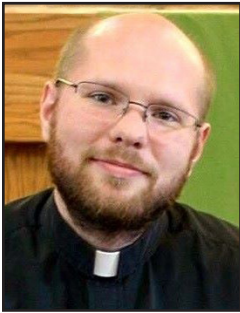


THE MESSENGER

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

The subtleness of the Holy Spirit



I recall a few years ago I was walking through a shopping center during the week after Christmas, and I overheard

the exchange of some store employees about the decorations. New Year's Day was just a few days away and this had one of the workers wondering if they should begin taking down the Christmas decorations. "Taking down Christmas decorations," I thought, "why take them down so soon?" There are 12 days of Christmas after all.

In our over-commercialized world where everything always seems to be advertised and sold a season in advance, it is easy to understand why those working in their store that day were ready to move on to the next event. I wonder sometimes if we ourselves get so wrapped up in things ahead of time that

when they do actually come, we've missed the celebration. Or perhaps have become tired from the pre-festivities to enjoy and be present for the main event.

Whatever the case may be, as the Christmas Season begins to fade into the Epiphany Season, it's my prayer that we all take pause and journey mindfully for those true epiphany moments. The Epiphany Season is full of Bible stories that relay moments where those in the story become aware of God's very presence with them. As such, these stories provide for us an opportunity to reflect on those moments that God has been present with us as well.

I truly do believe that every day there are moments all around us that point to the Holy Spirit at work. Sometimes those moments can feel very big and apparent like when a person walks away from a horrific accident without injury, other times those moments can be a bit more subtle. To be honest, I think God

much prefers the subtleness of the Holy Spirit. There is something beautiful about the awe and wonder of how God is at work in the often-unseen that I believe also provides encouragement to be part of the Lord's work in the world.

I'm curious to hear about your epiphany moments over the coming days and weeks of this new year. Where and how are you experiencing God's presence? Were you able to notice it in that moment or was it sometime later that you became aware of the Lord in that moment?

Lord, may this new year fill us all with a sense of joy and wonderment at your presence that, encouraged by your presence, we may be energized to be bold in sharing your good news and compassionate presence. Amen.

God's peace and blessings to each of you in this new year,

Rev. Jacob M. Lawlik

JANUARY 2023

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Youth & Family Ministries news

WISCONSIN DELLS YOUTH QUAKE

The early bird registration for the Wisconsin Dells Youth Quake has ended. However, there is still time to register for the Quake at the standard registration rate if there are 6th – 12th grade youth who would like to attend.

The Wisconsin Dells Youth Quake at the Wilderness Territory Resort is February 10th – 12th. Dan Scharnhorst, who was the speaker at UNITE this past summer, is

the speaker for the Dells Quake. Echelon will also be providing music throughout the weekend.

Based on the information from Life Promotions the actual cost for this event per youth is approximately \$250 depending on how many hotel rooms we need for our youth to attend. If you register by December 15th, the standard registration price per youth is \$120 with the rest of the funds coming from the St. John's Youth Ministry Account. During the Quake, each youth

will be responsible for purchasing their own meals throughout the weekend. If you would like to participate in this opportunity and are in financial need, please speak with Pastor Jacob privately. If you would like to go to the Dells Quake, we will find a way to get you there. Like with the early bird registration, fees will increase after December 15th. All 6th – 12th grade youth and adult chaperones are invited to participate. A \$40 deposit is due on December 15th to secure your spot. The remaining balance of \$80 will be due by January 30, 2023. Youth are encouraged to invite their friends!

If you have any questions about the Dells Quake or would like to know more, please feel free to call/text or email me.



Jr. & Sr. High Sunday School January Schedule

01 New Year's Day <i>(no class)</i>	08 Deborah	15 Samson
22 Whole Sunday School activity- care packages	29 Ruth	

COUNCIL HIGHLIGHTS

PASTOR'S REPORT

- Lois Campos passed away on the 11th. Services were held on the 15th at McDonald's Funeral Home.
- Jeffrey Tupper passed away on the 11th. Waiting for details on funeral services.
- LSSI gifts were delivered and they expressed much appreciation.
- Fall Retreat for youth went well. There was a great turnout but due to weather we did have to end earlier than expected.
- Youth Quake is scheduled for February 10th-12th. Registration ended on the 15th.
- Barn Service set up will be December 23rd at 4pm. Pastor thinks we will have enough helpers to set up.
- Pastor's vacation schedule was shown, it is posted on Slack and website.
- Live stream will start on January 8th.

