

Welcome...



For Next Week – Sunday, October 7

Read: “Covenant & Commandments” (Exodus 19:3-7; 20:1-17)

Recite: “The LORD said to Moses, ‘... You shall be my treasured possession out of all the peoples. ... You shall be for me a priestly kingdom and a holy nation.’” Exodus 19:5-6

Reflect:

- A quick Google search should be able to locate a picture of the 10 Commandments. See if you can find one that shows 3 commandments on one table and 7 on the other. Can you talk about why that might be? Why not 5 on one and 5 on the other? What do you notice about the first 3 commandments and the remaining 7?
- What is different about the fourth commandment than the 3 which come before it or the 6 which come after it? What does that say to you about the significance of families?
- Which commandment is hardest for you to obey (and why)? Which commandment comes easiest to you (and why)?

By way of reminder, the Lutheran (and Jewish) accounting of the Commandments is as follows:

- #1 – Exodus 20:4-6
- #2 – Exodus 20:7
- #3 – Exodus 20:8-11
- #4 – Exodus 20:12
- #5 – Exodus 20:13
- #6 – Exodus 20:14
- #7 – Exodus 20:15
- #8 – Exodus 20:16
- #9 – Exodus 20:17a
- #10 – Exodus 20:17b

Pray: God, you are love. You have chosen us to be about your love in the world. Mold us by your love, and shape us by your Word. And help us to share both. Amen.

Our next Work Day is Saturday, October 6, 9 am to 12 noon. Your help is needed as we aim to keep our property beautiful and safe. What better way spend a glorious fall morning! Coffee and donuts at 9:00 a.m.



IMPORTANT DATES

October 14 12:15 p.m. “Getting to Know Us” Lunch in CFM - learn more about Holy Shepherd and becoming a member
October 27 10:00 a.m. **Women’s Book Group** in Gregersen Hall. There will be more details in the news next week.
October 28 Oktoberfest - Details to follow
November 4 Receiving of New Members
November 25 Go to one service (9:30 a.m.) through **January 6, 2019**



Flowers this morning have been given by Belle Lindskoog.



The cornerstone of our FaithBuilders program are our Sunday evening “Workout” - which begin at 5:00 p.m. and end promptly at 7:00 p.m. Workouts normally take place in CFM and involve learning time, a light meal and a fun activity or two! Pastor John currently serves as our key Workout Leader. (Participant families sometimes help out by sharing in meal-prep responsibilities as they are able.)

- Workout 1 TODAY** “I’m So Confused” - a look at Jesus as Teacher
- Workout 2 10/21** “Help, I Need Somebody” - a look at Jesus as Healer
- Workout 3 11/11** “Crucified, Died and was Buried” - a look at Jesus as Servant
- Workout 4 12/2** “He is Risen Indeed” - a look at Jesus as God

To find out how you might get involved in FaithBuilders, please contact Pastor John Valentine, 925-254-3422, or email jvalentine@holyshepherd.org.

Bookmarks with the fall schedule for Women’s Bible Study and the Bible and Lunch Bunch on the study of Acts Part 2 are available in CFM. Please take one with your group’s fall schedule!

The weekly news inserts are available on the church’s website every week - go to www.holyshepherd.org and click on Weekly News.

Editor: Linda Hudak,
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Sunday, September 30

8:30 am Traditions Worship Service
9:30 am Coffee Fellowship in Gregersen Hall hosted by Belle Lindskoog
9:45 am Sunday School
10:45 am Celebrations Worship
11:45 am Coffee Fellowship in CFM hosted by Diana Washington
11:00 am KCCL Bible Study
12:15 pm KCCL Worship
12:15 pm Bible & Lunch Bunch in CFM Library. Bring your Bible and a bag lunch.
5:00 pm FaithBuilders

Monday, October 1

9:00 am Preschool
10:30 am AA Meeting
11:00 am LARC
3:20 pm Orinda Mandarin Program

Tuesday, October 2

9:00 am Preschool
11:00 am LARC
11:00 am Caregiver Coffee
6:00 pm Cub Scout Meeting

Wednesday, October 3

9:00 am Preschool
9:30 am Altar Guild
10:30 am Preschool Chapel
11:00 am LARC
3:20 pm Orinda Mandarin Program
7:30 pm Spirit Borne

Thursday, October 4

9:00 am Preschool / Photo Day
9:00 am Women’s Bible Study Group, CFM. Contact is Janine Crowe.
10:30 am Preschool Chapel
11:00 am LARC
5:00 pm BSA Pack Meeting
6:00 pm Canticle Choir
7:00 pm Bell Choir Resumes
7:00 pm Men’s Bible Study at Europa

