The Messenger
November 2018

Good Shepherd
LUTHERAN CHURCH

Giving Thanks

Expressing Gratitude to God through acts of Giving

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Pastor's Note

A Season of Gratitude

Rev. Chris Enstad
Lead Pastor
censtad@gslcwi.com

Solomon's Temple was a great architectural wonder of the world.

It stood in Jerusalem for about 410 years until it was destroyed by the Babylonians. Many of us know that Solomon built the temple and that's why it carried his name but the temple was *originally* planned by King David who had a vision of a temple filled with such beauty and wealth as a place to meet and worship God. The fundraising was so hugely successful that the temple leaders even outraised the king himself!

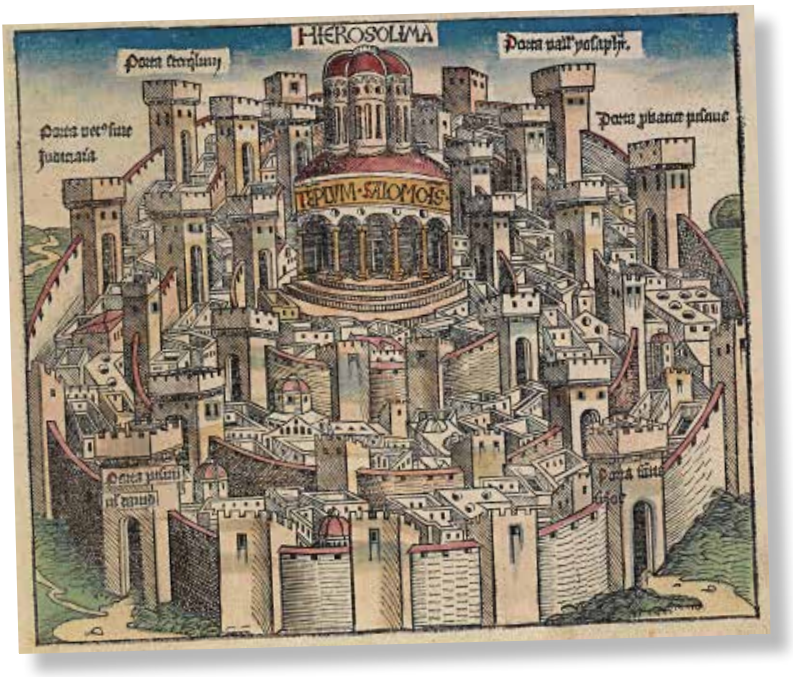
David rejoiced at the generosity of his people giving back to God. But then he did an interesting thing. David blessed the Lord in the presence of the assembly. It has always struck me as an amazing statement of faith that the leader of Israel turned from the gifts of his people to say "thank you" to God first. He thanked God for the riches of creation, for the wonders of God's power, and for the strength that God gave Israel to accumulate so much wealth in the first place.

David continued, "But who am I, and what is my people, that we should be able to make this freewill offering? For all things come from you, of your own have we given to you."

Giving Thanks & Praise to God

Riches and honor come from you, and you rule over all. In your hand are power and might; and it is in your hand to make great and to give strength to all. And now, our God, we give thanks to your and praise your glorious name.

1 Chronicles 29: 12-13



Above: 15th Century Illustration of Solomon's Temple

In this month of Thanksgiving, a season of gratitude in our culture, I rejoice at the gifts that we bring to the altar of God. I join you in confessing, "Who are we to even be able to make gifts like these?"

We are God's people, baptized and commissioned to join in God's work in the world. Thank you for all of the gifts you bring to the Lord's Table. Let us listen for God's voice as we continue the work of Good Shepherd Lutheran Church in our community, in our world, and to each other.

Alleluia! Alleluia!

Chris Enstad

Hospitality

Baptisms

Ava Rose Steinhauer, daughter of Randall (Randy) Steinhauer II & Arya Tenzin Steinhauer

Cameryn Lee Schwoegler, daughter of Amanda & Ryan Schwoegler

Bryn Anna Christie, daughter of Patti & Brian Christie.

