

Good SHEPHERD News

Church of the Good Shepherd, Athens, Ohio

May, 2005



Pentecost
May 15th, 2005

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*The Episcopal Church on
Since 1875 - Establi*

*us of Ohio University
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In the Interim . . .

NEW MEMBER ORIENTATION & INCORPORATION

An important part of the stewardship of the life of a parish is the way it attends to visitors and potential members. Those who have been meeting on Thursday evenings this Easter season have learned much about what is needed in the "care and nurture" of new people to the congregation.

Among a number of features necessary for an effective New Member Ministry is the **orientation and Incorporation** of new members. This Spring Good Shepherd will hold these two events

- * **A New Member Orientation Session, Sunday, May 22nd**, following the 10:30 a.m. Eucharist
- * **New Member Incorporation, Sunday, June 5th**, as part of the 10:30 a.m. Eucharist

In response to this news a number of people have raised questions about membership beginning with "How does one become a member of an Episcopal Parish?"

There are four ways one becomes a member of an Episcopal congregation:

1. By Baptism in that particular congregation;
2. By Confirmation or Reception by the Bishop into the Episcopal Church while attending a particular congregation;
3. By letter of transfer from another congregation (Episcopal or other) and/or
4. By the listing of one's Baptismal date, etc. in the parish register (especially where no letter of transfer can be obtained from one's former congregation).

What is interesting about membership in an Episcopal Mission or Parish is that Confirmation or Reception into the Episcopal Church is not required. One can be a full member – vote in the annual meeting, serve on Vestry – simply by being Baptized and have that Baptism "listed" in the parish register. The only office that requires Confirmation or Reception into the Episcopal Church is that of Senior or Junior Warden.

But letter of transfer or “the listing of one’s Baptism” does not provide the *public or liturgical* recognition that such a person’s decision “to join” deserves. Nor does such minimal practice challenge the congregation to give the attention that is appropriate to those who may want to become a “part of this ‘limb’ of the Body of Christ.” It is right that we should nurture, affirm, and, thereby, truly incorporate new members into the Episcopal Parish that is the Church of the Good Shepherd.

It is my hope that the May 22nd Orientation and June 5th Incorporation will be only a beginning to a vital and significant ministry of this Parish as it seeks to be good stewards of “the mysteries of God’s creation,” namely, of those persons God has sent to us.

***Michael Jupin,
Interim Priest***

Church Clean Up Days

**Saturday, May 7th & 14th,
9:00 a.m. – 12:00 p.m.**

**Parishioners are asked to bring
their own tools**

Adult Education

**Sunday, May 8th,
9:00 a.m. – 10:00 a.m. in Nehls Hall
Sr. Faith Margaret will prepare us
for the celebration of Pentecost,
on May 15th, with an overview of
the place of that celebration
in the life of the church.**

Vestry Highlights . . . of the April 21st Meeting

- All Topping distributed pledge cards for the second half of 2005 to be returned May 1st, as Vestry members are called to be the "pace setters" for the pledge ingathering.
- Reflected on the Good Shepherd Sunday All Parish Meeting and called on the Executive Committee to develop a financial plan or plans based upon the presence of a full time priest and to suggest ways of building up the Search Fund.
- Discussed and added criteria to those from the Diocese for the membership and structure of the Calling Committee and began a list of possible members.
- Heard and affirmed the plan for the April 30th Vestry Retreat to focus on spiritual gifts of Vestry members, relating those gifts to the ministries growing out of the Parish's goals, and select members for the Calling Committee.

United Thank Offering

A United Thank Offering Ingathering will be held on Sunday, May 8th. We are invited to "count our blessings," through the coins that we have been putting into our UTO Blue Boxes in thanksgiving for all of God's many gifts to us. Please bring your box with you to church on that day, or put a check into the envelope that you will find in your bulletin. At the last ingathering, our parish sent more than \$350.00 to the UTO.

The Blue Box is a powerful tool. Regular, intentional thanksgiving can make a difference in your life. And more: our prayers and offerings build churches and schools, feed the hungry, clothe the poor, provide shelter for the homeless, and offer care and support for those with physical, mental, and emotional challenges. All over the world lives are changed through these offerings. In our area, your offerings have contributed to a grant of \$10,000 to St. Patrick's in Dublin for a kitchen expansion and outreach project.

