

The *Messenger*

December 2019

Good Shepherd
LUTHERAN CHURCH

"Come Let Us Walk in the Light of the Lord"

Introducing Advent for 2019

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WORSHIP

Christmas Eve
Worship Times

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ADVENT

Stay Connected
Throughout
Advent

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	2 6:30 P.M. Ukulele Group (M) 6:30 P.M. Gingerbread Workshop (M)	3 9 A.M. Holy Yoga (V) 9:30 A.M. LWR Quilting (V) 6:15 P.M. AMPED 6th Grade (M) 6:30 P.M. Advent Evening (M) 7:00 P.M. Wine & Word (O)	4 7:15 A.M. Men's Bible Study (M) 9:15 A.M. PlayGroup (V) 9:30 A.M. LWR Quilting 7 P.M. Book Group (M)	5 Food Pantry & Clothes Closet (M) 12 P.M. Bible Study (M) 7 P.M. Blue Christmas (V)	6 6:30 A.M. Friday Men's Group (V) 7:45 A.M. Live at 745 Bible Study (M)	7 8:00 A.M. Men's Bible Study (M) 9:30 A.M. DivorceCare (M)
8 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	9 6:30 P.M. Ukulele Group (M) 6:30 P.M. Advent by Candlelight (V)	10 9 A.M. Holy Yoga (V) 9:30 A.M. LWR Quilting (V) 6:15 P.M. AMPED 6th Grade (M) 6:30 P.M. Advent Evening (M) 7:00 P.M. Wine & Word (O)	11 7:15 A.M. Men's Bible Study (M) 9:15 A.M. PlayGroup (V) 9:30 A.M. LWR Quilting 12 P.M. PrimeTimers(M) 7 P.M. Book Group (M)	12 Food Pantry & Clothes Closet (M) 12 P.M. Bible Study (M)	13 6:30 A.M. Friday Men's Group (V)	14 8:00 A.M. Men's Bible Study (M) 9:30 A.M. DivorceCare (M)
15 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V) Caroling & Cabernet 7:00 P.M. (O)	16 6:30 P.M. Ukulele Group (M)	17 9 A.M. Holy Yoga (V) 9:30 A.M. LWR Quilting (V) 6:15 P.M. AMPED 6th Grade (M) 6:30 P.M. Advent Evening (M) 12:00 P.M. OWLLS (O) 7:00 P.M. Wine & Word (O)	18 7:15 A.M. Men's Bible Study (M) 9:15 A.M. PlayGroup (V) 9:30 A.M. Soul Food Bible Study (M) 6:15 P.M. Amped Christmas Party (V) 7 P.M. Book Group (M)	19 Food Pantry & Clothes Closet (M) 12 P.M. Bible Study (M)	20 6:30 A.M. Friday Men's Group (V) 7:45 A.M. Live at 745 Bible Study (M)	21 8:00 A.M. Men's Bible Study (M) 9:30 A.M. DivorceCare (M) 7:00 P.M. Christmas Duet Concert (M)
22 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V) Christmas around the Tree (V)	23 9:30 A.M. LWR Quilting (V) 6:30 P.M. Ukulele Group (M)	24 CHRISTMAS EVE 10:00 Worship (M) 10:30 Worship (V) 4:00 Worship (V) 4:30 Worship (M) 5:30 Worship (V) 6:00 Worship (M) 7:30 Worship (M) 9:00 Worship (M) 10:30 Worship (M)	25 CHRISTMAS DAY Church Office Closed	26 Church Office Closed	27	28 8:00 A.M. Men's Bible Study (M) 9:30 A.M. DivorceCare (M)
29 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	30 6:30 P.M. Ukulele Group (M)	31 NEW YEARS EVE				

December Commissioning Focus: Worship | Sunday, December 8th
Pastors, worship assistants (coffee hosts, ushers, communion assistants, lectors), musicians

December Lectionary Readings

ADVENT 1
Sunday, December 1
Isaiah 2:1-5
Psalm 122
Romans 13:11-14
Matthew 24:36-44

ADVENT 2
Sunday, December 8
Isaiah 11:1-10
Psalm 72:1-7,18-19
Romans 15:4-13
Matthew 3:1-12

ADVENT 3
Sunday, December 15
Isaiah 35:1-10
Psalm 146:5-10
James 5:7-10
Matthew 11:2-11

