



THE UNITED METHODIST CHURCH OF THE GOOD SHEPHERD
The Community Church Serving Northeast Philadelphia

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THE STAFF
JANUARY, 2026

Proverbs 16:9: 'The heart of man plans his way, but the LORD establishes his steps.'

People often look to the new year as a time for renewal; a time to refocus on self-improvement, and the usual resolutions of losing 10 pounds, exercising more, eating healthier, spending more time with family and friends, and saving money or spending less.

As we reflect on our accomplishments and challenges of the old year, and re-align ourselves to be prepared for the new year, it dawned on me that rather than focusing on the typical resolutions, we should concentrate on a "**spiritual renewal.**" Thus, I began searching for recommendations in that regard. A simple Google query suggested that we should recognize "*that true renewal comes from being a "new creation" in Him, not just self-improvement.*" It's about receiving spiritual guidance, and allowing ourselves to be "transformed from the inside out." It involves vulnerability, and allowing God's power to work through us.

Proverbs 3:5-6 (ESV) encourages us to: "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." As we turn to our faith for guidance, I am sharing a few suggestions from my search regarding focusing on a spiritual renewal, trusting that you will find strength in the Lord's grace for the year ahead:

Forgiveness & Fresh Start: It's an opportunity to seek forgiveness, let go of past grievances, and start anew, putting off old habits for a new, more righteous self. (Read Ephesians 4:22-24).

Prayer & Scripture: Dedicate time to prayer, reading the Bible, and seeking God's will for your life, not just personal goals. Return to scriptures like Isaiah 40 to find words of encouragement and promises of strength.

Mental & Emotional Resilience: Practices like prayer and reflection build inner peace, self-awareness, and the capacity to handle life's challenges with grace.

Serve & Give: Engage in acts of service and generosity, focusing on glorifying God rather than self-gain.

Renew Commitments: Re-commit to marriage, family, church, and Christian service, integrating Jesus into your plans from the start.

Rest in God: Recognize that spiritual strength comes from trusting God, not just self-reliance. Take time to rest in His presence through prayer, stillness, and worship, acknowledging that He provides strength and purpose beyond your own efforts.

As you begin 2026, may the Lord's wisdom illuminate your way. ~ *Paula Direso, Editor*

Open Hearts, Open Minds, Open Doors
The people of the United Methodist Church

JANUARY, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NEW YEAR'S DAY	2	3 9:00 - UMM Breakfast 12:00 - AA Meeting Wood Hall
4 9:00 - Praise Service 10:30 - Traditional Worship with Holy Communion 10:30 - Children's S.S., Youth Group, Confirmation Class 12.00 - Girl Scouts Troop #920 Wood Hall	5 6:30 - SPRC Meeting	6 6:30 - Trustees Meeting 7:30 - Al-Anon/Alateen	7 6:30 - Ad Council Meeting	8 6:00 - Worship Meeting 7:00 - Chancel Choir Practice	9	10 12:00 - AA Meeting Wood Hall
11 9:00 - Praise Service with Holy Communion 10:30 - Traditional Worship 10:30 - Children's S.S., Youth Group, Confirmation Class 11:40 - Leaving for Grace Cafe 12.00 - Girl Scouts Troop #920 Wood Hall 6:30 - Girl Scouts Troop #9744 Wood Hall	12 7:00 - UW Faith Meeting	13 7:30 - Al-Anon/Alateen	14 1:00 - Bible Study Resumes	15 STAFF ARTICLES DUE! 7:00 - Chancel Choir Practice	16	17 12:00 - AA Meeting Wood Hall
18 9:00 - Praise Service 10:30 - Traditional Worship 10:30 - Children's S.S., Youth Group, Confirmation Class 12.00 - Girl Scouts Troop #920 Wood Hall 6:30 - Girl Scouts Troop #9744 Wood Hall	19	20 12:00 - Ruth Circle 7:30 - Al-Anon/Alateen	21 1:00 - Bible Study	22 7:00 - Chancel Choir Practice	23	24 12:00 - AA Meeting Wood Hall
25 9:00 - Praise Service with Holy Communion 10:30 - Traditional Worship 10:30 - Children's S.S., Youth Group, Confirmation Class 12.00 - Girl Scouts Troop #920 Wood Hall 6:30 - Girl Scouts Troop #9744 Wood Hall	26	27 6:30 - Lydia Circle 7:30 - Al-Anon/Alateen	28 1:00 - Bible Study	29 7:00 - Chancel Choir Practice	30	31 12:00 - AA Meeting Wood Hall

DID YOU KNOW WE HAVE A



Please refer to our website (listed below) for updated cancellations and information, and share this notice with other members.

Are you the head of a committee or work group? Are you planning a church event? Would you like information about your committee, group, or event placed on the church website to be available to all members, neighbors, and the world? If so, please e-mail this information to our e-mail address which is as follows: webservant@umcgoodshepherd.org.

Our church website address is: www.umcgoodshepherd.org.



