Then said Jesus to them again, Peace be to you: as my Father has sent me, even so send I you.

—John 20:21



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

May 2020

From Pastor Harald Bringsjord

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me so I send you." John 20:19-21

The disciples were in a room behind locked doors because they were afraid. Sounds like something that could have been written today. Like never before in our lifetime, we are now urged to stay away from one another by staying at home or by social distancing for fear of the new coronavirus.

Easter this year gave a glimpse of what the Apostles may have experienced on that first Easter. Curved in upon themselves, hunkered down with fear of the outside world, of a society that they felt was endangering their very lives.

It wasn't until Jesus broke through their barriers, that they began to feel a sense of peace. Jesus entered their space and said twice, "Shalom," peace. Peace - not just as the absence of war, but harmony, wholeness, security, well-being. And once again this Easter we heard the promise that we have heard year after year: the promise that in the midst of uncertainty and challenges, unknown

threats and changes to our way of life. Christ is with us and is calling us to peace. He is calling us again to live in the promise that though there is death and fear all around, he will be in our midst, and therefore we are a people who can live in that confidence without giving in to despair.

And there are ways we can reflect that confidence and express our love at this time, maybe not by running up to people and giving them hugs, or breathing on them, but we can still show acts of love and live in that resurrection power:

We hear of the medical professionals who are living daily with the risk of getting infected themselves by caring for the most vulnerable. We see the people who are providing the services of selling groceries and drive up foods. There are teachers who continue to follow lesson plans by finding new ways to stay in touch with their students and by teaching online. And there are the people working in the trades still visiting homes to keep the electric, gas and water working, public service employees, truck drivers, delivery personnel, and all those others who are considered "essential" workers. I see people supporting one another with phone calls and letters, emails, and with kind and supportive words and actions.

For those of you who are good with a sewing machine, here is one way you could serve when stuck at home, by

Continued on page 8.



Twitter.com/goodshepherdlse

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.



Causeway Caregivers

helping those who do.

causewaycaregivers.org

Causeway Caregivers exists to help!

assistance in or around your home or

if you have a few hours to volunteer

(608) 775-9999 or visit our website:

Give Causeway a call if you need

Thank You All So Very Much...

Altar Guild—Thank you to the members who served during the month of April Al & Kathy Johnson & Stacy Bendel. For the month of May Pat Oliver & Stacy Bendel will be on duty if we have any services.

Thank you Julie Noll for sending out the "Get Well" cards in April. Denise Geiwitz will be sending out the cards throughout the month of May.

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!

Chank You

Ushers Schedule

Apr 5	
Apr 12	All services are canceled until further notice. Kathy will contact all ushers with dates and times as soon as services resume.
Apr 19	
Apr 26	







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 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 to all who delivered at the end of March and beginning of April. Our next week will be April 27 to May 3 and all days are filled up! I will be sending out emails to fill May 25 to May 31. Thank you everyone for your help!

Mobile Meals of La Crosse delivers 33,000 meals yearly 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 for 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

Because church is not open, we are not collecting food for WAFER at this time. To continue your support of WAFER, you can give a monetary gift. Simply make your check out to Good Shepherd, indicate WAFER in the check memo, and mail your check to us.

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.

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 March 15 through April 19.

WAFER

Jim & Sue Bugge

Hintgen Food Project

Dave & Michelle Kranz Karl & Julie Noll Michael & Sally Lindahl Patricia Biemiller Jennifer Jones Sherill Munson Rob & Dianne Hamann

Thrivent Choice Dollars

Jane Strangstalien Sherrill Munson Robert Lyden Margaret Lindahl



Thomas Ketterling Bonnie Beitlich Matthew Peterson Harold Beitlich Margaret Garves Vernon Garves Geraldine Hammes

Pr. Roger Hjelle Memorial

Tom & Phyllis Lynch Rick & Janelle Laufenberg Steve & Kari Ellison Darlene Lassig Harald & Andrea Bringsjord Don & Darcy Skibba Doug & Denise Geiwitz Shirley Holman Tom & Carol Abraham Barb Smyth

Joyce Larson Memorial Barb Smyth

Sugar Creek Horse Project Jim & Jan Quinn

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 70¹/₂, 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.

