



FIRST LUTHERAN

# GOOD NEWS!

OCTOBER 2020

All of this and more on the web at [www.FirstLutheranOnalaska.org](http://www.FirstLutheranOnalaska.org)

SEE ALSO...

-  [facebook.com/1stlu](https://facebook.com/1stlu)
  -  [instagram.com/1stlu](https://instagram.com/1stlu)
  -  [twitter.com/1stlu](https://twitter.com/1stlu)
  -  [1stlu.org/cal](https://1stlu.org/cal)
  -  [pinterest.com/firstlu](https://pinterest.com/firstlu)
- #faithalive365

## INSIDE

- 3 READINGS FOR OCTOBER  
FAITH ALIVE! U  
LUTHERANS' CIVIC  
RESPONSIBILITY & VOTING  
  
BIBLE READERS  
  
SERVE & GIVE
- 4 VIRTUAL HUNGER Walk  
  
WARMING CENTER
- 5 FOUNDATION UPDATE  
  
OASIS RESPITE
- 6 FINANCE & STEWARDSHIP  
REPORT
- 7 OWLS  
  
US WILDFIRES
- 8 ANNOUNCEMENTS
- 9 SUNDAY SCHOOL  
  
CONFIRMATION
- 10 EVENTS  
  
BUTTER BRAIDS FUNDRAISER
- 11 CALENDAR
- 12 LIVE STREAM UPDATE
- 13 STAFF DIRECTORY

## MESSAGE FROM PASTOR STANTON



OCTOBER 31, REFORMATION DAY, 1870 was a Monday. Kids (and adults) would not start dressing up as ghosts and goblins and other strange things for Halloween until the 1930s. Trick or treating wasn't a 'thing' until the 1950s. In 1870, the end of October didn't mean candy. It meant harvest time was here. And... winter was coming. Spring and summer was the time for planting, building and carefully cultivating many new and growing things, including a new church built at what is now 4th and Irvin in Onalaska. Norwegian immigrants had clustered around this part of Onalaska, and amidst their many other concerns, those Norwegians needed a place to gather for worship. They chose October 31, Reformation Day, as the founding date,

the birthday, of their congregation: your First Lutheran Evangelical (which means good news) church.

2020 has been a banner year for Reformation! When leaders and staff at First started planning for ways to mark such an auspicious occasion, we never dreamed we would be celebrating our gathered community while distanced. We have had to reform the ways we participate in this church. Online worship, learning opportunities done through online posts, phone calls to the ill and fellowship done through the internet. I have had to relearn just about every part of how to be a pastor. And our church has had to reimagine how to follow Jesus together. In just six months, we have moved almost every part of what we do online. Parents are

*Continues on page 2*

## MESSAGE FROM PASTOR KARYN



DEAR FRIENDS, THIS newsletter article is taunting me for I have few words right now that feel or sound edifying. My soul actually longs for fewer words and more stillness. So I am going to invite you into a moment of stillness with me, right now, as you are reading this newsletter. We live in a world that is so full of so many things and there are days when the burden of these things is too much and the words are too loud. Paul tells us that if we speak in the tongues of mortals and of angels, but do not have love, we are a noisy gong or a clanging cymbal. I think we can all testify to the truth of that - there has been a lot of noisy gongs and clanging cymbals in my world lately.

So take a moment, light a candle if there is one nearby or if you care to go get one. I'm going to run to my room

and grab my candle and lighter. I'll be right back...

Okay, so my candle is lit and I am sitting comfortably. I hope you are too. Let's take a few deep breaths together. Studies show that deep, even breathing helps to lower anxiety. It is a great tool to use in just about any situation (don't try it underwater, it doesn't work so well). A couple more breaths... in... out... pause... repeat.

Jesus says to us: Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Take 5 minutes, keep breathing, ponder this truth of Jesus'. Maybe take

*Continues on page 2*

October 2020 is a moment to celebrate what 150 years of ministry in Onalaska has meant.

But it's a moment when we could launch into an even more fruitful chapter.

taking a greater role in sharing faith with their kids. In many ways our membership is more engaged in learning and worship than ever. And it's a time that forces us to live Faith Alive! every day.

Thank you for being a part of First's initial 150 years. We have grown to be the largest ELCA congregation in the synod. Our music, confirmation, Sunday School and community outreach efforts are excellent. We choose to confront difficult issues together rather than ignore them or hope someone else in the community will think about them. We started the year talking about race, long before the killing of George Floyd. We are in the first stages of becoming a Reconciling in Christ congregation that overtly welcomes the LGBTQ+ community because we recognize not every Christian congregation agrees that "All are Welcome." We have not only received the resources from those who were here before us, but we have attended to every major building

maintenance project we had, including our debt. At the end of this month, we will burn our mortgage!

October 2020 is a moment to celebrate what 150 years of ministry in Onalaska has meant. But it's a moment when we could launch into an even more fruitful chapter where our faith shapes our community and our world in ways we never have before. Here's to another 150 years! May they be blessed by the one true God.

