

The Messenger

November 2023 Edition



A Monthly Newsletter from St. John Lutheran Church and School

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



We deserve to be sentenced under the judgment of God for everything we do or say or think that violates God's will for us to live perfect lives. But the Bible gives us the good news from God that

*As far as the east is from the west,
so far has he removed our
transgressions from us. Psalm 103:12*

Devotional Corner: I get depressed sometimes. Can God help me deal with discouragement?

Do you ever feel that things you do really don't make a difference?

Is it sometimes difficult to see the results of your hard work?

There are many times when we may ask ourselves, "What's the point? Why do I keep trying?"

I know a man who, by no fault of his own, can't seem to keep a job for more than a year or two. He's to the point where he expects to be laid off whenever cutbacks happen. Discouraging? Yes, definitely.

When events in our lives lead us to be depressed or discouraged, two reactions come rather easily to us. The first is blaming God for the problems. The second is thinking that somehow God is punishing us for something we've done. However, neither of these reactions is correct.

The problem lies not with God; it lies with sin. All of life's problems come as a result of living in a world filled with sin. These problems include layoffs at work, health problems, family issues, and others. We'd have to get rid of sin to remove the troubles and problems that discourage us. But that's something we could spend the rest of our lives trying to accomplish and never complete the task. Thankfully, God accomplished what we are unable to.

In tremendous love for us, God took away all of our sins and laid them on Jesus. He charged his Son with our guilt. Jesus, our Savior, suffered the punishment that we deserved. He died to free us from eternal death.

Even though we experience discouragements in our life, nothing can take away the peace we have in Jesus, who took away our sins. Through faith in our Savior, we are children of God. Every day God is at our side, helping us through difficult times. Confidently trusting in him, our discouragements melt into the calm assurance that our loving God is always leading us.

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



Today's Christian Parenting: How to Raise Your Sensitive Child

A Focus on the Family Article by Danny Huerta

Raising sensitive and emotional children can be very challenging and frustrating even though they can be an incredible gift. In fact, your child likely has a remarkable capacity for intuition, joy, and love because their personality can be more tender. However, it also means they are more prone to overacting, misreading situations, and more easily getting their feelings hurt.

Here are a few ways you can help your sensitive child in their perceptions and responses:

1. Validate As you intersect with your sensitive child's emotions, do your best to look beyond the emotions and behaviors and into how your child is seeing the situation. Usually, the emotions and behaviors are spot on with the perception they carry.

For example, a sensitive child worried about disappointing others and losing their love may act out or start intensely crying when they're corrected. They think that if someone corrects them, they are unlovable or might not be enough for that person. If that is the perception, then an intense fear, acting out, and crying make sense.

2. Guide Teach your child that there is more than one way to look at things. You could say, "That is one way to look at what's going on. Another way to look at it is..." Help your sensitive child consider other possibilities within their anxious brain.

For example, if they mess up, instead of the idea that they may not be enough or may lose love, what if it is an incredible opportunity to grow, improve, and be more connected? Help them find new ways to get what they want, which is approval and trustworthy, loyal connection with others.

3. Set Limits and Boundaries When you skip discipline (boundaries and limits) with your sensitive child out of fear of their emotional response or hurting their feelings, you miss out on an opportunity to teach them how to be aware of their misperceptions or to manage their fear of disappointing others. Boundaries and limits, when done with warmth and sensitivity can be very loving and critical to helping your child learn how to navigate their difficult feelings. Keep in mind that sensitive children can quickly go to shame, guilt, and insecurity when they are told "no" or are corrected. You get to guide them toward healthy relationships that include failure, disappointment, rejection, risk, and conflict.

4. Build Their Emotional Control Consider using an Emotions Chart or Feelings Wheel to help your child put a name to their emotions and develop ways to understand what their emotions are saying. They can learn that emotions provide more information about how we're seeing something. Help them come up with more effective and healthy ways to communicate their wants, needs, and emotions.

