



Shepherd's Voice

Give. Serve. Lead. Connect.

March 2016

From Pastor Harald Bringsjord

We are in the season of Lent, a "wilderness" time to reflect on our lives as we walk with Jesus to Jerusalem and the cross. It is the season for searching our souls, for reading and listening to the Scriptures, and for proclaiming God's Word and how our lives of faith intersect with the message God speaks to us. We are blessed this year as several members of our congregation share their faith story with us at each Wednesday Lenten service. It is my hope that each one who listens to these very personal accounts will be touched in a way that inspires him or her to a new and deeper life with Christ. At the end of this Lenten season, Easter comes again as the climax of God's revelation to us. It is God's proclamation of hope through the victory of our Lord, Jesus Christ. The Easter message promises us hope for a future on the other side of death.

I recall a story about Ralph Waldo Emerson's maid who had just

come home from hearing a street preacher announce that the world was coming to an end in two weeks. In her panic she asked Mr. Emerson, "What shall we do?" To which he replied, "Don't be so distraught. If it becomes necessary, I think we can get along without this world." We may never have heard it said this way, but we trust that it is true because Christ promised it to us. Even when the world has come to an end, we have a promise of life beyond death and this world. This we believe because of the life, death, and resurrection of Jesus, our Savior.

Blessings to each one of you on your Lenten journey knowing the hope of the Resurrection! Perhaps you are able to make worship on both Sunday and Wednesday one of your Lenten disciplines. See you at worship.

God's Blessings,
Pastor 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

The flower and bulletin sponsorship charts are on the bulletin board in the back of the welcome area. Sponsoring the flowers or bulletins is an easy way to honor special dates such as birthdays and anniversaries, or the memory of a

loved one. If you have any questions on sponsoring the flowers or bulletins, please contact Kathy or Rick in the church office at (608)788-0450.



Readers & Ushers Appreciated!

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

works for you. The readings will be sent (either by mail or email) to you early that week. Thank you so much for helping out!

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. The group

will meet every Monday at 6:30pm in the welcome area in the front of the sanctuary.



Lydia Circle

Lydia Circle meets the 1st Tuesday of every month. Come join them for great conversations, some laughter, fun, camaraderie and a sweet desert!

If you have any questions or would like to learn more about Lydia circle, call Carol Abraham at (608)787-0609.



Good Shepherd Ministries

Altar Guild—Willing to help out on our Altar Guild? It is a very easy commitment and we would be happy to show you how it's done! Simply call Candie Luehne at (608) 304-2035.

Quilting—Quilters meet at Good Shepherd every Wed. at 9am in the quilting room.

Mailing Crew—The *Shepherd's Voice* Mailing Crew is wondering if you are interested in helping out prepare the Voice newsletter with address labels and stickers? We meet the 4th Thursday of each month at 8:30am in the choir room.

Care Ministry—Care Ministries visit the homebound year round to have a small chat, give communion, and have a prayer. Interested in joining this ministry? Contact Don Skibba at 787-0498. If you or someone you know would like a visit from our care ministry team, please contact the church office at (608)788-0450.

55 Plus—55 Plus is a friendly lunch gathering for the 55+ crowd that meets every 3rd Thursday of the month at 11:30am. We gather at The King Street Kitchen located at 141 7th St S.

Serve

Enriching Life, Sharing Talents

Thank You All So Very Much...

Altar Guild—Thank you to the members who served during the month of February, Al & Kathy Johnson & Irene Thorelli. During March, Nancy Oelke & Linda Schoen will be ‘on duty’.

Candie Luehne—Thank you for sending out ‘Get Well’ cards in January & February. Lori Lowell will be sending out the cards throughout the month of March. July and September are still open if you would like to help in this ministry.

Ann Hudson—Thank you for sending out cards and prayer shawls year round to bereaved families.

Care Ministries—Thank you to all members who are serving as Care Ministers to the faithful members of Good Shepherd who can no longer come to worship with us. Through you, our Care Ministers, the church comes to them! If you or someone you know would like a visit from our Care team, please call the church office at 788-0450.

Lydia Circle

Millie Hamann will be leading our March 1st meeting. Server will be Barb Hegge, devotions will be by Ardis Severson and we will be studying Chapter 13 “Barabres”.

Please call Carol Abraham 787-0679 if you have any questions. All are welcome!



Joy is prayer.
 Joy is strength.
 Joy is love.
 Joy is a net of love by which you can catch souls. God loves a cheerful giver. One gives most who gives with joy. The best way to show our gratitude to God and people is to accept everything with joy.

A joyful heart is the inevitable result of a heart burning with love. Never let anything so fill you with sorrow as to make you forget the joy of the Christ risen.

