

READINGS

For Sunday, July 30

Romans 16:1-16; Matthew 5:21-24, Peace  
Pew Bible: 925,786 Spark Bible: 1258,1062

For Wednesday, Aug 2

Matthew 13:31-33,44-52, The Parable of the Mustard Seed  
Pew Bible: 795 Spark Bible: 1074

PRAYERS & CARE

Military: Jack Vilim, Jordan  
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.  
Sunday attendant: Deb Eckert  
Wednesday attendant: Cassie Carrell

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 Jason Stanton, Pastor Karyn Bodenschatz  
Organist: Gabe Hicks; Bread Baker: Lori Greiner

SUNDAY, JULY 30, 8:00am

Communion Servers: Mark Koenig, Bridget Crave;  
Reader: Karen Meier; Usher: Nancy Beguin; Projection Leader: Larry Schreiner

SUNDAY, JULY 30, 10:30am

Communion Servers: Renee Thies, Judy Johnson;  
Reader: Mark Koenig; Projection Leader: John Peterson

WEDNESDAY, AUG 2, 6:15pm

Communion Server: Terry Lee; Reader: Isaac Sunne-Murray; Projection Leader: Brian Wittkop

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

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., JULY 30 & WED., AUG 2

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!

HOSPITALITY ACTION TEAMS

Coffee servers: Marilyn & Sig Rudser  
Treat providers: Sue Richason,  
Carroll Lombard, Pat Blanchard

froljc

This group is for parents/guardians and their children ages birth to 3 years old, **and meets the last Sunday, 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!

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!

Wedding blessings are extended to  
**Paige Johnson & Cody Digre**



Baptismal blessings are extended to  
**Harper Ann Ryan,**  
daughter of Brock & Kristin Ryan



# SUNSHINE BOYS

The Sunshine Boys serve at First on the first Thursday of each month; the next meeting will be **Thursday, August 3, 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 SUPPORT 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/griefsupport](http://1stlu.org/griefsupport).



Holding with tradition, the OWLs, a group for those 55+, will travel to Lanesboro for a production of "Steel Magnolias" at the Commonweal Theatre on **Thursday, August 3, leaving the church at 4pm**. RSVP to Brian Narveson by Monday, July 31: 608.526.9700 or [owls@firstlu.org](mailto:owls@firstlu.org).

## BAPTISMAL PREPARATION

A baptism preparation session will be **Saturday, August 5, 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).

# VBS HELP

The following items are needed for this year's VBS program:

- Cookies & bars: no brownies (due to mess) & no nuts nor peanut butter (due to allergies)
- Gallon jugs with lids
- Empty coffee cans or baby formula containers (metal or plastic cylinder without sharp edges)
- Large cardboard boxes or pieces

Other items needed, to be borrowed and returned:

- Garden cart / wheelbarrow
- Blue and black tarp

Kitchen help is needed for the program, August 6-10. Helpers are needed to prepare food beforehand (around 3pm), serve the meals (5-5:45 pm), and do cleanup (5:45-6:30). Helpers are needed each night; so help one or more days, whatever you are able! Please contact Becky Runde at 507.259.0295 / [vbs@firstlu.org](mailto:vbs@firstlu.org) to let her know what help you can give. Thanks!

## NEEDTOBREATHE AT ASHLEY FOR THE ARTS

NEEDTOBREATHE, a Grammy-nominated Christian rock band hailing from South Carolina will perform on the main stage on Saturday night at **Ashley for the Arts, 10pm August 12, Arcadia, WI**.

## \$ NEEDED 4 SHOES

First Teen Clothes Closet is accepting monetary donations to purchase new shoes for teens in conjunction with the annual shoe

distribution hosted **August 30** by the Children's Clothes Closet/Trinity Lutheran Church in La Crosse. We hope to provide at least 120 pair of shoes for middle school and high school students to get the new school year started on the right foot. Monetary donations may be dropped off in the church office or in the offering — please indicate it is for the First Teen Clothes Closet shoe drive.

Along with donating shoes, we hope to bring along 12-14 volunteers. Six volunteers will get shoes from the holding area and have the person try them on, making sure they have the correct size. You will work with kids of all ages. We need another 4-6 high schoolers and/or adults to help with games to provide a fun outlet for those who attend. Sign up at [1stlu.org/shoes](http://1stlu.org/shoes) or contact the church office. Thank you!

# JOB OPENING: ASSISTANT PRESCHOOL TEACHER

First Lutheran Preschool is looking for a new assistant teacher. We are looking for a team player who can provide loving, quality care and education to our families. Hours are approximately 8am-12:15pm, Monday-Friday. We follow the Onalaska School District schedule. If this sounds interesting to you, please email/mail us your resume at [preschool@firstlu.org](mailto:preschool@firstlu.org) or 410 Main St, Onalaska, WI 54650.

## CALENDAR: July 30-August 9

SUN 30	8:00am Worship 9:15am Sun Morning w/ Coffee Small Grp - NX 9:15am Frolic! - Rm 102 10:30am Worship
MON 31	7:00pm Women of the House Small Grp - House 7:00pm AA - FS
TUES 1	9:30am Staff Mtg
WED 2	6:00am Courageous Men's Bible Study - FS 6:30am Coffee w/ Pastor Karyn - Uptowne Cafe 8:30am First Teen Clothes Closet Mtg 6:15pm Worship
THUR 3	9:00am Sunshine Boys 1:00pm Grief Support Grp - UR 4:00pm OWLs Fly to Lanesboro for "Steel Magnolias" 7:00pm Grief Support Grp - Gloria Kubiak's home
FRI 4	7:00pm AA - FH
SAT 5	10:00am Baptismal Preparation - NX
SUN 6	8:00am Worship 9:15am Sun Morning w/ Coffee Small Grp - NX 10:30am Worship
MON 7	5:00pm Vacation Bible School 5:00pm Vacation Bible School 7:00pm Women of the House Small Grp - House 7:00pm AA - FS
TUES 8	9:30am Staff Mtg 1:00pm Dorcas Circle - NX 3:45pm Worship & Music Team - NX 5:00pm Vacation Bible School
WED 9	6:00am Courageous Men's Bible Study - FS 6:30am Coffee w/ Pastor Karyn - Uptowne Cafe 12:00pm Finance Team Mtg 5:00pm Vacation Bible School 6:15pm Worship

**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)



First Lutheran accepts one-time contributions electronically by credit/debit card. Use your mobile device to scan this QR code or go to [1stlu.org/give](http://1stlu.org/give).