

The Voice

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September 2015

Inside this issue:

Pool News	2
September Birthdays	2
Retreat Workshops	3
Parking Lot Improvements	3
Retreat Registration	4
Retreat Information	5
Christian Formation	6
List of Retreat Workshops	6
Mayse-Turner Hymn Festival	7
September Calendar	8

Rector's Reflections

Dear Parish Family,

This newsletter will focus on our upcoming parish retreat at Camp Weed and the Cerveny Conference Center September 11th, 12th and 13th. The theme this year is parish ministries and the retreat will be structured more in a workshop fashion in order to allow volunteers to receive the training they may need in order to be more involved at Good Shepherd.

The definition of a parish such as Good Shepherd is that we worship together, and that we seek to make the love of God known to everyone. Our worship is regular and consistent for the benefit of everyone worshipping with us. All worship seeks to involve members of the congregation as lay readers, chalice bearers, acolytes, and beyond. We need to add additional chalice bearers for Sunday services and Eucharistic visitors to take the sacraments to those who are sick or "shut in" their homes. We plan on providing the training at the retreat to those who would like to be more involved in these ministries.

God's presence is most readily realized when we become an extension of the ministry Jesus did himself. We help feed the hungry, teach children and adults, and provide transportation. (Can you imagine Jesus driving our parish van?) Consider also what we could do for

our environment, or for senior citizens.

In most cases, some training is involved for the various parish ministries. When working with children, "Safeguarding" workshops are required. It seems like we never have enough time. By providing the training or certification to be a verger, acolyte, Eucharistic minister, Sunday school teacher, parish van driver, kitchen volunteer or some other ministry during our retreat, we will be able to efficiently introduce new volunteers to new or existing parish ministries.

The structure of the retreat will be as it has been in years past. Some may wish to arrive on Friday afternoon for a potluck supper, evening activities, compline and games. (Gambling is prohibited!) Saturday morning at 9:30 the workshops will begin. Saturday afternoon a variety of recreational activities will be available, including flying with Fr. Wiley in his plane, kayaking on the Suwanee river, swimming in the camp pool, hiking, or the ever popular Saturday afternoon nap. More workshop programming will take place after dinner on Saturday and for those who stay, on Sunday morning church will be held in Mandi's Chapel at 10 am. Included in this mailing are the meal and lodging options to help make this affordable for everyone.



Camp Weed

A more extensive list of ministries is provided in this newsletter. If there is an area not listed, please notify the parish office so we can provide additional opportunities to be involved. Our annual parish retreat is always enjoyable for everyone. Registration forms are included in this issue of "The Voice" or are available in the narthex of the church. This retreat promises to be inspirational, practical and an effective use of your time. It will open up opportunities for the months to come.

Faithfully,

Fr. Jeff

Pool News



Replacing the pool grate

Solving Pool Problems: During the GW Bush administration, Congress passed the Virginia Graeme Baker Act [in honor of Jim Baker's granddaughter, who died from drowning by having her hair caught by the suction of a pool main drain]. The Act requires all public pools to replace the grates over their main drains with a domed drain to defeat the possibility of a child getting stuck against the drain from pump suction. We, Good Shepherd, have politely resisted complying with that regulation over the last several years because our main drain operates by gravity flow, not suction, so there was no substantive need to replace the existing flat grate. In addition, the existing grate exceeded the size of most grates and qualified as a result for a size waiver.

However, in our latest inspec-

tion in late spring, the inspector noted that a couple of the small cross pieces in the drain had been broken (perhaps by a scuba diver?), and told us that a broken section required a grate replacement anyway – and gave us a deadline of July 31st. Subsequently, however, we experienced a continuing series of no-shows, unreturned calls, by potential contractors. Finally, one told us that the job would require draining the pool -- estimated total cost about \$3,000 plus revenue losses of \$2,000, total \$5,000. AND, they were unable to free up a crew for the work until after August 1st. Duval Health Department advised us that if the grate were not replaced in the month of July, they would close the pool until done.

Scrambling, we found another contractor who, with a scuba diver, replaced the grate in the

existing frame, without draining the pool, for \$1,125!!

Expanding our Pool Ministry: Annie McLeod started her Learn to Swim lessons in July for Special Needs kids. It's become apparent that almost all, or all, of these lessons will need to be one on one. We've given Annie rent free use of the pool for this to experiment with the service model, fee structures, and scheduling. She already has a backlog of applications, so we're confident this is going to fly. To our knowledge, only one other pool in the Northeast region of the state is providing any lessons for this population, and that on a modest basis. We believe this is the beginning of a new, legitimate ministry of the pool on behalf of the parish.

