

# A Season of Preparation



# Shephend's Voice Give. Serve. Lead. Connect.

#### March 2020

#### From Pastor Harald Bringsjord

The 2020 Lenten season begins with Ash Wednesday on February 26th. Our worship service will be at 6:30pm (Pastor Harald). For the mid-week services (also at 6:30pm), we will again be using the Holden Evening Prayer, a service written by Marty Haugen, as we have done the last few years. We are grateful to the following Good Shepherd members who will share a part of their faith story as we journey through the weeks of Lent:

Lila Seager - Wednesday, March 4th Richard Frosch - Wednesday, March 11th Judy Casto - Wednesday, March 18th Joan Schultz - Wednesday, March 25th Bobbie Gillitzer - Wednesday, April 1st

The theme for this year is "WHAT GIVES YOU HOPE" from 1st Peter 3:15b-16a, "Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; yet do it with gentleness and reverence."

Each speaker will be sharing how in their life of faith they have experienced God's guidance away from despair and toward hope.

I am looking forward to hearing their faith stories and to learn how Christ has been at work in their lives. You will not want to miss these inspiring presentations as well as the "Holden Evening Prayer" worship liturgy.

May we all be blessed as we journey together through the season of Lent.

Pastor Harald Bringsjord

For those who will choose to take up the personal spiritual discipline of giving something up for Lent, here is a helpful list:

Give up grumbling: Instead, "In everything give thanks."

Give up looking at other people's worst points:

Instead, concentrate on their best ones.

Give up your worries: Instead, trust God with them.

Give up hatred or dislike of anyone or any group of people: Instead, learn to love.

Give up the fear that prevents faithful Christian living: Instead, seek courage to share your faith in word and deed.

Give up on all electronic devices one evening a week:

Instead, visit a lonely or sick person.

Give up on buying anything but essentials for vourself:

Instead, give that money to God's work or someone in need.

Give up judging by appearances and by the standards of the world: Instead, learn to give up yourself to God.

Let us pray for each other on this Lenten journey to the joy of Easter.

Pastor Harald Bringsjord





GSlacrosse.org/voice

To access this and other publications online visit GSlacrosse.org/voice.



#### Flower and Bulletin Sponsorship

The flower and bulletin sponsorship charts are on the bulletin board in the back of the welcome area. Sponsoring the flowers or bulletins is an easy way to honor special dates such as birthdays and anniversaries, or the memory of a

#### **Readers & Ushers Appreciated!**

Readers and Ushers are always valued at our worship services. Please consider signing up on the sign up sheet in the welcome area at the back of the sanctuary. You can sign up to read for a

#### 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!

#### **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. loved one. If you have any questions on sponsoring the flowers or bulletins, please contact Kathy or Rick in the church office at (608)788-0450.

time and day that works for you. The readings will be sent (either by mail or email) to you early that week. Interested in ushering? Contact Kathy 788-0450. We really do need your help!



# If you have any questions, contact Carol at 787-0609.

**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.



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

Altar Guild—Thank you to the members who served during the month of February Rich Frosch & Irene Thorelli. For the month of March Rich Frosch & Linda Schoen will be on duty.

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

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!



#### **Ushers Schedule**

Mar 1	8:30am: Steve & Gina Fellenz, Jane Strangstalien, Kevin, Diane & Caden Wilson 10:30am: Jerry & Virginia Larsen, Larry & Maree Smith, Mark Bronson, Sandra Rockwell
Mar 8	8:30am: Confirmation Students 10:30am: Confirmation Students
Mar 15	<ul><li>8:30am: Roger Weeks Jr, Carter, Aimee, Aidan &amp; Mason Roth, Kraig Lassig</li><li>10:30am: Todd &amp; Corrine Holtz, Duane &amp; Linda Schoen, Jonathan Thompson, Leroy Geary</li></ul>
Mar 22	8:30am: Chuck & Linda Brigson, Rich Frosch 10:30am: Diane Kimball, Steve Ambrose, Adam Kimball, Heidi Kwiatkowski
Mar 29	8:30am: Dave & Barb Foye, Tim & Liz Carlson 10:30am: Matt & Karen Mattes, Darren & Jaclyn Osley

#### **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



instrument you play,

welcomes vou! Please call

(608) 792-1305 or email

to be a part of this growing

and exciting praise band!

