

# St. John Messenger

November 2024



St. John Lutheran Church



Nashua, Iowa



<https://scripturetype.com/1-thessalonians-5-18>

## A Thanksgiving Reflection on 1 Thessalonians 5:18

1 Thessalonians 5:18 says,

*“Give thanks in all circumstances;  
for this is the will of God in Christ Jesus for you.”*

It’s nearly impossible for us to “give thanks in all circumstance” and yet, this verse instructs us to do just that. All circumstances (good, bad, indifferent); we have been instructed to give thanks. It’s far easier for us to give thanks when things are going well, but how do we give thanks in the midst of struggle? When the doctor has just given us (or a loved one) a terminal diagnosis; how do we give thanks? When we have just been laid off from work and don’t know how we are going to pay our bills; how do we give thanks? When a treasured relationship has ended unexpectedly or is experiencing a major crisis; how do we give thanks?

Then, throw in the second half of this verse speaking to “God’s will” and a whole mess of things can be unearthed and we begin to question God and His goodness. Why would it be God’s will to have me go through this medical crisis? How is it God’s will that I lose my job and have no way of supporting myself or my family? Why would God want this relationship to deteriorate and end? Lots of questions and anger can surface if we jump to conclusions without pausing for a moment and reflect on the meaning behind verses such as this.

Maybe a better way to interpret this verse is to say, “try to find the good in every situation” or “try to find God in the midst of your struggle.” While still difficult to do, this is a little easier to accomplish. Maybe we should ask ourselves, “how can God’s will be reflected through this struggle I am facing? How can I take this experience and faithfully respond so that God’s praises can be raised through me and this experience?”

Giving thanks in all circumstances, understanding God’s will, these are difficult things to do, but if we are able to switch our focus off of ourselves and have a different mindset in the midst of our struggles, we just might be able to see God at work in this broken and sinful world. We might be able to find happiness when we would otherwise only see pain and disappointment. May God be with you in the midst of life’s struggles, and may you emerge on the other side with a new-found appreciation for your faith and the power of God in your life. Amen.

— Pastor Todd —

# Affirmation of Baptism



Lyla Burrichter, Wyatt Burrichter,  
Kaden Hannemann,  
Elizabeth Kalvig,  
Allison Miller, Ellie Sudol,  
and Kaitlyn Wolf.



See Insert





# Reformation Around the Synod



## 2024 Christmas with Wartburg

Hear the Angels Sing

Tickets Available to the Public  
Friday, Nov. 1



- Friday, Dec. 6, 7:30 p.m. Lutheran Church of Hope, West Des Moines
- Saturday, Dec. 7, 3 p.m. Neumann Auditorium, Waverly
- Saturday, Dec. 7, 7:30 p.m. Neumann Auditorium, Waverly
- Sunday, Dec. 8, 3 p.m. Neumann Auditorium, Waverly



**Pastor Todd Burrichter**

Email: [pastortoddburrichter@gmail.com](mailto:pastortoddburrichter@gmail.com) † Cell: (641) 228-0235  
Office Hours: Tuesday—work from home  
Monday, Wednesday, Thursday-- 8:00 a.m. — 5:00 p.m.  
Sunday 8:00 a.m.— 12:00 p.m.

**Deacon Jackie Schilling**

Email: [jschilling610@gmail.com](mailto:jschilling610@gmail.com) † Cell: (319) 504-6583  
Office Hours: Monday: Work from home; attend evening meetings.  
Tuesday: 9:00 a.m. — 3:00 p.m.  
Wednesday, Thursday: 9:00 a.m.— 8:00 p.m.  
Sat and Sun: 8:00 a.m. — noon  
On call for all confirmation needs.

