

Train a child in the
way he should go,
And when he is old
he will not depart
from it.

Proverbs 22:6



Shepherd's Voice

Give. Serve. Lead. Connect.

June, 2019

From Pastor Harald Bringsjord

I believe that everybody has faith in something, an ultimate concern; the question however is, in *what*? The belief, the faith, the trust that *I* have, is in a God who calls me out of the darkness and into the light, a God who embraces us and our neighbors. A God who goes to the cross for the sake of the world and rises from the dead for the sake of the world, so that death does not have the last word.

Passing on the Christian faith is certainly not an easy task, and I don't believe that it has gotten any easier over the years. A confirmand told me years ago that her brother said to her all the time: "Trust no one." My response to her was that we would not be able to function in our society if we didn't trust, to some extent, in other people, and structures, and things. We wouldn't get up in the morning if there wasn't trust that the other driver will stay on his or her side of the road and obey the road signs. I sit on a chair because I trust the chair will hold me, and I go to bed at night trusting that the sun will rise again in the morning. I trust that the world in which I live is a world where people will treat each another with respect and dignity. And then I make the jump that trust in God is the same, I don't function well without it.

I'm grateful to my parents who brought me to the services of God's house. And I'm grateful to the church who provided Sunday School teachers, confirmation teachers and guides, and Bible study leaders. I'm grateful that there was a

pastor who led the services and tried to help me and the church grow in our faith, to keep the faith muscles strong, so that I grew up trusting in a God of love and kindness and mercy. And as I think about how that trust in God grew in *me*, I want to take a little time to not only thank my parents but also my Sunday school and confirmation teachers and guides. And I encourage you to do the same to our teachers of the faith, for they are indeed a gift to the church.

Good Shepherd has been gifted with amazing teachers and guides for all age groups, from early childhood through middle school to high school and into adulthood. To name two of our paid educational staff, Tammy Klein and Stephanie Andersen, who together for many years have worked to pass on the faith to the children, the middle schoolers and the high schoolers. If you haven't thanked Tammy Klein and Stephanie Andersen recently, I encourage you to do so.

Some of you have heard that after the mission trip in July, Stephanie will no longer be our youth and family minister. Stephanie and her husband Tom will volunteer in a different way at Good Shepherd, as they will work with the young adults between the ages of 18 and into their 20's. The Bible tells us to "Train children in the right way, and when old, they will not stray." (Proverbs 22:6) Experience and contemporary studies confirm the importance of early childhood education.

Continued on page 19.



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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 May, Al & Kathy Johnson & Stacy Bendel. For the month of June, Pat Oliver & Sharon Yushta will be on duty.

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

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

June 2	8:30am: Bill Klein, Verlene Morrison, Kraig & Teri Lassig, Tracy Christenson, Dave Kilmer 10am: Candie Luehne, Vicki DeMaiffe, Mark Bronson, Sandra Rockwell, Tony & Jen Servais
June 9	8:30am: Chuck & Linda Brigson, Vernon & Peg Garves
June 16	8:30am: Harlan & Kathy McLain, Keith & Mary Isaacs 10am: Adam Kimball, Diane Kimball, Steve Ambrose, looking for 1 person
June 23	8:30am: Michelle Schaefer, Tracy Christenson, Kevin & Diane Wilson, David & Trinity Busch
June 30	8:30am: Tim & Liz Carlson, Rich & Beth Stoll

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@gsllacrosse.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@gsllacrosse.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@gsllacrosse.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@gsllacrosse.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@gsllacrosse.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. June 17th to Sun. June 23rd. 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@gsllacrosse.org

Local Food Pantry Needs



West Avenue Food Emergency Relief

(WAFER) is asking for tuna during the month of June. 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.

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 April 13th through May 12th.

