

LENT



A
time to
Prepare



Shepherd's Voice

Give. Serve. Lead. Connect.

February 2018

From Pastor Harald Bringsjord

Psalm 23 is probably the best known Psalm in the Bible, and it has a structure that speaks deeply to the heart.

The psalmist begins by describing who God is for him. He tells about his close relationship with God, and about how he experiences God's goodness in his life: "He makes me lie down in green pastures, He leads me besides still waters, he restores my soul. He leads me in the paths of righteousness or His name's sake." God is talked about in the third person.

But then suddenly, the psalmist stops talking about God and talks directly to God; when the psalmist describes the most difficult experiences in his life, that's when he addresses God himself, that's when he feels closest to God, his shepherd:

"Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies, You anoint my head with oil..."

It is easy for people to sit around and talk about God in the third person, wondering about God's nature. But the most meaningful conversations I have with people usually start with the question of suffering, when we feel like we are going through the valley of the shadow of death. It happened early in my life - I was in 4th grade when my grandfather died, and a few years later

my school friend and classmate Dale died of Reye's syndrome when we were in high school. The valley of the shadow of death comes again and again, and each time I feel that my relationship with God becomes closer.

This year, the Lenten season will come early, beginning with Ash Wednesday on February 14. The services will begin at 6:30pm each Wednesday. During the Wednesday Lenten worship services we will hear the responses of different members of our congregation to the question, "How have you been led in life to be a person of prayer, faith, and involved in church?" We will also use "Holden Evening Prayer," a wonderful contemporary setting of the liturgy that we have used for Lent the last few years. I hope and pray that you can come to the worship services that are available on Wednesdays as well as on Sunday mornings.

God's peace,

Pastor Harald

23 A PSALM OF DAVID. 1 The LORD is my shepherd; I shall not want.



Facebook.com/GSlacrosse



Twitter.com/goodshepherdlse



GSlacrosse.org/voice

To access this and other publications online visit 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

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

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.



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

Lydia Circle meets the first Tuesday of every month. For more information or if

you have any questions, contact Carol at 787-0609.



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 Candie Luehne at (608)304-2035.

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 January, Connie Erickson & Sharon Yushta. During February, Arlene & Dewey Dreves & Irene Thorelli will be on duty.

Carol Abraham — Thank you for sending out the "Get Well" cards in January. Julie Noll will be sending out the cards throughout the month of February.

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



Ushers Schedule

Feb 4	8:30am: Boy Scout Troop 22 10:30am: Boy Scout Troop 22
Feb 11	8:30am : Confirmation Youth
Feb 18	8:30am: Lee & Amanda Balko, Dave Kilmer, Verlene Morrison, Carter & Aimee Roth 10:30am: Duane & Linda Schoen, Mark Bronson, Sandra Rockwell, Delores Pierson, Corrine Smith
Feb 25	8:30am: Confirmation Youth

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 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

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.

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.

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 or just drop in and check it out for yourself!

Connect

Bridging Our Community To Our World

Mobile Meals of La Crosse changed delivery days back to the way they use to be. They are going back to a Monday to Sunday route. This means that only one weekend will be affected. We are hoping that this is less of an inconvenience, so more people will sign up to deliver.

Thank you so much to all those who delivered Mobile Meals in 2017. Our next time to deliver will be in April 2018. 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. 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.



Please consider joining our Mobile Meal Team!!

Local Food Pantry Needs



West Avenue Food Emergency Relief (WAFER) is asking for **Spaghetti & Sauce** during the month of February. Thank you for all the donations given in January!

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.



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 December 20th through January 21st.

