

December 2020

Our own Jesse Tree



See page 4 for details

OFFICE CLOSED

The office will be closed December 24/25, 2020 in observance of Christmas. The church will be closed the following week except Dec. 31. However, Angie will be working from home and available by phone or appointment.

GATHER in Blessings * **GROW** in Purpose * **GO** with Passion

December 2020 . Volume 55 . Issue 12

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**GOOD SHEPHERD'S
ADVENT & CHRISTMAS SCHEDULE**

Advent Online Worship

Wednesdays:

Dec. 2 * 9 * 16 * 23

Sundays:

Nov. 29 * Dec. 6 * 13 * 20

Christmas Eve Outdoor Worship Times:

Thursday, Dec. 24

1:00 pm & 5:00 pm

Christmas Eve Online Worship

NOTE: There will NOT be a service

Wednesday, December 30.

Sunday, December 27

Online First Sunday after Christmas Worship

Reimagining Worship Task Force



Your Task Force on Reimagining Worship continues to meet monthly to assess local and statewide COVID-19 statistics and to plan safe ways to involve our members in the life of the church. In November we coordinated a Thanksgiving Eve Pie Social in conjunction with our drive by communion. A special thank you to those who helped bring this idea to life! The task force has also added a third communion opportunity from 1-2 pm on Wednesday during the winter months to accommodate our members and friends who do not drive after dark or have schedule conflicts. Our ability to coordinate these activities depends on attendance and volunteer participation. Please contact MJ Horvat at 715-205-9195 or at horvatmj@aol.com with questions or to volunteer to help.



WeCare Ministry

In an effort to stay in touch with our elders and shut in members of our congregation, we have begun a WeCare ministry. This ministry has been coordinated by your Reimagining Task Force. Have you perhaps received a gift bag or a card? If you have, we hope it brightened your day! We have used Thrivent Action Grants towards this ministry and are thankful to members of GSLC Council and others for stuffing bags and delivering them! A special thanks to Jenn Tryba for being our shopper and Paul and JoAnn Grew for being in charge of organizing and stuffing gift bags. If you would like to be part of this ministry, contact Angie in the office.



Thanksgiving Dinner

How was your Thanksgiving Dinner? We hope you stayed safe. Staying safe means being alone more often for many of us. Seems like a lot of work to prepare a Turkey for one! What began as a simple inquiry by someone accessing our Food Pantry developed into personally delivered Thanksgiving Dinner for 36 members and friends. Thank you to Pastor Kemp for this idea and to Kay Walters, Jen and Kyiah Walters, Theresa Bootz and Geri Luer for organizing, preparing and packaging these meals. Thank you to Kay Walters for donating two large turkeys and thanks to others for donating ingredients for the meal. Who took time out of their Thanksgiving to deliver meals? Tim Holcomb, Jenn Tryba and Ron Fritz cheerfully delivered 36 individual Turkey dinners! Thank you to our drivers and to all who helped make Pastor Kemp's idea a reality!



Christmas Eve Services

Advent is so different for all of us this year. We miss the greenery in the sanctuary, the familiar songs, sharing fellowship and worshipping together in person. We know it is not currently safe to worship inside but we look towards Christmas Eve with real longing! What do we think you'll miss the most when you think of Christmas Eve? The reading of the Christmas story, communion, lighting of candles and singing Silent Night seem important to us all! In recognition of this GSLC staff and lay leadership are planning two Christmas Eve Services outside! A short outdoor worship service will be held at 1 pm and at 5 pm on Christmas Eve. Bring your chair if you wish to sit, bundle up in your warmest coat, wear your gloves, mask and hat and come prepared to welcome the Christ child into your heart. You can expect a 15-20 minute service built around those things which are listed above. "Oh Come All Ye Faithful" to one of our outside Christmas Eve services. It will be so good to celebrate the birth of Christ together!

As we head toward Christmas 2020, I offer you an early practical survival strategy (and hopefully spiritual)!

I remember walking out of church years ago, and while in the greeting line overhearing a short conversation between the pastor and someone ahead of me. Apparently, this person had been juggling a lot in her life and her guilt was palpable. The pastor quickly reminded her, “The world doesn’t revolve around how we spend our Sunday mornings, and I am delighted to see you whenever you can make it.”

You could almost see the weight lifted from her shoulders ... and it was grace to those of us who overheard too!!