Carol Olson Memorial

Nancy Luma

WAFER

Gerald Knutson
Jeana Briggs
Jim & Sue Bugge
Cindy Thurston

Giving Tree

Paul & Ann VanDyck

Horse Project

Dave & Barb Foye
John & Naomi Stennes-Spidahl
Rick Frosch
Jim & Jan Quinn
Tracy Christenson
Kari Grams-Burner
Norm & Joanne Jerome
Reidun Bringsjord
Scott & Sara Wrobel



Brad & Nancy Mannstedt
Mark Bronson
Bob & Sandy Seymour
Gordy & Carol Powell
Arla Clemons

ELCA Disaster Response

John & Naomi Stennes-Spidahl

Thrivent Choice Dollars

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

Mark Torgerud

Katie Beran Memorial

Joe & Tami Beran

John Bechen Memorial

Harald & Andrea Bringsjord

Hazel Butler Memorial

Harald & Andrea Bringsjord

Vernon Bode Memorial

Shirley Holman

Lutheran Campus Minitry

Steve & Kari Ellison
Tom & Phyllis Lynch

John Reingans Memorial

Jerry & Bonnie Hallum

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
04/07/19	97	95
04/14/19	126	123
04/21/19	262	233
04/28/19	104	55

Weekly Envelope Offerings

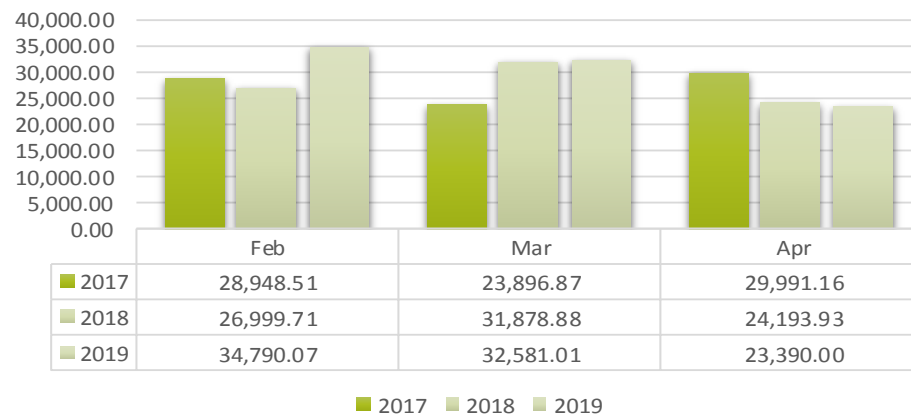
Date	Weekly	% Budget
04/07/19	10,170.00	134.7%
04/14/19	7,188.50	95.2%
04/21/19	4,709.50	62.4%
04/28/19	3,432.50	45.5%
Totals	25,500.50	84.5%

Envelope Offering Comparison

April 2019	April 2018	% Difference
23,390.00	24,193.93	-3.3%
YTD 2019	YTD 2018	% Difference
114,908.08	114,643.67	.3%

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@gsiacrosse.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, Sunday, June 2nd at 9:30am.

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: Now until Synod Assembly (June 14)

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

New Youth Scrip Cards

In addition to our Kwik Trip and Festival Foods cards, many new scrip cards are now available at the Youth Table in the welcome area, and are also available in the church office Mon.-Fri., 8am - 1pm. You can also choose from 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 jones6307@gmail.com or (608) 518-1228.

Come For Supper

Come for Supper provides nutritious free meals every Tuesday at Our Savior's Lutheran Church. Good Shepherds next scheduled date to help is **Tuesday, June 25th**. Volunteers are needed for prep work (1pm) and to serve meals (4:30pm) For more info contact Judy Casto at 385-1410.

2019 Good Shepherd Rummage Sale

Saturday, July 27, 2019
in the Mattes Center
9:00 a.m. – 2:00 p.m.

Don't have enough stuff to hold a garage sale? Join your friends and rent a space at church for \$10. Sell with others for a day of rummage fun. We are looking for sellers. You keep 100% of your own sales money. Please complete an application (forms available in the concourse, or by email: GoodShepherdSale@gmail.com). Spaces will not be considered reserved until the application and monies are received. We do expect spaces to fill up fast. If you have any questions about this event or if you would like to volunteer, please contact: Sally Lindahl @ 799-0263
Set up Friday 1-3:30 p.m. and Saturday from 8 a.m. to 9 a.m.
We'll even offer lunch and yummy desserts!

