

LET THEM  
PRAISE  
HIS NAME WITH  
DANCING  
-PSALM 149:3



# GOOD SHEPHERD

LUTHERAN CHURCH

## The Shepherd's Voice

Monthly Newsletter August, 2021

Give. Serve. Lead. Connect.

From Pastor Harald Bringsjord

Illustrator, teacher, speaker and author of the book "To Dance with God" Gertrud Mueller Nelson shared the following story:

Some years ago, I spent an afternoon caught up in a piece of sewing I was doing. The wastebasket near my sewing machine was filled with scraps of fabric cut away from my project. This basket of discards was a fascination to my daughter Annika, who, at the time, was not yet four years old. She rooted through the scraps searching out the long bright strips, collected them to herself, and went off. When I took a moment to check on her, I tracked her whereabouts to the back garden where I found her sitting in the grass with a long pole. She was affixing the scraps to the top of the pole with great sticky wads of tape. "I'm making a banner for a procession," she said. "I need a procession so that God will come down and dance with us." With that she lifted her banner to flutter in the wind and slowly she began to dance. This allowed me to witness a holy moment and I learned all over again how strong and real is that sense of wonder that children have – how innate and easy their way with the sacred. And, of course, I had to wonder what happens in our development that as adults we became serious folk, uneasy in our relationship with God, out of touch with the mysteries we knew in childhood, searching to regain a sense of awe and a way to 'dance with God.'

In Psalm 149:3 the psalmist writes: "Let us praise God's name with dancing, making melody to God with tambourine and lyre!"

May we be aware that God is indeed leading us in the dance through life. Worship is a time where - through gestures and movements, through spoken and sung responses, through gathering, reading, and eating - we are strengthened by the Holy Spirit to dance with

God in response to all that God has done for us in Jesus Christ, the Lord of the dance of life.

When Martin Luther wrote in the Small Catechism that through baptism we are raised daily to newness of life, I believe he caught on to the idea of being raised daily to dance God's ever renewing dance of life.

In the song "Lord of the Dance," the refrain puts it this way: "Dance, then wherever you may be. I am the Lord of the dance said he and I'll lead you all wherever you may be, and I'll lead you all in the dance said he."

Let's intentionally have a skip in our step in the months to come so that all may know that the Lord of the Dance is leading us.

God's blessings.

Pastor Harald

Check out what is going on around the Synod using the synod Web site [www.lacsosseareasyndod.org](http://www.lacsosseareasyndod.org)

Please include in your prayers the Sugar Creek Bible Camp Summer 2021 staff as they conclude their summer camp ministry.

Full time staff, Jesse, Kjell, Jody, Wanda, Kati, Carolyn.

Full summer staff Shianne, Reschke, Ceci Hook, Cori Dehlin, Liz Caya, Doug Feyen, Aly Dehlin, Olivia Leppert, Hannah Burkhalter, Lizzy Hoversten, Sarah Hopp, Trevor Dosch, Max Vanzee, Shelby Reschke, Brendan Kile, Natalie Hoeft, Ombeni Goss, Amanda Burton, Kate Greif, Tyler Schneider, Riley Lynch, Jeff Barrow.

Partial Summer staff: Erik Dahl, Micah Sieg, Char Tumi, Sarah Allen, Silas Jeness, Rosa Ohlrogge, Laura Munson, Sam Koeller.



Facebook.com/GSlacrosse



Twitter.com/goodshepherdse



GSlacrosse.org/voice

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



# From our Re-opening Committee

(No changes from our July Newsletter. Next committee meeting is August 9)

Dear Members of Good Shepherd Lutheran Church,

On behalf of the Church Council, the Re-Opening Committee has an update for the plan for opening Good Shepherd Lutheran Church. With safety and your cooperation foremost in reinstating services and activities in the church, please read and understand your role in the process.

This is an update to the interim plan for this church building and property. This committee remains vigilant in keeping staff and members of the church safe. In the process of re-opening, a variety of service options are available, allowing for personal choices for attending. Masks, even if attendee is vaccinated, are required to be worn properly during in building worship services. Leaders of the service may lower or remove mask during speaking or singing. The organist, based on distancing may remove mask while seated and playing.