WAFER
Ramon & Connie Erickson

Rachel Holley-Sciortino Memorial
Mitz Holley

Dave Harder Memorial
Paul Henke

Richard Strand Memorial
Paul Henke

John & Bonnie Raatz Memorial
John Raatz Jr. Family



Norma Anderson Memorial
Eric Anderson
Janalee Aurelia
Susan & Dick Crockett

Myron Gabrielson Memorial
Paul Henke
David & Vicki Engler

Bev Sorenson Mission Trip
Larry & Maree Smith
Dianne Hamann
Gwen VandeZande

Riverside Birthday Presents
Darlene Lassig
Carol Rask

Quilting Supplies
Carol Rask



What is *Simply Giving*®?

The *Simply Giving*® Program is an automated stewardship program that helps church members live generously. It's a convenient, safe and simple way for individuals to make automatic payments to Good Shepherd through electronic funds transfer

(EFT) directly from checking or savings accounts. Vanco Services, LLC provides electronic payment processing services at reduced rates—so your generosity goes further. Learn more by contacting the church office at (608) 788-0450

Church Numbers

Weekly Sunday Attendance

Date	8:30am	10:30am
12/03/17	137	133
12/10/17	122	100
12/17/17	193	147
12/24/17*	333	332
12/31/17	38	46

*Christmas Eve 4,6 & 9pm total 665.

Weekly Envelope Offerings

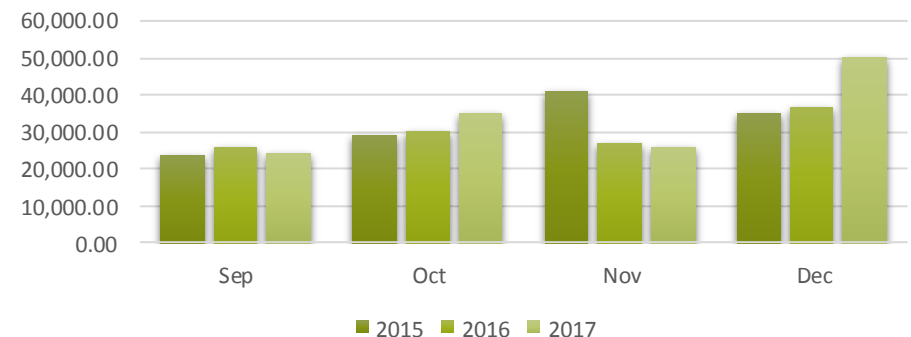
Date	Weekly	% Budget
12/03/17	8,974.48	147.5%
12/10/17	5,680.50	93.4%
12/17/17	13,881.49	228.2%
12/24/17	12,302.70	202.2%
12/31/17	9,164.76	150.7%
Totals	50,003.93	165.9%

Envelope Offering Comparison

November 2017	November 2016	% Difference
26,037.14	27,127.38	-4%
YTD 2017	YTD 2016	% Difference
310,124.08	309,305.61	1%

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 or by calling the church office (608)788-0450.

Envelope Offerings



Around the Parish...

Rachel Kurtz Concert

Wednesday, February 7th at 6pm Rachel Kurtz will be performing at Good Shepherd. She is a Christian Singer/Song Writer from Minneapolis. She has performed at the La Crosse Area Synod Assembly and the National Youth Gathering, and is a favorite musician of many of our youth. For more information, check out her website www.rachelkurtz.com. This will also double as a fundraising event as we will collect monetary and food donations that will go to WAFER and the Hintgen Food Pantry.

Lydia Circle

Sandra Rockwell will be leading our meeting February 2nd at 1pm. The subject "Martha & Mary" Chapter 33. Host will be JoAnn DeClute, devotions will be by Barb Hegge. Please call Carol Abraham 787-0679 if you have any questions. All are welcome!

Christian Education

Join Pr. John February 25th at 9:45am for a short bible study & discussion session. At this session he will be introducing African Bible Study. We will meet in the library, please join us if you can!

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 with one of your favorite game being played. Friday, February 16th at 6pm in the Mattes Center. Come one, come all!!

Hintgen Food Pantry

Help Hintgen Elementary keep their food pantry stocked! There is a box in the concourse for your non-perishable donations. Thank you for the support!

Caring for Souls Concert

Sunday, February 25 at 2pm in the Mattes Center. See future bulletins for more info.

