

May, 2020

NORTH PRESBYTERIAN CHURCH

1327 North Salem Road
La Crosse, WI 54603

NORTH STAR NEWS is a non-profit publication containing information and concerns of members and friends of North Presbyterian Church of La Crosse, Wisconsin.

Youth Choir: 8:45 AM Sunday (School year only)
Sunday School: 9:00 AM Sunday (School year only)
Sunday Worship: 8:00 AM and 10:00 AM
Nursery Care: 10:00 AM (September through May)

Please contact us at:
608-781-5690
office@npclax.org
sskogen@npclax.org

PASTOR: Rev. Scott Skogen
OFFICE MANAGER: Julie Connelly
ORGANIST: Ruth Mashak
ADULT CHOIR DIRECTOR: Ruth Mashak
PARISH ED. & YOUTH COORDINATOR: Reggie Lezpona
BUILDING MAINTENANCE: John Kennedy

NORTH STAR NEWS

**North Presbyterian Church of La Crosse, WI.
“Sharing God’s love since 1870”
THE LITTLE CHURCH WITH THE BIG HEART!!**

Pastor Scott’s Scripts:

Since 1949, the month of May has been observed as Mental Health Awareness Month. Each year, millions of Americans face the reality of living with a mental illness. Every year the goal of our society should be to fight the stigma of mental illness, provide gracious support, and other helpful education to support individuals and their families who struggle with the daily challenges of mental illness. I recently read of an initiative called “Stamp Out Stigma” that is spearheaded by the Association for Behavioral Health to reduce the stigma surrounding mental illness. On their website, they share that the goal of “Stamp Out Stigma” is to change perceptions and reduce the stigma by encouraging those who suffer from them to talk about it. Mental health and substance use disorder are more prevalent than heart disease, diabetes, arthritis, migraines and asthma, and yet, miscommunication and misinformation often leave people with mental illness, afraid to talk about it and seek help. Perhaps my biggest concern related to Covid-19 and the Coronavirus Pandemic, is the mental health challenges people are enduring while isolating themselves. I have huge concerns as to what people are enduring through self distancing, limited contact, and safer at home. It’s been said that “Americans had a chronic loneliness problem before Covid-19, but the battle to limit the spread of the virus is dramatically increasing the risk for loneliness.” So what can we do?

1. Spend 15 minutes talking or writing to a loved one.
2. Dial down distractions and give undivided attention to people.
3. Form ways to serve, help, and to be nice to others. Simply be a good neighbor, friend, spouse, parent, and let people know you are there for them.

This is a difficult time for all of us. Those struggling with mental illness and loneliness are incredibly vulnerable right now. Be patient, be understanding, be kind, and to the best of our ability, let us be present.

I can’t wait to see you in church,
Pastor Scott

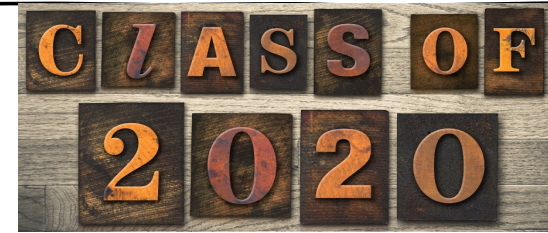
2020 NPC ELDERS

Peter Kennedy.....797-4180
Lloyd Kennedy.....317-8709
Terry Thomas.....449-3537
Joyce Shanks.....782-8892
Neil Molling.....780-8888
Jayne Bissen.....784-3252
Bill Leathen.....783-3133
Jackie Stakston.....790-7328
Jennifer Burelbach.....769-0484

2020 NPC DEACONS

Sharon Sugg.....786-4000
Kelly Ostrem.....385-6499
Deb Harmening.....385-0903
Suzy Zenker.....397-0671
Karen Hansen.....385-9546
Jim Darnell.....698-0121
Jeanine Doherty.....386-8404
Erin Goggin.....782-2959
Laura Walters.....769-4925

**ANYTHING THAT'S HUMAN IS
MENTIONABLE**
& ANYTHING THAT IS MENTIONABLE CAN BE MORE
MANAGEABLE
WHEN WE TALK ABOUT OUR FEELINGS THEY CAN BECOME
LESS OVERWHELMING
UPSETTING **SCARY**
THE PEOPLE WE TRUST WITH THAT IMPORTANT TALK
CAN HELP US KNOW THAT WE ARE
NOT ALONE
FRED ROGERS



North Presbyterian Church would like to
congratulate our
2020 High School Graduates in the
month of June. Please call or email the
church office if you have a graduate you'd
like recognized.

