

For God



So **l**o**v**ed the world  
th**a**t he gave his  
o**n**ly  
b**e**gotten  
so**n**  
th**a**t whosoever  
bel**i**eves  
i**n** him should  
not p**e**rish but have  
everlasting life

John 3:16



## Shepherd's Voice

Give. Serve. Lead. Connect.

February 2020

From Pastor Harald Bringsjord

Valentine's Day falls on February 14. Like most holidays, it has become commercialized, but it dates way back to the year AD 269 when a Roman priest, St Valentine, was martyred for his faith. According to a book entitled "365 Saints: Your Daily Guide to the Wisdom and Wonder of Their Lives" by Woodeene Koenig-Bricker, we know very little about this Roman priest except that he was martyred in AD 269: "Why a celibate priest should be associated with love and lovers since as far back as Chaucer's time is a good question. For whatever the reason, Valentine's name has become virtually synonymous with expressions of affection."

It makes sense that there would be a saint assigned to the virtue of love. Love is an essential ingredient of life. In fact, love might be said to be the lifeblood of all creation. It seems that a law of the universe is that the more we love, the more we will be loved. Love does not exist in the same space as possessiveness, dependency, or selfishness. The essence of love is giving and sacrifice.

We can be loving and show expressions of love because God first loved us.

I hope everyone takes time on February 14 to share the love you have with others, knowing that God daily shares love with us

through Jesus and the Holy Spirit. "For Love is from God; and everyone who loves is born of God and knows God. We love because God first loved us." 1 John 4:7,19

God's blessings,

Pastor Harald



Facebook.com/GSlacrosse



Twitter.com/goodshepherdse



GSlacrosse.org/voice

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

## Serve

### Enriching Life, Sharing Talents

#### Thank You All So Very Much...

**Altar Guild**—Thank you to the members who served during the month of January, Arlene & Dewey Dreves & Sharon Yushta . For the month of February, Rich Frosch & Irene Thorelli will be on duty.

Thank you Candie Luehne for sending out the "Get Well" cards in January. Candie Luehne will be sending out the cards throughout the month of February.

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>Feb 2</b>	<b>8:30am:</b> Boy Scouts Troop 22 <b>10:30am:</b> Boy Scouts Troop 22
<b>Feb 9</b>	<b>8:30am:</b> Confirmation Students <b>10:30am:</b> Confirmation Students
<b>Feb 16</b>	<b>8:30am:</b> Roger Weeks Jr, Tracy Christenson, Mark & Shanon Torgerud, Harlan & Kathy McLain <b>10:30am:</b> Randy Hanson, Deb Koblitz, Warren & Irene Nedegaard, Todd & Teresa Nedegaard
<b>Feb 23</b>	<b>8:30am:</b> Confirmation Students <b>10:30am:</b> Confirmation Students
	<i>Shrove Tuesday is February 25th, there will be a Pancake Supper at 5pm Ash Wednesday is February 26th at 6:30pm, sign up sheet to usher is up.</i>

## 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) 792-1305 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 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](mailto: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

The new schedule has been posted. Our 1st date for us to deliver are Monday, Feb 24th to Sunday, Mar 1st. The yellow bus is up and ready for you to sign up. 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 Noodles & Sauce during the month of February. Thank you for all the donations given in Jan.

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).

### 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.



# 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 December 15, 2019 through January 19, 2020.

### WAFER

John Wood  
Bobbie Cree

### Hintgen Food Project

George & Judy Brockman  
Sally Lindahl  
Paul & Joyce Herlitzke  
Jim & Sue Bugge  
John Wood

### Dana Mjoness Memorial

Jim & Sue Bugge

### Helen Tveiten Memorial

Jim & Sue Bugge



### ELCA World Hunger

Good Shepherd Trust  
Foundation

### Carl Biemiller Memorial

Harald & Andrea  
Bringsjord

### Giving Tree

Paul & Ann Van Dyck

### Kevin Walker Memorial

Jim & Sue Bugge

### Clarence & Anna Aberg

Memorial  
David Aberg

## 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
12/01/19	104	60
12/08/19	105	88
12/15/19	175	156
12/22/19	62	80
12/29/19	68	55

