

Messenger

St. Johns Lutheran Church
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April 2016

**SAVED TO SHARE
CALLED TO CARE**



Change

It seems funny how much Mom has changed, or hasn't. Mom came to visit me for a week. She seemed healthy enough, but is getting slower, more pain especially going down steps. We both got into the mother/son relationship, which she missed for some time. It only took a couple of days. I'm still her little boy. She was washing dishes and making dinner and I was letting her "baby" me. Getting my coffee, taking my dishes to the kitchen, cleaning up after me. Cathy says she spoils me. She didn't want to be any trouble, she said. Though we were eating a lot more than we normally do, because she was in charge of the food. Food seemed to be the common denominator though it could also be the source of tension during her visit. She was hoping to sit around the table and talk while we ate. We are accustomed to eating in front of the TV. She brought a book in case we were not talking all the time which she finished while she was here. She wondered why I did certain things. She thought some of the shows I watched were a little more than PG. Things around the house had changed. The furniture was re-arranged, some programs were being recorded for future viewing, and it only occurred to her after a couple of days that she was sitting in my chair. Her 63 year-old son, she hoped, was changing into her little boy. She maybe was a little

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Friendship Sunday

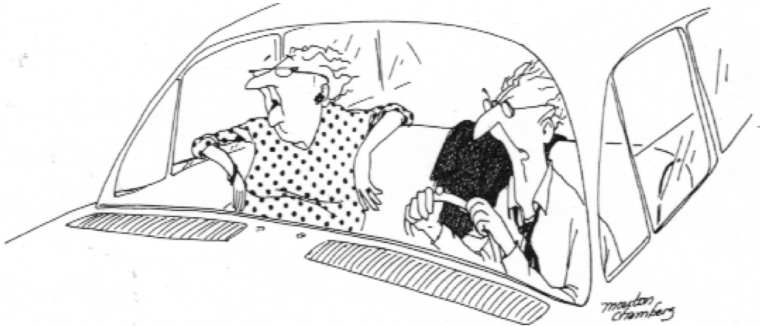
THANK YOU to everyone who contributed to our annual Friendship Sunday Celebration on March 20.

It involves much planning; many people to set up and clean up; people to provide a meaningful worship service with a music variety; church boards who provide food to serve a Continental breakfast; and many willing workers who go unnoticed in serving the Lord.



And, once again, our AWESOME GOD answered our prayers and blessed us with a great attendance and a beautiful surprise snowfall.

Thanks to all who were involved in any way. To God be the glory!



"Have you stopped to consider how much more effective my sermon would have been if you hadn't yelled, 'Ha!' '?'

surprised that life had changed when my son, Adam and Nicole came for Easter. We were now cooking food he liked. Just the way he liked as a kid. I began to do things with him, play tennis, go to the movies, etc. without her. Of course I am aware that my little boy has grown up too, especially when we started coloring Easter eggs. He definitely has his own thoughts, and opinions. I called it arguing, but he calls it healthy debate. What was the topic? Change - should we worry about it, or it's coming whether we want it or not and just prepare for it.



Lifecycle of family, church, organization without change

So, what did I learn?
 The only thing constant is change.
 Change is Happening
 Change is Necessary
 Change is Messy
 Change is Important.

But we don't have to change all at once. Take it one step at a time, focus on Jesus, and live a new life, (that's what Easter is about) and see where he leads.

Jesus took time after the resurrection to help his disciples prepare for change. Their master and teacher

APRIL MEMORIZED WORD

Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay.

Matthew 28:5,6

was now their Savior and Lord. Their risen Lord was about to leave them. The Holy Spirit would be the one to instruct them in the faith. They would no longer be disciples but apostles. They no longer would follow him, eat with him, sleep with him, listen to him teach and do miracles, and staying home would not be an option, but be sent to new places to new peoples. Lots of changes, embrace them and don't worry. He still loves you.

Over all it was a good visit. I know Mom loves me and is very proud. I worry about my son and hope he'll change into the little boy I brought up. Not likely. Life will return to normal in our household, but at the same time a little richer for having some quality time with Mom and my son.

And he who was seated on the throne said, "Behold, I am making all things new."

Rev. 21:5

Shop & Save

Gift Cards are available for purchase. Ask Karl on Sunday or Cheryl in the Church office!

314-773-0126



PARISH HEALTH



WHAT IS DIABETES?

This month I want to focus on diabetes and how we can live healthier and fuller lives.

Diabetes Mellitus is a chronic disease, which affects our ability to produce and respond to insulin. This causes high levels of glucose (sugar) in the blood, which may cause complications ranging from blindness, kidneys and circulation problems and even death.

Take the Test...Know your risk!

Read the following statements, and if they are true for you give yourself 30 points. If the statements are not true add a 0. The higher your score, the greater your risk is for diabetes. If you have specific concerns, please see your Doctor. You need a blood test to know for certain if you have diabetes.

1. I have the following symptoms on a regular basis
 - *excessive thirst.....
 - *frequent urination.....
 - *extreme fatigue.....
 - *blurry vision from time to time.....
 - *unexplained weight loss.....
2. I am over 40 years old.....
3. I am 20% or more overweight.....
4. I am a woman who has had more than one baby
 - Weighing over 9 lbs at birth.....
5. I am of Native American, Black or Hispanic descent.....
6. I have a parent with diabetes.....
7. I have a brother or sister with diabetes.....

