



# GOOD SHEPHERD

LUTHERAN CHURCH

## The Shepherd's Voice

Monthly Newsletter May, 2022

Give. Serve. Lead. Connect.

From Pastor Harald Bringsjord

"May the light of Christ, rising in glory, dispel the darkness of our hearts and minds."

The paschal candle is a symbol of the hope that is ours in Jesus Christ, who, risen from the tomb, brings the light of God's presence into our own lives and through the Holy Spirit dispels the darkness that can surround us. As Jesus says in John 8:12, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."

The paschal candle burns throughout the Great Fifty Days of the Easter season, for it is a sign of our hope in God's love rooted in the resurrection of Jesus; our hope of resurrection to life everlasting and of resurrection to new and renewed life lived each day in the promises of baptism.

At baptisms, the paschal candle burns as a sign of hope, hope that is ours when we are washed in those waters of God's gracious love. It is a sign of hope in the promise of God's light, the light of life, accompanying us throughout our lives and dispelling the darkness that surrounds us.... dispelling the darkness that surround Ukraine and other places of conflict around the world. The paschal candle lights up the dark valleys of illness or personal trails through which each of us sometimes walks. The darkness is dispelled by the light of life – the light of Christ's presence shining within us and through us. The paschal candle burns

brightly beside the font when a new sister or brother in Christ is sealed with the Holy Spirit in the waters of baptism, and is a sign of hope in the life God has in store for us.

At funerals, the paschal candle burns as a sign of hope that is ours having been joined to Jesus in a resurrection like his – a hope that accompanies us throughout our lives and which does indeed dispel the darkness of death that continually surrounds us. By reminding us of the hope that is ours for a resurrection to life everlasting, the paschal candle burns brightly beside the casket as that blessed eternal life is begun.

When you see the paschal candle burning these fifty days or, after that, at a baptism or at a funeral, I pray you will call to mind the hope in God's love it symbolizes. Hope that the light of Christ – the light of life, rising in glory, will indeed dispel the darkness of our hearts and minds in life and in death. And may that remembrance come as a blessing to you this Easter season and beyond. For we light the paschal candle because Christ is risen, Christ is risen indeed! Alleluia!

Pastor Harald



Facebook.com/GSLacrosse



Twitter.com/goodshepherdlse



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 March 14*

On behalf of the Church Council, the Re-Opening Committee has an update for Good Shepherd Lutheran Church and reinstating activities of the church, please read to understand your role in the process. This is an update to the interim plan for this church building and property as of March 15, 2022. The Church Council has approved the following measures of reinstating a variety of former practices that were suspended due to COVID.

- Masks are optional in the church building.
- The Welcome Area is open along with the kitchenette coat rack, and coffee station.
- Pews will remain as every other available for seating.
- Social distancing, or sitting with members of your household is still encouraged.
- Continue to use hand sanitizer throughout the church building.
- The Adult, Gloria Dei and Bell Choirs to resume practicing and performing.
- Sunday School is available for children attending Good Shepherd on Sundays.
- The Nursery is available for families. Please wipe down anything used or that may have gone into a little one's mouth.
- Food, beverages, pot lucks, meals, events are able to be planned again. Please communicate use of the kitchen with the Church Office.

Keeping our commitment to grow ministry, the Sunday service of Good Shepherd will remain at 8:30 and 10:30am until the switch to summer hours on June 5<sup>th</sup> then the service times are 8:30 and 10am. The 8:30am service can be viewed on your computer or electronic device online at [gslacrosse.org](https://gslacrosse.org). Archived services can also be found on that website.

Community Groups, Church Groups and Committees may meet and a laptop computer is available for members who wish to participate through Zoom. Please communicate your meeting date and time with the Church Office.

Members are asked to report a positive COVID test result for anyone who attended Good Shepherd Worship Services, Sunday School or Confirmation, or Committee or Group meeting within 48 hours after the onset of symptoms.

This committee has changed its name to the **Communal Health Committee** as a result of the Church moving back to Phase 1 of its COVID Plan and has reinstated its former practices. This committee will continue to monitor for any significant changes in our community health and advise the church accordingly. This Committee will meet again May 16, 2022.

THANK YOU for your prayers, patience, and cooperation as we came 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. Thanks be to God.

Re-Opening Committee:

Sara Wrobel (Congregation President)

Jim Bugge (Vice President of Congregation)

Dr. Karl Noll (Church Council)

Pastor Harald Bringsjord (Senior Pastor)

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](https://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 608-769-1499 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 March 22 through April 22.