The Gloria Dei Choir

We rehearse between services on Sundays from September through May in the

always welcome! If your children would

like to be a part of the Gloria Dei Choir,

please contact Darlene Lassig at 788-5686

Mattes Center and new members are

Practices are on Sunday evenings at

5:30pm from September through May in

please contact Linda Jerome at 317-1335

the Choir Room. If you have any questions

or at darlene@gslacrosse.org.

or at linda@gslacrosse.org.

Hand Bell Choir

randy@gslacrosse.org

"Sounds of Praise"

Randy Lyden at

#### **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



#### 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

#### 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 vourself. 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**

The new schedule has been posted. Our week to deliver is Monday, March 30th to Sunday, April 5th. 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. 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 tfor deliveries. 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 March. Thank you for all the donations given in February.

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 kkymm@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 January 19 through February 23.

#### **Hintgen Food Project**

John Wood Michael & Sally Lindahl Linda Schoen Gordy Powell Jim & Jan Quinn Sherill Munson John & Naomi Stennes-Spidahl Tom & Phyllis Lynch Rob & Dianne Hamann

World Hunger

David & Karen Osley

#### Jon Leveraus Memorial

Lori Lowell Harald & Andrea Bringsjord Michael & Sally Lindahl



Jeff & Sharon Yushta Roger & Luanne Hjelle Jim & Jan Quinn

**Giving Tree** Arla Clemons

#### Monte Holman Youth Reserve Shirley Holman

#### WAFER Jim & Sue Bu

Jim & Sue Bugge

#### **Caring For Souls**

A special word of thanks to all who attended and gave at the Caring For Souls Concert on February 23rd. The freewill offering collected \$2,045.91 and the dinner an additional \$464.00. This allows us to make a donation of \$1,254.96 to both Lutheran Disaster Response and the Haiti Fund in memory of Ben Splichal Larson through the Dubuque Community Foundation.

#### **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  $70\frac{1}{2}$ , 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.

Date	8:30am	10:30am
01/05/20	83	103
01/12/20	104	94
01/19/20	95	86
01/26/20	113	130

Weekly Sunday Attendance

#### **Envelope Offering Comparison**

January 2020	January 2020	% Difference
42,204.00	24,147.00	74.8%
YTD 2020	VTD 2010	
110 2020	YTD 2019	% Difference

#### Weekly Envelope Offerings

Church Numbers

Date	Weekly	% Budget
01/05/20	29,040.50	384.6%
01/12/20	4,110.50	54.5%
01/19/20	4,630.00	61.3%
01/26/20	4,423.00	58.6%
Totals	42,204.00	139.8%

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.



2018 2019 2020

# Around the Parish ...

#### Lenten Services

Lenten services will continue each Wednesday evening at 6:30pm with a coffee and cake fellowship time following the service.

#### **Before The After**

Before the After is a planning tool to be used by anyone, any age to convey their wishes to family, friends or personal representative. Planning Session materials communicate personal wishes and eliminate tough decisions for loved ones. Materials provided. Event is 10am - 12pm Monday, March 2nd. Register now by calling Causeway (608) 775-9999, or visit causewaycaregivers.org Registration starts at 9:30am on the day of the Planning Session.

#### Lydia Circle

Our meeting will be Tuesday, March 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.

#### **Good Shepherd Women-WELCA**

WELCA welcomes all women from our congregation to be part of this committee. Our next meeting is Thursday, March 5th at 6pm.

#### World Day of Prayer

Friday, March 6th at Our Redeemer Lutheran Church, 2135 Weston St, La Crosse, 9:30am Brunch (\$5.00 donation) 10:30am World Day of Prayer Program. All are welcome, please RSVP to Evelyne at 715-839-9290 by Monday, March 2nd.

#### **Blood Pressure Readings**

Blood pressure readings will be taken on Sunday, March 8th at 9:30am by our Parish Nurses, Cody & Kerstin Nedegaard.

#### Sunday Morning Bible Study

Our next meeting is Sunday, March 8th starting at 9:40am between services in the Library. The texts are Genesis 12:1-4a, Psalm 121, Romans 4:1-5, 13-17 & John 3:1-17. 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, March 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 questions.

