

## **Good Shepherd**

LUTHERAN CHURCH





# January 2020

View Full Calendar Online gslcwi.com/events

M: Madison V: Verona O: Offsite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Church Office Closed	Food Pantry & Clothes Closet (M)	3 6:30 A.M. Friday Men's Group (V) 7:45 A.M. Live at 745 Bible Study (M)	4 8:00 A.M. Men's Bible Study (M)
5 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V)	7:30 P.M. Madison Youth & Tallin Boys Choir Concert (M)	7 9:30 A.M. LWR Quilting (V) 6:15 P.M. AMPED 6th Grade (M) 7:00 P.M. Wine & Word (O)	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)	9 Food Pantry & Clothes Closet (M) 12 P.M. Bible Study (M)	6:30 A.M. Friday Men's Group (V)	11 8:00 A.M. Men's Bible Study (M) 2:00 P.M. 20's/30's Winter Fun (O)
12 8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V) 12:30 P.M. OWLLS (O)	9 A.M. Ruth Circle (M) 1 P.M. Card Ministry (M) 6:00 P.M. Finance Committee (M)	14 9:30 A.M. LWR Quilting (V) 6:15 P.M. AMPED 6th Grade (M) 6:30 P.M. Animate (M) 7:00 P.M. Wine & Word (O)	7:15 A.M Men's Bible Study (M) 9:15 A.M. PlayGroup (V) 9:30 A.M. Soul Food Bible Study (M) 7 P.M. Book Group (M)	Food Pantry & Clothes Closet (M) 12 P.M. Bible Study (M)	6:30 A.M. Friday Men's Group (V) 7:45 A.M. Live at 745 Bible Study (M)	8:00 A.M. Men's Bible Study (M)
8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V) Worship with Family No Church School	9:30 A.M. LWR Quilting (V) 6 P.M. Book Club (V)	9 A.M. Holy Yoga (V) 9:30 A.M. LWR Quilting (V) 6 P.M. Holy Yoga (V) 6:15 P.M. AMPED 6th Grade (M) 6:30 P.M. Animate (M) 7:00 P.M. Wine & Word (O)	7:15 A.M Men's Bible Study (M) 9:15 A.M. PlayGroup (V) 9:30 A.M. Soul Food Bible Study (M) 7 P.M. Witnessing Whiteness(M)	Food Pantry & Clothes Closet (M) 12 P.M. Bible Study (M) 6:30 P.M. Contemplative Life Group (V)	6:30 A.M. Friday Men's Group (V)	8:00 A.M. Men's Bible Study (M)
8:30 Worship (M) 9:00 Worship (V) 10:00 Worship (M) 10:30 Worship (V) 6:00 Worship (V) SOUPER BOWL XIX WEEK BEGINS!	27 6 P.M. Book Club (V)	28  9 A.M. Holy Yoga (V) 9:30 A.M. LWR Quilting (V) 6 P.M. Holy Yoga (V) 6:15 P.M. AMPED 6th Grade (M) 6:30 P.M. Animate (M) 7:00 P.M. Wine & Word (O)	7:15 A.M Men's Bible Study (M) 9:15 A.M. PlayGroup (V) 9:30 A.M. Soul Food Bible Study (M) 7 P.M. Witnessing Whiteness(M)	Food Pantry & Clothes Closet (M) 12 P.M. Bible Study (M)	31 6:30 A.M. Friday Men's Group (V)	

### January Lectionary Readings

SECOND SUNDAY OF CHRISTMAS

Sunday, January 5

Isaiah 60: 1-6; Psalm 72: 1-7, 10-14; Matthew 2: 1-12 BAPTISM OF OUR LORD

Sunday, January 12 Psalm 29; Matthew 3: 13-17 SECOND SUNDAY AFTER EPIPHANY

Sunday, January 19 Psalm 40: 1-11; 1 Corinthians 1: 1-9 THIRD SUNDAY AFTER EPIPHANY

**Sunday, January 26** Psalm 27: 1, 4-9; Matthew 4: 12-23

## Hospitality

#### **Baptisms**

Andrew James-Paul Ackermann, child of Elizabeth Foste-Ackermann and Stephen Ackermann, December 8

Evelynn Marie Vande Hoef, child of Lindsey and Chris Vande Hoef, December 22

#### **Births**

Glenn & Kathy Rindfleish are happy to announce the births of two great-grandchildren. Sameul Joel, born November 4, 2019. Son of Andrea & Joel Rindfleisch of Hartford, IA. Joceyln Ann, born on November 30, 2019. Daughter of Mallory & Tom Long of Son Prairie, WI.

