



# Shepherd News

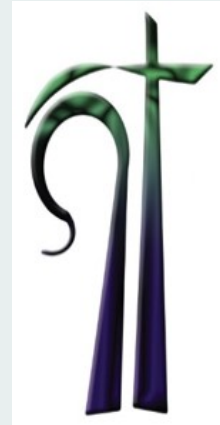
We are now entering the Lent season. Lent is a 40-day period of fasting and preparation for Easter. It begins on Ash Wednesday, six- and one-half weeks before Easter, (which does not include Sundays). The 40 days is based on the 40 days that Jesus fasted and prayed in the wilderness before He began His ministry. A period of fasting and preparation before Easter has been around since apostolic times, but was formalized at the First Council of Nicaea in 325 CE.

In the early days, fasting rules were strict. One meal a day was allowed in the evening, and meat, fish, eggs, and butter were forbidden. The rules, over time, have become laxer. Still officially observed in the Catholic church, "required" fasting is reserved for Ash Wednesday and Good Friday. The emphasis on almsgiving and penitent practice still remains, with some still refraining from eating of meat on Fridays. In addition, some choose to give up some niceties (such as chocolate) as a form of penance. Those moments of cravings are used as reminders to pray and meditate on Jesus' sacrifice for us.

Lent is not observed in many Christian denominations today. Lutherans observe it, but perhaps with less rigid demands. Anything we do for Jesus should be done out of thanksgiving and joy and not out of the burden of guilt through some law. Fasting and praying is a good thing, when done in thanksgiving for the gift of forgiveness given through Jesus.

Just as Jesus prayed and prepared himself for ministry, ultimately leading to the cross, we pray and prepare ourselves. Whichever way you observe Lent, may it be done with prayer and thanksgiving.

~Pastor Ted



- **Connect/Invite**— *The Terrence Lee Talley*— 3/15—2:00PM p. 2
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## VALENTINE'S DINNER

The Valentine's Dinner was held on Sunday, February 16th and was a huge success. Sixty-five people attended the event and were served by ten amazing wait staff. The meal consisted of passed hors d'oeuvres of apple gouda crostini and caprese bobs with strawberry punch while folks had the opportunity to get their pictures taken in the photo booth. After that, the group headed into the dining area and proceeded with a 4 course meal of oxtail soup, spring salad with cloverleaf dinner rolls, then either Coq au vin or rib roast with a side of French gratin dauphinois. Throughout the evening Elijah Hollman entertained the gathering on the piano, with Rachel accompanying him on her ukulele. A brief intermission after the main course presented entertainment by Jemima (aka JIM-ima) and her presentation of make up application. A scrumptious dessert choice followed of either apple rose or a chocolate covered strawberry ice cream heart. What a way to end a truly delicious evening of fun!



## CONNECT/INVITE EVENTS

WORSHIP  
SERVE  
GROW  
CONNECT

Have you thought about how you can **Worship, Serve, Grow and Connect**. Here at Good Shepherd? Turn to page 7 to see some of the ministries that exist at Good Shepherd and how to join one.

### TERRENCE LEE TALLEY

**THIS IS AN EVENT NOT TO MISS!**

Growing up in the Twin Cities, Terrence was taught to "never give up and to help others do the same." Whether it was coping with being teased for the way he looked, dealing with the death of a parent, or graduating from college, Terrence never gave up!

Traveling around the country for over 7 years and speaking to audiences of all ages, Terrence uses his stories about fatherhood and life to inspire all within earshot to "never give up."

Not only will you remember what he said but you'll remember how he left you feeling.

Join us to hear Terrence's message at Good Shepherd on **Sunday, March 15th at 2:00PM.**

*Let's be honest, you have issues. We all do. Terrence definitely has issues. That's why he's the one to talk about them. Get ready to get to the heart of these issues in way that only Terrence Lee Talley can do it. With his gift of storytelling you will laugh and cry and maybe laugh and cry at the same time as you see what's really at the heart of all our issues. It's okay, you have some issues but you are not alone with them.*

**Invite your friends and family!**





## JOIN US FOR THE CONVERSATION

Lifetree Café is a weekly opportunity to meet with others in conversation over a cup of coffee. Current event topics and relative issues are presented in a well-done video presentation and provide an opportunity to have a conversation with others. Everyone is invited!

