



Along The Way

The Weekly Newsletter of The Church of the Good Shepherd - Wareham March 6, 2019

Reflections


*From the
Pastor*



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Friends of The Good Shepherd,

I hope you are having a good week, filled with an awareness of God's blessings in your life. If you have not already begun to do so, I encourage you to take some extra time during this season of Lent to refocus your life and draw closer to God.

This coming Sunday, the Second Sunday in the church season of Lent, we will hear the passage from Paul's Letter to the Philippians. Paul says to the church of Philippi "our citizenship is in heaven." He is reminding the church to stay focused on the faith that has been passed on to them, and not on the ways of the world around them.

Apparently there had been some among them who were not acting as citizens of heaven, and Paul is urging the rest of the community not to be distracted by them.

This is a reminder to us as well, to stay focused on The Way of Jesus that brings us the fullness of life and not on any one or any thing else. Who or what are the distractions in your life right now? Who or what is upsetting you, occupying way too much space in your brain and heart? Let's not allow the poor examples of others to influence our own actions.

Instead, turn to God and talk to God about the distractions in your life. Ask God to forgive you of any unfaithfulness, and to help you to let go of the distractions. Then, ask God to help you to stay focused on The Way of Jesus.

See you Sunday!

Peace,

Pastor Dan

A FEW NOTES & REMINDERS

1. This week is our final week of staffing and providing meals for the Nights of Hospitality homeless ministry. Thanks to all who have volunteered and are volunteering this week.
2. Next Wednesday the Addiction Drop-In Center will be open, and there will also be a presentation on "The Dangers of Vaping." Please help us spread the word about these opportunities. See below for more information.
3. If you have information to get to the Good Shepherd community in our weekly newsletter ("Along The Way"), please submit the information to our office manager Cathi Maurice.

Current Happenings

WEEKLY UPDATE

A Nights of Hospitality Recap

We thank those who have participated in our parish Nights of Hospitality ministry this year, which partners with other area churches to shelter the homeless during the winter months. Your participation in this important ministry through taking a shift on one of the evenings, preparing food for the guests, bringing in socks and underwear, and through prayer has been very much appreciated! We especially thank Chuck McCullough for coordinating our Nights of Hospitality ministry this year; Dan Anna, Geoffrey Paul, Joe Lund and Chuck Tolley for serving as shift supervisors! Thank you!!! Please continue to pray for our homeless brothers and sisters and for the volunteers who staff the shelters. Although our church's two weeks of ministry are over, the Nights of Hospitality ministry in Wareham continues until March 23.

Discretionary Fund Contributions

Sunday, March 17, is the third Sunday of the month. Although donations can be made at any time during the month, on the third Sunday of the month parishioners are invited to make a contribution to the Pastor's Discretionary Fund, as they are able. It is from the discretionary fund that Pastor Dan assists those in need. You may make contributions to the discretionary fund by placing your contributions in one of the discretionary fund envelopes (found in the back of the church) and placing the envelope in one of the church offertory boxes. Please consider making a contribution to the discretionary fund. Checks should be made out to "Church of the Good Shepherd – Clergy Discretionary Fund." Thank you to those who have made contributions in the past!

Flower Fund Donations for Easter

There are envelopes and donation slips (inside the envelopes) at the entrances of the church for those who would like to make donation to the Altar Flower Fund, on the occasion of Easter. You may make your donation in memory of a loved one or in thanksgiving for blessings in your life. Your donations will help us to decorate the church for the celebration of Easter and throughout the year. You may place the envelope in the collection box from now until Palm Sunday. Thank you!

Why Does the Church Look So Different for Lent?

You may be wondering why the crosses and statues are removed or covered with purple cloth, why the baptismal font is covered and the large Paschal (Easter) Candle removed, and why the church is so simply decorated during Lent. These are visual reminders that we are in the Season of Lent. It is important that we not only "know" that it is Lent, but that we also experience and "feel" it. By altering our environment, we send subliminal messages to our hearts and minds that we are in the season of prayer and reflection. We are invited to focus our lives more deeply in God's Spirit, and to reflect on what we are doing with the gift of our lives. We are encouraged to deepen our commitment to following The Way that leads to the fullness of life, as Jesus has shown us.

