

FOR  
UNTO YOU  
is Born  
THIS DAY  
IN THE CITY OF DAVID  
a Savior,  
WHO IS  
Christ  
THE  
Lord  
- LUKE 2:11



# Shepherd's Voice

Give. Serve. Lead. Connect.

December 2017

From Pastor Harald Bringsjord

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, 'Glory to God in the highest, and on earth peace, good will toward all.'

There can be a busyness and stressfulness at any time of the year, but it seems that Christmas instead of being a time of slowing down becomes a time of more stress with plenty of events to attend and extra work for those planning them. We can so easily begin to feel like Charlie Brown in the "Charlie Brown Christmas" play when Charlie Brown screams "Isn't there anyone who knows what Christmas is all about?" He sees the commercialization all around him and how everyone is being swallowed up by the superficiality and busyness of Christmas.

Linus calmly, and with a sense of peace, even letting go of his blanket for a moment, says: "I'll tell you what Christmas is all about." And then he proceeds to tell a portion of the story from Luke 2: "There were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, 'Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord. And this shall be a sign unto you; ye shall find the babe

wrapped in swaddling clothes, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, 'Glory to God in the highest, and on earth peace, good will toward men.'"

Start early. Set priorities. Set aside sacred time for the arrival of God in the flesh... coming into our world and into our lives. Include time to commune with God in your daily planner, include God in your family discussions, even if it is brief. Set aside time for the majesty and mystery of God in flesh. Immanuel.

Have a blessed Advent and Christmas season.

Pastor Harald

**Christmas Eve will be on a Sunday this year. There will be no morning services that Sunday, we will only have Christmas Eve services that day at 4:00, 6:00, and 9:00P.M.**



Facebook.com/GSlacrosse



Twitter.com/goodshepherdse



GSlacrosse.org/voice

To access this and other publications online visit [GSlacrosse.org/voice](http://GSlacrosse.org/voice).

## Give

### Volunteering Within Church

#### Flower and Bulletin Sponsorship

The flower and bulletin sponsorship charts are on the bulletin board in the back of the welcome area. Sponsoring the flowers or bulletins is an easy way to honor special dates such as birthdays and anniversaries, or the memory of a

loved one. If you have any questions on sponsoring the flowers or bulletins, please contact Kathy or Rick in the church office at (608)788-0450.



#### Readers & Ushers Appreciated!

Readers and Ushers are always valued at our worship services. Please consider signing up on the sign up sheet in the welcome area at the back of the sanctuary. You can sign up to read for a

time and day that works for you. The readings will be sent (either by mail or email) to you early that week. Interested in ushering? Contact the office 788-0450. Thank you so much for helping!

#### Women Who Wrestle With The Word (W5)

If you would like to be a part of a regular gathering of Christian Women, you are always welcome to join W5. The group meets every Monday at 6:30pm in the

welcome area in the front of the sanctuary. For more information please contact Judy at 608-385-1410.



#### Lydia Circle & Rachel Circle

Lydia Circle meets the first Tuesday of every month. For more information or if you have any questions, contact Carol at 787-0609. All are welcome!

Rachel Circle meets the first Thursday of every month. For more information contact Candie at 304-2035 or Sally at 799-0263.



#### Good Shepherd Ministries

**Altar Guild**—Willing to help out on our Altar Guild? It is a very easy commitment and we would be happy to show you how it's done! Simply call Irene Thorelli at (608)787-0242.

**Quilting**—Quilters meet at Good Shepherd every Wednesday at 12:30pm in the quilting room.

**Mailing Crew**—The *Shepherd's Voice* Mailing Crew is wondering if you are interested in helping out prepare the Voice newsletter with address labels and stickers? We meet the 4th Thursday of each month at 8:30am in the choir room.

**Care Ministry**—Care Ministries visit the homebound year round to have a small chat, give communion, and have a prayer. Interested in joining this ministry? Contact Don Skibba at 787-0498. If you or someone you know would like a visit from our care ministry team, please contact the church office at (608)788-0450.

**55 Plus**—55 Plus is a friendly lunch gathering for the 55+ crowd that meets every 3rd Thursday of the month at 11:30am. We gather at The King Street Kitchen located at 141 7th St S.

## Serve

### Enriching Life, Sharing Talents

#### Thank You All So Very Much...

**Altar Guild**—Thank you to the members who served during the month of Oct, Al & Kathy Johnson & Jeanne Atchley. During November, Nancy Oelke & Irene Thorelli will be on duty.

Julie Noll— Thank you for sending out the "Get Well" cards in Oct. Phyllis Lynch will be sending out the cards throughout the month of November.

Ann Hudson—Thank you for sending out cards and prayer shawls year round to bereaved families.

**Care Ministries**—Thank you to all members who are serving as Care Ministers to the faithful members of Good Shepherd who can no longer come to worship with us. Through you, our Care Ministers, the church comes to them!

