

# GOOD NEWS

Lutheran Church of the Good Shepherd

The Monthly Newsletter

April 2024

## **Embracing Authenticity: Lessons from the Book of Jonah**

Growing up, The Book of Jonah was my favorite, and they even made a Veggie Tales movie about the prophet. I have always been drawn to this book because it has a deeper meaning. The story of Jonah is often regarded for its miraculous elements, but it also offers profound insights into the journey of embracing one's authentic self, a journey that resonates deeply within us.

Jonah, a reluctant prophet, initially resists his divine calling to preach repentance to the people of Nineveh. Fueled by fear and discomfort, he attempts to flee from his purpose, seeking refuge in the depths of the sea. Yet, through the trials of being swallowed by a great fish and spending three days in its belly, Jonah learns the invaluable lesson of surrendering to his true purpose.

How often do we, like Jonah, find ourselves running from the callings of our hearts? How frequently do we allow fear to dictate our actions, leading us away from the path of authenticity? The story of Jonah reminds us that true fulfillment can only be found when we embrace our authentic selves and willingly step into the roles we are meant to play in the world.

Bringing our authentic selves to church means embracing our strengths, acknowledging our vulnerabilities, and accepting the divine purpose woven into the fabric of our being. It means showing up fully, without masks or pretense, ready to engage in genuine connections with one another and with the divine presence that unites us all.

Just as Jonah eventually heeds his calling and delivers the message of repentance to Nineveh, we too are called to courageously step into the roles that have been entrusted to us. Whether it be through acts of kindness, expressions of love, or moments of profound vulnerability, each of us has a unique part to play in the unfolding narrative of our community.

*Continued on page 5*

# Lutheran Church of the Good Shepherd

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*Lutheran Church of the Good Shepherd is a diverse congregation  
where all are welcome!*

## Our Mission Statement

**To Know** Christ as Savior, Lord, and Friend;

**To Grow** in Christ through Worship, Bible Study, Prayer, and Christian Fellowship;

**To Go** in Christ's name to proclaim the Good News of His love, care for the needy, and make Disciples of all.

## Council, Ministry Teams, Staff

### DISCIPLES

*All Members of LCGS*

### STAFF

#### **Pastor**

Paul Larson

#### **Office Administrator**

Maria Ramirez

#### **Accompanist**

Noah Umamoto

#### **Hall Rental Coordinator**

Maria Ramirez

#### **Bookkeeper**

Mary Ann Henriques

#### **Hospitality Coordinator**

Traci Derrington-Winn

#### **Custodian**

Traci Derrington-Winn

#### **Office Volunteers**

Rita Locke

Teri Thomas

Julie Starner

Ida Nuttall

Bobbie Nunn

#### **Personnel Committee**

Debra Gruttadauro

Carol Melland

Mary Nickols

Linda Taylan

### 2023 COUNCIL MEMBERS

Mark Nelson, *President*

Corinne Barrett,

*Vice President*

Tom Campbell

Casey Jerome, *Secretary*

Tim Martin

Carol McPadden

Carol Melland

Mike Scarr

Teri Thomas

#### **Treasurer**

*Open*

#### **Financial Secretary**

Kathy King

### MINISTRY TEAM LEADERS

#### **WELCA Officers**

Marilyn Martin and

Barb Olea, *Co-Presidents*

Carol Melland, *Secretary*

Donna Kemper, *Treasurer*

#### **Church in Society**

Ida Nuttall and

Rita Locke, *Co-Chairs*

#### **Education**

Kim Legard, *Chair*

#### **Evangelism**

Traci Derrington-Winn

#### **Fellowship**

Rita Locke

### MINISTRY TEAMS

#### **Mutual Ministry**

Loren Dynneson,

Tim Friederichs

Rita Locke

Becky Moore

#### **Property**

Tom Campbell

Traci Derrington-Winn

Tim Martin

Barb Olea

Andrea Puck

#### **Stewardship/Finance**

Chris Jensen

Casey Jerome

Dan Kemper

#### **Sunday School Leader**

Abigayle Derrington

#### **Worship/Music**

Loren Dynneson

Tim Friederichs

Debra Gruttadauro

Mark Nelson

Teri Thomas

#### **Youth**

Traci Derrington-Winn

Shelly Prebula



# “SPRING CLEANING DAY”

Saturday, April 13, 2024

9 a.m.–12 p.m.

