

J A N U A R Y 2 0 1 6



Messenger

St. Johns Lutheran Church
3738 Morgan Ford Rd
St. Louis, MO 63116
314-773-0126
stjohnslcstl@gmail.com
stjohnslutheranstlouis.org

From the Pastor's Desk *Ready, Set, Go!*

Happy New Year! 2016

Wait! Not so fast! I'm trying to catch up. Can we breathe a little first? A new year can bring the worst/best out of us. Still looking at the past? Not much hope in the future? Have you noticed time waits for no one.

This Sunday we are installing leaders that you have elected or appointed to serve the church. Some are new to their post, some don't know what they are to do in their post. Some have been in that post well... forever, it seems.

First, let me thank all those who have been so faithful in their post/position this past year(s). The Lord bless you! So was it a good year? Get a lot accomplished? Sometimes those questions can bring a blank stare, pleasure or even an attitude while answering. It might even depend on your point of view and not everyone will agree with you.

Can I say as your pastor the Lord has been gracious to us this past year and I look forward to another year working with you and the Lord. While some are enjoying some well-deserved rest, others are picking up the pace, while still others just do what they have always done.

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rightnow
MEDIA



In the next week you will be receiving an email with information from RightNow Media for a gift from St. Johns for an account to their Digital Library of over 10,000 video Bible studies, leadership videos, kids shows and more. "It's like Netflix for the Church!" This will be free to all members of St. Johns. We are currently on a free trial till January 31 and will consider purchasing a subscription. If you have questions once you receive the email please call the church office 314-773-0126. You can also check our website: rightnowmedia.org. Let us know what you think!

As a past teacher, DCE, missionary and now pastor (another way of saying I have experience) I have sat on many boards, been apart of many meetings, and one thing they do is set out to make a plan, (it's called many things) to put the hope and dreams that are in our heads on paper in the form of goal setting.

Goal setting: is looking ahead to new challenges, new changes, new enthusiasm, new self-confidence and in helping us make decisions more quickly.

What goals have you set for 2016?

I'll be asking that question to our leaders at the next executive board meeting this month after their installation this Sunday. I hope they will be thinking of opportunities that can serve St. Johns in 2016.

Goal setting is important because it helps what you want to achieve, it helps to separate what's important from what's irrelevant, or distraction. It's a way to motivate yourself and others.



Not sure how to set goals? Be SMART

Specific – help us focus our efforts

Measurable – help us measure our progress

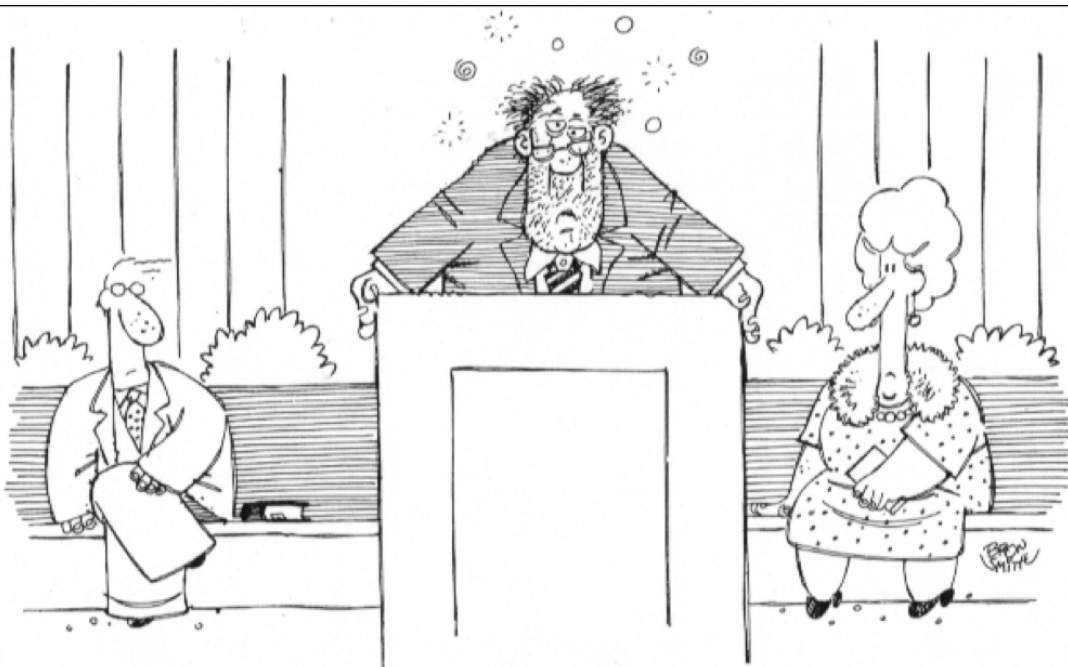
Attainable – help setting goals, which aren't out of reach or long term

