

LOVE   
one  
another  
AS I HAVE  
loved  
 you  
John 13:34



# GOOD SHEPHERD

L U T H E R A N C H U R C H

## The Shepherd's Voice

Monthly Newsletter May, 2023

Give. Serve. Lead. Connect.

From Pastor Harald Bringsjord

At the last council meeting, a couple of the council members mentioned that several of our members approached them wondering when we will celebrate communion again the way we used to. I can understand that concern, and I am glad that it was brought up, since there is a certain experience connected with the walking up to the altar and receiving the elements there. As it looks right now, we will probably not go back to intinction - receiving the bread and dipping it into the wine - but we are looking into giving out individual cups on a tray with pre-filled non-alcoholic wine with the host (bread). The reason this has not happened yet is because we are in need of ushers to help make this happen at both services. In addition to that, we would also need to have more members getting involved with the altar guild. The altar guild takes care of filling the cups before the communion services, setting up the communion table at both services, and making sure they are taken away again after each service.

So you see that there is some work behind the scenes that requires sustained commitment. Like everywhere else, the pandemic has had the side-effect of causing a disruption in the life of our congregation and some of the empty spots need to be filled with new people. I would love to see more members participate as ushers and in the altar guild, but until that happens we will continue with communion the way we have been doing it during the last couple of years. Please think about helping out

in one of those functions and let someone in the office know if you are interested!

During the first three weeks of May we continue with the 50 days of Easter celebration. When life gets hard, when I have yet another graveside or funeral service or a time of remembering someone's life, I am grateful that death is not the last word. I am grateful that Jesus was born, that he lived for a time on this earth and that he died for us, but the next part is key: that Christ rose again from the dead. The women who came to the tomb attest that the tomb was empty. At that time in history, if you were going to make up a story, you would not tell it with women being the first ones to announce that the tomb Jesus was placed in was empty, and that they were the first ones Jesus appeared to after he was raised from the dead. But this is how the story is recorded in our Bible, because the witnesses simply told what they experienced.

There is more historical information about Jesus' life, death and resurrection than any other figure in history. And though there have been and will be plenty of critics of Jesus and the church, I am grateful to be part of a church that celebrates Jesus' life, death, and resurrection and strives to live out his command to love one another as Christ has loved us.

Christ is risen, Christ is risen indeed!  
Alleluia!



Facebook.com/GSlacrosse



Twitter.com/goodshepherdlse



GSlacrosse.org/voice

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

## Give Volunteering Within Church

### Flower and Bulletin Sponsorship

Sign up on the bulletin board in the concourse to sponsor the weekly bulletins or flowers in honor of a loved one or a special event. Please give us the reason you are sponsoring them. If you do not give us a reason, the bulletin will

only have your name as the sponsor.

*If you wish to sponsor the chancel or pulpit flowers, you are responsible for ordering and paying for them directly. Please be sure the flowers are delivered to the church office on or before Friday at noon.*

### Readers & Ushers always Appreciated!

Readers and Ushers are always valued at our worship services. Please consider signing up on the sign up sheet in the welcome area at the back of the sanctuary. You can sign up to read for a

time and day that works for you. The readings will be sent (either by mail or email) to you early that week. Interested in ushering? Contact Kathy (608)788-0450. We really do need your help!

### Women Who Wrestle With The Word (W5)

If you would like to be a part of a regular gathering of Christian Women, you are always welcome to join W5. For info contact Judy Casto at (608)385-1410.



### Lydia Circle

Lydia Circle meets the first Tuesday of every month at 1pm in the quilting room. All women are welcome!

If you have any questions, contact Carol Abraham at (608)787-0679.



## 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)



Happy  
Mother's Day



## 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!



**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)

#### Sunday School Choir

We rehearse as part of our 8:30 Sunday School program 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).

#### 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 Youth Group provides a chance to meet other awesome teens just like yourself. We meet weekly in the youth room of Good Shepherd on Wednesdays at 6:30pm. Come when you are able, during Lent we meet after the

Wednesday Lenten Service. We also have social events throughout the year along with a yearly mission trip. Want to learn more? Contact Jen Servais at (608)797-9301 [jen@gslacrosse.org](mailto:jen@gslacrosse.org) or you can Contact the Brianna Ceaser at (321)223-8972 [briannaceaser1@gmail.com](mailto:briannaceaser1@gmail.com) for more information.

