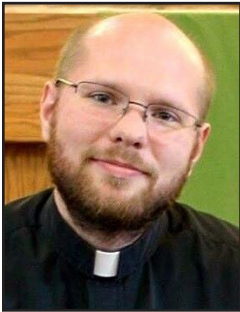


# THE MESSENGER

A MONTHLY PUBLICATION OF ST. JOHN'S LUTHERAN CHURCH, STERLING, IL  
703 Third Avenue, Sterling, IL 61081 • 815.625.2634 • office@stjohnsonthird.org • StJohnsSterling.org • 

## PASTOR'S POINTS

### Lunch/dinner invitation remains open



Food and conversation always seem to go hand in hand. I think this is why Thanksgiving is one of my favorite

holidays. There's just something about food that inspires conversation.

Throughout this past July I've been offering the opportunity for Thursday Lunch/Dinner with Pastor. I have to say I've been enjoying the conversations that

these events have been generating. It's so nice to get to reconnect with folks in the community, hear a little bit more of their story, and even talk a little bit about what we've brought with in our bags.

If you have not done so yet, I strongly encourage you to call and pick a Thursday you'd like for meal and conversation. It is my intention to continue offering this opportunity for any who are interested.

In a really neat way, this time is also becoming a bit of a spiritual discipline. After all, so may of the stories in the New Testament

revolve around meals Jesus was having with the disciples. Even our Sunday Worship is structured around the Eucharistic meal. It's as if conversation and prayer around food is built into who we are.

I hope that if you have not yet come out, that you please do call and set up a time. And if you already have, I'd love to eat and chat with you again.

Until then, I'll be keeping you in prayer.

In peace,

*Rev. Jacob M. Lawlik*

### Recital August 29

St. Paul has been blessed to have Michael Rivera as our worship organist and pianist for about the past two years. He has led music at St. Paul and contributed to Tri-Church online worship. Michael will be leaving our area for a new opportunity and is giving a recital as a thank you to our community. It will be inspiring and not to be missed!

**YOU ARE INVITED!**

**SUNDAY, AUGUST 29TH AT 2PM**

**ST. PAUL LUTHERAN CHURCH, STERLING**  
**REFRESHMENTS TO FOLLOW**

### Crafter input sought

Do you like to sew, knit or crochet? Immanuel is in the process of reimagining its quilting group and welcomes people from Tri-Church congregations to join in the



discussion. We will explore some Creative Collective Crafting options at a planning meeting for interested crafters at 1pm Sunday, August 22nd Immanuel. Your input is most welcome! Those present will determine the plans, and the options are limitless! If you are interested in participating but are unable to attend the planning meeting, please call Ronda Borgmann at (815) 622-9306.

## AUGUST 2021

Branches News Briefs ..... 2-3  
Youth Gathering News ..... 4  
Nurse Notes ..... 4  
Birthdays & Anniversaries ..... 5

Saying Thanks ..... 5  
Purpose & Principles ..... 6  
Affirmation Statement ..... 6  
Parish Register ..... 6

Who's Who At St. John's ..... 6  
August Calendar ..... 7  
Council Highlights ..... 7  
Giving Made Easy ..... Back

## BRANCHES BRIEFS

# Youth & Family Ministries news

## FAITH FORMATION 2021-22

We are planning to return to in-person Sunday School and Confirmation classes in September. Families will be contacted about the Fall Kickoff. The Faith Formation Team had not met before the August newsletter deadline. Please watch for updates in the September newsletter and the weekly church announcements.

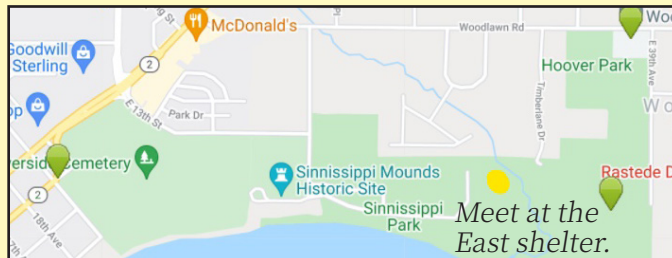
## 2021-22 TRI-CHURCH CONFIRMATION CLASS

Confirmation for seventh- and eighth-grade students begins with Parent/Guardian/Student Night from 7-8pm Wednesday, September 8th at St. Paul Lutheran Church. The first class will be the following Wednesday, September 15th, at St. Paul (time TBA). We will rotate our meeting locations: a third of the year at each of our churches: St. Paul, St. John's and Immanuel.

