



Good Shepherd

United Methodist Church

2951 Trail Dairy Circle
North Fort Myers, Fl. 33917

The *Journal*

APRIL 2010

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PASTORS CORNER

“Christ is risen!” “Christ is risen, indeed!” With this call and response, Christians have been greeting Easter morning for the past 2000 years. Easter is the very heart of the Christian faith. It is this day that defines Christianity from all other world religions, belief systems, moral orders or philosophies. This day makes Christians unique.

Christians are unique because with Easter we proclaim boldly that death is not the end of life and that through faith in the promises of Jesus Christ we can follow him into eternity. This is not simply a proposition or hope, but because Jesus died, rose again and presented himself to many witnesses, Christians have proof of our claim of eternal life. No other world religion or belief system or moral order or philosophy can deliver that claim. Some have an answer to, “What happens after I die?” but none have proof.

The current best argument or apologetic about the truth and proof of the Resurrection is represented in the work of Lee Strobel in “The Case for Christ.” I won’t recount his presentation but I will commend it highly as quite readable and convincing. If you or any family or friend doubt the significance of Easter or the impact of Easter in the Christian life, invite them to read this book.

While Easter defines the Christian faith as unique and separates Christianity from all other belief systems, it also requires humility, sacrifice, service and love to be our witness in the world. The events of the crucifixion, death and Resurrection should make these qualities paramount to us as current Christians. These are not just “good life skills” or “quality keys to successful living.” They are fundamental qualities of the life, death and Resurrection of Jesus that we as disciples live out daily. Christians cannot be haughty or exclusive or proud or superior in our faith claims. In fact, it is at those moments in history when Christians have forgotten these requirements of our faith that we have provided the greatest evidence to the skeptical world of our hypocrisy and falseness.

As we celebrate Easter, I invite us to all strive to be authentic in our faith and daily living. Be humble in relationships with others. Don’t seek praise or glory or personal gain. Listen and appreciate others and build up others. Sacrifice joyfully for the benefit of all. Many of us have much in abundance – SHARE. Serve someone else. They don’t have to be in need to warrant service – simply offer to help someone else in a project or program or event. Perhaps it will be as simple as carrying in the groceries for a neighbor, but be of service. Love is cheapened and trivialized by so many, but this is in fact the whole point. Easter reminds all Christians of the extravagance of God’s love for all of creation. We don’t deserve the love of a Father to send His only Son to die for us. We walked away from God, yet God loves us so much that He sent His son to reconcile the debt and bridge the gulf of our sin that we might live eternal with Him. It is that quality of love that we celebrate on Easter. That is real. That is powerful.

Easter Worship begins on Saturday, April 3rd at 5:00 PM. We continue on Sunday, April 4th at 7:00 AM, with repeated Easter worship services at 8:30 AM and 11:00 AM. I look forward to seeing you.

Blessings, Pastor Tom

Grounds
Committee



MEMORIAL GARDEN

A lot of work was done this season to enhance the appearance of our Memorial Garden at the rear of the church.

New plants were put in the ground around the arbor, and the hedge of Ixora was supplemented with new plants. We are hoping that all will come back to life following the winter freeze after all were planted. We've added a new column to the columbarium wall. And we've replaced the park benches that had become weathered over the years. Please take a look as Spring unfolds.



PALM SUNDAY

SATURDAY, MARCH 27TH at 5:00 PM
SUNDAY, MARCH 28TH at 8:30 & 11:00 AM

MAUNDY THURSDAY COMMUNION

THURSDAY, APRIL 1ST at 7:00 PM

GOOD FRIDAY SERVICE

FRIDAY, APRIL 2ND at NOON

SATURDAY EASTER SERVICE

SATURDAY, APRIL 3RD at 5:00 PM

EASTER SUNRISE SERVICE
followed by brunch

SUNDAY, APRIL 4TH at 7:00 AM
bring your own chair

SUNDAY EASTER SERVICES

SUNDAY, APRIL 4TH at 8:30 & 11:00 AM

THE 'SEASON' SOON ENDS ...

By Linda Lindquist



The 'season' is winding down fast, and soon our part-time members and friends will be heading north for the summer months. We enjoyed your stay, are glad you chose to make Good Shepherd Church your church home while you are here, and are sorry to see you go. Have a safe journey.

If you are a seasonal attender, please let us know when you will be leaving and when you will be returning --- so we may stay in touch.

If you prefer not to have the Journal mailed to you, let us know. The latest Journal is posted to our website, www.gsumc33917.org/newsletter.html, on the first of the month. If you'd like the Journal e-mailed to you instead, just give us your e-mail address and instructions and we'll add you to our 'automated' newsletter distribution list.

A reminder that from May 1st to September 30th the church schedule reverts to our summer season calendar:

- Office hours will be 9:00 AM to 1:00 PM, Monday through Thursday
- The church office is closed on Fridays
- We change from three worship services to two worship services: Saturday at 5:00 PM and Sunday at 9:30 AM

If this summer is anything like last, we'll still be active and busy.

Have a safe and healthy summer, and hurry back next 'season'.



SUNDAY ADULT BIBLE STUDY
by Noel Watkins

Sunday School is coming to a close. April 11th is the last day. The snowbirds are flying north and will keep in touch over the summer. We will start back up in mid-October. For further information, call Noel Watkins at 567-1685.

