

St. John's Lutheran Church
505 E. Carpenter St.
Midland, Michigan 48640

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Newsletter information may be submitted typed or emailed to office@sjlmidland.org by the due date on the calendar in the newsletter. Submissions may be edited.

Worship Times

Sunday at 8 & 10:45 am
Bible Study and Sunday
School at 9:30 am

Saturday at 5 pm

Live Stream:
[facebook.com/sjlmidland](https://www.facebook.com/sjlmidland)

St. John's Worship
Services on MCTV
Monday at 5:30 pm
Tuesday at 10 am
Channel 191

Church Phone:
(989) 835-5861

www.sjlmidland.org

“The Light of the World”

In John 9, Jesus said “while I am in the world, I am the light of the world.”

Interesting words that I have always taken in the most basic sense--light allows us to SEE.

But during this time of year, I begin to see these words in a different--pardon the pun--light. You see this is the time of year I typically begin to notice a change in the light. It is not the presence of light in absolute darkness, but the fact that the days are lengthening. No longer do I get up in total darkness, but by the time I get the kids to school the sky is getting light. Going out after dinner no longer takes place in blackness, but I have some daylight to enjoy once again.

A simple detail, perhaps, but the fact is that it lifts my spirits immensely. Partly, perhaps, because the presence of light itself. (Research apparently shows that a sufficient amount of exposure to light of the correct spectrum has a positive impact on mood.) But I think it is also because I am conditioned to look for the other changes that will soon take place because of the presence of light: Green grass, flowers, warmer weather, spring breezes. The increasing light not only raises my spirits, but it literally brings about the explosion of life that we call spring.

Not just a flash of light, mind you, but steady exposure to the right kind of light over time brings all kinds of beneficial results. Kind of gets me thinking . . .

Jesus is the light of the world. That light certainly does illuminate the darkness so that we can see. But the light of springtime makes me want to do more than just SEE. It makes me want to get out IN the light and experience the warmth and refreshment it offers. It makes me want to be more active and get started on some projects. It makes me want to look around a little more and see the beauty of nascent life.

And maybe, just maybe, we should also experience Jesus in the same way--not just stopping by to “peek” at him in Church, or considering the truths that are revealed in the scripture, but actually getting out and basking in His light. Maybe it is not just that the light reveals what we ought to be doing, but when we get out in the light and get to work, it actually energizes and refreshes us. Maybe we are not supposed to just “see” the light, but actually get out and live in it. It's almost as though the scripture tells us that we are to “walk in the light” rather than just look at it.

Oh wait, it does. (Eph. 5:8ff.)

So get out there and enjoy an active spring, and bask also in the light of the world! His light not only brings flowers from the ground, but it actually brings dead sinners to life! Every spring is an object lesson for Easter, and Jesus is still shining in this world to heal and renew. Don't just receive it, enjoy it!

See you in church,

-Pastor Kempin

Our Mission Statement

“We are here to share the good news of salvation and make disciples of Jesus Christ, in accordance with the Scriptures (Matt. 28:18-20) and with the help of the Holy Spirit. This mission begins with our St. John's family and extends to the Midland Community and the world.”



UPCOMING CONGREGATIONAL MEETINGS

- May 19 – Voters’ Meeting (2pm)
- July 21 – Communications’ Meeting (2pm)
- September 22 – Voters’ Meeting (2pm)

SCRIP - FREE MONEY FOR OUR SCHOOL

What is a SCRIP Program? You can buy gift cards at their normal price that you would buy them at ANY store, and a small rebate would be given to our school. This rebate could be given to the school for the scholarship program, it can be designated for a student’s tuition, OR it could be designated for the STEM Program OR the Kitchen Upkeep account.



We have over 750 cards available through the SCRIP Program including Ace Hardware, Amazon, Applebee’s, Arby’s, Barnes & Nobles, Bath & Body Works, Bob Evans, Buffalo Wild Wings, Burger King, Cracker Barrel, Dairy Queen, Domino’s, Exxon/Mobile, Family Fare, Gordon Food Service, Home Depot, iTunes, Jo-Ann’s, Kohl’s, Kroger’s, Little Caesar’s, Lowe’s, Marathon, Marshall’s, Meijer, Menards, Michaels, Olive Garden, Panera, Papa John’s, Pi’s, Pizza Hut, Qdoba, Shell, Speedway, Staples, Starbucks, Subway, Supercuts, Taco Bell, Target, Tim Hortons, Ulta, Walgreens, Walmart / SAMS, Wendy’s and many others that can be ordered. We can also order American Express cards, Visa gift cards, and SCRIP Gift Cards.