#### Causeway Caregivers

Causeway Caregivers exists to help! Give Causeway a call if you need assistance in or around your home or if you have a few hours to volunteer helping those who do. (608) 775-9999 or visit our website: [causewaycaregivers.org](http://causewaycaregivers.org)



#### Ushers Schedule

- |               |  |
|---------------|--|
| <b>Dec 3</b>  | <b>8:30am:</b> Chuck & Linda Brigson, Tim & Liz Carlson, Verlene Morrison, Steve Stelzl<br><b>10:30am:</b> Warren & Irene Nedegaard, Todd & Teresa Nedegaard, Corrine Smith,                       |
| <b>Dec 10</b> | <b>8:30am :</b> Confirmation Youth<br><b>10:30am:</b> Confirmation Youth   |
| <b>Dec 17</b> | <b>8:30am:</b> David & Trinity Busch, Michelle Schaefer, Monty Gilbertson, Kevin & Diane Wilson<br><b>10:30am:</b> Jane Strangstalien, Randy, Hanson, Deb Koblit, Tanya Hedberg, Jonathan Thompson |
| <b>Dec 24</b> | <b>4, 6 &amp; 9pm: Christmas Eve Service (sign up sheet s are up on the bulletin board)</b>  |
| <b>Dec 25</b> | <b>10am: Christmas Day Service (sign up sheets are up on the bulletin board)</b>   |
| <b>Dec 31</b> | <b>8:30am:</b> Steve, Kari, Breanna & Angela Ellison<br><b>10:30am:</b> Norm & Joanne Jerome, Matt & Karen Mattes  |

## Lead

*Raising Up Spiritual Leaders*

### Calling All Musicians!

Our "Sounds of Praise" worship band invites you to help us lead the worship here at Good Shepherd. "Sounds of Praise" is intended to bring together the greatest number and variety of instruments possible, presenting special music and enhancing our wide variety of hymn styles. Whatever type of

instrument you play, "Sounds of Praise" welcomes you! Please call Randy Lyden at (608)779-9669 or email [randy@gsilacrosse.org](mailto:randy@gsilacrosse.org) to be a part of this growing and exciting praise band!



**Make a joyful noise unto the Lord!**

### The Sanctuary Choir

The Sanctuary Choir rehearses between services every Sunday from September through May and new members are always welcome!! If you would like to join our Sanctuary Choir, please contact Karl Greenfield at 715-214-8528 or at [karl@gsilacrosse.org](mailto:karl@gsilacrosse.org)

### The Gloria Dei Choir

We rehearse between services on Sundays from September through May in the Mattes Center and new members are always welcome! If your children would like to be a part of the Gloria Dei Choir, please contact Darlene Lassig at 788-5686 or at [darlene@gsilacrosse.org](mailto:darlene@gsilacrosse.org).

### Hand Bell Choir

Practices are on Sunday evenings 5:30pm for adult bell choir and 6:30pm for youth bell choir from September through May in the Choir Room. If you have any questions please contact Linda Jerome at 317-1335 or at [linda@gsilacrosse.org](mailto:linda@gsilacrosse.org).

**Remember also your Creator in the days of your youth,** *Ecclesiastes 12:1*

### High School Youth Group (Grades 9-12)

Good Shepherd's High School Youth Group is a group that meets on Wednesday evenings at 6pm throughout the year. Fellowship and games 6-7p with a bible study at 7p. You aren't the only Christian at your school! Come hangout

with other awesome teens just like yourself. Social events throughout the year along with a yearly mission trip. Want to learn more? Contact Stephanie Andersen at [stephanie@gsilacrosse.org](mailto:stephanie@gsilacrosse.org) or just drop in and check it out for yourself!

## Connect

*Bridging Our Community To Our World*

**Our next, and last Mobile Meals for 2017 will be Dec 3rd-9th**



Thank you to those who delivered Mobile Meals the week of October 1—7th. **Our next time to deliver is Dec 3—9th.** And this will be our last deliver for 2017. Mobile Meals of La Crosse delivers 33,000 meals annually to the homebound, largely through the efforts of local churches like ours.

Need more information? Call 784-4623 or go online at [mobilemealsoflacrosse.org](http://mobilemealsoflacrosse.org). Pick-up place is Franciscan/Mayo at the Market Street door and the pick-up time will be 11am. Please allow 1 1/2 to 2 hours delivery time. We are route #1.

### Local Food Pantry Needs



West Avenue Food Emergency Relief (WAFER) is asking for **Personal Hygiene items** during the month of December. Thank you for all the donations given in November!

Please leave all donations in the grocery cart near our bulletin boards in the Welcome Area. A monetary gift may also be given to help support WAFER. Simply make your check out to Good Shepherd, and indicate WAFER in the check memo area.

### 4-H Club

The Mormon Coulee 4-H Club was first established in 1946 making the club one of the oldest in La Crosse County! 4-H clubs are made up of children from kindergarten through high school. We meet the second Sunday of each month at 5pm in the Mattes Center. We are always

looking for eager volunteers to showcase their talents or for new members. If anyone is interested, or has any questions, please feel free to contact Kim Young at (608)796-0099 or e-mail [kkymmm@gmail.com](mailto:kkymmm@gmail.com).



### Boy Scouts & Girl Scouts Meet at Good Shepherd



**Boy Scouts**—Troop 22 meets at 6:45pm weekly on Tuesday's in the Mattes Center.

**Girl Scouts**—Troop 4172 meetings are not yet set.

If you have any questions about Scouts, please call the church office at 788-0450 and we can connect you with the group leaders.



