



# Messenger

Celebrating 150  
Years!

August 2015

St. Johns Lutheran Church  
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## Up Coming Celebration Events:

### Guest Preachers:

**8:30AM Bible Class 10:00AM**

### Worship

**Sunday, August 16** Rev Justin Panzer  
former fieldworker at St. Johns  
**Sunday, September 20** Justin Kummer  
fieldworker at St. Johns

**150** Celebrating  
Years  
with  
Days  
of Prayer!

We invite you to pray with us in  
celebration of our 150<sup>th</sup> Anniversary.

Follow our website blog at  
[stjohnslutheranstlouis.org](http://stjohnslutheranstlouis.org) and sign up  
to receive a daily email with a prayer for  
our church, our community, our  
leaders, our nation and our world. If  
you would like to make a prayer  
request, email us at  
[stjohnslcstl@gmail.com](mailto:stjohnslcstl@gmail.com).

## *From the Pastor's Desk*

### *St. Johns Make-Over*

Hot days of July are behind us and August can be... just as hot. That's why it has been a thrill to see twelve new air-conditioners being installed in and around our facilities. Really Cool! (pun intended) The contractors are frantically trying to tie up all the loose ends before school starts. Offices are getting carpeted; wood floors are getting their first coats of polyurethane, which they probably haven't had for decades, and ceilings are brighter than ever with new lighting both in the classrooms, cafeteria, library, offices and gym. The Lord has truly blessed us with



another make-over. The Lord is in the business of make-over that's why He

has spoken in the Word that we need to be born again, a make-over transformation, so that the old passes away and the new brings about forgiveness of sins, life and salvation.

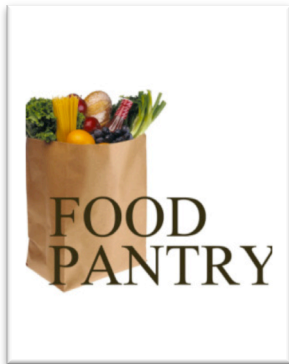


*Highlights of the 150<sup>th</sup> Anniversary can  
be found throughout the newsletter!*

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## Social Ministry

### *Food Pantry Update*



It is amazing that we continue to have so many new families coming to the food pantry. Therefore, our summer continues to be busy, even in this heat. They just come earlier to beat the heat. This means we still need donations to keep our food pantry open.

We want to say a big thank-you to each and every one of you who continues to support the food pantry.

It is by Jesus love and grace that we are able to continue to provide for our community.



In a recent **Portals of Prayer** issue, the following message was shared under the title "God's Cast of Characters." "In the credits of every movie, someone is noted as having been in charge of casting the roles of the actors. It takes talent to match an actor to a specific role. Hollywood would likely have disagreed with God's choices in the Old and New Testaments. Moses would have been too old; Samuel, too young; Ruth, too foreign. Peter would have been too mouthy; James and John, too temperamental; Paul, too hostile to the church.

There's no accounting for God's odd way of accomplishing His will through people we would not have chosen to do the job. **But His ways aren't our ways.** That's something to think about when He calls us to do something and we think He should look elsewhere."

So when we have the opportunity to share the good news of God's salvation, we should remember, that each of us have been chosen by God for that task. It does not matter how we look, how old we are, or our financial situation, if we are Christians who believe that Jesus died and rose again for our sins, we are qualified. Depending upon God's grace and power, we can accomplish much!

## Evangelism

### *God's Cast of Characters*



# TRIVIA Night



Come and join the Women of the Word for their annual Trivia Night on Saturday, September 26, at the St Louis Police Officers' Association Hall (3710 Hampton). Doors open at 6:00 p.m. and trivia begins at 6:45 p.m.

Donation is \$17.00 per person or \$120.00 for a table of eight and includes trivia, soda, cookies, and light snacks. For tickets, contact the church office (314-773-0126) or Maureen Rehmer (314-352-6266).

**St. Johns 150<sup>th</sup> Anniversary Cookbooks are still available!!**

**\$10 each**

**Great for Gifts!!**



*They can be purchased before and after Sunday morning worship*

## Parish Health

### *Beat the Heat*

Older adults are often at increased risk for heat stress due to heart problems and low sodium diets. Prescription medications, such as diuretics, lithium and beta blockers, may also impair the body's ability to regulate its temperature.

### Tips for a Cooler Summer

As the heat and humidity skyrockets in the St. Louis area this summer, take this advice from the Centers for Disease Control and Prevention to avoid heat stress.

1. **Avoid eating hot foods or heavy meals, and use your stove only in the early morning or late evening to keep your home cool.**
2. **Wear lightweight, light-colored, loose fitting clothing made from airy fabrics (cotton and synthetic blends). Cover your head and neck with a hat or umbrella when you are outdoors.**
3. **Try to drink an extra glass or two of water. Older adults need nine glasses a day to fight dehydration during the summer.**
4. **Exercise during the early morning or evening to avoid the hottest part of the day, from 10 A.M. to 3 P.M.**
5. **Be sure to check in on older family members and neighbors.**

### Signs of Heat Stress

Take cover in the shade or indoors if you experience faintness, nausea and headache, which are signs of mild to moderate heat stress. Severe symptoms include confusion, labored breathing and dry skin (no sweating) – and these require immediate medical attention. Call 911 for these symptoms.