National Youth Gathering Fund Raiser

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.

Pancake Supper

We will be having a pancake supper on Shrove Tuesday, February 13 at 5pm in the Mattes Center. Please join us for a delicious meal and fun fellowship.

Ash Wednesday

Ash Wednesday is February 14 and we will begin our 6:30pm Lenten services followed by a coffee and cake fellowship at 7pm, all are welcome!

Make a Blanket Saturday

Everyone is welcome to join us in the Mattes Center Saturday, February 17th, from 10am to 2pm as we work together making blankets for Project Linus. All are welcome, experience is not needed! Food & Refreshments Provided!

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 Tuesday, February 27th.

Around the Parish...

Sponsor Flowers and Bulletins

Sign up sheets are on the bulletin board for 2018. Sign up today to sponsor flowers or bulletins in honor or memorial of that special event or person.

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.

2017 Annual Meeting

Our annual congregational meeting will be held at noon on Sunday, February 11. We will review our Annual Report, elect new Council Members, vote for approval of the 2018 budget and vote on some other motions. Please add the Annual Meeting to your calendar and attend this informative, important meeting of our church. A light lunch will be provided.

Waffle Sunday

Our next Waffle Sunday is Feb. 25th. Be sure to come to church hungry!

A Very Special Thank You

Thank you to Candie Luehne and all who contributed to our Caring Tree this year, your generosity truly was appreciated!



Hillview Health Care Center

Owned and Operated by:

County of La Crosse, Wisconsin

3501 Park Lane Drive • La Crosse, Wisconsin 54601-7700
(608) 789-4800 • FAX: (608) 789-4860
Web Site: www.co.la-crosse.wi.us

December 26, 2017

Good Shepherd Lutheran Church
4141 Mormon Coulee Road
La Crosse, WI 54601

Dear Good Shepherd Congregation,

Wow! Thank you again for your generosity! With the help from Good Shepherd Lutheran Church each one of our residents was able to receive a Christmas gift picked out just for them. I can't tell you how many times people said, "How did you know exactly what I wanted?!" One woman said, "I can't believe someone bought this for me and they don't even know me."

Your kindness and generosity was felt for miles here at Hillview. Many of our residents weren't able to see their family at Christmas which can trigger sadness, but with a well thought-out gift they knew they were not forgotten.

Thank you again for another wonderful Christmas of providing gifts to the residents of Hillview through the Giving Tree. We understand that this is a huge undertaking on your part during the holidays. I want to thank you for your involvement and hope to work with you again next year. Have a wonderful New Year. Thank you again!

Sincerely,

Brooke Smith, CTRS
Recreation Therapy Manager

February 2018



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
January 28 Waffle Sunday/Live Pie Auction 8th Grade Led Service 9:45pm Care Ministry Meeting 	29 6:30pm W5	30 6:45pm BS Troop 22 Mtg	31 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Confirmation	February 1 6pm WELCA Mtg	2	3 
4 Scout Sunday Name Tag & Cookie Sunday sponsored by Boy Scout Troop 22 9:30am Blood Pressure Readings 	5 6:30pm W5	6 West Pastor Conference 1pm Lydia Circle 6pm Buildings & Grounds 6:30pm BS Troop 22 Adults 6:45pm BS Troop 22 Mtg	7 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6pm Rachel Kurtz concert in Sanctuary, all welcome. 6:30pm Confirmation	8	9	10 
11 11:30am Praise/Worship Team Noon Church Annual Meeting 4pm 4-H Meeting 	12 6:30pm W5	13 Shrove Tuesday 1:45pm Hillview Communion 5pm Pancake Supper 5:30pm Hospitality Mtg No BS Troop 22 Meeting	14 Ash Wednesday 10am Staff Meeting 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Service	15 11:30am 55 Plus	16 March Voice Articles Due 6pm Game Night	17 10am "Make a Blanket" Project Linus will be in Mattes Center 
18 	19 5:30pm Membership, Growth/Fellowship Mtg 6:30pm W5 6:30pm Hintgen Assoc Mtg	20 Polling Day 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:30pm Adult Bible Study NO BS Troop 22 Mtg 7pm Church Council Mtg	21 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Service 7pm Coffee & Cake	22 8:30am March Voice Mailing Crew	23	24 
25 Waffle Sunday 2nd Grade Milestone 9:45am Care Ministry Meeting 9:45am Christian Education 2pm "Caring for Souls" Concert 	26 6:30pm W5	27 1pm Come for Supper (setup) 4:30pm Come for Supper (serve) 6:45pm BS Troop 22	28 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Service 7pm Coffee & Cake	March 1 6pm WELCA Mtg	2	3 
4 Pastor Ben Morris Preaching Name Tag & Cookie Sunday sponsored by Care Ministry 9:30am Blood Pressure Readings 	5 6:30pm W5	6 West Pastor Conference 1pm Lydia Circle 6pm Buildings & Grounds 6:30pm BS Troop 22 Adults 6:45pm BS Troop 22	7 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Service 7pm Coffee & Cake	8	9	10 

