

THE Shepherd's Fold

July 30, 2023

9th Sunday after Pentecost

THE ANTIDOTE TO STRESS

What! Augusta is in the top ten most stressed-out cities in the United States – actually #10! I couldn't believe the report in Tuesday's Augusta Chronicle. The report is the product of a research organization called WalletHub, which publishes studies on a wide variety of areas particularly finance.

I thought surely there was a mistake in the methodology, so I looked it up on their web site. They evaluated at least two of the most populated cities in each state across four key dimensions: 1) Work Stress, 2) Financial Stress, 3) Family Stress, and 4) Health & Safety Stress. Space does not allow me to review with you the details of their methodology, but I can say it looks valid.

Stress can be defined as “a state of worry or mental tension caused by a difficult situation.” A little stress is good since it usually causes us to address challenges and threats in our lives. Everyone experiences some stress. It is a natural part of life. But too much stress, particularly if it is unrelenting, is a very bad thing. It can worsen or lead to many serious health problems such as depression, anxiety, personality disorders, cardiovascular disease, and eating disorders just to name a few.

May I offer for your consideration a sure-fire antidote for stress? Here it is, Jesus! We all know his words from Matthew 11:29-30, “Come to me all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find much rest for your souls. For my yoke fits perfectly, and the burden I give you is light.” Simply put, we must come to Jesus. Share our life with him as he shared his with us.

There are a lot of studies that report “religious people” have fewer health problems and live longer. Many of those studies concluded that the reason religious people tend to experience less anxiety is that the beliefs involved in their faith counterbalance stressful anxiety-provoking thoughts that may occur. Kind of like the yoke that Jesus was talking about.

I wonder if we could get most of the folks in Augusta into church it would change our ranking as one of the most stressful cities in America?

Certainly, couldn't hurt!

Peace,



TEXT SCAM

There is a scam going around via text messages from someone claiming to be Ted Clarkson. Please remember that we will never ask for gift cards or money through text or email.

DONATE TO MONTE SANO ELEMENTARY

Please drop off school supplies in the lobby for Monte Sano Elementary. You can donate the following (but not limited to): backpacks, pencils, notebooks, etc. We will bless the supplies and present them at our Blessing of the Backpacks, August 13th.

CURSILLO #127

Cursillo #127 will be held at Honey Creek September 7-10. All baptized Christian adults who are interested in growing their faith are invited to attend this 3-day weekend with others from around the Diocese of Georgia. This is a lay-led program, supported by clergy who serve as spiritual directors for the weekend. The format includes talks given by lay leaders and clergy, small group discussions, daily worship, music and singing, fellowship, time for personal reflection, and more. Cursillo (pronounced kur-SEE-yo) has enriched the lives of many from Good Shepherd and around the diocese over the years. Please speak with one of the clergy (who have all attended a Cursillo weekend!) or visit <https://gaepiscopal.org/cursillo> for more information. Joe+ and Cissy Bowden will be serving on the team for #127.

REGISTER FOR THE EDUCATION FOR MINISTRY PROGRAM!

It's now time to register for the 2023-24 year! Contact Tom Smyth at tom.smyth@icloud.com or 706-231-1720 for details.

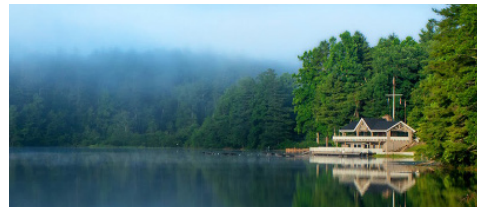
The EFM group meets on Thursdays at 6:30 p.m. and will begin in late August. Details about the program are located at <https://theology.sewanee.edu/education-for-ministry/>.

BREAKFAST TEAMS

Love to cook? Join a breakfast team! The commitment is only a few hours on Sunday morning every six weeks or so. For more information or to join a team, contact Harriet Deas at 706-373-0780.

