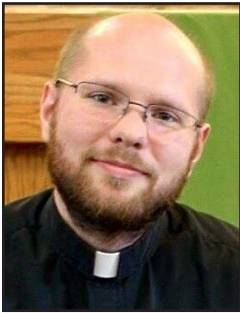


THE MESSENGER

A MONTHLY PUBLICATION OF ST. JOHN'S LUTHERAN CHURCH, STERLING, IL
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PASTOR'S POINTS

It's not worth the worry



I have found that it's very easy for me to get a song or part of a song stuck in head. These little earworms seem to pop up out of the blue.

I'm sure many of us have experienced something similar at some point, whether that be a radio jingle or some other kind of melody.

It's so odd how those earworms show up, too. During a walk, while folding laundry or taking care of the dishes, all of the sudden—poof! There it is on an ongoing loop.

Sometimes, this can be quite commercial. Having grown up in Chicago, I think it's fair to say I've seen and heard thousands if not millions of Empire Carpets commercials. "5-8-8, 2-3 hundred Empire!" and it's associated melody feels like it is forever emblazoned on my brain. If I had to guess, if you've heard it before you likely recalled the commercial jingle as you were just

reading that last sentence.

Sometimes, these earworms show up first thing in the morning when I wake up. For example, this morning I woke up with part of the song "Everything's Alright", which is from Andrew Lloyd Webber's Jesus Christ Superstar, on my mind.

The words from the song, "Try not to get worried, try not to turn on to problems that upset you, oh don't you know everything's alright, yes, everything's fine..." were not only repeating in my mind in rhythm with their melody. See, they also felt like a heavenly reminder. So often all of us in our little blue world cling tightly to all kinds of worries and upsets, yet for what good?

In Luke 12:25, Jesus says, "... can any of you by worrying add a single hour to your span of life?" (NRSV)

Jesus is spot on—there are so many things in life we allow ourselves to worry and dwell upon that are not lifegiving. As people of faith, we know that the Lord daily provides exactly what is lifegiving for the day and not just for ourselves. Every

day the Lord provides opportunities for each of us to share God's very presence and love with others including neighbors and strangers.

Through Christ's life, death, and resurrection we are all given the gift to see the good God has done and is doing. By this same gift we get to be part of that good work. You see, worrying about if God or others will do something becomes a distraction for us from seeing how we are and can be part of what God is doing.

By faith we recognize two very important things. First by the gift of God's grace through Christ we are all one in Christ Jesus. Second, that our Lord promises to be with all of us. Therefore as St. Peter says, "Cast all your anxiety on him, because he cares for you." (1 Peter 5:7, NRSV) Since Christ cares so deeply for us, certainly we can rejoice in the Lord in are caring for others by the same grace, mercy and love we have so freely received.

Rev. Jacob M. Lawler

SEPTEMBER 2022

Branches News Briefs	2
Nurse Notes.....	2
Saying Thanks.....	3
Policy Updates	3

Birthdays & Anniversaries.....	4
Special Offering	4
Council Highlights	5
About St. John's.....	6

Parish Register.....	6
September Calendar & Events.....	7
Self-Help Donations	7
God's Work Our Hands workday....	Back

Youth & Family Ministries news

JUNIOR/SENIOR HIGH SUNDAY SCHOOL SCHEDULE:

- ▶ ***SEPTEMBER 4: ADAM & EVE***
- ▶ ***SEPTEMBER 11: NOAH***
- ▶ ***SEPTEMBER 18: ALL SUNDAY SCHOOL ACTIVITY-
BOB ROSS PAINT DAY***
- ▶ ***SEPTEMBER 24: GOD'S WORK OUR HANDS COMMUNITY
SERVICE DAY***

NURSE NOTES

Drug allergy or side effect?

Medications can cause negative effects even while working well. But there's a difference between a side effect -- a potentially expected, albeit unpleasant, reaction to a drug -- and a drug allergy -- an abnormal reaction of your immune system.

