

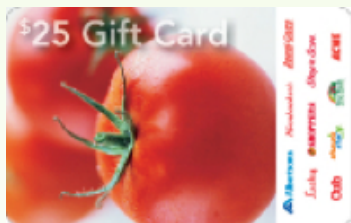
# Messenger

St. Johns Lutheran Church  
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314-773-0126  
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June 2016



Lutheran Foundations of St. Louis and Send Me St. Louis invite you to see St. Johns Food Pantry along with 24 area Lutheran Organizations on the big screen at the Outdoor Commons at Nine Network of Public Media. 3655 Olive St. Tuesday, June 7 at 6:00pm Free Parking Complimentary drinks & appetizers will be provided. For more info please call Cheryl 314-773-0126.



## Shop & Save

Gift Cards are available for purchase. Ask Karl on Sunday or Cheryl in the Church office! 314-773-0126

## From the Pastor's Desk

Now most of you know I am not a mechanic. I did not go to school to be a mechanic. All I know is where to put the gas in the tank when the gauge shows empty. My 1999 Malibu has a wonderful gas gauge, it never shows empty, really, let me explain. I've got a gauge that plays a trick on the driver. The fuel gauge shows full when I fill the gas tank. All seems well. My tank's capacity is 15 gallons, (just read that bit of information in the manual). Now after 150 miles the gas tank gauge is about 2/3 empty, reasonable, I only get 20 miles a gallon. From that point on something amazing happens. As the miles continue to be added the gauge now starts going in the wrong direction. That is, when I have traveled close to 250 miles the gauge is at full again. I'm actually close to empty, though my gauge assures me not to worry, the tank is full! Move on, you can make any destination you aim for, no worries! That is until you run out of gas.



What gauges do we rely on to know whether our lives are full, abundantly full?

The world's gauge says we are full when we are busy, working long hours, enjoying the possessions that money can buy. But could it be that actually we might be close to empty. We do so much and feel our lives are full, yet are they? Maybe the gauges

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we use to determine how full our lives are deceiving us to believe all is well, keep on truckin you will make your destination, reach your goals, and sail on to eternity.

Really the only gauge we should be looking at is the Holy Scriptures. They are able to effectively calculate if we have enough to make it to the end. We all start out, it seems, with full tanks but as our lives continue, we grow up, go to college, get married, have children, retire and at the end, the world says we have lived a full life, when in reality before God we are empty. The world gauge is broken, and we don't feel a need to gas up with God's Word, worship, or prayer.

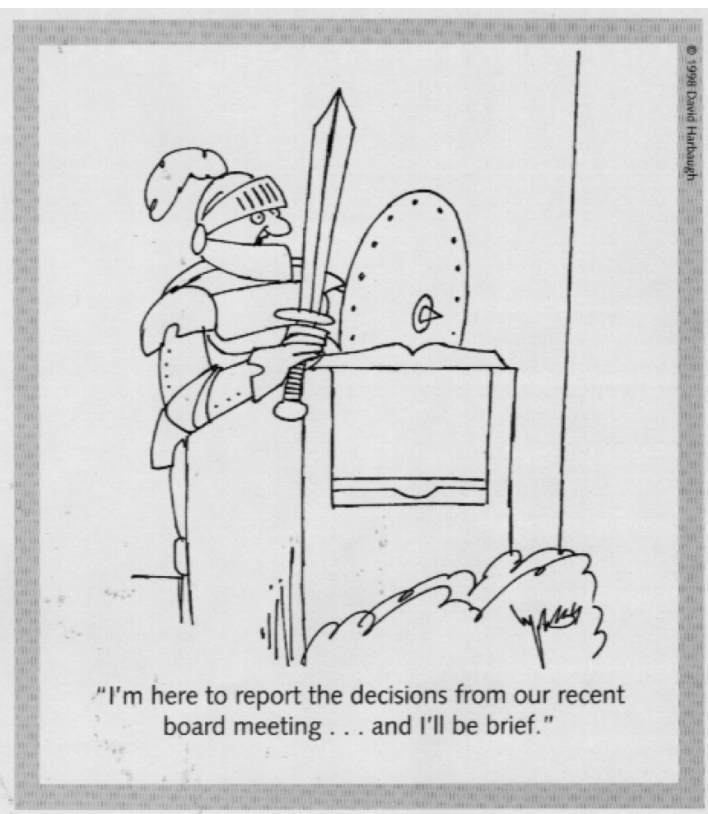
Summer is the one season, I believe we are deceived to think we can live life abundantly full without gas. (God's word) That is why we have gauges and lights that tell us the condition our life is in and that a response is needed or problems can and will escalate to something really serious and costly.