Friday, October 5

9:00 am Preschool
11:00 am LARC
7:30 pm KCCL Taize

Saturday, October 6

9:00 am All Church Workday

Sunday, October 7

8:30 am Traditions Worship Service
9:30 am Coffee Fellowship in Gregersen Hall hosted by Juanita & Tom Gilbertson
9:45 am Sunday School
10:45 am Celebrations Worship
11:45 am Coffee Fellowship in CFM hosted by Bob & Marcie Bauer
11:00 am KCCL Bible Study
12:15 pm KCCL Worship

Attendance

September 23 8:30 a.m. 45
 10:45 a.m. 43



HEALING

Susie Koepfer	Dona Lawrentz
Kathy Williams	Howard Hansen
Tony Sanchez	Dinah Washington
Mary Herchert	Gloria Enstrom
Harry Howe	DeLane Riveness
Phil Hunter	Kathy McCarty Schwab
Donald Lee	Cristi Chow
Steve Catton	Henry Kramer
Mallory Weiss	

WELLNESS

Grace Adams	Rolf Benseler
Pat Tveitmoe	Dottie Russell
Cathy Johnson	Pastor Richard Brewer
Kellen Derrough	Carol Kramer
Del Hock	

PEACE / COMFORT

Kitti Colucci

MILITARY

Keep our armed forces safe and give them courage, hope and strength.
 Brian Henson Megan Howard



With a voice of singing.....

Current Canticle Choir members are wanting to add more people to sing with them during worship!! If you have ever thought about joining the choir this would be the perfect time. We meet Thursdays from 6:00 -7:00 p.m. to learn our anthems. We also meet Sundays at 7:50 a.m. (it's really not that early) to warm-up our voices and review our anthem for the day. If you are not able to be a part of the choir, perhaps you know someone who enjoys singing who would, so encourage them. Invite them. Remember, you don't have to read music to sing with us. If you have any questions, please speak with the choir director (Bethany Valentine) or any member of the choir. The more the merrier, right?!

Mission Trip International Health Partners

There is a trip being planned by the Truckee Lutheran Presbyterian Church in May 2019. The trip agenda will be focused on working at the hospital and those interested can add a safari. We have an opportunity to be part of that group. If you are interested in this trip, please contact me or put your name on the sign-up sheet in the CFM. Volunteer housing is limited at the hospital so we are trying to get an accurate head count of anyone interested in being part of the group. Contact Diana Yorgan dyorgan@comcast.net or 925-788-2957.



- October 1 **Belle & Frank Lindskoog**
- October 2 **Eric & Natalie Larson**
Bruce & Diana Neujahr
- October 3 Alexandra Henry
- October 7 Bob Schmalz



Betsy Swanback worked for the National Forest Service in New Hampshire this past summer (a change from the National Park Service like past years). As a National Forest Service employee she received fire prevention training (along with the chain saw training/certification she already has from past years) and has been fighting fires in Glacier National Park in Montana. Because the park was closed to visitors she was not only working hard but getting to experience the beauty of the National Park without the people - she says 'it is beautiful but the firefighting is hard work'.



FOR GUESTS

Get to Know Us Lunch

October 14
12:15 pm
Center for Ministry

Are you new to Holy Shepherd? Would you like to learn more about our church? Are you interested in finally becoming a member of Holy Shepherd, even though you've been among us for quite some time? If your answer to ANY of these questions is "yes," you're invited to join us on Sunday, October 14th for a "Getting To Know Us" Lunch. We'll gather at 12:15 pm in the Center for Ministry for a light lunch and a guided conversation, in hopes that you'll leave knowing more about Holy Shepherd and that some of us will know more about you! If you're intrigued, please contact Office Administrator Lisa Verley (via email at lisaverley@holyshepherd.org or phone 925.254.3422) to save your seat(s) at the table!



Coffee sign-up sheets for September - December are available as are altar flower and Loaves & Fishes sign-ups. There will be only one service beginning November 25 through January 6. Coffee sign-up sheets for that period are also available. Please sign up if you are available for any of these dates. Thanks you.



Betsy in Glacier Park



Next three dates for Loaves & Fishes & for which volunteers are needed:

10/11	Martinez
10/24	Pittsburg



Got documents to shred? Then come to 5-A Storage in Rheem, October 13, between 9:00 am and 1:00 pm. Shred Defense will be providing the services - Nancy (Norleen) Lompa, CEO. Cost is \$5.00/banker box. Proceeds will benefit the American Association of University Women - Orinda/Moraga/Lafayette Branch.