## Weekly Envelope Offerings

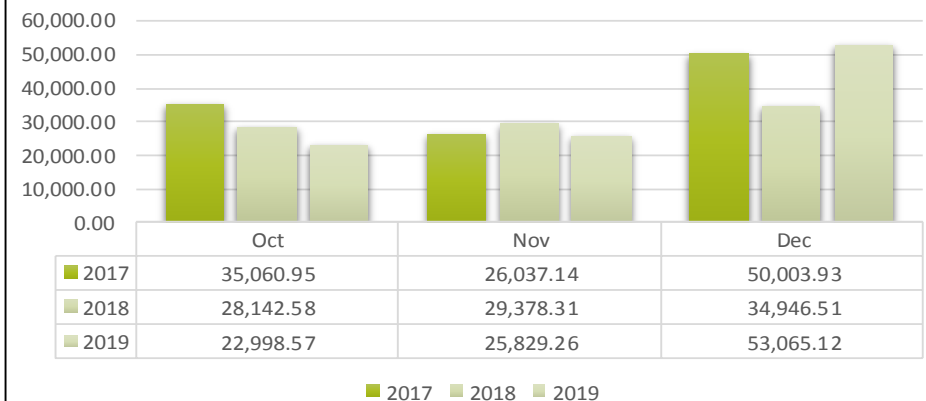
Date	Weekly	% Budget
12/01/19	11,113.69	184.0%
12/08/19	8,140.50	134.8%
12/15/19	4,887.50	80.9%
12/22/19	4,523.50	74.9%
12/29/19	24,399.93	403.9%
<b>Totals</b>	<b>53,065.12</b>	<b>175.7%</b>

## Envelope Offering Comparison

December 2019	December 2018	% Difference
53,065.12	34,946.51	51.9%
YTD 2019	YTD 2018	% Difference
346,391.44	345,168.03	1.0%

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

## Envelope Offerings



## Around the Parish...

### Birthday Party at Bethany Riverside

Please join us Thurs, Jan. 30th at 1pm to help the residents with January 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](mailto:jmckitties@aol.com)

### Blood Pressure Readings

Blood pressure readings will be taken on Sunday, February 2nd at 9:30am by our Parish Nurses, Cody & Kerstin Nedegaard.

### Lydia Circle

Our meeting will be Tuesday, February 4th 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, February 6th at 6PM.

### 2019 Annual Meeting

Our annual congregational meeting will be held at noon on Sunday, February 9th. We will review our Annual Report, elect new Council Members, vote for approval of the 2020 budget and vote on some other motions. Please add the Annual Meeting to your calendar and attend this informative, important meeting of our church. A light lunch will be provided.

### Sunday Morning Bible Study

Our next meeting is Sunday, February 9th starting at 9:40am between services in the Library. The texts are Isaiah 55:1-9a, Psalm 112:1-9, 1 Corinthians 2:1-12, and Matthew 5:13-20. It's a great idea to review these passages before you come if you have time. Bring a friend!

### Game Night

Game Night for all ages is Friday, February 14th 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 questions.

### Blankets of Kindness Event

Saturday, February 15th from 9am till 3pm, we will be making blankets for children who are in the hospital that need something soft to wrap themselves in for comfort. We hope you can attend and help in making blankets for these children. Thank you!