As we head into an uncertain December there are probably a few of us (maybe more) who are dealing with guilt for a bunch of things that happened (or not) over this past tumultuous year. Whether it’s missed opportunities, promises unkept, things said (or left unsaid), hateful thoughts during a tumultuous election season, relationships not tended well, I suspect we are all shouldering some heavy burdens from this absolutely brutal year.

Humans tend to be desperately poor managers of this sort of weight, and it manifests itself in the projection of guilt or shame that we’re feeling onto other people. I know guilt can totally paralyze me, and I suspect I’m not alone. So, perhaps a liberating gift we could give each other this Christmas season would be simply to decide not to catch other people’s guilt.

So now you are probably saying, “Huh?”

Essentially, “Let’s stop participating in the guilt game.” Folks, there are people walking around who are more than willing to throw guilt onto others, and there are still others who walk around catching all of that guilt. But once you realize that you can stop participating in it! During the family times of this season there is a lot of darkness thrown around through all sorts of guilt-sharing. It may be while you are up to your elbows in dish water after Christmas dinner, or as you are loading the car to go home, but we’ve all been there when someone decides it’s the best time to drop a guilt bomb.

My encouragement for all of us is to take stock in these moments and recognize when someone is “shoulding” all over us (ie. telling us what we “should” be doing) ... and when we notice it happening, just smile and say “are you trying to make me feel guilty?” Give it a try!

As I have made my own efforts to recognize when this is happening (either from me or toward me), I am field-testing that strategy. When I feel it happening, I smile and say “are you trying to make me feel guilty right now?” Bam. The interaction ends. It has absolutely worked. And it has helped me to manage all the guilt that could stifle me and ruin a lot of otherwise positive experiences! Now this is not easy in a world of “shoulds.” Many of us were raised and fostered in developing it as a strategy for getting what we want. Sometimes the “shoulds” are explicit, and sometimes not, but guilt is usually at the core of phrases that include this word.

So, let’s get real ... pardon the vernacular, but GUILT SUCKS.

Which is a major reason I love that Jesus is our Savior. And for me it’s as simple as this, Jesus operates in a world of “coulds” rather than “shoulds!” Even Jesus’ “shoulds” are “coulds!” There is such freedom in the Gospel that pushes us to live in terms of “what if” rather than “what is.” When Jesus tells us to “love your neighbor,” it is coming from a place of possibility instead of obligation. When you view Jesus’ life and teachings through a lens of opportunity, a whole new world opens before your eyes ... you experience a grace that you can never use up. And we celebrate that grace as a brand-new gift to be opened again and again every Christmas morning!

So my Christmas hope for us all is that we can unburden ourselves from the guilt that would hold us hostage this season and live more gracefully into the opportunities that God lays before us for full and abundant life. While there will certainly be no shortage of guilt floating around during this season, may we each in our own way find the courage to begin the hard work of naming it so that we can claim the freedom of possibility that lies on the other side.

Merry Christmas,

Pastor Kemp



Hello Good Shepherd,

As a Riverview Roadrunner myself, it's an honor to be asked to service your congregation as your Thrivent representative. My background is in education, so I'd like to help you all leverage your Action Teams and Choice Dollars as effectively as possible, while helping your family gain confidence in clarity in your own financial path. At Thrivent, I've joined a fantastic team with Eric Jacobson that includes over 50 years of combined experience in the Wausau Area.

Thank you for your time. We have also linked a short introductory video at...

I look forward to serving your congregation. Feel free to contact me directly at 715.551.1303 or mandy.wright@thrivent.com.

Sincerely,

Mandy Wright



Mandy Wright

Licensing Trainee

Wisconsin/Upper MI Region

3506 Stewart Ave.
Wausau, WI 54401

O: 1-715-551-1303

STEWARDSHIP DRIVE UPDATE: Thank you to everyone who has filled out your pledge card for 2021 and remained current or caught up with 2020 pledged intended giving! We are very aware of the unusual year and greatly appreciate the support directed towards Good Shepherd during these isolated and difficult times.

We are nearing the end of this year's drive and will be calling those from whom we have not heard from in order to give everyone the opportunity to participate.

As we know, the ministries of Good Shepherd rely solely on the generous and prayerful giving of this congregation.

Dear Good Shepherd Family

Please put January 24th on your calendar for our annual meeting. This will likely be a hybrid meeting with both some in person attendees, and also live video feeds. We will be updating you with more details as it gets closer, and trying to help those with limited access to internet meetings. This is a very important part of our annual church calendar and we appreciate your attendance and support as we navigate these unprecedented times.