Church Numbers

Weekly Sunday Attendance

Date	8:30am	10:30am
03/01/20	114	91
03/08/20	70	89
03/15/20	76	61
03/22/20	No Service	No Service
03/29/20	No Service	No Service

Envelope Offering Comparison

March 2020	March 2019	% Difference
26,796.17	32,581.01	-17.7%
YTD 2020	YTD 2019	% Difference

Weekly Envelope Offerings

Date	Weekly	% Budget
03/01/20	6,923.08	114.6%
03/08/20	11,736.50	194.3%
03/15/20	4,576.50	75.8%
03/22/20	1,384.50	23.0%
03/29/20	2,175.59	36.0%
Totals	26,796.17	88.7%

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.



Thank You!

Around the Parish...

Pastor's article continued from page 1.

yourself or with your children: sewing face masks.

Lutheran World Relief has requested 75,000 homemade face masks for some of the most vulnerable around the world. Rachel Kurtz has made a video at https://lwr.org/masks on how to make such masks for Lutheran World Relief. The website also provides answers to frequently asked questions.

Locally, Bethany Lutheran Homes in La Crosse has also made a request for homemade face masks. You can contact their administrator at 608-406-3900 for more information. As I am writing this I hear that the stay-athome order in Wisconsin is going to continue until at least May 26th. I look forward to the day when life will be back to normal, as I am convinced you do, too. Until then, may we all live respecting the orders in place, caring for our neighbor, staying connected with one another and knowing that God is with us even when the doors are locked.

Peace be with you all.

Pastor Harald

A word from our Congregational President

I hope everyone is staying safe in this different, yet scary time in our lives. We've never experienced anything like this before and it has really changed our normal activities. The one activity that has definitely changed is the way we worship. I am glad that Good Shepherd, Our Savior's, and English Lutheran are able to have online services each Sunday. I would like to thank everyone involved in bringing those services to our congregation.

When our Church Council met in March, it was decided that it was important to keep our staff working. As a result of that decision, our church qualified for the Payroll Protection Program which provides the church with funds to pay up to 8 weeks of payroll costs, including benefits. This program provides businesses, including churches, a forgivable loan as long as they maintain their employees. Good Shepherd applied for a loan of \$45,600 which is $2\frac{1}{2}$ times monthly average payroll.

The church was notified on April 16th that they would be able to receive the full amount of the loan from the Small Business Administration (SBA).

In order to receive this forgivable loan, we had to have approval of the congregation. A virtual meeting needed to take place since the 'Stay At Home' order was in effect. The meeting was scheduled for April 19th. At the meeting the congregation approved to receive the loan from the SBA.

On behalf of the Church Council, I would like to thank the congregation for approving this forgivable loan and on your continued support of our church.

God Bless and Stay Safe. Jim Bugge Congregation President

Around the Parish ...

As the family of Pastor Roger Hjelle, we sincerely thank you for your many expressions of sympathy and remembrances. Prayers, phone calls, cards and memorials in this time of quarantine are truly a blessing! We look forward to a later time of Celebration of Life when our family may personally greet you.

Blessed be Roger's memory! Luanne Hjelle and family.

Online Worship

Please continue to join in worshiping online with us Sundays at 9:00AM. The services are streamed live from Our Savior's Lutheran Church. Members with an email address on file with us will receive an email reminder of the service the day of worship with a link to join. You can also join at: https://vimeo.com/event/801

Church contributions

For those who are able and wish to continue their regular offerings through these times, you can mail your offering to Good Shepherd at 4141 Mormon Coulee Rd., or give online via our website at http:// gslacrosse.org/give-online/ You can also download the "GivePlus Church" app for free from the App Store or Google Play. This app will allow you to easily make donations from your smartphone using your debit/credit card or checking/savings account. Another option is to email Rick@gslacrosse.org and request to sign up for our Simply Giving program. A form will be sent to you to fill out and return setting regularly scheduled electronic transfers from your checking or savings account.

Thank you all for all you do as a friend or member of Good Shepherd Lutheran Church!