#### Hintgen Food Project

Rob & Dianne Hamann  
Jim & Jan Quinn  
Norm & Joanne Jerome  
Jackie Meyer  
Cindy Thurston  
Bev Kettler

#### Mary Arlt Memorial

Judy Larson  
Candie Luehne  
Kathy Schroeder

#### WAFER

Jane Brenengen Reinl

memorials  
& gifts

#### Lutheran Disaster Response For Ukraine

Joyce Herlitzke  
Norm & Joanne Jerome  
Kevin & Dianne Wilson  
Bonnie Buchman  
Odell Anderson  
Carol Rask  
Patricia Vigness

#### Parking Lot Project

Norm & Joanne Jerome  
Marshall & Carol Juel  
Kent & Sandra Rockwell  
Arnold Bolstad  
Art & Betty Olson  
Cindy Thurston  
LeeAnn Lyden  
Carol Rask  
Jan Crandall  
Monty & Lois Gilbertson  
Roger & Kenna Christians  
Good Shepherd WELCA

Thank  
you

### March Monthly Benevolences From Good Shepherd Lutheran Church

ELCA/Synod Mission Support	\$1,952
Lutheran Campus Ministry	\$84
Companion Synod - Peru	\$10
Synod Seminary Scholarships	\$10
Sugar Creek Bible Camp	\$160
WI Lutheran Social Services	\$200
WAFER	\$62
Other Misc. Benevolences	\$0

### From Good Shepherd Trust Foundation

Coulee Region RSVP	\$1,500
LDR Eastern Europe Crisis Response	\$2,500



## Church Numbers

### Weekly Sunday Attendance

Date	8:30	10:30
03/06/22	41	31
03/13/22	28	35
03/20/22	41	36
03/27/22	38	40

### Weekly Envelope Offerings

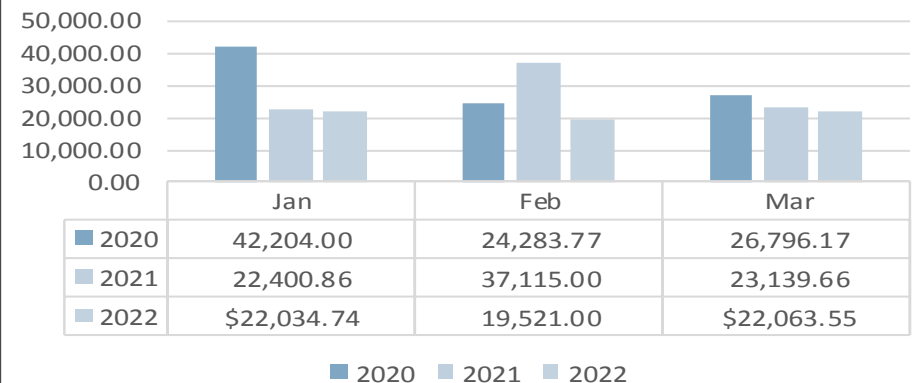
Date	Weekly	% Budget
03/06/22	\$9,088.05	124.6%
03/13/22	\$3,898.50	53.5%
03/20/22	\$5,003.50	68.6%
03/31/22	\$4,073.50	55.9%
Totals	\$22,063.55	75.6%

### Envelope Offering Comparison

March 2022	March 2021	% Difference
\$22,063.55	\$23,139.66	-4.7%
YTD 2022	YTD 2021	% Difference
\$63,619.29	\$82,655.52	-23.0%

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

### Envelope Offerings



## Around the Parish...

### Sunday Bible Study

We will meet once a month on the fourth Sunday between services in the **Mattes Center** 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

### Parking Lot Update

We have reached our goal of \$6,000 needed to have our parking lots resealed and restriped this summer. Thank you to everyone who has given to this project!

### 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!

### Lydia Circle Potluck

Our next meeting will be Tuesday, May 3rd at noon in the Mattes Center. Please call Carol Abraham 787-0679 if you have any questions.

### Egg Cartons

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

### 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)

### Gloria Dei Choir

We will be resuming practice in the fall. Thank you to all who participated this year, we hope to have you all back next year and many more kids too. Watch for sign up information in the bulletins and e-news in August. Have a great summer!

### Good Shepherd Men's Group

Our men's group meets Sundays at 6:30pm in the Mattes Center. Simply show up if you would like to join us or contact Randy Page at [grimmcafe@hotmail.com](mailto:grimmcafe@hotmail.com) for more info.

