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Gloria Dei Lutheran Church

the little church with a big heart!

BE OF GOOD COURAGE...

"I like this pretty thing you are wearing, Pastor" is a sentence I have heard hundreds of times over the years. So, I thought I would write about what I wear to lead worship on Sunday morning and what each Vestment (article of liturgical clothing; liturgical relating to the whole worship service, otherwise known as Liturgy, which is literally translated as "the work of the people.) See what I did there? I translated all the churchy words for you.

First, why do I wear clothes over my clothes on Sunday morning? It's not a costume, like one wears on stage to be a character different from themselves. It is more like a uniform, indicating that I have been set aside to do lead worship and preach. Not a lot of workers wear uniforms anymore, but the mail carrier always wears identifying clothing, as does the UPS, and FedEx driver. Most chefs wear the coat of their profession, but not servers very often. Servers often wear a color way, such as black pants and white shirts. Starbucks baristas wear green aprons most of the year, except they wear red around Christmas. You get the picture.

The pastor wears Vestments, which is really just a churchy word for uniform. The white ALB (the white robe) was used in the first century to identify the pastor, (especially one who is giving communion). It is a reminder of our baptism and since we started to have lay people be communion servers, in most Lutheran churches in the United States, the Assisting Minister and any other communion servers wear an alb. Because they have been set aside for that job that day. Everybody has a vocation (or two or three) which you have been set aside to do: teaching, nursing, teaching nursing, learning, marriage, parenting. Being a pastor is not higher or more important than anyone else, we just have a vocation for which we have been called to serve.

The pastor always wears a STOLE (the colored "scarf" I wear around my neck), which is a symbol of ORDINATION ("the ceremony of bestowing a person with a position of religious authority" or, in the Lutheran Church with the position of either Deacon – minister of Word and Service or Pastor – minister of Word and Sacrament.) The stole is given at ordination. I wear the stole that is the color of the liturgical or church season. It matches the paraments - kind of like clothes for the altar, pulpit, and lectern. I have often talked about the seasons of the church year – Advent, Christmas, Season after Epiphany, Lent, Easter, and Season after Pentecost. The

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**When you run alone, you run a race.
When you run with God, you run with grace."
Grace is God's bestowed favor upon an undeserving
soul. With all that may be going wrong right now,
let us thank Him for the grace He has
shown to us in giving us the privilege to live among
such abundance.**



PRAYER

changes things

**"Love one another with
mutual affection; outdo one
another in showing honor."**



Pastor Message Continues....

church year starts on Advent 1 and goes on four Sundays. The great festivals of the Church year are Christmas, Easter and Pentecost, but there are many other festivals we celebrate, such as Epiphany, Transfiguration, Reformation (for some reason, only the Lutherans celebrate Reformation) and All Saints Day.

The third article I wear is the CHAUSBLE (the outer most garment, which just has a hole for my head to fit through) is the same color as the stole and the paraments. It is only worn when I preside at communion. It can be worn the whole service or, I often hang it over the modesty panel in front of the choir loft and put it on while the offering is being received. If there happen to be two pastors leading worship, only the one presiding at communion wears a chausble.

Go out with Good Courage! Pastor Ruth



**We are the church that
shares a living, daring
confidence in God's grace.
Liberated by our faith, we
embrace you as a whole
person--questions,
complexities and all.**



CONGREGATION UPDATE

Our name means *The Glory of God*, so we try to live accordingly.

Our life together as a family of faith is built on worship, service, education and friendship.

The Evangelical Lutheran Church of America (ELCA) has selected September 7th for the annual 'God's Work; Our Hands' Sunday. Many churches across the country will be participating in various projects to provide support and comfort for people in need. Immediately following worship on that date our little church with a big heart will be assembling hygiene kits for men and women who are unhoused.