### Youth Snow Shoeing

Sunday Feb. 16th 12:30-2:30pm (weather permitting) Snow Shoeing, open to all GS youth grades 6-12. Snow shoes will be provided. Dress warm! Feel free to bring a friend! For more information contact Jen Servais at [Jen@gslacrosse.org](mailto:Jen@gslacrosse.org)

### Caring for Souls Concert

Join us for our 5th annual concert featuring Renee Splichal Larson as our special guest speaker and music from the Central High School choirs that Ben had participated in. The concert will be on Sunday, February 23rd at 2pm and proceeds will benefit ELCA World Relief Programs. A spaghetti supper will follow the concert, cost is \$5 per person or \$10 per family and tickets can be pre-ordered from the church office or Good Shepherd Men's Group. As an extra bonus, Renee will also be preaching both services that Sunday!

### Shrove Tuesday Pancake Supper

Come and join us for a pancake supper on Shrove Tuesday, February 25th in the Mattes Center. A free will offering will be accepted.

### Come for Supper

Come for Supper provides nutritious free meals every Tuesday at Our Savior's Lutheran Church. Volunteers are need for prep work at 1pm and serving at 4:30pm. For more information contact Judy Casto at 608-385-1410 or the church office. The next date for Good Shepherd to help is Tue, Feb. 25th.

## Around the Parish...

### Ash Wednesday And Lenten Services

Ash Wednesday service is at 6:30pm on February 26th and begins our Lenten Season. Lenten services will continue each Wednesday evening at 6:30pm with a coffee and cake fellowship time following the service.

### 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.

### 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 11:30am 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.

### Hintgen Food Project

Please continue your support by providing food for needy children from Hintgen school for the weekends. Shopping lists are available on the bulletin board for your use, or make a monetary donation noting "Hintgen Food Project" in the memo line.

### Giving Tree—Giving In A Unique Way

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

### Buy Youth Scrip 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 Jones [jones6307@gmail.com](mailto:jones6307@gmail.com) or 608.518.1228. You can always stop by the table on Sunday's and see what we have in stock to take home that day! All proceeds benefit GSLC Youth Group for mission trips.

### Shop Amazon Smile and donate to Good Shepherd at the same time!

Shop [smile.amazon.com](https://smile.amazon.com) and Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to Good Shepherd! For more information and to get started click the "Shop AmazonSmile!" link on our homepage at [www.gslacrosse.org](http://www.gslacrosse.org). We are listed as Good Shepherd English when selecting your charitable organization.

### Egg Cartons

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

### GivePlus, A New Way To Contribute!

To get started, download GivePlus Church for free from the App Store or Google Play. Simply search for "GivePlus Church" to quickly find and download the app today. Then, you can easily make donations directly from your smartphone using your debit/credit card or checking/savings account. You can also choose to donate as a guest or set up an account that allows you to securely and conveniently schedule recurring donations and manage and review your giving history. We hope you enjoy this new way to contribute to our ministry, and thank you for your support.

**This same service is available via our website, [www.gslacrosse.org](http://www.gslacrosse.org)!** Go to *Give* on the top menu bar, then click *Online*, then the *Click here to Give* link and sign in to GivePlus, or create an account if you do not already have one. The process is quick, easy and most importantly secure!

