

"Love the Lord your God with all
your heart and with all your soul
and with all your mind". This is the
first and greatest commandment.
And the second is like it: "Love your
neighbor as yourself."

Matthew 22:37-39

bibleinspirations.org



Shepherd's Voice

Give. Serve. Lead. Connect.

May, 2019

From Pastor Harald Bringsjord

In Mark Twain's book Huckleberry Finn, Huck is one of those characters who seems to go against the grain of society, not intentionally, but because he wants to be free. He runs away from home and his drunken father. He flees the efforts to be civilized. He is continually on the move as he floats down the river. He is seeking freedom. But Huck in this process has to take time to evaluate why he believes what he believes, and why he does what he does. A crisis develops when Huck has to decide whether to turn Jim, a runaway slave, in to his owner. Huck's conscience troubles him. He has been trained to think that the right thing to do would be to tell where Jim is hiding so that he could be returned to his lawful owner. His parents, his teachers, his government, even his pastor and Sunday school teachers would have insisted that he tell on Jim. Surely God would want Huck to do that, and if he didn't, he would be punished and go to hell. After all, Jim was a black man, and he was someone's property. No wonder Huck couldn't pray. His obligation was as plain as day. "You can't pray a lie," Huck says: "So I was full of trouble, full as I could be; and didn't know what to do. At last I had an idea; and I says, I'll go and write the letter - and then see if I can pray. Why, it was astonishing, the way I felt as light as a feather right straight off, and my troubles all gone. So I got a piece of paper and a pencil, all glad and excited, and set down and wrote: 'Miss Watson, your runaway slave Jim is down here two mile below

Pikesville, and Mr. Phelps has got him and he will give him up for the reward if you send.' Huck Finn

I felt good and all washed clean of sin for the first time I had ever felt so in my life, and I knowed I could pray now. But I didn't do it straight off, but laid the paper down and set there thinking - thinking how good it was all this happened so, and how near I come to being lost and going to hell. And went on thinking. And go to thinking over our trip down the river; and I see Jim before me all the time; in the day and in the nighttime, sometimes moonlight, sometimes storms, and we a floating along, talking and singing and laughing. But somehow I couldn't seem to strike no places to harden me against him, but only the other kind. I'd see him standing my watch on top of his'n, 'stead of calling me, so I could go on sleeping..., how good he always was; and at last I struck the time I saved him by telling the men we had smallpox aboard, and he was so grateful, and said I was the best friend old Jim ever had in the world, and the only one he's got now; and then I happened to look around and see that paper. It was a close place. I took it up, and held it in my hand. I was a trembling, because I'd got to decide forever, betwixt two things, and I knowed it. I studied a minute, sort of holding my breath, and then says to myself: "All right, then, I'll go to hell" and tore it up. This excerpt is from "Called To Freedom" pages 84-85. This

Continued on page 19.



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 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 April, Nancy Oelke & Stacy Bendel. For the month of May Al & Kathy Johnson, Aimee Roth & Sharon Yushta will be on duty.

Thank you to Candie Luehne for sending out the "Get Well" cards in April. Candie Luehne will be sending out the cards throughout the month of May.

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

| | |
|---------------|--|
| May 5 | 8:30am: Tim & Liz Carlson, Dave Kilmer, Dave Kranz, Al & Kathy Johnson 10:30am: Rob Hamann, Karl Noll, Jerry & Virginia Larsen, Delores Pierson, Shawn Hamann |
| May 12 | 8:30am: Lee & Amanda Balko, Tracy Christenson, Dave Kilmer 10:30am: Duane & Linda Schoen, Matt & Karen Mattes |
| May 19 | 8:30am: Dave & Barb Foye, Gordy Powell, Nancy Oelke, Teresa Opitz, Norma Overby 10:30am: Randy Hanson, Deb Koblitiz, Larry & Maree Smith, Tanya Hedberg |
| May 26 | 8:30am: Mark & Shanon Torgerud, Darlene Lassig, LeeAnn Lyden 10:30am: Judy Christopherson, Gundi Bay, Don & Darcy Skibba |

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@gs lacrosse.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@gs lacrosse.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@gs lacrosse.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@gs lacrosse.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@gs lacrosse.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 will deliver Mobile Meals in April. Our next time to deliver will be Mon. May 27th to Sun. Jun 2nd. 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@gs lacrosse.org

Local Food Pantry Needs



West Avenue Food Emergency Relief

(WAFER) is asking for Peanut Butter during the month of May. Thank you for all the donations given in April!