May we strive to make faith pleasing choices about diet and exercise and be encouraged by these words. "For we do not have a high priest who is unable to sympathize with our weaknesses...Let us approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Heb.4:15-16).

Blood pressures will resume being taken on the third Sunday of the month at 10:15 A.M.

Call the church office or Maureen Rehmer at 352-6266 if you have any health problems or concerns.

St. Johns Lutheran Church



**Saturday, April 2
11:00 AM to 4:00 PM**

Menu will include

1 Piece Hot Dog Sandwich	\$3.00
1 Piece Bratwurst Sandwich	\$3.50
2 Piece Bratwurst Dinner	\$7.00
½ Pork Steak Sandwich	\$5.50
Pork Steak Dinner	\$8.50
¼ Chicken Sandwich	\$5.50
½ Chicken Dinner	\$8.50
½ Rack of Ribs Dinner	\$10.00
Rack of Ribs Dinner	\$19.00

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 Eunice at
314-306-0763

Email orders to stjohnslcstl@gmail.com by March
30 or fax Order to 314-772-7252.

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

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

SOCIAL MINISTRY

This last quarter the number of families we served in the food pantry dropped to approximately 40 a week. It has been reported that food stamps are going to be rationed and food pantries will have increased families needing assistance. Therefore, your continued support will be needed.

Easter cards were sent to the shut-ins by Ruth Trauth, on behalf of the Social Ministry.

In His goodness, God furnishes all our needs for body and soul; food, clothing, shelter, and church. Psalm 107:1 "Oh give thanks to the Lord for He is good, for His steadfast love endures forever!"



ATTENTION ALL BOARD AND ORGANIZATION CHAIRS

Please provide financial statements from August 2015 to present to the church office by April 12, 2016 so a report can be provided at our April 17 Voters Meeting.

EVANGELISM

What is the World Coming To!

On March 27 we celebrated Easter with other members and guests at St. Johns. We had 100 worshipers in attendance. That was good. We were singing and hearing about our Risen Lord.

About the same time in a Pakistan Park where a large group of Christians were having their Easter celebration a suicide bomber set off his bomb killing 60 or more people, some were children! More than 600 people were wounded!

There is something wrong with this picture. I think the world needs more Christ is risen celebrations. What do you think?

Please consider sending Birthday Cards to our Homebound members

John Hobson
1373 D'Adrian Professional Park
Godfrey, IL 62035

Dennis Solomon
100 Woodland Ct. Rm 203
Arnold, MO 63010

Happy Birthday



Upcoming Board Meetings

Voters

April 17
June 26
September 18
November 20
December 18

Executive Council

May 15
October 16
December 18

Budget

July 17

4/2 Cameron Hampel
4/2 Ruth Trauth
4/3 Craig Goebel
4/9 Karl Frerichs
4/13 Lynne Foster
4/14 Cindy Geiger
4/20 Tylor Bohannon
4/21 John Hobson
4/25 Joan Potvin
4/25 Dennis Solomon

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:00 Bible Study 1:00PM Compass	2 8:00am Social Ministry 8:30am Food Pantry 11:00am-4:00pm Ushers BBQ
3 9:00am Worship 10:30am Bible Class	4 3:30pm Compass 7:00pm Elders	5 2:00pm Nelapelse Bible Study 3:30pm Compass	6 8:00am Eagle Coffee & Conversation	7 10:30am Preschool Chapel 2:00pm Home Bible Study 3:30pm Compass	8 8:00 Bible Study 1:00PM Compass	9 8:30am Food Pantry
10 9:00am Worship w/ Communion 10:30am Bible Class	11 3:30pm Compass 7:00pm WOW 7:00pm Trustees	12 2:00pm Nelapelse Bible Study 3:30pm Compass	13 10:30am Avalon Nursing Home 1:00pm Confirmation 3:30pm Compass	14 10:30pm Preschool Chapel 2:00pm Home Bible Study 3:30pm Compass	15 8:00 Bible Study 1:00PM Compass	16 8:30am Food Pantry
17 9:00am Worship 10:15am Blood Pressure 10:30am Bible Class 11:30am Voters	18 6:30pm Evangelism	19 2:00pm Nelapelse Bible Study 3:30pm Compass 5:00pm Lutheran Foundation Delegate Meeting	20 10:00am Confirmation 3:30pm Compass	21 10:30pm Preschool Chapel 2:00pm Home Bible Study 3:30pm Compass	22 8:00 Bible Study 1:00PM Compass Eagle Closed	23 8:30am Food Pantry
24 9:00am Worship w/ Communion 10:30am Bible Class	25 3:30pm Compass 7:00pm Ushers	26 2:00pm Nelapelse Bible Study 3:30pm Compass Call Day	27 10:00am Confirmation 3:30pm Compass	28 10:30am Preschool Chapel 2:00pm Home Bible Study 3:30pm Compass	29 8:00 Bible Study 1:00PM Compass	30 Food Pantry Closed