



# Shepherd's Voice

*Give. Serve. Lead. Connect.*

August 2019

**From Pastor John Stennes-Spidahl**

Once again, this year it was my privilege to attend our synod assembly. The La Crosse Area Synod gathered June 14-16 under the theme, "Walk. Love. Do." This comes from the well-known passage in Micah 6: "God has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" Those in attendance enjoyed learning and singing (numerous times) an original song composed by Eddie Kim, of English Lutheran Church, based on this theme. Rev. Felix Malpica, an ELCA pastor and the son of the leader of our Global Mission Unit for the ELCA, was our guest musician for the weekend. He had the gathering singing enthusiastically in several languages such as Spanish, Arabic, and Korean as well as English. The congregations of our synod sent donations of new socks and underwear. Over 30,000 pair were collected to be distributed to area ministries. There were so many donations that it was decided to send a portion to congregations along our Southern border who minister to the needs of the many migrants there.

We heard reports for many of our synod's ministries as well as from Bishop Arends and Pastor Libby Howe. We elected members to several synod committees and passed a budget for 2020 that includes a reduction in total expenditures. It is humbling to think of how much we can do together. Pastor Ben Morris was a favorite presenter for many. Though it has been necessary to

cut back on how much the synod contributes to campus ministry, Pastor Ben inspired participants to pledge over \$48,000 in ongoing support. Another crowd favorite was Rev. Dr. Craig Nesson, from Wartburg Seminary in Dubuque, IA. He spoke very convincingly about the importance of emphasizing the ministry of all the baptized – our call to follow Jesus means we are all involved in making disciples. My favorite presenter was the person who came to represent and give a report from the Churchwide ministries of the ELCA. Mary Cambell is Program Director for ELCA AMMPARO. AMMPARO which stands for Accompanying Migrant Minors with Protection, Advocacy, Representation, and Opportunities was formed after the last Churchwide Assembly to show mercy and the love of Christ to young migrants. One of the significant ways this happens is helping young people who have been returned to their home countries find productive work there. Mary is also an attorney who devotes a lot of time working with asylum seekers when they are called into immigrant court. There are several articles about this ministry in recent issues of Living Lutheran, the monthly publication of our national church body. There are complimentary copies available in the welcome area. Feel free to take one home and experience a wide sampling of all that is happening in the larger church. You may also find the digital edition at [livinglutheran.org](http://livinglutheran.org).

*Continued on page 19.*



[Facebook.com/GSlacrosse](https://www.facebook.com/GSlacrosse)



[Twitter.com/goodshepherdlse](https://twitter.com/goodshepherdlse)



[GSlacrosse.org/voice](http://GSlacrosse.org/voice)

To access this and other publications online visit [GSlacrosse.org/voice](http://GSlacrosse.org/voice).

DO  
justice  
LOVE  
kindness  
WALK  
humbly  
MICAH 6:8

## 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 July, Nancy Oelke & Linda Schoen. For the month of August, Arlene & Dewey Dreves & Sharon Yushta will be on duty.

Thank you to Carol Abraham for sending out the "Get Well" cards in July. Carol Abraham will be sending out the cards throughout the month of August also.

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](http://causewaycaregivers.org)



### Ushers Schedule

<b>Aug 4</b>	<b>8:30am: Ushers Needed!</b> <b>10am: Ushers Needed!</b>
<b>Aug 11</b>	<b>8:30am:</b> Bill Klein, Kevin, Diane & Caden Wilson <b>10am:</b> Heidi Kwiatkowski, Tony & Jen Servais
<b>Aug 18</b>	<b>8:30am:</b> Dave Kilmer, Monty Gilbertson Verlene Morrison, Al & Kathy Johnson <b>10am:</b> Shelly Saegrove, Diane Kimball, Steve Ambrose, Judy Casto, Candie Luehne, Vickie DeMaiffe
<b>Aug 25</b>	<b>8:30am:</b> LeeAnn Lyden, Paul Boarman, <b>10am:</b> Sandra Rockwell, Mark Bronson, Norm & Joanne Jerome

## 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@gslacrosse.org](mailto:randy@gslacrosse.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@gslacrosse.org](mailto:karl@gslacrosse.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@gslacrosse.org](mailto:darlene@gslacrosse.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@gslacrosse.org](mailto:linda@gslacrosse.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@gslacrosse.org](mailto:stephanie@gslacrosse.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 July. Our next time to deliver will be Monday, Aug 26th to Sunday, Sept 1st. 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](http://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@gslacrosse.org](mailto:Kathy@gslacrosse.org)**

### Local Food Pantry Needs



#### West Avenue Food Emergency Relief

(WAFER) is asking for Spaghetti Sauce & Noodles during the month of Aug. Thank you for all the donations given in July.

