

# ROD and STAFF

*"The Lord is my shepherd, I shall not want . . . your rod and your staff — they comfort me."*

**Parish Newsletter of Shepherd of the Hills Lutheran Church**  
**Volume 47, No. 2 ❁ February 2013**



## *The Inside Story...*

- Pastor's Message ..... 2
- Adult Forum..... 2
- NewsBytes ..... 3
- Birthdays & Anniversaries.. 3
- Council Highlights ..... 3
- Service Project for Lent ..... 3
- February Calendar ..... 4
- Thank You Notes..... 5
- Mutual Ministry ..... 5
- Vibrant Faith Training ..... 5
- Upcoming Events .....(back)

## **SOUPer Bowl**

**H**elp restock Community Helping Ministry's food pantry shelves on Sunday, Feb. 3.



Shepherd of the Hills will be participating in this national effort called the "SOUPer Bowl of Caring". The youth will be collecting canned goods and/or monetary donations during worship for CHM. Plan on bringing a donation with you and help put food on the table of our neighbors who are hungry.

CHM will also be hosting their Annual Meeting and Open House on Sunday, Feb. 24 from 1-3 p.m. Stop by and see what they've been up to and see how your donations help those in need.



## **Shrove Tuesday Pancake Supper**

**T**he Shepherd of the Hills Men's Group invites you to their annual Pancake Supper on Shrove Tuesday, Feb. 12 from 5-7 p.m. Come enjoy all-you-can-eat pancakes and sausage served hot and fresh in our fellowship hall. The cost is only \$6.00 for adults and \$4.00 for children ages 6 to 12. Five and under are free.

As always there will be a basket raffle. Please see Linda Ritter if you can help with basket donations.

This year's proceeds will benefit the church's building accessibility fund and the Youth Fund. *Join us and bring a friend!*

## **Lent 2013 "Journey with the Cross"**

### **Sundays in Lent:**

Sunday morning worship will follow the purple liturgy booklet. After worship, at Adult Forum, we will be discussing the book, Making Sense of the Cross, by David Lose. Each week we will look at one chapter of the book, using a brief video and study guide.

Making Sense of the Cross invites readers to "listen in" on an open conversation about the cross and its meaning for our lives. There is absolutely no need to have particular Bible knowledge in order to follow and enjoy this book and discussion.

There are six copies of this book available to be read and shared with others. You can also order the book from Augsburg Fortress. If you have any questions, please contact Pr. Kristen.

### **Wednesdays in Lent:**

Ash Wednesday worship, February 13, will begin at 7:00 p.m.

- ✠ NO meal before worship
- ✠ receive cross of ashes on forehead
- ✠ time of confession and meditation



Beginning February 20

### Meal:

- ✠ Soup Suppers at 6:00 p.m.

### Worship:

- ✠ "Prayer Around the Cross" at 7:00
- ✠ brief service of silence, song and prayer
- ✠ led by Confirmation students and their families

***GATHER Joyfully + GROW Deeply + GO Faithfully***

## *A Word from the Pastor...*

**W**e are quickly approaching the church season of Lent. Those six weeks before Easter can be a strange, yet powerful time in a person's journey of faith. But because of its uniqueness, Lent can often be misunderstood. So here are a few things it's good to know about Lent:

### **Anglo-Saxon for "spring"**

As early as the mid-fourth century, Christians have observed a time of preparation before the Easter celebration. The Lenten season begins on Ash Wednesday and lasts for 40 days. The forty days of Lent recall the 40 day fast of Jesus in the wilderness after his baptism (Matthew 4:2, Luke 4:1-2) and Moses' 40 day fast on Mount Sinai (Exodus 34:28). It is a time of simplicity and preparation.

### **Principal Themes**

- Penitence
- Baptismal renewal
- Preparation for baptism at the Easter Vigil
- Prayer, fasting, and service
- Confession of sin rooted in the promise of God that comes through the cross of Christ



### **Color of the Season**

Purple, suggesting somberness and solemnity.

### **Why don't we use Alleluias during Lent?**

Because of the penitential character of the season of Lent, singing or saying the word "alleluia" has historically been suspended during Lent's forty days. This period of individual and congregational reflection on the quality of our baptismal faith and life suggests that the joyful nature of alleluia is more appropriately reserved for our Easter celebrations when it is given full and jubilant voice.

The omission of alleluia during Lent goes back at least to the fifth century in the western church. The custom of actually bidding it farewell, however, developed in the Middle Ages. The hymn "Alleluia, song of gladness" (*Evangelical Lutheran Worship* #318) contains a translation of an 11th century Latin text that compares an alleluia-less Lent to the exile of the Israelites in Babylon. The text then anticipates the joy of Easter when glad alleluias will return in all their heavenly splendor.