Relevant – help to be realistic and push you to grow

Time-bound – help set a time frame for your goal

Let's get this New Year into motion and may the Lord lead us to carefully construct worthwhile goals to set the course for this coming year.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals. Melody Beattle



Pastor Spitzwaller's philosophy: Why spend all week sweating over a sermon when you can rise at 3 A.M. on Sunday morning, crank it out, and deliver it while it's still fresh on your mind?

Evangelism

The Old & New Year

By the time you read this article it will be the New Year 2016.

Let us first go the to the old year. This summer we saw new construction on the “Old” school. New classrooms were put in, new windows all around and air condition in the building. The “Bowling Alley” was done away with and now three offices, part of the cafeteria and library take its place. The food pantry area has also seen renovation with two rooms for food storage and clothing.



Bowling Alley



***New Library
and Cafeteria Extension***

This all happened with a lot of changes the church members had to put up with! The Lord got St. Johns through it. God is good!

During the Advent season on the 16th of December, the Compass children were asked to be a part of our service. Before the service, St. Johns fed the parents and children at our soup supper. About 140 attended and the school had cookies and drinks after in the cafeteria. Evangelism and Social Ministry past our a small bag of goodies to all the children.

God is still good. We don't know what the New Year has in store for us, but it will be good. Remember, put your trust in God, He has said He will be with us at all times.



***Compass Children's
Christmas Program***



***Soup Supper
December 16***

Social Ministry

Year of Blessings

As 2016 approaches, we are certainly looking back to 2015 and thanking God for all of our blessings.

Our St. Johns Lutheran Church, other Lutheran churches, Eagle Prep. School 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 many families, including 85 families the week before Christmas. We felt very blessed as we had enough food and gifts 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.

Parish Health

HOLIDAY HEALTH TIPS

Many people make New Year's resolutions to get more exercise but most quit after only a few workouts. However, If you can keep at it long enough to develop a habit, you are much more likely to continue with an exercise routine that can help you lose weight, feel better and live longer.

Generally it takes about three weeks to develop a habit. If people consciously motivate themselves, choose an interesting activity, and develop a back-up plan for the days when normal exercise routine is impossible, they are much more likely to keep exercising long enough to develop a healthy habit they never give up.



MOTIVATE YOURSELF. Specific goals, inspirational passages from a book, or a favorite CD can be great motivation tools to help you stay on track. Set smaller, intermediate goals to provide rewards along the way. If you stay motivated, chances are you'll not only reach your goals, but exceed them.

MAKE IT FUN. If you do something you enjoy, you will be more likely to stick with it. Walking, swimming, and biking are just a few activities that can be fun and good for you. If you're a people person, exercise with a friend or in a group setting, such as an aerobics class or a walking club.

DEVELOP A BACK-UP PLAN. There will always be days when it is inconvenient or impossible to do your preferred exercise, or when you are simply bored by it. A back-up plan for exercise can ensure that you get some exercise and offer an alternative to prevent your normal routine from becoming so monotonous that you stop exercising. If you like to run, walk or bicycle outdoors, try keeping a stationary treadmill or bicycle around the house for days when it is raining.

Perhaps the most important thing to remember when you are beginning to exercise is that a little goes a long way. If you cannot get to your normal workout for some reason, you should look for an alternative activity, such as climbing the stairs instead of taking the elevator, to ensure that you get a little exercise each day.

THINK POSITIVELY
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY

Psalms 139:13-14 states "For you formed my inward parts; you knitted me together in my mother's womb. I praise You, for I am fearfully and wonderfully made." May each of us stay healthy in the New Year.

