



# Messenger

Celebrating 150  
Years!

September 2015

St. Johns Lutheran Church  
3738 Morgan Ford Rd  
St. Louis, MO 63116  
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[stjohnslcstl@gmail.com](mailto:stjohnslcstl@gmail.com)  
[stjohnslutheranstlouis.org](http://stjohnslutheranstlouis.org)

## Up Coming Celebration Events:

**Sunday, September 20** Justin Kumfer  
fieldworker at St. Johns will be our  
guest preacher.

**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* *Road Trips*

Road Trips can be a lot of fun when everything goes the way you plan. My son, Nathan, his wife and sister embarked on a 2,110 mile, three day, journey to Grass Valley, CA from Green Bay, WI. It went like clock work! Packed up all the belongings in a budget truck on Friday, and added a dolly to transport their car in back. Picked up Dad in Oconomowoc, WI and saw youngest brother's new apartment on Saturday morning. Headed out west with a stop over for lunch in Cedar Falls, IA and saw brother's new house. Stopped for the

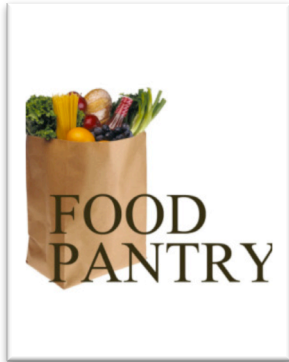


night in Omaha, NE. Next morning headed out for Salt Lake City, Utah, next stop in the trip. Learned on the way that driving a truck through the mountains is not like driving a car. It can be scary, the ups, downs and turns, going in lower gears up and not riding the brakes down. It is especially stressful when everyone else is still going 70 miles an hour in the dark with only the

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# Social Ministry

## *Food Pantry Update*



We are very grateful to end the summer months with sufficient funds to keep moving forward with the food pantry. Thanks to all of you who keep donating funds to the food pantry and especially to our Lord and Savior for providing for all of our needs, and being with us every step of the way.

A big THANK YOU to the following people who moved the food pantry back into the school: Jonathon and Debbie Schmidt, Terry Hartz, Cathy Tanney, Karl Freriechs, and the entire food pantry staff.

*Social Ministry meetings will resume on Saturday, September 5th at 8:00 A.M.*

## Evangelism

### *In Our Own Backyard!*

Stores advertising school supplies, yellow school buses on the highways and byways and Backpack Sunday is a past event...it's official, school has begun! All of the excited faces of the school children walking through the Eagle hallways; what an evangelism opportunity we have in our own backyard!



We are all familiar with Matthew 28:19-20, ***“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with always, even to the end of the age.”***

St. Johns reaches out to the children of Eagle school through the Compass program and you can reach out and welcome the



families as their children do presentations during regular church services or special services such as Advent and Lent as well as when you see parents in the parking lot picking up their children or arriving for school events. Go forth and spread the good word throughout our Eagle community!





# 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

### Understanding Heart Attack

During a heart attack, blood flow to part of the heart muscle is greatly reduced or stopped. This happens because one or more of the coronary arteries are blocked by a blood clot or narrowed due to spasm. If the blood and oxygen are cut off for more than a few minutes, heart muscle cells suffer permanent damage.

This is why responding quickly to warning signs is so important. Warning signs are your body's way of telling you something is wrong and you need help. You must receive treatment as soon as possible.

#### WARNING SIGNS OF HEART ATTACK

**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest. It may last more than a few minutes. Or it might go away and come back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**Shortness of breath.** This may occur with or without chest discomfort.

**Other signs.** These include breaking out in a cold sweat, nausea or lightheadedness.

#### TAKE ACTION!

If you or someone you're with has chest discomfort, especially with one or more of the other heart attack signs don't wait longer than five minutes before calling 9-1-1.