# Stewardship

## Memorials & Special Gifts

Good Shepherd gratefully acknowledges and sincerely appreciates your gifts over and above your regular giving. The following gifts were received from October 17th. through November 19th.

### WAFER

Ramon & Connie Erickson

### John Clemons Memorial

Craig Gordon

Carol Olson

Dave Solie Sr.

### Richard Strand Memorial

Tim & Laura Johnson

Doug & Merri Shupe

Judy Christopherson

Dave & Kathy Gohlsom

John Landro

Jerrold & Mary Turk

Glen Garbers

Chris & Sara Larson

Carol Martinson

Candie Luehne

Warren & Irene Nedegaard

Steve & Sue Bohren

Paul & Ann Van Dyck

Matt Mattes

Mark Sesvold

Jeff & Roxanne Nehring

Bruce & Meri Sue Erdmann

Barb Hegge

Lowell & Mary Jo Peterson

Monty & Lois Gilbertson

Jim & Jan Quinn

Arla Clemons

Odell & Carol Anderson

Shirley Holman

Roger & Luanne Hjelle

Wayne & Karen Fencel

Keith & Lori Kutz



Matt & Jan Lewis

Peter & Ann Weess

Rose Peterson

Helen Munson

Michael & Diane Mattes

Randy & Rachelle Puls

Martin Mattes

Mark & Sharon Reichenbach

Barb Smyth

Karen Godsey

Art & Betty Olson

### Ace Stadthaus Memorial

Jeanette Stadthaus

### Bob Briggs Memorial

Irene Thorelli

JoAnn De Clute

Randy & Kim Haskey

Harald & Andrea Bringsjord

Larry & Maree Smith

Shirley Holman

Dave Kilmer

Bobbi Cree

Frances Young

JoEllen Oliver

Dean & Bev Sorenson

Vivian Strong

Ardis Severson

Michelle Wilcox

Cliff Hendricks

Duane & Arlene Dreves

Warren & Irene Nedegaard

Joe & Karen Knutson

Julia Baker

Scott & Sara Wrobel

Barb Hegge

Don & Ruth Faulhaber

Jeff & Carol Euler

Joe & Lois Baker

Millie Hamann

Ron & Carol Egge

Jim & Jan Quinn

Classic Catering

Robert & LeeAnn Lyden

Tom & Carol Abraham

Alois & Mary Servais

Arnie Hansen

Monty & Lois Gilbertson

Rob & Dianne Hamann

Roger & Kenna Christians

Jackie Meyer

Odell & Carol Anderson

Carol Martinson

Cyrus & Mary Post

Al & Laurie Bushek

Ramon & Connie Erickson

Rick & Janelle Laufenberg

Don & Darcy Skibba

Sandy Rockwell

Greg & Beth Bonney

Roger & Luanne Hjelle

Jeff & Sharon Yushta

Duane & Linda Schoen

Amy Hysel

Bill & Cathy Ells

Cathy Ruosch

Arla Clemons

Heidi Kwiatkowski

### Joan Solie Memorial

David & Janice Solie

### ELCA World Hunger

John & Naomi Stennes-Spidahl

### Thrivent Choice Dollars

Monty Gilbertson

### Myron Gabrielson Memorial

Harald & Andrea Bringsjord

### Vaughn & Louise

Christenson Memorial

Judith Schams



# Church Numbers

## Weekly Sunday Attendance

Date	8:30am	10:30am
10/01/17	128	116
10/08/17	106	117
10/15/17	118	97
10/22/17	104	93
10/29/17	107	132

## Weekly Envelope Offerings

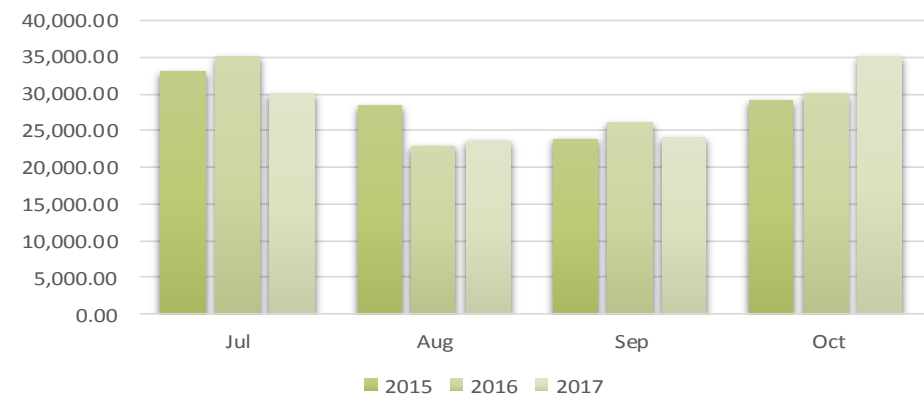
Date	Weekly	% Budget
10/01/17	8,374.50	137.7%
10/08/17	13,181.90	216.7%
10/15/17	5,831.50	95.9%
10/22/17	3,487.85	57.4%
10/29/17	4,185.20	68.8%
<b>Totals</b>	<b>35,060.95</b>	<b>116.3%</b>

## Envelope Offering Comparison

October 2017	October 2016	% Difference
35,060.95	30,083.20	16.5%
YTD 2017	YTD 2016	% Difference
284,086.94	282,178.23	.7%

If you would like to view the complete financial statements that are shared with the Council, please contact Rick in the church office at [rick@gslacrosse.org](mailto:rick@gslacrosse.org) or by calling the church office (608)788-0450.