—Mother Teresa

Ushers Schedule

Mar 6 **8:30am:** David Busch, Steve Arndt, Ryan & Michele Stenslien, Chris & Stacey Blegen

10:30am: Don & Darcy Skibba, Jim & Cheryl Ward, Larry & Maree Smith

Mar 13 **8:30am :** *OPEN (I will be sending out an email looking for some that will help)*

10:30am: *OPEN (I will be sending out an email looking for some that will help)*

Mar 20 **8:30am:** Tim & Liz Carlson, Odell & Betty Olson, Dave Kilmer, Dave Kranz

10:30am: Rene & Charlotte Travelli, Mark & Deb Bronson, Marv & Darryle Clott

Maundy Thursday **6:30pm:** *PLEASE SIGN UP, SIGN UP SHEETS ARE ON BULLETIN BOARD*

Good Friday **6:30pm:** *PLEASE SIGN UP, SIGN UP SHEETS ARE ON BULLETIN BOARD*

Easter 7am, 8:30am & 10:30am

Sunday *PLEASE SIGN UP, SIGN UP SHEETS ARE ON BULLETIN BOARD*

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) 779-9669 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 715-214-8528 or at karl@gslacrosse.org

The Gloria Dei Choir

We rehearse between services on Sundays from September through May in the Mattes Center and new members are always welcome! If your children would like to be a part of the Gloria Dei Choir, please contact Darlene Lassig at (608)788-5686 or at darlene@gslacrosse.org.



Hand Bell Choir

Practices are on Sunday evenings 5:30pm for adult bell choir and 6:30pm for youth bell choir. If you have any questions please contact Linda Jerome at linda@gslacrosse.org.



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

High School Youth Group

(Grades 9-12) Good Shepherd’s High School Youth Group is a group that meets on Wednesday evenings at 6pm throughout the year. Fellowship and games 6–7p with a bible study at 7p. You aren’t the only Christian at your school! Come hangout with

other awesome teens just like yourself. Social events throughout the year along with a yearly mission trip. Want to learn more? Contact Stephanie Andersen at stephanie@gslacrosse.org or just drop in and check it out for yourself!

Connect

Bridging Our Community To Our World

Our next Mobile Meals Is March 27 to April 2



Thank you all for delivering Mobile Meals!! Mobile Meals of La Crosse delivers 33,000 meals annually to the homebound, largely through the efforts of local churches like ours. The 2016 schedule is up and the yellow bus is up and ready for you to sign up

Need more information? Call 784-4623 or go online at mobilemealsoflacrosse.org. 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 delivery time. We are route #1.

Local Food Pantry Needs



West Avenue Food Emergency Relief (WAFER) is asking for **Canned Fruit & Juices** during the month of **March**. Thank you for all the donations given in February!

Please leave all donations in the grocery cart near our bulletin boards in the Welcome Area. A monetary gift may also be given to help support WAFER. Simply make your check out to Good Shepherd, and indicate WAFER in the check memo area.

4-H Club

The Mormon Coulee 4-H Club was first established in 1946 making the club one of the oldest in La Crosse County! 4-H clubs are made up of children from kindergarten through high school. We meet the second Sunday of each month at 5pm in the Mattes Center. We are always

looking for eager volunteers to showcase their talents or for new members. If anyone is interested, or has any questions, please feel free to contact Kim Young at (608)796-0099 or e-mail kkymmm@gmail.com.

NO 4H IN MARCH OR APRIL



Boy Scouts & Girl Scouts Meet at Good Shepherd



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

Girl Scouts—Troop 4172 meets every other Monday from 5pm to 7pm in the Mattes Center.

If you have any questions about Scouts, 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 January 19th through February 20th 2016.

Wafer

Connie Lee
Evelyn Lee
Ramon & Connie Erickson

Pr. Merrill Herder Memorial

Odell & Carol Anderson
John & Sarah Ashland

Darlene Jambois Memorial

Glen & Sue Larson
Harald & Andrea Bringsjord

Debt Reduction

Bob & Jeana Briggs
Heidi Kwiatkowski
Monty & Lois Gilbertson

Ruth Patzwald Memorial

Harald & Andrea Bringsjord
Glen & Sue Larson
Jim & Jan Quinn



Irene Viner Eveland Memorial

Harald & Andrea Bringsjord
Darlene Lassig

Eugene Hohlfeld Memorial

Harald & Andrea Bringsjord
Howard & Sheri Christenson
Ruby Schultz
Larry & Ainsley Lichtie
Kylie Hanson
Angela & Nick Newman
Theresa Anderson
Dean Clinic
Gordon & Sheri Schroeder

