

# 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

### Giving thanks for this summer



In what seems like very little time, here we are once again in August. How have your summer months been treating you? Have

you had opportunity for rest and connecting with friends, family, and loved ones?

In just a few short days and weeks the school year will once again be in full swing. Yet before we jump headfirst into the upcoming fall, let's take a moment to give thanks for some of the truly wonderful events we've participated in this summer.

In June, youth from St. John's once again participated in the Unite Service camp. This summer was the largest Unite event our community has ever had. With forty-two youth participants we fully painted five homes in four days. That is awesome and indeed a profound impact for our community. Not only did it catch the attention of our local radio and newspapers, it also gave our youth an

opportunity to talk about the event with WQAD Channel 8 News.

Of course, Unite was not the only event in July—we once again held a one-day fun fair style VBS called Under the Big Top: A Circus of God's Wonders. Filled with energy and enthusiasm, young children from throughout the community gathered for the event, each eager to learn, play, and grow in faith together. This year's VBS was especially significant because to my memory it was the first time the Unite partner congregations were intentional about asking our participants about dietary health concerns, from common food allergies to autoimmune issues. This simple question allowed six families to fully participate in this year's VBS event that would otherwise have not because they would have felt unwelcomed as a result of their health issues. As a result, by working with these families and meeting them where they are, more young people were able to fully participate and feel genuinely welcomed and appreciated for who they are.

Both Unite and VBS didn't happen

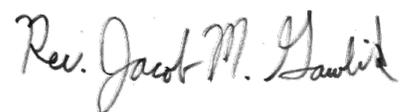
in a vacuum; they were possible thanks to the support of our members here at St. John's as well as our volunteers. How true it is that when we answer the call of the Holy Spirit amazing things happen.

I truly believe that every day God graciously provides and by the work of the Holy Spirit encourages each of us to open our hands and hearts to be part of God's love in this world. Alone we can accomplish nothing, yet together we are the body of Christ in this time and place.

As summer and August come to a close, we see that Rally Day is just around the corner on August 28. Let's keep the momentum going and make this Rally Day a meaningful experience for the youth. I encourage us all to invite our friends and neighbors to come out to worship and stick around for food, fellowship, and fun.

God's blessings to each and every one, I hope to see you on Rally Day.

Peace,



## AUGUST 2022

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# Youth & Family Ministries news



## SUNDAY SCHOOL RALLY DAY FIESTA

Rally Day is not just for young children. Jr and Sr High Youth are invited to help with setup for Rally Day as well as participate in the games and activities. Don't forget Jr and Sr High Youth also meet Sunday mornings throughout the school year for open conversation, bible study, and youth event planning. If you are in 7th – 9th grade, stay posted about the upcoming Confirmation Class schedule for the 2022 – 2023 school year. If you have questions or would like to chat, please call, text, or email Pastor Jacob at 262-748-6901 or [pastorjacob@stjohnsonthird.org](mailto:pastorjacob@stjohnsonthird.org).

## REUNITE IN AUGUST!

ReUNITE Outdoor Movie Night and Games will take place on Aug. 3rd at 7:30pm at St. Paul's Lutheran Church. We invite all participants to reunite with each other for a fun night of games, snacks, drinks, and an outdoor movie. Please bring a chair or blanket and friends too! Save the date right now!

## CHILDREN/YOUTH MINISTRY PICNIC TABLE

The St John's Sunday school table is in the process of being painted. Students will have an opportunity to paint their name and add painted artwork to the table this summer. If you would like to paint in the middle of the week, contact the church office.

## MENZ GROUP

**MONDAY, AUGUST 8TH, 6:00PM**

Menz group will attend a potluck August 8, 6:00pm at the White Pines State Forest. Hamburgers & Hot Dogs & Beverages provided. We invite you to bring a favorite dish to share (salad, chips, veggies, or dessert). Table service will be provided (plates, cups, forks, spoons, cups & napkins). Upon entering White Pines, base of the hill, notice signs pointing to the shelter. Ample parking near by.

After the meal we will visit White Pines Livestock farm. The farm has been in Pastor Leo's family for 167 years. For the past 48 years, Lyle Hopkin's family has farmed corn, soybeans, hay, wheat, & cattle. We are invited to visit the Pine Creek Christian church, newly built on Lowell Park Rd & Penn Corner. Please RSVP to Pastor Leo Patterson 815-677-1139 or [llpat@grics.net](mailto:llpat@grics.net) to help us prepare for Monday evening.



