

The Messenger

July 2023 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: I'm looking for faithful friendships. Can God help me in my search?

Have you ever longed for a solid friendship? Have you ever wondered if there's a friend out there that you can count on? It's no secret that true friendship is a rare thing.

That's not to say there aren't people who will pay attention to us! The world is full of people who will be our friend as long as they feel we have something to offer. But what about that friend who sticks by us, even when we're at the end of our rope? What about the one who cares about us, even when we have nothing to give? Is it possible that God could provide such a friendship?

Certainly, God has a good track record of providing friendships to those in need. When David was under attack by King Saul, he found a faithful friend in the person of Jonathan, Saul's son. The Bible tells us that Jonathan "loved David as he loved himself" (1 Samuel 20:17) and even defended David against his father's attacks.

We're also told that the apostle Paul had several friends that attended him while he was in prison. They were of great help to him at a time when he really needed a friend.

But even during those times when true friendship seems far away, there is one friend who will stick by

us no matter what! That person is God's one and only Son, Jesus. There's a verse in the Bible that says,

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother. Proverbs 18:24

What a beautiful description of Jesus' friendship for us.

Just think! Even when we sinned, Jesus didn't abandon us. Instead, he stood in our place, taking our sin and guilt for us and then giving his life for ours to set us free from eternal death! Jesus also earned a place for us in God's family. By faith in him, we have the privilege of being heirs of his promised heaven. And he did it all because he loved us even more than he loved his own life.

Looking for a faithful friendship? Simply look to Jesus! His friendship will never end!

In Christ's Service and Yours,
Pastor Mike Gehl



Worship With Us!

Now through July 13th:
Sundays at 7:45 or 10:15 am
Thursdays at 6:30 pm
1537 Day St. Greenleaf
Bible Classes Sundays at 9:00 am

Sunday, July 16th:
Worship and Decommissioning
Service, 9:00 am in Greenleaf
New Campus Dedication Service,
4:00 pm at 206 Plum Rd

Beginning Sunday, July 23rd:
Sundays at 8:00 and 10:30am
Thursdays at 6:30 pm
206 Plum Rd. Wrightstown
Bible Classes Sundays at 9:15 am



Today's Parenting: How to Slow Down in Life

Excerpts from a [psychologytoday.com](https://www.psychologytoday.com) article by Tchiki Davis, Ph.D.

Do you feel like you're constantly running on the treadmill of life? Not quite sure how to take a break or stop feeling like you always have to be "doing" something? It's not always easy to slow down, but it turns out that slowing down is exactly what we need to boost our well-being [and] can also help us feel less stressed while accomplishing more.

When our minds are speeding, our performance and effectiveness get slower or weaker. It's not "being slow" that we're seeking necessarily. It's the feeling that we have time to do the things that matter. We can handle our daily tasks, we don't feel stressed, and we feel like we have the time to rest, be present, and enjoy the good things in life.

Why We Always Go So Fast

In the modern world, we are encouraged to be busy, to multitask, and to be as productive as humanly possible. But this feeling of "time urgency"—or the sense that we don't have enough time—actually leads us to perform worse (Friend, 1982). Faster does not equal better. And being busier does not mean we are more productive.

We might also struggle to slow down in the right ways-- ways that actually help us achieve the feeling of slowing down, which is what we're really after. For example, we often turn to our smartphones to relax but instead of soothing us and slowing down our thoughts, they generally make us feel even more frazzled.

So how do we slow down—our racing thoughts, our overactive stress response system, and our bodies? Here are some science-based strategies to try:

1. Take Intentional Pauses

It's thought that taking intentional pauses can lead to better outcomes. More specifically, taking a moment to

consider something more deeply may help us to act with greater clarity, momentum, and impact (Cashman, 2012). Research with students [shows] that when teachers pause after asking a question and after receiving a response, it improves students' use of language and logic (Rowe, 1986). Pausing, instead of rushing along, can help our brains work better.

2. Explore Mindfulness Meditation

When our brain is constantly running over a to-do list, worrying about what the future holds, or ruminating on the past, it doesn't really matter how slow our body is moving because our minds are racing! That's why clearing our thoughts with mindfulness meditation can be helpful.

3. Spend Less Time on Your Phone

We often feel frazzled and need a break from our busy day, so what do we do? We pick up our phones. We're scrolling through social media, the news, or shopping websites. But all these activities do is make our heads even fuller as we consume huge amounts of information in a tiny amount of time. That's the opposite of slowing down. To start, it would do us some good to spend less time on our phones. But, interestingly, it also matters a lot *how* we spend time on our phones. Are we stimulating our brain with information or anger? Or are we using our phones to relax and recuperate?

4. Find a Quiet Space

Spaces with lots of noise, intensity, and movement can activate stress systems and overwhelm the body (Ulrich & Parsons, 1992). That's why to slow down, we may need a break from the city with its bustling crowds and honking cars. Being in a more mellow, quiet, and low-intensity environment can counteract our high-alert bodily responses and help us feel a greater sense of slowness.

5. Slow Down Your Mind

Sometimes when we get the feeling that life is too hectic, it's hectic because of what's going on in our heads. Maybe we're worrying about worst-case scenarios or running over what we'll say to our coworker tomorrow. Sometimes we just need to short-circuit our thoughts. One effective strategy to aid this process can be daily journaling—we get those thoughts out of our heads and onto paper. We might also go for a run or take a cold shower (Mourot et al., 2008)—two techniques that can help our brains switch gears and get unstuck.

to view full article, visit
[psychologytoday.com/us/blog/click-here-for-happiness/202302/how-to-slow-down-in-life](https://www.psychologytoday.com/us/blog/click-here-for-happiness/202302/how-to-slow-down-in-life)

Upcoming Events

Decommissioning and Dedication Services and Celebration- Sunday, July 16th

The long-awaited day is here! Our new campus at 206 Plum Road is approved for occupancy, and we are gearing up to move in! To transition from our current church building to our new center, we will be holding a decommissioning service at the current Greenleaf site on Sunday, July 16th, at 9:00 am. Please note that this will be the only morning service for that day. Then join us in the afternoon to dedicate our new building, give thanks to God for all his blessings, and celebrate together. A 4:00 pm service will be followed by a potluck and fellowship time. Invite your friends and family to come and celebrate with us!



