

# The Staff Newsletter

*From fellow workers at ... Good Shepherd Lutheran Church  
700 North Wright Road  
Janesville, Wisconsin 53546*

February 2010

## Season of Lent Begins

**“The Sign of Jonah”**

**A series of “Special Services for LENT”.**

*Jonah...for Lent? Sounds fishy, but it's a natural fit. When the Jews asked Jesus for a sign, he said, “I will give you only the sign of Jonah.” After three days in the belly of the earth, Jesus rose with news of God's prodigal grace. This series of special services explores the meaning of “The Sign of Jonah” as we follow Jonah on his journey...and Jesus on his way to the cross. This series is written by seminary professor Dr. Reed Lessing.*

**\* Ash Wednesday, February 17, 7 pm \* \* Wednesday, February 24 \***

**“God is Calling”**

**Imposition of Ashes and Holy Communion**

**“Saved in the Storm”**

**Bring family & friends to this series.**

## **HealthNet 6<sup>th</sup> Annual Bake Sale**

**Sunday, February 14**

**(following each service)**

Assisting *HealthNet* is another way we at Good Shepherd can come together to serve the Lord by serving the people in need in our community. *HealthNet* gives medical care, dental care, vision care, medications, and health information to the low income and uninsured of Rock County at a low cost or free of charge. An amazing 97 percent of the *HealthNet* budget is spent on program services.

The need for the services of *HealthNet* has continued to grow at such a rate that it is difficult for them to meet the needs of the increased demand. Over the past two years there has been a 77 percent increase in patient visits. This year, they plan to expand their clinic to increase access to the services they provide. Services are contingent on the availability of volunteer physicians, nurses, pharmacists, dental hygienists, dental assistants, accountants, and office workers. Last year volunteers donated over 10,727 hours. If you are interested in volunteering or want more information about *HealthNet*, call *Traci Rogers* at (608/756-4638).

In support of *HealthNet*, Good Shepherd Health Ministry is sponsoring a **6<sup>th</sup> Annual Benefit Bake Sale** on **Sunday, Feb 14**, following **both services**. Any donation of Baked Goods will be greatly appreciated. Valentine goodies have been a big hit in the past. (Please bring Baked Goods to the church on **Sat, Feb 13** between **11 am – 12 NOON** or *before the services* on **Sun, Feb 14.**) **Pricing the items before you bring them in is helpful.** Call *Laurie Bauer* at (752-3527) with any questions. Supplemental funds have been applied for through Thrivent Financial for Lutherans, Rock County Chapter. *Thank you for your donations and support.*

(Brochures will be available for anyone seeking information or assistance from *HealthNet*.)

## **Lutheran Adult Fun Fellowship**

**“Celebrate Valentine's Day with Dinner at HFFRRRGGH's”**

**Saturday, February 14, 5:00 p.m.**

**~ Hosts: *Rollie & Candy Kraus* (756-4599) ~**

**~ Sign up on Reservation Sheet in the Fellowship Room. ~**

**~ Lutheran Adult Fun Fellowship (LAFF) is for all adult singles and couples. ~**

*"And Jesus told them many things in parables, saying: 'Listen! A sower went out to sow..... As for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'" Matthew 13*

Dear Partners in Christ,

*"Sow What? Sow the Seed!"*

Pardon that pun, but this very question and answer is our latest congregational mission rudder. It is based on *Jesus'* famous parable of the sower. Just watch for the many ways it will strengthen our mission together. Dare I say, this theme will *yield* a wonderful *harvest* of blessings.

Permit me to focus on just one *kernel* of truth: the sower *scattered* the seed in many directions. The seed represents the Word of God. And we know from *John's* gospel, *Jesus* himself is the very "Word that became flesh." The seed we scatter as Christians is the truth of *Jesus* i.e. His love, His forgiveness, His mercy, His exhortations, His Lordship.

In this newsletter you can read about a host of ways that we are scattering the seed this month.

In worship, we begin the season of Lent on Ash Wednesday with a new wonderful Lenten service series based on the book of *Jonah*.

In education, we begin part-two of *The Divine Drama*, "Our Narrative," on February 4<sup>th</sup>. This is a great entrance point for new or returning students.

