



The **WORD**
of the
Church of the Good Shepherd
United Methodist

Volume 54, No. 29

July 21, 2020

The Church of the Good Shepherd
United Methodist Church
400 W. Duarte Road, Arcadia, CA 91007 - www.cgsum.org 626-447-2181
Sunday, July 26, 2020
Eighth Sunday After Pentecost
The Rev. Eva Thai-Erwin, Preaching
Sermon Topic: Do No Harm

A Note from Pastor Eva: Do No Harm, Do Good, and Stay in Love with God. These rules are based on the 10 Commandments from the Old Testament and Jesus's Great Commandments from the Gospels. I find these rules are fitting for us as we seek to be faithful Christians in today's world of Pandemic health concerns, economic crisis, racial inequality, environmental changes, and family dynamics. Let us journey together this month as I discuss the 3 Simple Rules in my sermon messages during the online worship services.

Broadcast Live at 10:00 a.m. to Facebook/CGSUM and to CGSUM.ORG

In-person gatherings remain suspended at CGS.

Please join us for ONLINE Sunday Worship Services
(church website or Facebook Group Page).

Among the Church Family

Please continue to keep everyone previously mentioned in the newsletter and prayer chain in your prayers.

Our condolences to **Martha McNall** (wife) and the family and friends of **Walter McNall** upon his death on June 22, 2020. Pastor Eva will be officiating at a private family service on July 23, 2020.

Foothill Unity Center Bags & Egg Cartons

Thank You to the many church members who have supported the Foothill Unity Center by donating plastic bags and egg cartons. The Center is still collecting these items. During this "Stay at Home" era we have a different location for dropping them off. Whenever you are in the vicinity of the church, those bags and egg cartons can be placed in the box located near the entrance to the office. Arrangements have been made to transfer the contents of the box to Fellowship Hall for future delivery to Foothill Unity Center.

-Vern and Lynne Whitaker

Women's Retreat Update

Ladies, the 2020 Women's Retreat has been postponed until 2021. We are still considering a one day meeting, not our usual retreat, but a chance to be together (social distancing, and masks, of course, probably at the church) and reconnect until we are able to have our actual retreat next year. Our new dates are: **October 15, 16, and 17, 2021.**

Virtual Coffee Time Sunday at 11:15 a.m.

As online only Worship Services continue in July, we will also offer Virtual Coffee Fellowship time! Use the following login or call in information to join us for virtual fellowship from the comfort of your home. Join Online or call in Zoom Meeting:

<https://us02web.zoom.us/j/86529392315?pwd=Y2xmNU5palR1cj1VMm00SUp4aG5Bdz09>



Meeting ID: 865 2939 2315

Passcode: 707953

One tap mobile

+16699006833,,86529392315#,,,,,0#,,707953# US (San Jose)

+13462487799,,86529392315#,,,,,0#,,707953# US (Houston)

Dial by your location *long distance charges may apply

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)

Bible Study Led by Michael Chesnut, Seminary Intern Sunday, July 26th and August 2nd at 9:00 – 9:45 a.m. Tuesday, July 28th and August 4th at 7:00 – 7:45 p.m.

Join us for a time of fellowship and Bible study! Over the next two weeks, we will study Philemon, a letter from the Apostle Paul. We'll touch on themes like relationships with other church members, sacrifice, and how to treat others. We look forward to seeing you there as we explore God's Word and draw closer to Him in community.

Join Online Zoom Meeting:

<https://us02web.zoom.us/j/86197714895?pwd=cVpXZXdlV29ocjRrTllyVVF6K3NJZz09>

Meeting ID: 861 9771 4895

OR DIAL IN BY YOUR CLOSEST LOCATION

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)

+1 929 436 2866 US (New York)

+1 301 715 8592 US (Germantown)



Graduation Time



All 2020 Graduates: If you, or your child, are graduating from Middle School, Sr. High School, College or Graduate School, please inform the Church Office by email: ldoran@cgsun.org, to be included in the annual list of graduates. Please include the name of the graduate, who they are related to (parents, grandparents, spouse – not the whole extended family, please) and the school they are graduating from. If graduating from college or graduate school, include the type of degree earned and the field of study. The deadline to submit names is July 31.

Celebrating 75 Years of Christian Ministry and Mission

Through the Years

Women's Retreat, and how we spend our time there...

