



# GOOD SHEPHERD

## LUTHERAN CHURCH

### The Shepherd's Voice

Monthly Newsletter June, 2023

Give. Serve. Lead. Connect.

From Pastor Harald Bringsjord

You may have read or noticed the article in the Sunday La Crosse Tribune on May 21st, headlined "America: The Lonely Nation." It definitely drew my attention as I had breakfast that morning. In the article, Ted Anthony from the Associated Press writes,

"... loneliness in America can be deadly. This month, U.S. Surgeon General Vivek Murthy declared it an American epidemic, saying that it takes as deadly a toll as smoking on the population of the United States. 'Millions of people in America are struggling in the shadows,' he said, 'and that's not right.' " He continued by citing the "gradual withering of long-standing institutions, decreased engagement with churches, the fraying bonds of extended families. When you add recent stressors – rising of social media and virtual life, post- 9/11 polarization and the way COVID-19 interrupted existence – the challenge becomes even more stark."

I had to think of the Friday night two days before I read the article. On that Friday, there were 23 of us who gathered around six tables to roll dice in a game called Bunco. I have to say there is absolutely no skill involved and someone from the outside could say it is a waste of time. But the key to this time together is that we are building relationships and enjoying each other's company. And since you don't have to think to play the game there is lots of visiting happening. We have plenty of opportunity to learn what the four college students are doing,

what it's like to be retired, who is planting a garden this year, what one might think the difference is between watching church online and coming in person, what special things folks are planning on doing this summer, where people are working these days, whether one who was recently hospitalized is feeling better, and who's been to Sugar Creek Bible Camp. Game night works the same way but sometimes we need to do more thinking and less visiting depending on the game we are playing that night. Nevertheless, we can spend time together as people with a common purpose and common values and find support in community.

The conversations and the community-building are just wonderful. For those of you who were at Bunco that night, you may have noticed that I was in a particularly good mood. In retrospect I think it was because I enjoyed this social fighting-against-loneliness-activity. The next day, the fellowship continued as a good group gathered to do work around the church; there was work being done but there was also fellowship and, of course, refreshments.

Committee meetings, various church groups for men, women, youth, or kids, or different service activities all function the same way. They are all activities that engage us with one another and help us to stay emotionally, socially, spiritually, and sometimes even physically healthy.

*Continued on page 2.*



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GSLacrosse.org/voice

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GATHERING  
THE FLOCK

## 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 the office at (608)788-0450.



### 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.



### Pastor's article continued from page 1.

I can say the same about gathering for worship, singing, praying, and reading Scripture together. These activities do something to my inner being that lifts my spirit. Sure, I can do all these things by myself. But to do it together with the body of Christ, with each of you, helps remind me that we are gathering because of the hope that is in us as followers of Jesus Christ. We don't have to be a "lonely nation." Thank you for this partnership we have in ministry and as members of the family of God. Throughout the summer, I look forward to seeing you all in church

and at the different opportunities we have to gather in fellowship and service.

God's blessings to you all.

--

Harald Bringsjord

Pastor

## 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)





## 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.

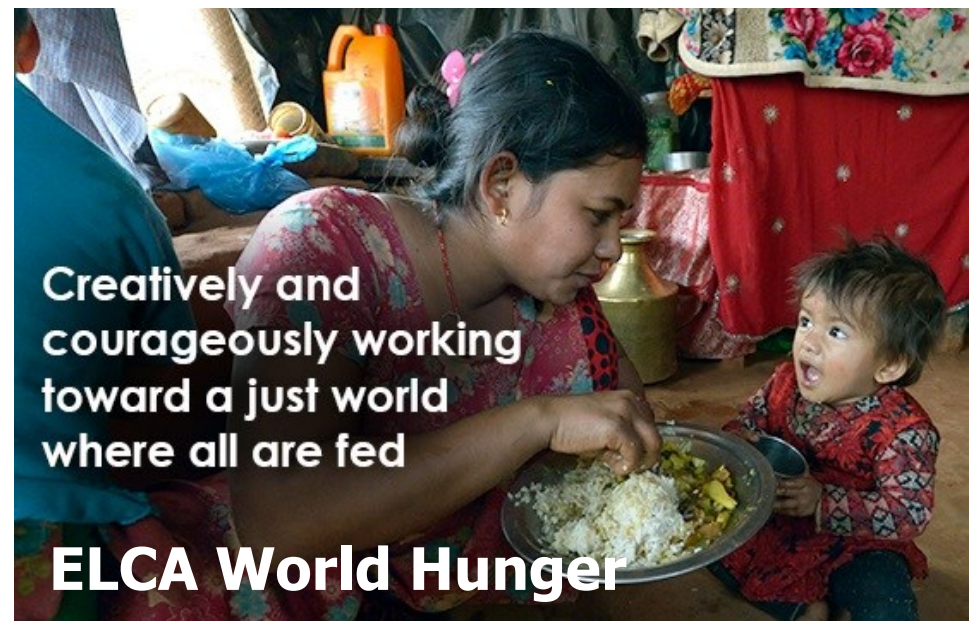
Please allow 1 1/2 to 2 hours for deliveries. We are route #1.



