



# ***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 afraid sometimes. Can God help me be safe and sound?**

One summer night during a severe thunderstorm, a mother was tucking her small daughter into bed. She was about to turn the light off when the little girl asked in a trembling voice, "Mommy, will you stay with me all night?" Smiling, the mother gave her a warm, reassuring hug and said tenderly, "I can't, dear. I have to sleep in Daddy's room." A long silence followed. At last, it was broken by a shaky voice saying, "The big sissy!"

All of us have fears. And they don't always end with a chuckle. Our fears may be rational or completely irrational, but when we experience them, they're definitely real. At times we're afraid and may wonder, "Can God help me?"

On another night, Jesus Christ's disciples were caught in a storm on the Sea of Galilee. Their fear was very real, too. Jesus came to them and said,

*"Take courage! It is I. Do not be afraid!" Mark 6:50*

Jesus was there, and they didn't need to be afraid any longer. He displayed his almighty power by calming the wind and waves.

Jesus can help us with our fears, as well. He controls all things and promises to use his power to help those who trust in him. When Jesus is in our lives, we can

take courage and not be afraid.

While his promises are true for all kinds of fears, they're especially true for our spiritual concerns. Many are afraid of dying and having to stand before a perfect God and answer for their imperfect lives. Jesus encourages us even in these great fears. He said,

*"I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die." John 11:25,26*

Life on this earth will end for all people, but Jesus promises that those who believe in him will live with him in heaven eternally. Jesus died on the cross to take our sins away so that God won't condemn believers in judgment but will give them eternal life in heaven. This is the comfort and courage that God gives to those who trust him.

The Bible is filled with examples of God's power and his many promises to help us with our fears. Our church exists to share the comforting promises of God with all those who are afraid. We'd love to have you come and hear more about how God can help you with your big fears and your little ones, too. Take courage, and don't be afraid; God can help you when you're afraid.

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 Sundays at 9:15 am**

# Christian Parenting Today



## Today's Christian Parenting: Do you have a strategy for telling your kids about sex?

Excerpts from a Focus on the Family Article by  
Rebecca Kittle

What do I tell my kids about sex? When do I start? It all begins with a conversation, at the appropriate age.

“I assume you’ve heard the word sex before?” I asked my 11-year-old daughter as she finished her homework. A sheepish look crossed her face. She said she had. “Where have you heard it?” I asked. Again, she seemed reluctant. “Oh, just places.” “Well,” I pressed, “let’s talk about what you’ve heard.”

### Establish Your Voice

Talking with our kids about sex can be uncomfortable. And while we may want to simply avoid this topic, the reality is that our kids are going to learn about it. As parents we have the responsibility to make sure they hear the truth amid the various sources—many of which aren’t God-honoring.

Pam Farrel, co-author of *10 Questions Kids Ask About Sex*, suggests that our timing should often depend on what our kids are hearing outside our family so we can establish our influence and authority as the person they’ll go to when they have questions. “As much as possible,” she says, “we need to be proactive so our kids hear about moral values and what is correct and Biblical from us first.”

But how do we start the conversation? How specific do we get? And what age is best for this type of chat?

Don’t think in terms of one discussion, but ongoing, age-appropriate conversations that lead up to “the talk” and then continue with post-talk discussions. As you lay a foundation, don’t delay too long. Jeremy states, “Our sexualized culture, sadly, demands that we talk sooner rather than later—yet, still in an age-appropriate way. The main focus is to track with your child.” Allow your children’s physical and emotional development to help guide you as to when to go deeper into the subject. But as a general overview, here are some guidelines:

### Ages 4 to 5

Before kids start school, Pam says, “[They] need to know enough about how babies are made and how our bodies work so they understand the important transitions around them such as weddings, pregnancies and babies being born.” This is a great time to start out with the idea that babies need both a mommy and a daddy and that God creates life in a special way.

My husband and I chose the idea of planting seeds.. Though stressing that they were different from fruits and vegetables, we explained that a daddy can plant a seed in a mommy. We kept it simple, knowing it was a concept we could continue to build on as they matured. Young children also should have a basic understanding of body parts, why modesty is important and how to protect themselves from predators.