Ninth-grade students preparing for Affirmation of Baptism will also begin Wednesday, September 15th at St. Paul (time: TBA). Information regarding Affirmation of Baptism Sunday will be announced soon.



Our Tri-Church junior and senior high students gathered Sunday, July 18th at Joshua Park in Rock Falls for food, fun games, Bible study and fellowship. We will continue to meet the third Sunday of the month.



## TRI-CHURCH STUDENT SUMMER GATHERINGS

Tri-Church youth will gather Sunday, August 15th at Sinnissippi Park (Sinnissippi Road in Sterling). Students will need to provide their own transportation. We hope you can make it!

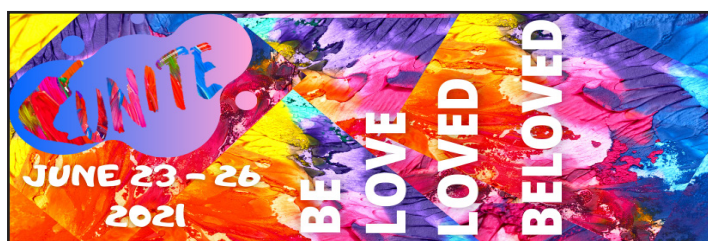
**High school youth will gather from 11:30am to 1pm.** We'll have lunch, play and pray. Plus, we'll hear more details about the 2022 ELCA Youth Gathering in Minneapolis.

**Confirmation students will gather from 1-2pm.** We'll have a snack, play some games and hear a nugget from God's Word. Plus, hear more about Confirmation class beginning in September.



Last month CommUNITY VBS was held at First Christian Church in Sterling. We had an amazing morning with these awesome kiddos and volunteers learning about how to be a good neighbor and sharing God's love. We even raised over \$100 for the Buddy Bag Program. Thank you all for your support. See you all next year!





Thank you high schoolers, adult leaders and supporters from our congregation for making this year's UNITE memorable. Even though our painting was halted by rainy weather, our students and volunteers were able to complete the painting of three Sterling homes by the end of July. Worship with Allison Eide was powerful and engaging. Students enjoyed a fun swim night at the Duis Center. The Holy Spirit was at work in the lives of our young people and adult volunteers as we gathered with new friends and strengthened old friendships. Thanks be to God for the support shown by our congregation and all the UNITE congregations who are living out their faith through service in our communities. For more highlights from UNITE 2021 visit: [facebook.com/saukvalleyUNITE](https://facebook.com/saukvalleyUNITE). High school students and young adults who participated in UNITE 2021 and friends re-united on Monday, July 26th for a movie night at St. Paul.





## 2022 YOUTH GATHERING NEWS

Current 8th through 12th grade students: You are invited to the next ELCA Youth Gathering, July 24-28, 2022 in Minneapolis. **Please email, text or message Gerad or the church office if you are interested in participating.** We need to know soon who will be attending and how many so we can begin planning. **PLAN ON ATTENDING THE AUGUST 15TH HIGH SCHOOL YOUTH EVENT AT SINNISSIPPI FOR DETAILS!!!**

Early registration for the gathering begins September 22nd. We anticipate the gathering will cost around \$1,000 per participant. The more fundraising our students do, the less out-of-pocket expense you will have. Scholarship applications through the ELCA opened July 22nd and will be available until funds run out.

Sign up for the Gathering e-newsletter, G-News, and get the latest updates at [elca.org/gathering](https://elca.org/gathering), [facebook.com/youthgathering](https://facebook.com/youthgathering), [instagram.com/elcagathering](https://instagram.com/elcagathering) and [twitter.com/elcagathering](https://twitter.com/elcagathering).

