



Shepherd's Voice Give. Serve. Lead. Connect.

December 2019

From Pastor John Stennes-Spidahl

I hope you enjoyed the three days of autumn we had this year. It got cold way too fast and it seems like it's staying cold. I can remember ice skating on frozen lakes at Thanksgiving when I was young, so I guess that cold weather in November is not so strange. I really do love this time of the year. There are so many wonderful memories of Thanksgiving with family and the beginning of the holiday season! In the Church we have started a new year as we enter the season of Advent. It is a time of anticipation. Our family always had an Advent wreath and we took time for family devotions when we lit the candles at supper time. Each Sunday we got to light another candle. When all four were lit we knew that Christmas was about to arrive. For many of us as Christians, Christmas really is a very special time. There is a popular song that says, "It's the most wonderful time of the year." There is so much to love about Christmas – the lights, the music, the get togethers, the overflowing generosity, the food! I'm very thankful for the many, many wonderful memories of Christmas through the years. I can't help but pause for a moment to acknowledge that for some folks this can be a very difficult time because of the pain of loss, isolation, or other challenging circumstances. For those who have trouble feeling joy in this season we pray that in time the true meaning of Christmas will give them consolation.

So much of what we love about Christmas is just external and material.

But at the heart of the matter is God's great gift to humankind. That's why Martin Luther loved Christmas so much. I would like to share some of his thoughts which come from a little volume called Martin Luther's *Christmas Book*, edited by Roland H.

Luther writes: "Let us, then, meditate upon the Nativity just as we see it happening in our own babies. I would not have you contemplate the deity of Christ, the majesty of Christ, but rather his flesh. Look upon the baby Jesus. Divinity may terrify man, Inexpressible majesty will crush him. That is why Christ took on our humanity, save for sin, that he should not terrify us but rather that with love and favor he should console and confirm.

"Behold Christ lying in the lap of his young mother, still a virgin. What can be sweeter than the Babe, what more lovely than the mother! What fairer than her youth! What more gracious than her virginity! Look at the Child, knowing nothing. Yet all that is belongs to him, that your conscience should not fear but take comfort in him. Doubt nothing. Watch him springing in the lap of the maiden. Laugh with him. Look upon this Lord of Peace and your spirit will be at peace. See how God invites you in many ways. He places before you a babe with whom you may take refuge. You cannot fear him, for nothing is more appealing to man than a babe. Are you affrighted?

Continued on page 19.



Facebook.com/GSlacrosse



Twitter.com/goodshepherdlse



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 the church office.



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 the church office at 788-0450

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.

ServeEnriching Life, Sharing talents

Thank You All So Very Much...

Altar Guild—Thank you to the members who served during the month of November, Pat Oliver & Irene Thorelli . For the month of December, Al & Kathy Johnson & Jeanne Atchley will be on duty.

Thank you Phyllis Lynch for sending out the "Get Well" cards in November. Kim Young will be sending out the cards throughout the month of December.

Thank you to Ann Hudson for sending out cards and prayer shawls year round to be reaved 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!

Chank You

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

Dec 1	8:30am: Kevin, Diane & Caden Wilson, Gordy Powell, Al & Kathy Johnson 10:30am: Todd & Corrine Holtz, Jerry & Virginia Larsen, Don & Darcy Skibba	
Dec 8	8:30am: Confirmation Students 10:30am: Confirmation Students	
Dec 15	8:30am: Roger Weeks Jr., Paul Boarman, Harlan & Kathy McLain, Chuck & Linda Brigson 10:30am: Warren & Irene Nedegaard, Todd & Teresa Nedegaard, Mark Bronson, Sandra Rockwell	
Dec 22	8:30am: Mark & Shanon Torgerud, Dave & Barb Foye 10:30am: Heidi Kwiatkowski, Shelly Saegrove, Darren & Jaclyn Osley	
Dec 24	Christmas Eve-Please sign up to help usher	
Dec 25	Christmas Day-Please sign up to help usher	
Dec 29	8:30am: Norma Overby, Darlene Lassig, LeeAnn Lyden, Nancy Oelke 10:30am: Larry & Maree Smith, Candie Luehne, Vicki DeMaiffe	

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 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

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.