To access the most up-to-date calendar visit GSlacrosse.org/calendar.

Church Council Members

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



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

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

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

Your Health

From the desk of our Parish Nurse

Dear Congregation,

If your holidays have been similar to mine, you probably are feeling like me when I say, "I over indulged a bit and now it's time to get myself back on track with diet and exercise." I found a few simple hints to help you return to your normal routine.

Three steps to Get Back on Track, Post Holiday Indulgence. By Cynthia Sass, MPH, RD from Shape magazine.

If you've been overdoing it throughout the holidays you may be tempted to go to extreme measures to undo the damage, but the truth is a few smart and reasonable adjustments that you can actually stick with, can loosen up those tight jeans. Here's how to get started.

Start eating on Schedule

Each day, eat breakfast within an hour of waking up and eat again every 3 to 5 hours. Starting your day with a healthy meal and enjoying evenly spaced meals will maximize your metabolism, regulate your blood sugar and insulin levels and level out your appetite. I know it may be tempting to cut way back, but starving yourself completely backfires. Eating too little forces your body to switch into conservation mode and burn fewer calories, which means you are more likely to hang onto body fat. Furthermore undereating can cause your body to break down muscle mass for fuel, which also causes a metabolic slow down. Unless you want to wind up thinner but flabbier, eating enough and at regular times is the key.

Drink More Water

Water does support optimal metabolism and some research shows it may naturally curb your appetite. It can also help you feel better fast. Drinking more water flushes out excess

sodium to help you quickly de-bloat, and gets things moving in your digestive system to relieve constipation. Aim for 2 to 2.5 liters a day. This is about 8 to 10 cups.

Cut Back but Don't cut out Carbs

Nixing carbs completely can force your body to burn protein for fuel instead of using it to support and maintain your calorie-burning muscle. So instead of cutting carbs out, just cut back. Pair veggies and lean protein with a small portion of healthy fat and a small serving of whole grains. Aim for 2 cups of veggies 3 ounces of lean protein like beans, fish or chicken, ½ a cup of whole grain like barley, or wild rice, and a little bit of healthy fat like using olive oil, or chopped avocado or sliced almonds. These portions will leave you satisfied and full. You won't be starving, moody, irritable or depressed with no energy and out of control cravings.

I hope these hints are helpful and make you succeed your quest to get back on track.

For the month of February I will be in Ethiopia. My mission trip is approaching fast. I plan to leave the information on the Blog site for those interested in following my journey. Thank you all for the words of encouragement, the help with finances and all your prayers and support. I will return with stories to tell and memories I shall not forget. May peace be with you all. God Bless you in 2018.

Your Parish Nurse,
Bev Sorenson

Bev Sorenson, RN

GS Volunteer Parish Nurse
bev@gs lacrosse.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

Happy February!