PASTOR'S BIBLE STUDY

Pastor's Bible Study will meet at **7:00 PM** on **Wednesday, April 7, 14, 21 and 28.**

THURSDAY AFTERNOON BIBLE STUDY

We meet **Thursday afternoon at 1:00 PM** and everyone is welcome! We are studying the Book of Revelations. Rev. 1:3 (NIV) *"Blessed is the one who reads the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near."*

Bring your Bible and a notepad. For further information, call Barie Fez-Barrington at 217-0783 or e-mail doveslanding@email.com.

AUTO-PAYMENT OF PLEDGES

Good Shepherd Church accepts electronic payments of your pledged offerings. Contact our bookkeeper, Laquondia Tatum, at the church office to set this up.



RECIPE: LI'L CHEDDAR MEAT LOAVES

From : Kitty Strickland



- 1 egg
- 1/2 cup quick oats
- little salt & pepper
- 1/4 cup season crumbs

- 1 cup cheddar cheese (4 oz.)
- 1/2 cup onion
- 1 lb. ground beef
- 3/4 cup milk

- Sauce:
- 1/2 cup brown sugar
 - 1 1/2 tsp. prepared mustard
 - 2/3 cup ketchup

350° for about an hour, uncovered. Serves 6-7.

From Taste of Home, April-May, 1999. Served at Choir Gospel Night Dinner.



HURRICANE PREPAREDNESS SEMINAR APRIL 13TH

On **April 13th, at 2:00 PM**, the Good Shepherd Disaster Coordination Team is sponsoring a **Hurricane Preparedness Seminar** in the sanctuary. Everyone in our area is invited.

Speakers at the seminar include:

- *Lee County Emergency Management* will give us tips on preparing our homes for the storm season, whether you are leaving to go north or you are staying here for the summer.
- *Florida Department of Financial Services*.
- *The North Fort Myers Fire Department* will present what we can expect of them as Community Emergency Response Team (CERT) personnel during an emergency.
- *WINK Meteorologist Scott Zedeker* will discuss the storm projections for the coming season.

Plan on coming and bring a friend. We will be handing out the latest *Lee County Hazard Guides* and our *Emergency Preparedness Information* document. Call the church office for more information 239-543-2686.

LARRY FORD IS RETURNING IN APRIL

Those of you who have heard Larry Ford sing here or at another venue know what a great program he provides for our enjoyment. We packed the sanctuary at the Christmas concert in December, 2008. This was an evening concert and we heard from many who do not like to drive after dark that they were sorry to miss him.

This concert is scheduled for **3:00 PM on Sunday, April 18th** so that no one needs to miss the program. We would love to once again fill the sanctuary -- so talk to your friends and neighbors who may not go to Good Shepherd and plan on buying tickets in the narthex after any service. The tickets are \$10.00. Light refreshments will follow the concert.

THE PROMISE OF CHRIST

The 14th chapter of John's gospel contains this promise our Lord gave his disciples: "If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counselor to be with you forever." (John 14:15-16, NIV)

Jesus added: "I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live." (John 14:18-19).

What a wonderful promise! Jesus knew he would be dying. He knew the disciples would see his resurrected body. But even after Jesus ascended into heaven, the disciples wouldn't be alone. The Holy Spirit would come to comfort and embolden them.

Jesus concluded, "[My] Peace I leave with you. Do not let your hearts be troubled, and do not be afraid" (John 14:27)

THANK YOU!!



Call Cathy!
 For All Your Sewing Needs
Cathy Quinlan
 Queen Sewing Bee
 5311 San Gabriel Circle
 North Fort Myers, FL 33903
 (239) 543-5995
 cquinlan@yahoo.com



Well, you out-did yourselves again! Good Shepherd volunteers are the best! Thanks to everyone who participated and made our first Strawberry Festival a success. The communications experts, art work, bakers, cleaners and choppers of 31 flats of berries, the music, the set-up and take-down, the runners and pop corn makers, and most of all to Pastor Tom for his help and support. I think he really does have connections in 'high places'!

Thank you all ... Blessings, Audrey



A HEALTHIER YOU
By Judy Greenstreet, RN

2 Corinthians 5 : 7 [NIV]
"We live by faith, not by sight."

Recently, I received word that the *Neighborhood Health Clinic* can no longer accept unused medications. The state of Florida has placed strict regulations on the dispensing of these medications, requiring documentation of all lot and serial numbers and requires they be returned to the manufacturer. Therefore I am no longer able to accept any medications.

I can, however, offer the following guidelines for disposal of unwanted medications, as offered by the *Florida Dept. of Environmental Protection*. The following suggestions are taken from that source, directly.

1. Keep in the original container. This will help identify the contents, if they are accidentally ingested.
2. Mark out name & prescription number for safety.
3. For pills: add some water or soda to start dissolving them. For liquids: add something inedible like cat litter or dirt.
4. Close the lid & secure with duct or packing tape.
5. Place the medication bottles in a container that is non see-through.
6. Tape that container closed.
7. Hide the container in the trash, and not in the recycle bin.

Most importantly, DO NOT FLUSH drugs down the toilet, as it can cause contamination to Florida's water system. Wastewater treatment plants are not designed to eliminate many of these drugs.