Finley Wayne Spreeman, infant son of Meagen & Nathan Spreeman

Holley Hall, daughter of Jennifer and Anthony Hall

Hans Calvin Osterholz, son of Katie and Trent Osterholz

Births

Daughter, Olivia Sue, born September 26, 2018 to Rebecca and Greg Thelen, Sue & Eric Poole, grandparents, Barb & Bob Herbsleb, great-grandparents

Weddings

Russell & Crystal Schmidt, married Sept 22, 2018

Brianna Hudzinski & Joseph Cruz, married Oct 20, 2018

Christian Sympathy to:

Mavis Ebbe in the death of her brother, John Pritchard, Madison, WI, September 23, 2018.

The Van Woelderen Family in the death of Ed Van Woelderen in Madison, WI, October 20, 2018.

The Hannon Family in the death of Jerry Hannon in Madison, WI, October 16, 2018.

LUTHERAN WORLD RELIEF QUILTS

Blessed & Sent

On Sunday, October 7th we blessed the 60+ quilts that were made by members of Good Shepherd that are now on their way to places of need around the globe.

Lutheran World Relief

Prayers

* denotes new request

Clara Ann Hill, heart problems, mother of Laura Woodward*

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

Kathy Angerman, cancer

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

Phil, friend of Randy Dahlinger, prostate cancer

Virginia Rios, cancer has returned on lung

All prayer requests are listed for two months.

Prayer Requests

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 The Messenger at communications@gslcwi.com

If you would like a friend or relative remembered in prayer, contact Prayer Chain Coordinator Barbara Herbsleb at 271-2119

This Month at Good Shepherd Lutheran Church

November 2018

M: Madison **V:** Verona **O:** Offsite

View Full Calendar Online
gslcwi.com/events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:30 Worship M 9:00 Worship V 10:00 Worship M 10:30 Worship V 6:00 Worship V	29 6:30 p.m. Good Shepherd Board Meeting (M)	30 8:30 a.m. /6 p.m. Holy Yoga (V) 7:00 p.m. Wine & Word (O)	31 7:00 a.m. Men's Bible Study (M) 1:00 p.m. . Soul Food Bible Study (M) 5:30 p.m. Trunk or Treat!	1 Food Pantry & Clothes Closet (M)	2 6:30 a.m. Friday Men's Group (V) 7:45 a.m. Live at 745 Bible Study (M) 7 p.m. Augustana Orchestra	3 8:00 a.m. Men's Bible Study (M) Fall Church Cleanup (M+V) 9:30 - Noon 9-11 a.m. Job Transition Group (M)
4 8:30 Worship M 9:00 Worship V 10:00 Worship M 10:30 Worship V 6:00 Worship V	5 7:00 a.m. Men's Bible Study (M) 7:00 p.m. Shared Leadership Taskforce (M)	6 8:30 a.m. /6 p.m. Holy Yoga (V) 7:00 p.m. Wine & Word (O)	7 12 p.m. PrimeTimers(M) 1:00 p.m. Soul Food Bible Study (M)	8 Food Pantry & Clothes Closet (M)	9 6:30 a.m. Friday Men's Group (V) 7:45 a.m. Live at 745 Bible Study (M)	10 8:00 a.m. Men's Bible Study (M)
11 8:30 Worship M 9:00 Worship V 10:00 Worship M 10:30 Worship V 6:00 Worship V	12 9 a.m. Ruth Circle 6:30 p.m. Ukulele Group (M)	13 8:30 a.m. /6 p.m. Holy Yoga (V) 7:00 p.m. Reconciling in Christ Task Force (M)	14 1:00 p.m. Soul Food Bible Study (M)	15 Food Pantry & Clothes Closet (M)	16 6:30 a.m. Friday Men's Group (V) 7:45 a.m. Live at 745 Bible Study (M) High School Retreat	17 8:00 a.m. Men's Bible Study (M) 9-11 a.m. Job Transition Group (M)
18 8:30 Worship M 9:00 Worship V 10:00 Worship M 10:30 Worship V 6:00 Worship V	19 7:00 a.m. Men's Bible Study (M) 12:30 p.m. Card Ministry (M)	20 8:30 a.m. /6 p.m. Holy Yoga (V) 9:30 a.m. Sarah Circle (M) 7:00 p.m. Wine & Word (O)	21 1:00 p.m. Soul Food Bible Study (M) 1:30 p.m. Naomi Circle (O)	22 Food Pantry & Clothes Closet (M) 7 p.m. Thanksgiving Eve Worship (M)	23 6:30 a.m. Friday Men's Group (V) 7:45 a.m. Live at 745 Bible Study (M)	24 8:00 a.m. Men's Bible Study (M) 7:00 p.m. Brass Concert (M)
25 8:30 Worship M 9:00 Worship V 10:00 Worship M 10:30 Worship V 6:00 Worship V	26 6:30 p.m. Church Board Meeting (M)	27 8:30 a.m. /6 p.m. Holy Yoga (V) 7:00 p.m. Wine & Word (O)	28 1:00 p.m. Soul Food Bible Study (M)	29 Food Pantry & Clothes Closet (M)	30 6:30 a.m. Friday Men's Group (V) 7:45 a.m. Live at 745 Bible Study (M)	