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

Boards and Officers 2016

President Jonathon Schmidt
Vice President Ray Gluesenkamp
Secretary Ellen Schmaltz
Treasurer Jerry Foster
Member-at-Large Lynne Foster
Member –at- Large Joan Potvin

Board of Elders
Chairman Craig Goebel
Al Bohannon

Board of Evangelism
Chairman Melba Fanger
Debra Meyer
Susan Hampel
Joan Potvin
Karl Frerichs

Board of Trustees
Chairman Terry Hartz
Bob Rehmer

Board of Social Ministry
Chairman Maureen Rehmer
Carol Cool
Cindy Geiger
Ethelmae Leuther
Ruth Trauth
Karen Vineyard
Eileen Wehrheim
Irene Hurst

Board of Education
Chairman Ruth Evers
Cathy Tanney
Alexis Bohannon

Board of Stewardship
Chairman Eunice Bain



**Service
Time
Change!**

Beginning March 13
Sunday Worship
9:00AM
Bible Class
10:30AM

**January
Memorized
Word**





January 2 Karen Vineyard
January 6 Angela Beltran
January 8 Carmen Hobson
January 22 Shayna Bohannon
Tiffany Bohannon
January 23 Carol Largent
January 25 Ethelmae Leuther
Virginia Turner
January 27 Diana Carter
January 30 Terry Hartz

Upcoming Board Meetings

Voters

February 21
 April 17
 June 28
 September 18
 November 20
 December 18

Executive Council

February 7
 March 13
 May 15
 October 16
 December 18

Budget

July 17

Carmen Hobson
Provision Living of Godfrey
1373 D'Adrian Professional Park
Godfrey, IL 62035

Virginia (Ginny) Turner
400 S. Station Rd. RM 502
Glen Carbon, IL 62034

Diana Carter
4023 Winnebago
St. Louis, MO 63116

January 2016							February 2016 ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 New Years Day 9:00AM Service	2 8:00AM Social Ministry 8:30AM Food Pantry	
3 2 nd Sunday after Christmas 8:30 AM Bible Class 10:00AM Worship	4 Eagle Closed 7:00PM Elders	5 1:30PM Home Bible Study 3:30PM Compass	6 Epiphany 8:00AM Eagle Coffee and Conversation 10:00AM Confirmation 3:30PM Compass 7:00PM Epiphany Worship at Hope Lutheran Church	7 10:30AM Preschool Chapel 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL	8 8:00AM Bible Study 1:00PM Compass	9 8:30AM Food Pantry	
10 Baptism of Our Lord 8:30 AM Bible Class 10:00AM Worship w/ Communion Installation of Officers	11 3:30PM Compass 7:00PM WOW	12 1:30PM Home Bible Study 3:30PM Compass	13 10:30AM Avalon Gardens Bible Study 3:30PM Compass	14 10:30AM Preschool Chapel 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL	15 8:00AM Bible Study 1:00PM Compass	16 8:30AM Food Pantry	
17 2 nd Sunday after Epiphany 8:30 AM Bible Class 9:15AM Blood Pressure Check 10:00AM Worship/ Life Sunday	18 MLK Day Eagle Closed Church Office Closed 6:30PM Evangelism	19 1:30PM Home Bible Study 3:30PM Compass	20 10:00AM Confirmation 3:30PM Compass	21 10:30AM Preschool Chapel 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL	22 8:00AM Bible Study 1:00PM Compass	23 8:30AM Food Pantry	
24 3 rd Sunday after Epiphany 8:30 AM Bible Class 10:00AM Worship w/ Communion	25 3:30PM Compass 7:00PM Ushers	26 1:30PM Home Bible Study 3:30PM Compass	27 10:00AM Confirmation 3:30PM Compass	28 10:30AM Preschool Chapel 2:00PM Home Bible Study 3:30PM Compass 6:30PM ESOL	29 8:00AM Bible Study 1:00PM Compass	30 NO Food Pantry	
31 4 th Sunday after Epiphany 8:30 AM Bible Class 10:00AM Worship	Notes: Service time will change beginning March 13 Sunday Worship 9:00AM Bible Class 10:30AM						

Messenger

The background of the top half of the page is a blue gradient. It is decorated with numerous white snowflakes of various sizes. A dense row of larger snowflakes forms a border along the bottom of this blue section.

January 2016

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