

# COGS Weekly News!

July 4, 2021

**Sunday Worship Services**  
**8:30—Contemporary Worship**  
**9:45—Contemporary Worship**  
**11:00—Traditional Worship**  
**Sunday School: 9:45 a.m.**



United Methodist  
**Church of the  
Good Shepherd**  
*"connecting to broken and hurting people"*

1500 Quentin Road, Lebanon, PA 17042  
Phone: 717-272-7741

Rev. Alan Smith, Sr. Pastor  
asmith@umcogs.org (717-273-9685)  
church email: asnell@umcogs.org  
web: www.umcogs.org

## Welcome Pastor Janet

Hello,

On behalf of the Staff Parish Relations Committee, we would like to formally welcome Pastor Janet Sadel to the Church of the Good Shepherd. Pastor Janet will begin her appointment on July 1, 2021.

We are excited to see what God has in store for our church and community under her leadership and guidance. Pastor Janet will be with us for her first services today, Sunday, July 4th.

We also have coordinated with the Design Team to provide a special assimilation service on July 11th (all 3 services) to allow the congregation to get a chance to learn more about Pastor Janet: including some fun facts, how God has used her in ministry over her lifetime and how he may use her to serve our church and our community into the future.

Also, we'd like to extend an invitation to everyone for a **meet and greet reception with Pastor Janet on July 11th from 12-1pm at the pavilion.** This will be the first of several opportunities for members of our congregation to meet and chat with Pastor Janet. If you'd like to help with refreshments for this reception please check out the sign up genius <https://www.signupgenius.com/go/30e0948aca62ca5fe3-pastor>

Any questions for help with the reception can be directed to Dana Risser 717-629-0578 or [risser99@comcast.net](mailto:risser99@comcast.net)

It is our goal to provide future opportunities for small groups of people to meet with Pastor Janet and have a chance to talk on a more personal level after she has a chance to settle in to her new position. Stay tuned to the bulletin and church email blasts for more info later in the summer. Please check out the bio on the other side of this page for more background information on our new pastor.

Please also continue to spend time in prayer for Pastor Janet and our church as we enter into this transition of leadership.

Sincerely,  
Dana Risser and Steve Hassinger  
Co-Chairs of SPRC



## Meet our New Pastor

The Reverend Janet L. Sattel, Elder in the Eastern Pennsylvania Conference of the UMC, will begin her appointment at the Church of the Good Shepherd on July 1, 2021. We are very excited for Pastor Janet to lead our congregation and to see what the Lord has in store for COGS under her leadership. Please join us for a casual meet and greet with Pastor Janet on July 11<sup>th</sup> from 12-1pm at the Pavilion. There will also be a special assimilation service on July 11<sup>th</sup> for the congregation to get to learn more about Pastor Janet and how God has been using her in ministry throughout her life.

Janet grew up in Blue Bell and was raised at Calvary UMC in Ambler, PA where she was very active in the church through choirs, serving on boards, leading the Sunday School worship, teaching the Senior High Sunday School and serving as the volunteer Youth Director for 11 years. With a BA in Philosophy from West Chester University, she worked as a full-charge bookkeeper for a paper company before receiving a call to serve as a missionary for one year to Novosibirsk in Siberia, Russia. While in Russia she recognized God's call to fulltime ministry and entered seminary, obtaining a Master's of Divinity degree. As a seminary student, she participated in a two-week mission project to Sombrerete, Mexico, and participated in a student trip to Israel and Palestine, with visits to refugee camps in Bethlehem and the Gaza Strip. Her mission service has also included ASP mission trips.

Her first appointment was as an Associate Pastor for two years in a large church in Springfield, PA. She was then appointed as the first full-time pastor of East Bangor UMC where she served for 8 years. Her next appointment was in Warrington PA as the Senior Pastor of St. Paul's UMC, serving for 7 years. She is currently appointed to First UMC in Lancaster, PA, a large downtown church where she serves in partnership with the Lead Pastor.



Flower Chart to sponsor the Altar flowers in the Sanctuary for traditional worship is now available at the Welcome Center.

## New Members Class

We will be holding a New Members Class in July and August for anyone who would like to explore the possibility of joining the church. The classes will be on Sunday mornings, from 11-12:00, starting on July 18 and running for 6 weeks (ending on August 15).

Please sign up at the Welcome Desk, or contact Pastor Lisa at 717-679-8681 or [lflory@umcogs.org](mailto:lflory@umcogs.org) with questions. You can pick up your Participant Guide at the Welcome Desk or make arrangements to get your book from Pastor Lisa.

This will be a great opportunity to learn more about our denomination, as well as our congregation and its ministries. We will set a date for the class to take their membership vows for some time in early September.



