



Community Counseling & Care Center

Mental Health Monday Fall 2022

Courses are held in the Grace Room on Mondays, starting at 6:30 pm and running no later than 8:00 pm. Freewill offering will be accepted to support Counseling Center Ministries.

Cornerstone – Learn to be Resilient! – Beginning October 3

Resilience is a skill that is learned, not one that is inherited. Learn how you can build resilience and overcome challenges with Cornerstone! This six-week course will provide you with strategies to increase your resilience and strengthen your faith in the future. By the end of the course, you will have the skills you need to overcome any challenge! Course begins Monday, October 3, and will run every other week through December 12.

Marriage Enrichment

Every marriage could benefit from investing a little time and energy growing in the basics of communication and conflict resolution. Pastor Bonack's presentation will give couples the opportunity to review/learn basic skills and put them into practice.

- **October 10 -- Reflective Listening** – We're all pretty good at talking and getting our point across. But how skilled are we at listening, *truly* listening? How do we help our partner know they are being heard?
- **December 5 -- Basics in Conflict Resolution** – We'll share a model for conflict resolution that can help you sort through some of the pitfalls couples can easily fall into.

My Loved One is Suffering from Dementia – October 24

It's very difficult for people with dementia to communicate as the disease progresses. This can cause quite a few negative emotions for them; fear, boredom, sadness, loneliness etc. We'll talk about why it is so difficult for them to communicate, and what we can do to help them with this. Since there is no cure for dementia, the only thing we can do is try to enhance the quality of life they do have. We can actually make quite a difference in their lives! We will also watch a short video on Virtual Dementia – how people without the disease can get a glimpse of what life is like living with Dementia.

Christian Response to Gender Dysphoria - November 7

Gender dysphoria is impacting many families in our community and our church. Let's talk about what gender dysphoria is and how can we be a blessing to individuals who wrestle with their identity as well as to their families.

GriefShare Surviving the Holidays – November 21

Wondering how you will survive the weeks surrounding Thanksgiving and Christmas? Are you dreading these holidays, knowing that everything has changed and that happy memories from past years can't be recreated?

Our Surviving the Holidays seminar is especially for people who are grieving a loved one's death. You'll learn:

- ✓ How to deal with the many emotions you'll face during the holidays
- ✓ What to do about traditions and other coming changes
- ✓ Helpful tips for surviving social events
- ✓ How to discover hope for your future

WEEKLY CALENDAR

For the week of October 2, 2022

MON	10:00 am	Walking Group (Trinity Gym)
	6:00 pm	DivorceCare (Hope Room)
	7:00 pm	Dartball League (The Bridge MKE)
TUE	9:30 am	Tuesday Ladies Bible Study (Grace Room)
	10:00 am	Walking Group (Trinity Gym)
	4:00 pm	Public School Confirmation (Grace Room)
	6:15 pm	Handbell Practice (Main Church)
	7:00 pm	Following the Promise (Grace Room)
	7:00 pm	Volleyball Open Gym (Trinity Gym)
WED	9:45 am	Reading Buddies (Trinity Café)
	9:45am	Mommy and Me (Grace Room)
	12:00 pm	Ladies Afternoon Fellowship
	6:30 pm	Single and Parenting (Faith Room)
THUR	6:45 am	Sunrise Bible Study (Faith Room)
	10:00 am	Walking Group (Trinity Gym)
	5:45 pm	Temple Love Fitness Bible Study (Grace Room)
	6:30 pm	Traditional Worship Service with Holy Communion
FRI	8:15 am	Lutheran Elementary School Chapel (Main Church)
SAT	8:00 am	God's Guys Breakfast Bible Study (Grace Room)
	9:30 am	Brass Ensemble Practice (Grace Room)
	5:00 pm	Traditional Worship Service with Holy Communion
SUN	8:00 am	Traditional Worship Service with Holy Communion
	9:30 am	Kid's Club
	9:30 am	Grace Room Bible Study
	9:30 am	Traditional Worship Service with Holy Communion
	10:00 am	The Bridge Communion
	10:30 am	The Bridge
	4:00 pm	The Bridge MKE



Our vision is that by every possible means we bring every person in our area of influence closer to Christ through regular worship, small groups, and serving together.

ST. PAUL'S NEWS

Known to Be Hospitalized

Sue Gullekson (LindenGrove Mukwonago), Ralph Stumpf (Waukesha), Carol Beyer (hospice care at Azura), and Annette Dahlke and Paul Lindemann (home hospice care). Annette Navarre has been discharged from the hospital.

