

COME TO ME. ALL YOU  
WHO ARE WEARY  
AND BURDENED,  
AND I WILL

give you rest.

MATTHEW 11:28



# GOOD SHEPHERD

LUTHERAN CHURCH

## The Shepherd's Voice

Monthly Newsletter March, 2022

Give. Serve. Lead. Connect.

From Pastor Harald Bringsjord

*"Come to me, all you who are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you... and you will find rest for your souls. For my yoke is easy and my burden is light."*  
Matthew 11:28-30

These words are sometimes used in funerals emphasizing that the "rest for our souls" happens after death. While this is one way of understanding this scripture passage, I think that Jesus was also talking about a spiritual state that results from living each day in God's grace. Sometimes, however, we are led to this understanding only by going through the dark night of the soul. When I listen to how so many people these days feel stressed and frustrated and agitated, I think perhaps more than ever we should take time to focus on dwelling in God's grace.

In her memoir *Still: Notes on a Mid-Faith Crisis*, Lauren Winner tells how the death of her mother and the end of her marriage led her to a crisis in her faith. She no longer knew how to pray, she doubted the God she had loved and trusted for so long, and she suffered extraordinary loneliness. She says she wanted to die and would do anything to avoid being alone: "Call a friend, go shopping, pedal endless frantic miles on my stationary bike; pour another drink; take another sleeping pill." But Winner's friend Ruth suggested that she try to stay in her loneliness even if it would just be for a few minutes. Maybe the loneliness was saying something to her

that she could learn from by paying attention to it. And as she did, it began to unfold an inner spiritual life that she had not anticipated. She discovered anew a rootedness in God's grace by paying attention to her struggles and pain, her grief and her loneliness.

During this season of Lent, I would encourage us all to take time to think about what is going on inside of us. Are we experiencing anxiety, are we overworking, pedaling endless frantic miles, pouring another drink, taking another sleeping pill, shopping, calling friends constantly...? And at the same time, let us take the time to ponder what it means to "rest in Christ" - not just in death, but in the midst of this life.

God's blessings on your Lenten journey,

Pastor Harald

*We will continue to have 8:30am and 10:30am Sunday morning worship services with the 8:30am worship being live streamed. We will also have 6:30pm Wednesday Lenten worship services beginning with Ash Wednesday on March 2. These Wednesday evening worship services will not be live-streamed.*



Facebook.com/GSlacrosse



Twitter.com/goodshepherdse



GSlacrosse.org/voice

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

# From our Re-opening Committee

*Reflects changes from our committee meeting on February 21*

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.

Masks remain required in the church building regardless of vaccination status. Masks are to be worn properly, covering the nose and mouth upon entering, and while in the building and during worship service(s). Leaders of the service may lower or remove mask during speaking or singing. The organist, based on distancing, may unmask while seated and playing.

In the Welcome area, as throughout the church, social distancing is still encouraged, as well as the use of hand sanitizer that is provided within the church and pews.

Sunday School is open and available for children of Good Shepherd. Masks are required for children attending Sunday School. The nursery is available for feeding or changing purposes only.

Keeping our commitment to grow ministry, the 8:30am 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!

Church Groups and Committees as well as community groups may meet in the Mattes Center. A laptop computer is available for use to include members who wish to connect through Zoom. 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/times of the meeting to the Church Office to allow adequate time for set-up and sanitizing.

Food is permitted in the church (i.e., potlucks, group meetings, other church functions).

- Seating with family encouraged, not required
- Use safe practices when planning and holding events
- Food to be served to attendees or sanitizing of multi-user items (spoons, handles, etc)
- Hand sanitizer and wipes available on tables and in food areas

Members are asked to report a positive COVID test result for anyone who was in attendance at a Good Shepherd Worship Service, Sunday School or Confirmation within 48 hours prior to the onset of symptoms.