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

4pm in the Mattes Center. We are always looking for eager volunteers. 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 March 18th through April 12th.

Carol Olson Memorial

Nancy Luma

WAFER

Gerald Knutson

Giving Tree

Paul & Ann VanDyck

ELCA Disaster Response

John & Naomi Stennes-Spidahl

memorials
& gifts

Sugar Creek Horse Project

Dave & Barb Foye
John & Naomi Stennes-Spidahl
Rick Frosch
Jim & Jan Quinn
Tracy Christenson

Thrivent Choice Dollars

Harold Beitlich
Thomas Ketterling
Gerald Knutson
Deneen Norman
Jessica Peterson
Matthew Peterson
Mark Torgerud

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 |
|----------|--------|---------|
| 03/03/19 | 95 | 105 |
| 03/10/19 | 57 | 44 |
| 03/17/19 | 116 | 94 |
| 03/24/19 | 140 | 93 |
| 03/31/19 | 120 | 118 |

Weekly Envelope Offerings

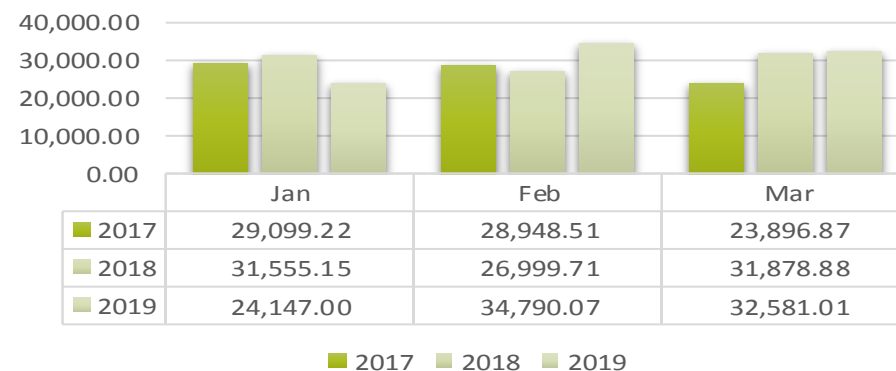
| Date | Weekly | % Budget |
|---------------|------------------|---------------|
| 03/03/19 | 9,506.48 | 157.4% |
| 03/10/19 | 4,754.50 | 78.7% |
| 03/17/19 | 5,672.08 | 93.9% |
| 03/24/19 | 5,937.50 | 98.3% |
| 03/31/19 | 6,710.45 | 111.1% |
| Totals | 32,581.01 | 107.9% |

Envelope Offering Comparison

| March 2019 | March 2018 | % Difference |
|------------|------------|--------------|
| 32,581.01 | 31,898.88 | 2.2% |
| YTD 2019 | YTD 2018 | % Difference |
| 91,518.08 | 90,449.74 | 1.2% |

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...

The Flair Affair!

A Jewelry & Fashion Accessories Fundraiser for Causeway Caregivers. Saturday, May 4th 9am to 2pm. Flair Affair is just like "Vogue...One More Time" and is filled with fabulous, unique jewelry, fashion, home & garden items for women, men & young shoppers! You can also visit the Sweet Boutique for divine flavored coffees & decadent desserts. All proceeds benefit Causeway Caregivers, a mission providing free services for elderly & disabled adults in La Crosse County since 1986.

Blood Pressure Readings

Blood pressure readings will be taken by our Parish Nurse, Bev Sorenson, on Sunday, May 5th at 9:30am.

Lydia Circle

Our **potluck** will be Tuesday, May 7th at 12pm in the quilt room. Please call Carol Abraham 787-0679 with questions. All are welcome!

Game Night

Game Night for all ages is Friday, May 10th. Members of all ages are invited to come play from 6 - 9pm. 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.

Sunday Morning Bible Study

The final session of our study of the Gospel According to Luke will be on Sunday, May 12th, 9:45am in the library. Our focus will be on Luke 24:13-35, the beautiful story of the Road to Emmaus. The session is titled: "How did Jesus' Resurrection Change the World?" Come join us for an uplifting and enlightening forty-five minutes. We are always happy to welcome new learners!

