

READINGS

For Sunday, July 22
Mark 6:30-34, 53-56,
All Who Touched His Cloak Were Healed
Pew Bible: 818 Spark Bible: 1107

For Wednesday, July 25
Ruth 1:1-22, Naomi and Her Daughters-in-Law
Pew Bible: 210 Spark Bible: 290

PRAYERS & CARE

Sympathy to the family & friends of Jack Redfearn
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: Jill Inge

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.

SERVING:
Pastor Jason Stanton, Pastor Karyn Bodenschatz Organist: Gabe Hicks; Bread Baker: Calison Weiss

SUNDAY, JULY 22, 8:00AM
Communion Servers: Glen Vilim; Reader: Michael Peeso;
Projection Leader: Larry Schreiner

SUNDAY, JULY 22, 10:30AM
Communion Servers: Jill Hanson; Reader: Mark Koenig;
Projection Leader: Jared McHenry

WEDNESDAY, JULY 25, 6:15PM
Communion Server: Todd Lofald; Reader: Bev DiNicola

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 22 & WED., JULY 25

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
Brandon King, Nancy Beguin,
Gloria Kubiak, Todd Lofald

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: Angie & Kurt Breiling,
Rob Nelson; Treat Providers: Nancy Olds, Caroline Hein, Ardith Van Riper

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. 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? **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, singles, families, friends. Bring your own lunch, or order a box lunch in advance. 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.**

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!

*Flowers in the sanctuary are in memory of
Jack Redfearn, from his family*



*Baptismal blessings are extended to
Harper Love Towner
& **Oakley Michelle Towner**,
daughters of Greg & Amy Towner*



COFFEE WITH PASTOR KARYN

It's is a great time to join this Wednesday morning small group. We will be reading and discussing *The Book of Forgiving* by Desmond Tutu and Mpho Andrea Tutu. If you have been thinking about starting something new, give it a try. All are welcome! **Meets at 6:30am each Wednesday at Panera.**

NEWSLETTER ASSEMBLY

It's a relaxing way to volunteer! **Friday, July 27, at 9am,** to assemble the August newsletter. See you there!

THE BIG MOVE!

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 on **Wednesday, August 1, at 9am.** This is a great opportunity for youth to earn volunteer hours!

BAPTISMAL PREPARATION

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

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 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.

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.

WELCOME BASKETS

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

CONFIRMATION GUIDES

You don't need to know the Bible backwards & forwards & you don't need a seminary degree. Just a heart for the youth of our church & an hour each week to spend with our confirmation youth. Parents, grandparents, godparents, neighbors or any faith-mature adult is welcome to facilitate conversation and build relationships between our confirmands on Wednesday nights. Contact Pastor Stanton to nominate someone: jason@firstlu.org / 608.783.2236.

UPCOMING: JULY 22–AUGUST 1

SUN 22	8:00am Worship 10:30am Worship
MON 23	7:00pm AA - FS
TUES 24	9:00am Parent Share - UR 1:15pm Staff Mtg 4:00pm Come for Supper at OSLC 6:30pm Stephen Ministry Mtg - MR
WED 25	6:00am Courageous Men's Bible Study - FS 6:30am Coffee w/ Pastor Karyn - Panera 6:15pm Worship 7:00pm Gifts of Imperfection Small Grp - MR
THUR 26	7:00pm Women of the House Small Grp - House
FRI 27	9:00am Newsletter Assembly - NX 7:00pm AA - FS
SUN 29	8:00am Worship 10:30am Worship 12:00pm Paddlin' at Pettibone
MON 30	12:30pm Blood Drive - NX 7:00pm AA - FS
TUES 31	9:00am Parent Share - UR 1:15pm Staff Mtg
WED 1	6:00am Courageous Men's Bible Study - FS 6:30am Coffee w/ Pastor Karyn - Panera 6:15pm Worship 7:00pm Gifts of Imperfection Small Grp - MR 8:00pm Praise Band Rehearsal - SN

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



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.

To learn more about these and other announcements, head to our website at www.FirstLutheranOnalaska.org

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