

# READINGS

For Sunday, July 15  
Ephesians 1:3-14, Spiritual Blessings in Christ  
*Pew Bible: 949 Spark Bible: 1296*

For Wednesday, July 18  
1 John 4:7-21, God Is Love  
*Pew Bible: 991 Spark Bible: 1372*

# 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 Jason Stanton, Pastor Karyn Bodenschatz Organist: Gabe Hicks; Bread Baker: Mary Nicolai

**SUNDAY, JULY 15, 8:00AM**  
Communion Servers: Bridget Crave; Reader: Judy Wachter; Projection Leader: Randy Nedrelo

**SUNDAY, JULY 15, 10:30AM**  
Communion Servers: Paula Skoy; Reader: Sara Nash; Projection Leader: Doug Shupe

**WEDNESDAY, JULY 18, 6:15PM**  
Communion Server: Mary Every; Reader: Terry Lee

**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

**Vicar:** Tara Shilts, tara@firstlu.org  
**Director of Hospitality:**  
Kathryn Pedretti, kathryn@firstlu.org

**Nursery Coordinator:**  
Cassie Carrell, nursery@firstlu.org

**Young Youth Coordinator & Sunday School Superintendent:**  
Beth Miller, beth@firstlu.org

**Confirmation Admin. 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 15 & WED., JULY 18

**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!**

**WELCOME CENTER HOSTS**  
Larry Schreiner, Lee & Yvonne Cade

**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 & Larry Schreiner;  
Treat Providers: Meredith Hougen,  
Merrill & Judy Wachter, Tami Mullikin

# VOLUNTEER APPRECIATION PICNIC

Flip flop 'til you drop! **July 15 from noon-2pm** at the first shelter in Rowe Park, for all volunteers who make Faith Alive! happen at First Lutheran. Please RSVP at 1stlu.org/VAP.

**GRIEF SUPPORT GROUP**  
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. Meeting the **third Thursday of the month, 1pm in the Upper Room.** Led by Nancy Beguin  
Questions? Contact Director of Small Group Ministry, Bridget Crave: bridget@firstlu.org. More info at 1stlu.org/griefsupport.

**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!

*Baptismal blessings are extended to*  
**Elle Scarlett Forbes,**  
*daughter of Zane & Melissa Forbes*  
**Andrew Lawrence Wolfe,**  
*daughter of Justin & Andrea Wolfe*



*Wedding blessings are extended to*  
**Danielle Carlson & Josh Sharko**  
*and*  
**Jackie Groshek & Owen Beverlin**



# COME FOR SUPPER

First Lutheran is assisting with Come for Supper on **Tuesday, July 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.

# PADDLIN AT PETTIBONE

Always wanted to try paddleboarding or kayaking? Or looking to join some others from First Lutheran in a fun afternoon? **July 29, noon-4pm** is your chance to rent a paddleboard, kayak or canoe and paddle with other folks from First Lutheran. If fishing, Frisbee golf or watching others is more your thing, you can do that, too. We will meet at the Pettibone picnic shelter. This is for teens, adults of all ages, singles, families, friends, in other words, everyone. Bring your own lunch, or order a box lunch in advance and we'll have it there. Costs: paddle board rental \$10, kayak and canoe rental \$7, box lunch \$7. Bring your own beverage. **RSVP at 1stlu.org/paddle by July 22.** Minimum requirement for lunch order: 12 people.

# NEEDED: ENERGETIC ARMS, LEGS & ♥♥!

As part of the relocation of the First Teen Clothes Closet, we need volunteers to help move the inventory from the house to our new location at Trinity Lutheran. This is a great opportunity for confirmands to earn volunteer hours! Help will be needed either **July 31 or Aug. 1**. Watch for details or contact the office to be added to a calling list.

# NURSERY ATTENDANTS

First Lutheran is seeking part-time nursery attendants. Nursery kids range from newborn through 4 years. These are paid positions. Inquire in the office, call 608.783.2236 or e-mail us at office@firstlu.org.

# FAITH ALIVE VISITATIONS

A group of First Lutheran members have initiated a new Faith Alive mission. Their goal is to keep in touch with our fellow members who are homebound. The visitation team will keep Faith Alive with phone calls, home visits or by mailing notes to remind "at home" members that our church loves and cares about them. Please notify the church office at 608.783.2236 or office@firstlu.org if you're aware of an individual or caregiver who is either long- or short-term homebound.

# PARKING LOT MINISTRY

This new ministry needs warm and friendly faces to greet guests and worshipers who come into the parking lot, giving help if needed at the entrance door and giving umbrellas to those who need one when it's raining. Come to the Welcome Center to receive more information and sign up to help.

# COMPANION MINISTRY

The gift of communion is Christ's invitation for us all. Homebound members or those in nursing home care cannot make it to church and still would love to also receive that gift. Companion ministers help provide the service of delivering communion to them. They visit these members, usually monthly, give them communion, and have wonderful conversations. Good friendships are formed and the members receiving the communion feel grateful for that gift. If you love visiting with and helping people, consider becoming

a companion minister. It is a very fulfilling job. Talk to one of the pastors for more information.

# CHECK OUT OUR LITTLE FREE LIBRARY!!!

First Lutheran has installed and stocked a Little Free Library on the 4th Avenue side of the building. We thank Logan, Gavin, Mason and Jaxon DeNault, sons of Amanda and Jason DeNault, for donating the library and lots of books to get us started. If you're not familiar with Little Free Libraries, the practice is "take a book, leave a book," but you don't have to leave a book to take one.

# RAFL

Dash Park listening to a string band, log rolling competition at Onalaska Waterfront, going to see Mamma Mia 2... these are just a few of the RANDOM ACTIVITIES that have been posted in the RAFL Facebook Group! RAFL is where members of First invite one another on random activities. It's a great way to get to know others in the congregation better in a social setting, in an informal way. Join the group at 1stlu.org/RAFL.

# THIS WEEK: JULY 15-22

SUN 15	NEWSLETTER DEADLINE <b>8:00am Worship</b> <b>10:30am Worship</b> 12:00pm Volunteer Appreciation Picnic - Rowe Park
MON 16	1:00pm Elizabeth Circle - Janice's Home (3111 Youngdale Ave, La Crosse) <b>2:30pm Springbrook Worship</b> 7:00pm AA - FS
TUES 17	9:00am Parent Share - UR 1:15pm Staff Mtg 5:15pm Personnel Team Mtg 6:30pm Vision & Leadership Team Mtg
WED 18	6:00am Courageous Men's Bible Study - FS 6:30am Coffee w/ Pastor Karyn - Panera <b>10:00am Ona Terrace Worship</b> <b>6:15pm Worship</b> 7:00pm Gifts of Imperfection Small Grp - NX
THUR 19	10:00am Deborah's Circle - NX 1:00pm Grief Support Grp - UR 7:00pm Women of the House Small Grp - House
FRI 20	7:00pm AA - FS
SUN 22	MIDDLE SCHOOL MISSION TRIP TO INDIANAPOLIS <b>8:00am Worship</b> <b>10:30am Worship</b>

**CALENDAR KEY:**  
CR = Choir Room      FBB = Faith Building Block      FH = Fellowship Hall  
FS = Fireside Room      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).

To learn more about these and other announcements, head to our website at [www.FirstLutheranOnalaska.org](http://www.FirstLutheranOnalaska.org)

Share your Faith Alive! experience and tag your posts on Instagram, Twitter and Facebook with **#faithalive365**.