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.

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 open hangout is Wednesday evenings at 6:30pm between September & June. 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 the Jen Servais at Jen@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 October.

Our next time to deliver will be

Monday, Dec 2nd to Sunday, Dec 8th.

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@gslacrosse.org

Local Food Pantry Needs



West Avenue Food Emergency Relief

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

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.

Cub Scouts, Boy Scouts & Scouting for Girls Meet at Good Shepherd

Cub Scouts—Pack 10 meets at 6pm, 2nd & 4th week on Tuesday's in the Mattes Center. Off over the summer.

Boy Scouts—Troop 22 meets at 6:45pm weekly on Tuesday's in the Mattes Center. Off over the summer.

Scouting for Girls meets at 6:45pm weekly on Tuesday's in the Mattes Center. Off over the summer.

If you have any questions, please call the church office at 788-0450 and we can connect you with the group leaders.

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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 October 15 through November 10.

WAFER

John Wood Jim & Sue Bugge

Hintgen Food Project

Noreen Holmes Arnie Bolstad John Wood Richard Figgee Jerry & Virginia Larsen Duane & Arlene Dreves Philip & Sarah Nohr Jane Strangstalien Scott & Sara Wrobel Michael & Sally Lindahl Diane Kimball Barb Doering Dave & Barb Erickson



ELCA World Hunger

Tom Ketterling
Sherrill Munson
John & Naomi StennesSpidahl
Tom & Phyllis Lynch
Millie Hamann
Judy Christopherson
Noreen Holmes
Pat Anderson
Elliot & Alicia Place
Jim & Sue Bugge

John Wood Rob & Dianne Hamann Harald & Andrea Bringsjord Ed & Ann Keuper Diane Kimball

WELCA

Thank you to all who contributed to our WELCA Sunday campaign! There are too many of you to list here, but because of your generosity Good Shepherd Women-WELCA received over \$1,300 to help them carry on their ministries within our church and our community.

Donations of Required Minimum Distributions from Retirement Accounts

Did you know that you can make a donation of all or a portion of the Required Minimum Distribution from your retirement account to tax exempt charities such as Good Shepherd and your donation will be tax exempt?

Here's how it works. If a person is at least age 70½, they must take at least a minimum distribution from their IRA or incur a penalty equal to one-half of the otherwise required minimum distribution amount. They may take more than the minimum at their discretion.



These individuals may instruct their IRA account manager to distribute any amount of their choosing to one or more tax exempt charities such as Good Shepherd.

When that is done, it is considered to be a tax exempt contribution. Good Shepherd would acknowledge to the giver the receipt of that contribution from their IRA. Also, this contribution is tax exempt even if the individual does not itemize deductions for income tax purposes because the IRA account manager would not identify this to the IRS as reportable income in accordance with the tax code.

For more information about Qualified Charitable Distributions, check out the Internal Revenue Service Publication 590-B, "Distributions from Individual Retirement Arrangements (IRAs)" or speak with your tax advisor.

Church Numbers

Weekly Sunday Attendance

Date	8:30am	10:30am
10/6/19	130	147
10/13/19	116	100
10/20/19	113	89
10/27/19	124	113

Weekly Envelope Offerings

Date	Weekly	% Budget
10/06/19	9,124.50	120.9%
10/13/19	6,478.00	85.8%
10/20/19	4,261.00	56.5%
10/27/19	3,135.07	41.6%
Totals	22,998.57	76.2%

Envelope Offering Comparison

October 2019	October 2018	% Difference
22,998.57	28,142.58	-18.2%
YTD 2019	YTD 2018	% Difference
267,497.06	280,843.21	-4.7%

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@gslacrosse.org or by calling the church office (608)788-0450.



Around the Parish ...

Blood Pressure Readings

Blood pressure readings will be taken on Sunday, December 1st at 9:30am. by our Parish Nurses, Cody & Kerstin Nedegaard.

Lydia Circle

Our meeting will be Tuesday, December 3rd at 1pm in the quilt room. All women of Good Shepherd are invited and encouraged to attend and bring a friend! Please call Carol Abraham 787-0679 with questions.