This committee will meet again in March 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:

Sara Wrobel (Congregation President)  
Jim Bugge (Vice President of Congregation)  
Dr. Karl Noll (Church Council)  
Pastor Harald Bringsjord  
Assistant Pastor John Stennes-Spidahl

Kathy Johnson (Office Assistant)  
Rick Laufenberg (Office Manager)  
Janet Torkelson  
Jessica Addington

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 a part 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)



**The beauty of nature is the artwork of God.** Unknown



## Lead

### *Raising Up Spiritual Leaders*

*The following groups are in the process of restarting. Contact the director for more information*

#### 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).

#### Make a joyful noise unto the Lord!

##### The Sanctuary Choir

The Sanctuary Choir rehearses between services every Sunday from September through May and new members are always welcome!! If you would like to join our Sanctuary Choir, please contact Karl Greenfield at 790-3785 or at [karl@gslacrosse.org](mailto:karl@gslacrosse.org)

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

You aren't the only Christian at your high school! Good Shepherd Youth Group provides a chance to meet other awesome teens just like yourself.

##### 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).

We have 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)

*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 8 weeks for Mobile Meals throughout the 2022 calendar year and we will be looking for you to help with delivering meals in 2022!

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

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.

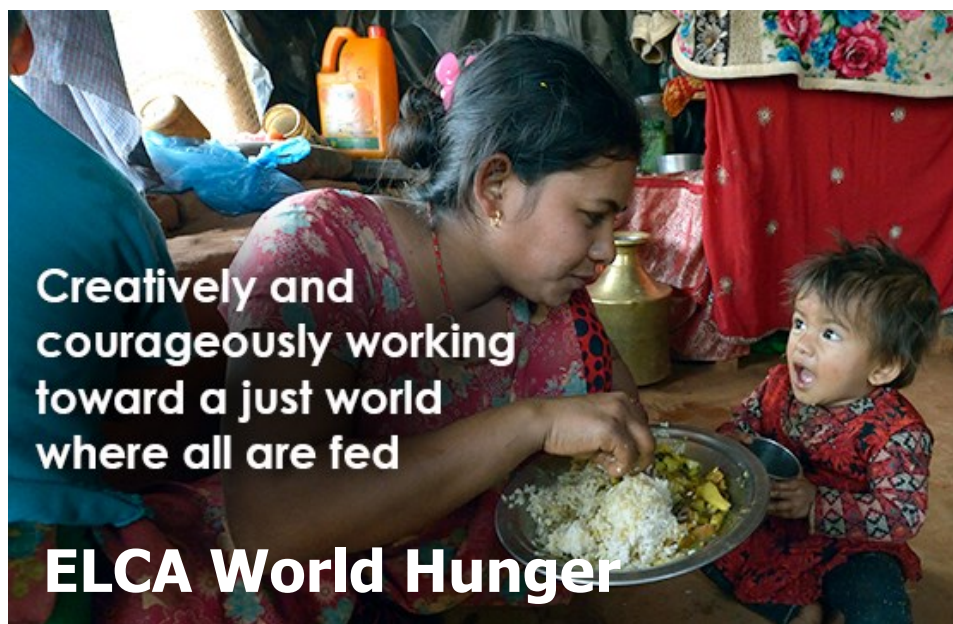
*Please consider becoming a part of this very important ministry. Our Mobile Meal Delivery Team could really use your help! Please contact Kathy at 788-0450 or [Kathy@gslacrosse.org](mailto:Kathy@gslacrosse.org)*

#### 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, 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 or drop it in the offering basket if you attend one of our in person services.



## Stewardship

### Memorials & Special Gifts

Good Shepherd gratefully acknowledges and sincerely appreciates your gifts over and above your regular giving. The following gifts were received from January 24 through February 22.

#### Richard Schlicht Memorial

Gordon & Mary Ann Dreves

#### Hintgen Food Project

Norm & Joanne Jerome  
Rob & Dianne Hamann  
Jim & Jan Quinn  
Barb Hegge  
Jackie Meyer  
Bev Kettler

#### WAFER

John Wood

memorials  
& gifts

#### Audrey Uber Memorial

Harald & Andrea Bringsjord

#### Paul Herlitzke Memorial

Glenn & Lila Seager  
Harald & Andrea Bringsjord

#### Parking Lot Project

Monty & Lois Gilbertson  
George & Judy Brockman  
LeeAnn Lyden  
Rob & Dianne Hamann  
Steve & Diane Ambrose  
Norm & Joanne Jerome  
Dave & Barb Foye  
Karl & Julie Noll  
Harald & Andrea Bringsjord  
Jim & Jan Quinn  
Vern & Peg Garves