# February 2020



**Gloria Dei Choir**  
Meets every Sunday  
each week at 9:45am.



**Bell Choir**  
Meets every Sunday  
each week. at 5:30pm.












**Sanctuary Choir**  
Meets every Sunday  
Each week at 9:30am.



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

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
<b>January 26</b> <b>8th Grade Led Service</b> 10:30am Zube Baptism 6:30pm GS Men's Group 	27	28 6pm Cub Scouts Pack 10 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	29 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	30 1pm Bethany Riverside Birthday Party 1:30pm Grief Support Group	31	February 1
<b>2 Scout Sunday</b> Name Tag & Cookie Sunday sponsored by Boy Scout Troop 22 9:30am Blood Pressure Readings 9:45am Care Ministry Meeting 6:30pm GS Men's Group 	3	4 West Pastor Conference 1pm Lydia Circle 5:30pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg. 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	5 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	6 1:30pm Grief Support Group 6pm WELCA Mtg.	7	8 
9 9:40am Sunday Morning Bible Study <b>12pm Good Shepherd Annual Meeting</b> 4pm 4-H Meeting 6:30pm GS Men's Group 	10	11 1:45pm Hillview Communion 6pm Cub Scouts Pack 10 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	12 10am Staff Meeting 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Adult Bible Study 6:30pm Confirmation	13 1:30pm Grief Support Group	14 9am Blankets of Kindness Set Up	15 9am - 3pm "Blankets of Kindness"
<b>16 2nd Grade Milestone</b> 11:30am Praise/Worship Team 12:30pm G4Squad Snow Shoeing 6pm Venture Meeting 6:30pm GS Men's Group 	17 6:30pm Membership, Growth/Fellowship Mtg.	<b>18 Polling Day</b> 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 7pm Church Council Mtg.	19 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	20 11:30am 55 Plus 1:30pm Grief Support Group 6pm Hospitality Mtg.	<b>21 March Voice Articles Due</b> 6pm Game Night	22 
<b>23 Guest Preacher Renee Splichal Larson</b> <b>2pm "Caring for Souls" Concert</b> Spaghetti Supper following 	24	<b>25 Shrove Tuesday</b> 1pm Come for Supper (setup) 4:30pm Come for Supper (serve) 5pm Pancake Supper	<b>26 Ash Wednesday</b> 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Lenten Worship/Comm.	27 8:30am March Voice Mailing Crew 1:30pm Grief Support Group	28	29
<b>March 1</b> Name Tag & Cookie Sunday sponsored by Care Ministry 6:30pm GS Men's Group 	2 10am Before the After	3 West Pastor Conference 1pm Lydia Circle 5:30pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg. 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	4 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Lenten Worship 7pm Coffee & Cake	5 1:30pm Grief Support Group 6pm WELCA Mtg.	6	7 

To access the most up-to-date calendar visit [GSlacrosse.org/calendar](https://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** *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) 792-1305
- **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,

January is Cervical Cancer Awareness month. Cervical cancer was once the leading cause of cancer death for women in the United States. Now, cervical cancer is the most preventable due to screenings and the human papillomavirus (HPV) vaccination. An estimated 14 million, mostly late teens, are infected with HPV each year, a strong reason to protect preteens and teens through early vaccination.

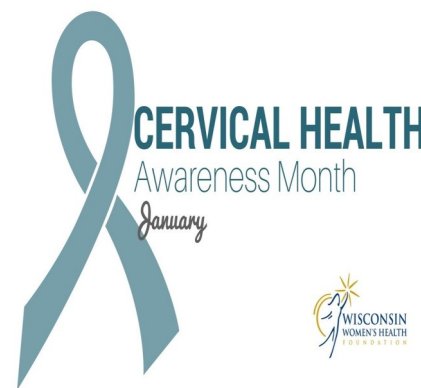
Cervical cancer starts in the cells that line a woman's cervix. The cervix is the lower part of the uterus. The cervix connects the body of the uterus (the upper part where a fetus grows) to the vagina (birth canal). Cancer begins in this area when cells grow out of control. Symptoms of cervical cancer include: blood spots or light bleeding between or following periods, menstrual bleeding that is longer and heavier than usual, bleeding after intercourse, or a pelvic examination, increased vaginal discharge, bleeding after menopause, unexplained, persistent pelvic and/or back pain.

Risk factors for cervical cancer include: HPV infection, smoking, family history, chlamydia infection, having a weakened immune system, long term use of oral contraceptives, and a diet low in fruits and vegetables. The best way to prevent cervical cancer is to receive the HPV vaccination, and have regular pap smear

tests. Anyone between the ages of 9-45 can receive the HPV vaccine. Avoiding these other listed risk factors can also greatly decrease your chance of cervical cancer. Primary care providers can assist you with any questions or concerns you have regarding the HPV vaccination, and cervical cancer.

