

# *The Messenger*

*September 2023 Edition*



*A Monthly Newsletter from St. John Lutheran Church and School*

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## **St. John Lutheran Church and School**

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***Gather. Grow. Go. To the Glory of God.***



## Devotional Corner: I'm facing a crisis. Can God help me through it?

No one really likes it. Yet it happens to all of us time and again. I'm talking about a crisis. You don't see it coming. You have no control over it. You're not even sure what step to take next - much less knowing all the necessary steps to take to bring it to an end. That's a crisis.

What do you do in a time of crisis? Who do you go to for help? Who helps you understand what's going on and why? Who do you lean on for strength and support? Who carries you through those times of crisis to better and brighter days?

From my experience, there's only one person who can really help every time. I'm talking about our Savior God, Jesus Christ.

Jesus once said,

*In this world you will have trouble. But take heart! I have overcome the world.*  
*John 16:33*

When a crisis hits, I remember these "tell it like it is" words of Jesus. He reminds you and me that we shouldn't be surprised by times of trouble and crisis in our lives. In truth, he says we should expect that these times will come.

Why? We live in a world filled with crisis - brought on by our own mistakes as well as the failures of others. All of our troubles remind us that our greatest crisis isn't about money, health, national security, or personal safety. The greatest crisis we face - a crisis of our own making - is a broken relationship with our Creator God.

How do we handle that crisis? We don't. We can't. But Jesus does. Jesus is the one who has overcome the world and the crises we face in it. He did it by living in a perfect relationship with his heavenly Father for you and me.

Jesus settled the crisis of our rebellion before God when he died in our place. Through Jesus, we're restored into a right relationship with God. Jesus says,

*I have told you these things, so that you may have peace.*  
*John 16:33*

Through Jesus, you're on God's side. Through Jesus, God will help you overcome every crisis that comes your way!

In Christ's Service and Yours!  
Pastor Mike Gehl



## Worship With Us!

Sundays at 8:00 and 10:30am

Thursdays at 6:30 pm

Bible Classes and Sunday School Sundays at 9:15 am

# Christian Parenting Today (part 1)



## Today's Christian Parenting: How can parents and kids manage stress?

A Forward in Christ article by Megan Demianiuk with introduction by Nicole Balza

As a parent, I recognize that my response to stress is important because it's likely to be copied by my children. "Do as I say, not as I do" seldom (never?) works in parenting. So it's important for me to handle stress in a positive way. Reading through this article by Christian counselor—and mom—Megan Demianiuk reminded me of some important fundamentals to model for my kids. If you've ever struggled with stress or are looking for some ways to coach your kids through stress, read Megan's article.

-[Forward in Christ editor] Nicole Balza

**STRESS.** It's a familiar word to each of us.

In today's fast-paced world of never-ending responsibilities, meetings, deadlines, practices, games, schoolwork, music lessons, household chores, meal planning, childcare, carpooling, relationship challenges, sickness, death, financial stress, and safety concerns, it's no surprise that 70 percent of parents report being under extreme stress (American Psychological Association). While some stress can be good and help motivate or stimulate us to take action, stress becomes a problem when there is too much, too often. Untreated, prolonged stress can lead to negative physical, mental, emotional, behavioral, and spiritual symptoms.

How do you know when you're stressed? Identifying your stress symptoms is the first step to doing something about it. Common stress symptoms include:

- headaches
- fatigue or low energy
- tight or sore muscles
- chest or abdominal pain
- insomnia
- weight gain or loss
- difficulty concentrating or problems remembering
- racing thoughts or your mind going blank
- digestive troubles
- feeling nervous, tense, jittery, irritable, depressed, and/or sad
- compulsive eating, smoking, or drinking
- anger with God.

Stress can come from various external sources—relationships, the workplace, major life events, and daily hassles. Yet the most common source of stress is internal. We create most of our own distress by our self-talk. What we say to ourselves in response to a situation determines our moods and feelings. It's how we interpret the situation (our thoughts) that makes us feel the way we do.

For example, when you have a long list of to-dos and you tell yourself, "I'm never going to get everything done; I just can't pull it together," you're more likely to feel frustrated and stressed. But if you say to yourself, "I have a lot to do, but I'll get it done eventually," you're more likely to feel a sense of calm and acceptance.