#### **Christian Sympathy to:**

Christian Sympathy to Monica and Brian Feiler on the death of their mother and grandmother, Barb Dewey, who died on November 23, 2019 in Madison, WI.

Christian Sympathy to Linda Kloosterboer and family on the death of her brother, Donovan Beer Jr., who died on November 17, 2019 in Tuscon, AZ.

Christian Sympathy to Wanda Martinelli on the death of her sister-in-law, Darlene Dilley who died on November 29, 2019 in Gays Mills, WI

Christian Sympathy to the family of Karna & Brad Boquet on the death of Brad's mother, Sandra Boquet who died on December 1, 2019 in Blair, NE

Christian Sympathy to Nicki Sayre and family on the death of her mother, Elaine June Wanta, who died on December 11, 2019 in Madison, WI.

## **Prayers**

\*Ron Millisor, son of Lowell & Charolette Millisor and brother of Mary Erdman, lung cancer metastasized to the brain

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.

Requests 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

SYNOD NEWS

## **Town Hall Meeting for Election of Next Bishop**



#### Invitation From Bishop Peter Rogness About the Election of Our Next Bishop

The South-Central Synod of Wisconsin of the Evangelical Lutheran Church in America is holding a Town Hall Meeting to discuss the upcoming election of a new bishop. All Good Shepherd Church Members are welcome to attend! The foundation begins to be laid by first naming where we are as a synod, and, from that, what kind of leadership skills we need to seek in the next person to serve as our bishop. This is fundamental to a good call process in any congregation, and just as fundamental for us as a synod. The meeting is on Saturday, January 18 at 10:00 a.m. at St. James Lutheran Church in Verona. Please join us at this forum to give voice to conversations on the strengths and challenges of this synod and what we need in a bishop.



Returns February 2020!



### **Mark your Calendars!**

Feed My Starving Children MobilePack February 27-29, 2020

Good Shepherd Verona Campus give.fmsc.org/verona

Messenger

January 2020

## New Year. Everlasting Promise.

Rev. Chris Enstad
Lead Pastor
censtad@gslcwi.com

Starting 2020 by exploring the Meaning of Epiphany & Good Shepherd's Mission and Vision

# How will you start your year with Good Shepherd?

With the turning of the page to another year (and a new decade!), I have been looking back over our last year of work together in the name of Jesus Christ. In the past year at Good Shepherd we:

- 1. Received and adopted new Vision and Mission Statements from our Shared Vision Task Force.
- 2. Received and adopted a new Shared Leadership Structure that builds on our strengths and lifts up the work of our volunteers and committees.
- 3. Received and adopted a new Statement of Welcome and officially became a Reconciling in Christ congregation explicitly welcoming all people into our life together.
- 4. Launched a \$3.3 million Capital Campaign to reduce and eliminate our debt and surpassed \$2 million in intents and contributions.

For any congregation to achieve just one of those four objectives in a calendar year would be cause for celebration. I am grateful that each of these accomplishments will serve to align us with God's call for our church and help us effectively steward our resources for the greatest impact on lives in and around the Madison and Verona community. Thank you!

During this season of Epiphany, we transition from our Advent theme, "Come, let us walk in the light of the Lord," to a time of celebrating our light in Christ Jesus. Our theme for this month is "New Year, Everlasting Promise". Our New Year's resolutions may fade, but the promises that God made to us in Jesus have been fulfilled once and forever. Christ truly is the light that will never cease shining!