Chicken - Q

Good Shepherd Men's Group is sponsoring a Chicken - Q on Saturday, June 22nd here at Good Shepherd. They will be serving in the church parking lot from 11:00a.m.-4p.m., or until all the chickens are gone. The cost is \$10.00 and tickets are available their table in the narthex.

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.

Good Shepherd Women-WELCA

GSW-WELCA welcomes women of all ages from our congregation to participate within this committee. Our next committee meeting is June 27th at 6pm in the Choir Room. Come and discover all the good our committee does with our church, community, nation and world!

Around the Parish...

Help Wanted!



Position: Coordinator of Youth and Family Ministry

Hours per Week: Up to 20 hours per week

Work Hours: Flexible but includes nights and weekends

Compensation: \$13-15.00 /hour.

Overview: Coordinator will provide dynamic leadership and oversight to a ministry that equips youth and their families to grow in their relationship with Christ and serve the world God loves so dearly. Good Shepherd will provide the Coordinator ongoing support for personal and professional growth.

Preferred Education / Experience

Bachelor's degree in education, youth ministry or a related field, plus two years experience working with youth and/or young adults, providing leadership and assisting them in developing a mature faith; OR equivalent combination of education and/or experience.

Essential Job Functions

- Ability to vision and achieve an innovative youth program utilizing church staff, parents, and volunteers
- Ability to discuss and apply biblical concepts to life situations and advocate ongoing bible study
- Proficient use of social media, computers and technology utilizing strong communication skills
- Ability to lead large and small groups in worship, programs, discussions and activities.
- Proficient in generating and implementing creative ideas and programs, enhanced by local resources
- Fundraising to pay for youth activities and events
- Complete and submit necessary forms and make arrangements for youth trips and activities including a budget for expected expenses.
- Ability to coordinate, travel and adapt to conditions required for mission trips or youth ministry work
- Able to work or accommodate flexible hours, including evenings and weekends
- Participate in related committees, ministries and staff meetings of the church
- Adherence to policy or rules pertaining to the safety of the Church Youth
- Work with Youth budget, fundraising, and provide an annual report of the Youth and Family Ministry

Qualifications

- Possess a mature and growing Christian faith and the ability to articulate personal Christian beliefs
- Ability to engage and inspire youth to use their unique spiritual gifts.
- Passionate about spiritual growth, youth and young adult ministry.
- Possess strong planning and organizational skills to create an engaging and innovative annual plan.
- Possess a high level of self motivation, utilizing one to one interaction over electronic options.
- Commitment to a team concept of ministry, team development and working with a variety of people.
- Creative and effective in managing multiple priorities and assignments.
- Participate in continuing education classes, events and other opportunities in community.
- Develop and maintain good rapport with students, leaders, and parents

Employer Requirements

Valid Driver's License
Successful background check
Annual Performance Review

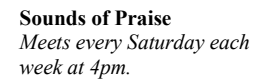
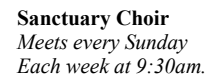
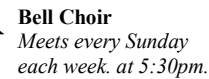
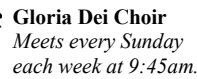
Please submit a cover letter and resume, including references by June 14th to:

Good Shepherd Lutheran Church
Attn: Rick Laufenberg, Office Manager
4141 Mormon Coulee Road
La Crosse, WI 54601 **OR** Email at rick@gslacrosse.org

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.

June 2019



8:30am Worship Service, 10am Worship Service, Communion 1st and 4th Sundays in June due to Synod Assembly