Sunday Drive-In Church- 9am (July 18) Outdoor, weather permitting  
 Sunday Worship- 9am June 20 - Sept 5th  
 Sept 12th resume 8:30am and 10:30am services

Indoor seating is every other pew and social distancing is still encouraged and masks are required. Persons of the same household may be seated together.

Keeping our commitment to grow ministry, the indoor 9am Sunday service of Good Shepherd can be viewed on your computer or electronic device online at [gslacrosse.org](http://gslacrosse.org). Archived church services of Good Shepherd can also be found on the church's website!

Groups and Committees may meet in the building, but meeting outside or through Zoom is the safest. The Mattes Center will be used for all meetings held indoors. If a group or committee wants to meet in person, contact the Church Office. The Chairperson or Leader of the Group or Committee will need to provide the date/time of the meeting to the Church Office to allow adequate time for set-up and sanitizing.

Large community groups who use the church for meeting space will need to contact the Church Office and adhere to the Interim Plan. This committee will meet again August 9, 2021 to review the current COVID conditions, the Interim Plans, and church use to further update its recommendations.

The success of the re-opening plan is dependent on the cooperation of all when coming together to hear the word of God and celebrate our faith. We have a church that has remained strong through a pandemic because of each of you. Thank you.

Re-Opening Committee:

Jessica Addington (Secretary, Church Council)  
 Jim Bugge (Vice President of Congregation)  
 Pastor Harald Bringsjord  
 Kathy Johnson (Office Assistant)

Dr. Karl Noll (Church Council)  
 Rick Laufenberg (Office Manager)  
 Janet Torkelson (Church Council)  
 Sara Wrobel (Congregation President)

Due to COVID-19, the World Health Organization, federal, state, local governments and agencies recommend social distancing and the use of personal safety equipment such as masks and sanitizer. Good Shepherd strives to be compliant and promotes safety for attendees. We have put in place preventative measures to reduce the spread of COVID-19, but we cannot guarantee that attendees will not become infected with COVID-19. By participating in programs, services, and activities of Good Shepherd you agree to the following: On behalf of yourself and your children, you hereby release, covenant not to sue, discharge, and hold harmless Good Shepherd Lutheran Church, its employees, agents, and representatives, of and from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to your participation in our programs, services or activities. You understand and agree that this release includes any claims based on the actions, omissions, or negligence of this organization, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any such program, service or activity.

## Serve Enriching Life, Sharing Talents

Thank You All So Very Much...

**The Altar Guild.** With worship being limited and with restrictions, due to COVID Altar Guild has not been active. In the fall they will start planning on how to proceed with new ways to serve. So far a schedule has not been sent out, but this group continues to do ministry.

A special thanks to Kathy for and sending out "Get Well" cards in June and through July, and to Ann Hudson who through out the year sends out meaningful cards and handmade prayer shawls, by volunteers, to bereaved families.

**Care Ministries**—Thank you to all members who are serving as Good Shepherd Care Ministers as you bring communion and care to those who are shut in their homes or in care facilities. You truly are reflecting "God's work, Our hands" through this ministry. One person said it truly is a gift to get a visit with communion through my care minister, it makes me feel connected to the church.

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)



## 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!



#### 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).

#### 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!

**Remember also your Creator in the days of your youth,** *Ecclesiastes 12:1*

## Connect

### *Bridging Our Community To Our World*

#### Mobile Meals of La Crosse

**We are doing 10 weeks for Mobile Meals throughout the 2021 calendar year! And we have filled almost all of them. Thank you to everyone who has signed up. But I do have 2 dates open in August and 2 open in September.**

Remember that many of the people that our meal drivers deliver to may see no

*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

While we are under Covid protocols for worship we will not be collecting food for WAFER. To continue your support of WAFER, you can give a monetary gift.

one else but you that day, so please give them a big HI and a smile from you and Good Shepherd!!

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.

Simply make your check out to Good Shepherd, indicate WAFER in the check memo, and mail your check to us or drop it in the offering basket if you attend one of our in person services.

