

READINGS

For Sunday, Jan 29

Healing on the Sabbath, Luke 6:1-16  
Pew Bible: 837, Spark Bible: 1136

For Wednesday, Feb 1

The Beatitudes, Matthew 5:1-12  
Pew Bible: 785, Spark Bible: 1062

PRAYERS & CARE

Please contact the office if you have any prayers to be lifted up: office@firstlu.org or 608.783.2236

NURSERY AVAILABLE

Members and visitors: our nursery is available for children newborn through age 4. The nursery is staffed Sunday mornings during and between services, and on Wednesday evenings during service and programming. **Please bring your diaper bag.** It will also be staffed during some church events and will be advertised as such when available. We hope you take advantage of our services while here at First.

HOSPITAL REMINDERS

**For Gundersen:** be sure to alert the hospital of your church affiliation when they ask and they will then release your name to us when we call.  
**For Mayo/Franciscan Healthcare:** it is important that you or a family member contact us directly at the church office: 608.783.2236. Mayo no longer gives out information regarding who is hospitalized.

Please make every effort to keep food and beverages in the narthex. Thanks!

SERVING:

Pastor Karyn Bodenschatz Organist: Gabe Hicks;  
Nursery Attendant: Crystal Miller; Bread Baker: Lori Lunney; Treat Providers: Cassie Carrell, Linda Smith, Judy Stemper, Jill Hanson; Coffee Servers: Jenni Hanson, Marilyn & Sig Rudser, Shari Hegland

SUNDAY, JAN 29, 8:00am

Communion Server: Larry Schreiner; Reader: Nancy Beguin; Projection Leader: Randy Nedrelo

SUNDAY, JAN 29, 10:30am

Communion Servers: Judy Johnson; Reader: Kristen Dall-Winther; Ushers: Moseng family; Projection Leader: Jerad McHenry

WEDNESDAY, FEB 1, 6:15pm

Reader: Carol Skoy; Ushers: Brandon Lun, Landon Peterson; Nursery Attendant: Deb Eckert

FIRST LUTHERAN CHURCH

410 Main St, Onalaska WI 54650  
www.FirstLutheranOnalaska.org • office@firstlu.org  
608.783.2236 • Fax: 608.783.3741  
Office hours: Monday–Friday 8am–4pm

**Senior Pastor:** Jason Stanton  
jason@firstlu.org • 608.386.6431

**Associate Pastor:** Karyn Bodenschatz  
karyn@firstlu.org • 608.433.6002

**Director of Hospitality:** Kathryn Pedretti  
kathryn@firstlu.org

**Sunday School Superintendents:**  
Joel & Beth Miller  
sundayschool@firstlu.org

**Confirmation Administrative Assistant:**  
Cindy Beach, cindy@firstlu.org

**Young Youth Coord.:** Katie Everson  
katie@firstlu.org

**Director of Discipleship for Youth:** Tina Nelson  
tina@firstlu.org

**Director of Small Group Ministry:** Bridget Crave  
bridget@firstlu.org

**Director of Communications & Marketing:**  
Andrew Stutesman, andy@firstlu.org

**Head Custodian:** Mike Peper  
mike@firstlu.org



ANNOUNCEMENTS FOR  
SUN., JAN 29 & WED., FEB 1

WELCOME GUESTS!

The 1,800 baptized members of First Lutheran hold hospitality to visitors among our greatest priorities. We understand that visiting a church can feel overwhelming. **Please know that ALL are welcome to worship, commune and participate in all church activities, programs and events.**

We hope you can make time to stop at the Welcome Center in the front entry where we have a gift for you. It's also a great place to ask questions, gather information and share ways that we may keep in touch with you. **We're glad you're here!**

CONNECTION CARDS

Connection Cards help the staff keep in touch with the needs of members and visitors alike. **Please fill out a Connection Card each week,** complete with prayer concerns and anything else you'd like the Pastors to know. Hand it to an usher on your way forward for communion, or place it in the offering plate. Thanks!