ADVENT 4
Sunday, December 22
Isaiah 7:10-16
Psalm 80:1-7,17-19
Romans 1:1-7
Matthew 1:18-25

1ST SUNDAY OF CHRISTMAS
Sunday, December 29
Isaiah 63:7-9
Psalm 148
Hebrews 2:10-18
Matthew 2:13-23

Hospitality

Baptisms

Finley David Sier, child of Nicole and Mark Sier, November 10
Hudson James Hall, child of Jennifer and Anthony Hall,
November 10

Tanner Joe and Nolan Benjamin Mani, children of Kristin and
Tyler Mani, November 17

James Kurt Hockemeyer, child of Jennifer and Kurt
Hockemeyer, November 24

Samuel Kruse Rather, child of Katie and John Rather,
November 24

Christian Sympathy to:

Christian Sympathy to Deb Harpt on the death of her father,
William Beitz, October 28, 2019

Christian Sympathy to husband Keith and family of Linda Forst
who died on November 10, 2019

Prayers

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

Kristie, friend of Marilyn Sharrow, cancer

All prayer requests are listed for two months.

* denotes new request



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 Vicky Ruff at vickyruff@charter.net or (608) 277-8697



MOBILEPACK

**Returns this
February
2020!**



Mark your Calendars!

Feed My Starving Children MobilePack
February 27-29, 2020

Good Shepherd Verona Campus
give.fmssc.org/verona

EVENT HIGHLIGHTS

"Check Out These Pipes" Gathering around the Organ for History and Storytelling



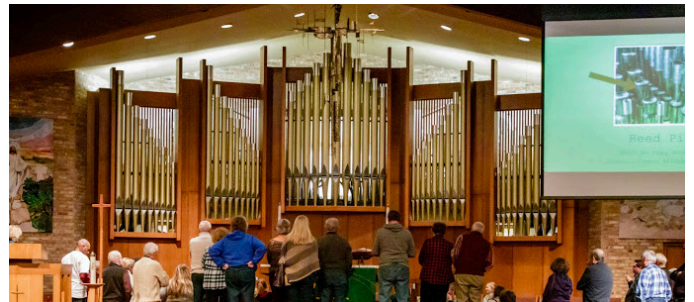
A wonderful evening of music and storytelling!

We learned that our own Jared Stellmacher was so young when he began playing, that he would slip off the bench and go up for the children's sermon! We learned the Good Shepherd organ has 1774 pipes. We learned that Jared was once a star speed skater! We learned that the previous Good Shepherd organ came from a radio station.

Most importantly we learned that while Good Shepherd has a remarkable instrument, what we are truly blessed by is the faithful man who plays it. Jared's stories emphasized the importance of family, teachers, home, and having a community of faith.

"The purpose of this organ is for worship - so that people can sing together."

And sing we did! Whose story do you want to hear next Good Shepherd?

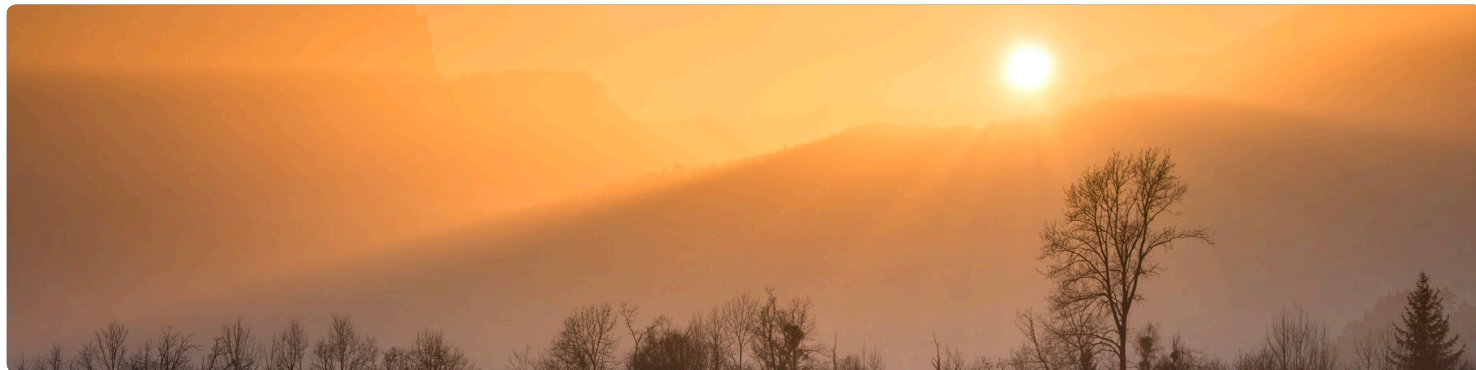


"Come Let Us Walk in the Light of the Lord"

An Advent Journey Shaped by Isaiah 2:5



Rev. Chris Enstad
Lead Pastor
censtad@gslcwi.com



Advent: A Season of Preparation.