I also want to take this opportunity to offer some education on medication and poison safety for elders, as provided by the *Dept. of Elder Affairs of Florida*.

More than 70,000 seniors in the US are poisoned each year. Only 3% of poisonings involve seniors, yet 10% of poisoning deaths, unfortunately, affect seniors. The types of poisonings for seniors are due to medication mistakes, insect and reptile bites and stings, food poisoning, household chemicals and poisonous plants.

As many as 60% of seniors have no routine for remembering to take their medications. If you need assistance in assembling or organizing your medications, I am available to help you oversee the process. Please call me for assistance in this matter, if you think you need help.

In an emergency with a poisoning situation, the following guidelines should be followed.....

For a life threatening situation, call 911. Other suggestions are as follows:

1. Separate the patient from the poison.
2. For exposure to fumes, move the person to fresh air.
3. For skin exposure to poison, rinse with running water.
4. For poison in the eye, rinse with a gentle stream of water for 15 min.

Always feel free to call the *Florida Poison Information Center* at 1-800-222-1222. They operate 24 hours a day, 7 days a week.

I want to thank those who participated in the *AHA Walking Challenge* and hope you have enjoyed the experience and have become healthier in the process.

I have scheduled classes, in May, for those of us who are caring for a spouse or loved one. It is a series of four classes, and for your convenience, they will be held here at the church. I will have more information for you in the near future. Stay tuned !!

Have a Healthy and Blessed month.....Judy Greenstreet

VOLUNTEER DRIVERS STILL NEEDED !!!



We received an immediate response the first Sunday we asked for some volunteers to be available to drive persons to Dr. Appointments, the store or to church, should they not drive at all anymore or are temporarily unable to due to surgery or injury. Five people signed up and have been providing the service to one of our congregation who is temporarily unable to drive. However, three of these drivers will be leaving shortly for the north --- which will leave only two folks left to carry on the service through the summer months. But the need may arise at any time. If you could spare any time at all, please sign up on the sheet on the table in the narthex. This is a service that any one of us could need at some time. Thanking you in advance for your response.

OUTREACH COMMITTEE MEETING



The March 16th meeting of the committee opened with a prayer given by Pastor Tom. The new co-chairperson, Ginny Hess, was introduced. She will assume leadership with David Williams following this meeting. Minutes of the February meeting were read and approved.

The *Suncoast* Easter donation was taken on March 20th and 21st. This donation will be used for extra food supplies to be purchased and given out at Easter by the *Suncoast Outreach Mission*. Baskets were at each door following services as well as a donation envelope placed in the bulletin.

Anyone who would like to observe the food distribution at *Suncoast* may contact Nan Friedman. It is important that you understand the need in the community. *Suncoast* reciprocates at affairs such as our Celebrate Jesus Block Party last June, the Back to School program we held last August at the church and our recent Strawberry Festival by cooking and serving the hamburgers and hot dogs being sold at these events. Please continue to bring in your non-perishable food items for the Can-Do barrels, especially as those of you returning north are cleaning out your pantries. The loose change put in the big water bottle in the narthex also goes to *Suncoast* for food supplies.

We collected supplies until March 28th for the *UMCOR Health Kits* being sent to Haiti to aid in disaster relief.

We appreciate the response from the congregation every time we have asked for donations and help in our outreach efforts. Times are hard for all right now, but Good Shepherd folks have generous, loving hearts and you have never disappointed our outreach efforts. Thank you. May God bless you!

The next **Outreach Committee meeting** is scheduled for **April 20, 2010 at 10:00 AM**.

THANK YOU, THANK YOU!!!!

Please don't think that John and I haven't noticed - BOTH Can-Do barrels have been full lately on Mondays when we pick up your food donations for the Suncoast Outreach Ministry. You are one wonderful, caring, generous congregation! And, we THANK YOU from the bottom of our hearts.

*In His blessed name,
Rev. Carol Delaney
Suncoast Mission Church*

BRING IN YOUR USED PRINTER INK CARTRIDGES



Your used printer inkjet and laser cartridges have value to the church; due to a program called *Recycle4Fundraising*, the church receives money for every cartridge that we send in. Just put your used cartridges in the box in the narthex by the sanctuary door. Thanks to all who have filled the box to overflowing, we have already sent in three boxes full of used cartridges and received our first check!

THIS MONTH



Birthday	Date
Doris Barney	4/2
Margaret Loveridge	4/2
Ginny Russo	4/2
Barb Patton	4/3
Tom Patton	4/4
Elaine Nieu Kirk	4/5
Nancy Phillips	4/5
Robert Apple	4/6
John Liptak	4/6
Robert Livensparger	4/7
Phyllis Apple	4/11
Linda Stahl	4/12
Jean Cochran	4/13
Archie Williams	4/13
Sheila Hunt	4/14
Bob Stahl	4/20
Helen Wolf	4/20
Jim Baker	4/23
Nate Conover	4/24
Shirley Smalley	4/24
Marge Wills	4/24
Florence Hammond	4/25
George Knight	4/25
Ruth Cullison	4/27
Melvin Stubinger	4/27
John Gideon	4/28
Woody Berkebile	4/29
Evey Elton	4/29



Couple	Date	Years
Clem & Betty Williams	4/3/1996	14
Jim & Thelma Leys	4/4/1946	64
Bob & Gini Blazier	4/9/1971	39
Dave & Betty Sibley	4/9/1949	61
Alan & Karla Holt	4/10/1966	44
Wayne & Carol Sheeley	4/14/1979	31
Don & Pat Parsons	4/21/1957	53
Don & Nancy Phillips	4/24/1976	34
Gordy & Vi Sando	4/24/1942	68
Jim & Peg Southworth	4/29/1951	59



PHOTO DIRECTORY

The *Olan Mills Photo Directories* are now on sale for \$5.00. If you would like to purchase a copy, contact the church office.



