

Messenger

St. Johns Lutheran Church
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July 2016

SAVED TO SHARE
CALLED TO CARE

FROM THE
PASTOR'S DESK

Pastor is on vacation.



PASTOR HAD TROUBLE LETTING GO

02-03-2006



Come Follow Jesus: The Light of the World

Vacation Bible School

July 25-29 6:30-8:30pm.

If you would like to volunteer or make a donation please call the Church Office!

314-773-0126

THE NAMES
THE NAMES
OF GOD
OF GOD

Elohim El Shadday El Roi
YAHWEH ROPHE Yahwey Shalom
Yahwey Tsurim Immanuel God
with Us Lord God Almighty El
Elyon Adonai Yahwey Jireh
Our Father Holy Spirit I AM
Son of God Yahweh Shamamah
YAHWEH TSEBAOTH EL OLAM

Join us Friday mornings at
8:00am for bible study.

Social Ministry

Food pantry has fewer families than in the past years, but we are still in need of food to get us through the summer. We appreciate all of your assistance in the past, and will appreciate your help in the future.

We are in need of gently used fans or new fans. Summer clothes are needed for men, women and children.

Clothing
Donation

Colossians 3:17 – “And whatever you do in word or deed do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.”



Blessing
of the
Backpacks



Sponsored by Evangelism

Sunday, August 7

9:00am Worship

If you would like to make a monetary donation, please contact the church office, 314-773-0126.

WOW TRIVIA NIGHT

The Women of the Word invite you to their annual Trivia Night, to be held on Saturday, October 15, 2016, at the St. Louis Police Officers' Association Hall, located at 3710 Hampton Avenue (between Mardel and Tholozan). The doors will open at 6:00pm and trivia starts at 6:45pm. Donations are \$17.00 per person or \$120.00 for a table of eight. Your donation includes trivia, soda, cookies and light snacks. We will have attendance prizes and a silent auction, as well as some other games between rounds. Beer and wine will be available for purchase. Alcohol and coolers may NOT be brought into the hall. For ticket or table information, contact Maureen (314-752-6266) or the church office (314-773-0126).

Mark your calendar and plan now to come and join the fun. Who knows – you might just learn something!

Stewardship

In our Lord's parable of the vineyard workers, the vineyard owner says to those who worked the longest, "Or do you begrudge my generosity" (Matthew 20:15)? It's an unfortunate translation. It's not wrong, but it doesn't give us the full picture. What the vineyard owner actually says is this: "Or is your eye evil because I am good?" Earlier in Matthew's Gospel, Jesus said, "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness" (Matthew 6:21–23).

This statement comes right in the middle of our Lord's teaching about giving. He said, "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money" (Matthew 6:19–24).



Having an evil eye does not let in the light. Having an evil eye means that we are so focused on what we don't have, that we are unable to rejoice in what God has given. An evil eye makes us distressed when we see others prosper. It makes us rejoice when others suffer. An evil eye makes us so love ourselves and our money, that we don't want to share with others; we don't want to give of what we have because we are so focused on keeping what we have and getting what we don't.

Whereas a good eye is an eye that lets the light in so that our lives are filled with it. This light shines upon all that we have and reveals that it comes from our Father's divine goodness and mercy. A good eye that lets in the light, unencumbered by the darkness, so that we have a good will, a benevolent disposition, and a genuine happiness to see others prosper and the desire to be part of it.

Jesus came to give you a good eye and to take away the darkness that fills your life. Christ our Lord, through His death and resurrection, has forgiven your sin, removed your evil eye and given you new eyes that let in His light and truth. "For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich" (2 Corinthians 8:9).

The reality is that you have all that you need and more. You have the love of God in Christ Jesus. You have the forgiveness of sins and life everlasting. You have house and home, all that you need for this body and life. So, lay up for yourselves treasures in heaven, where moth and rust do not destroy. And you will see that your hearts will follow, just as Jesus promised.

Parish Health



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.

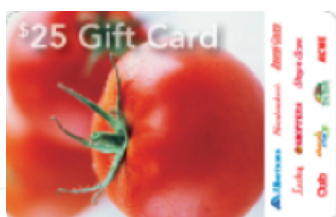
Signs of Heat Stress

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.*

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



Shop & Save

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

MissionShift

Last year, I had completed a mission training from an organization called "MissionShift" from Concordia Seminary. Most of my classmates were future ministers from the Sem, as well as other individuals involved in different ministries in local Lutheran and other Christian churches.