How Your Sensitive Child is Wired

When God created your sensitive child, He specifically gave them the gifts of intuition, compassion, and kindness. In the midst of swirling emotions, your sensitive child might also have the gift of fulfilling God's command in John 15:12 to: "love one another as I [Christ] as loved you."

When you notice your sensitive child acting humbly or putting others before themselves, encourage their decision-making and behavior. Pointing out when they act out their feelings in positive ways can be important building blocks to future positive behavior and emotional control.

These initial tools will help build resilience, self-awareness, and self-control in your sensitive child. [Learn more practical tips for raising a sensitive child through links in the online article at www.focusonthefamily.com/parenting/raising-a-sensitive-child/](http://www.focusonthefamily.com/parenting/raising-a-sensitive-child/)

Upcoming Events



Ornament Workshop- Friday, November 10th

St. John is sponsoring a Christmas tree at the National Railroad Museum's Festival of Trees! Gather with other families at our gym on Friday, November 10th from 6:00 to 8:00 pm to create ornaments. There will be ornament kits for all ages to work with, so bring your whole family and some friends! Then be sure to check out our tree during your holiday celebrations.



Trees and Treats Women's Fellowship- Saturday, Nov. 18th

Women are invited to register for this special event from 10:00 am to 2:00 pm on Saturday, November 18th. We will be turning our old hymnals into a cute Christmas tree decoration! Visit the kitchen hallway to see an example. Cost is \$10.00. Register or ask for more information at auraleegehl@gmail.com or call Aurelee at 980-229-0217. Bring a hot glue gun and a

Free Community Thanksgiving Meal- Saturday, November 11th

St. John is proud to once again hold a free Thanksgiving meal, open to everyone in the community. The meal will be held on Saturday, November 11th, from 12:00-2:00 pm. Join us for turkey and all the fixings! Most foods will be provided for through Thrivent Action Cards, though people are welcome to bring in desserts. Contact the office if you are interested in helping to make dessert, to serve the meal, or to deliver meals to shut ins. Also let us know if you are aware of anyone who might like to receive a meal but would be unable to make it to the meal that day.



Mark Your Calendars!

- November 2- Eighth Grade Scheduling Night at FVL
- November 4- Daddy Daughter Dance at FVL
- November 5- Grade School Stunt Clinic at FVL
- November 6- Eighth Grade Scheduling Night at FVL
- November 7- Parent-Teacher Conferences
- November 10- Ornament Workshop
- November 11- Community Thanksgiving Meal
- November 18- Trees and Treats Women's Fellowship
- November 21- School Picture Retakes
Blood Drive
- November 22- Early Release
Thanksgiving Eve Worship
Thanksgiving Pie Social
- November 23- No School
Happy Thanksgiving!
- November 24- No School
Dance Camp at FVL
- December 2- Wrightstown Christmas Parade
- December 8- EC Christmas Program
- December 17- K-8 Christmas Program

Church Highlights

Thanksgiving Eve Worship and Pie Social- Wednesday, Nov. 22nd

Join us for special worship services as we give thanks to God for our many blessings! On Wednesday, November 22nd, we will be holding special services at 2:00 and 6:30 pm for Thanksgiving Eve. Also be sure to join in at the pie social held after the second service (around 7:30 pm). Bring in your favorite pies or just bring your appetite as we share some sweets and fellowship time!



Apple Valley Food Pantry Needs

As we give thanks for the many blessings we have received, we also look to spread blessings to others. The WELS Apple Valley Food Pantry provides food, toiletries, and other needs for people who are struggling make ends meet. This month, AVFP is looking for the following items: 14 oz boxes of white or brown rice, canned fruits, tomato soup, canned stews and chilis, baked beans, pork'n'beans, canned chicken, SPAM, facial tissues, and hair conditioners. Items may be dropped off at the St. John office for collection. Thank you for your support!

