



FIRST LUTHERAN

GOOD NEWS!

MARCH 2020

All of this and more on the web at www.FirstLutheranOnalaska.org

SEE ALSO...

facebook.com/1stlu

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1stlu.org/cal

pinterest.com/firstlu

[#faithalive365](https://twitter.com/faithalive365)

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MESSAGE FROM PASTOR STANTON



WITHIN A YEAR of being ordained in 2003, I was asked to lead a conversation among my 3-point parish about sexuality. I was a 26 year old newlywed still learning how to preach, read a budget and drive around Cashton without hitting any Amish buggies. I had no idea how to tackle such a controversial topic. So... I jumped in head first. Mostly because I, myself, wasn't sure where I landed within the whole conversation. About twenty people of all ages and gender gathered multiple times to study a resource together that walked us through Scripture, tradition and the actual experiences of human beings. I learned a lot about the potential of a Christian congregation through those

gatherings. I learned a lot about God. And I learned a lot about myself.

Since then, I have had critical or difficult conversations pertaining to: homeschooling, the minimum wage, the placement of the American flag within a church building, whether it's appropriate to render military honors on a church campus, same-gender marriages, the consideration of anaphylactic allergies among our members, Israel & its relationship to the Palestinians, climate change, the way we staff our church and SO MUCH MORE. And in each and every conversation, no matter how flustered or embarrassed or maddened I became, I genuinely believed that what I was participating in was healthy and

Continues on page 2

MESSAGE FROM PASTOR KARYN



THERE HAVE BEEN few moments of quiet in my life of late. Time for reflection is squeezed into the drive home or at the end of the day before I fall asleep. In the normal course of things, this time between Christmas and Lent lends itself well for deeper reflection and intention setting, but alas, that was not the case for 2020. As a result, I find myself craving, needing, time to be still and to wonder and remember and grow. Which has me reaching for the book we read last Lent, *Holy Solitude: Lenten Reflections with Saints, Hermits, Prophets and Rebels* by Rev. Heidi Haverkamp. Holy solitude is exactly what my spirit is clamoring for and what better time (other than the "quiet" season after Epiphany) to carve out time for this than Lent?

we join others in our community to read this important book, we are going to feel uncomfortable, sad, angry, frustrated and so much more. I don't know about you, but I don't like to feel any of those things most days, but I do know that those are the feelings that move me to change, if I can be curious about what is behind them. But that curiosity can only come if I allow myself the time and space to think, to reflect, to be still and in the moments, hear the voice of the Spirit reminding me that I am imperfect, but I am enough.

Which brings me back to my friend Heidi and her book. As much as I love the stories she shares about the faithful who have gone before me, I have found deep value in her suggestions for carving out time to practice the disciplines of Lent. As we are a week away from Ash Wednesday, she

Lent will find many in our congregation talking about the book *Waking Up White* by Debby Irving. As

Continues on page 2

faithful. Difficult conversations grow groups of people from strangers who simply cross paths to brothers and sisters in Christ. Within these conversations, stupid, thoughtless things get said sometimes. I have seen that move some people to leave or never return. But most come back more invested, more engaged and more willing to be church together because of the confession that was then offered and the forgiveness that was then given. Reconciling our thoughts and feelings within a group of Christians is how we learn to be better neighbors to everyone else! Whether it's our family, our co-workers, classmates or anyone else, we do better at those relationships if we practice the hard parts of relating to people at church.

That's why I believe in Lenten small groups at First, especially as we've

Reconciling our thoughts and feelings within a group of Christians is how we learn to be better neighbors to everyone else!

begun (and it's not too late this week to join one) Waking Up White small groups. Yes, the book is the launching point for these conversations. But facilitators are trained to share other quotes, show some video clips and even encourage the groups to listen to the 1619 podcast. And, yes, people will say things that may land poorly with others. But, if you are white like me,

how else can we learn to be better neighbors to people of color if we don't talk about it? Ask questions about it? And explore our own relationship to the narrative of the dominant white culture?

Thank you to all who are jumping in head first, bravely offering your willingness to learn about yourself, your congregation, your neighbors and your God.

Pastor Jason Stanton
jason@firstlu.org

This Lent carve out time for your soul to rest and reflect

encourages us to plan our Lent, to look at our calendars, to prepare our space, our minds and our bodies, all undergirded with prayer. I encourage you to reach for her book and use it hand in hand with Debby's, allow the words of these sisters in faith to stir your hearts and souls and provide rest when the way gets weary.

I hope you join me this Lent in carving out time for your soul to rest and reflect as we seek to grow in our understanding of ourselves, our God and our neighbor. My door is always open if you need a space to talk through what is being revealed to you. If you haven't already, I encourage you to sign up for a small group so that you remember you do not journey alone. Blessings, dear ones, as you walk

through Lent toward the great Easter feast. May we all be filled with the spirit of love and courage and curiosity that is freely ours.