*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 did 8 weeks for Mobile Meals throughout the 2022 calendar year and we will be doing 9 weeks in 2023!**

Remember that many of the people that our meal drivers deliver to may see no one else but the 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.

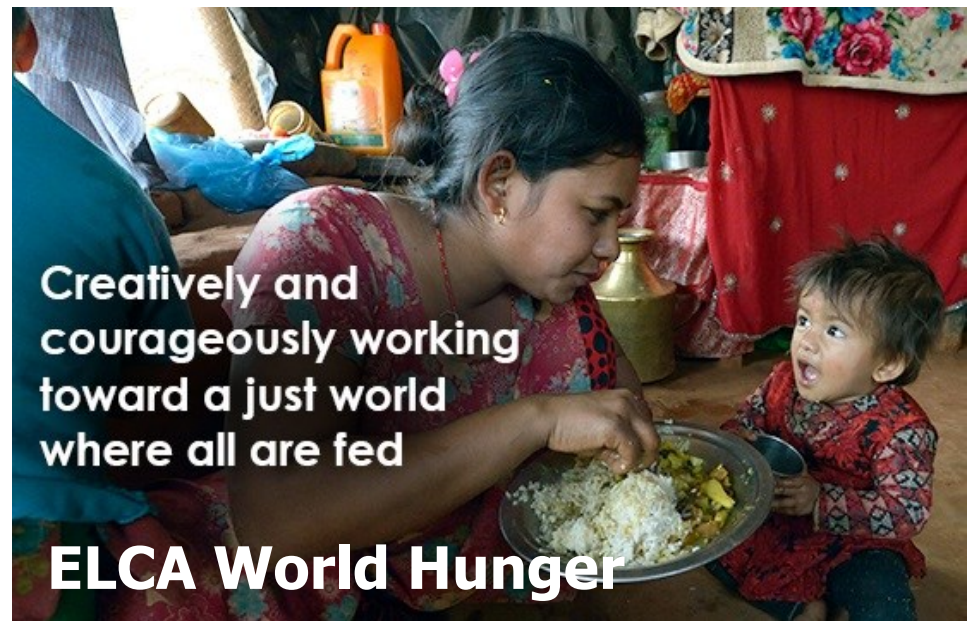
Please allow 1 1/2 to 2 hours for deliveries. We are route #1.



#### Local Food Pantry Needs

**West Avenue Food Emergency Relief**  
Food donations for WAFER may be left in the stewardship area in the concourse or you can support WAFER with 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 16 through April 20.

#### Hintgen Food Project

Bev Kettler  
Rich & Barb Doering  
Jim & Jan Quinn  
Cindy Thurston  
Lydia Circle  
WELCA

#### Southern Bluffs Food Pantry

John Wood  
Jim & Sue Bugge  
Joyce Herlitzke  
Tom & Phyllis Lynch  
Rob & Dianne Hamann  
Barb Hegge  
Trudy Ristow

memorials  
& gifts

#### Lutheran World Relief Kits

Tom & Phyllis Lynch

#### James Wiese Memorial

Harald & Andrea Bringsjord

#### Paul Herlitzke Memorial

Duane & Arlene Dreves

#### Einar Landsend Memorial

Reidun Bringsjord

#### WAFER

Jim & Sue Bugge  
John Wood

#### Building Contingency Fund

Monty & Lois Gilbertson

Thank  
you



### March Monthly Benevolences From Good Shepherd Lutheran Church

ELCA / Synod Support	\$1,904
Lutheran Campus Ministry	\$84
Companion Synod - Peru	\$10
Synod Seminary Scholarships	\$10
Lutheran Disaster Response	\$120
Sugar Creek Bible Camp	\$160
WI Lutheran Social Services	\$200
Sugar Creek Scholarships	\$373

