

St. John's Newsletter

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

September 2011

Witness, Mercy, Life Together:

A Threefold

Key to our Future

Here three things come together:

The apostles carefully resolved the doctrinal and practical challenges that always result from taking the Gospel to new peoples—for the sake of **WITNESS** to Jesus [Acts 15].

The apostles were deeply concerned that the Church be a focus of **MERCY** to those suffering physical need.



This **WITNESS** and **MERCY** were part and parcel of the Church's very life—yes, its **LIFE TOGETHER**. This is the threefold key to the future of The Lutheran Church—Missouri Synod.

“Grow as Stewards in Faith, Love and Hope!”

The theme for this year's stewardship program beginning on *Sunday, October 9th* is titled “Grow as Stewards through Faith, Love and Hope!” In Paul's letter to the people in Thessalonica, he wrote, “*We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ*” (1 Thessalonians 1:3). God graciously gives us faith, love, and hope – virtues essential for our lives as Christians and as God's stewards. Each week during this three-week program, we will be focusing on one of the triads of faith, love, and hope.

As your pastor, I pray that each of you will be in worship and in Bible study as we focus on the theme “Grow as Stewards through Faith, Love and Hope!”

Thank You ...

...to Mr. William Erdmann for his donation to support the school's walkathon.

...to Mr. Dan Whalen, Martin Whalen Office Solutions, Inc. and Miss Judith Dorn for their generous donations to be used for school scholarships.

...to Mrs. Gladys Munse for her generous gift to St. John's Memorial Fund in loving memory of her son, Roy.

...to Mr. & Mrs. Neal Miller, Mr. & Mrs. Peter Lynch and Mrs. Mabel Evans for their generous gifts to St. John's Memorial Fund in loving memory of Joseph Denk.

...to Mrs. Linda Friesser for her donation to St. John's for our annual church picnic.

Worship Times Change

At the recent Voters' Assembly meeting, the congregation voted to change the worship times beginning on *September 11th*. Our worship times for this school year will be the Traditional service at 8:30 AM and the Informal service at 11:00 AM. Sunday School and Bible Class will be held at 9:45 –

10:45 AM. The hope is that these times will be more conducive to people's schedules and they will be able to worship more regularly.

Vision for Ministry

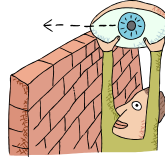
What is our vision for ministry here at St. John's Lutheran Church? What is our vision for ministry together? This is important as we consider how we can serve God effectively as St. John's Lutheran Church and School.

To help us with this discussion, and to help us develop a common vision, a workshop is being planned for the parish. It is the hope of the planners that most of the members of the congregation will attend and be part of developing a vision for ministry. And we hope that the vision will help us be excited about the ministry for which God has placed us here.

Blessing of the Animals

Animals are a blessing of God. Some people are very attached to their pets. We will have a "Blessing of the Animals" on *Saturday, October 1st* in the church yard at 3 PM. This is a great opportunity to invite animal lovers to join us for a short, informal service and an animal blessing.

The date



traditionally chosen for the blessing is the day in which St. Francis of Assisi is honored. He was instrumental in helping Christians remember the blessings that God has given us of animals and nature. As we celebrate God's creation, we also celebrate the animals that God has placed here.

Book Club

The Book Club is reading *The Help*. They will have a discussion on that book on *Saturday, September 24th* at 3-4 PM in the school library.

Everyone is welcome to attend the book club. Invite your friends. Whoever attends the meeting helps decide which book to read next.

Music Director Search

Stacy Widstrand, our music director, will be leaving us next Summer. Her and Bryan's plan is to continue their education elsewhere—Bryan is considering entering seminary.

We will be in search of a new music director this year. God-willing we can find one by next Summer so we can have a smooth transition.

