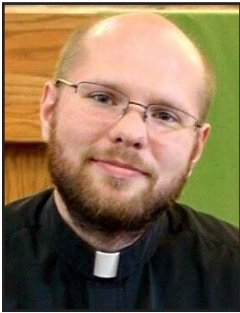


THE MESSENGER

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

It is ok to grieve and lament



Every so often I overhear a conversation that takes place when I'm out and about around town. The details of the conversation

can vary, yet at the core the dialogue between the two or three people is often the same. A loved one has died and either Person A is trying to convince the individual that they need to "get over it" or they themselves are trying to convince Person B that they've "moved on."

It seems our culture is very uncomfortable with the idea of grief, mourning, and lament. Now some may be thinking this is a relatively new phenomenon; unfortunately, it's not. Even within our own Lutheran tradition in America, our hymn and prayer books omitted psalms of lament and grief that had previously been handed down for generations. When you have a moment, go ahead and take a look at a copy of the old Service Book and Hymnal or

Lutheran Book of Worship. You'll notice that several of the Psalms do not appear.

As it turns out, our current Evangelical Lutheran Worship hymnal is the first English language service book that includes the full Psalter and it was published in 2006, yet Lutherans have been in the Americas since well before the 1700s. That's a long time to go without formal use of the full Psalter.

As I mentioned, it seems that this discomfort with grief, mourning, and lament has been around for quite some time. In a small way, it's understandable. After all, as people of faith we are also people of the resurrection promise. So, it can feel faithful to want to jump right to the empty tomb and force a joyful noise. However, an Easter morning without Good Friday is empty of meaning. For there to be a resurrection there must first be a death. And if we are being true to ourselves and the memories of our loved ones, death is sad. So much so that even Jesus weeps when he comes to the tomb of Lazarus.

Perhaps rather than attempting to

avoid grief, mourning, and lament, we might grow to understand them and their related emotions as companions in life's pilgrimage. Not as something to shame or dismiss, but as a remembrance and thanksgiving for the totality of our whole human experience. We weep and feel sorrow not just because we are sad. We do so also because we care, and because we have compassion.

I believe in a God of compassion who is filled with grace, mercy, and love. Just as Christ wept for Lazarus, so our Lord does for each of us. Not out of pity, but rather out of love. Moreover, a love so strong it is willing to be vulnerable for the whole creation so that together we might learn to care for one another as God does.

We truly are blessed to have a Lord and Savior whose love is so deep that it encompasses both the joy and sorrow of all creation.

Rev. Jacob M. Gaudin

OCTOBER 2022

Branches News Briefs	2
Nurse Notes.....	3
Self-Help Donations.....	3
Birthdays & Anniversaries.....	4

Festival of Trees	4
Council Highlights	5
Special Offering Update	5
About St. John's.....	6

Parish Register.....	6
October Calendar & Events.....	7
All Saints Breakfast.....	7
Go Green with eMessenger	Back

Youth & Family Ministries news

LOMC FALL RETREAT IS COMING UP!

The LOMC Fall Retreat is November 18th-19th for all 6th-9th graders. Come and be AFFIRMED in who you are through worship, team building games, interpretive hiking, nature learning/craft, and dancing/karaoke.

We will arrive Friday November 18 between 6-7pm and depart on Saturday November 19 at 4pm. The fee is \$30 (this covers all activities, Friday evening snack, and Saturday breakfast/lunch) and grants are available for individuals with financial need. Please let Pastor Jacob know if you'd like to attend by October 9!

WHAT TO BRING:

- Water bottle
- Sleeping bag
- Pillow
- Toiletries
- Sleeping clothes
- Change of clothes
- Clothes for cold weather
- Two pairs of shoes (closed-toe)

OPTIONAL ITEMS:

- Sliders/flip flops for use in the shower/bathroom
- Reading material for travel/rest time
- Hat
- Sunscreen
- Dollars for pop-up camp store

We recommend leaving ALL expensive items at home including cell phones. Your church and LOMC are not responsible for any broken or lost items you bring.

We recommend all participants complete a home Covid test before leaving for the retreat and PLEASE do not attend if you don't feel well! Mask wearing is optional.

SUNDAY SCHOOL & CONFIRMATION CLASS SCHEDULE

- October 2: Jacob
- October 9: Joseph
- October 16: Moses
- October 23: Confirmation day for 9th Graders; Whole Sunday

School Activity - Pumpkin Carving

- October 30: Annual Meeting - No Class
- October 31: Halloween Trunk-or-Treat at St. John's

CORN MAZE

6th-12th Graders—JOIN US for a Tri-Church TEEN TIME this month! We will be gathering outdoors at Selmi's (1206 Dixon Avenue, Rock Falls) on Wednesday, Oct. 26 from 4:30-6:00 pm and adventure through the Maze together before enjoying some Cliff's donuts. Cost: \$4. If you would like to participate but are in financial need, please speak with Pastor privately. All 6th-12th graders are welcome! We will also dive into God's Word a bit together and continue to know God, ourselves and each other more! If it is storming, this event will be cancelled. We are hoping for an outstanding early evening of sharing life and God's love together!