## Church Numbers

### Weekly Sunday Attendance

Date	8:30	10:30
03/05/23	77	45
03/12/23	50	35
03/19/23	86	38
03/26/23	104	60

### Weekly Envelope Offerings

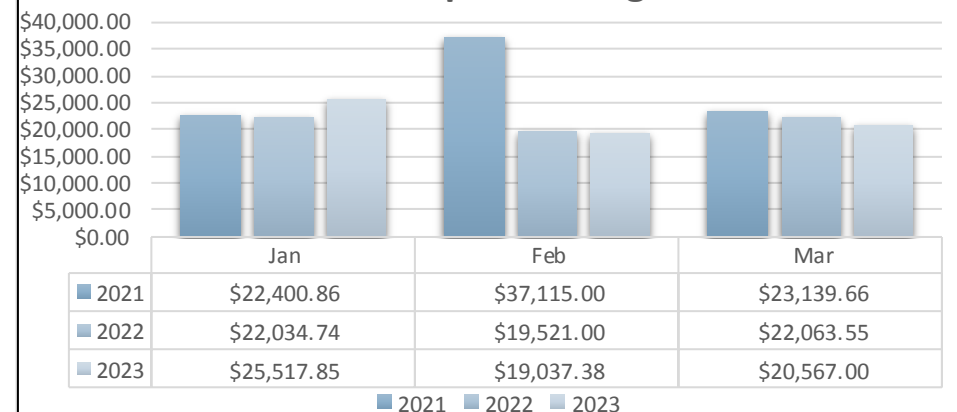
Date	Weekly	% Budget
03/05/23	\$7,983.50	109.5%
03/12/23	\$3,660.50	50.2%
03/19/23	\$4,768.50	65.4%
03/26/23	\$4,154.50	57.0%
Total:	\$20,567.00	70.6%

### Envelope Offering Comparison

March 2023	March 2022	% Difference
\$20,567.00	\$22,063.55	-6.7%
YTD 2023	YTD 2022	% Difference
\$65,122.23	\$63,619.29	2.4%

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...

### Lydia Circle

Lydia Circle Pot Luck will be Tuesday, May 2nd at 12pm in the Quilt Room. All ladies are welcome. Any questions please call Carol Abraham at 787-0679. We hope you will join us for some good chats & always dessert & coffee.

### Good Shepherd Women-WELCA

WELCA welcomes all women from our congregation to be part of this committee. Our next meeting is Thursday, May 4th at 6pm on Zoom and in person.

### Burrito Breakfast

Join us at Burrito breakfast **Sunday**, May 7th from 9:30 to 10:30am in the Mattes Center. We will be serving breakfast burritos. They can be filled with scrambled eggs, sausage, veggies and cheese, or if you'd prefer, you can just have it served on a plate. A free will offering will be accepted. Come join us!

### Grief Support

Grief support meets in the choir room at Good Shepherd twice a month on the 2nd and 4th Thursdays at 3pm. Our next meeting is **May 11th**. If you are interested in attending please contact the church office at 788-0450 with questions. All are welcome.

### Game Night

Game Night for all ages is Friday, May 12th from 6 - 9pm. Bring your favorite game or learn a new one. Games vary, but include a variety of board, card, and other games. Contact Randy Page by email at grimmcaf@hotmail.com or Jim at 641-485-6941 with any questions.

### Bunco Night

Our next Bunco night will be on Friday, May 19th at 6pm. Please bring a \$5.00 wrapped gift. May's theme is Spring. Bunco takes place in the Mattes center and is for ages 18 years and older. Contact Judy Christopherson @ 788-4335 or 769-3656

### Thoughts & Ideas Welcomed

If you have an idea of how to improve ministry here at Good Shepherd, or things you would like to see us do or become involved in as a church, pick up a form from the bulletin board in the welcome area. Be sure to sign the form and then place it in the white mailbox in the main hall by the choir room.

### Don't Throw That Away!!

Good Shepherd has begun a recycling program within the church. Before you throw something in the garbage, pause and think "is this recyclable?". If it is, take an extra moment to put it in one of the recycle bins. They are in the kitchenette, main hallway, kitchen and Mattes Center. Signs will be posted at each bin stating what can be recycled, but it is the same single stream service that La Crosse uses so many of you will already be familiar with it. Please help us help us all, thanks for recycling!