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



headlights blazing the trail. Nathan was visibly shaken, so Dad decided from then on to drive the mountain trails the rest of the trip. Made it into Salt Lake City about 11 o'clock that night. Made reservations at a hotel with pool, fitness room, but were too exhausted, dropped into bed. Next stop California! Excitement built, as we got nearer. As we crossed the border there was a station that stopped all trucks and cars before going in the state, we complied not knowing what to expect. They only had one question, "Do you have any plants?" The answer was "yes", "please open the back of your U-Haul," There in plain sight were a dozen potted plants they had carried from Green



Bay. After examining the plants they said we could take them into the state but not the soil. We could leave the plants and go buy soil within California and re-pot them at the station. They told us the beetles and moths from the soil could destroy the agriculture in California. Well, we decided to leave it all at the border, so bringing out the wheelbarrow we emptied all the plants and soil all into large black plastic bags, and continued on. We finally reached our destination, a rented duplex, sight unseen. It was more than any of us could imagine! 3bedrooms, 2baths, 2car garage, and my favorite place the deck, over looking a garden and friendly neighbors.

*"It's funny how, in this journey of life, even though we may begin at different times and places, our paths cross with others so that we may share our love, compassion, observations, and hope. This is a design of God that I appreciate and cherish."*

— **Steve Maraboli**,



In a sense we all have to make a road trip to our final

destination. It may not be the way we planned it. It may have its ups and downs. Life seems to send us many twists and turns that we navigate sometimes in the dark. But it is especially helpful to have a "Dad" to take over in the times we are the most stressed out. In the excitement of getting to our new home we sometimes forget that there may be some things in our lives that God will not allow in. It is sin, it looks okay to some, no worries, what's the harm, we've carried them for so long, we kept them covered and hidden, but it keeps you from getting in. What do you do? You can't cross over with a dozen of sins not even one locked up in the back. So God offers a solution. His Son takes the sins seen and unseen that we carry and gets rid of them, so that we can finish the journey to a home unseen and yet more beautiful than we can imagine. And the neighbors will most likely be very friendly. Be safe in your road trips, and may God give you favor in the journey.



"Rose, where's that shoestring you always say we're operating on?"





9/1 **Bob Rehmer**  
 9/9 **Cheryl Darlington**  
 9/12 **Gavin Schmidt**  
 9/21 **Gerry Schmaltz**

## 2015 Meetings Voters

September 13  
 November 1  
 December 13

## Executive Council

October 4  
 December 13




Please plan to attend our  
 next Voters meeting,  
 Sunday, September 13.  
 The 2015-2016 budget will  
 be on the agenda.


## ~ September 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 1:30PM Home Bible Study  3:30PM Compass	<b>2</b> 8:00AM Eagle Coffee & Conversation 3:30PM Compass	<b>3</b> 3:30PM Compass 2:00PM Home Bible Study  6:30PM ESOL	<b>4</b> NO Bible Study	<b>5</b> 8:00AM Social Ministry 8:30AM Food Pantry
<b>6</b> Fifteenth Sunday after Pentecost 8:30AM Bible Class 10:00AM Worship w/ Communion	<b>7</b> Labor Day Church Office Closed	<b>8</b> 1:30PM Home Bible Study  3:30PM Compass	<b>9</b> 10:30AM Avalon Bible Study 3:30PM Compass	<b>10</b> 3:30PM Compass 2:00PM Home Bible Study 6:30PM ESOL	<b>11</b> 8:00AM Bible Study	<b>12</b> 8:30AM Food Pantry
<b>13</b> Sixteenth Sunday after Pentecost 8:30 AM Bible Class 10:00AM Rally Sunday 12:00pm Voters	<b>14</b>  3:30PM Compass 7:00PM Elders 7:00PM WOW	<b>15</b> 1:30PM Home Bible Study  3:30PM Compass	<b>16</b> 3:30PM Compass 6:30PM Tower Grove South Neighborhood Meeting	<b>17</b> 3:30PM Compass 2:00PM Home Bible Study 6:30PM ESOL	<b>18</b> 8:00AM Bible Study	<b>19</b> 8:30AM Food Pantry 11:00AM- 4:00PM Usher's BBQ
<b>20</b> Seventeenth Sunday after Pentecost 8:30 AM Bible Class 10:00AM 150 <sup>th</sup> Anniversary Worship	<b>21</b> 3:30PM Compass 6:30PM Evangelism	<b>22</b> 1:30PM Home Bible Study  3:30PM Compass	<b>23</b> 3:30PM Compass	<b>24</b> 3:30PM Compass 2:00PM Home Bible Study 6:30PM ESOL	<b>25</b> 8:00AM Bible Study	<b>26</b> 8:30AM Food Pantry 6:00PM Trivia Night
<b>27</b> Eighteenth Sunday after Pentecost 8:30AM Bible Class 10:00AM Worship w/ Communion	<b>28</b> 3:30PM Compass 7:00PM Ushers	<b>29</b> 1:30PM Home Bible Study  3:30PM Compass	<b>30</b> 3:30PM Compass	<b>Notes:</b>		

