

Contact Us

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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 Power of Blessing

Do you know how to bless someone? That may sound like an abrupt, maybe even a personal question, but it is also an exceptionally valuable thing to know. It is especially powerful in the relationships that are the closest to us, and is certainly very Biblical.

If you are a little unclear what I mean by "blessing," let me offer a simple definition and distinction between "prayer" and "blessing:"

The Biblical idea of prayer is to ask. If we have needs or desires for ourselves or for others, we are directed to bring those requests to God, whether large or small, and know that He will hear us and answer in love. Prayer is a vital part of our daily relationship with Jesus, and is rightly emphasized, but the heart of prayer is asking.

The idea of blessing, as something distinct from prayer, is to speak. We might pause to remember the importance of words in God's creation, and call to mind the 8th commandment that cautions us not to misuse words. God gave us the powerful ability to build up or to tear down with words, and the positive use of words to build up another person is what we might call "blessing."

A simple guideline for blessing would be to think of three possible ways to speak an encouraging truth.

1) *Speak an encouraging truth from yourself.*

File this under "important things we tend not to say," but it can be as basic as "I love you," "I am proud of you," or "I value your friendship." It can be as simple as, "You are good at that," or "I enjoyed checking in with you." The point is that you say something encouraging and true.

2) *Speak a truth from God's Word*

Here you have a limitless source of encouragement. Choose something in advance, or let the Spirit give it to you. "God loves you." "You are forgiven." "He will not abandon you in what you are going through." "You are not bound by that guilt anymore because Jesus forgave it." You can say anything that God says in His Word. Because it is HIS WORD!

3) *Proclaim a future that you know is God's will.*

Here the distinction with prayer is useful. PRAY for things you desire, but PROCLAIM the things you already know God promises to give. "May Jesus draw you closer to Him." "May your faith grow as you go through this." "May God guide your path." You see? We can claim what God promises for our own life, and we can bless others with his promises as well.

So go and be a blessing . . . by blessing others! Don't be afraid to use the powerful gift that God has given you in the words that you can speak into the lives of others. A blessing is a powerful thing, and you are authorized to speak 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

- November 24 – Communications’ 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.

KITCHEN CLEANING BEE

After many successful meals prepared in our great kitchen, it’s time again to do a thorough cleaning of the kitchen, including all appliances, cabinets, carts, counters and floors. It’s a big job and many hands, both male and female are needed to make the effort a great success! This will take place on Thursday, October 17, 2024 from 9am to 3pm and babysitting will be provided upon your request. You’ll receive a delicious hot lunch and all cleaning supplies, provided by the Women of St. John’s. All you need to bring is your apron and rubber gloves.

While few people really enjoy cleaning, we all enjoy seeing the result of a sparkling and fresh-smelling kitchen. You’ll be able to work side-by-side with old friends and make some new friends as well, while enjoying fellowship with like-minded Christians and providing service in our church ministry.

Thank you for prayerfully considering participating in this vital project as we prepare for more upcoming meals for funerals and Advent Suppers. Please call Brigitte Glaser at (989) 832-4417 with questions or to volunteer for the Cleaning Bee.

Date: October 17,
2024. Time: 9:00
am–3:00 pm



**Calling All
Volunteers
To Help Clean
the SJL Kitchen**



LYDIA GUILD IS OPEN TO ALL LADIES AT ST. JOHN'S

WHAT IS LYDIA GUILD? Lydia Guild is a women's organization designed to foster individual **spiritual growth**, provide **fellowship** with other women, to **serve** the church in allegiance with Jesus Christ, and to support the Lutheran Women in Mission organization (LWML) by providing opportunities to learn about and serve charitable groups.

Our OCTOBER MEETING for LYDIA GUILD is on Monday, October 28 at 6:30 pm in the lounge. Please join us as we learn about St. John's Board of Operations and the duties of Kris Zastrow, St. John's Business Manager. Light refreshments will be provided.