Shirley Balfany Memorial

Connie Lee
Evelyn Lee
Harald & Andrea Bringsjord

Lylah Zemlo Memorial

Nancy Buldhaupt
Larry & Nancy Lawrynk
Harald & Andrea Bringsjord
Jeff & Sharon Yushta
Tom & Roxann Jensen

Troop 22

Warren & Irene Nedegaard
Ramon & Connie Erickson
Gordy & Carol Powell

Giving Tree—Giving In A Unique Way

Do you know about our Giving Tree? If not, this is a unique way to sponsor items or services used within our church. Our giving tree is located in the corner by the main entrance in the welcome area. Select the tag (s) that mean the most to you and return them and the donation in the envelopes provided by either placing it in the offering plate, dropping it off at or mailing it to the church office.

What is *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. Thrivent Federal Credit Union has contracted with industry leader

Vanco Services, LLC to provide electronic payment processing services at reduced rates—so your generosity goes further. Learn more by contacting the church office at (608) 788-0450 or by visiting thriventcu.com/personal/simply-giving-program.



THRIVENT
FINANCIAL®

Church Numbers

Weekly Sunday Attendance

Date	8:30am	10:30am
01/03/16	85	91
01/10/16	96	100
01/17/16	88	83
01/24/16	144	146
01/31/16	126	129

Weekly Envelope Offerings

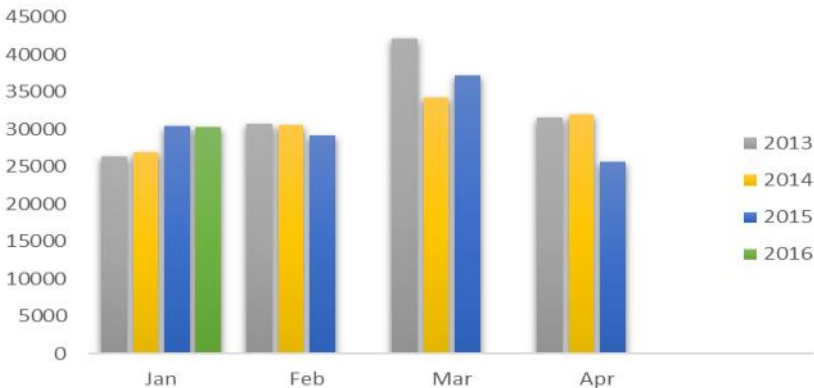
Date	Weekly	% Budget
01/03/16	\$5,852.00	92%
01/10/16	\$5,136.00	82%
01/17/16	\$5,727.00	90%
01/24/16	\$5,128.00	81%
01/31/16	\$3,827.00	60%
Totals	\$25,670.00	81%

Envelope Offering Comparison

January 2016	January 2015	% Difference
\$26,264.00	\$24,724.00	6.2%
YTD 2016	YTD 2015	% Difference
\$26,264.00	\$24,724.00	6.2%

If you would like to view the complete financial statements that are shared with the Council, please contact Rick in the church office at rick@gslacrosse.org or by calling the church office (608)788-0450.

Envelope Offerings by month



Ministry Spotlight Stained Glass



Good Shepherd has many beautiful stained glass pieces in our church and in this newsletter series, each month we will be exploring these jewels of our church. Stained glass is glass that has been colored by adding metallic salts during its creation. The colored glass is crafted into stained glass windows in which small pieces of glass are arranged to form patterns or pictures, held together by strips of lead and supported by a rigid frame. Painted details and yellow stain are often used to enhance the design. The term stained glass is also applied to windows in which the colors have been painted onto the glass and then fused to the glass in a kiln.

The Lent Window, illustrates the Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection...how many Lenten symbols can you find?

Explore and appreciate The Lent Window in our church!

Around the Parish...

Lenten and Easter Services

Lenten services continue Wednesday evenings at 6:30pm through March 16th with cake and coffee fellowship following.

Palm Sunday services are 8:30 & 10:30,
Maundy Thursday and Good Friday 6:30,
Easter Sunday 7:00, 8:30, and 10:30.
 with Easter breakfast being served from
 7:30 -10:30. Happy Easter everyone!

A New Adult Bible Study Starting Up

Morning Adult Bible Study will be held at the church Wednesdays at 10am beginning April 6th and continuing for 6 weeks. Pastor Harald will lead a study of the Liturgy for the following Sunday's readings. The readings can be found on the back of the prior week's bulletin, though no preparation is required. You are also always welcome to join the other groups:

- **W5** for women Mondays at 6:30pm (currently reading *Sitting With Christ*),
- **Lydia Circle** for women on the 1st Tuesday of the month at 1:00. (currently studying *People of Purpose*),
- **Evening Adult Bible Study** which usually meets on the 2nd Wednesday at 6:30pm, but will be meeting the 2nd Tuesday at 6:30p for February and March due to Lent. They are studying 1st John, 2nd John.

