



# THE Messenger



Good Shepherd  
Lutheran Church

**STRONG  
& COURAGEOUS**  
Moving Forward Together

**WORSHIP TIME CHANGE: SUNDAY JUNE 3**

## Vision and Mission Event

One Worship Service at Each Campus  
9:30 a.m. Madison & 9:00 a.m. Verona

10:45 a.m. Presentation  
by Joshua Group's Kristin Wiersma.

12:00 p.m. Cookout in Peterson Hall

[Read more on page 4.](#)



## NIGHT AT THE DUCK POND

Thursday, June 28 ~ 7:05 p.m.  
\$10, \$20 or \$25 Ticket Packages

Gates open and tailgate party begins at 5:30 p.m.  
Your ticket includes:

- \$10 • Reserved Stadium Seat and an Official Mallards Hat.
- \$20 • Reserved Stadium Seat, 90 Minutes of all-you-can-eat ballpark food, and unlimited fountain soda.
- \$25 • Reserved Stadium Seat, 90 Minutes of all-you-can-eat ballpark food, and unlimited beer & fountain soda.

To purchase tickets go to [mallardsbaseball.com](http://mallardsbaseball.com), click "Buy Tickets" in the upper right corner, enter promo code: GSL and follow the steps to purchase tickets.

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### Looking Ahead

**June 1-2**  
BYFY Sale

**June 3**  
Vision & Mission Event

**June 9**  
Community Breakfast

**June 10**  
Widow/Widowers  
OWLLS

**June 12**  
Witnessing Whiteness begins

**June 13**  
Summer Play Group begins

**June 16**  
Madison Area Job Transition

**June 17**  
Father's Day

**June 18**  
Card Ministry

**June 25**  
Spanish Camp begins

“I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.”

Joshua 1:9

## Shared Leadership, Shared Vision

The power and majesty of God’s grace and mercy, given to us in the body and blood of His risen Son, Jesus Christ, forms the foundation of everything we have and everything we do and achieve as God’s church in Madison and Verona! This grace and mercy cannot be lost but it can be hidden. God commanded Joshua to take bold action but not in blind hope...God commanded; but God also then promised, that He would give to Joshua the means to achieve God’s goals!



It is in that spirit that we gather together on June 3 to hear from Kristin Wiersma the results of her “scouting” mission here at Good Shepherd. From what we have heard from our members, our community, and with a good dose of prayer, we will move forward in good strength and courage to where we are being called as one church in two locations.

We undertook this listening process as a means of creating more congregational engagement and involvement not just in the individual ministries and programs of Good Shepherd but in the overall vision and mission of the church. Shared vision and shared leadership is a change from how our church has been used to doing things. There will be growing pains as we learn to listen, make decisions, pray, and execute God’s commission for our church! Fortunately, our God is a God of shared leadership and shared vision! We have a great model to follow in Jesus Christ and the bold work of the prophets and disciples before and since! The sacrament of baptism itself is a “co-missioning” act. As baptized children of God we are appointed to work **with** and **for** God to carry out God’s work in the world. Our entire life is, then, by definition a shared mission!

I am grateful for the work and input you have already given to this process. There were nearly 500 computer surveys submitted and almost 130 people interviewed by Kristin, either alone or in groups. I am confident that the results of the conversations, and the energy they will create, will be Spirit-led and Spirit-driven.

Please make your attendance at the Madison Campus Sanctuary, at 10:45 a.m. on Sunday, June 3, a priority. For those who wish to attend but have prior commitments, we will record the event and have it posted on our website for you to see and hear.

All of this would be impossible without the bold promises and commands of God! I look forward to working alongside you as we travel on this road together.

Pastor Chris Enstad

# Hospitality

## Baptisms:

**Eli Forrest DeMars**, son of Matt & Taylor DeMars, May 13, 2018.

**Luke Bradley Baum**, son of Brad & Erin Baum, May 20, 2018.

**Alex & Max Lemke**, sons of Elizabeth Chase, May 27, 2018.

## Christian Sympathy to:

**Mary Birmingham and family**, in the death of her mother, Mary Gerstein, April 24, 2018.

**Sue Kaestner and family**, in the death of her mother, Dorothy Kaestner, May 6, 2018.

## Pastoral Care

If you, a family member, or friend are admitted to a hospital, especially UW Hospital & Clinics, please contact the church office. Due to patient confidentiality, it is difficult to obtain timely information. We want to be available to visit you in the hospital, pray with you, and help in any way.