High School Youth

High School Youth Open-Hang Out is every Wednesday at 6:30pm in the Youth Room.

Good Shepherd Women-WELCA

WELCA welcomes all women from our congregation to be part of this committee. Our next meeting is Thursday, December 5 at 6pm in the Choir Room. Come and discover all the good our committee does within our church, community, nation and world!

Adult Tree Trimming

Good Shepherd adults, join us at 5:30pm Friday, December 6th in the welcome area for a light supper of chili, fixings & homemade Christmas cookies made by the women of Good Shepherd. Following supper, we will be trimming the trees and assembling the Sunday School Christmas treat bags. It is an evening of fun, fellowship & lively Christmas spirit.

We will not be doing a poinsettia tree this year, but a new idea is being explored. Please watch December's bulletins to learn how to participate. Thank you! Julie

Christmas Capers

Christmas Capers for the kids will be Sat, Dec 7th, 11am to 2:30pm. This is an event for the kids ages 3-5th Grade and everyone is welcome. This gives parents a time to meet with Santa or spend time quietly enjoying an afternoon while the kiddos make Christmas gifts, decorations, have lunch, snack, play games and enjoy a movie. Sign up on the Sunday School board outside the Main Office.

NEW EVENT!

Sat, Dec 7th, 5 to 8pm Christmas WRAP and Cookie Exchange – for the Adults. Bring a dish to pass, a few dozen of your favorite cookie and your Christmas Wrapping Projects and come together for an evening of fellowship, fun, music, food and getting your wrapping done. We may have a fun activity or two and exchange cookies to kick off the holiday month and get a head start. THIS IS FOR THE GROWNUPS! But we have a list of eager sitters at church if you need one.

Sunday Morning Bible Study

We meet again on Sunday, December 8th, and will try to meet consistently on the second Sunday of the month between services in the Library. It would be great to get started by 9:40am. The texts are Isaiah 11:1-10, Psalm 72:1-7, 18-19, Romans 15:4-13, and Matthew 3:1-12. It's a great idea to review these passages before you come if you have time. Bring a friend! Also your ideas for what you would like to have included in our discussions would be very welcome.

Ladies Advent Luncheon

10:30am Sat., Dec. 7 at Our Redeemer Lutheran Church. Please sign up on the hallway bulletin board.

Game Night

Game Night for all ages is Friday, December 13th from 6 - 9pm. Bring your favorite game or learn a new one. Games vary, but include a variety of board, card, and other games. Contact Duane at 787-1038 or Tom or Stephanie at 385-7394 with any questions.

Good Shepherd Christmas Program

Our Christmas program will be presented at both service times on Sunday, Dec. 15. Communion will not be served this day.

Birthday Party at Bethany Riverside

Please join us Thurs, Dec. 26th at 1pm to help the residents with December birthdays celebrate! Also, there are tags on the Giving Tree to purchase presents for them. Call Judy for more info 788-4335 or jmckitties@aol.com

Around the Parish ...

Christmas Caring Tree

Our "Christmas Caring Tree is up. There are tags with nursing home resident names and gift suggestions. Please take a tag from the caring tree and bring it back to church wrapped by Sunday, Dec.8th. Thank you for making Christmas special for these residents! Any question call Candie at 608-304-2035

2020 Calendars

We are collecting calendars that will be given to nursing home residents. Promotional calendars are accepted too! Thank you!!

Egg Cartons

We are collecting egg cartons for WAFER. Please place your cartons in the shopping cart in the welcome area. Thank you!!

Hintgen Food Pantry

There are children here in our community who go to bed hungry on the weekends. To help, we are sponsoring backpacks with basic food for the weekend for 22 children at our neighborhood school, Hintgen.

Please help us by shopping for food or by donating to church and noting: "Hintgen Food Project" in the memo line. Shopping lists available on the bulletin board for your use. Thank you for your generosity!

Christmas shop and donate to Good Shepherd at the same time!

Shop smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Good Shepherd! We are listed as Good Shepherd English when selecting your charitable organization. Or, you can click the Smile.Amazon link on our webpage, www.gslacrosse.org.

