

A mighty fortress is our God,
a sword and shield victorious;
He breaks the cruel oppressor's rod
and wins salvation glorious.

The old satanic foe has sworn to work us
woe! With craft and dreadful might,
He arms himself to fight.
On earth he has no equal.

From the Pastor:

Martin Luther's great Reformation hymn, A Mighty Fortress, is based on Psalm 46, "God is our refuge and strength, a very present help in trouble." Luther's Works translator Ulrich Leupold says the hymn was written by Luther "to interpret and apply this Psalm to the church of his own time and its struggles." It is a wonderful image!

In my understanding of history from Luther's era, the fortress was central to the protection of the people. When marauders or enemies approached, the surrounding people would flee to the fortress for its protection. If well-supplied and protected by the prince or king of the fortress, the people could hold out until either help arrived or the foe moved on. On the other hand, if the foe was well-supplied, generally from the fruit of the land it is now holding around the fiefdom, and was able to catch the fortress with few supplies and no help on the way, a siege can inevitably bring the fortress to its knees in surrender or defeat.

Another way to look at the fortress might be to consider it as not only a place of protection from what is outside, a safe place to flee from danger, but also as a place of preparation for any battle that may come, in order to break out and defeat the enemy. Here, the commoners and soldiers alike, every able body, might be equipped and trained in combat.

Here's the problem. In many ways we find that the church today can be likened to the first use of the fortress, a place for protec-

tion, solid and secure from outside influence. When the world goes crazy we can gather around the faithful and find comfort, security, surety (never mind that we can't gather right now in these odd times... this too will pass). Stay with the metaphor for the time being!). So when the culture around us becomes antagonistic to the church, we can just batten down the hatches and weather it out, right?

I have to tell you, that's just what the devil wants us to think. Because while the church shelters in the fortress, he doesn't have to do a thing but wait us out. Because a church that isn't out working the fields producing fruit is just like those poor folks trapped in an unprepared and ill-supplied fortress, destined to die out by starvation. It's just a matter of time.

The point is, the church is the place where the "soldiers" are prepared for the work of overcoming the enemy; where they are equipped with the whole armor of God and trained in the use of that armor for the defeat of the enemy. "Disciples who make disciples who make disciples" is all about each and every one of us becoming who we already are in the kingdom – God's family, a priesthood of believers, ambassadors for the King, prepared and sent out to produce fruit for the Kingdom.

The cross has two sides to it. One side is the dimension of invitation. It says, "Come!" We are invited to come to the cross to find forgiveness for our sins, a God who loves us so much that He gave His only Son for us, and grace for every-

day living. But the other side of the cross says, "Go!" Make disciples! Baptize, teach, remember; this is the dimension of outreach. We are the sent ones, proclaiming our own faith so that others may hear the invitation. In order to do that we must be prepared. We must admit that we are not just members who have found Jesus, as we have been invited to the cross, but we are more than just that. We are disciples preparing and we are challenged to learn how to use God's tools, the sword of the Spirit and the Word of faith, to help Jesus build His church when we leave the doors. We begin a new study, currently on Zoom, in our small groups this month: The Damascus Road, with Kent Hunter. This is an equipping time for us, as we are being discipled so that we will be prepared to disciple others, who can then disciple others yet, just as Jesus designed His church to do. Please join a small group! Just let me know when you can fit it into your schedule: Sunday morning 11:00; Monday morning 10:00; and Wednesday evening 7:00. To join, call the church office, 408-729-7563 or shoot me an email, pas_torpatgdlc@comcast.net. And don't let the technology deter you. We all had to start from square one and nobody's blown up yet!

Or perhaps you're satisfied hunkering down and waiting for the end... I hope not, because you are needed!

Power to you!

Pastor Pat

Our Prayers are With You

Healing for: Rosemary Livesay, Cathy Duncan (radiation for breast cancer) , Kim Markie for breast biopsy results and other health issues, Pastor & Ann's great niece Sloan with Behcet's syndrome and Sloan's paternal grandmother Linda (cancer), Noel with cancer (Gail's nephew), Barb's sister for surgery and good outcomes, Eva Duffy (foot fracture), GA with lung cancer, Rama Naik with ovarian cancer, Richard for waiting for kidney transplant (Grace' s son), Mel Fadness for healing from surgery for ulcers, Robert Moore (brother of Ernie) with leukemia and pneumonia, Lisa Lomeli recovering from infection and foot surgery.