#### 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.



**Creatively and  
courageously working  
toward a just world  
where all are fed**

**ELCA World Hunger**

## 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 April 20 through May 21.

#### Hintgen Food Project

John & Naomi Stennes-Spidahl  
Sally Lindahl  
Jim & Jan Quinn

#### WAFER

Barb Hegge  
John Wood

#### Al Bushek Memorial

Dean Blegen

#### Marilynn Boland Memorial

Harald & Andrea Bringsjord

memorials  
& gifts

#### Marie Schaefer Memorial

Harald & Andrea Bringsjord

#### Ruth Rebhan Memorial

Harald & Andrea Bringsjord

#### Lutheran Campus Ministry

Barb Hegge

#### Betty Nelson Memorial

Harald & Andrea Bringsjord

#### Rilla Manske Memorial

Harald & Andrea Bringsjord

Thank  
you

### April Monthly Benevolences From Good Shepherd Lutheran Church

ELCA / Synod Support	\$2,057
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
WAFER	\$25
Local Food Pantry Donations	\$984



## Church Numbers

### Weekly Sunday Attendance

Date	8:30	10:30
04/02/23	125	64
04/09/23	109	171
04/16/23	73	40
04/23/23	83	57
04/30/23	73	34

### Weekly Envelope Offerings

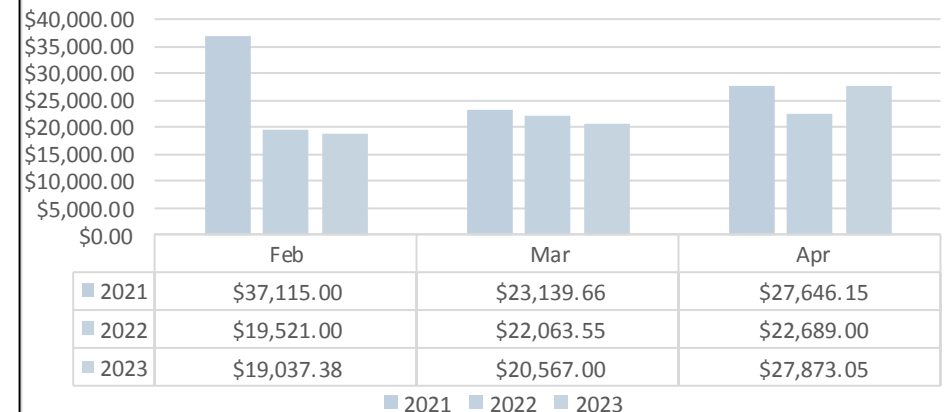
Date	Weekly	% Budget
04/02/23	\$3,680.00	63.1%
04/09/23	\$8,698.55	149.2%
04/16/23	\$4,395.50	75.4%
04/23/23	\$2,402.00	41.2%
04/30/23	\$8,697.00	149.1%
Total:	\$27,873.55	95.6%

### Envelope Offering Comparison

April 2023	April 2022	% Difference
\$27,873.05	\$22,689.00	22.9%
YTD 2023	YTD 2022	% Difference
\$92,995.28	\$86,308.29	7.8%

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...

### OUR SECOND SERVICE WILL BEGIN AT 10am OVER THE SUMMER BEGINNING SUNDAY, JUNE 4TH.

*There will not be any services at Good Shepherd Sunday, June 11th. All are invited to attend the 10am Synod service at Riverside Park.*

### Good Shepherd Women-WELCA

WELCA welcomes all women from our congregation to be part of this committee. Our next meeting is Thursday, June 1st at 6pm on Zoom and in person.

### 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 **June 8th & 22nd**. 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, June 9th 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](mailto:grimmcaf@hotmail.com) or Jim at 641-485-6941 with any questions.

