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**Whoever you are...However you come...You are welcome here!**

# The Journ-E (our weekly email newsletter) September 30, 2016

This issue:

[Birthdays & Anniversaries](#)

[Bible Studies & Groups](#)

[Last Word](#)

Check out our Facebook page, YouTube page, and Photobucket page



Online Giving

## Calendar

You can always check our calendar on the [website](#)  
This Week at Journey

### Sunday (Oct 2)

- 8:00am Traditional Worship
- 9:00am Fellowship
- 9:00am Sunday School
- 9:20am Choir Practice
- 10:15am Contemporary Worship
- 11:15am Bell Choir Practice

### Monday (Oct 3)

7:00pm NA Meeting

### Tuesday (Oct 4)

1:00pm Caring Blankets

### Wednesday (Oct 5)

- 10:00am Yoga Class
- 6:00pm Confirmation Class @HLC
- 6:30pm Wellness Committee
- 7:00pm NA Meeting

### Thursday (Oct 6)

- 6:00pm Worship Band Practice
- 7:00pm AA Meeting

The **Installation Service** for Pastor Mamy is being planned for **Sunday, October 16**. We will begin the day with a 9:30am Worship Service where Pr Mamy will be Installed by Bishop Arends, followed by a Meal. The main course for the meal is being catered and we are asking for volunteers to bring the side dishes.

There is a sign-up sheet at the back of the Sanctuary for food items and volunteers to help with set up and clean up. A second sign-up sheet is also posted for those families that are planning to attend the meal. Since we are catering the main dish it would be helpful to know approximately how many meals to plan for.

Help us welcome Pastor Mamy to our Journey family!

## Here's a couple of questions for you!

- Do Lutherans believe in "Predestination"?
- What makes Lutherans different from Presbyterians or Methodists or Baptists?
- How much do you really know about the Lutheran faith?



Martin E. Marty

Lutheran Questions, Lutheran Answers

Exploring Christian Faith

The 500 years of Reformation will be celebrated this next year and the **Women's Bible Study** will provide an opportunity for us to learn more about who we are.

So far we have 12 women signed up for the Women's Bible Study. We meet on the second Tuesday of ever month at 6:30pm in the conference room. If you would still like to order the book Lutheran Questions, Lutheran Answers (\$14.00) please give Nancy Haese a call at 783-6299.

## A Taste of Norway Meatball & Lefse Norwegian Dinner

Saturday, Oct 15th 4-7:00pm  
@ Holmen Lutheran Church

Meals include Norwegian desserts and each adult ticket is an entry to win a quilt door prize. Adult tickets are \$10, children ages 4-10 are \$5, children 3 and under are free.

## We have returned to our Regular Worship Schedule

- 8am Traditional Worship
- 9am Sunday School & Fellowship
- 10:15am Contemporary Worship

**Attention Parents of College Students...**The Milestone Ministry Team is planning "Christian College Survival Kits" to send to college students this fall on behalf of our congregation. If your child is currently enrolled in college and they would appreciate a simple "survival kit", please email their current address to Michelle Renkas at [journeyfaithdir@gmail.com](mailto:journeyfaithdir@gmail.com)

## Birthdays & Anniversaries for next week

*\*if we are missing yours or have wrong information please be sure to let us know*

### Birthdays

Oct 2 Rosemary Burnett  
Oct 2 Tessa Hulett  
Oct 2 Brooke Lueck  
Oct 2 Ryan Rasmussen  
Oct 3 Cathie Moe  
Oct 3 Brian Renkas  
Oct 4 John Bergum  
Oct 4 LuAnne Ekern  
Oct 7 Kalyn Jahn  
Oct 8 Terry Burt

### Anniversaries

Oct 2 John & Jayne Oliver  
Oct 2 Alyssa & Mike Rasmussen  
Oct 3 Marie & Leif Anderson

## Bible Studies & Small Groups



**Theology on Tap** Monthly community men's gathering (at a location to be announced) on the second Thursday of the month at 6:30pm. The next meeting will be **Oct 13th**

**The Theology Uncorked** Monthly community women's gathering will meet at Holmen American Legion the last Tuesday of the month at 6:30pm. The next meeting is **Oct 25th**

**Caring Blankets** Group meets the first and third Tuesdays at 1:00pm to make blankets to share. Their next meeting will be **Oct 4th**

**Women's Bible Study** meets on the second Tuesday of the month at 6:30pm. Their next meeting will be **Oct 11th**.

**Confirmation Class**—Our Confirmation Class is held on Wednesday evenings 6-7:00pm at Holmen Lutheran Church

**Chair Yoga Class for Adults 55+** on Wednesdays @10am in the Fellowship Hall at Journey. This is a free class and lasts for 1 hour and will focus on stretching, balance, yoga poses using a chair and relaxation.