Join us any Tuesday at 7:00PM or Thursday at 10:30AM (same topic each time, different topic each week.)

- Week of 3/1 - "**Can This Union Be Saved?**"
- Week of 3/8 - "**Reboot Your Life**"
- Week of 3/15 - "**Confronting Evil**"
- Week of 3/22 - "**Laughter is the Best Medicine**"
- Week of 3/29 - "**Making Peace with your Past**"

**Daylight Savings Time** begins on Sunday, March 8th. Be sure to turn your clocks ahead before you go to sleep!



## DID YOU KNOW?

**Alleluia**—Hebrew for "praise the Lord" (though in its Greek spelling). It is a word of joy and gladness. An ancient custom is to refrain from using Alleluia during Lent in order to distinguish the penitential nature of this season from the exuberance of the Easter season that follows.

**Lent**—The penitential period of preparation before the celebration of Jesus' resurrection. Its 40-day duration (not counting the Sundays in Lent) begins on Ash Wednesday which can occur as early as Feb. 4 and as late as Mar. 10, depending on the date of Easter. In the early church, Lent developed as a time of intense instruction for those who would be baptized at the Easter Vigil. The name comes from the Anglo-Saxon word for "spring" and the Old English word for "lengthen," as in the lengthening of days with the approach of spring (in the northern hemisphere).

**Maundy Thursday**—From the Latin word *mandatum*, which means "command." The reference is to the Holy Gospel appointed for the day from John 13:34, "A new command I give you: Love one another." Also called "Holy Thursday."

**Passion Sunday**—In the three-year lectionary, the Sunday before Easter. Traditionally referred to as Palm Sunday, the day commemorates the triumphal entry of Jesus into Jerusalem but then shifts focus toward the suffering that Jesus endured on our behalf.

## SERVE BULLETIN BOARD

In **March** the focus will be *Camp Omega*.

Camp Omega is a place of God's ministry and has been changing lives for more than 50 years! It's a blessing to see the Lord use this place to build long-lasting relationships, and enriching the Christian faith of many. Camp Omega partners with the congregations of the LCMS Minnesota South District.

-From the *Camp Omega* website.



## SERVE-ING AT GOOD SHEPHERD

At Good Shepherd we focus on serving others. We can be the hands and feet of Christ in many ways.

We will also be highlighting a ministry or two per month as we offer the chance to serve through our time, talents and treasures.

### **Upcoming:**

- *March*—**Camp Omega**
- *April*—**Safe Families**
- *May*—**Bethesda**
- *June*—**Military BibleStick**

## SERVE BY BEAUTIFYING THE SANCTUARY

Celebrate the memory of a loved one, a birthday, anniversary or other special occasion by sponsoring the altar flowers. Sign up at the *Connect* Center to purchase flowers for the altar area each week. You will be contacted regarding payment and who you would like to honor or remember to be printed in the bulletin. A bouquet costs \$27.50 and you can sponsor one or both in the week you select. These flowers will be ordered through the church office from Hummingbird Floral in Shoreview and delivered to Good Shepherd.



## EASTER FLOWERS

You will have the opportunity to purchase Easter flowers again this year. The flowers will be provided by **Lynde Greenhouse and Nursery**.

Easter Lilies, Tulips, Mums, Hydrangeas, and Pansy Bowls will be available for purchase. The flowers you purchase will be used to beautify our sanctuary for Easter Sunday and you will be able to take your flowers home after the second service.

Please see the Connect Center for ordering information. Orders must be submitted **by March 20th. Thank you!**



## CHILDREN AND YOUTH AT GOOD SHEPHERD

### Children's Ministry: *Sunday School*

Great job to the Sunday School Kids (with assistance from congregation members) as they raised enough money to purchase a water buffalo for Heifer International. We are now raising money for Alpaca. If you would like to support this mission please put your donation in the serve jar in the narthex on the Connect Center.

Just a reminder that we have the mystery box on the first Sunday of the month. If you would like to sign up please contact Melanie Appelquist.

#### Mark your calendar:

VBS (Vacation Bible School) will be held on June 22nd-25th, from 6:00-8:00 PM. [You can register here!](#) VBS includes a family meal each night and is open to kids age 3 years old—5th grade. WE need lots of help! If you are interested in helping please contact Melanie Appelquist.