## HOSTING STUDENT MUSICIANS

This summer, some of the UNITE churches (including St. John's!) are hosting student musicians from the Sterling/Rock Falls area. This includes any student completing 8th grade through a just graduated college student. Students are asked to share a piece with their home congregation and then arrange to play that piece at other UNITE congregations where they will be paid \$25/service as a guest musician. This is a chance to keep music skills tip-top over the summer, share an IMEA or audition piece they may be working on, or another special piece. Please contact Dawn Zeigler @ 815.275.3775 or [dawn@stjohnsonthird.org](mailto:dawn@stjohnsonthird.org) for all of the details! We can't wait to hear the music!

# Lifestyle changes to live healthier, longer

Thanks to advances in medicine, science and public health, life expectancy has climbed to impressive heights. From 1900 to 2000, life expectancy in the U.S. jumped from 47.3 years to 76.8 years and has since increased to 78.6 years in 2017, or 76.1 years for men and 81.1 years for women. This is great news. But how many of those years are spent in good health?

As we age, we want to stay healthy, active and independent. This concept is sometimes referred to as your health span -- which has been defined as the period of life spent in good health, free from the chronic diseases and disabilities of aging -- as opposed to your life span, or how long you live.

The steps to increase your

likelihood of disease-free living are just what you'd expect: healthy lifestyle choices. Consider a recent study published in the BMJ. The study set out to see how five factors -- not smoking, maintaining a healthy body mass index, performing regular moderate or vigorous physical activity, alcohol use in moderation, and eating a healthy diet -- affected the number of years you would be expected to live without developing type 2 diabetes, cardiovascular disease or cancer.

Expected years of life without these diseases rose with each healthy lifestyle factor engaged in, as seen in the table below. Among participants without type 2 diabetes, cardiovascular disease and cancer at age 50, women with four or five

elements of a healthy lifestyle were expected to live nearly 11 years longer without developing those diseases than were those with none. For men, the difference was 7.6 years. Even if you've been diagnosed with a chronic disease, these diseases can often be kept under control with a combination of personal effort and help from your health care team.

It's also not too late to start practicing a healthier lifestyle. The study found that people who implemented four or five factors had longer survival after being diagnosed with chronic conditions than did people who implemented none.

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

Healthy Lifestyle Factors	Health Span	
	Women	Men
0	73.7	73.5
1	76.4	74.8
2	79.1	76.7
3	81.8	78.4
4 or 5	84.4	81.1

*\*For those disease-free at 50, expected age to first develop type 2 diabetes, cardiovascular disease or cancer*



## *Thank You, Julie McCord!*

In July, we learned of Julie McCord's decision to step away from directing our Praise Band. Julie's leadership has been amazing through the years! Her support and friendship with other musicians and staff, added to her outstanding talent, have made her such an important part of the St. John's music program. We will all miss Praise Band Sunday, Julie's passion and enthusiasm, and the songs we love to hear from the group. Julie and her family will continue to be a part of the St John's congregation and active in other ways.

Thank you, Julie for sharing your gifts of faith and music! We are grateful for the blessing you have been and will continue to be to St. John's.

## AUGUST BIRTHDAYS & ANNIVERSARIES

**1**

- Mindy Karrow
- Kellen Kibodeaux
- David LeFevre

**2**

- Vicki Jacobs
- Mark Jennings

**3**

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

**4**

- Barbara Johnson
- Brinley Stutzke

**5**

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

**6**

- Lori Gonzales

**7**

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

**9**

- Raymond & Debbie Jamieson
- Ann Potts

**10**

- Rick Barton
- Robert J. Nie\*

**11**

- David Geil
- Gayle Kellogg
- Krista Ramirez

**12**

- Kimberly & Zachary Heald

**13**

- Jason Cox
- Richard Reed

**14**

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

**15**

- Jacob Kierczynski
- Melody Smith

**16**

- Kiersten Jordan
- Connor Sisson

**20**

- Alyssa Oltmanns

**21**

- Shirley Jamison
- John Lichner

**23**

- Anne Jackley
- Janel Stahr
- Savannah Stanley

**24**

- Joseph Davis
- John & JoAnne Hall\*

**26**

- Larry & Vicki Cooper\*
- Adin & Emily Taylor
- Alena Taylor

**27**

- Amber & Justin Smith

**28**

- Tanner Barron
- Brayden Blumhoff

**29**

- Zachary Gallentine
- David Stutzke

**30**

- Jacob Gawlik
- Marilyn Henry

## VOLUNTEER & DONATE

- The Loaves & Fishes Breakfast Program at First United Methodist Church, Sterling, is in need of donations and volunteers. Checks can be made out to Loaves & Fishes and mailed to First United Methodist Church, 501 Broadway Ave., Sterling, IL 61081. Sign up to serve meals by calling Lois Heerdt at (815) 626-4773 or Paul Gould at (815) 499-2041.
- The PADS shelter has transitioned to year-round access and volunteers are needed. Contact Administrative Director Myles Newberry at (815) 626-2210 or mylesnewberry.PADS@gmail.com.