Bingo At Bethany Riverside

Please join us **every Tuesday throughout the month of May at 1pm** to help the residents enjoy an afternoon of Bingo. Please call Judy for more information 788-4335 or jmckitties@aol.com

Bunco Night

Please come and join us Friday, May 17th from 6pm-9ish in the Mattes Center for a potluck supper and an evening of Bunco. Please bring a \$5 wrapped gift to exchange. The theme this month is "Spring".

Spring Clean Up

Join us Saturday May 18th as we do a little spring cleaning on the church grounds and through out the church. Donuts, coffee and juice will be served. All volunteers are welcome!

Birthday Party at Bethany Riverside

Please join us Thursday, May 30th at 1pm to help the residents with May birthdays celebrate! Also, there are tags on the Giving Tree to contribute towards purchasing presents for them too. Please call Judy for more information 788-4335 or jmckitties@aol.com

Walk... Love... Do... Socks & Underwear Drive

As part of our 2019 Synod Assembly, Good Shepherd will be taking part in a Socks & Underwear Drive.

Who: All of us, the people of the La Crosse Synod, who have been called to **walk** humbly with your God, **love** mercy, and **do** justice.

What: Gather **new** (still in retail packaging) socks & underwear for men, women, youth & children.

Why: Socks & underwear are among the most requested & least donated items at shelters, free clothing stores & other charitable organizations.

When: Between now & Synod Assembly (June 14-16).

Where: Please place the packages of new socks & underwear in the marked fishbowl in our welcome area.

Around the Parish...

Youth Scrip Cards

Kwik Trip or Festival Foods cards are available in the church office Mon.-Fri., 8am - 1pm. You can also choose one of the many other 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 Jones at (608) 518-1228 or jones6307@gmail.com.

Be A Youth Host Home

Do you want to help a youth in need? If so, Host Homes is for you! The Host Homes program with Family & Children's Center serves homeless youth (up to age 21) and is looking for people who are willing to share their home with youth who are in need of a safe and stable environment. All you need to do is provide safe shelter and food, be an adult role model, and provide support to the youth living in your home. Safe spaces and warm places help homeless youth succeed and you can help make that difference! If you are interested, please reach out to us at (608) 785-0001 ext. 350.

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.

Lifetouch

We are working on getting a new Picture Directory for Good Shepherd, more information will be out soon.

Special Congregational Meeting

Good Shepherd Congregation Council, at it's April 16th meeting reviewed and approved the Finance and Executive Committee's recommendation that were also discussed at the Coordinator of Youth and Family Ministry discussion on March 17th:

- A. To call a special meeting of the congregation for the sole purpose of approving compensation for the Coordinator of Youth and Family Ministry position. A majority vote, by written ballot, is required by the attendee at the Special Congregation Meeting to approve the recommended compensation. No other business will be conducted at the meeting. Proxy votes are not allowed.
- B. For the congregation's approval, for compensation of \$13-15 per hour based on the candidate(s) education and/or experience for up to 20 hours per week coordinating the Youth and Family Ministry program.







Sunday, May 5th between services, approximately 9:45am in the Sanctuary. Vote by written ballot to be collected and calculated immediately by the Executive Committee or at least three officers of the church.

The following is a recommendation by the Finance Committee, approved by the Church Council: *This first year will be funding out of reserves. The funds for the following years will through the annual stewardship campaign. We actively state that we are a church with the youth; we would like to encourage this by gathering funding for this position. As part of the stewardship drive, we will ask for matching funds from individuals within this church or potentially other designated funds.*

Wednesday, May 8th at 6pm:

Second Listening Session for the role of Coordinator of Youth and Family Ministry and review of Job Description. Additionally, we will be taking volunteers for those interested in serving in the Advisory Council for this Coordinator position.