Dave Callen, Pool Director

Food Truck visits in July



September Birthdays

Christine Parisen (1)
Todd Allerton (1)
Hayley Tuller (2)
Krystal Parks (3)
Margo Easter (4)
Seabury Stoneburner (6)
Raymond Mason (6)
Steven Castanien (8)
Stephen Williams (8)

Kathryn Garrison (8)
John Zell (11)
Sara Lawson (13)
Hank Baker (14)
Francoise Yonce (14)
Katherine Levitz (14)
Hunter Cocanougher (14)
Lee Edgar (15)
Norma Folsom (15)

Reta Houghton (15)
Anne Graham (16)
John Bunker (17)
Diane Bunker (18)
Susannah Sands (20)
Parks Easter (22)
Dave Medill (27)
Christine Keyser (28)
John Merrett (29)

Parish Retreat workshops

As the catechism of our prayer book teaches, there are four ministries of our church, the ministries of lay people, bishops, priests and deacons. Scripture reminds us that we all have different talents and gifts. Some teach, some heal, some are visionaries as in prophecy, while others may be gifted public speakers. First Corinthians chapter 12 reminds us there are varieties of gifts, but the same spirit of God working in all of us.

With that in mind, the theme of this year's retreat is lay ministries, as we hear from Matthew's gospel: "Lord, when did we see you hungry and feed you, when did we see you thirsty and give you something to drink, when were you naked and we clothed you, when were you in prison and we visited you, when were you a stranger and we took you in?" (Matthew 25: 37-39) Some of the ministries listed below have been practiced for many years. In a few cases, the Spirit is opening up new suggestions, inviting all of us to consider how we can make God's love known.

One suggestion is that we identify 4-6 people whom some churches refer to as "petal pushers." Every week (except in Lent) we have beautiful flowers on the altar. Often the donors of the weekly flowers will take some home, but almost every week there are flowers left behind. The clergy try to take them to parishioners, but more times than not these flowers wither before they get delivered. Imagine the joy of a "shut-in" or someone in the hospital if they were to periodically receive flowers from the altar of Good Shepherd Church. With four to six volunteers a volunteer would only be expected to do this at the most once a month. The clergy would provide suggestions on who to visit.

Another ministry extremely underutilized is our church van. It is a 1998 model and has approximately 27,000 miles. That means it doesn't even travel 1,600 miles a year. If we had 4 more drivers, the van could be used weekly and a volunteer would only be scheduled once a month. Other ministries include, but are not limited to: becoming a verger helping John Merrett, we need 4 or 5 more; Eucharistic ministers or chalice bearers at Holy Communion services to serve wine from the chalice; Eucharistic visitors, taking the blessed bread and wine to the sick and shut-in; acolytes, both youngsters and adults (we need more); adults helping with youth activities are expected to be trained and certified in protecting our children from inappropriate behavior (we are going to offer the training at the retreat); lectors or lay readers for Bible readings and the Prayers of the People; "Lay Weeders", adopt a plot on the church grounds and call it your own; Christian Education/Sunday School, we MUST offer our children the basics of our faith; adult formation, because we all must continue to learn; outreach projects including but limited to our feeding ministries, CEW, Cuba and let's not forget environmental outreach. Are we going green, or green enough? Can we eliminate Styrofoam and help the planet?

On Saturday morning of the retreat, workshops with actual training will be offered to learn more about these ministries, so volunteers can return to Good Shepherd and get right to it. These ministries are not reserved for a select few, and teaching or coaching will be ongoing. Everyone should feel invited. Some may refer to all this as your theology of participation. The fall is the perfect time to get involved. Our retreat workshops on Saturday, September 12th are designed to acknowledge your gifts and strengths and consider how you can contribute to the Body of Christ.

Parking Lot Improvements

We are about to enjoy a refurbished and much safer parking lot. The life expectancy of our parking lot expired many years ago. Potholes have been patched, only to generate new ones. Former senior warden Ross Krueger along with junior warden, John Zell and finance committee chairman, Shep Colledge solicited bids from companies, then Dr. Krueger took the initiative to approach a couple of non-parishioners

along with a couple of members of the congregation to raise the necessary special funds for this project. The entire parking lot as well as the parking spaces along Forbes Street will be refurbished. The first phase is scheduled for Saturday, August 22nd. After the new asphalt has had time to "cure", the contractor will return in September to re-stripe the parking spaces. One of the improvements will be to relocate two handicap

parking spaces near the new handicap ramps leading to the church and pool entrance. This will ensure we are in compliance with current parking code regulations. The added benefit includes a fresh, new first impression to Good Shepherd Church. We sincerely appreciate the efforts and generosity of everyone who have made this possible.

