

THE

# Shepherd's Fold

DISCOVER 150 YEARS OF PURPOSE

October 20, 2019

**"Follow Me"****--Jesus Christ***"We are what we repeatedly do. Excellence then, is not an act, but a habit."*

--Aristotle

*"There is no glory in practice, but without practice there is no glory."*

--Unknown

*"The glory of God is a human being fully alive."*

--Ireneus

Following Jesus means practicing what Jesus practiced; cultivating those habits of heart, mind and body that yield abundant life now and in the reality to come. At Good Shepherd we have set out nine Christian practices that shape his way of life. You can read about them in *Following Jesus: God's Redemptive Mission in the World and You*.

Transformation, change, virtue, character, integrity--these things never appear magically in any person. They are always the fruit of developing habits. Father George Clifford (Ethical Musings Blog) recently reflected on these habits identifying five variables that go into any kind of training. They are taken from former Navy SEAL and best selling author Eric Greiten's book, *Hard-Won Wisdom for Living a Better Life*. They are: frequency, intensity, duration, recovery, and reflection.

**Frequency** is important because we learn things through repetition. Hearts, minds and bodies adapt in response to practice.

**Intensity** is important because we grow only as we push ourselves beyond the boundaries of past experiences.

**Duration** is important because we need to train as long as is necessary for hearts, minds, and bodies to adapt to our training.

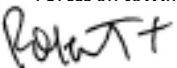
**Recovery** is important because our hearts, minds, and bodies need time to adapt to what we have learned. Rest and sleep promote growth.

**Reflection** is important as the bridge integrating what we have learned so that our training does not become an isolated island in our life.

A great discipleship "jock" and coach has the last word:

*This one thing I do: forgetting what lies behind and straining forward to what lies ahead,  
I press on toward the goal for the prize of the heavenly call of God in Jesus Christ.*

--St. Paul, Philipians 3:13-14



## **StaffChange**

Lynn Prather is now Assistant Rector with a new primary responsibility for developing the worship experience to be offered at the Flowing Wells Road Campus as a major evangelism effort of the Parish. Consequently, the responsibility for pastoral care will now be equally shared by all of the clergy.

The Pastoral Team meets each Monday after the morning staff meeting. Please do not hesitate to pass on any pastoral needs to any one of the Parish Clergy. Your information about hospitalizations and other events is greatly appreciated. Please do not assume that the Clergy are always aware of those moments in a parishioner's life.

We are thankful for the prayers, casseroles, visits and many other acts of pastoral kindness that parishioners offer to one another at Good Shepherd. It takes all of us, parishioners, staff and clergy working together to make this Parish a caring place.

## **Volunteer Opportunity**

Family Promise (Formerly Interfaith) at COGS

Our Family Promise guests will be arriving Sunday, October 27th and staying with us through Sunday, November 3rd. Please look for the volunteer sign up sheets on Sunday mornings outside of the church doors or in the parish hall depending on the weather. You may also contact CJ Reimche by email: [cjreimche@gmail.com](mailto:cjreimche@gmail.com) or by phone: 706-564-3414 to sign up to help. Thank you for participating in this worthwhile ministry.

## **Meet the Nominees for Bishop**

You are invited to come meet the five nominees to be elected the next Bishop of Georgia on Tuesday, October 22nd at 6:00 pm.

Good Shepherd will host this convocational meeting in our Parish House. Read the nominees' biographies at [www.georgiabishopsearch.org](http://www.georgiabishopsearch.org)

## **Basketball Signups**

Email Roger at [youth@goodshepherd-augusta.org](mailto:youth@goodshepherd-augusta.org) for the link to register by Oct. 31.  
Important Dates for Basketball:

5 November - Team Applications and Fees are due for Adult & U19

12 November- Team Applications and Fees are due for U15 & Below Leagues

22 November - Schedules Published

2 December - Season Begins

20 December – 5 January – Christmas/New Year Break

6 January – Games Resume

March 2020 - Season Ends

## **Adult Formation Readings** The Scarlet Thread of Redemption

October 20 *The Holy Demands: Deuteronomy 6:1-12, 32:48-52, Chapter 34*

## ***Annual Parish Meeting***

We will have services at 8:00 AM, 10:00 AM, and 6:00 PM on November 3rd in order to host our annual parish meeting after the 10:00 service. We will not be having breakfast in the morning. Please join us for lunch as we review our year and elect new vestry.

