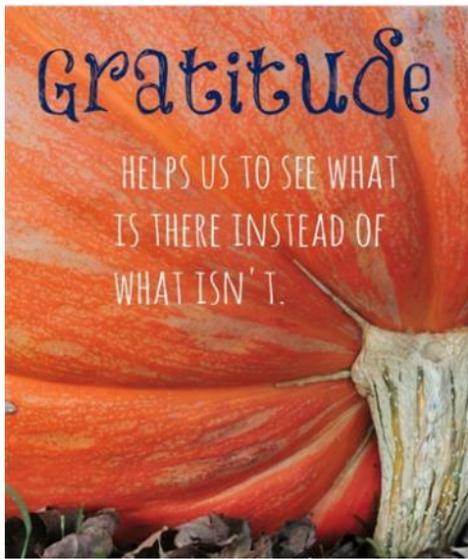




SHEPHERD'S
VOICE

NOVEMBER 2022



Dear God, Thank You for.....



Renee Patterson
Senior Pastor

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pastorrenee@shepherdshoreview.org

Let's face it. It can sometimes be hard to express our thankfulness amidst challenging circumstances. The world seems to constantly remind us that we are lacking something. So, gratitude does not always come easy. Yet we're told over and over again to be thankful. Why is being grateful/thankful important? And what are we supposed to do when thankfulness doesn't seem to be coming naturally? Conversely, if we make a list of the good things in our lives, will that impact anything? Can gratitude change us?

Well, actually, it can...and does even when we *practice* it when we are not necessarily feeling it. The Hebrew term for gratitude is *hakarot ha'tov*, which literally translates to "recognizing the good." As we begin to look for and "recognize the good" even in small ways, it will undoubtedly lead us to noticing the good in other areas of our lives. When that happens, gratitude has this way of multiplying. As we profess gratitude, the more reasons we will find to be thankful. Especially in the midst of difficult circumstances, gratitude has a way of uplifting the soul. Scripture is filled with encouragement, as well as instruction, to be thankful.

But why should we express our thankfulness? What value is there in conveying gratitude? Shifting the Perspective (with a capital P on purpose). The reason is two-fold; God is worthy of our gratitude and expressing our gratitude to God has value for us. We are the ones that benefit from a shift in how we recognize the good that surrounds us and how God has worked in our lives. A new view is good for our souls.

So...how do we shift the Perspective? Make it a habit. Gratitude is a means by which the attitude of our hearts become (re)aligned with God. In other words, the act of thanksgiving creates a baseline for seeing how God is working in your life. One of the passages that I turn to when I am feeling the challenge of "recognizing the good" is Philippians 4:6-7: "Do not be anxious about anything, *but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*" This habit of bringing everything to God in connection and prayer has strengthened my faith in (and my ability to see) God's presence in my life. I believe that it can do the same for you.

The act of practicing gratitude brings us to a softer view of our lives as it opens our eyes to all the ways God is active and present to us. It also seems to evoke and inspire a response as we see God more and more. And gratitude awakens us to value each day that we are given and live with appreciation. Giving thanks is prompted when we receive something good which we don't deserve, most especially the unmerited favor of God's boundless and amazing grace.

So, may your eyes be opened and attuned to how God is working in your life to help you practice *hakarot ha'tov* – recognizing the good. Praise be to God from Whom all blessings (and thankfulness) flow!!

Thankfully in One Peace, Pastor Renee

Shepherd's Governing Board

... *and His Spirit will gather them together....*

~ Isaiah 34:16

Director of Operations

In November we are excited to welcome Allyson Thiele as our new Director of Operations! She comes to us with 18+ years of church office and church finance experience. Her first day with us will be Monday, Nov 7 and she will join us in worship on Sunday, Nov 13. Ritesh will remain with us through that time and then stay on to help Allyson transition into her new position. After Allyson arrives, Ritesh will offer his help at no cost to Shepherd. He has also offered to join the Finance Team and we remain very grateful for his help and guidance in this time of transition.