### Children's Ministry: *Kids for Christ*

**Kids for Christ** (formerly Each Day Club) is a fun, high-energy ministry that encourages kids to know Jesus Christ and grow in a relationship with Him.

Kids for Christ is for kids **Kindergarten-5th grade** on **Wednesday Nights 6:00-7:30PM**. Everyone is welcome! Bring your friends, neighbors, or grandkids.

We currently have about 13 kids each week and the kids are learning about studying the Bible. Our last day will be April 15th. If you have any questions contact [Melanie](#).



### *Good Shepherd VBS*

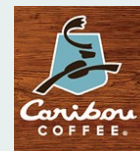
*June 22nd-25th 6-8PM*

*Register today!*



### AN EASY WAY TO SERVE OUR YOUTH!

Consider donating a Caribou gift card in support of the **Bible & Brew** youth opportunity!



(Drop them in the **Connect** Center drop box.)

## YOUTH—MIDDLE SCHOOL & HIGH SCHOOL

### Last Month's Events

- On February 2nd the Youth had a movie party where they watched *Big Hero 6* and *Heaven is for Real*.

### Upcoming Youth Events

**March 1st** at Noon- 2:00 PM we will be having a Game Day. Sign up on the youth bulletin board if you would like to attend.

**March 1st**-Paperwork is due for the Servant Event.

### Ongoing Youth Events

- Youth are invited to **Bible and Brew** (Bible study at Caribou Coffee) 3:30-4:30PM Bible and Brew will be on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. March 25th only—no Bible and Brew on 3/11 due to Spring Break..
- Breakfast Club!** Sign up for your opportunity to have a free breakfast with Melanie!

*Youth! Mark your calendars for the **first Sunday of the month** at noon. An event will be planned each month especially for you. Join your friends for a fun afternoon!*

## MARK YOUR CALENDARS!!

### Connect/Invite

- Terrance Tally, a powerful youth speaker on Sunday, March 15th, 2PM
- Luke Winger, Christian Juggler, May 17th, 2PM

### Butter Braid

fundraiser began on February 23rd and orders will be taken through March 15th. Support Good Shepherd Youth as they prepare for a Servant Event this summer!

You can pick up your Butter Braids on March 29th after each service.



## MEN'S BIBLE STUDY

The Men's Bible Study is held on various Monday Nights (at the same time as the Women's Monday night study).



The men are beginning a new study on **Dating the New Testament**. This is a study of Paul's journeys as well as the movements of the Apostle Peter.

The men meet in Conference Room B in the Lower Level.  
**All men are welcome to join!**

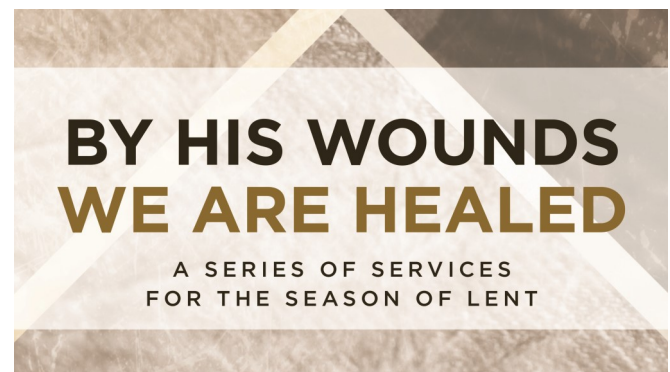
### Session Dates for March

March 8th & 23rd

## LENTEN WORSHIP

*Join us for Lenten  
Worship each  
Wednesday*

March 4th—April 1st  
7:00PM



As in previous years, we will experience a rotation of Pastors throughout these weeks. The Sermon series this year is titled: ***By His Wounds We Are Healed***.

Our Lord and Savior suffered mortal wounds as punishment for the commandments broken by us. Yet, those very wounds are the means by which our sins are forgiven and we are made whole again. We will reflect on how the wounds of sin affect relationships with God and with others and how, through graceful healing, our Lord restores us once more.