We prepare our homes for the bustling holiday season, we prepare our church for Christmas programs and activities, our communities take on new energy as people get ready to see old friends, be with family or even just quietly reminisce about days gone by and loved ones no longer with us.

The Christian church observes Advent as a time of preparation, not just for our homes and communities, but also for our hearts.

Richard Rohr writes, "Advent is not about a sentimental waiting for the Baby Jesus, Advent is a time to focus our expectations and anticipation on the adult Christ, the Cosmic Christ, who challenges us to empty ourselves, to lose ourselves, to surrender."

This Advent, I invite you to empty yourselves of all of the expectations and resentments of the past and join me in opening yourselves up to the Light of Christ. While the days become darker the light of Christ shines brighter.

Our Advent time will be spent in the Book of Isaiah as we learn to heed God's prophetic voice not just in the past but in the here and now. Our foundational verse is Isaiah 2:5 and each week will find us exploring a different theme from that verse in conversation with other Isaiah texts. This experience will give us all a chance to dive deeper into Isaiah while also celebrating the increasing light of Jesus Christ in and around us.

December 1: Come. We are gathered together each week, we believe, by the power of the Holy Spirit. Do we pause enough to give thanks for this simple, yet powerful, miracle?

December 8: Let us walk. As God's people, we are always moving from one experience of life to the next, God is always moving in and amongst us, and each generation moves in new and often unfamiliar ways to rhythms of faith and life that might seem foreign to us. Can we celebrate our unity in diversity?

December 15: In the light. When hope fades, when our faith in the things of this world disappears, we are reminded that the light of Christ is ever increasing and our faith, *our hope*, is to be found in Him and Him alone!

December 22: Of the Lord. The Messiah. Jesus Christ. He is our Ultimate Light, the One who is both our light AND our companion in this journey of life. Christ is the Gift and the Giver. Hallelujah!

In all of your hustle and bustle, consider making worship a priority for this season and watch as all of the other things that beckon for your attention find their right place and right power in your lives.

Chris Enstad



Great Progress to Share in Moving BEYOND

With more than 400 Statements of Intent toward our goal of 600, we've already received more than \$1,800,000 in gifts and pledges to the Beyond campaign. Thank you to everyone who has participated so far! With your generosity, this is already more than we've received in our last two campaigns, and we are almost there. Remember, if we receive 600 statements of intent, the congregation will receive a special matching gift of \$25,000 for the campaign!

If you haven't had an opportunity to turn in your statement of intent yet you can do so by bringing it to church in December or filling out a form online at:

gslcwi.com/beyond

It's important that every family has the chance to respond and be a part of this exciting time at Good Shepherd. So, we will be following up with those we haven't heard from the week of December 2nd.

EVENT HIGHLIGHTS

Worshipping Together

On November 3, Good Shepherd gathered in ONE location for an unforgettable All Saints Sunday event at the Verona Area High School Performing Arts Center.



ADVENT WORSHIP

Christmas around the Tree

📅 Sunday, December 22 at 6:00 p.m.

📍 Verona Campus

Come and get cozy as we worship around the tree with readings, prayers, silence and songs on Sunday December 22nd at 6:00pm at the Verona Campus. A holy pause in this busy month and a chance to recalibrate the heart for the week ahead. Everyone is invited to this

special service that has become a beloved Good Shepherd tradition and yes kids can wear their PJ's! Excitement, grief, joy, doubt, hope, and belief are all welcome in this space. Fellowship to follow and Christmas cookies needed!

FEED MY STARVING CHILDREN

Hope Starts with Food

📅 February 27-29, 2020

📍 Verona Campus



Feed My Starving Children (FMSC) is dedicated to providing nutritious meals to children worldwide. Good Shepherd families are a piece of that story. The 8th FMSC MobilePack at Good Shepherd will be held at the Verona campus on February 27-29, 2020. You can be a part of packing more than 272,000 meals providing hope to God's children. To do that we will work together to raise over \$65,000 to pay for the ingredients in those meals. Get involved in two ways...