Church Picnic

The church/school picnic was well attended again this year. We had

St. John's Ev. Lutheran Church and School

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Rev. Peter B. Dorn
Pastor

Pat Couch
Parish Nurse

Rose Gustafson
Office Manager

Cheryl Joynt
Church Secretary

Stacy Widstrand
Music Director

Ralph Pugh
Organist

Send information for the October 2011 newsletter by Tuesday, September 20th to the office email address (preferred) OR leave a hard copy in the church office.



What a blessing to have great music for our picnic!

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Bible Classes this Fall

A central feature of our life together is growing in our knowledge of God.

This happens as we study the Bible and learn about how God works among His people. The following are opportunities to grow this Fall. Select which opportunities you will take advantage of. Sunday Morning Bible Class and Sunday School at 9:45 – 10:45 AM.

Wired Word—discusses current events from a Christian perspective along with Bible verses.

Isaiah—look at the book called “the fifth Gospel.”

See Bryan Widstrand for more information.

Sunday School for children age 3 through grade 6. See Pat Spek for more information.

Confirmation Class
Instruction class for youth grade 7 and up. Parents will meet on *Sunday, September 4th* to make plans.

Overview of the Bible
See Through the Scriptures: The Bible can be daunting. How does the average person make sense of it all? *See Through the Scriptures* makes the Bible more accessible by taking readers step-by-step through the entire biblical narrative from Genesis to Revelation, putting everything in clear context.—*Tuesday evenings, twice a month, 7-8 PM*, in the school library. See Lynn Hoy for more information.

Word Among Us

A study of the Gospel of John. Meets on *Thursday mornings at 9-10:30AM* in the school library. See Bob Newman for more information.

Women in Faith

Women’s Bible discussion group on *Thursday evenings at 7-8PM*. See Lois Stewart for more information.

Discover the Faith

Adult Information Class—an introduction to the Christian faith, the Bible, and the Lutheran Church. Meets for five weeks on *Saturdays, 9-10:30AM, September 10 – October 8*. Bring your Bible. See Pastor Dorn for more information.

Discover St. John’s

Membership class for those who are Lutheran or have attended the “Discover the Faith” class. Date and time to be arranged.

Teen Club

This summer the Teen Club has had a picnic and a trip to Hollywood Park. The next planning meeting will be on *Friday, September 9th at 6-7 PM* in the Youth Room.

beautiful weather and a lovely time. We thank all those who helped with the day. The planning committee included Ray and Deirdre Anderson for recreation, Pat Spek and Joanne Selle for the food, Joanna Small for the bake sale. We thank the many people who donated and brought

food. We thank the St. John’s Grillers for cooking and Bob Munse for the bouncy game. We also thank the praise band for their lovely music and for helping set up and take down.

The bake sale raised around \$100 for the school. Thank you to all who helped.



Lois Stewart shows off some tools we use during the children’s sermon at the outdoor service before the church/school picnic.

St. John's School



Securing Each Child's Future

Calendar

| | |
|------------------|--|
| September 5 | Labor Day—no school |
| September 9 | 9-11 Remembrance (8:15 AM) |
| September 10 | Girls Volleyball vs. Illinois Lutheran (1:00 PM) |
| September 11 | Sunday School begins |
| September 16 | Girls Volleyball vs. Trinity, Tinley Park (7:00 PM) |
| September 20 | School photos |
| September 23 | Girls Volleyball vs. Zion, Matteson (7:00 PM) |
| September 24 | Girls Volleyball at Trinity, Lansing (1:00 PM) |
| September 30 | Midterms |
| September 30 | Girls Volleyball vs. Zion, Beecher (7:00 PM) |
| October 1 PM) | Girls Volleyball at St Paul, Chicago Heights (1:00 PM) |
| October 1 | Blessing of the Animals (3:00 PM) |

offered child care for the mornings.

Music Teacher

We are looking for a choir director/chimes director. We need someone who loves music and working with children.

Mrs. Szymanski did an excellent job with music the past several years. But for personal reasons she is not able to continue that program this year.

Offerings

The Chapel offerings for *August and September* are being designated for Disaster Relief through Lutheran World Relief. We have had several disasters locally—Joplin, Missouri tornado, Hurricane Irene, drought in the south. Our offerings will be designated for disaster relief.