In January, we presented the 1st graders with their prayer blocks as part of the Sunday School Milestone Ministry Program. On February 25th we will present the 2nd Graders will be receiving their Milestone, Prayer Pillows. Please send me the registration information, even if you cannot make it to the presentation, so we can prepare a Milestone for your Sunday Schooler. I need to know the service you will attend and the names of those to call up front for the presentation.

Do you know how Easter is scheduled on our Church Calendar? Easter is calculated as the first Sunday after the paschal full moon that occurs on or after the vernal equinox. If the full moon falls on a Sunday, then Easter is the following Sunday. The holiday can occur anywhere between March 22 and April 25. Well this year, it is APRIL 1st! NO FOOLIN'! This means we will soon celebrate 5th Grade Seder/1st Communion. Please remember 1st Communion training for your 5th Grader on Saturday March 17th from 10 to Noon in the science room in the Mattes Center. A requirement for 6th Graders to register for Confirmation – all students must attend a 1st Communion Training prior to Confirmation beginning. On March 25th, Palm Sunday, 5th graders will bake the Communion Bread for Easter Sunday. 5th Grade Seder Meal will be March 28th.

Palm Sunday (March 25th) is also the day that we will have the Easter Egg Hunt after 2nd service (which is also

youth **Waffle Sunday**). It will all be fun, meaningful and faith growing.

4th Grade Milestones will be handed out on March 18th. These are fun books to use with the Bibles to get to know the stories and the words of God.

Sunday School Lent Calendars will begin on Ash Wednesday which is February 14th. This will also begin our Sunday School Lenten Project with information handed out February 7th. These are fun, but also teach the students about giving, sacrifice, and service. 2018 Sunday School Lent project will be the food pantry. Please have your children support this project as we talk about the needs of those in our own community after the rush of the Christmas season.

Finally, please remember that attendance is key to sharing the stories with our children. Please add Sunday School into your Calendars for 2018.

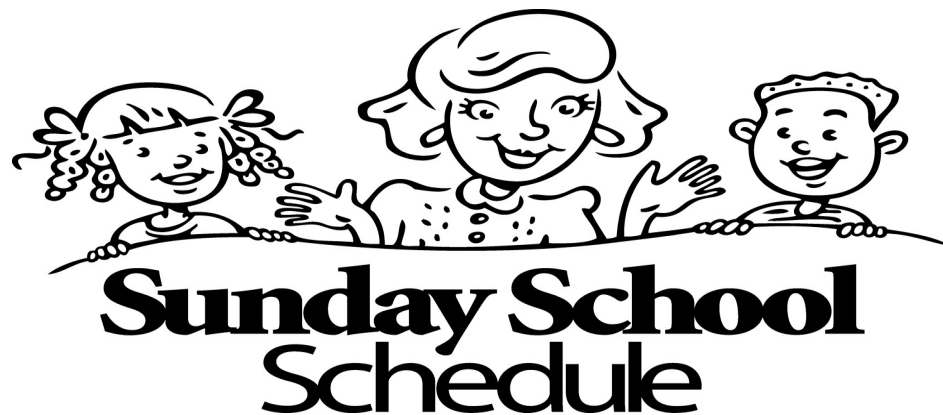
Buckle up for the blessings of a busy Spring!



Quick-Look

Upcoming Events At a Glance

Jan 28- Feb 18th	The Widows Offering (Kitchen, Cinema, Science)
Feb.11th	Lenten Project Kick Off
Feb. 25th	2nd Grade Milestone - Prayer Pillows
Feb. 25th- March 11	Wedding at Cana (Games, Computer, Art)
March 17th	5th Grade First Communion Training - 10 to Noon
March 18th	4th Grade Milestone - Bible Puzzle Books
March 25th	5th Grade Easter Bread Baking, Easter Egg Hunt (after 2nd service)
March 28th	5th Grade Milestone - Seder Meal 6pm



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)