Thank  
you



#### January Monthly Benevolences From Good Shepherd Lutheran Church

ELCA/Synod Mission Support	\$3,560
Lutheran Campus Ministry	\$1,304
Companion Synod - Peru	\$10
Synod Seminary Scholarships	\$10
Sugar Creek Bible Camp	\$160
WI Lutheran Social Services	\$200
WAFER	\$161
Other Misc. Benevolences	\$1,850

## Church Numbers

### Weekly Sunday Attendance

Date	8:30	10:30
01/02/22	23	27
01/09/22	20	18
01/16/22	24	25
01/23/22	25	21
01/30/22	27	40

### Weekly Envelope Offerings

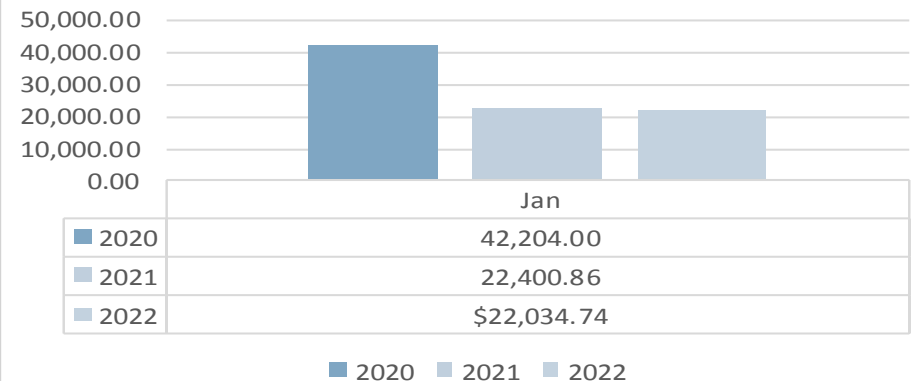
Date	Weekly	% Budget
01/02/22	\$4,236.50	72.6%
01/09/22	\$3,793.80	65.0%
01/16/22	\$2,660.00	45.6%
01/23/22	\$5,202.94	89.2%
01/30/22	\$6,141.50	105.3%
Totals	\$22,034.74	75.5%

### Envelope Offering Comparison

January 2022	January 2021	% Difference
\$22,034.74	\$22,400.86	-1.6%
YTD 2022	YTD 2021	% Difference
\$22,034.74	\$22,400.86	-1.6%

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...

### Sunday Bible Study

We will meet once a month on the fourth Sunday between services in the quilting room (just beyond the kitchen) from 9:45am to 10:25am. An option to participate via Zoom is offered on our website. The group will discuss the Gospel lesson assigned for the Sunday we meet. If you would like to participate, either in person or via Zoom please contact me at 608-397-6747 or email [jstennesspidahl@gmail.com](mailto:jstennesspidahl@gmail.com). Of course, spontaneous attendance will certainly be welcomed.

Please consider taking advantage of this opportunity to dig deeper into God's Word.  
Pastor John

### Beautify and protect!

This spring our Buildings & Grounds Committee is contracting to have our parking lots resealed and re-stripped. This much needed project will enhance the appearance of Good Shepherd and prevent costly repairs of the asphalt that will arise if it is not maintained.

The cost of the project is \$16,000.00 and our Memorials Committee has pledged \$10,000.00 towards the project, leaving us \$6,000.00 to raise in order to sign a contract and get on a schedule to have the work done.

Any and all contributions are greatly appreciated! Be sure to write "Parking Lot" on your check memo line or otherwise indicate your donation is for this fund. You can also give electronically to this fund on our website <https://gslacrosse.org/give-online/>. Once you sign up and log in, check the shopping basket for our giving options.

### Sugar Creek Summer Registration

Get ready for another exciting summer of hearing God's word and sharing God's love in community! Brochures are available in the welcome area!

For more information on current and upcoming events at Sugar Creek visit [www.sugarcreekbiblecamp.org](http://www.sugarcreekbiblecamp.org)

### Make a joyful noise unto the Lord!

The Good Shepherd choirs and Worship Band are in the process of starting up again! If you are interested in joining our Sanctuary Choir, Bell Choir or, for the kids, our Gloria Dei Choir, please contact the choir director.

Sanctuary Choir: Karl Greenfield at 790-3785 or email at [karl@gslacrosse.org](mailto:karl@gslacrosse.org)

Bell Choir: Linda Jerome at 317-1335 or email at [linda@gslacrosse.org](mailto:linda@gslacrosse.org).