Pastor Karyn Bodenschatz
karyn@firstlu.org

First Lutheran Church
410 Main St.
Onalaska, Wisconsin 54650
608.783.2236
Fax: 608.783.3741

office@firstlu.org
www.FirstLutheranOnalaska.org

WORSHIP SCHEDULE

Sunday 8:00 & 10:30AM
Wednesday 6:15 PM

SUBMITTING NEW ANNOUNCEMENTS

To have your announcement in the monthly newsletter, send it to newsletter@firstlu.org, or give it to Andy in the office. **Deadline for the newsletter is always noon on the 15th of the month.**

To have your announcement in the weekly announcements pages handed out each weekend, send it to announcements@firstlu.org, or give it to Andy in the office. **Deadline for the weekly announcements is always noon each Wednesday.**

First Lutheran is a congregation of the Evangelical Lutheran Church of America (ELCA)



2020 SMALL GROUPS

Weekly Groups:

Coffee with Pastor Karyn

Courageous Men

Knitters

Middle & High School
Youth Groups

Parent Share

Quilters

Sunday Morning
with Coffee

Monthly Groups:

Drawing from the Well

Grief Support Group

OWLs
(Older, Wiser Lutherans)

Deborah Circle

Dorcas Circle

Elizabeth Circle

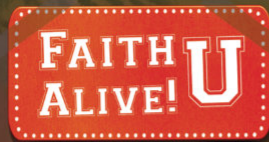
READINGS FOR MARCH

Sunday, Mar 1	Matthew 4:1-11
Wednesday, Mar 4	Ephesians 4:1-16
Sunday, Mar 8	John 3:1-17 or Matthew 17:1-9
Wednesday, Mar 11	Colossians 1:15-17
Sunday, Mar 15	John 4:5-42
Wednesday, Mar 18	Romans 15:20-33
Sunday, Mar 22	John 9:1-41
Wednesday, Mar 25	Luke 14:7-11
Sunday, Mar 29	John 11:1-45

Above are the tentative readings scheduled for March.

Readings used during worship are determined by the pastors on a weekly basis, and, therefore, are subject to change.

You can also view this list online and subscribe to receive them as an email at 1stlu.org/readings.



POTLUCK

Before the
Faith Alive! U presentation
join us for a meal
starting at 5:30pm

Sign-up
to help with the potluck at
1stlu.org/potluck

The logo for Faith Alive! U, featuring the text "FAITH ALIVE! U" in white on a red, rounded rectangular background with a dotted border.

FAITH
ALIVE! U

*First offers courses for
all ages to explore, question
and learn about your faith.
Presented in the sanctuary.*

The Assembly Worshiped, the Singers Sang

Eddie Kim
Sunday, Mar. 8, 6pm

Join us for an evening of
contemporary and
traditional worship music.
Eddie will play music and
you will be invited to sing
along. During this session,
we will celebrate our
thanksgivings and laments
made tangible when
"the whole assembly
worshiped, the
singers sang, and the
trumpeters sounded"
(2 Chronicles 29:28).

PRESCHOOL OPEN HOUSE!
March 12, 4:30-5:30pm
 Come see the classrooms
 and meet the teachers!

La Crosse Area Synod
 School of
 Theology

Starting up Mar. 14
La Crosse Area Synod
School of Theology

For those who want to dig
 a little deeper into what it
 means to be Lutheran.
 Spring term courses:
 Pentateuch, The Holy Spirit,
 & Care of God's People
More info & online reg at
1stlu.org/theology

*An education and
 discipleship ministry of the
 La Crosse Area Synod-ELCA*

PRESCHOOL REGISTRATION
 Preschool registration is
March 16 from 9:30am-noon
 for church members
 and 10:30am-noon
 for the community

SPIRITUAL GIFTS RETREAT
Fri. March 20, 7pm–
Sat., March 21, 3pm at Sugar Creek.
 Fee: \$50, includes one night's
 lodging and 2 meals.
To register contact the synod office
office@lacrosseareasynod.org
608.788.5000.

La Crosse Area Synod
Evangelical Lutheran Church in America
 God's work. Our hands.

LENT SCHEDULE

Wednesdays, starting Ash Wednesday, Feb. 26

- **6:15pm Lenten worship**
- 7:00pm Gr 8 & 9 Confirmation small group (except Ash Wed.)
- 7:00pm Senior choir in sanctuary

Nursery is available to parents with small children from 5:45–8pm

Information regarding the various Lenten small groups can be found at 1stlu.org/lentsmlgrp

LENT & HOLY WEEK EVENTS

- **Lent Around the Table, Sunday, Mar. 15**
9:15am in Fellowship Hall
- **Palm Sunday, Apr. 5**, worship at 8:00am & 10:30am,
Palm Sunday breakfast, no Sunday School nor Confirmation
- **Monday, Apr. 6**, worship at 6:30pm
- **Tuesday, Apr. 7**, worship at 6:30pm
- **Wednesday, Apr. 8**, worship at 6:30pm
- **Maundy Thursday, Apr. 9**, worship at 12:15pm & 6:30pm
- **Good Friday, Apr. 10**, worship at 12:15pm & 6:30pm
- **Sacred Storytelling Worship, Apr. 11**, worship at 5:30pm
- **Easter Sunday, Apr. 12**,
worship at 7:30am, 9:00am, and 10:45am,
No Sunday School nor Confirmation on Easter Sunday.

The office will be closed at noon on Friday, Apr. 10
and all day Monday, Apr. 13.



410 Main St, Onalaska WI 54650 • 608.783.2236
Up-to-date information on the web www.FirstLutheranOnalaska.org

Easter Flowers

Your gift of \$15 to the Easter Fund will be used to purchase flowers to beautify the sanctuary on Easter Sunday. Any remaining contributions will go toward purchasing new paraments.

Please complete the information below and return it to the office no later than **Sunday, April 5.**

Please print clearly.