We are so appreciative of last year’s well-attended cleaning day and look forward to another productive day this year.

A BIG “Thanks” to those who volunteered their time and equipment in keeping our grounds presentable after this year’s much-needed rains.

Please bring your favorite tools and supplies for the clean-up, including dust cloths, sponges, rags, paper towels, window cleaner, “green clean” items: vinegar, baking soda, and disposable gloves.

Ministry Teams can also use this time to organize or clean the areas where they store items or supplies and work on ministry projects.

If you have any questions, please contact a member of the Property Committee—Tom Campbell, Tim Martin, Barb Olea, or Andrea Puck.

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## ***You Asked for More Coffee Hours*** **WELCA Takes the First Step!**

At the Fellowship Ministry Information Table, those who responded to the survey asked for more Coffee Hours. Here it comes! WELCA will host Coffee Hour on Sunday, May 5.

On the first Sunday of each month, we will hold Coffee Hour ***with your help!*** We’ll start posting sign up sheets so that members or other ministry teams can volunteer to do set up/clean up or to provide snacks for the First-Sunday Coffee Hours.

If you enjoy fellowship after Sunday service, discuss it in your next committee meeting, or look for the sign up sheets when they’re posted and help us continue Coffee Hours.

## April Birthdays

- 1 Cal Prebula
- 2 Deborah Sutter
- 4 Amy Dynneson
- 7 Tim Friederichs
- 8 Janice Smith
- 11 Ivan Palmer
- 13 Roxan Legard
- 15 Marilyn Martin
- 22 Catherine Osteraa
- 25 Paula Burris-Espinoza
- 26 Dorothy Brunsvold  
Collette Darington  
Matthew Hill
- 27 Linda Taylan
- 28 Shae Scarr



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## Eucharistic Ministry

The Worship and Music committee is looking for a **volunteer coordinator for Eucharistic Ministry**. This ministry falls under the W & M “umbrella”. This is an important ministry which we would like to bring back into full service again.

The commitment as a **coordinator** is not time consuming. It requires scheduling other volunteers who will make home visits to those who are not able to attend services, either short or long term. Those volunteers bring communion, once a month to these congregational members.

In the past, the coordinator scheduled the entire year. He or she will work with Pastor to determine which week the Pastor would like the volunteers to visit. Usually it will be the same week every month.

Please prayerfully consider joining this fulfilling ministry. Help us to be a success!

If you would like to volunteer or if you have any questions, please contact Debra Gruttadauro at church, by phone 831-224-2111 or via email at [dfg@adauro.com](mailto:dfg@adauro.com).



**Looking ahead . . .**  
**Our Annual “Mother’s Day Celebration!”**

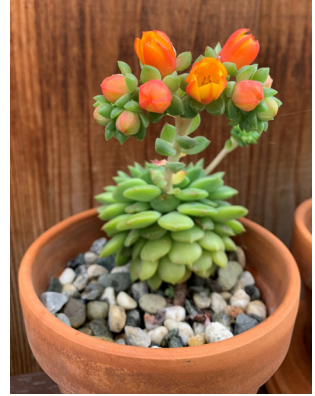
**Save the date!**  
**Plan to bring your family and friends!**

*Saturday, May 11, 2024*  
*12:30 p.m. to 3 p.m. in the Fellowship Hall*

**Keith Nuttall will give a brief talk  
and potting demonstration  
on cactus and succulents.**

***Come and enjoy!***

There is always a variety of finger foods,  
fun, and fellowship to enjoy!



**EVERYONE is invited!**



***102 Years Young***

***Dorothy Brunsvold will turn 102  
on Friday, April 26.***

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***Embracing Authenticity: Continued from page 1***

Let us draw inspiration from Jonah’s journey as we navigate our own paths of self-discovery and spiritual growth. Let us embrace the discomfort of vulnerability and the uncertainty of the unknown, knowing that in doing so, we open ourselves to the transformative power of divine grace.

As we gather in worship and fellowship, may we be reminded of the sacredness of authenticity, and may we find the courage to bring our true selves to the altar of community, knowing that we are accepted and loved just as we are.

