

THE LUTHERAN CHURCH OF THE GOOD SHEPHERD

A RECONCILING IN CHRIST CONGREGATION OF THE EVANGELICAL LUTHERAN CHURCH IN AMERICA

~.CONNECTIONS.~

October Newsletter 2025



Sunday Service at 9:30am
Sunday School is held on the 1st and 3rd Sunday during worship

October 2025

Dear Friends and Members of the Lutheran Church of the Good Shepherd,

Recently I read something that caused me to wonder, it was almost something too good to be true. It was something someone wrote in a sermon and it caused me to do something I have never done before: I opened the AI on my computer and asked the question: Is it true that generous people are happier?

Here's the answer I got:

Yes, it is true that generous people tend to be happier, with studies showing that acts of generosity trigger positive brain activity and can lead to increased life satisfaction, reduced stress, and improved health outcomes. The brain's reward system is activated by generosity, releasing "feel-good" chemicals that boost mood. This connection between generosity and happiness is supported by both psychological research and neuroscientific evidence, suggesting that giving to others can be a pathway to personal well-being and a key ingredient for a more fulfilling life.

To me that sounds like a risk to take, especially in our day when most of what we read or hear about on TV is bad news, disappointing news, news that can make us afraid, news that can generate anger and resentment.

Just a word of explanation: generosity is about money, but it also about how we use our time, our emotional energy, our relationships.

I have a very close friend, living in Pennsylvania, who recently had major surgery. Too often at the end of the day I realize that another day went by without my calling him or letting him know that he has a friend in Rhode Island who is praying and thinking about him. I finally did call him and to be honest, both of us felt happier after our conversation. It didn't take more than a half hour (I hate talking on telephones!). But that half hour we talked helped both of us to know that world became a little larger for the time spent talking.

I think about people who stand on street corners and ask for support. Occasionally I will talk with them to hear their story of why they need help. Sometimes it is because they lost a job or a home or a family. Sometimes people just cannot find a new job. You see, for me, these people who remain nameless, suddenly have an identity, a story about life. What I mean is they become more human and that allows me to think of them, not just as the woman on the corner, but the lady who has three children and a pet and works whenever she can at any kind of job. just to try to make ends meet.

But I also want to write about financial support. Money is a kind of extension of ourselves. It can go where we can't and do what we can't do alone. It is good to invest part of ourselves in a project that brings about sometime new or even awesome. Our money can help fulfill God's dream for others. I think about the school we are helping to build and staff in Africa. I think about how our church, the ELCA, is there for times of disasters and for the hungry ones, I rejoice when the good news of God's hospitality for us, becomes something important for others.

I'm glad that AI helped me understand that happiness is a chemical thing as well as a creative and revealing thing as we connect with other people or projects or ministries. God created us to be part of something bigger than ourselves, that's why there is a church in the world and at 383 Old North Road in Kingston, Rhode Island. You and I are part of this world together, thanking God, blessing others, and sharing part of our selves with a bigger world.

In hope and with gratitude,



NOTES FROM LCGS COUNCIL

Greetings All!

Our Church Council meets monthly on the second Tuesday of each month. Here are some highlights of our recent discussions and actions.

- First, a big thank you to Fred Baillarger for rerouting downspouts to eliminate pooling of rainwater on the flat roof over the classroom wing. Many thanks Fred!
- Our property committee, headed by Fred B., has been looking at quotes to replace the furnace that heats the classroom wing. This furnace is original to the building. Parts are no longer available to fix it should it fail.
- Fire alarm system: Should the alarm ever be sounding and there is clearly no fire, please follow the printed directions on the alarm panel. It is beside the main front door. Of course, if there is a fire, call 911.
- We are in the process of hiring a new cleaning company.
- Not that we ever expect to be faced with an active shooter situation, but it's a good idea to keep the following standard procedure in mind:
1.Run 2. Hide 3. Confront (if no other option) Remember to call 911.

Be aware, we have six exits in our building:

Two in the sanctuary

One in the kitchen

One in Anderson Hall

One at the end of the classroom corridor

The main front door

All members are welcome to attend Council meetings via Zoom. If ever you'd like to attend one, please let our Office Manager, Karen, know so she can inform the Council to send you the link.

Respectfully,
Deb Crary
Church Council Secretary

Outreach

Jonnycake Market Bring donations to: Jonnycake Center for Hope
22 Kersy Rd. Peacedale, RI 02879

List of top healthy donation items wanted for the Jonnycake Market

- Canned fruit in 100% juice
- Natural peanut butter (regular & unsalted)
- Whole grain crackers & pastas
 - "Whole wheat" or other "whole grain" listed as 1st ingredient
- Whole grain cereal
 - "Whole wheat", "whole grain oats" or other "whole grain" listed as 1st ingredient
 - No more than 6 grams sugar per 1 ounce OR 8 grams sugar per 1 cup serving
- Low sugar jelly (strawberry)
 - Labeled as "low sugar" OR fruit is first ingredient
- Granola Bars
- Black beans
- Kidney beans
- Baked beans
- "Low sodium" canned vegetables and other canned items
- Pasta sauce in a jar

Donation Food List

Stock the Market If you would like to help us settle into our new home, please stop by and drop off a desired food item for the Jonnycake Market. Donation bins will be on our porch, making it easy to pull up and drop off. There are a number of healthy items that we would especially like to have on our shelves. Please feel free to share this list with your family, neighbors, and friends and visit www.jonnycakecenter.org/the-food-pantry/ for more information. **Keep the food coming!** Healthy nonperishable foods, whole grain pasta, organic beans, peanut butter, and some holiday staples are especially welcome.




