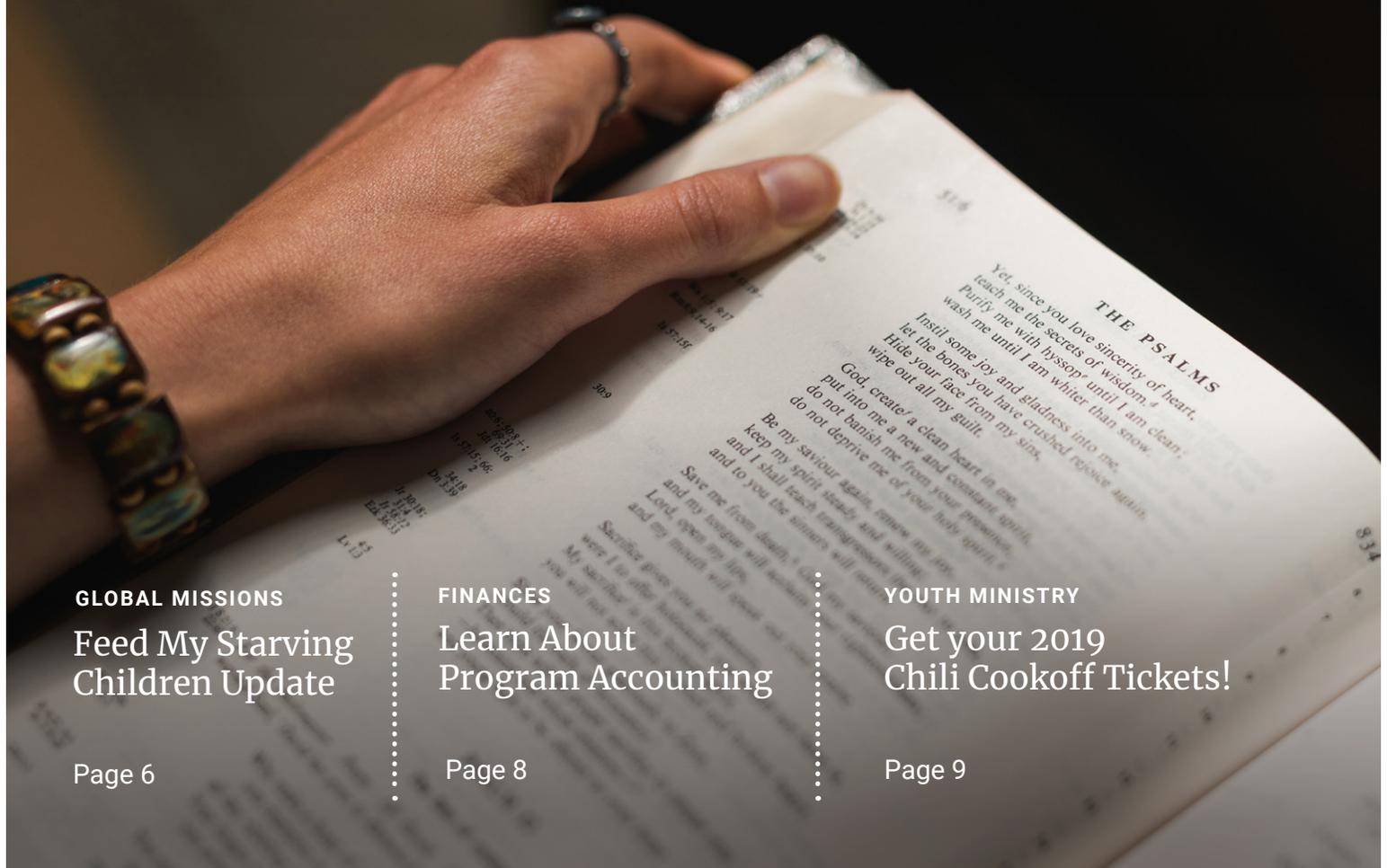


Songs of the Soul

A Lenten Journey through the Psalms

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Songs of the Soul

An Introduction to the Psalms and the themes that will shape our journey together through Lent at Good Shepherd over the coming weeks.



Throughout the ages the Psalms have been a helpful resource for conversation with God about the things in our lives and faith that matter most.

Originally crafted as hymns to be used in the communal and individual worship life of ancient Israelites, they provide a glimpse into the sacred narrative between God and God's people. These conversations cover the entire spectrum between profound praise and unspeakable anger and doubt. Martin Luther concluded that the Psalms articulated the whole gospel of God in a nutshell. John Calvin said they are an "anatomy of the soul," fully articulating every facet of the cost and joy of a life with God. There has always been a strong connection between music and faith. The Psalms were written over a span of five centuries, starting in the 5th century BCE. There were songs written for every festival and ritual in a place and time where religion, faith and life were intertwined in a way that is hard to fathom.

