



September 10, 2023

First day of Sunday School! Second service begins at 10:30!

SERVANT LEADER
 QUILTING SINGING SERVING OTHERS
 TRANSPORTATION ALTAR GUILD YES TEAMWORK
 THANK YOU GUILD READER GIVE
 SUNDAY SCHOOL TEACHER ACOLYTE
VOLUNTEER
 YOU USHERING MENTORING
 GREETING
 WORKING TOGETHER BEING AVAILABLE
 THE HEART OF EVERY CHURCH EVERY WHERE
 ANSWERING THE CALL
 GOD'S WORK. OUR HANDS
STEPPING UP
 ASSEMBLING SCHOOL KITS
 DISCIPLESHIP
 FOOD PANTRY
 THANK YOU FOR
 SAYING
 YES



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

The Shepherd's Voice
 Monthly Newsletter September, 2023

Give. Serve. Lead. Connect.

From Pastor Harald Bringsjord

Friends in Christ,

It is hard to believe that summer is almost over, and I hope that everyone has had opportunities to enjoy the outdoors with family and friends.

In August, Vacation Bible School was a fun and educational experience for everyone who participated. With the new school year, we will again be starting a new year of Sunday School for our youngest members on Sunday mornings, confirmation class for 6th, 7th and 8th graders on Wednesday nights, and on the last Sunday of each month at 6:30pm, a Bible Study at church with a ZOOM option for those who can't attend in person.

For those who would like to be part of the musical ministry at Good Shepherd, there are opportunities to join the Church Choir, the children's Sunday School Choir, Sounds of Praise and the Bell Choir. In addition, there have been several young people that have expressed interest in a Youth Bell Choir. Please let me know if you are interested in being in the Youth Bell Choir this year. The Youth Bell Choir will meet each Sunday evening from 6:30pm to 7:30pm and will be conducted by Linda Jerome. Not only will you learn how to play the bells, but it is a great experience as you work together with others and build friendships.

Last month, we began once again celebrating communion by coming up to the altar. Intinction (dipping the bread into the wine) does not seem to be the best practice at this time; instead, we will

be using the wafers as we have in the past with a gluten free option and will receive the wine in individual pre-filled stainless steel cups. Communion will continue to be on the first and third Sunday of each month. Hope to see you all in church! On September 3rd the new Lutheran Campus Pastor at LuMin will introduce himself at the beginning of worship at each service, and the Burrito Breakfast will also be available on that day. Rally Sunday will be on September 10th and be the official beginning of Sunday School. Along with the usual Rally Sunday festivities, it is planned to have a display of antique cars in the parking lot, possibly with an opportunity to ride in some of them after worship. Remember that on September 10th, the second service will return to the 10:30am time. On September 17th, Bishop Felix Malpica will be at Good Shepherd preaching and spending time after church to visit with us. Please come and show your support for our Bishop. Also that day at 4pm, we will be showing a wonderful movie that was in the theaters a few years back. This movie focuses on the Book of Esther in the Bible and is called "One Night with the King." Come and be moved by the visual story of Esther.

God's blessings to each of you as we journey through this world together as a community of faith.

Pastor Harald



Facebook.com/GSlacrosse



Twitter.com/goodshepherdlse



GSlacrosse.org/voice

To access this and other publications online visit 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 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.



*Thanks to our
Volunteers*

Serve Enriching Life, Sharing Talents

Thank You All So Very Much...

The Altar Guild. We are up and running again. With a few changes. If you are interested in being a part of this ministry, please contact the office or Ellen Klemp at 608-397-2139 or klempellen@gmail.com

Thank you to Ann Hudson who sends out meaningful cards and handmade prayer shawls to bereaved families throughout the year. If you are interested in making Prayer Shawls, please contact the office.

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



"It is almost impossible to watch a sunset and not dream." – Bern Williams.

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 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

Sunday School Choir

We rehearse as part of our 8:30am 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.

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 email at 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.

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.