Office Hours: 9:00 a.m.-2:00 p.m. † Monday, Thursday, Friday

**Secretary: Lisa Acton † (641) 435-2396**

Church email: [stjohnlutherannashua@gmail.com](mailto:stjohnlutherannashua@gmail.com)  
300 Merrill Street, P.O. Box 575; Nashua, IA 50658-0575

Clarksville: **Don Niemeyer**

Cedar Vale: **Virginia Kraft**

West Des Moines: **June Marth**

Bartels—Linden Place:

**Verna Wiebke**

Ravenwood, Waterloo:

**Diane Reuscher**

Evergreen Arbor, Waverly:

**Ida Schloemer**

Whispering Willows, Fredericksburg:

**Shirley Frost, Joyce McMichael,**

9<sup>th</sup> St. Chautauqua, Charles City:

**Glenn George**

11<sup>th</sup> St. Chautauqua, Charles City: **Linda Haut,**

**Phyllis Kunzman, Elmer Arends, Liz Arends**

Bella Vita Asst. Living, Tampa, FL: **Shirley Fosse**

**November Birthdays**

- 1 Beau Bridges
- 1 Sam Renz
- 2 Nancy Scharnhorst
- 2 Autumn Bigelow
- 3 Joan Lore
- 3 Vicky Fonley
- 4 Lynsey Chyma
- 4 Austin Crabtree
- 4 Jasmyn Jost
- 5 Debra Stastny
- 6 Jan Hannemann
- 6 William Miller
- 6 William Lindeland
- 7 Heather Norland
- 7 Jarett Petersen
- 7 Amelia Wilson
- 8 Jack Hall
- 8 Peyton Lane
- 8 Joshua Mahan
- 9 Nicholas Raymer
- 10 Shawn Goddard
- 12 Gregory Henn
- 12 Kay Mehman
- 12 Barbra Petersen
- 12 MacKenzie Bechthold
- 13 Tracy Demro
- 13 Judith Catchpool



- 13 Shelley Pahnisch
- 14 Layton Appel
- 14 James Wilken
- 14 Sarah Garbes
- 15 Madelyn Fonley
- 15 Shannon Foote
- 15 Mark Wedeking
- 16 Sherri Nieman
- 16 Emma Sinnwell
- 16 Kim Bigelow
- 17 Brad Baldwin
- 19 Scott Cerwinkske
- 19 Roger Garbes
- 19 Sheri Lines
- 20 Gary Poppe
- 20 Holly Hendricks
- 22 Trevin Steere
- 23 Burton Dietz
- 24 Dennis Johnston
- 25 Brady Henn
- 26 Edward Heimdal
- 27 Shirley Frost
- 27 Myrna Ross
- 27 Daniel Garbes
- 29 Idella Folkerts
- 30 Dean Renz

**WE ARE**  
*Praying*  
**FOR YOU**

<https://ebenezerumc.org/event/year-of-prayer/>



  
*Just*  
**BE**  
**KIND**

The Annual Operation Christmas Child Shoe Box Collection Begins November 10th!

Pick up your empty shoeboxes in the overflow November 10th or 17th,

**fill them up & bring them back by November 24th** to be sent to children all over the world from us here at St. John!

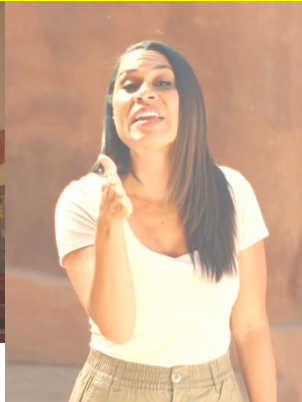
**Shipping is always such a large expense** for this ministry, if you would rather just **financially donate to this, that would be great too!**

Thank you to everyone who year after year has helped make this such a great success!

