

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."  
Mark 2:27-28



# GOOD SHEPHERD

LUTHERAN CHURCH

## The Shepherd's Voice

Monthly Newsletter September, 2021

Give. Serve. Lead. Connect.

From Pastor John Stennes-Spidahl

Greetings! *Living Lutheran* is the name of our denomination's periodical. I enjoy reading it every month. The August issue includes an article written by our Bishop-elect Rev. Felix Malpica about helping children in times of transition. There are a couple excellent pieces about ministry with people who suffer from dementia. But the main theme of the August issue is Sabbath Rest. I think this is very appropriate as Labor Day is just around the corner. The idea of sabbath has changed over the years. When I was growing up in Fergus Falls, Minnesota all the stores were closed on Sunday. There was maybe one gas station that would be open. In the sixties the idea of Sunday as a day of rest was quickly disappearing. I was surprised when I lived in France in 1979-80 to discover that many businesses were closed on Sunday. These days about the only place one can witness the strict observance of Sunday as a day of rest is in Amish country. Their tradition of biblical literalism means that they interpret "Remember the sabbath day and keep it holy," as implying that you don't work on Sunday. It is interesting to note that "sabbath" means seventh in Hebrew. In Genesis God rested on the seventh day, Saturday, therefore that day is holy. Christians regard Sunday as the day for rest and worship because Jesus rose from the dead on the third day – Sunday. *The Small Catechism* teaches that keeping the sabbath means: "We are to fear and love God, so that we do not despise the preaching of God's word, but instead keep that word holy and gladly hear and learn it."

The Gospels record a story about religious leaders criticizing the followers of Jesus because they were plucking and chewing on grains of wheat on the sabbath, thus breaking the Law. Jesus replied, "The sabbath was made for humankind, and not humankind for the sabbath." (Mark 2:27) We do need times of rest. In the "Editor's Note" of the magazine *Andrea Pohlman Kulik* writes, "We all need to take sabbath time for our health and wellness. As we

learn in this month's lead feature (page 14), sabbath rest is an act of faith and a reminder that no matter what we do, God is in control. If we take this time, it opens us to hearing what God wants for us." A couple writers advise taking rest moments during the day. Make time to do things that recharge your batteries. The best way to keep a healthy balance in your life is to set aside time to be the Lord. Jesus said: "Come to me all you who are weary and carrying heavy burdens, and I will give you rest." (Matthew 11:28) Sabbath is the root word for "sabbatical." Our Church recognizes that healthy leaders make for healthy congregations. Therefore, we strongly encourage sabbaticals for our rostered leaders. I am grateful that you have provided time for Pastor Harald to rest and recharge. Let's keep him in our prayers.

*Living Lutheran* copies are available in the welcome area and in the little free library by the Birch St. entrance. You are welcome to take one or find it online at <http://livinglutheran.org>.

Pastor John Stennes-Spidahl

### Rite of Installation of Synod Bishop

The Installation of Rev. Felix J. Malpica as the 4th Bishop of the La Crosse Area Synod will be Sunday, September 24, 2021, at 4 pm at English Lutheran Church in La Crosse. ELCA Presiding Bishop Elizabeth Eaton and other guests will be present. The preacher will be the Rev. Rafael Malpica Padilla, father of Bishop-Elect Malpica.

Out of love and care for our neighbor, in person attendance is limited to invitation only. We invite all to share in the celebration digitally through a livestream which will soon be available on the La Crosse Area Synod website home page. Please be in prayer for our synod and Bishop-elect Malpica.



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

(Reflects changes from our committee meeting on August 23rd)

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 in the building and during 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 Worship- 9am until further notice.

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 September 20, 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. If you are interested in being apart of this ministry, please contact the office.

Thank you to Ann Hudson who sends out meaningful cards and handmade prayer shawls to bereaved families throughout the year.

**Care Ministries**—Thank you to all members who are serving as Good Shepherd Care Ministers! By bringing 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.

**Prayer Chain Ministry**—Thank you to all the members of Good Shepherd’s Prayer Chain. Prayer ministers pray daily for Good Shepherd intentions, special/urgent requests, the community and the world beyond. Call Kathy at the office to serve through prayer.

