

THE MESSENGER

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

Enjoy the snow days



According to the National Weather Service, February is on average the snowiest month in the United States.

My childhood memories recall several winters where, just at the start of the second half of the school year, there would be a significant blizzard that would lead to a snow day being announced. Just about every child I know has longed for the announcement of a snow day. An extended break or mid-week pause can bring a lot of joy to folks of any age.

These snow days are times for sledding, building snow forts, and snowball fights. Or for those who prefer to stay in where it's

warm, a chance to curl up with a warm beverage, a cozy blanket, and that book we've been wanting to read.

Even though February is the shortest month of the year, in our corner of the globe it offers a chance to pause and recharge. So often is the continuous hustle and bustle of the day to day. One can easily get so wrapped up and absorbed by what will happen next that it becomes very difficult to recognize what is happening in the moment. This makes those moments of pause, our snow days, so much more valuable. All of us need to take a deep breath every now and then.

In Job we hear these words, "In [God's] hand is the life of every living thing and the breath of every human being." (Job 12:10, NRSV) Taking moments to slow down and breathe are sacred

moments. They help to center us and remind us from whom the breath of life comes.

Whether the weather of this February is filled with snow or rain, it is my hope and prayer that we all take time to breathe. To let the breath of life that is the Holy Spirit fill us again and in doing so remind us of what is truly important in the moment we find ourselves. Perhaps in doing so, we can let all the other stuff that becomes a distraction fade away.

May the Lord bless us with snow days this month so that we can all reflect on the ways God is present in all times, offering grace and mercy for the whole of creation. Amen.

God's peace to you,

Rev. Jacob M. Gaudin

FEBRUARY 2023

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Youth & Family Ministries news

SERVE BOLDLY IN MILWAUKEE, WI

YOU have the opportunity to serve boldly and grow in Milwaukee this summer, June 18-23!

Serve Boldly provides teenagers with the opportunity to accompany and serve their neighbor while deepening an understanding of God's presence in their lives. We would spend time serving in a variety of ways each day with games, worship, fun and more throughout the week!

Service Work: Each day we will go to different worksites, working with a variety of youth and adults who are at Serve Boldly. The work sites are picked in response to the needs of the community and are finalized in May. Work sites may include and are not limited to the following:

- Hope Ministries—A local church in West Allis that has a food & clothing closet.
- The Gathering Community Meal Program—Meals are served each week across four Milwaukee locations.
- COA Youth & Family Center—Youth will participate in summer program and maintenance projects.
- Victory Garden Initiative—Youth will clean up, harvest, and care for the gardens.
- Feeding America Wisconsin—Youth will spend time sorting or preparing food in their Milwaukee warehouse.
- Urban Ecology Center—Youth will assist with summer programming and interact with participants.

- Vacation Bible School —Youth will assist in leading VBS at an area congregation.

Housing: We will be sleeping on air mattresses that we bring with us at Luther Memorial Church in West Allis. Typically, there are quiet hours for sleeping from 10:30 pm to 7 am daily.

Showers: Shower time is offered after each day of service at the local YMCA. This facility has a Family Locker Room with 4 private shower rooms that are ADA accessible that will be available for all the guys and anyone else who would like to use them and two

locker rooms for gals—a Girls Room for those under 17 yrs that has 8+ curtained stalls and a Women's Locker Room for 18+ yrs has 5 curtained stalls. The YMCA requires the name and birthdate of each participant for a simple background screening for anyone 16 years and older.

Food: Typically there is a Hot Breakfast option each day—Ex: french toast sticks, oatmeal, or breakfast burritos AND Cold Breakfast options of bread, bagels, fruit, cereal, mild, juices, peanut butter, cream cheese, etc. Lunches will be comprised of the sack lunch you assemble in the morning that may include: a sandwich, chips or crackers, fruit and/or veggie and dessert. There is also a post work

day pre-dinner snack daily. Dinner each night includes a salad bar with a main entrée that will vary by the day. Options include but are not limited to: cheesy chicken, pizza, BBQ sandwiches,,tacos, and an evening out for dinner at an area eatery or Food Truck. They will strive to accommodate any dietary restrictions that are communicated by May 1.