See the SCRIP display on the table in the lounge or call/text Cheryl Zastrow, St. John’s Scrip Coordinator, at 989-239-3919. SCRIP cards are sold on Thursday mornings during the school year 8:00a-10:00a. Also Sunday mornings following both church services on the 2nd & 4th Sundays, or by appointment.

OASIS BIBLE STUDY GROUP

The Oasis Bible study group (led by Karen Kempin) meets on Tuesdays at 10:30am. We will meet weekly for study, discussion, fellowship and fun in ROOM #3! **Hope to see you there!**

PRAYER SHAWL MINISTRY

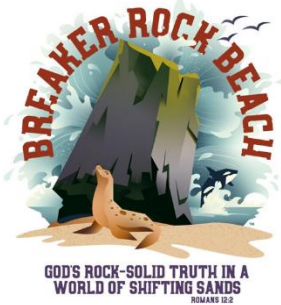
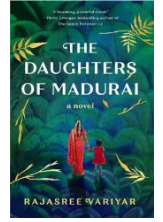
We give thanks to God for you and the gifts that you give to be used in His kingdom. Your gifts of love make this ministry possible. Through the labors of the knitters and the compassion of the people giving shawls out, we have reached out to 23 people between January 1 and mid-March. Recipients of the shawls were dealing with issues like: anxiety, pregnancy complications, cancer, brain injuries, strokes, care-giver for person with dementia, hospice, Parkinson’s and the death of family members. Your gifts are showing the love of God to people in Midland, greater Michigan and other states.

I have heard from knitters how they are blessed by being able to help people in crisis through their knitting/crocheting; from people that have taken shawls to those in need of comfort that they are blessed by being able to leave tangible evidence of their concern that can give comfort even when they cannot be present; and by the shawl receivers to know that people care about them.

We have given out about as many shawls in the past two months as we have had donated and our supply is dwindling. Please take time before the weather turns really nice to knit another shawl or two so that we may continue to be a blessing to others. We pray that God will continue to richly bless you.

Book Club

St. John’s Book Club meets on Monday, April 8. Join us from 6:30-8:00pm in Room 3 to discuss this month’s selection, *The Daughters of Madurai* by Rajasree Variyar. Check the Family Life bulletin board across from the Church Office for a complete list of meeting dates and books.