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|--|
| April 28 Guest Pastor Ben Morris 2/3pm “Breakthrough” Movie 6:30pm GS Men’s Group  | 29 6:30pm W5 | 30 5:30pm New Member Orientation 6:45pm BS Troop 22 Mtg | May 1 12:30pm Quilting 6pm All Confirmation Celebration 6:30pm Youth Group (Gr. 9-12) 7pm Confirmation Rehearsal | 2 1:30pm Grief Support Group 6pm WELCA Mtg | 3 | 4 9am to 2pm The Flair Affair by Causeway |
| 5 New Member Sunday Name Tag & Cookie Sunday sponsored by Sounds of Praise Band 9:30am Blood Pressure Readings 9:45am Special Congregational Mtg 2pm Confirmation 6:30pm GS Men’s Group  | 6 6:30pm W5 | 7 West Pastor Conf Noon Lydia Circle Potluck 1pm Bethany Riverside Bingo 5pm Men’s Golf 5:30pm Buildings & Grounds 6pm BS Troop Adult Mtg | 8 10am Staff Meeting 12:30pm Quilting 6pm 2nd Discussion Youth / Family Coordinator 6:30pm Youth Group (Gr. 9-12) 6:30pm Adult Bible Study Potluck | 9 1:30pm Grief Support Group | 10 6pm Game Nite | 11  |
| 12 Mother’s Day 9:45am Sunday Morning Bible Study 11:30am Praise/Worship Team 4pm 4-H Meeting 6:30pm GS Men’s Group  | 13 6:30pm W5 | 14 1pm Bethany Riverside Bingo 1:45pm Hillview Communion 5pm Men’s Golf 6:45pm BS Troop 22 Mtg | 15 12:30pm Quilting 6:30pm Youth Group (Gr. 9-12) | 16 11:30am 55 Plus 1:30pm Grief Support Group | 17 June Voice Articles Due 5:30pm Knudsen/ Winters Wedding 6pm Bunko Theme “Spring” | 18 Education Sunday Set up 8am Church Spring Clean Up |
| 19 Education Sunday 6:30pm GS Men’s Group | 20 6:30pm MGF Mtg 6:30pm Hintgen Assoc Mtg 6:30pm W5 | 21 1pm Bethany Riverside Bingo 5pm Men’s Golf 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 COH 7pm Church Council Mtg | 22 12:30pm Quilting 6:30pm Youth Group (Gr. 9-12) | 23 8:30am June Voice Mailing Crew 1:30pm Grief Support Group | 24 | 25  |
| 26 9:45am Care Ministry Meeting 10:30am Ferguson Baptism 6:30pm GS Men’s Group | 27 Memorial Day Office Closed | 28 1pm Bethany Riverside Bingo 5pm Men’s Golf | 29 12:30pm Quilting 6:30pm Youth Group (Gr. 9-12) | 30 1pm Bethany Riverside Birthday Party 1:30pm Grief Support Group | 31 | June 1 10am Before the After 1pm Klein Eagle COH |
| 2 Second Service time goes to 10am 9:30am Blood Pressure Readings 6:30pm GS Men’s Group | 3 | 4 5pm Men’s Golf 5:30pm Buildings & Grounds | 5 12:30pm Quilting | 6 1:30pm Grief Support Group 6pm WELCA Mtg | 7 | 8  |
| To access the most up-to-date calendar visit GSlacrosse.org/calendar. | | | | | | |

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

Dear Congregation,

May is Stroke awareness month. Each year nearly 800,000 people experience a new or recurrent stroke. A stroke is a brain attack. It can happen to anyone at any time. It occurs when blood flow to an area of the brain is cut off. When this happens, the brain cells are deprived of oxygen and begin to die. When brain cells die during a stroke, abilities controlled by that area of the brain such as memory and muscle control are lost. How a person is affected by their stroke depends on where the stroke occurs in the brain and how much the brain is damaged. For example, someone who had a small stroke may only have minor problems such as temporary weakness of an arm or leg. People who have larger strokes may be permanently paralyzed on one side of their body or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

There are two types of strokes Hemorrhagic and Ischemic. Hemorrhagic is a brain aneurysm burst or a weakened blood vessel leak. While this is the least common of the two types of strokes, it most often results in death. Ischemic strokes happen when a blood vessel to the brain is blocked by a blood clot. These strokes receive medical treatment with medications or interventional procedures to remove or break down the blockage.

Certain individuals are more at risk for stroke than others. High blood pressure, diabetes, obesity or excessive drug use significantly increase a person's risk of stroke. Individuals who have had a stroke in the past are also at a greater risk for a repeat incident. The following signs and symptoms are good indicators that a person may be having a stroke. If you find yourself in a situation where you suspect you or another person is having a stroke, these instructions can help you remain calm and

know what to do.

Seven Steps to Recognize and respond to a Stroke

- Recognize the warning signs.
- Identify the symptoms
- Call emergency services
- Do not eat or drink
- Try to remain calm
- Collect details for the first responders.
- Seek a companion to help.