Safety: All staff, adults and participants who are 18 are screened through an online background check system. A link is sent to those individuals and it is all completed online.

Evening Activities: There are activities

each evening—options include but are not limited too:

- Sprecher Brewery: No trip to Milwaukee would be complete without learning about the brewing culture of the city. Not only will we get to see the brewing facilities at Sprecher, but we will get to taste their legendary soda.
- Chill on the Hill: Our visit to Humboldt Park features live music, food vendors, and plenty of park space to relax.
- Lake Michigan is a major part of Milwaukee. We will not swim, but spend an evening at a park overlooking the lake.
- Harley Davidson: Our tour of the museum will give you a chance to engage in this major



aspect of Milwaukee history and culture. Don't worry, it is far from a stuffy museum – we promise you'll have fun!

Possible Brewers Game prior to Serve Boldly: The Brewers play the Pirates at 2:10 p.m. on June 18th. There is a possibility of taking in the game as we head to Serve Boldly.

Expenses: The trip cost for Serve Boldly is \$360 plus travel, travel meals, any souvenirs, and the Brewer Game. Each congregation is handling the funding differently. See your pastor for details.

TRI CHURCH TEEN TIME

Tri Church Teen (6th - 12th grades) Time in February will be a service event of packing buddy bags on Wednesday, February 8 from 7-8 p.m. at the Wesley United Methodist Church (2200 16th Avenue). Please meet us at Wesley United Methodist. Come and serve with us!

Jr. & Sr. High Sunday School February Schedule

05 Whole Sunday School activity-valentines	08 Youth Service Night
12 David	19 Solomon

NURSE NOTES

Healthy hearts, longer lives linked to olive oil

People living in nations that border the Mediterranean Sea tend to live longer, healthier lives, likely due to a large part to a diet that has been linked to lower rates of heart disease and stroke. A new study found that people in the U.S. who consume healthy amounts of olive oil, a central component in the Mediterranean diet, enjoy similar benefits, especially when it comes to preventing deaths caused by cardiovascular disease.

Researchers at Harvard University looked at diet logs and health outcomes for 92,000 nurses and doctors involved in a study that stretched 28 years. Those with the highest average daily consumption of olive oil – whether eaten on foods or used when cooking foods – had a 19% lower risk of dying of any cause –

than those with the lowest consumption. Even more pronounced, the high consumers had a 29% lower risk of dying of brain disorders such as Alzheimer's or Parkinson's disease.

Mayo Clinic experts say that the study – while not definitive in regard to the benefits of the Mediterranean diet, in which olive oil is a key component. Olive oil is a monounsaturated fat, which can lower total cholesterol and low density lipoprotein (LDL, or "bad") cholesterol levels. Nuts and seeds also contain monounsaturated fats. So do other plant-based oils, such as canola oil, peanut oil, safflower oil and sesame oil.

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

FEBRUARY BIRTHDAYS & ANNIVERSARIES

1

- Paul & Brock Heppel
- Addison Preston

2

- Charles Baither
- Michael L. & Druann Bushman
- Elise Keaschall
- Leanne Miller
- Trevor Sisson
- Henry Workman

4

- Emma Cooperrider
- Andrew Miller

5

- Robert Collins
- Adin Taylor Jr.

6

- John Hall*
- Rod Kleckler
- Janna Klocke
- Michael Kuba
- Blake Ruiz

7

- Jane Dettman
- Ryan Gonzales
- Jocelyn Pink
- Peggy Sucher

8

- Alan McFalls

9

- Lisa Judd
- Amber Smith
- Brenda Turner

10

- Marilyn Deets*
- Jamie Hay

11

- Dennis Blevins
- Michael Westbo

12

- Thomas Amesquita
- Courtney Gillette
- Kennard Green*
- Macsen Reaver

13

- Zachary Stokes

15

- Amanda Armstrong
- Michael Barton
- Timothy Granzow
- Bradley & Beth McFalls
- Jamie Schmitt

