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# GOOD N'EWES

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*February/March*

*2015*

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**Create  
in me a  
clean heart,  
O God,  
and put a  
new and right  
spirit within me.  
Psalm 51.10**

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*Church of the Good Shepherd*

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# *The Church of the Good Shepherd*



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

603-882-5352

The *GOOD NEWS* is a publication of The Church of the Good Shepherd (Episcopal). For information about this newsletter or any of the events listed herein, please contact the church office during our office hours (**M 9:00 - 2:00, T 11:00 - 4:00, W 9:00 - 4:00, Th 12:00 - 4:00, F 9:00-1:00**), or email **Andria Sousa** ([asousa@cgsnashua.org](mailto:asousa@cgsnashua.org)), or visit us at [www.cgsnashua.org](http://www.cgsnashua.org).

## **Staff Members**

Head of the Church

Ministers

Rector

Associate Rector

Organist & Choir Director

Assistant Choir Director

Bellringers Director

Communications

Parish Administrator

Sunday School Coordinator

Youth Ministry

Vergers

Pam McDonald

Jesus Christ

All Baptized Persons

The Rev. Dr. Robert W. Odierna

The Rev. Alanna M. Van Antwerpen

Brett Greene

Sue Reilly

Chaim Burstein

Andria Sousa

Laurie Ascani

Mary O'Reilly

Marcie Byrd

John Townsend, Harvey Shaw

Sem. Intern to Diaconate

## **VESTRY LEADERSHIP**

Tim Favorite (Sr. Warden)

Chris Chadbourne (Treasurer)

Jill Rosier (Jr. Warden)

Becky Lentz (Clerk)

Doug Thornberg

Don Fluckinger

Becky Lentz

Dan LeGallo

Dana Snowdon

Howard Titus

Susan Nutting

Bob Macaraeg

Sandy Desharnais

Jeff Cooley

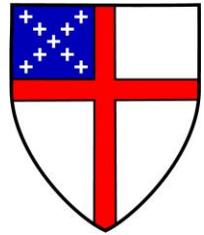
Kathy Olson

Mary Schroeder

Sandy Joshi

## **COMMITTEE**

## CLERGY CORNER



### **“A rose is a rose is a rose”**

At the Annual Meeting, after appropriately complimenting her many attributes, I announced that Pastor Alanna no longer would be our Assistant Rector. After a typical mischievous pause that effectively illicited a momentary panic by those in attendance, I announced how honored and privileged I was to appoint her as CGS’s new “Associate Rector!” The meeting broke out in a standing ovation.

So what’s the difference between an Assistant and an Associate? Primarily, this recognizes that I no longer “mentor” Alanna’s development as a new priest, but now share with her as an equal colleague in the priestly and pastoral ministry to the parish.

There are many ways that this already takes place, and so this title recognizes and celebrates our shared leadership currently and in the future. In addition Alanna and I will now alternate preaching duties on Easter and Christmas, the first time I have ever shared those duties. We will also respond together to the questions at the Morning Prayer Q&A sermon as we did in January.

Pastor Alanna has been at CGS almost 5 years, and has made a commitment to stay at CGS through my retirement (whenever that may be!), and with the Vestry’s consent, through any interim period.

For all these reasons, including my deep appreciation and respect for her gifts, skills, personality, and the fun we have working together, Alanna has more than earned this new title! Our parish is blessed to have her continue her wonderful ministry with us!

Peace  
Pastor Odie

# CGS Sponsors **ARUBA**

## Booking now for the winters of 2015 and 2016

Thanks to the generosity of the Winn family CGS now owns timeshare at the Occidental Aruba Resort. This 5 star Resort is both on the RCI and Diamond Club Timeshare lists. CGS has up to **four (4) floating weeks available** to be sold in 2015 and 2016. All proceeds benefit CGS programs and ministries.

### **2015: All-Inclusive only available**

Any week Saturday – Saturday in February or March

Cost: \$1,500.00 payable to CGS ((\$4,000.00 value). All inclusive fee is \$166.00 per person per day. Non-refundable deposit of \$300 due to CGS to book your week. Remainder paid prior to departure.

### **2016: Any week January through March.**

Must be reserved exactly one year in advance, so you must reserve with CGS at least one week ahead of the year in advance date. You also have the **option** of making this an All-Inclusive vacation or making the vacation Non-all-inclusive, therefore paying for food, sports and food on your own. Choosing your option of all-inclusive or not must be made at the time reservation is made.