Incorrectly calling a side effect an allergy might cause a drug or related drugs to be flagged in your medical record, preventing providers from prescribing an otherwise appropriate medication. Here are some tips to know the difference:

- Check the documentation. While drug labels include a brief list of side effects, the printed materials that come with the drug contain a full list. Or you can view side effects at [mayoclinic.org/drugs-supplements](https://www.mayoclinic.org/drugs-supplements).
- Know your risk. People with these factors are at a higher risk of drug allergies:
 - » A history of other allergies, including food allergy and hay fever.
 - » A personal or family history of drug allergy.
- Increased exposure to a drug because of high doses, repetitive use or prolonged use.
- Certain illnesses, such as infection with HIV or the Epstein-Barr virus, which are commonly linked to allergic drug reactions -- although drug treatments may cause side effects, such as rashes, that mimic allergic reactions.
- Document your reactions. A drug can cause side effects in one person and an allergy in another. A prime example is penicillin. Severe symptoms, such as hives or throat swelling, may signal an allergic reaction. Milder problems, such as itching or a bloated feeling, are more likely side effects. Document all reactions, including how long after taking a drug they occur.
- Talk to your provider. Call your doctor or pharmacist. He or she is trained and experienced in differentiating between the two.

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

SAYING THANKS

Thank you to everyone who donated to Another Child Foundation. St. Johns collected 6 blankets, 5 pairs of shoes and 32 pairs of socks for Romanian and Guatemalan children. Your support is greatly appreciated. God bless.

Denise Carl

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 our communities in order for them to grow up to be our future leaders.

Let's Feed Our Children

Dear Friends at St. John's:
It was a pleasure to once again attend services at St. John's. I want to thank the church and members of the congregation for their donations for the people of the Pine Ridge Indian Reservation in South Dakota. The donations of personal and household items will help fill many bags. The bags of new winter hats and gloves was an unexpected surprise. I always shop for them at the end of the season and will be given out when the weather gets cold. Towels and other miscellaneous items are appreciated and will be used.

Blue Feather has been involved in many projects over the years and our yearly bags for the veterans and elderly have been very popular and

appreciated. With the help of your donations we hope to assemble 35 bags this year that will be delivered later in August.

I would like to express a special thank you to the children of St. John's who collected and donated their offering to help the people of Pine Ridge. It will be used to help a family with a grandmother, son and three grandchildren with food for the family and extra food for their pets. Even though the son has a part-time job, expenses often exceed their income. We have been working with this family for many years.

Again, thank you.

Susan Duhn, Director, Blue Feather Alliance



During this calendar year, it has become apparent that several policy updates were needed. Many relate to staffing changes and as is usually the case, a change to one policy often dictates a needed change to the language in another policy. Some of the changes were advisable based on proposed updates of our constitution that is currently in process. It is expected that those proposed amendments will be brought to the congregation for approval at a Special Meeting of the Congregation following the Budget Hearing on October 16, 2022. The proposed changes will come to the congregation for ratification at the Annual Meeting of the Congregation on the

last Sunday of October. Over the course of several meetings, the Congregation Council has approved amendments to policies as recommended by the Personnel Committee. The updated policies, and in some cases, the form used as documentation of the policy, include:

- Background Checks
- Background Check Authorization Form
- Disbursements of Funds
- Employment Applications
- Memorials, Bequests and Non-Monetary Gifts
- Memorial Gift Designation Form
- Offering Counting Procedure
- Opening and Closing the Church for Worship
- Youth Safety
- Adult Volunteer Application

A complete policy manual, in the form of a three-ring binder, can be found in the East Room and the Library. A copy may also be obtained from the church office. Please familiarize yourself with the updates. Questions may be directed to any member of the Personnel Committee or the Congregation Council.