DONATE: Make checks payable to: FMSC 2002-250sc MobilePack, 401 93rd Avenue NW, Coon Rapids, MN 55433 or if you prefer to donate online go to give.fmssc.org/verona **VOLUNTEER:** Sign-up for 2-hour shifts will begin in mid-January. Questions? Contact Chris Brinkman at chrismbrinkman@gmail.com or find us on facebook "Feed My Starving Children MobilePack Madison & Verona"

FAITH FORMATION

Advent Evenings for Adults

📅 Tuesdays in Advent from 6:30 - 8:00 p.m.

📍 Madison Campus

Looking for a way to deepen your experience of Advent? Join Sarah Iverson, Tuesday evenings on the 3rd, 10th, and 17th from 6:30 - 8:00 at the Madison Campus. Using short writings from prophets, pastors, poets and playwrights, we'll reflect together on this special season. We'll also provide time for quiet, for prayer and for fellowship. Adults of all ages and stages of faith are welcome. No need to sign-up, just come!

FAITH FORMATION

Contemplative Small Group

📅 January 23 & February 27, 2019 at 6:30 p.m.

📍 Verona Campus Chapel

All are welcome to come to the Contemplative Life Small Group for a book discussion on Pilgrimage of a Soul, by Phileena Heuertz. We will discuss her journey as she hiked the El Camino trail and grew in a deeper relationship with God and experienced 7 stages of transformation. Join us on January 23 and February 27 at 6:30pm in the Verona Chapel. Questions? beckybaumbach27@gmail.com

Christmas Eve at Good Shepherd

Tuesday, December 24th



Madison Campus Worship Times

10:00 a.m. 6:00 p.m. 9:00 p.m.
4:30 p.m. 7:30 p.m. 10:30 p.m.

Verona Campus Worship Times

10:30 a.m. 4:00 p.m. 5:30 p.m.

SPECIAL ADVENT EVENT

Blue Christmas Worship Experience

📅 Thursday, December 5th at 7:00 p.m.

📍 Verona Campus

The holiday season is hard for those whose hearts are hurting. Not everyone is up and cheery for the Christmas holidays. Know...you are not alone. Blue Christmas is a gentle, contemplative service for those who are dealing with the death of a loved one, facing life after divorce or separation, coping with the loss

of a job, living with cancer or some other disease that puts a question mark over the future and a number of other situations that make parties and joviality painful. The light shines in the darkness, and the darkness cannot overcome it no matter how much it seems like the darkness is winning.

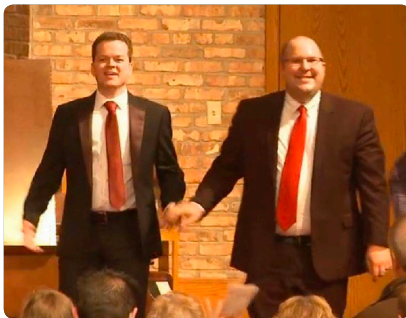
COMMUNITY EVENT

Caroling & Cabernet

📅 Sunday, December 15th at 7:00 p.m.

📍 Toot & Kate's | 109 S. Main Street

Join us on Sunday, December 15 at Toot and Kates Wine Bar for an evening of sharing and singing. Jared Stellmacher will be leading a sing-a-long of Christmas carols from 7:00 p.m.—8:30 p.m., and you are invited to bring a plate of Christmas cookies or your specialty to share. Come one, come all for an evening of Christmas songs and spirits!



HOLIDAY CONCERT

Christmas Excursions Duet

📅 Saturday, December 21st at 7:00 p.m.

📍 Madison Campus

Director of Worship and Music, Jared Stellmacher, and former director, Ben Johnston-Urey are teaming up AGAIN for an all "duet" concert entitled: "Christmas Excursions" featuring classical and contemporary Advent/Christmas favorites on Saturday, December 21 at 7 p.m. at the

Madison Campus. They will be joined by the Good Shepherd Choir and singers from First Lutheran Church in Janesville. Be sure to invite your friends, and don't miss out on this wonderful way to highlight the season through music!

WORSHIP NOTES

Projection Returning to All Services - Volunteers Make it Possible!