Why the Pile of Rocks in the Church?

The pile of rocks at the entrance to the altar area of the church serves as a symbol of the burdens/anxieties/fears which distract us and keep us from trusting in God's love and care for us. During the Season of Lent, you are invited to write your life's burdens/anxieties/fears on one of the purple pieces of paper found at the back and side entrance to the church, and place the folded paper onto/into the pile. This is our way of giving them to God and trusting that God will help us. On Good Friday the cross will be placed into the rock pile, symbolizing the transformative power of God's Love; that God, who can transform death into new life, can also transform our burdens/anxieties/fears and bring us new life. For Easter and the Easter Season, the rock pile will be replaced by the baptismal font and the Easter Candle, symbolic of our new life in Christ.

The New Look of Nicotine Addiction: "The Dangers of Vaping"

Wareham Fighting Addiction and Good Shepherd Church are hosting a presentation on the dangers related to vaping. This New Look of Nicotine Addiction presentation includes information on what exactly e-cigarettes and vapes are, what they look like, and how they work. We will discuss the harmful substances that can be found in e-cigarettes, and explain how nicotine can harm a teenager's developing brain. We will also discuss the tactics that the Tobacco and Vaping industries have used to target kids with these dangerous products. This presentation is for those 18 years and older, especially those who have teenaged children and grandchildren. The presentation will be held in the church on Wednesday **March 20, from 6:30-7:00pm**, with a coffee reception in the parish hall following the presentation. The Addiction and Recovery Drop-In Center will also be open the evening of March 20. Please help us to get the word out about this timely and important presentation.

Addiction Drop-In Center

The Wareham Fighting Against Addiction coalition has opened an addiction drop-in center for Wareham, which is open every third Wednesday of the month from 5-8pm. **The next Drop-In Center night is March 20.** The Drop-In Center, which is held in the Parish Hall at Good Shepherd, is a place where those who need and want to be treated for their addiction can be helped. It is a place where resources related to addiction can be found, including recovery support groups and support groups for those whose loved ones have an addiction. Please keep the efforts of the Wareham Addiction Coalition in your prayers. And remember, addiction is not about choice or a reflection of one's moral character, addiction is a disease that takes hold of one's life and we should treat it as such.

Parish Potluck Dinner

Please save this date: On **Saturday, April 6**, there will be a parish potluck dinner and social in the Parish Hall from 5:30 – 8:00pm. This is an inter-generational gathering of the parish, and the evening will include musical performances and other presentations by members of our Good Shepherd community. The parish will provide the drinks (this is a non-alcohol event), and you are asked to bring a main dish, a side dish, or a dessert. There is a sign-up list in the back of the church. Please sign-up so we can know how many tables to prepare. This is a wonderful way to better get to know one another, enjoy one another's company, and enjoy the entertainment provided by your fellow parishioners. If you would like to perform at the potluck dinner, please contact Jon Andrews.

Plastic Pea Pod Delivery Bags

Good Shepherd's Table is in need of the plastic bags used by Pea Pod (Stop & Shop) in their deliveries. They are very sturdy and can hold ten to-go meals, which we send to the area motels every Thursday. You can either bring them in the Shepherd's Table on Thursdays from 3-5:30pm or bring them with you to the church on Sunday mornings. Thank you.

Thank You for Your Continued Financial Support

The ministries and services of our parish continue to make a difference in so many people's lives in our community. Your financial and prayerful support help make them possible. Thank you to all who are financially supporting Good Shepherd this year. Thank you to all of you who made pledges for 2019. Our budget operates on a week to week basis, so thank you for keeping your pledge payments up to date. If you are behind on your pledge payments, please work to catch them up as you are able. If you are away for an extended amount of time, please consider mailing in your pledge payments. Remember, whenever pledge payments fall behind, the parish also falls behind in its bill payments. Again, thank you all for your financial support of the mission and ministries of the Church of the Good Shepherd!