Yours in Christ,

*Pastor Kristen*

## **Confirmation**

The Wednesday night Confirmation classes will NOT meet Feb. 6. But each Wednesday in Lent (Feb. 13, 20, 27, March 6, 13, 20) we will gather at 6 p.m. for the soup supper and then get ready to worship by 7:00. \*\* If you cannot make a class, please contact Pastor Kristen. \*\*

Regular attendance for Sunday & Wednesday classes is highly recommended. It is very important in the confirmation journey. Showing up when you are the scheduled acolyte is also greatly appreciated as there are only five students in this class.

Holy Baptism and Holy Communion are at the heart and core of living as God's people in this world. They are not just habits or rituals, but a daily source of meaning, identity, purpose, and new beginnings.



### **Healing Circle**

The "Healing Circle" is offered each Sunday.

Healing ministers Joan Carnaghi, Dave Elder, George Marvin and Tom Ritter respond to individual requests for physical, emotional and spiritual healing, raised to God through prayer and the laying-on of hands. Sign up on the podium.



F  
E  
B  
R  
U  
A  
R  
Y

Nowah Tokpa.....	3
Martha Johnson.....	4
Nancy Ambacher.....	6
Tyler Elder.....	6
Pete Hiltner.....	8
Dave Elder.....	9
Jeff Hutson.....	14
Laurie Henke.....	18
Megan Dixon.....	20
Kailey Schnur.....	20
Ruth Van Pelt.....	20
Joan Carnaghi.....	21
Georgette Sarros.....	22
Clayton Deatherage...	24
Jenna Hutson.....	25



### Anniversaries

Bill & Margaret Keyes .	17
Luke & Angie Hoven ...	26



## Your Photos are Needed

Do you have any recent or past photos of church activities? Your photos are needed for use on the church website. Digital photos are preferred but we will be happy to scan photo prints as well. Please copy photo files to a CD or a USB. Please enclose prints and USB drives in an envelope with your name on it and they will be returned to you. Any notes that you can provide to give context to the photos would also be greatly appreciated. Photos can also be sent electronically to [contribute@sothstl.org](mailto:contribute@sothstl.org). Please see Mike Toohey if you have any questions.

## NewsBytes...



- ✦ Our condolences go out to **Connie & Deidra Adams** and their family on the death of Connie's father, in January.
- ✦ Thanks to **Lauri Anderson** for the extra time spent putting together the 2012 Annual report and to all those who submitted their reports and info.
- ✦ Best wishes to **Rico & Zsabetta Artis** as they relocate to Maryland and to **Valerie Mudd** as she returns to her family in Texas. A Farewell & Godspeed will be held on Sunday, Feb. 24. They will be greatly missed!
- ✦ Big thanks to **Julie Hutson** for the donation of the awesome kid's rug for the nursery. Its sure to keep the floor warmer for our little ones.
- ✦ Thanks to **Leland's Road** (Kristen Hiltner & Tyler Elder) for providing the music for the worship service on Sunday, Jan. 20.
- ✦ Special thanks to the retiring members of the church council, **Bill Johnson, Rhonda Bird, and Meagan Nalepa**, for their faithful service.
- ✦ Best wishes to **Katie (Albert) & Nick Willi** who are expecting their first child later this year. This will also be the first grandchild for proud grandma, **Judy Albert**.

*Thanks for keeping us up-to-date with Newsbytes! Email them to [soth@sothstl.org](mailto:soth@sothstl.org).*

## Family Game Night March 22

On Friday night, March 22, the Instigators would like to sponsor a family game night here at SOTH.

Bring your favorite family-friendly board game or card game and a snack or dessert to share and join us for an evening of fun and fellowship. All ages are welcome. Invite a friend or family member to join you, the more the merrier!

Please see Mara Berry, Sydney Meyer, Linda Pearson or Gary Johnson with any questions or for more information.

## Service Project in Lent

Baskets of Promise: A Lutheran World Relief appeal  
Each week, different items will be collected:

- Feb. 17 – bars of soap
- Feb. 24 – bath towels
- March 3 – toothbrushes
- March 10 – combs
- March 17 – nail clippers
- March 24 – bars of soap

These items will be used to assemble Personal Care Kits.  
Look for more information to come in upcoming worship services.




