

St. John's Newsletter

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



Fall 2019

Six goals for the year

The vision committee has set 6 goals for St. John's for the current school year. They are laid out here along with those who are coordinating the effort.

Youth leader—using our job description, find and employ a leader to work with the youth of the congregation, school, and community.

Person in charge: Ben Ramsey

Update: next step is to get this included in the church budget.

Children's Church—coordinator to work with Pr Dorn on doing children's church during the worship service.

Person to coordinate: Tamaya Dangerfield

Update: looking for people willing to take turns leading Children's Church.

Recruit women for Women's Ministry—a campaign to publicize and recruit women and plan and implement women's ministry at St. John's

Person in charge: Teena Dorn, Cynthia Holloway, Julie Willis

Update: The official women's organization is Lutheran Women in Mission (LWML). Watch for information and announcements regarding LWML.

Women's retreat—plan and implement a women's retreat

Person in charge: Teena Dorn, Cynthia Holloway, Julie Willis, Vania Perry

Update: planning a retreat for Winter/Spring

School involvement with Professional Careers and Housing—involve the school students in ministry to PCH through cards, songs, read stories, invite them to our Christmas program rehearsal, or other venues

Person in charge: Matthew Kamien

Train volunteers to work with people with handicaps—recruit and coordinate training using the services of Voice of Care

Person in charge: Arthur Willis

Upcoming Dates

October 5, 1:00 PM Blessing of the Animals

October 12 Golf Outing

November 28, 10:00 AM Thanksgiving Day services

December 4 & 11, 10:00 AM Advent Services

December 20, 7:00 PM School Christmas Program

December 24, 5:00 PM & 10:30 PM Christmas Eve services

December 25 10:00 AM Christmas Day service

December 31, 7:00 PM New Year's Eve Service

Update: met with Dennis Pieper of Voice of Care. Next step is to recruit people interested in learning how to care for people with disabilities—a one day, two hour, workshop.



Blessing of the Animals

Blessing of the Animals

Bring your pets for a blessing on October 5th at 1:00 PM. We will meet in the church yard. The date October 5th is chosen because it is the Saturday nearest to the date in which St. Francis of Assisi is commemorated. Invite your friends and neighbors to bring their pets as well.

Golf Outing

The annual Golf Outing will take place on Saturday, October 12th. Information and registration can be done online at www.sjch.com/golfouting. Ben Ramsey has worked hard for the Golf Outings to support our school. If you or a friend does not golf, you can still support the effort by donating/volunteering and by attending the dinner in the evening.

Steeple Update

John Porcher has given us a new estimate for completing the steeple work of around \$92,000. As of this writing, the congregation has over \$16,000 set aside for this project. The grant committee is working on

getting us grants. Donations are being accepted to help us work toward this goal. There is also a *Go Fund Me* page set up for contributions. Hopefully we can get the steeple repair completed before it deteriorates any further.

Organ Update

Jason Michalec is once again working on our organ. The problem he ran into is that the computer he had installed in the organ does not work on a consistent basis. When that is finally repaired, the final organ installation can follow.



... to Rev. Louis Dorn, Carolyn Hase, Paul Lang, and Dorothy Stelter for their generous donations to St. John's Cemetery Fund;

... to Donna Walz for her memorial gift to St. John's Church in loving memory of Thomas J. Whitfield, Jr.; and

... to Judith Cohrs for her generous gift to St. John's School to continue our mission of providing a Christian education.

Cemetery Update

The Cemetery Committee is asking for a yearly donation of \$100.00 for maintenance as written in the constitution. If you have a loved one in the cemetery and are able to make

a donation, it would be greatly appreciated.

Also, if you have decorations in the cemetery, they need to be removed by October 31st. If they are not removed, they will be destroyed.

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dent performances and field trip opportunities!

Mrs. Shirley Weiss – Art and Music.

Mrs. Weiss is our art and music teacher.

Mrs. Weiss is a familiar face to some as she has been seen on the sidelines at sporting events serving as the athletic director of St. John Lansing for the past several years. She is dedicated to Lutheran education having served in Lutheran schools for over 30 years. She has a strong love and passion for working with students.

Miss Melanie Ransom – Middle School Science.

Miss Ransom comes to us as a new teacher this year but is familiar with St. John's. Her mom, Mrs. Ransom, was a former teacher here. Miss Ransom has helped with our summer camp for the past few years. Miss Ransom has a strong passion for science that she is eager to share with the students!