Your Church Council and Staff

Happy Shopping & Merry Christmas

<https://smile.amazon.com>

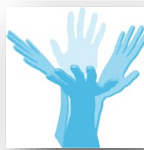
This holiday, make a difference while you shop

Shop for holiday gifts and supplies at smile.amazon.com and Amazon donates

You shop. Amazon donates.




Hey Holiday Shoppers! The shopping season is right around the corner! How about if we told you that in addition to your friends and family, there is a way that your Good Shepherd family could benefit from your holiday shopping? It is very simple. Amazon Smile is a program through Amazon, where 0.5% of all purchases you make are donated to the charity of your choice. And, of course our Good Shepherd family is always our choice. So.....when shopping for friends, family, work colleagues, acquaintances, lawn guy, your favorite anyone, etc. on Amazon, just type in Google, Bing, whatever it takes to go to Amazon Smile and register with Good Shepherd in Wausau, and help out your Good Shepherd family with those purchases too.



SOCIAL CONCERNS & CHRISTIAN OUTREACH

Community Supper

January 10, 2021

First Presbyterian Church

Meal Served 4:00-5:30 pm

Meals are prepared and bagged for pickup outside the door in the parking lot.

Contact Ruth Henkelman 715-432-1589

For ways you can help

THANK YOU TO EVERYONE WHO HELPED AT NOVEMBER'S DINNER. YOU ARE BLESSED TO BE A BLESSING!



CHRISTMAS WISHES

This year the Neighbor's Place did not coordinate the Giving Tree. We have had a couple calls inquiring if we can help with Christmas wishes.

If you would like to be contacted to help make someone's Christmas special, please call the office and let me know what your budget is and I will help coordinate the details.

If you know of an individual or family in need, please forward that information as well.

OFFICIAL ACTS

Graveside Service:

Alice Duginske

11-19-2020

OFFICE CLOSED

The office will be closed December 24/25, 2020 in observance of Christmas. The church will be closed the following week except Dec. 31. However, Angie will be working from home and available by phone or appointment.

REMINDER

End of year offerings need to be postmarked no later than Thursday, December 31 to be counted towards 2020 charitable giving. The office will be open until 4 pm.

MITTENS * HATS

If you are the creative type and always enjoy knitting & crocheting for the hat and mitten tree, we will receive these items gladly and distribute to our regular hat and mitten recipients.

SOCKS * FACE MASKS

Two of the most helpful items that are being used and consumed at the homeless shelter are socks and face masks. If you like to sew, there is a great need for masks.

ITEMS CAN BE HUNG IN THE TREE OR-DROPPED IN THE TUB OUTSIDE UNDERNEATH THE JESSE TREE.

SUNDAY SCHOOL

Reminders

We need Christmas cards and artwork turned into the church or dropped off at my house by December 1 so they can be added to the goodie bags! Thank you in advance!

Please text or email me to let me know if your child/ren will participate in the virtual Christmas program. This will be part of the Christmas Eve church service! I have readings for all ages of children, even those siblings that are older.

Kartika is looking into music as well.

Bibles are also available at church, if anyone is in need.

Families are still needed to create an ornament for the Jesse Tree. You can call Kartika to pick them up or I can bring them to your house.

New to Sunday School?

Contact Jenny to get on her

Sunday School email list for weekly newsletters and her latest Sunday School opportunities!

Sunday school leader:

Jenny Samperisi

3855 Henry St.

Wausau, WI 54403

715-218-2175

Purpledaisy42@hotmail.com



Also recommended by our Parish Nurse Mary, a great children's holiday resource!



DECEMBER Birthdays

- | | | |
|--------------------|-----------------------|------------------------|
| 1 Cory Pfantz | 15 Connie Beyersdorff | 24 Cory Toth-LaPointe |
| 2 Jacob Duellman | Bradyn Woller | 26 Christine Mertes |
| Jeremy Grubb | 17 Eric Golombiski | 27 Cassandra Bargender |
| 4 Laurie Crooks | Angie Huckbody | Nancy Bergstrom |
| Mike Rocheleau | Beckett Teske | 28 Nancy Bergstrom |
| Roger Ziebell | 20 Avery Devine | Barbara Budimlija |
| 5 Dean Schwede | Paul Josiger | William Bootz |
| 6 Quillan Cummings | Ryan Kroening | 30 Kennedi Devine |
| 8 Owen Boettcher | Katherine Uttecht | Annora Millerleile |
| Pam Hildebrandt | 21 Andy Davis | 31 Barbara Baumgardt |
| 10 Emma Graveen | Logan Glovinski | Ben Cayley |
| Dakota Schalow | 22 Alissa Holcomb | Christopher Gulsvig |
| 13 Rebecca Chapman | 23 Elyse Edens | |