Good Shepherd Scholarships Available

Good Shepherd Lutheran Church annually awards the Mattes Scholarship, Anderson Scholarship and the Good Shepherd Trust Foundation Scholarships. Application information is now available on the desk in the concourse. Applications are due in the church office by Monday, April 11th and recipients will be notified by Monday, April 25th. The scholarship checks will be handed out on Education Sunday which is May 8th this year.

Chili Supper

Coulee Region Transitional Housing is hosting it's annual chili supper Thursday, March 31 at St. Paul's Lutheran Church on West Ave and Division St. The event goes from 5pm to 7pm and the cost is \$7. There will be red meat chili, white chicken chili and all the trimmings. That includes chips, a veggie tray and dip, rolls, dessert and beverage. Carryout's are available. Please attend if you can!

100% of the proceeds will go to benefit the transitional housing program of the YWCA.

Adult Game Night

Please join us for an evening of fun and food on Friday, March 18th at 6pm in the Mattes Center. We will be playing Bunko and sharing a potluck supper. Our theme for this month will be Easter.

Before the After

Before the After is a folder of planning sheets to be used by anyone, any age, to outline your wishes, prepare and organize pertinent documents and eliminate possible tough decisions for your loved ones. Enhancing this process are quarterly Planning Sessions featuring Community Professionals for guidance and information. 2016 Causeway Planning Sessions: March 7th, June 4th, Sept. 12th and December 5th.

Presentations and Break Out Sessions at Planning Sessions Include: Obituary or Notice, Organ Donation, Funeral, Memorial or Final Service, Personal Designations, Lasting Legacy, In Case of Emergency Plan, Health History, Preparing a Will draft, Health Care Directives, Guardianship- For Person or Estate, Pertinent Records and Papers in *One Place*

Planning Session at 10:00am-12:00pm
(Registration opens at 9:30am)

At: St. Paul's Lutheran Church of La Crosse
 420 West Avenue S., Lower Level
 Call to Register: (608)775-9999

March 2016









Gloria Dei Choir
Meets every Sunday
each week at 9:45am.



Adult Bible Study
Meets every Sunday
each week at 9:45am.


8:30am Worship Service 8:45 Sunday School


10:30am Worship Service 10:45am Adult Bible Study


Sun	Mon	Tue
<p>28 8:30am Mills Baptism 9:45am Care Ministry Meeting</p> <p></p>	<p>29 6:30pm W5</p>	<p>March 1 West Pastor Conference 1pm Lydia Circle 6pm Buildings & Grounds 6:45pm BS Troop 22 Meeting</p>
<p>6 Name Tag Sunday with Cookies sponsored by Praise & Worship Team 6:30pm BS Troop 22 Adult Mtg</p> <p></p>	<p>7 5:30pm GS Troop 4172 6:30pm W5</p>	<p>8 1:45pm Hillview Communion 6:45pm BS Troop 22 Meeting 6:30pm Adult Bible Study</p>
<p>13 11:30am Praise/Worship Team Mtg</p> <p></p>	<p>14 6:30pm W5</p>	<p>15 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 Meeting 7pm Church Council Mtg</p>
<p>20 Palm Sunday Parade & 5th Grade Communion Bread Baking 3pm Coulee Region Gospel Choir</p> <p></p>	<p>21 5:30pm Membership, Growth/Fellowship Mtg 5:30pm GS Troop 4172 6:30pm W5</p>	<p>22 6:45pm BS Troop 22 Meeting</p>
<p>27 Easter Sunday NO SUNDAY SCHOOL 7am Sunrise Worship/Communion 7:30-10:30 Easter Breakfast 9:45am Care Ministry Meeting</p> <p></p>	<p>28 6:30pm W5</p>	<p>29 6:45pm BS Troop 22 Meeting</p>
<p>3 Name Tag Sunday with Cookies sponsored by W5 6:30pm BS Troop 22 Adult Mtg</p> <p></p>	<p>4 5:30pm GS Troop 4172 6:30pm W5</p>	<p>5 All Day Polling Place West Pastor Conference 1pm Lydia Circle 6pm Buildings & Grounds</p>

To access the most up-to-d

Bell Choir
Meets every Sunday
at 5:30pm.






