

## Making Space For Partnership

Good Shepherd Collaborates with  
Many Community Organizations

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Retiring After  
50 Years of Service

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Reconciling in Christ  
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### YOUTH MINISTRY

Thank you to our high  
school summer interns!

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M: Madison V: Verona O: Offsite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Food Pantry & Clothes Closet (M)	2 6:30 A.M. Friday Men's Group (V)  9:00 A.M. AARP Driving Class (M)	3 8:00 A.M. Men's Bible Study (M)
4 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	5	6 <b>CAMP CREATE-IT (M)</b>	7 7:00 A.M. Men's Bible Study (M)  9:30 A.M. LWR Quilting	8 Food Pantry & Clothes Closet (M)  6:30 P.M. AMPED Fun Night (V)	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 7:00 A.M. Men's Bible Study (M)	13 9:30 A.M. LWR Quilting (V)  7:00 P.M. Wine & Word (O)	14 7:00 A.M. Men's Bible Study (M)  9:30 A.M. Soul Food Bible Study (M)  12 P.M. PrimeTimers(M)	15 Food Pantry & Clothes Closet (M)	16 6:30 A.M. Friday Men's Group (V)	17 8:00 A.M. Men's Bible Study (M)  9:00 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 9:30 A.M. LWR Quilting (V)  1 P.M. Card Ministry (M)	20 6:30 p.m. Shepherd's Hands (O)  7:00 P.M. Wine & Word (O)	21 7:00 A.M. Men's Bible Study (M)  9:30 A.M. Soul Food Bible Study (M)  6:30 P.M. AMPED Night of Fire (V)	22 Food Pantry & Clothes Closet (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)
25 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 12:00 Kroger Retirement Party (M) 6:00 Worship (V)	26 7:00 A.M. Men's Bible Study (M)	27 6:30 P.M. Committee Training (M)  7:00 P.M. Wine & Word (O)	28 9:30 A.M. Soul Food Bible Study (M)	29 Food Pantry & Clothes Closet (M)	30 6:30 A.M. Friday Men's Group (V)	31 8:00 A.M. Men's Bible Study (M)

## August Lectionary Readings

### 8<sup>TH</sup> SUNDAY AFTER PENTECOST

**Sunday, August 4**  
Ecclesiastes 1:2, 12-14, 2:18-23; Psalm 49:1-12; Colossians 3:1-11; Luke 12:13-21

### 9<sup>TH</sup> SUNDAY AFTER PENTECOST

**Sunday, August 11**  
Genesis 15:1-6; Psalm 33:12-22; Hebrews 11:1-3, 8-16; Luke 12:32-40

### 10<sup>TH</sup> SUNDAY AFTER PENTECOST

**Sunday, August 18**  
Jeremiah 22:23-29; Psalm 82; Hebrews 11:29-12:2; Luke 12:49-56

### 11<sup>TH</sup> SUNDAY AFTER PENTECOST

**Sunday, August 25**  
Isaiah 58:9b-14; Psalm 103:1-8; Hebrews 12:18-29; Luke 13:10-17



# Hospitality

## Baptisms

Presley Emmi Armentrout, child of Maureen and Jordan Armentrout, July 7

Emerson Keith Andrews, child of Ariel and Michael Andrews, July 14

Alden Lee Zeamer, child of Julie and Mike Zeamer, July 21

Luca David McCrumb, child of Michelle and David McCrumb, July 28

## Christian Sympathy to:

Christian Sympathy to Debbie Kochberg and family and Dick Lange in the death of husband, father, and son-in-law Joe Kochberg, East Windsor, New Jersey, June 28, 2019

Christian sympathy to Lori Knippel and family in the death of her mother, Eleanor McConkey on June 29, 2019, Verona, WI.

Christian Sympathy to Roxie and Christy Becker in the death of Roxie's mother, Christy's grandmother, Beverly Mahlum, Holmen, WI, July 7, 2019.

Christian sympathy to Susie Cramer and family in the death of her sister-in-law, Holly, Nokomis, FL on July 17, 2019.