As promised last week, we'll tell you what we do and why we love to go to the Women's Retreat:

Morning watch begins early Saturday for those who like meditation time and their first cup of coffee. At eight we join hands in a circle around the breakfast table. We have been assigned to small groups, one of which leads the morning prayer. And then we eat!

The leader starts her mid-morning session at 10 o'clock, but not before we have had our first sing-along of the day. We sing frequently and lustily both days—we're Methodists, aren't we?—with our accompanist often having been Nora Wilson. We break into our groups to discuss the topic, and then reconvene to share what we talked about.

The retreats offer a solid mix of devotional time and time off. Themes vary, naturally, from speaker to speaker. A sampling: Women in the Bible; the Psalms; Relationships: Tea Time for the Soul; Prayer: Oh, Please!; and Opening Doors to God. When we studied labyrinths, we took a field trip to First United Methodist in Santa Monica where we tried out their labyrinth painted on their activity room floor.

In the afternoon down-time, it's to each her own. The ladies might choose to read, nap, or journal. Some take a stroll way down to the Pacific Ocean, and others go into the Village. Pacific Palisades offers upscale boutiques and antique shops, a perennial lure to looky-loos. And at Gelson's Market we can get the one item we forgot to pack—or a goodie!

A favored indulgence is to relax with a massage given by Shannon Eggleston or one of the two masseuses who accompany her. For many years they have brought their massage tables to Aldersgate. With them, they also bring rejuvenation for the body and the soul.

Some years we craft attractive take-homes like tie-dyed silken scarves. We once created Christmas tree decorations by swirling paints inside a translucent ball. Another time we decorated wooden picture frames with seeds, leaves, or twigs we'd collected on our walks. All become mementoes of our time together.

After a rich evening program with our facilitator and an interchange of ideas, it's again personal time. However, there is also entertainment: a huge jigsaw puzzle and a chick-flick and popcorn in the lower level lounge.

Buerge Chapel wasn't yet built the first few years we were at Aldersgate. Now it is where we hold our Sunday morning worship service. A handsome wooden chapel, it has a fireplace wall of stone, and wooden benches for pews. Along with our Biblical message and the sermon, we celebrate Holy Communion by sharing it with each other. After the benediction, suddenly two side doors half as long as the entire chapel are opened to the gardens outside! First-timers among us are astonished, but even veteran retreaters are still in awe of this moment. We all go through the doorways out onto the lawn and join hands in a large circle to sing the Lord's praises. And upon the rare occasion when a pregnant woman is among us, we bless the mother-to-be and her unborn babe.

Immediately we congregate on the broad porch steps of Aldersgate for "the photo." We arrange ourselves—and wait. If need be, we wait patiently because we have faith that just the right person will come along to take our photo. We've enticed a motorcyclist, a professional photographer, and even a movie director! Many of us hand over our personal phones so he or she can snap memories for all of us. And once a couple who had been sitting under a tree nearby were our photographers. Afterwards, apparently inspired by the Chapel and garden setting, the young man went down on one knee and proposed to his intended! You can imagine the excitement that generated among the women!

All too soon, it's time to pack up our overnight bags and our memories. Rooms are filled with good-byes and hugs. And with the promises of "See you next year!"

Sadly, Aldersgate had to cancel its plans for 2020 because of the pandemic, but with hope and faith in our hearts, we have already reserved our space for October 15-17, 2021.



Upcoming Events to Mark on Your Calendars!!

Worship services continue to be on-line only.

July 26	8 th Pentecost	Do No Harm	Psalm 105:1-6 Romans 12:3-8
Aug. 2	9 th Pentecost/ Communion	Do Good	Psalm 17:1-7 Romans 12:9-13
Aug. 9	10 th Pentecost	DS MacKinnon Message	Psalm 16:1-6 Romans 1:8-12
Aug. 16	11 th Pentecost	Stay in Love with God	Psalm 20:1-5 Romans 12:14-21
Aug. 23	12 th Pentecost	Fruits of the Spirit: Love	Psalm 100:1-5 1 Corinthians 13:1-7
Aug. 30	13 th Pentecost	Fruits of the Spirit: Joy	Psalm 106:1-5 1 Corinthians 15:1-11



The WORD

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Church of the Good Shepherd United Methodist

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District Superintendent: Melissa Roux MacKinnon

Pastor: Eva Thai-Erwin

Director of Youth and Young Adult Ministry: Franklyn Shen

Director of Music Ministry: Stephen Cook

Director of the Good Shepherd Children's Center: Linda Brown