

I will
THANK GOD

for my blessings
without forgetting

I am

**BLESSED
TO BE A
BLESSING.**



GOOD SHEPHERD

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

The Shepherd's Voice

Monthly Newsletter February, 2025

Give. Serve. Lead. Connect.

From Pastor Harald Bringsjord

Our annual meeting will be on February 9th at 12pm in the Mattes Center.

I cherish the healthy and respectful discussions that arise from our annual meetings, Synod Assemblies, and National Assemblies. When we respectfully disagree, we all grow and are blessed. Sadly, many public meetings devolve into negative exchanges that tear us down rather than build us up. When this occurs, we are diminished, and the body of Christ is not edified.

One of my favorite phrases is: "**We are blessed to be a blessing.**" This affirmative statement is the complete opposite of the negative discourse that has plagued our public interactions for far too long, leading to acts of violence against others. The Bible is not free from this behavior either. Right from the beginning in the book of Genesis, Cain believed Abel was undermining him and ended up killing Abel.

People in the Church have sometimes ignored Jesus' call to build up and love one another, often acting as if being right is more important than being in a right relationship. Jesus continually emphasized that relationships are more important than our own sense of rightness or purity. Just before his crucifixion, Jesus commanded us to "**love one another as I have loved you.**" This command is about relationship.

February also brings us Valentine's Day. According to 365 Saints: Your Daily Guide to the Wisdom and Wonder of Their Lives by Woodeene Koenig-Bricker, we know very little about the real St. Valentine, a Roman priest martyred for his faith in 269 A.D. Why a celibate priest is associated with love and lovers since Chaucer's time is a mystery. However, Valentine's name has become synonymous with expressions of affection.

Although we may not understand why a priest is the patron of lovers, it is clear why there is a saint especially devoted to the virtue of love. Love is an essential ingredient for life. We can express love because God first loved us. Let this month remind us that love is from God, and everyone who loves is born of God and knows God. "**We love because God first loved us.**" (1 John 4:7, 19)
Let us build one another up so that we truly become a people blessed to be a blessing.

God's Blessings,
Pr. Harald



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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!

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.



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 LeeAnn Lyden at (608)788-7651.



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



My Time and Talent Gift!

By: _____ (Your Name)

Date: ___/___/20___

Time Given: ___ hours ___ minutes

Gift Description: _____

Each person should share their Time and Talent gift (individually, not as a group or event) and place in the box.

Your Gift Makes a Difference!

This Stewardship Year you will be seeing “Time and Talent Gift” Stations around Church in common meeting and gathering areas.

Please complete a form for each *Gift of Time and Talent* you share within the church, your ministry beyond the church, and put it in the box.

The Time and Talent Thermometer in the Welcome Area of Church, will be a visible display of this Time and Talent ministry of sharing our gifts in love as Jesus taught us!

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 Sunday School Choir, please contact Darlene Lassig at 608-769-1499 or at darlene@gslacrosse.org.

Hand Bell Choirs

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.

We also have social events throughout the year along with a yearly mission trip. Want to learn more? Contact Karina Bronson at Karina@gslacrosse.org

Remember also your Creator in the days of your youth, *Ecclesiastes 12:1*

Connect

Bridging Our Community To Our World

Mobile Meals of La Crosse

We are did 9 weeks for Mobile Meals throughout the 2024 calendar year and we will be doing 9 weeks in 2025!

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!! **If you are interested in helping please look for the yellow bus up on the bulletin board to sign up.**

Pick-up place is Franciscan/Mayo at the Market Street door and the pick-up time is 10:30am to 10:50am.

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.

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 Dec. 17th through Jan. 20th.



Shirley Holman Memorial

Dave & Michele Kranz

Ed Keuper Memorial

Dave & Michele Kranz
 Gary & Sharon Keuper
 Nancy Jones
 Roger & Lois Tinker
 Terry & Susan Kammel
 Todd & Inger Michael
 Kathie VonGroven
 Jackie Meyer
 Syl & Marce Liebl
 Jim & Gloria Shoultz
 Scott Horne
 Elizabeth Mac Ewen
 Pat Houlihan
 Sharon Miller
 Ornelle Jorgensen
 Joyce Herlitzke
 Mary Powell
 Carla Steinbach-Huther

