

# St. John's Newsletter

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

Spring 2019

## Lent IS A TIME TO GROW CLOSER TO JESUS

Ash Wednesday, on March 6, begins the Lenten season this year. In our church, Lent is the time we remember Jesus heading to Jerusalem to his crucifixion, death, and resurrection. So for us it is a time of spiritual devotion and renewal. As part of that, we hold special Wednesday services during Lent. Here are the themes for the services.

Wednesday Evenings: God @ Work

The Wednesday evening services will focus on the theme God @ Work. Here are the topics:

March 6: God's Purpose for Work

March 13: Called to Work

March 20: Authentically You

March 27: Transforming Culture

April 3: Ambition

April 10: Living Well

Wednesday Mornings: Knowing God

March 6: Ash Wednesday

March 13: Can we know God?

March 20: Prayer

March 27: No chapel

April 3: The Bible

April 10: Community

### Holy Week

During Holy Week we will have special services to commemorate

- Jesus' Last Supper with his disciples (Holy Thursday, April 18, 7:00 PM)
- Jesus' crucifixion and death (April 19, 7:00 PM),
- Jesus' Resurrection (Easter, April 21, 6:30 and 9:00 AM)

Join us for these times of spiritual emphasis.

**PiYO LIVE** with Vania Perry and friends.

Mondays at 6:15 p.m.

Join instructor, Vania Perry, for an introduction to PiYO LIVE, a low-impact, athletic workout, which combines the mind/body practices of Yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement.

During a PiYO LIVE class, you will find yourself standing in a Yoga pose one minute, and down on the floor in a Pilates the next! Please bring a Yoga mat and towel to participate. Participants will sign a liability waiver form before class starts.

Open to all levels.

No experience necessary.

Vania Perry is an oncology exercise specialist, personal trainer, and group exercise instructor, wife and mom. She holds an MS in Exercise Science from Concordia University Chicago with a concentration in Sports Nutrition. Her goal is to promote health aging through consistent physical activity coaching individuals over age 50 managing chronic long-term. Vania has been an active member of St. John's for 12 years.

**VBS Planning meeting**

Join Camille Willis on March 21, 6:30 PM in the Parish House to begin planning the 2019 Vacation Bible School. VBS is planned to be held June 17-22.

**Thank you**

...to Mr. & Mrs. Robert Zum Mallen for their gift to St. John's Cemetery Fund;  
 ...to Mrs. Mary Louise Buder



and Mr. & Mrs. Blair Hoy for their donation to the Spring FAB Dinner;

...to Mr. & Mrs. Gary Brainard, Mrs. Mary Louise Buder, Mr. & Mrs. Robert Couch, Mr. Terry Daehn, Mr. & Mrs. Kenneth Evans, Mr. & Mrs. Blair Hoy, Mr. & Mrs. Phillip Kelly, Mrs. Irene Nietfeldt, Mrs. Marilyn Schreiber, Mrs. LaVerne Sorensen, Mr. & Mrs. Al Spek, Mrs. Dorothy Sulzberger, and Mrs. Lucille Walker for their generous gifts to St. John's Memorial Fund in loving memory of Eleanor Lang;

...to Mr. & Mrs. Neal Miller, Mr. & Mrs. Norman Schilling, and Mrs. Emily Stelter for their generous gifts to St. John's Steeple Fund in loving memory of Eleanor Lang;

...to Mrs. Emily Stelter for her generous gift to St. John's Steeple Fund in loving memory of Phyllis Hoffman, and

...to Mr. & Mrs. Edward Gager, Mr. Eric Joynt, Mrs. Mallory Kelly, Mr. & Mrs. Edward Rose, and Mr. & Mrs. Daniel Wheatley for their generous donations to St. John's Steeple Fund.

**A Vision for St. John's**

At the last Voters' Assembly the following

Vision Statement was approved.

**Mission Statement:** St. John's Lutheran Church and School is committed to Jesus Christ and the spiritual growth of all God's children.

**Vision Statement:** St. John's Lutheran Church will demonstrate its love for Christ and its community through its

- Vibrant and
- Inviting worship.
- Safe and
- Inspiring outlets for youth.
- Outreach with the
- Needs of the community.

**Definition**

Vibrant refers to energy in our word and sacrament-centered worship which includes music so that our members are excited to invite friends, family and community, those seeking a closer relationship with God.

We want to be a place for the youth where they feel they can express themselves without being judged, where they feel secure from threat and danger. We provide opportunities so that the youth are inspired to live as part of the body of Christ, growing in faith and service.

Put a system in place to welcome guests, develop ministry to developmentally disabled people and their families, and attempt to make stronger connections to our school families.