- ◆ Transition to a new chapter in life of Don and Greta Rinerson
- ◆ Our shut-ins: Virginia Fife, Ron Nuessle, Joan Rositano, Claudette Rezos, Rosemary Livesay (not to mention all of us sheltering-in-place).
- ◆ Pray for those grieving loss of loved ones: Ernie Moore and family, Gabi Garcia and Susan Olsen for loss of Gabi's Dad,
- ◆ Struggling families for: Job & business stability, for those out of work and wondering what comes next, those that have fire loss and damage and also those who have been in hurricanes
- ◆ Raina's son, Matthew, for courage & patience with the current routine.
- ◆ Strength and rest to the caregivers who assist in the care of others.
- ◆ The ELC as they continue to provide class for students. May they continue to grow and be a blessing for the parents of their students.
- ◆ The Lord's Pantry, keeping the volunteers safe, sane, and sympathetic. May they have all they need to offer support to pantry clientele.
- ◆ The ministries we support with our benevolence dollars.
- ◆ World Vision, medical personnel, and frontline first responders in the battle against Covid-19, for their safety and protection.
- ◆ Provision & safety for the homeless.
- ◆ Gloria Dei for direction and motivation in our "Healthy Churches Thrive" consultation. Come Holy Spirit!
- ◆ Wisdom for leaders & provision for refugees from Central & South America
- ◆ Our nation, to heal our division with truth, justice & honesty, & for the world. Help heal us, Lord. Bring comfort to those who suffer, compassion to those who've lost loved ones, and help world leaders make smart & timely decisions.
- ◆ Continued care and support for: Gilda & Julien Carlsen, Mike DeHart, Nieta and Glenn, Lou and AAse Serra, Jill Korin, Ken Swanson
- ◆ For wise leadership and positive outcomes regarding issues of racism & policing.

Lord in your mercy! Hear our prayers!

MESSENGER article

submissions are due in the church office by the 20th of each month.

Email to:
gdlcsj.office@gmail.com

or drop it by the office.

We are always looking for your short original poem, favorite recipe, or a pic of the great fish you caught! We're community and we like to share who you are.

Gloria Dei Staff

Please contact either Joyce Boddie, Gail Castle, Pastor Pat, or email the church office to add persons to our prayer list. We pray for many people whose names are not published.

by Donna Zimmerman
Parish Nurse

Psalm 60:3a ~ You have shown
our people desperate time.

Health Ministry Corner

This month, one of the observances is Mental Health Awareness. The following information is part of the President's proclamation On Mental Health:

This year, **National Mental Health Awareness Month** coincides with one of the most complex and challenging periods in our Nation's recent history — combatting the coronavirus pandemic. Not only has the virus caused immense physical suffering and loss for many people, it has also resulted in mental and emotional hardship. The stress and worry over the health and safety of family and friends, forced isolation, and financial distress can all result in anxiety, depression, substance misuse and abuse, and, tragically, even suicide. There is no question this is a difficult and unprecedented time for Americans. Yet, we know that there are ways to help people cope during these uncertain times, and we are committed to caring for those in need.

Mental illness can affect anyone and can develop at any time. Its effects spread well beyond the individual to family, friends, and coworkers. As a Nation, we must fight the stigmas surrounding mental illness and empower those affected by emotional distress and their loved ones to seek care. We also recommit to strengthening our efforts to ensure every individual living with a mental illness, including children and young adults, our

Nation's fastest growing population diagnosed with behavioral, mental, or emotional issues, receives the care and treatment they need to enjoy the blessings of a fulfilling and productive life.

One of my first actions in response to the pandemic was to ensure easy access to vital medical resources. Expanded access to medical care through telemedicine is essential to fighting the virus. Through the Coronavirus Aid, Relief, and Economic Security (CARES) Act, we have simplified access to health care and treatment without fear of the transmission of COVID-19 and other illnesses. By expanding Medicare telehealth coverage for the duration of the public health emergency, we have enabled our most vulnerable and high-risk populations to access important medical care from the comfort and safety of their home. Additionally, we have given \$19.6 billion to the Department of Veterans Affairs (VA) to further support our veterans through this crisis. This funding covers things like expanded telehealth services, including for mental health, and additional access to the VA Video Connect app, which offers a free, secure, virtual platform for patients to receive direct care from their VA medical providers through video.