#### 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 June 20 through July 5.

**Ruth Johnson Memorial**  
Harald & Andrea Bringsjord

**Cozette Gabrielson Memorial**

Mary Poellinger  
Chad & Heather Christianson  
Bonnie Bjornstad  
Debra Christianson  
Debra Berg  
Barb Smyth  
Tammy Erickson  
Ramon Erickson  
Tom & Ann Monson  
B.J. & K.A. Miller  
Ron & Carol Egge

memorials  
& gifts

Annette Apfel  
Sue Strehl  
Vern & Elizabeth Klum  
William Sherry

**Mark Thompson Memorial**  
Harald & Andrea Bringsjord

**Katherine Tausche Memorial**  
Harald & Andrea Bringsjord

Norma Thompson  
Darlene Kroner  
Anne Raymond  
Candie Luehne  
Sharon Sebion  
Leroy Nelson  
Maryanne Glaunert  
Alois & Mary Servais

Thank  
you



## Church Numbers

### Weekly Sunday Attendance

Date		9:00am
06/06/21		Online
06/13/21		Online
06/20/21		Online
06/27/21		Online

### Weekly Envelope Offerings

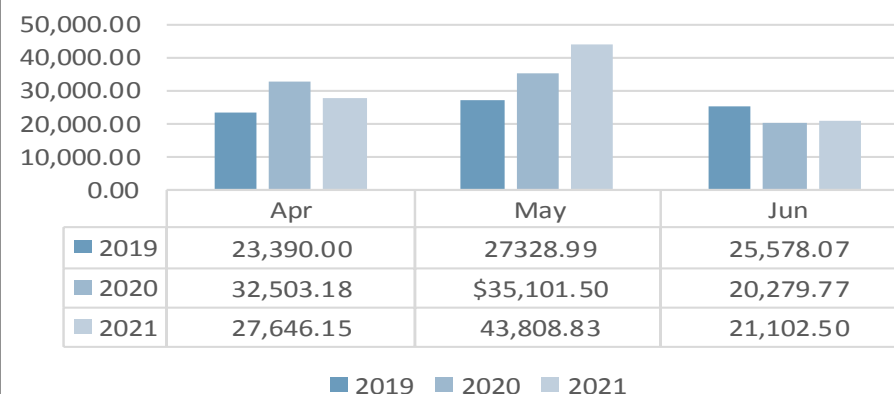
Date	Weekly	% Budget
06/06/21	7,172.00	82.0%
06/13/21	4,331.50	49.5%
06/20/21	6,540.50	74.7%
06/27/21	3,058.50	35.0%
Totals	21,102.50	60.3%

### Envelope Offering Comparison

June 2021	June 2020	% Difference
21,102.50	20,279.77	4.1%
YTD 2021	YTD 2020	% Difference
175,213.00	181,168.39	-3.3%

If you would like to view the complete financial statements that are shared with the Council, please contact Rick in the church office at 788-0450 or email [rick@gslacrosse.org](mailto:rick@gslacrosse.org)

### Envelope Offerings





## Around the Parish...

### Live Worship at Good Shepherd

In-person Sunday Worship begins at 9am and is also live streamed on our website <http://gslacrosse.org/live/> for those who cannot attend in person.

Precautions with social distancing and proper mask wearing once inside will be required to attend.

Only the front doors under the canopy will be open and you will be able to sit where you wish accept in the pew that are taped off. After the service is over you may leave as you wish. But please maintain the 6' distance from others. If you want to socialize with others please do that after the service is over and do it out side. The main restrooms are open if needed.

Our goal is to provide a safe environment for worship. Regardless of your vaccination status, if you or anyone in your family has COVID, has had a known exposure to COVID within 14 days of the service, or if you are otherwise not feeling well, we ask that you please do not attend.

### Online Worship

Join us in online worship Sundays at 9am on our website <http://gslacrosse.org/live/> If you do not have a computer, you can call 1-877-552-3468 to listen to the service from Our Saviors at 9am.

### Volunteers Available!

Good Shepherd has several teens looking for volunteer opportunities. If you or your organization has a project you would like help with, please email Jen Servais to coordinate the help! Thanks! [Jen@gslacrosse.org](mailto:Jen@gslacrosse.org)

### 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!

### Church Contributions

For those who are able and wish to continue their regular offerings when you cannot attend services, 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](mailto: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.

