

LENT



A
time to
Prepare



Shepherd's Voice

Give. Serve. Lead. Connect.

March, 2019

From Pastor Harald Bringsjord

The 2019 Lenten season begins with Ash Wednesday on March 6. Our worship service will be at 6:30pm. For the mid-week services following, we will again be using the Holden Evening Prayer, a service written by Marty Haugen, as we have done the last few years. We are grateful to the following Good Shepherd members who will share a part of their faith story as we journey through the weeks of Lent:

Mariah Forster Olson -
Ash Wednesday, March 6, at 6:30pm

Todd Holtz -
Wednesday, March 13, at 6:30pm

Megan Hefti -
Wednesday, March 20, at 6:30pm

Dean Blegen -
Wednesday, March 27, at 6:30pm

Allyson Fergot -
Wednesday, April 3, at 6:30pm

Judy Casto -
Wednesday, April, 10, at 6:30pm

Each of them will be reflecting on the question: "How has your church life, your faith life in Christ made a difference in your everyday life and in the life of the people you know?" This is tying in with the 2018 ELCA National Youth Gathering theme, "This Changes Everything".

All of our presenters are from our own congregation but come with a wide variety of experiences. I am excited about hearing their faith stories and learning how Christ has been at work in their lives, and I would like to encourage everyone to make a commitment to be present as they share with us how their Christian faith has shaped them and those around them. As in the past when we had some of our brothers and sisters in Christ speak to us during the Lenten services, we will certainly be stirred by their stories and empowered in our own faith. How about inviting a friend to come to church with you on these Wednesdays as we will see how God is at work in the world in so many and various ways?

Lent offers us all a special opportunity to grow in our relationship with God and to deepen our commitment to a way of life that is rooted in our baptism. The experiences shared by our brothers and sisters in Christ will certainly enrich this journey. We never journey alone, we are always journeying together. As those individual experiences are shared, all of us can enjoy the support and environment that allows grace to flourish.

Let us pray for each other on this Lenten journey to the joy of Easter.

Harald Bringsjord
Pastor



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

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 Kathy 788-0450. We really do need your help!

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. For info contact Judy Casto at 385-1410.



Lydia Circle

Lydia Circle meets the first Tuesday of every month at 1pm in the quilting room. All women are welcome!

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



Good Shepherd Ministries

Altar Guild—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 usually meet on Wednesday mornings. If you are interested in helping the quilters contact Ann Hudson at 788-1308.

Mailing Crew—If you are interested in helping prepare the Voice newsletter for mailing by adding address labels and stickers, then the crew is for you! We meet the 4th Thursday of each month at 8:30am in the choir room.

Care Ministry—Care Ministers 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 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 1417th 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, Al & Kathy Johnson & Irene Thorelli. For the month of March Nancy Oelke & Linda Schoen will be on duty.

Thank you to Josh Krause for sending out the "Get Well" cards in February. Kimberly Young will be sending out the cards throughout the month of March.

Thank you to Ann Hudson 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 3	8:30am: Kris & Joe Bernhardt, Steve & Gina Fellenz, Kevin & Diane Wilson 10:30am: Randy Hanson, Deb Koblitz, Jerry & Virginia Larsen, Gundi Bay, Judy Casto
Mar 10	8:30am: Confirmation Youth 10:30am: Confirmation Youth
Mar 17	8:30am: Chuck & Linda Brigson, Roger Weeks Jr, Michelle Schaefer, Mark & Shanon Torgerud 10:30am: Norm & Joanne Jerome, Vicki DeMaiffe, Candie Luehne, Larry & Maree Smith
Mar 24	8:30am: Carter & Amiee Roth, Harlan & Kathy McLain 10:30am: Adam Kimball, Diane Kimball, Steve Ambrose
Mar 31	8:30am: Jane Strangstalien, Steve Stelzl, Keith & Mary Isaacs 10:30am: Jonathan Thompson, Delores Pierson, 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 790-3785 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 at 5:30pm 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

Thank you so much to those who delivered Mobile Meals in December. Our next time to deliver will be Mon, Apr 1st to Sun, Apr 7th. 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 to 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 time. We are route #1.