If you do not have a Blue Box, or would like to know more about the UTO, please ask me. We need you! Regularly offering thanks to God can make a difference in your own life and in the lives of those who receive your offering.

Leslie Flemming

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Parish Health Ministry

The Portion Plate

Have you noticed that the size of muffins, candy bars and soft drinks have increased considerably over the years? Even restaurant food portions are getting larger with “value,” “super-size” and “all you can eat” menus. As portion sizes grow, people tend to eat more.

That’s why during the month of May, Church of the Good Shepherd’s Parish Health Ministry Team, in partnership with Episcopal Retirement Homes’ (ERH) Parish Health Ministry, is launching The Portion Plate program. This family-friendly activity will help you take control of your portion sizes for better health. The program is part of Good Shepherd and ERH’s mission to promote health in body, mind and spirit.

Larger food portions have more calories, which may lead to weight gain, which can put you at risk for diseases, such as type 2 diabetes, heart disease and some cancers. Managing your weight calls for more than just choosing a healthy variety of foods like vegetables, fruits, grains (especially whole grains), beans, low-fat meat, poultry and dairy products. It also calls for looking at *how much* and *how often* you eat.

A “portion” is how much food you choose to eat. A “serving” is a standard amount set by the U. S. Government, or sometimes by others for recipes, cookbooks or diet plans.

There are 2 commonly used standards for serving sizes. *The United States Department of Agriculture (USDA) Food Guide Pyramid* shows the recommended number of servings from each of the 5 food groups a person should eat daily to meet their nutritional needs. It also defines serving sizes. The other standard is the *Food and Drug Administration (FDA) Nutrition Facts Label*, which is printed on most packaged foods. It tells you how many calories and how much fat, carbohydrates, sodium and other nutrients are in 1 serving. The serving size is based on the amount of food people say they usually eat at one time. The size is often different than the serving sizes in the Food Guide Pyramid.

The portion size that your are accustomed to eating may be equal to 2 or 3 standard servings. To see how many servings a package contains, check the “servings per container” listed on the Nutrition Facts label.

Learning to recognize healthy, standard serving sizes can help you judge how much you are eating. When cooking for yourself, use

measuring cups and spoons to measure your usual food portion and compare them to standard serving sizes from Nutrition Facts labels for a week or so. Put the measured food on a plate, such as the one that comes with the Portion Plate Program, before you start eating. This will help you see what one standard serving of a food looks like compared to how much you normally eat.

Another way to keep track of your portions is to use a food diary or the log provided to you through the Portion Plate Program. Writing down when, what, how much, where and why you eat can help you become more aware of the amount of food you are eating and the times you tend to eat too much.

If you tend to eat when you aren't hungry, try doing something else, like taking a walk around the block or call a friend. Through your diary and/or log, you can become aware of the times and reasons you eat too much. You don't need to measure and count everything you eat for the rest of your life – just long enough to recognize standard serving sizes. Try these other ideas to help you control portions at home:

- Take a serving out of a package and eat it off a plate, instead of eating straight out of the box or bag.
- Avoid eating in front of the television or while busy with other things.
- Eat slowly so your brain can get the message that you are “ full.”
- Take “second helpings” of vegetables or salads, instead higher-fat, higher-calorie parts of a meal such as meats or desserts.
- When cooking large batches, freeze food that you will not serve right away in single-sized containers.
- Try to eat sensible meals at regular times throughout the day. Eat breakfast every day.
- Keep snacking to a minimum.
- When you do have a treat, eat one 1 serving slowly and enjoy it!

Adapted from the National Institute of Diabetes & Digestive & Kidney Diseases' Weight Control Information Network

Contact Gifford Doxsee for more information on the Portion Plate Program and don't forgetBlood Pressure Readings will be held Sunday, May 22nd, during Coffee Hour in Nehls Hall.

**Respectfully submitted,
Gifford Doxsee for Jane Ergood
Coordinator, PHM**

Where are they now . . .

As high school and college graduations draw near, here is a look at what a few of our recent high school graduates have been up to.

Annie Chagnot has finished her second year at Smith College with honors. She will be leading high school age children in a community service program in Massachusetts this summer.

Eliza Riffe is a junior anthropology major (with a specialty in Celtic Studies) at the University of Chicago, where she is a Dean's List student and a member of Delta Gamma sorority. She plans to intern in Chicago this summer at the Irish-American heritage Center.

