

# THE Shepherd's Fold

March 26, 2023

*Fifth Sunday in Lent*

## PREVENTIVE SPIRITUAL MEDICINE

For the last decade respected medical journals have reported that one of the most significant advances in health care is “Preventive Medicine.” Of course, there is nothing new about that concept. In the Hippocratic School 2400 years ago, Hippocrates taught that it was much easier to prevent a disaster than to do damage control after one. Case in point, the simple act of hand washing introduced in 1847 markedly reduced maternity death rates from infection! It does seem a shame that it took those 19th century physicians about 3000 years to realize the benefits of washing as recorded in Leviticus 15:1-7.

The church spends a lot of time and energy dealing with “spiritual sickness,” better known as sin. I submit that the church could serve US equally well by focusing on prevention, i.e., practicing preventive spiritual medicine! Just as there are numerous preventive health care measures that we take at various stages of our lives, such as well-baby checkups, exercise programs, dental hygiene, blood pressure, weight, and diabetes control, and mammograms, there are preventive spiritual care measures that will be appropriate at one time or another. I’m not going to offer an exhaustive list of spiritual health care practices, but here are a few that people of faith for centuries have found helpful in boosting their spiritual health. By the way, all of these came from Jesus.

**Prayer:** Take time to be quiet and be in relationship with God. Prayer time is a special opportunity to reflect on our lives and our life with God. As a fringe benefit studies have shown that people who pray regularly are, in general, healthier than those who don’t.

**Regular Bible Reading and Study:** The Bible is the story of God and since God created us in His image and made us for himself, it is our story as well. With study, we realize that God’s way is the only way to abundant life and health.

**Serving Others:** Reorienting our compasses from ourselves to others keeps us on the right spiritual tract. Jesus is the quintessential example of service.

It is important to keep in mind that preventive spiritual health practices are not ends unto themselves. The end is full relationship with God in Christ. That is abundant life and health.

Peace,





Join us Fridays in Lent at noon in the Parish Hall for Stations of the Cross.

**VISIO DIVINA MEDITATION WITH THE SAINT JOHN'S BIBLE**

Plans are being made to offer an evening Visio Divina Meditation beginning Wednesday, March 29th at 6:00 pm. We are hoping that others will want to consider becoming a facilitator and helping with the planning and choice of illuminations from *The Saint John's Bible*. If you would like to help as a facilitator, please contact Penny Brown by phone or text. (706-399-3677)

**THIS WEEK AT GOOD SHEPHERD**

Please join our every morning at 7:30 am for morning prayer on Zoom.

**Tuesday**

Healing Service ..... 11:00 am

Brown Bag Lunch & *The Saint John's Bible* ..... 12:00 pm

**Wednesday**

Holy Eucharist ..... 7:00 am

**Sunday**

Services ..... 8:00 am, 9:00 am, 11:15 am, & 6:00 pm

Breakfast ..... 8:40 am - 9:40 am

Christian Formation ..... 10:00 am

Youth Group, Grades 6-8 ..... 5:00 pm

Youth Group Dinner, Grades 6-12 ..... 6:00 pm

Youth Group, Grades 9-12 ..... 6:30 pm

**YOUTH NEWS**

**PALM SUNDAY & EASTER ACOLYTES**

Holy Week is just around the corner! We still need 2 acolytes for Palm Sunday Service at 10am and 5 acolytes for the 11:15 Easter Service. If you are in town and can volunteer, please reach out to Mary Grace Wynn.

**EASTER EGG HUNT**

Mark your calendars for April 9th at 10 am for the annual Easter Egg Hunt! In preparation, we are asking for volunteers to provide filled Easter Eggs. To sign up, please head to the Shell Newsletter or reach out to Jinny Bradshaw.

**YOUTH GROUP**

We will continue with our regular Youth Group schedule this Sunday evening, March 26th. The schedule is as follows.

**Youth Group, Grades 6-8**

Youth Lounge, Rm 301 ..... 5:00-6:00 PM

**Gather for Dinner, Grades 6-12**

Small Parish Hall ..... 6:00-6:30 PM

**Youth Group, Grades 9-12**

Youth Lounge, Rm 301 ..... 6:30-7:30 PM  
Study Lounge is open from 4:30-7:30 PM.

**HAPPENING**

Please keep the candidates and staff of Happening #107 in your prayers this weekend, March 24th-26th, as they gather at Honey Creek!

