



The Messenger

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... How can I be happy when I hurt so badly?

“How did you ever get such peace?” Jenny asked Carol. “It’s been eight months since my baby died, and it still tears me up.”

“Oh, I still ache when I remember my son. I miss him every day. Some days I can’t stop wondering what he would be like. But as far as peace goes, I felt peace already the night Alex died. It’s always been there, no matter how much I hurt.”

“I can see it, Carol. I keep hoping to have what you have.” Jenny glanced at a framed picture of Alex on Carol’s desk. “Sometimes I feel so angry and bitter that God took my baby.”

“I’ve gotten angry, too. It’s just not right that children die. But I don’t blame God. He made it possible for me to have peace after Alex died. God didn’t bring death into this world.”

“How can you say such a thing?” Jenny looked surprised. “God took your son from you. He’s dead.”

“That’s where you’re wrong,” Carol responded, putting her hand on Jenny’s shoulder. “Alex is not dead. He’s as alive as we are at this very moment. Jesus said, ‘Whoever believes in me will live even though he dies.’ Death entered this world when the first human beings sinned against God, but death cannot rob me of my son—he’s safe with Jesus.”

“How can you be so sure? I wish I could be as certain as you.”

Carol smiled. “You can be certain. Before I explain, let me ask you a question. Why did Jesus die on the cross?”

Jenny gave a puzzled look. “I don’t know. I guess some people really hated him.”

“Yes, some people hated him, but that doesn’t explain what happened. Jesus had to die. It was part of a plan. You and I and everyone else have sinned and deserved to die. But God came up with the plan to have his Son die in our place. The plan was fulfilled, and Jesus came back from the dead. Knowing what God has done gives me peace.

“Jenny, do you ever blame yourself for what happened? I did, sometimes. But now, I focus on God’s forgiveness and his love. And when I think of Alex, I remind myself that he’s living with God now. And by faith in Jesus, I am looking forward to seeing my son one day!”

“Thanks, Carol. Forgiveness, love, alive with God—you’ve helped me see everything in a new way.”

In Christ's Service and Yours,
Pastor Mike Gehl

Worship With Us!

Sundays at 7:45 or 10:15 am
Wednesdays at 6:30 pm (Thursday services will resume after Lent)
1537 Day St. Greenleaf
Sunday School and Bible Classes Sundays at 9:00 am



Today's Parenting: 10 Reasons a Daily Routine is Important for Your Child

Excerpts from a *Petit Early Learning Journey* article

All families need some type of routine to establish normalcy, a way to get things done and a sense of security.

Children often fear the unknown – whether it's the broccoli on their plate – or a big life change like moving to a different house or gaining a new sibling. While change is a learning opportunity, it can also be stressful for children. A normal routine brings comfort and consistency to a child's life.

While daily routines look different across neighborhoods, the most important aspect is creating a routine that works for you and your family. Here are 10 reasons a daily routine is important for your child:

1. It helps your child get on a schedule

A consistent routine will help your child and their “body clocks” with many day-to-day basics such as:

- Ability to take naps and sleep well at night
- Ability to eat healthy, full meals
- Regular bowel movements
- Calm, relaxed behavior at “down times” during the day

For example, because your child and their body know it's time to sleep, they are more easily able to wind down and rest.

2. It bonds the family together

When a child knows what to expect and notices regular family activities, they begin to understand what's important. This strengthens shared values, beliefs and interests.

The child, for example, might notice that eating breakfast together is important. They can see that family time together is special and will pick up on these traditions.

3. It establishes expectations

Rather than having a power struggle about picking up toys at the end of the day or taking a bath, a child becomes accustomed to knowing when “pick up time” and “bath time” are.

Children begin to expect and complete activities without issue. As the parent, you become a partner in that routine, rather than the person who is telling the child to “do this” and “not do this.”

4. It creates a calmer household

Because the child, and other family members, know what to expect, stress and anxiety are reduced. They will feel valued because they are included in the plans and don't feel as if they're being forced to do something.

5. It gives your child confidence and independence

With a routine, a child will learn over time when it's time to brush their teeth or put on their pajamas. They will take pride in knowing what they are supposed to do – and doing it by themselves.

