

# St. John's Newsletter

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

Winter 2020

## Update on the Six goals for the year

**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: Pastor Kevin Hahn of Good Shepherd Lutheran Church in Frankfort has invited us to come to a meeting to discuss working together on youth ministry with other churches. Anyone interested in attending should speak with Pr. Dorn. More information will be coming.

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

Person to coordinate: Tamiya Dangerfield

Update: pending.

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

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

Update: The women did a women's night on November 1 and are planning more. They also have had a table at the monthly breakfast and done something special each month since October. On January 26, the women will have a painting party after the Sunday breakfast. On February 7, the women will have a potluck supper and Bible Study at Pat Couch's home.

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

## Upcoming Dates

Ash Wednesday, February 26, services 10 AM and 7 PM

Lenten Services, Wednesdays, Feb 26 – Apr 1, 7 PM

Women's Retreat, Saturday, March 22

Holy Thursday, April 9, services 10 AM & 7 PM

Good Friday, April 10, service 7 PM

Easter Sunday, April 12, services 6:30 & 9:00 AM

School Spring Break, April 13-17

women's retreat.

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

Update: Planning a one day retreat for March 22.

**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

Update: We increased the size of the parking lot. PCH was invited and attended our school Christmas Program dress rehearsal.

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

Person in charge: Arthur Willis

Update: Dennis Pieper of Voice of Care came and led a workshop on Sunday, January 12.



### Thank you...

... to Robert & Joan ZumMallen of Florida for their donation to the Cemetery Fund for maintenance;

... to Judith Cohrs for her generous gift to St. John's Church in loving memory of Ruth Cohrs;

... to Angie Karel of Beaverton, Oregon for her generous gift to the Steeple Fund; and

... to Mary Jo Doeringer for her generous gift to St. John's Church in appreciation for the years of spiritual fellowship provided her husband, John.

### Steeple Fund

The steeple fund continues to receive donations. It is now past the \$45,000 mark as we work toward the cost of completing the steeple project of \$91,000.

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use of energy drinks for children, teens, the elderly or those with serious medical problems.

Inform those who consume the energy drinks of the risks that are involved, especially when individuals are exercising, drinking alcohol, pregnant or nursing, have a pre-existing heart condition or under the age of 18. The energy drinks could be harmful to health. Knowledge is power, and good health information can save lives. The more informed individuals can be, the better decisions they can make. Keeping the following Bible verse in mind, can be very good for one's health. So whether you eat or drink or whatever you do, do it all for the glory of God. (1Corinthians 10:31).

Mary Hume, RN  
Parish Nurse Representative for LCMS Kansas USA  
Parish Nurse at Prince of Peace Lutheran Church,  
Topeka, Kansas USA.

## 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

### Lutheran School News



#### Calendar

January 6—School resumes after Christmas break  
 January 17—End of Second Quarter  
 January 20—ML King Day, No school  
 January 26—Students sing at church, 9 AM

February 17—Presidents Day, No school  
 February 23—Students sing at church, 9 AM

March 5—Teachers Conference, No school  
 March 20—End of Third Quarter

April 25—Spring Dinner/Auction

#### Christmas Program

The drama club this year put on the play "The Christmas Carol." The play reminded us how God can lead us back on the right path when the current one we are on isn't so good. The people in our lives are instruments of God to help guide us back in the right direction as the ghost of Christmas past, present, and future did with Scrooge. In addition to the play, the Spanish club sang a Christmas song in Spanish and the band played uplifting holiday music. Thank you to the students, teachers, and volunteers for all the hard work that was put in to make a night filled of

holiday joy and cheer.

#### Sports

This past fall, the girls' "B" team volleyball received first place in the conference. Congrats Lady Vikings!! The boys' basketball season is currently underway. This year we are being pioneers in our league by being the first team to play girls and some students in first and second grades. The coaches have done a great job incorporating all the players on the "B" team to an undefeated season such far as they compete against

fifth and sixth graders.

The "A" team has been very competitive ranking towards the top of the league. The conference tournaments wrap up at the end of the month.

#### West African Dancing

Last year the students put on a performance of West African dancing. The students were led by Sir Taylor. His overall message was of love, peace, respect, and success presented through dance and music. This year the students are led by Sir Taylor and Brittany Walker. They will be performing on Wednesday, February 5 at 5:30 PM. Please come out and see the powerful message that the students will be sharing through dance and music.

#### Accreditation

This Spring the school will go through its accreditation process. The purpose of accreditation is to examine the school from various perspectives and find ways to improve. The accreditation process will involve the school staff, parents, and members of the congregation.

#### Dinner/Auction

The Spring Dinner/Auction is scheduled for Saturday, April 25<sup>th</sup>. Plan on taking part to support your school.

# St. John's Evangelical Lutheran Church and School

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## Nurse Notes

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

This newsletter is written by my fellow Parish Nurse from Kansas. It was published on the Lutheran Parish Nurses International website. I thought you would enjoy reading it.

### Energy Drinks

When seeing an advertisement for energy drinks, do you want to try them? There are a number of popular brands, a few of these are Red Bull, Monster and Rockstar. The claim is to give one more energy, improve performance and increase concentration. These can be bought over the counter at any convenience store or food market. However, before purchasing the product, it is advisable to read the research and the personal testimonies that are readily available. These products can be considered non-regulated medications. Findings in the research are that the drinks contain more caffeine than 5 cups of coffee. They also contain guarana plant which has the similar effect of caffeine, the amino acid taurine, carbohydrates in the form of sugar and small amounts of vitamins. These beverages are not regulated by the U.S. Food and Drug Administration (FDA), and do not come with any warning signs as do alcohol and tobacco products. They are often labeled as dietary supplements rather than food. Further, the companies are not required to identify all of the contents in the drink.

In the literature there are reports of seizures, strokes and even deaths occurring especially in young people and the elderly. Other physical concerns are withdrawal from the caffeine which can produce symptoms of severe headache, feeling tired, having trouble concentrating and unable to get adequate sleep or quality rest. Definitely alcohol should not be consumed with an energy drink. The caffeine can mask the effects of the alcohol. Individuals may feel that they are not as intoxicated a blood alcohol level may show. Mixing caffeine with alcohol may cause one to drink more because the caffeine may keep one awake longer, though not necessarily more alert and cognizant.

Energy drinks are not safe for children and teens to consume. According to the American Academy of Pediatrics, the amount of caffeine in the energy beverage can cause high blood pressure, sleep problems, abnormal heart rate and increased blood sugar which can result in an untimely death. If there are existing medical problems, they can be exacerbated when drinking even a small amount of the beverage.

Additionally in pregnancy, a small amount of caffeine is considered safe for a developing baby; however, in pregnancy it is not wise to have more than 200 mg. of caffeine a day, which is about the same amount in 2 cups of coffee. More caffeine than that may be related to a higher rate of miscarriage and can interfere with normal sleep patterns for both the mother and the fetus.

There are at least 3 things to consider before consuming energy drinks. 1) Water is almost always the best choice of fluid before, during and after physical activity. 2) Do not confuse energy drinks with sports drinks. These 2 different types of beverages do not contain the same ingredients. 3) Do not encourage or support the

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