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](mailto: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 May 13th through July 15th.

### WAFER

Jim & Sue Bugge

### Mattes Center Windows

Kim Dockham  
JoAnn DeClute  
Steve Arndt  
Michelle Wilcox  
Cliff Hendrick  
Paul & Kathy Boarman  
Rob & Dianne Hamann  
Doris Goralski  
Larry & Nancy Lawrynk  
LeeAnn Lyden  
Dave & Karen Osley



Monty & Lois Gilbertson  
Randy Hanson  
Mark & Bridget Skolos  
Dirk & Rita Gasterland  
Steve & Kari Ellison  
Judy Christopherson  
Paul & Joyce Herlitzke  
Marv & Jean Nelson  
Kris Bernhardt

Odell & Carol Anderson  
Vernon & Peg Garves  
Jeff & Sharon Yushta  
Ruth Faulhaber  
Norm & Joanne Jerome  
David & Barb Foye  
Roger & Kenna Christians

### Giving Tree

Richard & Grace Pengra

### Jane Klein Memorial

Harald & Andrea Bringsjord

## 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
06/02/19	69	52
06/09/19	80	75
06/16/19	60	67
06/23/19	84	81
06/30/19	61	72

## Weekly Envelope Offerings

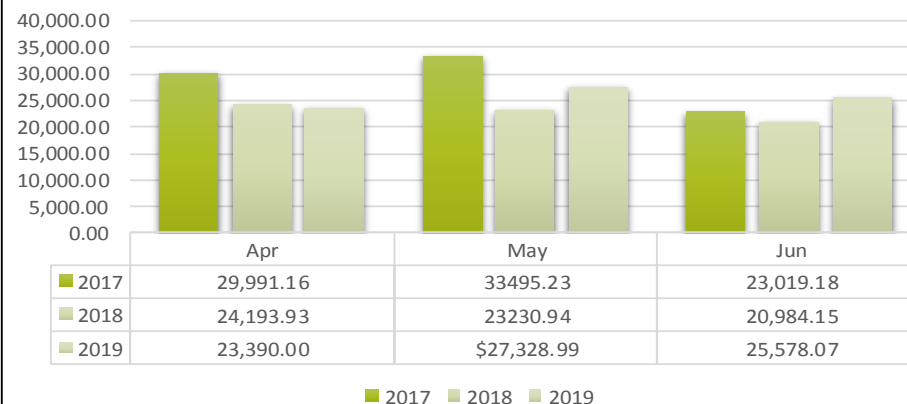
Date	Weekly	% Budget
06/02/19	7,532.07	124.7%
06/09/19	5,487.00	90.8%
06/16/19	4,297.50	71.1%
06/23/19	3,663.50	60.6%
06/30/19	4,598.00	76.1%
<b>Totals</b>	<b>25,578.07</b>	<b>84.7%</b>

## Envelope Offering Comparison

June 2019	June 2018	% Difference
25,578.07	20,984.15	21.9%
YTD 2019	YTD 2018	% Difference
167,815.14	158,858.76	5.7%

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](mailto:rick@gsiacrosse.org) or by calling the church office (608)788-0450.

## Envelope Offerings



## Around the Parish...

### 2019 Church Picture Directory

Please visit our website at [www.gslacrosse.org](http://www.gslacrosse.org), scroll down on the home page and click on **2019 Good Shepherd member...** in the Latest News section. Then click the **Lifetouch.appointment** link to schedule your photo session. By scheduling a session you will receive a 8 X 10 and a new picture directory for free! If you have any questions, or want help to schedule your appointment, call Kathy in the church office at 788-0450, M-F 8a to 1p. Or on Sunday mornings before, during & after services, Kathy will be sitting at the sign up table in the welcome area. She should be able to help schedule your photo appointments.

Dates & times available for picture sessions are Sept. 3rd - 6th 2-9pm, Sept 7th 10am-5pm, Sept. 24th - 27th 2-9pm, and Sept. 28 10am - 5pm.