Cold Cereal, Toothpaste, Bar Soap and Toilet Paper Donations for the Food Pantry

Please consider donating boxes of cold cereal, toothpaste, bar soap and toilet paper to the Food Pantry. You can bring them in any Sunday, but we are looking for them specifically on the last Sunday of the month. You can leave them in one of the baskets in the back of the church. Thank you for your generosity!

Mid-Week Eucharist

On Wednesdays at Noon there is a celebration of the Eucharist in the church, which is open to all. This is an opportunity to gather for prayer and reflection, and be reminded of God's presence between Sundays. For those on your lunch break, the celebration of the Eucharist is approximately 25-30 minutes.

Are You Receiving Our Weekly Newsletter?

Good Shepherd now publishes a weekly electronic newsletter called "Along The Way". The newsletter is published mid-week. If you would like to receive a copy of the electronic newsletter, please email the parish office with your name and email address (goodshepherdwareham@gmail.com). We also print a limited number of copies of the newsletter for distribution on Sunday mornings. You will find these paper copies in the back of the church. Please save these printed copies for those who do not have email access

Upcoming Events

WEEKLY UPDATE

Healing Service Sunday

Sunday, March 31, there will be a healing service as part of the 8AM & 10AM Services. Following the sermon, prayers for healing will be offered for all of us who wish to receive them (for whatever form of healing is needed; emotional, spiritual, relational, physical, etc.). Those who come forward to receive these prayers for healing will also be anointed with blessed oil. Please consider inviting family and friends to the Healing Service, especially those who might most benefit from healing prayers. These formal healing services, as part of the Sunday Services, are held quarterly.

Birthday and Anniversary Blessings

On the last Sunday of the month we recognize, with a special blessing at our Sunday Services, those who celebrate birthdays and anniversaries during that month. On Sunday, March 31, we will celebrate with those who have March birthdays and anniversaries.

Food Pantry

On Tuesday, April 2, the Good Shepherd Food Pantry will be open from 3-5PM. All who are in need are welcome! The Food

Pantry is open on the first Tuesday of every month.

The Good Shepherd's Table – Acts of Kindness board

Just a reminder that every Thursday evening at 5PM the Church of the Good Shepherd hosts the Good Shepherd's Table, which serves a free meal. All are welcome! We thank all the many volunteers who make this ministry happen every Thursday! If you would like to assist in the ministry of The Good Shepherd's Table by purchasing items that are needed to serve the meals, please see the Shepherd's Table "Acts of Kindness" board on the doors in the back of the church. Thank you!

Developmental Asset Training for Those Who Work with Children/Youth

The Wareham Community Engagement Initiative is teaming up with Southcoast Hospitals Group to host a "40 Developmental Asset Training." We are excited to invite you to join us.

Two-Part Training is on **April 3rd and 4th from 6:00p-8:00p**. It will be held in the Community Room at Brandy Hill ([105 Minot Ave, East Wareham](#)). The training is presented by Southcoast Hospitals Group's Michelle Guilbeault-Bartlett. This wonderful training is designed for anyone who interacts with children/youth on a regular basis. Please feel free to invite anyone and everyone who you feel could benefit from this training. You can send Kelly an email, call or text (508-221-8465) to RSVP. Space is limited, but if demand is high, we can schedule another training.

The Greater Wareham Walk for Hunger

Sunday, May 5, is the tenth annual Greater Wareham Walk for Hunger, which raises money for Project Bread. Project Bread provides millions of dollars in grants each year to more than 400 emergency food programs in 128 communities statewide, including our own parish's Good Shepherd's Table and Food Pantry. The walk is five miles and begins at 1PM. The walk starts and finishes at Good Shepherd. Please consider walking and collecting pledges for this year's Walk for Hunger. More information and sponsor/instruction sheets for the walk will be available in the back of the church in the coming weeks. Please plan to walk and/or sponsor a walker!

