

In a moment of ego we often refuse to put down what we carry in order to open a new door. We must sometimes put down what we carry, open the door, and then take up only what we need to bring inside.

Mark Nepo, *The Book of Awakening*

Think how often you have carried a hurt, a grudge, or a resentment that constantly runs in the background of your memory. It becomes the filter or prism through which you experience all present interactions with others. It is the measure against which you interpret the actions, words, and motives of others. Some persons prefer carrying such a burden, for it “absolves” them of personal responsibility, or facing up to the part they played in the incident that produced such pain. The problem is that such an outlook on life prevents one from experiencing that abundant life which Jesus wants to give to each of us. The prospect of putting down and letting go is often a scary thought, for it means engaging others in ways that could bring joy, or yes, additional hurt. It might also mean that we open ourselves to blessings that we thought never again possible.

What are you carrying in your life that, like a cancer, needs to be purged so that health can be restored? What might you let loose of today, so you can grasp reconciliation and a greater harmony with those close to you?

Meditate on some threshold you are having trouble crossing today. It might involve your work, alienation from someone close to you, or an inner struggle of self-acceptance and self-love. Today, try putting down and letting go of that which has been such a burden to you. Ask the Good Shepherd to place himself between you and it. My guess is that you will experience an ever-growing lightness of spirit, and a peace that truly passes all understanding.

From Fr. Bill+



Dearly beloved family and friends,

Known medically as a cerebrovascular accident or CVA, a stroke is an episode that occurs suddenly and can cause lasting damage to the brain. It occurs when blood supply to part of the brain is interrupted or when a blood vessel in the brain bursts, spilling blood into the spaces surrounding brain cells. Things that increase your risk for a stroke include having [high blood pressure](#), smoking, and having a family history of a stroke. High blood pressure is 140/90 or higher.

[Symptoms of a stroke](#) most often appear suddenly, and it is not uncommon for multiple symptoms to occur at the same time. Symptoms often include trouble walking, dizziness, confusion, difficulty seeing, and numbness or weakness in the limbs or face.

If you are experiencing symptoms of a stroke, do not wait to see if they improve or get worse before getting help. Delaying treatment can result in lasting damage to your brain, or even death. A stroke is a medical emergency. The sooner you get treatment, the better your chance of recovery. Act FAST

FAST is an easy way to remember and identify the **most common symptoms** of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery. Use FAST to Remember the Warning Signs of a Stroke

FACE: Ask the person to smile. Does one side of their face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 9-1-1 immediately.

Specific Stroke Symptoms:

The symptoms of a stroke are distinct because they happen quickly. These symptoms can include sudden:

- Confusion
- Difficulty speaking or understanding speech
- Trouble seeing in one or both eyes
- Trouble walking
- Dizziness
- Loss of balance or coordination
- Headache with no known cause
- Numbness or weakness of the face, arm, or leg (especially on one side of the body).

Other possible symptoms of a stroke that are less common, but still important, are sudden nausea, vomiting, brief loss of consciousness, or decreased consciousness (such as fainting and convulsions).

Don't smoke. If you smoke, stop smoking, and if you don't smoke, don't start. Smoking can increase your blood pressure, among many other health issues, and it is the Number One controllable risk factor for stroke. Cigarette smoking, vaping, and tobacco products in general, are dangerous for your health. Quitting is one of the best things you can do to improve your health and add years to your life.

Who is responsible for my health? ME!!

Information about cholesterol has recently come to my attention. My LDL level was climbing and I was concerned. I knew there was conflicting information. Watch the youtube video if you have an interest in learning more. (David Diamond: An Update on Demonization and Deception on Saturated Fats...)

Much love,
Lilly Duncan RN, BSN

Stroke.emedtv.com/stroke/information-on-strokes.html

<https://www.stroke.org/understand-stroke/recognizing-stroke/act-fast/>

http://www.stlamerican.com/your_health_matters/health_news/percent-of-stroke-can-be-prevented

<https://articles.mercola.com/sites/articles/archive/2017/05/03/cholesterol-myth-busted.aspx>

They are led as sheep to the slaughter—lambs without a shepherd, or at least without a good shepherd—innocently assuming that if the food is available for purchase, it must be safe to eat. Start by stopping all processed foods. See how you feel after a month of doing that and you'll be hooked!!