### COGS KIDS BUCKET LIST

We have a summer bucket list for you. Kat Webster has done a summer bucket list bulletin board, just outside of the Education wing. Each child may pick up a **BUCKET LIST**. When you have completed at least 10 of the listed items on your bucket list, have your parent sign off on the back. Then return it to Miss June at Sunday School check-in through out the month of August to receive a summer treat.

### Did you know that you can donate medications that you no longer need?

The **Lebanon Free Clinic**, a mission of the Lebanon Rescue Mission, gives medication at no cost to their patients (Lebanon County residents with no or insufficient insurance).

Some medications are purchased but this is very expensive and a drain on a limited budget. You can help by donating medications that you no longer take rather than destroying them. **No narcotic medications are acceptable (ie: oxycontin, morphine, ativan).**

The clinic is located at 135 S Ninth St, Lebanon, Pa (one building North of 9th and Walnut). Open hours do vary since staff is volunteer. Please call the clinic for questions and/or open hours 717-273-2715.

Thank you so much for your generosity! It is greatly appreciated!



### Summer at the Tabernacle

(Masks required at ALL programming in the Tabernacle)

July 4 7pm Concert Rehrersburg Band at the PLAYHOUSE (no program in the Tabernacle); July 11, 7PM Darryl Strawberry; July 18 7PM, Dr. Stephen McKinney-Whitaker; July 25, 7PM Alden Keynotes Chorus. Brochures are at the Welcome Center.

Mount Lebanon Campmeeting July 11-18 brochures at the Welcome Center.



Over the last couple of months, we've been delving into step 4: "We made a searching and fearless moral inventory of ourselves." Under the guidance of the Holy Spirit, we asked ourselves some hard questions and identified the shortcomings or sins that prevent God from working effectively in our lives and our recoveries. Join us on Wednesday, July 7 from 7-9 pm at Celebrate Recovery as we move to the next phase in this process: confession. Step 5 says: We admitted to God, to ourselves and to another human being the exact nature of our wrongs." James 5:16 says: "Therefore,

confess your sins to each other and pray for each other so that you may be healed."

**What is Celebrate Recovery?** Celebrate Recovery is a forward-looking spiritual growth discipleship program designed to help people live a free life devoted to Jesus Christ. Celebrate Recovery, rooted in the beatitudes, is the mechanics of how to talk and walk a Christian life. Personal responsibility and a spiritual commitment to Jesus Christ are emphasized. You don't have to have the world crashing in around you to enter recover. The bible says we all fall short and we are all sinners, therefore we all need rescue and recovery ourselves and the dark forces of this world. Our large group meeting includes live contemporary worship music, and alternates between a testimony and a recovery lesson week to week. After the large group meeting at 7 pm, men and women break off into gender-specific, issue-specific, small groups from 8- 9 pm. CR is a safe, confidential and anonymous program that follows a sequence of 12 biblical steps designed in a specific order to help you gain freedom from the compulsive behaviors, patterns, addictions, dysfunction and pain that may be weighing you down. These steps answer the 'how' of apprenticeship to Jesus while the 8 principles we follow based in the beatitudes answer the 'why.'

These hurts, habits and hang-ups include, but are not limited to:

- Abuse recovery
- Anger, frustration, contempt
- Boundary issues (setting and/or violating)
- Control issues/perfectionism
- Codependency (aka the 'disease to please' / approval-seeking behaviors)
- Discontentment
- Distractedness/wasteful pursuits
- Depression/anxiety
- Fear/worry
- Flawed thinking patterns (catastrophizing, minimizing)

- Impatience and irritability
- Lack of self-control
- Lust
- Pornography /sexual addiction
- Pride
- Relationship dysfunction
- Resentments/unforgiveness
- Selfishness
- Substance abuse/drug addiction

Contact co-ministry leaders Andrea Gillhoolley at [agillhoolley717@gmail.com](mailto:agillhoolley717@gmail.com) or Jason Gillhoolley at [jgillhoolley@gmail.com](mailto:jgillhoolley@gmail.com) for more information.



No nursery is available at the 8:30 am worship time until July 11

#### **COGS Prayer Chain Ministry**

- ◇ All prayer requests placed on the Prayer Chain are **confidential**
- ◇ Prayer requests & names will be kept on the prayer chain list for one month
- ◇ To submit names

Contact Karen Rank, coordinator at 717-272-1205 or email: [mkrank@comcast.net](mailto:mkrank@comcast.net)

On the Web... [umcogs.org](http://umcogs.org) you can find the services from Sunday both Contemporary and Traditional, along with the bulletins and announcements and past services.