**Any questions, please contact me! Thanks again! Stacey Berger**



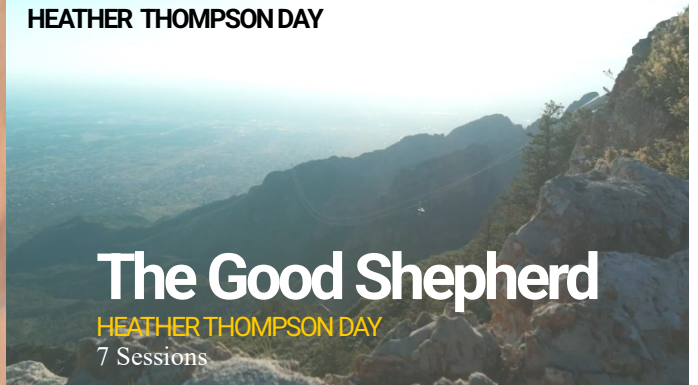
RightNow Media— **SO MUCH TO EXPERIENCE! IT'S FREE!**  
<https://app.rightnowmedia.org/en/join/stjohnnashua>



HEATHER THOMPSON DAY

## The Good Shepherd

HEATHER THOMPSON DAY  
7 Sessions



**RightNow Media**



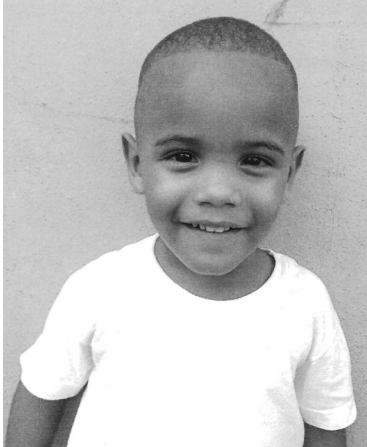


# St. John Lutheran

Love as Jesus Loves

## Sponsoring Hope:

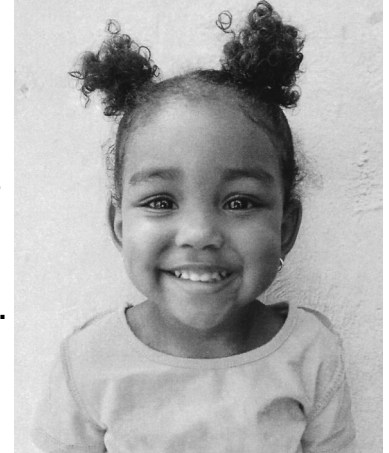
### Meet Anderson and Gialy



We are thrilled to share some heartwarming news with you! Our congregation has embarked on a beautiful journey of love and support by sponsoring two precious children from the Dominican Republic through Children International.

Let us introduce you to:

**Anderson, a spirited 3-year-old boy,  
and Gialy, a sweet 2-year-old girl.**



### What is Children International?

Children International is a global nonprofit humanitarian organization dedicated to breaking the cycle of poverty for children around the world. By providing essential resources such as medical care, educational support, and life skills training, Children International empowers children to create lasting change in their lives and communities.

### Why Sponsorship Matters

Sponsoring a child through Children International is more than just a financial commitment; it is an act of love and hope. Children living in poverty face numerous challenges, including hunger, limited access to education, and social discrimination. Through sponsorship, we can help Anderson and Gialy overcome these obstacles and build a brighter future. Our support ensures they receive the care and opportunities they need to thrive.

### Our Commitment


Deacon Jackie will be personally covering the monthly sponsorship fees for Anderson and Gialy. Additionally, our Sunday School offerings will be dedicated to providing extra gifts for them during Christmas and their birthdays. This initiative not only brings joy to Anderson and Gialy but also teaches our children the importance of serving others and being compassionate servants of God.

### A Lesson in Service

By participating in this sponsorship, our children learn valuable lessons about empathy, generosity, and the impact of their actions. They see firsthand how their contributions can make a difference in the lives of others, fostering a sense of global community and responsibility.

**Let us continue to pray for Anderson and Gialy, and for all the children who benefit from the support of organizations like Children International.**

**Together, we can make a meaningful difference and spread God's love across the world.**



“We would like to thank the congregation of St. John’s Lutheran Church for their unwavering support during this challenging time. With each text, phone call, card, meal, prayer, and more, we feel supported and are grateful.”