There are 150 Psalms in total included in the Old Testament. They are split into 5 books (1-41, 42-72, 73-89, 90-106, 107-150) and each book ends with a doxology (Ps 41: "Blessed be The Lord, the God of Israel, from everlasting to everlasting. Amen and Amen.") Within these five books we discover ten categories of Psalms. Hymns of Praise like Psalm 100: Make a joyful noise to the Lord! Thanksgiving Hymns, Psalm 32: Be glad you righteous, and rejoice in the Lord. Psalms of Individual Lament: Psalm

51: Have mercy on me, O God, according to your steadfast love! Community Laments like Psalm 126: Those who sowed with tears will reap with songs of joy! Wisdom Psalms, Psalm 1: Happy are they who do not follow the advice of the wicked. Trust Songs, Psalm 27: In the day of trouble, God will give me shelter. Royal Psalms of the King, Psalm 132: O Lord remember in David's favor all the hardships he endured. Zion Hymns, Psalm 46: God is our refuge and strength, a very present help in trouble. Finally, there are Royal Psalms of God as King like Psalm 29: The voice of the Lord is powerful! Theologian Walter Brueggemann describes the Psalms as the most crucial resource for a conversation with God. He divides the Psalms into three simple categories: Psalms of Orientation, Disorientation and Reorientation. Psalms of Orientation describe and articulate the joy, delight, goodness and reliability of God, creation and God's law (i.e. Trust psalms). Psalms of Disorientation focus on seasons where we experience hurt, alienation, suffering and death. These psalms describe our times in the darkest valleys. Psalms of Reorientation describe the turns and twists of life when we are overwhelmed by good fortune, joy and love. These songs speak of the beauty of coming back into a right relationship with God. Brueggemann describes how we move in a continuous cycle between these three categories in our lives of faith. This is the journey we will be on this Lenten season and we invite you to come and listen, to learn and to worship these "Songs of the Soul."

Lenten Opportunities, Practices & Experiences

To enrich our individual and communal experience of Lent Good Shepherd is offering the following opportunities for reflection, connection, and worship.

Weekly Worship

Each Sunday we will dive into a particular Psalm and explore the human experience it illuminates. In addition we will hear, sing, and experience the psalms in different ways throughout the season.

Additional Worship Experiences

Ash Wednesday

Ash Wednesday is when we begin our Lenten journey. During this service we are reminded of our humanity and our need for redemption. Services will be held at both campuses at 7:00 P.M. with an additional 12:15 P.M. service at the Madison Campus.

Psalms and Soup

Join us Thursday, March 28th at the Madison Campus. A light soup dinner will be available at 6:00 P.M. with worship beginning at 6:30. The service will involve experiencing the psalms in a variety of artistic ways – music, poetry, art, and stillness.

Psalms Around the Cross

On Thursday, April 4th at Verona Campus you are invited to come near the cross to light candles and pray or sit and be still as we hear the psalms read and sung. This is a uniquely personal and communal experience of worship for all ages. The event begins at 6:30 P.M. Light refreshments will follow.

Community Events

Shrove Tuesday Pancake Dinner

Everyone is welcome at the Madison Campus on March 5th from 5:30 – 7:00 P.M. for a delicious and festive feast before we head into the season of Lent.

Personal and Group Devotional & Reflection Opportunities

Lenten Devotional Booklets

This booklet is a rich collection of stories from our members about songs that have been meaningful to them on their journey of faith. These devotions will also be available daily on our Lenten webpage. This is a great way to start or end your day and a wonderful family devotional tool.

Spotify Playlist

This playlist includes the songs written about in our devotion and is a great way to hear new songs and voices. This is perfect for walks, drives, and dinner music.

Lenten Podcast

Each Thursday check out a new episode of our podcast. The podcasts will include a brief commentary on the Psalm for the week, highlight a particular devotion, and conclude with scripture and song. It's great content for family devotions and a perfect length for your commute!

Sacred Space

The Verona prayer chapel is available for you to come in and find space and suggestions for prayer. Or simply stop in to be still and listen. Stay as long as you like and come as often as you like. This is a great daily or weekly habit.