It's important to note that we can't totally eliminate stress, but we can learn to manage it and reduce the negative effects it has on us. Here are a few helpful techniques and tips.



### **Trust God.**

Our sinful nature leads us to believe that we have sole control over our own problems, but we need to let go of control and put everything in God's hands. The Bible tells us not to worry but also reminds us that this life will not be easy.

*Article continues on next page.*



# Christian Parenting Today (part 2)

## How can parents and kids manage stress? (article continues from page 3)

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance” (James 1:2,3).

“Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own” (Matthew 6:34).

“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10).



### Take care of yourself.

- Eat well. A nutritious diet can counteract the impact of stress by boosting the immune system and lowering blood pressure.
- Avoid excessive alcohol and caffeine. These release adrenaline and increase tension, irritability, and insomnia.
- Get enough sleep. The National Sleep Foundation states that most adults need 7 to 9 hours per night.
- Exercise. It increases chemicals (endorphins) that make you feel happy, increases oxygen circulation, can increase your confidence, and improves sleep.
- Limit social media consumption



### Have better time management.

- Prioritize between essential and non-essential tasks.
- Delegate.
- Allow extra time to complete each task.
- Overcome procrastination.
- Learn to say no.



### Identify negative thinking and self-talk and challenge it.

Remember that much of what we feel (stress) is caused by what we say to ourselves. Unfortunately, most self-talk is automatic, and we aren't even aware of it.

Challenge your negative thinking by asking yourself:

- What's the likelihood of this happening?
- What evidence do I have for this?
- Could there be another explanation?
- What's the worst that could happen?



### Let go of unrealistic expectations.

With much of our stress, it's not the event itself that upsets us but how it compares with our expectations. When those expectations are unrealistic, we're almost certain to feel upset or stressed. Some of us assume that we should never make mistakes or never have a bad day. But in reality, we can't do it all, we can't please everyone, and we will make mistakes!

It's also easy to assume incorrectly that the people in our lives (our friends, spouses, or children) will always do what we want, never hurt our feelings, and always listen and behave the way we want them to behave. Yet we live in a sinful world, and those expectations are unrealistic, leading to disappointment and stress.



### Focus on relaxation and deep breathing.

Practice slowing down and taking long, deep breaths. This improves circulation and digestion, relaxes tight muscles, and releases neurochemicals, which elevate mood. Other techniques may include devotion and prayer, art therapy, hobbies, journaling, massage, music therapy, and spending time with family and friends.

The key is remembering that stress isn't just the demands placed on us but also our response to those demands. So take action and reduce stress by turning to God; following healthy eating, sleeping and exercise habits; having better time management; challenging negative self-talk; letting go of expectations; and practicing relaxation and deep breathing.

Remember that we have a God who loves us and promises to take care of us. “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33).

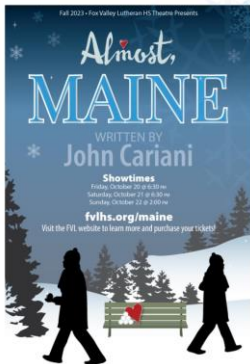
To view this article online, visit  
[forwardinchrist.net/manage-stress/](http://forwardinchrist.net/manage-stress/)



# Upcoming Events

## October 20<sup>th</sup>-22<sup>nd</sup> FVL Theater Presents: *Almost, Maine*

Welcome to Almost, Maine, a place that's so far north, it's almost not in the United States. It's almost in Canada. And it's not quite a town, because its residents never got around to getting organized. So it almost doesn't exist. One cold, clear, winter night, as the northern lights hover in the star-filled sky above, the residents of Almost, Maine, find themselves falling in and out of love in unexpected and hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend—almost—in this delightful midwinter night's dream. Shows will be held Friday, October 20<sup>th</sup> and Saturday, October 21<sup>st</sup> at 6:30 pm, and Sunday, October 22 at 2:00 pm. Tickets are \$7.00.



## Pastor Gehl's Anniversary Celebration- Sun, October 22<sup>nd</sup>

Come and help us celebrate Pastor Gehl's 25 years of service! Grades 2-8 will sing in the late service, which will be followed by a light brunch served by our events committee and a celebration of gratitude for Pastor Gehl. Help us mark this special anniversary (and Pastor appreciation month) by showing your gratitude to Pastor through notes, cards, gifts, and more. See your e-mails or call the office for more information.