55+ Lunch Bunch

We are a bunch of seniors who get together for lunch once a month. Come enjoy a reasonably priced meal with a short devotion from Pastor at the King Street Kitchen at 11:30 on the third Thursday of the month. Couples and singles welcome to share in our camaraderie. Please join us, as they say, the more the merrier!

Good Shepherd Men's Group

Our men's group meets every Sunday at 6:30pm in the Mattes Center. Come and be a part of the fellowship and the activities and events we sponsor throughout the year.

Grief Support

Good Shepherd Grief Support Group meets every Thursday at 1:30pm in the Choir Room to support and encourage one another in our grief. If you are interested in joining us, please call Carol Abraham at 787-0679 or Pastor Harald at 788-0450.

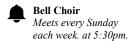
Give Scrip Cards for Christmas!

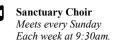
Someone on your Christmas list hard to shop for? VISA or Amazon! Family out of town? Gift card for their favorite restaurant. Stocking stuffer for the kids? \$5 and \$10 cards for lots of places. Planning a vacation for the holiday? Hotel gift cards! There are literally thousands of retailers to choose from with the Scrip gift card fundraiser program! See a youth rep in the concourse to put in your order and payment or contact Jennifer at jones6307@gmail.com or 608.518.1228. Gift cards will arrive by December 15th and can be picked up at church. You can always stop by the table and see what we have in stock to take home today too! All proceeds benefit GSLC Youth Group for mission trips.

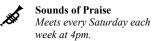


December 2019









8:30 and 10:30 Sunday Worship Service, 8:45 and 10:45 Sunday School. Communion 1st and 3rd Sundays of Each Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November 24 6:30pm GS Men's Group	25	6:45pm Scoutis Pack 10 6:45pm BS Troop 22 Meeting 6:45pm Scouting for Girls	12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Thanksgiving Eve Interfaith Service 7:30pm Pie Social	28 Thanksgiving Day Office Closed	29 Office Closed	30
December 1 Guest Pr. Ben Morris Name Tag & Cookie Sunday sponsored by Membership, Growth & Fellowship 9:30am Blood Pressure Readings 6:30pm GS Men's Group	2 10am Before the After	West Pastor Conference 1pm Lydia Circle 5:30pm Buildings & Grounds 6pm BS Troop 22 Adult Meeting 6:45pm BS Troop 22 Meeting 6:45pm Scouting for Girls	4 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	5 1:30pm Grief Support Group 6pm WELCA Meeting	6 5:30pm Tree Trimming	7 11am Christmas Capers 10:30am Advent Luncheon Our Redeemer Lutheran Church 2136 Weston St. 5pm Adult Gift Wrap
8 9:40am Sunday Morning Bible Study 4pm 4-H Meeting 6:30pm GS Men's Group	9	10 1:45pm Hillview Communion 6pm Cub Scout Pack 10 6:45pm BS Troop 22 Meeting 6:45pm Scouting for Girls	11 10am Staff Meeting 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation 6:30pm Adult Bible Study	1:30pm Grief Support Group	January Voice Articles Due 6pm Game Night	8:30am & 10:30am Christmas Program rehearsals
15 Christmas Program No Communion 6:30pm GS Men's Group	16 6:30pm MGF Meeting NO Hintgen Assoc. Mtg.	6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 Meeting 6:45pm Scouting for Girls 7pm Church Council Potluck	18 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	19 11:30am 55 Plus	20	21
No Sunday School 9:45am Care Ministry Meeting 6:30pm GS Men's Group	23	24 Christmas Eve (services 4, 6, 9pm) Office Closed 1pm Come for Supper (setup) 4:30pm Come for Supper (serve)	25 Christmas Day Office Closed 10am Christmas Worship Service	26 8:30am January Voice Mailing Crew 1pm Bethany Riverside Birthday Party	27	28
29 No Sunday School 6:30pm GS Men's Group	30	31 New Years Eve Office Closed	January 1 New Years Day Office Closed	2 1:30pm Grief Support Group 6pm WELCA Meeting	3	4
} \$ ₽ ♣	To access the	most up-to-date c	alendar visit GSlad	rosse.org/cale	ndar.	, 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:

GSlacrosse.org

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



- Rev. Harald Bringsjord Senior Pastor prharald@gslacrosse.org
- Rev. John Stennes-Spidahl Assistant Pastor prjohn@gslacrosse.org
- Rick Laufenberg Office Manager rick@gslacrosse.org 788-0450
- Kathy Johnson Office Assistant kathy@gslacrosse.org
- **Tammy Klein** Children's Ministry Coordinator tammy@gslacrosse.org
- Jen Servais Coordinator of Youth and Family Ministry jen@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 790-3785
- Darlene Lassig Volunteer Gloria Dei Choir Director 788-5686 darlene@gslacrosse.org
- Cody Nedegaard **Kerstin Gruntzel** Volunteer Parish Nurses Cody Kerstin@gslacrosse.org
- Bill Klein Custodian 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

Greetings.

Over 30 million people are affected by diabetes. That's over 10% of the population. Diabetes is a disease that occurs when your blood glucose (blood sugar), is too high. Blood glucose is the bodies main source of energy and is derived from the food we eat.

Insulin, is a hormone that is made by the pancreas, and helps glucose from food get into our cells to be used for energy. In those with diabetes, insulin is not produced adequately by the body. This in turn leads to too much glucose in your blood because it is unable to reach your cells. Over time, this can lead to an abundance of health problems including: heart disease, stroke, kidney disease, eye problems, nerve damage, and foot problems.

Symptoms of diabetes include: increased thirst and urination, fatigue, blurred vision, numbness or tingling in your feet or hands, sores that do not heal, and unexplained weight loss. Although you can't change risk factors such as family history, age, or ethnicity, you can change lifestyle risk factors around eating, physical activity, and weight. These lifestyle changes can affect your chances of developing type 2 diabetes.

Taking action on the factors you can change can help you delay or prevent type 2 diabetes. Diabetes (type 2) is more likely to develop in those who are: overweight or obese, age 45 or older, have a family history of diabetes, are African American, American Indian, or Asian American, have

high blood pressure, are not physically active, and have a history of heart disease or stroke.

Anyone who has symptoms of diabetes should be tested for the disease. Some people will not have any symptoms but may have risk factors, and should also be tested. Testing allows health care professionals to find diabetes sooner and work with their patient to manage the disease and prevent complications.

Take Care. Cody and Kerstin Nedegaard



Cody Nedegaard & Kerstin Gruntzel

GS Volunteer Parish Nurses

Cody Kerstin@gslacrosse.org

Health Questions?

Gundersen Telephone Nurse Advisor



Sunday School Update Pre-school thru Grade 5

It's that time of year - Christmas! I Love this time of year! I listen to Christmas music all year long. It just makes me feel warm inside. And as the cold winter snows are already falling, Sunday School and all our happenings bring out the cuddly feelings of joy and wonder.

We are in the process of practicing for our annual Christmas Program at both services. IT IS SO IMPORTANT to have everyone attending as much as possible! The programs are December 15th, and that means we have 4 weeks to practice as of this writing! Costumes, Songs and actions for this year's "First Star of Christmas" presentation. Don't forget we have Dress rehearsal for 8:30 service at 8:30 on December 14th (Saturday) and 10:30 for 10:30 Service the same day. On the 15th, please come ½ hour early as Sunday School IS the Church Service and we will need to get costumes on and get ready!

We are looking for a few extra hands to help in our preparations for the annual **Sunday School Christmas Programs** which will be held both services on December 15th. If you would like to help, but have a few questions, call me at the Church on Wednesday evenings or Sundays (788-0450).

We are also asking for donations towards our Children's Christmas Treat Bags. Each year, each child receives a treat bag with goodies following the Christmas Program at each service. We put these treat bags together during the Adult Tree Trimming night at Good Shepherd. If you would like to contribute, please let me know. If you would like to make a monetary donation, you could simply place it in the offering Sunday morning mentioning on your check or envelope that it is for Christmas Program. Gift Cards to Oriental Trading (always welcome), Walmart Gift Cards to purchase the apples, candy, etc. are excellent ideas. All donations should be received no later than Mon, Nov 28th. We will assemble these bags at the Adult Tree Trimming Fri, Dec 6th at 5:30pm.