 **Youth Bell Choir**
Meets every Sunday
each week. at 6:30pm.

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

 **Sounds of Praise**
Meets every Saturday each
week at 4pm.

45 Sunday School

Communion 1st and 3rd Sundays of Each Month

Wed	Thu	Fri	Sat
<p>2 9am Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Worship 7pm Cake & Coffee</p>	<p>3 6pm WELCA Mtg</p>	<p>4</p>	<p>5 2pm Eagle Court of Honor for Austin Stalsberg & James Baumler</p> 
<p>9 9am Quilting 10am Staff Meeting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Worship 7pm Cake & Coffee</p>	<p>10 6pm Hospitality Mtg & AED Training</p>	<p>11</p>	<p>12 9am to noon 1st Communion training for 5th graders</p> 
<p>16 9am Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Lenten Worship 7pm Cake & Coffee</p>	<p>17 11:30am 55 Plus</p>	<p>18 April Voice Articles Due 6pm Bunko "Easter Theme"</p>	<p>19</p> 
<p>23 9am Quilting 6pm Seder Supper & 5th Grade 1st Communion</p>	<p>24 Maundy Thurs 8:30am April Voice Mailing Crew 5pm Soup/Sandwich 6:30pm Worship & Communion</p>	<p>25 Good Friday 6:30pm Tenebrae Service</p>	<p>26</p> 
<p>30 9am Quilting 6pm Youth Group (Gr. 9-12)</p>	<p>31</p>	<p>April 1 6pm Family Game Night</p>	<p>2</p> 
<p>6 9am Quilting 6pm Youth Group (Gr. 9-12) 6:30pm Poetry Reading by Holocaust Survivor</p>	<p>7 6pm WELCA Mtg</p>	<p>8</p>	<p>9 10am to 3pm Walk for Water @ Valley View Mall</p> 

ate calendar visit **GSLacrosse.org/calendar.**

Church Council Members

- **Sara Wrobel** *President of the Congregation* sara@gslacrosse.org
- **Duane Schoen** *Vice President of the Congregation*
- **Dianne Hamann** *Treasurer*
- **Monty Gilbertson** *Secretary*

Other Church Council Members include:

Don Skibba, Lori Lowell, Beth Bonney, Bev Sorenson, Barbara Kilpatrick, Mary Isaacs, Carol Powell, Candie Luehne, Janice Thaldorf & Colin Smith.



Staff

- **Rev. Harald Bringsjord** *Pastor*
prharald@gslacrosse.org
- **Rick Laufenberg** *Office Manager*
rick@gslacrosse.org | (608) 788-0450
- **Kathy Johnson** *Office Assistant*
kathy@gslacrosse.org
- **Tammy Klein** *Children's Ministry Coordinator* tammy@gslacrosse.org
- **Stephanie Andersen** *Youth Ministry Coordinator* stephanie@gslacrosse.org
- **Randy Lyden** *Music Director/Organist* randy@gslacrosse.org | (608) 779-9669
- **Linda Jerome** *Bell Choir Director*
linda@gslacrosse.org
- **Darlene Lassig** *Volunteer Gloria Dei Choir Director*
darlene@gslacrosse.org | (608) 788-5686
- **Karl & Jaime Greenfield** *Sanctuary Choir Directors* karl@gslacrosse.org | (715) 214-8528
- **Bev Sorenson** *Volunteer Parish Nurse* bev@gslacrosse.org
- **Bill Klein** *Custodian/Maintenance*
bill@gslacrosse.org



Questions? Don't know who to contact? *Contact the Church Office.*

(608) 788-0450 | office@gslacrosse.org | www.gslacrosse.org
4141 Mormon Coulee Rd. La Crosse, WI 54601 (Office hours 8am to 1pm)

Your Health

From the desk of our Parish Nurse

Dear congregation,

The Zika Virus VS Microcephaly Media has brought much attention towards the Zika virus causing microcephaly in infants. This virus is not new. It was identified in Uganda in 1947. The rhesus monkey transmitted the virus which was known as yellow fever. It was identified in humans in 1952 in Uganda and the United Republic of Tanzania. Outbreaks of Zika virus disease have been recording now in Africa, the Americas, Asia and the Pacific.

The Zika virus is putting a spotlight on a potentially devastating birth defect that until now has gotten little public attention. Regardless of whether the mosquito borne virus really causes babies to be born with abnormally small heads, a variety of other conditions can trigger microcephaly. Microcephaly is a word that simply means small head. It often indicates that the baby's brain didn't develop properly during pregnancy or even stopped growing. How small is too small? That depends. There is a range of normal, and doctors use a growth chart to tell when babies have fallen enough below average to signal concern. So the diagnosis of microcephaly can occur after birth when the infant has a well child exam and his head measurements are not growing normally, due to the brain or skull not growing. Microcephaly can be linked to downs syndrome, chromosomal abnormalities, too little oxygen reaching the fetal brain in the womb, infections that spread to the fetus like rubella, toxoplasmosis,

cytomegalovirus and alcohol or drugs.