This summer, one commandment at a time we will take out the familiar gauge called the Ten Commandments to effectively calculate whether we are full or empty, or do we need some maintenance in certain areas of our lives and respond if needed to gas up.

*Knowing your own strength is a fine thing. Recognizing your own weakness is even better. What is really bad, what hurts and finally defeats us, is mistaking a weakness for a strength. Sydney J. Harris*



*Join us Friday mornings at 8:00am*



Come Follow Jesus: The Light of the World  
Vacation Bible School  
July 25-29 6:30-8:30pm.  
If you would like to volunteer please call the  
Church Office!  
314-773-0126

## SKIN CANCER

Since it is the beginning of summer, I would like to focus our attention on prevention of skin cancer. May we reflect on our gracious God who clothed Adam and Eve with animal skins and covered these dry bones with living flesh and skin, as we care for our physical health (Gen. 3:21, Ex. 37:8)

Skin cancer is among the easiest cancers to prevent because **nearly all cases are related to sun exposure**. About 90% of the 700,000 skin cancers diagnosed last year could have been prevented by limiting sun exposure! To minimize your risk **stay out of the sun during the time when the rays are the strongest** (10:00 A. M.-3:00 P.M.) or if you need to be out limit the amount of exposed skin. In selecting a sunscreen, consider the SPF (Sun Protecting Factor) as follows:

If you **always burn**, use a product with a **SPF of 10-15**

If you **usually burn**, use a product with a **SPF of 6-12**

If you **sometimes burn**, use a product with **SPF of 4-6**

## GUIDELINES FOR USING SUNSCREEN

- Put sunscreen on 30 minutes before you go outside. If you wait to put it on until you're outside, the moisture from humidity or sweat doesn't allow the sunscreen to adhere as well.
- Use a full ounce of sunscreen to cover your body. That would mean you would only get 8 uses out of an 8-ounce bottle.
- Consider using sun block with titanium chloride on children, which reflects the light off their skin.
- Toss the bottle of sunscreen at the end of the season and buy a new bottle each season for maximum effectiveness.
- Reapply sunscreen every 20-30 minutes even if it's waterproof. Waterproof doesn't mean you can play in the water all day. Be safe, dry off and reapply.

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

**Blood pressures will be taken on the Sunday, June 19 at 10:15am.**

May you have a God-pleasing and safe summer.

## Social Ministry

Thanks to everyone who contributed to the successful Mother's Day food drive.

Many people need assistance with clothing and food, especially in the summer months when children are out of school. Therefore, your continued support is needed.

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

Psalm 107:1  
"Oh, give  
thanks  
to the  
Lord  
He is  
good;  
For His  
lovingkindness  
is everlasting."

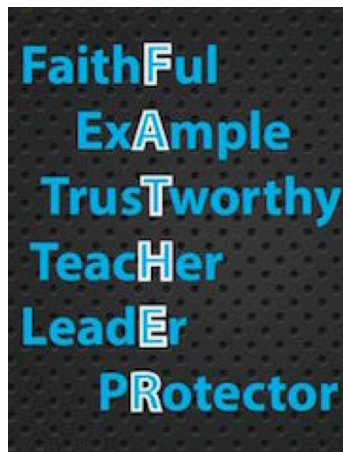
## Stewardship & Treasurer

As of 11:15am on Wednesday, May 25<sup>th</sup> our Restoration Loan with Lutheran Extension Fund was paid in full! However there is still money owed to payback the special funds accounts. For the past couple years we have not brought in enough money on a monthly basis to pay the loan. We have had enough money in the special funds account to cover it. We would ask that you please continue to contribute to the restoration account until further notice. As soon as we have the final numbers we will pass those along! Thank you very much for your faithful support!



