

ANNOUNCEMENTS 1-3-2021

Dear Members of Good Shepherd, As we head into the New Year, I want to help celebrate all the ways that God has blessed us this year. In this time when we can't be in community with each other, I thought this would be a good way to encourage and build each other up in our faith. Please click on the following link and answer the appropriate questions: <https://forms.gle/AExjgdbdt5UqkN5H6> or send a note to me at Good Shepherd Lutheran Church and tell me how God has blessed you. My plan is to feature the stories in our announcement section as they come in. Thank you for taking the time to share. Blessings on your holidays, Michelle Gerlach, Family Life.

COVID JOY: "I have been feeling rather isolated. I am one who loves to attend fairs and concerts, but summer 2020 has really put a damper on that. But God saw a need for me to make me new friends and find a new job where I felt wanted, needed, and appreciated. A job practically fell in my lap that I simply love! My coworkers are amazing. I've found a forever place to work during a time that it's nearly impossible to do anything. Praise God and thank you." Fiona Maxwell

COVID JOY: - Blessings from 2020

- *Saw my first bald headed eagle come through Ixonia.*
- *All my children are working.*
- *Still able to drive friends and shut-ins to doctor visits, grocery shopping, etc.*
- *Able to see sunrises and sunsets.*
- *Able to attend Church on Saturday nights.*
- *The pandemic has been a blessing for me. I get to stay home and not be on the go all the time. More time to relax. Pegi Drays*

Check out our Facebook page <https://www.facebook.com/GSLCWTTNWI>.

Human Care Board Weekend Food to Go and Grow GSLC Team would like to thank our members who contributed cash or Thrivent gift cards. The Shared Community Mission Group which includes 12 different churches in Watertown decided for the month of January that we will be sending our 18 families a \$30 Aldi gift card so we can be safe following the holidays. We were able to buy 16 cards toward the first week's cards from a Thrivent Card and the rest of the money left from a donation after extras in the bags given this fall. If any other member would like to contribute a Thrivent Card, it would buy 8 gift cards to help families. Thank you! Mary Rollert, Board of Human Care.

The Board of Parish Education is looking for a VBS Leader or VBS Co-Leaders for June of 2021. Tentatively, VBS is scheduled for the week of June 7–11, 2021. If you are interested in this position or know of someone who would be interested, please contact Tanya Demetropoulos at 920-262-9435 for further information.

Memory Verse: This week's memory verse is from Joel 2:32 "And it shall come to pass that everyone who calls on the name of the Lord shall be saved. For in Mount Zion and in Jerusalem there shall be those who escape, as the Lord has said, and among the survivors shall be those whom the Lord calls."

Please pray for: We pray for Fern Tegtmeier, Dorothy Wegner, Burl Bely, Del Oestreich and Patricia Fox. We pray for the family of Merle Tank, mother of Lori Werth, who died on December 26 and for Dorothy Degnitz whose sister Anita Hornbostel died on December 21 and for Knox Gerlach, infant great grandson of Roger & Marion Zimmerman, who has cancer. We also pray for Malachi Kurtz during these difficult times. We pray for the family of Carol Jensen, sister of Dorothy Wegner, who died on Tuesday, December 29. We also pray for Allison Knoll, sister of Lisa Martin, who is critically ill with cancer.

2021 Giving Envelopes are available to be picked up in the narthex. Thank you.

***Our Sunday service is televised Tuesday mornings at 8 am and afternoons at 3:00 pm as well as on Sundays at 2 pm on cable channel 98 and the high-definition cable channel 985 or <http://bit.ly/gslcvideo> online.*

Ron Wille's Bible study class will resume on Monday, January 11, at 4:30 pm.

The 2021 Altar Flower chart is now available on the wall next to the usher's room in the narthex. If you would like to give flowers for the altar, please sign your name on the chart for the date you prefer. Thank you. Dee

The Battle for Our Kids' Minds by Danny Huerta from Focus on the Family

We are engaged in a spiritual battle for our children's minds. Just looking around at our society today, it's easy to recognize there's a war for our minds. There is questionable content at every turn in books, movies, and music. Questionable morals and ethics abound. Practices that the Bible stands against are becoming the norm. But why is such a battle being waged on the minds of our kids? It's because something so important is at stake—their souls.

The battle for our kids' minds is similar to the fight against germs. Researchers have discovered that if you attack germs directly, it strengthens the germs. However, if the body's immune response to the germs is supported, only then can the germs be defeated. It's critical to teach the body how to fight the germs to overcome them. We battle against sin in much the same way. Attacking sin through behavior will only make it stronger and more powerful. If the counterattack starts in the heart, by learning to love God, then a natural response to sin is created, and we can overcome it. Our spiritual health drives our mental health.

What Contributes to Mental Health in Children?

The following is a list of several things that contributes to positive mental health in our children:

- **Gratitude:** This is the most central of all traits that contribute to positive mental health. Scripture tells us to live with an attitude of thanksgiving and thankfulness (Colossians 3:15).
- **A Balanced Schedule that Allows for Sufficient Rest:** Make sure that your kids are getting the appropriate amounts of sleep for their age and stage.
- **Eating a Healthy Diet:** A healthy diet provides fuel for the brain to perform well.
- **Exercise, Play, Hobbies, and Activities:** Make sure that your kids have time to exercise and play. Let them pursue activities that interest them. Hobbies, such as art, dance, construction, and building can engage your children and teach them new skills.
- **Listen to Positive and Uplifting Music:** The music our kids listen to can shape their thinking.
- **Give Them Leadership Opportunities:** The opportunity to lead helps children take ownership of their decisions and gives them the chance to learn and grow.
- **Genuinely Listening to Our Kids:** Take the time to really listen to what your kids are saying.

- **Words of Encouragement:** Make observations of who your child is, rather than what they do. For instance, you might say, “I love your smile!” Good feedback contributes to good relationships.
- **Mentors Outside the Home:** Positive influences outside of the home can give your children different perspectives and encourage them to grow.
- **Involvement in School and Church:** Being a part of something can help a child feel valued.

To learn more about how to help your child’s mental health go to

<https://www.focusonthefamily.com/parenting/what-is-mental-health-and-why-is-it-important-for-your-family/>