FALL CONCERT SERIES

Augustana College Symphonic Orchestra Coming to Good Shepherd on November 2 Can you Host a Musician?

On Friday, November 2, we welcome the 75 member Augustana College Symphonic Orchestra from Rock Island, IL to Good Shepherd for a concert at 7:00pm at the Madison Campus. Your help is needed! Please contact Diane Kohrs at dkohrs@gslcwi.com or signup online by visiting **gslcwi.com/augustana** if you are able to house two (or more) students Friday evening and/or help with providing/serving a taco bar dinner before the concert. The concert is free and open to the public. A freewill offering will be collected supporting the orchestra.

THANKSGIVING EVE

Worship Together Before Thanksgiving

Join us in giving thanks and celebrating the abundant blessings of God at our annual Thanksgiving Eve Worship service held on Wednesday, November 22 at 7:00 p.m. at the Madison Campus. Choir, brass, organ, and handbells will combine as we raise our Thanksgiving praise. Time for fellowship will follow while enjoying pie, cider, and coffee.

SAVE THE DATE

Annual Christmas Concert December 8th

Director of Worship and Music, Jared Stellmacher, and former director, Ben Johnston-Urey team up for an all "duet" concert entitled: "Christmas Tapestry;" classical and contemporary Advent/Christmas favorites. They will be joined by the Good Shepherd Choir and others. Be sure to invite your friends and don't miss out on this wonderful way to highlight the season through music!

Family Choir Returns!

Find out more on Page 6

UPCOMING CONCERT

Singer-Songwriter, Speaker, Clinician, and Composer: Tony Memmel Coming to Good Shepherd

Tony Memmel, a native of Waukesha, WI, is a nationally renowned singer-songwriter with a unique charisma and creativity. He was born missing his left forearm and taught himself to play the guitar, piano, and harmonica. He was invited to speak at the ELCA National Youth Gathering in New Orleans and has earned write-ups and features in the Associated Press, CNN, Boston Globe, Milwaukee Journal Sentinel, Chicago Tribune, and WSMC-Nashville. His extensive independent touring experience has taken him to 45 states and 10 countries worldwide.

We are blessed to have Tony with us at Good Shepherd as he partners this season with the Madison Youth Choirs as Artist in Residence. Join us for an incredible evening sponsored by our Worship and Music and Confirmation Ministries, on Tuesday, December 4 at 6:30 p.m., Tony will share his original music and stories about his mission work around the world: overcoming adversity, vocational craftsmanship, artistic integrity, entrepreneurial spirit and faith testimony. There's no admission cost, and it's open to the public.