This included many speakers who were leaders of various, mostly local ministries, field trips, many in-class group exercises, and a few group projects. The topics of these seminars/workshops focused on how to serve various communities, including: LGBT, homeless, poor, human trafficking, and refugees, as well as studying numerous demographics, statistics, and trend data, mostly about the local area. One evening, our class, as well as people from a few local ministries came together for a very challenging exercise, attempting to simulate what it's like to be poor. We separated into several groups of 5 people who may have been strangers and were given a scenario for a family, with each person in the group playing some role (Mom, Dad, young child, teen and with alternative family structures). This exercise consisted of separate periods (as if there were days/weeks in-between) of time for each "family group" to quickly prepare to attempt to just survive (no long-term planning) the random financial, social, and inter-personal challenges, with each family member trying to deal and react with these situations as well as they could, given very limited and constantly changing resources available. Amazingly, even though it was only a few hours, it was a transformative and memorable experience, as we felt a need to adjust even our morals in the process!

The class was also broken-up into teams, which were assigned to different, local, Christian churches/ministry organizations to try to serve a need in their community.

The team I was a part of was assigned to St. Johns Lutheran; after many discussions with Pastor Tanney and a couple talks with the Executive Board, followed by extensive research and interviews, our team chose to focus on holding a "family fun night" to help bring some of the people from St. Johns, the Compass pre-k/before-after school ministry, and the Eagle elementary school together and have fun playing board games, eating pizza and cookies, singing and playing a Bible trivia game. Thank God, it was a success and it was hoped that these groups would continue to hold these type events to help "build bridges" between them with Christ at the center!

I'd like to thank MissionShift and St. Johns for sponsoring me to be involved in this training and to learn about these ministries. Also, I'd like to thank many people from all these groups who helped organize, donate (including Thrivent), and serve for the "family fun night". God's blessings to you all! Mark Holdenried



If you are interested in learning more about
MissionShift visit missionshiftstl.org

MissionShift 2016 registration is now open!



July 7 Irene Hurst
July 9 Jayvon Evers
July 12 Debra Frerichs
July 20 Melba Fanger
July 21 Dennis Jackson
July 29 Roger Schmidt
July 31 Elizabeth O'Leary
July 31 Natalie O'Leary



*All ladies of St. Johns come and join **WOW** for summer fellowship on Monday, July 11 at 6:30pm. We will be meeting at Red Lobster (9838 Watson Rd., Crestwood). Call Ruth Evers at 314-306-5887.*

2016 Meetings Voters

September 18
 November 20
 December 18

Executive Council

October 16
 December 18

July 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Church Office Closed Pastor Vacation	2 Social Ministry 8:30am Food Pantry Pastor Vacation
3 9:00am Worship 10:30am Bible Class Pastor Vacation	4 Happy 4 th of July!! Church office closed Pastor Vacation	5 2:00pm Nepalese Bible Study	6 10:00am Confirmation	7 2:00pm Home Bible Study 6:30pm ESOL	8 8:00am Bible Study	9 8:30am Food Pantry
10 9:00am Worship w/communion 10:30am Bible Class	11 9:30am Adult Information Class 6:30pm WOW at Red Lobster 7:00pm Elders	12 2:00pm Nepalese Bible Study	13 10:30am Avalon Bible Study 1:00pm Confirmation	14 2:00pm Home Bible Study 6:30pm ESOL	15 8:00am Bible Study	16 8:30am Food Pantry
17 9:00am Worship 10:15am Blood Preassure 10:30am Bible Class	18 9:30am Adult Information Class	19 2:00pm Nepalese Bible Study	20 10:00am Confirmation	21 2:00pm Home Bible Study 6:30PM ESOL	22 8:00am Bible Study	23 8:30am Food Pantry
24 9:00am Worship w/communion 10:30am Bible Class	25 9:30am Adult Information Class 7:00pm Ushers 6:30-8:30pm VBS	26 2:00pm Nepalese Bible Study 6:30-8:30pm VBS	27 10:00am Confirmation 6:30-8:30pm VBS	28 2:00pm Home Bible Study 6:30-8:30pm VBS	29 8:00am Bible Study	30 Food Pantry Closed
31 9:00am Worship 10:30am Bible Class	Notes:					