People who are bitten by an infected mosquito in the tropics experience mild fever, skin rash and conjunctivitis (red eye) the symptoms last 2 -7 days. There is no treatment or vaccine currently available and the best form of prevention is protection from mosquito bites. The disease is usually mild and requires no specific treatment. People with the Zika virus should get plenty of rest, fluids and treat the fever with common medicines.

How might a link to Zika virus and microcephaly be proven? First better tests to diagnose Zika will be important. More testing of babies affected which means they become a control case study. Of course this brings much controversy. Officials are working with Brazil to do such a study.

If a woman gets pregnant and is bitten by an infected mosquito, many ultrasounds during her pregnancy checks will be performed to monitor the infant's head size. Microcephaly can be determined before birth. Doctors may consider amniocentesis test. It is not risk free and it's not clear what finding Zika in the fluid means.

So the impact can be very serious it can require long term care for an infant. Consequences can mean seizures, hearing loss or vision problems, intellectual

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Bev Sorenson, RN

GS Volunteer Parish Nurse

bev@gslacrosse.org

(608) 792-3962

Parish Health News:

GSlacrosse.org/parish-nurse-update.



Health Questions? Call the Gundersen Telephone Nurse Advisor 24/7 at (800) 858-1050.

Sunday School Update

Pre-school thru Grade 5

Happy Spring!

Easter is on it's way, Spring arrives on the 20th of March, and we are celebrating our 5th graders with First Communion. It is a busy Lent and Easter Season for Sunday School at Good Shepherd!

I would like to invite anyone in *the congregation to come and help us to celebrate Seder Supper with our 5th Graders. Congratulations to Sienna Torgerud, Mason Roth, William Hefti, Aiden Denzer. We also have additional students in our membership list: Anesah Ellis, Troy Greenwold, Grace Madsen, Hailey Peterson, Natasha Schutzkus.* It is a very small group, but an important part of our church family as we send them off to Confirmation next year. If there are any 5th graders I have missed, who are planning to attend Confirmation in the fall, please let me know. You will need to have 1st Communion Training (March 12th) prior to registering for Confirmation.

What is the Seder Meal? Our 1st Communion Seder Meal starts with the Seder story of Moses and ends with the Last Supper Meal with Jesus. Seder customs include telling the story, discussing the story, drinking four cups of wine, eating matzoh, partaking of symbolic foods placed on the Passover Seder Plate, and reclining in celebration of freedom. The Seder is performed in much the same way by Jews all over the world and we celebrate this meal with our 5th Graders as their final Milestone of

Sunday School. If you have never been part of the Seder or would like to help us to celebrate our 5th graders, please join us on March 23rd. Just call the main office to sign up.

Don't forget the **Easter Egg Hunt—PALM SUNDAY**, Noon to 1:30. It will include a lunch, craft and Egg Hunt (along with a fun Easter Lesson). Please sign up in the office or on the Sunday School Bulletin Board across from the office. You can also send me an email or call and sign up...HOP TO IT! We need to order treats for treat bags so we need that number soon!

Right after Easter Sunday (NO SUNDAY SCHOOL on March 27th) we will be learning about the Christian Community and planning for our Mother's/Father's Day Celebration! This will be the Sunday School program day in church so please know how important—AND FUN—it will be to have all hands on Deck!

Check out the Website for Registration Forms, Calendars and more! You can also sign up to Receive message alerts for Sunday School at Good Shepherd. Send the message @rubberduck to the number (608)807-2784. All parents and children with a cell phone are encouraged to sign-up! I am hoping to get to be a pro at using this service. Data charges may apply. Must age 13+ to sign up without parental guidance. This service is brought to you by Remind®.

Peace and Blessings during the Easter Season!

Quick-Look

Upcoming Events At a Glance

March 6-20	– Prodigal Son (Cinema, Games, Computer)
March 12	– First Communion Training (5th Grade, 9am – noon)
March 20	– 5th Grade Bread Baking/Palm Sunday
March 20	–Easter Egg Hunt—Noon to 1:30, Lunch, Craft, Hunt
March 23	– 5th Grade Seder/1st Communion (6pm)
March 27	– Happy Easter – No Sunday School
April 3-17	Early Christian Community Fun
April 24– May 1	Parent’s Day Program Practice
May 8	Parent’s Day Program/Mother’s Day/Education Sunday
May 15	Last Day of Sunday School—Volunteer Appreciation Party



2016 Good Shepherd VBS August 21st – 25th

5:00 to 7:45 Daily (includes Family Supper) Meal 5:00 – 5:30
Decorating the weekend before!