Custodial Transition

After careful review, we are moving back to having a custodial staff person clean our building. We welcome Dan Mitzuk as our new custodial person. This change will benefit Shepherd financially as well as in quality of service. He will be specially trained on our preschool cleaning procedures and processes.

Finances Update

We love our Shepherd community and all that happens through our church family. As a family, it is our collective efforts of all kinds that make this community work. We remain grateful for your financial faithfulness to our ministries, but our financial shortfall is a cause for concern. We are hoping for a strong finish to 2022 that will allow us to continue to support the ministries that have shaped Shepherd into a thriving church family.

Contemplative Practices

The contemplative practices group at Shepherd is beginning the second year of monthly meetings guided by a spiritual director.

These gatherings will inform our theme for Lent as we explore how our community can use these spiritual practices to deepen our connections with each other and in our relationship with God.

Church Directory

Work on our new church directory continues. Because of the very large scope of this project, we are seeking members of our community, possibly with graphic design experience, to aid in the project. The biggest need will be in the laying out of the church community photos.

Your Shepherd Governing Board,

Dave Webb, Chair

Deb Kohen, Vice Chair

Elizabeth Kohen, Treasurer

Joshua Koepp, Secretary

Lynn Mears

Anna Grace

Sally Peters

Kristen Goligowski

Pastor Renee Patterson

Hello Shepherd Folks,

Throughout much of my life acts of service or kindness were tied less to faith and more to obligation and expectation. Yes, I cared about others but *doing* for others was because I was supposed to, not because I got to. It was the idea that I had more than enough therefore I had to give the excess to someone else.

Because I was capable of something I therefore was responsible for doing it. Not a 'wow, I have been given so much now I can share it with my neighbor.' It was almost like a cloud that loomed over my head, carrying the weight of the world. Have you ever felt this way?



Sister Tashina Good
Deacon
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sistertashina@shepherdshoreview.org

It wasn't until my faith was really catching on fire in my early 20s that it occurred to me that how we respond to the world around us is not out of obligation but out of a response to God's great love for us. I had been following a daily devotion on the book of James a friend of mine wrote (because that's how all millennials spend their free time in their early 20's right?) In James it talks about how faith without works is dead. It has nothing to do with God's grace, but our faith is our response to God's grace. The idea that faith is actionable blew my mind. I had been living it out all backwards. Service, justice, kindness, caring for the neighbor regardless of whether I wanted to do these things or not, these were not obligations or expectations in my life but opportunities to reflect my response to God's love towards me. The thankfulness I have towards God and the grace God has given me is shown in how I live my life pointed out towards others. This is a complete mindset change that continues to expand and take shape in new and exciting ways.

Now don't get me wrong! This does not mean I wake up every day excited to head out and serve the world. I am a flawed human who has never been a morning person, who finds new things overwhelming. Yet the change in my perspective has helped me to see others around me in a new light and to pause before I talk myself out of new things. God calls us to seek justice and love mercy and those broad and sometimes scary things where we have to interact with people who are different than us. When these opportunities are viewed as an obligation or expectation, heading home to avoid them seems much more inviting. When viewed as a way to express my thankfulness for God's for me and reflecting it back into the world, I often find courage where I never knew it existed.

This November as many in our communities and country bring focus on thankfulness, I encourage you to ponder how you can respond to your thankfulness towards what God has done and continues to do for you. What is a new or previously avoided way you can live that out? I would love to hear all about it.

See you in church,
Sister Tashina

How does thankfulness impact my faith? That is the question du jour. When I think about it, thankfulness is where my faith really begins to take action. For me, my thankfulness in what our God has done pulls me to a place of gratitude through the works that I complete. As we make our way toward Thanksgiving, my most favorite holiday, we prepare with our families to take stock of what we have.

So, what do we have? Beyond the things we can quantify monetarily, we have been given a great deal. Relationships, community, health, the chance to dwell and be in the world that our God has created, and so much more.

I am found wondering how we express our thankfulness.

With the Thanksgiving holiday coming up, the reminder to give thanks is front and center. Do we express our thanks by simply saying it? Or is there more to it?