YOU ARE INVITED!

ST. JOHN'S LUTHERAN CHURCH

TRUNK OR TREAT

OCTOBER 31, 2022

4:30 - 7 PM



Come decorate the trunk of your car, truck bed, or back of SUV and hand out candy and other goodies to trick or treaters on Halloween night. You will not be required to stay the entire time, if you're available anytime from 4:30-7pm please feel free to stop by and join us. You are also welcome to dress up in costume. Please provide store-bought wrapped candy for children or other small toy items like stickers, spider rings, etc. Not interested in decorating your car but want to join us and hand out candy? Great! Bring your candy and lawn chairs and we'll park you between the cars.

How a dietitian can help

Changing eating habits is no small feat, but partnering with a registered dietitian (RD) or registered dietitian nutritionist (RDN) is a good start. These specialists are often certified in specific areas, such as oncology, diabetes, sports, or geriatric nutrition. They can assist with:

- Teaching you the basics. This may include reading a nutrition label and cooking uncomplicated, budget-friendly meals.
- Helping manage chronic conditions. A dietitian can help you create a meal plan for conditions such as high blood pressure, congestive heart failure, undesirable cholesterol levels, or diet plans to help with diabetes management and weight control.
- Meeting your specific nutritional needs. If you have had weight-loss surgery or decide to become a vegetarian, a dietitian can make sure you're getting

necessary nutrients. Dietitians are often members of oncology teams, helping those with cancer stay nourished through the rigors of treatment. With digestive issues or allergies, dietitians can help people avoid foods that cause symptoms or trigger reactions.

- Assisting you when you stumble. If you're trying to lose weight or eat healthier, there will inevitably be times when you get off track with your goals. A dietitian can help you create a game plan to overcome setbacks and hurdles, then steer you back in the right dietary direction.

Insurance coverage for nutritional counseling varies, so check with your insurance provider to clarify costs before scheduling an appointment.

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



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.*

OCTOBER BIRTHDAYS & ANNIVERSARIES

1

•Tom Breed

2

•Jessica Allen

3

•Marcia Keime*

4

•Jeff Fisher
•Isabella Gaffey
•Shawna & Steven Kester

5

•Julie McCord
•Dianne Sands

6

•James Eshleman*

7

•Eugene & Sarah LeFevre*
•Gary & Amanda Smith

8

•Lois Anderson-Rowzee*
•William & Erica Grim

9

•Brenda Sisson

10

•Virgle & Karen Onnen
•Stanley Rasmussen

11

•Randal Davis
•Linda Geil

12

•Treaven Barron

14

•Timothy Baer
•Edwin Schmitt

15

•Michael & Kathleen Schmidt
•Leonard & Brenda Turner
•Jennifer Vasquez

17

•Kennedie Vilmont

18

•Jill Leesman
•Matt Miller

19

•Ruth Ramirez*

20

•Jerry Baker
•Ruth Dietz*
•Aislinn O'Connell
•Joe Perales

21

•Julie Johnson
•Corey Judd

22

•Karsyn Goss
•Patrice Redfield
•Emily Taylor

23

•Joyce Preston*
•Jill Workman

24

•Shari Baker

25

•Gloria Heuck
•Leo Patterson*

27

•Kelly Granzow
•Noah Rucker

28

•Melissa Goodwin

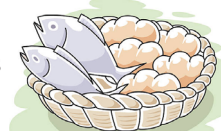
29

•Alyssa Henson

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

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.



FESTIVAL OF TREES

Rock River Hospice & Home needs donations of cookies for the Festival of Trees which will be held Thursday, November 10th thru Sunday, November 20th. Please bring your cookies (any variety) to the kitchenette on Thursday, November 17th anytime between 9am & 4pm. Any questions please call Sharon Zinanni at 815-508-2585.



COUNCIL HIGHLIGHTS

PASTOR'S REPORT

- Rally Day was well-attended and went well
- 15 youth are registered for Sunday School
- 7 youth will be attending Confirmation classes
- Staff reviews are ongoing. Campership Fund will help support the youth for this retreat. More information to come.
- The Mobile Museum of Tolerance is at the Sterling High School. It will be there from 9/12-9/18 from 3:00 to 7:00. This exhibit is well worth visiting.

COMMITTEE REPORTS

TREASURER: A motion was approved to present the council recommendation at the Budget Hearing a 2% increase to salary staff members.

The 2023 Budget will be finalized to present to the congregation at the Annual Congregational meeting in October.

WORSHIP ARTS COMMITTEE: On September 18th at the Church service they will be presenting Julie McCord with flowers to celebrate her time with St. John's.

PERSONNEL COMMITTEE: Met on August 29th. Denise Norman had prepared review forms to use as the starting point for discussion of individual staff members. The forms will be completed and shared with the group for corrections or additions.

Pastor Jacob will contact the staff members to schedule times for the reviews to be given. One member of this committee will attend each review along with Pastor Jacob and the staff member. The goal is to have

all reviews completed prior to the time that the report for the annual meeting is submitted as documentation of the committee's actions.