Edward Thomas Aderman
February 27, 2010



Carol's Yamaha Clavinova

Carol's Yamaha Clavinova was moved from our home to the Good Shepherd Church, in loving memory of Carol Goode. It was dedicated to the Church and Music Department directed by her dear friend, Jackie Scharfe, on February 28th, 2010.

*In loving memory,
Her Husband, Chuck Goode*

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9 AM Bell Choir 10:30 AM Bulletins 1 PM Bible Study 3 PM Chancel Choir 7 Maundy Thurs	2 Office closed Noon – Good Friday Service	3 5 PM Worship
4 Easter 7 AM Sunrise Svc Brunch 8:30 AM Worship Brunch 11 AM Worship	5 10:30 AM Circle of Friends 3 PM SPPRC 7 PM Trustees	6 12:30 Watercolor 7 PM Caring	7 9:30AM UMW Exec 7 PM Pastor's Bible Study	8 9 AM Bell Choir 10:30 AM Bulletins 12:30 Watercolor 1 PM Bible Study 3 PM Chancel Choir	9	10 Communion 5 PM Worship Blood Pressure
11 Communion 8:30 Worship/Choir Blood Pressure 9:45 Bible Study 11 AM Worship	12 10:30 AM Circle of Friends Noon UMW Tea	13 10:30 Watercolor 2 PM Hurricane Preparedness Seminar	14 9 AM Joy Circle 10 AM Finance Committee 7 PM Pastor's Bible Study	15 9 AM Bell Choir 10:30 AM Bulletins 12:30 Watercolor 1 PM Bible Study 3 PM Chancel Choir	16 10 AM Card Workshop	17 5 PM Worship
18 New Members 8:30 Worship/Bells 9:45 Bible Study 11 Worship/Choir 3 PM Larry Ford Concert	19 10:30 AM Circle of Friends	20 Journal Deadline 10 AM Outreach 12:30 Watercolor	21 8AM Men's Breakfast 7 PM Pastor's Bible Study	22 9 AM Bell Choir 10:30 AM Bulletins 12:30 Watercolor 1 PM Bible Study 3 PM Chancel Choir	23	24 5 PM Worship Blood Pressure
25 8:30 Worship/Choir Blood Pressure 9:45 Bible Study 11 AM Worship	26 10:30 AM Circle of Friends 1 – 5 PM Census Testing	27 9 AM Newsletter Crew 10 AM Council 1 – 5 PM Census Testing	28 9 AM – 5 PM Census Testing 7 PM Pastor's Bible Study	29 9 AM Bell Choir 10:30 AM Bulletins 1 PM Bible Study 3 PM Chancel Choir	30 9 AM – 5 PM Census Testing	

APRIL



USHERS		
	8:30	11:00
4/4	EASTER	
	Jerry Murphy	Ann Ekas
	Heather Coffman	Barbara Bosnick
	Mark & Alice Crum	Cindy Farragut
	Gene Noll	Linda Lane
		Nancy Phillips
4/11	Jerry Murphy	Ann Ekas
	Sid & Carolyn Dobson	Nancy Bleser
	Dick & Shirley Smalley	Billie Finnie
		Heather Coffman
		Helen Townsend
4/18	Jerry Murphy	Ann Ekas
	Heather Coffman	Don & Dot Burt
	Jackie Morton	Shirley Scarpella
	Bill & Onalee Trachsel	Don Parsons
4/25	Jerry Murphy	Ann Ekas
	Lee Brda	John & Donna Michel
	Gene Noll	Billie Finnie
	Sid & Carolyn Dobson	Barbara Bosnick

HOLY WEEK		
4/1	7:00 PM	Maundy Thursday
	Greeters	Betty Lou Randolph Audrey Martin
	Acolytes	Barbara Sidas Jackie Ball
	Ushers	Cindy Farragut Lois Ide Linda Lane Nancy Phillips
4/2	12:00 PM	Good Friday
	Greeters	Marge Gundling Gilda Wilson
	NO Acolytes	
	Ushers	Ann Ekas Jerry Murphy Heather Coffman Helen Townsend



COMMUNION SERVERS		
	8:30	11:00
4/11	Donna Lyman	Floss Shone
	Pat McKay	Dorothy Denman



GREETERS		
	8:30	11:00
4/4	Billie Finnie Betty Williams	Priscilla Griffin Ginny Russo
4/11	Lois Ide Linda Lane	Gordy & Vi Sando
4/18	Jane DeGuire Lois Balyo	Lois Ide Nancy Phillips
4/25	Dutch & Ginny Hess	Jean Noll Betty Longstreth