I am reminded of the story of Jesus healing the ten lepers from Luke 17:11-19:

¹¹On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. ¹²As he entered a village, ten lepers approached him. Keeping their distance, ¹³they called out, saying, "Jesus, Master, have mercy on us!" ¹⁴When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean. ¹⁵Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. ¹⁶He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. ¹⁷Then Jesus asked, "Were not ten made clean? But the other nine, where are they?" ¹⁸Was none of them found to return and give praise to God except this foreigner?" ¹⁹Then he said to him, "Get up and go on your way; your faith has made you well."

We know the story centers on the one who came back to say thanks, but what about the nine who didn't return? Were they ungrateful like we're often left thinking, or is there more to it? I tend to have a lot of grace for these absent nine. After all, they were merely following Jesus' instructions. Furthermore, we don't know what happened when they left the priests and rejoined their families. Were they able to live their lives in an act of thanksgiving? 'Come and hear about the person who restored my life. I can do these things because Christ healed me!' And 'I will let everyone know what He has done for me and will do for you.'

Living out a life of gratitude and thanksgiving is far more than just saying thank you. Beloveds, we are constantly invited to a place of service and love-sharing, though our God has ensured we need not work to earn our salvation. Jesus' death on our behalves has solidified a place for each of us with our Creator. In doing so, Christ's actions have given rise to the opportunity for us to shift our ways from a have-to mindset to a get-to mentality. Meaning we don't have to do anything to receive salvation. . . but because we have it, we are now free and get to live out the love of God which has been freely given.

That's how thankfulness influences my faith. Happy Thanksgiving month, dear ones.

Found with you, in Christ,
PB



Brice Bloxham
Associate Pastor
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pastorbrice@shepherdshoreview.org

One question we often debate with one another has to do with a person's favorite holiday. We all have our favorites and least favorites, and they vary from family to family. You might guess that as a church musician my favorite holidays would be Christmas and Easter. But I'll let you in on a little secret- neither is my favorite. I am 100% in love with Thanksgiving, and it is the holiday I cherish the most every year.



Shaun Halland
Director of Music
and Worship
651.288.2254

Yes, there is the food. Yes, there is the football. But for me, Thanksgiving has always been a holiday where I get to slow down and experience intentional time with family and friends. As adult life has unfolded for me, the hectic nature of our lives keeps my family apart from one another for most of the year. Thanksgiving affords us the time to be together to share our joys and struggles and catch up on life. It focuses us in on the blessings in our lives and serves to recharge and recenter us around what is most important in this life.

To be thankful is an intentional act that requires work. I was reflecting in a recent staff meeting about my personal prayer life. I spoke of prayer during the height of Covid as a teacher, when teaching was incredibly difficult and deflating. My prayers would swirl in that negativity and plead with God for relief for myself, quite selfishly. Prayer would actually increase my anxiety and so I ceased praying for a while.

I'm not sure when or how the shift occurred, but when I returned to praying, I decided to start from a place of thankfulness. Something triggered in me, while we were still in the midst of a worldwide pandemic, that we were somehow all sharing this same journey. Surely, there were still blessings in our lives, and I didn't need to solely wallow in the negative as it was serving me no purpose. So, as I began praying again, I began by thanking God for the abundance in my life; family and friends who loved me, a roof over my head, food to eat and a rewarding career.

This shift in prayer focus did not diminish the needs of those around me and the world at large. It did not mean that all had been cured. However, the renewed mindset shaped my faith by strengthening my resolve to go out into the world every day to contribute and enjoy God's rich splendor. When we start with thankfulness, we realize we are freed to do the work of God's Kingdom.

Soli Deo Gloria!
Shaun Halland

Celebration Choir & JuBELLation (Handbell Choir) Rehearsals

**Celebration Choir meets from 6:30-7:45
and JuBELLation meets from 7:45-9:00.**

Rehearsals take place weekly on Wednesdays throughout the school year.