### Bunco Night

Our next Bunco night will be on Friday, June 16th at 6pm. Please bring a \$5.00 wrapped gift. June's theme is 4th of July. Bunco takes place in the Mattes center and is for ages 18 years and older. Contact Judy Christopherson @ 788-4335 or 769-3656

### Good Shepherd Rummage Sale

Saturday, July 22nd, 8am to 2pm with Lunch available from 11-1  
Reserve your table(s), \$10 per 8ft table on a first come 1st serve basis. Contact Bill Klein at 608-780-8861 or [Bill@gsiacrosse.org](mailto:Bill@gsiacrosse.org)  
Signup sheet is on the bulletin board in the Welcome Area.

### 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.

### Thank You!

Hintgen Elementary School is continually grateful and blessed to have partnered with Good Shepherd for 4 years now to fill our food pantry. The funding that has provided non-perishable food items for families in need goes well beyond our school doors. At any given time, we have roughly 10-12 families who receive weekly food bags with items such as canned fruit, vegetables, pasta and tuna, and also Mac & Cheese, peanut butter, crackers and more! This amount of food guarantees 2-3 meals over the weekends for the children. We know children get two meals a day while at school, but this food helps ease the burden for families to provide meals at home too. We thank Good Shepherd for their support. We know it takes a village!

Ryan Schmidt, Hintgen School Counselor

### Synod Assembly Tangible Offering

This year the Tangible Offering for the Assembly will be socks, underwear, and bras to restock local clothing closets. Good Shepherd will be collecting these items until June 9th so that our voting members can take them to the June 11th Assembly Worship Service at Riverside Park to join the donations of other synod churches. Bins are available in the narthex for your donations. Items donated can be for adults or children and should be new and in the original packaging. **Good Shepherd's worship service will only be at the Riverside park on June 11th at 10am**, you may bring your donated items at that time individually if you would like.

## Around the Parish...

### Good Shepherd Scholarships

Congratulations to Sienna Torgerud! Sienna was the 2023 recipient of the Pr. J.L. Mattes Scholarship on May 21st.

### Remembering & Appreciating Fathers

Whether you are a Father or are remembering your Father, be sure to stop by the Stewardship Area for a treat on Father's Day, June 18th!

### 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 [tcj23511@gmail.com](mailto:tcj23511@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 !

### 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.

### Don't Throw That Away!!

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!

### 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 Support LuMin!

LuMin, Lutheran Campus Ministry—La Crosse, is a Christ-centered community. We believe that all people are created in God's image.

- We are passionate about the radical hospitality that Jesus showed all people.
- We are committed to being a place of that same hospitality.
- We welcome all people to our life and ministry together—in worship, at the font, at the table, and in our life together.

Thank you for your support of LuMin—in prayer, through cookies, and through your giving!

1. To make a donation online, go to [www.laxcg.org/giving](http://www.laxcg.org/giving)
2. Or make a check out to Lutheran Campus Ministry and send it to La Crosse Area Synod / LuMin, 2301 South Avenue, La Crosse, Wisconsin 54601
3. Or make a check out to Good Shepherd and notate it is for LuMin on the memo line and include it with your offering.

# June 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>May 28</b> 8:30am Worship 10:30am Worship 6:30pm GS Men's Group	<b>29 Memorial Day</b> Office Closed	<b>30</b> 4:30pm Men's Golf	<b>31</b>	<b>June 1</b> 6pm WELCA Mtg	<b>2</b>	<b>3</b> 10am Before the After
<b>4</b> 8:30am Worship/communion 10am Worship/communion 6:30pm GS Men's Group	<b>5</b>	<b>6</b> 4:30pm Men's Golf 6pm Buildings & Grounds	<b>7</b>	<b>8</b> 3pm Grief Support	<b>9 Synod</b> 6pm Family Game Night 7pm Synod Service	<b>10 Assembly</b>
<b>11 Synod Assembly</b> NO 8:30am Worship in church <b>10am Worship @ Riverside Park</b> 6:30pm GS Men's Group	<b>12</b>	<b>13</b> 1:15pm Dementia Support 1:45pm Hillview Communion 4:30pm Men's Golf	<b>14</b>	<b>15</b> 6pm Hospitality Mtg	<b>16</b> <b>June Voice Articles Due</b> 6pm Bunco (4th of July Theme)	<b>17</b>
<b>18 Father's Day</b> 8:30am Worship/communion 10am Worship/communion 6:30pm GS Men's Group	<b>19</b> 6pm Membership Mtg	<b>20</b> 10am Causeway BOD 4:30pm Men's Golf 6pm Admin/ Exec Mtg 7pm Church Council	<b>21</b>	<b>22</b> 3pm Grief Support	<b>23</b> 9am Schaefer Visitation 11am Schaefer Funeral	<b>24</b> 9am Rebhan Visitation 11am Rebhan Funeral
<b>25</b> 8:30am Worship 10am Worship 6:30pm GS Men's Group	<b>26</b>	<b>27</b> 4:30pm Men's Golf 6pm Parish Ed Mtg	<b>28</b>	<b>29</b>	<b>30</b>	<b>July 1</b>
<b>2</b> 8:30am Worship/communion 10am Worship/communion 6:30pm GS Men's Group	<b>3</b> Office Closed	<b>4 4th of July</b> Office Closed	<b>5</b> 6pm Buildings & Grounds 6pm Trust Foundation	<b>6</b> 6pm WELCA Mtg	<b>7</b>	<b>8</b>



