

LENT



A
time to
Prepare



Good Shepherd Lutheran Church

Shepherd's Voice

Give. Serve. Lead. Connect.

March 2018

From Pastor Harald Bringsjord

On the first Sunday in March, we will again have the privilege to hear Pastor Ben Morris from Lutheran Campus Ministry here in La Crosse as guest preacher at both services. Lutheran Campus ministry is one of the many awesome ministries that Good Shepherd is a part of through the La Crosse Area Synod, and it reaches out to college students at the University of Wisconsin La Crosse, Western Technical College and Viterbo University. There have been hundreds of students that have checked out and participated in Lutheran Campus Ministry; the building they meet in is called "Common Ground."

Common Ground is a safe place for college students to grow in their faith. The focus of Common Ground Campus Ministry is to "center our life together UP (in relation to God), IN (building community) and OUT (in service to the world)." In the words of Pastor Ben Morris: "Our worship continues to be the center of our community and a place of creative joy and holy moments. We continue to have Oikos Groups meet for meals and Bible Study, and we continue to seek ways to serve."

On March 4th when Pastor Ben comes again to speak to Good Shepherd, we will have a special offering for this wonderful ministry to help make sure it stays viable into the

future. Lutheran Campus Ministry had a budget shortfall of \$30,000 last year, and many congregations and individuals have already responded to this need with special gifts. We will have the opportunity to respond as well. Pastor Ben writes: "Thank you for all you do, both for Common Ground and in your communities. This Synod teaches me time and again that we are Better Together!"

In Christ's Service,
Pastor Harald



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 February, Arlene & Dewey Dreves & Irene Thorelli. During March, Kathy & Al Johnson & Linda Schoen will be on duty.

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

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

- | | |
|---------------|---|
| Mar 4 | 8:30am: Kevin & Diane Wilson, Jan Strangstalien, Steve Stelzl, Odell & Carol Anderson
10:30am: Don & Darcy Skibba, Larry & Maree Smith, Karl Noll, Gundi Bay |
| Mar 11 | 8:30am : Confirmation Youth
10:30am: Confirmation Youth |
| Mar 18 | 8:30am: Tracy Christenson, Dave Kranz, Keith & Mary Isaacs, Kraig & Teri Lassig
10:30am: Norm & Joanne Jerome, Warren & Irene Nedegaard, Todd & Teresa Nedegaard |
| Mar 25 | 8:30am: LeeAnn Lyden, Darlene Lassig, Harlan & Kathy McLain
10:30am: Jerry & Virginia Larson, 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 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 **Fruit Juices** during the month of March. 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 January 21st through February 18th.

WAFER

Gerald Knutson
Jim & Sue Bugge

Thrivent Choice Dollars

Ken Nash

Arla Foye Memorial

Dave & Barb Foye

Arnie Hansen Memorial

JoAnn DeClute
Jeff & Sharon Yushta
Steve & Kari Ellison
Paul & Joyce Herlitzke
Heidi Kwiatkowski



Marilyn Jones
Larry & Maree Smith
Gordy & Carol Powell
Barb Decker
Karl & Julie Noll
Kim Dockham
Jeana Briggs
Doug & Denise Geiwitz
Monty & Lois Gilbertson
Odell & Carol Anderson
Cliff & Kerrin Hagen
Glenn & Lila Seager

Paula Egge
Laura Gonia
Rick & Janelle Laufenberg
Roger & Luanne Hjelle
Al & Laurie Bushek
Ralph & Ruth Wettstein
Gundi Bay
Jim & Jan Quinn
Kris Bernhardt
Don & La Vonne Zietlow
Harald & Andrea
Bringsjord
Bill & Jeanne Beeler
Marion Fuchs
Pam Gehrig

Karen Arndt Memorial

Steve Arndt



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
01/07/18	113	100
01/14/18	93	103
01/21/18	148	125
01/28/18	93	124