In honor of:

In memory of:

Gift given by:

*Those who donate may take home a pot of flowers after the last service on Easter Sunday, or pick one up from church during office hours the following week.
Thank you!*



Photo by Marite Koppers from Pixels

CAP CAMPAIGN UPDATE

PLEGGED DOLLARS:

\$1,058,518

GIFTS RECEIVED:

\$720,939

PROJECTS COMPLETED:

HVAC CONTROLS

ED BUILDING ROOF

PARKING LOT REPAIRS

TREES REMOVED

WIFI UPGRADE

FIRE ALARM SYSTEM

3 AC UNITS REPLACED

SANCTUARY AUDIO UPGRADE

COMING SOON:

EXTERNAL SIGNAGE



AS MEMBERS OF First Lutheran Church and through our financial gifts, we commit to bringing people into a relationship with Jesus Christ. Through our unique place in our community and the size of our congregation, we are able to Change the Lives of people of all ages and make more disciples of Christ. Visitors and new members are warmly welcomed to our fellowship with Christ by our Hospitality Leadership Team. They are most visible through their presence in the welcome center each Sunday. Behind the scenes, they do first-time visitor follow up with phone calls, postcards and letters. Welcome baskets are provided to new people in the community. They also organize the Icicle Sock Tree (335 socks collected

last Christmas) and Giving Tree. We thank you for your continuing contributions to make these programs a success.

In January, at our annual potluck, our congregation voted to move forward with a balanced budget of \$776,100. That number allows us to provide modest raises for our staff while keeping up with our current ministry and facility costs. We will be giving 9.5% of the congregation's regular offerings to the synod, 1% to Campus Ministry, 1% to Sugar Creek Bible Camp and .5% to Lutheran Social Services. This makes our congregation's benevolence at nearly 12% before special gifts are designated from our members. First Lutheran continues to be at the top of our synod's givers to our La Crosse

Visitors and new members are warmly welcomed to our fellowship with Christ by our Hospitality Leadership Team.

Area Synod, our camp, our campus ministry and LSS. Thank you to everyone who attended our annual meeting and helped us plan for a great 2020!

Capital Campaign update: This is the third and final year of the Capital Campaign. As we look forward to everyone fulfilling their pledge by the end of 2020, we will have made great strides improving our buildings and reducing our debt. Planning is underway for replacement of the sanctuary roof once the weather allows. It is great to report we have received over 68% of the pledged income for the capital campaign. Thank you for continuing to meet your pledge. Full financial details are available by request in the church office. We welcome everyone to attend a finance committee meeting. We meet every month, on the second Wednesday at noon. The coffee is free but bring your own lunch. The Stewardship Committee meets once a month and is looking for members. For meeting times, contact Pastor Stanton.

Faithfully submitted,

The Finance and Stewardship Committees

GO AND DO LIKEWISE LUKE 10:37

SUNSHINE BOYS & GIRLS

The Sunshine Boys and Girls meet at First Lutheran on the **first Thursday of the month at 9am** to help with outdoor or indoor projects. Refreshments are supplied to replenish your reserves! Dues are free!

HABITAT FOR HUMANITY

Applications from low-income individuals and families for Habitat for Humanity housing will be accepted through **Mar. 20**. For more information go to habitatlacrosse.org.

COME FOR SUPPER

First Lutheran is assisting with Come for Supper on **Tuesday, Mar. 24**, at Our Savior's in La Crosse. First Lutheran will help with food donations and volunteering to serve and clean up. The sign-up sheets are at the Welcome Center. *Call Gloria Kubiak if you have questions, 608.498.2762.*

NEWSLETTER ASSEMBLY

It's a relaxing way to volunteer! **Monday Mar. 30, at 9am**, to assemble the April newsletter. See you there!

stephen MINISTRY®

If you know of someone who needs a caregiver, speak with Pastor Karyn (karyn@firstlu.org) or call the church office (608.783.2236).

HELPING HANDS

If you need help with small jobs around the house or if you need a couple of meals or groceries delivered, just go to the "Helping Hands" board by the nursery and make out a slip with a description of what you need help with and your telephone number. Then anyone who thinks they can help can take the slip and call the number to work out the details. This ministry is open to all in need of help AND to those who can provide the help. There is no set group of "helpers," so we need involvement from all who can be a blessing to someone else. Thanks!

WELCOME BASKETS

Welcome baskets are a way to welcome a new neighbor into your neighborhood. The baskets are a gift bag tied with a bow and are filled with goodies from church and from our community. They are available to sign out at the Resource Center across from the church office.

WELCOMING



WITH SPRING JUST around the corner, at least that's what I'm hoping. It's time in the Midwest to tumble out of our houses from the long winter. As

soon as the weather warms up, even a few degrees, we begin walking, running, biking and even working in the lawn, just to be outside. Children begin to play in the streets, shooting basketballs or playing soccer. It's just a wonderful time of year, when we begin to see our neighbors once more.

This is also a perfect time to welcome new neighbors to your neighborhood. The welcome basket team has made it easy for you to bring something to welcome your new neighbor. We have a welcome basket/bag for you to take. It's really easy. Sign a bag out, and take it to your new neighbor. In the bags are promotional items from around Onalaska and La Crosse, including business cards. We've included from First Lutheran, a homemade dishcloth and a package of microwavable popcorn.

We are called to welcome and be pleasing to our neighbors, as it says in Romans 15:2, "Each of us must please our neighbor for the good purpose of building up the neighbor." Just think of how much a simple act of bringing a welcome bag to your new neighbor will build them up. The welcome bags are available by the welcome center in the black shelving unit. The welcome bag sign out is on the top shelf, and the bags are below. If you have any questions, you can ask the welcome center people, or you can find me on Sundays/Wednesdays roaming around the narthex.

Just think of how much a simple act of bringing a welcome bag to your new neighbor will build them up.