ACOLYTES		
	8:30	11:00
4/4	Bill Boden Judy Greenstreet	Jackie Ball Barbara Sidas
4/11	Joan Bowsby Joyce Campbell	Jean May Barbara Sidas
4/18	Bill & Helen Wolf	Linda Lane Virgie Winkler
4/25	Judy Greenstreet Elvira Kreuger	Jackie Ball Barbara Sidas

One Year Bible - April

- 01 Deuteronomy 18:1-20:20
 Luke 9:28-50
 Psalm 73:1-28
 Proverbs 12:10
- 02 Deuteronomy 21:1-22:30
 Luke 9:51-10:12
 Psalm 74:1-23
 Proverbs 12:11
- 03 Deuteronomy 23:1-25:19
 Luke 10:13-37
 Psalm 75:1-10
 Proverbs 12:12-14
- 04 Deuteronomy 26:1-27:26
 Luke 10:38-11:13
 Psalm 76:1-12
 Proverbs 12:15-17
- 05 Deuteronomy 28:1-68
 Luke 11:14-36
 Psalm 77:1-20
 Proverbs 12:18
- 06 Deuteronomy 29:1-30:20
 Luke 11:37-12:7
 Psalm 78:1-31
 Proverbs 12:19-20
- 07 Deuteronomy 31:1-32:27
 Luke 12:8-34
 Psalm 78:32-55
 Proverbs 12:21-23
- 08 Deuteronomy 32:28-52
 Luke 12:35-59
 Psalm 78:56-64
 Proverbs 12:24
- 09 Deuteronomy 33:1-29
 Luke 13:1-21
 Psalm 78:65-72
 Proverbs 12:25
- 10 Deuteronomy 34:1-Joshua 2:24
 Luke 13:22-14:6
 Psalm 79:1-13
 Proverbs 12:26
- 11 Joshua 3:1-4:24
 Luke 14:7-35
 Psalm 80:1-19
 Proverbs 12:27-28
- 12 Joshua 5:1-7:15
 Luke 15:1-32
 Psalm 81:1-16
 Proverbs 13:1
- 13 Joshua 7:16-9:2
 Luke 16:1-18
 Psalm 82:1-8
 Proverbs 13:2-3
- 14 Joshua 9:3-10:43
 Luke 16:19-17:10
 Psalm 83:1-18
 Proverbs 13:4
- 15 Joshua 11:1-12:24
 Luke 17:11-37
 Psalm 84:1-12
 Proverbs 13:5-6
- 16 Joshua 13:1-14:15
 Luke 18:1-17
 Psalm 85:1-13
 Proverbs 13:7-8
- 17 Joshua 15:1-63
 Luke 18:18-43
 Psalm 86:1-17
 Proverbs 13:9-10
- 18 Joshua 16:1-18:28
 Luke 19:1-27
 Psalm 87:1-7
 Proverbs 13:11
- 19 Joshua 19:1-20:9
 Luke 19:28-48
 Psalm 88:1-18
 Proverbs 13:12-14
- 20 Joshua 21:1-22:20
 Luke 20:1-26
 Psalm 89:1-13
 Proverbs 13:15-16
- 21 Joshua 22:21-23:16
 Luke 20:27-47
 Psalm 89:14-37
 Proverbs 13:17-19
- 22 Joshua 24:1-33
 Luke 21:1-28
 Psalm 89:38-52
 Proverbs 13:20-23
- 23 Judges 1:1-2:9
 Luke 21:29-22:13
 Psalm 90:1-91:16
 Proverbs 13:24-25
- 24 Judges 2:10-3:31
 Luke 22:14-34
 Psalm 92:1-93:5
 Proverbs 14:1-2
- 25 Judges 4:1-5:31
 Luke 22:35-53
 Psalm 94:1-23
 Proverbs 14:3-4
- 26 Judges 6:1-40
 Luke 22:54-23:12
 Psalm 95:1-96:13
 Proverbs 14:5-6
- 27 Judges 7:1-8:17
 Luke 23:13-43
 Psalm 97:1-98:9
 Proverbs 14:7-8
- 28 Judges 8:18-9:21
 Luke 23:44-24:12
 Psalm 99:1-9
 Proverbs 14:9-10
- 29 Judges 9:22-10:18
 Luke 24:13-53
 Psalm 100:1-5
 Proverbs 14:11-12
- 30 Judges 11:1-12:15
 John 1:1-28
 Psalm 101:1-8
 Proverbs 14:13-14



Life Line Screening's Mobile Health Testing Units Are Coming

Where: Good Shepherd United Methodist Church

When: **Tuesday, May 4, 2010**

Stroke and other serious problems can be avoided and treated before they become life threatening. That's what makes *Life Line Screening* such a valuable service. Over 5 million Americans have already taken advantage of these important screenings and with good reason. 80% of strokes are preventable.

-Source: National Stroke Association 2007

Cardiovascular disease is the #1 killer in the United States and a leading cause of permanent disability. The *National Stroke Association* states that your risk of stroke doubles each decade after age 55. Unfortunately, many significant vascular problems go undetected until it is too late. Now you have the opportunity to screen for potential strokes, aneurysms and heart disease before they become life-threatening.