A look at our beautiful new courtyard lampposts.

These lovely French Garden lamps will be a wonderful addition and will light all our evening services throughout the year. One was installed at the bottom of the ramp (in the background of the picture) and two were installed at either side of the Ash Garden area.

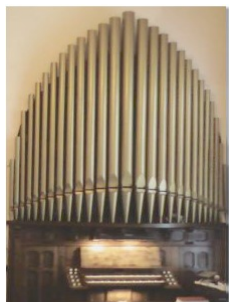
SUMMER SERVICE SCHEDULE

June, July and August — One service at 10:00am
We will return to our schedule on September 8th:
8:30 Said Service & 11:00am Choral Service

**DO YOU NEED COMMUNION BROUGHT TO YOU?
CALL THE OFFICE OR SPEAK TO FATHER BILL.**

OFFICE: 803-684-4021

FATHER BILL: 803-818-8257



ORGAN REPAIR AND REFURBISHMENT

The repair and refurbishment of our 1909 George Stevens pipe organ is just about completed. We look forward to hearing its lovely voice again very soon. Our thanks to John Dower and his staff of technicians from Lincoln Pipe Organ, Inc.

Our Painting Project

The interior of the Nave and Sanctuary is about to be completely repainted.

We may have some inconveniences along the way, but it will lead to a newly refreshed worship space.

Please bear with us as the result will be beautiful!



From the Transition Committee

We have received the results of the Parish Survey and will be sharing them with you all as soon as we have received assistance in interpreting the results from Canon Jimmy Hartley, our Diocesan consultant.

Meade Wilson

Email: meadewilson70@gmail.com

Cell: 704-641-1288



*Summertime and the living is easy,
Fish are jumpin' and the cotton is high.
Your daddy's rich
and your mamma's good looking,
So hush little baby, don't you cry!*

**Enjoy your time off, but don't
forget your pledge.
The Church's bills don't go on
vacation.**

Antiques, Artisans & More is Coming!!

Antiques, Artisans, & More Show during York's Summerfest, will be taking place once more at Good Shepherd. The dates of the show are August 23 and 24, from 9:00 to 4:00 each day.

Due to the fact that the Chamber only recently decided to put on the event downtown again this year, we were delayed in getting our vendors secured. Many are returning, but the delay has left us with a few booth openings. If you know of any antique dealers, artisans, or other vendors who would fit into the show, please contact us quickly.

We will again have our own Treasures booth. We will take donations or consignments (we keep 30% of consignments) of antiques, hand made goods, or anything else that would fit with the theme. Those items can be brought at any time and put in the classroom across from the parish hall. If you are bringing consignment items, please mark them with a price as well as a code number so that we will know who's items they are.

We hope that you will all volunteer in some capacity to help make this a successful show. It is a fun event for our church family to participate in. Sign-up sheets will be available at the beginning of August.

Please contact Jill (803-372-2433) or Randy (803-367-6330) Neff for more information.

JULY BIRTHDAYS & ANNIVERSARIES

Birthdays

Joyce Sanders	July 2
Joe Tiblier	July 3
Libby Bradford	July 4
Jean Comins	July 4
Lisa Page	July 4
Howard Ray	July 11
John Ness	July 12
Joe Ashley	July 12
Jenise Myers	July 14
Nancy Landstreet	July 17
Janice Gilbert	July 17
Tripp Shiflet	July 18
Benjamin Myers Jr.	July 19
Kolu Lynch	July 20

Mitzi Stewart
Khloe Myers

July 24
July 28

Anniversaries

Ellen & Dave Appleton **7/9/1983**
Libby & Jim Bradford **7/26/1975**

(If your birthday or anniversary is not listed,
please call or email the parish office with the
information.)