### Mobile Meals drivers needed!

Our next delivery starts Monday, Aug 26th to Sunday, Sept 1st, Please sign up to help. The yellow bus is up and ready for you to sign up. Thank you to all who have helped deliver meals in the past.

**Please consider becoming a part of this very important ministry. Call the office 788-0450 or email [Kathy@gslacrosse.org](mailto:Kathy@gslacrosse.org) for details..**

### 5th Annual Neighborhood Block Party

Mark your calendars for Sunday, August 4th from 1 to 4pm. Come and meet our neighbors. Food, music and fun will be provided. There is a sign up sheet on the welcome area bulletin board for desserts. Please bring a non-perishable food item to donate and help support WAFER.

### 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, August 27th**. Volunteers are needed for prep work (1pm) and to serve meals (4:30pm) For more info contact Judy Casto at 385-1410.

### Lap-tivity Quilts

On Tuesday, August 6th at 9 am - 1pm, The Peer Caregiver Support Program of Causeway is creating "Lap-tivity" quilts for staff at health, veteran and care facilities to give to caregivers of a loved one with Alzheimer's or other related dementia. We are looking for volunteers to help create these lap sized quilts. Volunteers can bring their own machine or if they're not sewers can help in so many other ways! Refreshments will be served. Location: Good Shepherd Lutheran Church, La Crosse. To participate, call Causeway at 608.775.9999

### Youth Scrip Cards

Kwik Trip and Festival Foods, and many other scrip cards are available at the Youth Table in the welcome area, and also 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! A full listing and order form is available at [gslacrosse.org/high-school/](http://gslacrosse.org/high-school/). Questions? Contact Jennifer Jones at [jones6307@gmail.com](mailto:jones6307@gmail.com) or (608) 518-1228.

### Books Wanted!

Our Little Free Library is running very low on books! We are asking for donations of books appropriate for all ages. They can be left in the box in the welcome area. Thank you for your donations!

**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!



## 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 to:**

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



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>July 28</b> 10am Skaar Baptism 6:30pm GS Men's Group	<b>29</b>	<b>30</b> Lifetouch _____ 5pm Men's Golf	<b>31</b> _____→ 12:30pm Quilting	<b>August 1</b> 1:30pm Grief Support Group	<b>2</b>	<b>3</b>
<b>4</b> VBS Set Up Name Tag & Cookie Sunday sponsored by Church Council 1-4pm Block Party 6:30pm GS Men's Group	<b>5</b>	<b>6</b> 9am to 1pm Causeway Project 5pm Men's Golf 5:30pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg	<b>7</b> 10am Staff Meeting 12:30pm Quilting	<b>8</b> 1:30pm Grief Support Group	<b>9</b> 6pm Game Night	<b>10</b> VBS Set Up
<b>11</b> VBS Set Up 6:30pm GS Men's Group	<b>12</b> VBS Set Up 5:15pm Finance	<b>13</b> VBS Set Up 1:45pm Hillview Communion 5pm Men's Golf 6pm Admin/Exec Meeting 7pm Church Council Mtg	<b>14</b> VBS Set Up 12:30pm Quilting	<b>15</b> VBS Set Up 1:30pm Grief Support Group	<b>16</b> <b>September Voice Articles Due</b> 4:30pm Bauer/ Paulsrud Rehearsal VBS Set Up	<b>17</b> VBS Set Up 2pm Bauer/ Paulsrud Wedding
<b>18</b> 10am Greenfield Baptism 5pm VBS Meal 5:30pm VBS 6:30pm GS Men's Group	<b>19</b> 5pm VBS Meal 5:30pm VBS 6:30pm Membership Mtg	<b>20</b> 5pm VBS Meal 5pm Men's Golf 5:30pm VBS	<b>21</b> 12:30pm Quilting 5pm VBS Meal 5:30pm VBS	<b>22</b> 8:30am Voice Mailing Crew 1:30pm Grief Support Group 5pm VBS Meal 5:30pm VBS	<b>23</b>	<b>24</b>
<b>25</b> 9:30am Care Ministry Meeting 6:30pm GS Men's Group	<b>26</b>	<b>27</b> 1pm Come for Supper (setup) 4:30pm Come for Supper (serve) 5pm Men's Golf 6pm Parish Ed Meeting	<b>28</b> 12:30pm Quilting 6pm Conf Guide Orientation	<b>29</b> 1:30pm Grief Support Group	<b>30</b>	<b>31</b>
<b>September 1</b> Name Tag & Cookie Sunday sponsored by Care Ministry 6:30pm GS Men's Group	<b>2 Labor Day</b> Office Closed	<b>3</b> Lifetouch _____ West Pastor Conference (here) 1pm Lydia Circle 5:30pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg 6:45pm BS Troop 22 Meeting 6:45pm Scouting for Girls	<b>4</b> _____ 12:30pm Quilting 6pm SS Volunteer Meeting 6:30pm Youth Grp (Gr. 9-12)	<b>5</b> _____ 1:30pm Grief Support Group 6pm WELCA Mtg	<b>6</b> _____	<b>7</b> _____→
To access the most up-to-date calendar visit <a href="https://www.gslacrosse.org/calendar">GSlacrosse.org/calendar</a> .						