If you are having a baby, your church family at Good Shepherd wants to share your joy and encourage you at this exciting point in your spiritual journey as parents. We also want to give you information about making plans for your child to be baptized.

Please help keep us informed by calling 271-6633 and leave a message, speak to Judy Hoard, or e-mail one of the pastors or parish nurse.



**We pray that God's love & comfort will surround all those listed on this page.**

If you see names on this page that should be removed, or to list someone on the care page, contact Carrie Kruzan at [ckruzan@gsclcw.com](mailto:ckruzan@gsclcw.com).

If you would like a friend or relative remembered in prayer, contact Prayer Chain Coordinator Barbara Herbsleb at 271-2119 or submit a prayer request online at [www.gsclcw.com](http://www.gsclcw.com) and click "Prayer Requests".

# Prayers

**Alison Sammartano**, niece of Jan Love, breast cancer

**Dave**, brother-in-law of Betsy Reck, liver cancer

**Erin Alft**, debilitating migraines

**Joe Ringeisen**, squamous cell cancer in the tongue

**Kathy Angerman**, cancer

**Kristie**, friend of Marilyn Sharrow, cancer

**Lari Johnson**, Donna Maysack's sister, stage 4 colon cancer and breast cancer

**Marianne Miller**, step granddaughter of Audrey Converse, cancer

**Meghan Coles**

**\*Pat Butcher**, carcinoma of the tongue

**Phil**, friend of Randy Dahlinger, prostate cancer

**Rochelle Sanders**, family

**Virginia Rios**, cancer has returned on lung

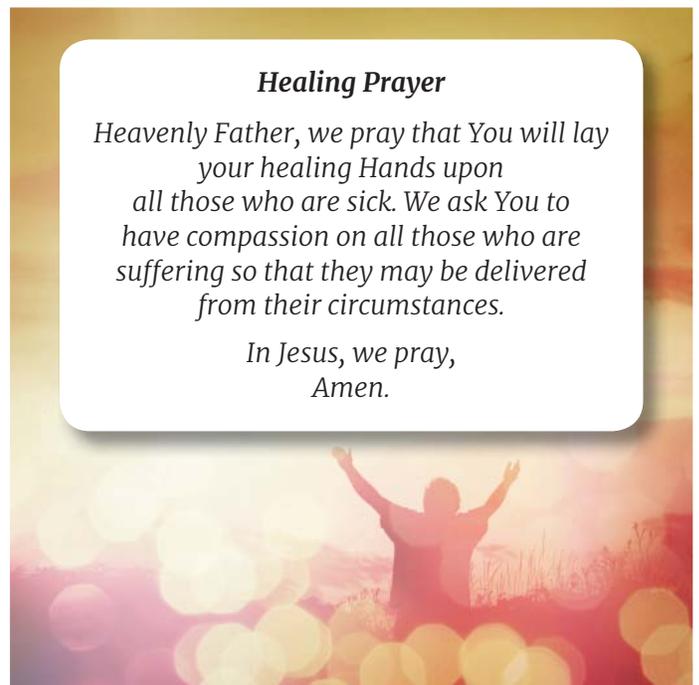
*\* denotes new request*

All prayer requests will be listed for 2 months.

## Healing Prayer

*Heavenly Father, we pray that You will lay your healing Hands upon all those who are sick. We ask You to have compassion on all those who are suffering so that they may be delivered from their circumstances.*

*In Jesus, we pray,  
Amen.*



# Discipleship

## COMMITTEE CORNER



**STRONG  
& COURAGEOUS**  
Moving Forward Together

### Stewardship

Your gifts to God through the ministries of Good Shepherd do so much for the mission God entrusts to all of you and especially to Good Shepherd. Giving to God in thanksgiving for all that you have received from God's loving hand, and giving generously, has never been easier! You can support God's work easily through online giving, text-to-give and automatic withdrawals. Doing so helps the leaders of Good Shepherd plan, budget and steward your gifts wisely. Simply go to [gslcwi.com/giving](http://gslcwi.com/giving) to set up one-time or recurring gifts. To give by texting, text "give" to 608.260.7311 and follow the initial instructions. Don't forget about stock transfers or other planned gifts! Those carry out God's work through the hands of many at Good Shepherd as well.