I hope you take the opportunity to bring a welcome bag to any new neighbor you may have this year. We have made it as simple as we can, and this is a wonderful way to promote our church and show the love of God to our neighbors. If you would like to be a part of the welcome basket team, e-mail me at kathryn@firstlu.org or give me a call at church. We can always have more help when we put the bags together..

Kathryn Pedretti
Director of Hospitality
kathryn@firstlu.org

OPENING: NURSERY ATTENDANTS

First Lutheran is seeking part-time nursery attendants. Attendants must be 18 or older. The position is paid. Nursery kids range from newborn through 4 years. *Inquire in the office, call 608.783.2236 or e-mail us at office@firstlu.org.*

OFFERING ENVELOPES

If you contribute to First Lutheran through Simply Giving or another automatic-payment method, you can opt out of receiving monthly offering envelopes in the mail. *Contact the office: 608.783.2236 or office@firstlu.org.*

SPRING AHEAD IN MARCH

Daylight Savings begins at 2am on Sunday, Mar. 8, so make certain to set your clocks ahead one hour when you go to bed Saturday night, or you'll be late for church Sunday morning!

COMMUNITY SUPPORTED AGRICULTURE

First Lutheran has, once again, offered to be a pick-up site for CSA boxes of produce from Small Family Farm in La Farge. Though deliveries won't start until June, you can buy a share now. Prices go up April 1. *For info about products, prices and schedules, go to smallfamilycsa.com, or ask for a flier in the office.*

BAPTISMAL PREPARATION

A baptism preparation session will be **Saturday, Apr. 4, at 10am** in the narthex for anyone who is considering or has scheduled a baptism. *To register or ask questions, call the church office at*

608.783.3326 by Friday, Mar. 27. Min. attendance required: 2 families.

NEW-MEMBER SOCIAL

By choosing to become a member, individuals and families commit to being part of a shared mission. People who would like to become members of First Lutheran are invited to a social at Red Pines on **Thursday, Apr. 16, 6pm**, where you will get to know more about First and the staff in a relaxed atmosphere. *To register your family or ask questions, call our church office at 608.783.2236 or email office@firstlu.org.*

CANCELLATIONS DUE TO INCLEMENT WEATHER

If the weather ever makes you wonder whether your group is meeting for their ministry, check our website, Facebook page, or update the office with your cell # and provider so that we can text you. The staff and leadership of First intend to 'make the call' by 5pm at the latest so everyone knows what to expect. Be safe this winter!

WE CELEBRATE THE GIFT OF HOLY BAPTISM

- **Blakely Jordyn Bowman**

WEDDINGS

God's blessings to...

- **Kelly Garrity & Nick Gilman**

NEW MEMBERS

I rejoiced with those who said to me, "Let us go to the house of the LORD."

We extend a warm welcome to our new members of First Lutheran...

- **Ryan & Jennifer Wheeler, Samara and Blaine**

CHRISTIAN SYMPATHY TO THE FAMILY & FRIENDS OF:

- **Irene "Rene" Welch**

GIFTS AND MEMORIALS

Thank you for the following memorials:

In memory of Wayne Blanchard

- Music Fund: Glenn & Lizzie Bush

In memory of Val Kolden

- Quilters: Nancy Beguin, Gloria Kubiak, Katy Wood, Terry & Mark Wrolstad

In memory of Shirley Eide

- Undesignated: Ronald & Lorraine Paulson

In memory of Virginia Dunnum

- Teen Clothes Closet: Maynard Dunnum
- Piano fund: Rachel Christopher, Kristina & Patrick Shay

In memory of Gary Metzger

- Organ fund: Sheila Handahl
- Undesignated: Dennis & Beth Aspenson, Nancy Beguin, David & Lana Bentz, Randy & Lauri Berg, Steven & Lori Callister, Gregory & Jean Dexter, Michael & Joyce Diveley, John & Mary Dudley, Dennis & Lauri Ford, Roger & Sheila Fruit, Larry & Laurali Gilbertson, Steven & Mary Goettel, Michael & Belinda Hickey, Steve & Marla Meyer, James & Patricia Mielke, David & Cheryl Neill, Daniel & Pamela Reinhold,

Charles & Lu Ann Roth, Thomas & Debra Stowers, C. Vingers, Alan & Cathrine Vinz, Leta & Morris Vinz, Kyle & Jodie Visker, Richard & Cathy Wittchow, Katy Wood

HOSPITAL REMINDERS

For Gundersen: be sure to alert the hospital of your church affiliation when they ask, and they will release your name to us when we call.

For Mayo/Franciscan Healthcare: it is important that you or a family member contact us at the church office: 608.783.2236. Mayo no longer lets churches know who is a patient at their hospital.

LATEX- & NUT-FREE CAMPUS

A reminder to all members that First Lutheran is a latex- and nut-free campus. Please do not bring food containing nuts or nut butters/oils/extracts of any kind onto the church campus. This is for the safety of all of our members. Thanks!

SUBMITTING NEW ANNOUNCEMENTS

To have your announcement in the monthly newsletter, send it to newsletter@firstlu.org, or give it to Andy in the office. Deadline for the newsletter is always **noon on the 15th of each month.**

To have your announcement in the weekly announcements pages handed out each weekend, send it to announcements@firstlu.org, or give it to Andy in the office. Deadline for the weekly announcements is always **noon each Wednesday.**



FIRST LUTHERAN
PRESCHOOL

Preschool Update

It's First Lutheran Preschool registration time! If your children are ready for preschool or you know someone with preschool age children, please consider the amazing preschool right here at First Lutheran. We are passionate about early-childhood education! We've worked hard to develop a rich curriculum that makes learning fun as well as offer a variety of classes to meet our parents' needs.