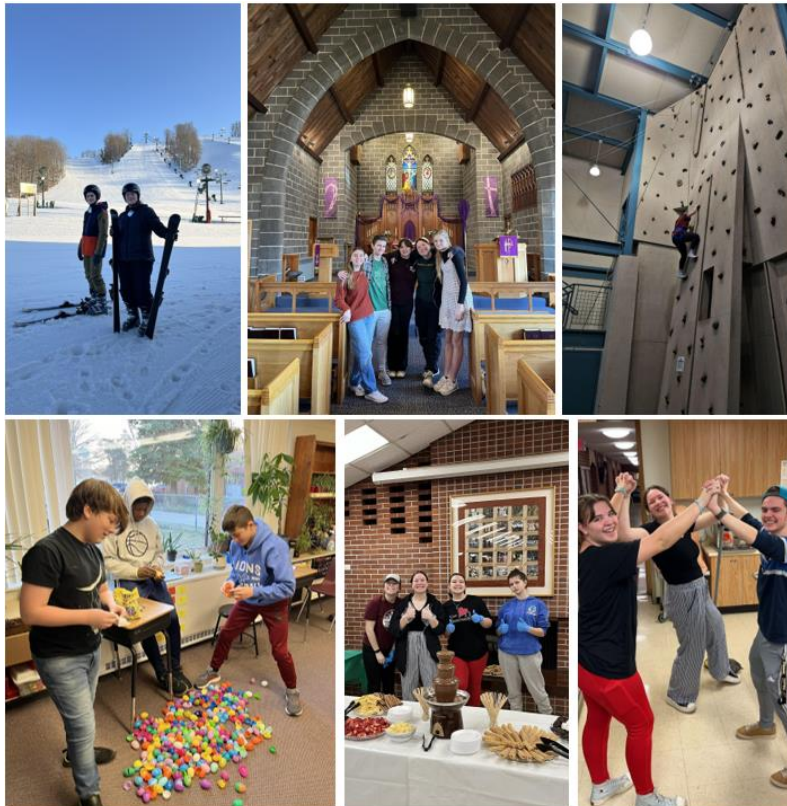
Vacation Bible School

Save the date! "Breaker Rock Beach: God's Rock-Solid Truth in a World of Shifting Sands" Vacation Bible School is coming to St. John's Sunday, June 16- Thursday, June 20 (6:00-8:00pm, family meals offered at 5:30pm). Interested in volunteering? Connect with Anna!

SJL Youth

In March, our sr. highers traveled to Petoskey for the annual Winter Whiteout Weekend retreat. Deaconess Heidi Goehmann let students through a relationship-focused study of the book of Ephesians. They also enjoyed skiing, an adventure course, making unique art pieces, worship at Zion- Petoskey, and meeting other youth from northern Michigan. The month also featured...

- A successful “taco night” Lenten supper that raised \$803.75 to support our group attending the 2024 Appalachian Servant Event (THANK YOU for your generosity!!!)
- Filling LOTS of Easter eggs
- Preparation and planning for the annual Easter breakfast



LYDIA GUILD



*Upcoming Lydia Guild Meeting
April 22nd @ 6:30 in Lounge
"Restoring Lives Through Health Care"*

The Lydia Guild of St. John's would like to invite you to our meeting this month presented by Jim Meir and Ed Doerner, Clinic Directors of Gateway Healthcare here in Midland. Gateway Family and Urgent Care is recognized as a Christ-centered healthcare provider achieving healthy living in mind, body, and spirit by providing the highest quality affordable and accessible healthcare to the uninsured, underinsured, and those with barriers to quality healthcare. They will explain that the treatment with each patient with excellence and dignity is where healing begins. Please come and join us as we learn how Gateway was started, who it serves, location and how it impacts our community.

After our program presentation the agenda for the meeting to follow will include the election of 2024-25 officers, the forming of a Disbursement of Funds Committee, and discussion of the Graduate Recognition Breakfast Signup. Ellie Crook will be leading our devotions. Please join us for an evening of fellowship and learning how Gateway Health is restoring lives through affordable health care in our community and the surrounding area.



We hope to see you there. Joyce Battjes (989-430-7166 or jbattjes@sbcglobal.net) or Janet Thompson (989-859-8524 or jkthom5303@hotmail.com).

Lenten Supper News

Once again, we have celebrated the resurrection of our Savior Jesus Christ, and are renewed in His promise of our own new life in Him. The Lydia Guild wishes to thank all those who joined us for our Lenten Supper where we served our hearty beef stew and biscuits along with many delicious sides. What a wonderful opportunity to spend time in Christian fellowship, either serving or partaking in our lovely church. Proceeds of over \$600.00 were equally divided between Midland's Women Shelter, our neighbors just a few blocks away, and our own Lutheran Special Education Ministry right here in our own Day School. These dollars will be greatly effective in providing for the unique needs facing the recipients. As Jesus said, "...what you do for the least of these, you do for me..."

For the past 4 years, the Lydia Guild has been pleased to provide some financial support to our local student, McKenzie Jean-Marcous, who was being mentored by our own DCE, Anna Kruger. McKenzie has graduated from Concordia and is now a DCE at Immanuel Lutheran Church in Valparaiso, IN. She works with the congregation there and especially loves working with the Youth of all ages. She again sends her thanks for the support and prayers from the Lydias and the congregation of St. John's. We wish her continued success in her career!

If you know of a young woman going into church service, please let any Lydia know, or call the church office as we are now seeking a new candidate to support. Brigitte Glaser, 989-832-4417.