We have already received many generous donations and the personal shoppers have been busy shopping for the hygiene items. There's still time to purchase items (a list is available in the Narthex and in the Fellowship Hall) or make a donation. The cost to prepare one hygiene kit is \$25. If you would like a personal shopper to purchase hygiene items on your behalf you can write a check to Gloria Dei, adding 'God's Work; Our Hands' on the memo line and place it in the offering plate. Then plan to join us on September 7th in the Fellowship Hall to prepare these kits.



Lutheran Social Services (LSS): We received a thank you letter and pictures from Wendy Rubio following their **Back-to-School event** on August 26th. Each of the 236 children who attended the event received a backpack filled with items to help them succeed in school.

In the Fellowship Hall, each week, you may notice generous donations of clothing and household items from church members and neighbors. Each week Sandy Nelson sorts through these items and assesses where they should be delivered. LSS, Fe y Esperanza and the Men's and Women's Shelter are blessed with these donations. Sometimes deliveries are made more than once a week because of the generosity of so many.

Fe y Esperanza: Vacation Bible School (VBS) was originally scheduled for mid-July, but because of the fear of the ongoing ICE activities, it was postponed and held in mid-August. Our church family provided \$500 in gift cards in support of their VBS as well as Back-to-School activities. Please continue to pray for these families during these difficult times and for the church's community outreach. Fe y Esperanza provides for so many. If you are willing to deliver food distribution items on Wednesdays to families who are too afraid to leave their homes, please let me know.

Your prayers and cards have been helpful to Pastor Marta and Hector as he continues to gain strength following surgery for his broken hip. Please continue to pray for Pastor Marta and her son Hector and for this church family.

Long Beach Men's and Women's Shelter (Lydia House): Donations for the Men's and Women's Shelter are always appreciated. Children's clothing and toys are needed for the Women's Shelter (Lydia's House) as they often have many children living in the shelter along with their mothers. Sandy continues to make deliveries as often as items are donated. Please place your donations for the Men's and Women's Shelter in one of the boxes under the mailboxes near the kitchen.

Ephesians 3:19 ...and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

Congregation Update Continues...

Evangelical Lutheran Church Women (ELCW): On September 11th at 11:00 a.m. in the church Fellowship Hall the ELCW will resume our monthly meetings. Every second Thursday of the month we do a service project, enjoy lunch and each other's company. All women are welcome! Consider inviting a friend or neighbor.

Adult Education: On September 7th at 9:00 a.m. we will resume our Adult Education class. You can count on interesting and engaging conversations and good humor while we learn more about what God has planned for our lives. Our Wednesday Zoom class will resume on September 10th at 10:00 a.m.

Coming Events:

September 1 – Labor Day; office is closed
 September 3 – Church Council at 7:00 p.m. via Zoom; all are welcome to attend
 September 7 – God's Work; Our Hands Sunday
 September 21 – Birthday Cake Sunday and Noisy Offering

Although September 7th has been designated as 'God's Work; Our Hands' Sunday, the reality is that our little church with a BIG heart is actively doing God's work every day all year long. We are blessed to provide a meeting place for so many groups nearly every day of the week. And our main Mission partners are blessed because by the generosity of our members and friends. September 7th will give all of us an opportunity to experience the joy of actively participating in an event that will bless those in need of extra care. Plan to join us in the Fellowship Hall for juice, coffee and extra treats as we work together to do God's work with our hands! **Karen Como, President**



Isaiah 58:9-14

**God promises those who have
 returned from exile that where justice and
 mercy prevail, the ruins will be rebuilt
 and light will rise in the darkness.
 It is a day for new beginnings.**

If you remove the yoke from among you,
 the pointing of the finger, the speaking of evil,
 if you offer your food to the hungry
 and satisfy the needs of the afflicted,
 then your light shall rise in the darkness
 and your gloom be like the noonday.
 The Lord will guide you continually
 and satisfy your needs in parched places
 and make your bones strong,
 and you shall be like a watered garden,
 like a spring of water whose waters never fail.
 Your ancient ruins shall be rebuilt;
 you shall raise up the foundations of many
 generations;
 you shall be called the repairer of the breach,
 the restorer of streets to live in.