## 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
- **How about You?** *Youth Ministry Coordinator*  
someone@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,

Summer is upon us. Here are a few reminders when it comes to staying healthy in this heat.

**Tips to Beat the Heat!**

Keep hydrated. Drink more water. Limit non-essential strenuous activity during the hottest parts of the day. Avoid alcohol and caffeine as they can make dehydration worse. Soak. Take a cool shower or bath to help you cool down. Be cool. Stay indoors and make use of fans or air-conditioners. Rest. Make sure you get enough sleep, and rest if you feel tired. Eat fresh. Try eating cold foods such as salads or fruit. Check on others including children, elderly, people with medical conditions and don't forget your pets!

Seek shade when outside. Dress down. Wear light weight clothing and be sun-smart.

Watch Out. Be on the lookout for any symptoms of heat related illness. See your doctor if you are unwell. In a medical emergency call 911.

I would like to add to this article that remember to check on our elderly friends who live alone, make sure they are staying cool and hydrated. I also think of our pets to bring them in from this heat. Stay safe, stay cool and stay healthy.

Have a safe and healthy summer!

Your Parish Nurse,  
Bev Sorenson RN



**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

Another Summer of fun and adventure has begun. That means – Vacation Bible School (VBS) FUN is on it's way and this year we have a lot of great Fun planned! But there is much help needed.....

**August 18-22 – VBS!** All children from age 3 as of September 1<sup>st</sup> through 5<sup>th</sup> Grade are encouraged to attend the FUN! **PLEASE, MARK YOUR SCHEDULE!** Registrations are out and I will be at services to answer any questions...Guests always welcome. We need a few more helpers, this is a perfect opportunity for service hours for youth looking to add to scholarship applications. **Confirmands and Youth needed, Decorating Help needed!**

**September 8<sup>th</sup> – RALLY SUNDAY!** This is our get to know you day for the new Sunday School Year. All children from age 3 as of September 1<sup>st</sup> through 5<sup>th</sup> Grade are encouraged to attend this day to reconnect. **PLEASE PARENTS, MARK YOUR SCHEDULE!** Registrations are DUE this day!

**PRE-SCHOOL MILESTONE – SEPTEMBER 8<sup>th</sup>...** All 3 and 4 year olds – will be receiving a Milestone Gift on September 11<sup>th</sup> from their church family. New 3 year olds will receive their tote bags and returning 4 year olds will receive their story books. **IT IS IMPORTANT TO REGISTER** for Milestones (fill out a form or email the information to [tammy@gslacrosse.org](mailto:tammy@gslacrosse.org)).

**Sunday School Volunteers** – Please check out our schedule for Sunday School and let me know if you can help. We are in need of filling up our empty spots with volunteers and substitutes for our staff. We need several volunteers for each service...this is urgent!

**Nursery** - We are looking for volunteers to staff the nursery. We have had folks in the past, but the nursery is sometimes underused. If you are a parent at services or parents who use the

nursery, perhaps we could rotate volunteers among the users. Please let me know or share ideas at the next Parish Education Committee meeting.

**Frolic!** – This is a fun group (Birth to 3 years) we would like to have join our Children's Ministry program. We are hoping to have this be between services – starting with once a month. This is a parent/child play, share and learn group and is all ready to go, except for someone to lead the group. We need a parent... if you think you can help, please let me know and more information can be provided.