Cost: \$1,500.00 payable to CGS ((\$4,000.00 value). Non-refundable deposit of \$300 due to CGS to book your week. Remainder paid prior to departure.

### **The Resort:**

Stay in a One Bedroom unit (sleeps up to 4), with kitchen, at The Occidental Aruba Resort, located in the Palm Beach area (one of the better beach areas in Aruba). Amenities include 5 restaurants, 4 bars and 1 disco/bar; swimming pool with 2 Jacuzzis. Program of sports and leisure activities: 2 floodlit tennis courts, beach volleyball, aqua aerobics, diving demonstration lessons, snorkeling equipment available, among others. Shows and nightly entertainment. Kids Club with a program of supervised activities (ages 4-12).

Visit [www.occidentalhotels.com/grand-Aruba](http://www.occidentalhotels.com/grand-Aruba).

**Contact Pastor Odie or Laurie Ascani, Administrator, 882-5352 to book your vacation!**

# ASH WEDNESDAY & LENT SERVICES

**ASH WEDNESDAY, FEBRUARY 18, 2015**

7:00 am – Holy Eucharist and Imposition of Ashes – Continental Breakfast to follow  
12:00 pm – Holy Eucharist and Imposition of Ashes  
6:45 pm – Holy Eucharist and Imposition of Ashes

**EVERY WEDNESDAY DURING LENT**

12:00 Noon – Holy Eucharist

**See the Lenten Brochure for information about Lenten Seminars and Inquirer's Class**

# SUNDAY FORUM

## FEBRUARY AND MARCH

- February 1: The Power of empowering language
- February 8: What is the Permanent Diaconate: Pam McDonald
- February 15: Shepherd's Legacy Society: Legal help in creating your will.
- February 22: God's Acts of Salvation: The OT with Jeff Cooley
- March 1: God's Acts of Salvation: Holy Week and the Passion
- March 8: God's Acts of Salvation: Holy Week and the Passion
- March 15: God's Acts of Salvation: Holy Week and the Passion
- March 22: God's Acts of Salvation: The OT with Jeff Cooley
- March 29: Learning how to make Palm Crosses

## ANNUAL MEETING RESULTS

- a) **Parish Elections:** Thank you to all who were willing to be candidates for elected office. The following were elected.

Sr. Warden: 2 year term – Tim Favorite

Treasurer: 2 year term – Chris Chadbourne

Clerk: 1 year term – Becky Lentz

Vestry: 3 year term - Bob Macaraeg, Susan Nutting, Dana Snowdon, Howie Titus

Vestry: 2 year term – Sandy Joshi

Diocese Delegate: 3 year term – John townsend

Diocesan Alternate Delegate: 3 year term – MaryLu Klum

Interfaith Council: 1 year term – John Rowntree

Special thanks to Jeff Fellows, John Lewis, Ann Spinney, and Trudy Yelton for their time and great participation as they finish their 3 year term on the Vestry. For a complete list of all your Vestry Representatives see the inside cover of the Newsletter.

- b) **The Vestry's budget** of \$588,000 (sent to you in January Newsletter and found on the church's website under "Giving") was affirmed by the Annual Meeting without any recommended changes.
- c) **Special thanks** to all those who helped prepare the lunch for the Annual Meeting!

## [Need Help Filing your Taxes? CGS Can Help](#)

Sandy Joshi, a parishioner of CGS, is a CPA with 20 plus year experience. (He currently works for Circor International Inc.) He has served and advised companies and individuals with incomes ranging from minimum wage to billions per year. He is offering his services to help any senior citizens and/or people with limited financial resources that are interested in getting help/advice filing your taxes. Instead of paying Sandy for these services, you are invited to make a donation to the church. Contact the church office if you would like to use his services.

## CGS Women's Coming Attractions

**Sunday, February 8**, 1pm Sunday Brunch at The Yard in Manchester, \$25 includes buffet, tax, tip and tea/coffee. Send a check (made out to CGS Women) to Sandy Desharnais. Open to all women of the parish. We will cancel by Feb. 5 if the weather looks bad. If you are interested in carpooling from the church call Frances Rodier 889-0677.

**Monday, March 9**: 6pm social time; 6:30pm potluck supper (bring an entree or salad- homemade, store bought or take out), Parishioner Jeff Cooley will present a Lenten Program. Jeff is a Religion professor at Boston College.