Rev. Paul M Larson

## APRIL 2024 — ELCA LECTIONARY, Year B

**April 7, 2024**, Special Service,  
*Service of Lessons and Carols*

Matthew 28:11–20

Mark 16:9–18

John 20:1–8

John 21:4–14

John 21:15–25

**April 7, 2024**, ELCA Lectionary,  
*Second Sunday of Easter*

Acts 4:32–35

Psalm 133

1 John 1:1–2:2

John 20:19–31

**April 14, 2024**

*Third Sunday of Easter*

Acts 3:12–19

Psalm 4

1 John 3:1–7

Luke 24:36b–48

**April 21, 2024**

*Fourth Sunday of Easter*

Acts 4:5–12

Psalm 23

1 John 3:16–24

John 10:11–18

**April 28, 2024**

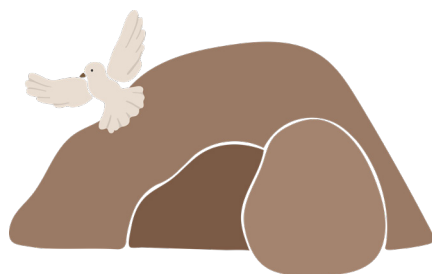
*Fifth Sunday of Easter*

Acts 8:26–40

Psalm 22:25–31

1 John 4:7–21

John 15:1–8



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## March 19 Council Meeting Bullet Points

- Tri-tip Fundraiser was a success, thank you to Landmark Tabernacle
- Easter Brunch following Sunday service
- Looking for volunteer to be Treasurer
- Easter Egg Hunt following service for all kids
- Marian Kahne bequeathed \$4,000 from her trust.  
Placed in Memorial Fund
- 3/24/24 – Palm Sunday
- 3/28/24 – Maundy Thursday
- 3/29/24 – Good Friday
- Maria Ramirez has started as our part-time administrative assistant
- 4/13/24 – Property clean-up day, 9 a.m.–12 p.m.
- Fellowship Hall repairs in process



## Lutheran World Relief Quilting Project

Join us on **Saturday, April 20th at 10:00 a.m.** at the church to help make quilts. No experience necessary! All are welcome! We are learning how to quilt together, and we have a lot of fun and good conversation in the process. We meet every third Saturday of the month.

We have a goal to complete 10 quilts by fall, and we have completed three so far.

**BE ON THE LOOKOUT** for gently used 100% cotton or cotton/poly blend sheets to use for quilt backs. They are getting harder to find but they can still be found for a few dollars at estate sales, yard sales and thrift stores. Unfortunately LWR guidelines do not allow us to use microfiber sheets.

Thank you for all your support! These quilts are sent all over the world and provide comfort to desperate people. Find more information at [lwr.org](http://lwr.org).





## Important Dates

<b>Monday, April 1</b>	Office CLOSED
<b>Tuesday, April 2</b>	Property Team Meeting, 4 p.m.
<b>Saturday, April 6</b>	Prayer Shawl Ministry
<b>Sunday, April 7</b>	Worship Children's Ministry and Adult Bible Study
<b>Monday, April 8</b>	Circle of Joy Meeting, 6 p.m.
<b>Tuesday, April 9</b>	Stewardship & Finance Meeting, 6 p.m.
<b>Wednesday, April 10</b>	Worship & Music Team Meeting, 7 p.m.
<b>Thursday, April 11</b>	Council Reports Due
<b>Saturday, April 13</b>	Tabitha Circle Meeting, 10 a.m. <b>Spring Clean Up Day</b> , 9 a.m.–12 noon
<b>Sunday, April 14</b>	WELCA Meeting, 8:45 a.m. Worship Children's Ministry and Adult Bible Study
<b>Tuesday, April 16</b>	Council Meeting, 6:30 p.m.
<b>Saturday, April 20</b>	Quilting Ministry, 10 a.m.
<b>Sunday, April 21</b>	Worship Children's Ministry Coffee Hour
<b>Monday, April 22</b>	Newsletter Articles Due
<b>Saturday, April 27</b>	Sandwiches for Dorothy's
<b>Sunday, April 28</b>	Worship Children's Ministry Serve at Dorothy's Place

## Recent Attendance

March 3	45	
March 6	17	Wednesday
March 10	41	
March 13	20	Wednesday
March 17	42	
March 20	18	Wednesday
March 24	50	Palm Sunday

## February Financials

*Estimated monthly income needed to meet our expenses is \$23,608.*

General Fund Income	17,985
Total Expenses	<u>18,738</u>
<b>Net Income</b>	-753

*Compare to January Financials*

General Fund Income	20,363
Total Expenses	<u>21,214</u>
<b>Net Income</b>	-851





## Committee Highlight: Fellowship

This month we are highlighting the Fellowship Committee. Kudos to Rita Locke as not only the Chair but the entire Committee! Rita has held this position for many years. During COVID one of the hardest parts of being virtual was not getting together face to face. The church is the people, and we need Fellowship time to get to know and support each other on a deeper level.