If you would like a copy of the May-June Upper Room Daily
Devotional, please contact the church office during office hours to
arrange pick up or mailing.



From the Staff at North
Presbyterian Church...
We hope you have beautiful and
blessed day!

On-line and Mobile App Giving

We now have an on-line & mobile app giving option!!!

North Presbyterian Church is extremely grateful for the faithful giving we've received from all of you! We know this has been a difficult time. You have made a huge effort to mail in or drop off your contributions, and for that we are so thankful. We've now made it even easier for you to give with an on-line or mobile app option! You can choose to give as a one-time option or set up recurring giving. You will also have an option to set up an account so that you do not have to enter the same information each time. For now, the only fund/designation for on-line and mobile app giving will be the General Fund Offering. Over time we will expand the menu to include Building Fund, Youth Fund, etc. Do not fear, we are not eliminating envelopes as a method of giving for those of you who prefer to mail in or drop off contributions. Please rest assured that we have selected a safe, secure, reputable organization, recommended by the Presbyterian Foundation, for the on-line and mobile app giving platform. Please feel free to contact Julie at the church office with any question you have getting started.

Visit our website (www.mpclax.org) for more information on how to get set up.

Sunday Worship Services are available on Facebook and the North Presbyterian website (www.npclax.org) every Sunday by 8am. You will also find special messages on both sites posted throughout the week from Pastor Scott and Reggie. We welcome any feedback or suggestions you might have to help keep everyone connected.

HAPPY BIRTHDAY

May, 2020

1	Georgia Banasik	17	Katy Dill
	Collin Boecker	18	Glenn Peterson
2	Nancy Ernst	19	Allie Hauser
	Joyce Shanks		Daniel Forsythe
3	Jada Colburn		Audrey Markos
5	Alexandra Akey		Jerry Thompson
	John Stegmaier	20	Tom Larson
7	Dennis Aukes	22	Kevin Colburn
	Violet Boecker	25	Andrew Ernst
7	Jackie Takach	27	James Hulke
9	Peter Kennedy		Madilyn Molling
	Wylla Poellinger		Jerry Runice
	Noah Jurgensen		Tom Weis
10	Diane Dingman		Keegan Campbell
11	Rosie Gilman	29	Eleanor Malmo
	Jim Rasmusson		Wanda Bina
12	Ben Skogen		Kathy Scott
	Jennifer Hanabarger	30	Ed Strahs
13	Tami Hutson	31	Mark Fugina
14	Patty Peppers		





My name is Mallory and I was a 2018 Plainview-Elgin-Millville graduate. I am currently a second year at the University of Wisconsin, La Crosse. I am a Biology major, Psychology minor, and on the Pre-Physician Assistant track! Last January I went on a medical mission trip to Guatemala through the organization Vida Volunteer. I am super excited to say that I will be going again come January 2021! When I am in Guatemala, I work alongside doctors and other volunteers to provide free healthcare for the community members in clinics around the country. Usually these clinics are areas we have set up in schools, churches, city halls, etc. As a volunteer, I provide the initial assessment of the patient by asking them questions, obtaining their chief complaint, and getting a set of vitals. I then listen and learn from the doctor and their diagnosis they make and lastly, I run to the "pharmacy" (usually a table set outside of the clinic) to grab the medications for the patients.

To fund my trip this year I have decided to do a shoe drive through the organization Funds2Orgs. I am extremely excited to say that I have set a HUGE goal of 5,000 pairs of shoes! With that being said, I need YOUR help, and the best part of it is, unlike most fundraisers, you don't even need to open your wallet! Starting Friday May 1st, I will have 60 days to collect 5,000 pairs of shoes. These shoes can be used, new, adult sizes, children sizes, boots, heels, cleats, you name it, I take it! So please consider going through your closets and donating your old shoes to me!

There is a shoe drop off site in front of North Presbyterian Church on La Crosse's North side (1327 N Salem Rd, La Crosse, WI) and at Hot Spring Pool and Spa (3270 N Kinney Coulee Rd, Onalaska, WI).

If you are unable to make it to either of those locations but you still have shoes you would like to donate, no problem! Contact me and I would be more than willing to pick them up from you, no contact needed! If you have any questions or need me to pick up your shoes, my email is malloryshoedrive@gmail.com.