Pastor Jason Stanton  
jason@firstlu.org

Remember that you have all you need for this moment.

a word or a phrase and explore it for a time. Allow the Holy Spirit to lead you to what you need to hear. And keep breathing.

In those moments when I am sure I am not enough, when I question my worthiness as a leader or daughter or citizen or sister, when I don't know which way is up and what I am

supposed to do next, this is my prayer: I am weary and carrying heavy burdens, give me rest. Amen. Jesus hears and then provides a moment of rest, a time of restoration and an assurance of whose I am so that I can face what is to come.

Breathe some more, dear friends. Breathe in God's love, breathe out all that tries to tell you it is not yours to have. Remember you are loved, no matter what. Remember that you have all you need for this moment. Remember that you are not alone.

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

Live streaming at 1stlu.org/live  
Sundays 8am & 10:30am  
Wednesdays 6:15pm

### 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)



# GO AND DO LIKEWISE LUKE 10:37

## VOLUNTEER NEEDED FOR THE SYNOD OFFICE

The synod office needs a volunteer to oversee our campus facilities and take care of issues that arise with our properties, which include our office and our renter's spaces. This might involve tasks such as coordinating repairs with plumbers, HVAC or electrical services; maintaining office humidifier; cutting down weeds on property; sweeping up sand from the lot in the spring, etc. This does NOT involve snow removal or shoveling.

*If interested or aware of someone who might be interested, please reply to [office@lacrosseareasyndod.org](mailto:office@lacrosseareasyndod.org) or call Melanie at 608.788.5000 and leave a message with contact info.*

# stephen MINISTRY®

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

Sunday, Oct. 4: Matthew: 21: 33-46

Wednesday, Oct. 7: Exodus 12: 1-13; 13: 1-8

Sunday, Oct. 11: Matthew 22: 1-14

Wednesday, Oct. 14: Exodus 32: 1-14

Sunday, Oct. 18: Matthew 22: 15-22

Wednesday, Oct. 21: 1 Samuel 1: 9-11, 19-20; 2: 1-10

Sunday, Oct. 25: Matthew 22: 34-46

Wednesday, Oct. 28: 2 Samuel 7: 1-17

Above are the tentative readings scheduled for October. 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](http://1stlu.org/readings).

### ***READ THE BOOK OF JOSHUA IN 7 DAYS!***

Having wandered long in the wilderness, the book of Joshua describe's the entry of God's people into the promised land. Pastor Stanton will be introducing this book to Bible Readers **starting Thursday, Oct. 15.**

### ***READ THE BOOK OF JUDGES IN 7 DAYS!***

Read stories about young people doing wild and crazy things in the "wild, wild West Bank!" Like strongman Samson going on a rampage with a donkey jaw bone, and Deborah leading an army of thousands to save her homeland! Pastor Stanton will be introducing this book to Bible Readers **starting Monday, Oct. 26.**

These studies are for ANYone who can read, 3rd graders to our eldest friend; members and acquaintances far far away. *Use whatever Bible you'd like! Follow Pastor Stanton's daily guides on Facebook or YouTube, and if you'd like the daily video guides emailed to you contact Pastor Stanton at [jason@firstlu.org](mailto:jason@firstlu.org)*



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

## Lutherans' Civic Responsibility and Voting

**Cindy Crane**  
**Sunday, Oct. 11, 6pm**

Why does the ELCA encourage us to vote? What does public policy have to do with being Lutheran? Even if you aren't old enough to vote yet, you can be involved. Attend to find out how, and other questions will be addressed by Cindy Crane, Director of Lutheran Office for Public Policy in Wisconsin. The format will be 20 minutes of presentation and 20 minutes of question and answer. This event is intended for confirmation students, high schoolers and all adults.



## WARMING CENTER

First Lutheran is again joining with other area ELCA congregations to support the Warming Center this winter.

The Warming Center is a local shelter in downtown La Crosse that serves guests staying overnight, from **November 1 through April 30**. They provide a warm place and a meal for people in our community who are without other sleeping options. They provide a truly life-saving service to their guests and make a difference in our community.

### WHAT CAN YOU DO TO HELP?

ELCA area churches have committed to providing volunteers and meals the first two Fridays of each month, November–April. Volunteers are needed to greet and sign in guests, put away their personal items, get them assigned to a spot in the sleeping room, help in the kitchen and visit with the guests, be on hand overnight to do some cleaning or visit with folks who aren't sleeping. There are evening shifts 6:30–9pm, overnight shifts 9pm–11pm, or 9pm–3am, 3am–8am and morning shifts 6:30–8am (Saturday), serving breakfast and helping people get on their way for the day. The shelter closes at 8am each morning. We also need people who are willing to provide a meal for those first two Fridays/month. Each person is asked to provide a meal to feed 20 people. You can contact The Hunger Task Force for the ingredients, just tell them you are preparing a meal for the Warming Center. Make a meal with friends or do it as a family.