Weekly Envelope Offerings

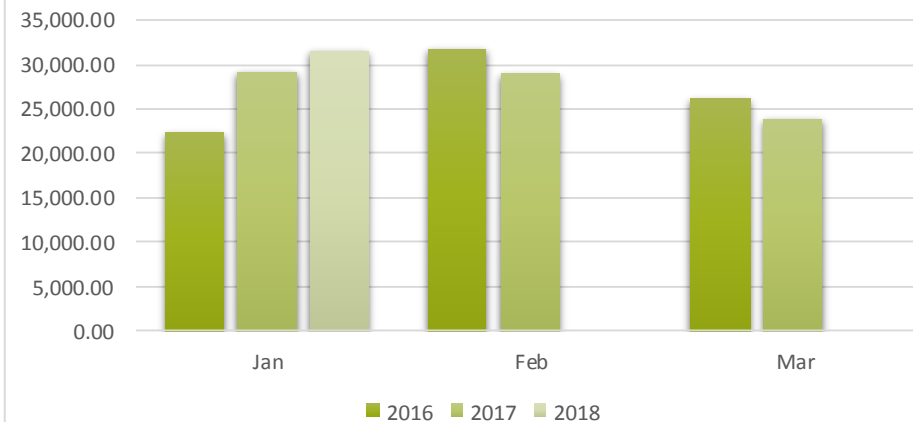
Date	Weekly	% Budget
01/07/18	14,697.54	202.1%
01/14/18	3,911.61	53.8%
01/21/18	6,500.50	89.4%
01/29/18	6,441.50	88.6%
Totals	31,555.15	108.5%

Envelope Offering Comparison

January 2018	January 2017	% Difference
31,555.15	29,099.22	8.4%
YTD 2017	YTD 2016	% Difference
31,555.15	29,099.22	8.4%

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...

Wednesday Lenten Services

Our 6:30pm Lenten services continue on Wednesday February 28th & March 7, 14 & 21st followed by a coffee and cake fellowship at 7pm. All are welcome!

Quilt Sale

On Sunday, March 4th our Quilters will be selling some of their beautiful hand-made quilts at both services. Proceeds are being donated to Lutheran Campus Ministries so you can keep warm with the quilt, and feel even warmer knowing you helped out this wonderful ministry.

Lydia Circle

Millie Hamann will be leading our meeting March 6 at 1pm. The subject "Zacchaeus" Chapter 34. Host will be Sandra Rockwell, devotions will be by JoAnn DeClute. Please call Carol Abraham 787-0679 if you have any questions. All are welcome!

Christian Education

Join Pr. John March 11th at 9:45am for a short bible study & discussion session. We will meet in the library, please join us if you can!

Bunco Night

Please come and join us Fri., March 16th 6pm-9ish in the Mattes Center for a potluck supper and a evening of Bunco. Please bring a \$5 wrapped gift to exchange. The theme this month is "Green".

Saturday Quilting

Saturday Quilters will be meeting Saturday, March 17th at 9am as they work together making quilts for Lutheran World Relief. All are welcome, experience is not needed!

First Communion Training

ATTENTION 5th GRADERS: We will meet Saturday, March 17th from 10am to Noon to prepare for First Communion.

Waffle Sunday!

March 25, Palm Sunday, is also Waffle Sunday!! Please 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! Proceeds help fund the youth trip to the National Youth Gathering in Houston, TX this summer

Egg-stavaganza Easter Egg Hunt

Following the 2nd service on Sunday, March 25, Palm Sunday. All are welcome.

Seder Supper & 5th Grade 1st Communion

The Seder Supper will be Wednesday, March 28th at 6pm. This is open to the public and all are invited to attend.

Maundy Thursday

Please join us before service on Thursday, March 29th at 5:30pm for a soup supper. Maundy Thursday service begins at 6:30pm.

Good Friday

Join us at 6:30pm for the Good Friday Tenebrae Service. The word 'tenebrae' is Latin for shadows. The Tenebrae is an ancient Christian Good Friday service that makes use of gradually diminishing light through the extinguishing of candles to symbolize the events of that week from the triumphant Palm Sunday entry through Jesus' burial.

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! For information or if you desire to help with this project, contact Bev Sorenson at sorensonbev@gmail.com or Jane Strangstalien jstrangstalien@centurytel.net.

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.

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, April 24th.

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.

You CAN help!

Our recycle bin for aluminum cans is located at the end of the church garage behind the Boy Scout trailer. Feel free to drop off your bagged aluminum cans anytime. Thank you!

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.

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. Any questions, please contact the church office at 788-0450 or office@gsllacrosse.org.

Let's go shopping!

Shop 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.gsllacrosse.org.