### Good Shepherd Card Ministry June 18

Help Good Shepherd staff bring Christian caring to our congregation by crafting handmade cards. No past experience is needed and all materials are prepared. It's fun with a purpose! Our next meeting will be in the Good Shepherd Room at the Madison Campus on Monday, June 18, from 1:00 - 3:00 p.m. If you have questions, please contact Susie or Ruth at [cardsministry@gmail.com](mailto:cardsministry@gmail.com).

### Thank you for sharing your voices

From surveys, to community panels to one on one interviews, over the last two months we have received vital feedback from our members. Our Joshua Group consultant Kristin Wiersma has gathered, analyzed and outlined into a presentation that will help inform where and how we can move forward together as a congregation.

### Worship Together

In the spirit of "Moving Forward Together" we will be having one combined worship service on Sunday, June 3 at each campus - 9:00 a.m. in Verona and 9:30 a.m. in Madison. A vision presentation will follow at 10:45 a.m. in Madison.

### Present Results, Look Ahead

Based on research of our extensive input, Ms. Wiersma will share Good Shepherd's strengths and challenges, along with essential areas of focus for the future of the congregation and its ministry. She will also provide key milestones for our church to achieve and discuss next steps in how we can best serve our neighbors and share the love of God in Jesus. Nursery services will be available on-site during the presentation as well as an activity for older children.

### Come together and Eat

Following the event, there will be a church-wide cookout at the Madison campus. Grilled meats, sides and beverages will be provided. Members are invited to bring a salad or dessert to share. Due to allergy concerns, please kindly refrain from bringing items containing nuts.

For More Details & Information on the Vision Process please visit: <http://gslcwi.com/vision>

## Welcome Dinner

New to Good Shepherd? Looking to get more involved? We'd love to connect with you! Come have dinner and learn about Good Shepherd June 6 from 6:00-8:00 pm in Verona. This is an opportunity to connect with Pastors and Staff, share a little of your story and learn more about who we are and where we're headed as a community church. Our friends at Los Atlantes Mexican Restaurant will provide dinner. There will be crafts and games for kids. Please RSVP by visiting our website, [www.gslcwi.com](http://www.gslcwi.com), emailing our coordinator, Donna Maysack at [dmaysack@gslcwi.com](mailto:dmaysack@gslcwi.com) or calling 271-6633 x1310.



One year ago, Good Shepherd Church commissioned Eileen Porter, church member and Carol Choir Director, to write a hymn for congregational use about God's handiwork in creation and our role in tending to all that God has made. As springtime transitions to summer, I'd invite all of us to meditate on the lyrics of this hymn.

Pastor Sheryl

God formed the earth and then said it was good. This is God's world.  
Creeping things, flying things, trees of the woods: God made them all. This is God's world.

God gave us life from the dust of the earth. We're of God's world.  
God said that ev'rything living has worth. All of it counts. This is God's world.

Each life-form's unique. That is so amazing! God birthed each one and found nothing wrong.  
So let's join together. Let's join together. Let's join together to sing nature's song.

People plant their small seeds in the ground throughout God's world.  
Prayers rise for rain, for the sun to shine down: prayers for good crops across God's world.

Honey bees, turtles, and spirit bears, too, belong in God's world.  
They are affected by things people do. They're part of us. This is God's world.

We are stewards of God's creation. We must tend it each day of our lives.  
So let's get together. Let's get together. Let's get together. God's world must survive.

Forests are lost, and our canopy dies, harming us all.  
Oceans are teeming with plastic, but why? What shall we do to clean up God's world?

We misuse resources that others still lack throughout God's world.  
Let's find new, safe ways to share, to give back – to level the field throughout God's world.

It's up to us to take care of creation. It's up to us now to right these wrongs.  
So let's work together. Let's work together. Let's work together. God's world needs us all.