**All are welcome to join. For more information,
please contact Shaun Halland, Director of Music and Worship,
at music@shepherdshoreview.org or 651.288.2254.**

How to Use Gratitude to Improve Your Finances

At the end of a long and arduous day, most of us probably don't spend much time thinking about our finances. We might think about what we have in savings, or how much debt we have left to pay off on our credit card (and cringe at the thought). But you know what almost none of us do? Think about how thankful we are for money. Maybe that sounds silly – after all, who wouldn't be thankful for wealth? Well, you would be surprised. A recent survey found that only 42% of Americans are grateful for the money they make. In other words, nearly half of people barely even think about their finances on a day-to-day basis! But if you take a moment to think about it, it makes sense. Money is such an everyday thing that we often take it for granted.



Ritesh Patel
Interim Director of Operations
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Why Being Thankful for Your Finances Matters

At the end of the day, money is just a tool. It's a means to an end, and it can't buy you happiness. But it does allow you to live a more comfortable life, and it does allow you to help others. People who are thankful for their finances are more likely to make smart financial decisions. They tend to save more, spend less, get out of debt, and invest wisely. They also experience less anxiety and stress in the process. A study found that gratitude is linked to lower levels of cortisol, the stress hormone. Being grateful for your finances can also help you feel more secure in your future. If you have a positive outlook on your finances, you're more likely to be able to weather any storms that come your way. You'll also be more likely to take the necessary steps to ensure that you're set for the future. Being grateful for your finances can be a great way to get started.

How to Develop a Habit of Gratitude

Identify things that you feel grateful for. This can be anything from your spouse, to your health, to the fact that you have a roof over your head. Once you have a list of things that you feel grateful for, start thinking about your finances. What is the first thing that comes to mind when you think about money? Combine gratitude with visualization. While you're thinking about your finances, also imagine yourself having the money that you need to achieve your goals. Imagine yourself having the health insurance that you need, or the retirement fund that you need to be comfortable in your old age. You don't want to overdo it, but combining visualization with gratitude can help you develop a strong positive mindset around your finances.

Use Gratitude to Decide Where to Invest

If you're deciding between two different financial options, like whether to invest in stocks or bonds, gratitude can help. First, think about the numbers. If you're deciding between two stocks, for example, you can use a calculator to input the numbers and see which one is a better investment. When you have the numbers in front of you, try to think about them with gratitude. Think about all the things that have led to you being in this situation. Think about what led to the company creating the stock you're looking at creating so much wealth.

Use Gratitude to Stick to Your Budget

If you're having trouble sticking to your budget, gratitude can help. After all, if you're not spending money on frivolous things, that means you have more money to put towards savings or paying off debt. You have more money to invest in your future. Some people like to keep a gratitude journal to remind themselves of all the things that they're grateful for. Others like to keep a "gratitude jar" where they put a small amount of money each day to remind themselves of all the things that they're grateful for. If you're having trouble sticking to your budget, try to think about how much you'd be losing out on by not sticking to it. Think about how much you'd be able to save if you didn't spend so much money on frivolous things.

Final Words

Gratitude can have a powerful effect on your finances. It can help you make better investment decisions, budget more effectively, and feel more secure in your future. If you're having trouble feeling grateful for your finances, try to think about all the things that led to you having the money that you have. Think about all the things that have led you to this moment in time. That's what will help you be grateful for your finances.



We are thankful for our playground!



We are thankful for friends!



We are thankful for our backyard!



We are thankful for toys that help us learn!



We are thankful for new classrooms!



We are thankful for the Pastoral staff, who lead Chapel every week!



We are thankful for teachers who help us learn!



We are thankful for art supplies to do fun art projects!



POINSETTIA SALE

Please consider purchasing a Christmas Poinsettia for your family or to donate to beautify the Shepherd's Sanctuary during the Christmas season.

Cost is \$15 with proceeds going to our preschool program.

The Order Form is on the Preschool Page of our website: SOHSV.org/preschool-childcare or paper copies are available at the Welcome Desk.

Place your order before November 14th.