The next step approved by the congregation is Ministry Mapping, a process to plan out how the congregation will work

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 Church and School**

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**Matthew Kamien**  
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**Pat Couch**  
*Parish Nurse*

**Cheryl Joynt**  
*Parish Secretary*

**Cindie Smith**  
*School Secretary*

**Dwayne Cook**  
*Organist*

**Jennifer Rives**  
*Music*

toward accomplishing its vision.

The Wired WORD

The Wired Word Bible study curriculum links the latest headlines and current events to appropriate Scripture. How do Christians apply God’s Word in a modern world. Join the interesting discussion each Sunday in the Parish House following the worship service.

TRANSFORMED

How God Changes Us

Romans 12:2 (NIV) <sup>2</sup>Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Beginning with Transfiguration Sunday and continuing through Lent, Pastor Dorn’s Bible Class will be looking at elements of transformation that God wants of us. Here is the schedule:

- March 3: Spiritual Health
- March 10: Physical Health
- March 17: Mental Health
- March 24: Emotional Health
- March 31: Relational Health
- April 7: Financial Health
- April 14: Vocational Health

Join us as we explore being transformed into the image that God would have of us.

Being There - Presence - Part 1

*‘If you’re called to give aid to people in distress, keep your eyes open and be quick to respond.’ Romans 12:8*

We say, ‘It’s not my responsibility. I don’t want to get involved!’ Ever said those words? You may have thought you had a good reason – perhaps it was an inconvenient time – but the bottom line is you didn’t offer to help someone in need. And you’re not alone. Research confirms that the trend to avoid involvement is increasing worldwide. Nevertheless, ‘being there - PRESENCE’ for others is a biblical mandate; it’s the practical application of loving God and your neighbor (see [Matthew 22:37-39](#)). Crises generally present themselves in three ways: 1) Situational crises include serious illnesses, the death of a loved one, or breakdowns in family relationships. The patriarch Job experienced all of these! 2) Developmental crises happen over the course of life – leaving home, going away to college, marriage adjustments, parenting, retirement, or declining health. Abraham and Sarah knew all about living through developmental crises. They left their home and family and endured years of childless-

ness. Then on top of that God asked them to sacrifice their one and only ‘miracle’ son. 3) Self-awareness crises are when you discover disturbing truths about yourself – you’re told that, humanly speaking, your illness is incurable, or you see yourself as a failure because now you’re too old to realize your life’s goals. Or you face the reality of being divorced or widowed, or you feel rejected because of your background. People like Elijah and Jonah are examples of self-awareness crises. Do any of these examples bring someone you know to mind? And if so, ‘be quick to respond’.

Prayer

Heavenly Father, like Your Being There – Your PRESENCE is a strength I draw upon every day, help me be there for people who are in need. In Jesus’ Name, Amen.

*The above devotion is by Tim Hetzner of Lutheran Church Charities. If you would like to have their devotions delivered to you on a daily basis simply subscribe at [lutheran-churchcharities.org](http://lutheran-churchcharities.org)*



## St. John's

## Lutheran School News



## Calendar

March 1	Teachers' Conference—No school
March 6	10:00 AM Ash Wednesday Chapel
March 16	Spring FAB—Fundraiser for the school
March 22	Third quarter ends
March 25-29	Spring Break—No school
April 1	8:00 AM School resumes
April 18	Three Week Progress report ends 10:00 AM Holy Week Chapel
April 19	Good Friday—No school
April 22	Easter Monday—No school
May 3	Annual Walkathon
May 10	Six week progress report ends
May 27	Memorial Day—No school
May 31	7:00 PM Pre-K Promotion and Kindergarten Graduation Fourth Quarter ends
June 4	Last Day of School—11:30 AM Dismissal

Congrats to our 2nd Quarter High Honor Roll & Honor Roll Students

## High Honor Roll

Jalen A.  
Nicolas A.  
Terrence B.  
Toniya B.  
Jordyn E.  
Jadah J.  
Jonathan L.  
Aramie L.  
Nathan M.  
Kendall P.  
Adriana P.  
Briana S.  
Richard T.  
Mason T.  
Jackson W.

## Honor Roll

Kalayah B.  
Sylbrea B.  
Jordan C.  
Davia C.  
Gabriel F.  
Alexandria J.  
Jamari T.  
Jalen W.  
Emeir W.

## Sports

Congrats to the Boys Basketball B Team for winning 1st place in the conference this year. Girls basketball season is underway. Their first home game is in March. Come out and support the Lady

Vikings.

## West African Dancing

Last year the students had an assembly on West African dancing. The performance group was through Urban Gateways. The lead presenter was Sir Taylor. He gave a powerful message to the students last year during the performance. As this year rolled around, instead of doing another assembly, in partnership with Sir Taylor, he came in twice a week during January to teach students in first through seventh grades West African Dancing as

part of gym class. He also gave them valuable life lessons. His overall message was of love, peace, respect, and success presented through dance and music. The students performed their dances on February 6. The gym was packed, and the atmosphere was inspirational and uplifting. The students did a wonderful job performing what they learned. The students and parents are still talking about that night.