Please consider becoming a part of this very important ministry, our Mobile Meal Delivery Team could really use your help. Please contact Kathy at 788-0450 or Kathy@gsilacrosse.org

Local Food Pantry Needs



West Avenue Food Emergency Relief

(WAFER) is asking for Soup & Crackers during the month of March. Thank you for all the donations given in February!

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.

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 4pm 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 Kimberly 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. Off over the summer.

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 20 through February 17th.

ELCA World Hunger

Noreen Holmes
Irene Thorelli
Richard Reinholz
Michael Thorelli
Nikki Thorelli



Thrivent Choice Dollars

Charles Brigson
Reidun Bringsjord
Monty Gilbertson
Lois Gilbertson
Arthur Olson

WAFER

Jim & Sue Bugge

Carol Olson Memorial

Tom & Pat Svec

Monte Lecher Memorial

Harald & Andrea

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
01/06/19	138	96
01/13/19	98	126
01/20/19	100	105
01/27/19	90	115

Weekly Envelope Offerings

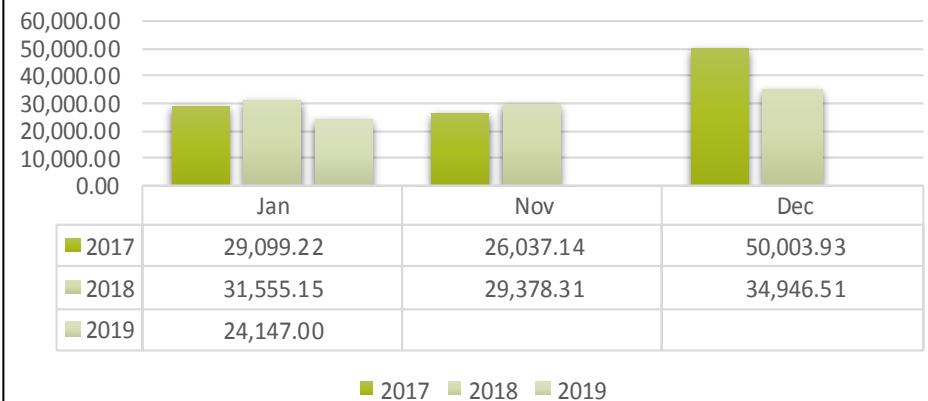
Date	Weekly	% Budget
01/06/19	7,343.50	97.3%
01/13/19	7,210.75	95.5%
01/20/19	4,009.75	53.1%
01/27/19	5,583.00	74.0%
Totals	24,147.00	70.0%

Envelope Offering Comparison

January 2019	January 2018	% Difference
24,147.00	31,551.15	-23.4%
YTD 2019	YTD 2018	% Difference
24,147.00	31,551.15	-23.4%

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...

Blood Pressure Readings

Blood pressure readings will be taken by our Parish Nurse, Bev Sorenson, on Sunday, March 3rd at 9:30am.

Lydia Circle

Our meeting will be Tuesday, March 5th at 1pm in the quilt room. Carol Abraham will be leading and the subject will be the Spirit of God as discussed in Chapter 40 of our book. Host will be Mary Post, devotions will be by Sally Lindahl. Please call Carol Abraham 787-0679 if you have any questions. All are welcome!

Pancake Supper

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

Ash Wednesday

Ash Wednesday is March 6th and our evening worship service will be at 6:30pm. March 13th will begin our 6:30pm Lenten services followed by a coffee and cake fellowship at 7pm, all are welcome!

Sunday Morning Bible Study

Our study of Luke's Gospel will continue Sunday, March 3rd at 9:45am in the church library and will focus on Luke 15:1-32. The session is titled: "And Grace Will Lead Me Home." We are always delighted to welcome new people!

Game Night

Game Night for all ages will now be meeting monthly so there is more time for fellowship and gaming. Members of all ages are invited to come play on the 2nd Friday of the month from 6 - 9pm beginning March 8th. Bring your favorite game or learn a new one. Games vary month to month, but include a variety of board, card, strategy and role playing games. Contact Duane Schoen at 787-1038 or Tom and Stephanie Andersen at 385-7394 with any questions.