Currently Feeding the Flock is the third Sunday of each month. These Coffee Hours are sponsored by the Joy and Tabitha Circles. Beginning in May we are adding an additional Coffee Hour on the first Sunday of each month. WELCA will be the sponsor in May. Other Committees will sponsor subsequent months, and some will just be open to the congregation with Sign Up sheets. Everyone is welcome to provide goodies on any of these Sundays, even if they are not part of a Circle or Committee. The month with five Sundays we have a potluck. The next Potluck will be on June 30.

Thank you to Rita Locke for keeping this important ministry alive and well! I am sure that additional committee members would be very welcome!



Corinne Barrett  
Council Vice President

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## Sponsoring Altar Flowers, Bulletins, and Eternal Candles

Date	Altar Flowers	Bulletins	Eternal Candle
April 7	Available	Available	Available
April 14	Available	Available	Julie Starnier in memory of Valerie Hurdle
April 21	Available	Available	Available
April 28	Available	Available	Julie Starnier in memory of Penny Gilles

You can sponsor Altar Flowers, Bulletin Covers, or Eternal Candles by signing up in the Narthex. *For 2024, the price of flowers from the florist has increased to \$85.*



# Can't Make It to Church? *Watch Services Online!*

See Worship Services *LIVE*  
on Facebook Sunday Mornings

<https://www.facebook.com/LCGSSalinas/>

Services available *next day*  
on Youtube and the LCGS website

<https://www.youtube.com/@LCGSSalinas>

[www.goodshepherdsalinas.org](http://www.goodshepherdsalinas.org)

## Donations for Dorothy's

Dorothy's has experienced a significant drop in public and private funding and private donors. The day room (drop-in center) is now staffed solely by volunteers and managed by the Closer Walk Church. The kitchen is also seeing reduced donations of food from local retailers. *Your donations of goods or money would be greatly appreciated!*

These items are on the wish list for Dorothy's Place:

- Quick-cooking oats for breakfast — ALWAYS on the list  
*It takes 10 pounds of oatmeal to feed 180 diners.*
- Sugar, syrup, molasses, applesauce, or raisins for the oatmeal.
- Tomato sauce (large cans), potatoes, lunch meat, or easy-to-eat fruit (for lunch bags — NOT apples!).
- Sample or travel-size toiletries — *for our Fall service project*
- Toothbrushes and toothpaste — any size
- Adult clothing and shoes, gently-used or new
- New socks or underwear for men or women
- Bar soap or containers of body wash for showers at the drop-in center.
- Laundry detergent and bleach for towels and cleaning cloths.
- Dish soap, cleanser, and scrubbing pads for Dorothy's Kitchen.

*Bring items to church or call Rita Locke for pick up of perishable items.*

# ***SOUP SUPPER THANK YOU!***

Our Wednesday Soup Suppers were so special! Thank you to everyone who brought soup, bread, or beverages, and those who helped set up before services or stayed to help clean up afterward.

Wednesday services were calm and spiritual. Then we went on to enjoy three different soups each Wednesday. We spent about an hour each Wednesday as we ate and talked. The conversation was amazing and we learned so much about each other. I hope we can look forward to similar events throughout the year.

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## **March 2024 Report from Dorothy's Place**

On March 24, Compass Church planned and cooked a chicken tortilla casserole that was enjoyed by our guests. We served about 125 meals with salad and chips. Diners also chose meat and cheese, tuna, egg salad, or PBJ sandwiches, bananas, cuties, trail mix, Rice Krispy treats, chips, and bottled water for their lunch.

Volunteers from both LCGS and Compass Church cooked, make more sandwiches, hand out food, greet people at the door, assist diners in the dining room, wash dishes, and clean up. Thanks to everyone who made this meal a success!

We were able to leave about 100 PBJ sandwiches, 20 meat and cheese sandwiches, and some casserole for Dorothy's to serve on Monday.

Volunteers came in early on Saturday, March 23, to help us make sandwiches. Four people worked from 10 a.m.–11 a.m. to make 96 meat and cheese sandwiches and prepare tuna and egg salad to make another 130 sandwiches on Sunday.