2019 Vestry Members

Ron Carter, Junior Warden

Home: 803-324-0466

Cell: 803-323-8161

Email: rongailrhsc@comporium.net

Sudy Dressler

Home: 803-684-2494

Cell: 803-627-0720

Email: sdrfd@comporium.net

Susan Ferguson

Cell: 205-515-9957

Email: sumacdaniel@gmail.com

Jordan Gable

Cell: 803-417-6764

Email: gablejh@gmail.com

John Love

Cell: 803-960-9951

Email: johnmlove54@gmail.com

Randy Neff

Cell: 803-367-6330

Email: wrn@comporium.net

Michael Weinzierl

Cell: 803-627-0074

Email: mfweinzierl@hotmail.com

Meade Wilson, Senior Warden

Cell: 704-641-1288

Email: meadewilson70@gmail.com

Selina Woodard

Cell: 803-579-3747

Email: selina.woodard.2011@gmail.com

MEETING SCHEDULE FOR GOOD SHEPHERD

Second Sunday: Finance Committee

The Committee will meet on the 2nd Sunday of each month at Noon in the Conference Room, unless otherwise notified.

Fourth Sunday: Vestry Meeting

The Vestry's meeting time in July is July 28th at 11:15 in the Conference Room.

STAFF

Barbara Wilson, Parish Coordinator

Cell: 704-641-0302

Email: bwilson@gmail.com

Randy Neff, Treasurer

Home: 803-684-2251

Cell: 803-367-6330

Email: wrn@comporium.net

Hazel Somerville, Music Coordinator

Cell: 615-337-1819

Email: murrayhazel@comcast.net

Lilly Duncan, Parish Nurse

Home: 803-684-4966

Email: lillylandstreet@yahoo.com

The Rev'd Dr. P. William Greeley

Priest in Charge

Cell: 803-818-8257

Email: billgreeley@gmail.com

Church of the Good Shepherd

Street Address: 108 East Liberty Street

Mailing Address: PO Box 437, York, SC 29745-0437

Office Phone: (803) 684-4021

General email: thegoodshepherd@comporium.net

Office Hours: 9am to Noon Monday through Thursday

ALTAR GUILD FOR JULY:

Jean Comins, Jeanne Ferguson,
Carol Lassiter and Mindy McCrae

PENTECOST 5 **JULY 7**

9:30-11:30 Coffee & Donuts

Hosts: Jean & John Comins

10:00am LEM Randy Neff

Acolytes: Quaid, Aydan & McKenna Lawler

Lector (Lessons & POP): Wendy Beers

Ushers: Glenn Gilbert & John McNeely

Greeter: Beatrice w/John McNeely

Alms: John Duda & Randy Neff

Vestry Person: Susan McDaniel Ferguson

PENTECOST 6 **JULY 14**

9:30-11:30 Coffee & Donuts

Host: Joyce Sanders

10:00am LEM Shay Wilkerson

Acolytes: Emily & Brooklyn Thielbar

Lector (Lessons & POP): Ron Carter

Ushers: Chuck Henry & Chip Hicks

Greeter: Beatrice w/Chip Hicks

Alms: Ron Carter & Jim Knubel

Vestry Person: Jordan Gable

PENTECOST 7 **JULY 21**

9:30-11:30 Coffee & Donuts

Host: Shay Wilkerson

10:00am LEM Henry McMaster

Acolytes: Matthew Beers & Eli Elam

Lector (Lessons & POP): Barbara Wilson

Ushers: Michael Weinzierl & Meade Wilson

Greeters: Beatrice w/ Michael Weinzierl

Alms: Libby Bradford & Glenn Gilbert

Vestry Person: John Love

PENTECOST 8 **JULY 28**

9:30-11:30 Coffee & Donuts

Hosts: Elaine & John Ness

10:00am LEM Ron Carter

Acolytes: Heidi Weinzierl & Clara Whitehead

Lector (Lessons & POP): Tonya Whitehead

Ushers: John Duda & Randy Neff

Greeter: Beatrice w/John Duda

Alms: Henry McMaster & John McNeely

Vestry Person: Randy Neff

**IF YOU ARE SCHEDULED, BUT ARE
NOT ABLE TO SERVE, PLEASE FIND A
SUB FOR YOURSELF. THANK YOU!!!**