Starting December 15, projection will be coming back to all services at Good Shepherd. That means you won't need a bulletin to follow along with any service. (Don't worry, the bulletins aren't going away.) To keep this program going, we need your help. We have assembled a group of volunteers to run the projection at Madison and Verona, but we

could use more. Our new system will allow you to run the system with a tablet while sitting in your pew. If you would be willing to volunteer, please email Diane Kohrs at dkohrs@gslcwi.com. Thanks for your patience as we work to enhance everyone's worship experience at Good Shepherd!

SHARED LEADERSHIP

Learn about the Nominating Committee

Strong, engaged Lay Leadership at all levels of our Church is key. At Good Shepherd, we have the Nominating Committee to review candidates that are identified as possessing qualities for visionary and strategic church leadership at the Church Board level.

Article C13.02 defines the Nominating Committee as comprising “the Lead Pastor and three (3) voting members of this Congregation elected at the Annual Meeting for a term of three (3) years. Members of the Nominating Committee shall not be eligible for consecutive reelection.” Current Nominating Committee Members include our Lead Pastor Chris Enstad, Andrea Frey and Mike Harper.

The Lead Pastor identifies voting members of our congregation for

membership on this committee.

Potential candidates comprise voting members of our congregation who have had Board experience in the past or who have been nominated for a Board position but are not in a position to serve but will provide input in one or two meetings. Please contact the Lead Pastor or any nominating committee member, if you have any questions or are interested in serving on the nominating committee.

The Nominating Committee meets at least once per year to pray, discuss and nominate voting members of Good Shepherd Lutheran Church at the Annual Meeting for membership on the Church Board. This committee uses a list of qualities and characteristics of the Board provided

by the The Shared Leadership Task Force and the Church Constitution. Characteristics include a balance of financial, organizational, legal and professional experiences. As a Christian Church, some added characteristics are a depth of faith and maturing spiritual faith.

There is also discussion of the strategic needs of the Board and the need to maintain a fair representation of our congregational makeup at both our Madison and Verona campuses. A running list of prospective Board Members deemed qualified are carried over from year to year.

If you are interested in serving on Good Shepherd’s Board, please contact any member of the Nominating Committee to express your interest.

GOOD SHEPHERD FOUNDATION

Foundation Funds at Work to Further Mission



At its November 4 meeting, the Good Shepherd Lutheran Church Foundation received and considered several grants to expand and support the ministries of our congregation.

The first grant in the amount of \$2000 was requested and approved to support the Holy C.O.W. – Good Shepherd’s very own food truck. The funds will be used for some much needed work on the towing vehicles

brakes, struts, and towing apparatus. In addition, the food truck needs some electrical upgrades to provide air conditioning in the food service area.

Another grant was considered and approved for \$10,000, which will support the 2020 Feed My Starving Children Mobile Food Pack on February 27–29 at the Verona campus.

Finally, a third a grant was approved to pay up to \$550 for the extra bus used to transport members to the combined service at the Verona High School on November 3.

Grant requests will again be considered by the grants committee and the Board in early 2020.

To learn more and to download grant request forms visit:

gslcwi.com/foundation

Children's Ministry



CHURCH SCHOOL

Movie & Pajama Day on December 15 & 22

On Sunday, December 15 in Madison and Sunday, December 22 in Verona, all Church School students are invited to a special Sunday of Pajamas and a movie! Children should check in and begin in worship with their family, following the children's message we will have a cozy movie day at church school.

WORSHIP NOTES

Children Lead Worship this Advent

Church School Children, Children's Choirs, Middle School & High School Musicians will serve during worship!

December 15

Verona Campus 9 & 10:30 a.m. Worship Services

December 22

Madison Campus 10:00 a.m. Worship Service

We began practicing songs and speaking roles during the month of November at church school and choir rehearsals. All children and youth are invited to participate. Contact Beth Marshall at bmarshall@glscwi.com for more information.

Worship with Family Day December 29th | No church school on December 29th

Join Anytime for Church School & Children's Choir

Church School Ages 3-5th grade

8:30 & 10:00 a.m. Madison or 9:00 & 10:30 a.m. Verona

glscwi.com/church-school

Children's Choir & Music

Preschool-5th grade:

Tuesdays @ Madison Campus

Wednesday @ Verona

glscwi.com/childrens-music

HIGH SCHOOL MINISTRY

Connect at December Events!

High schoolers: stick these events on your calendar so that you don't miss out on our community time and a chance to serve together!