## SAYING THANKS

I would like to thank the members and friends of St. John's for your prayers and support at this time of getting my new heart valve! Thank you to Pastor Jacob for his visit and prayers. My new valve is working well. I lost 20 pounds of weight in 2 weeks and can now sleep nights. Thanks be to God!

Howard F. Janssen

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

## COUNCIL HIGHLIGHTS

### PASTOR'S REPORT

- UNITE was a huge success with 42 youth painting 5 houses in 4 days.
- Vacation Bible School finished this past week with 42 youth in attendance. This was the 1st year that questions were asked about the individuals dietary health so all could be accommodated with food and snacks. Pastor thanked all the volunteers who helped with VBS and UNITE to make it a great success.
- Pastor thanked the Funeral Luncheon committee for being so accommodating when needed.
- Upcoming events:
  1. Rally Day is planned for August 28th. Sunday school registration will also be that day.
  2. Pastors of Tri-Church are meeting to make plans for Confirmation classes this coming fall.
  3. Finance committee is having meeting to prepare for the upcoming year's budget.

### COMMITTEE REPORTS

**TREASURER:** Checking acct. balance as of 7/19 is \$4756.20. Undesignated acct. balance as of 7/19/22 is \$45,928.76.

**CHRISTIAN ED COMMITTEE:** Sunday School meeting was held with preparation of a lesson planning calendar being finalized.

**PROPERTY COMMITTEE:** Dave Geil reported that the parking lots will be sealed in the next two weeks.

**PERSONNEL COMMITTEE:** Pastor has been informed of the resignation of Julie McCord from the Praise Band.

### OLD BUSINESS

- Website is continuing to be updated. Council pictures for the website will be taken after this evening's Council meeting.
- Constitution Update:

**Current (expired) resolution:** C12.05.A18- The Congregation Treasurer is authorized to transfer funds on an emergent basis to pay required outstanding bills. The transfer shall be approved by the Congregation Council at the next meeting of the Congregation Council. This resolution shall be in effect through fiscal year 2020.

**Proposed resolution:** C12.5.A22- The Congregation Treasurer is authorized to transfer funds on an emergent basis to pay required outstanding bills. The transfer shall be approved as an explicit motion by the Congregation Council at the next meeting of the Congregation Council. The resolution was approved.

### NEW BUSINESS

- Joint Meeting St. Paul's- Pastors of Tri-Church will be held on July 28, 2022. Executive Committee's meeting date will be finalized on this meeting.
- Motion was made by Lois Rowzee to approve a \$7000.00 transfer to meet payroll and payroll taxes. Second was made by Kandra Cook. Motion approved.
- Six policy updates were made on adult volunteer applications, the Memorial Gift Designation Form, employment applications, disbursements of funds, background checks, and youth safety.



### MISSION PARTNERS VISIT ST. PAUL'S CHURCH - DIXON, IL MONDAY, AUGUST 15, 2022 AT 7 P.M.

With Joy, I share this invitation from St. Paul's Lutheran Church, Dixon, IL. On August 15 at 7 p.m. Kellen and David Msseemaa will be here to present the special work Kellen does at Empowered Girls. The couple are coming to the U.S. for one month. David (Daudi) is the E.L.C.A. Regional Rep. for East Africa. This will be a very exciting and informative presentation. You can learn more at [www.empoweredgirlsafrika.org](http://www.empoweredgirlsafrika.org) and they are both on Facebook. Refreshments will be provided so please let us know if you will be able to attend.

RSVP to Leo & Linda Patterson—home phone 815-652-5269

## 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

- Clarence Wolf, 7/11

### WEDDINGS

- None

### BAPTISMS

- Jonah Gawlik, 7/9

### MEMBERS RECEIVED

- None

### MEMBERS REMOVED/TRANSFERRED

- None

### CHANGE OF ADDRESS

- None

### STAFF BIRTHDAYS

- Jacob Gawlik, 8/30

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

### PERSONNEL

- Rev. Jacob Gawlik, Senior Pastor
- Rev. Leo Patterson, On Call/Visitation Pastor
- Daudi & Kellen Msseemmaa, Missionaries to East Africa
- Dawn Zeigler, Minister of Music & Bell Choir 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