School Off to Great Start

St. John's

School got off to a great start on *Thursday, August 25th* with 145 students registered. Prior to that, several school students participated in the Country Club Hills Back to School Parade. The float was put together by several eighth grade students.

The church/school picnic was well attended with the dedication of the teachers for

the year. We look forward to a great school year.

Girls Volleyball Starts

The Girls Volleyball teams are the first sport to begin our school year. Practices are underway



and the games begin on *Saturday, September 10th* with home games at 1PM.

Preschool

This year we are beginning a Pre-Kindergarten program for children who are 4 years old. These children will be in the kindergarten classroom from 11 AM through 2:30 PM—so they will begin to get used to the kindergarten class. Those who need full day will be

Midterms

The first quarter midterm is already on *Friday, September 30th*. Watch for the midterms to go home on *Thursday, October 6th*. If a problem is developing, do not wait until the first quarter par-

ent- teacher conferences to talk to the teacher. Contact them whenever necessary.

Adult Information Class

The purpose for the adult information class for school parents is to inform you as to what we are teaching your children at St. John's Lutheran School. Though we are Christians, our various churches emphasize things a little differently. We encourage parents to attend the class to learn how we approach the Christian faith from a Lutheran perspective. Then when your child comes home with something that may be different from your church, you will know how to address it. There is value in seeing how people from different backgrounds view the Christian faith.

The first classes will be held on *Saturday, September 10th through October 15th*. Classes will be held at the Parish House (between the church and the school) from *9:00 – 10:30 in the morning*. Other classes will be offered at different times on different days throughout the school year. Parents who attend all five sessions will receive their deposit back for this class.

(Continued from page 6)

well-designed, published in reputable medical journals – that attest to the value of eating the DASH diet! Just to cite a few ... in November 2009 the American Journal of Cardiology reported a study of 38,987 men, over a seven-year period, ages 45-79 years, who experienced a 22% lower development of heart failure while eating the DASH diet. In May 2009, the Archives of Internal Medicine reported a seven-year study of 36,000 women who also experienced less likelihood of heart failure. October, 2009 Journal of the American Society of Nephrology reported a 45% reduction in risk of kidney stones in men and 52% reduction in women who ate the DASH diet (nearly 242,000 subjects participated in this study!) The April 2008 Journal of Pediatrics reported that teens following the DASH diet were able to lower their blood pressure as well as improve their nutrition by consuming more fruits, vegetables, low fat dairy and nuts. Additional studies have shown adherence to the DASH diet and the highly compatible Mediterranean diet reduces risk of colorectal cancer. Though the DASH diet is in itself not intended as a weight-loss regimen, many people who adhere to this diet also shed unwanted pounds. Folks who combine the DASH diet with an exercise program showed more weight loss and more reduction in their high blood pressure than those who used only the diet or only exercise.

DO THE MEDITERRANEAN DASH!

Both the Mediterranean and DASH diets are family-friendly, and can even be applied at restaurants and fast food places... the plan includes: (see chart above)

| TYPE OF FOOD | 1500 CAL. DIET | 2000 CAL. DIET |
|--|------------------------------|----------------------------|
| Grains and grain products (include at least 3 whole grain foods per day) | 6 servings | 7-8 servings |
| Fruits | 4 servings | 4-5 servings |
| Vegetables (rinse if canned) | 4 servings | 4-5 servings |
| Low- or non-fat dairy foods (check sodium content of cheeses!) | 1-2 servings | 2-3 servings |
| <u>Lean</u> meats, fish, poultry (fresh is better than canned or cured) | 1 ½ servings 2-3 oz. each | 2 servings 2-3 oz. each |
| Nuts, seeds, legumes (raw or dry-roasted, no added salt) | 3 servings per week | 4-5 servings per week |
| Healthy fats, and sweets | 1-2 servings | 3 or less servings |

Make a habit of reading labels carefully. Look for “no added salt” or reduced salt products (limit yourself to 1500-2,000 milligrams of sodium per day) ... better yet, just use fresh (vs. processed) foods, and don't add salt!