St. John's Ev. Lutheran Church and School

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Rev. Dr. Peter B. Dorn
Pastor

Matthew Kamien
Principal

Pat Couch
Parish Nurse

Cheryl Joynt
Parish Secretary

Cindie Smith
School Secretary

Dwayne Cook
Organist

Jennifer Rives
Music

St. John's



Calendar

October 7	Fall Picture Day
October 11	Teachers' Conference—No School
October 14	Columbus Day—No School
October 25	End of first Quarter
November 7	Early dismissal (11:30 AM)
November 7-8	Parent Conferences—No School
November 24	Students sing at St John's Church (9:00 AM)
November 27-29	Thanksgiving Break—No School
December 20	Christmas Program (7:00 PM—required)
December 23-January 3	Christmas Break—No School

School Verse

Our school verse this year comes from Matthew 18:20: "For where there are two or three gathered in my name, there am I with them." How true is this at a Christian school like St. John. Everyday your children gather at school to grow academically, emotionally, physically, and spiritually. God is with us all the time. He equips the teachers to guide your children in all those areas and equips you to do the same at home. In this day of society when all over the news we hear about bad things happening in the world, it is at the utmost importance that we need God beside us. One individual can't change everything alone, it takes a gathering of many individuals to make changes that

will last. Here at St. John we have that gathering of individuals that can make those changes happen.

Exciting new additions

We are offering Spanish class once a week for first through eighth grades. Students in seventh and eighth grades through technology will use the skills they are learning in Spanish class to correspond with a group of students in Mexico that are learning English. Our Spanish teacher is also coordinating our after school language club.

Last year we introduced STEM as an after school club. It is still offered as a club, but we also have it included as a class for first through eighth grades. Currently the

third, fourth, seventh, and eighth graders are in taking STEM class. The younger grades are learning about coding and robotics. The upper grades are learning web design and starting a company.

We have enough computer devices for every student to have access to a device at one time.

Thank You and Best Wishes

At the end of the year, Mrs. Linda Friesser decided to retire. Mrs. Friesser has been a staple of this school for the last 29 years! Her dedication, passion, and love were visible throughout her time here. She was admired by her students and parents.

The students and staff showed appreciation for Mrs. Friesser on September 11. Chapel was led by Mrs. Stewart and many former teachers of St. John's were in attendance. At the end of chapel, Mrs. Friesser was recognized for her 29 years of service at St. John with gifts and cards from the students. She

made sure her students had a strong academic and spiritual foundation and for the strong support she had for St. John's Lutheran School. We wish her God's blessings!

New Teachers

Mrs. Robin Rezek – Early Childhood. Mrs. Robin Rezek holds a Masters' and Ph.D. in Early Childhood Education. She presents at conferences to other teachers and has taught classes at the college level to future teachers. Mrs. Rezek has also started early childhood programs up from the ground roots for schools. She is very dedicated to Lutheran education having served in Lutheran schools for over 30 years. Mrs. Rezek has a strong love for students.

Mrs. Valerie Butron – Spanish "Saludos! Greetings! Soy Sra. Butrón." Mrs. Butron is the new Spanish teacher. Students this year will benefit from receiving instruction through a Foreign Language Experience (FLEX) Program as well as the opportunity to participate in an after school Spanish club program that will include hands-on projects, stu-

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St. John's Evangelical Lutheran Church and School

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Nurse Notes

By Pat Couch, RN, BSN, Parish Nurse

Fall 2019

A daily brisk walk can help you live a healthier life. It can help you in these ways:

Maintain a healthy weight

Prevent or manage various conditions, including heart disease, high blood pressure arthritis, and type 2 diabetes

Strengthen your bones and muscles with a low risk of injury

Improve your mood and improve mental decline, including Alzheimer's risk

Improve your balance and coordination. Help you burn more calories

Walking is easy to do and is usually free—you don't need any special equipment, clothing, facilities, or training. Walking can fit your needs, schedule and ability, so it is an easy way to get active, even if you've been inactive.

According to the National Institute for Health, turning your normal walk into a fitness stride requires good posture and purposeful movements:

- Your head is up. You're looking forward, not at the ground
- Your neck, shoulders and back are relaxed, not stiffly upright
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK
- Your stomach muscles are slightly tightened, and your back is straight, not arched forward or backward
- You're walking smoothly, rolling your foot from heel to toe

As you start your walking routine, remember to:

Get shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock and comfortable clothes. Walking outdoors you need to: avoid cracked sidewalks, potholes, low-hanging limbs or uneven turf.

Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise and for five to 10 minutes at the end of your walk to help your muscles cool down.

For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity spread out over a week, but three 10-minute walks a day can give the same benefits.

You can make walking a habit if you

- Walk in places you enjoy
- Listen to music as you walk
- Walk with a friend or relative
- For bad weather, walk in the gym or the mall
- Track your progress on paper, online, or with a fitness app for your phone or computer. Devices such as pedometers and smartwatches may help you count steps, calories, and how far you walk.
- Reward yourself with something pleasant after your walk, like a relaxing shower or 30 minutes of time to yourself.
- Be prepared for setbacks. If you have a setback, go back to your walking routine again as soon as you can.

Walking can become part of your daily life, if you keep at it. Walk with the Wellness Walkers in the church parking lot or in the gym Tuesday, Wednesday, and Thursday nights at 6:00PM.

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