Gloria Dei Choir: Darlene Lassig at 608-769-1499 or email at [darlene@gslacrosse.org](mailto:darlene@gslacrosse.org).

Sounds of Praise: Randy Lyden at 792-1305 or email at [randy@gslacrosse.org](mailto:randy@gslacrosse.org)

### Synod School of Theology

Spring 2022 Session - Preaching 101  
6-week class, Thursday evenings,  
March 3 – April 7

Instructor: Rev. Margaret (Meg) Eiben  
Hoversten, Middle Coon Valley Lutheran  
See course description and required texts [here](#). See [Student Page](#) for course requirements, syllabus and other info.

Contact the synod office to register: [melanie@lacrosseareasynd.org](mailto:melanie@lacrosseareasynd.org) / 608-788-5000. - Fee: \$20

### 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.

Make your checks payable to church, but remember 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."

### Lydia Circle

Our next meeting will be Tuesday, March 1st at noon in the Mattes Center. Masks are required in the building. Please call Carol Abraham 787-0679 if you have any questions.

## Around the Parish...

### Waking Up White

In 2020 and into 2021 the Good Shepherd's men's group continued to gather with one another via zoom. During that time we continued to support one another and visit with each other. We also took a little time each week to discuss Debby Irving's book *Waking Up White*.

One of the opportunities for those who didn't get a chance to discuss this book in the men's group is that the Synod's Church in Society Committee is hosting "Courage Conversations" this Lenten season and is inviting anyone who would like to join them to discuss this book.

It will start on March 6th and go until April 3rd. Sunday evenings from 6 – 7pm (ZOOM) the conversations will focus around Debby Irving's book *Waking Up White*.

Participants need to register with the synod office (608 788 5000) or ([melanie@lacrosseareasynd.org](mailto:melanie@lacrosseareasynd.org)). Following registration they will receive weekly invites to attend the meeting. There is no fee to participate. It is asked that participants have access to the book and make every effort to engage in assigned weekly readings. A few copies of the book are still available for free at the synod office.

### Church Contributions

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 "Vanco Mobile Faith Engagement" 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!

### Worship at Good Shepherd

Worship services are at 8:30 and 10:30am Sunday mornings. Sunday School will be at 8:30am only.

The 8:30am service will be live streamed every Sunday and also will be available in our archives for those who may not yet be comfortable attending in person, and are not up in time for the 8:30am live stream. It can be viewed on our website at by going to <https://gslacrosse.org/> and clicking on the Past Recordings button.

Our COVID protocols remain in effect so as we worship together, we ask that for the health and safety of all, please remember:

- Masks are required to be properly worn inside the building and throughout the service.
- Maintain 3 feet distancing between households while seated in the pews.
- Members are asked to report a positive COVID test result for anyone who was in attendance at a Good Shepherd Worship Service, Sunday School or Confirmation within 48 hours prior to the onset of symptoms. Call the Church Office at 788-0450, your identity will be kept anonymous.

Thank you for your cooperation!

### Shop 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 AmazonSmile purchases to Good Shepherd! We are listed as Good Shepherd English when selecting your charitable organization. Or, you can click the Smile.Amazon link on our webpage, [www.gslacrosse.org](http://www.gslacrosse.org).

### Quilters Needed

Experienced or not! Come and join our fun group on Mondays at 12:30pm in the quilting room. We make quilts for Lutheran World Relief and other sewing projects for local needs too!