## Envelope Offerings



## Around the Parish...

### The Caring Tree

The caring tree is up in the narthex. The tree has the names of nursing home residents along with suggestions of what they would like. Please return the wrapped gifts, with the card taped to the top of the gift, to church by Dec 10th. Thank you. Any questions, call Candie at 304-2035.

### 2018 National Youth Gathering Fund Raising

Our youth are asking for your support with the "envelope fundraiser." In the back of church you will see Envelopes with \$1-\$100 on them. We are asking that you take an envelope, fill it and return it to the Kwik Trip Table or offering plate. All contributions will go directly towards the trip next summer.

### Poinsettias

The poinsettia tree will be displayed again in the sanctuary this year. Members can purchase a poinsettia through a florist or they may purchase a plant through the church. Good Shepherd will set up a box with envelopes and cards to fill out designating if the plant is in memory or in honor of a loved one. Further details will be announced in upcoming bulletins.

### Saturday Quilting

Saturday Quilters are not meeting in December. Join them again Sat, Jan 20th, at 9am as they work together making quilts for Lutheran World Relief.

### Hintgen Food Pantry

Help Hintgen Elementary establish a food pantry. There is a box in the concourse for your non-perishable donations. Thank you for the support! For information or if you desire to help with this project, contact Bev Sorenson at [sorensonbev@gmail.com](mailto:sorensonbev@gmail.com) or Jane Strangstalien at [jstrangstalien@centurytel.net](mailto:jstrangstalien@centurytel.net).

### Waffle Sunday!

Dec 3rd will be our 3rd Waffle Sunday!! Join us for delicious waffles and fellowship after both services in the Mattes Center. Waffles are only \$5.00 with a variety of toppings available. Gluten free available! To go options are available also! Proceeds help fund the youth trip to the National Youth Gathering in Houston, TX next summer.

### Lydia Circle

Next meeting is a potluck on Tues, Dec 5th at **Noon** in the quilting room. All Good Shepherd women are welcome to attend! Millie Hamann will be telling the Christmas Story. Please call Carol at 787-0679 if you have any questions.

### Rachel Circle

Rachel Circle will be having their next meeting in the quilting room at 10am Thurs, Dec 7th. All are welcome, call Candie at 304-2035 or Sally at 799-0263 for more information.

### Christian Education

Join Pr. John Dec 10th at 9:45am for a short bible study & discussion session on Paul's letter to the Philippians. We will meet in the library, please join us if you can!

### Family Game Night

Please come and join us for an evening of fun and games. Bring your favorite board game if you want or just join in where you see an opening at a table playing one of your favorite game being played. Friday, December 15th at 6pm in the Mattes Center. Come one, come all!!

### Attention Sunday Schoolers

Christmas program rehearsals are on Saturday, December 16 at 8:30 and 10:30. The Christmas program will be Sunday, December 17 at both services.

## Around the Parish...

### Youth Bake Sale

Help our youth continue their fundraising efforts by purchasing items from the bake sale on December 17th.

### Dec. 24 Services

**There will be no Sunday morning services on the Sunday of Christmas Eve. We will only have Christmas Eve services that day at 4:00, 6:00, and 9:00P.M.**

### Church Office Closed

The church office will be closed both Mondays, December 25th and January 1st. We would like to wish you all a very merry Christmas and a Happy New Year!

### Come for Supper

Come for Supper provides nutritious free meals served with generosity and love every Tues at Our Savior's Lutheran Church. They are always in need of volunteers to prep and serve meals.

Good Shepherd Church is committed to the last Tues every other month, but you are welcome to help anytime! Meals are served at 5pm every Tues of the year in Our Savior's Lutheran Church Fellowship Hall. Prep work starts at 1pm every Tues and lasts about two hours. Volunteers interested in helping serve meals should arrive at 4:30pm and we are usually done by 6:30pm. You will bless others, and they will bless you right back! For more information contact Judy Casto at 608-385-1410 or the church office. Next date for Good Shepherd to help is Tues, Dec 26th.

### Birthday Party at Bethany Riverside

Please join us Thursday, December 28th at 1pm to help the residents with Nov. birthdays, celebrate! Also, there are tags on the giving tree to contribute towards purchasing presents for them too. Please call Judy for more information 788-4335 or [jmckitties@aol.com](mailto:jmckitties@aol.com)

### Good Shepherd Online Stay Updated With Latest News

Have you ever visited GSlacrosse.org? This is our church website updated with news, youth activity events, calendars, and so much more. You can now find out the latest events at Good Shepherd from anywhere in the world. The website is now fully mobile-responsive, making it easy for you to access the church website from your smartphone.