May God bless all your summer activities!

*If you have any medical questions or problems, call the church office or Maureen Rehmer at 352-6266.*



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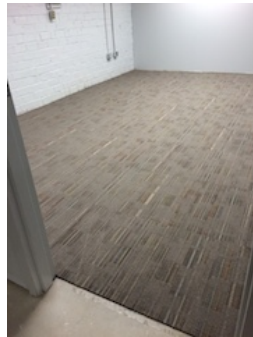
Truly a make-over experience. Our theme's verse for our 150<sup>th</sup> anniversary reminds us again that baptism was our wonderful moment of make-over transformation. We will celebrate once again this month as another is baptized (Alisha Bhattarai). I hope you can share in my joy as we enter



our third year with Eagle the opportunities to share Jesus Christ and make a difference in the lives of these children. Who knows what the Lord has in store



for us. As a church we continue our work making disciples, with 150 years of experience and faithfulness the Holy Spirit will continue to do his make-over transformation in lives of these children and we pray families too.



*If you've made a habit of communion with God when the sun is shining, you'll find it much easier to sing in the rain. Bill Pannell*

## Stewardship

### *Blessings Received*

Some people are immediately aware of the blessings that fill their lives. They have generous hearts and pour out whatever they can for the sake of the ministry entrusted to their congregation community. The generous return of the gifts one has received is a most appropriate way of saying thanks to God. How do you give thanks? Prayer? Financial? Time?





8/8 Brittney Matasouk  
 8/13 Maureen Rehmer  
 8/15 Deborah Schmidt  
 8/16 Ellen Schmaltz  
 8/19 Carol Otte  
 8/24 Ruth Evers  
 8/28 Mark Holdenried  
 8/29 Kaitlyn Pribble



All ladies of St. Johns come and join WOW for our last  
 summer fellowship on Monday, August 10 at 6:30pm.  
 We will be meeting at

El Maguey  
 7014 Chippewa

### 2015 Meetings Voters

September 13  
 November 1  
 December 13

### Executive Council

October 4  
 December 13

| ~ August 2015 ~   |   |  |   |   |  |   |
|---|---|--|---|---|--|---|
| ◀ Jul 2015  |   |  |   |   |  | Sep 2015 ▶                                      |
| Sun   | Mon   | Tue  | Wed   | Thu   | Fri  | Sat   |
|   |   |  |   |   |  | 1<br>8:30 AM Food Pantry                        |
| 2 Tenth Sunday after Pentecost<br>8:30AM Bible Class<br>10:00AM Back Pack Blessing<br>Worship                   | 3<br>7:00PM Elders  | 4<br>1:30PM Home Bible<br>Study  | 5   | 6<br>6:30PM ESOL<br>Pastor at Leadership<br>Summit                | 7<br>NO Bible Study<br>Pastor at Leadership<br>Summit          | 8<br>8:30 AM Food Pantry                        |
| 9 Eleventh Sunday after Pentecost<br>8:30AM Bible Class<br>10:00AM Worship W/Communion                          | 10<br>6:30PM WOW at<br>El Maguey  | 11<br>1:30PM Home Bible<br>Study   | 12<br>10:30AM Avalon<br>Bible Study<br>7:00PM Budget<br>Meeting (Tentative) | 13<br>6:30PM ESOL   | 14<br>8:00AM Bible Study                                       | 15<br>8:30 AM Food Pantry                       |
| 16 Twelfth Sunday after Pentecost<br>8:30AM Bible Class<br>10:00AM Anniversary Worship<br>with Guest Preacher   | 17 EAGLE PreK & Kdg<br>Classes begin<br>3:30PM Compass<br>6:30PM Evangelism | 18<br>1:30PM Home Bible<br>Study<br>3:30PM Compass                           | 19 EAGLE Classes begin<br>3:30PM Compass                                    | 20<br>2:00PM Home Bible<br>Study<br>3:30PM Compass<br>6:30PM ESOL | 21<br>8:00AM Bible Study<br>3:30 Compass<br>Pastor Out of Town | 22<br>8:30 AM Food Pantry<br>Pastor Out of Town |
| 23 Thirteenth Sunday after Pentecost<br>8:30AM Bible Class<br>10:00AM Worship W/Communion<br>Pastor Out of Town | 24<br>3:30PM Compass<br>Pastor Out of Town                                  | 25<br>1:30PM Home Bible<br>Study<br>3:30PM Compass<br>Pastor Out of Town     | 26<br>3:30PM Compass<br>Pastor Out of Town                                  | 27<br>2:00PM Home Bible<br>Study<br>3:30PM Compass<br>6:30PM ESOL | 28<br>8:00AM Bible Study<br>3:30PM Compass                     | 29<br>Food Pantry Closed                        |
| 30 Fourteenth Sunday after Pentecost<br>8:30AM Bible Class  | 31<br>3:30PM Compass  | Notes: Join us for Bible Class, Coffee and Donuts at 8:30AM Sunday mornings! |   |   |  |   |

# Messenger

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