PREPARING OURSELVES FOR WORSHIP

Please consider using your time in the sanctuary before worship as a time of personal preparation for an encounter with God. Our musicians seek to create a prayerful time and space meant to assist in your preparation. Conversation is, of course, an essential part of our fellowship that deserves its own time and space. Our entry area (narthex) is perfect for those conversations before and after worship services.



This group is for parents/guardians and their children ages birth to 3 years old, **and meets THIS SUNDAY and every last Sunday of the month, at 9:15am in room 102.** We sing, dance, play, and pray together to learn ways to raise our little Christians in the home. We have time with the kids and time with just the adults. During the adult time, we have volunteers come in and play with our children as we talk. We welcome newcomers all the time — join us!

ANNUAL REPORT

The annual report for 2016 is now available, but it is a little different this year. We've made the report short and sweet, and will be mailing them to all member households. If you would like a more detailed report, it can be downloaded at 1stlu.org/areport.

PRAYERS OF THE PEOPLE  
Please take time before worship and go to the narthex to write down any prayers you want to lift up, so we can be certain to include them in worship today!

# SUNDAY SCHOOL

## Sunday, Jan 29

- Gr 2 Faith Building Block: What's Fair, lifted up in worship
- 9:15am Gr 4 Faith Building Block: Apostle's Creed (1st meeting, parents/guardians only) - Fellowship Hall
- 9:15am Sunday School

## Sunday, Feb 5

- 8:00am 3- & 4-Year Olds Sing at 8am worship
- 9:15am Gr 4 Faith Building Block: Apostle's Creed (2nd meeting, parents/guardians & child) - Fellowship Hall
- 9:15am Sunday School

New registrations welcome any time of the year. Contact Sunday school superintendents Beth & Joel Miller at [sundayschool@firstlu.org](mailto:sundayschool@firstlu.org) or stop in the Sunday school office in room 206.

# CONFIRMATION

## Sunday:

- 9:15am Class: Sacraments
- 9:15am Gr 6 & 7 Bible Classes

## Wednesday:

- 5:00pm Class: 10 Commandments
- 7:00pm Gr 8 & 9 Small Groups

# SUNSHINE BOYS

The Sunshine Boys serve at First on the first Thursday of each month; the next meeting will be **Thursday, Feb. 2, at 9am**. The Sunshine Boys are an informal group that performs a variety of necessary tasks around the church, such as grounds clean-up, minor repairs and other small jobs. Rolls and coffee are supplied to replenish your reserves! Dues are free! Contact Mike, our custodian, with any questions: [mike@firstlu.org](mailto:mike@firstlu.org).

# GRIEF GROUPS

Carrying on after the death of a loved one can be difficult and lonely. Join with others who have experienced loss, and listen and care for each other. Two groups to choose from, both meeting **the first Thursday of the month**:

- 1pm in the Upper Rm, led by Nancy Beguin
- 7pm at Gloria Kubiak's home; call Gloria at 608.498.2762 if interested in joining

Questions? Contact Director of Small Group Ministry Bridget Crave: [bridget@firstlu.org](mailto:bridget@firstlu.org). More info at [1stlu.org/griefgroup](http://1stlu.org/griefgroup).

# BAPTISMAL PREPARATION

A baptism preparation session will be **Saturday, February 4, at 10am** in the narthex for anyone who is considering or has scheduled a baptism. To register or ask questions, contact the church office: 608.783.2236 / [office@firstlu.org](mailto:office@firstlu.org).

# COFFEE WITH PASTOR KARYN

Now is a great time to join Coffee with Pastor Karyn at **6:30am, Wednesdays at Panera**. We are starting new study... *ASK: Faith Questions in a Skeptical Age*. Discuss with others such questions as: "How can I believe in science and creation?", "Can I trust the old testament?" and "Why do Christians disagree about so many things?" Questions? Talk to Bridget Crave ([bridget@firstlu.org](mailto:bridget@firstlu.org)) or Pastor Karyn ([karyn@firstlu.org](mailto:karyn@firstlu.org)).

Sip n' Paint

The January Sip n' Paint was rescheduled to **Thursday, Feb. 9, 6:30pm** ... more time to invite a friend! This is a great time

to relax and let go of the worries of the world, or allow your brain to think through a problem in a different way, and enjoy yourself.