OLD BUSINESS

- A motion was made by Shawn Wolfe to approve the updates/ changes of the Constitution that were approved by the Synod Constitution Review Committee. Motion approved.
- Budget Hearing/Special Congregational meeting is set for October 16, 2022. The budget is still being finalized.
- The new website is finalized and ready to be viewed.

NEW BUSINESS

- A motion was made to approve a transfer of \$14,500 from the undesignated account to the checking. Motion approved.
- A motion was made to gift \$500 from the Thrivent Choice Undesignated Dollars to Loaves and Fishes Program. Motion approved.
- A motion was made to approve the following Special Offerings to go to the following programs:
 1. October Special offerings- Bare Necessities
 2. November Special offerings- LSSI Holiday Hope Chest
 3. December Special offerings- Home of HopeMotion approved.
- Trunk or Treat will be held in the St. John's Parking lot on October 31, 2022. More information to follow. We had a great event last year so any that would like to join with a decorated trunk to hand out treats for Halloween please feel free to join.



CELEBRATING FAMILIES UPDATE

THANK YOU for supporting the Noisy Offering "Celebrating Families" in support of families in recovery from substance abuse led by LSSI! Your change is literally changing lives! Do you like to cook or bake? Are you a Thrivent Member with a Thrivent Action card that is yet to be used? YOU can bless "Celebrating Families" by providing a meal for 20 people on the date of your choosing. You could accomplish this through your own cooking and baking or by purchasing food from a local restaurant or using a Thrivent Action Card. Contact Skip Dettman at 815-626-7333 to sign up to provide a meal for "Celebrating Families." 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. Thank you for considering this opportunity!

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

- Audrey Dykhuizen, 9/12
- Lyle Hammelman, 9/17

WEDDINGS

- None

BAPTISMS

- None

MEMBERS RECEIVED

- None

MEMBERS REMOVED/TRANSFERRED

- None

CHANGE OF ADDRESS

- None

STAFF BIRTHDAYS

- Pastor Leo, 9/25

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

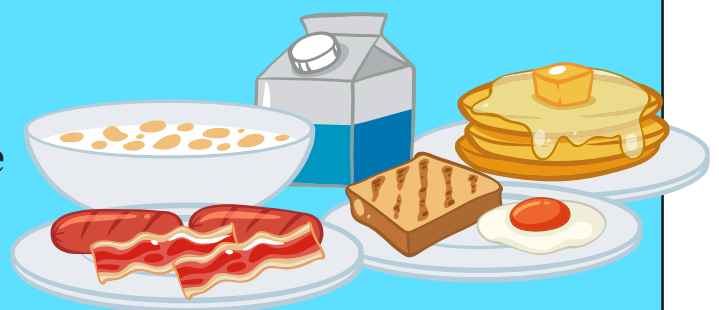
SJLC Activities ~ October '22

October Open/Close:
Kandra Cook

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 <i>FISH collection</i> 9:30-Worship <i>Assistant: Denise Carl</i>	3 6:00-Menz Group	4	5 6:00-Worship	6 7:00-Al-Anon	7	8 9:30-Prayer Shawl Coffee Hour
9 9:30-Worship <i>Assistant: Chris Rucker</i>	10 6:00-Finance Committee mtg	11	12 6:00-Worship	13 4:15-Exec mtg 7:00-Al-Anon	14	15
16 9:30-Worship <i>Assistant: Jeff Fisher</i> Budget Hearing & Congregational Meeting following worship	17 Annual Reports due to church office	18 6:00-Council mtg	19 <i>Newsletter due</i> 1:30-Parkway communion 2:30-Heritage Woods communion 3:30-Morningside communion 6:00-Worship	20 2:30-Allure of Sterling communion 3:30-Citadel communion 7:00-Al-Anon	21	22
23 <i>Confirmation Sunday</i> 9:30-Worship <i>Assistant: Shawn Wolfe</i>	24	25 6:30-NAMI group	26 6:00-Worship	27 9:00-Newsletter assembly 7:00-Al-Anon	28	29
30 9:30-Worship <i>Assistant: Mike Doughty</i> Annual Meeting	31 4:30-Trunk or Treat					

ALL SAINTS BREAKFAST

Adam's Rib will be hosting an "All Saints Breakfast" on Sunday November 6th after worship. The proceeds will help support the Self-Help Riverview Haven Girls home with Matching Funds from Thrivent. Please come and join us.



Help us go green by signing up for

The eMessenger

ST. JOHN'S NEWSLETTER IN FULL COLOR DELIVERED
STRAIGHT TO YOUR EMAIL INBOX EACH MONTH!

- Saves on expensive paper, ink and postage
- Always delivered before the first of the month

Sign up today at groups.google.com.

Search for St. John's E-Messenger and click "Join group."

Questions? Email messenger@stjohnsonthird.org.

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.

return service requested

St. John's Lutheran Church
703 Third Avenue
Sterling, IL 61081

NONPROFIT ORG.
U.S. POSTAGE PAID
STERLING, IL
PERMIT NO. 218