This truth gives us a chance to explore the meaning of Epiphany and our new Mission and Vision Statements. Each Sunday we will explore one part of the Mission Statement in conversation with the Bible, song, and prayer. Please join us at church, or online, to discover what God's mission has to do with YOU!

Chair Extres

#### JANUARY 5 Epiphany Sunday

Jesus is God's gift of light, love, and grace for us.

Isaiah 60: 1-6; Psalm 72: 1-7, 10-14; Matthew 2: 1-12

#### **JANUARY 12**

We welcome as we have been welcomed God welcomes us into God's family through baptism. How can and do we welcome people into our life together at church?

Psalm 29; Matthew 3: 13-17

#### **JANUARY 19**

#### We forgive as we have been forgiven

Who is God to us? God is the one who created us, forgives us, and continues to be faithful to us with grace and mercy. How do God's actions towards us impact how we treat each other?

Psalm 40: 1-11; 1 Corinthians 1: 1-9

#### **JANUARY 26**

#### We serve as we have been served

Jesus calls the most unlikely of people to become his disciples... fishers of people. We serve alongside Jesus in ministry whenever we serve others in His name. *Psalm 27: 1, 4-9; Matthew 4: 12-23* 

#### **FEBRUARY 2**

## Because of what God does for us, we are invited into transformative relationships

The Beatitudes describe the blessed of God's kingdom. How do these blessings of God help us see God's grace as transformative for us and our relationships? How do we best meet each other where we are while helping one another to know God's love? *Psalm 15*; *Matthew 5*: 1–12

## **Good Shepherd**

LUTHERAN CHURCH

#### **Our Mission**

In response to God's love and grace we will:

Welcome as we have been welcomed,

Forgive as we have been forgiven &

Forgive as we have been forgiven & Serve as we have been served.

#### **Our Vision**

By the grace of God and the love of Jesus Christ,
We will meet each person where they are, and
invite them into transformative relationships with
God, each other, and the communities in which
we live and serve. We will cultivate and empower
lay leaders to support this life-changing work at
Good Shepherd and beyond.

#### **Our Welcome Statement**

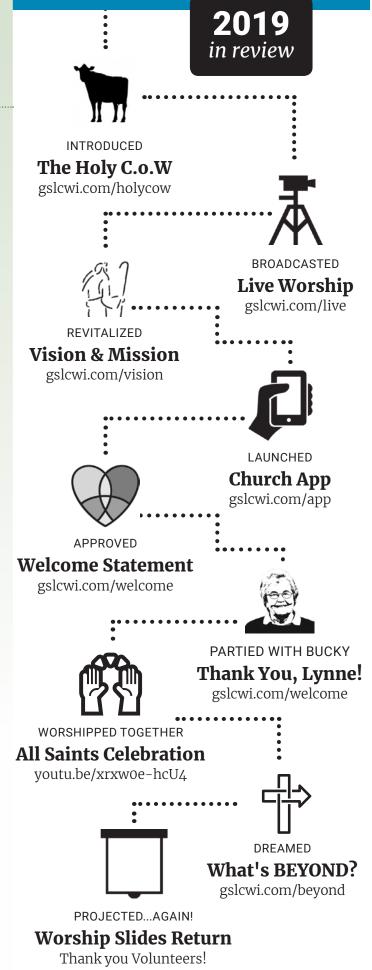
We welcome all to Good Shepherd.

Everyone. Without exception. This welcome includes those shunned by society and by churches because of their race, ethnicity, gender identity, sexual orientation, age, physical or mental abilities, financial resources, and family status, no matter what you have done or has been done to you, no matter what darkness you have struggled with, now or in the past.

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 God's 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, here at Good Shepherd, and in the world.

We welcome you.