Bunco Night

Please come and join us Friday, March 15th from 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".

Coulee Region Gospel Choir

Join us Sunday, March 17th at 3pm for a wonderful performance by The Coulee Region Gospel Choir.

An evening with Holocaust Survivor Magda Brown

On Thursday March 21st at 7pm. Holocaust survivor Magda Brown will be speaking at the Viterbo Fine Arts Center free of charge.

The age of survivors is drawing to a close. To meet Holocaust survivors in person is to touch history. No two stories are alike, but the sense of the story—the impact of terror, deprivation and personal loss—touches the listener. It is difficult to describe the feeling of awe a person experiences when hearing history from one who lived it. I am certain you will leave inspired and more appreciative of your own life. Please do not miss this opportunity.

I look forward to seeing you. Please invite friends to join you and do come early to get a seat. Feel free to email me Darryle Clott at clottdarryle@gmail.com or call me at 612-720-6447 with questions.

Come For Supper

Come for Supper provides nutritious free meals served with generosity and love every Tuesday at Our Savior's Lutheran Church. Good Shepherd Church is committed to helping the last Tuesday every other month, but anyone can be a part of this outreach program anytime! Prep work starts at 1pm every Tuesday and lasts about two hours. Volunteers interested in helping serve meals should arrive at 4:30pm and 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. **The next date for Good Shepherd to help is Tues., April 23rd.**

Around the Parish...

Feed Our Children

Please donate non-perishable food items to the Hintgen Elementary School food pantry box in the concourse. Your support and help in keeping our local kids fed is greatly appreciated!

Good Shepherd Women-WELCA

GSW-WELCA welcomes women of all ages from our congregation to participate within this committee. Our committee meets the first Thursday of the month at 6pm in the Choir Room. Come and discover all the good our committee does with our church, community, nation and world!

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!

Youth Scrip Cards

Check out the Youth table in the concourse for a Kwik Trip or Festival Foods card, or choose one of the many other scrip cards available to order. Thank you for supporting our Youth Program through this fundraiser! The deadline to order cards is the first of each month. A full listing and order form is available at gslacrosse.org/high-school/. Questions? Contact Jennifer at jones6307@gmail.com or (608) 518-1228.

Tour to Norway

Join Sugar Creek Bible Camp's Tour to Norway August 26 - September 5, 2019! Price includes economy class airfare, nine nights' accommodations, daily breakfast, three lunches, seven dinners and several tours of this beautiful country. Sons of Norway member price is \$3888 per person, double occupancy or \$4093 for non-members (\$516 single supplement) For more info go to: <http://wp.sugarcreekbiblecamp.org/wp-content/uploads/2019-Norway-Trip-1.pdf> or call Sugar Creek at (608) 734-3113

Good Shepherd Trust Foundation

Mission funding is now available from the Good Shepherd Trust Foundation at the request of church members in good standing. Applications for funds are available in the church office or on our website www.GSlacrosse.org. To be eligible, requests must align with the Mission Statement of the Church "We are dedicated as disciples of Christ, to work together, through worship, education, fellowship, and community service, to gather all creation to God's love and grace". as well as our Core Values which are Radical Hospitality, Passionate Worship, Intentional Faith Formation, Risk-taking Mission/Service and Extravagant Generosity.

Grief Support

Good Shepherd Grief Support Group meets every Thursday at 1:30pm in the Choir Room. Our purpose is to support and encourage one another in our grief. If interested in joining us, please call Carol Abraham at 787-0679 or Pastor Harald at 788-0450. We think you will find this group helpful in dealing with the loss of a loved one, or any loss causing you to grieve.










Simply Giving

Good Shepherd offers electronic giving options for making donations on a scheduled, automated basis. It's convenient for you and provides much-needed financial consistency for the church. Pick up an authorization form from the office or the information area in the back of the church.

Giving Tree—Giving In A Unique Way

Our Giving Tree is a unique way to sponsor items or services used within our church and also to support Lutheran World Relief. It is located in the corner by the main entrance in the welcome area. Select a tag from the tree and place it and your donation in a provided envelope and place it in the offering plate or drop it off in the church office.