1. **Stroke/Carotid Artery Screening** - Ultrasound evaluation of the carotid arteries that screens for buildup of fatty plaque - leading cause of strokes.
2. **Heart Rhythm Screening** (Atrial fibrillation) - Painless 6-lead EKG that can detect an irregular heart rhythm. Atrial fibrillation increases the risk of stroke 5 times.
3. **Abdominal Aortic Aneurysm Screening** - Ultrasound is used to screen for the presence of an aneurysm in the abdominal aorta that could lead to a ruptured aortic artery.
4. **Peripheral Arterial Disease Screening** - Evaluates for peripheral arterial disease (plaque buildup) in the lower extremities. An individual with peripheral arterial disease is at an increased risk of heart disease.

Life Line Screening will complete all 4 vascular screenings for only \$139. Add an osteoporosis screening for only \$10 more. To complement their ultrasound screenings, *Life Line Screening* now offers finger-stick blood tests for Cholesterol, Glucose and Liver Enzymes.

You may think that your physician would order these screenings if they were necessary. However, insurance companies typically will not pay for screenings unless there are symptoms. Unfortunately, 4 out of 5 people that suffer a stroke have no apparent symptoms or warning signs. That is why having a *Life Line Screening* is so important to keep you and your loved ones healthy and independent.

Life Line Screening has recently introduced the *Disease Prevention Scorecard* --- a powerful scientific tool that predicts your risk in the next 5 years of developing 6 chronic conditions such as coronary heart disease, stroke, congestive heart failure, type 2 diabetes and for smokers ... lung cancer and COPD. Results include a personalized 10-page action plan with an explanation of your risk factors, level of disease and how to decrease your disease risks to prepare for a healthier future. Cost is \$79.

Pre-registration is required. Space is Limited!

****Call 1-800-324-1851 to schedule your appointment****



UNITED METHODIST MENS BREAKFAST "SHOWBIZ BACKSTAGE"

On Wednesday, March 17th, twenty-six men enjoyed a breakfast of "loaded" scrambled eggs, sausage patties, choice of biscuits, fruit, orange juice and coffee after Pastor Tom said grace at 8:10 am. A small business meeting was conducted by chairman John Henderson as we ate.

Our speaker was Mr. Norman Jones, former Director of Events at the *Lee Civic Center*. Under the theme "Showbiz Backstage," Mr. Jones gave us an entertaining ride as he relayed his experiences with such stars as Alice Cooper, Garth Brooks, Reba McIntyre, Twisted Sister, Alabama, Barbara Mandrell, Loretta Lynn, Hank Williams, Liberace, Tom Jones, Red Skelton and Kenny Rogers, to name a few. He elaborated on the wayward path of three elephants when the circus appeared there, the mud wrestling competition between the all-women team of the "Chicago Knockers," versus the "Mayor of Fort Myers," (an imposter), and the good, bad and ugly times with many of the stars and their managers he encountered over his thirty years at the Center.

Respectfully submitted,
Jim Stephenson, Secretary
GSUMC Men's Fellowship



UNITED METHODIST WOMEN'S NEWS

Happy Easter to Everyone! The United Methodist Women invite you to their **annual Tea on April 12th**. We will have a luncheon and the wonderful Darlene Neptune to entertain you. This has been a busy month at our Good Shepherd Church and it looks like this next month will be even more so. Our UMW President, Joan Bowsby will be going to the UMW Assembly in St. Louis from April 30th through May 2nd. On May 7th, we will be entertaining the Church Women United for the Annual Friendship Day and Luncheon. We look forward to seeing you all at the Easter Service and the UMW April Tea.

God Bless You All. Joyce Campbell, Vice President

NOW HEAR THIS (A Familiar Phrase to many Americans)



In many ways, we take things for granted and live on the surface. We miss many day-to-day occurrences and often many truly astonishing things. We see, and yet we don't see, and the basic reason is that we often are not really looking at what is taking place around us.

The same is true about what we hear, our hearing, and of how we apply our listening skills. For example, many people who go to church and who do not listen with all of their faculties may not fully understand and absorb our Pastor's spiritual message contained in the sermon and the Gospel. But, when we incline our ears and listen intently, letting it sink in, hearing every word, then the message acquires a personal meaning. It reaches us and who we are and helps us to live with new awareness and strength.

This is supported in the words of Isaiah 55:3 - "*Incline your ear, and come with Me: hear and your soul shall live.*"

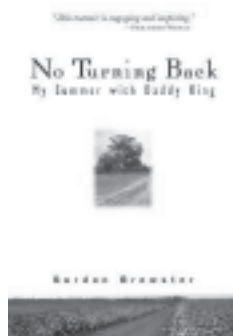
Thanks for listening -

Dutch Hess, Chair,
Church Council

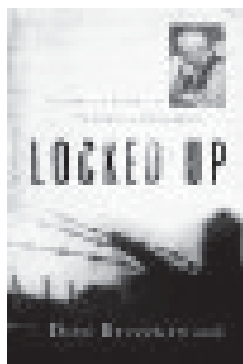
UMW BOOK REVIEW

By Jeanne Brooks

This month, the two books I encourage you to read follow the Struggle of Darfur. All of these relate to civil disobedience. Chad, Ruwanda & Darfur show what can happen to a nation when there is no resistance to the Government dominance, and the destruction of civil rights of its people.