### Care Ministry Needs Your Help.

We meet with our people once a month to visit and give communion. We set up an appointment with them before visiting. We are a bridge to the church family and share what's happening in the church. We ask if there are any specific prayer requests before communing. We listen, connect and share time together. Then we let the church office know we have visited and shared communion and if there's a need for a pastoral visit. If we cannot visit in person, we have sent a card or called to check in with them.

The Care Ministry team is a wonderful team to be a part of, because of the people you meet and the meaningful work we do. If you would like to be apart of this meaningful work in the church, please call the church office (608)785-0450.

### 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 [grimmcaf@hotmail.com](mailto:grimmcaf@hotmail.com) for more info.

## Around the Parish...

### Remembering & Appreciating Mothers

Whether you are a Mother or are remembering your Mother, be sure to stop by the Stewardship Area for a treat on Mother's Day, May 14th!

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

Stop by our table in the welcome area or get an order form from our website or the church office. 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 Mon. - Fri. from 8am - 1pm

### Aluminum Cans Wanted!

Please, aluminum cans only! Other recyclables or garbage must be removed before we take them in. Our bin for aluminum cans is located at the end of the church garage behind the Boy Scout trailer. Feel free to drop off your bagged cans anytime. Thank you!

### Egg Cartons

We are collecting egg cartons. Please place your cartons in the WAFER donation baskets in the Stewardship area. Thank you!!

### Good Shepherd Online Stay Updated With Latest News

Have you ever visited GSlacrosse.org? This is our church website updated with news, youth activity events, calendars, and so much more. You can now find out the latest events at Good Shepherd from anywhere in the world. Apart from our new website, we offer you the possibility to receive weekly and/or monthly e-mail updates with latest church happenings. Signing-up is easy. Simply visit [gslacrosse.org/enews](http://gslacrosse.org/enews). Any questions, please contact the church office at 788-0450 or [office@gslacrosse.org](mailto:office@gslacrosse.org).

### Vanco Mobile App For Donations

Give electronically on your cell phone using Vanco's app, **Vanco Mobile Faith Engagement**. 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 at 788-0450 if you have questions.

### Simply Giving

Good Shepherd offers electronic giving options for making donations on a scheduled, automated basis. It's convenient for you and provides financial consistency for the church. Pick up an authorization form from the office, or the information area in the back of the church, or call Rick at 608-788-0450.

### 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!



### Congratulations to Good Shepherd's 2023 Confirmands:

**Adam Venner**  
**Gordon Lowell III**  
**John Saegrove**  
**Jed Olson**  
**Steven Flores**  
**Gabe Servais**  
**Ellie Gillitzer**  
**Ren Weeks**  
**Brooklyn Lenser**  
**Kessa Markham**