## Annual Trunk or Treat- Saturday, October 21st

Join us for our annual afternoon of fun and fellowship! Bring your decorated car to hand out candy, or come and collect all the goodies with your children! This year's Trunk or Treat will be held Saturday, October 21<sup>st</sup>, from 1:00-3:00 pm. Invite everyone you know to join in the fun!



## Mark Your Calendars!

- October 4-7- Rummage Sale at Old School Campus
- October 10- Monthly Fellowship Luncheon
- October 11- FVL 8<sup>th</sup> Grade Welcome Night
- October 15- Quarterly Open Forum
- October 16- Quarterly Voters Meeting
- October 20- 2<sup>nd</sup>-8<sup>th</sup> Grade Field Trip
- October 20-22- FVL Theater: *Almost, Maine*
- October 21- Trunk or Treat
- October 22- Grades 2-8 Sing in Church  
- Pastor Gehl Anniversary Celebration
- October 25- School Picture Day  
- Hot Lunch
- October 26-27- No School (Teacher's Conferences)
- October 26- Church and School Closed/No Worship
- October 29- Joint Reformation Service
- November 4- FVL's Annual Daddy/Daughter Dance 5

# Church Highlights

## Quarterly Open Forum and Voter's Meeting- October 15 & 16

Join us for our quarterly open forum on Sunday, October 15<sup>th</sup> at 9:15 am (between services) to discuss church business for the upcoming months. Voters, please note that the quarterly voter's meeting has a later time schedule than normal. Voters will meet at 7:30 pm on Monday, October 16<sup>th</sup>.



## Church and School Closed Thursday-Friday, October 26-27

With all of our faculty occupied with conferences, our electrical contractors are taking the opportunity to switch out some temporary set-ups for permanent ones. Therefore, we will be closing the church and school completely for Thursday and Friday, October 26-27<sup>th</sup>. Please note that this does include cancelling the usual Thursday night service. Services will resume on Sunday, October 29<sup>th</sup>, and office hours will return on Monday, October 30<sup>th</sup>.



## Annual Joint Reformation Service- Sunday, October 29th

Join together with other local WELS members to celebrate the Lutheran Reformation! Fox Valley Lutheran High School's auditorium will once again play host to members from throughout the Fox Valley. Come to the joint Reformation service on Sunday, October 29<sup>th</sup>, from 4:00 until 6:00 pm to join hearts and voices in praising God.



## Church Birthdays

### Happy birthday to our church members celebrating during October!

Oct 1 Bryce Herlache  
Oct 2 Lisa Pohlman  
Oct 4 Dominic Myers  
Oct 5 Dale Abrahamson  
Oct 6 Bernice Klister  
Oct 6 Jason Uitenbroek  
Oct 8 David Rosenbaum  
Oct 10 Gavin Hein  
Oct 10 Carl Uitenbroek  
Oct 13 Jacob Bruecker  
Oct 13 Kurt Laabs  
Oct 14 Owen Ratkowski  
Oct 14 Arlen Wicks  
Oct 15 Cecelia Raddatz



Oct 18 Eric Olp  
Oct 19 Kevin Vande Hey  
Oct 21 Sonny Torres Ammel  
Oct 22 Robert Maass  
Oct 23 Michael Pennenberg  
Oct 23 Lynn Ratkowski  
Oct 24 Caleb Ritter  
Oct 24 Jordan Schmidt  
Oct 26 Shelly Meulemans  
Oct 28 Hannah Kraus  
Oct 29 Leah Cisler  
Oct 31 Amy Leonhard  
Oct 31 Judy Price



# School Highlights



## Picture Day- Wed, October 25

School picture day will be held on Wednesday, October 25<sup>th</sup>. Harmon Studios will join us in the morning to take pictures of students and staff. If your early childhood student is not normally scheduled on these days, they are welcome to come in anyway to get their picture taken. More information will be sent home soon.



## Tundra Tales Reading Incentives

The Green Bay Packers are ready to kick off the 2023 Tundra Tales At-Home Reading Program for students in 4K through fifth grade. The Tundra Tales program is meant to encourage children to read outside of school to help reach grade level reading proficiency. Participants will be able to read their way to scoring free admission to the Packers Hall of Fame!