On Sunday mornings, we offer two new 10-session forums to choose from beginning February 21<sup>st</sup>". They are "*Simply Christian*" and "*Today's Truth from Ancient Corinth*."

The Financial Peace University begins February 21st at 6 p.m. and it will bring peace to many as they get even more control of their finances. **(A Preview will be shown on Sunday, February 7 at 6 p.m.)**

On **Feb 10th at 7 a.m.** a new men's breakfast Bible study group will meet at the Riverside Restaurant in Janesville.

Youth are still signing up to go to the Chicago Youth Encounter "Zone" and later this month, youth will explore the possibility of going on a summer youth mission trip.

Those are just a few ways we are scattering the seed around here. We will be amazed at what takes root, blooms, and produces a rich harvest. But still, we know it's all in God's hands - we just keeping sowing the seed.

**Thank you for all your support.  
Servant Sower / Pastor Steve**

**🌿🌿🌿 ANNUAL MEETING REPORT 🌿🌿🌿**

The following people were elected to the Congregation Council at the Annual Meeting held on Sunday, January 17, 2010, and installed on Sunday, January 31. They are: *Phyliss Williams*, President-elect (2<sup>nd</sup> term); *Dianne Punzel*, Care/Concern (2<sup>nd</sup> term), *Dale Schwanke*, Parish Education (2<sup>nd</sup> term); *Lon Haenel*, Property/Grounds; *Ralph Brown*, Treasurer. Continuing on council are *Dan Milbrandt*, President; *Lori Litin*, Council Secretary; *Chris Boll*, Stewardship; and *Tami Schoeller*, Worship/Music. Continuing as Contributions Secretary is *Aaron Waltz* (non-council position). Also elected were new Nominating Committee members, *Kris Arneson*, *Dave Habeck*, *Tom Hawley*, *Harry Robbins*, plus two council members who will complete their terms in Jan 2011. Many thanks to outgoing council members *Candy Kraus* and *Sue Balog* for all of their hard work and faithful service to this congregation. Please keep our new council in your prayers throughout the coming year.

**🌿🌿🌿 MARCH Newsletter Deadline – Monday, February 15 🌿🌿🌿**

**\*VISIT OUR WEBSITE: [www.goodshepherdjanesville.org](http://www.goodshepherdjanesville.org) – UPDATE IN PROGRESS\***

# From the Parish Nurse

Gloria Oleston

## \*FEBRUARY IS 'HEART' MONTH - *National Wear Red Day* – Feb 5\*

February is all about "heart". There's Valentine's Day, there's American Heart Month, and there is also **February 5<sup>th</sup> which is *National Wear Red Day***. In case you're not familiar with it, Red Dress Day was designated a few years ago in an effort to show support for heart disease in women awareness. Most women don't know their biggest health threat. It's not breast cancer or AIDS. It's heart disease - the very thing that has long been thought of as a man's disease. All of the women in our lives need to learn the truth about heart disease. One of every four women dies of heart disease; it's the number one killer of women. About 6 million American women have coronary heart disease. Two-thirds of American women who have had a heart attack don't make a full recovery. Heart disease can permanently damage your heart and your life.

But there is good news! This awareness campaign's purpose is to remind everyone that there is hope and that it is critical to know the risk factors for heart disease; that is, the behaviors or conditions that increase your chance of getting heart disease. These are: high blood pressure, high cholesterol, diabetes, smoking, being overweight, being physically inactive, having a family history of heart disease, and being over age 55.

One risk factor increases your chance of developing heart disease, and your risk skyrockets with each added risk factor. But you can take action to protect your heart. There is a quote from Martin Luther King which is appropriate. *"The belief that God will do everything for man is as untenable as the belief that man can do everything for himself. It, too, is based on a lack of faith. We must learn that to expect God to do everything while we do nothing is not faith but superstition."* As I've said in previous articles, God has given us the job of keeping ourselves healthy. We can prevent or control heart disease by taking action. Don't smoke, or if you do, quit. Smoking boosts your chance of heart attack, stroke and cancer. Aim for a healthy weight for a long vigorous life. Get moving by making a commitment to 30 minutes of moderate intensity activity on most days of the week. Eat for heart health by choosing a diet low in saturated fat, trans fat, and cholesterol and moderate in total fat. Know your numbers such as blood pressure, cholesterol (HDL, LDL, triglycerides) and blood glucose and work on improving them if they're not normal.