EDITOR'S CORNER

Thank you for your monthly contributions to *The Staff*. In order to enter and edit your articles for each month's edition, **PLEASE** submit your information by the **15th of each month by emailing your articles to:** secretary@umcgoodshepherd.org. You may also leave a phone message on: 215-632-1929. If your articles are not received on time, they may not be included in *The Staff*.

If you have not received an emailed copy of *The Staff*, please notify the administrative secretary at the email address listed above.

RENTAL OF WOOD HALL & KITCHEN - USE OF SANCTUARY

All members (and non-members) are asked to contact Rev. Navin Satyavrata, and/or Paula Direso, the administrative secretary, (secretary@umcgoodshepherd.org) regarding rental of the church facilities. **All usage requests have to be submitted by a completed and signed "Application For Use Of Church Building" form, 45 days before your respective event. Please note: all the respective trash must be taken away by those using our church facilities.**

To avoid any and all conflicts, kindly note: **all Church Programs, Funerals and Weddings will take full priority over all requests for the usage.**

SUNDAY SERVICES

9:00 AM Praise Worship Service
10:30 AM Traditional Worship Service

Holy Communion will be served at the 9:00 AM Praise Service on the 2nd and 4th Sundays of the month.

Holy Communion will be served at the 10:30 AM Traditional Worship Service on the 1st Sunday of the month.

The 10:30 AM Sunday service will be offered online via Zoom, by logging onto the Facebook page via the church website, or via Facebook: @goodshepherdumcphila.

We pray that you will come out and experience a warm welcome and a sweet spirit of fellowship.



Good Shepherd Children's Sunday School
10:30 AM

If you would like to volunteer to serve as a Teacher or an Aide, please contact: Walt Dziuk at: 215-637-7898.

PRAYER CHAIN



To put a **JOY OR CONCERN** on the prayer chain, or if you would like to become one of the prayer team members, please email Joyce Cartwright at: dotgojoy1590@aol.com.

For those who are not computer savvy, Betty McLaughlin handles the telephone requests, so feel free to leave a message at 215-947-3317

WEDNESDAY AFTERNOON BIBLE STUDY



Bible Study will resume on **Wednesday, January 14, 2026.**

We meet at **1:00 PM** in the choir room. Please consider joining us, as we reflect on God's word and gain spiritual growth.

CHANCEL CHOIR



Chancel Choir Practice meets on **Thursdays at 7:00 PM.** We always welcome new voices, so please consider joining!

IN MEMORY OF JANET FREIDEL



Janet Freidel, age 90, a member of Good Shepherd, passed away peacefully on Friday, December 12, 2025, at The Delaware Hospice Center in

Milford, Delaware.

Her Celebration of Life Service took place on Monday, December 29, 2025, at Good Shepherd.

As an active member of Good Shepherd Janet played the piano for the Sunday School, volunteered at the preschool, and served at the pancake breakfasts. Additionally, she volunteered with the Aid for Friends organization.

Kindly remember Janet's family in your prayers.

READING AND RELIGION

Contributed by: **Phyllis Brock**

Twice

By Mitch Albom



Twice is a story about a man named Alfie Logan, who discovers at the age of eight that he can relive any moment in his life a second time.

However, he must live with the consequences of that second choice. He has one limitation: true love doesn't get a second chance.

The story follows Alfie as he uses this power for minor fixes, but eventually faces a major temptation with his soulmate Gianna. He is learning that while do-overs fix mistakes, they can hinder growth, and true love can't be recreated.

UNITED METHODIST MEN'S BREAKFAST



Our next Men's Breakfast will be held on **Saturday, January 3rd, at 9:00 AM.** Please come and enjoy a delicious meal, prepared by our gracious hostess, Pat Sommers, as we join together for fellowship.

SPRC MEETING: The next meeting will take place on **Monday, January 5, 2026, at 6:30 PM.**

TRUSTEES MEETING: The next meeting will take place on **Tuesday, January 6th, at 6:30 PM.**

AD COUNCIL: The next meeting will take place on **Wednesday, January 7th, at 6:30 PM.**

WORSHIP MEETING: The next meeting will take place on **Thursday, January 8th, at 6:00 PM.**

The Worship Committee has requested the following: Kindly send all **Announcements** to Danielle Parker by 5.00 p.m. the previous day (Saturday) to her email: hidefalls@verizon.net or text her at: 215-480-3398.

Also please send all **Joys and Concerns** to either Jeannette or Joyce Cartwright by 5.00 p.m. on Saturday. Jeannette Cartwright's email: bonanzafive@verizon.net and her cell number is: 215-539-7716. Joyce Cartwright's email: dotgojoy1590@aol.com, and her (home) telephone number is: 215-676-3856.

UNITED WOMEN IN FAITH



All women are invited to attend the next meeting on **Monday, January 12th, at 7:00 PM.** Please feel free to invite your friends and family.

RUTH CIRCLE



We will be meeting on **Tuesday, January 20th, at 12:00 PM.** For any questions, contact Mary Beth Ciesielski at: 215-341-7828. We meet on the third Tuesday of the month from September through May. Please bring your lunch and a reading with you. We hope you will consider joining us!