Take Care,  
Cody and Kerstin Nedegaard

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 beginning to look a lot like.....Easter? New Year's resolutions are underway and so we are looking toward spring! Easter is April 12th in 2020 which means Ash Wednesday is February 26th and Lent on Ash Wednesday. Once again, Sunday School is getting busy!

We are in the process of gearing up for our Lent project. Sunday School has adopted the Hintgen Meal Program for our project of giving this year. Non Perishable Food list requests and donations will be gathered during the 40 days of Lent and we are excited to have an anonymous donor who will match up to \$200 raised by Sunday Schoolers as long as at least ½ of our children participate in the giving. Soon "Piggy Banks", self-denial family activity calendars and Hintgen Needs Lists will be coming home, please use them to reinforce our latest lesson "Jesus Feeds 5,000", along with our Easter Lessons. Yup our lessons always tie back to our lives. Through God, we too can feed many, but please do not bring small fish to Sunday School! Ask your kids, they will get it!

We are looking for couple of folks to help with Easter Egg-stravaganza to be held on Palm Sunday, April 5th. This will be right after 2nd service and includes crafts, a story, annual "Resurrection Eggs", Egg Hunt, Egg Games and Snacks. We could use help from youth and confirmation students with games and crafts and "egg Hiding". Please sign up! Sign up lists will be out in February with a cut-off date of Wed, March 25th. Ages Birth to Grade 5 and please remember, guests are welcome.

We are also asking for donations towards our Children's Easter Egg Treat Bags. 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 Easter Egg Hunt Treat Bags. Gift Cards to Oriental Trading (always welcome), Walmart Gift Cards are excellent ideas. All donations should be received no later than Sunday, March 22nd. We will assemble the treat bags

on Wednesday evening April 1st and set up for event.

Sunday School 2020-2021 staff commitment sign-ups are coming out soon. We begin now hoping to have all our spaces filled by the end of the School Year and before Summer begins. If we do not have enough volunteers for both services, we will need to adjust our schedules a bit. We have over 63 children on our attendance sheets each year. And, there are always friends that attend with kids who pop in now and then. So much fun to see the kids grow in their relationships through the years and to welcome these guests back from grade to grade. If you are NOT a parent of a Sunday Schooler, please consider volunteering. It gives the children a bigger view of their Good Shepherd family. I promise, it is not difficult and with our 3 weeks on/3weeks off schedule, you get plenty of time to attend services!

Save the Date! PAULS GREAT ADVENTURE – ATHENS VBS – August 16-20. Imagine leaving a life of privilege, power and influence to angry mobs, agonizing imprisonment, and chain-breaking earthquakes—all to share the life-altering truth of God's heart for humanity. Hear the awe-inspiring story of the Apostle Paul... straight from Paul himself! In an ancient "anything goes" culture, Paul will inspire kids to share the truth of God's boundless love and grace! The Mattes Center will be transformed to a Greece Market Place, watch for sign ups and registrations coming in the next months!

Wishing you blessings and peace for 2020!