### Ages 6 to 9

By the time my daughter reached 8, I began chatting with her about periods, puberty, and body changes. Pam says, “Your child will need to be prepared before the changes start in their own bodies or in the bodies of their classmates.”

Since my daughter was naturally curious and asked questions when I bought feminine products, I was able to answer each question simply, explaining why menstruation happens. As kids move into the elementary-school ages, it’s important for parents to explain ways in which boys and girls are physically different. Parents can share about where babies come from, how conception occurs and how they were born (beyond the general seed-planting idea).

*Article continues page 6*

# Upcoming Events

## Parenting the Love and Logic Way Begins September 10th

Are you a parent who feels like they're constantly struggling with their children over everything from homework to screen time? Are you looking for a more effective and loving approach to parenting? If so, join us for our FREE upcoming "Parenting the Love and Logic Way" class. This research-based curriculum offers practical and easy-to-implement strategies for setting limits and consequences in a way that fosters mutual respect and responsibility. By attending this class, you'll learn how to avoid power struggles, build strong relationships with your children, and raise happy, confident, and capable kids. Don't miss this chance to discover a new way of parenting that will bring joy and peace to your family life! Join us each Sunday from 9:15-10:15 am. Childcare will be provided. St. John School parents who attend all 6 sessions will also receive a tuition credit. Contact Mr. Solomon at [Dillon.Solomon@StJohnWrightstown.com](mailto:Dillon.Solomon@StJohnWrightstown.com) to register or for more information.

### Parenting the Love and Logic Way topics include:

- September 10- Putting an end to arguments and backtalk
- September 17- Teaching responsibility without loosing their love
- September 24- Setting limits without waging war
- [October 1- No class]
- October 8- Avoiding power struggles
- October 15- Guiding kids to solve their own problems
- October 22- Teaching kids to complete chores... without reminders



## FVL Schools Parent Night- Wednesday, September 20

FVL Schools' annual Parent Night will focus this year on the theme: Against the Grain—Raising Godly Children in an Ungodly World. We will attempt to delve into the complicated issues of raising children in a world that is different from what we grew up with-- or is it? Understanding moral values of the world and of a Christian will help to frame the work we need to do as parents. The presentation will include how understanding our role as parents and the appropriate relationship we strive to have with our children will help guide the process of raising Christian children in an ungodly world. We will discuss a few basic parenting tips that can easily be taken home and implemented across all ages. Mr. Jeffery Loberger, president of FVL Schools and father of five, will lead the presentation in the auditorium beginning at 6:30 pm on September 20<sup>th</sup>. Free childcare is provided.

## Mark Your Calendars!

- September 4- No School (Labor Day)
- September 7- Monthly Card Making Club Begins
- September 10- Love and Logic Classes Begin
- September 11- Weekly Crochet Club Begins
- September 12- Fellowship Luncheon
- September 20- FVL Parents' Night: Raising Godly Children in an Ungodly World
- September 22- No School (Teacher Inservice)
- September 28- FVL @ Wrightstown Varsity Football
- September 30- FVL Grade School Cheer Camp 4

## Church Highlights

### Giving Thanks for Continued Help...

We have expressed appreciation for all of the volunteer helpers in the past, but the sustained support of projects around our new campus deserves continued gratefulness! Many thanks to those who have been helping in recent projects:

- working on our lawn and landscaping
  - donating new outdoor and gym equipment
  - assembling playground pieces
  - moving over office supplies
  - celebrating the installment of our two new teachers
- ... and much more!

### ... and Seeking Further Assistance

A ministry, much like a family, always has areas that need more time and effort. Here are a few places that our church and school family is looking for more support:

- collecting large rocks for the parking lot
- financially supporting window treatments that needed to be ordered before they were fully funded
- setting up shelving units for Martha's Circle and the Altar Committee
- leading the stewardship committee
- ushering, greeting, and running the A/V system for services
- cleaning the worship space weekly

## School Highlights

### After-School Clubs Starting Up!

We currently have lots going on with after-school clubs. An old favorite is returning, another rescheduled, a new adventure starting up, and opportunities for many more!

Crochet club returns to Mondays after school! Dr. B. will host anyone in first grade on up (even adults) in learning to crochet or improving their technique. The club runs from 3:00-4:00 every Monday that school is in session, beginning September 11th.