The acronym **B.E. F.A.S.T** will help you remember signs and symptoms of stroke. **B** stands for a sudden loss of balance.

E stands for a victim experiencing double vision or unable to see out of one eye.

F stands for facial droop. Ask the victim to smile.

A stands for when you ask a person to raise their arms a stroke victim will only be able to control one side. One side will drift down. **S** stands for slurred or confused speech. Have the victim repeat a phrase like "You can't teach an old dog new tricks". It will be slurred or unable to repeat.

T stands for time. The sooner 911 is called the better chance for a better recovery. As difficult as it may be during an emergency situation, staying calm can save a life, keeping a clear head will allow you to better assess the victim and keep them safe. Your calmness will be reassuring. Most strokes are caused by high blood pressure, a calm attitude can keep the person's blood pressure from spiking further. 80% of strokes are preventable and the sooner treatment after diagnosis begins the better outcome for the victim. Stroke is the leading cause of adult disability in the U.S. A stroke can happen at any age, any time, be prepared and know the signs.

I hope your May brings you health and happiness.

Your Parish Nurse,
Bev Sorenson

Bev Sorenson, RN

GS Volunteer Parish Nurse

bev@gslacrosse.org
(608) 792-3962

Health Questions?

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



Sunday School Update

Pre-school thru Grade 5

Spring—Finally! Happy Mother's Day!

Congratulations to all of our 5th graders and their families on their First Communion! We celebrated with *Amelia Finlayson, Lyndon Torkelson, Joey Pretasky, Madelynn Fergot, Mollie Manke, Sam Blegen and Carly Bendel* during their milestone of Seder Meal. It is a very special evening and ceremony that ties the Passover with the Last Supper. They attended a First Communion training and now will begin Confirmation in the Fall. Easter Sunday will be their first time to take Communion with the Congregation, so if you see them, congratulate them. Next year's registration forms for Sunday School are now available and required. We need records updated for budget, insurance and staffing. Please turn them in before Education Sunday!

We are collecting ELCA Good Gifts for Lent in Sunday School and this year we are focusing on "The Light of the World". In sub-Saharan Africa, only 19 percent of rural households have access to electricity. A portable, solar-charged lantern is a perfect solution. Let that little light shine! This will also tie nicely into our Summer VBS Camp. Please have kids bring their filled Lent Eggs the week after Easter for us to count. Eggs will be coming home.



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.

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 18th-22nd!

In July, we will take our annual trip to Sugar Creek for Explorer's Day. This is a fun day and anyone going into 1st through 5th are welcome. The date will be announced, but the schedule is the same. We leave church at 8am and finish up at Sugar

Creek at 3pm, the hours between are filled with fun. The cost for the Day is \$20 with adult chaperones free. We will need drivers to help. Scholarship money is available, just let me know. We don't want anyone left behind! Sugar Creek has lots of opportunity for kids, Good Shepherd has funds available to assist if needed! Check out sugarcreekbiblecamp.org for more information on Camping fun!

As Bill and I watch our youngest graduate this year, I wonder at the wonderful young people in our church that will be traveling down that aisle with him in June. All 20 of these young adults pop into my mind, with their families, and I see them as Mary's Donkey, a lamb, a shepherd or singing "I Am a Promise". Many of them also spent many years and lots of time helping with Sunday school, family events and VBS. And I appreciated it! I think, what a wonder to know and have been a part of all their lives. It has truly been a gift.

Congratulations *Hannah Dahlstrom, Angie Ellison, Mackenzie & Zach Fellenz, Allyson Fergot, Evan Geiwitz, Eryn Hammes, Logan Her, Bailey Hoeth, Teagan Jerome-Horihan, Keith Klein, Gina Knudsen, Josh Krause, Elizabeth Kvalheim, JadeAnn Oliver, Heather Opitz, Cassie Thill & Lynnae Torgerud*. So as they move onto the next chapter, I want them all to remember Do Gods Work, Understand God's Stories, Come to God's house and Know God's Love. And never forget that you will always belong in Sunday School and can come back ANY TIME!!

Sign-ups for all the events and next year's Sunday School Volunteers are now out. Please join me in the gathering, celebrating, learning and sharing!