### **Sermon Titles:**

Ash Wednesday: The Wounds of Blasphemy / Pastor Ted Diedrick  
March 4: The Wounds of Dishonoring Authority / Pastor Tim Heinecke  
March 11: The Wounds of Murder / Pastor Byron Northwick  
March 18: The Wounds of Violating the Sabbath / Bob Gehrke  
March 25: The Wounds of Stealing / Pastor Dan Bodin  
April 1: The Wounds of Adultery / Pastor Ted Diedrick

## SERVE AT GOOD SHEPHERD

Have you been wondering how to get 'plugged in' at Good Shepherd? One good way is to offer your time and talents on a ministry team. Working side by side with your brothers and sisters in Christ is an excellent way to build friendships.

**A few of the ministries that currently could use your help:**

### Usher Team

If you have a heart to help people get the most out of their worship experience, this ministry is for you. Handing out bulletins, ushering during communion and collecting our offerings are part of Usher tasks. Ushers are especially needed at the 8:30 service.

### Greeter Team

Do you enjoy welcoming others? Good Shepherd would like to re-establish the Greeter Team. We need 3-4 people at each service; one to be available at each of the two entrances, and someone to be stationed at the Connect Center to assist people with questions. You can work before whichever service you like to attend.



### Connect Center Team

Part of the Greeter Team is the Connect Center Team. These individuals will be stationed in the Connect Center where they can answer questions about our services and other opportunities. Are you someone who likes to make people feel at home and 'in the know'? This task is for you!

### Coffee Connection

Do you love coffee? Be a part of the Coffee Connection team. Make coffee and clean up on Sunday mornings.

Please contact [Ann](#) in the office and she will put you in touch with the appropriate ministry leader. Check this space each month for other ways you can serve.



## EASTER AT GOOD SHEPHERD

### Ash Wednesday

February 26, 7:00PM

### Lent Services

March 4, 11, 18, 25, & April 1—  
at 7:00PM with soup  
supper at 5:30PM

### Palm Sunday

April 5, 8:30 & 10:45AM

### Maundy Thursday

April 9, 7:00PM

### Good Friday

April 10, 7:00PM

### Resurrection Sunday!

April 12

8:00AM Traditional

9:00-10:00AM Breakfast

10:45AM Contemporary

Remember you can support our youth in many ways. See the [website!](#)

goodshop

 goodsearch

amazon  
smile



*"It was easier to really get connected with others when I volunteered with a ministry." Ann Wellmann*

## WOMEN'S MINISTRY



### Women's Ministry

Good Shepherd has a number of opportunities for women to be in fellowship, to serve, and to study God's Word.

**WINGS** (Women in God's Service) meets monthly and completes multiple fundraising and service opportunities at Good Shepherd and across the world through **LWML** (Lutheran Women's Missionary League).

**The Quilting Group** meets 3-4 times per month. They make quilts to donate to ministries and pillows to donate to soldiers. See article on page 9.

**Advent by Candlelight** is a wonderful opportunity during Advent to meet with other women to prepare our hearts for Christmas and enjoy delicious desserts.

**Women's Retreat** refresh and renew in God's work with your sisters in Christ. See article below!

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*"The fact that I am a woman does not make me a different kind of Christian, but the fact that I am a Christian makes me a different kind of woman."*  
Elisabeth Elliot

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### WOMEN'S RETREAT

Plan now to join us for a special weekend in the Northwoods ... just outside Danbury...where we can enjoy the luxury of a room with a view, hike along wooded trails and lakes, canoe/kayak, read, rest, soak in a hot tub, make s'mores around a campfire, re-connect with God, and make some wonderful memories with other Christian women. The cost is \$190 per person and you must make your reservation by April 26th. See more information and sign-up in the lobby.

## WOMEN'S GROWTH OPPORTUNITIES

### Monday Evening

This group is currently studying ***Altogether Beautiful: A Study of Song of Songs*** a study for women of all ages, married and single. Join us for this eight-week journey through this incredible book of the bible. You will discover just how much the God of the universe considers His daughters beautiful. March Sessions: 9th & 23rd

### Tuesday Morning

This group is studying the book by Douglas Connelly entitled *Miracles: Signs of God's Glory*. Contact Charlene Behne if you are interested in joining. See article on the right.