### **Congregational Life**

#### FEED MY STARVING CHILDREN

## Your donations...DOUBLED!

**Tebruary 27-29, 2020** 

Verona Campus

The next Madison area FMSC MobilePack™ is February 27-29, 2020. In addition, we are fundraising over \$65,318 to pay for the meal ingredients. Thanks to a \$10,000 matching grant from the Good Shepherd Foundation, the next \$10,000 in donations to Feed My Starving Children WILL BE DOUBLED. Can you help? One meal costs less than 25¢; \$88 feeds a child for a year; \$365 feeds a family for a year, \$1,866 provides a whole pallet of food. Donate online at give.fmsc.org/verona or if you prefer to write a check send it directly to: Feed My Starving Children MobilePack 2002-2020au, 401 93rd Avenue NW,

Coon Rapids, MN 55433.

In the spirit of Good Shepherd's vision to "serve as we have been served" this will be the 8th MobilePack hosted at the Verona campus. We plan to again pack and fund 272,000 nutritious meals to feed God's hungry children in the poorest countries globally in body and in spirit! Mark your calendar for the last weekend in February... we'll need more than 1,400 volunteers over 3 days to get it done. Just 2 hours of time will make a difference in the life of a child. And, it's fun! Online volunteer sign-up will begin on January 29 at give.fmsc.org/verona

Want to sponsor a table for your family, sports team or co-workers? Contact Chris Brinkman at chrismbrinkman@gmail.com or 608-576-3080

LIKE and FOLLOW this event on our Facebook page for updates at: facebook.com/MadisonVeronaMobilePack

#### **FAITH FORMATION**

### **Animate: Bible**

**t** Starting Jan. 14th

Madison Campus

Animate is a 7-week interactive and multimedia-based small group Bible study series on Tuesday nights beginning January 14th. This is Part 2 of a three part series and is designed to reinvigorate and deepen your understanding of the Bible. This course covers the basics of biblical scholarship in the Church. Whether you are new to the faith or looking to deepen your relationship with Christ, Animate offers an opportunity for everyone to share, learn and ask questions in a safe environment. It's also a great place to explore some of the unique aspects of Lutheranism. All sessions will be on Tuesday nights from 6:30 to 8:00 p.m. at our Madison campus to correspond with Tuesday night confirmation. Think of it as a 7-week adult confirmation series!

### **Contemplative Small Group**

**a** January 23 & February 27, 2019

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 6:30 p.m. in the Verona Chapel. Have Questions? Contact beckybaumbach27@gmail.com

## **Holy Yoga Winter Session**

January 21 begins our winter session of Holy Yoga! For 10 weeks at 9:00 a.m. and 6:00 p.m., each Tuesday through March 24, we will gather at the Verona campus to open our hearts and stretch our bodies and feel the presence of our Lord. Classes are a gentle flow with modifications given for all levels. All persons are welcome – men, women, all faiths. No registration needed. Classes are on a donation basis, \$5 suggested. For questions, contact beckybaumbach27@gmail.com

### Witnessing Whiteness

A new class where we look at the need to talk about race and how to do it. This Book workshop series beginning January 22 at 7 p.m. will be facilitated by Susi Petta and Mary Birmingham. One of the main goals is to build a community with a shared understanding of privilege, whiteness, and racism. Learn more about the course by visiting our website at <code>gslcwi.com/witnessingwhiteness</code> or email Susi Petta at <code>mspetta@gmail.com</code>

### **Worship and Music**











at
Good Shepherd
LUTHERAN CHURCH

















**UPCOMING CONCERT** 

## **Madison Youth Choir & Tallin Boys Choir**

Stop by the Madison Campus on the evening of Monday, January 6th for a concert featuring the world-renowned Tallinn Boychoir from Estonia. The Madison Youth Boys Choir will open this concert. There is no cost but a freewill offering will be taken at the event.

**THRIVENT** 

## Learn about Action Teams this February



You've heard about Thrivent Action Teams. But what are they? And what

aren't they? Come learn more about Thrivent Action Teams this February! We'll have a spread of breakfast items and a chance to learn about **Action Teams** and ways to get involved with

serving ministries at Good Shepherd. You do NOT need to be a Thrivent member to attend.

If you want to make a difference with your Action Team, contact

Stephanie Christensen at stephanie. christensen@thrivent.com or

> your Thrivent Representative.