#### **Bunco Night**

Friday, March 20th from 6pm-9ish in the Mattes Center. Potluck supper and a evening of Bunco. Please bring a \$5 wrapped gift to exchange. The theme: "Green".

#### **Come for Supper**

Come for Supper provides nutritious free meals every Tuesday at Our Savior's Lutheran Church. Volunteers are needed 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, Apr. 28th.

#### Good Shepherd Rummage Sale

We will hold our annual rummage sale on July 25 and offer lunch and desserts again. Tables are available to rent for only \$10 and you get to keep all the money you earn from selling your items. Forms are on the bulletin board for you to fill out and return. Questions? Contact Sally at 608-799-0263

#### Care Ministry Team – Volunteers needed

As we all know, life-changing events happen each year and some of our members may not be able to make it to church regularly but would like to stay connected to the congregation through a personal visit. You can be that connection! Care ministers share Good Shepherd church news, Biblical devotions, prayers, and communion during these visits. They also keep the members personally connected to the church's congregation.

If you are interested in becoming a care minister, please contact Don Skibba (608) 790-3127 a current member of the team. Care Ministers include Pastor John, Jim & Jan Quinn, Phyllis Lynch, Gundi Bay, Carol Abraham, Dave Kilmer, Lila & Glenn Seager Don & Darcy Skibba.

# Around the Parish ...

#### **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**

GSlacrosse.org

There is now a need for us to fill 26 backpacks per week. We can still fill backpacks for \$10 each. If you donate please write: Hintgen Food Project in the memo line. If you shop, watch for specials on Mac & Cheese, Peanut Butter (16-18 oz), canned tuna/chicken, canned pasta (mini ravioli), soup, fruit or vegetables. Mac & Cheese and Peanut Butter are our biggest needs. These are young minds who need good nutrition not just during the school week, but every day. Thank you for helping to make this project a success.

#### For Sale: Butter Braids!

ELCA National Youth Gathering is next year! The G4Squad is selling Butter Braids to help raise money for this exciting event. Butter Braids can be purchased by talking to one of our youth, or you can order at the Youth table in the concourse. Delivery will be March 17th.

#### 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 Grief Support**

Grief support group will resume meeting in September. If you are interested in joining us, please call Carol Abraham at 787-0679 or Pastor Harald at 788-0450.

#### Egg Cartons

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

#### **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 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.

#### 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! 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!

#### Holocaust Educators' Workshop

With Holocaust survivor Peter Feigl at Viterbo University Thursday, April 2nd at 7pm. This event is free-of-charge and open to all. Please invite friends to join you and do come early, 6:30pm to help insure getting a seat. Call Darryle at 612-720-6447 with any questions, or email clottdarryle@gmail.com.

#### You CAN help!

Our recycle bin for aluminum cans is located at the end of the church garage behind the Boy Scout trailer. Feel free to drop off your bagged aluminum cans anytime. Thank you!

# March 2020



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
February 23 Guest Preacher Renee Splichal Larson 9:45am Care Ministry Meeting 2pm Caring for Souls Concert 6:30pm GS Men's Group Spaghetti Dinner to follow	24	25 Shrove Tuesday Ipm Come for Supper (setup) 4:30pm Come for Supper (serve) 5pm Pancake Supper	26 Ash Wednesday 12:30pm Quilting 6:30pm Lenten Worship with Communion	27 8:30am March Voice Mailing Crew 6pm Hospitality Mtg.	28	29
March 1 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 6:45pm BS Troop 22 Mtg. 6:45 Scouting for Girls	<b>4</b> 12:30pm Quilting 6:30pm Lenten Worship 7pm Coffee & Cake	5 6pm WELCA Mtg.	6	7
8 9:30am Blood Pressure Readings 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 6:30pm BS Troop 22 Adult Mtg. 6:30pm Adult Bible Study 6:45pm BS Troop 22 Mtg. 6:45 Scouting for Girls	<b>11</b> 10am Staff Meeting 12:30pm Quilting 6:30pm Lenten Worship 7pm Coffee & Cake	12	13 6pm Game Night	14
15 4th Grade Milestone 6pm Venture Crew 42 Meeting 6:30pm GS Men's Group	16 6:30pm Membership, Growth/Fellowship Mtg.	17 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 Mtg. 6:45 Scouting for Girls 7pm Church Council Mtg.	18 12:30pm Quilting 6:30pm Lenten Worship 7pm Coffee & Cake	<b>19</b> 11:30am 55 Plus 6pm Hospitality Mtg.	20 April Voice Articles Due 6pm Bunko Theme "GREEN"	21
22 10:30am Balko Baptism 6:30pm GS Men's Group	23	24 6pm Cub Scout Pack 10 6:45pm BS Troop 22 Mtg. 6:45 Scouting for Girls	25 12:30pm Quilting 6:30pm Lenten Worship 7pm Coffee & Cake	26 8:30am April Voice Mailing Crew	27	28
29 6:30pm GS Men's Group ₩₩ ₽ ₽	<sup>30</sup> To access the	31 6:45pm BS Troop 22 Mtg. 6:45 Scouting for Girls e most up-to-date c	April 1 12:30pm Quilting 6:30pm Lenten Worship 7pm Coffee & Cake	2 9am Lap-tivity Event 6pm WELCA Mtg.	<sup>3</sup>	4 10am to Noon 1st Communion Training for 5th Graders