**Monday, April 13**: 6pm social time; 6:30pm potluck supper (bring an entree or salad - homemade, store bought or take out). Pam McDonald will present a program - "A Discussion on the Life and Work of Deacons in Today's Episcopal Church". Pam is working with the CGS clergy as a seminary intern at CGS, learning the ropes as a candidate for the Diaconate in our Diocese.

**Monday, May 11**: 6PM - Dine Out - more information will be available soon.

## Altar Guild

The winter meeting & continental breakfast will be held Saturday, Feb. 7, 9am in the Parish Lounge. Snow date is Feb. 14. Open to all parishioners - men and women. Some set up for services on Sundays, weddings and funerals. Some members take care of the linens or vestments, while others do the floral displays for Thanksgiving, Christmas and Easter. For more information contact Carole Sawdon [carole.sawdon@gmail.com](mailto:carole.sawdon@gmail.com) , Beth Barker [mary.barker@us.af.mil](mailto:mary.barker@us.af.mil) or Mary Nash [mnash517@yahoo.com](mailto:mnash517@yahoo.com) .



## Fellowship Committee

Sunday morning coffee hour is an important time of fellowship for many members of our community and we need your help! We have a small number of (greatly appreciated) volunteers who make coffee hour run smoothly week after week. We would love for more of you to share your time and talents with us. If you aren't able to host, our greatest need is simply food donations. Bake an extra batch and drop it off in the freezer, or sign up to provide food for a specific date. Please contact Marilyn Kantargis for more information or to sign up to host or donate food.

## BellRingers: Looking for New Members

The Bellringers meet on Monday evenings from 6:45 pm – 7:45 pm. They are looking for youth between 6th – 11th grade to round out their group. If anyone is interested contact Chaim Burstein at [bursteinc@gmail.com](mailto:bursteinc@gmail.com)



## SCRIPS NEEDS YOU!!!

Don't forget to do all your shopping through CGS's SRIP Cards. It's easy and you help CGS raise money without spending a penny more than you normally would in your shopping!

Order forms can be obtained from the SCRIPS table on Sunday mornings or from the CGS website. Payment can be made by cash, check, Master Card or Visa!



Orders placed by Tuesday at 11:00 am of every week arrive by Thursday

## iPod Drive:

One of our young parishioners, Sarah Heimberg, is collecting used iPods for her Girl Scout Silver Award project, "Project Grace Notes: Music Therapy for Senior Citizens." Sarah is working with a senior living community in Bedford. The residents in the community all have memory loss problems, because music is proven to boost memory, she is collecting iPods for the residents to upload their music to listen to. The iPods can be used, the more basic iPods, like the Shuffle, are preferred, and they do not need to have their original battery life. Please drop off all iPods to the CGS office or to one of the Clergy. The deadline for the Drive is March 29.

*If You Are Willing, Please Consider Remembering  
Good Shepherd In Your Will*

# Sunday School

## Children & Family Faith Formation

### Godly Play: Building Relationships with God and Each Other



Our second semester in Sunday School is well underway with lots of exciting collaborations between the children's classrooms and complementary material to lessons provided by our stellar Volunteer Teachers. For Lent we'll be sending your child home with a Lenten at home help to enhance your journey of faith as a family for the season.

Our **Curriculum for the months of February and March** for 3 year olds through 3<sup>rd</sup> Grade explore the parables told throughout Jesus' ministry as well as The Mystery of Easter and Faces of Easter during Lent. **NEW THIS YEAR, the 4<sup>th</sup> Graders** will be looking through parables in Scripture, then choosing one to learn more about, create and present to the 5<sup>th</sup> Grade Riser's on Sunday, February 15<sup>th</sup>. Then each of these grades will prepare for Lent beginning with their first story The Mystery of Easter. "The Riser's" group in 5<sup>th</sup> Grade will continue to create their curriculum with their teachers.

*Please remember that Registration is available throughout the year for all children and families.*

**Children's Eucharist—February 15<sup>th</sup> & March 15<sup>th</sup> at 9:45 a.m.** In February & March our Sunday School kids will prepare an offering during the Children's Sermon, come and have your spirits lifted by our youngest ministers. Pastor Odie will also give the Children's Sermon in February. If your child is interested in being a reader, gift bearer or usher for worship, please contact Pastor Alanna or Mary O'Reilly.

