

# Good Shepherd United Methodist Church News! July, 2022

## *From the Pastor's Desk*



*My brothers and sisters,  
God called you to be  
free, but do not use your  
freedom as an excuse to  
do what pleases your  
sinful self. Serve each  
other with love.  
Galatians 5:13 (NCV)*

Time is surely flying by.  
Please take time to  
enjoy every day that  
God gives us and be

grateful for the blessings we receive daily.

I sit here preparing for the fourth of July, usually it is spent with family and lots of food and fun. This year I just want to be reminded of the dream my parents had for my siblings and I. My parents are first generation Tongans to be in America. They came to America to find a better life, liberty, and the pursuit of happiness, and here my siblings and I are, living into the dream they had for us. This country is God's and God has allowed this country to be our home. *"This land is your land and this land is my land From California to the New York island From the redwood forest to the Gulf Stream waters This land was made for you and me."* It is beautiful to know that we can come together despite our differences and live in a land God created for all of us. I thank the military for sacrificing their lives to keep us safe and free. I thank God for being awesome. God blessed us with such freedom so that we can freely serve one another with, in, for and through love! As the song goes, *"God did shed His grace from sea to shining sea on you and on me."* Let us celebrate this season and honor our God for things we forget to appreciate and be grateful for. Take time to be still and give God the glory! Enjoy the month of July!



## Contact Us

(719) 392-5782  
[office@gsumc-cs.org](mailto:office@gsumc-cs.org)  
[www.gsumc-cs.org](http://www.gsumc-cs.org)

Pastor Mina Nau-Mahe  
(801)-656-8361  
[minanau26@gmail.com](mailto:minanau26@gmail.com)

## Church Office Hours

Monday,  
9:00am-1:00pm  
Wednesday and Thursday,  
8:00 am to 10:30 am

## Find us and LIKE us on Facebook and YouTube



<https://www.facebook.com/GSUMCCOS/?f=1003652213018686>



<https://www.youtube.com/channel/UCao3YHvrlrFqInzvFzIF21Q/featured>

# What's Happening at Good Shepherd



Coffee hour in  
fellowship hall Sunday  
mornings, following  
worship



Every Thursday  
10 am – 12 pm  
To volunteer or if you have  
questions, contact Becky Van  
House  
[beckyvanhouse@gmail.com](mailto:beckyvanhouse@gmail.com)



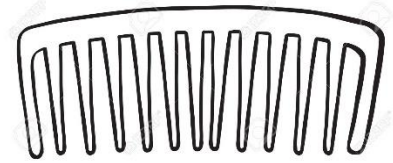
EVERY MONDAY @6:30PM IN THE  
CONFERENCE ROOM  
CONTACT PERSON: SHIRLEY GREENER  
[Shirleymgreener@gmail.com](mailto:Shirleymgreener@gmail.com)



Every Wednesday  
on ZOOM at 7pm  
ZOOM Link  
<https://us02web.zoom.us/j/89587967356?pwd=NU1KRHczTzJZN0tzL2Y1NzNDc21Vdz09>

Sign up for a visit in the Pastor's  
Corner or you may contact the  
office or send Loraine an email  
(719) 392-5782  
[office@sumc-cs.org](mailto:office@sumc-cs.org)

Meeting ID: 895 8796 7356  
Passcode: 063169  
One tap mobile  
+16699006833,



United  
Methodist  
Women

FAITH • HOPE • LOVE IN ACTION



United  
Women  
in Faith

**UNITED WOMEN IN FAITH**  
also known as  
**UNITED METHODIST WOMEN**

It's tough when your name changes, because we are such creatures of habit and the old name is imprinted in our brains. So it is OK if we call ourselves by the new name and the old name at the same time. We'll get used to our new name in time.

Why did our name change? Primarily, because we hope to weather the storm of life changes, and keep our commitment moving forward. We've had other names in the past. How many of you remember Women's Society of Christian Service? WSCS. There was Wesleyan Service Guild for working women who couldn't meet for WSCS during the daytime. For more than 150 years, we've had many names. Now we are United Women in Faith.