Providing an uninterrupted connection to essential mental health treatment and social support groups through telehealth technology can be lifesaving, especially for the more than 11 million American adults who struggle with serious



mental illnesses such as bipolar disorder, schizophrenia, or major depressive disorder. That is one of the reasons I have overseen a historic expansion of telehealth services to give people in need easier access to mental health treatments, crisis interventions, and other vital resources. We must continue to find innovative ways to link doctors, nurse practitioners, physician assistants, clinical psychologists, and licensed clinical social workers to people who need their help.

There are many observances this month. This year the October designations are:

Eye Injury Prevention Mo., Halloween Safety Mo., Healthy Lung Mo., Nat'l Breast Cancer Awareness Mo., Nat'l Celiac Awareness Mo., National Chiropractic Mo., Nat'l Dental Hygiene Mo., National Disability Employment Awareness Month, Nat'l Domestic Violence Awareness Mo., Nat'l Down's Syndrome Mo., Nat'l Spina Bifida Awareness Mo., and Sudden Infant Death Syndrome Mo., Talk About Prescriptions Mo.



Leadership Team Meeting was held on September 15, 2020

Here are some highlights:

Healthy Churches Thrive— The Action Plan Taskforce has been working on the recommendations provided by Church Doctors. All plans will be completed on 9/30/2020. Wendy will provide a summary of the recommendation Action Plan for review to Church Doctors in late October. January 7-9th –An “In person” Outreach Workshop has been scheduled subject to SC County requirements. We’ll keep you posted on these dates.

Solar Project— Re-roofing of the ELC and Luther Hall will completed be completed this week.

We will be scheduling a meeting with the VP of Operations at the Solar Company to understand the next steps on the installation project.

ELC— School has started and humming along smoothly. Playground improvements are on the agenda- seeking a grant to pay for these. Still hoping this will happen. Fencing around the front of the ELC building – The fencing project has been completed. We still need the SJ Fire Department to check the gates for safety.

Lord’s Pantry— Business continues to be brisk. There is a good flow of food from Second Harvest and other providers. Volunteers are needed to help with some clerical tasks. If you can arrange a regular time to help, from home or on-site at the Pantry, please contact Mary or Mike to talk about how you can help.

The Board Meeting to be held next week.

Parish Nurse— Donna continues to be a busy lady- in September she served a large number of individuals through home visits, and hundreds of phone calls. She even does Convalescent Home visits, through the windows. She continues to deliver Brown Bag program food to several of our shut-ins. Her Health Ministry Corner articles are sent out by Constant Contact each week.

GDLC Finances/Budget— Our income continues to be stable and doing reasonably well. We’ll be starting to plan our 2021 Budget soon, you’ll hear details at our Annual Meeting in December. Members are encouraged to use the “digital” platforms to make their tithes and offerings. If you need help with any of the plans, feel free to contact Dan Rinerson, who can help!

Worship Activities— Group Studies continue through Zoom. We continue to do “drive through” communion the first Sunday of each month.

No change in sight for a return to normal Worship Services, but we’ll let you know as things change. We bought a new camera to video-stream our services. You should have noticed an improvement in the quality of the graphics on the online Sunday services.

Our new Office Administrator, Kimberley Stern joined the Team last week. She has lots of great experience and will be a great addition. She’ll post her hours once she gets settled in.

We welcome her!! Give her a call and introduce yourselves.



FROM THE RECIPE Box

MONSTER'S FAVORITE CHOCOLATE CHIP COOKIES



Monster's Favorite Chocolate Chip Cookies

Preheat oven to 375° / bake cookies 8-10 mins

I created this recipe for my children when they were young. The Nestlé Tollhouse recipe and was a bit too soft, and another recipe was too hard, too sweet and lacking creamy goodness. I took aspects from each recipe and well, in my family, the rest is history!! My kids now make these for all 7 of my grandchildren.