## 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



include:

- 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

# Ellen Klemp, & John Krause

Jessica Addington, Janet Torkelson,

**Other Church Council Members** 

Wayne Atchley, Roger Weeks Jr.,

Don Skibba, Lori Lowell,

Sally Lindahl, Tim Stalsberg,

- 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,

With flu season in full effect, we thought we would focus this month's article on such. Influenza is a very contagious respiratory illness that is caused by the influenza viruses. Serious outcomes of flu infection can result in hospitalization or death. Young children, older elders, and people with certain health conditions are a high risk of serious flu complications. The best way to prevent flu is by getting vaccinated each year, and washing your hands regularly.

GSlacrosse.org

Once someone has contracted the flu virus, they spread it to other people through tiny droplets made when they sneeze, cough, or talk. These droplets can land in the mouths or noses of those nearby. Someone may also contract the flu by coming in contact with a surface that contains the virus, and touching their own mouth, nose, or eyes.

The flu can cause mild to severe illness, and can lead to death. Flu is different than a cold. It comes on more rapidly. People who have the flu often have a cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and fever. In addition, other viruses can also cause respiratory illness similar to the flu. As a result, if you are suffering from any of these symptoms, the only way to tell if you have the flu is through laboratory tests.

If you are diagnosed with influenza, your provider may prescribe an antiviral drug. When used for treatment, antiviral drugs can lessen symptoms and shorten the time you

### Cody Nedegaard & Kerstin Gruntzel

GS Volunteer Parish Nurses

 $Cody\_Kerstin@gslacrosse.org$ 

**Health Questions?** 

Gundersen Telephone Nurse Advisor

are sick. They also can prevent serious flu complication, like pneumonia. CDC recommends prompt treatment for people who have influenza infection or suspected influenza infection and who are at high risk of serious flu complications.

Take Care, Cody and Kerstin Nedegaard





### Sunday School Update Pre-school thru Grade 5

#### Hello to you all,

Boy, just when it seems that Spring is around the corner, the thermometer drops and the snow falls yet again. But, never the less, Spring IS just around the corner and in Sunday School we have begun to get busier and busier. Here are some Important Easter Upcoming Dates:

- *April 4th* Saturday Frist Communion Training for all 5<sup>th</sup> Graders. This must be completed prior to being able to register for Confirmation.
- *April 5th* Palm Sunday ALL CHILDREN – 5<sup>th</sup> Graders will be making communion bread for Easter Sunday. All other kids will be sharing in a service project for church.
- *April 5<sup>th</sup>* Easter Egg-stravaganza Sign ups are on the Bulletin Board and in Sunday School for participants and helpers.
- *April 8th* − 5<sup>th</sup> Grade Seder Supper. Registration will be required to ensure enough seating and Seder supplies for everyone attending.