### We Need You!!

If you have interest helping Good Shepherd provide our in house worship and Sunday live streaming services please join our newly forming media Team! Members will assist with the service by running the PowerPoint Sunday morning and Wednesday evenings, and controlling the camera's for our live stream service on Sundays.

Both are relatively easy tasks and no great amount of computer skills are needed, we will train you and when you are comfortable add you to the schedule. We are hoping to get at least 8 people involved in this so it would only be a once every-other-month commitment to any one individual.

If you are interested, please email [Rick@gslacrosse.org](mailto:Rick@gslacrosse.org) or call the office at 608-788-0450 to be a valuable part of our worship services.

## Around the Parish...

### "52 for Heath"

#### Thrivent Action Team Challenge

Thrivent and The Chaseburg Sole Burner committee lost a terrific young man this year, Heath Gilkes. In memory of his 52 years of life, Thrivent is working on doing 52 "Action Teams" in honor of Heath throughout the year.

Supporting your community is easy with Thrivent Action Teams. Apply to lead a group in a fundraiser, educational event or service activity. Then, gather a team of volunteers to make an impact together. Thrivent provides a customized kit of resources to get you started. Your team provides the passion to bring it to life. For more information on Thrivent Action Teams and how to create one visit <https://www.thrivent.com/what-we-offer/generosity/thrivent-action-teams.html> Please label the action team "52 for Heath" in his memory.

### We Are Hiring!

Good Shepherd is seeking an outgoing individual to fill a new position here at the church. Our **Community Action Advocate** will work part-time (up to ten hours per week) fulfilling a stewardship roll, designing cohesive, positive marketing for the church and connecting members to volunteer needs and community participation. For more information please see our full job description and get your application on our website at <https://gslacrosse.org/we-are-hiring/>

If you are interested, please fill out our application and return it to the church office by mail at Good Shepherd Lutheran Church 4141 Mormon Coulee Rd. La Crosse, WI 54601, or by email in .pdf format to [Rick@gslacrosse.org](mailto:Rick@gslacrosse.org)

### Shop Amazon Smile instead of Amazon 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, go to <http://gslacrosse.org/6030-2/> or <https://smile.amazon.com/>

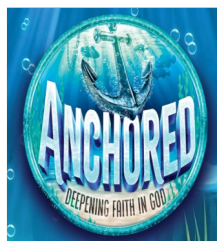
When selecting your charitable organization search 23-7014481 or use and bookmark the following link: <https://smile.amazon.com/ch/23-7014481>

### Help Feed The Children At Hintgen

Please continue to support the Hintgen Food Project with your donations. As the pandemic drags on many families continue to struggle to make ends meet.

The children are back in school and we are now sending home backpacks of food every Friday. This costs us about \$250 each week. Because we are sending the backpacks home weekly with the kids, instead of making deliveries to their home, we must buy smaller (slightly more costly) versions of food items so the kids can carry them on their backs.

Hintgen has let us know how very much families appreciate this service. Please continue to support the project by making your checks payable to church, but remembering to indicate HINTGEN FOOD PROJECT in the memo line. Thanks to everyone's generosity, we have been able to maintain this project throughout the pandemic." God Bless the Children who are hungry through no fault of their own.



**August 21 /22, from 11am to 2pm**      **Rain date August 28/29**  
Registration information in Tammy's article on page 14

**Make a splash with the ultimate summer weekend! At Anchored VBS, kids embark on an undersea adventure, diving deeper in their faith and discovering the unwavering love of God!**

Sea the Son Celebration - Deep Sea Bible Adventures - Anchors Away Games  
Coral Reef Creations - Submersed in Faith Closing