If you can help out one or two Fridays or more, or provide a meal for 20–25 people one or more weeks, you will make a difference. God's work, our hands.

The Warming Center will provide training for all interested volunteers. I encourage you to attend the training if you are the least bit interested. Each shift will have an experienced lead person. I am the volunteer coordinator, so let me know, [bridget@firstlu.org](mailto:bridget@firstlu.org), or call the church and ask to be put on the mailing list if you are interested.

Training is **October 20 or 22 at 6pm**. Attend the meeting if you are interested to learn more.

Bridget Crave  
[bridget@firstlu.org](mailto:bridget@firstlu.org)



## COULEE REGION HUNGER WALK IS GOING VIRTUAL!

Last year, with your help we raised over \$14,000, which went directly to agencies in our community and around the world addressing food insecurity. The impact of COVID-19 on jobs and our economy will put even more of our families at risk for hunger. So the need for our fundraising efforts is even greater this year. Would you be willing to walk, run or bike to help families in the Coulee Region?

WAFER and Hunger Task Force will each receive 30% of the funds raised. You can name another food relief agency to receive the remaining 40%. **We are planning a walk/run/bike to be held Oct. 4 through Oct. 11.**

Participate on your own or form a team.  
Prizes will be awarded.

*More details at: [couleeregionhungerwalk.org](http://couleeregionhungerwalk.org)*

Even if you don't want to walk, bike or run, your donation will be appreciated.

*Email [bridget@firstlu.org](mailto:bridget@firstlu.org) with questions.*



THE FIRST LUTHERAN Foundation Fund is very proud to be able to help support local organizations that are meeting the needs

of our communities. One such worthy and deserving organization is the St. Clare Health Mission in La Crosse.

The St. Clare Health Mission is a free and charitable clinic and pharmacy, started in 1993. The term "health mission" describes not only the program, but the motivation which guides it. Those participating in this initiative share a belief that, regardless of financial status, ethnicity or religious belief, health care is a basic human right and that we all share in the benefits of caring for our neighbors.

St. Clare Health Mission continues to meet the needs of our community during the pandemic. Here is what they told us about the work they have been doing.

"As many free and charitable clinics across the nation temporarily closed due to COVID-19, St. Clare Health Mission not only remained open, but we focused our attention on the hundreds of patients with chronic conditions, like hypertension and diabetes, who are at greater health risk were they to contract COVID-19. St. Clare Health Mission staff were busy compiling lists of over a hundred patients who needed their diabetes medications and many others who rely on our charitable care and pharmacy. They contacted all patients and developed a tele health system where doctors could conduct tele health visits. That allowed our free pharmacy to fill all medication needs for all of our patients.

St. Clare Health Mission's regular Tuesday and Thursday walk-in clinics remained open and most patients were seen through tele health. The patients

that needed to be seen in person were screened, brought in one at a time, directly to a clinic room for their visit. We were fortunate that we had enough PPE and only needed to purchase face-shields and a few other items initially. Our chronic condition clinics remained open as well and we were able to keep caring for our patients who need extra support and care to manage their chronic conditions.

At a typical evening clinic at St. Clare Health Mission one can see the best of humanity. At a recent clinic, we served a patient from Belize, a handful of working Mexican immigrants and a patient from Russia, stuck here as Russia's lockdown was a bit more severe and she needs to be quarantined in a hospital in her home country once she returns. To all, we deliver high-quality, compassionate health care.

Thanks to charitable gifts, like yours, St. Clare Health Mission was able to remain fully open to support our many patients, primarily from La Crosse and Trempealeau County."

The generous gifts of our past and present members have allowed for grants to be made to places like St. Clare Health Mission on behalf of First Lutheran Church. If you would like to give a gift to First's Foundation, you can do so easily by sending a check to First Lutheran Church and designating it for the Foundation.

Thank you and God bless!

## Make a Difference!

### Seeking dedicated Volunteers



### ANNOUNCING!

OASIS Respite Program of the Coulee Region for Individuals with Mild to Moderate Symptoms Associated with Alzheimer's, Dementia or Brain Related Impairments.

### OPENING OCT 15!

Volunteer Training and Support provided.

Program Location:  
First Free Church  
123 Mason Street  
Onalaska, WI 54650

OASIS respite is a safe place for loved ones, allowing caregivers to make time for themselves along their caregiving journey.