#### <u>NO SUNDAY SCHOOL EASTER</u> <u>SUNDAY</u>

Our Sunday School Lent Mission giving project is Hintgen Food Project. In addition to regular envelope giving, the students will be "Dishing" in on giving in the name of Jesus and the greatest gift he have us. This is our 11<sup>th</sup> year of Lenten Mission Giving having given to Project Heifer International in the past along with Habitat for Humanity, Thrivent Gifts, WAFER and more. This is a great lesson for the children, to give some of yourself to others in need. We are suggesting a quarter a day. Remember our old lent folders. A quarter a day. That means giving up a soda is 3 days worth! If we can reach giving of \$220.00 which supports all the hungry kids for one weekend, we have an anonymous match for a  $2^{nd}$  weekend of \$220.00.

There are many opportunities to share Jesus Love with our children coming soon! Please check the Sunday School bulletin board outside the main office for the 2020-20021 Sunday School volunteer sign up sheet. VBS, 2020-21 Sunday School Staff, VBS, Milestone Ministry, VBS.... Visit Sunday School and ask a teacher or shepherd to see how rewarding and stress-free being a Rotational Sunday School teacher really is!

> Coming Soon, to Good Shepherd VBS, A Trip to ATHENS "Paul's Dangerous Journey to Share the Truth"!

That is this year's VBS theme for August 16-20th as we learn the true meaning of Discipleship. We have lots of fun new friends in this program to meet and lots of great music and games, crafts and SCIENCE experiments. Don your Ivy Head gear and spend a week on the Mediterranean Sea. Help us build the Temple and the Greek Marketplace. Walk back in time with us and bring Paul's Story alive. We could use lots of help. Sign ups soon available.

Bi-annual Sunday School Survey – every 2 years, I like to survey our church to see what needs we may not meet during Sunday School. This will be coming out in May. Should we combine Sunday Schools and have them between services? Are there other events you would like to see us do for families? Would you like Sunday School in the Summer – besides VBS? Would you come to VBS if it was during the day? Could you help for the week? I welcome your thoughts and Ideas.

Sincerely in Christ, Tammy Klein



### Quick-Look Upcoming Events At a Glance

March 15th	4th Grade Milestone Presentation
April 4th	Saturday – Frist Communion Training for all 5th Graders. This must be completed prior to being able to register for Confirmation.
April 5th	April 5th – Palm Sunday – ALL CHILDREN – 5th Graders will be making communion on bread for Easter Sunday. All other kids will be sharing in a service project for church.
April 5th	Easter Egg-stravaganza – Sign ups are on the Bulletin Board and in Sunday School for participants and helpers.
April 8th	5th Grade Seder Supper. Registration will be required to ensure enough seating and Seder supplies for everyone attending.

#### NO SUNDAY SCHOOL EASTER SUNDAY



#### Good Shepherd VBS 2020 ATHENS

Paul's Dangerous Journey August 16-20, 2020 Registration Forms Available Soon! God Loves Us All... God Loves us and Takes Care of Us... God Loves Us When Others Don't.... God Loves Us and Sent His Son, Jesus... God Loves Us and Wants Us to Share His Love....





#### GOOD SHEPHERD EASTER EGG-stravaganza

Sunday, April 5<sup>th</sup> Noon Palm Sunday – Following 2<sup>nd</sup> Service Easter Egg Hunt and Scavenger Hunt (Ages: 3 years – 3<sup>rd</sup> grade) Easter Crafts & Games

Please sign up on the Sunday School bulletin board across the main office or at Sunday School. We would like to know how many and ages of children In order to have enough craft materials and snacks. This is a family event, everyone is welcome to attend!

### **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)

"But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31



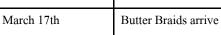
Confirmation classes are done for the year. Students will be attending Lenten services on Wednesdays and will have a break before classes resume next fall. In the meantime, after Lent, we will be having optional activities on Wednesdays to continue our discussions on gratitude, grace, growth and God! We have learned so much over the year but most importantly, we have seen how our stories can mirror those in the Bible. I am proud of the discussions students were willing to have and their enthusiasm for service has been infectious! This summer we will focus our "radical hospitality" on the needs in our community. Instead of taking a service trip elsewhere, we are planning several service activities around the city. The need is great and the hope is students will learn and see all the ways they can make a difference in their immediate environment.