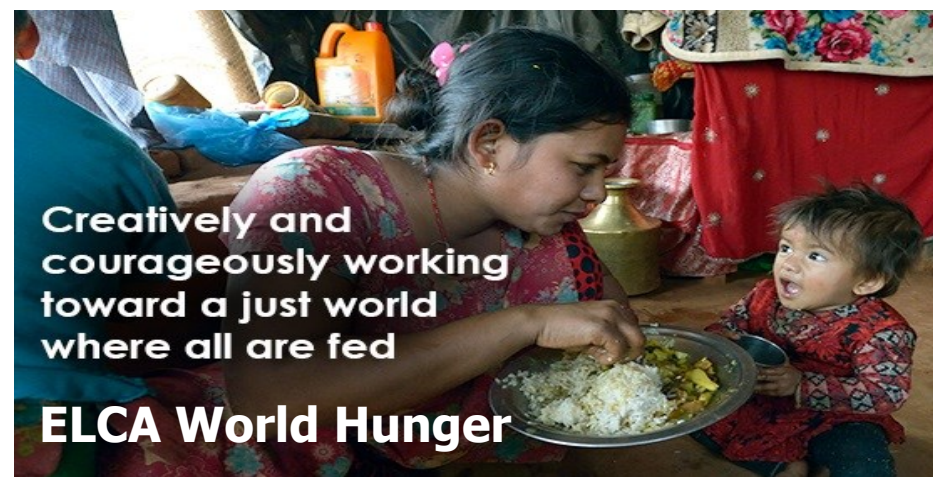
Please allow 1 1/2 to 2 hours for deliveries. We are route #1.



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.



Cub Scouts, Boy Scouts & Scouting for Girls Meet at Good Shepherd

Cub Scouts—Pack 10 meets at 6pm, 2nd & 4th week on Tuesday's in the Mattes Center. Off over the summer.

Scouting for Girls meets at 6:45pm weekly on Tuesday's in the Mattes Center. Off over the summer.

Boy Scouts—Troop 22 meets at 6:45pm weekly on Tuesday's in the Mattes Center. Off over the summer.

If you have any questions, please call the church office at 788-0450 and we can connect you with the group leaders.

Stewardship

Memorials & Special Gifts

Good Shepherd gratefully acknowledges and sincerely appreciates your gifts over and above your regular giving. The following gifts were received from July 25th through August 23rd

Back to School Kits

Joyce Herlitzke
Rich & Barb Doering
Harald & Andrea Bringsjord
Barb Smyth
NNO Cash

Davene Hutchins Memorial

Robert Hutchins

Pete Linnert Memorial

Harald & Andrea Bringsjord
Betty & Paul Trowbridge
Jackie Meyer
George & Judy Brockman

memorials
& gifts

Jim & Jan Quinn
Barb Smyth
Bob & Sylvia Weathers

Yvonne Isbell Memorial

Jackie Meyer

Hintgen Food Project

Jackie Meyer
Gerrie Martini

LuMin

Anna Erickson

Marie & Patrick Crowley
Charles & Elaine Hoefflin
Tom & Patricia Johnson
Nancy Jones
Joe & Sandy Kawatski
Ed & Ann Keuper

Thank
you



July Monthly Benevolences From Good Shepherd Lutheran Church

ELCA / Synod Support	\$2,749
Lutheran Campus Ministry	\$84
Companion Synod - Peru	\$10
Synod Seminary Scholarships	\$10
Sugar Creek Bible Camp	\$160
WI Lutheran Social Services	\$200

Church Numbers

Weekly Sunday Attendance

Date	8:30	10:30
07/02/23	51	41
07/09/23	46	53
07/16/23	35	55
07/23/23	65	54
07/30/23	41	42