Education Opportunities

Confirmation for Adults

Learning about your faith as a young person is important and meaningful, but how many of us adults still have questions about the Christian faith and our Lutheran tradition? Join Pastor Dara each Wednesday from 6:30 to 8:00 P.M. at the Madison Campus for an informative and causal exploration of who we are as Lutherans. All adults are welcome regardless of your previous religious education, or lack thereof – regardless of the amount or variety of your previous religious education. A great way to grow your understanding, meet other members, and explore your own faith.

An intentional journey through Lent can help us more fully celebrate and embrace the Good News of Easter. We look forward to gathering with you throughout this season beginning with Ash Wednesday.

Get resources and learn more at gslcwi.com/lent

M: Madison V: Verona O: Offsite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:30 A.M. Friday Men's Group (V) 7:45 A.M. Live at 745 Bible Study (M)	2 8:00 A.M. Men's Bible Study (M) 9:00 A.M. Job Transition Group (M) 9:30 A.M. DivorceCare (M)
3 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	4 5:30 P.M. Tree Lane Potluck/Garage Sale	5 8:30 A.M. /6 P.M. Holy Yoga (V) 5:30 P.M. Shrove Tuesday Pancake Dinner (M)	6 ASH WEDNESDAY 7:00 A.M. Men's Bible Study (M) 11 A.M. PrimeTimers(M) 12:15 Worship (M) 1:00 P.M. Soul Food Bible Study (M) 7 P.M. Worship (M/V)	7 Food Pantry & Clothes Closet (M)	8 6:30 A.M. Friday Men's Group (V) 6:30 P.M. CHILI COOKOFF (V)	9 8:00 A.M. Men's Bible Study (M) 9:30 A.M. DivorceCare (M) 9:30 A.M. Boy Scout Food Drive
10 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 11:45 OWLLS Lunch (O) 12 P.M. First Communion Class (M) 6:00 Worship (V)	11 7:00 A.M. Men's Bible Study (M) 6:30 P.M. Ukulele Group (M)	12 8:30 A.M. /6 P.M. Holy Yoga (V) 6:15 P.M. 6th Amped (M) 7:00 P.M. Wine & Word (O)	13 7:00 A.M. Men's Bible Study (M) 6:15 P.M. 7th/8th Amped (V) 1:00 P.M. Soul Food Bible Study (M)	14 Food Pantry & Clothes Closet (M) 6:00 P.M. Baptism Class (M)	15 6:30 A.M. Friday Men's Group (V) 7:45 A.M. Live at 745 Bible Study (M)	16 8:00 A.M. Men's Bible Study (M) 9:00 A.M. Job Transition Group (M) 9:30 A.M. DivorceCare (M)
17 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	18 1 P.M. Card Ministry (M) 6:30 P.M. Ukulele Group (M)	19 8:30 A.M. /6 P.M. Holy Yoga (V) 6:15 P.M. 6th Amped (M) 7:00 P.M. Wine & Word (O) 7 P.M. RIC Task Force (M)	20 7:00 A.M. Men's Bible Study (M) 6:15 P.M. 7th/8th Amped (V) 1:00 P.M. Soul Food Bible Study (M)	21 Food Pantry & Clothes Closet (M) 6:30 P.M. Contemplative Small Group (V)	22 6:30 A.M. Friday Men's Group (V)	23 8:00 A.M. Men's Bible Study (M) 9:30 A.M. DivorceCare (M)
24 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	25 7:00 A.M. Men's Bible Study (M) 6:30 P.M. Ukulele Group (M)	26 8:30 A.M. /6 P.M. Holy Yoga (V) 6:15 P.M. 6th Amped (M) 7:00 P.M. Wine & Word (O)	27 7:00 A.M. Men's Bible Study (M) 6:15 P.M. 7th/8th Amped (V) 1:00 P.M. Soul Food Bible Study (M)	28 Food Pantry & Clothes Closet (M) 6:30 P.M. Psoup & Psalms (M)	29 6:30 A.M. Friday Men's Group (V) 7:45 A.M. Live at 745 Bible Study (M)	30 9:30 A.M. DivorceCare (M)
31 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V) Gabriel Fauré's "Requiem"						

Hospitality

Christian Sympathy to:

Christian Sympathy to Eleanor and Andy Sather in the death of husband and father, Glenn, January 28, 2019, Madison, WI

Christian Sympathy to Sue Chamberlain and Lindsay in the death of husband and father, Tim, January 15, 2019, Madison, WI

Christian Sympathy to Jan Grebel, Joshua and Jacqueline in the death of mother-in-law and grandmother, Delores Deutscher, January 26, 2019, Madison, WI

Christian Sympathy to the family of Al Wegner, January 28, 2019, Madison, WI

Christian Sympathy to Bert Anderson and family in the death of son, Steven, January 21, 2019, Appleton, WI

Christian Sympathy to Heidi Sullivan and family in the death of father, Roy Larson, January 27, 2019, Surprise, AZ
Annie Wilcox Panzer and husband Ryan on the death of Annie's Grandfather, Robert Doering who died February 19, 2019

Christian sympathy to Eileen Dresser in the death of her brother, Dr. Harold Mohlman DDS, February 11, 2019, Battle Creek, MI.