God's peace and blessings to everyone.



Good Shepherd Scholarships

The JL Mattes, Anderson and Good Shepherd Trust Foundation scholarships have been established with gifts given by, or in memory of: Pastor JL Mattes, Lyle & Norma Anderson, and Carlin & Ethel Dahler. The Good Shepherd WELCA scholarship is funded by The Women of Good Shepherd – WELCA. Any Good Shepherd member who is pursuing a technical college, college or graduate degree is invited to apply by sending a letter of application to the Good Shepherd Scholarship Committee. The letter should include the following information:

- •Name, address and phone number College you are attending or will be attending in the fall of 2020
- •Year you are in school
- Major, including the reason you chose this area of study
- •GPA and copy of latest transcript or report card
- Community Activities
- •Past and Present Church Involvement
- •Future Goals
- •Letter of recommendation

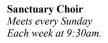
Letters must be received by April 30, 2020 and should be mailed to:

Good Shepherd Lutheran Church Attn: Scholarship Committee 4141 Mormon Coulee Rd. La Crosse, WI 54601

*Applicants need only send one Letter of Application to be considered for all scholarships.

May 2020





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

Image:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
As of March 24 the church offices are temporarily closed, but mail and voice messages will continue to be checked daily. Please check your email, our website, and Pacebook page for updates as we navigate our way through this next month. Committees are encouraged to continue to be checked daily. Please check your to meet via email, by phone or by video conference. Please observe all public health and si fety recommendations and stay healthy! 3 4 5 5 mm Men's Golf 10 11 12 5 mm Men's Golf 12 5 mm Men's Golf 13 13 14 14 15 June Voice Aries Due 14 15 June Voice Aries Due 15 June Voice Aries Due 16 June Voice Aries Due 17 19 18 19 5 mm Men's Golf 19 5 mm Men's Golf 20 11 21 21 22 22 23 23 24 25 36 29 29 20 20 20 20 20 20 20 20 20 20 20 20 20	April 26				30	-	2
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email, our website, and Facebook page for updates as we navigate our way through this next month. Committees are encouraged to continue to meet via email, by phone or by video conference. Please opserve all public health and safety recommendations and stay healthy!						-	

Church Council Members

- Jim Bugge President of the Congregation jim@gslacrosse.org
- Sara Wrobel Vice President of the Congregation
- Todd Holtz Treasurer
- Ellen Klemp Secretary

Other Church Council Members include: Wayne Atchley, Roger Weeks Jr., Tim Stalsberg, Jessica Addington, Janet Torkelson, Ladd DaFoe, John Krause, Thea Johnson, Mark Skolos, Harlan McLain, Pastor Harald & Mason Roth (Youth Rep.)

- 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

May 5th is world hand hygiene day. With the uncertainty of COVID-19, I thought it would be beneficial to touch on hand hygiene. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and preventing the spread of germs to others. Clean hands save lives.

GSlacrosse.org

Greetings.

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections, such as COVID-19. Germs can spread from other people or surfaces when you: touch your eyes, nose, and mouth with unwashed hands, touch a contaminated surface or objects, prepare or eat food and drinks with unwashed hands, and blow your nose, cough, or sneeze into hands and then touch other peoples hands or common objects.

You can help yourself and loved ones stay healthy by washing your hands often, especially during these key times: before, during, and after food prep, before eating food, before and after caring for someone at home who is sick, after coming in contact with someone else, after using the toilet, after blowing your nose, coughing or sneezing, after touching an animal, and after touching garbage. The following five steps to wash your hands the right way:

- 1. Wet your hands with clean, running water (warm or cold), then apply soap.
- 2. Lather your hands by rubbing them together with the soap, lather the backs of your hands, between each finger, and under your nails.
- 3. Scrub your hands for at least 20 seconds.
- 4. Rinse your hand well under the running water.
- 5. Dry your hands using a clean towel, and then use the towel to turn off the water.

Use hand sanitizer when you can't use soap and water. Use alcohol-based hand sanitizer that contains at least 60% alcohol, you can clarify this by looking at the product label. Apply the get product to the palm, rub your hands together for at least 20 seconds or until your hands are dry.