Weekly Envelope Offerings

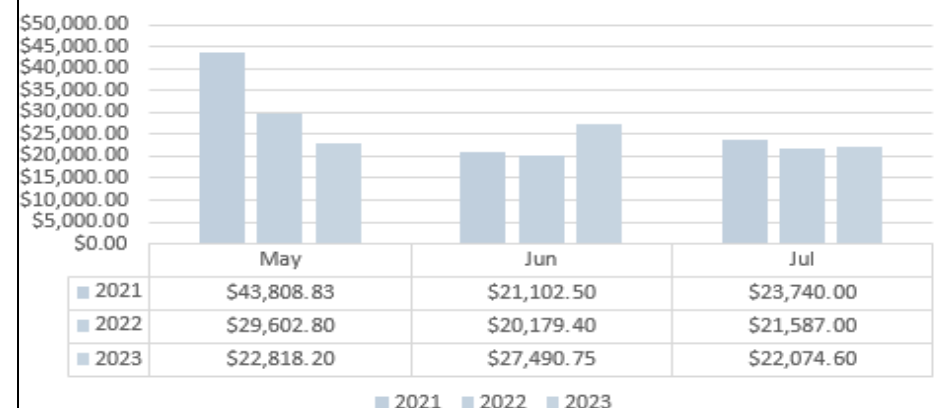
Date	Weekly	% Budget
07/02/23	\$2964.50	50.8%
07/09/23	\$8,473.50	145.3%
07/16/23	\$2460.05	42.2%
07/23/23	\$4,872.50	83.5%
07/30/23	\$3,304.05	56.6%
Total:	\$22,074.60	75.7%

Envelope Offering Comparison

July 2023	July 2022	% Difference
\$22,074.60	\$21,587.00	2.3%
YTD 2023	YTD 2022	% Difference
\$165,378.83	\$157,677.49	4.9%

If you would like to view the complete financial statements that are shared with the Council, please contact Rick in the church office at 788-0450 or email rick@gslacrosse.org

Envelope Offerings



Around the Parish...

Burrito Breakfast

Join us for a Burrito breakfast Sunday, September 3rd 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.

Lydia Circle

Lydia Circle will start up again on Tuesday, September 5th at 1pm 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, September 7th at 6pm on Zoom and in person.

Game Night

Game Night for all ages is Friday, September 8th 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.

Rally Sunday

September 10th is Rally Sunday and our second service will return to 10:30am.

The fun begins after the 8:30am service with breakfast, a giant inflatable slide, lawn games, face painting, car show and more! There is also a cake walk at 10am.

Rally Sunday Car Show

GS Men's Group is sponsoring a car show for Rally Sunday, Sept. 10th. from 8am - noon. If you have a classic or interesting car, and would like to be a part of the show, please contact Randy Page at Grimmcaf@hotmail.com or call 608-782-5827.

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 meetings are September 14th & 28th. If you are interested in attending please contact the church office at 788-0450 with questions. All are welcome.

Bunco Night

Our next Bunco night will be on Friday, September 15th at 6pm. Please bring a \$5.00 wrapped gift. August's theme is Fall. Bunco takes place in the Mattes center and is for ages 18 years and older. Contact Judy Christopherson @ 788-4335 or 769-3656

LWR Quilts

Can you tie a knot or sew a straight line? I am looking for help to complete quilts for LWR on September 20th, 9am to 3pm. Come when you can. Leave when you need to. Mainly need help with tying the quilts and sewing around them. Have some that need to be put together. Any questions contact Linda Schoen at 608-386-7939 (text or leave a message) or by e-mail: dschoen000@gmail.com.

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 for more info.

LWR School kits

The school year is approaching, and we are NOT ready! We are now collecting items for LWR school kits. Notebooks, Ballpoint pens (black or blue), rulers (cm on one side), BLUNT scissors, Crayons-16 or 24 count, Pencil sharpeners, Pencils-UNSHARPENED No 2 are top priority needs. Lists can be found on the Stewardship table. Monetary donations are also appreciated. Thank you.

Around the Parish...

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

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!

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 ONLY PUT RECYCLABLE ITEMS IN THE BLUE BINS- NO GARBAGE PLEASE!

If in doubt, check the listing above the bin and if you're still in doubt, throw it in the garbage.

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. and we 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
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 with LuMin on the memo line and include it with your offering.

Confirmation Info

Confirmation will be starting in early September for our incoming 6th-8th grades. Families should have received a registration link via email. If you did not receive the link, please email me at jen@gslacrosse.com. The first confirmation class will be Wednesday, September 13th at 6:30pm. This will be a short meeting for parents and kids, going over the schedule and expectations for the year!