Youth Ministry @Shepherd

Stay informed via
Instagram:
[@youthshepherd](#)

Photo to the right from our October Confirmation and ReFuel Peer Ministry Retreat to Gustavus College



At Least Monthly ReFuel Fun Gatherings:

November:

- ReFuel Onsite Service Project—November 19 @6:30-8:00pm
- Lefse Making Party Part #1—November 27 @9am
- Lefse Making Party Part #2—November 30 @6:30-8pm

2023 Youth Summer—Sign up by December 1st

When: June 17-25

What: Youth Adventure trip hiking, white water rafting, service project and more!

Where: Through Rainbow Trails Lutheran Bible Camp going to San Isabel National Forest in Colorado and onsite at Camp.

Who: All current 6th-12th Grade youth. Friends are welcome!

Contact [Sister Tashina](#) with any questions and for registration forms.



Photo from our 2022 Youth Summer Trip to the Quad Cities in Illinois/Iowa

NOVEMBER CONFIRMATION SCHEDULE AT SHEPHERD—6:30PM-8PM

FOCUS: The God of Abraham, Isaac, and Jacob: The people who started the story

2 Lesson—Youth & Parents

9 Small Group Time

16 Individual Project Week

23 Pies For Praise & Thanksgiving Eve Worship @6:15PM

30 Presentation of Projects & Service Project

Photo to the right from our October Service Project where the confirmation youth and adult leaders packed up all our College Care Packages.





Confirmation—October 30th, 2022

**Alyssa Johnson, Small Group Leader; Pastor Renee Patterson;
Confirmands: William Danielson, TJ Johansson, Jack Donahue, Clara Grace;
Deacon Sister Tashina Good; Sue Fairchild, Small Group Leader**

Christmas

SHEPHERD OF THE HILLS LUTHERAN CHURCH

Dec 6 6:15PM Blue Christmas Service

Dec 11 8 & 10AM Children's Music Sunday

Dec 18 8 & 10AM Music Sunday

Dec 24 3:30 & 5pm & 10pm In-Sanctuary Worship

Dec 25 9AM Christmas Story Lesson & Caroles

January 1 9AM Worship

3920 NORTH VICTORIA STREET | SHOREVIEW, MN | 55126 | SOHSV.ORG

ADULT *Faith* FORMATION

Mark your calendars:

- Winter Women's Retreat: January 13-15 at Luther Crest Bible Camp in Alexandria, MN



Weekly Bible Study:

Wednesdays at 1 pm IN PERSON in the Narthex and 6:30pm via Zoom only. Join us to discuss the upcoming scripture text and learn together.



FALL BOOK STUDY

This fall we will be reading Thou Shalt Not Be A Jerk. A Christian's Guide to Engaging Politics by The Reverend Eugene Cho.

This book might be a little more challenging than books we have read in the past as Pastor Cho negates things done on both sides of the political spectrum. He also challenges readers to take a deep look at how we engage in politics based on our faith. His faith perspective is different than ours as ELCA Lutherans so we will be pairing up some ELCA Social Statements, ELCA Social Messages, and other ELCA Resources. All these pairings are linked below.

We also have a grant to cover the cost of 18 copies of the book that will arrive and be in the Narthex by September 20th. Contact Sister Tashina with any questions.

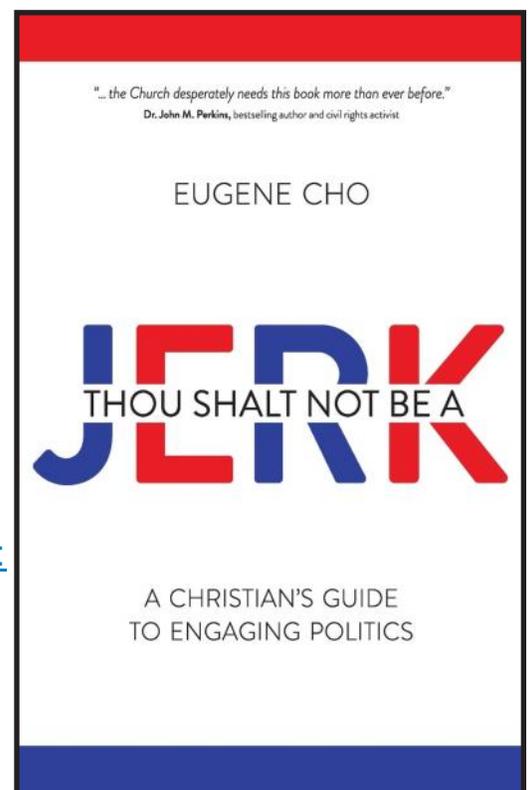
We will meet in the Library during the Donut Hour on the 1st and 3rd Sundays of October, November, and December. Here are our upcoming meeting dates and scheduled readings:

November 6th—Chapters 4 & 5 - [ELCA Social Statement on Abortion](#)

November 20th—Chapters 6 & 7 - [ELCA Social Message "Government and Civic Engagement in the United States: Discipleship in a Democracy"](#)

December 4th—Chapters 8 & 9

December 18th—Chapters 10 & Afterwards





Ralph Reeder Thanksgiving Food Drive

Please shop and fill each bag with the following items:

- 2 cans of corn
- 2 cans of green beans
- Stuffing
- boxed mashed potatoes
- 1 can cranberry sauce
- gravy mix
- 1 can of sweet potatoes
- canned pumpkin
- evaporated milk
- corn muffin mix

Or donate individual items as you are able.

Please place all contributions in the gray bins located in the Narthex or by Door G no later than Wednesday, November 16th.

Shepherd has committed to 50 Thanksgiving Dinner Bags.
Thank you for contributing to Thanksgiving for All!

THANKSGIVING
EVE
WORSHIP /
PIES FOR
PRAISE

WEDNESDAY,
NOVEMBER 23RD

WORSHIP AT
6:15PM
FOLLOWED BY PIE IN
SHEPHERD'S HALL



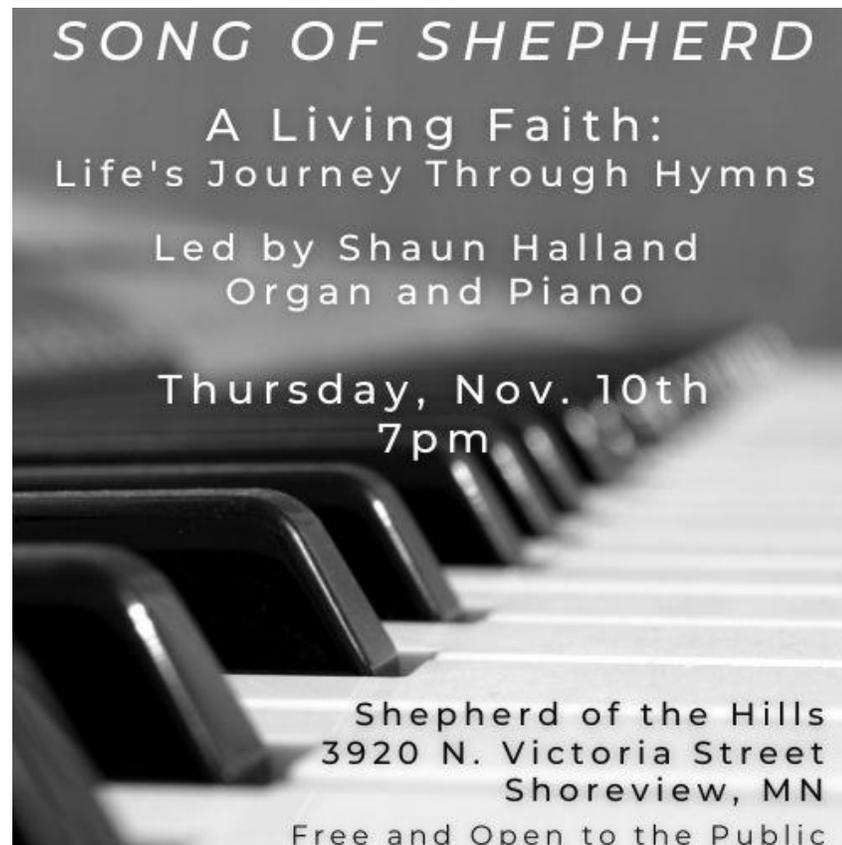
Pies For Praise pies and volunteers needed:

Our Thanksgiving Eve service will be at 6:15 pm, Wednesday, November 23rd.