Christian Sympathy to Kelly Panke on the death of her father, Richard A. Panke, February 8 2019, Madison WI

Christian Sympathy to Susie Shetney on the death of her partner Dick Vlk, Madison WI January 14 2019

Christian Sympathy to family of Roy Larson, Died in Sun City Grand Arizona on January 27th

Baptisms

Avery Kathryn Borgardt, daughter of Alexandra and Kyle Borgardt, February 17, 2019

Prayers

Kathy Angerman, cancer

Kristie, friend of Marilyn Sharrow, cancer

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

Rochelle Sanders, peace for her family

Ron Holzhueler, health

Virginia Rios, cancer has returned on lung

Betty Mansfield, friend of Marge Rohlfing, cancer

William Pope, aggressive skin cancer

David Reck, prostate cancer*

All prayer requests are listed for two months.

* denotes new request

Stephen Ministry Newly Trained Stephen Ministers Commissoned March 3rd

Stephen Ministers listen to, pray with and walk beside individuals, providing supportive, Christian caring during any challenging, difficult or vulnerable time. The following individuals have completed 50 hours of formal training and will be commissioned as active Stephen Ministers at both our Madison and Verona Campuses on Sunday March 3, 2019.

Jennifer Fagan	Tony Salisbury
Gary Fossum	Heidi Sullivan
Diane Hughes	Terry Sullivan
Cassie Kohrs	Dennis Wessel
Margaret Salisbury	

These individuals join their fellow Stephen Ministers in their commitment to this loving ministry of our Lord Jesus Christ here at Good Shepherd and our Community. Please keep them in your prayers as they carry out their supportive ministry among us.

Our current active Stephen Ministers are:

Karna Boquet	Diane Raemisch
Diane Charles	Margie Rohlfing
Pr. Sheryl Erickson	Vicky Ruff
Mike Harper	Yvonne Sadler
Sandy Kershner	Kathie Schroedel
Gary Lewis	Marilyn Sharrow
Sue Lewis	Luanne Szejna
Sara McCormack	Allan Tereba
Jodi Mueller	Jenni Vlack
	Mona Yee

If you would like more information regarding Stephen Ministry, or are interested in meeting with a Stephen Minister, please contact any of our pastoral staff.



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@gsclwi.com

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

2019 Expenses Reduced

Reductions made to non-mortgage related expenses

At the Annual Meeting Sunday, February 10, the congregation adopted a balanced budget. To achieve this, the 2019 church budget includes a reduction in non-mortgage related expenses from 2018 of 11%. Good Shepherd's Board of Directors approved a motion at a December budget meeting to make the following reductions for 2019: they include 1.5 staff positions, continuing education funding for pastors, the elimination of donuts being served after church services, the entire benevolence support to the ELCA South-Central Wisconsin Synod and the ELCA, and a requested increase of funding for our music ministry. There will be no raises for staff in 2019. Because of these reductions, the positions of Verona Worship Administrator and Student Minister will also be phased out by the end of May.

Despite this, the response of the congregation continues to be generous and supportive. People filling out Intent to Give cards this year increased their giving by more than 30 percent. However, much of the increase came due to the retirement of the Mission in Motion program, and the increased giving in 2019 must be dedicated to hard expenses such as our church mortgage.

The Board has also tasked several committees to investigate church growth opportunities, including a debt reduction capital appeal, additional worship services, expanded evangelism efforts, and a church mobile app. If you have any questions about these decisions, you are welcome to contact Lead Pastor Chris Enstad at censtad@gslcwi.com or our Director of Administration Rick Blum at rblum@gslcwi.com.

RECENT NEWS & HIGHLIGHTS

279,376 Meals Packed for Feed My Starving Children



During just 3 days in February, our church hosted a Feed My Starving Children MobilePack™ at the Verona campus. We are thrilled to report that we blew our goals away! More than 1,300 volunteers worked together to pack a whopping 279,936 meals, over 7,000 more than the goal! This food will provide a meal a day to 766 children in need for an entire year! We have achieved our fundraising goal as well. If you'd like to support this global ministry go to give.fmsc.org/verona or drop a check, made out to FMSC MobilePack 1902-222au, in the mail addressed to FMSC, 401 93rd Avenue NW, Coon Rapids, MN 55433. Donations will be matched up to \$5,000. Thank you Good Shepherd Community along with all the sponsors and volunteers for the unwavering support, this wouldn't happen without you and most importantly, GOD. Until all are fed...