**Lutheran World Relief**  
SUSTAINABLE DEVELOPMENT. LASTING PROMISE.

# Shepherd of the Hills

## Lutheran Church (ELCA)

### February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ushers:</b> Bob & Rhonda Bird <b>Counters:</b> Linda Ritter & Julia Tousignant <b>Altar Guild:</b> Lisa Hogbin & Barb Daab <b>CAs:</b> Meagan Nalepa, Mara Berry & Sharon Elder  <i>Please find a substitute if you are unable to serve!</i>					<b>1</b>	<b>2</b>
<b>3</b> <b>SOUPper Bowl Sunday &amp; Council Installation</b> <b>4 Epiphany —9:00 am</b> <b>G:</b> Bob & Rhonda Bird <b>AM:</b> Martha Johnson <b>A:</b> Gabi Anderson <b>LR:</b> Kim Surratt <b>R:</b> Telander/Toohey <b>N:</b> Sharon Elder & Gabi A. <b>T:</b> Susan Hoven	<b>4</b>	<b>5</b>	<b>6</b>  Choir 7:30 pm	<b>7</b>	<b>8</b>	<b>9</b>  Worship Team 8:30 am  Men's Group 9 am
<b>10</b> <b>Transfiguration —9:00 am</b> <b>G:</b> Ann & Dixi Smith <b>AM:</b> Stein Hunter <b>A:</b> Carlie Hunter <b>LR:</b> Mara Berry <b>R:</b> Ambacher/Anderson <b>N:</b> Abbi Telander & Carlie H <b>T:</b> Devin Travis	<b>11</b>	<b>12</b> Shrove Tuesday Pancake Supper 5-7 pm  Church Council 7:30 pm	<b>13</b> Ash Wednesday Service 7:00 pm	<b>14</b> 	<b>15</b>	<b>16</b>
<b>17</b> <b>1 Lent —9:00 am</b> <b>G:</b> Dale Travis & Sydney M. <b>AM:</b> Jim Berry <b>A:</b> Jenna Hutson <b>LR:</b> Denise Meyer <b>R:</b> Dave & Sharon Elder <b>N:</b> Sydney Meyer & Jenna <b>T:</b> George Marvin	<b>18</b>	<b>19</b>	<b>20</b> Soup 6 pm Service 7 pm  Choir 7:45 pm	<b>21</b> <div> <b>March Newsletter Deadline</b> </div>	<b>22</b>	<b>23</b>
<b>24</b> <b>God Speed &amp; Farewell</b> <b>2 Lent—9:00 am</b> <b>G:</b> Tom & Carol Krull <b>AM:</b> Pat Amick <b>A:</b> Alexis <b>LR:</b> Tom Ritter <b>R:</b> Hutson/ Holdsworth <b>N:</b> Julie Hutson & Aubrey <b>T:</b> Joan Carnaghi	<b>25</b>	<b>26</b>	<b>27</b> Soup 6 pm Service 7 pm  Choir 7:45 pm	<b>28</b>		

**Shepherd of the Hills Lutheran Church • Worship 9:00 am • Sunday School 10:30 a.m.**  
 4161 Cypress Road • St. Ann, Missouri 63074 • 314-739-3222  
 Pastor Kristen Koch • 314-921-5497 • [prkristen@sothstl.org](mailto:prkristen@sothstl.org)  
 Lauri Anderson, Church Secretary • **New Office Hours:** 8:30 am to 1:30 pm Tuesday & Thursday  
 Church Office e-mail: [soth@sothstl.org](mailto:soth@sothstl.org)

## Mutual Ministry Team

There needs to be a safe place in every congregation – a neutral zone if you will – where ANY member can come and talk about an issue in a non-biased atmosphere. And it was to fulfill this purpose that your Mutual Ministry Team was formed here at Shepherd of the Hills. We're wanting to advertise our services so that everyone knows where they can come if they need to talk about a church issue. . . . And by everyone we mean the pastor, church council members, the secretary or any SOTH member.

Your Mutual Ministry Team would like to be the "neutral zone" for anyone to come and talk about a church issue trusting that the issue and the discussion will be kept confidential. These issues could be something very positive about Shepherd of the Hills that a member wants to see continued, or it could be about a rumor someone heard and wants to hear the truth about, or it could be a very negative complaint about something going on in our church that a member wants to stop.

Just as importantly, the Mutual Ministry Team is a place for our church employees – pastor or secretary – to voice their concerns in a confidential environment. When one works for the church and is both a member and employed by the congregation, it is often difficult to get necessary feedback or to have a concern heard in a safe way. They need a neutral zone just as much as any other member. Overall, the Mutual Ministry Team's purpose is tending relationships amongst the body of Christ.