BACK TO BASICS....

That means, pay close attention to serving sizes...

Since we know most of us need to eat more fruits and veggies, let's start there:

A FRUIT SERVING: 1 small piece, or 1 cup berries

- one banana
 - six strawberries
 - two plums
 - 15 cherries or grapes
 - one small apple
 - two rings of canned pineapple
 - one small peach
 - 4 ounces of 100% fruit juice
- #### A VEGETABLE SERVING: 1 cup raw or ½ cup cooked
- five broccoli florets
 - ten baby carrots
 - ¾ cup tomato juice
 - ½ cup baked sweet potato
 - ½ cup spinach
 - ½ cup green beans

▪ one cup salad greens (lettuce, spinach, etc.)

A SERVING OF GRAINS: 1/3-1/2 cup

- 1 slice of bread
- 1/3 c. cooked pasta or rice
- ¼ of a bagel
 - ½ c. mashed

potatoes

- ¾ c. dried cereal
- 1 6" corn tortilla
- ½ c. starchy vegetable like pinto beans, peas, corn

A SERVING OF PROTEIN: 2-3 oz. lean meat; 1 egg

- ¼ c. cottage cheese
- 1 egg
- 1 Tbsp. peanut butter
- ½ cup tofu
- 2-3 oz. skinless poultry, cooked fish, lean beef or pork
- 2-3 oz. dried beans (black, pinto, fat-free refried)

A FAT SERVING: 1 tsp. butter or oil; 1 Tbsp. light mayo

- 1 tsp. olive or canola oil
- 1 tsp. butter or margarine
- 2 Tbsp. avocado
- 1 Tbsp. salad dressing
- 1 tsp. regular mayo
- 1 Tbsp. light mayo

WANT SOME DASH RECIPES TO GET STARTED? –

Go to www.mayoclinic.com/

St. John's Evangelical Lutheran Church and School

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Address service requested

All are welcome to services:

June—August Schedule

Sundays 9am and

Wednesdays at 7pm

Sept—May Schedule

2 services Sundays 8:30 am and
11am

Bible Study and Sunday School at
9:45am



Nurse Notes

By Pat Couch, RN, BSN, Parish Nurse

Since we are discussing the digestive tract, I thought we could use some diet information. My Parish Nurse friend, Marla, from California has just written about two diets—the DASH diet and the Mediterranean diet—and I thought I would share this information with you this month.

HEALTH NOTES

by Marla Lichtsinn, RN, MPA, CIC,
FCN, Parish Nurse
marla.lichtsinn@psd-lcms.org

SEPTEMBER 2011:

THE DASH DIET

“...proven to improve health... it helps to lower blood pressure and

cholesterol, and is associated with lower risk of several types of cancer, heart disease, stroke, heart failure, kidney stones, and reduced risk of developing diabetes....”

Sound too good to be true? (Too bad it doesn't come in the form of a pill.... We'd all be taking it, right?)

Well, it's the DASH diet...(No, it's not about eating on the run...) DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension. The DASH diet is physician-recommended for people with hypertension (high blood pressure) or pre-hypertension. The diet eating plan has been proven to lower blood pressure in studies sponsored by the National Institutes of Health. In addition to being a low salt (low sodium) plan, the DASH diet provides additional benefits to reduce blood pres-

sure. It is based on an eating plan rich in fruits and vegetables, and low-fat or non-fat dairy, with whole grains. It's high in fiber, low to moderate in fat, and rich in potassium, calcium and magnesium. A healthy eating plan designed for the whole family, the DASH diet has been endorsed by:

- the National Heart, Lung and Blood Institute (part of the National Institutes of Health)
- the American Heart Association
- the 2010 Dietary Guidelines for Americans
- American Medical Association guidelines for treatment of high blood pressure
- The US Department of Agriculture (USDA) food pyramid

WHAT'S THE EVIDENCE?

There are numerous studies –

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