CHURCH SCHOOL UPDATE

3rd-5th Graders Using Hobbies, Gifts & Interests to Serve God

This year the 3rd-5th grade church school students are learning how members of Good Shepherd are using their hobbies, gifts and interests to serve others and serve God. Students at Verona Campus learned about the Food Pantry Garden ministry and we're able to help harvest in September. In October they learned how the women of the Norma Jean Quilting Ministry are using their love of quilting to serve Lutheran

World Relief (LWR). The students created designs on quilt squares that will be sewn into a quilt for LWR. At Madison campus, Susie Cramer from the Card Ministry shared about the work being done with their group. Kids crafted "Thinking of You" cards that will be used during home communions and hospital visits. Coming up in November, students will learn more from high school student, Alyssa Brinkman and her passion for serving through Feed My Starving Children.

AMPED Heads-Up: Thanksgiving Break

Just a reminder that AMPED will take a break the week of Thanksgiving (November 20th & 21st) in anticipation of the holiday. We know that there are plenty of opportunities for sacred spaces during the holiday, whether through Thanksgiving Eve worship (followed by pie) or around the table with family sharing about the things for which you are thankful.

Still time to Register for Fall High School Retreat

November 16-18th we'll be up at Sugar Creek Bible Camp for a great weekend filled with games, social time, storytelling, hiking, rest, devotions, and just being together. Find the registration on the high school ministry page and return it to Sarah or Becca by November 8th. Contact Becca Mortensen at bmortensen@gslcwi.com with questions.
We want to see you there!

Join us for Church School Anytime

Church School is available at all morning worship services for children age 3-Grade 5 - 9:00 & 10:30 a.m. at Verona; 8:30 & 10:00 a.m. at Madison. Register anytime at **gslcwi.com/church-school**

Wednesday Play Group at Verona

Moms, dads and caregivers are invited to come, connect, support each other while your kiddos play. Coffee, toys & play equipment provided. No sign-up required. Come when you can! It's open every Wednesday in the Verona campus gym. (excluding November 21, December 26 and March 27) 9:15 – 10:45 a.m.

Baptism Class

Our next baptism class will be held Thursday November 8, 6:00 – 7:30 p.m. in the Madison Campus Lobby. Instruction for Holy Baptism is available to anyone wanting to be baptized or have their child baptized. All ages are welcome. Childcare is provided. Register for the baptism class at www.gslcwi.com. For questions about the class or baptism, please contact Katie Wagner at kwagner@gslcwi.com

HOLIDAY MUSIC OPPORTUNITY

Sing with the Family Choir

Children, Parents, Siblings, Grandparents, Aunts, Uncles and anyone you call "family" are invited to combine your voices for an inter-generational choir. Sing together for Christmas and Easter! Upcoming Rehearsals: Thursday, Nov 29, Dec 6, Dec 20, 6:15-7 p.m., Verona Campus. Sing for Dec. 24 Christmas Eve Family Service, Verona Campus, 10:30 a.m. (arrive at 9:30) Contact Beth Marshall for more information and to sign up! bmarshall@gslcwi.com

THANKSGIVING MEAL

Demonstrating Thankfulness through Serving

On Thanksgiving Day, November 22, at the Madison Campus, from 11:00 a.m. to 1:00 p.m. Good Shepherd will again host a free traditional Thanksgiving Meal with all the trimmings for its members and friends in the community. This event would not be possible without the generous donation of service, time and food that helps give members of our community a warm and welcoming Thanksgiving experience.

Key Volunteer Roles Needed

Pastor Sheryl is looking for an additional Kitchen Coordinator from 9:30 a. m. – 12:30 p.m. and Leftover delivery people at 1:30 p.m. on Thanksgiving Day. If you would enjoy directing people as they volunteer, contact Pr Sheryl directly at serickson@gslcwi.com or 271-6633, x1070.

Would you like to help serve at the meal?
Sign up has begun! We're using SignUp to help organize the sign ups of our volunteers this year. Here's how it works in 3 easy steps:

1) Type in this address for our invitation page on SignUp: http://signup.com/go/KxyLsAc

2) Review the options listed and choose a spot

3) You will NOT need to register an account or keep a password on SignUp.com and they will not share your email address with anyone.