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 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	31	June 1 10am Before the After
2 2nd Service time goes to 10am Name Tag & Cookie Sunday Sponsored by GS Men’s Group 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	7	8
9 4pm 4-H Meeting 6:30pm GS Men’s Group	10	11 1:45pm Hillview Communion 5pm Men’s Golf	12 10am Staff Meeting 12:30pm Quilting 6:30pm Mission Trip Meeting	13 1:30pm Grief Support	14 Synod Assembly 6pm Game Night	15 Synod Assembly 9am Quilting
16 Father’s Day Gordy Powell & Roger Christians are guest Pastors 6:30pm GS Men’s Group	17 6:30pm MGF Mtg 6:30pm Hintgen Association Mtg	18 5pm Men’s Golf 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 7pm Church Council Mtg	19 12:30pm Quilting	20 8:30am NO Mailing Crew 1:30pm Grief Support 6pm Hospitality Meeting	21	22 9am Chicken Q
23 9:30am Care Ministry Meeting 10am Laszewski Baptism 6:30pm GS Men’s Group	24	25 1pm Come for Supper (setup) 4:30pm Come for Supper (serve) 5pm Men’s Golf	26 12:30pm Quilting	27 1:30pm Grief Support 6pm WELCA Meeting	28	29
30 6:30pm GS Men’s Group	July 1 6pm Trust Foundation Meeting	2 5pm Men’s Golf 5:30pm Buildings & Grounds	3 12:30pm Quilting	4 4th of July Office Closed	5 5pm Dayton/Loken Rehearsal	6 3pm Dayton/Loken Wedding
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,

Hard to believe that the month of May is almost to an end and summer begins. With summer fast approaching it can be hard to stay on the healthy track. Here are 8 summer steps for Healthy living.

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. This is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

To get you started, WebMD went to eight health experts in fields such as diet, fitness, stress, vision, and oral health. We asked them this: If you could only suggest one simple change this season to boost personal health, what would it be? Here are their top eight tips.

1. Give your Diet a Berry Boost.

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries- blackberries, blueberries, or strawberries- every day. They will help you load up on antioxidants, which may help prevent damage to tissues and reduce the risk of age related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may help prevent some cancers.

2. Get Dirty and Stress less.

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots- indoors or out. Just putting your hands in soil is grounding and when life feels like you are moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss daily.

You know you need to, now it's time to start. Floss every single day. Do it at the beach (in a secluded spot) while reading on your patio, or when watching TV- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you are doing better than at least 85% of people.

4. Get outside to exercise.

Pick one outdoor activity- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading or swimming- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together it is also a great way to create bonding time.

5. Be good to your eyes.

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your **eye doctor about the best type, some are sport specific.**

6. Vacation Time:

Improve your heart health, take advantage of summer's slower schedule by using your vacation time to unwind.

Vacations have multiple benefits. They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light chilled alcoholic beverage (unless you are pregnant or should not drink for health). A sangria (table wine diluted with juice). A cold beer, or a wine spritzer are all refreshing but

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

Welcome Summer Vacation!

Just as we think we are wrapping one thing up, planning has begun for a Summer filled with fun and faith. It is the Circle of Sunday School as we gear up for a day of worship in the park, Sugar Creek Explorer's Day in July, ROAR! VBS and more, if we can find help and time.

First, Sunday in the Park. This will be a church event that the Men's group is working on so watch for more information on this to come.

Next, Explorer's Day—planned for July 12th rain or Shine. We will need help transporting and we would love a great big group of 1st through 5th graders. This is a chance to get a day at Bible Camp. It is \$20 per child and Adults that attend, we have something special planned for you—adults are free. There is swimming, songs, games, horses, lunch, snack, art and fellowship. Anyone is welcome and we have funds available if you want to attend but are unable to donate the fee. We meet at church to carpool, leaving at 8am and back about 3:30 or 4pm.

Right after all of that fun, ROAR! Bible Camp Safari begins and will be held. This is for all children who will be at least 3 years on September 1st, 2019 through 5th Grade. Families are encouraged to come for supper before hand and guests are always welcome. This is a great week, with great music and fun along with the Message of God is GOOD! Please Register and sign up to help!

One of the age groups we have a program for, but no volunteer, is our Infant to 3 program we call Frolic. This would be a monthly, between the service, parent and child "play group" experience and we have all the materials, just need someone to set up and guide activities for parents and children. We would like to host this in the Nursery so if you might be able to help, let Tammy know and she would be happy to share the program with you.

NURSERY Help needed for Special Events! We are looking for youth who would be able to help staff the nursery for events. This

would be Annual Meeting, VBS, Trunk or Treat, Adult Tree Trimming, Linus Project, and other times when Little Ones may get restless and need to Play and Pray, rather than sit quietly while parents focus. If you can help with these smallest of our flock, please let Tammy know as well.