Dave & Jorie LePlavy
 Robert Burg
 Barb Hegge
 Fran Ellefson

Food For Schools

Dave & Barb Foye
 Dave & Michele Kranz
 John Wood

Marsha Senn Memorial

Carli Meil
 Chad Cullman

Mike Meil Memorial

Carli Meil
 Chad Cullman

Robert Cullman Memorial

Carli Meil
 Chad Cullman

HVAC Fund

Monty & Lois Gilbertson

Lutheran Disaster Response

John & Naomi Stennes-Spidahl

Vivian Walleser Memorial

Mark & Deb Umberger



December Monthly Benevolences From Good Shepherd Lutheran Church

ELCA / Synod Support	\$3,586.00
Lutheran Campus Ministry	\$84
Companion Synod - Peru	\$10
Synod Seminary Scholarships	\$10
Sugar Creek Bible Camp	\$160
WI Lutheran Social Services	\$200
Other Misc. Benevolences	\$732.00



Church Numbers

Weekly Sunday Attendance

Date	8:30	10:30
12/01/24	78	55
12/08/24	98	61
12/15/24	165	45
12/22/24	52	56
12/29/24	59	42

Weekly Envelope Offerings

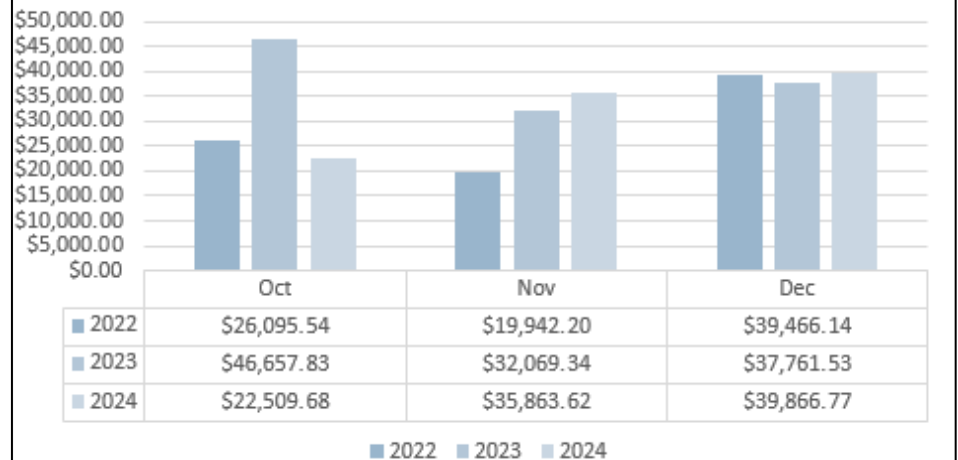
Date	Weekly	% Budget
12/01/24	\$2,649.09	45.4%
12/08/24	\$11,937.78	204.6%
12/15/24	\$7,213.10	123.6%
12/22/24	\$10,275.05	176.1%
12/29/24	\$7,791.75	133.5%
Total:	\$39,866.77	136.6%

Envelope Offering Comparison

December 2024	December 2023	% Difference
\$39,866.77	\$37,761.53	5.5%
YTD 2024	YTD 2023	% Difference
\$306,537.03	\$321,142.09	-4.6%

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

Envelope Offerings



Around the Parish...

Burrito Breakfast

Join us in the Mattes Center for a Burrito breakfast Sunday, February 2nd between services, while supplies last. Burritos with all the fixings or just have it on a plate. A free will offering will be accepted. Come join us!

Lydia Circle

Lydia Circle is meeting on the 1st Tuesday of the month. Join us February 4th at 1pm in the Mattes Center. All women are Welcome.

Good Shepherd Women-WELCA

WELCA welcomes all women from our congregation to be part of this committee. Our next meeting is Thursday, February 6th at 6pm on Zoom and in person. This will include Elections of Officers.

Quilting

Please join us in making quilts for LWR starting in January. Will meet on the 2nd and 4th Monday of the month, 9 am to 3 pm in the quilting room. If you are only able to stay for part of the day, come when you can and leave when you need to. If you wish to sew at home, you can look at the LWR web site for specifications for quilts. Hope to see you on February 10th.

Grief Support

Grief support meets in the choir room at Good Shepherd twice a month on the 2nd & 4th Thursday at 3pm. Our next meeting will be February 13th. All are welcome.

Game Night

Game Night for all ages is Friday, February 14th from 6-9pm. in the Mattes Center. Bring your favorite game, or learn a new one. Games vary, but include a variety of board, card, and other games. Contact Randy at grimmcaf@hotmail.com with any questions.