Tammy Klein
Children's Ministry
Coordinator



Quick-Look

Upcoming Events At a Glance

| | |
|-----------------|---|
| Sun, April 28th | Sunday School Annual Picture and Art Project. EVERYONE COME!!!! The art is displayed in church. |
| Sun, May 5th | Education Sunday Practice—2019/20 Sunday School Registrations Distributed. |
| Sun, May 12th | Mother's Day—Education Sunday Practice |
| Sun, May 19 | Education Sunday/ Thank you's and Celebration... Registrations for Next Year Due, <u>All Projects must go home.</u> |

Sunday School Teacher/Shepherd Sign-up

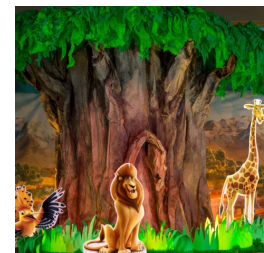
Help Needed!

Teachers—These wonderful folks sign up to follow a project in one of our Rotational Rooms. Lessons and Materials are provided ahead of time and we rotate 3 weeks on and 3 weeks off. We have a Cinema (Movie Theater), Science Room, Bible Games and Stories, Art, and Computer open for each service.

Shepherds—these go-to folks are leaders of each class group. They help with attendance, gather the kids up and get them to the right classroom and lend a hand with projects (gluing, cooking) with the kids. Many of our shepherds start with one age group and stick with that group all the way through first Communion.



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@gsilacrosse.org (608)788-0450

Stay Connected!

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



Youth Update

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

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

Confirmation

When I tell people I teach confirmation, I often get some surprised reactions. I've heard everything from, "that takes someone special" to "I bet that's difficult." Both are true! I'm sure there is not a confirmation student who would not tell you there are days I've been frustrated with them - mostly for talking through prayer requests. You can ask anyone of them and hopefully they can tell that is my biggest pet peeve :) However, each spring when I get to read their faith statements and stand up with them as they profess their faith, those nights of frustration are forgotten.

Each year I ask students to do something very hard, something that many of us adults would struggle to do. I ask them to write down what their faith means to them. I am one of the few individuals who gets to read these and in doing so, I get glimpse inside them that I am forever grateful for. It is a glimpse that lets me know we as a congregation are doing something right as we bring our children up in faith. It is a glimpse that lets me know their are teenagers out there that have a support group to help them grow in their faith. It is a glimpse that tells me the next generation loves our Lord and each other and reminds me there are good people in this world.

As I always do each spring, I will share portions of students faith statements so you can also have a glimpse of this faith. I hope you will experience the joy and hope that I experience when I read this words!

"One things I love about this church is how connected we are. If you are struggling and need help, there are people all around you who are willing [to help]. I want to continue with this atmosphere of openness and caring and bring it into my life. Hopefully in my existence I can be thought of by those around me as a kind and helpful person."

"When I play sports, I know that Christ is with me and he will help and keep me safe from injuries. Even if I happen to get injured, I know that Christ will help me in the healing process. God gave me the gift of athleticism and the abilities to do everything that I can."

"This verse [Philippians 4: 6-7] is a good reminder for me since I can be anxious sometimes and I need to remember to pray and ask that everything is going to work out. It also reminds me that it is okay that I don't understand God's love because it too much for any human to completely understand. I just need to remember that Jesus is strong and mighty and that I don't need to be. I just need to believe and trust in God."

"There hasn't been on specific moment where I felt God with me more than the other. Now that I am attending church and now that I am older, I feel as if my faith is strong then before. I think as you get older, you understand and learn what faith means to you. Because of this, I try very hard to spread God's word by being kind and doing good things for other people."

"A special place [for me] is probably either my house or my church because those are both places I can go to decompress and breath. Those are places I can go to think about my day and how it went or if I've done something that wasn't a smart choice."

"I feel like God is with me every step I take. When I feel like he is most with me is when I am actually at church. Do I ever question my faith and the answer to that is no because like I said I feel like God is with me every step I take."

Quick-Look

Upcoming Confirmation/Youth Group Events At a Glance

| | |
|--------------|---|
| 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 |

Youth Group

Youth group took a break over Lent so students could attend Wednesday night services with their families. During that time, we were blessed by stories of faith from members of the congregation. These are some of my favorite services of the year as I am moved by the willingness of members to share their story and I learn from each story something different about God's work in my own life. This year, two of our youth were willing to share their stories during this time. I am grateful for Megan Heft and Allyson Fergot for sharing their stories and look forward to seeing what God does in their lives going forward.