A new card-making club will be offered on the first Thursday of each month! Participants will use their creativity to produce birthday and anniversary cards to share God's love with others. Mrs. Heimmermann and Mrs. Selle will meet with those in second grade on up (again including adults!) from 3:00-4:00 on Thursday, September 7<sup>th</sup> for the inaugural session.

With our lawn just getting started at the new campus, we have decided to postpone our soccer club until the spring, at which time we hope to have a beautiful space to practice and play on.

We would love to host many more clubs on our campus! If anyone is interested in leading a club or coaching a team as an individual or with a group, please get in contact with Tim Raddatz.

## Church and School Birthdays

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

Sept 1 Owen Propson  
Sept 2 Allen Johns  
Sept 2 Eli Torres Ammel  
Sept 11 Liberty Cisler  
Sept 11 Dennis Jandrey  
Sept 12 Lena Abrahamson  
Sept 12 Ava Uecker  
Sept 12 Elena Uecker  
Sept 12 Barb Verbeten  
Sept 15 Ken Lemke  
Sept 15 Ethan Propson  
Sept 17 Lois Baumgartener  
Sept 19 Dane Schisel  
Sept 21 Andrew DeMerritt

Sept 25 Scott Schroeder  
Sept 26 Trevor Golden  
Sept 27 Mike Breister  
Sept 29 Brett Reschke  
Sept 29 Jesse Schmidt  
Sept 30 Chase Denor



### Happy birthday to our school students celebrating during September!

Sept 4<sup>th</sup> - Ellie B.  
Sept 4<sup>th</sup> - Pippa B.  
Sept 6<sup>th</sup> - Coraline F.  
Sept 6<sup>th</sup> - Finn F.  
Sept 11<sup>th</sup> - Liberty C.  
Sept 12<sup>th</sup> - Blair O.  
Sept 13<sup>th</sup> - Evelyn B.  
Sept 19<sup>th</sup> - Dane S.  
Sept 23<sup>rd</sup> - Christyn B.  
Sept 25<sup>th</sup> - JD E.  
Sept 27<sup>th</sup> - Holland B  
Sept 27<sup>th</sup> - Ollie M.

## *Discussing Sex with Your Kids - Article continues from page 3*

### **Ages 10 to 11**

Help tweens understand the overview about God's design for sexuality. Launch Into the Teen Years, a parenting kit developed by Focus on the Family, gives parents the tools they need to talk about tween identity issues, changes they'll face at puberty and where God is amid all these new changes. Depending on the maturity of your child, this is the time to move from the early foundational talks to the talk. Pam advises parents to keep this conversation centered on the basics of what sexual intercourse is. "Try to keep the main thing the main thing," she says.

Perhaps plan a parent-tween getaway that communicates to your child how discussing sex with him or her is a priority for you. While the location should be private, it doesn't need to be behind your child's closed door. For moms and daughters, this could be a trip to the spa or a day trip to the beach. Dads and sons may want to go camping or travel to watch a favorite sports team play.

This talk is best planned when your children are between the ages of 9 and 12, depending on your child's maturity, interest, exposure to topics and birth order. For example, younger siblings who may have

already heard a lot from their brothers or sisters may need to be told at a younger age than a first or only child. Parents should also adjust the timing of the talk to best fit their children's inquisitive or naïve personalities.

### **Keep the Conversation Going**

A parent's responsibility doesn't end with one big reveal. Instead, be a safe place for kids to ask follow-up questions and tackle challenging topics such as same-sex attraction, pornography and transgenderism.

As kids get into the middle school years, they may become more uncomfortable about discussing these topics with an adult. But that doesn't mean they're any less curious. It's important for parents to be a consistent voice of truth. When we have a clear strategy of what to talk about and when to talk about it, the conversation allows us to confidently explain God's beautiful design of and purpose for sex.

*For the complete article, visit  
<https://www.focusonthefamily.com/parenting/do-you-have-a-strategy-for-telling-your-kids-about-sex/>*

*For more helpful resources, visit our church library room (mother's room) or ask for recommended literature.*

## **Contact Us**

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