God Gives us Hope – Jeremiah 29:11

God Gives us Special Abilities – Romans 12:6

God Gives us wisdom – James 1:5

God Gives us Forgiveness – Nehemiah 9:17

God Gives us a family – Galatians 3:26

Watch for more details on ways you can support this awesome Bible land Experience for the Families of Good Shepherd. Giving opportunities available.

Tammy Klein

Children's Ministry Coordinator

tammy@gsnacrosse.org (608)788-0450

Recent Sunday School News: GSlacrosse.org/children.

In the Office: *Mon., Wed., Fri.: 2:30-7pm*

Stay Connected!

Receive message alerts for Sunday School at Good Shepherd. Send the message [@rubberduck](#) to the number (608) 807-2784. All parents and children with a cell phone are encouraged to sign-up!

Data charges may apply. Must age 13+ to sign up without parental guidance. This service is brought to you by Remind®.



Youth Update

Confirmation (Grades 6-8)

& High School Youth (Grades 9-12)

Confirmation

This month our “Meet the Youth” Board is highlighting our 6th graders. Please take a moment to stop by to learn a little bit about our youth!

With Lent and Easter being early this year, our final day of Confirmation classes was February 3rd. We ended with the second annual Trivia and Ice Cream Social Celebration. The Trivia game used information gathered year round to tie tighter what we learned and serve to remind us of some things we may have forgotten.

Although we are not longer meeting for classes, students are encouraged to attend Sunday and Wednesday night services with their families. They can use this time to continue working on their sermon notes if they wish.

The 8th graders all completed their faith banners, which look great! Look for them in church in the coming months. Their faith statements are due at the end of March so hopefully they are working on them on their own.

High School Youth

Our Annual Butter Braid sale is going on now. Please place your order by March 9th. You can talk to a youth or stop by the Kwik Trip Table. Butter Braids will be available for pick up on March 20th.

We have a few “**My Local Deals**” Coupons books left. Their price has been reduced to **\$10**, stop by the Kwik Table to pick up one if you missed out earlier. Coupons are good through May 31, 2016

The high school youth group will be hosting a **Family Game Night on April 1st from 6 – 9pm in the Mattes Center.** Bring your favorite board game (s) or if you’re feeling brave, come and see what others bring and jump in wherever you would like. If you want, bring a snack/beverage for yourself because food or drink will not be provided. Come join and have a good time with others that love to play games!!

The youth are hoping this will be the first of many game nights that will bring together the generations of Good Shepherd. All ages and all types of games welcome!!

Please join our youth and the youth of the La Crosse Area Synod for “**Walk For Water**” The goal of the event is to raise awareness of water poverty along with raising funds to combat this epidemic. The event, is a replica of what our youth participated in during the National Youth Gathering and will be **Saturday April 9th from 10am—3pm at Valley View Mall.** This is a great event for all ages and ties in great with the Sunday School Lenten offering project!

I will let you know the details as the event unfolds. Please contact me with any questions or if you are interested in volunteering for the event.

Quick-Look

Upcoming Confirmation/Youth Group Events At a Glance

March 9th	Butter Braid forms returned
March 20th	Butter Braid Pick up date
March 23rd	No Youth Group—Seder Supper
April 1st 6:00—9:00	Family Game Night in the Mattes Center All Ages encouraged to attend
April 6th 6:30—8:00	Poetry reading by Holocaust survivor Magda Herzberger
April 9th 10:00—3:00	Walk for Water—Valley View Mall All Ages encouraged to attend
April 13th Times TBA	8th Grade only: Faith Conversations with Pastor Harald and Stephanie
April 27th	6pm All Confirmation Celebration followed by Confirmation Rehearsal
May 1st	Confirmation Day, 12:30pm pictures, 2pm Service

Stephanie Andersen

Director of Youth and Family Ministry

stephanie@gslacrosse.org (608) 788-0450

Recent Youth News: GSlacrosse.org/youth

In the Office: Sun. 8:30am-10:30 & Wed., 4-8pm

Stay Connected!

Confirmation: Text [@gconfirm](https://www.instagram.com/gconfirm) to (608) 402-4735 for confirmation updates! Youth Group: Text

[@gslcyyouth](https://www.instagram.com/gslcyyouth) to (608) 402-4735 for youth group updates!

Data charges may apply. Must age 13+ to sign up without parental guidance. This service is brought to you by Remind®.