Contact us today for more information.

Better yet - attend our open house and see for yourself!

Open House is March 12 from 4:30-5:30pm

Preschool Registration is March 16 from 8:30-9:30am for

previously enrolled families, 9:30-10:30am for Church Members and 10:30am-noon for the community.

Call or email us today for more information!



**What parents are
saying about
First Lutheran
Preschool...**

Having my children attend First Lutheran Preschool has been the most positive experience for both us as parents and my kids as students. The staff goes above and beyond making our family feel part of a community. They strive to create a supportive family environment where everyone is welcome and loved. Since my children have gone there they have grown more confident and respectful. Thank you!

FIRST LUTHERAN PRESCHOOL

410 Main Street, Onalaska, WI

54650 608.779.4504 •

preschool@firstlu.org

Preschool Director: Melissa Rolbiecki

4K Teacher: Beth Miller

Preschool Assistant Teachers:

Marci Leppert, Tracy Stoll

Lent Around the Table

We invite everyone to join us on
Sunday, Mar. 15 at 9:15am
in Fellowship Hall for our
Lent Around the Table event. Along the way
we will learn more about this particular
season, have great fellowship and
grow in our faith as we prepare for Holy Week.

Parent Date Night

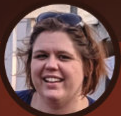
NEXT: Friday, Mar. 13

Reg opens at 4:45pm, Dinner at 5:30pm,
games & activities until 8:30pm

Ages: birth to 12 are welcome

Event is open to the public

COST: Free will donation



Questions? Text Andrea: 608.790.5631

Sunday School

Faith Building Blocks

Grade 5: Communion, in Fellowship Hall
Sundays, March 22 & 29: parents/guardians with children
Wednesday, April 8: children baking communion bread
Thursday, April 9: Faith Building Block lifted up

in Maundy Thursday worship



Throughout the year each age group has a special "Faith Building Block" session in which parents or special adults are asked to attend class with their child. Most sessions last for four weeks. The first class consists of parents/guardians connecting with a pastor and other parents in the fellowship hall; the children at this time will meet with the other pastor, learning how to worship assist. (This is for grades 1-5, Preschool, 4K and kindergarten will attend Sunday school on the first meeting).

Weeks two and three classes are for the child and their parents/guardians to attend together, sharing in conversation and growing together in faith.

The fourth and final week, children will have a presence in worship in celebration of the Faith Building Block they have learned about and participate in worship by assisting.

New registrations welcome any time of the year!

Questions? Contact Sunday School Superintendent Beth Miller at
sundayschool@firstlu.org
or stop in the Sunday School office in room 206.

RESOURCE CENTER



THE RESOURCE CENTER has received a facelift and also has some new resources. The Resource Center, located outside the church office, or around the corner from the treats and coffee, is filled with books that have been chosen as resources for all, whether you are grieving, celebrating a baptism, or wondering what is next in your life, there are faith based books, consistent with our Lutheran theology, available for purchase. The items are purchased and resold to you at cost. The intent is to help you find good resources.



We have recently added some new books. *The Memory Box*, is a book for kids about grief. *Maybe I Can Love My Neighbor Too* and *It's Not Fair: A Book about Having Enough* are both books for kids about seeing others as our neighbor and showing them love. All of these books are colorfully illustrated and have a wonderful message. *Grit and Grace* and *Gritty and Graceful*, are books about women in the Bible. They have similar stories but one is for grades 1-3 and the other for grades 4-6.

Thanks to Heidi Stair for reorganizing and decorating the space! Stop and browse the next time you are getting coffee!

Bridget

Bridget Crave
Community Impact Director
bridget@firstlu.org



In February, I (Pastor Stanton) led a Faith Alive! U course called, "Lutheran Worship... Why?" It was meant to explain why we do the things we do in worship. To what purpose? For whose sake? The short answer, of course, is that we do each and every piece of worship in an effort to be a better neighbor once we leave the worship space. But there are some things that deserve a little more direct response. I asked each person present to write down a couple questions... Here's one:

"Why do Lutherans not kneel during church?"

My short answer: because we don't have kneelers here! My longer answer: if we followed our order of worship through the red books in our pews, we'd see an optional direction offered here and there. At the confession, for example, it says, "The assembly kneels or stands." Many Lutherans across the country DO kneel for confession, the prayers and at communion. Kneeling is simply a prayer posture that many find helpful while many others find painful. Of course, how we pray is less important than praying with an open heart. So, feel free to kneel. Or not.

You are free indeed.



@1stlu

CONFIRMATION

Teen-relevant, age-appropriate, active, modern, and theologically sound Events subject to change; up-to-date info at 1stlu.org/confirmation

UPCOMING CONFIRMATION EVENTS

Sundays, 9:15am
Gr 6 & 7 Confirmation Classes

Wednesdays, 7:00pm
Gr 8 & 9 Small Groups

Sunday, Mar. 8, 6:00pm
Faith Alive! U: The Assembly Worshiped, the Singers Sang (elective op.)

Wednesday, Mar. 18, 5:00pm
Class: Death & Dying—Q & H (Questions & Hope) - Fireside Rm



MAR 1: NO YOUTH GROUP

MAR 8: ATTEND FAITH ALIVE! U

MAR. 15: YOUTH GROUP,
4PM TO SERVE, 5PM TO EAT!