READY TO
serve

••••• LUKE 1:38 •••••



LWML Missions.

A FALL RALLY

Ladies from all the 11 churches in the Mid-Michigan Zone will join together HERE at St.

on Saturday, Oct. 26 beginning at 8:30 am. The rally begins with a continental breakfast, followed by 3 service projects to support Aaron's Gifts from Home, Midland's Open Door Women and Children's Shelter, and Phil's Friends. Participants can choose to work on the projects at one of the 3 stations set up in the lounge. The rally concludes with lunch. This is an opportunity for service as well as Christian fellowship with other mission-minded women from the area. In order to plan for meals, we are asking you to RSVP if you plan to attend by contacting Karen Schultz at 989-832-2168 or schultzkk@charter.net Everyone is welcome to attend!

Sunday, October 6, 2024 Is LWML Sunday

Our ladies wearing purple will be serving as greeters at each door, passing out bulletins, and serving at the coffee hour between Sunday services. There will also be a door offering at the end of each

service
for



John's

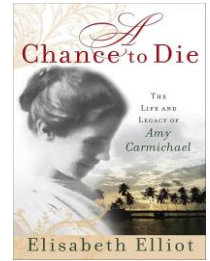
WOMEN OF ST. JOHN'S

Thank you to everyone who participated in the WSJ HVAC Project Take-out Meal Fundraiser! We raised \$6,500 to donate to the project, which is nearing 100% complete. We are glad you enjoyed a delicious meal and were able to help with our fundraiser.

You are welcome to join us at our next regularly scheduled meeting on November 11th at 12:30pm in Room 3. Please call Brigitte Glaser at (989) 832-4417 with questions.

Book Club

Book Club meets on Monday, October 14. Join us from 6:30-8:00pm in Room 2 to discuss this month's selection, *A Chance to Die* by E. Elliot. Check the Family Life bulletin board across from the Church Office for a complete list of meeting dates and books.



SJL Youth



Sr. High Youth Nights are in full swing! Check out the photos below for a glimpse of the fun we had at our kickoff featuring an annual “color war” and tie-dyeing group shirts. Visit sjlmidland.org for full details on upcoming youth events.

Fall Fest

Mark your calendars, invite your friends and neighbors, and plan to join us for St. John's Fall Fest 2024 happening 2:00-4:00pm on Sunday, October 27! The event will feature music, trunk-or-treating, games, face painting and more. Candy donations for trunk-or-treat appreciated and can be dropped off to Anna's office anytime.



MomCo Small Group

Calling all moms of littles! We're starting a MomCo small group for moms of children 5 and under here at St. John's. Join leaders Alyssa Nett and Kayla Chartier on Sundays between worship services (9:30-10:30am) to grow in faith and friendship with others in the same season of life.

The group will meet on the second and fourth Sundays starting October 13. Sunday School is available for children PreK+, and volunteers will provide childcare for children 0-3.



Interested in joining? RSVP in the Lounge or to Anna at akruger@sjlmidland.org.

ST. JOHN'S CHOIRS



Make Music a Part of Your Life! Now Is the Time!

“Let the word of Christ dwell in you richly...singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.” (Colossians 3:16)

October is an exciting month for music at St. John's! The following musical groups will be rehearsing; please consider how you would be willing to serve in one or more of these ministries:

Handbell Choir—meets on **Wednesday** evenings from 6-7pm

Joyful Praise Choir—meets on Thursday evenings from 5:30-7pm

Chancel Choir (High School—Adults)—meets on the following dates from 7-8pm:

- Thursday evenings: October 17th & 24th
- Tuesday evening: October 29th

Brass Choir—meets on the following dates from 9-10am:

- Saturday mornings: October 26th & November 2nd

Contact Karen Kempin (835-5861 x.1205) for more information, encouragement, or a gentle nudge to participate in these beautiful and fun ministries! Contact Laura Maiers to learn more about playing with the Handbell Choir (lelindg@gmail.com).