Thank you so much! Stay healthy!



Are you
cleaning & decluttering?
We'd love to take those items
off your hands for our
Annual Rummage Sale!!!

The date of the event will be determined. As soon as it's safe to do so, we'll set the date.

The proceeds from our sale will help support our Deacon Ministry as well as help fund North Presbyterian's missions and activities.

We will need help setting up when the time comes. Please email or call the church office if you'd be willing to help set up and/or help the day of the event.

**SORRY, WE DO NOT ACCEPT
ADULT CLOTHING
OR TELEVISIONS**
We WILL accept Children's Clothing

Donations can be dropped off at the church between 9am-1pm M-F. Please call the church for alternative times or if you need assistance dropping items off. If possible, please bring items in labeled covered boxes or bins.

THANK YOU!



"The peace of God ...
will guard your hearts and
your minds in Christ Jesus."

Do the math problems and fit the words into the correct spot
to find a final message to the Philippians. Then place the letters
in the boxes to complete the final sentence.

$8 + 5 = \underline{\quad}$ pure	$4 + 3 = \underline{\quad}$ noble	$4 + 4 = \underline{\quad}$ lovely	$9 - 6 = \underline{\quad}$ excellent
$7 + 7 = \underline{\quad}$ true	$5 + 5 = \underline{\quad}$ right	$5 + 4 = \underline{\quad}$ admirable	$15 - 9 = \underline{\quad}$ praiseworthy

Whatever is: (14)

Whatever is: (7)

Whatever is: (10)

Whatever is: (13)

Whatever is: (8)

Whatever is: (9)

If anything is: or (3)

 (6)

Think about such things and
the God of will be with you."



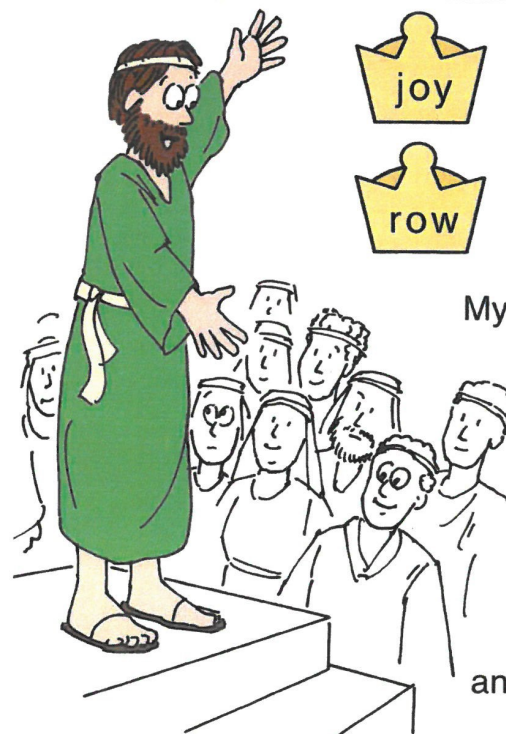
Ages 7+

April 26, 2020 • Philippians 4:1-9

Rejoice in the Lord

Paul loved the Philippian Christians.
How did he address them?

Place 3-letter words into the blanks to find
some of the terms Paul used for the Philippians.



joy

end

sis

row

her

ear

My and

c n

d

fri s,

brot s

and ters.

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What three things did Paul suggest the believers do – “in the Lord”?

Write the day or month described.
Use the 21 numbered letters to find what Paul told the Philippian Christians to do.



The 6th month of the year 1 2 3

Often the last school day of the week 4 5 6 7 8

The 3rd day of the week 9 10 11

The 3rd month of the year 12 13 14

The 8th month 15 16

The first work day of the week 17 18

The 4th month, known for showers 19 20 21

The 4th day, mid-week

1) 8 14 16 2 21 in the Lord
4 6 17 9

2) 12 13 10 3 20 with each other in the Lord

3) 5 19 1 15 18 11 7 in the Lord always



Paul encouraged the Philippians with some positive suggestions as they presented their requests to God.

Think of 3-letter words that match the clues.
Use the letters to find one of Paul's instructions.

three plus three
not at all good
more than warm
slang term for male
nine minus eight

1	2	3
4	5	6
7	8	9
G 10	11	12
13	14	15

6 8 14 13 9 4 15

5 14 3 2 8 11 1 5 4 13 11 9

5 14 12 9 7 2 14 10