Under our new name, we look forward to women of other denominations (or no denomination) to join with us in a common sisterhood to uplift, support, and embolden all women, children, and youth around the world. We're drawing the circle wide.

(Mary Ann Tabor)

## Sermon Series for July



### **Summer Baggage: Weighed Down by the Baggage We Carry**

**This four-week series uncovers some of the heaviest baggage we carry and invites us to exchange it for the peace Jesus offers. We learn that our luggage is often filled with emotions we might be unaware we feel, but God invites us to release the burdens and trust him to restore our brokenness and help us experience the freedom he offers.**

**Week 1:** Baggage of Bitterness, Anger, Freedom, Peace

**Scripture:** 18:24–35; Ephesians 4:31–32

We are not meant to carry the weight of bitterness and anger, but we can trade them for freedom and peace. Jesus offers us freedom and peace in exchange for the bitterness and anger we experience. Identify a person who has hurt you, and set down the baggage of bitterness by beginning to pray for them—or for God to help you to pray for them.

**Week 2:** Baggage of Pride, Reputation

**Scripture:** Mark 10:17–25; Proverbs 16:18

Pride grows because we crave independence and self-sufficiency, yet we are called to depend on God in humility. Be your real self with God and others. Set down the baggage of pride this week through a hard conversation or an honest prayer.

**Week 3:** Baggage of Fear, Scarcity, Abundance

**Scripture:** Psalm 23:1–6; 139:7–12; Philippians 4:6–7

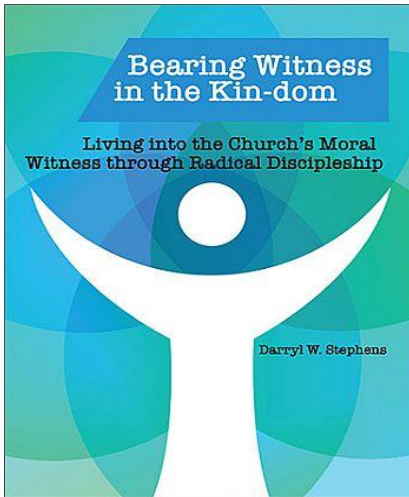
Fear grows when we feel our inabilities or are anxious about the unknown, but God has promised to protect us and to walk with us through danger. In a fearful situation you are facing right now, put down the baggage of fear and trust God to be the Good Shepherd as he leads, protects, provides, and comforts you.

**Week 4:** Baggage of Jealousy, Envy, Comparison

**Scripture:** Genesis 37:3–11; 1 Corinthians 13:4

Jealousy ruins relationships, but Jesus offers restoration when we leave the heavy baggage of envy at his feet. Think of one person you find yourself jealous of. Pray for them, and see yourself as a valuable, unique, and necessary part of the body of Christ.

## BEARING WITNESS IN THE KIN-DOM JULY MISSION U STUDY



Open to all, the United Women in Faith offers a church-wide study pointing the way to living into the Church's moral witness through radical discipleship. Let me translate that for us.

This is a spiritual growth study in which Darryl Stephens, author of the study book and an ordained deacon and expert in United Methodist morality and ethics, reviews the United Methodist Church's sometimes uneven history of resisting the injustice in the world. He urges readers to examine how they can join other Christian disciples to "resist evil, injustice, and oppression in whatever forms they present themselves."

(from our baptismal vows) This study will help us discern our call and bear witness to the will of God for a more just world. Yes, our toes will be stepped on and we may be encouraged to step on society's toes, as we learn how to act for justice.

This study will be conducted on four Wednesday evening via Zoom beginning on July 13. Time is 7-9:30 pm. Registration is free and every participant must purchase her/his own book.

Contact me for more information. I will have registration forms at the church.

(Mary Ann Tabor)





## **VBS-"A New Song"**

Join us July 25-29 for a five day biblical journey. Discover how God works through music.

Time: 8:30-11:30

Volunteers needed.

