

The Messenger

August 2022 Edition



A Monthly Newsletter from St. John Lutheran Church and School

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



Devotional Corner

Ever Wonder... What's a good Bible reading plan?

"Where do I begin?" is a question I have often asked. Whether it's building a barbecue pit, fixing the kitchen sink, or helping my children with school projects, I have often asked, "Where do I begin?" and, "How can I finish?" The same can be true of reading your Bible. It helps to have a plan and know what to look for.

To begin with, realize that the Bible is a special book. In fact, it is the most special of all the books ever written. The Bible was given to us by God as he enabled men to write down the very words and thoughts of God. With that in mind, ask God to help you understand what he is saying when you read it.

Second, understand the purpose of why God gave us the Bible. The apostle Paul writes,

"Everything that was written in the past was written to teach us so that through endurance and the encouragement of the Scriptures we might have hope."

Romans 15:4

The Apostle John wrote,

"These are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name." John 20:31

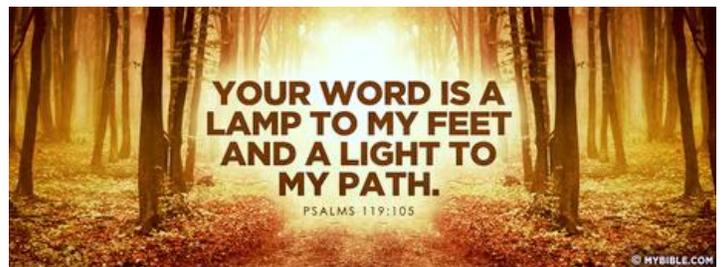
The purpose of the Bible is to give us hope and life. When you read it, look for the true hope that God offers you in Christ. Look for everlasting life that God promises to his people—to you and me through his Son Jesus.

Third, you might ask, "Where do I start?" I suggest you read Genesis, where God gives life and hope to real people who really lived in ancient times. Then I suggest you read one of the Gospels (Matthew, Mark, Luke, or John) to learn more about Jesus, the promised Son of God.

From there, you may read the Psalms, which are prayers and hymns of God's people. You may also read Acts, where the story of the early Christian church is told. Read Romans and the other letters that follow it. Though these were written 2,000 years ago, they are still fitting for us today.

At times, the Bible will trouble or confuse you. But as you read it, continue to focus on Jesus, through whom God gives us life and hope. And if you would like some help understanding the Bible, we can help. Please give us a call.

In Christ's Service and Yours! Pastor Mike Gehl



Worship With Us!

Sundays at 7:45 or 10:15 am

Thursdays at 6:30 pm

1537 Day St. Greenleaf

Sunday School and Bible Classes Sundays at 9:00 am



Today's Christian Parenting: Tired of Yelling at Your Kids? 5 Ways to Get Mom Anger Under Control

Excerpts from a [EquippingGodlyWomen.com](https://www.equipinggodywomen.com) article by Gina Poirier

I don't know any mom who doesn't deal with anger on some level. Not a single one. Children are the most demanding, relentlessly needy, stress-inducing people I know. Whether you come home to them after a full day of work, or if you are with them for most of the daylight hours, the constant wrangling can be exhausting. It's no wonder we can blow up on a moment's notice!

Acting out of anger is one of the things I feel the most ashamed about in my parenting when it strikes. And it's one of the hardest things to fix. Don't worry! You're not perfect, but all hope is not lost. Here's what to do when, despite your best intentions and efforts, you blow up at your kids.

1. Remove and Redirect. I'm sure you're familiar with the "mom with the screaming child in the grocery cart" scenario. Even though pretty much everyone has been there, it can be so embarrassing—and anger provoking! Whether it's the grocery store or somewhere else, get yourself and your child out of the situation as quickly as possible. Maybe you already blew it, but by removing the anger triggers you can prevent further damage. Give yourselves the space to cool off.

It might be incredibly inconvenient, but let's face it, "convenience" isn't what you signed up for when you became a parent. Even if you'll be late somewhere or miss a deadline, give yourself grace—because learning how to handle your anger in a mature way is probably the priority.

Sometimes a little redirection or distraction can work wonders in diffusing the tension. If you can't remove yourself completely, make a slight adjustment so that the anger triggers aren't as pronounced.