Would you like to provide food?
Contact Diane Kohrs at dkohrs@gslcwi.com. You may also call the church office at 271-6633 if you need assistance.

Women's Ministry

FALL RETREAT

Finding Renewal At Bethel Horizons

We had 13 women attend RAFT (Renewal, Art, & Fellowship Time) this year's Good Shepherd Women's Ministry Retreat at Bethel Horizons Camp on October 5-6. We spent time in Bible study, coloring and creating bookmarks, and creating pinch pots in Bethel Horizon's pottery studio with their art director, Jennifer Mally. Thank you to the Women's Ministry planning team and to all who attended!

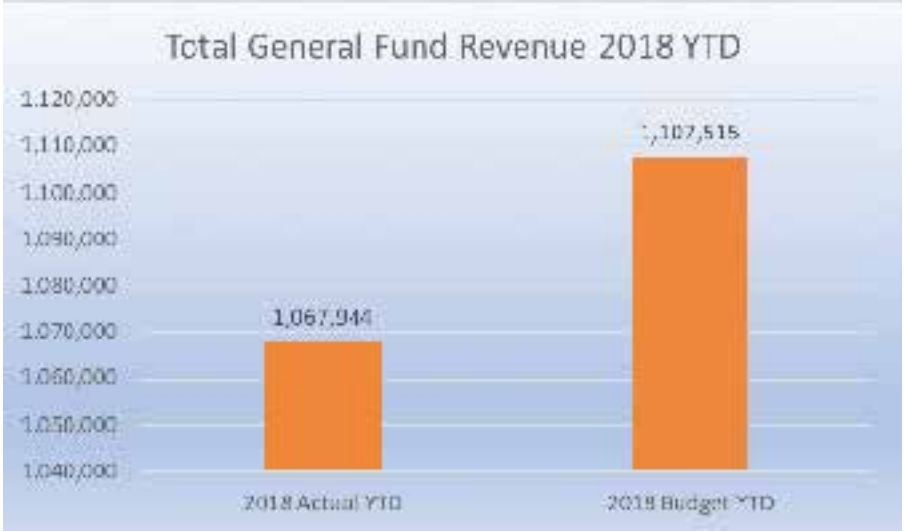
FELLOWSHIP

Experience Advent by Candlelight

During the season of Advent when we are busy preparing for Christmas, we invite you to pause and join us in the candlelight for an evening of dessert and reflection on **Monday, December 10 from 6:30-8:00 p.m.** All women are invited- bring a friend! Childcare provided. We want to make sure we have a place at the table ready for you- please register at gslcwi.com. Want to host a table? Include that in your registration.

FINANCE

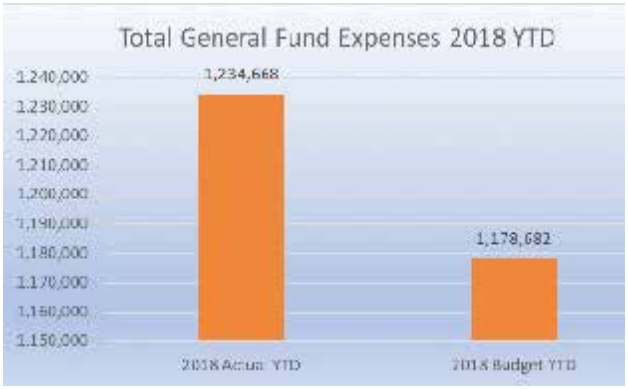
Monthly Financial Update



As fellow faithful and active stewards of the funds that are pledged to Good Shepherd Lutheran Church, the Finance Committee continues to provide the congregation with a monthly snapshot at the Church's financial position.