If you refrain from trampling the Sabbath,
 from pursuing your own interests on my holy day;
 if you call the Sabbath a delight
 and the holy day of the Lord honorable;
 if you honor it, not going your own ways,
 serving your own interests or pursuing your own
 affairs;
 then you shall take delight in the Lord,
 and I will make you ride upon the heights of the
 earth;
 I will feed you with the heritage of your ancestor
 Jacob,
 for the mouth of the Lord has spoken.

**Word of Wisdom,
 Word of Life**

NATIONAL FORGIVENESS DAY

#NATIONALFORGIVENESSDAY

National Forgiveness Day traces its roots back to the universal human need for healing and forgiveness. We are using today's National Day to remind people about the transformative power of forgiveness. It's time to let go of grudges and embrace a path of unity and understanding.

Forgiving Others

Forgiveness isn't about condoning hurtful actions. Forgiveness is about promoting empathy and connectedness to create a more compassionate society. It's about a liberating choice that unburdens us from feelings of resentment. Withholding forgiveness can be debilitating. In fact, not forgiving people prevents people who hurt from healing and moving forward in their lives. By forgiving others, we contribute to healthier relationship by improving our mental health and emotional well-being.

5 Facts About Forgiveness

1. Studies have shown that forgiveness can lower blood pressure, reduce heart rate, and even enhance the immune system. In fact, forgiveness can also increase mental resilience because it releases negative emotions that disrupt mental health.
2. When people experience forgiveness, they are more likely to engage in acts of kindness toward others.
3. Practicing forgiveness leads to changes in brain activity and contributes to an overall sense of well-being.
4. The concept of forgiveness has been a

part of human culture for centuries. Ancient philosophies and religious teachings from various cultures have emphasized the importance of letting go of resentment and embracing forgiveness for inner peace. Finding forgiveness does not mean you condone the behavior inflicted towards you. It doesn't mean you have to have a relationship with the person, either. The process of forgiveness is to benefit you and your well-being.

CELEBRATING FORGIVENESS

1. **Reflect** on personal relationships by using today to reflect on your own relationships. Consider whether there are any misunderstandings or grievances that you can work to resolve. Reach out to friends or family members you may have had conflicts with and initiate conversations to mend fences.
2. **Practice** self-forgiveness and take time to forgive yourself for past mistakes or regrets. Reflect on how you can learn and grow from those experiences, then commit to making positive changes.
3. **Write** forgiveness letters to people who have hurt you or whom you have hurt. Letters are a powerful way to express your feelings and seek closure. You don't necessarily need to send the letters. The act of writing a letter is oftentimes therapeutic enough for closure.
4. **Engage** in acts of kindness and compassion throughout the day. Small gestures, like helping a neighbor, volunteering, or donating to a charity, can contribute to a more forgiving and compassionate society.

SOURCE: www.nationaldaycalendar.com

Your life as a Christian should make non-believers question their disbelief in God.

~ Dietrich Bonhoeffer

RESOURCES FOR CONSIDERATION



When **Yehiel Curry** considers his vision for the future of the church, he sees an important distinction. “Part of the work is naming it,” he said, “but that next phase is embodying it. “When we’re talking about casting a vision, I think people want to be part of a vision because they want to share in the process. But they typically will also share in the burdens as well. So part of my vision is to find a way to bring more people to the table so that we might embody that work instead of it just being a written document.”

Curry, who was elected July 30 to serve a six-year term as ELCA presiding bishop, knows something about embodying a vision and discerning a call. **Read more...ELCA website—www.elca.org**

MINISTRY PARTNERS

- California Lutheran University
- Pacific Lutheran Theological Seminary
- Lutheran Retreats, Camps and Conferences
- Lutheran Social Services of Southern California
- Lutheran Maritime Ministries
- New City Parish
- Solheim Lutheran Home
- Lutheran Office of Public Policy
- Mission Investment Fund

God's work. Our hands.