HOLIDAY BAZAAR

MIDLAND PRESENTS
**ST. JOHN'S
LUTHERAN
HOLIDAY BAZAAR**
SATURDAY NOVEMBER 9TH

9AM-3PM

INCLUDES
BAKE SALE
BASKET AUCTION
FREE ENTRY

505 E CARPENTER ST.

Fundraiser for 7th & 8th grade class
989-835-7041

**VENDORS
NEEDED!**

ST. JOHN'S
LUTHERAN CHURCH
MIDLAND
505 E. Carpenter St. | (989) 835-5861 | sjmidland.org

Heart Palpitations or Atrial Fibrillation (AFib)

Most adults have felt it one or two times, that thump or fluttering sensation in your chest. This may occur while engaging in some physical activity, like working out or working in the yard, or in a stressful situation. Maybe you are taking a new medication or having more caffeine in the day. Sometimes arrhythmia and palpitations are normal, but they can also indicate more serious issues.

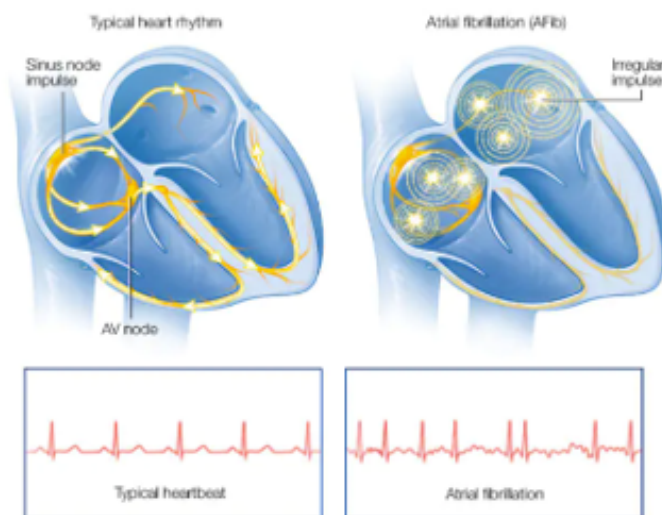
Nonetheless, it is important to be able to differentiate between the average palpitation symptom and AFib, a potentially serious problem. What makes it difficult is that palpitations mimic the symptoms of AFib. In fact, palpitations, or a racing heart, is a prime symptom of AFib. So, how might you be able to notice the difference? Here's what you should know:



- Consider your stress level. If you are in a stressful situation or time of life, there is a good chance that palpitations are the result of the body releasing stress hormones like cortisol.
- Benign palpitations typically come and go more quickly than those attributed to electrical misfires in the heart.
- Notice your heartbeat. Palpitations may speed up but keep a steady pace before slowing down to normal. However, when AFib occurs, heart beats not only speed up but also present irregular, chaotic beats.

AFib, is different. An AFib event occurs when rapid electrical signals cause the heart's two upper chambers (the atria), to contract very fast and irregularly. Blood then pools in these upper chambers rather than moving on to the lower chambers (the ventricles), as it should. This condition can be very serious and lead to stroke and heart failure if left untreated. Symptoms of AFib may include the following:

- Trouble breathing or shortness of breath
- Light-headedness or dizziness
- Pressure in your chest or chest pain
- Wooziness or fainting



If you experience frequent or troubling heart palpitations symptoms, your doctor should evaluate the cause by running tests including:

- **Holter monitor:** This is a test where you wear a portable electrocardiogram (ECG) for 24 to 72 hours that captures the activity of your heart the whole time. It records episodes of arrhythmia and heart palpitations.
- **Event monitor:** This test involves wearing a device for several weeks that periodically records the activity of your heart. When you feel heart palpitations or other heart symptoms coming on, you push a button and the device records what your heart is doing at that time.
- **Electrocardiogram (ECG):** Many people are familiar with this test at the doctor's office. A series of electrodes are placed on the chest and other areas of the body to record the heart's rhythm.
- **Echocardiogram:** During this test, the technician uses a probe that employs sound waves to image the function of the heart. An echocardiogram is used to show blood flow through the heart and to analyze heart structures.