Beverly Denton will graduate from Mt. St. Mary's University in Emmittsburg, Maryland on May 22nd with a degree in Elementary Education, additional concentration in psychology. She was on the Dean's List for the past 3 semesters.

Lauren Spero is in her third year as a Psychology major with a Child Studies minor at Miami University. She will be staying in Oxford this summer. She is a member of Zeta Alpha sorority, in which she serves as their Philanthropy Chair. She is also on the Executive Board that plans "Dance Marathon," a 12 hour fundraising event that raises money for the Cincinnati Children's Miracle Network.

Julie Spero is working on her Masters of Education specializing in Special Education. During the 2004-2005 she has also been teaching part time at The Plains Elementary. After completing her student teaching in the fall she will have her Masters requirements completed and the job search will begin.

Jenny Spero teaches 3rd grad at The Plains Elementary. This summer she will be working on her Masters at the University of Rio Grande, specializing in the Fine Arts. She is looking forward to her trip to New York City this summer, which will be part of her Masters program.

Catherine Flemming will receive a Master's Degree in Counseling from Wake Forest University on May 16th. In June, she will take a position as Director of Lay Ministries on the staff of Centenary Methodist Church in Winston-Salem. She also has decided to be confirmed in the Episcopal Church, and this ceremony was carried out on April 24th.

Adam Hillard is a senior in Psychology, but has put his studies on hold. He will be getting married to Virginia Cole on May 14th.

Amy Hillard, also lives in Grand Junction and is just one course shy of doing her student teaching as a secondary level math teacher.

Paul Hillard, who is studying business at Hocking College, has put his studies on hold until September so that he can do another internship in Salt Lake City.

Paul Denton will graduate in June from Athens High School. He plans to attend OU in the fall, pursuing a career in music production. He is currently music coordinator for the upcoming "Senior Follies." He also organized and brought "Battle of the Bands" to Athens High School.

Michael Adeyanju will graduate from Athens High School on June 4th. He has been accepted to Michigan State University and Ohio University. He will attend OU in September where he is the recipient of three prestigious scholarships. He hopes to major in Political Science.

Kate Ortman Cottrill is successfully completing her first year in a master's program in epidemiology at Johns Hopkins School of Public Health. She will work for the next year and a half in the school's public health research projects concerning the Native American population.

Phil Ortman recently graduated from OU with a bachelor's degree in geography. He is currently works for Stewart-MacDonald in Athens.

Carl Ortman is a senior at OU majoring in biology. He will graduate at the end of fall term and begin the process of applying to medical schools.

Jessica Biddlestone is a sophomore at OU and on the dean's list. She is employed at Court Street Diner and her father's law office.

May Birthdays:

5-1:	J. Renard Phillips	5-13:	Steve Steward
5-2:	G. Kaye Rakes	5-17:	Andrew Stout
5-4:	Jane Paynter	5-20:	Ce Ci Ruchti
5-6:	Therese Lackey	5-22:	Deborah Seymour
5-7:	Anne Braxton	5-23:	Charles Gault
5-7:	Jane Palmer	5-24:	Bonnie Savage
5-8:	Robin Toctan	5-25:	June Wieman
5-11:	Joan Waldron	5-31:	Ross Klingaman

May / Anniversaries:

5-20:	Joe & Pamela Reese
5-25:	John & Christy Ortman
5-28:	Adam & Helen Marsh



Task Force on Hunger

When the Adult Education Class met April 10th to discuss ERD (Episcopal Relief and Development) and UTO (United Thank Offering), a good discussion followed. We agreed that the Task Force on Hunger is on the right track. The church is called to "feed my sheep" both physically and spiritually and, both being unique to the Episcopal Church, UTO and ERD offer means for assisting those in need in emergencies and long term as well as a way to express our gratitude to God.

Choosing a charity that reflects God's work is not always easy; both UTO and ERD have a low overhead expense, clear mission statements and report their work accurately. We believe that they represent good choices for Episcopalians and recommend them.

In setting our priorities, consider that our parish, engaged in authentic outreach might prove very attractive to newcomers. What might happen if our parish tithed our income and committed that for use in outreach? Could we set goals and work together to reach them, having regular reports to the parish? These are things to be considered very carefully. And remember to have your blue box full and ready for the next ingathering!