## 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*

Greetings,

We decided to focus this month's article on the observance of National Stroke Awareness Month. Each year in the US there are more than 800,000 strokes. Stroke is a leading cause of death in the country and causes more serious long-term disabilities than any other disease. Roughly three-quarters of all strokes occur in people over the age of 65.

Stroke is a disease that affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood it needs, so it and brain cells die. An easy way to remember what happens during a stroke is to think of F.A.S.T. F stands for face, ask the person to smile, does one side of the face droop? A stands for arm weakness, ask the person to raise both arms. Does one arm drift downward? S stands for speech, ask the person to repeat a simple phrase, is his or her speech slurred or strange? T stands for time to call 911 (time is brain). If you or someone you know experiences any of these symptoms, and you suspect they may be having a stroke, call 911 as soon as possible.

The major risk factors for stroke include high blood pressure, diabetes, high LDL cholesterol levels, smoking, and infections or conditions that cause inflammation, such as lupus or rheumatoid arthritis. Early treatment with medications, or an emergency endovascular procedure can drastically improve someone's recovery from a stroke. Exercising regularly,

eating a diet rich in fruits and vegetables, managing diabetes, quitting tobacco use, and lowering the amount of cholesterol, and saturated fat in your diet are some of the best ways to help prevent a stroke.

Take Care,

Cody and Kerstin



### 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

Hello Everyone!

Summer has arrived and the Sunday School year has finished! Thank you so much to all the volunteers and confirmation students that helped the children learn stories and complete activities relating to God’s love! Thank you to Lori Lowell, Janet Torkelson, Thea Johnson, Austin Stalsberg, Kylie Klein, Colin Smith, Bill Klein, Tammy Klein, Julie Foreman, Lynn Pataska, Jessica Peterson, Kari Ellison, Anja Johnson, Kaylyn Torkelson, Claire Von Ruden, Mason Peterson, Steve Ellison, Darlene Lassig, Angie Ellison, and Rick Laufenberg. I apologize to anyone I may have inadvertently missed. We could not have done Sunday school without you!

Congratulations to our fifth graders, Liam Johnson, Charlie Ellison, and Steven Andersen, as they move on to sixth grade and Confirmation next year!

The schedule, units, and stories for the 2023-2024 school year are all set! But we need your help to run it! I am in need of volunteers to be shepherds that are the leader of the class group. They help with attendance, bring kids to their rotational room, and help with projects. If you have been interested in seeing what Sunday school is all about, please come find me, as I would love to discuss it with you!

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 and will also be on the table at the back of church. 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. During Shake it up café, children will rotate through stations that include hands on activities focusing on God’s word using crafts, outdoor games, music, snacks, science, and more! The sign-up sheets are posted on the Sunday school bulletin board and the back of church! This event is open for children ages four years old to 5th grade!

We are in need of individuals to help run VBS! Site leaders will be placed in a station and have a daily lesson to teach, and Chef’s Assistants will follow their group to the different sites and help with the projects. I will also need help with putting up and taking down the Café! If you would like to help out with VBS please feel free to reach out to me or find me on Sundays! I would love to talk to you about the fun we have!

Best regards,

Brea Ellison



# Quick-Look

Upcoming Events At a Glance

June - August	Enjoy your Summer!
August 20th – August 24th	Vacation Bible School: Shake It Up Café!
Sunday, September 10th at 8:30am	First day back to Sunday School!
Sunday, September 10th at 9:30am	Rally Sunday! Breakfast, games, bounce house inflatable



Congratulations to Makenna Skolos who graduated from Preschool Sunday School on May 21st! - Lori Lowell

## 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



*"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." ~Ephesians 6:18*

Commencement...by definition, commencement means "to enter upon or begin." We can look at it as an ending, the accomplishment of 13 years of schooling or we can look at it as a beginning, the start of adulthood, living independently, and making their way in the world. Regardless, we want to keep these young men and women in our prayers. But, what is that we want for our graduates? Fame? Fortune? Love? Jobs? Peace? Adulting can be scary and not super fun at times. Have we given them all the tools to preserve? Do they know how much they are loved by family, friends, and most importantly, God? How do we pray for them? I found 3 Bible verses that I think sums up our hopes and dreams for these young adults.