### Good Shepherd Women-WELCA

WELCA welcomes all women from our congregation to be part of this committee. Our next meeting is Thursday, May 5th at 6pm on Zoom and in person in the Mattes Center.

### Help Feed The Children At Hintgen

Please continue to support the Hintgen Food Project with your donations.

Make your checks payable to church, but remember to indicate HINTGEN FOOD PROJECT in the memo line. Thanks to all who contribute to this program!

### Scam Alert

Disregard any emails, texts or any other form of requests from Pastor or the church requesting you to purchase anything, or to give money in any way outside of the church. He, nor any member of the staff would never make such a request, so feel confident in hitting the delete button.

### Shop Amazon and donate to Good Shepherd at the same time!

Shop [smile.amazon.com](http://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).

## Around the Parish...

### Worship at Good Shepherd

Worship services are at 8:30 and 10:30am Sunday mornings. Sunday School will be at 8:30am only. Masks are optional in the building for all activities.

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.

### Youth Scrip Cards

Kwik Trip, Festival Foods, and many other scrip cards are available at the Youth Table in the welcome area. You can also choose from many other cards available to order. Thank you for supporting our Youth Program through this fundraiser!

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.

### Vanco Mobile App

Thank you to everyone who has been using the **GivePlus** app to make donations to Good Shepherd! GivePlus has been discontinued To continue using mobile giving to contribute to our ministry, or to begin if you've never tried it, download Vanco's new **Vanco Mobile Faith Engagement** app from your app store and get started today!

If you are a GivePlus user, you can simply sign in using your email address and GivePlus password. If you are a new user, set up is easy and only takes a few minutes.

We encourage everyone to download the app for free at the Apple App Store or Google Play. Once downloaded, simply open the app and search for Good Shepherd Lutheran Church then select the one in La Crosse, there are a lot of Good Shepherds out there! Please call Rick in the church office at 788-0450 if you have any questions.

### Sugar Creek Bible Camp Spring Work Weekend May 6-7

We have a wide variety of projects for any skill set and level of ability. Come with your family, group, or come by yourself and enjoy the blessing of serving others by making Sugar Creek Bible Camp ready for summer camp season!

Help play a part in building, cleaning, arranging and preparing the camp's buildings, trails, and equipment for a safe and busy season ahead.

Choose from a range of outdoor and indoor projects. Paint, garden, stain, clean cabins, do trail work, wood chips, build fences, split and stack firewood, move sheds, lay shingles and more. Many hands make light work!

Enjoy Sugar Creek hospitality and hearty meals all day Saturday, May 7, or you can stay over Friday night and be ready to go bright and early Saturday morning. Friday night lodging and Saturday meals are FREE for volunteers at this event!

RSVP: [office@sgrcreek.org](mailto:office@sgrcreek.org) or call 608-734-3113. Let us know how many people are coming and whether or not you need housing for Friday night what meals you will attend on Saturday. Lodging reservations are on a first come, first served basis.

We are so grateful for the many hands and hearts who volunteer in myriad ways for the ministry and missions of Sugar Creek Bible Camp!

\*Work will start around 9am Saturday morning and go into the evening. You are welcome to come for some or come for all!

### Simply Giving

Good Shepherd offers electronic giving options for making donations, and we'd love to see more of our members sign up for this program! Simply Giving provides a means for making your contributions on a scheduled, automated basis. It's convenient for you and provides much-needed financial consistency for the church. Pick up an authorization form from the office or the information area in the back of the church. If you have any questions, or would like to get started, call Rick at 788-0450 M-F 8-1.