16

- Marsha Francis
- Chris Gierhart
- Timmy Hurd

17

- Amanda McCormick

18

- Jonah Gawlik

19

- Mike Doughty
- Suzy Stanley

20

- Cynthia Bragg
- Beth Johnson
- Sandra Wolfe*

21

- Andrew Gomer

22

- Diana Hosler
- Alicia LeFevre
- Blake LeFevre
- Kelsey Marsh
- Constance Sciacero
- Amelia Workman

23

- Marilyn Wolf*

24

- Robert Dorathy

25

- Madelyn Pink

26

- Teri Moses
- Ivan and Darci Schmitt
- Kim Sciacero
- Kenneth Smith

27

- Faith Davis

28

- Kelley Breneman
- Geni Clark
- Patricia Loos
- Grae Wolfe

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

COUNCIL HIGHLIGHTS

PASTOR'S REPORT

- Pastor reported the death of Jeffrey Tupper on 12/11/22. Services were held on Dec 17, 2022.
- Joyce Preston passed away on December 27, 2022. Services were held Jan 5, 2023
- Children's Christmas program went well. Thank-you to the Sunday School teachers, helpers, and the students that helped guide the younger students for the extra work to make this a success.
- Christmas Eve Barn service was canceled due to the weather. Howard Janssen and Joan Harm have both expressed the desire to help next year.
- With the cancelation of the Barn Service they were able to pivot and provide 2 services at St. John's on Christmas Eve.
- Because of the uniqueness of Christmas falling on a Sunday we did have a Christmas Day service.
- The last collaborative Tri-Church Online Worship was broadcast on Jan. 1, 2023. The service was a lessons and carols service.
- January 1, 2023 also marked the first test broadcast of the new Livestreaming equipment.
- St. John's youth have no one attending the Dells Youth Quake due to conflicts of the scheduling.
- There are plans in the works for a Mission/Service Camp this summer for Jr/Sr High youth. The event is called Serving Boldly in Milwaukee WI on June 18-23, 2023. Youth included will be from Immanuel, St. Paul, First Christian and St. John's. This event will be a great opportunity since our youth were unable to attend the Quake and since UNITE Service Camp has ended it's previous functioning.
- Meeting is coming up for Community VBS for planning on 2/20/2023. VBS will be held 7/16/2023 and 7/23/2023 for the community service at the Grandon Center.
- Tri-Church group is looking for participants from each of the congregations. The next meeting will be Jan 23, 2023 at 6:00 p.m. at St. Paul's.
- The season of Lent starts on Ash Wednesday 2/22/2023. After much conversation with Wednesday night worshippers and other members of the congregation, St. John's will not be participating in the Tri-Church mid-week collaboration this year. Participation in the Tri-church collaboration meant that we would share a noon service at St. Paul's and a shared 7:00 p.m. service at Immanuel and no service at St. John's.

- A synod-wide Lenten resource was emailed to the Pastoral Leaders. This may be used as a tool for the mid-week service at St. John's.
- The Congregational Resourcing Event will be held at Sauk Valley College on March 4, 2023. With how geographically close CRE is this year Pastor hopes there will be more interest and participation in this event.
- Pastor has begun conversations with the confirmation students and their families about a Spring date for the Confirmands Affirmation of Baptism. More info coming.

COMMITTEE REPORTS

FINANCE:

- The Finance Team met on Jan. 9, 2023 with 5 members in attendance. Minutes from the meeting are on file.

TREASURER:

- A motion was made to approve the transfer of \$11,000 to the checking. Motion approved.
- Special offerings:
 1. January- YWCA Women's Shelter
 2. February- PADS
 3. March- Senior Center
- Lenten Self Denial Offering- A motion was made to have the Lenten Self Denial offering be donated to the April House Children's Advocacy. Motion approved.