This program is designed to provide purpose, social connections and stimulation for its participants. Volunteers will be integral in building community

**Call or Apply Online.**

[www.oasisrespite.org](http://www.oasisrespite.org)

608-780-0471

[oasisrespiteprogram@gmail.com](mailto:oasisrespiteprogram@gmail.com)

**CAP CAMPAIGN UPDATE**

**PLEGGED DOLLARS:**

**\$1,058,518**

**GIFTS RECEIVED:**

**\$905,000**

**PROJECTS COMPLETED:**

**HVAC CONTROLS**

**ED BUILDING ROOF**

**PARKING LOT REPAIRS**

**TREES REMOVED**

**WIFI UPGRADE**

**FIRE ALARM SYSTEM**

**3 AC UNITS REPLACED**

**SANCTUARY AUDIO UPGRADE**

**SANCTUARY ROOF**



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 reach out to people of all ages to make more disciples of Christ. A wonderful outreach that has continued during the pandemic is the distribution of prayer shawls to the newly baptized and the sick. A dedicated group of women continue to make beautiful artistic shawls. At a recent OWLs virtual potluck, Pastor Jason blessed more than a dozen wonderful shawls. This was the second blessing since the pandemic began. Thank you to all our knitters for their dedication to this ministry. Thank you to the congregation for support of our knitting ministry through your regular giving.

General fund giving for operations (not including the capital campaign and preschool) as of August 31, 2020, was \$377,419. Budgeted receipts were

\$394,025 leaving a deficit of \$19,605. We look forward to recovering this deficit as activities and participation increase during the program year. Thank you to everyone for your continued generosity. If you are not already, please consider regular giving via Simply Giving which can provide the resources to expand our ministry to Change Lives. If you are already participating in Simply Giving, thank you. To enroll, call the church office or sign up at [1stlu.org/giving](http://1stlu.org/giving).

Capital Campaign update: As most of you know, we are going to **PAY OFF THE MORTGAGE** by the end of year when all pledge receipts are received. It is great to report we have received over \$921,000 of the pledged income for the capital campaign to date. In addition, we have already received declarations of intent of more than \$150,000 toward our Above and Beyond finish of the capital campaign, which has a goal of \$230,000. Thank you to all who have provided their intent. If you have not provided your intent please email Pastor Jason at



[jason@firstlu.org](mailto:jason@firstlu.org). We anticipate receiving the Above and Beyond contribution by year end. Thank you to everyone for completing their original pledge and giving to Above and Beyond. Full financial details are available by request in the church office. In normal times, we welcome everyone to attend a finance committee meeting. We meet every month, on the second Wednesday, at noon. The Stewardship Committee meets once a month and is looking for members. For meeting times, contact Pastor Stanton.



OLDER WISER LUTHERANS

We had a great group of OWLs attend the September Zoom meeting. More than 20 of us witnessed the blessing of the prayer shawls and played a fun game of "What is That", in addition to just getting caught up with each other's good news and what's going on at church. Many OWLs are also prayer shawl knitters. We saw a large selection of beautiful shawls they had made. We are blessed with these wonderful artists. In October we will continue with our virtual potlucks. **The October virtual potluck will be on Wednesday, October 21, at noon.** This is an hour earlier than usual so please mark your calendar. Brian and Mary will show photos from there fall color trip to Colorado, and we will play a game. Don't miss the fantastic opportunity to socialize safely. The connection details for the meeting will be sent the

Monday before (Oct. 19). If you are not on the OWLs mailing list and would like to attend, please contact Brian Narveson at 630-816-5917 or owls@firstlu.org. Also please contact Brian if you need assistance with the technology to join the meeting. You can join the meeting with a basic phone. Looking forward to seeing everyone in October.

*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.*

LUTHERAN DISASTER RESPONSE  
**U.S. WILDFIRES**

SEPTEMBER 2020

ELCA.org/disaster

Fueled by a heat wave and unfavorable winds, wildfires have erupted across California, Oregon, Washington and other western states. At least 20 people have died, hundreds of thousands of people are under evacuation orders and more than 3.5 million acres have burned across the three states. Some evacuees face the difficult decision of whether to stay in a shelter during the COVID-19 pandemic.

to assess the situation and determine the best ways to respond. We expect immediate needs may include food and other necessities, as well as emotional and spiritual care for those who have been traumatized.

Your gifts will support wildfire survivors. Gifts to "U.S. wildfires" will be used in full (100%) to assist those affected by wildfires, until the response is complete. Together, we can help provide immediate and long-lasting support. Give today to support this response and others like it.

Lutheran Disaster Response is engaging with at least three Lutheran social services agencies and five synods

**YES, I WANT TO HELP!**

- Lutheran Disaster Response: U.S. wildfires \$ \_\_\_\_\_ DDG0077
- Lutheran Disaster Response: Where needed most \$ \_\_\_\_\_ DDG0010

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP code \_\_\_\_\_

Email address \_\_\_\_\_

Give through your congregation or make your check out to Lutheran Disaster Response and send to:  
Evangelical Lutheran Church in America, ELCA Gift Processing Center  
P.O. Box 1809, Merrifield, VA 22116-8009  
Write "U.S. wildfires" or "Where needed most" on your check's memo line.



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

## OUTDOOR WORSHIP ON SUNDAYS AT 10:30AM

After prayerful discernment, in light of La Crosse County's 'critical' COVID case rate, the V&L Team and pastors have agreed to honor our own policies and remain vigilant in keeping each other safe during a serious local outbreak.