This summary provides information to you through September 30, 2018 for the General Fund. As we enter the last quarter of 2018 and begin the process toward preparing for 2019, we still show an overall income shortfall in the year to date budget and show a year to date operating deficit. Our income has continued to lag our budget expectations. The Church Board prepares an annual budget based on the Intent to Give Cards that are received each year that cover the expenses of the church for January thru December. As you can see from the graphs on this page, we are behind budget on our income and our current year to date loss is $184,118, although it is offset by the $70,990 given last year for 2018. Please consider fulfilling your 2018 Intent to Give so the church does not enter 2019 with a deficit.

Current Revenue Shortfall Overall Compared to Budget YTD **$31,542**



Pleas note: $184,118 deficit offset in part by $70,990 given last year for 2018.

GENEROSITY

Thank You.

The Generosity Team thanks you so much for supporting our efforts with this year's emphasis on Belonging! People shared marvelous stories of what it means to them to Belong to Good Shepherd and how that sense of Belonging motivates them to share Joyfully. Giving of our financial resources is one way we demonstrate how we all belong with one another so that others too can learn of God's love and grow as followers of Jesus.

The Generosity Team encourages you to participate, if you have not already done so, by sending your message of Belonging and support through turning in your Intent to Give card. It's never too late to show how you Belong at Good Shepherd!

THANK YOU!

Creation Care

FOOD PANTRY GARDEN

Giving Thanks for the First Season!

God is so good! We have seen that through our first growing season at the Good Shepherd Food Pantry Garden! Our garden produced over 1500 lbs. of produce including peas, beans, squash, zucchini, cucumbers, sweet corn, mini watermelons, beets and radishes. We had over 150 people come out to the garden to volunteer, including 4th and 5th graders from our Church School program, youth from other states on mission trips to Madison through Next Step Ministries and adult members of our church. We had a small group of dedicated garden team volunteers who helped plan and did a majority of the garden work this summer- thank you to them especially. A member helped us get Thrivent Action Team funds to help purchase garden tools. Others have donated seeds, tools and a tiller. We worked in cooperation with the Creation Keepers team to get a compost system up and running. We celebrated the end of our harvest at our potluck Harvest Dinner on October 7, 2018. The highlight of our garden this year is our giant pumpkin! If you want to be a part of the garden team, please contact Pastor Dara at dschuller@gslcwi.com !

Pastor Dara Schuller-Hanson

Committee Update

GOOD SHEPHERD FOUNDATION

Gifts to the Foundation Support Many Opportunities

Gifts made to the Good Shepherd Foundation are invested and a percent of the fund value (currently 4.5 percent) is available each year to support ministries not part of our normal operating budget.

Brenda Wilcox
Good Shepherd Foundation

With generous gifts received to date, grants supported have increased from $44,135 in 2014 to $78,848 in 2017. We are anticipating total grants supported to exceed $90,000 in 2018. In 2017, we were able to provide camp scholarships for Day Camps, Pine Lake and Sugar River to 95 youth. The Foundation supported ten summer interns who managed day camps and supported various neighborhood activities. Ten Good Shepherd members received scholarships to attend ELCA colleges and seminaries. Over $13,000 in gifts were given to our food pantry and clothes closet. We were also able to support part of the cost of the Joshua Project, helping to set Good Shepherd's future vision/mission. Thank you for your support of the Foundation!

CREATION KEEPERS

What difference does a plastic straw make?

Tim Hughes
Creation Keepers Committee

I was at a luncheon meeting the other day and ordered a soda. I forgot to request "no straw" which I try to do at restaurants, so my drink came with a straw. Later in the luncheon, the waiter brought me another full glass of soda, and another straw! I looked around the table and saw that it happened to everyone else.
A little Internet research came up with some big, but unsubstantiated numbers – 500 million straws used each day in the U.S.; 500 million plus in Australia; 8.5 billion in the U.K. Whatever number you take – that's a lot of straws that are used in the world and thrown away after one use. Here are a few verified statistics about straws:
It takes 1 minute to manufacture a straw. It is used an average of 10 minutes. It takes about 100 years to decompose. Straws get into our waterways and eventually find their way to the oceans. And I'm sure you have seen news about all the plastic in our ocean.
So, what can you do? The simplest thing to do is just don't use straws. When you are out to eat, just tell your waitstaff that you don't need a straw. If you use straws at home, try buying reusable ones. And encourage restaurants you frequent to start using compostable straws.
When compared to other wastes, straws may seem like insignificant contributions to landfills. Often, disposing of a straw is more of an afterthought. However, creating a sustainable environment is not strictly about the objects we use or dispose of. Rather, our habits, including the way we use straws, reflect our environmental values and indicate how successful our sustainability efforts can be. Examining consumption issues from the core is key in understanding how to change for the better. Every little bit helps.