We need a few supplies.

Markers

Stickers

Glue sticks

Small coffee cans, hot chocolate cans, or oatmeal boxes(to make drums).

Sugar snap peas, baby carrots, 3 cucumbers, baby tomatoes

Grapes, clementines, strawberries, raspberries

Ritz crackers, mini pretzels

Canned cheese

1 ranch dressing

2 vanilla yogurt

Small paper plates

Small paper cups

Napkins

Thank you for your support,

Shirley Greener

## CREATION THOUGHT FOR JULY

# Protect God's Creation



For the beauty of the earth, let us give thanks to God. Let us care for this gift as we walk on the grass, sit under a tree, bask in the gentle, cooling breeze. We know that God's creation needs humans to care for every aspect of it, to tend it, renew it, love it. Make us aware, O Lord, that we may always be your grateful children and take seriously our responsibility for the Creation you have left in our care.

What are some of the ways we care for God's creation? By recycling, reusing, and reducing our footprints in the environment. You all know far many more ways than I can name. Let's care for the Earth.

(Mary Ann Tabor)

### ***SCRIPTURES FOR THE MONTH***

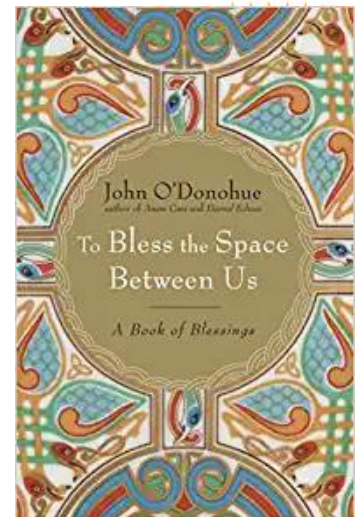
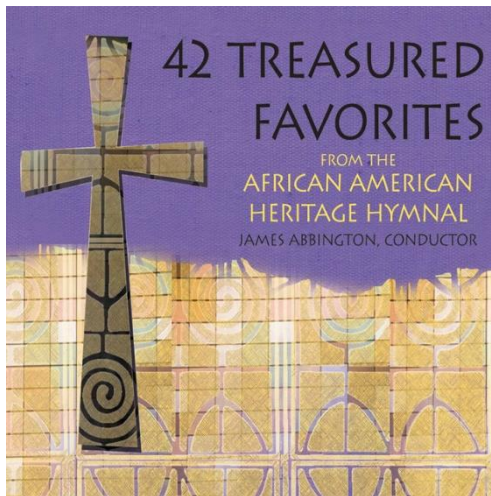
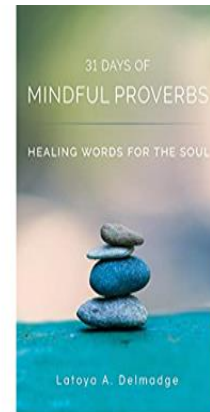
2 Corinthians 3:17 Now the Lord is that Spirit, and where the Spirit of the Lord is, there is Liberty.

John 15:11 These things have I spoken unto you, that my joy may remain in you, and your joy might be full.

Proverbs 3:5 Trust in the Lord with all thine heart and lean not unto thine own understanding.

2 Corinthians 5:7 For we walk by faith not by sight.

If you need a breather, if you need time with God, if you need something that will calm you or bring you peace. If you need something that will reset you, here are some spiritual songs you could listen to. Or books you could read. Let the words heal you comfort you and love up on you!





The word says to Love one another as God loves us. It also says in Romans to rejoice with those who rejoice and weep with those who weep. Let us be the fruit of the Spirit for one another. Let us together check in with one another more and find out how well is it with our souls! If you would like to send cards to others who need our love, prayers and support the contact information is below. Share God's love and bless one another.