Finally, Sunday School 2019-20... YES 2020! The Stories and schedule are set, and so we need help! Right now some of our volunteers are leaving for other activities (like Choir) and without staff, there is no Sunday School. Should we cut to one service? Between? Or, can we fill our volunteer spots. That means we would also like attendance to GROW!

I just heard a new TED Talk and then a PBS special... the Blue Zones experiment. I want to share just a bit with you about these zones. Dan Buettner studied these areas and how the people who live there are reaching ages into the hundreds. I am still learning about this but basically he studied the places where they are living longer, healthier and better and what the habits are they have that seem to be consistent. One of the basics of the Power 9 Pyramid is "Belong". Create a healthy Social Network, Prioritize Family, Connect/reconnect with faith. I am excited to learn more, but for now, how comforting that Sunday School and Good Shepherd provide the foundation for a Blue Zone lifestyle. www.bluezones.com It IS the Circle of Life..... Can't wait to see what we are doing together in another 50 years... I hope All of our Sunday Schoolers and families are Celebrating together in 2070. I will see you there!



Quick-Look

Upcoming Events At a Glance

Sunday In the Park— Summer fun	Watch for More Information
Friday, July 12th	Sugar Creek—Explorer's Day for Grades 1st—5th, Registration Required, more information to follow. See Tammy with Questions.
August 4, 11, 12	Roar Set UP! - Other work days to be set up for scenery prep.
August 18-22	ROAR! VBS

Sunday School Teacher/Shepherd Sign-up Help Needed!

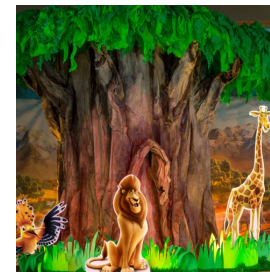
Teachers—These wonderful folks sign up to follow a project in one of our Rotational Rooms. Lessons and Materials are provided ahead of time and we rotate 3 weeks on and 3 weeks off. We have a Cinema (Movie Theater), Science Room, Bible Games and Stories, Art, and Computer open for each service.

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!



Registration Forms and Music, Volunteer Sign-up and Decorating/staging crew sign up available after Easter!! Email Tammy with questions—tammy@gslacrosse.org.

Tammy Klein

Children's Ministry Coordinator

tammy@gslacrosse.org (608)788-0450

Stay Connected!

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



Youth Update

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

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

Confirmation:

On May 5th, the confirmation class of 2019 affirmed their baptism in front of family and friends. This years class included:

Aiden Denzer
Madison Weeden
Mason Roth
Sienna Torgerud
Trysten Fish
William Hefti

As always, this was a highlight of the confirmation year for me. I am honored each time I get to stand with students as they announce their faith and promise to continue to love God and their community. I have seen their faith blossom over the last 3 years and look forward to what God will continue to do in their lives.

Youth Group:

Youth Group took a break over Lent, but resumed in May. As it has been this year, weekly meetings were small. I am never discouraged by this however as I know students that attend are placed there by the Holy Spirit for a reason. Weekly meetings included fellowship and bible study with a pizza party on the 29th to celebrate the end of school year. Youth Group will not meet over the summer, but will resume in September.

What is next?

With my resignation, I am sure some people are wondering what is next. Although, the details are not yet ironed out, I will share what I know. On May 5th a congregational meeting was held. At this time the congregation voted to approve funding to hire a new Director of Youth Family Ministry for up to 20 hours per week. This will give the individual additional hours to

coordinate and lead youth programming. The process to hire someone has begun and the hope is to hire someone this summer.

While this is going on, I will be working behind the scenes to set up a smooth transition for whoever is hired. Without confirmation and youth group meeting weekly, I will not hold regular office hours. However, I will continue to work limited hours in order to set the ground work for next years confirmation and youth programming.

I plan to continue to be available for the person hired to train them in their new role and provide the support they need to feel comfortable. I love the youth of this church and feel strongly that youth are an important part of any church, I will do all that I can to support them in this transition.