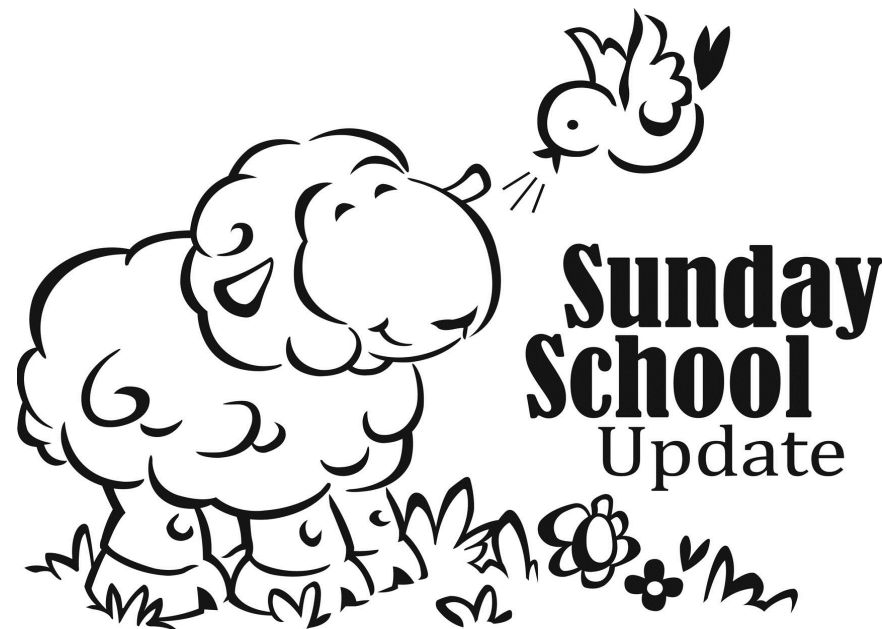
Tammy



## Quick-Look

*Upcoming Events At a Glance*

Jan. 26- Feb. 9	Mary and Martha – Kitchen, Cinema and Science.
February 16th	2nd Grade Milestone—Prayer Pillows.
Feb. 16th, March 1&8	<b>The Lost Sheep and Lost Coin:</b> Games, Art and Computer.
February 23rd	Lenten Lesson and Project - All Grades.
February 26th	Ash Wednesday – Lent Begins.



### 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)*

*"And now these three remain: faith, hope and love. But the greatest of these is love." ~1 Corinthians 13:13*



Did you know that in the King James version of the Bible, the word love is mentioned 310 times, 131 times in the Old Testament and 179 times in the New Testament? Seems fitting in this month of valentines to talk about love. We talk a lot in Confirmation about God's love for us. Every story we read and discuss has God's love as a central theme. At the end of this month we will enter into Lent season. Is there anything that represents love more than the sacrifice of God's only son? But how do we define love in our lives, put it into words? Is it a verb...an action? Is it a noun...a thing? Is it an adjective/adverb...a description? Is it just the absence of hate? Is it contagious? Is it different based on where we live, what color our skin is, or how much money we have? If there is so much love why do bad things happen? Finally, knowing that God loves us, how do we live our lives in a way that would show him we understand love? Recently, some of the Confirmation students delivered a meal to the Warming Center. When we arrived at the center there were already people lined up, hoping to get a spot for the evening even though it didn't open for another hour. For most, it was the first time seeing a homeless person so close. As we carried the food into the center, the clients thanked us, grateful for a warm meal. Pastor Harald gave the students a tour of the facility and there was a lot of discussion about what it must be like not having a

home or basic essentials...things we all take for granted. Carly may have summed the whole night up when she commented about how sad it all was and yet how happy because we live in a city that cared for people when they needed it. The discussion continued in the car on the return to church about reasons a person gets to a point of needing help and services like the Warming Center. We talked a lot about how God would not want us to judge because regardless of the situation no one deserves to freeze outside. Instead, he would want us to love...no questions asked. Because in the end, the best gift we can give to anyone is love and by giving, receiving, and spreading love we are showing God that we get his message loud and clear! One of the kids commented about how we get one extra day to love this month...here's to making the most of that day!

Peace,  
Jen



## Quick-Look

*Upcoming Confirmation/Youth Group Events At a Glance*

Wednesday, February 5	6:30pm Confirmation 6:30pm High School Open Hang Out
Wednesday, February 12	6:30pm Confirmation 6:30pm High School Open Hang Out
Sunday, February 16	12:30pm Snow Shoeing
Wednesday, February 19	6:30pm Confirmation 6:30pm High School Open Hang Out
Wednesday, February 26	6:30pm High School Open Hang Out 6:30pm Ash Wednesday Lenten Service
Wednesday, March 4	6:30pm High School Open Hang Out 6:30pm Lenten Service