**Heather Dillard**

Anshutz Medical Center  
126502 East 16<sup>th</sup> Ave.  
Attn: Heather Dillard  
Rm# 710  
Aurora, CO 80045

**Mary Humphries**

**View Point #103**  
555 N. Rockrimmon Blvd  
Colorado Springs, CO 80919

**Elfriede Shelstad**

5450 Cianco Lane  
Colorado Springs CO 80911

**Hilde Mankowski**

1712 Main Street  
Colorado Springs, CO 80911

**Ardis Hill**

830 Stargate Drive  
Colorado Springs, CO 80911

**Herman and Melba Williams**

2205 Frontier Drive  
Colorado Springs, CO 80911

If you would like to be added to this list please send us a message to [office@gsunc-cs.org](mailto:office@gsunc-cs.org) with your contact info.



# Looking Ahead

## VOLUNTEER



Interested in serving in a small group? Look out for a two-minute announcement every Sunday about small groups here at GSUMC. If you feel called to volunteer or serve in any group at Good Shepherd, contact the office or any of the lay leaders.



Do you have stories, joys, celebrations, anniversaries, or moment you want to share with our Good Shepherd Family? Send them to the following email address:

[office@gsumc-cs.org](mailto:office@gsumc-cs.org)



Don't forget to purchase your tickets for the Night out with the Vibes! Saturday, July 9<sup>th</sup>, Gates Open 5:30 pm, First Pitch 6:30 p.m. <https://groupmatics.events/event/GSUMC>

## *Here's A Toast To You, America*



Here's a toast to you, America, on this glorious Fourth of July!  
May the grand old flag, the stars and stripes, forever wave on high!  
As we toast your birthday, may we always keep in mind,  
That you're the grandest nation ever conceived by humankind!

Here's to the stalwart patriots who endured The Revolution,  
And to the resolute framers of your precious Constitution!  
Here's to all those courageous founders to whom so much is owed,  
For creating our cherished liberties, that we may remain unbowed!

Here's a toast to "Honest Abe" who with steadfast resolve,  
Triumphed o'er opposition that a united nation might evolve!  
A toast to the pioneers as onward they relentlessly pressed,  
To tame your virgin lands in their fearless westward quest!

Here's a toast to every soldier who has served this great nation,  
For each has earned the honorable title of "The Greatest Generation!"  
Here's to common folk who with perseverance and noble aspirations,  
Helped you attain the title of "The Greatest of all Nations!"

A toast for welcoming to your shores the oppressed and the weak.  
You are a blessed beacon of hope and for that you are unique!  
We honor you, America, and will hold high the red, white and blue.  
Here's a toast to you, America! May God's grace ever shine on you!

Robert L. Hinshaw, CMSgt, USAF, Retired  
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**Pictures from Father's Day and the Annual Conference of the Mountain Sky Conference where our Pastor, Mina Nau-Mahe was ordained in full connection becoming a Reverend in Helena, Montana.**



# Insights Book Study



Join our awesome book study group as we take a deep dive into "The Good Book" Reading the Bible with Mind and Heart by Peter J. Gomes. We meet in the Conference Room every Sunday after worship.

You don't have the book or have read it?? That's ok, join us anyway!! We have great conversations as we share our experiences, theology and understanding of the bible. Don't miss out!





# UPDATES



## Short Term Prayer Concerns



The Jerilynn Welch Family, Ray Cornmesser, Ben Wentworth, III, Tony Prussel, Bob Prussel, Cindy, Kristen and David, Sandra Matter, The Parents of Corey and Michaela Glass, Ron Koughler, Kourtney Crutcher, Kimber, Robert and Jennifer, The Family of Clair Brodeau, Steve Lyman, Rick, Steve Gough, Vicky Pickens, Karen Shaw, Mike Morgan. Hilde Mankowski, Heather Dillard, Steve Willetts, Leanna Hinshaw, Elfriede Shelstad

## Long Term Prayer Requests

Dave and Sheri Bell, The Haney Family, Candy Hatton, Mary Humphreys, Russ and Irene Lambert, Conner Peck, Letha Phillips, Carrington Seay, Vanda Skadden, Josh Trent- Murray, Sonya Wentworth, Pru White, The Dick Gilham Family, The Bobbi Hill Family, The Frank Cribbett Family, The Bob Richard Family, The Virgil Sterry Family, The Evelyn Bowers Family



## Loved Ones

Amanda Cribbett, Karen Cooper, Claude Cooper, Don and Linda Cohu.