# Faith Formation

## Sneak Peek Exodus 12:1-13; 13:1-8

Last week we ended our reading with the children of Israel arriving in Egypt to get food. This week we will be taking a look at a portion of the story of Exodus. Many years have passed and the Israelites have been slaves in Egypt. We hear of God's plan to move his people out of Egypt. God's plan is the first Passover. The Israelites receive specific instructions for the final plague that will kill the Egyptian boys while passing over the Israelite children. In chapter 13 we hear Moses tell the people how they are to remember the Passover and fleeing from Egypt. In celebration and remembrance of being delivered from slavery Passover was celebrated each year and continues to be celebrated in the Jewish faith today.

The Israelites' tradition of celebrating Passover serves as an important reminder of what the Lord did for them as they came out of Egypt. Preserving memories, sharing in traditions, and celebrating are all important parts of being a family and a faith community at large. Although we are not told exactly how to celebrate and remember important events creating traditions within your family is important. Just as the celebration of Passover puts God at the center remembering to put God at the center of our celebrations is important as well. As you spend time making memories and sharing memories try putting God at the center of these traditions. This may be as simple as lighting a candle and thanking God for the opportunity to celebrate together as a family. It could be remembering your child's baptism by looking at pictures and lighting their baptismal candle while giving them a blessing on their baptismal anniversary. Maybe it is saying a prayer for the birthday child, pausing to recognize God's presence during your annual trip to the apple orchard, or praying for safety and fun before you go out trick or treating. I challenge you this week to pick one or two family traditions or celebrations (or start a new tradition) and take a moment to plan how you can put God at the center. Use these as opportunities to explore faith as a family.

Sharing memories with teens:

<http://www.vibrantfaithathome.org/item/family-memories>



Ideas to celebrate Fall Holidays: <http://www.vibrantfaithathome.org/item/fall-holy-days>

Exodus Conversations: how the Story of Exodus speaks to Jews, Christians, and Muslims (a deeper look at Exodus for adults): <http://exodusconversations.org/>

**Exodus Conversations**

## In Case You Were Wondering...

**Pastor Mamy's Contact Information is:**

### Office Hours

Tues-Friday 8:30-4:30

If you have a Pastoral need, please feel free to contact Pastor Mamy at any time.

Pastor Mamy's email & cell # is:

**JourneyLutheranPastor@gmail.com**

**Cell phone: 608-563-8788**

The Journey Office Hours are:

Mon-Wed 8:30 to 4:00pm

Thursday 12:00 to 4:00pm

Friday 8:30-12:00

The Journey office email is:

**journeylutheran@gmail.com**

Michelle Renkas Office Hours

Wednesday 6:30-8:00pm

Thursday 6-8:00pm

Michelle's email is:

**JourneyFaithDir@gmail.com**

## FLOOD DAMAGE

On September 21-22, Sugar Creek experienced significant flooding throughout the camp.

Damage occurred to the front pasture fence, the new

road coming into the camp, numerous large round bales of hay, gravel and road work, destruction of the cement floor in the shop, and water damage to some of the camp residences across the road.

Additionally, there were numerous tree and log debris from the creek spread throughout the camp.

The damage estimate from this flooding is between \$20,000 and \$22,000 at this time. This will include fencing, gravel, cement work, and water mitigation and equipment rentals (excavator, dozer work).

We are asking for special donations to help us pay for these repairs, so as to not add to debt. If you can help, please call Don or Sheila at the camp phone number or email above. Don's direct email is [don@sgrcreek.org](mailto:don@sgrcreek.org).

Thank-You and God bless!



## **VOLUNTEERS ARE GREAT!**

*Thank you* to our many volunteers that donate time and talents each week. This week our scheduled volunteers are:

**Altar Guild**—(8:00) Donnie Lee (10:15)

**Fellowship**—Jane Amundson, Michael Wiese, Terry Aakre

**Cleaners**— Dennis & Debbie Parsley, Jane Amundson, Marcy Firl

**Offering Counters**— Leah Wisnewski, Jeff Ilstrup, Bob Tracey

We would like to thank **Gary Ekern** who takes care of the recycling each week and our lawncare volunteers; **Bob Tracey, John Haese, Tom Tucker and Jerry Wisnewski** who spend hours each week mowing the lawn and keeping the grounds looking so nice.