Cancer Center Support Group

Cancer Support Group gives adult cancer patients and their caregivers a safe, confidential place to share feelings and experiences with others whose lives are affected by cancer. Meetings are the 3rd Tuesday of each month at 5pm in the Mattes Center. Next meeting is February 18th. Questions, call Janette 608-775-1197

Bunco Night

Our next Bunco night will be on Friday, February 21st at 6pm. Please bring a \$5.00 wrapped gift. The December theme is "Valentines". Bunco takes place in the Mattes center and is for ages 18 years and older. Contact Judy Christopherson at 788-4335 or 769-3656

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.

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.

Around the Parish...

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

Stop by our table Sundays or get an order form from our website. Email Bridget to place an order at bridget_ammann@yahoo.com

The office also has Kwik Trip cards available for immediate purchase!

Sign Up For Simply Giving

The *Simply Giving*® Program is an automated stewardship program that helps church members live generously. It's a convenient, safe and simple way for individuals to make automatic payments to Good Shepherd through electronic funds transfer (EFT) directly from checking or savings accounts. Vanco Services, LLC provides electronic payment processing services at reduced rates—so your generosity goes further. Learn more by contacting the church office at (608) 788-0450

Thank You!

Dear Good Shepherd Family, On behalf of all of us at Benedictine, thank you for once again making our residents Christmas so very special. I am deeply grateful for our partnership. The joy you bring to our residents every Christmas (and the fellowship your streaming service provides every Sunday) has been a true blessing for our community. Peace & Joy to each and every member of your wonderful congregation & God's blessings throughout the coming year. Suzanne Lindner, Wellness Direction BLC-LX.

Hospital Visitations

If you are hospitalized at Gundersen, please register as a member of Good Shepherd in La Crosse if you would like a visit from Pastor Harald. Member names are provided to us from Gundersen for this purpose.

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.

Help Feed Area Children

Please continue to support the Food For Schools Project (formally Hintgen Food Project) with your donations. Food is still purchased for Hintgen, but because of your generosity we are also able to make donations to the food pantries of other area schools too! Make your checks payable to church, but indicate Food For Schools Project in the memo line.

Good Shepherd Library News

As we begin the new year, you will see some new books and fun items in our church library. We have games and lots of kid and grown-up friendly materials to check out and borrow.

It's located down the hall – across from the birch street entrance. There are also some great reads on the wooden shelves across from the Library. Just fill out the card in the back with your name and place it on the counter in the library.

The Annual Meeting of Good Shepherd Lutheran Church is Feb. 9th at Noon

Please plan to attend the annual meeting on February 9th at noon in person in the Mattes Center. We will be electing new Church Council members, approving the 2025 budget and discussing plans for the upcoming year.

February 2025



Sunday School Choir
Meets in Sunday
School Sept.-May.



Bell Choir
Meets Sundays at
5:30pm Sept.-May.



Sanctuary Choir
Meets Sundays at
9:30am Sept.-May.



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

Worship and Sunday School at 8:30, and worship at 10:30. The 8:30 service will be live streamed at www.gslacrosse.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 26 8:30am Worship 8:30am Sunday School 10:30am Worship 2:30pm Cub Scouts Pack 17 4:30pm Boy Scout Troop 22 6:30pm GS Men's Group	27 9am Quilting	28 6pm Parish Ed Meeting	29 6:30pm Confirmation	30	31	February 1
2 Scout Sunday 8:30am Worship/communion 8:30am Sunday School 9:30am Burrito Breakfast 10:30am Worship/communion 4:30pm Boy Scout Troop 22 6:30pm GS Men's Group	3	4 1pm Lydia Circle 6pm Buildings & Grounds	5 6:30pm Confirmation	6 6pm WELCA Meeting	7	8 9am Seager Visitation 11am Seager Funeral
9 8:30am Worship 8:30am Sunday School 10:30am Worship 10:30am Smith Baptism NOON Church Annual Meeting 2:30pm Cub Scouts Pack 17 4:30pm Boy Scout Troop 22 6:30pm GS Men's Group	10 9am Quilting	11 1:15pm Dementia Support 1:45pm Hillview Communion	12 6:30pm Confirmation	13 3pm Grief Support	14 6pm Game Night	15
16 8:30am Worship/communion 8:30am Sunday School 10:30am Worship/communion 4:30pm Boy Scout Troop 22 6:30pm GS Men's Group	17 6pm Membership Meeting	18 Polling Day 5pm Cancer Center Support 6pm Admin/Exec Meeting 7pm Church Council Potluck	19 6:30pm Confirmation	20 6pm Hospitality Meeting	21 March Voice Articles Due 6pm Bunco (Valentines)	22
23 8:30am Worship 8:30am Sunday School 10:30am Worship 2:30pm Cub Scouts Pack 17 4:30pm Boy Scout Troop 22 6:30pm GS Men's Group	24 9am Quilting	25 6pm Parish Ed Meeting	26 6:30pm Confirmation	27 3pm Grief Support	28	March 1
2 8:30am Worship/communion 8:30am Sunday School 9:30am Burrito Breakfast 10:30am Worship/communion 4:30pm Boy Scout Troop 22 6:30pm GS Men's Group	3 10am Before the After	4 1pm Lydia Circle 5:30pm Shove Tuesday Pancake Supper 6pm Buildings & Grounds Meeting	5 Ash Wednesday 6:30pm Lenten Worship/Comm	6 6pm WELCA Meeting	7	8