Making changes that lead to heart health isn't always easy, but with God's help we can find the courage and strength to take action. **February 5<sup>th</sup> doesn't fall on a Sunday, but think about wearing red on February 7 in honor of your wives, mothers, daughters, nieces, and granddaughters who need to learn about heart disease.** Offer the women in your life your prayers and your support to help them achieve healthy hearts and longer life. **Next month:** Knowing the signs and symptoms of heart attack and the importance of seeking medical help immediately.

## ➤ LEARN ABOUT "*The Heart of Volunteering*" HOSPICECARE INC ➤

Learn how you can help and why volunteers are so valuable at HospiceCare's next question-and-answer seminar, "*The Heart of Volunteering*." The free, public seminar will take place on **Tuesday, February 9, 6:30 p.m. - 8:00 p.m.** at HospiceCare Inc., 3001 W. Memorial Drive, Janesville. Pre-registration is requested; please call *Carrie Glantz*, HospiceCare public affairs, at **(608) 327-7202**.

### **\*HOSPICECARE GRIEF SUPPORT GROUPS FOR FEBRUARY\***

In February, HospiceCare Inc. will begin a grief support group series and offer a recurring support group for those grieving the death of a loved one. They are open to the public, free of charge and are held at HospiceCare Inc., 3001 W. Memorial Drive, Janesville, unless noted otherwise. *Family Series* will be held **Thursdays, February 4 - March 18, from 6:00 p.m. - 7:30 p.m.** *Janesville Social Group* is held the **third Tuesday of every month, from 6:00 p.m. - 8:00 p.m.**, at the Milwaukee Grill, 601 Morse St., Janesville. For more information about the groups or to register, call HospiceCare at **(608) 327-7118**.

## ➤ MORE PRAYER SHAWLS ARE NEEDED ➤

Good Shepherd's Prayer Shawl Ministry is in dire need of shawls. If you knit or crochet, whether you have been part of this ministry before or not, please consider giving your time to the ministry of compassion to those who are hurting, either physically, spiritually, or emotionally. Supplies such as directions, yarn, and needles are available, as well as instruction. If you have a shawl completed, place it in the marked container in the narthex coat area by the front door. For more info, contact *Cordy Madorin (756-4605)* or *Carol Benson (295-1109)*.

## ➤ LENTEN SOUP & SANDWICH SUPPERS ➤

Meal from 5:30 to 6:30 p.m. --- Clean-up at 6:30 p.m.

Soup & Sandwich providers are needed for *Ash Wed-Feb 17; Feb 24; Mar 3; Mar 10; Mar 17; Mar 24; and Maundy Thursday, April 1.* Sign up sheet in the Fellowship Room.

For more info, contact *Mike Hornby*, coordinator, **(758-8664)** or **(Cell-295-7258)**.

➤ ATTEND THE 'FINANCIAL PEACE UNIVERSITY' PREVIEW ➤  
 Sunday, Feb 7, 6 p.m. ~ Presented by *Steve Langlie*, Instructor

Because of the state of our economy and affected financial circumstances,  
 this is a GREAT TIME to enroll in Financial Peace University created by Dave Ramsey!

The average family pays off \$5,300 in debt and saves \$2,700 in the first 91 days of Financial Peace University. This is a life-changing program that teaches you how to make the right decisions with your money and empowers you with the practical skills and confidence needed to achieve your financial goals and experience true financial peace! **More than one million families** have already benefited from this life-changing program that:

- **Teaches** financial responsibility with easy Baby Steps
- **Helps** eliminate debt using the Debt Snowball
- **Offers** accountability and continued support with lifetime membership
- **Trains** participants to spend every dollar on paper with the zero-based budget planner
- **Empowers** people struggling with financial hardships by establishing a plan to take control of their money.