# March 2022



**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 8:30 & 10:30. The 8:30 service is also live streamed on our website at [www.gslacrosse.org](http://www.gslacrosse.org)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>February 27</b> 8:30am Worship 8:30am Sunday School 9:45am Bible Study 10:30am Worship 6:30pm GS Men's Group	<b>28</b> 12:30pm Quilting	<b>March 1 Shove Tuesday</b> 1pm Lydia Circle 5:30pm Buildings & Grounds 6:45pm BS Troop 22 Mtg	<b>2 Ash Wednesday</b> 6:30pm Lenten Worship/Comm	<b>3</b> 6pm WELCA Zoom Mtg	<b>4</b>	<b>5</b>
<b>6</b> 8:30am Worship/communion 8:30am Sunday School 10:30am Worship/communion 6:30pm GS Men's Group	<b>7</b> 10am Before the After 12:30pm Quilting	<b>8</b> 1:45pm Hillview Communion 6:30pm BS Troop 22 Adult Mtg 6:45pm BS Troop 22 Mtg	<b>9</b> 6:30pm Lenten Worship	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b> 8:30am Worship 8:30am Sunday School 10:30am Worship 6:30pm GS Men's Group	<b>14</b> 12:30pm Quilting 6pm Re-opening Meeting 7pm Membership Meeting	<b>15</b> 6pm Admin/Exec Meeting 6:45pm BS Troop 22 Mtg 7pm Church Council Mtg	<b>16</b> 6:30pm Lenten Worship	<b>17</b>	<b>18 April Voice Articles Due</b>	<b>19</b>
<b>20</b> 8:30am Worship/communion 8:30am Sunday School 10:30am Worship/communion 6:30pm GS Men's Group	<b>21</b> 12:30pm Quilting	<b>22</b> 6pm Parish Ed Zoom Mtg 6:45pm BS Troop 22 Mtg	<b>23</b> 6:30pm Lenten Worship	<b>24</b>	<b>25</b>	<b>26</b> 10am to Noon First Communion Training
<b>27</b> 8:30am Worship 8:30am Sunday School 9:45am Bible Study 10:30am Worship 6:30pm GS Men's Group	<b>28</b> 12:30pm Quilting	<b>29</b> 6:45pm BS Troop 22 Mtg	<b>30</b> 6:30pm Lenten Worship	<b>31</b>	<b>April 1</b>	<b>2</b>
<b>3</b> 8:30am Worship 8:30am Sunday School 10:30am Worship 6:30pm GS Men's Group	<b>4</b> 12:30pm Quilting	<b>5 Poling Day</b>	<b>6</b> 6:30pm Lenten Worship	<b>7</b> 6pm WELCA Meeting	<b>8</b>	<b>9</b>



## Church Council Members

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

**Other Church Council Members include:** Tim Knudsen, Roger Weeks Jr., Karl Noll, Thea Johnson, Mark Skolos, Harlan McLain, Steve Stelzl, Lori Lowell, Janette Dawson, Pastor Bringsjord, and Karina Bronson (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 & 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,

This month's article will touch on colorectal cancer. Colorectal cancer or cancer of the colon or rectum is the third leading cause of cancer-related deaths in the U.S. Early detection is vital, as treatment is successful with 85 percent of colon cancer patients living at least five years. Colon cancer occurs when cells in the body begin changing and multiplying at fast rates. The colon is the last part of the digestive tract and plays a large role in absorbing water and storing food waste.

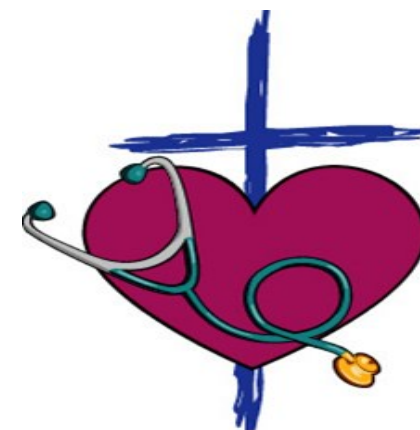
Screening for colon cancer is recommended at age 50 for both men and women. For those at average risk for colon cancer, a colonoscopy is the recommended form of screening and should take place every 10 years. Risk factors such as family or personal history may increase the frequency one should be receiving a colonoscopy. Colonoscopy not only detects cancer but can identify pre-cancerous growths known as polyps. These polyps are removed before they turn into cancer.

Patients with colon cancer may notice symptoms right away. By the time symptoms appear, the cancer may have grown or spread to other organs. Symptoms can include: a change in bowel habits such as diarrhea, constipation, or a feeling your bowel is not empty after a bowel movement, bright red or dark blood in your stool, constant tiredness, stools that are thinner than normal, unexplained weight loss and vomiting.

Screening can save your life. If you have any of these symptoms, are 50 or older, or have a family history of colon cancer you should be screened. Consult with your primary care provider if you believe you need to be screened.

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

March 2022! IT's SPRING! Sort of weather wise, but officially YES! It seems, time and the year March on and so do we. Out of the about 50 children we have as members of Good Shepherd, we have about 15 to 20 attending regularly. As our reopening committee begins to discuss updates to our use of the campus here at Good Shepherd, I have a schedule and events listed following this note.