**We will NOT host in-person worship on Oct. 4.** We will re-evaluate for Oct. 11. In the meantime, we hope you'll find us via livestream at 8am and/or 10:30am. We'll live stream both services. Stay safe! *Questions? Connect with [kathryn@firstlu.org](mailto:kathryn@firstlu.org), [tamara@firstlu.org](mailto:tamara@firstlu.org) or [jason@firstlu.org](mailto:jason@firstlu.org).*

## BAPTISMAL PREPARATION

The pastors are considering baptisms on an individual basis. *To register or ask questions contact the church office at 608.783.3326 / [office@firstlu.org](mailto:office@firstlu.org).*

## HAPPY BIRTHDAY!!

If you have received a birthday postcard from First in the last several months and still have it, bring it into church Mon-Fri, 8am-4pm and pick up a small gift. Remember to ring the doorbell on the left side of the doors, and Tamara will be happy to help you.

## SNOW BIRDS

Are you heading out? Travel safe! And please let us know if you'll be spending the winter somewhere else. If we know your seasonal address, we can keep in touch by sending you the monthly newsletter. *Call or email the office with your winter address: 608.783.2236, [office@firstlu.org](mailto:office@firstlu.org).*

## FAMILY PHOTOS: A CLOUD OF WITNESSES

All Saint's Day has long been a day when the church gives thanks for all the saints, the beloved, who have died, especially in the past year. In a typical year, we would be asking for photographs of your beloved dead so that we can be surrounded by their witness on **All Saint's Day, Sunday, Nov. 1.** However, this year, since we are not completely sure if we will be able to meet in person on November 1, we are asking that you gather together photos of your beloved dead in preparation for All Saints celebration in your home. More details will be offered in the coming weeks. If your loved one was a member of our congregation and died this past year, you will receive a letter with a special request.

All Saint's Day isn't only about those who have died but also about those who have been newly baptized. If your child was baptized this past year, you also will receive a special request.

## WE CELEBRATE THE GIFT OF HOLY BAPTISM

- **Ellie Mae McCullough**, daughter of Alex & Samantha McCullough

## WEDDINGS

*God's blessings to...*

- **Rebekah Schein & Nick Wolfe**

## CHRISTIAN SYMPATHY TO THE FAMILY & FRIENDS OF:

- **Inez Lee**
- **Laura Adams**
- **Bonnie Jean Hougom Hotson**

## GIFTS AND MEMORIALS

*Thank you for the following memorials:*

### In memory of Phyllis Christianson

- Undesignated: Nancy & Arnie Holthaus

### In memory of James "Gus" Sires

- Undesignated: Cheryl & Jeff Towner

## 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.

## SUBMITTING NEW ANNOUNCEMENTS

To have your announcement in the monthly newsletter, send it to [newsletter@firstlu.org](mailto: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](mailto:announcements@firstlu.org), or give it to Andy in the office. Deadline for the weekly announcements is always **noon each Wednesday.**

## GO GREEN

We offer two e-mail lists for subscribing:

### First Lutheran Publications:

which includes e-mail links to our e-newsletter, so if you request to stop receiving this paper in your hands, this will save natural resources, and helps First save money on supplies and postage.

### First Lutheran Updates

**& Publications:** all of the above plus several updates from our website.

*To subscribe to either one and to cancel the delivery of this paper copy, simply visit [1stlu.org/subscribe](http://1stlu.org/subscribe) and fill out the online form, or contact the office at [office@firstlu.org](mailto:office@firstlu.org).*



# Sunday School

in a box

## Register for Sunday School in a Box!

This is First Lutheran's way of handling the pandemic & Sunday School. Do as much as you can including crafts, games, cooking, music, science, devotionals, verse and video! All you need to do is to register during the designated time by going to [1stlu.org/sundayschool](http://1stlu.org/sundayschool) and then you will pick up your box on the pick up day!

### Register Oct. 18–25 for "Fruit of the Spirit"

Pick up box Oct. 31

Week 1: Nov. 1

Week 2: Nov. 8

Week 3: Nov. 15

Week 4: Nov. 22

### Register Nov. 15 for for Advent Around the Table

Pick up box on Nov. 28

Advent Around the Table: Nov. 29

### Register Nov. 22–29 for "Christmas"

Pick up Box Dec 5

Week 1: Dec. 6

Week 2: Dec. 13

Week 3: Dec. 20

Week 4: Dec. 27

## FAITH BUILDING BLOCKS

### Preschool: Praying Together

**Sunday, Oct. 18:** parents/guardians only via Zoom

**Sundays, Oct. 25 & Nov. 1:** parents/guardians with children via Zoom

**Sunday, Nov. 8:** Faith Building Block lifted up in worship

*Families will be emailed the Zoom link from the pastors in the week prior to class.*

# GOING FIRMATTON

Events subject to change; up-to-date info at [1stlu.org/confirmation](http://1stlu.org/confirmation)