You don't have to have a ministry at Good Shepherd to utilize an Action Team from Thrivent - they can be used for countless purposes both in and outside of the church! If you have

questions about Thrivent Action Teams or other ways to be involved with Good Shepherd Ministries, contact Stephanie Christensen or any of the Pastors.

#### **Action Team Info Sessions**

Madison Campus | Peterson Hall Sunday, February 9th between 9:45 and 10:45 a.m.

Verona Campus | Fellowship Room Sunday, February 16th, between 9:45 and 10:45 a.m.

**GOOD SHEPHERD FOUNDATION** 

At the November 4, 2019 Foundation

## Meet Our Emeritus Director, Aubrey Fowler

Board meeting, the Board unanimously approved a resolution to appoint Aubrev Fowler Director **Emeritus of Good** 

Shepherd's Foundation. This appointment will be ratified by the Congregation

at the annual meeting. Aubrey is a founding director and has faithfully served on the Board since its inception 32 years ago, providing legal counsel and working effortlessly on development activities the entire time. In addition, he's served as Board President. He and his wife, Mary, who died on October 16,

2013, have given generously over the vears to the Foundation. You'll learn

> more about Aubrey and his journey to create a lasting legacy in the Annual Report and the new Foundation brochure which will be available in early 2020, but in the interim, here are a few life facts: Aubrey and Mary

met at UW-Madison and married after college. Aubrey has a servant's heart demonstrated by his time in the U.S. Army, his many contributions to Good Shepherd, his devotion to his family and two incidents where he used his skills to save two different boys from drowning.

### Messenger

### **BEYOND CAMPAIGN** We are Doing this Together

- 600 Plus Commitments
- \$25k Gift Received
- \$330k Already in-hand

Thanks to more than 600 people who sent in their Intents to Give to Good Shepherd Lutheran Church in 2020, an anonymous donor has graciously agreed to give Good Shepherd a matching \$25,000 gift for the church's Beyond Capital Campaign.

This gift, combined with the intents of all the other members who turned in their cards, help push the total amount of money committed to the Beyond campaign to well over \$2 million, which is the most money ever committed to Good Shepherd in a capital appeal. In addition, more than \$330,000 has already been given to the church before the end of the vear.

Thanks as well to all the volunteers who helped make the campaign happen, including members of the steering committee, all the people who helped deliver packets to members' homes and everyone who helped produce the joint worship service at the Performing Arts Center in Verona in November. The spirit of God was with Good Shepherd through the entire campaign. These volunteers helped take this campaign beyond expectations.

If you haven't yet turned in your Beyond pledge form, make a gift now to join the over 600 families who have supported our efforts by going to gslcwi.com/beyond.

## **Children's Ministry**





WORSHI

# Celebrating 2019 Baptisms on Sunday, January 12 at Both Campuses

We would like to recognize everyone who has celebrated a Baptism at Good Shepherd in 2019 during the celebration of Our Lord's Baptism on January 12. Recognition will be held at all services at Madison and Verona campuses. Families will be invited to come forward for a special blessing and a relighting of the baptismal candle. (Siblings may bring their baptismal candles as well.) If you celebrated a baptism in 2019 and plan to attend worship on January 12 please RSVP to Katie Wagner with the worship service you will be attending at kwagner@gslcwi.com.

#### **BAPTISM**

#### **Baptism Class**

Thursday February 6, 6:00 p.m., Madison Campus.

Instruction for Holy Baptism is available to anyone wanting to be baptized or have their child baptized. All ages are welcome. Childcare is available upon request. Please register for the baptism class at www. gslcwi.com. For questions about the class or baptism, please contact Katie Wagner at kwagner@gslcwi.com

#### Worship with Family Day January 19th | No church school on January19th

#### 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 gslcwi.com/church-school

#### Children's Choir & Music

Preschool-5th grade: Tuesdays @ Madison Campus Wednesday @ Verona **gslcwi.com/childrens-music** 

#### AMPED CONFIRMATION

#### **Amped Retreat January 18th!**

Our January day retreat, which is a requirement for confirmation folks, is set for January 18th from 9 a.m. - 2 p.m. at Verona campus! The day will be filled with fun, treats, speakers, and activities. This year we'll be talking about "The Geography of Faith," as in the highs and lows, the mountaintop places, the dark valleys, and the quiet, still waters. RSVP with Laura Clark (Iclark@gslcwi.com). Any middle schoolers are welcome, regardless of involvement in confirmation.