MAR. 22: NO YOUTH GROUP, MISSION TRIP MtG

MAR. 29: YOUTH GROUP

Middle School

&

High School

YOUTH GROUPS



Questions? Contact volunteer
Youth Ministry Administrator,
Andrea Dombroski: 608.790.5631
ym@firstlu.org.

Parent Date Night

Save the "Date": Friday, Mar. 13.

Time: Registration from 4:45-5:30pm, followed by dinner and activities till 8:30pm (parents can pick up early if needed). Bring your children for an evening of fun with the middle and high school youth groups' Date Night Fundraiser! Ages: birth to 12 are welcome. Event is open to the public. Cost: Donations to help middle and high school students with their mission trip in 2020.

LOCK-IN!

Starts at **5pm on Friday, Mar. 20**, in Fellowship Hall, ends Saturday, Mar. 21, at 9am.. Bring your air mattress and sleeping bag, but **DON'T PLAN TO SLEEP!** Questions? Text Andrea: 608.790.5631.

MISSION TRIP MTG

The middle & high school mission trip to Niagara Falls will have a planning meeting on **Sunday, Mar. 22, at 5pm.** Questions? Contact volunteer trip coordinator Karissa Grunden at ym@firstlu.org or 608.790.5631.

BUG SPRAY FUNDRAISER

Thru March 25. 50% of sale goes towards youth funds. Information packet will be available to pick up from church office, at mission trip meetings, or at youth group on Sundays.



Graduation Milestone

Graduates: We want to celebrate your achievements with a dinner and time of blessing. You and your parents/guardians are cordially invited to mark the milestone of your graduation at First Lutheran's High School Graduation Recognition Dinner on **Sunday, Mar. 22, from 6-8pm.**

RSVP to the church office by Mar. 15:
608.783.2236 / office@firstlu.org.

We will bless graduates in worship on **Wednesday, Apr. 15 and Sunday, Apr. 19.**

MABEL ANDERSON SCHOLARSHIP

Applications are now available. Completed applications are **due no later than 3pm on Wednesday, Apr. 15.** Students may apply if they will graduate from high school in the spring and have plans to pursue post-secondary education. The application includes writing an essay and completing a worksheet that reflects the student's involvement in church activities. Application forms are available at 1stlu.org/scholarship or in the church office during office hours, M-F 8am-4pm.

Chicken Dinner!

Thursday, April 23, 4-7pm, at Onalaska America Legion, 731 Sand Lake Rd. Tickets on sale now through April 13, sold by youth raising funds, or in the church office M-F, 8am-4pm. Tickets packets are due back to the church office by Monday, April 13, by 4pm. To donate food items or to sign up youth to serve at the chicken dinner, go to 1stlu.org/chixdin.



OWLS

OLDER WISER LUTHERANS

In February, the OWLs enjoyed a wonderful presentation by Ron and Frieda Nowland at our monthly potluck. We ended March with a delightful theatre outing to see the musical version of Little Women at UWL. A great time was had by all.

The OWLs will kick off March with our first road trip of the year. We all look forward to the return of many eagles in March. Our trip will begin with a drive up the Minnesota side of the Mississippi to look for eagles and nests. Our first stop will be at Lark's Toy Store and Toy Museum. Lark's hand-carved wooden carousel is a must see with its colorful hand-painted characters. Are you up for a ride? Our final destination will be the

National Eagle Center in Wabasha, Minnesota. It's been several years since we ventured to Wabasha to see the Eagles. At the center you can see bald and golden eagles like never before—face-to-face! The National Eagle Center is a top Minnesota attraction that offers a unique viewing experience that brings visitors to within a few feet of these majestic raptors without any barrier in between. You can learn about eagles while standing right next to them—an unforgettable experience unlike any other! During our visit, we will attend a 1-hour program about the rescued eagles at the center and eagles in general. The Eagle Center has a \$10 admission fee. We will have lunch at an establishment in Wabasha. Lunch is on you own. **We will leave the church at 9:30am on Wednesday, March 11, and return about 3:30pm** so everyone can be back for the many church activities on Wednesday night. If you wish to attend,

please contact Brian Narveson at 630.816.5917 or owls@firstlu.org by Monday, March 9.

The OWLs March potluck will be a week later than usual. **We will gather on Wednesday, March 25, at noon in the fellowship hall** for great food, fun and fellowship. As many of you know, Skip Temte and his daughter, Kris, have just returned from a trip to Antarctica. For our program, Skip and Kris will show photos and tell stories about their exciting adventure to the bottom of the world. This is one you don't want to miss.

Look forward to seeing everyone in March.

The OWLs are a group at First that welcomes anyone, First Lutheran members or not, who are 55+. For information or to ask questions, contact Brian Narveson at owls@firstlu.org. A reminder for all potlucks that First Lutheran is a nut-free campus. Please do not bring food containing nuts or nut butters/oils/extracts of any kind onto the church campus. This is for the safety of all of our members.

Drawing from the Well

For women of First and the greater La Crosse area seeking to support one another in their spiritual growth. Meeting for food, fellowship & study.
NEXT: Saturday, Mar. 14, 9:30am in the Upper Room



Contact Bridget for info: bridget@firstlu.org

New-Member Social

First invites any person or family interested in joining our church family to join us for an informal social at Red Pines!

Thur., Apr. 16, 6pm

To register, contact the church office:
office@firstlu.org / 608.783.2236

MEMORIES

Thur, Mar 26, 1–2:30pm

Topic: Art-Crafting

For persons living in the community with dementia, memory concerns, caregivers and friends.

Invite someone you know with dementia and their caregiver to attend.

Registration not required.