Souper Bowl XVIII: A Generous Souper Bowl of Giving

Thanks to all of you on the Good Shepherd Team who joined the fight to "tackle hunger" in our Community. This was another generous Souper Bowl of Giving with 1,833 cans of soup donated. The money put in the soup pot combined with the church school offerings totaled \$750.00. All the soup and money is divided between the Good Shepherd, Allied Drive and Badger Prairie Food Pantries to help feed hungry families who rely on the Food Pantries. A special thanks to the volunteers; including the Grebel, Breitbach, Ballweg, Neumann and Beggs families; pastors, church staff, children and youth who helped make Souper Bowl XVIII so successful in the fight against hunger.

Delegates Needed for 2019 Synod Assembly

Good Shepherd is looking for five members to represent the church at the annual ELCA South-Central Wisconsin Synod Assembly. The event will be held Saturday, May 4 and Sunday, May 5 at the Alliant Energy Center. If you are interested, please email Board President Gerry Born at boardpresident@gslcwi.com. The deadline to register is March 31.



Praying Together This Lent

This Lent the Faith Formation Team is providing a vehicle for growing spiritually by encouraging all groups at Good Shepherd to take a pause at the beginning of their gathering to invite God's presence through a short reading of Psalm 51:10-12, time for reflection, and a prayer. Cards will be printed with the verses and prayers and distributed at both campuses during services and at the information centers. Whether you are a part of a music group, service group, committee, Bible study, or even at home with your family you are encouraged to take this small step to be a spiritual leader and further the faith through time with our Lord.

MIDWEEK LENTEN WORSHIP EXPERIENCES

Ash Wednesday

- 📅 Wednesday, March 6th
- 🕒 Madison: 12:15 & 7:00 P.M.
- 🕒 Verona: 7:00 P.M.

Ash Wednesday is when we begin our Lenten journey. During this service, offered in Madison & Verona, we are reminded of our humanity and our need for redemption.

Psoup & Psalms

- 📅 Thursday, March 28th
- 🕒 6:30 P.M.
- 📍 Madison Campus

A light soup dinner will be available at 6:00 P.M. with worship beginning at 6:30 P.M.. The service will involve experiencing the psalms in a variety of artistic ways – music, poetry, art, and stillness.

Psalms Around the Cross

- 📅 Thursday, April 4th
- 🕒 6:30 P.M.
- 📍 Verona Campus

During this service, you are invited to come near the cross to light candles and pray or sit and be still as we hear the psalms read and sung. This is a uniquely personal and communal experience of worship for all ages. Light refreshments to follow.

CONCERTS & MUSIC GROUPS

UPCOMING CONCERT

Choir Collaboration Planned with Bethel Lutheran Church

Good Shepherd's Choir is teaming up with Madison's Bethel Lutheran Church Choir - Amy Hartsough, Director - to present Gabriel Fauré's "Requiem" at Bethel for worship on Sunday, March 24 and at Good Shepherd Madison Campus on Sunday, March 31 at 8:30 A.M. and 10:00 A.M. Worship. Soloists include Good Shepherd members Eileen Porter - soprano and Matthew Skibo - baritone. Interested in joining the choir? Talk with Jared Stellmacher.

MUSIC GROUP

Ukulele Club Begins March 11th

You're invited to join the fun and fellowship Monday evenings at 6:30 P.M. starting March 11. Never played a ukulele? No problem, you'll learn as we go along. Don't own a ukulele? You can borrow one from the church. Have fun singing and playing with us. Contact Pat Sheahan sheahan62@gmail.com to learn more.

MUSIC GROUP

Catch the Beat at Drums Class

Good Shepherd offers free drum lessons for all ages & skills. The goal is to expose and expand on our God given talents as drummers who can provide solid rhythms to any type of band they choose. Class meets Thursdays at the Verona Campus from 6:00-7:00 P.M.. Our curriculum currently is at a beginner level allowing anyone to drop in and join at any time. Contact Jared Stellmacher to learn more.