**IDENTIFY, UNDERSTAND, INTERVENE:**  
Workshop on Domestic Violence and Child Abuse



**WEDNESDAY, SEPT. 30, 2015**  
**8:00 A.M. - 6:00 P.M.**  
**(WITH DINNER FOLLOWING)**  
**CONCORDIA SEMINARY, ST. LOUIS**



## The Lutheran Prayer Breakfast

Join Lutheran Senior Services on October 14th at the Orlando Events & Conference Center in Maryland Heights MO for the Lutheran Prayer Breakfast. They are honored to welcome Rev. Greg Seltz, Speaker of "The Lutheran Hour" as he speaks about how the most radical prayer of all time is really an invitation for getting to know God better. Everyone attending will receive a FREE signed copy of "The Lord's Prayer" by Rev. Seltz. Visit [LutheranPrayerBreakfast.Eventbrite.Com](http://LutheranPrayerBreakfast.Eventbrite.Com) for tickets and information.

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## Christian Friends of New Americans

### LEADERSHIP FORMATION CLASS RESUMES

Christian Friends of New Americans will resume its Leadership Formation ministry during the early part of September. Classes will again be held at the Peace Center (4019 S. Grand Blvd. 63118) on Friday, September 11 beginning at 4:30 p.m.

The purpose is to deepen the students' understanding of key Biblical passages, as well as to equip them to serve as leaders of Bible Fellowships and Home Bible Studies. The program also prepares students for enrollment in Concordia Seminary's Ethnic Immigrant Institute of Theology (EIIT) program.

The classes are open to all interested parties and should you have questions or wish to enroll, please contact Dr. Allan Buckman at 314-249-8340 or [albuckman65@gmail.com](mailto:albuckman65@gmail.com).

## Prayer for the City



### Join Mission Shift

Monday, September 14 at 9:00AM, at Crave Coffee House to Pray for the City (3500 Caroline St.) Grab a cup of coffee and then head up to the Upper Room for a time of prayer for the city and metro region. Prayer meetings are scheduled for the 2nd Monday of each month at the same place and same time. We come before the LORD to #ASK (Ask, Seek, Knock) believing the promises of God's Word according to Matthew 9:35-38. We will "pray the Lord of harvest to send out laborers into His harvest." Submit a prayer request to: [MissionShift@csl.edu](mailto:MissionShift@csl.edu)



St. Johns Lutheran Church  
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St. Louis, MO 63116



Saturday, September 19, 2015  
11:00 AM to 4:00 PM

Menu will include

1 Piece Hot Dog Sandwich  
1 Piece Bratwurst Sandwich  
2 Piece Bratwurst Dinner  
 $\frac{1}{2}$  Pork Steak Sandwich  
Pork Steak Dinner  
 $\frac{1}{4}$  Chicken Sandwich  
 $\frac{1}{2}$  Chicken Dinner  
 $\frac{1}{2}$  Rack of Ribs Dinner  
Rack of Ribs Dinner



Dinners Include Dessert, Bread and a choice of two sides  
(Potato Salad, Slaw or Baked Beans).

**Delivery Available For Four Or More Orders**

Any questions or Advance orders call Craig Goebel 314-302-4771

Email orders to [stjohnslcstl@gmail.com](mailto:stjohnslcstl@gmail.com) by Sept 17, 2015 or fax Order  
to 314-772-7252.

To order on the day of the barbecue call (314) 773-0126

If you would like to have future BBQ announcements emailed to you please provide your  
email address here \_\_\_\_\_ or email to [stjohnslcstl@gmail.com](mailto:stjohnslcstl@gmail.com).

Sponsored by the members of St. Johns Lutheran Church Ushers.