Christian sympathy to Nancy Sallstrom and family in the death of her husband Dewey, Madison, WI on July 30, 2019.

## Prayers

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

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

**Joe Ringeisen**, treatment for cancer in neck and lung

**David Reck**, prostate cancer

All prayer requests are listed for two months.

\* denotes new request

## Godspeed to Lynne Kroger



### This month, we're saying Godspeed to Lynne Kroger as she transitions into retirement.

Lynne has been a part of Good Shepherd for the past 50 years as a member, the pastor's assistant, and she has founded PrimeTimers, the Widows & Widowers Fellowship Group, and grief classes. She's been at Good Shepherd for all the pastors and staff and has met thousands of congregants.

"What I really cherish is a guest coming for the first time here, getting to know them, getting to know their name and when they return being able to call them by their name," Lynne said.

Lynne has always made welcoming her top priority. For those wanting to welcome guests, it's important to reach out and say hello first. All it takes is one hello for someone to feel like they're welcomed.

"Remember what has been established here and what God wants us to do for this community, for this city, for this country, that God is with us with his love continually and we need to show that to our all guests and members regardless."

**See the back page for details on a special event to honor Lynne's service.**

Coming this Fall...



**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](mailto:communications@gslcwi.com). If you would like a friend or relative remembered in prayer, contact Prayer Chain Coordinator Vicky Ruff at [vickyruff@charter.net](mailto:vickyruff@charter.net) or (608) 277-8697



Rev. Chris Enstad  
Lead Pastor  
censtad@gslcwi.com

# Hospitality is Holiness

Practicing hopsitality through actions and words

For the past two years, a task force of concerned Good Shepherd members has been prayerfully working through the Reconciling in Christ process as laid out by Reconciling Works. I am humbled and grateful for the results of this slow and steady work that is being presented to us this month in the form of a “temperature taking” survey. The statement of welcome in this survey is the result of many months of conversations, listening, prayer and presentations to large and small groups in the church.

How a Christian community practices the spiritual discipline of “welcome,” we have learned, is more than just saying “all are welcome.” Practicing hospitality is lived out in actions as well as our words.

Regardless of the divisions that are increasingly evident in our wider culture, it is our duty to respond to the grace and mercy of God by sharing the gift of welcome and care with all of our neighbors both inside and outside the walls of Good Shepherd. The Greek word for hospitality is *philozenia* which is a combination of the words for “affection” and “towards strangers.” We are called to welcome all people, especially those with whom we might not share much in common, in the name of Jesus Christ. That's one of the marks of the church that makes us different than a private club or society.

Whatever happens in our wider political world, let us be known as a congregation where all people, regardless of identity, are welcomed, received and cared for. Please join me in thanking and supporting the work of the Good Shepherd Reconciling in Christ Task Force.

For details from the  
Reconciling in Christ  
Committee, see page 8.

*Above all,  
maintain an  
intense love  
for each other,  
since love covers  
a multitude  
of sins. Be  
hospitable to one  
another without  
complaining.  
Based on the gift  
each one has  
received, use it to  
serve others, as  
good managers  
of the varied  
grace of God.*

1 Peter 4:8-10





MISSION MOMENT

# On finding space and place

by Peyton David

**In the Book of Acts, the apostles moved from house to house to proclaim the Good News.**

Eli Martinez described the founding of the Iglesia Pentecostal La Gran Comision Madison campus similarly. The church is based in Milwaukee, but a few years ago the congregation reached out to a family in need in Madison, which led them to helping other families in the area. Eventually, they started meeting in different family's homes with about ten families taking turns hosting. As they grew, meeting in houses was no longer viable and they started searching for a space to rent.

"We needed a space and Good Shepherd was there to help with that," Eli said. "From the very beginning, they've been there with open arms."

The Iglesia Pentecostal La Gran Comision has been renting out space at the Madison campus four days a week for the past two years for worship, bible classes, and more.

About 25 organizations outside the congregation, like volleyball teams, Boy Scouts, and the

Mellowood Foundation use Good Shepherd for meeting spaces. The spaces are constantly being utilized.