LCGS will cook the meal on Sunday, April 28. We will make sandwiches on Saturday, April 27, at 10 a.m., and will need bread, lunch meat, cheese, peanut butter, jelly, granola bars, and fruit (like cuties) to serve with the meal. We can also use Rice Krispy treats and individual-sized bags of chips.

Please contact Ida Nuttall (214-4267 cell, [nuttalli@hotmail.com](mailto:nuttalli@hotmail.com)) or Rita Locke (754-1892 home, [rmlocke@pacbell.net](mailto:rmlocke@pacbell.net)) to arrange a drop off if donating perishable items. Monetary donations are always helpful and should be sent directly to LCGS with a note in the memo line that it is for Dorothy's Kitchen.

## El Salvador Prayer Child Program

This month we will switch our focus away from the University Scholarship Fund and report on the prayer child program which supports 120 students from kindergarten through high school. I do want to thank everyone who helped support our University scholarship fund drive and helped make it a success with over \$1040 raised. If you would still like to contribute to this fund you can do that at any time.

A prayer child sponsor is an opportunity to help a child and to also build a long-distance friendship. The sponsor usually selects a child of their preferred age and sex and makes a non-binding commitment to continue sponsoring the child until they graduate from high school. The requirements for the student are to have good behavior, attendance and grades. Sponsors prayer for their prayer children send a personalized gift in a 1-gallon plastic bag and a card and photo each year which is given to the students at the scholarship ceremony every January. In return the sponsors get a photograph and a letter from their child. An annual donation of usually \$75 to \$100 is made and this helps provide school supplies, shoes and uniforms for the students, as well as needed supplies for the whole school.

That is the basics of the program but there is much more possible. Many sponsors have traveled to El Salvador on a delegation and made a connection with their prayer child by meeting them and sharing a meal at their home. I have seen many of these connections made and almost always it is very touching to see these sponsors and prayer children and their families meet. The hospitality, gratitude and love that is shared is very real and special to witness. Even a one-time visit can spark a deep and long-lasting relationship.

Of course, most sponsors do not go to El Salvador and meet their prayer child, but cell phones and the internet are increasingly common now in El Salvador and many older children and teens have access to phones and use social media sites like Facebook. It is more common now for sponsors and prayer children to keep in touch this way. Last January, I met our prayer child, Diana, and found out that she was being raised by her grandmother, Gloria, who is the mother of one of our university students and another student who had also been sponsored by Tony and Kristi Burns and their family, all of whom I knew well. I quickly connected with Diana and since she is active on Facebook we message each other almost daily and I have become just as close with Diana as to our other godchildren who live close by. Not only do we have things in common,

such as a love of nature, but I have since found out that Diana survived a very traumatic childhood and does not have a father-figure in her life. Her family has told me how important our relationship is to Diana. Her grandmother and her family have helped her overcome her past and she is a positive, faithful and strong young lady and I feel blessed to support Diana and be a part of her life, even if from a distance. I am very excited for Corinne and our goddaughter, Abigayle to meet Diana in January and also excited for Abigayle to meet her family's prayer child, Jennifer. In November we will have a list of new prayer children and if you are interested in supporting a child through this program, please talk to me.

Steve Barrett.

## **Financial Experience Needed!**



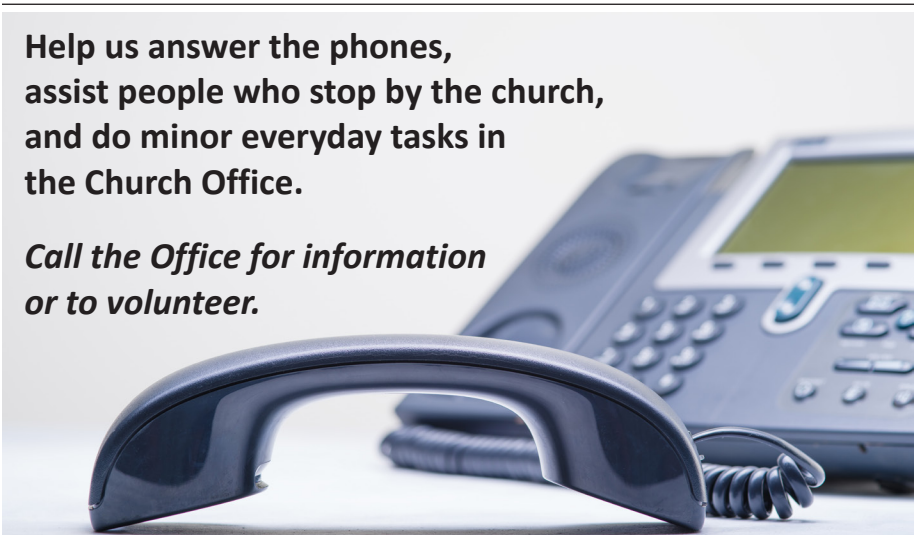
Please prayerfully consider volunteering as our Treasurer. Pastor Paul or our Stewardship and Finance team can answer any questions you might have about the position. You will be supported by the Stewardship and Finance team, our bookkeeper, and the Financial Secretary.