Red Cross Blood Drive- Tuesday, November 21st

It's time for our first blood drive at the new campus! Come and give blood on Tuesday, November 21st, from 1:00 to 6:00 pm. Look for sign-up papers or contact the office to volunteer for set up, take down, registrations, or giving blood. Blood donations are especially important right now as blood supply has dropped 25% over the last few months and blood is being used by hospitals faster than it is being donated. Blood donors of all types are urgently needed! Make plans to give now. Download the Blood Donor App to get reminders, make scheduling easy, track your appointments, and get special promotions.

SAVE A LIFE



GIVE BLOOD

Church Birthdays

Happy birthday to our church members celebrating during November!

Nov 1 Sharon Demerath
Nov 1 Betty Schmidt
Nov 5 Monty Reynolds
Nov 5 Perry Schisel
Nov 5 Jeffery Sonnabend
Nov 5 Nicholas Van Schyndel
Nov 6 Robbie Pohlman
Nov 7 Melissa Vanderkelon
Nov 11 Brenda Kussow
Nov 12 Silvia Akors
Nov 13 Peter Bowers
Nov 15 Aaron Wierschke

Nov 16 Emma Laabs
Nov 20 Tracy Golden
Nov 23 Martha Schmidt
Nov 23 Joan Zahn
Nov 24 Karen Laabs

Nov 25 Brad Hein
Nov 25 Jodie Schmidt
Nov 25 Danielle Vande Hey
Nov 26 Amy Vickman
Nov 27 Elliott Olp
Nov 27 Russell Otten
Nov 28 Lloyd Patoka
Nov 28 Brenda Pohlman
Nov 28 Amelia Theunis
Nov 29 Michele Drootsan
Nov 29 Jayden Hein
Nov 29 Rebecca Reschke



School Highlights



Parent/Teacher Conferences- Tuesday, November 7th

Fall parent/teacher conferences are quickly approaching- please make sure that you have signed up with your child(ren)'s teacher(s)! We ask that all parents take time to meet with teachers to evaluate how the school year is going so far for their students and how we can work together to help them as the year goes on. Conferences will be held on Tuesday, November 7th. Mrs. Otto and Mrs. Gamboa will be available to meet with parents beginning at noon, while other teachers will begin conferences at 3:00 pm. Parents should have received a link to an online sign up. Older students will receive their first quarter report card before conferences. Contact the school office if you have not gotten the sign-up link for any reason.



Picture Retake Day- Tuesday, November 21st

School picture order forms were sent home on our initial picture day. If your child was not able to attend that day or come in for pictures, or if the pictures did not come out to your satisfaction, Harmon Studios will be back for picture retakes on Tuesday, November 21st at 10:00 am.

Upcoming FVL Opportunities

Fox Valley Lutheran High School offers many opportunities all year round—not just for their own students, but for families and grade school students as well! Some of the upcoming events include:

Daddy/Daughter Dance- Saturday, November 4th

Sign up for this special event online, dress up, and take your daughter(s) out dancing! Open to girls ages 3-13. Cost varies and can be found online. 1:30-4:30 pm

Cheer Stunt Camp- Sunday, November 5th

Girls in 5th-8th grade can sign up to learn proper techniques for pyramids and other cheerleading stunts. Registration ends November 2nd. Cost is \$20 per girl. Camp runs from 2:00-5:00 pm. See more info online.

Dance Camp- Friday, November 24th

This camp is open to girls in preK-2nd grade. It runs from 8:30-11:00 am, giving a perfect opportunity for parents to get some Black Friday shopping in.

8th Grade Scheduling Nights- November 2nd & 6th

8th graders planning to attend FVL next year can sign up for classes that they would like on their schedule. Call for an appointment, as conferences are held one-on-one. Further scheduling nights will be held later in the school year.



Happy Birthday!

Happy birthday to our students celebrating during November!

November 5- Violet S.

November 6- Jude G.

November 13- Jaxton G.

November 27- Evelyn S.

November 29- Jayden H.

November 29- Owen V.





October 20th, 2023-
While the 'big kids'
were away on their field
trip to the Open Door
Bird Sanctuary, the
younger St. John
students got to enjoy a
pajama day, with fun
activities and an
afternoon movie!

Contact Us

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