March 25 through April 1

Palm Sunday 8:30 & 10:30 Worship

Maundy

Thursday: 5:30pm Soup Supper
6:30pm Worship

Good Friday: 6:30pm Tenebrae Service

Easter Sunday: 7:00am Worship / Communion
8:30am Worship/Communion
10:30am Worship/Communion

Easter Breakfast 7:30am - 10:30am

March 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
February 25 Waffle Sunday 2nd Grade Milestone 9:45am Care Ministry Meeting 2pm Caring for Souls Concert 	26 6:30pm W5	27 1pm Come for Supper (setup) 4:30pm Come for Supper <small>(serve)</small> 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 6pm BS Troop 22 Adult Mtg 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 
11 4pm 4-H Meeting 9:30am Christian Education 	12 6:30pm W5	13 1:45pm Hillview Service 5:30pm Hospitality Mtg 6:45pm BS Troop 22 6:30pm Adult Bible Study	14 12:30pm Quilting 5:30m Staff Meeting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Service 7pm Coffee & Cake	15 11:30am 55 Plus	16 April Voice Articles Due 6pm Bunko Theme "GREEN"	17 9am Quilting 10am to Noon 1st Communion Training for 5th Graders 
18 4th Grade Milestone 	19 5:30pm Membership, Growth/Fellowship 6:30pm W5 6:30 Hintgen Assoc	20 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 7pm Church Council Mtg	21 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Service 7pm Coffee & Cake	22 8:30am April Voice Mailing Crew	23 Butter Braid sorting	24 Butter Braid sorting 
25 Palm Sunday Waffle Sunday Butter Braid distribution 5th Graders make Communion 9:45am Care Ministry Meeting 11:30am EGG-stravaganza Easter Egg Hunt 	26 6:30pm W5	27 6:45pm BS Troop 22	28 12:30pm Quilting 6pm Youth Group (Gr. 9-12) 6pm Seder Supper & 5th Grade 1st Communion	29 Maundy Thurs. 5:30pm Soup Supper 6:30pm Service	30 Good Friday 6:30pm Tenebrae Service	31 
April 1 Easter Sunday No Sunday School 7am Sunrise Worship/Communion 7:30-10:30am Easter Breakfast 9:30am Blood Pressure Readings 	2 6:30pm W5	3 Polling Day West Pastor Conference 1pm Lydia Circle 6pm Buildings & Grounds NO BS Troop 22	4 12:30pm Quilting 6pm Youth Group (Gr. 9-12)	5 6pm WELCA Mtg	6	7 

To access the most up-to-date calendar visit 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, Wayne Atchley, Ladd DaFoe, Jim Bugge, Todd Holtz, Roger Weeks Jr., Sally Lindahl, Duane Schoen & Tim Stalsberg.



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

Dear Congregation,

Eye Health

They say the eyes are the windows to the soul. We don't know if that's true but what we do know is that having perfectly healthy eyes, free from pain or other symptoms are crucial to your health and wellbeing. The good news is that it is easy to learn more about eye problems, symptoms and treatments that will keep you in tip-toe shape.

About 21 million Americans have some type of vision problem. While many of these problems are benign such as nearsightedness other eye conditions like glaucoma, and age related macular degeneration can trigger vision loss or blindness.

The risk of developing eye conditions increase with age. Many people start developing eye diseases in their middle ages. Symptoms may not appear until their eye doctor detects it during a routine screening. But other factors can also up your odds of experiencing vision problems in the future. For example, African Americans and people with a family history of glaucoma may have a higher risk of developing the disease. People with diabetes can develop a condition called diabetic retinopathy, which can damage their retinas. If diagnosed and treated early, it is estimated half of all vision loss and blindness could be prevented.

Symptoms of Eye disease

In some cases, the symptoms of certain eye diseases can overlap with others. For example, watery eyes could be a sign of pink eye, allergies or a sty. Resting your eyes might help ease symptoms but in

general if you are experiencing sever or lasting pain, seek your eye doctor for help.

1. Blurriness
2. Discharge
3. Flashes of light
4. Irritation
5. Light sensitive
6. Pain
7. Tearing
8. Vision loss.

Your vision is not to be taken lightly. With any of the above symptoms continue to occur seek your Eye doctor.

Protecting your eyesight is one of the most important things you can do to help maintain your quality of life. Since the leading causes of blindness and low vision in the United States are age related diseases such as macular degeneration, cataract, diabetic retinopathy, and glaucoma, protecting your eyesight as you age is an essential part of your health care. Here are eight tips for protecting your eyes.