**Dan and Megan Miller and Family**

## Daring Joy by Deacon Jackie

### Healthy Choices During the Holiday Season



As we approach the holiday season, it's important to remember that while this time of year is filled with joy and celebration, it can also bring unique challenges to our mental, physical, financial, and spiritual health.

**Mental Health:** According to the American Psychological Association, nearly nine in 10 U.S. adults (89%) report feeling stressed during the holidays due to concerns such as financial pressures, missing loved ones, and family conflicts. This stress can interfere with our ability to enjoy the season, with 43% of adults saying that holiday stress impacts their enjoyment.

**Physical Health:** The American Heart Association found that 79% of people surveyed overlook their health needs during the holidays, making it more stressful than tax season. Eating healthy, exercising regularly, and getting enough sleep are often neglected, leading to increased stress and health issues.

**Financial Health:** Financial concerns are a significant source of stress, with 58% of U.S. adults saying that spending too much or not having enough money causes them stress during the holidays. This financial strain can lead to feelings of anxiety and pressure, especially for households earning under \$50,000 annually.

**Spiritual Health:** For Christians, the holiday season can also challenge our spiritual well-being. With the commercialization of Christmas, it's easy to lose sight of the true meaning of the season—the birth of Christ. Balancing holiday traditions and spiritual practices can be difficult, leading to feelings of disconnect from our faith. It's crucial to find ways to stay connected to our spiritual roots and celebrate the season's deeper significance.

### This or That: Healthy Choices for the Holidays

*To help you navigate these challenges, here are some "This or That" choices to consider:*

**This:** Plan and budget for holiday expenses in advance.

**That:** Impulse buying and overspending.

**This:** Schedule regular exercise and outdoor activities.

**That:** Sedentary activities and overindulgence in holiday treats.

**This:** Prioritize sleep and relaxation.

**That:** Staying up late to finish holiday preparations.

**This:** Connect with loved ones and share your feelings.

**That:** Isolating yourself and keeping emotions bottled up.

**This:** Practice mindfulness and gratitude.

**That:** Getting caught up in the hustle and bustle.

*"Spread love  
everywhere you go.  
Let no one ever  
come to you without  
leaving happier"  
Mother Teresa*

### Upcoming Healthy Choices Challenge

To support our congregation in making healthier choices this holiday season, Deacon Jackie will be issuing a "Healthy Choices" challenge starting in early November. This challenge will include daily tips, encouragement, and resources to help you stay on track with your mental, physical, financial, and spiritual health.

Let's come together as a community to support one another and make this holiday season a time of true joy and well-being.

Blessings,  
**Deacon Jackie**

**"LET ALL THAT YOU DO BE DONE IN LOVE"**  
1 CORINTHIANS 16:14



# Addiction and Recovery during the Holidays 2024

## **Navigating Mental Health and Addiction During the Holiday Season**

The holiday season is often portrayed as a time of joy, celebration, and togetherness. However, for many, it can also be a period of heightened stress, anxiety, and temptation. The pressure to attend gatherings, the financial strain of gift-giving, and the emotional weight of family dynamics can all contribute to mental health challenges and the risk of relapse for those in recovery<sup>1</sup>.

### **Celebration Gatherings: A Double-Edged Sword**

Holiday gatherings can be a source of joy, but they can also be a trigger for stress and anxiety<sup>1</sup>. The expectation to be happy and social can be overwhelming, especially for those dealing with mental health issues or addiction<sup>1</sup>. It's important to recognize that it's okay to feel a range of emotions during this time and to take steps to protect your mental well-being.

### **Tips for Staying Clean and Sober During the Holidays**

**Plan Ahead:** Identify potential triggers and plan how to handle them<sup>2</sup>. This might include bringing a sober buddy, having a non-alcoholic drink in hand, or planning an exit strategy if things become overwhelming<sup>2</sup>.