Teen-relevant, age-appropriate, active, modern, and theologically sound

## UPCOMING CONFIRMATION EVENTS

**Gr 6 & 7 Confirmation Classes**  
continue online

Wednesdays, 7pm

**Gr 8–9 Small Groups**

Friday, Oct. 9

**Gr 10 Confirmation Video Deadline**

Sunday, Oct. 11, 6pm

**Faith Alive! U: Lutherans' Civic Responsibility and Voting**

Sunday, Oct. 18, 1:30pm

**Confirmation Sunday**





Small group  
open to all  
join anytime

Sunday mornings  
9:15 via Zoom



Contact Bridget for info: [bridget@firstlu.org](mailto:bridget@firstlu.org)



## Drawing from the Well

For women of First and the greater  
La Crosse area seeking to support one  
another in their spiritual growth.  
Meeting on Zoom for fellowship & study.

**NEXT: Saturday, Oct. 10, 9:30am**



Contact Bridget for info: [bridget@firstlu.org](mailto:bridget@firstlu.org)



## SUGAR CREEK BIBLE CAMP

### 2020 Upcoming Events

Nov. 19-22      Craft Retreat (*limited attendance*)  
Dec. 7            Yesterday's Youth (*virtual? TBA*)

*OR... Choose your own date for an affordable private retreat for your family or group. Enjoy modern log cabins, clean & comfy lodges, and our beautiful 660-acre open valley of trails through forests, streams and bluffs.*

Contact camp for more info and to RSVP for all events:  
[camp@sgrcreek.org](mailto:camp@sgrcreek.org) • 608.734.3113

# OCTOBER AT FIRST LUTHERAN *see also weekly events list on back*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																												
27 8 AM Worship Live Stream 9:15 AM Gr 3 FBB: Bibles - Zoom 10:30 AM Worship Live Stream	28 7 PM AA - FS	29	30 6 AM Courageous Men 7:30 AM Coffee With Pastor Karyn - Zoom 6:15 PM Worship Live Stream 7 PM Gr 8 & 9 Small Groups 7 PM Gr 10 Confirmation	1	2 7 PM AA - FS	3																																																												
4	5	6	7	8	9	10																																																												
Coulee Region Hunger Walk / Run / Bike																																																																		
8 AM Worship Live Stream 9:15 AM Gr 3 FBB: Bibles - Zoom 10:30 AM Worship Live Stream	7 PM AA - FS	7 PM Stephen Ministry - Zoom	6 AM Courageous Men 7:30 AM Coffee With Pastor Karyn - Zoom 8:30 AM Clothes Closet Planning Meeting 6:15 PM Worship Live Stream 7 PM Gr 8 & 9 Small Groups 7 PM Gr 10 Confirmation		Gr 10 Confirmation Videos Due 7 PM AA - FS	9:30 AM Drawing from the Well																																																												
11 Coulee Region Hunger Walk / Ru... Butter Braid Order Forms Available	12 7 PM AA - FS	13 4 PM Worship & Music Team - NX	14 6 AM Courageous Men 7:30 AM Coffee With Pastor Karyn - Zoom 6:15 PM Worship Live Stream 7 PM Gr 8 & 9 Small Groups 7 PM Gr 10 Confirmation	15 Bible Readers Begin Joshua Deadline for Newsletter	16 7 PM AA - FS	17																																																												
8 AM Worship Live Stream 9:15 AM Gr 3 FBB: Bibles - Zoom 10:30 AM Worship Live Stream 6 PM Faith Alive! U: Lutherans' Civic Responsibility & Voting																																																																		
18	19	20	21	22	23	24																																																												
Sun School Reg for Fruit of the Spirit Box!																																																																		
Confirmation Sunday Gr 3 FBB: Bibles, lifted up in wors...	7 PM AA - FS	7 PM Executive team	6 AM Courageous Men 7:30 AM Coffee With Pastor Karyn - Zoom 12 PM Finance Team Mtg 12 PM OWLs Virtual Potluck - Zoom 6:15 PM Worship Live Stream 7 PM Gr 8 & 9 Small Groups		7 PM AA - FS																																																													
8 AM Worship Live Stream 9:15 AM Preschool FBB: Praying Together - Zoom 10:30 AM Worship Live Stream 1:30 PM Confirmation Worship																																																																		
25 Sun School Reg for Fruit of the S...	26 Bible Readers Begin Judges	27 5:15 PM Personnel Team Mtg 7 PM Vision & Leadership Team Mtg	28 6 AM Courageous Men 7:30 AM Coffee With Pastor Karyn - Zoom 6:15 PM Worship Live Stream 7 PM Peer Ministry Kick-off - House 7 PM Gr 8 & 9 Small Groups	29	<p style="text-align: center;">SEPTEMBER                      NOVEMBER</p> <table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> </tr> <tr> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> </tr> <tr> <td>27</td><td>28</td><td>29</td><td>30</td> <td>29</td><td>30</td> </tr> </table>		1	2	3	4	5	1	2	3	4	5	6	7	6	7	8	9	10	11	12	8	9	10	11	12	13	14	13	14	15	16	17	18	19	15	16	17	18	19	20	21	20	21	22	23	24	25	26	22	23	24	25	26	27	28	27	28	29	30	29	30
1	2	3	4	5	1	2	3	4	5	6	7																																																							
6	7	8	9	10	11	12	8	9	10	11	12	13	14																																																					
13	14	15	16	17	18	19	15	16	17	18	19	20	21																																																					
20	21	22	23	24	25	26	22	23	24	25	26	27	28																																																					
27	28	29	30	29	30																																																													
8 AM Worship Live Stream 9:15 AM Preschool FBB: Praying Together - Zoom 10:30 AM Worship Live Stream	7 PM AA - FS																																																																	