COMMITTEE REPORTS

TREASURER:

- \$50,000 Trust from Charles Morris was put into the ELCA account.
- Parish nurse question. Do you/we need that account? The total in the account is \$2,777.99. Yes it will stay, it is used for medical needs of the congregation.
- Approval of the finance report 1st Denise, 2nd Lois.

MINISTRY TEAMS:

- Congregational Life- ready to put together 24 bags for shut ins.

OLD BUSINESS

- Live Stream camera was ordered and came in. They needed to order a switch for \$360 which was ordered from Amazon. The purchase came from the Tri-Church fund. Motion made to rename Tri-Church Online Worship fund to Online Worship.

NEW BUSINESS

- Approval of \$5,000 transfer.
- We have the opportunity to buy a brand new computer server from Johnson Oil. Our current one is over 10 years old. They are offering it to us for \$4,000; the cost of the server was \$9,000.
- Council Retreat possible date: February 26th after Church service.
- Election of Officers-
 - Dave Geil was nominated for President by Teri
 - Vice President - Denise Norman
 - Secretary - Kandra Cook
 - Treasurer - Teri

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.

JANUARY BIRTHDAYS & ANNIVERSARIES

1

- Patricia and Rick Douglas
- Linda and George Guerrero*

2

- Abigail Johnson

3

- Ryan McCord
- Jannet Taylor*

4

- Derek Bushman
- Jake Wolber

5

- Tammy Stewart

6

- Jeanne Kuba*

9

- Paige Holland
- Jason McCord
- Neil and Linda Morehead*

10

- Becky Puckett

11

- Brian Lehman
- Shawn and Karen Wolfe

12

- Gary and Jane Dettman
- Glenn Keime*
- Mark Megli
- Andrew Stutzke
- Kyle Winebrenner

14

- Robert Richardson
- Matt Stanley
- Aaron White

15

- Cara Goff
- Corey Olson
- Noah Tupper

16

- Brynna Carl
- Evan Karrow
- Zachary Schmitt

19

- Alec Gallegos
- Michael Miller

20

- Sarah Doughty
- Karen Onnen*
- Brianna Razo

21

- Ronald and Julie McCord

22

- Janet Carl*
- Michael Jackley

23

- Kandra and Newell Cook
- Rebeca Verhulst

24

- John Oelrichs

25

- Richard Caudillo
- Paige and John Holland

26

- Julie LeFevre

27

- Fisher Potts

28

- Kathleen McFalls

29

- Dennis and Patrice Redfield*

31

- Kathleen Sciacero
- Jackson Strehlow

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

SAYING THANKS

Many thanks to our Church Family for their Christmas cards, well wishes, and goodies this past Christmas season. They are all greatly appreciated. Best wishes to each of you in this new year and may you have had a very merry Christmas.

-With Love,

Pastor Jacob, Michelle, and the kiddos

We want you to know how much we appreciate your contribution to our Thanksgiving project. We are grateful for your support to our community.

-Sterling Township Staff



A blessing for the new year and each day

By Kari van Wakeren

Recently, it was my son's baptismal anniversary. As a pastor, you may expect that we light the baptismal candle every year and make a big deal of marking this occasion. But often it slips in as a secondary thought, which was the case this year.

His baptismal anniversary fell in the middle of the week amid homework, meal preparation and scheduled activities, so I was relieved that I at least remembered to say, "Today's your baptismal anniversary, buddy!" while we were eating supper.

My mom happened to be visiting and told my son, "Your mom can put the sign of the cross on your forehead." He wasn't quite as enthusiastic. "She does that every

night," he said, and continued eating.

This made me chuckle, as well as reflect. On one hand, his baptismal anniversary is significant, but I also want him and his sister to know that their baptism is a daily reality. That's why, although there are many things I lose track of as a parent and many ways I fall short each day, I try to remember to bless each of our kids when I tuck them in at night. "God made you special and we love you very much," I say as I mark the sign of the cross on their foreheads.