Church Council Members

- **Jim Bugge** *President of the Congregation*
buggejim@gmail.com
- **Janette Dawson** *Vice President of the Congregation*
- **Sara Wrobel** *Treasurer*
- **Kim Dockham** *Secretary*

Other Church Council Members include: Tim Knudsen, Karl Noll, Thea Johnson, Mark Skolos, Lori Lowell, Matt Heberlein, Tom Lynch, Erica Pedrazoli, Barb Smyth, Jennifer Laszewski, and Pastor Bringsjord.



- **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
- **Karina Bronson** *Coordinator of Confirmation and Youth Ministry*
karina@gslacrosse.org
- **Randy Lyden** *Music Director/ Organist* randy@gslacrosse.org (608) 792-1305
- **Linda Jerome** *Bell Choir Director*
linda@gslacrosse.org
- **Karl & Jaime Greenfield** *Sanctuary Choir Directors* karl@gslacrosse.org (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,

February is heart health awareness month. According to the CDC, heart disease is the leading cause of death in the US. Heart disease refers to several types of heart conditions, the most common being coronary artery disease (CAD) which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include: heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath; Arrhythmia: Fluttering feelings in the chest (palpitations); heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of people in the United States (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: diabetes, overweight and obesity, unhealthy diet, physical inactivity, excessive alcohol use.

Choose an active lifestyle and healthy meals/snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh

fruits and vegetables and fewer processed foods. Eating lots of foods high in saturated fat and trans fat may contribute to heart disease. Eating foods high in fiber and low in saturated fats, trans fat, and cholesterol can help prevent high cholesterol. Limiting salt (sodium) in your diet can also lower your blood pressure. Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes. Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.

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

Hello everyone!

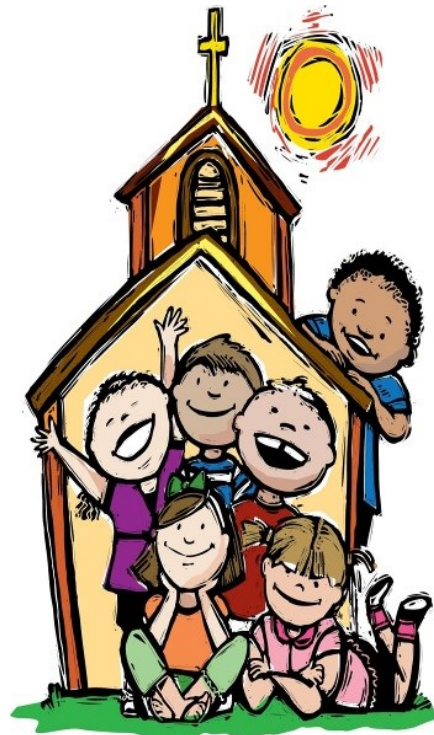
We have been having so much fun in Sunday school! We just finished our unit on The Storm! In this unit we created our very own storms in a bottle and learned about how Jesus calmed a dangerous storm and said “peace, be still”.

share pictures of the stories we have learned about in Sunday School!

Best Regards,
Brea Ellison

Our next milestones within Sunday school will be the 2nd graders receiving their prayer pillows and 4th graders receiving their prayer journals! The 2nd graders milestone will take place on February 16th, and the 4th graders will take place on March 2nd, both during the first service. Please register your child for these milestones. Registration forms will be emailed to families.

