VOLUME 57, NO. 4 WEEK OF JANUARY 30TH, 2023



The Word
of the
Church of the Good Shepherd United Methodist Church

The Church of the Good Shepherd
United Methodist Church

400 W. Duarte Road, Arcadia, CA 91007 || www.cgsum.org || 626-447-2181
Join us for Sunday Worship at 10:00 a.m. IN-PERSON in our Sanctuary
Broadcast Live at 10:00 a.m. to Facebook/CGSUM and to CGSUM.ORG

Sunday, February 5th, 2023
Fifth Sunday after Epiphany and Holy Communion Sunday

Please enter the Sanctuary worship through the double doors off the parking lot. Name tags and check-in are not needed. Attendance pads are in the pews. Masks are no longer required, but are encouraged for those who have high risk factors.

Scripture Lessons: Psalm 112: 1-6 and Matthew 5: 13-20
Sermon: "Sermon on the Mount: Salt and Light", Rev. Eva Thai-Erwin Preaching
Prelude: "Andante" by William Selby
Postlude: "Trumpet Dialogue Recessional" by Alice Jordan
Stephen Cook, Director of Music
Chancel Choir (Kirk Averitt, Director): "Instruments of Peace" arr. Averitt,
"The Pure in Heart" by Patrick Hawes,
and Carolyn Noonchester Solo Salt & Light by Daigle, Jordan, Mabury

The January 22nd Altar Flowers were given in memory of Bob Graham by his family.



UMYF Update

Beginning January 29th, UMFY will be after church each Sunday from 11:45am-1:00pm. Lunch will be provided on the Sundays that Youth Bells and Youth Choir are in service. Friends are welcome to join us for worship in the morning and stay for UMYF! And youth choir (pictured) will continue to meet Sundays at 4:00pm.

Stephanie Shen is the new Newsletter Editor. All articles, photos, and announcements are **due by 3:00 p.m. Friday** for the following week's newsletter and should be emailed to Stephanie at **cgsarcadianewsletter@gmail.com.**

Sarah Circle/United Women in Faith will be meeting on Thursday, February 2nd at 7:00pm in the Library for our general meeting followed by a fun game of BINGO! All women are invited to join in service and fellowship. For questions or if you need a ride, contact Margaret Blair at **(626) 574-1827.**

Shepherds Meeting - February 14th

The Shepherds' February meeting on the 14th will have a program by Church member, Billie Tone, who will speak to us about the Elephant Sanctuary in Tennessee. There will be a catered dinner for which the cost will be $25.00. Bring your own dishes and utensils. Please RSVP to Dave Raymond at **dlraymond66@gmail.com** or text to **(626) 260-3068** by Friday, February 10. Checks for the dinner should be made out to 'Shepherds' and given to Dave or to John Kenan by Sunday, February 12th.

The Fee Forums Update



Thank you to all who attended the Forum presented by the Finance Committee after worship last Sunday. To continue the wonderful tradition that began many years ago with John and June Fee, future Forums and presentations are being planned. Including a Cyber Security online session on February 21st at 11:00am via ZOOM. More details will be provided. Please see Natalie Poole to sign up.

Huntington Health | An Affiliate of Cedars Sinai

The Importance of Self-Check: A Virtual Educational Lecture

Wednesday, February 22nd, 2023 at 12:30 p.m.

February is National Self-Check Month, an opportunity for you to become more proactive about your health -- and increase your odds of avoiding chronic disease. During this special event, Derek Cheung, MD, will provide information about early disease detection techniques.

These educational lectures are held via Zoom, and a call-in option is also available. The lecture will last about an hour and will include time for questions. Participation is free. All participants must register in advance either online (**huntingtonhealth.org**) or by calling the membership line at **(626) 397-3147**.



Join Us

for a reception honoring

Linda Doran

upon her retirement

Sunday, February 5, 2023
11:15 am (following church)
Church of the Good Shepherd
Jordan Hall
400 West Duarte Road, Arcadia





Choose Your Star Word for 2023!

STAR WORDS: The use of star words is a prayer practice connected to Epiphany and the new year. The from a list of intention words, or guiding words, Individuals are encouraged to select a word and place it where they will see it regularly throughout the year to allow consistent reflection on how God has moved through, around, or in connection to that word.

• better	• rest	• resist	• imagine
• seek	• learn	• listen	• vision
• heal	• generosity	• clarity	• patience
• renew	• health	• leadership	• pray
• invite	• intention	• hospitality	• self-love
• forgiveness	• home	• relationship	•empathy
• justice	• let go	• community	• integrity

NAME AND CHOSEN WORD_____

Please email the word you have chosen with Pastor Eva at PastorEva@cgsum.org and the list (without names) of all the chosen words will be shared in future bulletins and newsletters, as well as displayed in Jordan Hall.

2022 Contribution Letters Have Been Sent Out!

Thank you church members and friends for your 2022 Financial Contributions. The 2022 Giving Statements were emailed out on January 18th and 19th. Please check your email on those dates. If we do not have an email on file for you, then the statement was mailed to the address we have on record. Please contact the church office if you have any questions.

Have a Heart Sunday - *February 12th, 2023*

Sarah Circle and United Women in Faith are sponsoring a food collection for the Lancer Pantry, a non-profit program of the Lancer Care Center, which provides food and staples for underserved students at Pasadena City College.

Bring your contributions to Church on **February 12th** or drop them off at the Church Office during the week. Let's help get the P.C.C. students get off to a nutritious start this year!

The Lancer Pantry is in need of the following items:

- small cans of chicken or beef
- granola bars
- trail mix packets
- ready-to-eat items like tuna or chicken salad and cracker kits
- ramen
- microwavable soups

January Kitchen Renovation Project Update



They say that Patience is a virtue. While we all know this saying well, the reality is that Patience can be hard to practice in life. But it's true- Patience is a virtue. It can help us achieve our goals, maintain a more positive outlook on life, and make us less reactive. This in turn will make us less prone to bad decisions, mistakes, stress, and poor planning. To this note, the Board of Trustees is greatly appreciative of everyone's patience as they continue to work on the Kitchen Renovation Project. Proper blueprints, kitchen committee decisions, and contractor bids have taken longer than expected. However, a project manager from the Board of Trustees has been assigned and we hope to move the project forward. More updates will be provided in future newsletter articles. Until then, continue to practice patience and pray for the kitchen renovation project.

In February, the Women's Book Group will read *The Book Woman's Daughter*. Join us on Wednesdays at noon either in person or via Zoom. Please contact Leslie Kenan or the Church Office for more details.

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Ministers: Members of the Congregation
Resident Bishop: Rev. Dr. Dottie Escobedo-Frank
District Superintendent: Rev. Siosaia Tuitahi
Pastor: Rev. Eva Thai-Erwin
Director of Youth and Young Adult Ministry: Franklyn Shen
Director of Music Ministry: Stephen Cook
Director of the Good Shepherd Children's Center: Linda Brown

open hearts,
open minds,
open doors



Prayer for the Week: Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to distinguish the one from the other. Amen.

Among the Church Family and Community: Please pray for Shepherd of the Hills United Methodist Church and the people of Monterey Park after the January 21st tragic mass shooting; also continue to keep everyone previously mentioned in your prayers. Contact the church office if you would like a prayer included in the newsletter or the prayer email chain.

Church of the Good Shepherd Mission Statement:
At Church of the Good Shepherd, god calls us to welcome all to a vibrant community on a continuing journey of Faith, Growth, Justice, and Service in the image of Christ.