2. Take Long, Deep Breaths. Deep breathing is practical, in-the-moment tool for cooling down your anger quickly. Anger is one of your body's physiological responses to a stressor. It's not a bad thing in itself. It's harmful when it gets out of control and hurts someone else as a result (Ephesians 4:26 says to not sin in your anger).

Deep breathing slows down your body's acute response to your circumstances by forcing your heart rate to slow down and signaling your stress hormones to cool it. Your brain switches from instinctive decision-making (like wanting to throw things and yell) back into more rational processes. Try doing it with your kids!

I've had to practice to get good at this. I try to do deep breathing when I'm not angry so that it's more of a natural habit when my temper flares. I've found that it is natural to work it into my prayer time each day. When anger strikes later, I'm better practiced.

3. Assess Your Expectations. Once you calm down and take a step back from the situation, ask yourself, "What was I expecting?" Were you getting angry because your two-year-old was acting like a two-year-old? Or because your older child hasn't mastered certain life skills like cleaning up after himself? Do you expect my kids to act like mature humans when they're not?

If I recognize that my expectations were unrealistic, I'm immediately a lot more patient and gracious. Then I can implement some much more effective parenting strategies other than yelling.

Article continues on page 7



Upcoming Events

Summer Bash-

Saturday, August 6th

Church and school families alike are invited to our annual summer picnic and celebration. Bring your friends and neighbors, too! The bash will be held at Greenleaf's Fireman's Park (1588 Fair St.) from 11:00 am- 2:00 pm. Highlights will include food, live music, a bounce house, a petting zoo, face painting, caricatures, balloon animals, and cotton candy. The event will be free, with a free-will donation spot available to support our new campus' playground. Many thanks to our PTO and all those involved in helping make this fun day a possibility!



School Start Date-

Monday, August 29th

School starts just before the end of this month. Hopefully the students are ready to go back—I know some parents are more than ready to have them out from underfoot. Check our school highlights page for information on school cleaning and orientation days, and contact your child's teacher if you have any questions about the upcoming year. Come join us on the first day for opening service in the school driveway at 8:30 am.



Fellowship at the Ballpark-

Friday, August 12th

St. John will gather with church and school families on August 12th for tailgating and fun before cheering on the T-Rats. Tailgating will begin at 4:15—look for us in the back of the lot. Bring a dish to pass and any meat you want on the grill. Dinner will be ready at 5:00. The Timber Rattlers are celebrating Fang's birthday with extra events, so check out the touch-a-truck area or mascot kickball before the game, grab yourself a Fang bobblehead (first 1000 people through the stadium gates), and stay after the game for fireworks. It should be a night loaded with fun!

Upcoming Events

- August 6- Summer Bash (Church and School Picnic)
- August 9- Fellowship Luncheon
- August 12- Last Day of Summer Care
- August 12- St. John at Timber Rattlers
- August 13-15- School Cleaning Days
- August 16-17- School Orientation Nights
- August 29- First Day of School
- September 2+5- No School (Labor Day)

Church Highlights

Thrivent Food Drive Featuring Free Erb Pool Pass and Kona Ice

The WELS Apple Valley Food Pantry is pleased to invite everyone to participate in a food drive sponsored by Thrivent on Saturday, August 6, 2022, 9:30-11:30 am, at Erb swimming pool, 1800 N. Morrison St, Appleton.

Bring non-perishable food items for the pantry to receive a pass to the pool and a free Kona ice. For each item donated, the pantry will receive \$3, up to a total of \$3000 from Thrivent. To swim, please register in advance at <https://bit.ly/Aug6Pool>. You are still welcome to donate and join us for a Kona Ice if you prefer not to swim or weather prevents pool use.

Don't forget to join us at the St. John Summer Bash afterwards!



FVL News

Fox Valley Lutheran High School is currently accepting applications for a canteen manager. Please visit fvlhs.org/about/employment for more information.

FVL's Summer Legacy magazine is now available. View it online at fvlhs.org/legacy-magazine, or to receive FVL publications directly, view a list of what is available at fvlhs.org/subscribe.

Host families are being sought for incoming students! If you may be interested in hosting a student this year, please contact FVL's International Program Coordinator, Monica Uhlebrauck at 920-560-5128 (call only) or muhlenbrauk@fvlhs.org.