### 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)



“A sunset will color your dreams.” – Anthony Hincks

## 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. **I do have 2 dates open in September if anyone is willing to take them.**

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 July 6 through August 6.

#### Hintgen Food Project

Rich & Barb Doering  
Jim & Jan Quinn  
Heidi Harder  
Norm & Joanne Jerome

#### Ann Van Dyck Memorial

Glenn & Lila Seager  
Jeff & Sharon Yushta  
Barb Smyth  
Philip & Sarah Nohr

#### Ernest Eggett Memorial

Harald & Andrea Bringsjord

memorials  
& gifts

#### Tom Laufenberg Memorial

Harald & Andrea Bringsjord

#### Cozette Gabrielson Memorial

JoAnne Moe  
Judy Kabat

#### WAFER

John Wood

Thank  
you



## Church Numbers

### Weekly Sunday Attendance

Date		9:00am
07/04/21		Online
07/11/21		Online
07/18/21		Online
07/25/21		Online

### Weekly Envelope Offerings

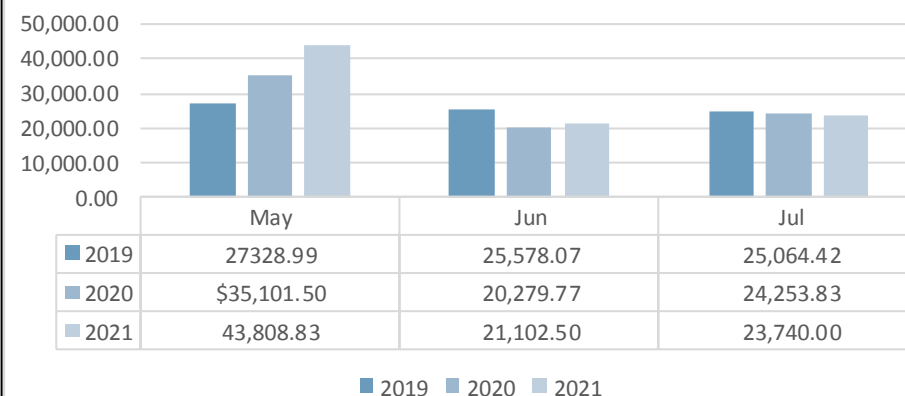
Date	Weekly	% Budget
07/04/21	5,003.00	57.2%
07/11/21	4,783.00	54.7%
07/18/21	9,282.50	106.1%
07/25/21	4,671.50	53.4%
Totals	23,740.00	67.8%

### Envelope Offering Comparison

July 2021	July 2020	% Difference
23,740.00	24,253.83	-2.1%
YTD 2021	YTD 2020	% Difference
198,953.00	205,422.22	-3.1%

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.

### Welcoming Donations!

When was last time you visited a loved one in the nursing home? Remember how they lit up when they saw your friendly face? Because of COVID we are unable to physically help with Bethany Riverside's monthly birthday parties and Bingo. For some of the residents this is all they have to look forward to.

We are accepting monetary donations to help with purchasing gifts and prizes for those residents. If you can help us, make your check out to church, but make note on the memo line that it is for Birthday Parties & Bingo. Thank you so much.

### 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)

### Lydia Circle

Our meeting will be Tuesday, **Sept. 14** at 1pm in the Mattes Center. You may bring your own snack or beverage for personal consumption only. Masks are required in the building. Please call Carol Abraham 787-0679 if you have any questions.

### 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.

### Lutheran World Relief Kits!

Do you remember the smell of a sharpened pencil or the excitement of taking the kids to get their back to school supplies? There are so many children in this world that do not get to experience this. But, LWR helps those in need. Please make a monetary donation so we can purchase the supplies for school kits, healthcare kits & baby kits. Make your check out to church and on the memo line please write that it is for LWR Kits. Thank you all so much.