Contact Bridget for info: bridget@firstlu.org



SUGAR CREEK
BIBLE CAMP

SUGAR CREEK BIBLE CAMP

2020 Upcoming Events

- | | |
|------------|---|
| Mar. 6–8 | Middle School Retreat (6-8th grades) |
| Apr. 2 | GUYS & DOLLS – Fireside Bus Trip – Ft. Atkinson, WI |
| Apr. 2-5 | SCBC Craft Retreat (for women) |
| Apr. 6 | Yesterday's Youth (Sr. Day Event) |
| Apr. 18–19 | Elementary Retreat (3rd-5th grades) |
| May 1–4 | HOLLAND TULIP FESTIVAL – Adult Bus Tour |
| June 22 | Golf Tournament (fundraiser) – Viroqua Hills |

Contact camp for more info and to RSVP for all events:
camp@sugarcreek.org • 608.734.3113

MARCH AT FIRST LUTHERAN see also weekly events list on back

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																								
1 9:15 AM Kindergarten FBB: Lord's Prayer (3rd meeting, parents/guardians & child) - FH 9:15 AM Lent Small Group - Rm 203 9:15 AM Lent Small Group - Rm 209 9:15 AM Lent Small Group - TR 11:45 AM Lent Small Group - UR	2 6:30 PM Lent Small Group - UR 7 PM AA - FS	3	4 5 PM Lent Small Group - UR 7 PM Lent Small Group - UR	5 9 AM Sunshine Boys & Girls 1 PM Lent Small Group w/ Lauri Berg 7 PM Women of the House Small Group - UR	6 7 PM AA - FH	7 Daylight Savings Begins Tonight!																																																																																																								
8 Blessing Accountants Kindergarten FBB: Lord's Prayer, lite... 9:15 AM Lent Small Group - Rm 203 9:15 AM Lent Small Group - Rm 209 9:15 AM Lent Small Group - TR 9:30 AM Parking Lot Meeting 11:45 AM Lent Small Group - UR 5:30 PM Faith Alive! U Community Meal - FH 6 PM Faith Alive! U: The Assembly Worshiped, the Singers Sang - SN	9 6:30 PM Lent Small Group - UR 7 PM AA - FS	10 1 PM Dorcas Circle - NX	11 9:30 AM OWLs Fly to the National Eagle Center 10 AM Ona Terrace Worship 12 PM Finance Team Mtg 5 PM Lent Small Group - UR 7 PM Stephen Ministry Mtg - FS 7 PM Hospitality Leadership Team 7 PM Lent Small Group - UR	12 1 PM Lent Small Group w/ Lauri Berg 4:30 PM Preschool Open House 7 PM Women of the House Small Group - UR	13 4:45 PM Parent Date Night - FH 7 PM AA - FS	14 9:30 AM Drawing from the Well Group - UR																																																																																																								
15 Deadline for Newsletter 9:15 AM Lent Around the Table - FH 9:15 AM Lent Small Group - Rm 203 9:15 AM Lent Small Group - Rm 209 9:15 AM Lent Small Group - TR 11:45 AM Lent Small Group - UR 4 PM Middle & High School Youth Grp	16 9:30 AM Preschool Registration: opens to church members 1 PM Elizabeth Circle 2:30 PM Springbrook Worship 6:30 PM Lent Small Group - UR 7 PM AA - FS	17 9 AM Naomi's Circle 5:15 PM Personnel Team Mtg 6:30 PM Vision & Leadership Mtg 6:30 PM Property Management Team Mtg - Mike's Office	18 10 AM Ona Terrace Worship 5 PM Confirmation Cls: Death & Dying—Q & H (Questions & Hope) 5 PM Lent Small Group - UR 7 PM Lent Small Group - UR	19 10 AM Deborah's Circle - NX 1 PM Grief Support Group - UR 1 PM Lent Small Group w/ Lauri Berg 7 PM Women of the House Small Group - UR	20 5 PM Lock-in! - FH 7 PM AA - FS	21 ... Lock-in! - FH																																																																																																								
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29 9:15 AM Gr 5 FBB: Communion (2nd meeting, parents/guardians & child) - FH 9:15 AM Lent Small Group - Rm 203 9:15 AM Lent Small Group - Rm 209 9:15 AM Lent Small Group - TR 11:45 AM Lent Small Group - UR 4 PM Middle & High School Youth Grp	30 9 AM Newsletter Assembly - NX 6:30 PM Lent Small Group - UR 7 PM AA - FS	31	1 5 PM Lent Small Group - UR 7 PM Lent Small Group - UR	2 9 AM Sunshine Boys & Girls 1 PM Lent Small Group w/ Lauri Berg 7 PM Women of the House Small Group - UR	<table border="0"> <tr> <td colspan="8" style="text-align: center;">FEBRUARY</td> <td colspan="5" style="text-align: center;">APRIL</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="text-align: center;">1</td> <td></td><td></td><td></td><td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td></td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="text-align: center;">17</td><td style="text-align: center;">18</td><td style="text-align: center;">19</td><td style="text-align: center;">20</td><td style="text-align: center;">21</td><td style="text-align: center;">22</td><td style="text-align: center;">23</td><td style="text-align: center;">24</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="text-align: center;">25</td><td style="text-align: center;">26</td><td style="text-align: center;">27</td><td style="text-align: center;">28</td><td style="text-align: center;">29</td><td></td><td style="text-align: center;">26</td><td style="text-align: center;">27</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="text-align: center;">28</td><td style="text-align: center;">29</td><td style="text-align: center;">30</td> </tr> </table>		FEBRUARY								APRIL												1				1	2	3	4								2	3	4	5	6	7	8									9	10	11	12	13	14	15	16								17	18	19	20	21	22	23	24								25	26	27	28	29		26	27														28	29	30
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weekly events for