### **Worship Attendance Trends**

Sept 4.....81

Sept 18....168

Sept 25.... 154

### **Journey Offering Report**

	<i>Offering</i>	<i>Other</i>	<i>Journey Forward</i>
Sept 4	\$4,342.00	\$108.57	\$5,972.00
Sept 11	\$1,195.00	\$3,530.00	\$15,057.00
Sept 18	\$4,175.00	\$211.10	\$367.00
Sept 25	\$2,470.00	\$264.94	\$97.00

## **Yesterday's Youth Sugar Creek Bible Camp**

October 3, 2016

9-2:30

\$10.00

9:30 Devotions

9:30 "Deb Nelson will give a presentation on her award winning books on:

*"Norwegian Heritage, Culture, History and Genealogy"*

10:30 Break

11:00 Pastor Nile Sandeen from Utica

Lutheran Church will do a presentation on "Bible 101"

Lunch

1:00 Special Music "Just the Two of Us" by Diane Clark and Laurel Brandt

Come for a great day of programming, food and fellowship!

Call for reservation: 608-734-3113 or email at [camp@sgrcreek.org](mailto:camp@sgrcreek.org)





## COPING WITH GRIEF

The following is an excerpt from an article published by the National Institute of Health. The full article can be found on their website – [newsinhealth.nih.gov/2009/November/feature1.htm](https://www.newshealth.nih.gov/2009/November/feature1.htm)

When someone you love dies, your world changes. You may feel numb, shocked or frightened. You may feel depressed and have trouble concentrating. You may feel guilty for being the one who is still alive. All of these feelings are normal. There is no right or wrong way to mourn.

Each year, about 2.5 million people die nationwide. Every death leaves behind an average of 4 or 5 grieving survivors. For most, extreme feelings of grief begin to fade within 6 months after the loss. But some bereaved people may continue to struggle for years to move on with their lives.

It's often helpful to talk with family and friends about the person who's gone. People sometimes hesitate to mention a dead person's name or discuss the loss, because they don't want to cause pain. But it can help when people share their feelings.

One study found initial acceptance of a death comes surprisingly early for most bereaved people, usually within the first month after the loss. The researchers found that in the 2 years following a death, the most often reported symptom is yearning for the person who died. Yearning is much more common than depression, anger and disbelief.

This study and many others have found that if symptoms aren't tapering off by 6 months after the loss, it may be a sign of a more serious problem, sometimes called complicated grief. People with complicated grief are at risk for major depression, substance abuse, post-traumatic stress disorder and suicidal thoughts and actions.

If you are coping with loss:

- TAKE CARE OF YOURSELF – Try to eat right, exercise and get enough sleep. Avoid bad habits like smoking or drinking alcohol – that can put your health at risk.
- TALK TO CARING FRIENDS – Let others know when you want to talk.
- FIND A GRIEF SUPPORT GROUP – It will help to talk with others who are also grieving. Check with hospitals, religious groups, hospices and local government agencies.
- DON'T MAKE MAJOR CHANGES RIGHT AWAY – It's smart to wait a while before making big decisions like moving or changing jobs.
- TALK WITH YOUR DOCTOR – If you're having trouble with everyday activities, like getting dressed or fixing meals, see your health care provider.
- CONSIDER ADDITIONAL SUPPORT – Sometimes short-term talk therapy can help.
- BE PATIENT. Mourning takes time. It's common to have rollercoaster emotions for a while.

Remember, although a death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Take care of yourself, accept offers of help or companionship from those around you, and be sure to get additional help or counseling if you need it.

Did you know that the La Crosse Area Synod offers a series of educational events that address congregational ministry challenges called **GPS—Great Practices Series**. The workshops are held at the La Crosse Synod office once a month. The upcoming events are:



October 29th: Nurturing the Faith of the Youngest Among Us

November 19th: Appreciating Our Differences, using MBTI to Strengthen Your Team

December 10th: Your Church's Website: Your New Front Door

January 21st: Before the After

For more information on each of these events please go to: [GPS \(Great Practices Series\)](#), a listing of all the offered events is also posted on the bulletin board at the back of the Sanctuary



**Public Health**  
Prevent. Promote. Protect.

## Immunization and Flu Clinic - Save the Date!



The La Crosse County Public Health Nurses will be holding an immunization and flu clinic at the Holmen Middle School on **Wednesday, November 2nd, 2016, from 3:30-6:30 pm**. Clinic will be held on the Stage. Enter the building at Door A and follow the clinic signs.