### 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)

# Sept. 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 29</b> 9am In Church Service 6:30pm GS Men's Group	<b>30</b>	<b>31</b>	<b>September 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> <b>Rally Sunday</b> 9am In Church Service 6:30pm GS Men's Group	<b>6 Labor Day</b> Office Closed	<b>7</b> 5:30pm Buildings & Grounds	<b>8</b>	<b>9</b> 6pm WELCA Mtg	<b>10</b>	<b>11</b>
<b>12</b> 9am In Church Service 6:30pm GS Men's Group	<b>13</b>	<b>14</b> 1pm Lydia Circle 1:45pm Hillview Communion	<b>15</b>	<b>16</b>	<b>17</b> <b>October Voice Articles Due</b>	<b>18</b> 10am Serleth Baptism
<b>19</b> 9am In Church Service 6:30pm GS Men's Group	<b>20</b>	<b>21</b> 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 7pm Church Council Mtg	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> 9am In Church Service 6:30pm GS Men's Group	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>October 1</b>	<b>2</b>
<b>3</b> 9am In Church Service <b>1pm Gods Work, Our Hands</b> 6:30pm GS Men's Group	<b>4</b> 6pm Trust Foundation	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</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 and groups 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 Mattes</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.)



- **Rev. Harald Bringsjord** *Senior Pastor*  
pharald@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 & Kerstin Nedegaard** *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 Nurses*

### Greetings

For this month's topic we decided to focus on atrial fibrillation (a-fib). According to the Mayo Clinic, a-fib is an arrhythmia in which the upper chambers of the heart (the atria) beat irregularly (quiver) instead of beating effectively to move blood into the ventricles. This type of arrhythmia can result in a clot formation. If a clot enters the bloodstream and lodges in an artery leading to the brain, a stroke results. About 15–20 percent of people who have strokes have this heart arrhythmia. This clot risk is why patients with this condition are put on blood thinners. Many patients are unaware that a-fib is a serious condition.

More than 2 million Americans have a-fib. It's more common in people 60 and older. Other heart problems can make it more likely: Heart disease due to high blood pressure, Heart valve disease, Heart muscle disease (cardiomyopathy), Heart defect from birth (congenital heart defect), Heart failure, Past heart surgery, and Coronary artery disease. People with certain medical conditions have a greater chance, too, and at least 1 in 10 people with a-fib have no other heart problems: Long-term lung disease (such

as COPD), Overactive thyroid gland, Sleep apnea, A blood clot in your lung, called a pulmonary embolism.

When your heart is in a-fib, you might feel: Like your heart is racing or fluttering in your chest (palpitations), Fatigued or weak, Dizzy or lightheaded, Chest pain or pressure, Short of breath. If you have these symptoms, call your doctor and make an appointment as soon as possible. If they last more than 24 hours, go to the hospital. Sometimes it doesn't cause any symptoms. If you're at risk, talk to your doctor about your chances for having a-fib, and get regular checkups.

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

September! It's here!  
It's time for SUNDAY SCHOOL!

Yep, that is what I said! After a long time of not being together, we are planning a Sunday School reunion. It is going to be a "Rally Sunday" like no other! Because we spent the last 18 months with our friends online, it is going to be so much fun to be able to be back in the Mattes Center. So how will we do this? It will be a little different. Here is what we need:

All Children attending will need to have a registration on file. I will email forms out and for anyone I do not hear from, I will pop them in the mail. Yes you can fill out the form in many ways: Print, fill it out and mail it in... ORRRRR...Print, fill it out and scan and email it back... ORRRR ...bring it with you to Rally Sunday. We need a form to attend due to the fact that we need permissions and contacts should our weather or community health guidance alter plans or schedules.

We will be having Sunday School during the 9am service only. Please drop children off at the Birch Street Entrance before entering the Mattes Center. We will have a check in person to take attendance and make sure we can do DUCKS every 5 times for attendance awards as in previous years. Remember D.U.C.K. stands for Do God's Work, Understand God's Stories, Come together with God's Family, and Know God's Love.

All Volunteer Staff and Sunday Schoolers must wear a mask. This is because our Sunday School population (3 years as of September 2021 to 5<sup>th</sup> Grade) will not have had the opportunity to be vaccinated as well as the increased incidence of RSV in our community on the rise. Remember, we have not been out and about for over a year, so we will take it safe and slow.