Rather than always being told what needs to happen, your child will feel confident to go ahead and be in charge of themselves. When children feel empowered, they are less likely to rebel or retaliate.

6. It establishes healthy, constructive habits

From brushing teeth regularly to completing homework every afternoon, routines help establish constructive habits. Children who practice these skills will be able to better manage their time. As they age, they'll have more self-discipline in terms of healthy grooming and eating habits, along with studying and cleaning their rooms.

7. It helps you remember important things

Whether it's ensuring your child takes their medicine every day or remembering to pay the bills every month, a routine helps you stay on track. In the midst of busy family life, you'll be able to keep track of the important details – allowing for a more stress-free household and quality time together as a family.

8. It offers your child an opportunity to get excited about what's ahead

If your child knows what's on the schedule, they anticipate and look forward to future events – such as going to the park on Friday afternoons or spending time with Dad on Sunday mornings. When these activities are established, your child feels like a loved part of the family and the world.

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Upcoming Events



Ash Wednesday/ Lenten Services- Wednesday, March 2 and more

The season of Lent is upon us! St. John will be holding services on Wednesday, March 2 at 2:00 and 6:30 pm for Ash Wednesday. A potluck-style meal will be held before the afternoon service at 12:30 pm. The events committee will host a meal at 5:00 pm before the evening service. We will continue holding mid-week services each Wednesday at 6:30 pm through April 6th. Please note that Thursday services will not be held during this time. Multiple services will also be available on Maundy Thursday, Good Friday, and Easter Sunday.



Blood Drive- Monday, March 7

St. John Lutheran Church is once again pleased to host a community blood drive at the American Legion in Wrightstown. The drive will take place from 1:00-6:00 pm. To register for donation or volunteer to help, please sign up in the back of church, contact Joan Zahn, or call our office. Your donation can save a life!

Ledgeview Vineyards Fellowship- Thursday, March 17

Church members and school parents alike are invited to Ledgeview Vineyards from 5:00 to 8:30 pm. Join us in their cellar for an evening of child-free socializing and fun! Child care is provided at our school. This event is organized by our PTO; please RSVP to Courtney Schisel or Kristy Asman to let us know how many to expect at the vineyard and for childcare needs.



Upcoming Events

- March 2- Ash Wednesday worship and fellowship meals
- March 4, 5, and 6- FVL presents The Little Mermaid
- March 7- Blood Drive
- March 8- Fellowship luncheon at church
- March 13- Chili and baked goods sale
- March 14-17- Spirit Week at St. John School
- March 17- School-wide field trip (Skate City)
- March 17- Ledgeview Vineyards fellowship
- March 18- No School
- March 22- End of third quarter
- March 25- Hot lunch at school
- March 27- K and 1st grade sing in church
- March 27- FVL Sacred Choirs concert
- March 28- PTO/CES virtual meeting
- April 2- LWMS Spring Rally

Church Highlights



Chili and Baked Goods Sale

A sale will be held following church services on Sunday, March 13th. Chili will be available by the quart; baked goods will also be sold. All proceeds from the sale will go towards purchasing equipment needed for our kitchen at the new, combined campus. Donations of baked goods are being accepted and a sign-up sheet is available in the church media room. Please contact Karen Geiger or Carol Just for more information.



Easter Lilies Available

Easter lilies, tulips, daffodils, and hyacinths are now available to purchase for decorating the church this Easter. Each plant is \$20. If you wish to sponsor a flower in memory or honor of a loved one, please let us know the following information by Sunday, April 3rd:

- Name of person or people being honored
- Name of donating person or family
- Type of flower requested

Printed forms will be available in upcoming bulletins. Payment can be made via cash or check written to St. John and dropped off at church or at the school office.