CHRISTMAS CAPERS for the kids will be December 7th, 11 am to 2:30 pm. We need youth and confirmands to help as part of our activities. This is an event for the kids ages 3 -5th Grade and everyone is welcome. This gives parents a time to meet with Santa or spend time quietly enjoying an afternoon while the kiddos make Christmas gifts, decorations, have lunch, snack, play games and enjoy a movie. Sign up on the Sunday School board outside the Main Office.

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NEW EVENT! Christmas WRAP and Cookie Exchange – for the Adults – December 7th. Bring a dish to pass, a few dozen of your favorite cookies and your Christmas items that need to be wrapped. Come together for an evening of fellowship, fun, music, food and getting your wrapping done. We will have a fun activity or two and exchange cookies to kick of the holiday month and get a head start. THIS IS FOR THE GROWNUPS! But we have a list of eager sitters at church if you need to call someone.

Thank you to everyone in advance for your help during this first part of our Sunday School Year!

Wishing you blessings and peace for 2020!

Tammy



Quick-Look Upcoming Events At a Glance

Sundays November 17th- December 8	Christmas—Cinema, Costumes and Advent – All Children
Saturday, December 7	Christmas Capers— 11an to 2:30pm – Please Sign Up
Saturday, December 7	Adult Christmas Wrap & Cookie Exchange – 5 to 8pm Please Sign Up
Saturday, December 14	Christmas Program Rehearsals – 8:30am and 10:30am
Sunday, December 15	Christmas Program for Both Services/Sunday School times – Arrive 8:00and 10:00 for Costumes and props.
Dec. 22 and Jan. 29	No Sunday School – Merry Christmas and Happy New Year!

Annual CHRISTMAS CAPERS

Saturday, December 7th
11am to 2:30pm
Mattes Center
Children Ages 3 – 5th Grade
Free Will Offering – lunch
Snack, Movie, Crafts and Games





1st Annual Christmas WRAP & Cookie Exchange Adult Fellowship – Pot Luck Saturday, Dec. 7th 5:00pm – 8:00pm in The Mattes Center Fellowship, Fun, Food and get your wrapping done!

Bring a Dish to pass, A Dozen of your favorite Cookies for each participant and all of your Wrapping Yet to be done. Fun For all!

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)

"So in Christ we, though many, form one body, and each member belongs to all the others." ~Romans 12:5



Have you ever wondered what a teenager is thinking? What things are important to them? What are they grateful for? I asked Confirmation students to write down a couple of things they were grateful for...besides their family and friends. Below are their responses:

*My guitar and my dog *My dog *My dog and Jesus *My pets *Music *My dog *My bike, helmet and food *My dogs *Muttley and Paws *My dog, school, house, food and water, God, church *Sports, scouts, nature, shelter *Mv dog, house, water, God *Food, school, sleep *school, sports *My dog and food on the table *The people in homeless shelters have a place to stay and my friends *My phone

By reflecting on things we are grateful for, big and small, we can change our outlook and perspective on things happening around us and maybe even inspire others to find their gratitude.

Speaking of inspiring...We have spent several weeks reading and discussing some important people in the Bible and how they changed the events of our history. We have also discussed how each one of us is an important character in this epic adventure called life and how we, too, can change the world! Each Confirmation student has been challenged to do something amazing for the

world with only \$5.00. They have one month to document the good that can be done with a minimal amount of money and an unlimited amount of love and creativity. I look forward to sharing with you the results of their \$5 Challenge. We will post some of their ideas on the Good Shepherd Facebook page and the G4Squad Instagram page.

Finally, sometimes I feel like the Christmas season morphs into a manic attempt to get one gigantic to-do list accomplished. I pray this year we all take the time to stop and smell the poinsettias and remember the greatest gifts of love and hope have already been given to us. God's grace shines in our lives every day...we just need to look around and allow ourselves to see it.

Merry Christmas! Jen

Want to help support the G4Squad?

BUY SCRIP CARDS!!!