NEW BUSINESS

- The Nazarene Church has requested to borrow our Shuffleboard Equipment. A motion was made to allow the Nazarene Church to borrow our Shuffleboard Equipment monthly or as needed. Motion approved.
- Lenten Services- Shawn Wolfe made a motion to hold all Wednesday Lenten Services including Holy Week at 6:30 p.m. in the Sanctuary at St. John's. Motion approved.
- Discussion was held about having a Soup and Sandwich dinner prior to the Lenten Wednesday services at 5:30 p.m. in the basement. Denise Norman will be talking to the committees to see if any of the committees will do one Wednesday dinner.
- A male delegate is needed for the Synod Assembly in June.

OLD BUSINESS

- Mission Statement
- Council Retreat February 26, 2023

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

- Joyce Preston, 12/27

WEDDINGS

- None

BAPTISMS

- None

MEMBERS RECEIVED

- None

MEMBERS REMOVED/TRANSFERRED

- None

CHANGE OF ADDRESS

- None

STAFF BIRTHDAYS

- None

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

Vacant

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 ~ Feb. '23

February Open/Close:
Teri Holldorf

SUN	MON	TUE	WED	THU	FRI	SAT
			1 4:30-Bell choir practice 6:00-Worship	2 7:00-Al-Anon	3	4
5 <i>FISH collection</i> 9:30-Worship <i>Acolyte: Martin F.</i> <i>Assistant: Jeff Fischer</i>	6 6:00-Men's Group	7	8 4:30-Bell choir practice 6:00-Worship 7:00-Tri Church Teen Time	9 4:15-Exec mtg 7:00-Al-Anon	10	11 9:30-Prayer Shawl Coffee Hour
12 9:30-Worship <i>Acolyte: Sara D.</i> <i>Assistant: Mike Doughty</i>	13 6:00-Finance Committee mtg	14	15 1:30-Parkway communion 2:30-Heritage Woods communion 3:30-Morningside communion 4:30-Bell choir practice 6:00-Worship	16 <i>Newsletter items due</i> 2:30-Allure of Sterling communion 3:30-Citadel communion 7:00-Al-Anon	17	18
19 9:30-Worship <i>Acolyte: Olivia B.</i> <i>Assistant: Teri Holldorf</i>	20	21 6:00-Council mtg	22 4:30-Bell choir practice 6:30-Ash Wednesday Worship	23 7:00-Al-Anon	24 9:00-Newsletter assembly	25
26 9:30-Worship <i>Acolyte: Landon M.</i> <i>Assistant: Shawn Wolfe</i>	27	28 6:30-NAMI group				

SAYING THANKS

Thank you to my St. John's family for the mini poinsettia and gift bag I received during the Christmas season. I hope you all have a blessed 2023.

-Janet Carl

I want to thank you all for the beautiful gifts for me during Christmas. I wish I could see all of you. You are all in my prayers every day. I go to church services once a month here where I live. They mean so much to me now. I miss all of you too. I hope 2023 is a much better year for all of us. Many thanks again for all the years of your thoughtfulness and prayers.

-Judy Draper, Heritage Woods

Thanks all for the beautiful poinsettia and bag of goodies.

-Harry

Thank you for remembering me this Christmas. The poinsettia is beautiful and adds a note of cheer to my kitchen. The gift bag filled with good things is much appreciated. I especially enjoyed the Christmas card signed by the children.

Thank You and God Bless,

-Brigitte Wilken

Thank you so much for the adorable poinsettia and all the goodies I received on Tuesday. I was amazed! A special shout out to Pat who came out in the cold to bring it!

God Bless,

-Jannet Taylor



February Special Offerings

The special offerings for the month of February have been designated by the Congregation Council to be donated to the Twin Cities PADS Homeless Shelter. PADS stands for Public Action to Deliver Shelter. This is an emergency shelter and acts as an entry point into other area outreach programs. The shelter is primarily funded by the community and is primarily run by volunteers, with a constant level of supervision and oversight. The mission of the shelter is to help people and to be a light to those lost in the darkness. Please help keep the lights on by prayerfully considering a special offering to the PADS Homeless Shelter during the month of February.



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
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