WEDNESDAYS AT GOOD SHEPHERD

We still need a few teams for our Wednesday night suppers this fall! Teams plan and cook for our Wednesday night programming. This is a great way to get connected into the Good Shepherd community! For more information or to join a team, contact Mary Ashton Mills, maryashtonmills@gmail.com or (706) 267-9697.

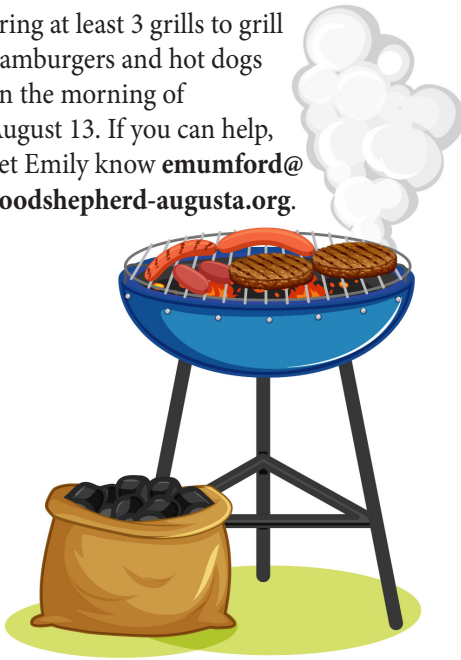


KANUGA PARISH WEEKEND

Join us for a crisp, beautiful fall weekend in North Carolina September 29 - October 1! We will have activities for kids and youth, s'mores by the fire, a cabin crawl, drinks and compline on the lake, movie and game night, hiking, and more. Bring your tennis rackets as we will have a friendly round of tennis play on Saturday afternoon. This is a fun weekend that you do NOT want to miss. Pick up a form in the lobby or register online: bit.ly/gskanuga.

FALL KICK OFF HELP

We need some volunteers to bring at least 3 grills to grill hamburgers and hot dogs on the morning of August 13. If you can help, let Emily know emumford@goodshepherd-augusta.org.



YOUTH NEWS

Head to the Shell Newsletter for details & to sign-up for upcoming events. For any questions, email mgwynn@goodshepherd-augusta.org.

ACOLYTES

Thank you to everyone that has signed up this summer to acolyte! It has been a huge help. Be on the lookout for the new Acolyte Schedule to begin on August 20th. The tentative date for Acolyte Training for this new year is September 17th, Grades 3rd & up!

PAST WEEK IN PHOTOS



Fall Kickoff, August 13

We will bless backpacks at the 10am service as we collect school supplies for Monte Sano Elementary School. After the 10am service, we will gather in the Parish Hall for a lunch of grilled hamburgers and hot dogs. The Kona Cakes cone truck will be there, and on the church lawn, we will have games for all ages!

Sunday, July 30, 2023

8:00 AM

CelebrantJoe Bowden
Preacher.....Ted Clarkson
Organist Wayne Lord
Lay ReadersBobbie Ingenito, Cissy Bowden

10:00 AM

CelebrantJoe Bowden
Preacher.....Ted Clarkson
Organist & ChoirmasterJim Nord
ChoirGS Choir
Verger..... Rob Dennis
Lay Readers Lynn Smith, Heather Wheeler
Acolytes.....Anabelle Wilkes, Lillian Wilkes, Fripp
McDougal, Crawford McDougal
Ushers Ashley Wilds, Matt Matson

6:00 PM

Celebrant & Preacher..... Ted Clarkson
Organist Nick Lowery
Lay ReadersJennie Haynes, Faith Moore

All Services

Altar Guild Team IV
Vestry Person of the DayAmy Sutherland Nesbit



LEV August & September Schedule

August 6 - Bobbie Ingenito, Mitzi McCoy

August 13 - Mike Sombar, Dody Neely

August 20 - Bobbie Ingenito, Mitzi McCoy

August 27 - Bobbie Ingenito, Margaret Brown

- **September 3** - LABOR DAY
- **September 10** - TBD
- **September 17** - Randi Widener, Margaret Brown
- **September 24** - Mike Sombar, Dody Neely