FEED MY STARVING CHILDREN

MobilePack event returns to Good Shepherd this February!

Mark your calendar for the next FMSC MobilePack hosted by Good Shepherd on February 22-23, 2019 at the Verona campus. Since 2012, Good Shepherd families along with the community have packed over 600,000 meals for kids and families in the neediest areas of the world. In early November, we'll be talking with the Church School children about the impact that FMSC has around the world, how much fun it is to volunteer and how important it is to raise money to pay for the food that will be packed. In addition, on Sunday, November 18 and Wednesday, November 21 (Thanksgiving eve) a special offering will be collected to help fund this event. Our goal is to raise nearly $30,000! Donations can be made directly at **https://give.fmsc.org/verona** OR mail a check to Feed My Starving Children, MobilePack 1902-222au, 401 93rd Avenue NW, Coon Rapids, MN 55433

ADVENT FAMILY FUN

Gingerbread House Workshop on Monday December 3

The annual Gingerbread House Workshop for all members and their friends will be Monday, December 3, 6:30 to 8:30 p.m. at the Madison campus. MAKE YOUR OWN gingerbread and frosting at home OR BUY PRE-MADE gingerbread and frosting on your own and bring it to the workshop. Please sign up in the office at either campus by Thursday, December 1. The cost is $5 per house or per family if a family is making more than 1 house. This includes decorations and cardboard base. Recipes and instructions are available when you sign up. One adult is recommended for each child 5 and under. Volunteers are needed for set up, clean up, and during the event. If you are interested in helping, please call Helen Sheahan at 692-7553 or email sheahan1@sbcglobal.net.

Do You Love Helping Kids Learn?

Orchard Ridge Elementary School (ORE) is seeking classroom and tutor volunteers during the school day. If you have an hour or more a week to share, and if you want to read or work on math with a student or help the classroom teacher in other ways, this is the opportunity you may be looking for. Online sign-up is easy! Use this link to volunteer at Orchard Ridge Elementary (Good Shepherd's adopted school, near the Madison Campus): **https://appgarden6.app-garden.com/VolTrackWI3269.nsf**

Women's Event with Badger Prairie Needs Network

Women please join us on Thursday, November 1, at Verona Campus to hear Marcia Kaisieta, the director of Badger Prairie Needs Network, share about the food pantry in Verona. Marcia will be talking about the current programs as well as the work BPNN is doing with Verona social workers and the various needs they are working to address. Perhaps there is something we can do to help? We will meet in the Fellowship Room at Verona Campus beginning with Desserts and coffee/tea at 6pm with the talk beginning at 6:30pm. Please contact Diane Cali at dianecali437@gmail.com with any questions.

Red Cross Blood Drive

There will be a Red Cross Blood Drive on Saturday, December 8th at the Madison campus from 8:00 a.m. until noon. One of the best gifts that you can give at Christmas is the gift of life! Watch for more details in the bulletin insert and e-news for sign up!

Fall Campus Cleanup on November 3rd

All are invited to come and spend some time outside as we help steward our facilities well. We'll clean both campuses from 9:30 a.m. til Noon. Questions? Contact Facilities Manager Rick Thomas at rthomas@gslcwi.com or 608-271-6633.