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February 24 9:45am Care Ministry Meeting 2pm Caring for Souls Concert 4:30pm Spaghetti Dinner 6:30pm GS Men’s Group 	25	26 1pm Come for Supper (setup) 4:30pm Come for Supper (serve) 6:45pm BS Troop 22	27 12:30pm Quilting 6:30pm Youth Group (Gr. 9-12) NO Confirmation	28 1:30pm Grief Support Group	March 1	2 
3 Name Tag & Cookie Sunday sponsored by Hospitality 9:30am Blood Pressure Readings 9:45am Sunday Morning Bible Study 6:30pm GS Men’s Group 	4	5 Shrove Tuesday West Pastor Conference 1pm Lydia Circle 5pm Pancake Supper 5:30pm Buildings & Grounds	6 Ash Wednesday 12:30pm Quilting 6:30pm Lenten Worship/Communion	7 1:30pm Grief Support Group 6pm WELCA Mtg	8 6pm Game Night	9 10am W5 @ Java Vino 11am Olson Funeral
10 4th Grade Milestone 4pm 4-H Meeting 6:30pm GS Men’s Group 	11	12 1:45pm Hillview Communion 6pm Hospitality Mtg 6:30pm Adult Bible Study 6:45pm BS Troop 22	13 10am Staff Meeting 12:30pm Quilting 6:30pm Lenten Service 7pm Coffee & Cake	14 1:30pm Grief Support Group	15 April Voice Articles Due 6pm Bunko Theme “GREEN”	16
17 1:15pm Setup Coulee Region GC 3pm Coulee Region Gospel Choir 6:30pm GS Men’s Group 	18 5:30pm Membership, Growth/Fellowship Mtg 6:30pm Hintgen Mtg	19 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 7pm Church Council Mtg	20 12:30pm Quilting 6:30pm Lenten Service 7pm Coffee & Cake	21 11:30am 55 Plus 1:30pm Grief Support Group	22	23 
24 6:30pm GS Men’s Group 	25	26 6:45pm BS Troop 22	27 12:30pm Quilting 6:30pm Lenten Service 7pm Coffee & Cake	28 8:30am April Voice Mailing Crew 1:30pm Grief Support Group	29	30
31 6:30pm GS Men’s Group 	April 1 To access the most up-to-date calendar visit GSlacrosse.org/calendar.	2 Polling Day West Pastor Conference 5:30pm Buildings & Grounds NO BS Troop 22	3 12:30pm Quilting 6:30pm Lenten Service 7pm Coffee & Cake	4 1:30pm Grief Support Group 6pm WELCA Mtg	5	6 10 to 12pm 1st Communion training La Crosse area WELCA Spring Convention Bethany in New Lisbon 

Church Council Members

- **Jim Bugge** *President of the Congregation* jim@gslacrosse.org
- **Sara Wrobel** *Vice President of the Congregation*
- **Todd Holtz** *Treasurer*
- **Ladd DaFoe** *Secretary*

Other Church Council Members include:

Don Skibba, Lori Lowell,
Wayne Atchley, Roger Weeks Jr.,
Sally Lindahl, Tim Stalsberg,
Jessica Addington, Janet Torkelson,
Ellen Klemp, & John Krause



- **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 | (608) 790-3785
- **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

Many of Good Shepherd Lutheran Church members are aware of my family situation and with the illness my daughter Danielle unexpectedly contracted. These past months have been struggling and emotionally draining. First I would like to express our gratitude from all your support, love and prayer for my daughter Danielle with her recovery from Steven Johnsons Syndrome TEN. Second I want everyone to know her recovery will be lengthy but we feel blessed Danielle survived and is still here with us. This leads to my article this month on Sleep deprivation. Personally I have been living it, but hope to correct the lifestyle to a healthier sleeping pattern.

Sleep Habits: More Important Than You Think

By Michael J Breus, PhD.

Not sleeping enough and not sleeping well is not ok. As a matter of fact, there is quite a price to pay. It may surprise you to learn that chronic sleep deprivation, for whatever reason, significantly affects your health, performance, safety and pocketbook.