### Wednesday Morning

***First Place for Health*** at 9:30AM. Questions? Check with Lisa Ost, Cathy Netland or Lissa Marcello.

### Saturday Morning

***Breakfast, Bibles, and Blessings*** at 9:30AM. Final session in this series is March 21, 2020. See article on page 9.

### Looking Ahead:

The Women's Retreat will again be held at Heartwood Retreat Center in Trego, WI, Friday, July 31st through Sunday, August 2nd. Mark your 2020 calendar! See article on the left.



## WOMEN IN GOD'S SERVICE



**WINGS (Women in God's Service)** will meet on Saturday, March 14th, at 9:30AM in the Lifetree Café area. (Please note this is a date change.) They will begin with a light breakfast; with the meeting and program to follow.

The program for the meeting will be *A New Spring Wardrobe*. Hostess will be Darlene Sandbakken.

Thank you to everyone who saved and donated aluminum cans in 2019. We received \$110.49 when they were recycled. This amount plus \$100.00 will be donated to the Centennial Area Food Shelf in March.

If you have any questions, please contact Charlene Behne, WINGS Chairperson at 763-784-8320.

**WINGS** will sponsor a rummage, bake, and plant sale on Saturday, April 25th from 9:00AM—3:00PM.

As you begin your spring cleaning, please set aside any items you would like to donate. Please note that we cannot accept large items as it is too difficult to handle them.

Here are a few items to consider:

- Good, clean clothing for all sizes and ages
- Kitchen and household items
- Home décor items, knick knacks
- Jewelry
- Books, games, puzzles
- Gently used children's toys, etc.
- Baked Goods
- Plants

## SPRING RUMMAGE, PLANT, AND BAKE SALE— SATURDAY, APRIL 25TH

## BREAKFAST, BIBLES, AND BLESSINGS

A welcoming, single session Bible Study, ***The Faithful: Heroes of the Old Testament***, with breakfast & fellowship.

This study explores crucial moments in the lives of Old Testament figures. Through their stories, discover how God uses the lives of ordinary people for His glory and the good of His people.

Strengthen your faith as you walk alongside these larger-than-life figures who all chose to obey God no matter the circumstances.

The morning begins at 9:00AM and ends at 11:30AM. Please consider joining us for this time of fellowship and Bible study.

**Saturday, March 21st**



## QUILTING AT GOOD SHEPHERD

Join us as we continue to quilt for Lutheran World Relief and other purposes, and to make pillows for our service persons.

No experience is required. Quilts are given to those who need encouragement and a reminder of how much they are loved and cared about by Jesus Christ, and that He is always with them as they travel along life's journey.

If you would like to help or provide material, please contact Lissa Marcello at 763-783-3790 or just come on the designated Thursday evenings.

### **March Dates**

5th, 12th, 19th, 26th

**Time:** 6:30-8:00PM

**Place:** Lower Level—Sunday School area

## LADIES' TUESDAY MORNING BIBLE STUDY

The Ladies' Tuesday morning Bible study meets in the Lifetree Café area from 9:30-11:00AM. In March they will continue their study of "Miracles: Signs of God's Glory" by Douglas Connelly.

If you would like to join them in this study, please contact Charlene Behne at 763-784-8320.

### **March Dates**

3rd, 10th, 17th, 24th, and 31st

**Time:** 9:30-11:00AM

**Place:** Lower Level—Sunday School area

## PRAYER AT GOOD SHEPHERD

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

1 John 5:14-15

## MARRIAGE MINISTRY

Session 4 of the DVD series :

**“Sacred Marriage:**  
*What if God designed marriage to make us holy more than to make us happy?”*

will be held on Friday, March 6th at 6:30PM in the Lifetree Café area.

Join us!

## MONTHLY PRAYER MEETING

Praying in daily life is as important as breathing. Just as we all need oxygen to live, we need God's presence in us for us to be fully alive.

"We tend to use prayer as a last resort, but God wants it to be our first line of defense. We pray when there's nothing else we can do, but God wants us to pray before we do anything at all. Most of us would prefer, however, to spend our time doing something that will get immediate results. We don't want to wait for God to

resolve matters in His good time because His idea of 'good time' is seldom in sync with ours." Oswald Chambers, Scottish teacher, writer and minister, 1874-1917.