Music Notes

From The Director of Music

Singing the Psalms

As you are aware, we are now singing the Psalms on the Sundays that the Sanctuary Choir sings (and on the Wednesday evenings during Lent). You may wonder why we would sing the Psalms instead of simply speaking them. Yet, if a Jewish worshipper from Old Testament times were to be transported to our present time and place, he or she may wonder why we sometimes recite the Psalms instead of singing them.

The book of Psalms is actually a collection of religious songs that were sung by the Jewish people from ancient through modern times. In fact, our Christian worship music tradition is rooted in the Psalms of the ancient Jewish people. Reciting the Psalms is actually like reciting the words of our hymns as opposed to singing them. While it is certainly not wrong or irreverent to recite them, singing the Psalms has been the ideal throughout the centuries.

We do not know for sure what the ancient Hebrew Psalm music sounded like, but the Psalms can be set to music in countless ways. In our ELW Hymnal,

there are sixteen different Psalm tones, each with its unique mood and flavor. They can be sung by one person, a choir, or the entire congregation. One way to sing the Psalms is antiphonally (call and answer) as we current do at Good Shepherd.

The music serves to accentuate the natural expression of the words and the accents of the words should be sung naturally as when speaking. A slight pause after commas and a slight break after periods will help give Psalm singing the desired natural flow. Indeed, the rhythm is derived from the words themselves.

Martin Luther considered the Psalms to be the summary of all scripture, and was also a strong believer in the great power of music. It seems only fitting that we should continue this tradition of Psalm singing in our own worship.



Randy Lyden

Good Shepherd Music Director

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Recent Music Notes/Updates:

GSlacrosse.org/music



Continued from page 13

disability, and developmental delays with speech and motor function. There is a range of mild to severe problems that depend on how the brain is affected and what caused the condition. This can be difficult to predict, requiring frequent check ups to track how the baby is developing. Much counseling for parents and what to expect.

The Zika virus was discovered decades ago in Africa, was long thought to be a nuisance illness. A particular species of mosquito is spreading Zika rapidly through Latin America, where Brazil has reported a surge in cases of microcephaly. Circumstantial evidence, and Brazil is trying to sort out just how these babies have microcephaly and how many of their mothers had Zika during pregnancy. The CDC did find

evidence of the Zika virus in the brains of two demised infants and in the placentas from two women who miscarried. This has prompted the calls for pregnant women to avoid travel to areas where Zika is spreading.

Much information to swallow. But a concern for people and their families. I found this information on fox news website. foxnews.com/health/2016. I hope it has opened your minds to this disease and I hope you understand it may or may not be the cause for microcephaly.

I hope March will bring warmer weather as I am tired of cold and snow. Prayers to you all to remain healthy.

Your Parish nurse,
Bev Sorenson.

Coulee Region Gospel Choir

'Alpha and Omega', Jesus Christ, the beginning and the end, the author and finisher of our faith. The Coulee Region Gospel Choir proclaims this message in this springs concert session.

Written by Deborah Craig-Claar and Camp Kirkland, 'Alpha and Omega' inspires the 60 voice choir to sing of the eternal light of our risen Lord. A message not only for Easter, but for all time. A men's trio, two duets and several solo's feature choir members. The choir is directed by Ruth Ann Granum, accompanied by pianists Bev Jaderston, Sylvia Groleau, flutist - Carolyne Bjerke, Trumpet - Doug Mahlum, Bass - Paul Leithold, Percussion - Julie Bodendein

**Please join us Sunday, March 20
at 3:00pm in the Sanctuary for a
moving musical experience.**

**Refreshments will be served,
a free will offering will be received.**

Poetry of a holocaust survivor

Holocaust survivor Magda Herzberger was born February 20, 1926, in Cluj, Romania. On March 27, 1944, the Germans occupied Romania and took large-scale anti-Semitic measures. It was liquidated only a month later. Magda and her family were sent to Auschwitz where most of them perished.

Magda has spoken extensively about her experiences and has written 13 books including several volumes of poetry. Magda is a former mountain climber, skier, and marathon runner.

Magda will speak at Viterbo University in the Fine Arts Center, free of charge, at 7:00 p.m. April 7th.

**Good Shepherd is fortunate to host a
poetry reading by Magda at
6:30 p.m. April 6th.**

**A reception and conversations will follow.
Please join us for this special
and unique opportunity.**



Good Shepherd
Lutheran Church

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La Crosse, WI 54601

E-mail: office@gs-lacrosse.org

Website: www.GSlacrosse.org

**Address Service
Requested**

Join Us For Worship
Sundays at 8:30am
& 10:30am

The Rev. Harald Bringsjord
prharald@gs-lacrosse.org
(608) 788-0450 or (608) 796-0803

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