The Tundra Tales program runs from Monday, October 16, 2023 – Monday, November 13, 2023. During this time, 4K through fifth grade participants must read or be read to for an average of 60 minutes per week outside of the school day for four weeks, for a TOTAL of 240 minutes. This reading time can double-dip with our reading prize program at school—the time spent reading can earn rewards through both programs. Simply log your child's time on both pages.

Each classroom with at least 75% participant completion will receive a \$100 literacy grant through the Green Bay Packers Give Back grant program. Watch for a reading log to be sent home with your child. Contact our parent coordinator for the Tundra Tales program, Rose Heimmermann, with questions at [rmheimmermann@gmail.com](mailto:rmheimmermann@gmail.com).

## FVL Hosts 8<sup>th</sup> Grade Welcome Night- Wed, October 11<sup>th</sup>

For families considering enrolling their 8<sup>th</sup> grader at Fox Valley Lutheran High School next year, FVL is once again putting on an 8<sup>th</sup> grade welcome night! Prospective students can join in for fun held in the gyms and cafeteria: a DJ and dancing, pizza, lemonade, video games, inflatables, and many more activities. Parents can tour the campus, learn about scheduling, get financial aid information, and enjoy a peek at several specialized classes. The 8<sup>th</sup> Grade Welcome Night runs from 4:00 to 8:00 on Wednesday, October 11<sup>th</sup>. Pre-registration is encouraged, and coming for the full time is recommended, though neither is required.



## Happy Birthday!

### Happy birthday to our students celebrating during October!

October 4<sup>th</sup>- Violet G.  
October 5<sup>th</sup>- Amara B.  
October 8<sup>th</sup>- Porter M.  
October 10<sup>th</sup>- Gavin H.  
October 11<sup>th</sup>- Brock G.  
October 14- Madelyn V.  
October 15- Lizzy G.  
October 15- Cecelia R.  
October 18- Ryder V.  
October 26- Adeline H.  
October 28- Hannah K.  
October 30- Braxton E.





**Volunteers wanted to  
help run the sale-  
Call the office to sign up!**

## **St. John Rummage Sale—Wednesday, October 4<sup>th</sup>- Saturday, October 7<sup>th</sup>**

Our church and school have left behind several items that are no longer needed thanks to our new facilities. Come and see what was left behind! Items will be available to view throughout the old school and garage. All proceeds will benefit the Wish List for the new campus. There will be a variety of priced, make-an-offer, and silent auction items.

Available objects include: arts and crafts supplies, braided rugs, religious art, sports equipment, filing cabinets, a climbing wall, a piano, clocks, dehumidifiers, kids' chairs, math manipulatives, puzzles, games, toys, a double swing seat, refrigerators, vacuums, and a cooler.

Stop by at 261 Clay Street from 8:00-10:00 am and 3:00-5:00 pm on Wednesday, Thursday, or Friday, and from 8:00 am until 3:00 pm on Saturday.

## **Contact Us**

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<b>School Office</b>	<b>920-532-4865</b>	<b>office@stjohnwrightstown.com</b>
<b>Pastor Mike Gehl</b>	<b>920-309-5171</b>	<b>pastorgehl@gmail.com</b>
<b>Tim Raddatz, principal and 4<sup>th</sup>-5<sup>th</sup> grade teacher</b>	<b>920-636-5007</b>	<b>tim.raddatz@stjohnwrightstown.com</b>
<b>Dillon Solomon, 6<sup>th</sup>-8<sup>th</sup> grade teacher</b>	<b>248-525-3700</b>	<b>dillon.solomon@stjohnwrightstown.com</b>
<b>Rebecca Wicks, 2<sup>nd</sup>-3<sup>rd</sup> grade teacher</b>	<b>920-809-8648</b>	<b>rebecca.wicks@stjohnwrightstown.com</b>
<b>Jamie Buss, early childhood director and K-1<sup>st</sup> grade teacher</b>	<b>920-538-0470</b>	<b>jamie.buss@stjohnwrightstown.com</b>
<b>Leah Gamboa, preK teacher</b>	<b>920-309-5037</b>	<b>leah.gamboa@stjohnwrightstown.com</b>
<b>Madie Otto, preschool teacher</b>	<b>920-629-1220</b>	<b>madie.otto@stjohnwrightstown.com</b>

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