Ingredient List

1C softened butter (if not soft, slowly melting it works/ avoid bubbling)	2-1/4 C all purpose or gluten free flour
1 C sugar	1/2 tsp salt
1/2 C packed brown sugar	1 tsp baking soda
2 eggs	12 oz (2-C) semi-sweet Chocolate Chips (or 60% cacao chips for dark chocolate lovers)

Cookie Dough Prep

STEP 1: Using an electric mixer, cream butter, sugars, eggs and vanilla in a large mixing bowl

STEP 2: In separate bowl combine flour, salt and baking soda, mix well with fork

STEP 3: Slowly **ADD** flour mix to cream mix in large bowl and blend all ingredients at medium speed using electric mixer; then on high speed until creamy and smooth.

ADD chocolate chips and gently fold them into the dough.

DROP by large tablespoons (or small ice cream scoops) onto a cookie sheet and bake. Remove and cool on baking rack. **Makes 24-36 cookies depending on size.**



This week's Recipe was submitted by our new Office Administrator, Kimberley Stern:

Greetings Gloria Dei Community!

I am delighted to have been chosen as the new administrator for your Church Community. I am the blessed mother of 4 wonderful adult children (2 of each gender), and the joyful *grandmother* of 7 loving grandchildren (4 girls / 3 boys). There is no title I love more. I am convinced our grandchildren are God's gift to us for staying the course with our own children. Originally born and raised in the Los Angeles area, I have been a resident of the SF Bay Area since 1994. My mother's family has a long history in the SF Bay and Monterey (my great grandparents had a farm in Pacific Grove). I love being outdoors: mountains, oceans, forests, rivers, swimming in the warm waters of Windward O'ahu, where I lived for 3-years (2014-2017), spending time celebrating life with my family and friends, meeting new people and "*talking story*" (as they say on the islands), and serving the Lord in whatever capacity He calls me to. My hobbies include reading, writing poetry and prose, good films, and beading. I also really enjoy hearing live music in small venues, dancing, bicycling, and crafting/doing art with my grandchildren. I have a diverse work background ranging from writing and editing for the Public Relations/Publications department of a Catholic University in Los Angeles, to doing Marketing and Design work for woman owned business in the City, San Francisco, teaching young children (ages 2-5) at the Palo Alto Jewish Community Center, and teaching Tension & Stress Release & Nervous System Regulation to a broad range of people here and on the Hawaiian Islands. I look forward to meeting and getting to know you all! Please feel free to stop by and say '*Aloha*' whenever you have the time. A favorite Bible verse of mine is: "*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*" – Galatians 5:22-23 NIV





Dear Families,

I would like to thank a few people for their generosity in helping our preschool. First, I would like to thank Mr. and Mrs. Fred and Marilyn Kromrey for their gracious donation to have the windows replaced at the preschool! Our windows were hardly opening and needed to be replaced. Especially now with Covid, it will be great to get circulation in our classroom and year round! I am so very appreciative and grateful!



I also wanted to send a thank you to Mrs. Karen Hokansan for donating almost all of the supplies and books that were on our school wish list. Thank you so much!

These are such wonderful additions to beautifying our campus. With the fence put up around the front of the preschool, the children are enjoying their play in the front of the yard, and now with our windows being updated we are coming along quite nicely. I

have received such wonderful feedback from our school families.

I'd also like to thank everyone from our congregation for all their donations of school and disinfectant supplies.

I am so blessed to be part of this wonderful community so willing to help no matter what is going on in the world.

To all of you, thank you so very much!
Have a wonderful and blessed day!

Maria Nugent
GDELCC Director

Children
are a **gift**
from the **Lord**.
THEY are
a **reward**
from **Him**.
PSALMS 127:3