"No Turning Back" by Gurdon Brewster and "Locked Up" by Don Beisswenger are books written by people who saw a need to commit civil disobedience. The first book took me back ten years before it was written. And I remember the signs in Bessemer, Alabama over drinking fountains, bathrooms, shoe repair shops and schools, all stating "Colored Only" and "White Only." Brewster was white and chose to intern with the black Baptist church in Birmingham. He was attending the Union Theological Seminary in Boston and walked into a totally different culture than where he was raised. He lived with the parents of Dr. Martin Luther King and became totally involved in the struggle of the black people of that congregation to gain their civil rights. "No Turning Back" gives great insight about living in the south in the 60's, and the struggles of the blacks to gain their civil rights under our government, and how they used non-violent civil disobedience to win these rights.



Don Beisswenger is a graduate of Yale Divinity School and a retired Presbyterian Minister. He had been active with a group called "School of American" (SOA) watch, which later changed the name of the organization to "Western Hemisphere Institute for Security Cooperation" (WHINSEC). This organization trains Police and Military Officers in Benning, GA for the sole purpose of terrorizing Central & South American nations by kidnapping, killing or jailing opponents who dare to challenge their government's treatment of the civil rights of the citizens of their states. Each November, the group of "SOA watch" travels to GA to protest the use of our taxes and land to train these people. In 2005, over 19,000 people took part in the protest in Georgia.

On November 23, 2003, Don Beissweiger stepped over a boundary and 6" onto the Ft. Benning property and was arrested for civil obedience. He was sentenced to 6 months in jail in Manchester, Kentucky, and this book is a diary of his struggles to keep his faith & fit into prison life. He also became aware of the conditions of jails and the treatment of the prisoners. And he is now working to bring America's attention to the plight of those incarcerated.

Both of these books will make you aware of what's happening in our country.

JOY CIRCLE



We completed our mission study, *Food and Faith* and we discussed what action we were going to take as a result of the study. We agreed that we all benefited from the study.

At our last meeting for the season, on March 31st, we had a simple pot luck brunch at church and took up a collection, in circle, for *ECHO's Haiti Recovery Initiative*. ECHO—Honoring God Through Sustainable Hunger Solutions—has network members in Haiti and ECHO is assembling Haiti Earthquake Resource Kits, containing seed packets, a Sawyer Products water filter and information on topics such as Moringa, water purification, and simple cook stove designs. ECHO will continue educating network partners with ways to produce nutritious food for communities and families affected by this disaster. Our collection goal for the kit is \$100, and our donations (and other's, if they choose to donate), can be made, as well, directly to the Initiative to cover the cost of the kits and to place ECHO staff on the ground in Haiti. The strength of ECHO is that, once the immediate needs for relief are met, they can provide the training and resources to help the Haitian people rebuild their communities and food supply in sustainable ways. If you would want more information on ECHO, it is available on their website, www.echonet.org, or you can visit it, here in North Fort Myers.

In **November**, we will start our next study, which is the UMW Bible-based mission study: *For the Love of God: The letters of John*. Join us—**second Wednesdays, 9:00 AM**, at church. Please let me know, if you are planning on coming, so I can order a study book for you.

Beth Ferris



For Church Members

Art Nocheck - strength & comfort
 Bill Boden - strength & comfort
 Bob Hoover - back injury
 Bonnie Dreier - recovery & healing
 Dave Sibley - comfort
 Don Wilcox - knee replacement & healing
 Donna Wilcox - strength & comfort
 Earline O'Blevis - fractured shoulder
 Ed Anderson - healing & recovery
 Evelyn Dampier - healing & comfort
 George Knight - healing & comfort
 Glenna Share - strength & comfort
 Howard Kreiser - comfort on loss of wife, Lois
 Irene Boden - comfort & healing
 Jean Cochran - health
 Jim & Nancy Heinsohn - recovery
 John Henderson - healing & comfort
 Judy Sharp - comfort & healing
 Julie Sautel - travel mercies
 Liz Henderson - comfort & strength
 Lois Jean Wood- healing
 Marge Brown - comfort & healing
 Mary Aderman - comfort
 Millie Hayes - healing
 Maude Westcott - healing and strength
 Nancy Baty - healing in eye
 Nell Hollen
 Norma Baker - tests
 Rob McDaniel - knee replacement
 Russ Hilbish - healing of lungs and strength
 Ted Wood - back problems
 William Cook - comfort
 Woody Berkebile – improve health