Take care, and stay safe,

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

A Letter to our Sunday Schoolers,

I hope you are all remembering to wash your hands and say your prayers! You know, a lot of changes have happened in just the past week or two. Change is going on all around us. We are staying home more, doing school a different way, and Sunday School is different, too!

First let's talk about what is staving the same! Our Lent Project is still going on and I hope you are all filling your "Piggy Banks" with your self denials. You should have plenty to pick from....and remember, we have someone matching our donation to the Hintgen Meal Program which is our project of giving this year. An anonymous donor who will match up to \$200 raised by Sunday Schoolers as long as at least $\frac{1}{2}$ of our children participate in the giving. Through God, we too can feed many, but please do not bring small fish to Sunday School! (please explain Fishes and Loaves to your family).

Finally – for all our 5th graders, we are not cancelling our First Communion and Seder Ceremony, we are just postponing. As soon as we are able to gather together, we will plan a celebration for you all. This is one of my favorite events each year and my chance to "graduate" you all to Confirmation. I always cry a little at the thought of you all getting older, but rejoice in you all growing more in your relationship with God and his words. We will celebrate, just changing up the date.

Remember – you are loved, you are missed, but most of all, you are all healthy and I thank God for that. We have had some strange happenings in the Klein Family, but we are so grateful to have our family healthy and blessed. Things may get a little boring, and stressful, but remember that God is with us and watches over us.

NOW FOR YOU PARENTS: If you do not get an email from me, it is because I do not have it. Please send it to me at <u>tammy@gslacrosse.org</u> I have lots of ideas (from my teaching years) to send you to help with your time in self quarantine. Also, our Sunday School lessons will continue. Please friend me in Facebook, we have been sending out our list of materials by email and doing Sunday School on Facebook Live at 9:45am. If you need materials, let me know, we will figure out a way to use our GS Little Library delivery system. LOL. AND, because "This, too, shall pass..."

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

All meetings and group activities have been canceled until further notice. Please check our website and Facebook page for the most recent updates.

Quick-Look Upcoming Events At a Glance

mobs, agonizing imprisonment, and chain-breaking earthquakes—all to share the life-altering truth of God's heart for humanity. Hear the aweinspiring 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 signups and registrations coming in the next months! Stay Healthy, stay positive, stay focused on the fact that for our families, we are together in spirit and love.

Tammy, Bill, Kylie and Keith!



Good Shepherd VBS 2020 ATHENS Paul's Dangerous Journey Tentatively 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....



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 pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ~Ephesians 6:18



"It could be worse." This pretty much sums up my coping mechanism for situations that involve sadness, frustration, fear or anger. I try to reallocate my negative feelings to positive things, things I am grateful for, to shift my perspective. For the most part, this way of dealing with things has served me well. However, I admit, that really, it is a way to avoid sitting with the emotions involved with frustration, anger, fear and sadness. Of course, this philosophy has leeched down to my children. For example, this fall when Quinn's football season ended prematurely due to a broken collarbone. Tony and I kept saying things to him like, "at least you are only a sophomore and have 2 more years to play" or "at least you didn't need surgery." Although our hearts were in the right place, what Quinn needed was permission to be angry, sad, disappointed. Our attempts to cheer him up through "it could be worse" scenarios were dismissing his emotions. Fast forward to this crazy and unprecedented time. I am trying my best to make the most of the situation for everyone in my house and my students. As images of chaos, sickness, death, and economic devastation infiltrate air time, I desperately want my kids to be grateful they are healthy, they haven't known anyone who has succumbed to the disease, they have 2 parents that can still work and they don't have to worry about food, shelter, etc. I

want them to understand how fortunate they are and have empathy for those who are experiencing such massive stress. In my heart, I know they understand and feel those things.



1. What am I <u>GRATEFUL</u> for today? 2. Who am I <u>CHECKING IN ON</u> OV CONNECTING

- WITH today?
- 3. What expectations of normal "am I LETTING GO OF today?
- 4. How am I GETTING OUTSIDE today?
- 5. How am I MOVING MY BODY today?
- . What BEAUTY am I either Creating. Cultivating, or inviting in today?