"The great thing about both our facilities is that we have space," Pr. Joe said. "We've got an abundance of meeting space and one of our other resources are people. So, while we might not be able to financially support these groups, it's a form of hospitality and welcoming that we can support them in this way and they'll have a consistent space to do their ministries."

Though Good Shepherd has been part of the Meadowood Neighborhood for the past 62 years, building a relationship takes a concerted, mutual effort. More and more churches, Good Shepherd included, are moving away from staff driven models where churches evaluate the needs of the community and then decide what ministries best fits the community's needs. Replacing that is a relational model where churches seek out leaders of the community who are already doing good work and finding out ways to support them.

One such relationship Good Shepherd has is with Meadowood

Health Partnership. Initially, Sheray Wallace, founder of Meadowood Health Partnerships, got connected to Good Shepherd when she started doing community dinners. From there, she's looked to the Church for financial support and starting the Stop the Violence, Save the Children parade, an idea that came to kids in the community who wanted to be involved in ending violence.

Supporting existing organizations allows for congregants to continually interact and be a part of the neighborhood. Hosting community dinners and partnering with organizations on events like the "Can You Burn?" Neighborhood Barbeque goes a long way in building community between congregants and outside groups who use Good Shepherd spaces.

"We can find people who align with our passions, who align with our values that are out there doing good work and we can come alongside them and see what they need as far as support goes," Pr. Joe said. "And a lot of times that is people, they need space, they need help with space."





RECENT NEWS & HIGHLIGHTS

### YOUTH MINISTRY

## Pine Ridge Reservation Pilgrimage

For the 10th year, high schoolers and a significant adult in their life made the pilgrimage to Pine Ridge Reservation in late June. Much of the trip was spent on the reservation, helping Wings as Eagles Ministries provide relief to the community's youth. The pilgrimage was a mutual encounter, where they were both hosts and guests on the reservation. Participants organized activities and served food as hosts. At the same time, they stayed in the Dream Center – a building made by Wings as Eagles meant as a community center for the Pine Ridge youth – as guests. Trip participants encountered themselves, each other, and God, forming lifelong bonds and motivating them to serve in new ways. For trip stories, photos, and more, go to [gslcwi.com/pine-ridge-reservation-trip/](http://gslcwi.com/pine-ridge-reservation-trip/)





### FAREWELLS

# Thank You From Eileen Porter



Jared Stellmacher  
Director of Worship & Music  
jstellmacher@gslcwi.com



### Dear Friends in Christ,

Thank you, thank you, to everyone who shared farewells with Dale and me at Madison Campus this past Sunday! It was truly a special day for us -- from Pastor Sheryl's blessing to the many hugs and good wishes we received!

It was such a joy for me to serve on the GSLC music staff for these past six years! I will always cherish those memories of happy times -- singing songs about Jesus with our youngsters and their parents! And I will treasure the lovely gift I received from our congregation -- a breathtaking wooden sculpture of The Good Shepherd. Thank you!

Dale and I have been so blessed to be among you dear people of Christ. Yes, we are moving to Kansas, but Good Shepherd will remain in our hearts, always!

- Eileen Porter and Dale Veerhusen

### VISITING CHOIR

## 'Faithful Men' Choir Returns to Good Shepherd

📅 August 11 📍 Madison & Verona

On Sunday, August 11, the "Faithful Men" choir from Immanuel Lutheran Church (ELCA), Watertown, WI - Larry Peterson, Director - returns to Good Shepherd for the second time. They will sing at both the 8:30 and 10:00a.m. worship services at the Madison Campus. This ecumenical male choir made up of 15+ dedicated guys is a ministry of Immanuel Lutheran, that welcomes singers from the broader Watertown area as well. The choir tours the area frequently sharing their love and gift of music with other churches and communities.



### MUSIC GROUPS

## Sing with the Summer Chorale

📅 August 4 and 18 📍 Madison

Sundays August 4 and 18 are the last two Summer Chorale dates at the Madison Campus. Simply meet at 8:00 a.m. for a brief rehearsal and share it for worship at 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 or just love to sing, this is a great opportunity for you! New voices of all ages are welcome! Contact Jared Stellmacher at jstellmacher@gslcwi.com. If you have any questions, If you're interested, just show up.