### Buy Youth Scrip Cards!

For everyday use buy VISA or Amazon scrip, or a card for your favorite restaurant. Get a Kwik Trip card for gassing up your vehicles. Planning a vacation this coming year? 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. 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

*Director of Youth and Family Ministry*

Jen@gslacrosse.org (608) 788-0450

**In the Office:** *Varied hours*



## Music Notes

From The Director of Music

### Worship Music Opportunities!

Looking for ways to be more active in the life of Good Shepherd Church? The Sanctuary Choir is a great way to make a very meaningful contribution to our worship leadership. Each Sanctuary Choir presentation is a very special and inspiring spiritual experience for the congregation of Good Shepherd. For more information, or to join Sanctuary Choir, talk to Karl Greenfield at 608-790-3785.

The Gloria Dei choir has been a wonderful way for children to experience the joy of helping to lead worship and are always very much appreciated by the congregation. For more information about Gloria Dei or if your child is interested in joining, talk to Darlene Lassig at 788-5686.

The Bell Choir enhances our worship in very unique ways. In addition to providing their members with a wonderful sense of teamwork in the name of Christ, each bell choir worship presentation is truly an uplifting experience for the congregation. Linda Jerome would be happy to answer any questions you might have about Bell Choir, at 608-317-1335.

If you play a musical instrument, consider joining Sounds of Praise. If you think that you can't play your instrument well enough to join us, fear not; your parts will be arranged to accommodate your level of proficiency. Sounds of Praise continues to add great vitality to our worship here at Good Shepherd and we

have a lot of fun in the process. For more information, talk to me, Randy Lyden at 608-792-1305. Or all staff contact information can be found at <http://gslacrosse.org/staff/>.

Of course, the primary musical instrument in our worship is the voice of the congregation. When you lift up your voice in song during worship, you are participating in the most important musical activity that can happen here at Good Shepherd. It is most inspiring to constantly witness and experience the very healthy musical life of this congregation, whether in our congregational song, or in the choirs, bells choirs and praise band. Without you, the congregation, none of this would be possible!



### Randy Lyden

Good Shepherd Music Director  
randy@gslacrosse.org | (608) 792-1305



**Puzzle**

## A friend in Jesus

In the Bible, Jesus shares what it means to be a true friend.

Directions: Use the heart key to fill in the missing vowels from John 15:14, 17, NIV.

“Y \_ \_ r \_ my fr \_ \_ nds \_ f  
y \_ \_ d \_ wh \_ t \_ c \_ mm \_ nd. ...  
Th \_ s \_ s my c \_ mm \_ nd:  
L \_ v \_ \_ \_ ch \_ th \_ r.”

JOHN 15:14, 17, NIV

Answer: “You are my friends if you do what I command. ... This is my command: Love each other.” John 15:14, 17, NIV



## SCAM ALERT

Recently members of our congregation have received emails that appear to be from Pastor Harald requesting them to buy gift cards for him for charitable purposes and stating that he will reimburse them later. **THIS IS A SCAM!!**

The scammer is using an address that is similar to Pastor Harald's. His real address is [prharald@gslacrosse.org](mailto:prharald@gslacrosse.org), the scammer has chosen [prharald.gslacrosse@gmail.com](mailto:prharald.gslacrosse@gmail.com) in an attempt to fool people into thinking it is real. Please disregard any emails from this address or any emails from Pastor or the church requesting you to purchase anything, or to give money in any way outside of the church. He, nor any member of the staff would never make such a request, so feel confident in hitting the delete button.

It is sad that people would try to take advantage of church members by pretending to be their pastor, but these unfortunately are the times we live in. Always be cautious in responding to emails or phone calls that request money from you, whether they are claiming to be with the IRS, Social Security Administration, one of your utility companies, a family member, or even your pastor; they most likely are a scam.

If something doesn't feel right, it probably isn't. Double check and verify before sending any cash requested, and if you have any doubt at all, do not send it.