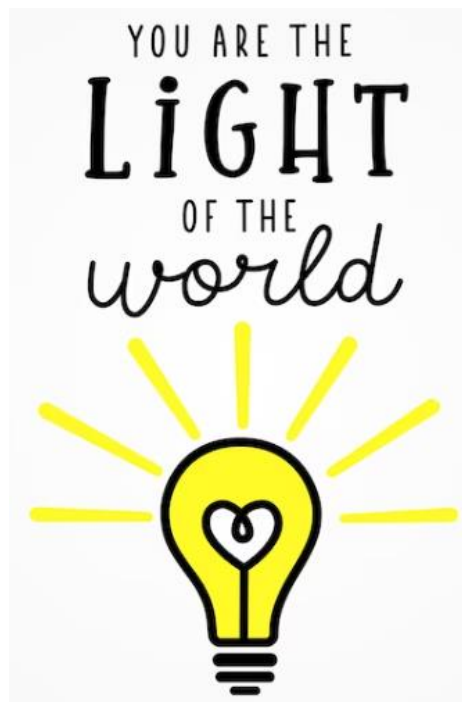
FRIEND TO FRIEND



FRIEND TO FRIEND *Temporary Meal Assistance* *Who we are & What we Provide*

Friend to Friend is a ministry area that helps those in our congregation with prepared temporary meal assistance after being released from a hospital or rehabilitation stay or even those who may have been ill and not strong enough to prepare food to sustain themselves during their recovery. **Kristin Martin** is the coordinator for this ministry. She is who is contacted when our pastors, staff, and/or you our fellow congregational members know of someone who may be in need of this assistance. She will then contact the person to ask if they would like this assistance until they are stronger (usually one to two weeks maximum) and inquire as to dietary restrictions. Kristin uses sign-up genius for our members to sign up to deliver a meal, what it will be, and determine the date it will be delivered on. Many of our members are willing to prepare food but Kristin provides that important roll of assimilating the information to let us all participate in doing those acts of kindness when needed by our members. Kristin's contact information for submitting names of individuals who may need this help is the following: **Phone-(989)-928-2880 or Email: k-mart6@hotmail.com.**

This is an excellent ministry to serve others, share the love of the Lord Jesus, and make a difference in someone's life. The mission of this ministry is simply to help someone in need by providing a ready-made meal. In times of need, it is an incredible blessing to see a friendly face and receive a meal. (Joyce Battjes 989-430-7166)



Rosacea (Ro-say-she-a)

Rosacea is a condition that involves dilation of the small blood vessels of the face. The exact cause of rosacea is unknown. Currently, health researchers believe that it is a genetically mediated reduction in the ability to dampen facial inflammation that is caused by environmental factors, such as food, sun or heat.

Rosacea usually first appears on the cheeks or the nose, but not always. When rosacea on the nose is left untreated, it can sometimes progress into a condition called rhinophyma (Ryno-FY-ma). Rhinophyma (the W.C. Fields nose), generally seen in men, literally means "growth of the nose" and is characterized by bulbous enlargement of the nose and cheeks. In cases of rhinophyma where thickness of the nose develops, surgical repair may be necessary. You may see tiny red spider-like blood vessels that enlarge and rise to the surface of the skin on the face. These spider-like blood vessels are treatable. Former President Bill Clinton has rosacea characterized by the rosiness of his nose and cheeks.



Rosacea can closely resemble adult acne. A chronic, inflammatory skin disease, rosacea itself is different from acne, although the two conditions can exist together. Like acne, rosacea is a skin disease that is characterized by redness and/or pimples on the cheeks, nose, forehead, and chin. Rosacea is not contagious and is diagnosed on appearance. There may be times when a hot burning flare-up of rosacea is appears on one or both cheeks or ears. The flushing can last minutes to hours, and as the disease progresses, the flushing becomes permanent, and the redness doesn't resolve.

Sometimes, but not always, rosacea affects the eyes. This complication is called ocular rosacea, in which sufferers feel that their eyes are burning, dry, gritty, and sensitive to light. Treatment for ocular rosacea may include an eyelid scrub and artificial tears. Conjunctivitis is also seen with ocular rosacea. Untreated ocular rosacea can cause another problem called rosacea keratitis, where the cornea of the eye becomes damaged, which can result in permanent damage and impaired vision.



Rosacea is rarely seen in children. It is usually observed in women between 30 and 50 years of age, but it can also be in men. Sometimes menopause will be the trigger for the onset of rosacea in women. Although rosacea generally worsens with age, progression of the disease is not necessarily predictable. Many rosacea sufferers are unaware that treatments for rosacea can slow or prevent the progression of rosacea. However, as mentioned earlier, untreated rosacea can progress into serious complications, such as rhinophyma.