# Reconciling in Christ Update

Hello, my name is Syrenne McNulty and I'm the chairwoman of the RIC Task Force, the group at Good Shepherd that launched the conversation last year about to what extent we welcome people in our church. Over the last few months, we've run and sponsored classes, had video screenings, and dialogues to get the congregation thinking and talking about this important topic.

Throughout August, there will be a brief survey included in your bulletin insert. This important survey is to get feedback on the listed potential Welcome Statement. Good Shepherd members specifically composed this for this congregation and has undergone many months of edits based on your feedback. The focus of the survey is simple: does this statement reflect who we are as a Good Shepherd community, and what we strive to be? Throughout over two years of conversations we've had about the topic, most people say Good Shepherd

should be a welcoming church. It is important to remember, though, that sometimes sticking to the status quo can cause harm to marginalized groups that have been traditionally excluded by the larger Church for hundreds of years. We hope that this statement can serve as a reminder to ourselves and send a strong message to those considering us as a church home: ALL are welcome here.

This survey will run from **Sunday, August 4th to Sunday, August 25th**. It will be included in bulletins all four weeks at every service or can be filled out on the website. We value your honest feedback on this survey. A member of the RIC Task Force will be present at every service throughout August to answer any questions.

Going forward, if the survey results are very in favor, we intend to hold a formal **Congregational Meeting** and vote in the coming months to adopt the statement. Adopting the statement represents Good Shepherd agreeing as a congregation to walk forward in a unified direction towards being welcoming and inclusive to all who come here. Putting it into practice is the next step of our journey

that we're excited to get started on.

Thank you very much for your support throughout the process.

### Welcoming Statement

We welcome ALL to Good Shepherd. Everyone. Without exception. This welcome includes those shunned by society and by churches because of their race, ethnicity, gender, sexual orientation, age, physical or mental abilities, financial resources, and family status. The world can be difficult and unloving. In this large, beautifully diverse world, we invite you to a community where we all belong. Whether you are a believer, a doubter or a seeker, in Christ's love, we welcome you. By the power of the Holy Spirit we will work to extend grace, love, justice, and dignity inside and outside our church. You are a Child of God. You belong here with your WHOLE self. Your story and your life are valuable, not only at Good Shepherd, but in this world. You belong here.

## FINANCE COMMITTEE

# August Financial Update

We are taking a break this month from detailed financial reports to give you an update on some other important finance related matters. Rest assured, the year-to-date finances remain on track. Over the past several months, the finance committee has been working with the church staff to evaluate all accounting procedures for effectiveness, where we have found some indications that opportunities exist to improve efficiency. We will continue to pursue those avenues without jeopardizing the quality or internal controls of the finance function.

The Committee is also evaluating the most effective manner and frequency to communicate financial results to the congregation. The goal will always be complete clarity and transparency. If you ever have questions on reports you see or would like more detail, please reach out to a finance committee member listed on the website.

These are just a couple of the topics that the finance committee is working on. If you are interested in helping, we would welcome your participation on the finance committee or a sub-committee. No accounting or business background required!

## GOOD SHEPHERD FOUNDATION

# Selecting appropriate beneficiaries

As Christians, we are charged with the responsibility of being good stewards of the resources that have been bestowed upon us. An important aspect of that responsibility is planning for the orderly disposition of our remaining assets at the end of our lives.

In this process, called Estate Planning, it should include estimating the resources that will remain, deciding on the beneficiaries who will receive those assets and then preparing and signing the necessary documents to make certain the desired distributions occur. Those documents include, but are not limited to, wills, trusts, life insurance beneficiary designations and retirement account beneficiary designations. Working with an attorney and other financial professionals who are trained in Estate Planning is recommended.

Selecting the appropriate beneficiaries is at the very center of the Estate Planning process. In addition to family members, charities are often included. As an example, the Good Shepherd Lutheran Church Foundation, Ltd. could be included as a means of continuing the work of our congregation after our passing.



