



# St. John's Newsletter

Committed to Jesus Christ and the spiritual growth of all God's children.

June / July 2017

## **Steeple Repair: "Reaching Up and Reaching Out"**

Our steeple is in bad repair. It has been around 40 years since the last major repair on it. The congregation voted to begin the repair. Phase 1—which we are raising money for now—will cost us around \$75,000 - \$90,000. Phase 2, which will replace the shingles on the very peak, will cost around \$100,000. This will require a fund raising effort as well as looking to sources outside of our congregation for funding.

The theme for the fundraising effort is "Reaching Up and Reaching Out." A fundraising plan has begun. In a few weeks the congregation will be hearing more about the effort.

In the meantime, funds previously set aside have been used to get the work started. So the work on the steeple has begun.

## **Summer Schedule**

In June through August we follow a summer schedule. We have one worship service on Sundays at 9:00 AM. This avoids the heat later in the day. A second worship service is held on Wednesday evenings at 7:00 PM for those who are not able to attend on Sunday.

Bible Classes will continue to be held through the summer following the service.

The schedule returns to normal following Labor Day.

## Thank You

...to Ms. Judith Dorn and Mr. & Mrs. David Grab for their generous gifts to St. John's Church & School; to Mrs. Mary Louise Buder, Mr. Ben Ramsey and Mrs. Eleanor Warren for their generous donations to our Spring FAB Fundraiser; to Mrs. Linda Friesser for her generous donation to Ronald McDonald House Charities; to Mrs. Linda Friesser and Mrs. Camesha Wilks-Powell for their generous donations to Lutheran Church Charities Comfort Dogs; and to Mrs. Terri Jendraszak for her generous donations of school/craft supplies.

## Golf Outing

St John's Lutheran School of Country Club Hills, Illinois is pleased to announce its annual golf outing. The purpose of the golf outing is to raise money to help maintain and repair our aging school infrastructure and provide updated school materials for our students. Join us for 18 holes of Best Ball Scramble at the beautiful Glenwoodie Golf Course in Glenwood, Illinois. It's a

great municipal course. Part of your green fee is tax deductible. Not a golfer or can't make the event, please consider a donation. Any amount is appreciated.

Sat, October 7, 2017  
12:00 PM – 7:00 PM  
CDT  
Glenwoodie Golf Course  
19301 South State Street  
Glenwood, IL 60425



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## In Memoriam

Vivian Ramsey, wife of Pastor John Ramsey, was born September 16, 1929 and passed away in April, 2017. Vivian was a resident of Goodyear, Arizona at the time of her passing. Vivian attended high school in Detroit Lakes, Minnesota where she lived with two different families. She taught Kindergarten for many years (maybe 13 or 14) at St. John's. Interment was at the National Memorial Cemetery of Arizona.

## St. John's Ev. Lutheran Church and School

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**Rev. Dr. Peter Dorn**  
*Pastor*

**Matthew Kamien**  
*Principal*

**Pat Couch**  
*Parish Nurse*

**Cheryl Joynt**  
*Parish Secretary*

**Rose Louis-Moore**  
*School Secretary*

**Rev. Dr. Louis Dorn**  
*Visitation*

**Dwayne Cook**  
*Organist*

**Jennifer Rives**  
*Music*



## Bible Classes through the summer

Sunday morning Bible Classes will continue through the summer. They will take place at around 10 AM following the morning worship service.

### *The Wired Word*

Interested in discussing how Christians respond to the news of the day? "The Wired Word" discusses an item from the news of that week and applies Bible passages to the news to facilitate discussion. There are often many viewpoints as people listen to one another and learn from one another.

### *Connections*

How do major themes of the Bible flow through the Old Testament and into the New Testament to the book of Revelation? Pastor Dorn is leading a class that looks at the various themes in that way. Join the class to learn and grow.

Study <sup>the</sup> Bible  
with us



### *Daniel Plan*

God cares about our bodies and well as our souls. After all, he created them. The *Daniel Plan* discusses healthy living as it connects to faith, food, fitness, focus, and friends. Join them as they support one another in living a healthier lifestyle.

## 'Slow food' days

A young friend asked me the other day. "What was your favorite fast food when you were growing up?"

"We didn't have fast food when I was growing up," I replied. "All the food was slow."

"Seriously, where did you eat?" he asked.

"It was a place called 'home,'" I explained.

"Mom cooked every day and when Dad got home from work, we sat down together at the dining room table and prayed before eating. My mother saw to it that we always had healthy, fresh foods on the table. And if I didn't like what she put on my plate, I was allowed to sit there until I did like it."

"My young friend was laughing so hard I didn't tell him the part about how I had to have permission to leave the dinner table."

—Author unknown  
via John Compere  
Kalamazoo, MI

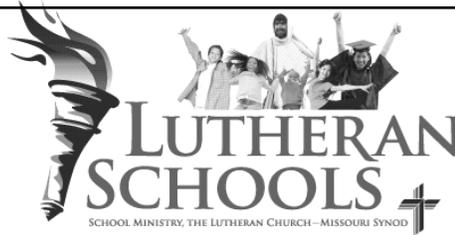
### SPEED BUMP

by Dave Coverly



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**St. John's**  
**Lutheran School News**



**Securing Each Child's Future**  
**Jeremiah 29:11**

## June / July Calendar

June 15	7:00 PM	Website planning meeting
July 9	9:00 AM	Church Anniversary worship service and picnic
August 8	8-11 AM, 4-7 PM	Registration Day
August 22	8:00 AM	School year begins
August 27	9:00 AM	Back to School Outdoor worship service and picnic
October 7	12:00 PM	St. John's Golf Outing, Glenwoodie

## Introducing PreK3

For the past several years we have had a Pre-Kindergarten program for 4 year old students. This year we are opening that program up to 3 year old students as well. Three year old students must be three years old by September 1 and must be potty trained.