**Lean on Your Support Network:** Don't hesitate to reach out to friends, family, or support groups for help<sup>2</sup>. Having a strong support system can make a big difference.

**Set Boundaries:** It's okay to say no to events or situations that might compromise your recovery<sup>2</sup>. Prioritize your well-being and communicate your needs clearly and respectfully<sup>2</sup>.

**Practice Self-Care:** Make time for activities that recharge your mind and body, such as exercise, meditation, or spending time in nature<sup>3</sup>.

**Create New Traditions:** Consider starting new, sober-friendly traditions that can help you enjoy the holidays without relying on substances<sup>4</sup>.

### **Resources for Help**

If you or someone you know is struggling with mental health or addiction during the holiday season, there are resources available:

National Suicide Prevention Lifeline: 1-800-273-8255

Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI): Text "NAMI" to 741741 for crisis support

American Addiction Centers: 1-866-644-4401

Remember, you're not alone. The holiday season can be challenging, but with the right support and strategies, you can navigate it successfully. Take care of yourself and reach out for help when you need it.

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#### Resources

1 [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

2 [americanaddictioncenters.org](http://americanaddictioncenters.org)

3 [www.samhsa.gov](http://www.samhsa.gov)

4 [continuumrecoverycenterofcolorado.com](http://continuumrecoverycenterofcolorado.com)

#### **Northeastern Iowa Synod Substance Abuse Network**

*Text or Call (Please leave a voice message if possible)*

+ Pastor Brian Julin-McCleary (319) 888-3814

+ Deacon Jackie Schilling (319) 504-6583

+ Pastor Jane Harris (641) 242-0337

+ Pastor Bob Scheurer (641) 420-4380

+ Pastor Tom Martin (563) 419-3173

♥ Pastor Becky Sogge (612) 718-9151

♥ Pastor Maureen Howard (319) 512-8819

+ *Experience with own personal addiction/recovery*

♥ *Experience with a loved one dealing with addiction/recovery*

**NE Iowa Synod Contact:** Pastor Steve Brackett: (319) 352-1414

**WELCA NEWS**

Coming Wednesday, November 6th:  
The monthly meeting of WELCA will be  
**Wednesday, November 6th at 1:30 p.m.**  
Lesson Leader will be Sandra Steinlage.

Joyce Beck will be serving as Hostess.  
Plan to attend because the meeting has  
many issues to determine and plans to  
make for the end of the year.

Enjoy this nice weather

by coming out to **Women of the ELCA**



**LUTHERAN  
WORLD RELIEF**

Dear LWR Contributors, St John Lutheran  
Church, rural LaPorte City want to sincerely thank  
you for your participation in the

October 12th, 2024 Fall LWR Ingathering.

We were able to load and send 1,173 Quilts;  
9 Blankets; 1,440 School Kits;  
170 Baby Kits; and 77 Fabric Kits  
for a total of 452 Boxes.

Your contributions are truly a blessing  
for those in need! Give yourselves a  
pat on the back for a job well done.

In Christian Love— Barb Borpe (sp.?)  
Zion WELCA President



**2024 Council Members &  
Committee Chairpersons**

**Lori Bruns, President**

**Mark Rodruck, Finance**

Evangelism: **Kathy Cerwinske, V.P.**

Education: **Karen Sinnwell, Secretary**

Administration: **Megan Stille**

Building & Grounds: **Bruce Becker**

Stewardship: **Lisa Acton**

Technology: **Kif Richmann**

Worship & Music: **Rick Drewelow**



It's time to think about  
**Poinsettia orders!**  
Information Coming Soon!