# May 2023



**Sunday School Choir**  
Meets in Sunday  
School each week.



**Bell Choir**  
Meets every Sunday  
each week at 5:30pm.



**Sanctuary Choir**  
Meets every Sunday  
each week at 9:30am.



**Sounds of Praise**  
Meets as scheduled on  
Saturdays at 4pm.

*In-person Worship Sundays at 8:30 and 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 23</b> 8:30am Worship 8:30 Sunday School 10:30am Worship 11:30am Ellison Baptisms 6:30pm GS Men's Group 	<b>24</b> 6:15pm Cub Scouts Pack 17	<b>25</b> 6pm Parish Ed Mtg 6:45pm BS Troop 22 Mtg	<b>26</b>	<b>27</b> 3pm Grief Support	<b>28</b>	<b>29</b> 10:30am Serleth Baptism
<b>30</b> 8:30am Worship 8:30am Sunday School 10:30am Worship <b>2pm Confirmation</b> 6:30pm GS Men's Group 	<b>May 1</b>	<b>2</b> Noon Lydia Circle Pot Luck 6pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg 6:45pm BS Troop 22 Mtg	<b>3</b>	<b>4</b> 6pm WELCA Mtg	<b>5</b>	<b>6</b>
<b>7</b> 8:30am Worship/communion 8:30am Sunday School 9:30am Care Ministry Meeting 9:30am Burrito Breakfast 10:30am Worship/communion	<b>8</b> 6:15pm Cub Scouts Pack 17	<b>9</b> 1:15pm Dementia Support Grp 1:45pm Hillview Com- munion 6:45pm BS Troop 22 Mtg	<b>10</b>	<b>11</b> 3pm Grief Support	<b>12</b> 6pm Family Game Night	<b>13</b> 1pm Cub Scouts Pack 17
<b>14 Mother's Day</b> 8:30am Worship 8:30am Sunday School 10:30am Worship 6:30pm GS Men's Group 	<b>15</b> 7pm Membership Mtg	<b>16</b> 10am Causeway Annual Mtg 6pm Admin/ Exec Mtg 6:45pm BS Troop 22 Mtg 7pm Church Council	<b>17</b>	<b>18</b> 6pm Hospitality Mtg	<b>19</b> <b>June Voice Articles Due</b> 6pm Bunco (Spring Theme)	<b>20</b> 8am Church Clean Up
<b>21 Education Sunday &amp; Name Tag Sunday (5th graders)</b> 8:30am Worship/communion 8:30am Sunday School 0:30am Worship/communion 6:30pm GS Men's Group	<b>22</b> 6pm W5 6:15pm Cub Scouts Pack 17	<b>23</b> 6pm Parish Ed Mtg 6:45pm BS Troop 22 Mtg	<b>24</b>	<b>25</b> 3pm Grief Support	<b>26</b>	<b>27</b>
<b>28</b> 8:30am Worship 10:30am Worship 6:30pm GS Men's Group	<b>29 Memorial Day</b> Office Closed	<b>30</b>	<b>31</b>	<b>June 1</b> 6pm WELCA Mtg	<b>2</b>	<b>3</b> 10am Before the After

## Church Council Members

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

### Other Church Council Members

**include:** Tim Knudsen, Karl Noll, Thea Johnson, Mark Skolos, Lori Lowell, Janette Dawson, Matt Heberlein, Mark Bronson, Tom Lynch, Pastor Bringsjord, and Maddy Fergot is our 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 (608)788-0450
- **Kathy Johnson** *Office Assistant*  
kathy@gslacrosse.org
- **Brea Ellison** *Children's Ministry Coordinator* breanna@gslacrosse.org
- **Jen Servais** *Coordinator of Youth and Family Ministry* jen@gslacrosse.org
- **Brianna Ceaser** *Volunteer Senior High Adult Youth Coordinator*  
briannaceaser1@gmail.com
- **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 (608)790-3785
- **Darlene Lassig** *Volunteer Sunday School Choir Director* (608)769-1499  
darlene@gslacrosse.org
- **Cody & Kerstin Nedegaard** *Volunteer Parish Nurses*  
Cody\_Kerstin@gslacrosse.org
- **Bill Klein** *Custodian*  
bkleinpackfan@yahoo.com

**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*

With summer fast approaching, we thought we would focus this month's article on ultraviolet (UV) safety. According to the CDC, UV radiation is a form of non-ionizing radiation that is emitted by the sun and artificial sources such as tanning beds. While it has benefits for humans, including the creation of vitamin D, it also can cause health risks.

Beneficial effects of UV radiation include the production of vitamin D, a vitamin essential to human health. Vitamin D helps the body absorb calcium and phosphorus from food and assists bone development. The World Health Organization (WHO) recommends 5 to 15 minutes of sun exposure 2 to 3 times a week.

Although beneficial, the sun emits UV radiation and too much can cause issues. Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure. Some oral and topical medicines, such as antibiotics, birth control pills, and benzoyl peroxide products, as well as some cosmetics, may increase skin and eye sensitivity to UV in all skin types. UV exposure increases the risk of potentially blinding eye diseases if eye protection is not used. Overexposure to UV radiation can lead to serious health issues, including cancer. Skin cancer is the most common cancer in the United States. The two most common types of skin cancer are basal cell cancer and squamous cell cancer. Typically, they form on the head, face, neck, hands, and arms because these body parts are the most exposed to UV

radiation. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to UV radiation.

To protect yourself from UV radiation: Stay in the shade, especially during midday hours. Wear clothes that cover your arms and legs. Wear a wide brim hat to shade your face, head, ears, and neck. Wear wraparound sunglasses that block both UVA and UVB rays. Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection. Avoid indoor tanning. Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of developing melanoma.

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

Happy May!