Apart from our new website, we offer you the possibility to receive weekly and/or monthly e-mail updates with latest church happenings. Signing-up is easy. Simply visit [GSlacrosse.org/enews](http://GSlacrosse.org/enews). Any questions, please contact the church office at 788-0450 or [office@gsllacrosse.org](mailto:office@gsllacrosse.org).

### Putter around with us

The Putterers, a fun group of volunteers who help keep our church beautiful, are looking for others to help spruce up the church once a week. All it takes is one hour a week... men, women and youth are welcome! For information call the church office, 788-0450.

### Help Support Our Youth

The sale of the Kwik Trip cards funds much of our youth ministry. Please continue your support by buying them instead of spending cash or using a credit card at Kwik Trip. Our youth will receive 5% of the value of the card, plus 10% on **qualified in store** purchases.

### Let's go shopping!

Shop [smile.amazon.com](http://smile.amazon.com) and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Good Shepherd! We are listed as Good Shepherd English when selecting your charitable organization. Or, you can click the Smile.Amazon link on our webpage, [www.gslacrosse.org](http://www.gslacrosse.org).

# December 2017



**Gloria Dei Choir**  
Meets every Sunday  
each week at 9:45am.



**Adult Bell Choir**  
Meets every Sunday  
each week. at 5:30pm.



**Youth Bell Choir**  
Meets every Sunday  
each week. at 6:30pm.



**Sanctuary Choir**  
Meets every Sunday  
Each week at 9:30am.























**Sounds of Praise**  
Meets every Saturday each  
week at 4pm.

8:30am Worship Service 8:45 Sunday school

10:30am Worship Service 10:45 Sunday school

Communion 1st and 3rd Sundays of Each Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>November 26</b>  9:45am Care Ministry Meeting 11:30pm Praise & Worship Mtg     	<b>27</b>  6:30pm W5	<b>28</b>  6:45pm BS Troop 22 Mtg	<b>29</b>  12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Confirmation	<b>30</b>  8:30am December Voice Mailing Crew	<b>December 1</b>  5pm Buildings & Grounds 5:30pm Tree Trimming	<b>2</b>  11a-2:30p Christmas Capers  
<b>3 Waffle Sunday</b>  Name Tag & Cookie Sunday sponsored by Hospitality    	<b>4</b>  6:30pm W5	<b>5</b>  West Pastor Conference Noon Lydia Circle Potluck 6:30pm BS Troop 22 Adult Meeting 6:45pm BS Troop 22 Mtg	<b>6</b>  12:30pm Quilting 6pm Youth Group (Gr.9-12) 6:30pm Confirmation (service)	<b>7</b>  10am Rachel Circle 6pm WELCA Mtg	<b>8</b>	<b>9</b>  
<b>10</b>  9:45am Christian Education 4pm 4-H Meeting     	<b>11</b>  6:30pm W5	<b>12</b>  1:45pm Hillview Service 5:30pm Hospitality Mtg 6:45pm BS Troop 22 Mtg	<b>13</b>  10am Staff Meeting 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Confirmation 6:30pm Adult Bible Study	<b>14</b>	<b>15</b>  <b>January Voice            Articles Due</b> 6pm Family Board Game Night	<b>16</b>  8:30 & 10:30 Christmas Program rehearsals  
<b>17</b>  <b>Christmas Program            Youth Bake Sale</b>     	<b>18</b>  5:30pm Membership, Growth/Fellowship Mtg 6:30pm W5	<b>19</b>  6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 Mtg 7pm Church Council	<b>20</b>  12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Confirmation	<b>21</b>  8:30am January Voice Mailing Crew 11:30am 55 Plus	<b>22</b>	<b>23</b>  
<b>24 Christmas Eve</b>  <b>NO MORNING SERVICES</b> <b>No Sunday School</b> <b>Christmas Eve Services 4p, 6p &amp; 9p</b>	<b>25 Christmas Day</b>  <b>10am Worship Service</b> Office Closed NO W5	<b>26</b>  1pm Come for Supper (setup) 4:30pm Come for Supper (serve)	<b>27</b>  12:30pm Quilting	<b>28</b>  1pm Bethany Rvrside Birthday Party	<b>29</b>	<b>30</b>
<b>31 New Years Eve</b>  No Sunday School	<b>January 1 New Years Day</b>  Office Closed NO W5	<b>2</b>  West Pastor Conference 1pm Lydia Circle 6pm Buildings & Grounds 6:45pm BS Troop 22 Mtg	<b>3</b>  12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Confirmation (service)	<b>4</b>  10am Rachel Circle 6pm WELCA Mtg	<b>5</b>	<b>6</b>  

To access the most up-to-date calendar visit [GSlacrosse.org/calendar](http://GSlacrosse.org/calendar).

## Church Council Members

- **Don Skibba** *President of the Congregation* don@gslacrosse.org
- **Beth Bonney** *Vice President of the Congregation*
- **Mary Isaacs** *Treasurer*
- **Bev Sorenson** *Secretary*

### Other Church Council Members include:

Lori Lowell, Carol Powell, Candie Luehne, Janice Thaldorf, Jim Bugge, Sara Wrobel, Roger Weeks Jr., Sally Lindahl, Duane Schoen & Colin Smith.