2024 National Youth Gathering

The National ELCA Youth Gathering will take place next July 16-20th in New Orleans and the theme is "Created To Be." This event is open to all our youth entering grades 8-12. The Youth Gathering brings thousands of ELCA teens together to celebrate their faith, volunteer in the community, and see how God can work in each of their lives. It is a powerful opportunity to hang out with teens from all over the country and discuss their roles in this crazy, beautiful, and sometimes scary world. If you are thinking about sending your child, please email me ASAP at jen@gslacrosse.com

September 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 steamed on our website at www.gslacrosse.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
August 27 8:30am Worship 10:30am Worship 6:30pm GS Men's Group	28	29 4:30pm Men's Golf 6pm Buildings & Grounds 6pm Parish Ed	30	31	September 1	2
3 8:30am Worship/communion 9:30am Burrito Breakfast 10am Worship/communion 6:30pm GS Men's Group	4 Labor Day Office Closed	5 1pm Lydia Circle 6pm BS Troop 22 Adult Mtg 6:45pm BS Troop 22 Mtg	6	7 6pm WELCA Mtg	8 6pm Family Game Night	9
10 2nd Service returns to 10:30am Rally Sunday/Pre School Milestone /Classic Cars/Fellowship under the canopy 8:30am Worship 8:30am Sunday School 10:30am Worship 3pm Cub Scouts Pack 17 6:30pm GS Men's Group	11 10am Before the After	12 1:15pm Dementia Support 1:45pm Hillview Communion 6:45pm BS Troop 22 Mtg	13 6:30pm Confirmation Student/Parent Orientation	14 3pm Grief Support	15 October Voice Articles Due 6pm Bunco (Fall Theme)	16
17 Bishop Malpica / Name Tag 8:30am Worship/communion 8:30am Sunday School 10:30am Worship/communion 10:30am Thomes Baptism 4pm Movie Night 6:30pm GS Men's Group	18 6pm Membership Mtg	19 6pm Admin/ Exec Mtg 7pm Church Council 6:45pm BS Troop 22 Mtg	20 9am Quilters 6:30pm Confirmation	21 6pm Hospitality Mtg	22	23
24 8:30am Worship 8:30am Sunday School 10:30am Worship 3pm Cub Scouts Pack 17 6:30pm Bible Study	25	26 6pm Parish Ed 6:45pm BS Troop 22 Mtg	27 6:30pm Confirmation	28 3pm Grief Support	29	30 11am Moe COH Set up 2pm Moe Court Of Honor
October 1 8:30am Worship/communion 8:30am Sunday School 9am Burrito Breakfast 10:30am Worship/communion 6:30pm GS Men's Group	2 6pm Trust Foundation	3 1pm Lydia Circle 6pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg 6:45pm BS Troop 22 Mtg	4 6:30pm Confirmation	5 6pm WELCA Mtg	6	7 7am LWR Semi Drop Off

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,

September is national food safety education month. According to the FDA, there are about 48 million cases of foodborne illness annually – that's about 1 in 6 Americans each year. Each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. When you prepare meals and snack for yourself, your family, and your friend, it is important to follow food safety tips to help prevent foodborne illness. Learn the dos and don'ts of food-safe meal prep and start putting them into practice to protect you and your family. The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called "food poisoning."

Know the Symptoms

Consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Symptoms of foodborne illness can include vomiting, diarrhea, and abdominal pain – and flu-like symptoms, such as fever, headache, and body ache.

Handle Foods Safely

Although most healthy people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems. In addition, some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults, and people with

weakened immune systems (such as transplant patients and individuals with HIV/AIDS, cancer, or diabetes). To keep your family safer from food poisoning, **follow these four simple steps: clean, separate, cook, and chill.**

CLEAN

Wash hands and surfaces often.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- With canned goods, remember to clean lids before opening.

SEPARATE

Separate raw meats from other foods

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

Continued on page 19.

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!