February Financial Update

Introducing Program Accounting - a new way to review Good Shepherd's Budget

The Finance Committee introduces a better way to show how the church spends its money. During 2018, considerable time and thought was invested in updating our accounting systems. Our goals were to make accounting processes more efficient and sharing financial data easier. This effort remains ongoing and we look forward to rolling out additional improvements in the months ahead. Today we are pleased to introduce a new approach to budgeting we call Program Accounting.

As you probably know, the church's biggest annual expenses are salaries for pastors and staff and paying our mortgage. In years past, a pie chart of our expenses would have been dominated by these two categories, broadly titled Administration and Property. While this depiction of our expenses was accurate, it wasn't very helpful. Expenses for core ministries like Music & Worship and Children/Youth/Family were dwarfed by comparison. While it's true that the cost of buying new copyrighted music or Sunday School project supplies represent tiny expenditures in the big picture, our Music and Youth ministries thrive because of staff leadership.

So where does Good Shepherd spend its money? Here is your answer...

Expenses	Amount	% of Budget
Pastors - 100	478,946.96	21%
Administration - 200	467,681.54	21%
Adult/Senior -300	97,511.36	4%
Benevolence - 400	8,000.00	0%
Children Youth Family - 500	218,545.28	10%
Evangelism - 600	17,300.00	1%
Music Worship - 700	144,816.69	7%
Property - 800	597,594.80	27%
LBPS - 900	193,427.66	9%
Total Expenses	2,223,824.29	100%

Program Accounting shows exactly how much we budgeted for each area of ministry. We include salaries, benefits, supplies, training expenses, postage and printing, repairs/ maintenance... even background checks on the volunteers who serve in each area. Maintaining physical properties (including debt service on our mortgage) is still a big chunk of our budget, but Program Accounting illustrates that the majority of our treasure is invested in doing God's work through our hands.

BUDGETING

Giving Up Donuts for Lent

Starting March 10, we will not be offering donuts after services to honor the Lenten Season. We are also doing this as a cost saving measure so we can finish with a balanced budget in 2019. We want to bring donut holes back but need your help. Starting on Easter Sunday donuts will be provided when they are sponsored by an individual or a company. Providing donuts to both campuses costs \$80 a week. If you, your family or your company would like to sponsor donuts, please visit gslcwi.com/register and fill out a form online and sign up as a sponsor.

GOOD SHEPHERD FOUNDATION

Foundation Grants Fund College & Seminary Scholarships

In 2018, the Good Shepherd Foundation provided \$14,000 in scholarships to 12 Good Shepherd members attending ELCA colleges and seminaries. With the cost of college and seminary continuing to rise, the Foundation is pleased to help support Good Shepherd members who choose to attend Lutheran colleges and seminaries. In order to be considered for a scholarship, students must be members of Good Shepherd, be attending an ELCA-affiliated

college or seminary, and complete an application to be considered by the Foundation Board. Applications are available on the Good Shepherd website. Completed applications should be submitted to the church office by April 15 in order to be considered for 2019-2020 school year scholarship. Questions regarding the scholarships or application process should be directed to Jim Edgerly, Grant Committee chair at jim.edgerly@gmail.com.

CLOTHES CLOSET DRIVE

Socks and Underwear Drive March 3rd for the Good Shepherd Clothes Closet

On Sunday, March 3 we will be holding a collection for new socks and underwear for the Good Shepherd Children's Clothes Closet. Donate new children's socks (size small, medium and large) and underwear (size 2T to 18) and place them in the collection bins located in the lobby. The Clothes Closet provides clothing to babies, toddlers and youth in need. In 2018 we served 2,605 children. Thank you for your support. For information about the Clothes Closet visit: gslcwi.com/clothes-closet

FAMILY MUSIC

Join Family Choir & Sing Easter Sunday

"Family Choir" is children, parents, siblings, grandparents, aunts, uncles and anyone you call "family." We will be singing at the 10:30 A.M. service on Easter Sunday, April 21 at the Verona Campus. The Children's Choirs also sing at this service! Join us at our upcoming rehearsals: Wednesday, April 3 & 17 - Children's choirs 4:45-5:15 P.M., add Family Choir 5:15-5:45 P.M., Room 6, Monday, April 8 from 6:45 - 7:45 P.M. with Joyful Harmony. Meet in Room 6 & the Worship Center on Sunday, April 21 at 9:30 A.M. for sound warm-up & sound check for the 10:30 A.M. service

AMPED CONFIRMATION

Highlights from the AMPED Retreat



2019 Chili Cookoff

Friday March 8th from 6:30 - 8:00 P.M. at the Verona Campus! Your ticket gets you in the door to enjoy our famous cornbread, pie, Culver's custard, lemonade, coffee, and lots of fellowship. Then you purchase \$1.00 tickets to try as much chili and soup as you would like. **Visit gslcwi.com/chili to get tickets!**

Baptism Class

Our next baptism class will be held Thursday March 14, 2019, 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

First Communion

Holy Communion instruction is available for kids in Grades K-5. Parents choose the appropriate age for their children to receive communion.