However, I also need to let them grieve what they have lost. A chance to play at a state tournament, an indefinitely canceled drivers test, a lost track season, a 5th grade graduation picnic, Seder supper, a college experience cut short. I know, in the big picture of life, losing these things is not the end of the world, but it is still sad, disappointing and frustrating to them and I have to remind myself that it is okay for them to sit with their negative emotion and work through it. It is in these times that I pray they are leaning on their faith to help them cope. I pray they are thinking about what Jesus would do in times like these to lift themselves up as well as help others around them. To find hope in their faith that life will return to normal soon. I also have to allow myself to be sad for them. recognize I can't always make things better

All meetings and group activities have been canceled until further notice. Please check our website and Facebook page for the most recent updates.

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

for them and give myself the grace to accept I have no idea how to work through this situation with them. There is no shame in saying "Hey God, can you help me because I have no idea what I am doing." Which, really, sums up parenthood in a nutshell. Anyways, as you travel this strange road with your families, remember that even though it could be worse, the sadness and fear we are all experiencing is legit. Crying together, raging together, laughing together and rallying around our faith are all things that will get us through these crazy times. I hope all your families are happy, healthy, and safe. I also hope that if you or your kids need anything... emotional, physical, financial...that you are brave enough to ask me, Pastor or anyone else in your life for help. It takes a village...and our church village is a pretty amazing one!

Peace; Jen

Buy Youth Scrip Cards!

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!



Jen Servais

Director of Youth and Family Ministry Jen@gslacrosse.org (608) 788-0450



In the Office: Varied hours

center to create wings.

stick. Glue on the wings as you describe the transformation into a

6. Move the caterpillar puppet by holding the

butterfly.

Music Notes From the Director of Music

Hvmn Focus:

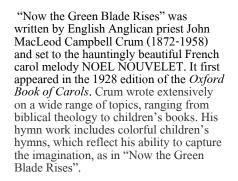
"Now the Green Blade Rises"

Now the green blade rises from the buried grain, Wheat that in the dark Earth many days has lain; Love lives again. that with the dead has been; Love is come again like wheat arising green.

The Easter hymn "Now the Green Blade Rises" is a hymn filled with vivid imagery and metaphorical references to the risen Christ. In John 12:23-24 we see that Christ is the green blade that rises: "Jesus replied, 'The hour has come for the Son of Man to be glorified. Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds". In 1 Corinthians 15:37-38 this image is connected to the resurrection: "When you sow, you do not plant the body that will be, but just a seed, perhaps of wheat or of something else. But God gives it a body as he has determined, and to each kind of seed he gives its own body".

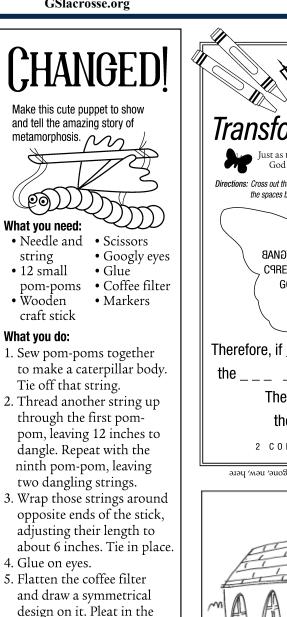
In singing "Now the green blade rises", we remember that Christ is risen now, just as on that first Easter. In the third line, Love is used as a metaphor for Jesus, reminding us why He came to Earth in the first place: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16).

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









Transformation **POWER** Just as the caterpillar becomes a butterfly God transforms us from old to new. Directions: Cross out the backward letters. Write the remaining letters in order in the spaces below to complete 2 Corinthians 5:17, NIV. **8ANDYFONGE, COHRZISOT, NJENW,** CFLOG, AMSOOL, NSONITBAARPO, GOONER, SNESW, HERDE Therefore, if _ _ _ _ is in _ _ _ _ , the ____ has ____: The _ _ _ has _ _ _ , the _ _ is _ ! 2 CORINTHIANS 5:17, NIV Answer: anyone, Christ, new, creation, come, old, gone, new, here