If you are planning on buying anyone a gift card for the holiday season order it from Good Shepherd. Need gas or groceries? Get your Kwik Trip, Festival and Walmart cards from Good Shepherd. There are a ton of cards in stock and there is a short turn around time if we need to order it. Talk to the student representative in the back of the

Quick-Look

Upcoming Confirmation/Youth Group Events At a Glance

Wednesday, December 4th	HS Open Hang Out 6:30-8pm Confirmation: Bingo or Walmart bell ringing
Wednesday, December 11th	Confirmation/HS Open Hang Out 6:30-8pm
Wednesday, December 18th	Confirmation/HS Open Hang Out 6:30-8pm
Wednesday, December 25th Wednesday, January 1st	NO Confirmation/HS Open Hang Out 6:30-8pm Merry Christmas and Happy New Year!

Someone on your Christmas list hard to shop for? VISA or Amazon! Family out of town? Stocking stuffer for the kids? \$5 and \$10 cards for lots of places. There are literally thousands of retailers to choose from with the Scrip gift card fundraiser program! See a youth rep in the concourse to put in your order and payment or contact Jennifer at jones6307@gmail.com or 608.518.1228. Gift cards will arrive by December 15th and can be picked up at church. You can always stop by the table and see what we have in stock to take home today too! All proceeds benefit GSLC Youth Group for mission trips.

Jen Servais

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In the Office: Varied hours



Music Notes From the Director of Music

Joy to the World: a Christmas Carol?

Joy to the World is one of the most well-known songs of the Christmas season, yet it is not really about Christmas at all. Written by Isaac Watts (1674-1748), it is a song about the second coming of Christ rather than the first.

Isaac Watts was born in South Hampton, England. The son of a dissenting pastor, he exhibited a gift for rhyme early on and wrote his first hymn at age fifteen. Isaac went on to become a pastor and served a large independent church in London. He also continued to be a prolific hymn writer, writing some 750 hymns during his lifetime. In 1719 he published a hymn book titled *The Psalms of David:* Imitated in the Language of the New Testament and Applied to the Christian State and Worship. In this collection, he rewrote the Psalms to reveal their New Testament meaning and included specific references to Christ and his ministry. It is in this collection that we find the rewriting of Psalm 98 that we know as the hymn Joy to the World.

Often, the first line of the hymn is mistakenly sung: "Joy to the world! The Lord has come." What Watts wrote was actually: "The Lord is come!" Like Psalm 98, Watts is referring to the second coming of Christ, not

the first. This is evident in phrases like "...the Savior reigns" and "He rules the world with truth and grace."

Antioch, the tune to which Joy to the World is sung, was created by an unknown individual who pieced together musical themes from the oratorio Messiah, by George Frederick Handel (1685-1759). Such borrowing of musical ideas was common in those days and there is no autographed score by Handel indicating that he composed the actual tune itself. American music educator Lowell Mason (1792-1872), who had considerable influence in his day, published Joy to the World in 1836 in the U.S. and gave the tune Antioch its name.



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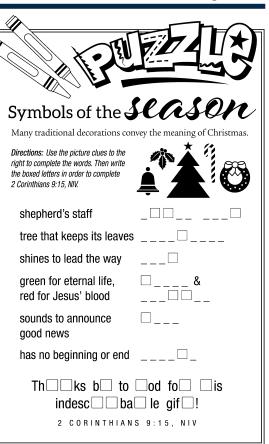


Continued from page 1.

Then come to him, lying in the lap of the fairest and sweetest maid. You will see how great is the divine goodness, which seeks above all else that you should not despair. Trust him! Trust him! Here is the Child in whom is salvation. To me there is no greater consolation given to mankind than this, that Christ became man, a child, a babe, playing in the lap and at the breasts of his most gracious mother. Who is there whom this sight would not comfort? Now is overcome the power of sin, death, hell, conscience, and guilt, if you come to judge this gurgling Babe and believe that he is come, not to judge you, but to save."

Joy to the world, the Lord is come!
Pastor John





Answer: candy cane, evergreen, star, holly & berries, bell, wreath; Thanks be to God for his indescribable gift! 2 Corinthians 9:15, NIV



"That's why I say, 'Fleece Navidad'!"