I can't believe this Sunday school year is already wrapping up! We have had such a busy and fun filled year! We learned about stories such as Joseph and the Pharaoh, which taught us that God gave Joseph a great talent just as he has given all of us great talents too! Along with other stories like the Prodigal Son that taught us that even though we may make mistakes, our family and God will always forgive us, love us, and welcome us back!

Our Lenten project of donating to the Southern Bluffs food pantry was a huge success! Thank you to the Sunday schoolers and families, the congregation, WELCA, Council, and everyone else who gave food and monetary donations towards our project! Together we were able to raise \$1,170.00 in monetary donations along with our food donations!

On May 21st, we will be having our Education Program during the 8:30am service. This will be our final day of Sunday school. The registration sheet for the 2023-2024 Sunday school year are out now. The sign-up sheet is posted on the Sunday school bulletin board. I am asking all parents and guardians to please fill out this registration form. It is important to keep our information up to date on birthdays, contact information, allergies, and grades in school.

This summer, I would love to see your child while attending the Shake it up café: where kids carry out God's recipe, vacation bible school! VBS will take place August 20th – 24th. For VBS we will be creating a café called "Shake it up!" because Jesus calls us to shake up our lives and become his followers. The Bible gives us the recipe: be ready for God's call, give happily to God, and to others, believe fully in Jesus as God's Son, remember Jesus' life and teachings, and celebrate God forever. Shake it up café introduces the children to stories of biblical festivals that reveal these ingredients and link the Old Testament, the New Testament,

and our lives today. The sign-up sheets are posted on the Sunday school bulletin board! If you have been interested in seeing what Sunday school is all about and would like to help out with VBS or Sunday school for next year, feel free to reach out to me or find me on Sundays! I would love to talk to you about the fun we have!

Happy Spring!

Brea Ellison



## Quick-Look

### Upcoming Events At a Glance

Sunday, May 7th	Art Project and Education Sunday Practice
Sunday, May 14th	Education Sunday Practice
Sunday, May 21st	Education Sunday (perform skits during first service) LAST DAY OF SUNDAY SCHOOL
August 20th – August 24th	Vacation Bible School: Shake It Up Café!



### Brea Ellison

Children's Education Coordinator

Breanna@gs-lacrosse.org (608)788-0450

#### Stay Connected!

Receive message alerts for Sunday School at Good Shepherd. Send the message @gs-Sunday 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 April 30th, 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 Perlie Bagstad, Jennifer Klar, and Cathy Villand. 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 couldn't have done it without the help of some amazing adults that served as Confirmation Guides this year. Vicki Sanwick, Jen Christenson, Kim Locknane, Ashley Olson, Shelly Saegrove, and Jaclyn Osley. The kids, Pastor, and I are so grateful to have these adults helping!

We will be celebrating the faith journeys of 10 students this year. If you see them in church, congratulate them and pray their faith continues to grow and shine.

#### 2023 Confirmands:

Adam Venner  
Gordon Lowell III  
John Saegrove  
Jed Olson  
Steven Flores  
Gabe Servais  
Ellie Gillitzer  
Ren Weeks  
Brooklyn Lenser  
Kessa Markham

The Tri-Synod Youth Gathering, called Journey will take place at UW-River Falls. We had several students attend last year and it was an amazing experience. This is for grades 6-12. Students will be staying at the University and can room with one other student/friend! We are currently looking for a chaperone to take the kids to this event, so if you are interested, let me know. Check out the website for more information. If your

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

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! REGISTRATION IS DUE IN JUNE SO EMAIL IF YOU ARE INTERESTED! <https://nswi.org/journey>

Finally, be on the lookout for emails about monthly youth activities, usually the second week of the month! We have done pottery and skating at High Rollers. If your teen has an idea for a monthly activity, let me know!

In Peace;  
Jen

## CONFIRMATION



**2023 Confirmation Ceremony**  
**Sunday, April 30th 2pm**  
**All are welcome to attend!**

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

Contact Corrine Holtz to see what is currently 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.