Next year Minneapolis will be host to the National Youth Gathering. This is an amazing opportunity to join thousands of other kids exploring and celebrating their faith. The theme is "Boundless, God beyond Measure." The Youth Gathering will be open to all youth currently in grades 7-11. This event is life changing as many of our members can attest. We are hoping for a great turn out since it is so close! To start raising money for this event, our youth are selling Butter Braids! Please consider purchasing one. Delivery will be around March 17th. Order forms are in the back of the church by the Script cards.

As our regular schedule winds down there are a couple of ways to stay up to date on G4Squad activities. You can sign up for text notification of events by texting 81010 and in the message type @he64c6. I will send out notification for all future service and fun activities. You can also subscribe to our Instagram page for info and photos at g4squadlax.

Finally, a huge THANK YOU to our Confirmation guides, Corrine, Mark B, Mark S, Gwen, Diane, and Leisa. It takes a village to deal with middle school-aged kids and I have a great one! THANKS to Bill, Rick, and Kathy who keep everything running smoothly and to the parents for consistently bringing their kids each week and supporting our activities. Finally, THANKS to the congregation who have encouraged the kids when they have read and ushered, purchased script cards, pies, and Butter Braids to help fund our activities and have shared their talents and skills to help our youth in their faith journeys.

Jen



#### **Buy Youth Scrip Cards!**

March 4th

Want to help support the G4Squad? BUY SCRIPT 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 turnaround time if we need to order it. Talk to the student representative in the back of the church!

Quick-Look Upcoming confirmation/Youth Group Events At a Glance

\*No open hang-out during Lent

Butter Braids orders are due



#### 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

#### Hvmn Focus: When the Poor Ones (ELW #725)

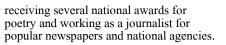
The hymn "When the Poor Ones" draws inspiration from two passages of Scripture. The stanzas draw from Matthew 25:34-36, where Jesus says, "for I was hungry, thirsty, a stranger, naked, sick, in prison, and you ministered to me". The refrain draws from the road to Emmaus story where, in Luke 24:31 (NIV), Jesus took bread, gave thanks and began giving it to them. "Then their eyes were opened and they recognized him".

In the words of Argentinean pastor and teacher Pablo Sosa, "The stanzas express beautifully the strange paradox of the poor ones giving away to others, the thirsty sharing water with us, and the weak strengthening the weaker. The refrain states clearly that when that happens 'God himself walks on our own way<sup>3</sup>....it is from the poor, the weak, the oppressed, that God's salvation will come, as shown on Christmas Eve."

Little is known about the two Spanish Roman Catholic priests who collaborated to write this hymn. Their work reflects the post-Vatican II spirit of the 1970's, when the influence of liberation theology was on the rise.

José Antonio Olivar (b.1939), who wrote the text, experienced difficult times in childhood and lost his parents to war. His grandmother supported his studies at the Seminary of Covadogna and Oviedo. He went on to become very accomplished,

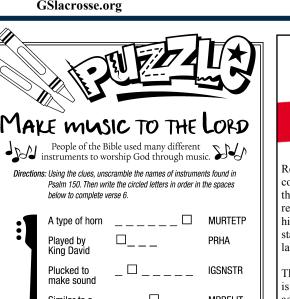
**Randy Lyden** Good Shepherd Music Director randy@gslacrosse.org | (608) 792-1305



Miguel Manzano (b.1934), who wrote the tune, is a Spanish composer and singer. He was born in Aillamor de Cardoza, near the Portuguese border and began his religious musical career at the age of eight as Cantor at the Cathedral of Zamora, Spain. He studied solfège, piano, organ and harmonium with renown teacher Gaspar Arabaolaza and went on to study rhythm and Gregorian modality at the Higher School of Sacred Music in Madrid. He later furthered his studies of language and musical rhythm at the Catholic Institute of Paris.







:	A type of horn Played by King David	D	Murtetp Prha
	Plucked to make sound	_ 🗆	IGSNSTR
	Similar to a tambourine	□	MRBELIT
	A type of harp	□	ELRY
	Blown through to make sound	□_	EPPI
	A percussion instrument	0_	YBLACMS

Le\_ everyt\_ing tha\_ has \_r\_ath \_raise the \_ORD. Psalm 150:6, NIV

Answer: trumpet, harp, strings, timbrel, lyre, pipe, cymbals; Let everything that has breath praise the LORD. Psalm 150:6, NIV



# SCAM

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, the scammer has chosen 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, weather 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.