Many years ago, as a Jaycee, I read the following about 4 people... Titled "Somebody Will Do It".

*There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.*

**PLEASE ATTEND! PLEASE VOLUNTEER! PLEASE REGISTER** I am looking forward to a busy, fun and exciting August with lessons of God's Love for all of us!



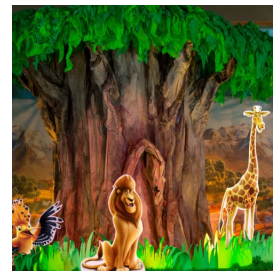
## Quick-Look

### Upcoming Events At a Glance

Aug 7-8-9	Painting and prepping building, prepping stage and materials for tikki huts, mountain and walls.
Aug 10	Building Tree and set up
Aug 11	Semi Final Preps/ Orientation materials available for volunteers.
Aug 13	Volunteer Practice Run 6-9pm
Aug 18-22	<b>ROAR! VBS</b>
Aug 27	Sunday School/Volunteer and Parent Meeting (fill out forms, get lesson plans, talk about this year's stories)
Sept 7	Sunday School Prep Day
Sept 8	Rally Sunday and All Church Celebration Picnic



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](mailto:tammy@gslacrosse.org).

### Tammy Klein

Children's Ministry Coordinator

[tammy@gslacrosse.org](mailto: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

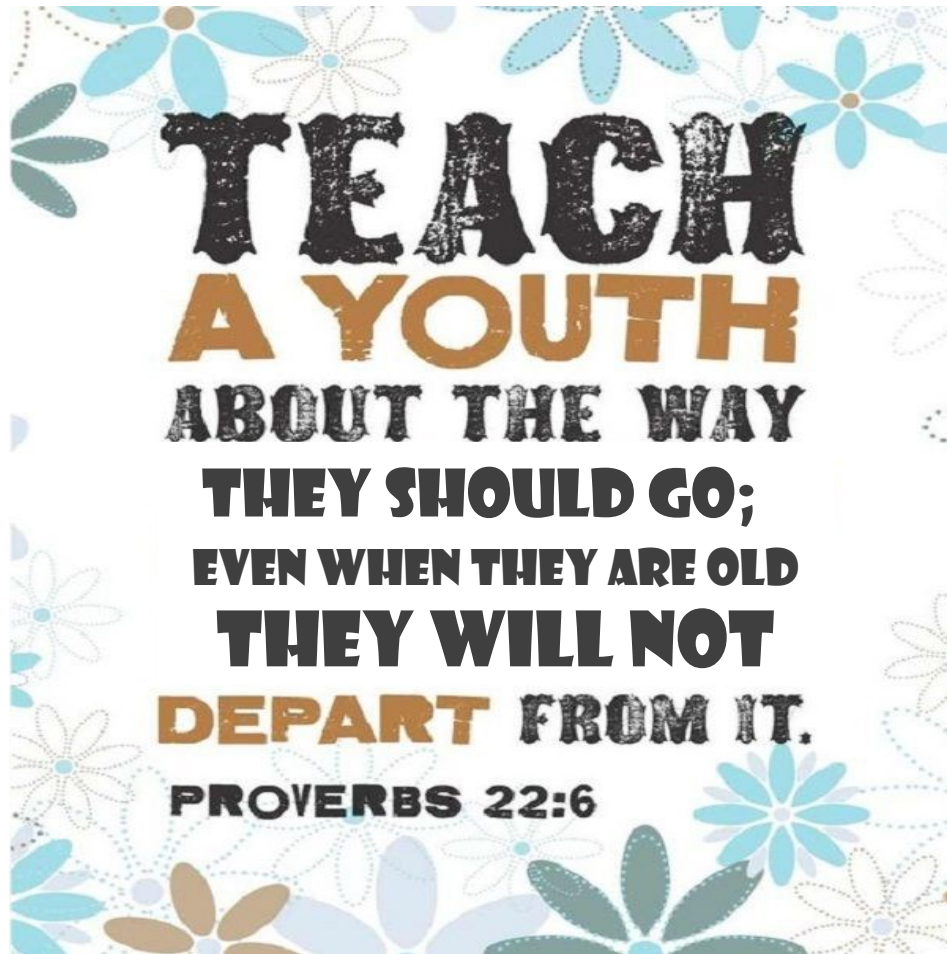
*Confirmation (Grades 6-8)  
& High School Youth (Grades 9-12)*

“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

Good Shepherd Lutheran Church is currently accepting applications for the position of Director of Youth and Family Ministry, please see our job description on page 9 of this publication.

