

MESSENGER

JANUARY 2015

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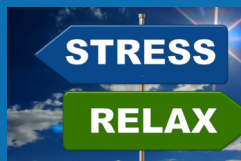
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Blessings and Greetings to all of you this new year of 2015.

The Lord has given us so much this year

I received lots of blessings this year both watching my youngest graduate, marry and get installed as a Lutheran Teacher.

Cathy and I have been blessed with health. We had a wonderful time with all the boys and daughter-in-laws for Thanksgiving.

We have much to be thankful for this past year.

Some times we take the blessings for granted, and some times we think we did something to deserve the blessing.

But what happens when the same Lord we have received so much from begins to take it away. Do we still thank Him? Do we still feel blessed? Lot of those thoughts went through my mind during Christmas this year.

At Christmas we talk about what we are about to receive, what we got in the way of gifts. Being human we also are a little sad for what we didn't get. But there are people this season who lose something of value or were robbed. As many of you know by now we were robbed.

Cathy's purse was stolen while she was teaching preschool. It was kind of scary to think someone knew enough about her schedule to take the purse while she was upstairs in the gym. What was in the purse also gave

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the thieves access to her credit cards and keys. They promptly stole the car out of the parking lot and used the cards to buy gasoline at several stations.

For those who may be wondering or have had similar experiences, we have not retrieved any of our possessions, the thieves are still out there and we are... blessed! Sounds funny. I'm not crazy just realistic. For all my treasures are still intact, they can't be taken or stolen. I continue to give, I'm not angry. It is the greatest reminder that all belongs to the Lord. So in plenty or in little I've learned to be content. That doesn't mean I don't have thoughts that justice will be handed out, I hope we will recover what was taken. We were given a notice just the other day to pay \$100 for a ticket. A traffic camera caught our car going

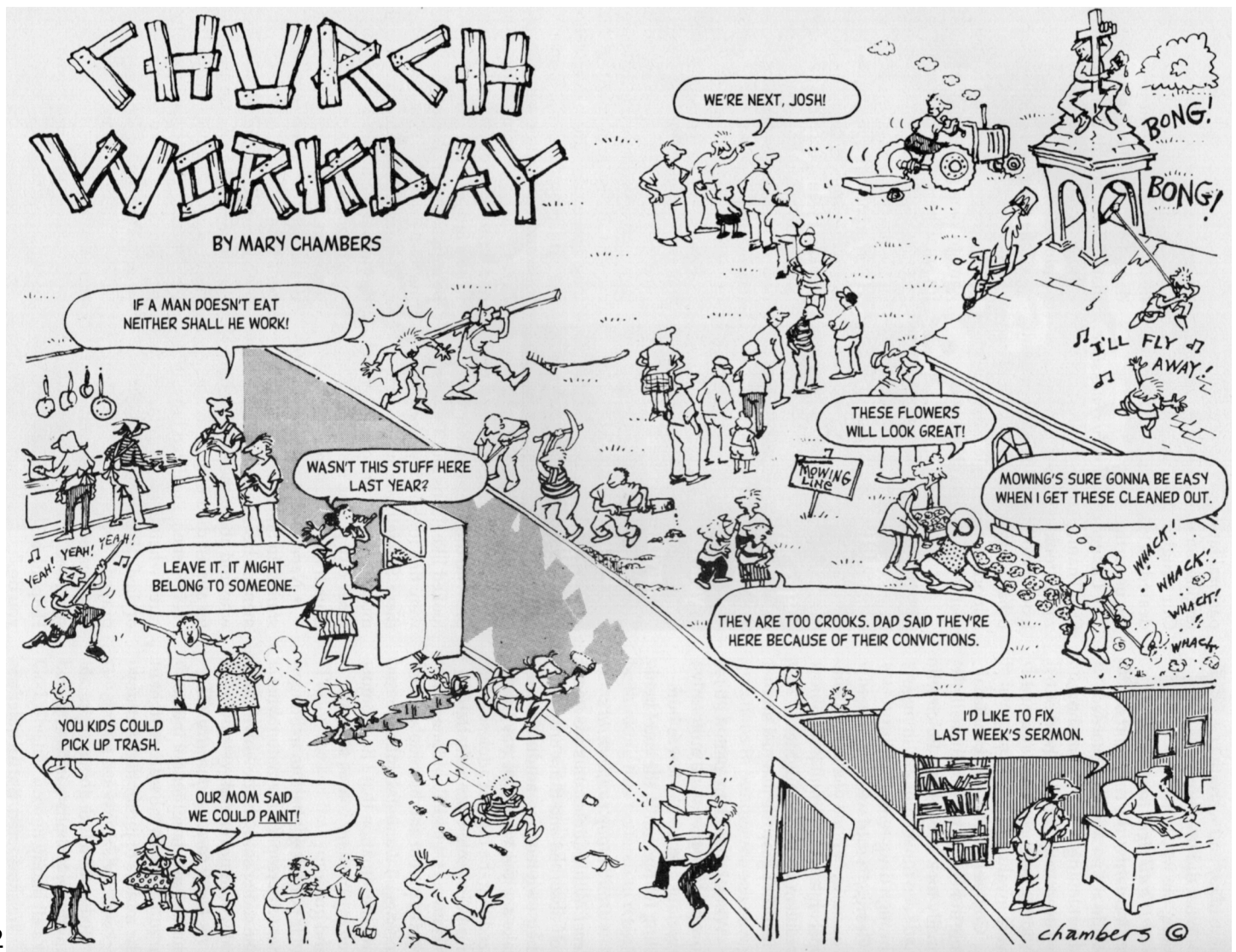
The hope of dying is the only thing that keeps me alive. Vance Havner