**Attend the Preview and Learn More of the Details!**

➤ GUYS MORNING OUT ➤  
 Wednesday, Feb 10, 7 a.m. ~ Riverside Restaurant

*Fellas, are you interested in a weekly morning Bible study/fellowship group?*

**Wednesday, February 10 at 7 a.m.,** *Pastor Steve* will convene an informal breakfast/Bible study/support/fellowship group just for us guys. After we are served, we will begin with the first session of an eight-week, informal study of the book of Philippians - using discussion questions from the Master Builders Bible for Men. At our first gathering we also will assess a meeting time and place, and make changes if necessary for the future gatherings. Join and bring a friend! The study is open to all. The only cost is your own breakfast.

➤ COMING UP IN SUNDAY MORNING ADULT EDUCATION ➤

Today's Truths from Ancient Corinth

A Ten Session Study of Corinthians by Dr. Kenneth Bailey

**Sundays, 9:10 a.m. – Beginning Feb 21, 2010 – Fellowship Room**

**Issues covered:** \*Christian Unity, \*Sexuality, \*Christians Living in a Pagan World, \*Worship, & the  
 \*Resurrection

<b>Feb 21</b>	Unit One	<b>Mar 28</b>	Unit Six
<b>Feb 28</b>	Unit Two	<b>April 11</b>	Unit Seven
<b>Mar 7</b>	Unit Three	<b>April 18</b>	Unit Eight
<b>Mar 14</b>	Unit Four	<b>April 25</b>	Unit Nine
<b>Mar 21</b>	Unit Five	<b>May 2</b>	Unit Ten

**Name** \_\_\_\_\_ **Telephone** \_\_\_\_\_ **Email** \_\_\_\_\_

Enroll me/us in the class       I am including a \$15 suggested donation for hand-out materials.

(Make checks out to GoodShepherd)

➤ *Simply Christian: Why Christianity Makes Sense* ➤  
 by *N. T. Wright (Bishop of Durham)*  
 Beginning Sunday, Feb 21, 9:10 a.m.

*Simply Christian* walks the reader through the Christian faith step by step. With simple yet exciting prose, *Wright* makes the case for Christian faith from the ground up. In this course, *Wright* expands on the themes of his acclaimed book *Simply Christian: Why Christianity Makes Sense* in ten inspiring and informative video lessons:

- \*Introduction   \*Justice & Spirituality   \*Relationships & Beauty   \*God   \*Israel   \*Jesus  
 \*The Holy Spirit   \*Worship & Prayer   \*Scripture   \*Church & New Creation

**Name** \_\_\_\_\_ **Telephone** \_\_\_\_\_ **Email** \_\_\_\_\_

Enroll me/us in the class       I am including a \$15 suggested donation for hand-out materials.

(Make checks out to Good Shepherd)

***Acolytes (Naomi Nelson/Coord (754-0067))***

**8:00 am:** Alexis Mauermann

**10:30 am:** Hannah Haenel (7 & 21)

Lacy Anderson (14 & 28)