There are many causes of sleep deprivation. The stresses of daily life may intrude upon our ability to sleep well, or perhaps we trade sleep for more work or play. We may have medical or mental-health conditions that disrupt our sleep, and be well aware that we are sleep-deprived.

However, it is critically important to realize that sleep deprivation is very often due to unrecognized sleep disorders. After a typical night's sleep, you may not feel restored and refreshed and be sleepy during the day, but be totally unaware that you are sleep-deprived or have a sleep disorder. You might think, "It's just the stress of work or the kids," or you might have "always felt this way" and had no idea that you should feel differently. This lack of awareness compounds the consequences, because so many people remain undiagnosed for years.

Consequences of sleep deprivation

1. Decreased performance and alertness. Sleep deprivation induces significant reductions in performance and alertness. Reducing your nighttime sleep by as little as one and a half hours for just one night could result in a reduction of daytime alertness by as much as 32%.
2. Memory and cognitive impairment: Decreased alertness and excessive daytime sleepiness impair your memory and your cognitive ability-your ability to think and process information.
3. Stress Relationships: Disruption of a bed partner's sleep due to a sleep disorder may cause significant problems for the relationship (for example, separate bedrooms, conflicts, moodiness, etc.)

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

It has been a Cold and Snowy February! It has been a flurry of make-ups for cancellations, family activities and Shoveling! I have been fortunate to be able to begin working some days from home, by working I mean at LHI where I work full time. But Sunday School is DIFFERENT! I never want to miss it, seeing the children, catching up with families, honoring our Baptism Promises, continue MY learning about the stories.

It is the focus of our current lesson, The Sower, Matthew 13:1-9, 18-23. It is a great story and comes to the heart of WHY? Why Church each week, Why Sunday School and WHY come together to study God's Word? So, first we learn the story and what God's word says. Then we spend time talking, investigating, applying and sharing the story. Making this happen is like a tree seed. On the road, a bird will eat it, in the Rocks the seed cannot root well to gather food and water, and in the weeds the seed will be crowded out. But, plant it in Good Soil and the Seed can root and grow into an apple tree, which then bears the apples and many more seeds. Sunday School not only presents the stories, but we learn how God wants us to understand the stories and share the stories. We can trust in the stories so that when "storms of life" come along, worry and fear give way to knowing that God is with us to carry us through.

5th Graders will soon celebrate First Communion. Please note that we need their participation in Palm Sunday Bread Making (which is used Easter Sunday for Church Communion), 1st Communion Training on April 6th (training is required before attending Confirmation), and then of course the Seder Meal, which is the official "First Communion" and very moving.

We will be doing an ELCA Good Gifts Lenten Project for Sunday School again this year. In sub-Saharan Africa, only 19 percent of rural households have access to electricity. Without a reliable source of light, it's difficult for children and families to walk home, read, study or complete other

household tasks without burning costly fuel and breathing in dangerous fumes. A portable, solar-charged lantern is a perfect solution. Let that little light shine! This will also tie nicely into our Summer VBS Camp.

We are also still looking for someone to lead our quarterly Birth to 3 group. Anyone interested, please let me know. This would be in the Nursery between services.

So, we have but a few weeks left until summer break. It would be great to see attendance go up for our last stories. Then for summer – we ROAR into the Love of God as we travel to the Savannah. Registrations will be out in March. Sign up for Good Shepherd ROAR- God is GOOD! Summer VBS Camp, August 18-22!

Once again, THANK YOU to all who volunteer to staff our Sunday Schools each week and to all those who support us with their extra "gifts" during the year. The kids have a great time and we appreciate ALL you do!

Tammy Klein

Children's Ministry Coordinator



Quick-Look

Upcoming Events At a Glance

Sun, March 10th	4th Graders Milestone Presentation Registration forms are now in the Milestone Podium outside the Mattes Center, Please REGISTER or email me at Tammy@gslacrosse.org
Sat, April 6th	First Communion Training for all 5th Graders 10am-noon!
Wed, April 17th	5th Grade Seder Supper 6pm
Sun, April 21st	NO SUNDAY SCHOOL-EASTER SUNDAY

GOOD SHEPHERD EASTER EGG-stravaganza

Sunday, April 14th Noon - Easter Egg Hunt, Easter Crafts, Movie

(Ages: 3 years – 3rd grade)

Please sign up on the Sunday School bulletin board across the main office. 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!