through a red light! How to explain we were not the driver or passenger!

What is valued is so important how we live each day. This new year we might be making plans what we can get, but spend too little time how to increase our valued relationship with the Lord that's one treasure you don't want to neglect. Job said it best: The name of the Lord is my blessing.

Job 1:21 The LORD gave, and the LORD has taken away; blessed be the name of the LORD."

Pastor Tanney



Evangelism: Resolutions

Christmas is over. You take down the tree and put away the decorations. The New Year is here and it is time to make those resolutions...be a nicer person, lose weight, keep a cleaner house, be a better parent, oh and go to church more often. What? Go to church more often? Who makes that a New Year's resolution?



I go every Sunday; well almost every Sunday, well definitely at least once a month and I even take my envelope too you say with a little indignation and self-righteousness. And how about that resolution to share God's word with others? Another resolution you make? As the good Christians we all profess to be it is good to remember that God's purpose/resolution for us is to do all of the things listed here and more! He is by our side as we make resolutions, complete resolutions and fail at some of our resolutions. This New Year, if you make no other resolution, put God at the top of your list. Come to his house, share his word and have a Happy New Year!

Stewardship Notes Whatever We Have Is On Loan

As we think about things that we label as our own, it is always helpful to recognize that whatever we have is really on loan to us from God. That is the real meaning of Stewardship. We recognize that not only what we own but also the talents, skills, and intellect we possess are grants from God. Stewardship is what we do with our gifts and how we develop our potential to care and share.

Travel to Greece and Italy in 2016! John and Ellen Miller, faculty members at Lutheran High School South, along with former teacher, Jean Iezzi and her husband, will be leading a ten day trip to the "Cradle of Civilization". Athens and Delphi in Ancient Greece will be highlighted, as well as the Italian cities of Rome, Florence, Sorrento and Pompeii. The dates of the trip are March 11-20, 2016. This trip is geared toward adults or high school students accompanied by an adult. There will be an informational meeting at 7:00pm on January 22 at Lutheran High School South in the library, 9515 Tesson Ferry Road, 63123. For more information and a brochure, contact Ellen Miller at emiller@lhssonline.org.



Join us for Sunday School

When: 9:15 am

Where: Compass Learning Center

Parish Nurse NEWS

Stress/Distress

Many of us experience stress during this time of year. We may have stress over bad winter weather, our finances after the holidays, or over the resolutions we have set for ourselves.

What do we mean by the term distress?

Many of us use this term, but sometimes we don't mean the same thing. Stress in general refers to a physical, psychological, and/or spiritual response to meet the demands of any pressure. Pressures that trigger a response are called stressors.

I know I feel "stressed", but what can I do?

The good news about stress is that we have a lot of control over how we respond to it. We also remember words of comfort from the Bible such as, "Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding will keep your hearts and minds in Christ Jesus".

There are several things we can do to reduce the harmful effects of stress.

First, we can **nurture our faith**. God does not desire that we live our days out in anxious, worried, and fretful manner. **A strong faith is the antidote for stress!**

Second, we can organize ourselves and set priorities. We may need to get control over the way we are using our time, resources and energy. We can't do everything at the same



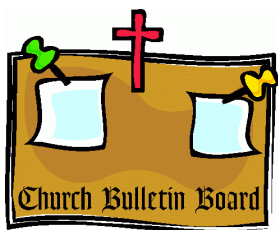
time. We need to set realistic priorities, and follow them.

Third, we can **take care of ourselves**. We need to stay strong physically, emotionally, and spiritually in order to respond to stressors in a healthy way. We also need to listen to our bodies. Usually, our bodies will let us know when we are experiencing stress.