# Children & Youth Ministry

**Back to School | FALL PROGRAMMING BEGINS SEPTEMBER 15<sup>TH</sup>**

AGE 3 - 5<sup>TH</sup> GRADE

## Church School

Children begin in worship with their family. Following the children's message we move to classrooms for active Bible learning & activities.

Register & learn more  
[gslcwi.com/church-school](http://gslcwi.com/church-school)

AGE 3 - 8<sup>TH</sup> GRADE

## Children & Youth Music

A creative and faith-filled opportunity to connect to each other and God using voices, movement, and instruments as a source of praise.

Register & learn more  
[gslcwi.com/childrens-music](http://gslcwi.com/childrens-music)

6<sup>TH</sup> - 8<sup>TH</sup> GRADE

## AMPED CONFIRMATION

Encouraging, supporting and challenging students in their faith development through service projects, Biblical lessons, worship and relationship building.

Register & learn more  
[gslcwi.com/amped](http://gslcwi.com/amped)

### UPCOMING EVENTS

#### Rise Up Night

Join us for the last Rise Up Night of the summer. Dinner, outdoor water night and root beer floats at Madison Campus.

Monday August 12,  
6:00 – 8:00 p.m.  
Completed 2nd – 4th Grade  
Registration and info  
available at  
[gslcwi.com/summer](http://gslcwi.com/summer)

#### AMPED Fun Night

Missing small groups, AMPED Challenges, or time for reflection? AMPED nights include games, movies, campfires, devotions and in general are events you don't want to miss out on! If you can bring a few bucks to cover food costs, that's helpful. Friends are more than welcome! Dates are below and all of the nights go from 6:30-8:00 p.m. Please note the locations:

**Thurs. August 8**  
@ Verona Campus "H2O Night"  
**Wed. August 21**  
@ Verona Campus "Night of Fire"

#### High School Ministry

**August 8:** Devil's Lake Hiking Day Trip. Contact Becca ([bmortensen@gslcwi.com](mailto:bmortensen@gslcwi.com)) if interested to coordinate carpooling and times.

**August 14:** Youth Group: Welcome the Freshmen Night. Gather at Verona campus from 8:00 to 9:30 for youth group, but be prepared to welcome in our incoming freshmen and show them what makes this community so special.

**August 20:** Dodgeville Dash. Look for the RSVP on our Facebook page and site.



#### Thank You Interns!

Thanks to our High School summer interns, Grace Nemeth, Heather Swartz, Megan Diller, Kirstin Poppen and Maddy Kelly who spent the summer connecting with children and youth planning and executing summer camps. They also dug into many other tasks, everything from adding rocks to the playground to painting the garden shed. We appreciate this hard-working, loving, goofy crew – Jesus' light was shining through them all summer.

# Fellowship & Service Opportunities

## CHILDREN AND YOUTH

### Little Blessings Preschool

Little Blessings Preschool has only a few openings left for the 2019-2020 school year! We offer half-day classes for children ages 2 1/2 – 5 years old at both locations. Our Christian-based program also has options for Spanish, Yoga and Musikgarten classes! Please contact Jodi Mueller at [jmueller@gslcwi.com](mailto:jmueller@gslcwi.com) or **271-6633 ext 1130** for more information or to schedule a tour.



## ADULT MINISTRY

### Card Ministry

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, August 19, from 1:00-3:00. If you have questions, please contact Susie or Ruth at [cardsministry@gmail.com](mailto:cardsministry@gmail.com).

### Contemplative Life Small Group

Are you seeking a deeper relationship with Christ? Are you seeking greater peace and joy in your life? Are you wanting something to change, but you don't know what? Maybe bringing more quiet and contemplation with God into your life will assist you in your journey. Drop in anytime on the 4th Thursday of the month at the Verona chapel from 6:30-8:00 p.m. to be with others who share resources, ideas, quiet prayer time, and support each other on their journey to a more contemplative life in Christ. Questions? Becky - **608-239-0221** or Susi - **608-712-9539**.