Good Shepherd Easter Egg Hunt will be held on Palm Sunday and we are looking for some help. Please sign up on the Sunday School bulletin board across from the main office. We need help to stuff treat bags, set up and serve a snack for our Easter Movie. CONFIRMATION STUDENTS CAN RECEIVE SERVICE HOURS!



Good Shepherd VBS 2019
ROAR! BIBLE CAMP SAFARI
August 18-22, 2019
Registration Forms Available Soon!

When Life is Unfair...
When Life is Scary...
When Life Changes....
When Life is Sad...
When Life is Good...
...God is GOOD!



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)*

“The Lord will fight for you and you have only to keep still” Exodus 14:14

Confirmation

I cannot believe that as I write this we have completed our official last day of confirmation for the school year. Due to the unusually cold weather we had in January, our event “Confronting Islamophobia” had to be rescheduled. Fortunately for us our guests were able to reschedule and were available on February 13th so we could still hold the event. Including confirmation students, a total of 57 people attended the presentation. I personally enjoyed the presentation greatly. Although I had attended a similar event in the past, I learned a great deal about how our religions are both similar and different. Beneath it all, it reinforced what I had learned before is that both worship the same God. There may be a few theological differences and beliefs that vary. (As the confirmation students know, I’ll let Pastor Harald deal with the tough questions so he can get into that). However, both Muslims and Christians believe God is the one true God who we are called to worship not just on Sunday or Friday, but throughout the week with our actions and our words. Through this worship we are called to love each other and take care of the poor. I have received positive feedback from the few people I was able to talk to and hope that those I did not get a chance to talk to enjoyed it as well. I would like to thank the congregation for coming to the event as well.

Although we are no longer meeting for confirmation weekly, confirmation is far from over. Confirmation students are encouraged to attend Wednesday evening services with their families. Students can use this time to catch up or work ahead on sermon notes. Also, I would encourage students to work on service hours throughout the spring and summer. We

learn in confirmation that Jesus is a great servant and we are to live in his image. This does not end when our weekly sessions stop.

High School Youth

Butter Braids are back. Find your favorite youth or stop by the Youth table to place your order. Make sure you do so quickly as **orders are due by March 6th!** Butter Braids are \$13.00 and proceeds benefit this years mission trip to the Quad Cities in July.

Speaking of fundraisers, did you know the youth now have Kwik Trip and Festival Cards available at the youth table? Thanks to a grant from the Trust Committee, the youth were able to expand the Scrip Program to **have a consistent stock of Kwik Trip and Festival Cards on hand on Sundays.** You can still place a special order for your favorite store or restaurant. **Some stores offer the youth 25% back.**

As in year past, youth group will not meet during Lent. Students are encouraged to attend Wednesday evening worship with their families. Youth group will resume on April 24th.

Stephanie Andersen
Director of Youth and Family Ministry

Quick-Look

Upcoming Confirmation/Youth Group Events At a Glance

	Confirmation does not meet during Lent Students are encouraged to attend Wednesday evening worship. This is a great time to work ahead or catch up on sermon notes. The weekly message will be provided by a church member and will not follow a traditional sermon format. Students should write down the speaker's name and what stood out to them about the speaker's message.
Wed. March 6th	Butter Braid orders Due
Wed. April 24th	Youth Group resumes at 6:30
Wed. May 1st	All Confirmation Celebration Dinner 6pm Dinner - all Students parents and guests 7pm Confirmation Rehearsal - 8th graders with parent
Sun. May 5th	Confirmation Sunday! 12:30pm Pictures 2pm Confirmation Service
July 21-26th	High School Mission Trip: Quad Cities, Iowa



Stephanie Andersen

Director of Youth and Family Ministry
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In the Office: Wednesday 4-8pm



Music Notes

From The Director of Music

Hymn Focus: Joyful, Joyful We Adore Thee

The hymn “Joyful, Joyful We Adore Thee” is considered by most hymnologists to be one of the most joyful of all hymns written in the English language and is the best known of the hymns written by Henry van Dyke (1852-1933). The main theme from the final movement of Beethoven’s Ninth Symphony, adapted by British composer Edward Hodges (1796-1867), forms the perfect fit between text and music.