# Finance Report

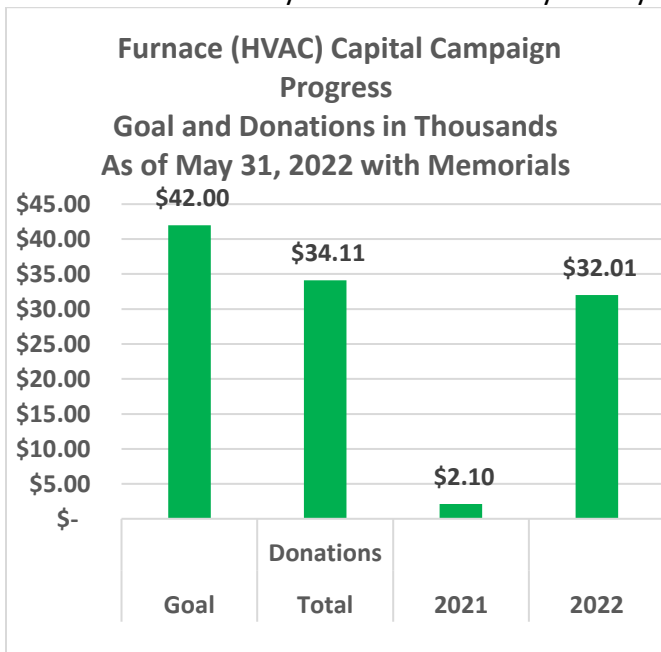
Happy Summer Good Shepherd friends,

I will keep this month's information short and sweet. Hopefully you are busy enjoying the beauty that surrounds us and seeing family and friends. God is good. All the time.

Good Shepherd UMC is a busy and blessed church with a loving generous congregation. Our General Fund finances are lagging, that is, giving is still falling behind the actual day to day expenses and mission giving. Consequently we are unable to send our mission funds to the conference. We are keeping up with payroll and associated taxes, insurance, mortgage, utilities, and office expenses. This is in part to the enormous volunteer hours contributed. At the end of May our year to date General Fund shortfall is \$9,185 as seen in the chart below.

At the same time we are doing very well in raising funds for the Sanctuary HVAC system. As of the end of May, which includes Memorial funds directed to this project, we have donations of \$34,112 or 81% of our goal. We now need a minimum of \$7,888 to reach the goal. Since it could take a few months to get equipment on site and installed we may be close enough to begin.

Fund raising is underway for this HVAC system and we encourage you to take part in the Vibes ballgame. Consider setting up your Amazon purchases through Amazon Smile and designating Good Shepherd United Methodist Church as your selected charity. Every bit helps!



<b>Comparison of Income and Expenses</b>		
<b>General Fund</b>		
	<b>2022</b>	<b>2022</b>
	<b>Income</b>	<b>Expenses</b>
January	\$ 8,003	\$ 16,046
February	\$ 14,905	\$ 14,969
March	\$ 12,253	\$ 17,704
April	\$ 14,855	\$ 13,858
May	\$ 12,830	\$ 13,090
Transfer in-Roof, Mortgage	\$ 2,637	
Transfer in from specials	\$ 1,000	
<b>Totals</b>	<b>\$ 66,482</b>	<b>\$ 75,667</b>
<b>Income(Expense)</b>		<b>\$ (9,185)</b>



Loy Jones	July 1
Sally White	July 3
Dave Bell	July 4
Mary Humphreys	July 4
Sharon Heintzen	July 5
Mary Moberly	July 11
Patricia Mikita	July 13
Cindy York	July 22
Shelly Clemens	July 24
Patricia Nyborg	July 25
Robert Atkins	July 26
Lindsay Langdon	July 27
Mark Davis	July 31