## Intentional Mentoring

If you are looking to invest in the next generation, Intentional Mentoring is for you. If you would like to grow in your faith, Intentional Mentoring is for you. Mentors within Intentional Mentoring are intentionally paired with a student, supported through a pairing meeting to meet the student and family, and provided ongoing, consistent support and training. Each mentor meets with a student once a week for a couple hours. For more information, or for answers to any questions, please contact our mentor recruiter and coach, Dianne Willadsen. Email us at [dianne@intentionalmentoringmadison.org](mailto:dianne@intentionalmentoringmadison.org), or call **608-235-5744**.

## GOOD SHEPHERD BOARD

### How To Stay Informed

Go to the website's Board page to see what your Board and Executive Committee are working on. You'll find the most recent agendas and approved minutes to keep you up to date on the latest governance. Hard copies are also available in the lobby binders.

## CALL FOR DONATIONS

### Donate to the Church Library

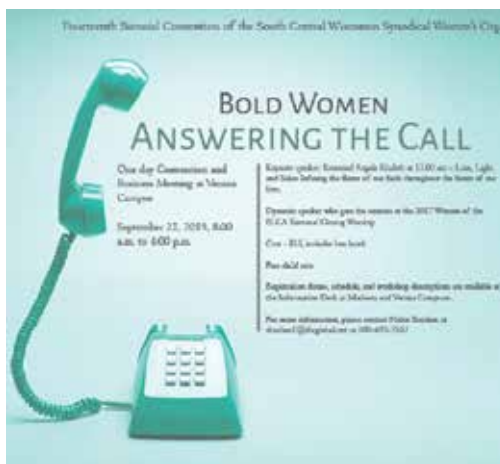
Do you have a comfortable reading chair, a love seat, an area rug, or an end table you want to get rid of? Consider donating it to our new reading area in the Library at the Madison Campus. Contact Diane Hughes at [dhhands@sbcglobal.net](mailto:dhhands@sbcglobal.net).



## SPECIAL EVENTS

### Bold Women – Answering the Call Women's Convention

The Fourteenth Biennial Convention of the South Central Wisconsin Synodical Women's Organization will be held September 21, 2019 from 8:00 a.m. to 4:00 p.m. at the Verona campus. The cost to attend is \$25, which includes a boxed lunch. There will be free child care. Registrations with child care, special needs, and special diets must be requested by Monday, September 9. Registration forms, schedule, and workshop descriptions are available at the Information Desk at Madison and Verona Campuses. For more information, please contact Helen Sheahan at [sheahan1@sbcglobal.net](mailto:sheahan1@sbcglobal.net) or **608-692-7553**.



### Men's Weekend Event

The next One Year to Live (OYTL) Men's Weekend Event is September 13-15, 2019, at the MacKenzie Center in Poynette, WI. The OYTL weekend is an incredible faith-life strengthening and changing event for men of all ages. Registration information is available at [lutheranmeninmission.org/events/one-year-to-live/](http://lutheranmeninmission.org/events/one-year-to-live/) and registration brochures will be available at the Information Desk at Madison campus and Men's bulletin board at the Verona campus. The registration deadline is September 3 and early registration discounts are offered! Questions? Contact Randy Dahlinger at **608-273-0307** or [highlander6022@gmail.com](mailto:highlander6022@gmail.com).





## Recycling styrofoam

### Why you should recycle styrofoam, too

Please put this special worship service on your calendar:

**Blessing of the Animals**  
Oct. 6 at 1:30 p.m.,  
Verona Campus

Expanded Polystyrene (commonly called styrofoam, though the latter is a distinct product) is a very common and useful substance: it insulates nicely, absorbs shock well, can be formed into almost any shape, and remains sturdy and durable. EPS is also cheap to manufacture and will not biodegrade. These traits make EPS an excellent substance for insulating coffee cups, supporting car bumpers, and forming biological shipping containers or lightweight coolers for food service.