- Dave Geil, president\*
- Denise Norman, vice president\*
- Kandra Cook, secretary\*
- Teri Holldorf, treasurer\*
- Jan Klocke
- John Lichner
- Chrissy Murphy
- Lois Anderson-Rowzee
- Shawn Wolfe

\*Exec Committee member

### CHRISTIAN ED

- Michelle Gawlik
- Chrissy Murphy
- Jan Klocke
- Denise Carl
- Mont Cessna

### PERSONNEL

- Denise Norman, chair
- Lois Anderson-Rowzee
- Rev. Jacob Gawlik
- Dave Geil

### ENDOWMENT

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

### FINANCE

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

### FUNERAL

- Dave Geil, chair
- Linda Geil, chair
- Druann Bushman, chair

### MEMORIAL

- Dave Geil, chair
- Rev. Jacob Gawlik
- Brian Luebke
- Nancy Rasmussen
- Jannet Taylor

### STEWARDSHIP

- Jan Klocke, chair
- Nancy Rasmussen

### CONG. LIFE

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

### PROPERTY

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

### SOCIAL MINISTRY

- Vacant

### WORSHIP ARTS

- Dawn Zeigler, chair
- Denise Carl
- Shawn Wolfe

### WORSHIP TECH

- Anita Carl
- Dan Eads
- Charlene O'Connell

# SJLC Activities ~ August '22

August Open/Close:  
Lois Rowzee

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 6:00-Worship	4 7:00-Al-Anon	5	6
7 <i>FISH collection</i> 9:30-Worship <i>Acolyte: Jason M.</i> <i>Assistant: Denise Norman</i>	8 6:00-Finance Committee mtg 6:00-Menz Group	9	10 6:00-Worship	11 4:15-Exec mtg 7:00-Al-Anon	12	13 9:30-Prayer Shawl Coffee Hour
14 9:30-Worship <i>Acolyte: Alena T.</i> <i>Assistant: Denise Carl</i>	15 7:00-Mission Partners @ St. Paul's Dixon	16 6:00-Council mtg	17 1:30-Parkway communion 2:30-Heritage Woods communion 3:30-Morningside communion 6:00-Worship	18 2:30-Allure of Sterling communion 3:30-Citadel communion 7:00-Al-Anon	19 <i>Newsletter due</i>	20
21 9:30-Worship <i>Acolyte: Landon M.</i> <i>Assistant: Chris Rucker</i>	22	23 6:30-NAMI group	24 6:00-Worship	25 7:00-Al-Anon	26	27
28 Rally Day 9:30-Worship <i>Acolyte: Noah R.</i> <i>Assistant: Jeff Fisher</i>	29 9:00-Newsletter assembly	30	31 6:00-Worship			

## SELF HELP ENTERPRISES SEEKS DONATIONS FOR CHRISTMAS GIFTS

Over the last few years we have had tremendous outpouring of support from the community for our Santa's Secret Workshop. The event was a huge success and our individuals had a great time shopping for as well as giving the gifts. Most of the individuals love the fact that they are able to give gifts, especially to people they were unable to give gifts to in the past.

Our individuals live on a very limited income and after their monthly expenses are subtracted from their income, they seldom have enough to think about Christmas gifts. We are again asking

for donations for our Santa's Secret Workshop. A list of items that we are looking for (new or like new products) follows. If you would rather make a monetary donation for us to make purchases of items we might need, please make checks payable to Self Help Enterprises and mail to 2300 W. LeFevre Road, Sterling, IL 61081. Thank you in advance for any help you can provide.

### WE ARE LOOKING FOR:

- Nail polish
- Posters
- Sports memorabilia
- Board games
- Coloring books

- Paints
- Manicure sets
- Scented lotions
- Movies (DVDs)
- Small tool kits
- Toys
- Fishing equipment (please no poles)
- Perfume and aftershave
- Gift bags (larger sizes)
- Camping equipment
- Scented candles
- Pet toys and treats
- Christmas collectibles
- Small gift baskets
- Lip gloss
- Small craft projects
- Playing cards
- Card games
- Puzzles (600 piece or less)
- Puzzle books
- Markers

- Crayons
  - Pedicure sets
  - Body wash
  - Car care kits
  - Socks (for men and women)
  - Decorative mugs
  - Hats
  - Money
  - Flashlights and batteries
  - Microwave popcorn\*
  - Hot chocolate\*
  - Movie candy\*
  - Gloves and scarves
  - Toothbrushes and toothpaste
  - Blanket throws
  - Activity books (for adults and children)
- \*Please check expiration dates on food items.

Help us go green by signing up for

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Questions? Email [messenger@stjohnsonthird.org](mailto:messenger@stjohnsonthird.org).

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