# August 2021



**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.

*In-person Worship Sundays at 9A.M. This service is also live steamed on our website at [www.gslacrosse.org](http://www.gslacrosse.org)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>August 1</b> <b>9am In Church Service w/Communion</b> 6:30pm Men's Group	<b>2</b> 12:30pm Quilters	<b>3</b> 5:30pm Buildings & Grounds	<b>4</b> 11am Onsrud Funeral	<b>5</b> 6pm WELCA Meeting	<b>6</b>	<b>7</b>
<b>8</b> <b>9am In Church Service</b> 6:30pm Men's Group	<b>9</b> 12:30pm Quilters	<b>10</b> 1:45pm Hillview Communion	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> <b>9am In Church Service w/Communion</b> 6:30pm Men's Group	<b>16</b> 12:30pm Quilters	<b>17</b> 6pm Parish Ed Meeting 6pm Admin/Exec/Meeting 7pm Council Meeting	<b>18</b>	<b>19</b>	<b>20</b> <b>September Voice Articles Due</b>	<b>21</b> <b>11am to 2pm VBS</b>
<b>22</b> <b>9am In Church Service</b> <b>11am to 2pm VBS</b> 6:30pm Men's Group	<b>23</b> 12:30pm Quilters	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>11am Walt Hammond Inurnment at Oak Grove</b>
<b>29</b> <b>9am In Church Service</b> 6:30pm Men's Group	<b>30</b> 12:30pm Quilters	<b>31</b>	<b>September 1</b>	<b>2</b> 6pm WELCA Meeting	<b>3</b>	<b>4</b>
<b>5</b> <b>9am In Church Service w/Communion</b> 6:30pm Men's Group	<b>6 Labor Day</b> Office Closed	<b>7</b> 5:30pm Buildings & Grounds	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><i>Attendance will be limited to 70. Properly worn medical masks are required to enter the building and social distancing must be maintained. Other than for worship services, the building will remain locked. Committees are encouraged to continue to meet via Zoom, but can meet in the church by calling the office to schedule a meeting time. All meetings will take place in the Matthes Center.</i></p>						

*In person worship services at Good Shepherd*

## Church Council Members

- **Sara Wrobel** *President of the Congregation*  
Sara@gslacrosse.org
- **Jim Bugge** *Vice President of the Congregation*
- **Todd Holtz** *Treasurer*
- **Jessica Addington** *Secretary*

**Other Church Council Members include:** Tim Knudsen, Roger Weeks Jr., Roger Christians, Ellen Klemp, Janet Torkelson, Karl Noll, John Krause, Thea Johnson, Mark Skolos, Harlan McLain, Pastor Bringsjord, and Karina Bronson (Youth Rep.)



- |  |  |
|--|--|
| • <b>Rev. Harald Bringsjord</b><br><i>Senior Pastor</i><br>prharald@gslacrosse.org         | • <b>Randy Lyden</b> <i>Music Director/ Organist</i> randy@gslacrosse.org (608) 792-1305                 |
| • <b>Rev. John Stennes-Spidahl</b><br><i>Assistant Pastor</i><br>prjohn@gslacrosse.org     | • <b>Linda Jerome</b> <i>Bell Choir Director</i><br>linda@gslacrosse.org                                 |
| • <b>Rick Laufenberg</b> <i>Office Manager</i><br>rick@gslacrosse.org 788-0450             | • <b>Karl &amp; Jaime Greenfield</b><br><i>Sanctuary Choir Directors</i><br>karl@gslacrosse.org 790-3785 |
| • <b>Kathy Johnson</b> <i>Office Assistant</i><br>kathy@gslacrosse.org                     | • <b>Darlene Lassig</b> <i>Volunteer Gloria Dei Choir Director</i> 788-5686<br>darlene@gslacrosse.org    |
| • <b>Tammy Klein</b> <i>Children's Ministry Coordinator</i><br>tammy@gslacrosse.org        | • <b>Cody &amp; Kerstin Nedegaard</b><br><i>Volunteer Parish Nurses</i><br>Cody_Kerstin@gslacrosse.org   |
| • <b>Jen Servais</b> <i>Coordinator of Youth and Family Ministry</i><br>jen@gslacrosse.org | • <b>Bill Klein</b> <i>Custodian</i><br>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 Nurses*

Greetings,

World lung cancer day is August first. Lung cancer is a type of cancer that begins in the lungs. Lungs function to take in oxygen when you inhale and release carbon dioxide when you exhale. According to the Mayo Clinic, lung cancer is the leading cause of cancer deaths worldwide.