In preparing to write this article—likely my last Voice Article as the Director of Youth and Family Ministry, I came across this verse, which feels very fitting, “Jesus Christ is the same yesterday and today and forever.” Hebrews 13:8. Jesus is the same today as He was 9 years ago when Pastor Meredith asked use to go on the mission trip and he will be the same in 9 more years. Change is often scary, but it is not bad. With this verse, I am reminded that Jesus Christ is with us through it all. We may change, the youth program may change, but He will not. So where do we go from here? God will reveal that as we get there, but I know He has great plans for this congregation and our youth!

Quick-Look

Upcoming Confirmation/Youth Group Events At a Glance

	Confirmation and Youth Group will not meet over the summer
June 12th 6:30 - 7:30 (Youth Room)	Informational meeting for all youth attending the mission trip
July 21-26th	High School Mission Trip: Quad Cities, Iowa
Wednesday August 28th 6:00 - 7:00 pm (Library)	Guide Orientation
Wednesday September 11th (Church Welcome Area)	Confirmation Orientation - Parents and Students 6:00 - 7:00 - 6th grade 7:00 - 7:30 - 7th grade 7:30 - 8:00 - 8th grade
Wednesday September 11th 6:30 - 8:00 (Youth Room)	Youth Group resumes
Wednesday September 18th 6:30 - 8:00 (Mattes Center)	Confirmation resumes
	Beginning September 11th, Confirmation and Youth Group will meet Weekly on Wednesday evenings.



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

Calling all Musicians!

Summer is here! And with most of the musical ensembles at Good Shepherd adjourned for the summer months, the need for people to share their talents in the form of special music offerings is very great. And, of course, special music offerings are always welcome at any time during the year. Therefore, it is with great joy and anticipation that we extend our sincere invitation to anyone and everyone who would like to share their musical abilities with their church family. Whether you like to sing or to play a musical instrument, there is definitely a place for you in our special music program.

Many people feel that they do not play or sing well enough to make a special music offering in church. Please be assured that whatever level of musical accomplishment you currently possess, we can definitely find a way for you to participate. If you not comfortable playing or singing a solo, we can help find others for you to team up with. If you have less musical experience, we can find music suited to your level of musical proficiency. Children who are at an elementary stage in their musical journey are always welcome to participate in a "Young People's Prelude" at the start of worship service.

Remember, you are making a musical offering to God and to your church family and nowhere will you find a more accepting audience! To share your musical talents with us and make a special music

offering, or to request further information, please give me a call at (608) 779-9669 or send an email to randy@gsiacrosse.org. You are also welcome to catch me at church after any worship service. Thank you in advance for helping us worship at Good Shepherd by sharing your musical gifts!



Randy Lyden

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



Continued from page 1.

Passing on the faith to a new generation begins in infancy and continues through adulthood.

Remember that educational opportunities will be available throughout the summer: the mission trip, Vacation Bible School, and Sugar Creek Bible Camp for youth as well as for families and adults; there is even a grandparent week. There certainly will continue to be opportunities to worship God together on Sunday mornings at 8:30am and 10am. And may we all continue to grow in our trust in the God who creates, sustains and redeems the world, and live with gratitude for those who take time to pass it on.

Continued from page 13.

light. In moderation-defined as one to two drinks daily-alcohol can protect against heart disease.

8. Sleep well.

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

It is also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are eight super simple ways to boost your health this summer. Try one or try them all. They are easy you won't know they are good for you. I hope you all have a wonderful summer. Stay safe, stay healthy. WebMD, written by Kathleen Doheny

Your Parish Nurse,
 Bev Sorenson

Handiwork to do good works

God has a special plan and purpose for each of us.

Directions: Use the finger-position clues under the blanks below to complete Ephesians 2:10, NIV.

Ephesians
prepared
handiwork

LEFT

Christ
advance
good
God

RIGHT

For we are God's _____, _____ in _____

L pinky R thumb

_____ to do _____,

L pointer R middle R ring L thumb

which _____ in _____

R pinky L ring R pointer

for us to do. _____ 2:10, NIV

L middle

Answer: handiwork, created, Christ, Jesus, good, works, God, prepared, advance, Ephesians