1. Find out if you are at risk for eye disease. Be aware of your family history. Is there a family history of diabetes? Are you over the age of 65? Are you African American? All these traits increase the risk of eye disease.
2. Have regular physical exams to check for diabetes and high blood pressure. If left untreated these diseases can cause eye problems.
3. Look for warning signs of changes in your vision. Some trouble signs are blurred vision, hazy vision, difficulty seeing in low light, red eyes, frequent flashes of light, floaters and pain.

Continued on page 19.

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

Happy Spring, Holy Week, March Madness,

Boy, just when it seems that Spring is around the corner, the thermometer drops and the snow falls yet again. But, never the less, Spring IS just around the corner and in Sunday School we have begun to get busier and busier. A lot of our activities are focused on **5th graders** as we prepare them for **First Communion** which is **Seder Supper**. All of the congregation is welcome to come as well as guests. The date is March 28th in the Mattes Center. We begin the ceremony at 6pm, which is not a meal, have something before arriving. I love this event and find myself surrounded by God's presence with these families. Share in the 1st Communion of these students and take part in this Milestone tradition that combines the Passover with the Last Supper. Register by calling the office 788-0450 or emailing tammy@gslacrosse.org. Bring a friend, neighbor or family member to share this experience with us.

Our **Sunday School Lent Mission** giving project is La Crosse Hunger Task Force. In addition to regular envelope giving, the students will be "weighing" in on giving in the name of Jesus and the greatest gift he have us. We have been involved in over 7 years of Lenten Mission Giving having given to Project Heifer International, Lutheran World Relief Water and Giving of Animals, and Habitat for Humanity. The children also received a Lenten Lesson, Calendar and we made "Pledge Plates". These were reminders that 1 of every 5 children in our country are hungry. So we will bringing in food each week for the Food Pantries in La Crosse. Mac n' Cheese, Soups, Canned Fruit and Vegetables, Baby Supplies (Diapers, Formula) and a week of Health Items (Soap, shampoo, toothpaste). We hope the congregation will help. Give up a soda and buy a can of soup....bring it to church....help us serve.

There are many opportunities to share Jesus Love with our children coming soon! Please check the Sunday School bulletin board outside the main office for the 2018-19 Sunday School volunteer sign-up sheet.

Please ask if you would like more information. Visit Sunday School or call a teacher or shepherd to see how rewarding and stress-free being a Rotational Sunday School teacher really is!

Soon we will also have registrations for **Explorer's Day!** This is for our Sunday Schoolers entering 1st through 5th grades. We set a goal for 25 children this year. In 2017 we did not have much sign up, but it is such a great day for the kids. It is more of a retreat where the day includes a little of everything and a lot of God's Love. There is always a great lesson, fellowship and fun.

Coming Soon, to Good Shepherd VBS, "Salvation Station" invites you to get on board the SonLight EXPRESS! That is this year's VBS theme for August as we learn how Jesus Saves. We have lots of fun new friends in this program to meet and lots of great music and games, and activities. We are getting tickets ready and putting together and experience to last a lifetime.



Quick-Look

Upcoming Events At a Glance

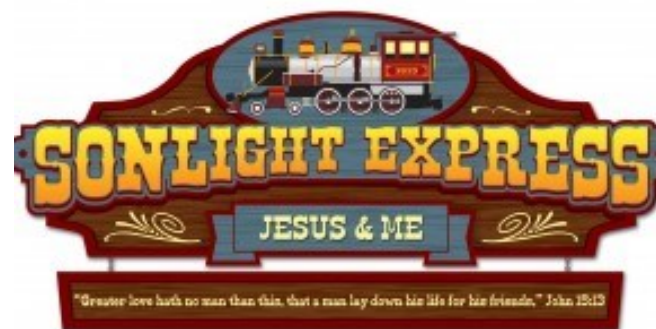
Now - March 11	Wedding at Cana (Games, Computer, Art)
March 17th	5th Grade First Communion Training - 10am to Noon. Please bring Bibles to the training.
March 18th	4th Grade Milestone - Bible Puzzle Books. Please register for this presentation and for your preferred service.
March 25th	5th Grade Easter Bread Baking, Easter Egg Hunt (after 2nd service)
March 28th	5th Grade Milestone - Seder Meal 6pm. Registration will be required to ensure enough seating and Seder supplies for everyone attending.