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# June Calendar

Madison Campus    Verona Campus    Off-site

Sunday	Monday	Tuesday	Wednesday	Thursday
<p>3 <i>Second Sunday after Pentecost</i> GOSPEL: Mark 2:23--3:6</p> <p>9:00am Worship 9:30am Worship 10:45am Joshua Group 12:00pm Church-wide Picnic 3:00pm Band Rehearsal 4:00pm Pantry Gardening 5:00pm The Dive 6:00pm The Deep</p>	<p>4</p> <p>6:30am Men's Bible Study 7:00pm Joyful Harmony</p>	<p>5</p> <p>6:00pm Festival Ringers 7:00pm Worship &amp; Arts Meeting</p>	<p>6</p> <p>7:00am Prayer Group 7:15am Wed Men's Grp 9:15am Verona Playgroup 10:00am Quilting 1:00pm Soul Food 5:00pm Pantry Gardening</p>	<p>7</p> <p>9:30am Clothes Closet 10:00am GS Food Pantry 12:00pm Noon Bible Study 5:00am Clothes Closet 5:15pm Flutescence 5:30pm GS Food Pantry 7:00pm Echoes of Grace 6:30pm Women of Vision</p>
<p>10 <i>Third Sunday after Pentecost</i> GOSPEL: Mark 3:20-35</p> <p>8:00am Just Bakery 8:00am Just Bakery 8:30am Worship 9:00am Worship 10:00am Worship 10:30am Worship 12:15pm OWLLS 3:00pm Band Rehearsal 4:00pm Pantry Gardening 4:00pm Widow/Widowers 5:00pm The Dive 6:00pm The Deep</p>	<p>11</p> <p>7:00pm Joyful Harmony</p>	<p>12</p> <p>9:00am LWR Quilters 9:30am Witnessing Whiteness 6:00pm Festival Ringers</p>	<p>13</p> <p>7:00am Prayer Group 7:15am Wed Men's Grp 9:15am Verona Playgroup 12:00pm PrimeTimers Volunteer Lunch 1:00pm Soul Food 5:00pm Pantry Gardening</p>	<p>14</p> <p>8:00am Centering Prayer 9:30am Clothes Closet 10:00am GS Food Pantry 12:00pm Noon Bible Study 5:00pm Clothes Closet 5:30pm GS Food Pantry 7:00pm Echoes of Grace</p>
<p>17 <i>Father's Day</i> <i>Fourth Sunday after Pentecost</i> GOSPEL: Mark 4:26-34-15</p> <p>8:30am Worship 9:00am Outdoor Worship 10:00am Worship 10:30am Outdoor Worship 3:00pm Band Rehearsal 4:00pm Pantry Gardening 5:00pm The Dive 6:00pm The Deep</p>	<p>18</p> <p>6:30am Men's Bible Study 9:00am Morning VBS 12:00pm Card Ministry 6:30pm GS Board Meeting</p>	<p>19</p> <p>9:00am Morning VBS 9:30am Witnessing Whiteness 11:30am Finance Comm 5:00pm Community Meal 6:00pm Festival Ringers</p>	<p>20</p> <p>7:00am Prayer Group 7:15am Wed Men's Grp 9:00am Morning VBS 9:15am Verona Playgroup 1:00pm Soul Food 5:00pm Pantry Gardening</p>	<p>21</p> <p>9:00am Morning VBS 9:30am Clothes Closet 10:00am GS Food Pantry 12:00pm Noon Bible Study 5:00pm Clothes Closet 5:30pm GS Food Pantry 6:00pm Women of Vision 7:00pm Echoes of Grace</p>
<p>24 <i>Fifth Sunday after Pentecost</i> GOSPEL: Mark 4:35-41</p> <p>8:30am Worship 9:00am Worship 10:00am Worship 10:30am Worship 3:00pm Band Rehearsal 4:00pm Pantry Gardening 5:00pm The Dive 6:00pm The Deep</p>	<p>25</p> <p>8:00am Spanish Camp</p>	<p>26</p> <p>8:00am Spanish Camp 9:30am Witnessing Whiteness</p>	<p>27</p> <p>7:00am Prayer Group 7:15am Wed Men's Grp 8:00am Spanish Camp 1:00pm Soul Food 5:00pm Pantry Gardening</p>	<p>28</p> <p>8:00am Spanish Camp 8:30am Loaves and Fishes 9:30am Clothes Closet 10:00am GS Food Pantry 12:00pm Noon Bible Study 5:00pm Clothes Closet 5:30pm GS Food Pantry 6:00pm Centering Prayer 7:00pm Echoes of Grace</p>

# Connect - Adult Ministry



Come join PrimeTimers and volunteers of Good Shepherd for lunch, Wednesday, June 13, 2018 at Noon in Peterson Hall at the Madison Campus.

PrimeTimers whose last name begins with:

B, D, E, F & G bring a salad to serve 12+ people.

We'll enjoy chicken, beverages and cake as well.