The same traits that make EPS so appealing to consumers, however, also create issues for post-consumer disposal. EPS products often are thrown in the trash because they cannot be included among readily recyclable, conventional plastics. Though there are many reasons why expanded polystyrene is not recyclable, the primary cause is often very simple: an EPS reuse or recycling program does not exist nearby.

But we do have recycling of styrofoam in Dane County:

#### Dane County

Clean Sweep; 7102 US-12

#### Fitchburg

Recycling Drop off Site; 2373 S Fish Hatchery Road

#### Madison

City of Madison Streets Division; 1501 W Badger Road

Reynolds Urethane Recycling; 2701 Progress Road

#### Middleton

Future Foam; 2210 Parview Road

#### Verona

Verona City Recycling; 410 Investment Court

The next time you have some styrofoam to get rid of, stop before just throwing it in the trash, and drop it off at your nearest community recycling spot.



Lynne Kroger  
Pastor's Assistant  
lkroger@gslcwi.com

## PRIMETIMERS

Everyone 55+ is invited to join us for lunch, Wednesday, August 14 at 12:00 p.m. in Peterson Hall, Madison Campus. Those whose last name begins B, C, G & I bring hot dish; A & F bring salad; D, E & H bring dessert. Please make each dish serve 12+. If you have been asked to furnish food and are unable to attend, contact Lynne Kroger at 271-6633x1080 or lkroger@gslcwi.com by August 12. Then we'll enjoy HeartSong presenting "Through the Church Year With Music." See you then!



All widow/widowers are invited to join us Sunday, August 11 at 11:45 a.m. in Peterson Hall, Madison Campus for a summer picnic. Contact Lynne Kroger at lkroger@gslcwi.com for more information.

## Mental Health Tidbits

# Good Communication

Effective communication is essential to a good relationship.

Good communication in life can be tricky to get right, yet extremely important whether with loved ones, work colleagues, friends, even neighbors. All church members need good communication skills. Most of us were not fortunate enough to take a communications course, so we learn by experience. Our childhood family of origin taught us our communication style and skills as well as our school teachers. As we move into adult life and take a job, get married, raise children etc. we find ourselves often lacking this skill and not knowing how to improve our

communication skills.

Ever heard of "I-Statements"? We can come across as critical without meaning to do so, which then creates road blocks to good communication. I recommend learning the skill of an "I-Statement" for a better and more effective communication. This is taken from Parent Effectiveness Training and consists of the following format:

"When you (inset specific behavior observed) \_\_\_\_\_, I feel (insert your feeling) \_\_\_\_\_ Because \_\_\_\_\_, and I want or would like \_\_\_\_\_.

An example is the following: "When you talk over or interrupt me, I feel annoyed, because I want to complete my thought first before hearing your reaction and I want us to hear one another."



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

This skill is to move away from accusatory statements like "You are doing it again!" or, "You always do that" and instead replace that with the effect a behavior has had on us, especially on our feelings. It looks easy, but it is not and takes practice to do well. You will need to be in touch with your feeling evoked by another. The six primary feelings are fear, love, anger, sadness, hurt, and happiness. Again, it will take practice to identify what you are feeling and then express it, but it is of utmost importance for your communication to be effective. I often work on developing this skill with parents and couples in my counseling practice.



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

**Sunday Services**  
8:30 a.m. & 10:00 a.m.

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

**Sunday Services**  
9:00 a.m., 10:30 a.m., 6:00 p.m.

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

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Madison, WI  
Permit No. 1265

**Do Not Delay  
Time Sensitive  
Material**



50 YEARS OF FAITHFUL SERVICE

## Celebrate Lynne Kroger

**Sunday, August 25 at Noon in Peterson Hall at the Madison Campus**

Join us for a celebration of Good Shepherd Lutheran Church and one of her most faithful servants, Lynne Kroger. We'll provide the BBQ pork sandwiches, chips and a drink. We're counting on the congregation to bring their best story of Lynne as she heads off into retirement. Expect some special guests as well. Names ending in A-L bring salads; M-Z bring desserts. Let's send off Lynne in style as she celebrates 50 years of service to Good Shepherd!