## Staff

- **Rev. Harald Bringsjord** *Pastor* prharald@gslacrosse.org
- **Rev. John Stennes-Spidahl** *Assistant Pastor* john@gslacrosse.org
- **Rick Laufenberg** *Office Manager* rick@gslacrosse.org | (608) 788-0450
- **Kathy Johnson** *Office Assistant* kathy@gslacrosse.org
- **Tammy Klein** *Children's Ministry Coordinator* tammy@gslacrosse.org
- **Stephanie Andersen** *Youth Ministry Coordinator* stephanie@gslacrosse.org
- **Randy Lyden** *Music Director/ Organist* randy@gslacrosse.org | (608) 779-9669
- **Linda Jerome** *Bell Choir Director* linda@gslacrosse.org
- **Karl & Jaime Greenfield** *Sanctuary Choir Directors* karl@gslacrosse.org | (715) 214-8528
- **Darlene Lassig** *Volunteer Gloria Dei Choir Director* (608) 788-5686 | darlene@gslacrosse.org
- **Bev Sorenson** *Volunteer Parish Nurse* bev@gslacrosse.org
- **Bill Klein** *Custodian/Maintenance* bill@gslacrosse.org



**Questions? Don't know who to contact? Contact the Church Office.**

(608) 788-0450 | office@gslacrosse.org | www.gslacrosse.org

4141 Mormon Coulee Rd. La Crosse, WI 54601 (Office hours 8am to 1pm)

## Your Health

*From the desk of our Parish Nurse*

### Vaping The New Crave.

E-cigarettes or vape pens have been around for more than a decade. The vape pen has boomed in popularity recently because of marketing to nicotine users looking for a safer alternative to smoking cigarettes. A Vape pen creates an inhalable vapor with a small inner coil that slowly heats and creates a vapor that is inhaled.

If you think your vaping habit is harmless, think again. In 2016 more than 2 million middle and high school students used an E-cigarette or vape pen each month. There is a perception that E-cigarettes are harmless, and vaping is less harmful than smoking regular cigarettes, these products don't come without risks. Because they are fairly new the health care world is still learning about long term effects, but some science is clear. Here are four risks worth noting.

Most E-cigarettes contain nicotine, same drug found in regular cigarettes. Nicotine has known damaging effects. It is addictive, it is toxic to fetuses and it can harm brain tissue in developing children up to age 20.

E-Cigarette aerosol can harm the body. The substances that vapor users breathe in and exhale can contain harmful substances like nicotine, chemicals and heavy metals. Because the products aren't regulated, it is impossible to know what's in a vapor or E-Cigarette.

Dr. Pushan Jani, a pulmonologist at Memorial Hermann Texas Medical Center explains. When your lungs sense something is not quite right is going on our immune system rushes to attack. "Common sense

would tell you that vaping leads to inflammation within the lungs. It comes down to how our bodies process and react to the foreign substance.

E-Cigarettes can cause injuries. It doesn't happen very often but the batteries have malfunctioned causing burns to hands and face. Also, children and adults have been poisoned by swallowing or breathing the liquid in a vapor pen or E-cigarette.

Flavoring can target the very young. E-Cigarette usage has been increasing among teens over the last 5 years. The flavoring has an appeal. In 2016 findings that kids perceive the fruit flavor E-cigarette to be less harmful. Part of the Tobacco industry's purpose of the fun flavors is to draw the young people in.

The latest question is, does Vaping cause popcorn Lung. Popcorn lung is caused by inhalation of diacetyl fumes which cause scarring to lung tissue. Will vaping popcorn flavored liquid lead to young adults scarring their lungs for life causing many health issues?

I hope you found this information helpful. I wish everyone a blessed holiday. Peace be with you all.

Your Parish Nurse,  
Bev Sorenson



### Bev Sorenson, RN

*GS Volunteer Parish Nurse*  
bev@gslacrosse.org  
(608) 792-3962

### Health Questions?

Call the Gundersen Telephone Nurse Advisor 24/7 at (800) 858-1050.





## Sunday School Update

Pre-school thru Grade 5

Season's Greetings to You All,

It is almost time for our Annual Christmas Program and the telling of the Christmas Story. During the next few weeks of practice, the children are practicing their lines, getting ready to wear their costumes and learning their songs. The "Angel Choir" plays an important part in this year's program with more song verses than ever. All the words will be sent home via the mail.

With this in mind, **PARENTS PLEASE DO NOT PICK UP CHILDREN UNTIL SUNDAY SCHOOL COMES TO A CLOSE. 8:30 Sunday School ends at 9:45 and 10:30 ends at 11:45.** With only a few weeks of Practice, we need as much time as possible. Please take the extra minutes to enjoy fellowship in the concourse area with fellow parishioners. Have that extra cup of coffee and maybe meet a few new Church friends. The Christmas Programs are on DECEMBER 17<sup>th</sup> during each service. **DON'T FORGET TO LET THE WHOLE FAMILY KNOW!**

Treat Bags will be filled on Friday, December 1<sup>st</sup> during Adult Tree Trimming night. If you would still like to contribute towards the bags that will be given the day of the Christmas program to each child, you may do so through the church offering or dropping it off in the Church Office. Just make a note to let us know. This is a tradition as well as a special gift to the kids who work SO hard to present the Christmas Story to us that day.