**LENTEN WEDS 7 pm:** Ash Wed-17-Lacy Anderson  
24-Sean Gohlke

**Altar Care (Donna Grever/Coord (756-5926))**

7 & 14: Laurie Bauer/Cheryl Piper

**Ash Wed 17/Sun 21:** Jan Felda/Connie Masterson

**Wed 24/Sun 28:** Dorothy Salzman/Margaret Jensen-Heth

**Greeters 1<sup>st</sup> (Candy Kraus/Coord(756-4599))**

7-Brian/Ann Gohlke

14-Jim/Cheryl Piper

21-Wally/Hanson

28-Bob/Mike Hornby

**Greeters 2<sup>nd</sup>**

7-Carol Ekblad

14-Tom Hawley

21-Wayne Rohloff

28-Rocky/Ardis Iverson

**LENTEN WEDS 7 pm:** Ash Wed-17-The Milbrandts

24-Dwight/Maxine Quisberg

**Readers 1<sup>st</sup>**

7-Dale Schwanke

14-Dan Milbrandt

21-Gary Bauer

28-Jean Heindel

**Readers 2<sup>nd</sup>**

7-Judy Trudeau

14-Tami Schoeller

21-Dorothy Salzman

28-Dianne Punzel

**LENTEN WEDS 7 pm:** Ash Wed-17-Carol Benson

24-

**Sac. Ass'ts 1<sup>st</sup> (Lonnie Brown/Coord(868-2809))**

7-Gary/Laurie Bauer

14-Tami Schoeller/Dale Schwanke

21-Bill/Sue Schnell

28-Donna Hanson/Lonnie Brown

**Sac. Ass'ts 2<sup>nd</sup>**

7-David/Pat Waege

14-Boy Scouts

21-Judy Trudeau/Todd Sullivan

28-Carol Benson/Sarah Haenel

**ASH WED 7 pm:** Dwight/Maxine Quisberg

**Coffee Hosts (Dianne Punzel/Coord(931-0388))**

7-Dianne Punzel

14-Boy Scouts

21-Carol Benson

28-Brian/Ann Gohlke

**LENTEN WEDS 7 pm:** Ash Wed-17-Lon/Sarah Haenel

24-Donna Hanson

**Nursery (Margaret Jensen-Heth/Coord(341-8982))**

7-Amber Boll

14-Boy Scouts

21-Carol Ekblad

28-Amanda Sookraj

**LENTEN WEDS 7 pm:** Ash Wed-17-

24-Amanda Sookraj

**Flowers (Peg Kures (952-4816))**

7-OPEN

14-OPEN

21- No Flowers

28 During Lent



## IN OUR PARISH



**KEEP IN YOUR PRAYERS** Bud Arneson, Denise Crandall, Dolores Ellison, Tom Hawley, Chuck/Gail Kinyon,  
Denny Knopes, Shirley Peterson, Elaine Rhodes, Ruth Schultz,  
Devon Schlegel.

**SYMPATHY**  
23.

to *Julie Farnsworth* at the death of her grandmother, *Lucille Frank*, on Jan



“*Lutheran Woman Today*” Bible Study



Monday, February 8, 9:30 a.m.

“*Does God Keep Promises?*” is the title of the **February** session of the September 2009-May 2010 *Lutheran Woman Today* Bible study entitled **TO GOD’S BELOVED: PAUL’S LETTER TO THE ROMANS**. In this session we catch a glimpse of how *Paul* acknowledges the limit of human understanding and yet maintains his trust in a promising God. *Paul* declares his belief in God’s faithfulness to all the promises God has made. At the same time, *Paul* confesses that he does not and cannot understand the mystery of God’s ways. *Paul* laments over the failure of some people to know that Jesus is God’s Messiah, yet he never imagines that God will give up on God’s beloved people.

Interested parties are always welcome to participate in this study. Want to know more about it first? Come and sit in on a session. The study group meets at **9:30 a.m.** on the second Monday of each month at the church. Anyone interested in continuing in the study will need to subscribe to the *Lutheran Women Today* publication for the monthly lesson. The cost is **\$12**. See *Naomi* for subscription information.

### ↻ LUTHERDALE SUMMER CAMP ↻ (N7891 US Hwy 12, Elkhorn)

In less than six months, laughing children & teens will fill the cabins, games will be played, songs will echo around cozy campfires, and the message of hope in Jesus Christ will be spread among all visitors of Lutherdale. Sign up early to get first choice on camp dates. All registration forms postmarked no later than **March 15**, will receive \$15 Canteen Credit and a 2010 Summer T-shirt. Visit [www.lutherdale.org](http://www.lutherdale.org) for more info or pick up a brochure from the church office. Good Shepherd has scholarships available.

### ↻ LUTHER COLLEGE NORDIC CHOIR ↻

SUNDAY, February 21, 4 p.m.

Bethel Lutheran Church, 312 Wisconsin Avenue, Madison

Tickets: [www.luthertickets.com](http://www.luthertickets.com) or call 800-4LUTHER (\$15/Adults ~ \$10/Students)



**WITH PRAYER REQUESTS, CONTACT.....Naomi Nelson**



by phone (O-754-0067) (H- 755-1384) or email ([goodshep@ticon.net](mailto:goodshep@ticon.net)).

(Your prayer concerns are kept confidential within the chain.)



**MARCH Newsletter Deadline – Mon, Feb 15**



Visit Our Website: [www.goodshepherdjanesville.org](http://www.goodshepherdjanesville.org)