Baptisms

Aubriella Jean Beck, daughter of Daniel and Analysisia (nee Rivera) Beck, was born August 5, 2022, and was baptized in a private ceremony on Sunday, September 25, 2022.

Lily Delores Van Ruden, daughter of Eric and Katie (nee Ksobiech) Van Ruden, born April 28, 2020, will be baptized at the Bridge Sunday, October 2.

William Patrick Nikolaus, son of Joseph Nikolaus and Claire and Nathan Panitzke, born May 1, 2017, will be baptized in a private ceremony on Sunday, October 2. May God bless each of these children in their baptismal faith.

Wedding

Julia Stuller and Jacob Coey will be married on Sunday, October 2, 2022. May the Lord bless them in their lives joined together in Christ.

Attendance

The following attended last week's services: 40 on Thursday, 96 on Saturday, 143 on Sunday 8:00 am, 228 on Sunday 9:30 am, and 254 at The Bridge.

Kid's Club

Kid's Club takes place every Sunday, 9:30 – 10:30 am, for kids ages 3k – grade 5. The hour will feature the same, exciting large group/small group format to ensure kids have fun nurturing their relationship with Jesus. Please register online at stpaulmuskego.org/kids-club.

The Bridge Nursery Staff

St. Paul's is looking for more people to join the nursery staff at The Bridge. The nursery staff ministry helps parents to meet with Jesus at worship without the distraction or interruptions from their children. This is a paid position that would be a shared job on Sundays, 9:45 – 11:30 am. Please contact Sally Wallner at swallner@stpaulmuskego.org or 414-218-5197 with questions or to see a position description.

Child Care Center Substitute Teachers

St. Paul's Child Care Center is looking for substitute teachers for when teachers are sick or on vacation. No degrees needed, just a love of children. Please contact Tammy Dockter at dockterta@stpmuskego.org or 414-422-0320 X200 with questions or for more details.

Pastor Appreciation Month

Throughout the month of October, we celebrate Pastors Bonack, Kuehl, Panitzke, and Strobel. They have been a blessing to our congregation in so many ways, and it is our turn to bless them. You are encouraged to take time to let our pastors know how much their ministry means to you, through written notes, gifts, and uplifting words. Keeping our pastors in your prayers throughout the year is always appreciated.

WELS Choral Fest Host Families Needed

Wisconsin Lutheran College will be hosting the East Regional WELS Choral Fest Friday – Sunday, November 4 – 6. This festival brings over 300 students to the Milwaukee to praise the Lord in song. There are currently 10 students from Winnebago Lutheran High School that do not have a host family to provide them with sleeping accommodations, meals, and possible transportation to WISCO that weekend. If you can assure our young sisters and brothers in Christ that they will be welcomed into the Milwaukee area, please contact Pam Meyer at 262-364-9443 or pammeyer10@yahoo.com for more information

ST. PAUL'S NEWS

Bible Studies and Groups This Week

If you have questions about any of these studies, make a note on your Connection Card or call the church office at 414-422-0320. No pre-registration is required for any of them.

- Sunday Grace Room Bible Study, 9:30 – 10:15 am. Pastor Peter Kruschel leads a study of Ecclesiastes.
- *Following the Promise* new member study on Tuesday at 7:00 pm. Childcare available on request.
- Tuesday Ladies Bible Study in Grace Room, 9:30 am.
- Mommy and Me, Wednesday, 9:45 am in the Grace Room
- Sunrise Bible Study, Thursday, 6:45 – 7:45 am in the Faith Room
- Women's Workout and Bible Study, Thursday, 5:45 – 7:00 pm
- God's Guys Breakfast Bible Study, Saturday, 8:00 am in the Grace Room

Support Groups and Our Community Counseling and Care Center

For more information about the following, put a note on your Connection Card or call the church office at 414-422-0320.

- Cancer Support Group – for those battling cancer and their network of family and friends
- DivorceCare – Mondays at 6:00 pm in the Hope Room
- Alzheimer's Support Group – Third Tuesday of every month at 6:30 pm in the Hope Room
- Single and Parenting – Wednesday at 6:30 pm in the Faith Room
- Professional counseling from Christian Family Solutions on our campus. You can also go to www.ChristianFamilySolutions.org.

Online Bible Study Group for College Students

Many of our college-aged students have access to one of our WELS Campus Ministries or a WELS contact pastor, some of these young adults are great distances from a WELS/ELS congregation. Awake & Alive is a ministry that meets with these young adults on Sunday evenings for a time for fellowship and a Bible Study. To connect to this group, please visit awakealive.com.