Our February sleep-away retreat is set for February 14-16<sup>th</sup> at Pine Lake Camp! Folks should plan on fun and exploration outside in a beautiful place and storytelling and connections around cozy fireplaces. Forms can be found on our website at gslcwi. com/connect/youth/amped-confirmation/. This retreat is open to any and all middle schoolers as well. Registration is due January 29<sup>th</sup> but spots are limited so register ASAP!







**HIGH SCHOOL MINISTRY** 

### Wha's Happening in HS Ministry this Month?

Our high schoolers tell us over and over again that they come to our gatherings because of the community they find within our high school ministry. "That, and the snacks" they joke. Communities like these, messy and beautiful, imperfectly centered around Christ only grow more meaningful the more we gather. So grab a friend and come join us for any of the following events:

- Youth Group at the Verona campus from 8-9:15 p.m. on January 8th and 22nd
- Sisterhood of the Traveling Bible Gathering at Ashley Vlack's home at 114 Ohio Ave. on Sunday, January 19th at 3:30 p.m.
- January 20th Dinner Club (for lunch, location TBD) We'll gather for lunch and dive into some discussion on MLK and his impact.

If you'd like to start receiving texts or emails with event reminders, email Becca at **bmortensen@gslcwi.com** with your preferred contact!

Meyenger January 2020 9

#### **COMMUNITY PARTNERSHIPS**

## Learn About "Keeping Neighbors Connected"

For well over 30 years Good Shepherd has operated the Household of Faith Fund (HOFF). This fund is used to help members of Good Shepherd and our community with emergency housing assistance when needed. The framework around how funds are granted and distributed has evolved over the years. But one thing has remained constant: an ever-growing need for assistance. The average rent for a 2-bedroom apartment in Madison or Verona today is over \$1200. Solutions to the housing crisis in Madison are complex and the demand for assistance has become more than any one church or organization can accommodate. Most agencies have simply given up.

But there are ways we are making a difference through collaboration. In 2019, through the gift of a private donor, Good Shepherd participated in the formation of a new program called "Keeping Neighbors Connected (KNC)." KNC is a collaborative effort between the Meadowood office of Joining Forces for Families (JFF), St. Maria Goretti, Orchard Ridge UCC and our local elementary and middle school social workers. The goal of KNC is to pool the limited resources each agency has for housing assistance and collaborate with school social workers to identify families who through rental assistance will achieve long term stability.

One positive example of KNC's impact is a single mother who has kids attending Falk Elementary. She broke her foot and was unable to work for several weeks at her hourly job. Financially, she stayed afloat during the first month, after which she returned to work. But she was not going to make it through month two. With a small grant from KNC she was able to pay her rent and avoid eviction. Nearly a year later that family remains in a stable housing situation.

The average age of a person experiencing homelessness in Madison is 9 years old. KNC seeks to provide stability for children in our immediate neighborhood. It's a small but important step we can accomplish together. Participation in KNC in 2020 will require a \$2000 deposit from each of the three churches participating in the program. Good Shepherd would like to use \$2000 each year from the HOFF each year to participate in KNC, all while ensuring at least a \$500 reserve remains in the HOFF to ensure we can also help our members. Pastor Joe and Eric Alvin from JFF will be hosting an information session to discuss this request on January 12th after each Sunday morning service at our Madison campus. If you have contributed to the HOFF in the past or are thinking of doing so in the future, you are invited to attend. There will be opportunities for your inputs, questions and concerns regarding this possible transition.

## Cards Ministry meets on January 13th

Help Good Shepherd staff bring Christian caring to our congregation by crafting handmade cards. Our next meeting will be in the Good Shepherd Room at the Madison Campus on Monday, January 13, from 1:00-3:00 p.m. If you have questions, please contact Susie at cardsministry@gmail.com.