Please rsvp to Lynne Kroger at 271-6633 by June 10.

Friday	Saturday
<p>1</p> <p>6:30am Friday Men's Group 8:00am BYFY</p>	<p>2</p> <p>8:00am Men's Bible Study 8:00am BYFY</p>
<p>8</p> <p>6:30am Friday Men's Group 7:45am Live at 7:45</p>	<p>9</p> <p>8:00am Men's Bible Study 9:00am Community Breakfast</p>
<p>15</p> <p>6:30am Friday Men's Group</p>	<p>16</p> <p>8:00am Men's Bible Study 9:00am Madison Area Job Transition</p>
<p>22</p> <p>6:30am Friday Men's Group 7:45am Live at 7:45</p>	<p>23</p> <p>8:00am Men's Bible Study</p>
<p>29</p> <p>6:30am Friday Men's Group</p>	<p>30</p> <p>8:00am Men's Bible Study</p>

## OWLLS

Widow/widowers are invited to meet at Imperial Gardens, 2039 Allen Blvd, Middleton, Sunday, June 10, 2018 at 4 p.m. Please make your reservation with Lynne Kroger at 271-6633 x1080 or [lkroger@gslcwi.com](mailto:lkroger@gslcwi.com) by June 7

## Be Still and Know that I am God



You are warmly invited to join others in developing a silent prayer practice, called Centering Prayer. Prayer practice sessions are open to anyone within or beyond our congregation. They will be guided and offered 2 times a month for one hour on a drop in basis held in the Chapel at the Verona Campus. If you have been wanting to take more time to be with the Lord, this is a great opportunity. Centering Prayer sessions will be held the 2nd Thursday of each month at 8:00 a.m. and the 4th Thursday of each month at 6:00 p.m. Upcoming dates will be: May 10, 8:00 a.m.; May 24, 6:00 p.m.; June 14, 8:00 a.m.; June 28, 6:00 p.m. Contact Susi Petta, 712-9539 or Becky Baumbach, 239-0221 for questions.

# Children and Youth Ministry

## Summer Camps

Registration Open for  
Good Shepherd Summer Day Camps  
Ages 3 through 5th Grade  
Register at: [www.gslcwi.com](http://www.gslcwi.com)



### Morning VBS

June 18 - 21  
9:00 - 11:30 a.m., Verona  
Age 3 - Completed  
1st Grade

### Camp Create It

July 30 - Aug 2  
9:00 am - 12:00 p.m.,  
Madison  
Completed K -  
5th Grade

### Evening VBS

Aug 6 - 9  
5:30 - 7:30 p.m., Madison  
Age 3 - Completed  
4th Grade

### Faith & Fitness Camp

July 23 - 26  
9:00 - 11:30 a.m., Verona  
Completed  
K - 5th Grade

*No Camper Left Behind: We want all children to be able to experience the joys of summer camp. Full or partial scholarships available. Simply mark scholarship on your registration payment.*

## Youth Helpers needed for Summer Day Camps

5th grade and older can help with VBS; 6th and older can help with all Summer Camps  
Register at: <https://goodshep.breezechms.com/form/summeryouthvolunteer>

Youth Helper Training Day:  
June 3, 5:00-6:00 p.m., Verona Campus  
Or  
June 12, 6:00-7:00 p.m. Verona Campus  
Questions, contact Joanne Zastrow  
[jzastrow@gslcwi.com](mailto:jzastrow@gslcwi.com)

## BAPTISM CLASS

### Baptism Class

Instruction for Holy Baptism is available to anyone wanting to be baptized or have their child baptized. All ages are welcome. Learn about why, when and how we perform Baptism at Good Shepherd. Our next class will be held on Thursday July 12 from 6:00 – 7:30 p.m. at our Madison Campus. Childcare is provided. Register online for class at <https://goodshep.breezechms.com/form/baptismclass> and contact Katie Wagner with questions about baptisms and the class: [kwagner@gslcwi.com](mailto:kwagner@gslcwi.com) or 271-6633.



### Summer Playgroup: A time to Connect and Play

Playgroup is held on Wednesdays from 9:15 – 10:45 a.m. June 13 & 20; July 11 & 18; August 8 & 15 in the Gym and Playground at our Verona campus. Moms, dads and caregivers are invited to come and connect and support each other while your kids play. No cost or signup required, stop by as your schedule allows. Available for infants through kindergarten. Contact Katie Wagner with questions [kwagner@gslcwi.com](mailto:kwagner@gslcwi.com) or 271-6633.