**From the Church Office September 2024 Statistics**

Day	Date	Attendance	Giving
Sunday	Sept. 1	51	\$2,537.00
Sunday	Sept. 8	85	\$2,672.00
Sunday	Sept. 15	81	\$1,830.00
Sunday	Sept. 22	74	\$2,162.00
Sunday	Sept. 29	102	\$1,730.00
			\$10,931.00

**From the Church Office October 2024 Statistics**

Day	Date	Attendance	Giving
Sunday	Oct 6th	88	\$3,253.10
Sunday	Oct 13th	108	\$1,351.28
Sunday	Oct 20th	74	\$1,755.00
Sunday	Oct 27th	162	\$1,277.41
			\$7,636.79

**FIND US:** ST JOHN LUTHERAN CHURCH

Website: [www.stjohnnashua.org](http://www.stjohnnashua.org)

Facebook: [facebook.com/stjohnlutherannashua/](https://www.facebook.com/stjohnlutherannashua/)

YouTube: <https://www.youtube.com/channel/UC8AuyCQBC1zUQWr2JfB727g/videos>

## November Worship Servants

Type of Service	<u>Trad/Comm</u> All Saints Day	<u>Jubilee/ Comm</u> Pentecost 25	<u>Traditional</u> Pentecost 26	<u>Jubilee</u> Christ King Sunday	Type of Service
Date	<b>Nov. 3rd</b>	<b>Nov. 10th</b>	<b>Nov. 17th</b>	<b>Nov. 24th</b>	Date
Head Usher	<b>Kathy Cerwinske</b>	<b>Kif Richmann</b>	<b>Kif Richmann</b>	<b>Kif Richmann</b>	Head Usher
Lector	<b>Ann Senner</b>	<b>Jill Kalvig</b>	<b>N/A</b>	<b>Kathy Cerwinske</b>	Lector
Sound	<b>Wyatt Burrichter</b>	<b>Jeff Trost</b>	<b>Lisa Acton</b>	<b>Troy Stille</b>	Sound
Comp/Cam	<b>Kammi Hannemann</b>	<b>Katelyn Wolf</b>	<b>Connor Sullivan</b>	<b>Joan Lore</b>	Comp/Cam
Acolyte	<b>Landyn Stiles</b>	<b>Andrew Kalvig</b>	<b>William Miller</b>	<b>Emmie Sudol</b>	Acolyte
Acolyte	<b>Laura Wolf</b>	<b>Harmony Pederson</b>	<b>Kylie Huffman</b>	<b>Ellie Sudol</b>	Acolyte
Greeters- Offering	<b>Kristi Hannemann and Family</b>	<b>Allen Pederson and Family</b>	<b>Sarah O'Neil and Family</b>	<b>The Franzen Family</b>	Greeters- Offering
Communion	<b>Susan &amp; Roger Garbes</b>	<b>Mark &amp; Trent Rodruck</b>	<b>N/A</b>	<b>N/A</b>	Communion
Date	Nov. 3rd	Nov. 10th	Nov. 17th	Nov. 24th	Date

# November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 "Give thanks to the Lord, for he is good; his love endures forever." 1 Chronicles 16:34						 7:00 A.M. Men's Breakfast  Turn Clocks BACK!
9 a.m. Traditional with Communion --Sunday School in the Pews 3	5:30 P.M. Scouts 4	Election Day 5	1:30 P.M. WELCA Meeting 6	6-7:30 P.M. Bible Study 7	8	9
9 a.m. Jubilee with Communion --Sunday School 10	11	12	13	6:30 -8 P.M. Book Club 14	15	16
9 a.m. Traditional Service --Sunday School 17	5:30 P.M. Scouts 6:30 P.M. PEO 7:00 P.M. Council [Pastor Todd VaCa] 18	19	20	6-7:30 P.M. Bible Study 21	22	23
9 a.m. Jubilee Service --Sunday School 24	25	26	27	HAPPY THANKSGIVING (Schilling Reserves Fellowship and Kitchen) 28	29	30

# St. John Lutheran Church

300 Merrill Street,  
P.O. Box 575  
Nashua, IA 50658

Know  
Jesus,  
Tell  
about  
Jesus,  
and  
Love as  
Jesus  
Loves.



If you  
can't  
be  
kind,

Be  
quiet.



*Stewardship:  
Live it Everyday!*