Those who smoke have the greatest risk of lung cancer, but lung cancer can occur in anyone. Lung cancer typically doesn't cause signs and symptoms in its earliest stages. Signs and symptoms usually occur when the disease is advanced and include: A new cough that doesn't go away, coughing up blood, shortness of breath, chest pain, hoarseness, and headache. Risk factors for lung cancer include smoking, exposure to secondhand smoke, previous radiation therapy, exposure to radon gas, exposure to asbestos, and a family history of lung cancer.

People with an increased risk of lung cancer may consider annual lung screening using low-dose CT scans. Screenings is offered to older adults who have smoked heavily for many years or who have quit in the past 15 years. If diagnosed with lung cancer, there are many treatment options: surgery, to remove the entire lung or an affected portion, radiation therapy, chemotherapy, and targeted drug therapy.

If you or a loved one smoke, the best thing you can do for yourself is to quit. Smoking is an addiction and the brain is hooked on nicotine. Without it, you'll go through withdrawal. Line up support in advance and ask your doctor about all the methods that will help.

Take Care,

Cody and Kerstin Nedegaard



### Cody & Kerstin Nedegaard

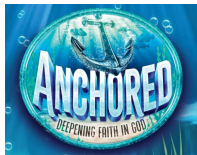
*GS Volunteer Parish Nurses*  
Cody\_Kerstin@gslacrosse.org

**Health Questions?**  
Gundersen Telephone Nurse Advisor  
24/7 at (800) 858-1050.



## Sunday School Update

### Pre-school thru Grade 5



**Sunday School – It's All About VBS!**  
**August 21 /22, from 11am to 2pm Rain date August 28/29**

Make a splash with the ultimate summer weekend! At **Anchored VBS**, kids embark on an undersea adventure, diving deeper in their faith and discovering the unwavering love of God!

We have planned a great experience for all ages – from parents and grandparents, down to anyone 3 years of age! Little ones will need help with activities, so we are asking families to come together! We will have Life Rafts – so we need one person to lead each “family” life raft to activities. We also need some volunteers – 4 or more for Craft Away Cove: 5 Tents of Fun Activities – Jelly Fish Tent, Sea Turtle Tent and Shark Tent (Our Whale Tent is already Staffed!), we need a Lagoon Lunch Window staff (these will be covid safe lunches, individually wrapped to enjoy in each Life Raft – or Bring your own Bagged Lunch and we will store in our cooler and have ready for pick up!), 2 Leaders for Oceans Of Motion Games (Which are thoughtfully planned for our “Divers” into Faith to remain Safe spaced as well as have fun!) and 3 “Bible Land Bay” actors willing to play parts scripted out for a Faith Building Story each day. **Please, PLEASE, PLEASE sign up to help and register..... help make our return a BIG SPLASH!!!!**

### ANCHORED 2021

Gathering will begin at 10:45 – Your Activity packets will be in your life Rafts. Instructions sent to Leaders prior to week – by email. A “STAFF Orientation” will be August 15th by Zoom at 6pm where we will Demonstrate all activities so volunteers, I NEED YOUR EMAIL– Please send email for invite. If this does not work, we can arrange a facebook or phone meeting.

Life Raft Crews 5 kids with 1 leader	Saturday (8/21) 11:00 am – 2:00pm	Sunday (8/22) 11:00 am – 2:00pm	Activity Schedule
Bible Land Bay – Life Raft Time	All	All	11-11:10
Craft Away Cove	Lifeboats 1-4	Lifeboats 5-8	11:15-11:45
Oceans of Motion	Lifeboats 5-8	Lifeboats 1-4	11:45 – 12:15
Lagoon Lunch Window	As Dismissed	As Dismissed	12:15 -12:45
Bible Land Bay – Life Raft Time	Lunch and Learn	Lunch and Learn	
Craft Away Cove	Lifeboats 1-4	Lifeboats 5-8	12:45 -1:15
Oceans of Motion	Lifeboats 5-8	Lifeboats 1-4	1:15-1:45
Bible Land Bay – Life Raft Time	All	All	1:45-2:00

### Needed for Each Child

- Please dress ready to get Wet
- Apply Sunscreen before arrival/start time
- Have Name Tag On – This will help our Volunteers
- Bring Lunch if not Ordering
- Refillable Water Bottles will be provided/or bring your own.
- Be READY FOR FUN!!!!