Others Parish News

WEEKLY UPDATE

Looking for "Homework Heroes" Volunteers

Our Wareham Community Engagement Initiative, which is working to help all children of Wareham to succeed, is looking for volunteers! This is an opportunity for you to support and encourage children in the community by becoming a "Homework Hero", and helping children check over their school work. No expertise or major time commitment required. Contact Kelly at wcei.wareham@gmail.com with any questions.

Coffee Hour Hosts are Needed

We are in need of coffee hour hosts, after the 10AM Service. The sign-up list and an instruction sheet can be found on the small bulletin board in the Parish Hall, behind the table where the coffee is served during coffee hour. You can sign-up with others to share the expense and the work! Thank you to all who have been coffee hour hosts in the past! Thank you to the groups and organizations in the parish who have been providing back-up Coffee Hour coverage on the Sundays when no one signs up to host!!!

Acts of Kindness – In Support of Those in Addiction Recovery

In an effort to reach out to those who need to hear the Good News of God's love and compassion, our Good Shepherd community has an Acts of Kindness - Baking Ministry. We deliver baked goods to those who are in recovery from addiction and are living at one of the area halfway houses. The idea is that we can support someone in recovery by letting them know that we care, that we are praying for them, and that they are not alone. We provide baked goods and a card of support from our community once a month. Please contact Donna Tolley (dtolley714@gmail.com or 508-888-9337) for more information about how you can help with our Baking Ministry.

Prayers of the People – Prayer Requests

Every Sunday before the 8AM & 10AM Services you have an opportunity to record in our new Prayer Request Book the names of those for whom you wish us to pray, including those who are in particular need of prayers at this time and those who have died. The book is at the back (main) entrance of the church. The Prayer Request Book will be placed on the altar during the opening procession and we will pray "for all those whose names are recorded in our prayer request book"

during the Prayers of the People. During the Prayers of the People you may also voice the names of those you would like to be remembered, as we pause during the prayer for those in particular need and the prayer for those who have died.

Prayer Shawl Ministry

As a way of reaching out to those who are ill or struggling in some way, parishioners have knitted shawls to be given to those who can benefit from receiving these gifts of warmth and comfort. Pastor Dan blesses each shawl before it is given. He prays that “this mantle be a safe haven...a sacred place of security and wellbeing... sustaining and embracing in good times as well as difficult ones.” Please contact Judy Ellis (Prayer Shawl Ministry Coordinator) or Pastor Dan if you would like a shawl for yourself or someone else. If you would like to be a part of this ministry, and join our knitting team, please be in touch with Judy Ellis (508-295-5318). There is a very basic pattern that makes a beautiful, lacey shawl. It can also be modified to make a man’s lap robe. All patterns, of course, are welcomed.

NAR-ANON Support Group – Begins Meeting at Good Shepherd

There is a support group for those who have family members who suffer from addiction to narcotics. It is so important that loved ones of those who are addicted have a place to go and share their stories and receive support. Please pass the information below along to your friends and family members. It could make a big difference in their lives. The NAR-ANON Family Group “Let it Begin with Me” meets at Good Shepherd on Wednesday Evenings from 6-7pm. This is a 12-step program open to family and loved ones affected by someone else’s addiction. This is an “anonymous program. Everyone is welcome. For more information, contact Natecia 774-260-1924.

Prayer Group Meeting

The Parish Prayer Group meets on the last Thursday of every month. If at any time you would like to have someone included on the parish prayer list, please contact Pat Probert (pattip46@verizon.net or 508-291-3364) or Pastor Dan. The information is kept confidential and is only shared with the members of the Prayer Group. If the person you wish to add to the prayer list is outside your immediate family, please get their permission before having them placed on the prayer list.