### ***URGENT!***

*We must have a Treasurer for our California Corporation filing due April 30, 2024!*

**Help us answer the phones,  
assist people who stop by the church,  
and do minor everyday tasks in  
the Church Office.**

***Call the Office for information  
or to volunteer.***



## April Worship Volunteers

	April 7	April 14	April 21	April 28
<b>Altar Guild</b>	Kathy King Carol Melland	Diane Dahms Kim Legard	Kathy King Carol Melland	Diane Dahms Kim Legard
<b>Assisting Ministers</b>	Rita Locke	Debra Gruttadauro	Tim Friederichs	Loren Dynneson
<b>Communion Assistants</b>	Abigayle Derrington Tim Friederichs	Heather Jerome Rita Locke	Corinne Barrett Cindy Grover	Colette Darington Rebecca Legard
<b>Greeters</b>	Diane Dahms	Rita Locke	Cindy Fresh	Colette Darington
<b>Lectors</b>	Eli Wellman	Donna Kemper	Debra Gruttadauro	Linda Taylan
<b>Sound and Slides</b>	Bobby Bruhn Ida Bruhn	Bobby Bruhn Ida Bruhn	Bobby Bruhn Ida Bruhn	Bobby Bruhn Ida Bruhn
<b>Ushers</b>	Tim Martin	Steve Barrett	Mike Scarr	Debra Gruttadauro

## Volunteer Coordinators

*If you would like to volunteer to assist with services,  
please speak to the volunteer coordinator:*

Altar Guild: Kathy King • Assisting Ministers: Pastor Paul Larson  
Communion Assistants: Debra Gruttadauro • Greeters: Bobbie Nunn  
Lectors: Linda A. Taylan • Tellers: Chris Jensen • Ushers: Steve Barrett

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Easter Brunch Potluck Easter Sunday 9:30am - Worship	1 Easter Monday OFFICE CLOSED 6:30pm - Basketball	2 4pm - Property Team	3	4 7pm - Landmark	5	6 9:30am - Prayer Shawl 10am - Staff Meeting 6pm - Landmark
7 9:30am - Worship 10:30am - Children's Min 10:45am - Adult Bible Stdy 11:30am - Landmark 2pm - Brunch Landmark	8 6pm - Circle of Joy - LCGS 6:30pm - Basketball	9 6pm - Finance Committee	10 7pm - Worship & Music	11 Council Reports due 6:30pm - Mutual Ministry 7pm - Landmark	12	13 SPRING CLEANING DAY 10am - Tabitha Circle 6pm - Landmark
14 8:45am - WELCA Meeting 9:30am - Worship 10:30am - Children's Min 10:45am - Adult Bible Stdy 11:30am - Landmark	15 Hall Repairs 6:30pm - Basketball	16 Hall Repairs 6:30pm - Council Mtg	17 Hall Repairs	18 Hall Repairs 7pm - Landmark	19 Hall Repairs Hall setup	20 Hall use 10am - Quilting Ministry 6pm - Landmark
21 9:30am - Worship 10:30am - Children's Min 10:30am - FELLOWSHIP 11:30am - Landmark	22 Newsletter articles due 6:30pm - Basketball	23	24 7pm - Landmark	25	26 Hall setup	27 Hall use 10am - Make Sandwiches 6pm - Landmark
28 Serve at Dorothy's Place 9:30am - Worship 10:30am - Children's Min 11:30am - Landmark	29 6:30pm - Basketball	30	1	2 7pm - Sanctuary / Pastor	3 Hall setup	4 Hall use 9:30am - Prayer Shawl 10am - Staff Meeting 6pm - Sanctuary / Pastor