SEPTEMBER BIRTHDAYS & ANNIVERSARIES

2

- Diana Smith
- Erika & Bradley Smith

3

- Bob Kuba*
- Alexis Miniell
- Trudy Tupper

4

- Lori Campos
- Nathan & Janel Stahr

5

- Aron Gomer
- Larry & Lisa Judd

6

- Greg & Joan Moran
- Korinna Ramirez

7

- Martin Breed
- Randy Johnson
- Ava LeFevre
- Bradley McFalls
- Orrie Peterson

9

- Frans Rechkemmer

10

- Kelli Vilmont

11

- Molly Klocke

13

- Sarah Gierhart
- Mary Ann Heppel*
- Kyle Morgan
- Britney Perrine

14

- Don & Andra Bielema

15

- Victoria Wolfe

16

- Don Bielema
- Rhonda Stutzke
- Michelle Torres

17

- Nancy Davis*
- Reese Kramer

18

- Leola Casey*
- Mary Kay McCune
- Emma Puckett
- Jaclyn Strehlow

19

- Jane Nie*

21

- Rick Rucker

22

- Margery Spooner*

23

- Braylon Briggs

24

- Mary Kay & Edward McCune

25

- Tara Bragg
- Joan Moran
- Logan & Margaret Wolfe

26

- Katrina Fancher
- Kimberley Kleckler
- Quinn Stahr

27

- Joyce Baer
- Matt & Christine Murphy

28

- Diane Bollman
- Lennan Reaver

29

- Miriam Duffin
- Karen Kleckler
- Grace Stahr

30

- Sarah Benson
- Sue Wolf



SPECIAL OFFERING THROUGHOUT SEPTEMBER

Throughout September we will be receiving a special Noisy Offering to support “Celebrating Families” being led by LSSI! Celebrating Families is a successful, evidence-based 16-week curriculum that addresses the needs of children and parents in families that have serious problems with alcohol and other drugs. Each session begins with a family meal, followed by family members breaking into age groups for developmentally appropriate activities led by the group facilitators. At the end of each session, all family members re-connect in activities to learn how to apply these new skills and interact in healthy ways. Celebrating Families empowers by teaching healthy living skills like anger management, communication, healthy living and nutrition, and problem/goal setting. Your donations will help make this life changing program possible! Thanks in advance for your generous giving!

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

COUNCIL HIGHLIGHTS

PASTOR'S REPORT

- Patricia Gorzney passed on July 22, 2022. Graveside services were held on August 13, 2022.
- St. John's and Immanuel Jr./Sr. High Youth and Confirmation will no longer be joint with St. Paul's. Confirmation instruction will meet on Sunday Mornings with Pastor Jacob as the instructor. Immanuel and St. John's will continue doing joint Jr./Sr. high events.
- St. Paul's will be transitioning on their own to online live streaming for 2023. St. John's and Immanuel will continue online services.
- Rally Day is set for August 28, 2022. The theme is Fiesta and great preparation has been done. Sunday School registration is the same day.
- Pastor will be attending PLC at Lutherdale in Elkhorn, Wisconsin on October 21, 2022.
- The missionaries gave a powerful presentation on August 15, 2022 at St. Paul's Church in Dixon.

COMMITTEE REPORTS

TREASURER: A motion was approved that the remaining money withdrawal from the ELCA Charles Morris account will remain in the Endowment Undesignated account and will be reviewed monthly.

A motion was approved that the undesignated money from Thrivent will be reviewed quarterly by the Congregational Council for distribution.

WORSHIP ARTS COMMITTEE: Committee had a meeting on July 26, 2022 and 4 members attended. Julie McCord will be recognized on September 18, 2022. Music concerns were discussed and Dawn Zeigler is working on guest musicians and accompanists. The 2023 Budget was discussed and will be submitted on schedule.

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

FINANCE COMMITTEE: The Finance Team had a meeting on July 11, 2022. Minutes of the meeting on file.

OLD BUSINESS

- Website is being finished this month.
- Constitution Update: A motion was approved by the Congregation Council on the proposed changes to the Constitution. The proposed Constitution changes will now be sent to the Constitution Review Committee of the Synod for approval.
- Reseal of the Parking lot: The resealing has been done. A motion was approved to move \$300 from the undesignated Memorial Account to pay the remaining bill for the parking lot sealing.
- Policy Update: A motion was approved to approve the policy updates as written.