Fourth, we can **learn to relax**. Every day we need to have time to relax and unwind. Each person needs to discover what activities are relaxing. Among the common ones are: (1) humor/laughter (2) exercise (3) enjoying the outdoors (4) listening to music, and (5) reading, especially the Bible.

If you have any questions or concerns about stress in your life, or any medical problems, please call the church office or Maureen Rehmer at 352-6266.

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace" (Col. 3:15).



Executive Council Meetings 2015

February 1
March 15
May 17
July 19
October 12
December 13

Voters Meetings 2015

February 15
April 19
June 14
September 13
November 12
December 13

Please consider volunteering to bring food for Voter Luncheons. Signup is in the kitchen.

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Women of the Word want your favorite recipes to put together a cookbook for the 150th anniversary celebration of St. Johns. Please email them to Joan Potvin at jbpotvin@sbcglobal.net or Ruth Evers at baitgirl26@yahoo.com. You can also pick up a form in the narthex and return in the designated boxes.

Social Ministry Food Pantry Looks back at 2014



As 2015 approaches, we are certainly looking back to 2014 and thanking God for all of our blessings.

Our St. Johns Lutheran Church, other Lutheran churches and Thrivent Insurance Co. have been so supportive of our food pantry that we are once again finishing the year with grateful hearts. The first three weeks in December of this year we served over 250 families. We felt very blessed as we had enough food to give everyone.

Thanks to all of you for your generosity to the "Giving Tree", the food pantry and extra financial funds.

Happy New Year and may God bless each of you as He has blessed us.



01/02 Karen Vineyard
 01/05 Carolyn Schenk
 01/06 Angela Beltran
 01/08 Carmen Hobson
 01/12 Gavin Schmidt
 01/22 Shayna Bohannon
 01/22 Tiffany Bohannon
 01/23 Carol Largent
 01/25 Virginia Turner
 01/25 Ethelmae Luther
 01/27 Diana Carter
 01/30 Terry Hartz

Homebound Birthdays:

Carmen Hobson
 Provision Living of Godfrey
 1317 Dadrian
 Godfrey, IL 62035

Virginia Turner
 Eaden Village Apt 8114
 300 S. Station Rd
 Glen Carbon, IL 62034

Diana Carter
 4023 Winnebago
 St. Louis, MO 63116

~ January 2015 ~						
◀ Dec 2014						Feb 2015 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day	2 8:00AM Bible Study	3 8:00AM Social Ministry 8:30AM Food Pantry
4 Epiphany of Our Lord 7:45AM Worship 9:15AM Bible Study 9:15AM Sunday School 10:30AM Worship	5 3:30PM Compass 7:00PM Elders	6 8:15AM Nepalese Bible Study 1:30PM Home Bible Study 3:30PM Compass	7 8:00AM Eagle Coffee 2:00PM Compass 5:00pm Confirmation w/ parents	8 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL 6:30PM Adult Information	9 8:00AM Bible Study 3:30PM Compass	10 8:30AM Food Pantry
11 Baptism of Our Lord 7:45AM Worship w/communion 9:15AM Bible Study 9:15AM Sunday School 10:30AM Worship w/communion	12 3:30PM Compass 7:00PM WOW	13 8:15AM Nepalese Bible Study 1:30PM Home Bible Study 3:30PM Compass	14 10:30 Avalon Bible Study 2:00PM Compass 5:00pm Confirmation	15 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL 6:30PM Adult Information	16 8:00AM Bible Study 3:30PM Compass Pastor in Puerto Rico	17 8:30AM Food Pantry Pastor in Puerto Rico
18 Second Sunday after Epiphany 7:45AM Worship 9:15AM Bible Study 9:15AM Sunday School 10:30AM Worship Pastor in Puerto Rico	19 MLK Day 6:30PM Evangelism Eagle Closed Pastor in Puerto Rico	20 8:15AM Nepalese Bible Study 1:30PM Home Bible Study 3:30PM Compass	21 2:00PM Compass 5:00pm Confirmation	22 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL 6:30PM Adult Information	23 8:00AM Bible Study 3:30PM Compass	24 8:30AM Food Pantry
25 Third Sunday after Epiphany 7:45AM Worship w/communion 9:15AM Bible Study 9:15AM Sunday School 10:30AM Worship w/communion	26 3:30PM Compass 7:00PM Ushers	27 8:15AM Nepalese Bible Study 1:30PM Home Bible Study 3:30PM Compass	28 2:00PM Compass 5:00pm Confirmation	29 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL 6:30PM Adult Information	30 8:00AM Bible Study Eagle Closed	31 8:30AM Food Pantry