The Sign of Peace – Staying Healthy and Avoiding Illness

We gather each Sunday to worship and share in the fellowship of the church, which is very important to us. At the Sign of Peace we exchange handshakes and hugs as we connect with one another and support one another in the love and peace of our God. But there are times that it is not appropriate to “reach out and touch someone”, for example when we have been ill or have been in contact with someone who is ill. There are also times when we may not want someone else to reach out and touch us, for example when our immune system may be weak. ***For these reasons, we will not be exchanging the Sign of Peace for the remainder of the cold and flu season. Instead we will be pausing to pray for peace.*** If you are ill, please consider staying home and resting, so as not to pass on your illness to others. All are welcome to use the hand sanitizers located at the entrances of the church as you enter the church and as you leave the church; as a way to help prevent the spread of infection and illness.

Children’s Activity Bags

Coloring books and word search books have been stocked in the Children’s Activity Bags at the back of the church. These are meant to be a help for younger children whose attention spans are a bit shorter. Please feel free to grab a bag anytime during the service. At the end of the service, simply return the bag where you found it.

Pastoral Care

If you would like yourself or someone else placed on the Good Shepherd prayer list, please contact Pat Probert (508-291-3364) or myself. The Good Shepherd prayer group prays daily for those on the prayer list, and prays together as a group once a month. If you need or would like a pastoral visit from the priest, please let me know. My contact information is on the back of the weekly Sunday Service Booklet. The only way I know that you are in need of a pastoral visit is if you let me know personally or through another person. You might want to keep my contact information (cell # 603-953-3659 for emergencies) somewhere handy, so you know where to find it when the need arises. ***Pastor Dan***

Healing Prayers

Prayers for healing are offered on Sundays during communion at the side altar. Healing Prayers can be for many forms of healing; physical, emotional, psychological, spiritual, etc. All are welcome

Please “Like” us on Facebook

Please like us on facebook (“Church of the Good Shepherd Wareham”) so we can get the word out about what is happening in our parish community.



March 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
						8-11 AM Egyptian Coptic Orthodox Service
3	4	5	6 Ash Wednesday	7	8	9
The Last Sunday after the Epiphany 8 AM Holy Eucharist 10 AM Holy Eucharist 11:30AM Coffee Hour		3-5 PM Food Pantry 6:30 PM Choir Rehearsal	12Noon Holy Eucharist With ashes 7PM Holy Eucharist With ashes	5 PM Good Shepherd's Table		8-11 AM Egyptian Coptic Orthodox Service
10	11	12	13	14	15	16
The 1st Sunday in Lent 8 AM Holy Eucharist 10 AM Holy Eucharist 11:30AM Coffee Hour 12NOON Faith Enrichment Session Nights of Hospitality	6:00 PM Good Shepherd's Guild Meeting Nights of Hospitality	6:30 PM Choir Rehearsal Nights of Hospitality	12Noon Holy Eucharist Nights of Hospitality	5 PM Good Shepherd's Table 6:30 PM Vestry Meeting Nights of Hospitality		8-11 AM Egyptian Coptic Orthodox Service 4PM WFA Coalition Meeting Nights of Hospitality
17	18	19	20	21	22	23
The 2nd Sunday in Lent 8 AM Holy Eucharist 10 AM Holy Eucharist 11:15AM Coffee Hour		6:30 PM Choir Rehearsal	12Noon Holy Eucharist 5-8:00 PM Addiction/ Recovery Drop-In Center 6:30 PM "The Dangers of Vaping" presentation	5 PM Good Shepherd's Table		8-11 AM Egyptian Coptic Orthodox Service
24	25	26	27	28	29	30
The 3rd Sunday in Lent 8 AM Holy Eucharist 10 AM Holy Eucharist 11:15AM Coffee Hour 12NOON Faith Enrichment Session	6:30PM New Year, New Beginnings	11:30AM New Year, New Beginnings 6:30 PM Choir Rehearsal	12Noon Holy Eucharist	5 PM Good Shepherd's Table		8-11 AM Egyptian Coptic Orthodox Service
31						
The 4th Sunday in Lent 8 AM Holy Eucharist w/ Healing Prayers 10 AM Holy Eucharist w/ Healing Prayers 11:15AM Coffee Hour						