Rosacea cannot be cured or prevented. However, there are treatments, such as photodynamic therapy, which can give patients months or years of long-term results, other rosacea treatments include oral antibiotics, Metronidazole topical cream, or cleansers.

The best way to avoid the flushing flare-ups of rosacea is to learn what triggers them. A well-known cause for rosacea flare-up is sun exposure. Rosacea is generally seen in fair-skinned people of English, Irish, or Scottish heredity, those who blush easily, and those with a family history of rosacea. In these populations it is highly recommended to use sunscreen and to avoid exposure to the sun when possible. Other triggers that cause flare-ups are stress or anxiety, spicy foods, cosmetics, exercise, smoking, caffeine, alcoholic drinks, wind, heat, and cold. Consider making a list of activities or foods that precede a flare-up and avoid these triggers in the future.



For more information:

[Rosacea: Treatment, Pictures, Causes, Types, Symptoms & Diet \(medicinenet.com\)](https://www.medicinenet.com/rosacea-treatment-pictures-causes-types-symptoms-diet.htm)

APRIL 2024 – St. John’s Lutheran Church & School, 505 E. Carpenter, Midland (989-835-5861)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office & School CLOSED 5:30-Worship on MCTV (Ch. 191)	2 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6-Handbell Practice 7-Board of Ed	3 9-Quilters 10-Lifelight 12-Archives 3-Girls Sm. Group	4 8-SCRIP sales 4:30-Joyful Praise Band Rehearsal 5:30-Joyful Praise Choir Rehearsal 5:30-Confirmation	5	6 8-Mens Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)
7 8-Worship (c) 9:30-Bible Study 9:30-Sunday Sch 10:45-Joyful Praise (c) 6-Sr Youth Group	8 5:30-Worship on MCTV (Ch. 191) 6:30-Book Club 6:30-Board of Ops	9 8:30-JP Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6-Handbell Practice 6:30-Crafting for Christ 7-Board of Elders	10 9-Quilters 9-Backpack Buddies 10-Lifelight 12-Archives 3-Girls Sm. Group	11 8-SCRIP sales 4:30-Joyful Praise Band Rehearsal 5:30-Joyful Praise Choir Rehearsal 5:30-Confirmation 6:15-PTS Meeting	12	13 8-Mens Bible Study 8-Spring Clean-up 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship
14 8-Worship 9-SCRIP sales 9:30-Bible Study 9:30-Sunday Sch 10:45-Joyful Praise 11:45-SCRIP sales 6-Sr Youth Group	15 Tax Day 5:30-Worship on MCTV (Ch. 191)	16 8:30-JP Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6-Handbell Practice 6:30-Leadership Team	17 9-Quilters 10-Lifelight 12-Archives 3-Girls Sm. Group	18 8-SCRIP sales 10-Washington Woods service 1:30-King’s Daughters service 4:30-Joyful Praise Band Rehearsal 5:30-Joyful Praise Choir Rehearsal 5:30-Confirmation	19	20 8-Mens Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)
21 8-Worship (c) 9:30-Bible Study 9:30-Sunday Sch 10:45-Joyful Praise (c) 6-Sr Youth Group	22 Newsletter Submissions Due 5:30-Worship on MCTV (Ch. 191) 6:30-Lydia Guild	23 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6-Handbell Practice 6:30-Women’s Gaming 7-Missions Board	24 9-Quilters 9-Backpack Buddies 10:15-Medilodge 10:30-Oasis Bible Study 1:30-StoryPoint 3-Girls Sm. Group	25 8-SCRIP sales 12:15-Worship 1-Newsletter Assy 1:30-Brittany Manor Service 3-Riverside Bible Study 5:30-Confirmation	26	27 8-Mens Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship
28 8-Worship 9-SCRIP sales 9:30-Bible Study 9:30-Sunday Sch 10:45-Joyful Praise 11:45-SCRIP sales 6-Sr Youth Group	22 5:30-Worship on MCTV (Ch. 191)	23 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6-Handbell Practice	<p align="center">but God shows his love for us in that while we were still sinners, Christ died for us.</p> <p align="center">(Romans 5:8)</p>			

To view the calendar online: <https://sjlmidland.org/calendar>



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