NEW BUSINESS

- A motion was passed to approve the transfer of \$9,000 from the Endowment Undesignated account to Checking.
- Distribution of Joint Youth Funds: This joint account with St. Paul's is now dissolved. The account was \$14,735. St. John's \$8,668 and St. Paul's \$6,067 were the funds distributed.
- September Council date change: Executive council- 9/8/22 & Congregational Council-9/13/22
- Housing Allowance: A motion was approved that the Congregation Council shall set a housing allowance out of the compensation for Pastor Jacob Gawlik in the amount of \$20,051.64 beginning the calendar year 2023 until such time as it needs to be amended.
- Electric Contract: Existing contract expires in December 2022. President Dave Geil did research to find an electric provider. A motion was approved to accept Clean Sky Energy as the provider under contract for 24 months.
- Budget Hearing and Special Congregational meeting: A special Congregational meeting will be held on October 16, 2022 to have the congregation approve the proposed changes to the Constitution, Bylaws, and Continuing Resolutions. The meeting will follow worship and be followed by a budget hearing.

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

- None

WEDDINGS

- None

BAPTISMS

- None

MEMBERS RECEIVED

- None

MEMBERS REMOVED/TRANSFERRED

- None

CHANGE OF ADDRESS

- None

STAFF BIRTHDAYS

- Kyle Morgan, 9/13

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 ~ Sept. '22

September Open/Close:
Denise Norman

SUN	MON	TUE	WED	THU	FRI	SAT
				1 7:00-Al-Anon	2	3
4 <i>FISH collection</i> 9:30-Worship <i>Acolyte: Jocelyn P.</i> <i>Assistant: Shawn Wolfe</i>	5 <i>Church Office closed</i> 6:00-Menz Group	6	7 6:00-Worship	8 4:15-Exec mtg 7:00-Al-Anon	9	10 9:30-Prayer Shawl Coffee Hour
11 9:30-Worship <i>Acolyte: Sarah D.</i> <i>Assistant: Mike Doughty</i>	12 6:00-Finance Committee mtg	13	14 2:30-Heritage Woods communion 3:30-Morningside communion 6:00-Worship	15 2:30-Allure of Sterling communion 3:30-Citadel communion 7:00-Al-Anon	16	17
18 9:30-Worship <i>Acolyte: Blake L.</i> <i>Assistant: Teri Holldorf</i>	19	20 <i>Newsletter due</i> 6:00-Council mtg	21 6:00-Worship	22 7:00-Al-Anon	23	24 God's Work Our Hands workday
25 9:30-Worship <i>Acolyte: Olivia B.</i> <i>Assistant: Denise Norman</i>	26	27 6:30-NAMI group	28 9:00-Newsletter assembly 2:00-Parkway communion 6:00-Worship	29 7:00-Al-Anon	30	



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.



TRI CHURCH: GOD'S WORK OUR HANDS

SATURDAY, SEPTEMBER 24TH

Tri Church will have a workday for God's Work Our Hands on Saturday, September 24th. Two projects are being offered – one outdoor and one indoor. The day will begin at 9 am and conclude by 1:30 pm. A complimentary lunch followed by closing worship will be at Immanuel, 501 8th Avenue, Rock Falls. If you have a yellow GWOH t-shirt, please wear it.

The outdoor activity involves a beautification project in Rock Falls near the riverfront. We will gather at 9 am behind Kapp's Banquet Facility at the corner of West First Street and Second Avenue. Trees will be planted in this area (former Limestone Building). Another project

will be that of tree & shrub removal further west at the former Parrish Alford site – along West 2nd Street between 4th and 8th Avenues. Please bring gloves and the following tools if available: shovel/spade, hand saw, battery operated Sawzall, loppers, and hand-clippers.

The indoor activity will be a craft project at Immanuel (501 8th Avenue). Jennifer Morgan will lead a card-making project for all the Tri Church homebound members.

Please sign up by Sunday, September 11th if you plan to participate. Also, indicate your choice of outdoor or indoor activity as this will help with finalizing project plans and meal preparation. Thank you for lifting your hands for God's work!

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@stjohnsnorthid.org.

St. John's Lutheran Church
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