75% of Families are Leaving the Guardianship of Their Children to a Judge

St. Paul's Church and School has contracted with SFC Estate Coaching to help families navigate the process of creating a will/estate plan. Our Estate Coach Tom Slye will educate and coach you to the point of becoming "Attorney Ready." The initial meeting is one hour, with a follow-up meeting taking between 30-45 minutes. These are offered both in person and virtually. Select a time to meet with Tom at StPaulMuskego.org/estate-planning/.

Sports Ministry

See a Sports Ministry brochure or contact Cindy Proeber at 414-801-2845 for more details.

- Tuesday, October 4 - Volleyball Open Gym begins and is held the first Tuesday of each month through April, 2023. Time is 6:30 – 8:30pm in the Trinity Gym. 16 years and older are invited to play. First court is Competitive (A) and the second court will be Recreational (B). No pre-sign up necessary and a freewill offering of \$2.00 per person is suggested.
- Tuesday, October 11 - Cards/Game night from 7:00 – 9:00pm and is held the second Tuesday of each month. Bring your favorite game and a couple friends.
- Tuesday, October 18 – Functional Fitness Class with Josh Schoof is offered from 7:00 – 8:00pm. Ages 16 and up. \$5.00 per session. See the flyer for more details.
- Tuesday, October 25 – Basketball Open Gym from 7:00 – 9:00pm in the Trinity Gym. Ages 16 and up. First court competitive, second court – games: horse, half game, shoot around.

Sheepshead Tournament

Saturday, October 22, 2022. 6:00pm: Trinity Café. \$5.00 entry fee payable that evening. Prizes for top players. Bring your own beverages. Snacks provided. For details, contact Cindy Proeber at 414-801-2845.

OUR SATELLITE SITE NEWS

Become a Part of History!

Be a part of something new! Join us at our Second Launch Serviced on Sunday, October 9 at 4 pm. (The Packers play a morning game in London that day.) Enjoy The Bridge band, a devotion by Campus Planter Dave Panitzke, and then snacks and a debrief afterwards as we prepare for our Grand Opening. Then we will take a week's break and begin 10:30 am services on Sunday, October 23. The Bridge MKE is located at 3203 S. 76th Street, just south of Oklahoma Avenue.



The Next Services—Come and Invite Your Friends

- Sunday, October 9 at 4:00 pm
- Sunday, October 23 at 10:30 am
- Sunday, October 30 at 10:30 am (communion offered for first time at 10:00 am)
- Sunday, November 6 at 10:30 am – **Grand Opening Service!**
- Sunday, November 13 at 10:30 am (communion will be offered weekly at 10:00 am)

Support The Bridge MKE

We are depending on special gifts to help us launch this second site for St. Paul's and The Bridge. What your gifts could purchase....

\$100 pays for four of the 150 folding chairs.

\$200 pays pay for one of 10 high top round tables.

\$400 pays for our secure offering/connection card box.

\$600 pays for the TV monitor on the back wall.

\$1000 pays for one of the computers needed for worship production.

\$2000 pays for the speakers in the sanctuary.

\$3000 pays to mount a projector in the sanctuary.

\$4000 pays for printing postcards to mail to 10,000 households in the neighborhood.

\$12,000 pays for improvements in lighting and wiring.

\$20,000 pays for 10% of the start-up costs for the first year.

Make a check out to St. Paul's and clearly designate it for The Bridge MKE or go to StPaulMuskego.org/Give, find the Wish List Fund and on the memo line note The Bridge MKE.

The Next Steps

- If you are willing to help, contact our Campus Planter Dave Panitzke at 865-236-7333 or Dave@TheBridgeMKE.org.
- Mulch and Work Day – Saturday, October 15 at 9:30 am. Come and help beautify the campus!
- Doorhanger Day – Saturday, October 22 at 1:00 pm. Share invitations to our services with the community.

Fun – Trunk or Treat at The Bridge MKE: Sunday, October 30, 1 to 4 pm

Let's fill our parking lot with 50 cars, their trunks open and decorated, handing out candy and visiting with our new neighbors. The church doors will be open to warm up and enjoy hot chocolate. We will bring some cornhole boards and other games, too. This is the same time as Trick or Treat in The Bridge MKE neighborhood. You don't need to be someone planning on making The Bridge MKE your worship home. Just come and help us make a good first impression on our neighborhood. Contact Dave at 865-236-7333.