- Ladies, our Sisterhood gathering will be paired with Advent by Candlelight on Monday the 9th and you can register with Becca directly.
- Wednesday, December 11th is youth group at Verona from 8-9:15 p.m. We'll be doing some holiday cookie decorating.
- Sunday, December 15th at 2:30 p.m. we'll gather for our annual Adopt-a-Family Christmas shopping and wrapping.

New to high school ministry with us? No worries! Come to any of our events or get in touch with Becca at bmortensen@glscwi.com to find the best way to get connected.

AMPED MIDDLE SCHOOL

Christmas Party December 18th

All middle schoolers are welcome to come to our AMPED-sponsored Christmas party on December 18 from 6:15 - 8:00 p.m. at the Verona Campus for games, a photo booth, crafts and all sorts of fun. Register with Laura Clark (llark@glscwi.com) if you're planning to come!



Fellowship & Service Opportunities

2020 Altar Flowers Sign-Up

It's time to begin sponsoring altar flower arrangements for 2020 in memory or in honor of a loved one, or for special occasions. You can sign up on the Altar Flower Chart at the Madison Campus located in the lobby by the entrance to the office; or online through our website at gslcwi.com, clicking the Register box at the top of the screen, Altar Flowers and then Sign Up; OR sending an email to Judy Hoard at jhoard@gslcwi.com. Each arrangement is \$40. When paying by check, please make it payable to Good Shepherd Lutheran Church with "altar flowers" in the memo line.

Please Keep the Snacks Coming for Orchard Ridge!

Did you know snacks are provided every day of the school year to Orchard Ridge students through your donations? If no snacks were provided, teachers would have to use their own money. Thank you for all you have donated so far! Approved snacks include crackers of most types (plain, animal, cheese, graham), pretzels, cereals, granola bars, raisins, craisins, fruit snacks, vanilla wafers, and many others. No nuts or nut products please, due to allergies. Donations can be placed in ORE bins at Madison and Verona Campuses. Monetary donations are also welcome, made out to Good Shepherd Church with "ORE snacks" on the memo line. Thank you so much!

Return Giving Tree Gifts

If you took a Giving Tree Tag to buy a Christmas gift for a child, gifts are to be wrapped and returned to Good Shepherd's MADISON Campus by **Sunday, December 8**. Thank you for helping to make Christmas brighter for 240 children in our community!

Christmas at Tree Lane

God's Hands and Feet is sponsoring a Christmas event for families living at the Tree Lane Apartment complex on **Saturday, December 7**. Children will be able to select gifts for adult family members, wrap their presents, and then decorate a cookie. We need volunteers! This is a great opportunity for youth, Amped groups, families, and anyone who wants to help. Set up is 8-10 a.m. 10 a.m.-2 p.m. needs the most volunteers to help the kids shop. Clean up is at 2 p.m. Come join us for a few hours or stay and help all day! Contact Diane Cali at dianecali437@gmail.com for more information.



Souper Bowl XIX is Coming!

Please mark your calendars for Souper Bowl XIX on **Sunday, February 2nd**.

The kick off to Souper Bowl XIX will be at the Deep on Sunday, January 26th, followed by big plays from by the AMPED students during the week.

It's not too soon to begin shopping for soup when it's on sale. Soup choices preferred by the Pantry Coordinators include: cream of chicken, cream of mushroom, chicken noodle, chicken with rice, vegetable beef, any chunky style soup and ramen noodles.

All the soup donated will go to the Good Shepherd Food Pantry, the Allied Drive Food Pantry and the Badger Prairie Food Pantry in Verona.

Our challenge is to donate more than the 1,833 cans of soup donated during Souper Bowl XVIII.

Thank you to our 2019 Donut Sponsors

We received a lot of good feedback on our donut sponsorship program in 2019, so we are looking for donors again in 2020. It costs \$80/week to help us extend this type of hospitality for members and guests. If you would be interested in sponsoring donuts on any given Sunday at that rate (plus \$3 extra if you use a credit card) go to www.gslcwi.com/register and fill out a form online or call Director of Administration Rick Blum at (608) 640-4902.

gslcwi.com/donuts

Meadowridge Library Brown Bag Meal Plan Needs You!