2019 First Communion Instruction

We offer two family-friendly approaches that allow parents and siblings of differing ages to learn together:

- Fed and Forgiven Group Class: Sunday March 10, 12:00 - 2:00 P.M., Madison Campus. Lunch will be provided
- Family-Led Learning: Materials for a home-based instruction are available

Families have the option of joining us for Communion Bread Baking, Sunday March 10, 2:00-3:00 P.M. at Madison campus, immediately following Fed & Forgiven group learning class. Register online at www.gslcwi.com for First Communion Class or at-home instruction.

First Communion Recognition

Children may receive their first communion during all worship services at both the Madison & Verona campuses on April 7 or 14 or on Maundy Thursday.

Good Shepherd Honors Deb Puchner on March 10th

Please help us celebrate Parish Nurse Deb Puchner as she gets ready to retire from Good Shepherd. We will honor Deb by having a cake reception for her on Sunday, March 10 between the 8:30 and 10:00 A.M. services in Peterson Hall at the Madison Campus. Deb has served as Parish Nurse at Good Shepherd since 2004. Deb has made sure the faith needs of homebound and hospitalized church members have been met, along with coordinating blood drives, blood pressure checks and home communion visits. Please join us March 10 and thank Deb for her service.

DivorceCare Group Begins

Divorce Care is a weekly care and support group for anyone who has been or is going through a divorce, separation or end of a long-term relationship. The first session is Saturday, March 2nd, from 9:30 A.M. – 11:00 A.M. at our Madison campus. The program features practical information and biblical teaching for recovering from divorce or separation. Learn more at divorcecare.org, or email Heidi Sullivan at heidisullivan@gmail.com, or Terry Sullivan at terrysullivan08@gmail.com.

Boy Scout Food Drive

The Boy Scout Food Drive scheduled for Saturday March 9th from 9:30 A.M. to 12:30 P.M. is requesting donations of copy paper box tops. If you have a case(s) of copy paper that you can spare the tops they are the perfect size and weight for the food drive. Please drop off at the Madison campus any time before March 9th. If you are able to help with the Food Drive, email or call Pastor Joe, jbrosious@gswi.com, 608-271-6633.

Warm Up The Helping Hands

Now that winter has finally arrived, Orchard Ridge Elementary's social worker has requested donations of mittens and gloves for children. Also, check out the "Hand" at each campus. We have received many requests from teachers and staff which we would like to fill quickly. Your donations can be left in the ORE donation bin at either campus. Last year we filled approximately \$1000 in Helping Hands program requests. Thank you for your generosity!

Card Ministry March Meeting

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, March 18, from 1:00-3:00 P.M. If you have questions, please contact Susie or Ruth at cardsministry@gmail.com.

Tree Lane Service Project

The Good Shepherd service group God's Hands and Feet would like to host a potluck supper and an open house/free garage sale on Monday March 4th, 5:30-7:30 P.M., in the Community Room at the Treel Lane apartment complex so they can pick up a few items for their homes. We would love to have the congregation's support in our endeavor. Donation bins will be located at both campuses in the donation areas. Please contact Diane Cali at 608-220-3625 or dianecali437@gmail.com for info.

Altar Flower Volunteers

The Inreach Committee is seeking 3-4 volunteers to transport altar flowers to area hospitals, nursing homes, and hospice facilities following Sunday service. Deliveries would take place on Monday and volunteers would rotate weeks. This is a small, but powerful way to bring joy to our community through the beauty of God. Interested? Please contact Pastor Sheryl at serickson@gslcwi.com.

PRIME TIMERS

Anyone 55+ is invited to join us Ash Wednesday, March 6, 2019 at 11 A.M. in Peterson Hall, Madison Campus for our lunch together. Those whose last name begins with N, S and W are asked to bring a hot dish; K, L & M are invited to bring a salad; O, P & R can bring dessert. Please make sure each dish can serve 12+. If you are assigned to furnish food and unable to attend, contact Lynne Kroger at 271-6633x1080 or lkroger@gslwi.com by March 4. Following our meal together, we will worship at the Ash Wednesday service at 12:15 P.M. We are invited to join members of CareFree Years from St. Maria Goretti Parish at The Fireside in Ft. Atkinson, WI, Sunday, April 7, 2019 for production of "My Fair Lady." Cost is \$70 with checks made out to CareFree Years. Dinner is served at 3 P.M. followed by the show. We will carpool from Good Shepherd. Reservations to Lynne Kroger by March 7.