There will not be food allowed. We will find other ways to celebrate our children through our Milestones and activities while we practice safe distancing in our Mattes Center and safe practices with hand sanitizer and washing.

Our main goal is to share our stories and keep our children healthy. All of these guides have been planned and discussed with our Good Shepherd Re-opening Committee and the Council. I feel so fortunate to have Janet Torkelson and all our other health workers to help us get together safely. Should you have any concerns or questions, I would be happy to discuss them with you.

Milestones will still be celebrated and we are hoping to do Seder Meal with our families soon, perhaps as a church. Our next Parish Education Committee meeting will be to discuss an In-Service First Communion experience for our 5<sup>th</sup> and 6<sup>th</sup> graders who have not had a chance to celebrate Seder Meal Ceremony.

Finally, Rally Sunday will be held on September 12th. It normally would be a week earlier, but with Labor Day and First Day of School, this will give everyone a chance to breathe a bit before another big change from the past year takes over. I will need some parents to help. I am hoping for 20 staff in order to split into every-other-week volunteers (or folks who can trade) to give everyone a chance to also attend church. This will also go for Confirmation Students. We will be accepting 6 to 8 Confirmands, with 3 to 4 on each weekly team.

Lastly, I am so grateful to be back together, however we can do it. So, should changes take place, please make sure we have your email on file in the church office. I do have Zoom and we will use this for some special story times (which I love to do) as well as in-climate weather and any other idea we can come up with. I have missed seeing you all, watching your families grow and deepen in your faith and sharing the joys and moments of our church family.

Love and Blessings and Have a WONDERFUL start to the School Year!

Tammy



## Quick-Look

### Upcoming Events At a Glance

September 12th @ 9am	Rally Sunday

See you Sunday in person  
in the Mattes Center  
beginning September 12.



### 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)

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." Romans 12:2*



What are the three best words a parent can hear this time of year? Back to School!!! I love summer but around mid-August, the free-for-all that is the summer schedule gets tiresome and I am ready for everyone to get back on a more defined schedule. Although my kids will never admit it, I think they are also ready! After a crazy 2020 school year, I am praying for a more normal school year, one that ensures all our kids are safe and protected, but also able to engage with their peers and teachers in the building. Along with school, comes the start of Confirmation classes! I AM SO EXCITED TO HAVE YOUR KIDS ON WEDNESDAYS!!! The group of kids we have right now are so much fun and I can't wait to hang out with them and talk about all the ways our faith can be seen, heard, voiced, and used in our everyday lives. As of now, Confirmation will start on September 22, 2021. As with all church activities, there is a re-opening plan that will be assessed by our amazing Re-opening Committee at the end of August. After that plan has been finalized, I will be sending information out. Students going into grades 6-8 can register for Confirmation using the link below. Also, we will be using the Remind App to communicate with parents and students. Please register, sign up for Remind, and if you have other questions, email me at [jen@gslacrosse.org](mailto:jen@gslacrosse.org).

We will be doing a lot of activities this year so if you are willing to help out on Wednesdays with some of our activities, please let me know!

Along with Confirmation, be ready to hear a lot in the upcoming months about the ELCA Youth Gathering and how you can help support our teens in their mission to attend and share their faith with others from

around the country. There are so many exciting things happening for our kids! Any student currently in grade 8-11 will be eligible to attend the Youth Gathering in Minneapolis. Keep an eye out for an interest form in your emails! Tentatively, we will meet in September to go over very initial details.

High school kids won't be left behind this year! We are working on doing some fun activities, organizing a college application extravaganza for our Seniors to get some help with those pesky applications, study groups for kids who might need it, and volunteer opportunities. Emails will be sent when activities are planned!

Finally, I want to send a big "THANK YOU" to all the teens who have helped out with the weekly weeding around the church. Your efforts are so appreciated! Looking forward to seeing everyone on Sundays and Wednesdays!

In Peace;

Jen

Confirmation Sign Up: Go to <https://forms.gle/WBfBGR94puxEk3Ds9>

Remind App: Go to your text message app and typing 81010 in the TO: place. In the message box, type in @8gf2ac It will ask if you want to get the app...it isn't necessary to have the app to get the reminders so that will be up to you.