I can't believe Summer is already over! It seemed to go by fast! On August 20th through the 24th we held Shake It Up Café Vacation Bible School, and it was a huge success! We ate Suppers in our Shake It Up Restaurant, visited the Tangy & Tart Arts, Spork Sports Games, Foodology Factory Science, and Shake It Up rotational centers. A huge thank you goes out to all of the amazing volunteers! Thank you to my confirmation helpers, Anja Johnson, Mason Peterson, Kaylyn Torkelson, Claire Von Ruden, Charlie Ellison, Stephen Andersen, and Alejandro Flores. Also thank you to Sienna Torgerud, Kylie Klein, Austin Stalsberg, Pastor Harald, Bill Klein, Randy Page, Janet Torkelson, Kari Ellison, Shanon Torgerud, Tom & Jill Kohlstedt, Stephanie Andersen, Angie Ellison, Steve Ellison, Michelle Flores, Kelly Gorres, Anna Erickson, Jennifer Laszewski, Judy Christopherson, Rick Laufenberg, and to anyone I may have inadvertently missed. We could not have done Vacation Bible School without you!

It's hard to believe that the 2023 -2024 Sunday School year is starting September 10th during the 8:30 service! The registration sheet for the 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, and allergies. Parents and Guardians with children ages 3 to 5th grade, please try and bring your children to Sunday school on this day! We will be introducing them to the Sunday school leaders along with meeting those in their group!

Pre - school milestone will be September 10th during the first service. All 3 and 4 year olds will be receiving their milestone gift of their Sunday School tote bag or music CD. It is very important to register for this milestone! They are posted on the Sunday

school bulletin board, or you can email the registration to me at breanna@gslacrosse.org

Save the date! September 10th starting after the 8:30 service, come join us for Rally Sunday! Enjoy a nice breakfast, play some indoor and outdoor games, visit the car show, and participate in the treat/cake walk! Kids can also enjoy face painting, bubbles, and slide down the gigantic inflatable slide! I hope to see you there!

Best regards,
Brea Ellison



Quick-Look

Upcoming Events At a Glance

Sunday, September 10 th at 8:30am	First day back to Sunday School!
Sunday, September 10 th after 8:30 service	Rally Sunday! Breakfast, games, treat/cake walk, gigantic slide inflatable
Sunday, September 10 th	3 - 4 year old Milestone
Sunday, September 17 th - October 1st	The Burning Bush Unit (Kitchen, Game Skills, Science)

Rally Sunday

Sunday, September 10th after the 8:30 service!

All ages FUN!

Breakfast, giant inflatable slide, lawn games, guessing jars, face painting, car show, and more!

Cake/treat walk at 10am!





Slide sponsored by the Mattes family fund.

Brea Ellison

Children's Education Coordinator
Breanna@gslacrosse.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



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

What are the three best words a parent can hear this time of year? Back to School!!! I love summer but around mid-August, the free-for-all that is the summer schedule gets tiresome and I am ready for everyone to get back on a more defined schedule. Although my kids will never admit it, I think they are also ready! Along with school, comes the start of Confirmation classes! I AM SO EXCITED TO HAVE YOUR KIDS ON WEDNESDAYS!!! The group of kids we have right now are so much fun and I can't wait to hang out with them and talk about all the ways our faith can be seen, heard, voiced, and used in our everyday lives. Confirmation will start on September 13, 2023 with a parent/student meeting at 6:30 in the Mattes Center. We will go over the format and expectations for this upcoming year. Students going into grades 6-8 can register for Confirmation using the link <https://forms.gle/mXx62Grn88KGvSrF8>. If you have other questions, email me at jen@gsllacrosse.org.