#### 2020 Altar Flowers Sign-Up

It's time to sponsor 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 - for members at the Verona or Madison Campus, at gslcwi.com/register; 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.

#### **Giving Tree Thank You**

Thank you Good Shepherd for providing 240 gifts to children in need in the Meadowood Neighborhood and through Early Childhood Initiative in Dane County through the Giving Tree this year!!





## **Eagle Watch Event**

A Good Shepherd Field Trip



#### WHEN/WHERE

Saturday, Jan 25 at 9:45 a.m. Meeting in Sauk City at the Cedarbury Inn

#### COST

Free for the first 20 participants. Reservations required at: goodshep.breezechms.com/form/ eagletrip

#### SCHEDULE OF EVENTS

1) Eagle Viewing Bus Tour by Barb Barzen, Ferry Bluff Eagle Council. 2) An educational eagle-viewing tour of the stretch of the WI River bald eagles call "home" for the winter. 3) "How Eagles Inspire our Faith" with Pastor Sheryl Erickson. 4) An optional lunch follows our field trip in Sauk City at your own cost. The event is Sponsored by Good Shepherd's Creation Keepers.

## PRIMETIMERS

#### What's your story? Share it!

Primetimers is a group of folks 55+ who gather once a month to share a noontime meal, fellowship, and stories. Stories come from guest speakers, staff members, and from one another as we share our own experiences. We occasionally enjoy stories through musical guests and singing as well. Jesus fed people with bread and with stories and that is what we seek to do here. The more people who come the bigger the feast. All are welcome! Our potluck lunch begins at noon in the Peterson Hall at the Madison Campus. and is followed by our program. If you have ideas for speakers and stories, please share them with Sarah Iverson (siverson@gslcwi.com). If you are 55+ we would love to welcome you to this gathering! There is an abundance of life, wisdom, and fellowship to be shared regardless of what age or stage of life vou are in!

This month we will meet on Wednesday January 8th. Potluck Assignments are as follows: Hot Dish - last name A, F, H, J Salad - last name C, G, I, M Dessert - last name B, C, G, W



## Be a part of a Caring Community

If you are a widow or widower and would like to enjoy sharing a Sunday meal with others, join us for Widow/Widowers (sometimes called OWLLS). This group meets once a month at a local restaurant with the intention to grow in friendship with one another over a good meal. Fellowship is a great help on hard days, so join us! This is a group that laughs a lot, loves a lot, and enjoys walking alongside one other!

This month we'll meet at Copper Top on Sunday, January 12th at 12:30 at. If you plan to attend please call or email Diane Kohrs by January 10th - 271-6633 dkohrs@gslcwi.com.

#### **Mental Health Tidbits**

## Ways to Fight Mental Health

Most people with mental health issues at some point have been blamed for their condition and experience discrimination or name calling.

The stigma causes people to feel ashamed for something that is out of their control and prevents them from seeking much needed help.

Here are some ways to raise our voices against this stigma outlined by the National Alliance for the Mentally ill (NAMI):

1) Talk openly about mental health issues, either your own or someone you care about This helps to normalize the subject and helps to "come out of the shame closet"

#### 2) Educate yourself and others

When you hear rude or derogatory remarks about mental health, speak up and gently state that this offends you and feels wrong.

#### 3) Be conscious of Language

All too common we hear diagnostic labels to describe a person struggling with mental health instead of seeing the whole person.

## 4) Show compassion for those with mental illness

Many of our homeless population



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

struggle with mental illness and the simple act of talking with them can make their day. See the humanity of those who are suffering.

5) Be honest about seeking treatment for your mental health just like you would about seeing your primary doctor

This encourages equality between physical and mental illness.

Despite the past gains made in our society to better accept the field of mental health/illness, there is still a stigma to be found. We can help to eradicate that stigma as informed individuals.

Messenger December 2019



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@gslcwi.com gslcwi.com



**PAID** 

Madison, WI Permit No. 1265