**SAVE THE DATE**  
**MAY 28TH**  
**Parish Picnic at Flowing Wells**

# Holy Week

## PALM SUNDAY

APRIL 2ND, 8:00 AM, 10:00 AM\*  
AND 6:00 PM

## MONDAY IN HOLY WEEK

APRIL 3RD, 7:00 AM  
HOLY EUCHARIST

## TUESDAY IN HOLY WEEK

APRIL 4TH, 7:00 AM  
HOLY EUCHARIST

## WEDNESDAY IN HOLY WEEK

APRIL 5TH, 7:00 AM  
HOLY EUCHARIST

## MAUNDY THURSDAY

APRIL 6TH, 7:00 PM\*, FOLLOWED BY  
ALL-NIGHT PRAYER VIGIL.

SIGN UP AT

[BIT.LY/GETHSEMANEWATCH](http://bit.ly/GETHSEMANEWATCH)

## GOOD FRIDAY

APRIL 7TH, 12:00 PM, 7:00\* PM  
STATIONS OF THE CROSS  
AT 1:00 PM

## THE GREAT VIGIL OF EASTER

APRIL 8TH, 7:00 PM\*

## EASTER DAY

APRIL 9TH, 8:00 AM, 9:00 AM\*  
11:15 AM\*, 6:00 PM

EGG HUNT

AFTER 9:00 AM SERVICE

\*LIVE STREAMS

## VACATION BIBLE SCHOOL

SIGN UP TODAY!

READY, SET,  
**MOVE!**



FOLLOW JESUS HERE,  
THERE, AND EVERYWHERE

**JUNE 5-9**

## **READY, SET, MOVE!**

Good Shepherd Episcopal, Reid Memorial, and Woodlawn United Methodist churches are again collaborating to present an in-person Vacation Bible School experience for children age 4 years through fifth grade. Get ready to follow Jesus here, there, and everywhere with Ready, Set, Move VBS! June 5-9, 9 am - 12 pm. Register at [bit.ly/GSVBS](http://bit.ly/GSVBS). Deadline to register is May 12.

# Servers of the Shepherd

---

**Sunday, March 26, 2023**

**8:00 AM**

Celebrant..... Bunny Simon William  
Preacher .....Ted Clarkson  
Organist ..... Wayne Lord  
Lay Readers .....Camilla Davis, Lynn Tyson

**9:00 AM**

Celebrant..... Bunny Simon William  
Preacher .....Ted Clarkson  
Organist & Choirmaster .....Jim Nord  
Ushers .....Peter Martinez, Kevin McDougal  
Verger..... Mark Pritchett  
Lay Readers .....Bob Nesbit, Katie Tracy  
Acolytes..... McCord Kilpatrick, Clayton Adams,  
Porter Adams, Lucy Stewart

**11:15 AM**

Celebrant..... Bunny Simon William  
Preacher .....Ted Clarkson  
Organist & Choirmaster .....Jim Nord  
Ushers ..... Fred Palmer, John Manton  
Verger.....Jerry Woods  
Lay Reader ..... Yvonne Harrison, Lynn Smith  
Acolyte ..... Mary Kingsley Broome, Patrick Broome,  
Lucy Roche, Anne Ross Roche, May Roche

**6:00 pm**

Celebrant & Preacher.....Ted Clarkson  
Organist .....Nick Lowery  
Lay Readers .....Yvonne Harrison, Carleton Vaughn

**All Services**

Altar Guild .....Team I  
Breakfast ..... Team II  
Vestry Person of the Day ..... Brice Wright

---

## ALTAR FLOWERS

Contribute to the altar flowers at Easter by completing and returning the form below. Make your gifts payable to Good Shepherd marked as *Easter Lilies*. Forms must be received by March 31st in order to appear in the order of service.

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Enclosed Amount: \_\_\_\_\_

In honor of/memory of (circle one) \_\_\_\_\_

By: \_\_\_\_\_

---



## GETHSEMANE WATCH

All night vigil in the CHURCH

The Church will be open all night following the Maundy Thursday, April 6, service until Good Friday morning, April 7. Sit with Jesus before the altar. This profound, meaningful time brings you into the mystery of the life, death, and resurrection of Jesus. You can sign up for 30-minute slots at [bit.ly/gethsemanewatch](http://bit.ly/gethsemanewatch) OR you can come anytime between 8 pm and 7 am.