OWLLS

All widow/widowers are invited to join us for lunch, Sunday, March 10, 2019 at 11:45 A.M. at The Great Dane, 2980 Cahill Main, Fitchburg. Please make your reservation to Lynne Kroger, 271-6633x1080 or lkroger@gslcwi.com by Thursday, March 7.



Lynne Kroger
Pastor's Assistant
lkroger@gslcwi.com



Honoring God with Good Food for your Body

A Winter Recipe full of Delicious & Healthy Ingredients

People are a big part of God's creation.

We should care for our bodies with good food. As St. Paul put it 1 Corinthians 6:19-20, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?...Therefore honor God with your body." As stated in The Good Book Cookbook by Naomi Goodman, et al: "Abundant harvests were considered a reflection of God's favor. In the Bible, fresh elemental foods are celebrated: the sweetness of fruit; the richness of milk, cheese, and olives; the heartiness of grains; the special qualities of almonds, grapes, figs, onions, cumin, and herb. The Bible frequently draws metaphors from the bloom, fragrance, and cultivation of the plants that sustained everyday life. Nutritionists and doctors tell us to return to this more natural way of eating: high fiber, low cholesterol, fresh food, and moderate meat intake—all the standard of modern nutritional wisdom are embodied in the ancient diet of biblical times. The refining processes that have robbed food of too much of its nutritional value had not been invented. The overrefinement of food is a recent development of the past 150 years.

Barley Stew with Lentils

Whole grains and beans, eaten together, were a primary source of complete protein, B vitamins, and dietary fiber for the people of the Holy Land. Since modern nutritional science affirms the health value of these foods, serve them with confidence any time of the day.

- 1/3 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 5 tablespoons of butter
- 5 cups of water or stock
- 1 cup dried lentils, picked over and washed
- 1/2 cup barley
- 1/8 teaspoon rosemary
- 2 teaspoons salt
- 2 teaspoons ground cumin
- 1/2 pound beet greens or spinach

In a large soup pot, saute the chopped onions, celery, and carrots in the butter. Add the water or stock, lentils, barley, rosemary, salt, and cumin. Bring to a boil, turn down heat, and cook until lentils and barley are tender, about 1 hour. Remove scum as it forms. Add greens for the last 15 minutes of cooking.

Mental Health Tidbits

Intimate Relationship Space

All of us want close, loving relationships, be they family, friendships, or intimate partnerships.

Human beings were created to experience love through meaningful relationships. This certainly pertains to our relationship with God who wants us to have a close intimate relationship spiritually with God as well.

The space between you and a loved one is where that relationship lives. It is a sacred space that we cherish. If we pay attention to it and it gets polluted, we usually

are able with conscious effort to clean it up and restore it back to its holy ground. We can damage and pollute that space with mind games, ignoring the loved one, blowing up in anger, withdrawing, or allowing distractions to take away all of our time. There are so many ways to damage or pollute that holy intimate space, especially if we don't pay attention or are unaware of it.

I believe both parties in an intimate relationship are 100% responsible to take care of the relational space and put forth the effort to keep it healthy and a place you both want to be. This is especially true if you share children together. Children



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can easily pick up whether your partnership space is safe or polluted. If the latter persists, they develop complicated emotional patterns to survive. Often they will start to shut down or rebel. No parent wishes that to happen to their children.

Nobody disagrees with the fact that long term intimate relationships are hard and challenging. We can give up too soon without reaching out for help. Research shows us that there are many benefits to staying in a healthy, long term committed relationship for both partners and children.



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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YOUTH MINISTRY

Heat up at the Chili Cookoff

Chili, Soup, Pie and more on Friday March 8th!

Our annual Chili Cookoff happens Friday March 8th from 6:30 – 8:00 P.M. at the Verona Campus! Your ticket gets you in the door to enjoy our famous cornbread, pie, Culver's custard, lemonade, coffee, and lots of fellowship. Then you purchase \$1.00 tickets to try as much chili and soup as you would like. The live pie auction starts at 7:30! This event is perfect for all ages and guests! Tickets are available NOW and can be purchased in the lobbies Sunday March 3rd. All money raised goes to support Senior High travels.

It's a fun, family-friendly event and a congregation favorite! Sample and vote on the chili, get in on the live pie auction, and help support youth ministry trips while doing so.

gsLCwi.com/chili