GOOD SHEPHERD EASTER EGG-stravaganza

Saturday, March 25th 2018(Palm Sunday)
Noon – 1:30 Following 2nd Service (Ages: Birth – 3rd grade)
Easter Craft/Activity, Lesson, Hunt

Please sign up on the rolling bulletin board in the concourse area. We would like to know how many and ages of children in order to have enough craft materials and snacks. This is a family event....everyone is welcome to attend!

We are looking for some help with this event. Please sign up on the Sunday School bulletin board across from the main office. We need help to stuff treat bags, set up and hide eggs.



Tammy Klein

Children's Ministry Coordinator
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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)

“Devote yourselves to prayer, being watchful and thankful.” Colossians 4:2

As we head into the Lenten Season, I am going to take a break from my normal Voice Article format. No doubt, there have been a lot of events going on to report on and more coming to let people know about. However, as I look back on the last month, I am filled with gratitude for the busy month it was and the great events that took place. So, this month, I will focus on being thankful.

My gratefulness begins in December when I realized I had forgotten to gather adults to interview for the Faith interviews. As He always does, the Lord provided me with amazing mentors and adults who were willing to come in at short notice and spend part of their evening with our Confirmation Students. Thank you: **Diane Kimball, Nikki Kimball, Joan Schultz, Julie Noll and Bekah Da Foe** for sharing your faith and your time with our confirmation students. It is no doubt an experience that will shape their faith development.

I would like to thank, **Tom Andersen** for coming up with the idea of having a pie auction fundraiser for the youth. It is always fun to have new ideas and people truly enjoyed checking out the pies and bidding on their favorite. **The top selling pies were baked by Bev Sorenson and Arla Clements!** Thank you for sharing your baking talents with the congregation and helping to support the youth at the same time. For those of you, who were not able to win a pie, have no fear, we will be repeating the pie auction again this spring. Hopefully our star bakers, will be willing to make another pie (or two)!

I would like to thank **Darryle Clott** for organizing the presentation that took place on January 24th which highlighted her trip to Israel and Palestine. As someone who hopes to travel to the Holy

Land someday, I truly enjoyed hearing about everyone experiences. I also enjoyed watching the confirmation students as they heard the stories and saw the pictures. The conflict between Israel and Palestine is such a hard concept to grasp even as an adult so I was impressed by how engaged they were and the depth of their questions.

Thank you to everyone who came to the Rachel Kurtz concert on February 7th. Those of you who know me, know how long I have been trying to make this concert happen. I am so excited that we could use the concert to celebrate our confirmation students and their hard work this year! Rachel's Kurtz music and message had us laughing at times, crying at others and most importantly signing along and praising God.

Last but not least, as I reread my article and again reflect on the last months, I am grateful for the ways I see God working in our church and bringing the congregation together. Whether it was discussing pie bids, dancing to Rachel Kurtz or discussing the conflict in Palestine, I have seen more faces of church members that I typically see in my pew on Sunday. This makes me truly grateful because that is a sign of an active and vibrant church. I am seeing more faces, then hopefully others are too and we can strengthen our bond as a congregation.

Gods Peace,
Stephanie

Quick-Look

Upcoming Confirmation/Youth Group Events At a Glance

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 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.

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

Our ELCA worship music tradition is diverse in many ways (more than can be listed here). Our worship songs are older, newer and from many different cultures and places. Some use more poetic language, while others employ a simpler, more modern style. Some sing of God's omnipotence as the God and ruler of all, others of a tender loving God and Father; of a dear and close friend in Jesus Christ. Some use masculine language, singing of the male aspects of God, while others use feminine language, singing of a God who is also a mothering God. Then there the different types of songs that we sing, such as hymns, chorales, folk tunes, praise choruses, and liturgical settings.

Cultural variety in our worship music helps unite us with believers in many different places and cultures. It also helps unite us with those who have gone before us. When our worship music spans the generations of believers and centuries of worship from many different places and cultures, our worship is greatly enriched. Believers, past and present, have received and do receive the word of God through the cultural lens of their time and place, thus giving them unique perspectives about God, which found their way into the hymns of the time. By singing these songs we are united with these believers and their valuable perspectives and insights into God and God's word, broadening our own understanding of our faith.