**Next Prayer Meetings—  
March 8th at 6:00PM in the  
Lobby. Join us!**

## MOMS IN PRAYER

Do you worry about your children? Come experience God's peace and hope when you pray alongside other moms. Moms in Prayer International (formerly Moms In Touch), gathers moms together to pray for God to transform our children and schools. Won't you join with us in prayer for this next generation?

Please contact Leanne Abraham at 651-766-7442 or [MIPICentennial@gmail.com](mailto:MIPICentennial@gmail.com) for information about our local group. For more information about Moms in Prayer International visit their [website](#).

## SUBMIT A PRAYER / BECOME A PRAYER WARRIOR

### **Do you need prayer or know of someone who does?**

1. On Sunday, fill out a prayer request card (found in the pew) and place it in the offering plate during the offering. OR
2. Go to the [website](#) and click on "Prayer Request" at the top. OR
3. Email or Phone (763-784-8417) your request in.

### **Would you like to be on the prayer team?**

You will be added to the email list and receive prayer reminders through email. You can pray in your private prayer time. Send an email to the office indicating your interest in being a part of the prayer chain.

## CENTENNIAL COMMUNITY FOOD SHELF

The food shelf provides emergency foods (3-5 days supply) for about 250 local households each month. Team members come together with a driving compassion to serve the community by meeting the needs of others. Good Shepherd volunteers are always needed to serve on the first Thursday of the month from 3:45-6:15. Thank you to everyone for your generous volunteer support and contributions.

Good Shepherd is collecting monthly food items. **March is Facial Tissue & Paper Towels.** There is a drop box for donations located by the coat rack in the lobby. If you would like to make a financial donation to the local food shelf, please make checks payable to: Centennial Community Food Shelf and mail to:

Centennial Community Food Shelf  
c/o Gethsemane United Methodist Church  
7330 Lake Dr  
Lino Lakes MN 55014

The Centennial Community Food Shelf is located at 200 Civic Heights Drive (in the lower level City Hall building). Please contact Darlene Leiding at 651-484-0119 if you are interested in becoming a volunteer.



*The March “theme” item: packages of Facial Tissue & Paper Towel*

## ELECTRONIC GIVING—A SIMPLE WAY TO GIVE!

During the Easter season, it is encouraging to see both new and familiar faces at our worship services. Throughout the year, many of you support the congregation with your time, talent and financial contributions but greater participation is always welcome. If you find yourself

forgetting to write out your check or leaving it at home on Sundays, we encourage you to look into our electronic giving program. It takes just a few minutes to set up. Simply complete an Authorization Form and place it in the drop off box, both are located at the Connect Center.

## ELECTRONIC GIVING

*A convenient, consistent way to help your church grow.*

**Monthly Ministries**  
**Camp Omega**

Learn more about this ministry in the Lobby.

**Remember:**

- Join us at the Connect/ Invite event *Terrence Lee Talley* on 3/15 at 2:00PM. Free!
- Lenten Soup Suppers and Worship 3/4—4/1. (No Soup Supper on 3/11 due to Spring Break.)
- Daylight Savings Time begins on March 8th. Set your clocks ahead 1 hour.

**MARCH OPPORTUNITIES**

**Worship at 8:30AM & 10:45AM**  
**Kids and Youth studies at 9:30AM**  
**Adult Pastor-led Study at 9:45AM**

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**Youth Butter Braid Sale** continues through 3/15. Pickup is on March 29th. Youth are raising money for next summer's servant event. YUM!  
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**Worship Opportunities for Lent**

**Ash Wednesday** service on Wednesday, 2/26.  
**Lenten Worship**—3/4—4/1 at 7:00PM  
**Soup Suppers**—before worship (except 4/11)  
**Palm Sunday Worship**—4/5 at 8:30AM & 10:45AM  
**Maundy Thursday Worship**—4/9 at 7:00PM  
**Good Friday Worship**—4/10 at 7:00PM  
**Easter Sunday Worship**—4/12 at **8:00AM** & 10:45AM  
**Easter Breakfast**—4/12 from 9:00AM-10:00AM

Good Shepherd Lutheran Church  
1 Shepherd Court  
Circle Pines MN 55014

763-784-8417  
goodshepherdlink.org

Connect with Staff

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PLEASE  
PLACE  
STAMP  
HERE