**Ash Wednesday Services—February 18<sup>th</sup> at 7:00am; 12:00pm; 6:45pm**  
All services will be Holy Eucharist with Imposition of Ashes. If your family is interested in any materials about Ash Wednesday, please contact Pastor Alanna.

**Sunday School Teacher's Meeting – March 8<sup>th</sup>** we will hold our Sunday School Teacher's meeting to check in with each other about news and activities for the second semester.

**Save the Date:**

**Sunday School Picnic-Sunday, June 14<sup>th</sup> at 12:30 p.m.-** details forthcoming

**Community Day and Early Holy Communion Blessing—Sunday, June 21<sup>st</sup>** at 9:45am. If your child is interested in receiving Holy Communion for the first time, or would like more information about the Sacrament of Holy Communion please contact Pastor Alanna at [alanna@cgsnashua.org](mailto:alanna@cgsnashua.org)



**Rumney Retreat** – We had 13 participants (10 youth and 3 adults) attend their annual Rumney retreat. The group enjoyed very cold weather and some snow as they participated in spiritual programs, went ice skating, sledding and played in the game room. It was a fun time.

**30 Hour Fast** This year our youth will be participating in the World Vision 30 hour fast on Fri, March 6- Sat, March 7th. During this fast, our youth learn about the causes and effects of world hunger and get a small “taste” of the experience of being hungry. This is a fundraiser as the youth are encouraged to raise money for world hunger. At CGS, we do a modified fast, meaning that the youth will get some juice and broth during the fast and we end the event with a wonderful “Break” the Fast (breakfast) with the entire family.

**Youth Dance** – This year our youth will be having their dance on Saturday, Feb 14th. Their theme is the Great Gatsby – 1920’s Hollywood. They will be working on decorations for the next few weekends as they transform our auditorium into a beautiful backdrop for their dance.

**Youth Mission Trip Update** – Save the Date! – This year’s youth fundraiser/murder mystery will be on Sunday, April 19th. We are delighted to have a Hawaiian theme this year. The group is very busy memorizing lines and preparing for this annual event. Look for us selling tickets during the 9am coffee hour in March. This event sells out every year so be sure to get your tickets early. Thanks

# ANNUAL GOURMET FESTIVAL AND AUCTION

to benefit The Front Door

**Sunday, March 22<sup>nd</sup>**

**4:00 pm – 8:00 p.m.**

**Held at the Nashua Country Club**

Tickets are \$85.00 per person and can be purchased  
through their office at 886-2866.

Don't miss this annual spectacular event



## JOB OPPORTUNITY:

Part-time Case Technician of Housing Services needed for Nashua-based transitional housing program serving single mothers and children. 10 - 20 hrs/wk afternoons; some weekend hours required. Hours vary and are flexible. Associates Degree in Human Service field and/or appropriate experience working with this population is a must. Must have strong, proficient computer skills. Site management experience a plus, will train the right individual. Position will offer support, guidance and monitoring to the residents within the transitional housing program. Please email resume to [RGagne@frontdooragency.org](mailto:RGagne@frontdooragency.org)

Dear CGS Members,

I am enrolled in a Life Coach training program through MentorCoach, an International Coaching Foundation accredited course of study. I coach from the viewpoint of Positive Psychology, where everyone has strengths and resources to draw on for living a full and meaningful life.

As your Life Coach we will identify goals and create strategies to accomplish those goals. Coaching is for you if you:

- Need support to make a change in your life
- Want a listening presence to help you identify and live into your life dreams
- Need an encouraging ally to help you get unstuck

I will help you move into the next chapter of your life and embrace the new narrative that is emerging for you.

My coaching internship necessitates that I practice my coaching skills with clients, including creating a business infrastructure. Until January 15, 2015, my internship fee is only \$10 for a 30-minute session. Why? It is part of my training requirements as I move toward certification as a Life Coach.

Would you or anyone you know of be interested in helping me to practice my coaching skills?

Just think of it! For \$10 you get me to focus totally on you, your priorities, and your life goals for 30 minutes. Just you. You can barely buy two frothy coffee concoctions from the Green Goddess for that amount!

If you think of anyone who might be interested in working with me please pass this letter along to him or her. I can be contacted at 978-435-4377.

Thank you so much for supporting my learning endeavor. I'm very excited about this because coaching contributes to the world in a positive way.

Sincerely,

Meg Hess

[meg@makegladness.com](mailto:meg@makegladness.com)

[www.makegladness.com](http://www.makegladness.com)