Verona Children's Choirs celebrated a wonderful school year of praising God. Watch for musical pop-ups during worship this summer, where kids can easily join by leading praise songs.



## AMPED



### Confirmation

### Senior High

### Adopt a Traveler

We are looking for 50 individuals or families to adopt one of our youth or adults traveling to the ELCA Youth Gathering in Houston this summer. You will receive the name, picture, and bio of a traveler who you can pray for as they travel. You can also send along with them special notes, cards, or treats to encourage them on the journey. This is a fun and meaningful way to connect with a particular young person in our congregation and a necessary part of our life together. If interested please email Sarah Iverson at [saiverson@gslcwi.com](mailto:saiverson@gslcwi.com) or Diane Kohrs at [dkohrs@gslcwi.com](mailto:dkohrs@gslcwi.com)

## Church School Offering Update – Many Thanks for Your Giving!

Thanks boys and girls and parents for making this another great year for church school offerings. As of May 13, the offerings total \$2,470.34!!

This summer the children's offerings will continue to serve God's children at the Good Shepherd Clothes Closet in buying new shoes, socks and undies **and** to help pay for the Feed My Starving Children mobile pack coming again to Good Shepherd in 2019.

The large bucket will be at the front of the sanctuary for the children to drop in their offerings (loose change or in their offering envelopes). Children may also stay in their seats and place their church school offering envelopes in the offering plate when passed. If needed, there will be children's offering envelopes on the counter in the lobby.

Thanks girls and boys and parents for helping to "Fill the Bucket" this summer!

# Worship Arts

## Summer Chorale (Madison Campus)

Throughout the month of June, EVERYONE (that's you!) is invited to sing in the Summer Chorale at the Madison Campus. Simply meet at 8:00 a.m. for a brief rehearsal and share it for worship (8:30 and 10:00 a.m.) the same Sunday. If you've been contemplating joining the GS Choir or have been

wondering what it might be like, this is a great opportunity for you to give it a try. New voices of all ages are welcome! Contact Jared Stellmacher ([jstellmacher@gslcwi.com](mailto:jstellmacher@gslcwi.com)), if you're interested, or if you have any questions.

*Please note: On Sunday, June 3, "Mission and Vision Sunday," there will be only one worship service at the Madison Campus at 9:30 a.m. and 9:00 a.m. at the Verona Campus. On this Sunday only, the Summer Chorale will meet to rehearse at 8:45 a.m.*



## Summer Music Opportunities

Summer is the perfect time to consider sharing your musical talents in worship! Play or sing a solo, team up on a duet, sing in the choir or a worship band. There is an opportunity for everyone! If you're interested,

contact Jared Stellmacher, [jstellmacher@gslcwi.com](mailto:jstellmacher@gslcwi.com). Specifically, Echoes of Grace, the 10:30 a.m. worship band at Verona Campus, is seeking another drummer, bass player, and electric guitar player – although all musicians are welcome. Contact Tracy Dahl, [tdahl@gslcwi.com](mailto:tdahl@gslcwi.com) for more information.

## Handbell Ringers Attending Minnesota Festival

Did you know that a delegation of handbell ringers from Good Shepherd are off to Rochester, Minnesota for the Handbell Musicians of America Area 7 Festival Conference (June 22-24) Seven Ringers (Briana Grove, Kris Lee, Anne Meyer, Char Mueller, Helen Sheahan, Jeanne Storm, and Joanna Storm) will join over 500 other bell ringers from five states for three days. While there, the group will listen, learn, practice, and be immersed in handbells and great fellowship. We pray for their safe travels and bless their music making together.

## Outdoor Summer Worship at Verona Campus

Mark your calendars! On Sundays, June 17, August 5, and September 9, we will enjoy the beauty of God's creation as we worship outdoors (weather permitting) at the Verona Campus for 10:30 a.m. worship. There are many logistics to make this possible. If you're able to help with setup and teardown needs, please contact Diane Kohrs, [dkohrs@gslcwi.com](mailto:dkohrs@gslcwi.com). Many hands make light work.