weekly events for

# OCTOBER

at First Lutheran

## SUNDAYS

8:00am Worship

9:15am Sunday Mornings with Coffee - Zoom

10:30am Worship

## TUESDAYS

1:30pm Staff Meeting

## WEDNESDAYS

6:00am Courageous Men - Zoom

6:30am Coffee w/ Pastor Karyn - Zoom

6:15pm Worship

## LIVE STREAM UPDATE



OUR PEAK VIEWS for the month of August totaled 770; which is up slightly from June (728) and down slightly from July (813). The summer peak views, in general, have proven to be lower than the spring months (both were over 1,000), but as this is all new

and is compounded by pandemic closures, it is hard to say what is lower or higher than average.

The ability to worship outdoors has proven to be a good compromise when it is possible, but also brings some live stream challenges. The first two outdoor Sundays we attempted to use Pastor Stanton's phone for live streaming (the best option from a small survey of staff's phones). Unfortunately it wasn't up to the task, as the stream would freeze up, and on the second Sunday simply stopped altogether when we were 30 minutes into the service.

To solve this we decided to use some of the equipment from our inside setup. So on our third outdoor Sunday, after the 8am service, I extended some cable runs and moved a camcorder and laptop outdoors. While it worked much better, we had a rough start. The audio was muted on a channel that we don't use inside, so once I figured that out the stream sounded good, but we missed the prelude. But then our software encoder crashed, which affected each platform differently: YouTube & Boxcast (which streams to our website) went black for several minutes but kept going while I restarted, but Facebook and Twitter simply stopped streaming. The lesson here: if the platform you're trying isn't working, please try a different one; a great place to start is [1stlu.org/live](http://1stlu.org/live).

And we'll need your patience in October, as we resume (hopefully) with live streaming the outdoor services, and as we begin to learn a permanent setup that is being installed in the sanctuary in mid-October. There will certainly be kinks to work out in the new system..

A big thank you to member Jeff Olson, who has embraced this new ministry and directs many of the worship live streams at First. We will need more members to help with this, so if you know someone—or would like to do so yourself—please contact [andy@firstlu.org](mailto:andy@firstlu.org).

And lastly, if you appreciate this ministry, please make certain to support First Lutheran with your regular donations at [1stlu.org/give](http://1stlu.org/give). Thanks!

Andrew Stutesman  
Communications & Marketing Director  
[andy@firstlu.org](mailto:andy@firstlu.org).

## 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](http://1stlu.org/cal)*

*Subscribe to our Google calendar at [1stlu.org/calsub](http://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](http://www.scan.me).*



Share your Faith Alive moments!  
Tag them #faithalive365  
and like us at [facebook.com/1stlu](http://facebook.com/1stlu)



## STAFF DIRECTORY

Jason Stanton ..... Senior Pastor ..... 608.386.6431 ..... jason@firstlu.org  
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

### YOUTH/EDUCATION STAFF

Cassie Carrell ..... Nursery Coordinator ..... nursery@firstlu.org  
Beth Miller ..... Sunday School Superintendent ..... sundayschool@firstlu.org  
..... Young Youth Director ..... beth@firstlu.org

### SUPPORT STAFF

Tamara Schonsberg ..... Office Assistant ..... 608.783.2236 ..... office@firstlu.org  
Andy Stutesman ..... Director of Communications & Marketing ..... andy@firstlu.org  
Dave Nichols ..... Building Maintenance & Grounds Custodian Supervisor ..... dave@firstlu.org  
Jerry Yushta ..... Assistant Custodian

### MUSIC STAFF

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

### PRESCHOOL STAFF

Melissa Rolbiecki ..... Preschool Director ..... 608.779.4504 ..... preschool@firstlu.org  
Beth Miller ..... 4K Teacher ..... beth@firstlu.org  
Marci Leppert ..... Preschool Assistant Teacher  
Tracy Stoll ..... Preschool Assistant Teacher

### VISION & LEADERSHIP TEAM

Larry Schreiner ..... President  
Jennifer Wiesjahn ..... Vice President  
Diane Shuda ..... Secretary  
Brandon King  
Derrick Knight  
Michelle Renkas  
Nancy Beguin