Born in Germantown, PA., van Dyke graduated from Princeton University in 1873 and from Princeton Theological Seminary in 1877. He served as professor of English Literature at Princeton between 1899 and 1923. He achieved fame as one of the country’s leading preachers and literary figures. Becoming a Navy Chaplain, he served as a lieutenant-commander in the U.S. Navy Chaplain Corps during World War One. In 1913 he was appointed Minister to the Netherlands by friend and former classmate President Woodrow Wilson.

In 1907, while serving as a guest preacher at Williams College in Williamstown, Massachusetts, van Dyke wrote the text for our hymn. The story goes that he handed the manuscript to the college president one morning, saying, “Here is a hymn for you. Your mountains (the Berkshires) were my inspiration. It

must be sung to the music of Beethoven’s “Hymn of Joy”.

Composed in the bleak days before World War One, it stands in complete contrast to the world van Dyke saw around him. Verse one uses the metaphor of light to express joy and God’s presence, singing, “hearts unfold like flowers before Thee, praising Thee, their sun, above”. Verse two sings of God as manifested in the beauty of nature with all creation praising the Creator and calling us to do likewise. Verse three sings of humanity as the family of God and calls us to love one another, singing, “Thou our Father, Christ our brother, all who live in love are Thine; teach us how to love each other, lift us to the joy divine!”



Randy Lyden

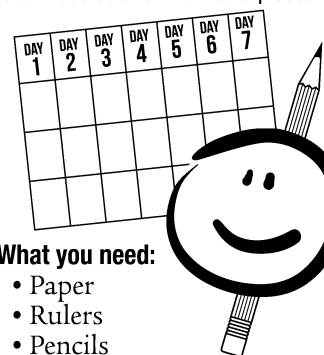
Good Shepherd Music Director
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DAYS OF CREATION

Play this game to remember when God made each of his masterpieces.



What you need:

- Paper
- Rulers
- Pencils
- Markers or crayons
- Dice
- Bibles (open to Genesis 1:1–2:3 for reference)

What you do:

1. To make game boards, draw a grid with four rows and seven columns, totaling 28 squares.
2. Across the top row, write DAY 1 in the first square and continue through DAY 7.
3. Take turns rolling one die, or all players can roll at once. For the number rolled, draw something God created on that day (in the correct column).
4. When you fill an entire row, draw a smiley face in the DAY 7 square. The first player with two smileys wins.

4. Poor quality of Life: You might, for example, be unable to participate in certain activities that require sustained attention, like going to the movies, seeing your child in a school play, or watching a favorite tv show.

5. Occupational Injury: Excessive sleepiness also contributes to a greater than twofold higher risk of sustaining an occupational injury.

6. Automobile Injury: The National Highway Traffic Safety Administration estimates that each year drowsy driving is responsible for at least 100,000 automobile crashes, 71,000 injuries, and 1,550 fatalities.

The good news for many for many of the disorders that cause sleep deprivation is that after risk assessment, education, and treatment, memory and cognitive deficits improve and the number of injuries decreases.

Long term consequences of untreated sleep disorders:

1. High blood pressure
2. Heart attack
3. Stroke
4. Obesity
5. Psychiatric problems
6. ADD
7. Mental Impairment
8. Fetal and growth retardation
9. Injury from accidents
10. Disruption of partner’s sleep.

With the wealth of information and treatment options available for sleep deprivation, much of the suffering. Increased awareness is the first step for individuals. Some researchers suggest that sleep deprivation should be recognized with the same seriousness that has been associated with the societal impact of alcohol. Become aware of your sleeping pattern, does it affect your health or your partner’s health.

Blessings to you all,
Beverly Sorenson RN