## National Lutheran Schools Week

Even though the weather was not cooperative during this week, we still had a lot of exciting events take place. We had many different dress up days, we had the book and science fairs, students sang and had a church / school breakfast, there were sporting events for the older students and obstacle course for the younger students, and we can't forget about movie day. Most important though, the students learned now God is real and present in their lives. They learned that he is real and present

through praise, grace, time, people, and places. The students raised money for the Ronald McDonald House during that week. Over \$300 was collected.

## Spelling Bee

St. John's took Second Place in the SSLAL Spelling Bee this year.

The following students were participants or alternates for their respective classes. If they placed that will be noted.

Grade 1: Tyson Dangerfield, Christian Taylor (5th Place), Amaya Whitely

Grade 2: Chloe Epton (1st Place), Rasheed Howard (2nd Place), Bailee Stewart, Maddox Ingram, McKinzie Jackson

Grade 3: Samari Embry, Taylor McKamey, Ethan Pettis (3rd Place), Jaysen Jackson, Dylan Jackson

Grade 4: Toniya Brady, Jada James, Jalen Webb, Terrence Blevins, Nathan McCaskill

Grade 5: Davia Cobb, Jamari Thomas, Emeir White (2nd Place), Rachel Davis, Gabriel Fowowe

Grade 6: Jalen Allen (3rd Place), Shareef Minter (1st Place), Richard Taylor, Jordan Cameron, Kendall Pace

Grade 7: Alexandria Johnson, Aramie Lyte (2nd

Place), Mason Torres, Diana Marie Horton, Briana Stewart

## Spring FAB coming

The annual dinner fundraiser for St. John's School is coming on Saturday, March 16th. FAB stands for Fashion/talent show, Auction, and Beef dinner.

Tickets are now available at the school office. \$15 until March 4th, \$20 after March 4th, and \$25 at the door.

Get 7-9 hours of sleep  
Eat regular meals with plenty of hydration

Exercise regularly—*remember WELLNESS WALKERS meet in the gym at 6 PM Tuesday thru Thursday*

Try yoga or relaxation training  
Reduce weight if needed

Once the headache has begun try these methods:

Rest in a dark, quiet, cool place  
Stay calm—use biofeedback training techniques

Massage scalp  
Apply cold compresses to head or neck

Take medications as prescribed by doctor

Some useful websites you might try:

National Headache Foundation

<https://headaches.org/>

Migraine Research Foundation

[http://](http://www.migraineresearchfoundation.org)

[www.migraineresearchfoundation.org](http://www.migraineresearchfoundation.org)

American Headache Society

[http://](http://americanheadachesociety.org/)

[americanheadachesociety.org/](http://americanheadachesociety.org/)

Until next time: *"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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## All are welcome to services

### Worship Schedule

Sunday Worship 9:00 AM

Sunday Bible Classes 10:00 AM

Saturday 6:00 PM

## Nurse Notes

*By Pat Couch, RN, BSN, Parish Nurse*

Spring 2019

### Happy Spring!

We will be discussing migraine headaches this time. Almost 40 thousand people suffer from migraine headaches—some daily. They can affect those who are between the ages of 15 and 55. About 70-80% of those that get migraines have a family history of migraine. These types of headaches tend to recur in people and cause moderate to severe pain that is often debilitating. Migraine is three times more common in women than in men.

The pain is often pulsating or throbbing and mostly on one side of the head but can affect both sides of the head and the face, neck, and arms. Other symptoms include nausea and vomiting, extreme sensitivity to light and sound that can last for hours to days. Sometimes, prior to the beginning of a headache, there are visual disturbances that include flashing lights, blind spots, zigzag lines, or tingling of the arms or face, sensory (touching), movement, or speech changes. A generalized muscle weakness and feeling of fainting can also occur. These symptoms are called an aura that can begin a few minutes to two days prior to the headache beginning.

There are several things that can **TRIGGER** a migraine. These include:

- Changes in sleep habits—either insomnia or getting too much sleep

- Stress or anxiety

- Bright or flashing lights--

- Hormonal changes in women—oral contraceptives and hormone replacement therapy, and menstrual cycles

- Foods—aged cheeses, salty foods, processed foods, wine, caffeinated beverages or skipping meals

- Food additives—MSG or aspartame sweetener

- Strong smells—perfumes, paint thinner

- Physical exertion

- Weather changes or barometric changes

- Oral contraceptives or medications that dilate blood vessels (Nitroglycerin)

There is no cure of migraine, but there are **ways to reduce the occurrences and severity:**

- Keep a migraine journal to help figure out what triggers are and try to avoid them

Continued from the back page