The month of December, we are talking about Advent in Sunday School. The themes of Advent include repentance, watchfulness, hope, and trusting obedience. The stories of the Nativity remind us of these themes in their words and actions. Our world needs to hear again and again the announcements of hope that Christmas brings. Prepare the way! Here I am! The Kingdom of God is near!

God quite literally enters human life to show we are loved and not abandoned. Get ready! Prepare for the glory and the wonder.....There are some excellent resources in the Library on the Advent Season. Please feel free to use them and incorporate it into your Family Holiday.

In the month of January we **will be presenting the first graders with their prayer blocks.** Please let me know in the office if you will be attending on **January 21<sup>st</sup>** and who will be involved in the presentation. Watch the mail for Registration Information.

*We are always looking for ideas and people to help organize our next gathering.* Please let me know if you are interested in any particular event. This is a wonderful fellowship opportunity for the parents and children in our Church Family to grow in relationships together.

**Christmas Capers** will be held in the Mattes Center on December 2<sup>nd</sup>. Sign up for this fun Kid's event from 11a-2:30p. We will have lunch, make Christmas Gifts, Decorate the Mattes Center, play games and watch a great movie! We will need a count so please sign up during Sunday School or give the office a call.

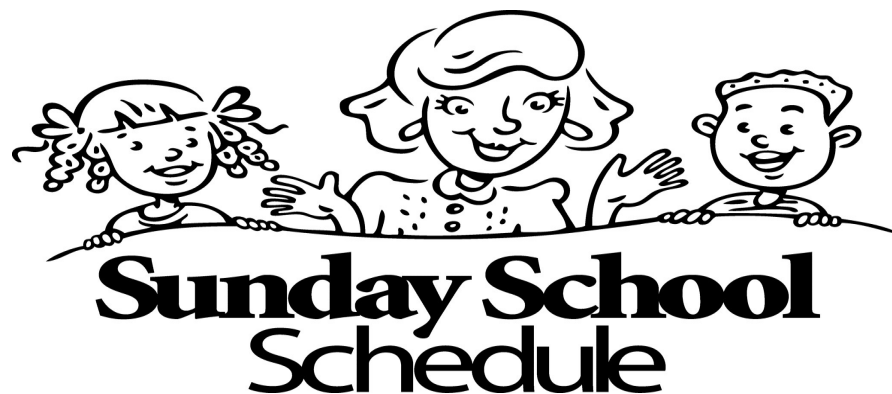
I wish you all a safe and Blessed Christmas!  
Tammy



## Quick-Look

Upcoming Events At a Glance

<b>December 2nd</b>	Christmas Capers 11am to 2:30pm
<b>December 3 and 10th</b>	Come right to Sunday School, Do not go to church first! Practice
<b>December 16th</b>	8:00 to Noon, all children Christmas Program Dress Rehearsal.
<b>December 17th</b>	Christmas Program: Both 8:30 & 10:30 Services
<b>December 24th</b>	NO SUNDAY SCHOOL...MERRY CHRISTMAS
<b>December 31st</b>	NO SUNDAY SCHOOL...HAPPY NEW YEAR
<b>January 7th</b>	Queen Esther – Games, Art and Computer
<b>January 21st</b>	First Grade Milestone Ministry, Prayer Block Presentation



### Tammy Klein

Children's Ministry Coordinator  
tammy@gslacrosse.org (608)788-0450

#### Stay Connected!

Receive message alerts for Sunday School at Good Shepherd. Send the message @rubberduck to the number (608) 807-2784. All parents and children with a cell phone are encouraged to sign-up! Data charges may apply. Must age 13+ to sign up without parental guidance. This service is brought to you by Remind®.





## Youth Update

### Confirmation (Grades 6-8) & High School Youth (Grades 9-12)

"For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God." Ephesians 2:8

#### Confirmation

November's confirmation lessons did not follow the church calendar as we started the month learning about Holy Week, followed by Jesus' death and resurrection and ending the month with the formation of the first church. We spent a significant amount of time discussing when Jesus washed the disciples feet. This stood out to some of the students in the lesson as it seemed weird and gross. We were able to talk about how it really was a dirty job and the significance that had in why Jesus did that what that means for us to serve others. It was a highlight of my month and I hope it resonated with the students as much as it did for me.

Many Confirmation students took to the streets for this month's service project. After bringing in donations themselves, students went into the neighborhood and talked about the Hintgen Food pantry and collected donations. In total, 263 items were collected. The rest of the group assisted with BINGO at Bethany Riverside.

December will be busy as we have **service night on December 6th** and on **December 13th, we will be attending Living Bethlehem at English Lutheran Church**. More details will be emailed soon, however, the plan is for students to meet at church at 6:30p and travel with their confirmation groups. **Students will need to be picked up at English Lutheran at 8pm**. There will be a snack bar available for students who would like to purchase snacks while they wait for their tour.