1. *"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."* Deuteronomy 31:6

We pray that our kids know that God is always with them. We pray they lean into him when there are so many obstacles to overcome and take time to express their gratitude when life is going well. We pray that they trust God's plan, even if it looks differently than they imagined.

2. *"Whatever you do, work at it with all your heart."* Colossians 3:23

We pray that our kids find inspiration in all that they do and pursue their dreams despite all obstacles. We pray that they make their way in the world, celebrating themselves and others, recognizing that they are each God's masterpiece.

3. *"Your word is a lamp to my feet and a light for my path."* Psalm 119:105

Finally, we pray that our kids let God's light shine from within themselves, making the world brighter for all who come close to them, and spreading that light to everyone they meet. Congratulations to all our graduates. "May the Lord bless you and keep you, May his face shine upon you and be gracious to you, may he look upon you kindly and give you peace."

#### Class of 2023:

Trysten Fish

Sienna Torgerud & Will Hefti

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 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://nswsi.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

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

# Fundraising

## WHILE YOU Shop®



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

In the Office: Varied hours



## Music Notes

### From The Director of Music

#### Hymn Spotlight: "Jesu, Jesu, Fill Us with Your Love"

The text for "Jesu, Jesu, Fill Us with Your Love" was written by Thomas Stevenson Colvin (1925-2000), a long-time missionary to Africa. Colvin was born and educated in Glasgow but spent most of his working life serving as a Church of Scotland missionary; first in Malawi and then in Tamale, Northern Ghana. He and his wife, Patricia, later returned to Malawi, staying there until he retired in 1990.

Colvin wrote the hymn "Jesu, Jesu, Fill Us with Your Love" in 1963, while attending a lay-training course on agriculture, development and evangelism in Chereponi, Northern Ghana. New converts to the faith brought him a folk tune which they felt would be appropriate for a song about Christian love. Colvin shared these thoughts about his writing of the text: "Sitting there in the moonlight, I felt it simply had to be about black and white, rich and poor. I was ashamed of the wasteful affluence of my people but proud of the Gospel that transforms us into servants of one another. It is only when we who are rich learn to have the humility of the slave toward the poor of the world that we shall be able to learn from them; they have so much to teach us and share with us."

The tune for this hymn, named Chereponi by Colvin after the village where he first heard it, was originally from

a Ghanaian love song. Colvin believed all Christians should worship in their native language and encouraged the African Christians, among whom he lived and served, to sing their praise to God with their own musical traditions.

The hymn is based on John 13, where Jesus washes the feet of the disciples. This Gospel text came to have special meaning for Colvin as he witnessed the people of Ghana living out the example of Jesus; doing for one another what Christ has done for them.



#### Randy Lyden

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



Use simple ingredients and your imagination to bake these fluffy, cloud-like treats.

#### What you need:

- 3 egg whites
- ½ tsp. vanilla extract
- Mixer
- 1 Tbsp. cornstarch
- Parchment paper

#### What you do:

1. Preheat oven to 300°. In a mixing bowl, combine egg whites and vanilla. Mix at medium speed until frothy.
2. While whisking, gradually add sugar and cornstarch. Keep whisking at high speed until stiff peaks form.
3. Spoon mixture onto a baking sheet lined with parchment paper. Create fun shapes.
4. Bake 20 minutes. Cool and enjoy!



## Creator of the stars

The stars and sky testify to God's amazing power and creativity.

Directions: Use the clues and Bible passages to fill in the blanks. Then transfer the circled letters (in order) to the spaces below to complete a verse of praise.

God determines this and calls each star by name. (Psalm 147:4)

The heavens are the work of God's what? (Psalm 8:3)

What does God bring out one by one? (Isaiah 40:26)

God made two great lights to do this. (Genesis 1:16)

God promised Abraham this would be like the stars. (Genesis 15:5)

The sun, moon and stars have this. (1 Corinthians 15:41)

The lights in the sky serve as what? (Genesis 1:14)

The heave\_s declare the \_lory \_f \_od;  
the ski\_s \_roc\_aim the wo\_k of his ha\_ds.

PSALM 19:1, NIV

Answer: number, fingers, host, govern, offspring, splendour, signs. The heavens declare the glory of God; the skies proclaim the work of his hands. PSALM 19:1, NIV



"Dad's really lovin' the pastor's Father's Day sermon on the fifth commandment."