Youth group will begin again at 6:30pm on April 24th and will meet on Wednesdays through the month of May. At this time, there are no scheduled youth group meetings or events over the summer. Please watch the bulletin for changes.

By now most of you have probably noticed the youth table has not been available on Sundays. This is only **temporary as we restructure**

things with this program. During this time, Kwik Trip and Festival cards will **still be available through the office (8am - 1pm)**. We are also accepting special orders of other cards for those who are interested on a limited availability. I want everyone to know I am grateful for everyone who has purchased cards in the past and especially those who have gone out of their way to purchase cards in the office in recent weeks! I know this is not ideal, however, it was a change, we felt needed to be made to keep the program secure and prosperous. This is a huge fundraiser for our youth and the future of the program is not in question. It is program we plan to continue and grow as we are able within our congregation. If you have any questions or want to place a special order, please feel free to contact me. You can email or call me at 608-385-7394. Again, thank you for your support!

Stephanie Andersen

Director of Youth and Family Ministry
stephanie@gslacrosse.org (608) 788-0450

In the Office: Wednesday 4-8pm



Music Notes

From The Director of Music

"Jesu, Jesu, Fill Us with Your Love"

The text for "Jesu, Jesu, Fill Us with Your Love" was written by Thomas Stevenson Colvin (1925-2000), a long time missionary to Africa. Colvin was born and educated in Glasgow, but spent most of his working life serving as a Church of Scotland missionary; first in Malawi and then in Tamale, Northern Ghana. He and his wife, Patricia, later returned to Malawi, staying there until he retired in 1990.

Colvin wrote the hymn "Jesu, Jesu, Fill Us with Your Love" in 1963, while attending a lay-training course on agriculture, development and evangelism in Chereponi, Northern Ghana. New converts to the faith brought him a folk tune which they felt would be appropriate for a song about Christian love. Colvin shared these thoughts about his writing of the text: "Sitting there in the moonlight, I felt it simply had to be about black and white, rich and poor. I was ashamed of the wasteful affluence of my people but proud of the Gospel that transforms us into servants of one another. It is only when we who are rich learn to have the humility of the slave toward the poor of the world that we shall be able to learn from them; they have so much to teach us and share with us."

The tune for this hymn, named Chereponi by Colvin after the village where he first heard it, was originally from a Ghanaian love song. Colvin believed all Christians should worship in their native

language and encouraged the African Christians, among whom he lived and served, to sing their praise to God with their own musical traditions.

The hymn is based on John 13, where Jesus washes the feet of the disciples. This Gospel text came to have special meaning for Colvin as he witnessed the people of Ghana living out the example of Jesus; doing for one another what Christ has done for them.



Randy Lyden

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Continued from page 1.

is a description of an old type of piety breaking down and a new liberation rising up. According to the old piety, sin would be defined as prohibitions: do not drink, do not play cards, do not smoke, do not tell lies, with the main one being: do not conceal a fugitive slave. What Huck's reflection on his life brings him to, is a reflection on prayer and faith in God on the one hand and a concern for the freedom of another human being on the other hand. What Huck discovers is that he cannot be free unless Jim is also free. The freedom he wills for himself he must also will for others. Jesus states this similarly with the command: "Love the Lord your God with all your heart, soul, and mind, and your neighbor as yourself." The key is to see yourself in your neighbor. We cannot have shalom (wholeness) until our neighbor also has shalom. Easter (which the church continues to celebrate for 29 of the 50 days of Easter in May this year) is a time when we celebrate the freedom Christ gives us from sin, death, and the power of the devil. We, however, are set free not to be oppressors, not to try to rule over others, but we are set free so that we can see the face of a brother and a sister even though their skin color may be different, even though their habits may be different, even though their culture, their political system, their country, their family life, their life style, their age, their economic status may be different. We are set free to see in all people, even an enemy, a brother or a sister. That is what Huck saw in Jim. That is what Christ sees in us. That is what we are called to see in others, even our enemies. Rejoice in your calling, for Christ is risen and has set us free.

A blessed woman

The last chapter of Proverbs describes a woman who loves God and strives to be a good wife and mother.

Directions: Use the picture clues to complete Proverbs 31:15, 28.

She gets _____ while it is still _____ ;

she provides _____ for her _____

Her _____ rise _____ and _____ her blessed.

PROVERBS 31:15, 28 (NIV)

Answer: up, night, food, family, children, up, call

Mission Statement of Good Shepherd Evangelical Lutheran 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.