# May 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>April 24</b> 8:30am Worship 8:30am Sunday School 10:30am Worship 6:30pm GS Men's Group	<b>25</b> 9am to 1pm Laptivity Quilt Crafting Day 12:30pm Quilting	<b>26</b> 6pm Parish Ed Mtg 6:45pm BS Troop 22 Mtg	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>May 1</b> 8:30am Worship/communion 8:30am Sunday School 10:30am Worship/communion 11:30am Phernetton Baptism <b>2pm Confirmation</b> 6:30pm GS Men's Group	<b>2</b> 12:30pm Quilting	<b>3</b> Noon Lydia Circle Potluck 6:45pm BS Troop 22 Mtg	<b>4</b>	<b>5</b> 6pm WELCA Mtg	<b>6</b>	<b>7</b> 9am Sugar Creek Work Day
<b>8 Mother's Day/WELCA Sunday</b> 8:30am Worship 8:30am Sunday School 10:30am Worship 6:30pm GS Men's Group	<b>9</b> 12:30pm Quilting	<b>10</b> 6pm BS Troop 22 Adult Mtg 6:45pm BS Troop 22 Mtg	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15 Education Sunday</b> 8:30am Worship/communion 8:30am Sunday School 10:30am Worship/communion 6:30pm GS Men's Group	<b>16</b> 12:30pm Quilting 6pm Communal Health 7pm Membership Mtg	<b>17</b> 6pm Admin/Exec Mtg 6:15pm Hintgen Meeting 6:45pm BS Troop 22 Mtg 7pm Church Council Mtg	<b>18</b>	<b>19</b>	<b>20</b> <b>May Voice Articles Due</b> 4pm Johnson/Peterson Rehearsal	<b>21</b> 8:30am Church Clean Up 3pm Johnson/Peterson Wedding
<b>22</b> 8:30am Worship 9:45am Bible Study 10:30am Worship 3:30pm Robert Coe Burial @ MCR Park 6:30pm GS Men's Group	<b>23</b> 12:30pm Quilting	<b>24</b> 6pm Parish Ed Mtg 6:45pm BS Troop 22 Mtg	<b>25</b>	<b>26</b>	<b>27</b> 4pm Navrestad/ Denstad Rehearsal	<b>28</b> 3pm Navrestad/ Denstad Wedding
<b>29</b> 8:30am Worship 10:30am Worship 6:30pm GS Men's Group	<b>30 Memorial Day</b> Office Closed	<b>31</b>	<b>June 1</b>	<b>2</b> 6pm WELCA Mtg	<b>3</b>	<b>4</b> 10am Before the After

## 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 a Youth Representative



- **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* 769-1499  
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,

As things (hopefully) begin to blossom and green up, we thought we would focus this month's article on vision, but specifically, cataracts. Cataracts are the clouding of the lens of your eye, which is normally clear. For your eye to provide you with vision, light needs to pass through a clear lens. The lens is behind your iris (which is the colored part of your eye). The lens focuses the light so that your brain and eye can work to process information into a picture. When a cataract clouds over the lens, your eye can't focus light in the same manner. This leads to blurry vision.

Cataracts are caused by the breakdown of protein in the lens over time. As proteins break down, they linger and make your lens cloudy. Some things can speed up the formation of cataracts such as: diabetes, steroids, radiation, and spending a lot of time in the sun without eye protection.

Cataracts are a common part of the eyes aging process. Eventually, they can cause: Vision that's cloudy, blurry, foggy, or filmy. Sensitivity to bright sunlight, lamps, or headlights. Glare (seeing a halo around lights), especially when you drive at night with oncoming headlights. Prescription changes in glasses, including sudden near sidedness. Double vision. Need for brighter light to read. Difficulty seeing at night. Changes in the way you see color.

Cataracts are diagnosed when an eye doctor dilates your pupil to see inside your eye. Your

doctor can see if you have cataracts or other problems and find out how much of your vision is blocked. If your cataract symptoms are mild, you might just need a new prescription for glasses. Eventually, your doctor will likely recommend surgery to remove the cataract. During this procedure your doctor makes a small opening in the eye to reach the clouded lens. Using ultrasound or a laser, your doctor breaks the lens into pieces. The doctor suctions lens fragments from your eye and puts in a new plastic lens.

Take care and Happy Easter,

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

It's May!

As I write this Newsletter article, it is a little bitter-sweet! It has been exciting to be back this year. We got to be present with each other, and though we did a lot to limit contact, it was so nice to have our little Sunday School team together. So now it is May, and we are at the tail end of 2021-22 Sunday School season.

Our fifth (along with our Sixth and Seventh) graders who were able to join us celebrated together with our Seder Ceremony this month. What a joy! It is always one of my favorite moments of the year and might actually tie with the Christmas Program for my favorite. If you have never experienced this event, I encourage you to join us sometime. You will not regret it and it will join your memories as a favorite faith moment, I am sure.

So, what is coming up? LOTS!

First, my PLEA FOR VOLUNTEERS!

2022/23 Sunday School will be upon us before we realize it and there will be a new Children's Ministry Coordinator. I am helping to get the ball rolling with staffing for next year. WE NEED YOU. The Klein's, Colin, Lori, Karina, and Julie are ready to share the experiences! If you are High school or older – we need you. Here is the List – Project Leaders for the Cinema (Movie Theater), Computer Lab, Science Room, Art Room, Kitchen and Stories and Games. We will also need Shepherds to do attendance/welcome the kids to the table and guide them to their scheduled rooms. Shepherds (we have had one) we will need at least 3, one for K/1st, 2nd/3rd, and 4th/5th grades. We would also love some team teachers/helpers for Preschool.