**VOLUNTEERS NEEDED**

If you are a senior in high school this year, or older, and will be at least 19 years old by July 22, 2022, applications for servant companions open November 22nd. Please contact Gerad if you are interested in sharing a week of your time to help at the Youth Gathering. Your travel, room and board expenses will be covered. This is a great opportunity to serve, and to learn and grow in your faith. Our young

adults who have volunteered for the gathering in the past have had life-giving experiences. For full details and to apply go to: <https://elca.org/YouthGathering/Attend/Volunteer>.

### FINANCIAL ASSISTANCE

Applications opened July 22nd and close when all funds have been disbursed.

Adult leaders should apply on behalf of youth participants, using the same five-digit congregational ID number used to register for the Gathering.

Financial assistance is available to youth participants only in the form of registration fee credits.

Assistance is offered based on the financial need of youth participants and their families, not the financial status of their congregations or local communities.

Up to \$300 per youth participant may be provided to cover registration fees. Financial assistance will appear as a credit on the congregational account.

Congregations may receive assistance for up to 10 youth.

Youth participants must be registered within 30 days of receiving financial assistance. After 30 days, assistance for unregistered youths is returned to the fund and awarded to the next person on the waiting list.

Contact Gerad at the church office if you are interested in applying for Youth Gathering financial assistance. If you receive ELCA financial assistance, this will offset your out-of-pocket expense for the gathering.

## NURSE NOTES

# Get your calcium

Women older than 50 and men older than 71 generally need at least 1,200 milligrams of calcium daily to protect their bone health.

For those who choose not to consume dairy, or have limited choices due to lactose intolerance or other health issues, many different foods can help you reach your daily recommended amount of calcium. As you look at the following list, keep in mind that 8 ounces of milk contains about 300 milligrams of calcium. Here are some of the foods to consider adding to your diet, along with serving sizes and milligrams of calcium for each:

- Calcium-fortified tofu, ½ cup, 435 mg
- Broccoli raab, 1 cup, 360 mg
- Sardines, canned with bones, 3 oz, 325 mg
- Fortified almond, rice, or soy milk, 8 oz, 300 mg
- Fortified orange juice, 8 oz, 300 mg
- Waffle, frozen and fortified, 2 pieces, 200 mg
- Salmon, canned with bones, 3 oz, 180 mg
- Kale, cooked, 1 cup, 100mg
- Collard greens, frozen, 1 cup, 85 mg

The calcium content for most foods can vary. When possible, check the product's nutrition label to determine its calcium content. Updated nutrition labels, now on most products, will tell you the amount of calcium in a product, in addition to the percent daily value of calcium a serving provides.

*From the Mayo Clinic Health Letter. Submitted by Nancy Rasmussen, Parish Nurse.*

## AUGUST BIRTHDAYS & ANNIVERSARIES

**1**

- Mindy Karrow
- Kellen Kibodeaux
- David LeFevre

**2**

- Vicki Jacobs
- Mark Jennings

**3**

- Megan Gierhart
- William McFalls
- Brayden Rodriguez
- Timothy and Veronica Schmitt

**4**

- Barbara Johnson
- Brinley Stutzke

**5**

- Julie Cooperrider
- Sherrie Jo Hall
- Audra Metzler
- Robert and Sara Collins

**6**

- Lori Gonzalezs

**7**

- Tracy Camps
- Katrina Noble
- Nancy Oltmanns
- Genevieve Potts
- Jacob and Michelle Gawlik

**9**

- Raymond and Deborah Jamieson

**10**

- Rick Barton
- Robert Nie\*

**11**

- David Geil
- Gayle Kellogg
- Krista Ramirez

**12**

- Zachary and Kimberly Heald

**13**

- Jason Cox
- Richard Reed

**14**

- Anne Latchford
- Ryan Stutzke
- Howard and Kay Janssen\*
- Frans and Lisa Rechkemmer

**15**

- Jacob Kierczynski
- Melody Smith

**16**

- Kiersten Jordan
- Connor Sisson
- 

**20**

- Alyssa Oltmanns

**21**

- Shirley Jamieson
- John Lichner

**23**

- Anne Jackley
- Janel Stahr
- Savannah Stanley

**24**

- Joseph Davis
- John and JoAnne Hall

**26**

- Alena Taylor
- Larry and Vicki Cooper
- Adin and Emily Taylor Jr

**27**

- Justin and Amber Smith

**28**

- Tanner Barron
- Brayden Blumhoff

**29**

- Zachary Gallentine
- David Stutzke

**30**

- Jacob Gawlik
- Marilyn Henry

*\*Indicates 80-plus-year birthdays and 50-plus-year anniversaries.*

## SAYING THANKS

We thank you for helping us to target and meet the needs of the children in our communities through your support of the Let's Feed Our Children program. Your gift has been invested in a service that is helping to create healthier, stronger children in order for them to grow up to be our future leaders.