BLESSING OF THE PETS

Sunday Oct. 5th 11:00am

Pet Food Donations Will Be Accepted and Donated to a Local Animal Shelter

Lutheran Church of the Good Shepherd

The poster features a beagle and a ginger cat sitting on a white surface against a yellow background with paw prints. A speech bubble contains the date and time. A small circular logo with a heart and a cross is also present.



BREAD for the WORLD

Sunday October 19th

NON PERISHABLE FOOD COLLECTION TO BENEFIT JOHNNYCAKE CENTER

BREADS & SPREADS COFFEE HOUR: HOSTED BY THE OUTREACH TEAM

CAN THE KIDS STACK WHAT IS COLLECTED TO BE TALLER THAN PASTOR?

THE OUTREACH TEAM LUTHERAN CHURCH OF THE GOOD SHEPHERD

The poster has a brown background with images of bread. It includes text about a food collection and a challenge for kids. A small photo shows a person standing next to a tall stack of food items.

Men's and Women's

**Clothing
donation for
Mathewson
Street Ministries
& Welcome
House**

**- Items needed
by 11/2**



**New Socks, Underwear,
Hats and Gloves**



**Gently used or new
winter clothing,
fleece blankets &
coats
Sizes Medium-XXL**

Announcements

Sunday school: Begins October 5, during worship.

Yard clean-up

All are invited to join us for the Annual Grounds Clean-up Day! No heavy lifting, ladder climbing or hazardous duty involved. Anyone can help! Scheduled for 9:00 to 11:00 am, Saturday October 25. Rain date will be November 8. Stay as long as you wish. We will be pruning, cutting, hauling, sweeping, maybe washing. Tools you can bring, along with gloves and water, include: pruners, loppers, brooms, rakes, scissors, pails for weeds, and tarps for hauling. Hope to see you there!
Carolyn Hedberg 'Hed' Gardener

BAZAAR BITS

Mark your calendars for December 6
(first Saturday of the month)

Once again, we look forward to a fun filled and productive day welcoming neighbors into our space. We need as many members and friends as possible to participate in some way: baking for the bake sale, making soup, contributing quality items for the regifting tables, donating raffle baskets, bringing in greens, creating greens arrangements and/or crafts, helping with publicity (including electronic announcements), providing needed materials for crafters, helping secure vendors – These are just some of the many jobs you can help with that go into making our bazaar great!

Currently, we have a new stained glass artist and a jeweler as vendors. We do have some open spots to fill. If you know of someone who might enjoy being a vendor, please email or speak with Gail Stokes ASAP!

Are you somewhat technologically savvy? We will need someone to take credit purchases at the Bazaar with SQUARE. It isn't complicated and someone can show you how it's done. Please let Deb Crary or Gail Stokes know if you would help in this way.

Our Bazaar team is in need of assistance.

- Do you know of someone who may like to be a vendor at our Bazaar? As a couple of our planned participants have had to drop out, we have spots to fill. If you can think of anyone who might like to join us, please email geastokes@aol.com or speak with Gail Stokes ASAP.

Work has begun on crafting. Some materials for projects are quite expensive to purchase, but you can help us save money if you have any of the following. **These materials are needed immediately.** (wide mouth canning jars with lids(any size), tea cups with saucers, shadowbox style wooden picture frames with or without glass, wooden trays, pieces of pine for wood projects, artificial holiday greens (could be off old wreaths, etc.), gorilla glue, cards with winter scenes, strings of pearls or rhinestones, other old pieces of jewelry (such as pins, earrings, bracelets, necklaces, cufflinks, tie tacks, hair clips), old sheet music (especially Christmas carols), picture frame matting, battery operated strings of miniature lights)

GREENS

As we enter these lovely autumn days, it's time to also think about winter and our upcoming bazaar! The "Greens Committee" is looking forward to working on our Christmas arrangements. Please check around your yard for any greens or plants that you might be able to cut for our arrangements. We can use all sorts of evergreens, particularly arborvitae, spruce, white pine, cedar, holly etc., but we also can use magnolia, laurel, andrometer, rhododendron, or any other decorative branches etc. We plan to have buckets of water out near Anderson Hall by November 16. You can leave greens in water or bring them in your own buckets. (If you want buckets returned please label them with your name.)

There will also be a table near the piano in Anderson Hall, where you can leave any donations of containers (especially ceramics), plastics for liners, artificial greens, decorative objects to go in arrangements, or especially ribbon. Our favorite ribbon is about 2 inches wide and wired on both edges, but all kinds are welcome.