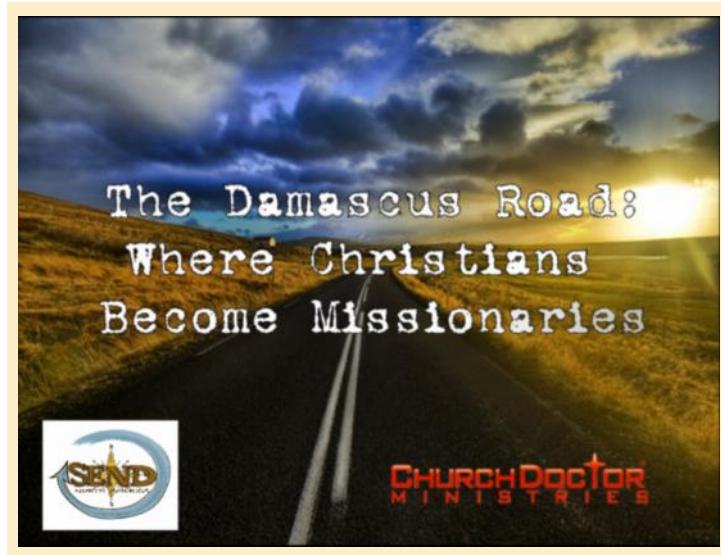
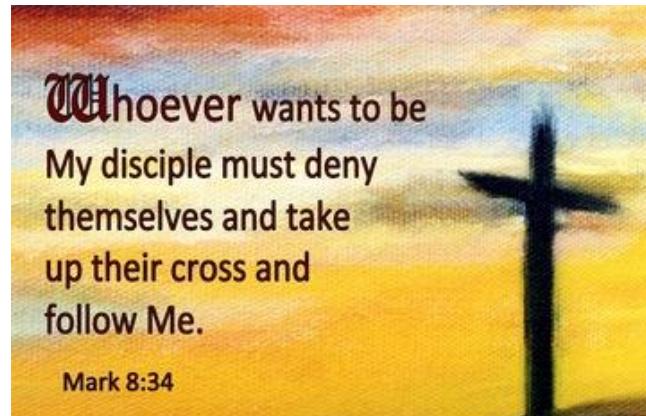
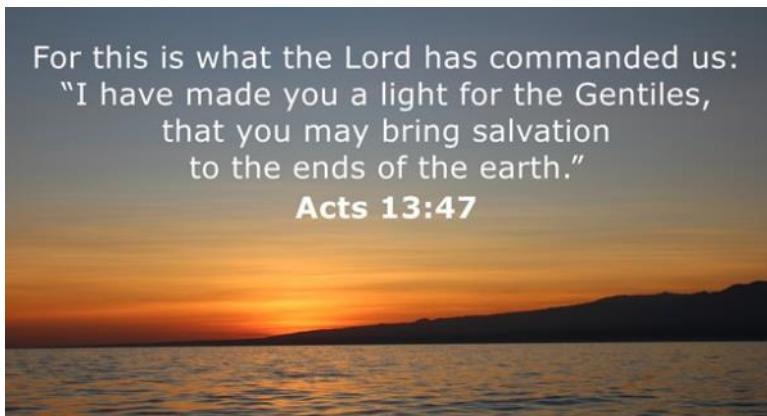
SEPTEMBER BIRTHDAYS

John Rainville
 Sylvia Smith
 Ann Fitzgerald
 Chris Kromrey
 Deborah Alg
 Mike DeHart
 Gagi Garcia
 Arlo Larson



OCTOBER BIRTHDAYS

Eloise Martindale
 Reuben Myers
 Eva Duffy
 Ken Swanson
 Pastor Pat Fitzgerald
 Katherine DeHart



Small groups will soon begin the study of "The Damascus Road" materials from Dr. Kent Hunter. Study material will be handed out at the "Drive through Communion" this Sunday morning, October 4. We'd like to have everybody participate in this study! So come on by and pick up the study guide. Cost is \$4 to cover printing expense.

OCTOBER 2020

GLORIA DEI LUTHERAN CHURCH
121 SOUTH WHITE ROAD
SAN JOSE, CA 95127-2993

ADDRESS SERVICE REQUESTED

TIME SENSITIVE INFORMATION~FOR IMMEDIATE DELIVERY



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CHURCH EMAIL: gdlcsj.office@gmail.com

CHURCH STAFF

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Music Director: David Bakken

Office Staff: Kimberley Stern

Parish Nurse: Donna Zimmerman

Sunday School Director: Wendy Kromrey

PHONE #'S

Pastor's phone: 408-899-4343

Music Director: 408-858-9610

Office: 408-729-7563 Fax: 408-729-7578

Parish Nurse office: 408-729-7563

In cases of emergency, please call Pastor at 408-899-4343

ELC Preschool Director: Maria Nugent

Preschool: 408-272-0321

DEADLINES FOR PUBLICATION

Sunday Bulletin: Each Wednesday by noon

Monthly Newsletter: Due the 20th of each month.