**FIRST  
LUTHERAN**

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

**WORSHIP SCHEDULE**

Live streaming at [1stlu.org/live](http://1stlu.org/live)  
Sundays 8am & 10:30am  
Wednesday 6:15pm



Scan to download  
this newsletter to  
your smart phone  
or tablet



Go green!  
Scan to subscribe  
to the newsletter  
online



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

edition: October 2020

**ADDRESS SERVICE REQUESTED**

To stop delivery: email [andy@firstlu.org](mailto:andy@firstlu.org) or call office at 608.783.2236

NON PROFIT ORG  
POSTAGE PAID  
ONALASKA, WI  
PERMIT #15

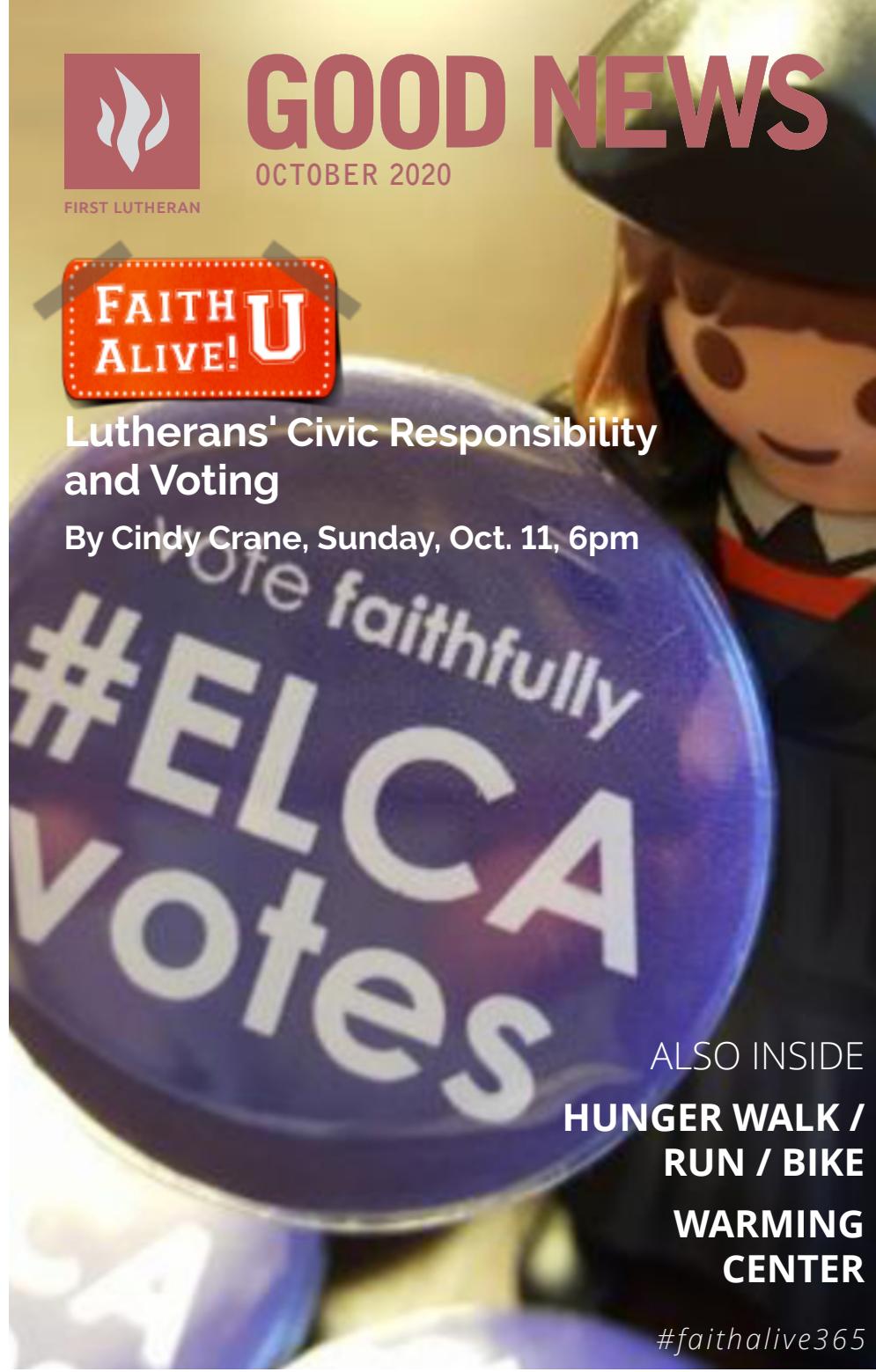


**GOOD NEWS**  
OCTOBER 2020



**Lutherans' Civic Responsibility  
and Voting**

By Cindy Crane, Sunday, Oct. 11, 6pm



ALSO INSIDE

**HUNGER WALK /  
RUN / BIKE**

**WARMING  
CENTER**

#faithalive365