Jan Gault
Jeanne Wells
for the Task Force on Hunger



May Worship Schedule

Sun May 1	Mon May 2	Tue May 3	Wed May 4	Thu May 5	Fri May 6	Sat May 7
8:00 AM Holy Eucharist I 10:30 AM Holy Eucharist II 2:00 PM Lindley Inn Worship			5:30 PM Midweek Eucharist	12:30 PM Contemplative Prayer Bishop Black Chapel		
Sun May 8	Mon May 9	Tue May 10	Wed May 11	Thu May 12	Fri May 13	Sat May 14
8:00 AM Holy Eucharist I 10:30 AM Holy Eucharist II			5:30 PM Midweek Eucharist	12:30 PM Contemplative Prayer Bishop Black Chapel		
Sun May 15	Mon May 16	Tue May 17	Wed May 18	Thu May 19	Fri May 20	Sat May 21
8:00 AM Holy Eucharist I 10:30 AM Holy Eucharist II 2:00 PM Lindley Inn Worship			5:30 PM Midweek Eucharist	12:30 PM Contemplative Prayer Bishop Black Chapel		
Sun May 22	Mon May 23	Tue May 24	Wed May 25	Thu May 26	Fri May 27	Sat May 28
8:00 AM Holy Eucharist I 10:30 AM Holy Eucharist II			5:30 PM Midweek Eucharist	12:30 PM Contemplative Prayer Bishop Black Chapel		
Sun May 29	Mon May 30	Tue May 31	Wed Jun 1	Thu Jun 2	Fri Jun 3	Sat Jun 4
8:00 AM Holy Eucharist I 10:30 AM Holy Eucharist II 2:00 PM Lindley Inn Worship			5:30 PM Midweek Eucharist	12:30 PM Contemplative Prayer Bishop Black Chapel		

May Church Events

Sun. May 1	Mon. May 2	Tue. May 3	Wed. May 4	Thu. May 5	Fri. May 6	Sat. May 7
9:00 AM Confirmation/Inquirer's Class ----- 10:15 AM Church School -----	Parish Office Closed ----- 7:00 PM Boy Scouts -----	7:30 PM Alanon Meeting ----- 8:00 PM AA Meeting -----	12:00 PM Free Lunch ----- 7:00 PM Choir Rehearsal -----	7:00 PM New Member Ministry ----- 7:30 PM Alanon Meeting -----		9:00 AM Church Clean Up -----
Sun. May 8	Mon. May 9	Tue. May 10	Wed. May 11	Thu. May 12	Fri. May 13	Sat. May 14
9:00 AM Adult Education ----- 10:15 AM Church School -----	7:00 PM Boy Scouts -----	9:30 AM Prayer Shawl Meeting ----- 7:30 PM Alanon Meeting ----- 8:00 PM AA Meeting -----	12:00 PM Free Lunch ----- 7:00 PM Choir Rehearsal -----	7:30 PM Alanon Meeting -----		9:00 AM Church Clean Up -----
Sun. May 15	Mon. May 16	Tue. May 17	Wed. May 18	Thu. May 19	Fri. May 20	Sat. May 21
9:00 AM Confirmation/Inquirer's Class ----- 10:15 AM Church School -----	Parish Office Closed ----- 7:00 PM Boy Scouts -----	7:30 PM Alanon Meeting ----- 8:00 PM AA Meeting -----	12:00 PM Free Lunch ----- 7:00 PM Choir Rehearsal -----	7:00 PM Vestry Meeting ----- 7:30 PM Alanon Meeting -----	Newsletter Deadline -----	
Sun. May 22	Mon. May 23	Tue. May 24	Wed. May 25	Thu. May 26	Fri. May 27	Sat. May 28
Church School ----- Blood Pressure Readings ----- 12:00 PM New Member Orientation -----	7:00 PM Boy Scouts -----	9:30 AM Prayer Shawl Meeting ----- 7:30 PM Alanon Meeting ----- 8:00 PM AA Meeting -----	12:00 PM Free Lunch ----- 7:00 PM Choir Rehearsal -----	7:30 PM Alanon Meeting -----		
Sun. May 29	Mon. May 30	Tue. May 31	Wed. Jun 1	Thu. Jun 2	Fri. Jun 3	Sat. Jun 4
10:15 AM Church School -----	Parish Office Closed ----- 7:00 PM Boy Scouts -----	7:30 PM Alanon Meeting ----- 8:00 PM AA Meeting -----	12:00 PM Free Lunch ----- 7:00 PM Choir Rehearsal -----	6:30 PM Spanish Club Dinner -----		