- Where: First Lutheran Fellowship Hall
- Cost: \$33
- Bring: a beverage of your choice
- Limited to 20 people
- Sign up at [1stlu.org/sipnpaint](http://1stlu.org/sipnpaint)

# NOTICE: FIRST TO VOTE ON CONSTITUTION AMENDMENT

At our Annual Meeting and Potluck on **Sunday, Feb. 12, at 11:45am**, downstairs in the Fellowship Hall, you will have an opportunity to vote for amending our constitution to reflect the changes adopted in August at the ELCA churchwide assembly in New Orleans. The primary changes in the ELCA Model Constitution as stated from the Secretary of the ELCA, Rev. Wm. Chris Boerger, relate to the merging of the three lay rosters into a Roster of Ministers of Word and Service. Pastor Boerger recommends that these provisions should be added to each congregation's constitution even if the congregation does not have under call a person on one of the lay rosters.

To help facilitate a timely annual meeting, we are providing you with the adopted amendments to the constitution on our website at [1stlu.org/amend](http://1stlu.org/amend). Please bring any questions you may have to the annual meeting. We can address these items during the discussion period of the motion.

# THIS WEEK: Jan 29-Feb 5

|         |   |
|---------|---|
| SUN 29  | Gr 2 Faith Building Block: What's Fair, lifted up in worship<br>8:00am Worship<br>9:15am Confirmation Class: Sacraments<br>9:15am Gr 6 & 7 Bible Classes - Rm 207 & FS<br>9:15am Parent Share - UR<br>9:15am Sun Morning w/ Coffee Small Grp - MR<br>9:15am Frolic! - Rm 102<br>9:15am Gr 4 Faith Building Block: Apostle's Creed (1st Mtg, parents/guardians only) - FH<br>9:15am Sunday School<br>10:30am Worship<br>2:00pm Mt. Lacrosse Ski Day<br>5:00pm High School Praise Band Practice - SN<br>6:30pm High School Youth Grp - MR |
| MON 30  | 7:00pm AA - FS  |
| TUES 31 | 9:00am Quilters - FS<br>9:30am Staff Mtg<br>5:30pm Bells Practice - Sacristy<br>6:00am Courageous Men's Bible Study - FS<br>6:30am Coffee w/ Pastor Karyn - Panera<br>8:30am First Teen Clothes Closet Mtg<br>5:00pm Confirmation Class: 10 Commandments - FS<br>5:15pm Prayer Shawl Knitters - NX<br>6:00pm Peer Ministry - MR and FS<br>6:15pm Worship<br>7:00pm Gr 8 & 9 Small Grps<br>7:00pm Choir Practice - SN  |
| WED 1   | 1:00pm Grief Grp - UR<br>7:00pm Grief Grp - Gloria Kubiak's home  |
| THUR 2  | 7:00pm AA - FH  |
| FRI 3   | 10:00am Baptismal Preparation - NX  |
| SAT 4   | 7:30pm La Crosse Chamber Chorale Concert  |
| SUN 5   | 8:00am Worship<br>8:00am 3- & 4-Year Olds Sing at 8am Worship<br>9:15am Confirmation Class: Lord's Prayer - TR<br>9:15am Gr 6 & 7 Bible Classes - Rm 207 & FS<br>9:15am Parent Share - UR<br>9:15am Sun Morning w/ Coffee Small Grp - MR<br>9:15am Gr 4 Faith Building Block: Apostle's Creed (2nd Mtg, parents/guardians & child) - FH<br>9:15am Sunday School<br>10:30am Worship<br>12:00pm Middle School Youth Grp - MR<br>5:00pm High School Praise Band Practice - SN<br>6:30pm High School Youth Grp - MR                         |

## ROOM KEY:

|                  |                    |                      |
|------------------|--------------------|----------------------|
| CR = Choir Room  | FS = Fireside Room | FH = Fellowship Hall |
| MR = Mary Room   | NX = Narthex       | SN = Sanctuary       |
| TR = Thomas Room | UR = Upper Room    |                      |

For more info, visit our website at [www.FirstLutheranOnalaska.org](http://www.FirstLutheranOnalaska.org)