We usually start working on arrangements the week of Thanksgiving (November 24.) We hope to have a "Greens Workshop" on Sunday, November 30 after church. No experience is necessary and it is a lot of fun! We welcome anyone and LOVE all your help.

OCTOBER BIRTHDAYS

Richard Rousseau	1
Ron Lee	2
Molly Palmer	3
Christine Baum	3
Angelina DiBiasio	5
Tim Harrington	6
Richard Vangermeersch	7
Kenneth Bennett	9
Sue Gaunt	13
Theresa Shea Duffer	25
Daniel DiBiasio	26
Scott Baum	28
Crissy Bayliss	28
Jean Larson	28

HAPPY BIRTHDAY TO ALL! MAY GOD BLESS YOU WITH A HAPPY, HEALTHY YEAR.

LUTHERAN CHURCH OF THE GOOD SHEPHERD (office # 789-7776)

Pastor: The Reverend Dennis Kohl

Minister of Music-Heather Skidds

Office Administrator- Karen Amitrano

PLEASE CONTACT THE CHURCH OFFICE FOR ANY PASTORAL NEEDS OR EMERGENCIES
2025 CONGREGATIONAL COUNCIL:

Eric Taylor 783-3969

Caden Baum 644-7436

Deb Crary 932-8543

David Lindstrom 626-8083

Annie Senerchia 207-2033

Fred Baillarger on 847-3285

Gail Eastwood Stokes 667-2803

Kris Bacon 855-3277

***COUNCIL OFFICERS: President**-Fred Baillarger on, **Vice President**-Kris Bacon, **Secretary** -Deb Crary, **Treasurer**-Eric Taylor

Ongoing Prayers for:

For those who mourn: Karolyn Lee, sister of Ron Lee, passed away on September 16. Our thoughts and prayers go out to Ron, Marie and their family.

For additions or deletions please e-mail or call the church office. 789-7776, or lcgsmail@gmail.com

Tim Harrington(new)
Gerri August
Kris Palmer
Kaitie Connors De
Linda Barany
Ellen Bennett
Jocelyn Theroux
Karin Kohl
Jessica Maynard
Bobbie Peterson
C. Duncan
Margaret Franks
Billy Wernquest
Ruth Wernquest
Holly Deutsch
Mary Jane Briggs
Bill Deutsch
Gary Durett
Natalie Schanck
Mike Carty
Barbara Smith
Phyllis Farley
Brian Mitchell
Barney
Joyce Pearson
James Meyers
Naomi Sawyer
Carolyn Hathaway

Ida Senerchia-Zecco(new)
Megan Oldham(new)
Christina Mills Gifford
Betty Hathaway
George Lorah
Pat Sweeney
Liam Varnelis
Josh Peterson
Kathy Lee
Chris Rose
Lisa Ferry
Ellora Hendrickson
Melvin Platt
KC Christensen
Jan Briggs
Ruth McGuy
Bud Godwin
Lisa Lessman
Taylor Lessman
Joan & Sheldon Pratt
Jerry Paquin
Stanley Larson
Ellen Hedlund
Donald & Bernadine Cunnigen
Maggie Reichgott
Tucker Maute
Karen Perry
Mark Quinn

+LOVED ONES IN THE ARMED FORCES+ Manny Morales, Michael Bock
Matthew Kankash, Heath O'Neill, Andrew Anderson, Noah Cooper, Dan
Berkowitz

WORSHIP ASSISTING SCHEDULE

October 2025

* Can't serve on your assigned date? PLEASE 1) ask someone to swap dates, and 2) notify **Kris Bacon** or the church office. Kristina Bacon trombonist12b@gmail.com office lgsmail2@gmail.com

	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	
PASTOR ----- Assisting Minister	D. Kohl ----- K. Bacon	D. Kohl ----- K. Amitrano	D. Kohl ----- R. Stokes	D. Kohl ----- F. Baillarger	D. Kohl ----- K. Bacon	
Lector	S. Teller	S. Gaunt	M. Bender Lee	D. Nunez	S. Teller	
Greeter-Ushers	B & S Teller	K. Bacon	B & B Smith	R. Passananti/ Molly Palmer	B & S Teller	
Communion Assistant(s)	A. Senerchia	D. Crary	K. Amitrano	A. Anderson	A. Senerchia	
Altar Care	M & G Morrison	J. Crary	A. Senerchia	K. Amitrano	M & G Morrison	
Acolyte						

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Choir 7:15	3	4
5 9:30 Worship Sunday School 11am Blessing of the Pets	6 1 pm Social group 6:30 Adult Ed on Zoom	7 7:30 Peace Group 9:30 quilters	8	9 Choir 7:15	10	11
12 9:30 Worship	13 Columbus Day	14 7:30 Peace Group 9:30 quilters	15	16 Choir 7:15	17	18
19 9:30 Worship Sunday School	20 1 pm Social group 6:30 Adult Ed on Zoom	21 7:30 Peace Group 9:30 quilters	22	23 Choir 7:15	24	25
26 9:30 Worship Reformation please wear red 2PM Concert Musica Dolce	27 6:30 Adult Ed on Zoom	28 7:30 Peace Group 9:30 quilters	29	30 Choir 7:15	31	
		Notes				