## Evangelism

### FATHER'S DAY



Thanksgiving falls in November, yet we find ourselves being thankful for many things at this time of year. This month we are thankful for fathers as we celebrate Father's Day. Our Heavenly Father gave us the gift of our earthly fathers to teach, guide and love us. In return we

are supposed to honor, obey and love them. There are many in today's society that have never experienced the love of an earthy father just as there are many who have no knowledge of our Heavenly Father who also expects us to honor, obey and love him. There's no better way to celebrate Father's Day than to share the love of our Heavenly Father with those in the community around you, many of which have never experienced that type of love. Happy Father's Day!



### *Lutheran Youth Ministries*

Attention Teens and Parents of Teens!!! How would you like to spend a week with other teenagers while participating in some exciting and unique activities? As we all know, being a Christian youth is very challenging in today's society. Youth can easily find themselves overwhelmed by the pressures from the sins of the world. They strive for acceptance in a group where they can be who Christ called them to be. Having so much information at their fingertips, adds to the amount of negative information they are exposed to. Our mission is to help our youth keep Christ as the main focus of their lives, and to create a community of brothers and sisters in Christ. Join Lutheran Youth Ministries for a week long camp experience for high school youth (just graduating 8<sup>th</sup> graders through graduating Seniors) which includes water activities, campfires, singing, and a whole lot more! Through our discussions, devotions, and late night Bible studies with our staff of experienced Christian camp counselors, they will find new and exciting ways to experience God's love. Our program will be held at Camp Sherwood Forest located in Cuivre River State Park in Troy, MO from Sunday, July 24<sup>th</sup> through Friday, July 29<sup>th</sup>. Additional information and applications can be found at [LYMCAMP.org](http://LYMCAMP.org). You can contact the camp director, Bob Mikert, at



June 6 Diane Schwab  
 June 7 Cathy Tanney  
 June 10 Bobbie Kepford  
 June 14 Sharon Sieber  
 June 25 Stephanie Franklin  
 June 25 Sandra Gerber

**Bobbie Kepford**  
**Avalon Gardens**  
**4359 Taft Ave.**  
**St. Louis, MO 63116**

## 2016 Meetings

### Voters

June 26  
 September 18  
 November 20  
 December 18

### Executive Council

October 16  
 December 18

### Budget Meeting

June 20 7:00pm



*All ladies of St. Johns come and join WOW  
 as we start our summer fellowship on Monday  
 June 13. We will have dinner and fellowship  
 at 6:30 pm at STACKED,  
 7637 Ivory.  
 Call Eunice 306-0763.*

June 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:00am Confirmation 3:30pm Compass	<b>2</b> 2:00pm Home Bible Study 3:30pm Compass	<b>3</b> Eagle Last Day of School 8:00am Bible Study 1:00pm Compass	<b>4</b> 8:30am Food Pantry
<b>5</b> 9:00am Worship Recognition of Graduates 10:30am Bible Class	<b>6</b> 9:30am Adult Information Class 7:00pm Elders	<b>7</b> 2:00pm Nelapelse Bible Study 6:00pm Lutheran Foundation Film Screening at Nine Network	<b>8</b> 10:00am Avalon Bible Study 1:00pm Confirmation	<b>9</b> 2:00pm Home Bible Study	<b>10</b> 8:00am Bible Study	<b>11</b> 8:30am Food Pantry
<b>12</b> 9:00am Worship w/Communion 10:30am Bible Class	<b>13</b> 9:30am Adult Information Class 6:30pm WOW at STACKED	<b>14</b> 2:00pm Nelapelse Bible Study	<b>15</b> 10:00am Confirmation	<b>16</b> 2:00pm Home Bible Study	<b>17</b> 8:00am Bible Study	<b>18</b> 8:30am Food Pantry
<b>19</b> 9:00am Worship 10:15am Blood Pressure 10:30am Bible Class	<b>20</b> 9:30am Adult Information Class 7:00pm Budget Meeting	<b>21</b> 2:00pm Nelapelse Bible Study	<b>22</b> 10:00am Confirmation	<b>23</b> 2:00pm Home Bible Study	<b>24</b> 8:00am Bible Study	<b>25</b> 8:30am Food Pantry  Pastor Vacation
<b>26</b> 9:00am Worship w/Communion 10:30am Bible Class 11:30am Voters Pastor Vacation	<b>27</b>  7:00pm Ushers  Pastor Vacation	<b>28</b>  Pastor Vacation	<b>29</b>  Pastor Vacation	<b>30</b>  Pastor Vacation	<b>Notes:</b>	