One item that is VERY IMPORTANT – we need our surveys returned. Some of you have done them while in church, but we need ALL your input. On that note, we have not had many families in church on Sundays, but you should have received one via email. IF YOU ARE NOT CURRENTLY A SUNDAY SCHOOL FAMILY but would like to contribute through the survey, let me know and I can get you a copy. Please return these by email or drop off at church for me to compile. The future planning of Sunday School depends on it.

We will present all the remaining Milestones in March to our 1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> graders. Prayer Blocks, Prayer Pillows, and Bible Fun Books will be presented during Sunday School so please send me an email to let me know you would like your child to receive one. Without REGISTERING, one will not be prepared due to the number of them that are not being picked up. If you are not here, that is ok, we will get one ready and you can pick it up on the next Sunday.

Next – Easter is Around the CORNER – that means the start of Lent! In the past, we have done fundraisers, but have tried to get the children to practice self-denial through our activities. This year we will be doing a sort of “Lent Calendar” like an Advent Calendar. We will be creating these February 27th to begin on March 2<sup>nd</sup> which

is Ash Wednesday. Please Come to participate in this date, but if you cannot make it, please register for this program. I can email the instructions and you can pick up materials! All registered Sunday Schoolers for this year will be counted in, but I know there are some families who prefer to wait until we are able to be fully open to attend.

Once again, one of the most important times of our congregation is now. We will need a lot of help to get back to this new “season” of Good Shepherd. Volunteers will be needed, attendance in programs and events will be needed, input/support will be needed to get us up and running again. Our Congregation can only be built and sustained if you participate. Please join us! MORE IS MORE FUN!

Tammy



## Quick-Look

### Upcoming Events At a Glance

February 27th	Sunday School Lenten Project
March 6-20th	the Good Samaritan Luke 10:25-37
March 20th	Prayer Blocks, Prayer Pillows and Bible Fun Books presented to 1st, 2nd and, 4th Graders
March 26th	Saturday First Communion Training 10am to Noon, Mattes Center
March 27th-April 4th	Ten men Healed Luke 17:11-19
April 10th	Palm Sunday – Parade and Lesson Easter Egg Trunk Hop, between Services in Parking Lot
April 13th	Annual Seder Supper Ceremony 6pm – Mattes Center (Registration Required)

## Good Shepherd Easter Egg Trunk HOP

(Weather Permitting) April 10<sup>th</sup> - Between Services (9:30 - 10:30)

Need: Volunteers and Trunks

(Decorate and Provide Easter treats individually wrapped)

Kids Eager to Hunt for Eggs - Come Between Services



Hunt for Eggs  
Hop to Play Games  
Receive Treats



(Think Trunk or Treat - EASTER STYLE!)

## 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)**

# G4Squad



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” ~Jeremiah 29:11

That’s a wrap on another Confirmation year! We explored the stories and lessons of the Old Testament through the theme of peace, love, and faith. There wasn’t a lot of peace in our studies, as the Old Testament is full of conflict but through it all we can see God’s love for us. I think we have all been reminded the past couple of years that conflict can strengthen our faith if we work through the obstacles with love in our heart and that having faith and focusing on love will always bring peace to our individual and global lives. As always, I end the Confirmation year full of gratitude for the time spent with our amazing teens. I have said it before and will say it again, we have some amazing kids, each one figuring out what faith means to them and hopefully, if nothing more, recognizing they are God’s masterpiece. We will be Confirming seven students this year and I pray their faith journeys will continue through all the obstacles and smooth waters. I am confident they will go out and do great things in the world!

On a disappointing note, the ELCA National Youth Gathering has been cancelled. I am sad for the kids who choose to embrace the experience and attend. There is some conversation about the tri-state area doing a mini version of the Gathering so stay tuned for more information.

As the season of Lent is upon us, I would encourage all youth and their families to attend Wednesday services and implement a

way to acknowledge the sacrifice that God makes for us. It doesn’t have to be “giving up” something...the best way to honor a sacrifice is to show gratitude. We can take some time to share our gratitude within our families to celebrate the gift that God will give us.

Finally, a huge “THANKS” to everyone who has helped support our Confirmation kids throughout the year. Pastor is always a good sport about letting me pass the buck and having him answer the hard questions, plus the Books of the Bible song is sure to be a top 10 hit soon. Kathy, Rick and Bill who all do so much behind the scenes to keep me organized, as well as set up and clean up the Mattes Center every Wednesday. The Holtz family and all their work with the Kwik Trip cards that help us plan fun activities for the kids. Of course, everyone in the congregation who prays for, encourages, and of course, buys Butter Braids, to help the kids along in their faith journey. It takes a village, and our teens have an amazing one!