Our Surveys were completed and based on the responses, we will be having Sunday School during the 1st Service with the plan to begin attending for Children's Message and coming to Sunday School. It may change slightly with

the re-opening plans, but for now... IT'S BACK! And since it has been a few years since we have been in our classrooms, we will be deep cleaning, so watch for that opportunity. I am sure we will be finding treasures that have been missed.

VBS is also BACK and we are so excited to have our Destination Experience again. It is 5 days of JESUS! From Palm Sunday to Easter – visit Jerusalem and live the time and events of the disciples and citizens as Jesus comes to the city for the purpose of Rising from the Tomb. We need decorating help, materials donations and we will be opening this up to families to experience!

Sugar Creek Experience for summer is always a fun time for all and we will again be supporting and encouraging this for our children and youth.

Seems silly to think about next year, when we are still celebrating this year, but that is the Circle of Sunday School. I am looking forward to building all of our memories for Summer and supporting the continued Rebirth and Growth of Good Shepherd and our Children's Ministry. Renewed energy, renewed possibilities, renewed opportunities, renewed friendships and family, make this a great time to get involved.

I can't wait to share, grow, gather and laugh with you all!

Tammy



## Quick-Look

### Upcoming Events At a Glance

April 24th	Serving our Church Family/ Donation to Hintgen Lunch Program
May 8th	Mother's Day Education Sunday Project
May 15th	Education Sunday – Sunday School Appreciation



### Jesus' Journey to the Cross

#### Jerusalem Bible-Times Village Experience

#### August 21-25, 2022



- Day 1 - Jesus is King (Matthew 21:1-11) "Jesus Christ is Lord."
- Day 2 - Jesus Showed God's Love (John 13:1-17)  
"You Should Love Each Other"
- Day 3 - Jesus Loves Us (John 17:1-18:11)  
"Nothing...will ever be able to separate us from the love of God."
- Day 4 - Jesus Died for Us (Luke 23:1-55)  
"God showed his great love for us when he sent Christ to die for us."
- Day 5 - Jesus Lives (Matthew 28:1-10)  
"Since I live, you also will live."

### 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



*"Keep alert, stand firm in your faith, be courageous, be strong. Let all that you do be done in love." 1 Corinthians 16:13-14*

On May 1st, we will be celebrating the Affirmation of Baptism with this year's 8th graders. Otherwise known as "Confirmation", the Affirmation of Baptism is the culmination of years spent in Sunday school and Confirmation classes learning about God, Jesus, and the many people and stories that have been shared in an attempt to understand God's love. Starting in 6th grade, our teens start this deeper exploration into their faith. The ultimate goal is to see their faith grow over the three years of the program. The students discuss how the stories in the Bible can teach us things in our everyday life, how the lessons of God's love goes WAY back, can still be seen today, and will continue in the future, and discuss questions about faith and religion. Students are required to do community service, work to connect different sermons to their lives and the gospel, and complete different projects depicting what faith looks like in their world. Their families create faith squares with loving messages and favorite Bible verses for the confirmands to be reminded of all the love surrounding them. This year, these squares were beautifully quilted into a wall hanging by the talented Good Shepherd quilters. Finally, the students sit down and have a meeting with me and Pastor to reflect on their faith journey. These individual meetings are intended to for them to tell us how their faith has grown, but in the end, those discussions ultimately make my own faith grow. Our confirmands are incredible kids...full of questions, ideas, thoughtfulness, questions, love and so much faith. In a world that seems claustrophobic with tragedy, these kids shine God's light into the world in a way that I know will pave the way for a better,

more hopeful world. Their parents, grandparents, and villages have done an amazing job and Pastor and I are grateful we get to bask in their faith journeys for a short time.

We will be celebrating the faith journeys of 7 students this year. If you see them in church, congratulate them and pray their faith continues to grow and shine.