LYDIA CIRCLE, our circle for today's working women, will meet on **Monday, January 27th**. If you'd like to join this circle, or have any questions, please contact Jeannette Cartwright at: 215-676-3856 or 215-539-7716. We usually meet every 4th Tuesday of the month.



**FEEDING THE HOMELESS
AT GRACE CAFÉ
ARCH STREET UMC**

Our Confirmation Confirmands and youth, along with the parents and teachers, will be heading to the Grace Café, located at the Arch Street UMC on **January 11, 2026**, to prepare a nutritious meal and serve the homeless. **We will be leaving promptly at 11:40 AM**, following our 10:30 AM Service.

Arch Street UMC Collection



We are collecting the following items to take to Arch Street UMC Grace Café. Kindly bring your donations to the Narthex. Please note: **the last day to bring in**

donations will be: January 4, 2026.

ITEMS NEEDED:

- Backpacks
- Laundry Detergent (pods or liquid)
- Bath Towels (new or used)

CLOTHING NEEDED FOR MEN:

- Sweatpants and tops
- Hats, Scarfs, Gloves
- Heavy Socks
- Boots

CLOTHING NEEDED FOR WOMEN:

- Women's Hygiene Products
- Sweaters
- Sweatpants and Tops
- Hats, Scarfs, Gloves
- Heavy Socks
- Boots

Please pack your items in either boxes or trash bags. Please attach a label to your boxes or bags indicating the total number of articles placed inside.

Several volunteers will be needed to transport these items to Grace Café. Please see or call Betty (215-947-3317) if you are able to assist. Blessings, Betty McLaughlin, Chair, & Missions Team.

BREAKFAST WITH SANTA

About 100 people attended our Breakfast with Santa, held on December 13, 2025, in Wood Hall. Along with our delicious pancakes, we also served sausage patties, bacon, assorted juices, decaf and regular coffee, and tea. The children enjoyed sharing their Christmas wishes with Santa, and were treated to candy canes.

Special thanks to Iason Conyers, our head chef, and Anthony DeSimone who assisted in the kitchen, and those who prepared the bacon. We are grateful to all the volunteers who helped with set-up and clean-up.



JANUARY

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|---------------------|-------------------------|
| 1 - Amelia Sango | 9 - Robert P. Gurtcheff |
| 10 - Mousa Dassama | 11 - Joshua Calhoun |
| 17 - Dwayne Hallman | 17 - Maurice Samuels |
| 18 - Krisvyl John | 24 - Taylor Posey |
| 30 - Joyce Booth | 31 - Douglas Caristo |
| 31 - Dorothy Meaney | |



JANUARY

- 15th - Rob & Eileen Sattelmeyer



If you would like to include your name on the **STAFF BIRTHDAY or ANNIVERSARY LIST**, please include your name and the day and month you were born, or your names and anniversary date and send an email to: secretary@umcgoodshepherd.org.

C*O*L*L*E*C*T*I*O*N*S

- Do you know we collect the following items?
1. Eyeglasses – Delivered to the Lion's Club.
 2. Non-perishable food for our food bank.

There are collection baskets for these items in the Narthex.

We are currently collecting the following Christian books: Upper Room, Daily Bread, and Response Magazine, and other Christian periodicals. Please put them in the wicker baskets in the Narthex.



We are recycling aluminum cans. (soda or cat food cans, or any aluminum cans. If a magnet sticks to a can, then it's not aluminum. Please note: canned vegetables and soups are not aluminum). There are blue buckets that say: "cans only" next to our trash cans. You can drop your cans off in the buckets, or Rosemarie Gross can stop by your home and pick them up from you. She will take them to the recycle center and cash them in, and the money will go to Good Shepherd. **Also, if you put aluminum pans in the recycle can, please make sure there is no food waste in them. Kindly empty the liquid out of the cans.** For any questions, please contact: Rosemarie at: 215-868-5304.

2026 Church Programs

Sunday Worship Services
09.00 a.m. and 10.30 a.m.

Sunday School for Children, Youth Group
Confirmation Class
10.30 a.m.

United Women in Faith
Second Mondays 07.00 p.m.

Ruth Circle
Third Tuesdays 12.00 p.m.

Bible Study
Wednesdays 01.00 p.m.

Lydia Circle
Fourth Tuesdays 06.30 p.m.

United Methodist Men's Breakfast
First Saturdays 09.00 a.m.

Ash Wednesday Service
Wednesday, February 18, 07.00 p.m.

Lenten Dinners and Bible Study
Wednesdays in Lent 06.30 p.m.

Maundy Thursday Service
Thursday, April 2, 07.00 p.m.

Good Friday Service
Friday, April 3, 07.00 p.m.

Easter Sunday Service
Sunday, April 5, 10.30 a.m.

Advent Dinners and Program
Wednesdays in Advent 06.30 p.m.

Candlelight Christmas Eve Service
Thursday, December 24, 07.00 p.m.

IN THE SERVICE OF OUR COUNTRY:



Thank you for all you do to keep us safe!

Daniel Bader, VI
Nolan Bader
Evan Kuehl
Reilly Kueh
Michael McLaughlin
Ryan Sutch