Treatment for atrial fibrillation may include medicines, therapy to shock the heart back to a regular rhythm, and procedures to block faulty heart signals.

When to see a doctor? Pay attention to when your heart beats faster. If you are in an anxiety-filled or stressful situation or expending a lot of energy through physical exertion, it may not be as serious as AFib. However, if your heartbeat changes erratically without warning and you experience chest pain or difficulty breathing, don't hesitate to see a doctor. If you have a medical history that includes arrhythmia (irregular heartbeat) or heart disease, it's even more important to seek help immediately. Doing so could save your life or at least give you peace of mind that everything is okay.

For more information:

<https://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/symptoms-causes/syc-20350624>
<https://www.mayoclinic.org/diseases-conditions/heart-palpitations/symptoms-causes/syc-20373196>

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30-JP Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6:30-Board of Ed	2 9:30-Backpack Buddies 10-LifeLight 3-Girls Sm. Group 5:30-Confirmation 6-Hand Bells 7-Who We Are	3 5:30-Joyful Praise Rehearsal 6:15-PTS Mtg	4	5 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)
	Confirmation Retreat					
6 LWML Sunday 8-Worship (c) 9:15-Prayer in Weller Chapel 9:30-Bible Study 10:45-Joyful Praise (c) 5:15-Sr. Seminar 6-Sr. High YG Confirmation Retreat (return)	7 12:30-W SJ 5:30-Worship on MCTV (Ch. 191) 6:30-Board of Ops	8 8:30-JP Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 7-Board of Elders	9 9:30-Backpack Buddies 10-LifeLight 3-Girls Sm. Group 5:30-Confirmation 6-Hand Bells 7-Who We Are	10 5:30-Joyful Praise Rehearsal	11	12 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship
13 8-Worship 9:15-Prayer in Weller Chapel 9:30-Bible Study 9:30-MomCo Sm. Group 10:45-Joyful Praise 5:15-Sr. Seminar 6-Sr. High YG	14 5:30-Worship on MCTV (Ch. 191) 6:30-Book Club	15 8:30-JP Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6:30-Leadership Team	16 9:30-Backpack Buddies 10-LifeLight 10:30-Wash. Woods Service 3-Girls Sm. Group 5:30-Confirmation 6-Hand Bells 7-Who We Are	17 9-Kitchen Cleaning Bee 1:30-King’s Daughters service 5:30-Joyful Praise Rehearsal NO SCHOOL	18	19 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)
20 8-Worship (c) 9:15-Prayer in Weller Chapel 9:30-Bible Study 10:45-Joyful Praise (c) 5:15-Sr. Seminar 6-Sr. High YG	21 Newsletter Submissions Due 5:30-Worship on MCTV (Ch. 191)	22 8:30-JP Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6:30-Missions Board	23 9:30-Backpack Buddies 10-LifeLight 10:15-Medilodge 3-Girls Sm. Group 5:30-Confirmation 6-Hand Bells 1:30-StoryPoint	24 1-Newsletter Assy 1:30-Brittany Manor Service 3-Riverside Bible Study 5:30-Joyful Praise Rehearsal	25	26 8-Men’s Bible Study 8-LWML Rally 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship
27 8-Worship 9:15-Prayer in Weller Chapel 9:30-Bible Study 9:30-MomCo Sm. Group 10:45-Joyful Praise 2-Fall Fest / Trunk or Treat	28 5:30-Worship on MCTV (Ch. 191) 6:30-Lydia Guild	29 8:30-JP Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors	30 9:30-Backpack Buddies 10-LifeLight 5:30-Confirmation 3-Girls Sm. Group 6-Hand Bells	31 Halloween / Reformation Day 5:30-Joyful Praise Rehearsal 	Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the Lord. - Psalm 32:10	

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



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

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