But let all who take refuge in You be glad, Let them ever sing for joy; And may You shelter them, That those who love Your name may exult in You. : Psalm 5:11

Confirmation

Confirmation classes are quickly winding down for the year. As I write this, we only have 3 weeks left and by the time most read it, there will only be 1 or 2. In January we learned about Peter, Paul and The New Creation. We were also blessed to have a presentation on Israel and Palestine given by Darryle Clott and 10 other Synod members who traveled to the Holy Land in November of 2017. As I write this, I am eagerly waiting for the presentation, which will be in just a few days. If you were unable to attend, I have a reflection Darryle wrote that was wonderful to read and I would love to share it with you.

Our final confirmation class will be a **Rachel Kurtz Concert at church starting at 6pm on February 7th**. This concert is a way to celebrate all we have done this year. **Please invite friends and family as it is open to all!** We are also using this as a way to support WAFER and Hintgen food pantries to we are asking everyone bring a non-perishable food item or monetary donation.

Rachel's Bio: Rachel Kurtz is an incredible singer/songwriter with a beautiful voice and an amazing story.

Rachel shares personal testimonies of tragedy and triumph with a vulnerability that captivates her audience. She has performed at



the last three ELCA Youth Gatherings and has had the opportunity to travel to Africa, Germany and India with her music ministry. She has a strong desire to make a difference in the world through her music and a passion for global justice.

I have a couple upcoming date for confirmation families to be aware of which include:

April 11th and 18th:
8th grade Faith conversations
May 2nd : All Confirmation Celebration/
Confirmation Rehearsal
May 6th: Confirmation

Youth Group

Youth group continues to meet weekly and is working on a study created by the ELCA to help prepare for the National Youth Gathering. You have likely also seen youth selling Kwik Trip Cards and Waffles at our monthly Waffle Sundays. I would like to thank everyone for their continued support with both of these events. **I am grateful for a church that supports its youth.** The National Youth Gathering is a once in a lifetime event for out students and it is not possible without your support!

For those of you who are not aware of a great new organization that is right in our own neighborhood, I want to let you know about **RootinCrown**. This is a store that sells used household items, toys, clothes and much more. What is unique about **RootinCrown** is that individual donating items can select a non-profit organization who receives a portion of the profit once those items sell. **You can now select Good Shepherd Youth Group as your organization.** Profits received will go toward the National Youth Gathering and future mission trips.

Quick-Look

Upcoming Confirmation/Youth Group Events At a Glance

January 31st	6th/7th Grade: New Creation 8th Grade: Work Time Youth Group: Music Wednesday
February 7th	Rachel Kurtz Concert—6pm Congregation Welcome!
February 7th	Butter Braid Sales start
February 25th	Waffle Sunday
March 7th	Last day to order Butter Braids
March 25th	Butter Braid Pick Up Waffle Sunday
April 8th	Chicken Q (Mark your calendars for this one!!)
April 11th, Time TBD	8th Graders: Faith Conversations with Pastor Harald and Stephanie
April 18th, Time TBD	8th Graders: Faith Conversations with Pastor Harald and Stephanie
May 2nd	6pm All Confirmation Celebration Dinner 7pm Confirmation Rehearsal
Sunday May 6th	Confirmation Sunday! 12:30pm Pictures, 2pm Service
June 27th—July 1st	National Youth Gathering—Houston, TX

RootinCrown is located at 2919 East Ave So Suite C in La Crosse. You can **drop off item during regular business hours** (Monday—Friday 10am—6pm / Saturday-Sunday 10am—4pm) **OR drop them off in Stephanie's office and she will deliver for you!** Just be sure to select Good Shepherd Youth Group as your organization. While you're there, do some shopping and support other local organizations as well.



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

A Mighty Fortress Is Our God

There is a widely circulated myth that the tune for the hymn "A Mighty Fortress" was originally that of a drinking song and that Martin Luther simply wrote new words to this tune for use in worship services. As widespread as this myth is, it has no basis whatsoever in fact and no evidence can be found to support this claim. So then where did this mistaken belief come from?