## Quick-Look

### Upcoming Events At a Glance

#### Registration Form

Child's Name, 2021-22 Grade: \_\_\_\_\_

Child's Name, 2021-22 Grade: \_\_\_\_\_

Child's Name, 2021-22 Grade: \_\_\_\_\_

Child's Name, 2021-22 Grade: \_\_\_\_\_

Child's Name, 2021-22 Grade: \_\_\_\_\_

We will need \_\_\_\_\_ Lunches each day.

Parent/Guardian Name and email contact: \_\_\_\_\_

Allergies or other medical conditions: \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

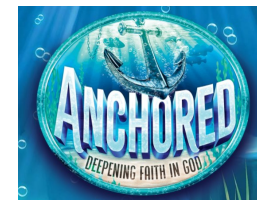
**If you are able/would like to contribute to VBS – Please do! It all goes to a FUN FAITH BUILDING experience!**

**Medical Release:** I give my permission for the VBS staff to administer basic first aid to my child (named above) in the event of an injury. I understand that the VBS staff will contact emergency services in the event of a significant injury and all expenses for such emergency services will be paid by me.

**Photo Release:** I hereby grant the above-named church permission to copyright and use photographs/videos taken at VBS of the minor designated above in any manner or form for any purpose lawful at any time. I waive any right that I may have to inspect or approve the finished product or written copy, that may be used in conjunction therewith, or the use to which it may be applied.

**Permission to Attend:** I give permission for my child (named above) to attend the Vacation Bible School (VBS) listed above.

Parent Signature/Date: \_\_\_\_\_



### Tammy Klein

*Children's Ministry Coordinator*

tammy@gsilacrosse.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)

*"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity." Timothy 4:12*



Every three years, 30,000 high school youth and their adult leaders from across the Evangelical Lutheran Church in America gather for a week of faith formation known as the ELCA Youth Gathering. Through days spent in interactive learning, worship, Bible study, service and fellowship, young people grow in faith and are challenged and inspired to live their faith in their daily lives. Good Shepherd has a great history of sending kids to the ELCA Youth Gathering and are excited for a new group to experience this event. Students going into 9th-12th grade during the 2022-2023 school year are eligible to participate. The Gathering will be June 24-28, 2022 in Minneapolis, MN. The theme for this Gathering is "Boundless: God beyond Measure." Speaking both as a former participant and as a mom of a participant, I can honestly tell you the Youth Gathering is a faith-changing experience. To be surrounded by so many other teens, from all over the country, who want to serve God through fellowship and service is pretty amazing. I would highly recommend it for everyone of our Good Shepherd kids. Registration for this event falls in September and November so I am hoping you will talk about the possibility of attending with your teens over the next month. I will be sending out an interest

form to get an idea. Due to the close proximity, the cost of the trip will be much less than in previous years and we have been working hard to raise funds for the event. All participants will continue to help with fundraising efforts throughout the year. Please know that if your teen wants to participate, they can...we always figure the money piece out and we have never had a kid not go for that reason. Also, if you would be interested in chaperoning the event, please let me know! You won't regret it!

Finally, the big question is what will confirmation look like next year. As of the date I am writing this, I don't have a concrete answer. The issue is our incoming 6th graders, many of whom are not eligible for vaccination. Tentatively, I am planning on face to face Confirmation for the 7th and 8th graders. Once we know for certain, I will get the information out to you as quickly as I can. If you have an incoming 6th grader, please send me a quick email with the best way to contact you.

Enjoy the last couple of weeks of summer!