~ Let's Feed Our Children

Your kind expression of sympathy was deeply appreciated. I am grateful for your support and the sharing of my grief. It sure is wonderful having a church family caring, sharing and giving support.

Thank you to Pastor Jacob for his hospital visits and to Pastor Leo for his many calls and prayers.

God Bless you all,

~ John Lichner

To Friends of Fish at St. John's, Thank you very much for your contribution to the Fish Food Pantry. We have been open through most of the COVID emergency.

You have supported us for many years. We are grateful for this.

Thank you again,

~ Beth Mathew

## PURPOSE STATEMENT

The purpose of St. John's Evangelical Lutheran Church is to continue discovering God's will for us in His kingdom through prayer, Bible study and building relationships.

## GUIDING PRINCIPLES

1. Jesus is our Lord and Savior.
2. We make prayer, Bible study and dialog the center of our decision making.
3. We are willing to change as we discover God's mission for us.
4. We invite everyone. Jesus said, "Go therefore and make disciples of all nations." ~ Matthew 28: 19a
5. We recognize and give thanks for our blessings.
6. We act for the discovery and fulfillment of God's mission.

## COUNCIL AFFIRMATION STATEMENT

The Council affirms that ministry is a core tenant of our Mission and that established ministries will continue and the opportunity for expanding into additional ministries will be evaluated when presented. The Council fully understands the complex nature of ministry, but as long as God's people are willing to engage in good works, we will do everything in our power to support those ministries.

## PARISH REGISTER

### DEATHS

- Shirley Bollman 6/27

### WEDDINGS

- None

### BAPTISMS

- None

### MEMBERS RECEIVED

- None

### MEMBERS REMOVED/TRANSFERRED

- Lori Adell, Oris & Dana DePuy, Donald & Naomi Shontz

### CHANGE OF ADDRESS

- None

### STAFF BIRTHDAYS

- Pastor Jacob 8/30

## WHO'S WHO AT ST. JOHN'S

### PERSONNEL

Rev. Jacob Gawlik, Senior Pastor  
Rev. Leo Patterson, On Call/Visitation Pastor  
Gerad Von Holten, Director of Youth & Family Ministries  
Rev. Mark & Rev. Cynthia Rich, Missionaries to Tanzania  
Dawn Zeigler, Minister of Music & Bell Choir Director  
Julie McCord, Praise Sunday Director  
Nina Peters, Office Manager  
Andrew Stutzke, Systems Administrator  
Kyle Morgan, Technical Director  
Mont Cessna, Facility Maintenance  
Stahr Media, Newsletter & Website  
Nancy Rasmussen, Parish Nurse  
Jan Klocke, council rep to Tri-Church

### CONG. COUNCIL

- Andrew Stutzke, president\*
- Dave Geil, vice president\*
- Kandra Cook, secretary\*
- Teri Holldorf, treasurer\*
- Andrew Doughty
- Jan Klocke
- John Lichner
- Chrissy Murphy
- Shawn Wolfe

*\*Exec Committee member*

### CHRISTIAN ED

- Tammy Doughty
- Brian Luebke
- Chrissy Murphy

### CONG. LIFE

- Denise Norman, chair
- Lois Anderson-Rowzee
- Michelle Gawlik
- Nancy Rasmussen
- Pat Redfield
- Jannet Taylor

### ENDOWMENT

- Mike Doughty, chair
- Art Frey
- John Lichner
- Rhonda Stutzke
- Shawn Wolfe

### FINANCE

- Teri Holldorf, chair
- Nancy Breed
- Druann Bushman
- Mike Doughty
- John Lichner