One probable source of confusion is that "A Mighty Fortress" and many other hymns are written in what is referred to as bar form, meaning that the first two phrases of the hymn are musically identical followed by contrasting phrases. Part or all of the original phrase may return as the final phrase of each stanza. This form was very conducive to good congregational singing, which Martin Luther sought to develop. It is easy to make the assumption that something written in bar form must be referring to a song sung in bars or taverns.

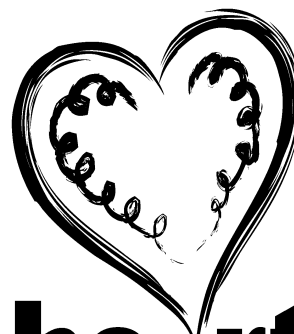
The consensus among modern musicologists is that Martin Luther did write both the tune and the text of this hymn and that there is no evidence at all to suggest that it originated as a drinking song. In fact, there is no evidence at all to suggest that Luther ever used any drinking song tune as a basis for a hymn. The idea that Luther would do such a thing stands in contrast to the actual actions of the reformer. The hymn "From Heaven Above to Earth I Come" originally used a secular tune from the song "From Far Away Land

to You I Come". Though not a drinking song, it would have been sung in taverns, embarrassing Luther to the point that he soon composed another tune for use in church, which is the tune that we sing to this day. Indeed, Luther sought to keep secular influences from being a distraction in the service of worship.



Randy Lyden

Good Shepherd Music Director
randy@gsilacrosse.org | (608) 779-9669



heart sandwich

Show your love by making someone this heartfelt snack on Valentine's Day.

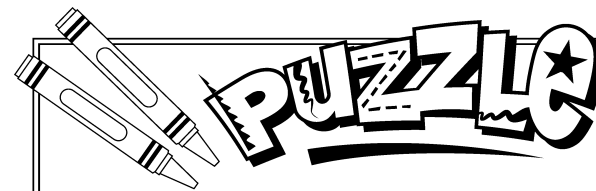


What you need:

- 2 slices of bread
- 2 heart-shaped cookie cutters (one large, one small)
- Lunchmeat and cheese (or peanut butter and jelly)

What you do:

1. Cut a large heart out of each slice of bread.
2. Cut a small heart from the middle of one big heart.
3. With the small cookie cutter, make several heart shapes out of the meat and cheese. Place between the bread slices.
4. If you're using peanut butter and jelly, spread both onto the large, solid heart. Then place the slice with the small heart cutout on top.



A NEW COMMANDMENT

In John 13:34, Jesus offers important instructions for his followers.

Directions: Figure out the pattern in each vertical line of letters. Then add the next letter in the sequence to the blank underneath, completing John 13:14, NIV.

ABCDEFGHIJKLMNPOQRSTUVWXYZABCD...

F	L	S	Y	F	K	Y	X	E	I	Q	B	V	O	O	J	F
H	M	T	A	I	L	A	Y	H	K	R	D	Y	P	S	M	G
J	N	U	C	L	M	C	Z	K	M	S	F	B	Q	W	P	H

" _____ "

E	X	M	B	C	L	M	B	U	V	F	R	P	L	V	F	R
F	Y	P	C	F	M	P	C	X	W	I	S	Q	M	W	I	S
G	Z	S	D	I	N	S	D	A	X	L	T	R	N	X	L	T

" _____ "

A	R	J	Q	C	C	S	B	F	K	Y	X	H	L	Q	B	Y	I
E	S	M	R	F	G	T	C	I	L	A	Y	J	M	R	D	A	L
I	T	P	S	I	K	U	D	L	M	C	Z	L	N	S	F	C	O

" _____ "

JOHN 13:34, NIV

Answer: "Love one another. As I have loved you, so you must love one another." John 13:34, NIV



"The heart-shaped communion wafers were a nice touch for Valentine's Day."