Family Park Playdates

St. John's PTO will be hosting weekly park playdates all summer long for families to socialize, new students to meet playmates, and returning students hang out together. This year, times and days of the week will vary in an effort to allow more families to be involved.

July's playdates will run as follows:

- Thursday, July 6th at Quarry Park, DePere, 10:00 am-12:00 noon
- Thursday, July 13th at Titledown Park, Green Bay, 5:00-7:00 pm
- Monday, July 17th at Sherwood Splash Pad, Sherwood, 11:00 am -1:00 pm
- Thursday, July 27th at Derks Park, Appleton, 5:00-7:00 pm



St. John Baseball Events- Friday, July 7th and Friday, August 11th

St. John will once again be gathering at some ballgames this summer! Join us for WELS Night at the Brewers and for St. John Night at the Timber Rattlers. We will be gathering with fans from other WELS congregations for the night at the Brewers to witness them taking on the Cincinnati Reds. Then on August 11th, we will meet in the T-Rats parking lot for a tailgating meal before seeing the Rattlers take on the Dayton Dragons. See sign-ups in the back of church.

Mark Your Calendars!

- July 3-5- No Summer Care
- July 6- Park Playdate at Quarry Park
- July 7- WELS Night at the Brewers
- July 13- Park Playdate at Titledown Park
- July 16- Decommissioning Service
Open Forum
Dedication Service
Potluck
- July 17- Park Playdate at Sherwood Splash Pad
Blood Drive
Voter's Meeting
- July 23- Worship Schedule Change Begins
Regular Services Begin at Plum Road
- July 27- Park Playdate at Derks Park
- Aug. 5th- Church and School Picnic

Church Highlights



New Service Times

Take note that our regular Sunday worship service times will be changing as we move into our new campus! Early service will now begin at 8:00 am and late service will follow at 10:30 am. It is hoped that these new times will be easier for visitors to remember and fit into their schedules. The new service times will still allow for adult Bible class to come between services (as well as Sunday School during the school year).

Notes on Important Meetings

With the fiscal year changing over as we enter July, please note that there has been a lot of new information. Our Ministry Financial Plan had several changes as we updated the budget to include the new mortgage, utilities, new staff, more students, and extra janitorial work. New officers have been elected to several positions, and another open forum and voter's meeting is coming in July to review annual reports. Stay on top of changes by attending open forums and meetings and checking your e-mail frequently!

School Highlights

Summer Care in Full Swing

While the lead teachers are busy packing up their classrooms and planning for the year ahead, our summer staff is working with several children at our Clay Street campus. Some of their favorite activities are shown below.



Church and School Birthdays

Happy birthday to our church members celebrating during July!

- | | |
|----------------------------|---------------------------|
| July 1 Josh Myers | July 19 Cassandra Barrett |
| July 2 Jody Bowers | July 19 Tammy Olp |
| July 2 Tyler Schmidt | July 20 Andy Vickman |
| July 3 Lou Ann Beard | July 21 Blake Bauer |
| July 5 Barry Laabs | July 21 Wanda Ritter |
| July 7 Wayne Cisler | July 22 Mercedes Kussow |
| July 7 Dylan Myers | July 25 Joseph Kussow |
| July 9 Anthony Cappelle | July 27 Tina DeMerritt |
| July 9 Ronald Van Schyndel | July 27 Caroline Schisel |
| July 12 Kristy Asman | July 27 Troy Schisel |
| July 13 Jaime Bohrtz | July 29 Heather Schisel |
| July 13 Edwin Maass | July 30 Josh Bohrtz |
| July 13 Luke Schmidt | July 30 Lisa Vande Hey |
| July 15 Aubree Barrett | July 31 Chloe Hein |
| July 15 Robert Diny | July 31 Grace Reschke |
| July 17 Idie Chavarria | |

Happy birthday to our school students celebrating during July!

- Blake S.- July 3rd
- Jadeyn T.- July 6th
- Vivian L.- July 16th
- Althea C.- July 24th
- Ximena M.P.- July 26th



New Campus Updates

Occupancy Has Been Approved

The state has now approved our new building for occupancy! There are several small projects that remain to be completed, but we are officially at a point where we can start to move in. The contractors have completed several rooms, and several people came to help clean away the construction dust.

As the finishing touches are underway, we will be able to begin moving in the items that will be needed to hold worship and classes. Work will continue over the summer on the playgrounds, the worship space sound system, running the internet to the building, and more, but we will be ready to begin worshipping by our July 16th dedication service. Note that our office will official move over when we have internet available and the printer is safely moved.

Many thanks to all those who have worked—and continue to work—to build, donate, clean, and so much more! Your help has been very appreciated!

Moving Help Needed

We are preparing to move our church and school buildings to Plum Road site! Lots of helpers will be needed to move items from our Greenleaf church building, our Clay Street school building, and storage spots that have been holding items from our old Turner Street location. Please keep a careful watch on your e-mails and our Facebook page to see when you can assist. Keep in mind that we will be moving lots of large and heavy items, and that there is still other work going on, so we ask that young children are not on campus during our moving times.



Contact Us

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