If you want to stay up to date on what’s going on around the church and Sunday School make sure to follow our Good Shepherd Lutheran Church Facebook page! On there we post upcoming activities and events, and I



Quick-Look Upcoming Events At a Glance

January 26th – February 9th	Four Friends Unit (Kitchen, Science, and Computers)
February 16th during first service	2nd Grade Milestone
February 16th – March 9th	The Good Samaritan Unit (Art, Cinema, and Games)
Sunday, March 2nd	Introduce Lenten Project
Sunday, March 2nd	4th Grade Milestone



Brea Ellison

Children's Education Coordinator
Breanna@gsnacrosse.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



"A friend loves at all times, and a brother is born for adversity"
Proverbs 17:17

Happy February!

It is hard to believe we are 2 months into the new year already! Confirmation has been off to a great start with our first lesson being on prophets, and how they were called by God to share God's word from a very young age.

As we move into the month of love and friendship, which should be shared not just once a year but every day to each other, the confirmands will be able to show their love and appreciation at the burrito breakfast that will take place February 2nd. The 8th graders will also be helping with ushering and leading the services on February 16th as they are on their final leg before they get confirmed in April.

The 8th graders have been talking about and planning their faith statements on how their journey in confirmation has impacted them as they reflect on everything they have learned and experienced within the last 3 years.

The confirmands have been learning about love through our lesson on psalms, and how they were used to express emotions both positive and negative!

The confirmands show their love and appreciation every Wednesday by bringing their opinions and ideas to share! I am so proud of these teens and how far they have come since September! I cannot express enough how incredible these individuals are, and how much of a joy it is to work with them! Each week is a blessing working with these young adults.

Cheers!
Karina



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



Attn: High School Youth

We are looking for members to revitalize our High School Youth Group. We plan to meet weekly in the youth room of Good Shepherd on Wednesdays at 6:30pm. Come when you are able, leave when you need to. During Lent we also meet after the Wednesday Lenten Service.

We plan to have social events throughout the year, along with a yearly mission trip, but we need active and involved members to do these things! If you would be interested in joining our Good Shepherd Youth Group, Please contact Karina Bronson at Karina@gslacrosse.org.

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

Contact Bridget Skolos 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 of your 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.

Bridget's contact information is:
bridget_ammann@yahoo.com

The church office also has Kwik Trip cards available for immediate purchase.

Karina Bronson

Coordinator of Confirmation and Youth Ministry
Karina@gslacrosse.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
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This snack's layers mimic properties of our planet's crust.

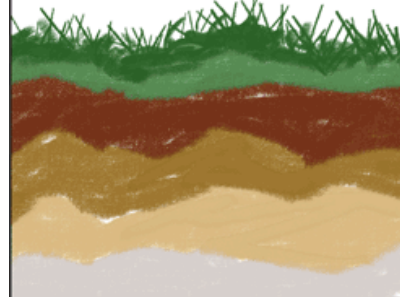


What you need:

- 1 cup rolled oats
- ½ cup nut butter (divided)
- ½ cup chocolate chips
- Microwave-safe bowl
- Silicone mini baking cups

What you do:

1. Combine the oats and ½ cup of the nut butter. Mix until oats stick together.
2. Place 2 teaspoons of oat mixture in each baking cup. Press with a spoon. Freeze for 10 minutes.
3. Spread remaining nut butter atop the cups. Freeze for 10 more minutes.
4. Microwave the chocolate chips 30 seconds. Stir and keep heating for 30-second intervals until melted.
5. Spread melted chocolate atop the cups. Freeze until chocolate is firm.
6. Remove from the molds and enjoy! Refrigerate leftovers in an airtight container.



Puzzle!

Use the clues to fill in the boxes. Then write those letters on the correct numbered lines below to complete 1 John 4:16 (NIV).

A place to live

Opposite of dark

Companion

Hand greeting

Male adult

8 2 16 13 4 6 2 19 5
17 9 2 5 19 5 12 6 7 19 5 4
13 15 6 2 19 20 6 7 19 14 4
13 15 8 2 16 18 15 16
8 2 16 13 23 10 1 14 21
1 John 4:16, NIV

Answers: house, light, friend, wave, nut, God is love, Whoever lives in love lives in God, and God in them, 1 John 4:16, NIV