## **Menu**

*Smoked Chicken  
Mac & Cheese  
Green Beans  
Rolls  
Cookies*

## ***Following Jesus***

There is no more important decision in all of life than the decision to follow Jesus Christ as Lord and Savior in his Way of love. The Episcopal Church celebrates this moment in a service known as Confirmation.

Every Christian is called to make a public profession of faith in Christ, and given the solemnity of that confession it is made before a bishop of the church. The Bishop of Georgia, the Right Reverend Scott A. Benhase will be at Good Shepherd on Sunday, November 24th.

If you have not made a public declaration of your confidence and faith in God's grace and love given to us in Jesus, then we urge you to prayerfully consider doing so. Please call one of the clergy of the Parish to discuss this important decision.

## ***Kanuga Weekend***

As our Parish Retreat weekend was cancelled due to housing hurricane evacuees, we are now taking registrations for a Kanuga Weekend to be held November 8th-10th. Please pick up a registration form in the church office. Deadline for registration is October 25th!

## ***Parish Registers***

Our thoughts and prayers are with Gwen Fulcher Young and Bob Young on the passing of her mother, Eldora C. Amason.

Our thoughts and prayers are with the congregation of St. Mary's Episcopal on the passing of Mrs. Leona Dorsey.

Congratulations to Martha Burton and Robert Osborne on the birth of their daughter, Martha Langbale Osborne. Welcoming her home are Grandparents Dale and Buzz Nalley, Cam and Robert Osborne, and Aunt and Uncle Ivy and John Roshto.

## ***Parishioners of the Week***

Lisa, and Troy Jordan with their children, Waters and Ella



# Servers of the Shepherd

## Sunday, October 20

### 8:00 am

Celebrant.....Andy Menger  
 Preacher .....Lynn Prather  
 Organist.....Nick Lowery  
 Lay Readers .....Jim Price, Camilla Davis

### 9:00 am

Celebrant.....Bunny Simon Williams  
 Preacher .....Lynn Prather  
 Organist & Choirmaster .....Jim Nord  
 Choir .....St. Gregory  
 Verger .....Lydia Bliven Smyth  
 Lay Readers .....Bob Nesbit, Andrew Austin  
 Lead Acolyte .....Team Jones  
 Ushers.....Bryan Pendergrass, Matthew Norris

### 11:15 am

Celebrant.....Bunny Simon Williams  
 Preacher .....Lynn Prather  
 Organist & Choirmaster .....Jim Nord  
 Choir .....Good Shepherd  
 Verger .....Mark Burgreen  
 Lay Readers .....Anne Floyd, Heather Evans  
 Lead Acolyte .....Will Norris  
 Ushers.....James Jones, Fred Palmer

### 6:00 pm

Celebrant & Preacher .....Robert Fain  
 Organist.....Wayne Lord  
 Lay Readers .....Carleton Vaughn,  
 Nancy Greenwood

### All Services

Vestry.....Brice Wright  
 Altar Guild .....Team I  
 Breakfast .....Jack & Sherri Speese,  
 Michele LaMarsh, Marylib Connell

## Monday, October 21

Morning Prayer.....8:00 am .....Leon Fitts  
 Grief Group .....6:15 pm.....Andy Menger

## Tuesday, October 22

Morning Prayer.....8:00 am .....Matt Matson  
 Bible Study .....10:00 am.....Andy Menger  
 Healing Service ....11:00 am.....Joe Bowden

## Wednesday, October 23

Holy Eucharist.....7:00 am.....Robert Fain  
 Morning Prayer .....8:00 am .....Jack Speese

## Thursday, October 24

Morning Prayer .....8:00 am .....Sallie Shuford

## Friday, October 25

Morning Prayer .....8:00 am Mary Anne Haynes

## Saturday, October 26

Morning Prayer .....8:30 am.....Jane Bennett

### Readings

Genesis 32:22-31, Psalm 121,  
 2 Timothy 3:14-4:5, Luke 18:1-8