Some of the vaccines to be offered at the clinic include:

- HPV (Human Papillomavirus)
- Influenza
- Meningococcal
- MMR (Measles, Mumps, Rubella)
- Tdap (Tetanus, Diphtheria, Pertussis)
- Hepatitis B
- Varicella

This is a great opportunity for students to catch up on vaccinations they may need. Vaccines will be provided, at no charge for families, to children thru age 18 years old. **There will be a \$15.00 administration fee, although no child will be turned away due to inability to pay. There is no administration fee if the child is only receiving an influenza vaccine and no other vaccinations.** Middle and high school age students may present to the clinic without a parent if their "Vaccine School Consent Form for Middle and High School Age Students" is completed and signed by their parent or legal guardian. Elementary school age children must be accompanied by a parent or legal guardian.

Influenza vaccine for adults age 19 and older will be available at the clinic on a fee for service basis with limited billable insurances. Call with questions (number below).

Please look at the La Crosse County Health Department website at <http://www.lacrossecounty.org/health/docs/ForYourHealth/Immunization.pdf> for downloadable consent forms, Vaccine Information Statements, and information about other community clinics. Call the La Crosse County Health Department at 608-785-9723 with any questions.

**festival**  
foods



The Youth will begin selling Festival and Kwik Trip cards after Service this Sunday. This is a great way for our Youth to raise money for going to Sugar Creek Bible Camp and Youth Rallies. The way the cards work is the Youth program purchases the cards at a reduced rate, you purchase them at face value, and the program keeps the difference. Thank you for supporting our Youth Program!

## Bible Background for the coming Sunday

### Exodus 12:1-3; 13:1-8

**Read:** Read the key verses from Sunday's reading.

*Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbor in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it.* Exodus 12:3-4

**Study:** Study the reading and consider the background.

A secret command, a strange ritual, and an epic journey begins. Could Israel have even imagined the adventure which lay ahead, their tour guide none other than the Almighty God?

**Read:** Read the following daily readings to deepen your understanding of Sunday's text. After the reading, ask the follow-up questions.

Sunday: Passover and Deliverance, Exodus 12:1-13; 13:1-8

Monday: Pillars of Cloud and Fire, Exodus 13:17-22

Tuesday: Crossing the Red Sea, Exodus 14:1-31

Wednesday: Songs of Moses and Miriam, Exodus 15:1-21

Thursday: Manna and Quail, Exodus 16:1-36

Friday: Jethro Advises Moses Concerning Leadership, Exodus 18:1-27

Saturday: The Ten Commandments, Exodus 20:1-21

What did God do for the people of Israel? Where was God faithful? Where were the people faithful?

**Connect:** Connect in conversation with others in your household. Discuss the following questions, or simply check in with "Highs" and "Lows."

What was a high point of your day? What was a low point?

How can you, like Moses, help set people free today from bondage, addiction, poverty, abuse, and more?

In what ways has God set you free? In what ways do you still feel bound?

**Bless:** Close your devotion with a blessing.

May God deliver you from bondage to sin and death. Amen.

## *Until Next Week*

As a people of God, we love to learn the things that God loves and here is the question for us: what do you love? And what are you learning to love?

I am sure that we all have different answers! And please do share what you are learning this past week of the things that God loves. We will find many things that God loves told in the bible. One that comes to my mind right away is Matthew 25:34-40

*"Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'" Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'"*

As for me, right now, I am learning your names! If I call you with different names (which I even do to my kids), please understand me. But with time, I will get there. It is important to learn your names as God loves you very much and calls you by your name. That is why I am committed to learning your names.

It is not my work habit to start a new thing or to make a changes right away, but I to learn and observe how you do things here. I may ask the "why" question quite often, so that you may be prepared to answer it. I will challenge us to stick to what we do best and to find a way to improve it rather than try to do so many little things here and there in our congregation. We cannot be everywhere but we can be somewhere. We cannot help everyone but we can help someone. **I invite you to think Big, and start Small, but act Now...**

***Whoever you are...however you come...you are welcome here!***  
***Join us for worship at 8:00 am and 10:15 am on Sundays***