Please inform your family and friends about this new program so that we can fill up this class.

## From the Principal

The 2016-2017 school year is in the

books! We did survive! St. John's is so blessed to have such wonderful and talented students. The students also have wonderful supportive parents. We are also blessed to have such a dedicated hard-working staff. We are all so thankful for you the members of St John's Lutheran Church for your continued support of this all-important mission.

We will be losing two of our teachers this year. Jennifer Bennett (3rd grade) will be taking some time off to be with her family. Cindy Blair (Pre-K) will be retiring after 31 years in education. (20 in Lutheran Pre-Schools).

May God be with both of these dedicated teachers as they begin new chapters in their lives.

I want to finally thank you for giving me the opportunity to serve you this past year as your school's principal. It has been both an honor and a privilege. I pray that you will make Mr. Kamien, the new principal, feel welcome as he begins his work here. Our theme for this school year was "Go Out as People of God". The summer is here and now is the time to really let our light shine wherever we go. Blessings, and keep your eyes

on Jesus.  
Rick Segert,  
Principal

## New Principal/ staff

Matthew Kamien has been introduced as our new principal for St. John's School. He will officially begin work on July 1, although he has already been around and met lots of people. For the past three years he was principal at the Lutheran School in Hillside, IL. He has lived and worked in the area all of his life.

You will also see a new face in the school office. Rose

Louis-Moore is the new school secretary. She began work on June 1. We look forward to working with her.

## 8<sup>th</sup> Grade Graduates

On June 10, 15 8th grade students graduated from St. John's. 11 of those 15 were members of the National Junior Honor Society. They are a wonderful group of young adults who will be greatly missed. One of their class Bible verses was selected from Deuteronomy 31:8. "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid do not be discouraged." What a wonderful verse to remember as we all go through our day to day lives.

## Summer Camp

Camp Cool began on June 12<sup>th</sup> and will continue through July 31<sup>st</sup>. This all day camp is done as a service to families and friends of St. John's. Students who have completed Pre-K 4 through 7<sup>th</sup>

grade can enroll on a daily or weekly basis, depending on the family's need. Mrs. Ransom and Mrs. Gilton are the co-leaders of the camp this year.

## Basketball/Volleyball Camps

Check the website for information on these camps. The website is [www.sjcch.org](http://www.sjcch.org)



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- Change heart rate, lower blood pressure, body temperature, respiratory rate, and muscle tension
- Open the spiritual "door" and allow patients and families to examine their beliefs
- Stimulate conscious or unconscious body movements like improved walking, speech, or toe or finger tapping to the music
- Improve sleep
- Help manage stress, reduce anxiety, and increase coping skills
- Improve or enable communication skills
- Manage and distract from pain
- Manage and distract from pre-surgical anxiety

Music therapy can help many types of illnesses and if you are a care-giver of someone with one of these problems, you could use music at home to try to help. Here are a few hints about using music therapy from Mayo Clinic:

- **Figure out** what type of music your loved-

one likes and make a list of their preferences

- **Set the mood**—use soothing music for eating or for morning routines and a bit faster or upbeat for mood boosting
- **Do not overstimulate**—turn off the TV, close the door, set the volume to the patient's hearing level. Avoid music that is interrupted by commercials—this is too distracting for them
- **Encourage** movement—have them clap, tap their toe, or dance with them if able
- **Sing** along—singing together boosts both your and their mood
- **Watch** your loved one's response—play songs they seem to enjoy often and do not play music that they react negatively to

Music therapy is not only good for those with illnesses, but it is also good for healthy individuals of all ages—try it!

Until next month, "Dear friend, I pray that you may enjoy good health and that all may go well with you..." III John 1:2.

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## St. John's Evangelical Lutheran Church and School

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Address service requested

### All are welcome to services

#### Summer Schedule

June 11-September 6

Sunday Worship 9:00 AM

Sunday Bible Classes 10:00 AM

Wednesday Worship 7:00 PM

#### Sept—May Schedule

(2nd Sunday in Sept to 1st Sunday in June)

2 services Sundays 8:30am and 11am

Bible Study & Sunday School from

9:45—10:45am

## Nurse Notes

By Pat Couch,

*RN, BSN,*

*Parish Nurse*

*Faith*

*Community Nurse*

**M**usic therapy is a mode of treatment, like physical or occupational therapy that is used to help patients with many different problems, such as: Parkinson's disease, people with depression, pre-mature babies, diabetes, headaches, dementia, including Alzheimer's, and headaches. It has been used to treat illnesses for centuries, and has been the subject of many studies to find out how and why it works. Music therapy has also been found to

reduce the levels of cortisol which reduces stress, and to boost the immune system by increasing the levels of antibodies that help defend against viruses.

Per Cleveland Clinic, a musical therapist uses music to help meet the psychological, physical, emotional, spiritual, and social needs of patients and their families. A therapist must attend a four-year degree program from an approved uni-



versity or college, have clinical training with a 6-10 month internship, and take a board certified exam. They then may work in hospitals, schools, senior residences, outpatient clinics, mental health centers, in a resident for those with developmental disabilities, substance abuse clinics, in private practice or in a hospice. They may use group therapy or one-on-one therapy.

It has been found that music can:

*(Continued on page 5)*