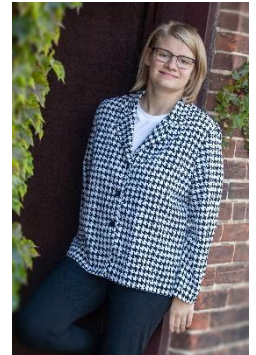
In Peace,  
Jen

Follow the activities of the G4Squad on Instagram: [g4squadlax](#)

## SENIOR SPOTLIGHT!!

We have quite the group of high school seniors at Good Shepherd who are in their final stretch of their high school careers. For the next couple of months, we will be spotlighting some of them. As you read about their plans for the future, please say a prayer for each one. Pray their faith will give them wings to soar in the next phase of their life and roots to ground in them in God’s love.

Karina has been the Youth Representative on Good Shepherd Council for the past year and has helped with the service PowerPoints over the years. Karina will be graduating from Central and plans to attend Winona State University in the fall. She plans to study journalism and psychology. Karina’s favorite parts of high school were all the new things she experienced and people she met.



If you drove by church this summer, you probably saw Liam working to keep the rock gardens weed free! He will be graduating from Central and is currently deciding between UW-Madison, University of Minnesota, and UW-Milwaukee. He is thinking of pursuing a degree in business/finance. A favorite high school memory is being a part of the Central football team that won the Ark back from Logan :) He is looking forward to powerlifting at the states meet in Appleton.

## SUPPORT THE YOUTH!

Buy scrip cards from Good Shepherd

Stop by our table in the welcome area or get an order form from our website or the church office, or Contact Corrine Holtz to place an order. Mobile-608-397-9353 or Email [tcjj23511@gmail.com](mailto:tcjj23511@gmail.com) The office also has Kwik Trip cards available for immediate purchase Monday -Friday from 8am - 1pm.

## 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

#### 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.



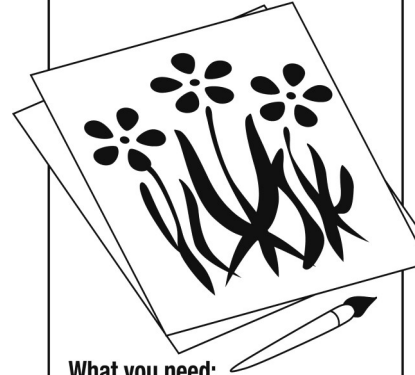
#### Randy Lyden

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



## SPRING

Make this beautiful craft to remind you of God's gift of new life at springtime.



#### What you need:

- White 11" x 17" paper
- Acrylic paint (various spring colors, including green)
- Paintbrush
- Empty two-liter plastic bottle
- Paper plates
- Paper towels

#### What you do:

1. With the paper placed vertically, paint stems and leaves with green paint.
2. Pour a different color of paint onto a paper plate. Then place the bottom of the bottle into the paint.
3. Using the bottle as a stamp, press it onto the paper to create a flower atop a green stem.
4. Repeat with different colors on different plates, cleaning the bottle each time, to create a beautiful spring bouquet.

## Puzzle!

Complete the Scripture verses (NIV, unless marked) using letters found in the words



See! The winter is \_ \_ \_ \_ ; the rains are over and gone. Flowers appear on the earth; the season of singing has come. (Song of Solomon 2:11-12)

"Therefore, if your whole body is full of light, and no part of it \_ \_ \_ \_ , it will be just as full of light as when a lamp shines its light on you." (Luke 11:36)

When I consider your heavens, the work of your fingers, the moon and the \_ \_ \_ \_ , which you have set in place, what is mankind that you are mindful of them ... ? (Psalm 8:3-4)

We all, like sheep, have gone \_ \_ \_ \_ \_ , each of us has turned to our own way; and the LORD has laid on him the iniquity of us all. (Isaiah 53:6)

So then you are no longer strangers and aliens, but you are fellow citizens with the \_ \_ \_ \_ \_ and members of the household of God. (Ephesians 2:19, ESV)

Answers: past, dark, stars, astray, saints