Jen

Good Shepherd has several teens looking for volunteer opportunities. If you or your organization has a project you would like help with, please email Jen Servais to coordinate the help! Thanks! Jen@gslacrosse.org

## Youth Update

### Confirmation (Grades 6-8)

### High School Youth (Grades 9-12)

#### Support Good Shepherd's Youth Group by purchasing scrip cards!

Contact me to see what I currently have on hand or fill out an order form to request cards from Amazon to WalMart with several store or restaurant options in between. The three easy steps to order are:

1. Print and fill out the [Order Form](#) from the church website.
  2. Write your check out to Good Shepherd Youth Group for the amount you wish to order.
  3. Submit your completed order form and payment to the church office or me.
- The orders will be compiled and placed the first week of the month.

My contact information is:

Corrine Holtz: Mobile-608-397-9353 or Email-tcjj23511@gmail.com

**The church office has Kwik Trip cards available for immediate purchase.**



### 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

Hymn Focus:  
Just As I Am

Just as I am, without one plea,  
But that Thy blood was shed for me,  
And that Thou bidst me come to Thee,  
O Lamb of God, I come, I come.

“Just As I Am”, the signature hymn of the Billy Graham crusades, was written by English poet, hymn writer, and editor Charlotte Elliott (1789-1871). Elliott was born in Brighton, England to Charles and Eling Elliott. Her maternal grandfather, the Reverent Henry Venn, was an evangelical preacher and her parents belonged to the evangelical wing of the Anglican Church. She was well educated and developed a passion for music and art early in life. She also became a portrait artist and a well-known writer of humorous verse.

At an early age, Elliott developed an awareness of her own sinful nature and felt unable to face God. She came to live a secular life until, at age 32, she was afflicted with a severe and debilitating illness that left her feeling the need for a personal Savior. Around this time, the Reverend Cesar Malan was visiting her father's residence and asked her if she was at peace with God. She resented the question, but a few days later told him she wanted to cleanse her life before becoming a Christian. Malan told her, “Come just as you are” and she became a Christian that day. Her health improved the following year, but in 1829 she relapsed and suffered severe debilitation for the rest of her life.

In 1834 Elliott's brother, the Reverend Henry Venn Elliott, was starting St. Mary's Hall, a charity school for the daughters of poor clergy. One day, while her whole family was helping at a church bazaar to raise funds for the school, Charlotte lay at home feeling lonely, useless and depressed. Recalling the words of Reverend Malan, “Come just as you are”, she overcame her feelings and penned the very successful poem “Just As I Am” to help raise money for St. Mary's Hall.



### Randy Lyden

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



## FAITHFUL followers

Play these fun variations  
on Follow the Leader —  
and remember to  
follow Jesus  
wherever you go!

### What you need:

- Bean bags
- Tables, chairs, pillows
- Painter's tape

### What you do:

Players line up behind the Leader, who moves around in various ways. Followers must copy the Leader's movements faithfully. Try these variations:

1. Players must balance a bean bag on their head as they follow the Leader.
2. Set up an obstacle course, and follow the Leader by crawling under tables and chairs, hopping over pillows and so on.
3. With tape, make zigzags and curves on the floor. Then follow the Leader as if walking on a tightrope.
4. The Leader designates types of terrain to imagine, such as mud, snow, ice and a mountain.
5. Also try animal movements, mirrored movements and dancing movements.



## No kidding

Whatever our age, God calls us to model holy living for others.



Directions: Match the animal young with its parent. Then write the letter answers in order below to complete 1 Timothy 4:12, NIV.



1. ___ bear	9. ___ monkey	A. fry	I. hatchling
2. ___ frog	10. ___ platypus	B. fawn	K. foal
3. ___ owl	11. ___ alligator	C. gosling	L. owlet
4. ___ horse	12. ___ giraffe	D. cub	M. puggle
5. ___ kangaroo	13. ___ goose	E. kid	N. joey
6. ___ deer	14. ___ swan	F. cygnet	O. polliwog
7. ___ goat	15. ___ dog	G. infant	P. puppy
8. ___ fish		H. calf	

“\_on't let any \_ne \_oo\_ down o\_ you \_ecaus\_  
you \_re youn\_, but set an exa\_ple for the bel\_ever  
in spec\_, in \_onduct, in love, in \_aith and in \_urity.”

1 TIMOTHY 4:12, NIV

Answers: D, O, L, K, N, B, B, E, A, G, M, L, H, C, E, F, P