This day is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America – one church, freed in Christ to serve and love our neighbor. Service activities offer an opportunity for us to explore one of our most basic convictions as Lutherans: that all of life in Jesus Christ – every act of service, in every daily calling, in every corner of life – flows freely from a living, daring confidence in God's grace.

Many churches across the country will be participating in various projects to provide support and comfort for people in need. **Immediately following worship on that date our 'little church with a big heart' will be assembling hygiene kits for men and women who are unhoused.**

GOD'S WORK OUR HANDS

ANNOUNCEMENTS — SEPTEMBER 2025

SERVANTHOOD !



WHAT LSS NEEDS

Canned Goods

**Pop Tops please
Chili; Ravioli Spaghetti-O's
Tuna; Soup
Chef Boyardee pasta meals

Hygienic Supplies

Wet Ones (travel or singles)
Disinfectant Cleaner
Deodorant (Men's/
Women's)

Anything Dry

Umbrellas
Sleeping bags
Blankets & Comforters
Tarps, tents, and other
shelter materials
Paper Goods/Bowls/Napkins
Paper towels/ Toilet paper
Plastic forks /Plastic spoons

Anything Warm*

Coats / Jackets
Gloves/Scarves
Socks/Rain boots

*Please only new or lightly used

Like good stewards of the manifold grace of God, serve one another with whatever gifts each of you has received.

Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ.

~ 1 Peter 4:10-11



LABOR DAY HOLIDAY SEPTEMBER 1

NATIONAL FORGIVENESS DAY

September 1 and National Forgiveness Day on the National Day Calendar dedicating it as a day to

embrace healing, understanding, and unity by encouraging forgiveness and fostering empathy.

Join us as we begin September with a new mindset by celebrating National Forgiveness Day!



SEPTEMBER 7 *Grandparents Day*
SEPTEMBER 16 *Rosh Hashanah*
SEPTEMBER 22 *National Family Day*
SEPTEMBER 23 *Fall Begins*

BIRTHDAY CELEBRATIONS

9 —
Pastor Ted Conter
Debi Nahigyan
12 —
David Kahakauwila
18 —
Margie Brown
Kalani Caldwell
20 —
Meri Beckman
21 —
Howard Davis
22 —
Tiana Kahakauwila



— September 3 —
VIRTUAL CHURCH
COUNCIL
MEETING @ 7PM



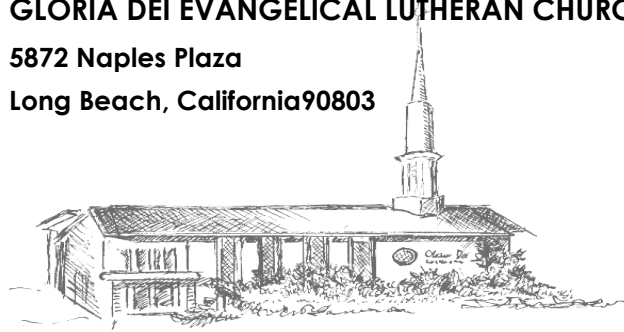
GLORIOUS DEI

NEWSLETTER DEADLINE:
September 22 for October Issue

SUBMIT STORY IDEAS,
RESOURCES & SUGGESTIONS
to editor via email:
PBOCKMAN@FULLERTON.EDU

GLORIA DEI EVANGELICAL LUTHERAN CHURCH

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Gloria Dei Lutheran Church is a 'Reconciling in Christ' Congregation. At Gloria Dei Lutheran Church we welcome all who are seeking God's love and grace. We welcome all because God welcomes all, regardless of race or culture, sexual orientation, gender identity, or relationship status. We welcome all without regard to the social, cultural or economic circumstances that too often divide us. Our Unity is in Christ in whom we are all made new. (2 Corinthians. 5:17-19)