Calling individuals, families, or small groups to team up and provide brown-bag meals for children at the Meadowridge Library! Small groups from area churches (including God's Hands and Feet at Good Shepherd), have been providing brown bag meals to children who stay after school at the library for a number of years. However, the need has increased, so we need more volunteers. It is a flexible program that entails purchasing supplies, assembling the brown bag meals, and delivering them to Meadowridge. Or, they can be made in the kitchen at the Community Center. Each meal contains a sandwich (either PB&J or turkey & cheese), fruit, cheese or go-gurt, and a treat. They are simple, but very helpful. The librarians are so grateful for these donations, and they say it has transformed the community. There are many ways to become involved by either donating items and/or your time, so please contact either Jen Maier (jenmaier@tds.net ~ cell: 575-5019; home: 848-4685) or Peggy Christensen at 345-4678 to share your interest. Whether you're an individual, family, or you lead a small group, we can use your help, and we thank you in advance for serving children in Christ's name.



Use What You've Got

Cutting back on Food Waste

Ever thrown out food from your refrigerator? Ever brought a doggie bag home from the restaurant and find it a week later shoved to the back of your fridge?

According to a recent article in Time Magazine October 21-28, 2019 titled "Waste not, want not, pollute not", the World Resources Institute states that food waste is responsible for 8% of annual greenhouse emissions. The article also states, "...25% of agricultural water use and a land area about the size of Canada go toward producing food that ultimately goes uneaten." And according to the U.S. Department of Agriculture, Americans throw out about 40% of our food supply each year.

The article gives five quick tips on how to cut back on food waste:

1. Buy only what you need - shop with a list
2. Get organized- keeping a neat refrigerator/pantry can go a long way
3. Learn what labels really mean - "sell by" and "use by" dates don't always mean throw away
4. Consider a meal kit - a lot of packaging, but a recent report showed the benefits outweigh the environmental impact
5. Keep portion sizes moderate - eat only what you need

For more information, check out the Environmental Protection Agency's website article, "Reducing Wasted Food at Home" (epa.gov/recycle/reducing-wasted-food-home)



Enjoy a Christmas Gathering with friends from St. Maria Goretti.

This month we will meet on **Wednesday, December 11th**, at 12:00 at the Madison Campus in Peterson Hall. We'll enjoy a warm lunch and follow it up with some Christmas stories and carol singing with Jared Stellmacher. Please bring a salad to share! Prime-timers is a group of folks 55+ who gather once a month to share a noontime meal, fellowship, and stories. Join us anytime!



Enjoy Christmas Tea & a White Elephant Gift Exchange!

Join us **Tuesday, December 17th** at 1:00 p.m. at the Madison Campus in Peterson Hall for Christmas Tea. Sarah will provide Christmas treats and tea for a cozy afternoon of conversation and care. We'll also hold a White Elephant Gift exchange so bring a gift if you would like to participate in that part of the afternoon. This gathering is for all widow and widowers and is a great space for companionship during this time of year.

TEAM WORLD VISION
MADISON 2019

1412

New people in Africa with access to clean water, sanitation & hygiene.

\$70,609

FUNDS RAISED FROM

73

PARTICIPANTS

5

CHURCHES

Mental Health Tidbits

Holiday Blues

As we enter again into the busy Christmas Season with all of its many activities, it is important to take a look at how to cope with holiday stressors. Many people actually dread the holidays for some of these common reasons:

- 1) Unrealistic expectations
- 2) Feeling unable to cope with demands placed on them
- 3) Over commercialization and pressure to over spend

- 4) Financial stress
 - 5) A recent loss of a loved one, so still grieving
 - 6) The inability to be with one's loved ones
 - 7) A Pervasive feeling of fatigue and feeling overwhelmed
- I urge you to initiate self care during the holidays to beat the Holiday Blues. Take time for yourself and learn to relax. Plan fewer activities, smaller gatherings, and examine



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

how realistic and reasonable your expectations are. Keep gift affordable and do acts of kindness rather than buy a lot of presents this year. If possible, avoid toxic people during the holidays. Remember to exercise to ease stress in between the hustle and bustle. And most of all, remember the true meaning is our Lord's birth which brings joy to the heart. Merry Christmas!



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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WOMEN'S MINISTRY

Celebrate Advent by Candlelight on December 9

Verona Campus | 6:30 - 8:00 p.m.

Women of all ages are welcome to attend our annual Advent by Candlelight Night at Good Shepherd- Verona Campus. This year we are going to cozy up with dessert, candles and warm beverages as we focus on the Scandinavian tradition of Hygge. Sign up on our church website now: <https://gsclwi.com/register/>