The Episcopal Church of the Good Shepherd

REGISTRATION FORM

September 11th-13th, 2015

NAME (S) OF THOSE ATTENDING:

Adults _____

Children _____ age _____
_____ age _____
_____ age _____

Contact info: telephone _____ cell _____

Email _____

Please indicate any dietary needs or mobility requirements for anyone listed above:

The Episcopal Church of the Good Shepherd

CHARGES:

Accommodations

Room @ \$75 each room/night (Each room has 2 double beds. Youth and children under 18 must share lodging with a parent or adult guardian)

Friday Amount due _____

Saturday Amount due _____

Meals (children 4 and under eat free)

Meal costs are as follows (adult/child):

Saturday breakfast: @ \$8.50/\$7.50 # _____ Amount due _____

Saturday lunch: @ \$11/\$7.50 # _____ Amount due _____

Saturday dinner: @ \$12/\$7.50 # _____ Amount due _____

Sunday breakfast: @ \$8.50/\$7.50 # _____ Amount due _____

Sunday lunch: @ \$11/\$7.50 # _____ Amount due _____

TOTAL COST: \$ _____

*Payment is due by September 4th. Please make checks payable to
The Church of Good Shepherd and mark "Parish Retreat."*

Christian Formation on the Increase at Good Shepherd



Sorting school supplies

I can hardly believe that September marks the end of my first year with you here at Good Shepherd. Laura and I were delighted to be called to this place, and I am more excited now about the work God is doing here among us than the day I arrived. I have gotten to know names, faces, and some of the history of this great church, and I am delighted to announce some recovery of our history in our plans for the fall.

One of the striking pictures in our archives, and on the wall in the hall, is the huge Sunday school gatherings of days gone by. Good Shepherd was a place renowned for Christian Formation. We are already doing this work on Wednesday nights, and most valuably at altar and pulpit on Sunday morning. Now formation for the whole family is also returning to Sunday morning. We are starting small and starting well,

and we hope all of you will take advantage of the knowledge and experience of the clergy and people of your parish family.

Starting on Rally Sunday (Sept. 20th) youth group returns to Good Shepherd. We are completing our youth space and continuing to fill it with materials, activities, and young Christians who are becoming disciples. The third floor room in the parish hall building will be returned to service as our dedicated youth space. Youth group will meet immediately after church on Sunday mornings, and will include lunch. Middle and High school aged students are invited for a meal, learning, and laughing together each week.

Formation for adults and young children will also be available on Sunday mornings. Godly Play returns with regularity in the fall alongside an adult forum

scheduled for the same time. Mom and dad, grandma and grandpa, marrieds and singles, now *you* have somewhere to come and learn as well! On the 2nd and 4th Sundays of the month, that's potluck and sundaes on Sunday, we will offer Godly Play in the 3-yr old room of the day school and the adult forum will be offered in the library on the second floor of the parish hall building at 9:15am. Keep an eye on your bulletin for the discussion topics, as they will change throughout the church year. Now everyone ages 1 to 100 can come, that we all might learn to love our neighbor and serve our Lord "seven whole days, not one in seven."

I look forward to making new history together as we continue to be surprised with what God intends for us, for our neighborhood, and our world.

Fr. Wiley

Workshops Offered at the Retreat



Mandi's Chapel
Camp Weed

Acolytes
Adult Formation
Christian Education (Sunday School)
Cuba
Environmental Initiatives
Eucharistic Ministers (chalice bearers)
Eucharistic Visitors
Flower Deliveries
Lay Weeders
Lectors

Outreach
CEW
Feeding Ministries
"Feeding the Soul"
Sandwiches for "Church without Walls"
Shrove Tuesday
Seder Supper
Thanksgiving Meals
Safeguarding Children
Van Drivers
Verger

The Neurological Benefits of the Mayse-Turner Hymn Festival— “ *We Believe*”

Would you like to be part of a participatory event that has been scientifically proven to release enough neurochemicals to alleviate pain, experience feelings of pleasure and alertness — even euphoria — and lower stress levels?