DECEMBER Anniversaries

- | | |
|-----------------------------|------------------------------|
| 8 Douglas and Lori Crawford | 19 Pr. Kemp and Ann Jones |
| 9 Bert and Gail Koehler | Dennis and Judie Urbanek |
| 10 Derek and Sabrina Weller | 20 Scott and Denise Mattice |
| 14 Roger and Pam Schwede | 29 Dave and Le Ann Gallagher |
| 15 Ronald and Pam Bootz | Anthony and Rebecca Woller |
| Lyle and Nancy Gast | |
| Dan and Vicki Young | |



From your Parish Nurses

DECEMBER

*Your Parish Nurses,
Barb & Mary*

PREVENTING TYPE 2 DIABETES



Much of the food we eat (carbs) is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ near the stomach, makes a hormone called insulin to help sugar get into the cells of our bodies. When a person has diabetes, their body does not make enough insulin or cannot use its own insulin properly, causing sugars to build up in the blood. Over time, this extra sugar causes damage and can lead to serious problems like heart disease, stroke, vision loss, kidney disease, nerve damage, amputations and even early death.

Some types of diabetes like Type 1 diabetes and gestational diabetes (diabetes during pregnancy) cannot be prevented, but Type 2 diabetes (the most common type among Americans) can be!

About 9% of the U.S. population has a form of diabetes, and even more than that have prediabetes, a condition that if not treated can lead to Type 2 diabetes within five years.

Risk factors for Type 2 diabetes:

- Uncontrollable: age, family history of diabetes, personal history of gestational diabetes, race (Latino, African American, Native American, Asian American), Polycystic Ovarian Syndrome
- Controllable: lack of exercise, being overweight/obese, poor heart health (i.e. high blood pressure, high triglycerides)

* Take a 60-second Type 2 diabetes risk test! diabetes.org/widhrisktest

Diabetes warning signs:

Needing to use the bathroom a lot, feeling hungry/thirsty all the time, blurred vision, slow wound-healing, feeling tired all the time, tingling or numb hands/feet, sudden weight loss, dark skin changes in neck, armpit, or groin

*If you experience any of these, speak with your healthcare provider! He or she can screen for diabetes (i.e. A1c test)

Reducing your risk:

- **Get active.** Aim for 150 minutes of moderate physical activity each week. That's about 30 minutes five days a week. Find something you enjoy and that gets your heart rate up.
- **Control your weight.** Being overweight or obese is the number one controllable risk factor for Type 2 diabetes. Losing even a few pounds can make a huge difference in reducing your risk.
- **Eat well.** Too much sugar won't directly give you diabetes, but it can lead to weight gain. Focus on eating healthier carbs from sources like whole grains, beans, and legumes instead of refined carbs from sweets, sugary drinks, and processed food. Practice portion control!
- **Manage your stress.** Find healthy coping techniques like deep breathing, exercise, and journaling to keep body and mind well.

FOR MORE INFORMATION:

American Diabetes Association: diabetes.org

MyPlate: choosemyplate.gov

National Diabetes Prevention Program: cdc.gov/diabetes/prevention/

Wisconsin Chronic Disease Prevention Program: preventdiabeteswi.org



Wisconsin Women's Health Foundation
608-251-1675 x 118 | wwhf.org

930 EDGEWOOD RD
WAUSAU, WI 54403
(715) 675.1997
info@gswausau.org
www.gswausau.org

We are also offering
online worship
services
Released for:

**Sundays
Wednesdays**

go to

GSLC Wausau WI on Youtube,
www.gswausau.org

Facebook

(they remain available at
our youtube channel)

STAFF

Rev. Kemp Jones

Senior Pastor

pastork@gswausau.org

Office: 715.675.1997 ext.: 306

C: 920.410.9210

Dr. Kartika Putri

Minister of Worship and Music

kartika@gswausau.org

Office: 715.675.1997 ext.: 303

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Angie Huckbody

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angie@gswausau.org

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Brian Wiese

Interim Financial Secretary

Brian.gslcfinance@advanit.com

Office: 715.539.6700

Barb Denfeld

Mary Omernik

Parish Nurses

nurses@gswausau.org

Cory Toth LaPointe

Treasurer

While Parish Nurse Barb Denfeld is not holding office hours, she is available as a resource over the phone. Check in at the office if you'd like to schedule a phone visit.