MARCH

at First Lutheran

SUNDAYS

- 8:00am Worship
- 9:15am Sunday School
- 9:15am Gr 6 & 7 Confirmation Classes
- 9:15am Prayer Shawl Knitters - NX
- 9:15am Sunday Mornings with Coffee - MR
- 9:15am Parent Share - UR
- 10:30am Worship

TUESDAYS

- 9:00am Quilters - FS
- 1:15pm Staff Meeting
- 5:15pm Bell Practice - Sacristy

WEDNESDAYS

- 6:00am Courageous Men - House
- 6:30am Coffee w/ Pastor Karyn - Panera, Onalaska
- 5:15pm Prayer Shawl Knitters - NX
- 6:15pm Worship
- 7:00pm Choir Practice - SN
- 7:00pm Gr 8-10 Small Groups



Faith Alive! U:
...Singers Sang
Sun, Mar 8
6-7:30pm



Preschool Open House
Thur, Mar 12
4:30pm



Parent Date Night
Fri, Mar 13
4:45-8:30pm



Lent Around the Table
Sun, Mar 15
9:15-10:15am



Memories Cafe
Thur, Mar 26
1-2:30pm



Grad Milestone Dinner
Sunday, Mar 22
6-8pm

CALENDAR KEY

- CR = Choir Room
- FBB = Faith Building Block
- FH = Fellowship Hall
- FS = Fireside Room
- LG = Lounge
- MR = Mary Room
- NX = Narthex
- SN = Sanctuary
- TR = Thomas Room
- UR = Upper Room

Events subject to change; up-to-date information at 1stlu.org/cal

Subscribe to our Google calendar at 1stlu.org/calsub

Use the QR Codes to quickly add these events to the calendar of your smart phone or tablet.

Tips: focus the code, hold the device still, try various distances, & use good lighting. Need a scanning app? Try www.scan.me.

Share your Faith Alive moments!
Tag them #faithalive365
and like us at facebook.com/1stlu

Blessing

CPA's & Accountants

Sunday, Mar. 8

STAFF DIRECTORY

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Karyn Bodenschatz Associate Pastor 608.433.6002 karyn@firstlu.org

Bridget Crave Community Impact Director bridget@firstlu.org
Kathryn Pedretti Director of Hospitality kathryn@firstlu.org

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..... Young Youth Director beth@firstlu.org
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Karissa Grunden Volunteer Middle School Youth Director

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Diana Carey Bookkeeper diana@firstlu.org
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Jerry Yushta Assistant Custodian

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Jim Knutson Bell Choir Director jim@firstlu.org
Todd Saner Senior Choir Director & Contemporary Music Coordinator todd@firstlu.org

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Beth Miller 4K Teacher beth@firstlu.org
Marci Leppert Preschool Assistant Teacher
Tracy Stoll Preschool Assistant Teacher

VISION & LEADERSHIP TEAM

Larry Schreiner President
Aaron McDonald Vice President
Jennifer Wiesjahn Secretary
Brandon King
Diane Shuda
Nancy Beguin
Shaun Gibbs

REVELATIONS

*The end of the newsletter is near,
so here's a few things we find revealing...*

THE REVELATIONS OF KARYN

PONDERING:

I have been pondering the role of money in our political process, mostly around the introduction of Mike Bloomberg into the Democratic primary race. Does wealth engender trust or distrust? If a person is wealthy, are they automatically a good leader or simply someone who is good with money? If someone is a successful business person, does that make them a good leader or just business savvy? How do we define good leadership, and what characteristics do we seek in a candidate, and what role does wealth play in these things?

THE REVELATIONS OF JASON

WATCHING:

I don't know where a desire came from to know more about the Vietnam War. I'm not certain why, since I am almost completely against all war. I think it's the extremes of human experiences that capture my imagination and make me wonder... which I like to do. The Vietnam War, however, was always kept at a distance in my mind. I think that's because it is a story that hits too close to home. And yet, when I came across the documentary by Ken Burns, *The Vietnam War*, I believed it was time for me to know more. I'm about halfway through the series, in 1966. My revelation is this: I was right. This story is a nightmare without much distance for me and just about every other person I know. We certainly all continue to relate to government, each other and 'the American Dream' in the shadows of what happened during the Vietnam War.



FIRST LUTHERAN

410 Main Street
Onalaska, WI 54650
608.783.2236
www.FirstLutheranOnalaska.org

WORSHIP SCHEDULE

Sunday 8:00 AM
10:30 AM
Wednesday 6:15 PM



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Evangelical Lutheran
Church in America
God's work . Our hands .

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GOD, FORGIVE THEM, FOR THEY DO NOT KNOW WHAT THEY



FIRST LUTHERAN

GOOD NEWS

MARCH 2020

WHY HAVE YOU FORSAKEN ME? I AM THIRSTY. IT IS FINISHED. GO, INTO YOUR HANDS I COMMIT MY SPIRIT.



INSIDE: LENT AROUND THE TABLE
EASTER EVENTS & FLOWERS FORM
FAITH ALIVE! U: THE ASSEMBLY
WORSHIPED, THE SINGERS SANG

FORGAWPGW **Forsaken** JETHWJNORSI

ILLUSTRATEDMINISTRY.COM

are doing. Today tell you, today you will be with men in paradise. Here is your son. Here