Who wouldn't?

All you have to do is join in the singing on **September 27th, at 6pm**, at the **Mayse-Turner Hymn Festival**. I know, I know... many of you believe that you don't sing very well and as a result you won't get the supposed benefits. Not so. Lucky for you, it doesn't matter if you can sing well. In a 2005 study, investigators found that when *singing with a group*, you experience the same benefits as highly talented singers even when “the sound produced by the vocal instrument is of mediocre quality.” (Not that yours is mediocre! I'm just sayin'...)

Still skeptical? Well then, read what Stacy Horn has to say in her book, *Imperfect Harmony: Finding Happiness While Singing With Others*:

Music is awash with neurochemical rewards for working up the courage to sing. That rush, or “singer's high,” comes in part through a surge of endorphins, which at the same time alleviate pain. When the voices of the singers surrounding me hit my ear, I'm bathed in dopamine, a neurotransmitter in the brain that is associated with feelings of pleasure and alertness. Music lowers cortisol, a chemical that signals levels of stress. Music also releases serotonin, a neurotransmitter associated with feelings of euphoria and contentment.

Studies have [also] found that group singing releases oxytocin, a chemical that manages anxiety and stress and, according to McGill University professor Daniel Levitin, enhances feelings of trust and bonding.

Now, with that info you *surely* have to be convinced. Right? So, take this moment to get that date and time in your calendar. I recommend an entry like “**Experience Singer's High, September 27, 6pm, Good Shepherd.**” A reception, sponsored by the Jacksonville Chapter of the American Guild of Organists, will be held in Craig Lounge following the hymn festival.

In all seriousness (although everything I told you above is true), we are very blessed that the late Marilyn Mayse and her husband, Glenn Turner, generously created the Mayse-Turner Foundation to support this event and chose Good Shepherd to carry out its mission. A lover of the Anglican music tradition and proponent of its ability to both teach and inspire, the Reverend Mayse intended that the foundation be used to promote this magnificent style of music and worship through an annual hymn festival.

In that spirit, this year's festival is based on a program that she left us as a model for her vision of the Hymn Festival bearing her name. That program centers its theme on the Nicene Creed and so, our singing will be interspersed with excerpts from the Creed with scripture readings and hymns supporting each excerpt.

As for the hymns, there will be a lot of them — and the congregation, not the choir, will be the focus of this event. Therefore, numbers matter! To make the Hymn Festival a success, we need you, your family and your friends. So please, save the date and plan to add your voice to the throng as we sing of God's grace and mercy as expressed in the great hymns of our faith.

More details will be forthcoming in the days ahead, but meanwhile, save the date and invite your friends. (Oh, if there is a hymn you hope we'll consider, please send it to me in an email at dmccullough@gsjax.church or hand me a note after church some Sunday.)

Grant that what we sing with our lips,
we may believe in our hearts,
and what we believe in our hearts,
we may show forth in our lives.

(from *A Chorister's Prayer*)

Don McCullough
Choir Director & Organist

**THE EPISCOPAL
CHURCH OF THE
GOOD SHEPHERD**

1100 Stockton Street
Jacksonville, FL 32204

Phone: 904-387-5691
Fax: 904-387-9575
E-mail: thevoice@GSJax.church

**Find us on the web
www.GSJax.church**

September Calendar

Every Sunday

8:00 am Holy Eucharist Rite I

10:00 am Holy Eucharist Rite II

Every Monday (except September 7)

5:30 pm – Children’s Chapel

Every Wednesday

5:30 pm Chapel – Holy Eucharist

6:12 pm Craig Hall – Adult Study Group

7:00 pm Choir room – Chancel choir
rehearsal

Monday, September 7 Labor Day – Parish
Office Closed

Tuesday, September 8, 11:30 am, Whiteway
Deli— EWES lunch

Wednesday, September 9, 4:00 pm, Craig
Lounge—Prayer Shawl Ministry

Friday, September 11, 5:00 pm, Sunday, Sep-
tember 13, 1:00 pm Camp Weed – Parish
Retreat

Sunday, September 20, 11:30 am Worsham
Hall—monthly Potluck lunch and RALLY Day

Monday, September 21, 6:00 pm, Library/
archives room—Vestry Meeting

Sunday, September 27, 11:30 am, Craig
Lounge/courtyard –Sundaes on Sunday
6:00 pm, Sanctuary – Mayse Turner Hymn
Festival