It's not much, but what I want my kids to learn through this simple bedtime ritual is that God is with them and loves them—no matter what. As their parent, I'd love to be

able to protect them from cruelty and harm. Despite this natural inclination, I know how impossible that is.

That's why what I really want is for them to have tools to handle the yuck and muck of life when it happens. The way I see it, that's what the blessing of baptism offers. The promise of our baptism reminds us that God has claimed us as God's own and is with us each day. It reminds us of who we are and where our worth is found. Regardless of the words we use or how often we do so, whenever we remind our kids (and ourselves) of this promise, it's well worth it.

From LivingLutheran.org

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

- Lori Campos, 12/11
- Jeffrey Tupper, 12/11

WEDDINGS

- None

BAPTISMS

- None

MEMBERS RECEIVED

- None

MEMBERS REMOVED/TRANSFERRED

- Nicholas & Laura Barthel

CHANGE OF ADDRESS

- None

STAFF BIRTHDAYS

- Andrew Stutzke, 1/12

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*
- John Lichner
- Chrissy Murphy
- Lois Anderson-Rowzee
- Paul Wolfe
- Shawn Wolfe

*Exec Committee member

CHRISTIAN ED

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

STEWARDSHIP

- Jan Klocke, chair
- Nancy Rasmussen

PERSONNEL

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

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

PROPERTY

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

SOCIAL MINISTRY

- Vacant

WORSHIP ARTS

- Dawn Zeigler, chair
- Denise Carl
- Karen Wolfe
- Shawn Wolfe

WORSHIP TECH

- Anita Carl
- Dan Eads
- Charlene O'Connell

CONG. LIFE

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

SJLC Activities ~ Jan. '23

January Open/Close:
Shawn Wolfe

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>FISH collection</i> 9:30-Worship <i>Acolyte: Martin F.</i>	2 Church Office closed	3	4 6:00-Worship	5 7:00-Al-Anon	6	7
8 9:30-Worship <i>Acolyte: Paige B.</i>	9 6:00-Finance Committee mtg	10	11 6:00-Worship	12 4:15-Exec mtg 7:00-Al-Anon	13	14 9:30-Prayer Shawl Coffee Hour
15 9:30-Worship <i>Acolyte: Noah R.</i>	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>Newsletter items due</i> 2:30-Allure of Sterling communion 3:30-Citadel communion 7:00-Al-Anon	20	21
22 9:30-Worship <i>Acolyte: Alena T.</i>	23	24 6:30-NAMI group	25 6:00-Worship	26 7:00-Al-Anon	27 9:00-Newsletter assembly	28
29 9:30-Worship <i>Acolyte: Caylee W.</i>	30	31				

NURSE NOTES

Honey to calm a cough

You probably already know that antibiotics don't work to treat viral illnesses such as colds and coughs, and research suggests that some nonprescription cough and cold medications — such as antihistamines alone — or cough medicines — such as dextromethorphan (Delsym) — may not work very well either. So what else can you try?

According to an article in BMJ Evidence-Based Medicine that looked at 14 studies, honey might be a good option. The review found that in studies comparing honey to common treatments such as diphenhydramine (Benadryl), dextromethorphan and medicinal syrups, honey did a better job at decreasing cough frequency and severity in upper respiratory tract infections such as colds, coughs and flu-like sickness.

However, the authors noted many differences among the studies. For example, some used honey and other

syrups or honey with coffee. Many of the studies were also relatively small. The authors recommended that more large, high-quality studies be conducted. Even so, this review is not the first publication to point to honey's benefits.

For example, the American College of Chest Physicians has said that honey may relieve acute cough in children over 1 year old. Don't give honey to a child younger than 1, as this can result in infant botulism, a rare but serious condition.

And as the BMJ review points out, honey is relatively inexpensive, widely available and generally safe. Though honey is mostly sugar, it also contains a mix of amino acids, vitamins, minerals, iron, zinc and antioxidants. The next time you start coughing, you can try honey in tea or mixed with warm lemon water. *From the Mayo Clinic Health Letter. Submitted by Nancy Rasmussen, Parish Nurse.*

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Questions? Email messenger@stjohnsonthird.org.

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