#### High School youth

Thank you, thank you, thank you to everyone who has helped make fundraising successful so far! We have a long way to go, but I know we can do it with the support of our congregation! I hope everyone has had an opportunity to check

out the first 2 Waffle Sundays and that you continue to enjoy these monthly events. Our **next Waffle Sunday is December 3rd** and will feature some yummy holiday flavors along with hot chocolate and apple cider to wash it down. We will also be having a **Bake Sale on Sunday December 17th** following both services. If you would like to donate items please drop them off Friday, December 15th afternoon or on Sunday morning. Also, please stop by to pick up some yummy holiday treats. In January we will be trying out a new fundraising event, a **Pie Auction on January 28th** following both services. Following each service, we will have a live auction so we will need plenty of pies for each service. We are looking for bakers to make this event a success. If you would like to donate a pie, please sign up on the sign up sheet at the Kwik Trip table. Not that it's a competition, but let's see whose pie can raise the most money to support our youth!

Coming soon will be the Script Card fundraiser. We are so grateful for the congregations continued support with buying Kwik Trip Cards and are working on expanding this fundraiser. Once the paperwork is in place, we will also be able to offer a wide range of gift cards for local and online stores. Just like Kwik Trip cards, you will receive the face value of the card and the youth group will receive a percentage of the purchase price. The only difference is we will not be keeping cards in stock at this time. Once things are up running we will be placing orders periodically and people can order specifically what they want. Talk to me with any questions or suggestions for retailers.

## Quick-Look

### Upcoming Confirmation/Youth Group Events At a Glance

December 6th	Service Night
December 13th	Living Bethlehem at English Lutheran Church (Time TBD)
December 20th	Persecution and Growth
December 27th	No Confirmation
January 3rd	6th/7th Graders: Service Night 8th Graders: Faith interviews

#### 2017-18 Fundraisers

Fundraiser Name	Event Date	Adult Leader(s)
Waffle Sunday	December 3rd	Cheng Her
Bake Sale	December 17th	Sue Raymond Pam Hefti
Waffle Sunday	January 28th	Cheng Her Pam Hefti
Pie Auction	January 28th	Mark Bronson Tom Andersen
Waffle Sunday	February 25th	
Waffle Sunday	March 25th	Pam Hefti Sue Raymond
Waffle Sunday	April 29th	Cheng Her
Butter Braids	February 18th - March 18th	Stephanie Andersen
Butter Braids - Sorting	March 23rd/24th	
Butter Braids - Distribution	March 25th	Hefti Family

### Stephanie Andersen

Director of Youth and Family Ministry

stephanie@gslacrosse.org (608) 788-0450

In the Office: Wednesday 4-8pm and Sunday 2:00—4:00 pm



## Music Notes

From The Director of Music

### Joy to the World: a Christmas Carol?

*Joy to the World* is one of the most well-known songs of the Christmas season, yet it is not really about Christmas at all. Written by Isaac Watts (1674-1748), it is a song about the second coming of Christ rather than the first.

Isaac Watts was born in South Hampton, England. The son of a dissenting pastor, he exhibited a gift for rhyme early on and wrote his first hymn at age fifteen. Isaac went on to become a pastor and served a large independent church in London. He also continued to be a prolific hymn writer, writing some 750 hymns during his lifetime. In 1719 he published a hymn book titled *The Psalms of David: Imitated in the Language of the New Testament and Applied to the Christian State and Worship*. In this collection, he rewrote the Psalms to reveal their New Testament meaning and included specific references to Christ and his ministry. It is in this collection that we find the rewriting of Psalm 98 that we know as the hymn *Joy to the World*.

Often, the first line of the hymn is mistakenly sung: "Joy to the world! The Lord **has** come." What Watts wrote was actually: "The Lord **is** come!" Like Psalm 98, Watts is referring to the second coming of Christ, not the first. This is evident in phrases like "...the Savior reigns" and "He rules the world with truth and grace."

*Antioch*, the tune to which *Joy to the World* is sung, was created by an unknown individual who pieced together musical themes from the oratorio *Messiah*, by George Frederick Handel (1685-1759). Such borrowing of musical ideas was common in those days and there is no autographed score by Handel indicating that he composed the actual tune itself. American music educator Lowell Mason (1792-1872), who had considerable influence in his day, published *Joy to the World* in 1836 in the U.S. and gave the tune *Antioch* its name.



### Randy Lyden

Good Shepherd Music Director  
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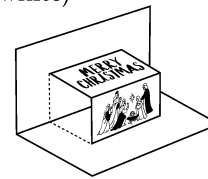


## POP-UP CARD

Share the good news of Jesus' birth with this creative Christmas card.

### What you need:

- Construction paper (two pieces, including one white)
- Pencil
- Scissors
- Pens
- Glue stick



### What you do:

1. Neatly fold the white paper in half, short side to short side.
2. Draw two parallel lines (at least 2 inches apart) from the fold to about halfway to the edge. Cut along the lines.
3. Fold the cut section back and forth so it pops up.
4. Push the section up so it pops up inside the folded paper. Draw a nativity scene on the pop-up box.
5. Fold the colored paper in half, short side to short side. Place the white paper inside it and glue the white paper down, being careful not to glue the pop-up box.
6. Write a Christmas message and give or send the card to someone.