Church Birthdays

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

Mar 1 Evelyn Foelske
Mar 6 Darol Reschke
Mar 6 Shannon West
Mar 8 Alton Jahnke
Mar 9 Sydney Parrish
Mar 11 Christian Schisel
Mar 13 Terry Schaeuble
Mar 13 Trevor Snyder
Mar 14 Rodney Hutjens
Mar 16 Barbara Bowers
Mar 18 Jesse Bohrtz
Mar 18 Christopher Lemke



Mar 18 Timothy Raddatz
Mar 18 Cheryl Uitenbroek
Mar 19 Lisa Ley
Mar 20 Carroll Treptow
Mar 21 Ralph Bohrtz
Mar 23 Hannah Torres Ammel
Mar 24 Stephen Wierschke
Mar 25 Kevin Verheyen
Mar 26 Amy Fehlauer
Mar 29 Spencer Schroeder
Mar 31 Warren Winkler

Spirit Week March 14-17

This year's spirit week will run March 14th-17th. On Monday, sleep in a few extra minutes and come to school in your pajamas! Bathrobes, slippers or socks, and stuffies are welcome as well. On Tuesday, wear gear from your favorite team from any sport! Wednesday will be wacky as we dress in the craziest outfits we can find. Don your St. John spirit wear for Thursday's whole-school field trip—or come dressed in red, white, and black to show your Cardinals pride! Friday will be your choice of outfits at home, since we have the day off of school (another pajama day sounds good to the teachers).

Monday, March 14th



Tuesday, March 15th



Wednesday, March 16th



Thursday, March 17th



Whole School Field Trip Mar. 17th

All students, preschool through eighth grade, are invited to our annual whole-school field trip on Thursday, March 17th (even those early childhood students not normally scheduled on Thursday afternoons). We will be leaving school at 11:30 am to head to Skate City, Kimberly. We will have Little Ceasar's pizza and bread sticks and 2 hours to skate around the rink. Parents are invited to chaperone whether or not they can skate. Please see the form that went out over the Remind app to let us know how many will attend, how many will actually skate, and what pizza and breadsticks we should order for your family. Payments for the pizza (\$1 per slice and \$0.50 per breadstick) can be turned into the school office or your child's teacher. Students responsible enough to keep track of their own money are welcome to bring some for the arcade games and concessions. We will depart Skate City at 2:00 pm and be back at school in time for dismissal and bussing.



School Birthdays

Happy birthday to the following students celebrating in the month of March!

- Remy Rasmussen- March 10th
- Jaylyn Coenen- March 12th
- Jaxon Hackbarth- March 20th
- Lily Rebecca Paz Amador- March 27th

Establishing Daily Routines

Continued from page 3

9. It provides opportunity for special “daily rituals”

When you build something into your day like snuggling and reading to your child before bed, you instill special moments or “daily rituals.” These dedicated times create increased bonding and connection with your child every day. Rather than just moving from one activity to the next, you have quality, relaxing time built into each day.

10. Offers stability during times of change or stress

Changes and stresses—such as a divorce, change in school system or addition of a new sibling—impact a child’s life and sense of security. When the family has an established a routine, normalcy is present in the child’s life no matter what is going on. A child finds calmness, stability and love through elements of routine such as family dinners.

The Importance of Flexibility

While establishing and maintaining routine has a wealth of benefits, it’s vital to also remain flexible. Spontaneity and creativity are important factors in a child’s life. The breakfast dishes can wait if there is an exciting animal in the backyard or a carnival.

Remember to stay sensitive and adaptable to the needs of each child (and adult). When a schedule becomes too regimented or strict, the benefits will be reduced, and children may feel controlled by it rather than freed by it (which is the ultimate goal).

How to Set a Daily Routine for Your Child

Step 1: Establish the important times such as meal times, snack times, naptimes and bedtime. Because these affect how well your child is able to sleep and eat, these items should come first. If you currently have no schedule, gradually move to a routine.

Step 2: Practice patience. Setting a schedule may be hard for your child at first. Try not to become impatient or frustrated if the routine takes time to become “regular” for your child.

Step 3: Add “helpful” elements to each part of the routine. For instance, you may wish to add in a regular 10 minute reading and snuggling time with your child before bed to help them wind down.

Step 4: Work toward consistency and make room for flexibility. In order for a routine to stick, you’ll need to make sure you keep it as regular as possible. However, stay open to flexibility, especially for holidays and special events, so your child’s mood doesn’t become solely dependent the schedule.

Step 5: Establish special times with your child. Whether it’s a regular trip to grandma’s house or walking the dog together, create expectations and routine of family time.

Step 6: Adjust as needed. As the months go on, you’ll start to see what’s working and not working for the family. A routine is meant to help, not hinder.

To view the full article, visit

<https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>

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