For Family and Friends

Adien O'Connor - healing, brain surgery
 Beauvais neice - bladder cancer
 Bert - health issues
 Betty Anderson - comfort and recovery
 Bill Power - stroke & heart attack
 Bruce & Ann Humphrey (Rhode Island)
 - comfort & healing
 Bruce Humphrey - PET scan
 Cathy - continual prayer
 Cathy Caruso - health issues
 Cynthia Jelstram - thyroid problems
 Dale Rough - healing
 Dan Lennon - strength & recovery
 Dana Pichura - spiritual guidance
 Daniel Richards - depression
 Don Beers - recovery from fall
 Don Foster's brother in law - colon cancer
 Emil Lacy
 Family of Dr. Jack Evans - strength
 Jan Smith - heart
 Jason Bionic - cancer treatment
 Jerald Robinson - strength for deployment
 Jesta Jean - cancer
 Jim Cook (Indiana) - recovery from brain tumor
 Jim Smith - heal heart
 John Stickler - pancreas & heart
 Jon Lindquist - safety & work
 Judy Friedman - strength & healing
 Julie & Alyssa (Ohio) - health issues
 Kathleen Dudash - comfort & healing
 Kenneth Petrillo - healing from knee surgery
 Kim & Cliff Walling - travel mercies
 LaVerne Zaepfel - healing & comfort
 Lillian Hedges - recovery from fall
 Leon Beekman - cancer
 Marilyn Butcher - healing from fall
 Marilyn Johnson - eyes
 Miriam Caruso's grandson - strength
 Marion's brother in law Joe Mulcahey - passed away
 Mary Harrell - comfort on loss of husband
 Mary Quimby's son - health issues
 Mert Trombley - health issues
 Milt, Jim & Ruth
 Norm Stead - health issues
 Pamela - comfort & healing
 Penny Quimby - lupus
 Peter St. Onge - comfort & healing
 Praise to God for Mom's report cancer-free
 Ray Patton (Tom's brother) - cancer
 Rev. Bruce Denton - cancer
 Richard Wentz - lung cancer
 Sandy Maurais - heart tumor
 Robert Ness (Wisconsin)
 Stephanie (Germany) - cancer treatments
 Todd Patton (Tom's son)
 Trudy Quick - health problems
 Valerie Bradford - knee problems
 Vicky Humphrey - strength as she endures

Good Shepherd Church's Contributions and Expenses for 2009



Annual Budget Amount for Operating Expenses \$ 367,075
 Monthly Budget Amount for Operating Expenses \$ 30,589

So far this year (1/1/10 - 2/28/10):

Total Contributions Received for Operating Expenses	\$ 68,563
Actual Operating Expenses	\$ 62,454
Net Gain (Loss)	\$ 6,109
Mortgage Balance at 2/28/10	\$ 184,815

The money you give to Good Shepherd Church provides for the employment of staff, payment of our bills on time, worship and Christian education, maintenance of church property, Conference and general church mission and ministry support, mortgage, and other approved expenses.



*Thanks to all our gracious and willing workers. **Volunteers** are always appreciated. Let us know what your talents, skills and interests are. Call Laqundia or Linda at 543-2686.*

Office Help

Lois Balyo, Irene Bartsch, Barb Bosnick, Helen Burke, Joyce Campbell, Phyllis Coffin, Nan Friedman, Elvira Kreuger, Doris McHarg, Sharon Nelson, Miriam Norris, Betty Lou Randolph, Suzanne Spaulding, Judy Stephenson, and Marge Wills.

Money Counters

Dot Burt, John & Liz Henderson, JoAn Huesman, Linda Lane, Grace Mac Mullen, Jackie Morton, and Roy St. Onge.

Kitchen & Goody Bakers and Angel Egg Makers

Jackie Ball, Nancy Baty, Joyce Campbell, Bonnie Dreier, Cindy Farragut, Chuck Goode, Jane De Guire, Betty Foss, Deane Gideon, Flora Gooding, Lois Ide, Elvira Krueger, Jean May, Pat McKay, Pat Meyers, Shirley Scarpella, Barb Sidaras, Peg Southworth, Gloria St. Onge, Kitty Strickland, and Onalee Tracshel.

Newsletter Workers

Lois Balyo, Irene Bartsch, Barb Bosnick, Lois Fritz, Elvira Kreuger, Doris McHarg, Marion Mulcahey, Miriam Norris, Vi Sando, Shirley Scarpella, Suzanne Spaulding, Kathy Stead, Janet Van Amburg, Betty Williams, and Marge Wills. Barbara Bosnick, proofreading.

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Barie Fez-Barrington	Laqundia Tatum
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Judy Greenstreet	Pastor Tom Willetts

To join the newsletter angels, please call Irene Bartsch at 731-1063. For corrections to your newsletter label, please call Linda at the church office.

Thanks also to www.newsletter.com for being a source of church-related articles and artwork.



**Next Deadline
 April 20th**

**Newsletter Crew
 April 27th**



Good Shepherd United Methodist Church

2951 Trail Dairy Circle
North Fort Myers, FL 33917

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Special dates

- Holy Week, March 28 - April 3
- Maundy/Holy Thursday, April 1 at 7 PM
- Good Friday, April 2 at Noon
- Easter Services,
April 3, Saturday at 5 PM
April 4, Sunrise Service at 7 AM
April 4, Sunday at 8:30 & 11:00 AM
- Hurricane Preparedness Seminar,
April 12 at 2 PM
- Larry Ford Concert,
April 18 at 3 PM

Mission Statement

Good Shepherd United Methodist Church is a community of God's servants. We are known by how we demonstrate God's love in reaching out and welcoming all through worship, prayer and service.

Vision Statement

Good Shepherd will identify and implement ministries through the active participation of members and friends in sharing God's love and providing relief and healing.

APRIL

Worship Services

Saturday 5:00 PM

Sunday 8:30 AM (October - April)

Sunday 11:00 AM (October - April)

Sunday 9:30 AM (May - September)

Sunday School at 9:45 AM

Bible Study - Thursdays at 1:00 PM

Pastor's Bible Study
Wednesdays at 7:00 PM



Visit our website
www.gsumc33917.org