PRIMETIMERS

Anyone 55+ is invited to join PrimeTimers, Wednesday, November 14, 2018 at 12 Noon in Peterson Hall, Madison Campus for our potluck meal together. Those whose last name begins N, S & W bring hot dish; K, L & M bring salad; P & R bring dessert. Please make sure each dish can serve 12+. If assigned to furnish food and unable to attend, contact Lynne Kroger at 271-6633x1080 or lkroger@gslcwi.com. Brenda Wilcox and Dean Nelson, Good Shepherd members, will share information about the Good Shepherd Foundation.

Lynne Kroger
Pastor's Assistant
lkroger@gslcwi.com

OWLLS

All widow/widowers are invited to join us at Copper Top, 5401 Schroeder Road, Sunday, November 11, 2018 for food, fun and fellowship. Please make your reservation with Lynne Kroger, 271-6633x1080 or lkroger@gslcwi.com by Thursday, November 8. Carpool from the Madison Good Shepherd parking lot at 11:30 a.m. or meet us there.

More ways to Serve our Neighbors

Good Shepherd Card Ministry Meets Next on November 19

Help Good Shepherd staff bring Christian caring to our congregation by crafting handmade cards. No past experience is needed and all materials are prepared. We hope you will join us! Our next meeting will be in The Good Shepherd Room at the Madison Campus on Monday, November 19, from 1:00-3:00 p.m. If you have questions, please contact Susie or Ruth at cardsministry@gmail.com.

Your Help is Needed with the HOFF Ministry

The HOFF (Household of Family Fund) is used to help members of Good Shepherd and community members who live in our Neighborhood Service Area with financial assistance. We help our neighbors with household assistance on a one time basis. Thanks for your continuing support of this very important ministry.

Shepherd's Hands

Shepherds' Hands will meet on Tuesday, November 20 from 6:30-8:00 p.m. in the lobby of the Madison campus.This group knits prayer shawls; hats and scarves for the clothes closet, schools, homeless shelters and for other needs. They are involved with other projects for the church and the community. Please join them for fellowship and knitting whether you are an experienced knitter or want to learn!

Mental Health Tidbits

Seasonal Depression

Here we are in the Autumn, and along with those crisp mornings and changing colors comes a type of Depression common to millions.

It is very common here in the Midwest due to the decrease in the amount of light and sunshine with the change in the season. The technical name is Seasonal Affective Disorder, or SAD for short. It is treatable by a medical professional, and often occurs at the same time every year. This self- diagnosable mood disorder is characterized by Depression and can last until the days lengthen in the Spring. To parents of a teen or a spouse in a household, the change in mood can be hard to live with. Common symptoms include fatigue, depression, hopelessness, and social withdrawal, but it is not uncommon to show loss of interest, anxiety, apathy and general discomfort with one's life. There can be changes in what are termed "vegetative signs" , i.e. sleep and appetite patterns. Many persons with SAD invest in light therapy by purchasing a special light to use daily to increase ones light exposure and relieve symptoms. Other treatments can be talk therapy and if needed medications. In my personal extended family there are at least 6-8 persons who have been diagnosed with this disorder and who undergo treatment beginning in the Fall. If you wish to know more about this common type of depression, ask your doctor or visit a qualified therapist.

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

Good Shepherd
LUTHERAN CHURCH

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

Sunday Services
8:30 & 10 a.m.

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

Sunday Services
9 a.m, 10:30 a.m., 6 p.m.

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

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FREE COMMUNITY EVENT

Trunk or Treat is Back!

The 7th Annual Good Shepherd / Orchard Ridge Elementary Trunk or Treat is happening on October 31st from 5:30 to 7:00 p.m.!

Kids from our church community and neighborhood are welcome to come and trick or treat in our Madison campus parking lot at 5701 Raymond Rd. Good Shepherd members are invited to register for the event and host a trunk to pass out candy or their item of choice.

This year we are partnering with teachers and parents from Orchard Ridge Elementary, as well as members of our Adopt-A-School program. Our goal is to have at least 30 trunks. Last year we had about 100 kids! Register by contacting Sarah Key at **skey@gslcwi.com**. In the event of inclement weather the event will happen in Peterson Hall and tables will replace the trunks. Hot chocolate and apple cider will be served out of the Holy COW.