WELS Ministry Information

Want to know what's happening with WELS ministry and mission work? Subscribe to the WELS Together e-newsletter to stay connected with the people of your synod and the ministry they serve. Also, don't miss the twice-monthly videos that cover important and exciting synod news. Go to wels.net/together to read more and subscribe today.

Church Birthdays

Happy Birthday to these church members celebrating during the month of July!

Aug 2 Cheryl Gabriel
Aug 3 Dale Laabs
Aug 5 Arlin Demerath
Aug 5 Rebekah Kraus
Aug 5 Owen Raddatz
Aug 6 Lyle Schmidt
Aug 7 Florence Brandt-Wagner
Aug 9 Claire DeMerritt
Aug 9 Amanda Wingo-Barrett
Aug 12 Adam Kussow

Aug 12 Charlene Lemke
Aug 14 Matthew Van Schyndel
Aug 16 Mitchell Herlache
Aug 17 Gloria Otten
Aug 23 Charlotte Theunis
Aug 24 Paige Gilson
Aug 24 Kristin Pohlman
Aug 25 Thomas Drootsan
Aug 25 Diane Laabs
Aug 26 Rozanne Bohrtz

Aug 27 Grace Bauer
Aug 27 Joshua Verbeten
Aug 31 Marna John



School Highlights

Summer Care Comes to a Close

Our summer care program will be ending on Friday, August 12th, in order to give our faculty time to prepare for the upcoming school year. Check out the pictures below to see the fun they had when Mr. Bowers showed them the ambulance and more.



Cleaning Dates

To help us prepare for the new school year, we ask that all school families chip in an hour or two of their time cleaning the campus. Your contribution helps us keep janitorial costs down. Please choose a time within the following dates to help out, or contact a staff member about setting up another time: Saturday, August 13th from 9:00-5:00; Sunday, August 14th from 12:00-5:00; or Monday, August 15th from 9:00-7:00. A list of necessary tasks will be available for each area of the school and supplies will be provided. A \$10 janitorial fee will be added to student accounts for those who opt out of the cleaning days.

Orientation Nights

Tuesday and Wednesday, August 16th and 17th, have been set aside as our school orientation nights. Both nights will have staff available from 5:00-7:00 pm. We ask all families to do their best to have at least one parent come in that night to drop off school supplies, meet with the teacher, gather information, and ask any questions they may have. It is highly encouraged that students also come in to catch up with old friends and meet new ones as well as to get comfortable with their classrooms and teachers.

There is one change to this year's orientation nights—we will not plan on having parents arrange tuition and fees at this time. Mrs. Dierdra Stary, our administrative assistant, will contact you via e-mail to let you know of all applicable amounts and to set up a time with you if needed. Please also check with Mrs. Stary to make sure all necessary registration papers are in for both new and returning students.



Service Project Suggestions Wanted

St. John School would like to start doing quarterly service projects within our local community. We are currently accepting suggestions for ideas that could help individuals, groups, or the community at large. Know a neighbor in need of lawn care? An area in town that our students could clean up? People in need of cheer and love? These projects are intended to be in addition to our quarterly (monetary) missions, and should be focused on things our school can do with our talents and time. Contact the school to offer your suggestions.

(Parenting article continues from page 3)

4. Do Damage Control. Our kids expose the worst in us sometimes, don't they? I just try to remember that I'm going to fail in my parenting, and that is more than okay. Kids don't need perfect parents, but they do need parents who will demonstrate humility and love in the wake of their mistakes.

I apologize after I speak or act in anger against my kids and ask for their forgiveness. Sometimes I'll pray with them. Depending on the situation and their maturity level, I might try to explain to them why I blew up. Not only does this mend our relationship, but I also demonstrate how to handle anger in a godly way.

5. Hit the Reset Button. Lamentations 3:23 says God's compassion is new every morning; in fact, it's new every moment! When you blow it, it's never too late to get a fresh start.

In our house, we like to hit "reset" or try a "do-over" whenever one of us is off. I've found it very helpful to have some of my favorite scriptures handy either on notecards or on my phone, to help redirect my thoughts. Whatever you do, try not to wallow in guilt, which will probably prolong your lousy mood and lead to more anger episodes. Be strong in God's grace, and move on.

For the complete article, visit equippinggodlywomen.com/parenting/mom-anger-under-control/#

For more parenting articles from a Christian perspective, also visit

ForwardInChrist.net/parents

Contact Us

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