#### 2022 Confirmands:

**Amelia Finlayson**  
**Carly Bendel**  
**Lyndon Torkelson**  
**Madelynn Fergot**  
**Mollie Manke**  
**Joey Pretasky**  
**Sam Blegen**

Although the National Youth Gathering was cancelled, three synods have put together another opportunity for our high school students. It's called REBOUND where they will encounter God and one another together in new ways through creative ministry, challenging conversation, inspiring guest speakers, service learning, and uplifting worship. The dates for this are July 25-27th and will take place in River Falls. Students will be staying at the University and can room with one other student/friend! Check out the website for more information. If your student is interested in attending, give me a call/email so we can make all the arrangements! Good Shepherd is committed to funding these activities for our youth! <http://nswsi.org/rebound>.

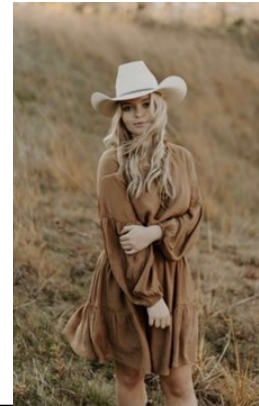
Jen

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.

Jacob will graduate from La Crosse Central High School. He plans to attend UW-Eau Claire and major in Pre-Dentistry in the fall. This summer he will be an Assistant Head Lifeguard at Erickson Pool. Jacob's favorite high school memory is from his sophomore year of Cross Country. He and 2 other runners ran as a team and called themselves the 3 Musketeers. During practice the whole team had extra fun bonding on their runs such as jumping into ponds on hot days, getting lost on trails and putting on many, many miles on upper and lower Hixon trails.



Brailyn will graduate from La Crosse Central High School. She plans on attending Western this fall for Hospitality and Management.

## 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

#### Hymn Focus:

#### "Lord, You Have Come to the Lakeshore"

"Pescador de Hombres" ("Fisher of Men"), the original title of "Lord, You Have Come to the Lakeshore", was written by Spanish composer Monseñor Cesáreo Gabaráin (1936-1991). Gabaráin was one of the most prominent composers of Post-Vatican II Spanish liturgical music.

Beginning his musical studies at age 10 at the minor seminary in Zaragoza, he went on to study at Seminario Mayor of San Sebastián and was ordained to the priesthood at San Sebastián on Dec. 19, 1959. He then served as chaplain of the College of the Marist Brothers of Antzuola in Gipúzkoa, as chaplain at Fundación Zorroaga, a nursing home in San Sebastián and as chaplain in the College of the Marist Brothers in Madrid. He served in parish ministry in Nuestra Señora de las Nieves (Our Lady of the Snows) and was head of religious education in the College of San Fernando. He died of cancer in Antzuola in 1991, after touring 22 U.S. cities to conduct workshops in conjunction with OCP (Oregon Catholic Press).

"Lord, You Have Come to the Lakeshore" was written in 1979 and is based on the Gospel passages where Jesus calls his first disciples: "As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. 'Come, follow me,' Jesus said, 'and I will send you out to fish for people.' At once

they left their nets and followed him." (Matthew 4:18-20, NIV). Gabaráin conveys the disciples' obedience and commitment to Jesus, leaving their fishing boats behind to follow him, and calls us to follow our Lord in the same way. The melody "Pescador de Hombres" brings this scripture passage even closer to heart with a gentle rocking movement that is reminiscent of a boat by the lakeshore. This hymn has been published in 11 hymnals and has been translated into as many as 80 languages.



#### Randy Lyden

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



Some popcorn plus a little heat makes a big change.

#### What you need:

- 2 Tbsp. popcorn kernels
- 2 tsp. oil
- 1 Tbsp. sugar
- Brown paper lunch bag

#### What you do:

1. Add popcorn kernels, oil and sugar to the bag.
2. Fold the bag's top down about half an inch. Repeat two more times. Gently shake to mix ingredients.
3. Microwave for 1½ or 2 minutes (or use the Popcorn setting). Allow bag to cool before removing and opening it.
4. As you share popcorn with family and friends, discuss the change in the kernels. Read Acts 2 together. What changes did the disciples experience? What was the source of their power?



## A powerful CALLING

Before his ascension, Jesus tells the disciples they will receive a gift and carry out a job.

Directions: Use the code to fill in the blanks and complete Acts 1:8, NIV.

	□	○	△
†	R	H	L
✎	S	P	W
🔥	O	A	I
🌀	T	N	E



"But you will receive \_\_\_\_\_ when the  
Holy \_\_\_\_\_ comes on you; and you  
will be my \_\_\_\_\_ in Jerusalem,  
and in all Judea and Samaria,  
and to the ends of the \_\_\_\_\_."  
ACTS 1:8, NIV

Answer: power, Spirit, witnesses, earth