Good Shepherd Lutheran Church, Wausau WI

Church Council meeting minutes

October 13, 2020 Socially distanced via Zoom online

Call to Order –6:30 pm *Present: Pastor Kemp, Tim, Josh, Dorie, Jenny, Cory, M. J., Steve, Brad, Geri, Paul

Gathering Litany – Pastor Kemp

God's Word

- Devotional time – Jenny – The value of pastoral guidance and care, the gift of Pastor Kemp [November – Cory, December – Dorie]
- Sharing how you have seen God at work lately – ALL

Review

- Agenda review - Josh / Geri APPROVED
- Minutes review – Jenny listed twice in attendees Steve / Cory APPROVED
- Treasurer / Financial Report – Cory - (September income was \$15,242 expenses were \$22,841. We transferred \$814 of funds so the total net income was)\$6,785). Current reserves are \$51,088 in the general fund, \$9,984 in the building fund, and \$13,126 in work of the church
January through September update: We budgeted \$246,000 and received \$183,036 in unrestricted contributions, leaving a negative \$52,963 for income. \$15,919 was transferred from the building fund to cover mortgage and snow removal and we have had \$236,837 in regular expenses and budgeted for \$267,028.) - Dori / Steve APPROVED

Our Response to the Word (old business)

- **Stewardship for All Seasons & Strategic Planning – update** – Dorie – Announcement letter was posted October 11. Print materials are being printed on schedule. Stewardship Focus is being lifted up for 1) the need for technology upgrades to reach our congregation under 'distancing;' 2) taking advantage of building access for improvements such as interior painting and concrete repair; and 3) sustaining ministry excellence. Commitment will be invited by the week of November eleventh.
(new business)
- **Budget Process:** - The 2021 budget will provide deeper detail regarding compensation line items to assist in following synod guidelines and clarifying staff tax preparations. Some expense items which can be allocated to staff efforts were moved from miscellaneous expense categories to individual staff. Staff raises of between 1.8% and 2% are recommended. Some expenses which vary with pandemic -driven reduced building access were additionally cut (cleaning services, hired musicians ... / These can be adjusted upward if in-person services return sooner than expected.) Acquisition of a second-hand telephone system is expected to lower telephone expenses substantially. An adjusted pro forma budget will be available to council prior to November's council meeting.
- **'Rethinking Worship' Committee Update** - October's hoped-for outdoor worship service was cancelled due to very rapid area spread of Covid active cases and area hospitals reaching capacity. The committee follows Wisconsin Council of Churches recommendations. 'Drive-through' Communion on Wednesdays and Sundays continues to be very well utilized and appreciated. "We Care" packages of treats and daily use items are in final stages of preparation and delivery to congregation members who may be isolated by Covid health risks or other circumstances. A special 'Drive-through' Communion event for Thanksgiving will include individual pie slices in collective celebration. Planning is in process for adjusting the time of Wednesday afternoon 'drive-through' Communion in consideration to shortening daylight.
- **'Annual Meeting during a pandemic' planning** - The council and staff are exerting great effort to conform our impending Annual Meeting with the requirements of our Congregational Constitution requirements while holding individual safety of every congregation member as highest priority. Pastor Kemp is working with the synod and synod legal advisors to ensure that the voice of every congregant is heard and every congregant is informed. A MOTION was proffered by M.J. and seconded by Jenny giving GSLC church council authority to proceed with design of a hybrid model combining remote and in-person, safe, distanced meeting. Motion was unanimously approved.
- **2021 Church Council recruitment** - We encourage all to prayerfully consider offering service for the two positions which will open for 2021. One candidate has generously offered to serve as President, if called upon.

Action Items:

- ✓ Contact M.J. to receive "We Care" packages for council members to deliver.
- ✓ Research contingency options if Annual Meeting cannot take usual format – quorum requirements
- ✓ Prayerfully consider SFAS commitment for November
- ✓ Tim will author an information postcard regarding Annual Meeting concerns, to be sent to the congregation

Prayers of the Church / Lord's Prayer

Sending (motion to adjourn) Josh / Dorie PASSED Adjournment 8:03 pm

Respectfully submitted, Paul Grewe, GSLC Secretary