## 2 Corinthians Summer Sermon Series - Strong and Courageous: Living Your Faith Wherever You Are

Beginning in June, we will launch a six week sermon series on "Living Your Faith Wherever You Are." This series, based on the lectionary Epistle texts from 2 Corinthians, which speak about the realities of life and the unbreakable faith that sustains us through all times. The series has been planned rotationally meaning the sermon/preacher at the Madison Campus will give the identical message at the Verona Campus the following week. "For we walk by faith, not by sight." (2 Corinthians 5:7)

### Living to serve

June 3 – Madison  
June 10 – Verona

### Living renewed

June 10 – Madison  
June 17 – Verona

### Living confidently

June 17 – Madison  
June 24 – Verona

### Living honestly

June 24 – Madison  
July 1 – Verona

### Living generously

July 1 – Madison  
July 8 – Verona

### Living powerfully

July 8 – Madison  
July 15 – Verona

## LONELINESS

### Mental Health Tidbits

This column is to help Good Shepherd members be proactive about their mental health . This month's topic is **LONELINESS**.

It is common after a major loss, i.e. divorce or death, to have an increase of loneliness in our life. However, even if we have many people around us daily, or a lot of "friends" on Facebook, or are in a long term relationship, we can still experience a deep and pervasive sense of loneliness.

Loneliness is a lack of a feeling of closeness in our relationships. Surprisingly, loneliness can have a serious detrimental effect on our mental and physical health, and it is on the rise in the USA. In the 1980's, social research reported it to be 20% but by 2010 it had doubled to 40% of the population. And that's with the invention of social media. Researchers have found that on-line communication does not stimulate the needed brain chemicals (endorphins) that ease our emotional pain and enhance our well-being. Only face to face contact with others can do that. I recommend you log off the internet at regular intervals and instead try a more in depth interaction face to face with someone of your choice.

If you are feeling lonely in your life, you could try joining a small group or volunteering. There are many opportunities at church where you can connect with others and be rewarded over time with a new Christian set of friends. We all need to be understood and valued by others which then brings about that desired feeling of closeness we crave and dispels loneliness. It is in your control to create deeper connections in your life.

Linda Pettersen, LCSW  
Samaritan office ph# 608-663-0763 x380



### BYFY Rummage Sale

The annual BYFY Rummage sale is coming at the end of the month. There are many ways for you to support this youth fundraiser. Make a donation of items, volunteer on a collection evening, work at the sale, and of course – come shop! Donations will only be accepted May 29 – 31 from 5:00 – 8:00 p.m. at the Verona Campus. The sale is Friday, June 1, from 8:00 a.m. – 2:00 p.m. and Saturday, June 2 from 8:00 a.m. – 12:00 p.m. All proceeds collected will help with sending our youth to the National Youth Gathering this summer. This is a fun place to volunteer as a family or small group and a great outreach to the community.

Sign-up at <http://signup.com/go/JfUUZip>

### A Big Thank You

Both Good Shepherd "Church Snack Ladies," as the students at Orchard Ridge have named us, would like to thank the members of Good Shepherd for your support of the Adopt-A-School Snacks program. When we deliver the snacks, we are greeted with excitement by office staff, students, and Principal Becky Kundart and teachers. Good Shepherd is making a difference at Orchard Ridge.

*Rhonda Anderson and Susan Sullivan*



# Good Shepherd

LUTHERAN CHURCH ELCA

**Madison Campus**  
5701 Raymond Rd.  
Madison, WI 53711-4231  
608-271-6633

**Verona Campus**  
7291 County PD  
Verona, WI 53593  
608-845-8955

**Fax 608-271-2657**  
administration@gslcwi.com  
www.gslcwi.com

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Madison, WI  
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**OUR MISSION**  
**You're Invited & Welcomed**  
We invite and welcome all people to worship God, grow in faith through the Holy Spirit, and serve others in Jesus' name.



**Madison Campus**  
Sunday 8:30 a.m. & 10:00 a.m.  
Traditional Service

**Verona Campus**  
Sunday 9:00 a.m.  
Blended Service

Sunday 10:30 a.m.  
Contemporary Service

Sunday 6:00 p.m.  
The Deep - Blended Evening Service

*Nursery available each worship time at both campuses. Children's Church School (Sept-May) available each worship time at 8:30, 10:00 a.m. at Madison and 9:00, 10:30 a.m. at Verona.*

Lead Pastor Chris Enstad  
Pastor Sheryl Erickson  
Pastor Dara Schuller-Hanson  
Pastor Joe Brosious