We will gather after the service to share pie and fellowship.

Please sign up to either bring a pie or to volunteer to cut, serve, and clean up.

Sign ups will be on the Welcome Desk or call the office to volunteer.



Song of Shepherd Returns:

Song of Shepherd, our concert series, returns on Thursday, November 10th at 7pm in the Sanctuary. Shaun Halland, Shepherd's Director of Music and Worship, will lead a Hymn Festival entitled "A Living Faith: Life's Journey Through Hymns". Together, we will sing great hymns of faith and hear reflections written by the late Susan Palo Cherwien, a Twin Cities based poet and hymn writer. This is a community-wide event and open to all free of charge. There will be a free -will offering collected to support future programming for this concert series.

Senior Summit

The last seminar in this series is:
Annual Medicare Update –
Thursday, November 17th,
at 10:00 am



Learn about the recent changes in Medicare benefits and coverage, and how these changes impact you. We will cover the importance of reviewing Medicare Part D coverage during the annual Open Enrollment Period (October 15 - December 7), how to use Medicare.gov to make health insurance comparisons, and how Part D works. We will also explain the Low Income Subsidy, a Federal program for people with lower incomes that may reduce prescription drug costs. All are welcome to attend this free event.

If you do plan to attend please register [HERE](#) or contact Pastor Brice so we will know how many to expect.

Thanksgiving Eve Worship One-Time Choir



As part of our Thanksgiving Eve worship service on Wednesday, November 23rd, we invite people of ALL ages to join us for a ONE-TIME choir.

We will rehearse in the sanctuary at 5:30 that evening and learn a simple song together to share in worship that evening. No previous rehearsal or experience needed.

Truly, ALL ARE WELCOME!

How can one support Shepherd financially?

- Mail in your offertory envelopes
- Give [online on our Giving Page](#)
- Text To Give
 - Simply send a text with the word GIVE to 651-412-7495 with the amount you would like to contribute.
- List Shepherd as your beneficiary
- Transfer Stock to Shepherd

Any questions regarding giving, please contact [the office](#).



[The National Lutheran Choir's Christmas Festival](#)

Join the NLC this holiday season for the 37th annual Christmas Festival,

**Jesus Christ Yesterday,
Today, Forever.**

Concerts will be held December 9th and 10th at the Basilica of Saint Mary in Minneapolis, and a livestream of the concert will be available during the 8pm concert on the 9th. Visit NLCA.com for tickets and more details!

SHEPHERD OF THE HILLS LUTHERAN CHURCH

THE SIMPLICITY OF ADVENT WEDNESDAY WORSHIP

Nov 23 - Thanksgiving Eve/Pies for Praise

Nov 30 - HOPE

Dec 7 - PEACE

Dec 14 - JOY

Dec 21 - LOVE

PREMIERING IN THE SANCTUARY AND
ONLINE VIA FACEBOOK LIVE
WEDNESDAYS IN DECEMBER @6:15PM



Wednesdays during Advent from 5- 6 pm followed by Worship at 6:15 pm.

We are excited to have our Advent Soup Suppers back! They will be potluck style with 3 plus families hosting and bringing the meal each week.

Everyone is asked to sign up for a time slot to bring a crock of soup and serve it to your Shepherd family over the 4 Wednesdays of Advent.

The sign up forms are on the Welcome Desk or on our [“Upcoming Events”](#) page (click link) on our website. This is an amazing opportunity for us to share our gifts and build community with one another. Please, come join us for delicious soup and fellowship! Bring your friends; all are welcome!

WEDNESDAY SOUP DINNERS ADVENT 2022





Email: staff@shepherdshoreview.org

651.483.5419

sohsv.org

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3920 N Victoria Street
Shoreview, MN 55126



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@shepshore



@Shepherd of the Hills Church
Shoreview Minnesota



Our App