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

After skipping the event due to COVID, next year the ELCA will resume the National Youth Gathering. It will take place July 16-20th in New Orleans and the theme is "Created To Be." This event is open to all our youth entering grades 8-12. The Youth Gathering brings thousands of ELCA teens together to celebrate their faith, volunteer in the community, and see how God can work in each of their lives. It is a powerful

opportunity to hang out with teens from all over the country and discuss their roles in this crazy, beautiful, and sometimes scary world. If you are thinking about sending your child, please email me ASAP. We will be having an informational meeting in September. We will be traveling with other, local church groups! Having participated in the event and having a teen who has also gone, I can promise that it is an incredible experience. Check out the link for more info: <https://www.elca.church/gathering>

High school kids won't be left behind this year! We are working on doing some fun activities, organizing a college application extravaganza for our Seniors to get some help with those pesky applications, study groups for kids who might need it, and volunteer opportunities. Emails will be sent when activities are planned! Also, don't forget that high schoolers can go to New Orleans for the National Youth Gathering!

Enjoy the back to school hustle! I pray everyone has a wonderful school year!

In Peace;

Jen



Follow the activities of the G4Squad on Instagram: [g4squadlax](https://www.instagram.com/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

Jen Servais

Director of Youth and Family Ministry
Jen@gsllacrosse.org (608) 788-0450

In the Office: Varied hours



Music Notes

From The Director of Music

Fanny Crosby: Queen of Gospel Song Writers

Frances Jane Crosby (1820-1915) was born in Brewster, New York. Catching a cold at six weeks old, she developed inflammation of the eyes and was treated with mustard poultices to treat the discharges. Crosby believed this damaged her optic nerves and caused her lifelong blindness, but modern physicians believe it more likely that her blindness was congenital and simply not noticed at her very young age. When Crosby was eight months old her father died and she was raised by her mother and grandmother, who grounded her in the Christian faith and helped her remember long Bible passages.

In 1835 Crosby enrolled at the New York Institute for the Blind (NYIB), where she learned to play the piano, organ, harp and guitar, and became a good singer. Graduating in 1843, Crosby joined a lobbying group in Washington, D.C., which advocated in support of education for the blind. She was the first woman to speak before the United States Senate, where she read a poem. Becoming an instructor at the NYIB in 1846 she taught grammar, rhetoric and history until 1858, when she married fellow NYIB instructor Alexander van Alstyne (who was also blind).

Crosby wrote poetry, cantatas and popular, political and patriotic songs, but is best known for her hymns. Writing about 8,000 hymns, she is known as the Queen of

Gospel Song Writers and most American hymnals contain examples of her work, such as "Jesus, Keep Me Near the Cross" and "Blessed Assurance".

Crosby began composing a hymn by asking God for inspiration and composed six or seven hymns each day. She composed them entirely in her mind and worked on as many as twelve hymns at once before dictating them to an assistant (she could write little more than her name). The melodies to most of her hymns were written by others, such as principal musical collaborator Howard Doane. She was posthumously inducted into the Gospel Music Hall of Fame in 1975.



Randy Lyden

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



Continued from page 13.

- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
- Don't reuse marinades used on raw foods unless you bring them to a boil first.

COOK

Cook to the right temperature

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.

Bring sauces, soups and gravy to a boil when reheating.

CHILL

Refrigerate foods promptly

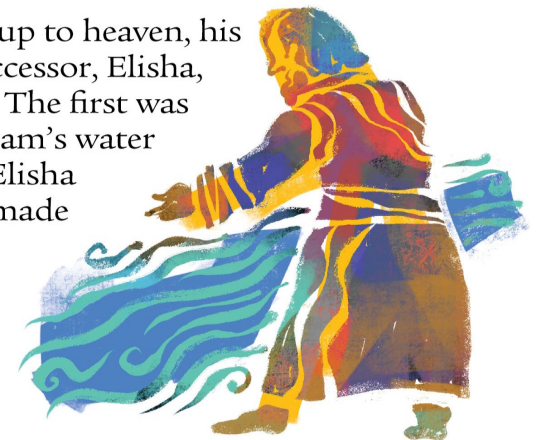
- Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
- Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

Take Care,
Cody and Kerstin Nedegaard

?? ? Bible Quiz ? ?

After Elijah was taken up to heaven, his newly commissioned successor, Elisha, performed two miracles. The first was making a poisonous stream's water safe to drink. What did Elisha toss into the water that made it wholesome?

- a stick
- a new bowl
- bread
- salt



Answer: D (See 2 Kings 2:19-22.)