiana and around the world.
- M** - Commit to provide **Ministry Resources** (donations of goods, like macaroni and cheese) to our missionaries when they are requested.
- I** - Commit to **Invest in Prayer** for our missionaries - to pray for open hearts, for divine appointments, for encouragement, and for protection.
- T** - Commit to **Time** to serving God's people wherever He leads you.

The Missions Committee isn't asking for a certain amount of service time or certain monetary donation - you pray with God about what that looks like for your family. We are simply asking that this year, we move a little farther beyond the word "pledge" and are deliberate about supporting our missionaries and being disciples. To take definite action towards mission work, to sharing the word of God with those people God is nudging you to, and to support our missionaries financially and through prayer. It's not about making a financial pledge at 9:45 a.m. on Faith Promise Sunday and then moving on with life, but making a commitment to missions every day of the year. This year, let us *commit* to missions.

"For even the Son of Man did not come to be served, but to serve, and to give His Life as a ransom for many."
Mark 10:45

February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">MARCH NEWSLETTER DEADLINE Please have your information into the church office by Friday, February 14th.</p>						<p>1 1:00P UMW</p>
<p>2 9:00A Worship Service Celebration of Pairs & Spares Sunday School Class. 10:15A Sunday School</p>	<p>3 6:00A Men's Bible Study 9:30A Golden Shepherds 7:00P Trustees</p>	<p>4 9:00A Sewing Ladies 7:00P Cub Scouts</p>	<p>5 1:00P Euchre & Dominos</p>	<p>6 11:00A Children's Sto- rytime</p>	<p>7 10:00A Ladies Bible Study</p>	<p>8</p>
<p>9 9:00A Worship Service 10:15A Sunday School</p>	<p>10 6:00A Men's Bible Study 6:00P Gideon's Cabinet Mtg</p>	<p>11 9:00A Sewing Ladies 7:00P Cub Scouts</p>	<p>12</p>	<p>13 11:00A Children's Sto- rytime</p>	<p>14 10:00A Ladies Bible Study</p>	<p>15</p>
<p>16 9:00A Worship Service 10:15A Sunday School 6:00P Ad Council</p>	<p>17 6:00A Men's Bible Study</p>	<p>18 9:00A Sewing Ladies 7:00P Cub Scouts</p>	<p>19</p>	<p>20 11:00A Children's Sto- rytime</p>	<p>21 10:00A Ladies Bible Study</p>	<p>22</p>
<p>23 9:00A Worship Service Mission Kids shopping 10:15A Sunday School — Spaghetti Dinner</p>	<p>24 6:00A Men's Bible Study</p>	<p>25 9:00A Sewing Ladies 7:00P Cub Scouts</p>	<p>26 6:30P Ash Wednesday Service</p>	<p>27 11:00A Children's Sto- rytime 6:30P Servant's Heart</p>	<p>28 10:00A Ladies Bible Study 4:00P Mission Team at Wheeler Mission</p>	<p>29</p>



*Don't forget your **MAC 'n CHEESE**
for Fletcher Place*



February Celebrations

Birthday blessings to:

- | | | | |
|-----------------------|------|-------------------------|------|
| Rick Basham | 2/2 | Joyce Vowell | 2/12 |
| Jake Coleman | 2/2 | Gavin Chrisman | 2/13 |
| Bev Adams | 2/3 | Kathy Oelschlager | 2/15 |
| Grayson Masters | 2/4 | Bryce Nelson | 2/16 |
| Terry Newman | 2/4 | Joan Garrett | 2/18 |
| Jessie Jolly | 2/7 | Janet Collins | 2/20 |
| Nancy Miller | 2/7 | Judy Settles | 2/24 |
| Steve Peters | 2/9 | Susie Nye | 2/27 |
| Paula Doerr | 2/12 | | |



Jack & Donna Pope 2/3
Tom & Maria Vowell 2/14



**2015 S. Arlington Ave.
Indianapolis, IN 46203**

Worship Schedule

Traditional Worship Service 9:00 AM
Sunday School 10:15 AM

Bible Studies

Men's Bible Study - Monday 6:00 AM
Ladies Bible Study - Friday 10:00 AM

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VISITORS ARE ALWAYS WELCOME!

We're on the web—www.gsumcindy.org
Facebook: <https://fb.me/GoodShepherdUMCindy>

Phone: (317) 356-3787 Fax: (317) 356-7071

What's Happening in 2020

(Mark your calendars and join us)

Sunday, Feb. 23	Spaghetti Dinner	5:30 p.m.
Wednesday, Feb. 26	Ash Wednesday Service	6:30 p.m.
Sunday, Mar. 29	All-Church Pitch In	11:00 a.m.
Thursday, Apr. 9	Maundy Thursday Service	6:30 p.m.
Friday, Apr. 10	Good Friday Service	6:30 p.m.
Sunday, Apr. 12	Easter Sunday Service	9:00 a.m.
Sunday, May 31	All-Church Pitch-In	11:00 a.m.
Mon.-Thurs, June 15-18	VBS	6:30 p.m.
Sunday, Jul. 26	Pitch-In & Family Movie Night	5:30 p.m.
Sunday, Aug. 30	All-Church Pitch-In	11:00 a.m.
Saturday, Oct. 24	Trunk or Treat	3-5 p.m.
Sunday, Nov. 8	Chili Cook-off & Family Movie Night	5:30 p.m.
Sunday, Nov. 29	All-Church Pitch-In	11:00 a.m.
Thurs. Dec. 24	Christmas Eve Candlelight Service	5:00 p.m.
Every Thursday	Children's Storytime	11:00 a.m.
First Monday of every month	Golden Shepherds (Seniors 55 & over)	9:30 a.m.
First Wednesday of every month	Euchre & Dominos in Fellowship Hall	1:00 p.m.



Whether you missed a Sunday Worship Service or just want to hear a special sermon again, you can go to your computer and take the following steps:

1. Go to www.gsumcindy.org
2. Click GET CONNECTED
3. Click on Sermons Are Online
4. Click on the sermon you would like to hear