An example of the above would be the numerous African American spirituals that enrich our worship music tradition. Many

generations of African Americans suffered under the scourge of slavery. To the African American slave, the gift of God's salvation in Jesus Christ would have had a unique and powerful meaning that differed from the understanding of other Americans. Experiencing and celebrating cultural diversity in worship music ultimately serves to help unite us globally. What a powerful contemplation!

For more information, please visit: http://download.elca.org/ELCA%20Resource%20Repository/Principles_for_Worship.pdf



Randy Lyden

Good Shepherd Music Director
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4. Exercise more frequently. Some studies show walking regularly can reduce your risks.
5. Protect your eyes from harmful UV light. Protect your eyes from the sun's rays.
6. Eat a balanced diet. Studies show antioxidants can possibly reduce the risk of cataracts. These antioxidants are obtained from eating fruits and dark green veggies.
7. Get your eyes checked at least every 2 years.
8. Don't smoke. People who smoke are at greater risk for developing age related macular degeneration, cataracts, uveitis and other eye diseases.

I hope you all found this helpful. Vision is a beautiful thing. The Lord has given us a beautiful world to gaze at.

Your Parish Nurse,
Bev Sorenson

FRUIT LADYBUGS

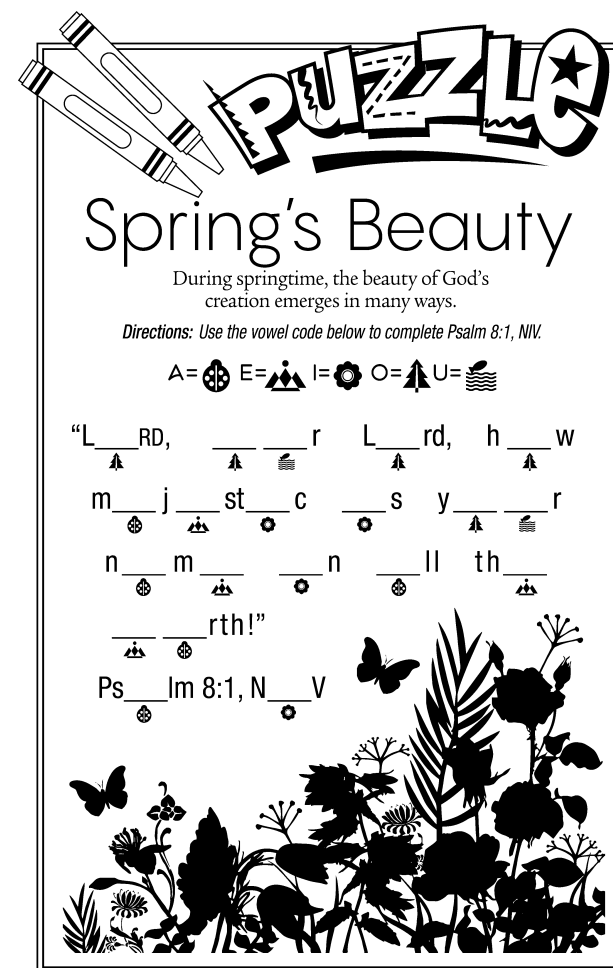
Get creative in the kitchen with this sweet springtime snack.

What you need:

- Strawberries (washed)
- Knife
- Plate or wax paper
- ½ cup melted chocolate chips
- Zippered baggie
- Scissors
- Blueberries (washed)
- Adult help

What you do:

1. De-stem the strawberries. Cut in half and then cut a small V atop each half to make the ladybug body. Set them on a plate or wax paper.
2. Place the melted chocolate in a baggie and cut off the tip of a bottom corner.
3. Pipe a dividing line and "spots" on each strawberry. Also use the chocolate to attach a blueberry "head" by the V shape.
4. Pipe chocolate antennae and legs onto ladybugs.
5. Let harden. Enjoy!



Spring's Beauty

During springtime, the beauty of God's creation emerges in many ways.

Directions: Use the vowel code below to complete Psalm 8:1, NIV.

A= E= I= O= U=

"L _ RD, _ _ r L _ rd, h _ w
m _ j _ st _ c _ s y _ _ r
n _ m _ _ n _ ll th _
_ _ rth!"
Ps _ lm 8:1, N _ V

Answer: "LORD, our Lord, how majestic is your name in all the earth!"
Psalm 8:1, NIV