If you have experience or feel a calling to work with youth in a Christian environment,

and this sounds like a good fit for you, application forms are available on the home page of our website, [www.gslacrosse.org](http://www.gslacrosse.org) Scroll down to the “Latest News” section and click on the Help Wanted sign to access links to the job description and employment application.



## Quick-Look

*Upcoming Confirmation/Youth Group Events At a Glance*

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.



### This Could Be You!

Director of Youth and Family Ministry

Someone@gslacrosse.org (608) 788-0450

In the Office: Varied hours



## Music Notes

### From The Director of Music

#### Hymn Focus:

*Mothering God, You Gave Me Birth*

Important for diversity in our worship music tradition are the hymns celebrating the feminine aspects and images of God, in contrast with the masculine. Perhaps no hymn in our Evangelical Lutheran Worship hymnal better illustrates this than #735, "Mothering God, You Gave Me Birth". Although often associated with more modern themes such as feminism and inclusivity, the inspiration for this hymn text comes actually from the writings of 14th century mystic, Julian of Norwich.

Living in medieval England, Julian lived a life of prayer and solitude at the Church of St. Julian (from which she took her name). Medieval England was a time and place of great violence, cruelty and pessimism, made worse by the Hundred Years War and the Black Death. In stark contrast to this reality and environment, Julian's writings were colorful and encouraging, reflecting her deep faith. According to scholar Austin Cooper, Julian was "a very intelligent woman...of great warmth and charm whose religious experience is expressed with vivid precision and gentle humanity".

In 1373, while deathly ill, Julian experienced a series of 16 profound visions, which were later published as her *Showings*. Seeing Christ as our "true mother", Julian said, "The human mother will suckle her child with her own milk, but our beloved mother, Jesus, feeds us with himself".

The poet Jean Janzen was asked to contribute some new hymn texts to the 1992 Hymnal: A Worship Book of the Mennonite Church, using writings of some of the English mystics for inspiration. She was impressed by the "rich language of these mystics and their startling ways of speaking...about God", as well as Julian referring to God her mother. Janzen's text, written in the first person, uses the metaphor of God as a nurturing mother and attributes different aspects of motherhood to each person of the Holy Trinity. Norwich, the tune for this hymn, was composed by Carolyn Jennings, Professor Emerita at St. Olaf College, composer and church musician.



#### Randy Lyden

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



*Continued from page 1.*

I love being part of a local congregation where we have opportunities for service and fellowship where faith and love are nurtured, and worship lifts our souls. It is also wonderful to share in the ministry of the La Crosse Area Synod and the Evangelical Lutheran Church in America. We are the body of Christ.

Pastor John Stennes-Spidahl

*Thank you!*

Thank you to Tammy Klein, Keith Klein, Harland McLain, Kathy McLain, Richard Frosch, Pastor John, and Pastor Harald for serving as voting members at the 2019 La Crosse Area Synod Assembly. Perhaps God is calling you to serve next year (June 12-14, 2020). It will be an exciting synod assembly as we elect a new bishop. Synod assemblies provide the opportunity to learn more about the work we do together, to meet people from other congregations, and to be inspired in our life of faith.



#### Warming Center (*it'll be here before you know it!*)

Last week, 18 pastors and lay people from Good Shepherd Lutheran and First Lutheran and English Lutheran Churches gathered to discuss the possibility of staffing the Warming Center on select nights this winter. We decided to establish Lutheran Nights at the Warming Center on the first two Fridays of each month from November through April. Therefore, we have responsibility for staffing 12 nights this winter.

Although a core of volunteers are already committed, we hope that others from Good Shepherd will commit to participating in this very important ministry at the Warming Center.

Leticia Silva from the Warming Center will provide orientation and training sessions this fall for volunteers. Bridget Crave from First Lutheran Church will coordinate volunteers and manage the online data base for the Lutheran Nights.

If you are interested in helping or simply have questions, please contact Tracy Christiansen who will be our Church's contact person 608-797-4650 or Pastor Harald Bringsjord 608-788-0450.