Corrine's contact information is:

Mobile-(608)397-9353 or Email-[tcjj23511@gmail.com](mailto:tcjj23511@gmail.com)

The church office also 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: Mothering God, You Gave Me Birth

Important for diversity in our worship music tradition are the hymns celebrating the feminine aspects and images of God, in contrast with the masculine. Perhaps no hymn in our Evangelical Lutheran Worship hymnal better illustrates this than #735, "Mothering God, You Gave Me Birth". Although often associated with more modern themes such as feminism and inclusivity, the inspiration for this hymn text actually comes from the writings of 14th century mystic, Julian of Norwich.

Living in medieval England, Julian lived a life of prayer and solitude at the Church of St. Julian (from which she took her name). Medieval England was a time and place of great violence, cruelty and pessimism, made worse by the Hundred Years War and the Black Death. In stark contrast to this reality and environment, Julian's writings were colorful and encouraging, reflecting her deep faith. According to scholar Austin Cooper, Julian was "a very intelligent woman...of great warmth and charm whose religious experience is expressed with vivid precision and gentle humanity".

In 1373, while deathly ill, Julian experienced a series of 16 profound visions, which were later published as her Showings. Seeing Christ as our "true mother", Julian said, "The human mother will suckle her child with her own milk, but our beloved mother, Jesus, feeds us with himself".

The poet Jean Janzen was asked to contribute some new hymn texts to the 1992 Hymnal: A Worship Book of the Mennonite Church, using writings of some of the English mystics for inspiration. She was impressed by the "rich language of these mystics and their startling ways of speaking...about God", as well as Julian referring to God her mother. Janzen's text, written in the first person, uses the metaphor of God as a nurturing mother and attributes different aspects of motherhood to each person of the Holy Trinity. Norwich, the tune for this hymn, was composed by Carolyn Jennings, Professor Emerita at St. Olaf College, composer and church musician.



#### Randy Lyden

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



## A timeless timeline

Explore your history while compiling this family timeline.



#### What you need:

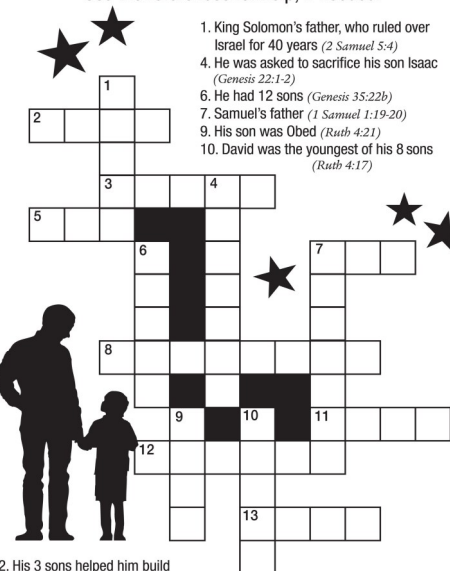
- Paper
- Clear tape
- Ruler
- Pencil

#### What you do:

1. Tape together at least 3 sheets of paper horizontally.
2. Draw a straight line across the center of the long paper. Label dates at regular intervals to keep the information organized. For example, each page you add could represent 10 years.
3. Gather information for the timeline. Start with your birth year and memorable events in your life. Interview family members to learn what year they were born and when key things in their life happened. Include notes and photos.
4. Add pages as needed. Carefully roll up the timeline to keep for generations to come.

## Puzzle!

Complete this crossword with names of biblical fathers. Use the references for help, if needed.



1. King Solomon's father, who ruled over Israel for 40 years (2 Samuel 5:4)
2. He was asked to sacrifice his son Isaac (Genesis 22:1-2)
3. He had 12 sons (Genesis 35:22b)
4. Samuel's father (1 Samuel 1:19-20)
5. His son was Obed (Ruth 4:21)
6. David was the youngest of his 8 sons (Ruth 4:17)
7. His 3 sons helped him build an ark (Genesis 6:10)
8. His youngest son, Jacob, tricked him into giving away a birthright (Genesis 27:30)
9. The Father of our Lord (Ephesians 1:3)
10. His sons were not like Samuel; they were wicked (1 Samuel 2:12)
11. David's best friend and the father of Mephibosheth (2 Samuel 9:6)
12. Father of Cain, Abel and Seth (Genesis 4:25)
13. He was married to Mary, mother of Jesus (Matthew 1:20-21)
14. Father of Jonathan; Israel chose him as their first king (2 Samuel 9:6)