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)

## 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](mailto: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](mailto:Jen@gslacrosse.org) (608) 788-0450

**In the Office:** Varied hours



## Music Notes

### From The Director of Music

#### Hymn Focus:

The Battle Hymn of the Republic

The tune for "The Battle Hymn of the Republic" preceded its famous text by many years, having been sung at American camp meetings in the early 1800s with various versions of the text "Say, Brothers Will You Meet Us".

#### (1st verse)

*Say, brothers, will you meet us (3×)  
On Canaan's happy shore.*

#### (Refrain)

*Glory, glory, hallelujah (3×)  
For ever, evermore!*

#### (2nd verse)

*By the grace of God we'll meet you (3×)  
Where parting is no more.*

#### (3rd verse)

*Jesus lives and reigns forever (3×)  
On Canaan's happy shore.*

During the Civil War this tune was united with the many versions of the text "John Brown's Body", a song referring to the abolitionist John Brown, who was hanged in 1859 for leading a failed slave rebellion at Harpers Ferry in West Virginia. The song was popular with and widely sung by Union soldiers. One of the many versions of the song included the words:

*John Brown's body lies a-mouldering in the grave; (3×)  
His soul is marching on!*

#### (Chorus)

*Glory, glory, hallelujah! Glory, glory, hallelujah!  
Glory, glory, hallelujah! his soul is marching on!*

It was under the pen of Julia Ward Howe (1819-1910) that the tune was married to the text we are familiar with today. Ward, a poet and author, was an activist for prison reform, abolitionism and equal rights for women. In 1861, she and her husband were visiting Washington, D.C. along with their pastor, Rev. James Freeman Clarke of the (Unitarian) Church of the Disciples, Boston. While there they heard the Union troops singing "John Brown's Body" and Rev. Clarke asked Julia if she could write some lyrics of a more uplifting nature. The next morning she awoke early with the words forming in her head and she immediately wrote them down. In 1862 she sold the poem to the Atlantic Monthly for five dollars. Though not written as a church hymn, the song has found its way into numerous hymnals.



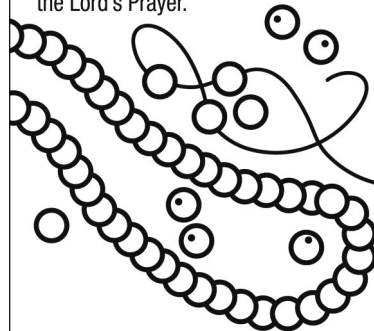
### Randy Lyden

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



## Prayer bracelet

Make this craft to help you remember the Lord's Prayer.



#### What you need:

- Elastic string (12 inches)
- Colored beads (see below)
- Clear nail polish

#### What you do:

1. Knot the string at one end. Add beads in this order: blue, white, gold, green, yellow, red, black, orange
2. Tie the ends so the bracelet fits your wrist. Place a dot of nail polish to secure the knot. Trim excess string.
3. As you pray, use the bead colors as reminders of Jesus' words (see Matthew 6:9-13):

- **blue** = the Father
- **white** = God's holiness
- **gold** = God's kingdom
- **green** = the earth
- **yellow** = wheat (bread)
- **red** = Christ's blood (forgiveness)
- **black** = temptation
- **orange** = God's power to deliver



## Teach us to pray

In Luke 11:1-13 (NIV), Jesus teaches about prayer.

*Directions: Add or subtract the letters indicated and unscramble the letters to form a new word, using hints from the passage. Then unscramble the circled letters to answer the question below.*

party - t = p r a y (v. 1)

lady + i = l i a d y (v. 3)

drab + e = d r a b e (v. 5)

rod + o = r o d o (v. 7)

bask - b = a s k (v. 9)

keeps - p = e e p s (v. 9)

define - ee = d e f i n e (v. 9)

shift - t = s h i f t (v. 11)

sneaky - y = s n e a k y (v. 11)

sift + g = s i f t g (v. 13)

What will the Father give to those who ask of him?

\_\_\_\_\_ (v. 13)

Answer: pray, daily, bread, gifts, fish, find, seek, ask, door, bread, daily, pray, gifts, Holy Spirit