Please remember that SOTH has a Mutual Ministry Team at your disposal. You should contact the team chair, Lisa Hogbin, to schedule a meeting with the team at any time you have a concern or issue to discuss or you can speak privately with a team member. Members are: Kathy Jordan, Dave Elder, Martha Johnson, Jim Urnes and Mara Berry. The Mutual Ministry Team vows to listen in a non – judgmental way, further discuss the issue in private, then get back to you about the possible resolution of the issue. You'll hear and see more about us in the next couple of months, so stay tuned!

## Vibrant Faith Congregational Training

This conference is being shared with area congregations by Hope Lutheran Church, St. Charles on Saturday, April 6, from 8:30 a.m. to 3:30 p.m.

This conference is free of charge and highlights:

- ✠ How to live a vibrant faith that is authentic, available and affirming
- ✠ How to equip families to partner home and congregation so that home is church, too
- ✠ How to lift up milestones as ways to celebrate life and nurture spiritual growth
- ✠ How to integrate your faith talk and faith walk into all facets of life

Please let Pastor Kristen know if you are interested in attending this free, informational event.



*To my SOTH church family,*

*Just wanted to take the opportunity to once again say a few words of thanks and appreciation to all the wonderful people here at SOTH.*

*Thanks to all of you who pitch in to help out, most of the time without even being asked. It's always wonderful to come in to find that the dishwasher has been emptied, the holiday flowers have been watered, or someone has taken the recycling home with them, among many other things.*

*And I greatly appreciate my faithful volunteers who are always willing to help assemble the newsletter for mailing or any other large printing job that needs to be addressed.*

*I am also very grateful for my new "office partner", Pastor Kristen. It has been wonderful working with you and getting to know you. And to Jim Sanderson, Tom Krull & John Daab, thanks for brightening every Thursday with your antics and fellowship!*

*Through this past year of transition, both here at church and in my personal life, I have been so blessed to have the full support and comfort of so many special people here at SOTH. You are truly family to me.*

*God bless all of you!*

*Your sister in Christ,*

*Lauri Anderson*





Prepared especially for:

—Address Correction Requested—

Parish Newsletter of  
Shepherd of the Hills Lutheran Church  
4161 Cypress Road · St. Ann, MO 63074  
Phone: (314) 739-3222 · e-mail: soth@sothstl.org  
web site: <http://www.sothstl.org>  
Sunday Worship at 9:00 a.m.



***Our Ministers: All the People of God at Shepherd of the Hills / Our Faithful Church Council Members:***

**Bill Johnson**, *president & tech team*  
**Linda Pearson**, *vp & care/evangelism*  
**Jim Berry**, *facilities*

**Jim Urnes, Sr.**, *worship*  
**Rhonda Bird**, *social concerns*  
**Meagan Nalepa**, *youth rep & sec.*

**Suah Tokpa**, *stewardship*  
**John Daab**, *finance*  
**Genny Jordan**, *education*

**OUR VISION . . .**

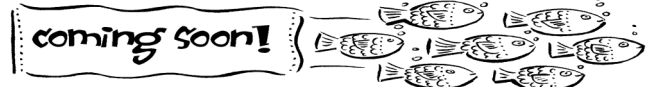
**GATHER Joyfully**

**GROW Deeply**

**GO Faithfully**

*All people into God's grace † Disciples of Jesus Christ † In Witness and Service*

***Don't Miss These Opportunities!***



- ✦ **Styrofoam Recycling:** If you have any amount of Styrofoam—packing peanuts, packaging from Christmas gifts, even clean coffee cups— feel free to bring it to church and Nancy Cirar will happily take it to the recycling center in Earth City.
- ✦ **Celebrate Black History Month at the St. Louis County Libraries!** Some highlights are a visit with Miss Robbie Montgomery, star of the television show, “Welcome to Sweetie Pies”, African American Authors & Artists Expo, Gift of Gospel Celebration, and more. A full schedule of events is available at [www.slcl.org/black-history-celebration](http://www.slcl.org/black-history-celebration) or call 314-944-3300.
- ✦ **Save the Date:** Trivia Night to benefit SOTH Youth on Sat., April 20. If you can help out in any way with items to be raffled, bake sale items, etc., please see Abbi Telander.
- ✦ **2013 Synod Assembly June 6-9** in Overland Park, Kansas. SOTH is entitled to have one female and one male representative, in addition to the pastor, participating in this assembly. If you are interested in attending or have any questions, please see Pastor Kristen.