### MEMORIAL

- Dave Geil, chair
- Brian Luebke
- Nancy Rasmussen
- Jannet Taylor

### PERSONNEL TEAM

- Denise Norman, chair
- Lois Anderson-Rowzee
- Dave Geil

### PROPERTY

- Dave Geil, chair
- Art Frey
- Tom Leesman
- Ken Smith
- Doug Zientara

### SOCIAL MINISTRY

- Karen Goss
- Barbara Johnson
- Vivian Johnson
- Jill Leesman
- Joyce Preston
- Sandy Wolfe

### STEWARDSHIP

- Jan Klocke, chair
- Nancy Rasmussen

### WORSHIP ARTS

- Dawn Zeigler, chair
- Denise Carl
- Shawn Wolfe

### WORSHIP TECH

- Anita Carl
- Dan Eads
- Charlene O'Connell

# SJLC Activities ~ Aug. 2021

						August Open/Close: Kandra Cook	
SUN	MON	TUE	WED	THU	FRI	SAT	
1 <i>FISH collection</i> 9:30-Worship 10:45-Council meeting with Pastor Erickson	2	3	4 6:00-Worship	5 <i>Lunch/Dinner with Pastor Jacob</i> 7:00-Al-Anon	6	7	
8 9:30-Worship	9	10	11 6:00-Worship	12 <i>Lunch/Dinner with Pastor Jacob</i> 4:15-Exec mtg 7:00-Al-Anon	13	14 9:30-Prayer Shawl Coffee Hour	
15 9:30-Worship 11:30-Tri-Church HS Gathering (Sinnissippi Park) 1:00-Tri-Church Confirmation Gathering (Sinnissippi Park)	16	17 6:00-Council mtg	18 1:30-Parkway communion 2:30-Heritage Woods communion 3:30-Morningside communion 6:00-Worship	19 <i>Lunch/Dinner with Pastor Jacob</i> 2:30-Regency communion 3:30-Citadel communion 4:30-Worship Arts meeting	20	21	
22 9:30-Worship 1:00-Craft group planning meeting (Immanuel)	23	24	25 6:00-Worship	26 <i>Lunch/Dinner with Pastor Jacob</i> 7:00-Al-Anon	27	28	
29 9:30-Worship 2:00-Michael Rivera Recital (St. Paul)	30	31	<b>BUILDING USAGE:</b> As we begin to re-enter and use our St. John's facility for meetings and committee gatherings, please be proactive about doors being re-locked once all of your group has entered. Turn off and clean coffee pots, and make sure lights are all off before leaving the building. Thank you!				

## COUNCIL HIGHLIGHTS

Members of the church council would like to express a sincere and heartfelt thank you to everyone who stepped up and participated in the recent giving match that was provided by a generous member of the congregation. Pledges were quickly matched just weeks after the campaign kicked off.

This represents a significant commitment to continuing God's work through the life of St. John's and its people. We continue to pray for guidance and inspiration as we chart our path forward in the

coming months.

At the July meeting, the council received a note from the Rev. Rita Augsburger, former intern at St. John's, with a donation.

Pastor Jacob reported on the deaths of Shirley Bollman, June 27th with service July 3rd, and Betty Huntley, June 21st with service July 2nd.

The council is seeking volunteers to help form a committee for the prayer garden project. Nominations were made for the personnel committee. Brian Luebke and Chris

Rucker were appointed to Mutual Ministry.

Accounts were established and transfers made from the Morris Estate. Revised staff job descriptions were approved.

Beginning August 1st, St. John's will offer an option for continuous distribution for communion during Sunday worship.

The basement kitchen is now open for use.

Pastor Gary Erickson will visit August 1st and meet with the council after worship.

# GIVING MADE EASY

3 SECURE WAYS TO MAKE YOUR DONATION



**ONLINE**  
**StJohnsOnThird.org**



**MOBILE**  
**Tithe.ly app**



**IN PERSON**  
**Check or cash**

*All donations will be included on your yearly contribution statement.*

The Messenger is a monthly publication of St. John's Lutheran Church, a church of the Northern Illinois Synod of the Evangelical Lutheran Church in America. Join us for worship at 9:30am Sundays and 6:00pm Wednesdays. If you would prefer to receive The Messenger via email, contact the church office at [office@stjohnsonthird.org](mailto:office@stjohnsonthird.org).

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Sterling, IL 61081

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