

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

FEBRUARY 2025 NEWSLETTER

Inaugurations and New Beginnings

We head into February this year fresh off the inauguration of a new president. While presidential campaigns seem to be increasingly punishing affairs, and whether the outcome was for you “the thrill of victory” or “the agony of defeat,” the start of a new presidential administration generally begins with a sense of optimism. Maybe they will keep their campaign promises. Even if it was not the candidate I supported, maybe it won't be so bad. It's time to move forward.

Of course that time of optimism usually doesn't last very long. Humans are very good at disappointing expectations. No human being can step in and solve all of our problems, after all. To believe so, whether of a president or a parent, is a form of idolatry.

That is why I would draw your attention to another inauguration that should give us a genuine sense of optimism as we go forward—the inauguration of Jesus on the throne that is over everything. We read in Revelation 5 that after His ascension, when Jesus took the throne as King of kings and Lord of lords (and presidents), all of the heavenly courts and all of creation praised Him saying, “Worthy is the Lamb that was slain to receive power and riches and wisdom and might and honor and glory and blessing,” and, “To Him who sits on the throne and to the Lamb be blessing and honor and glory and power forever. Amen”

So let me just recap the story in case you didn't follow. God became human through Mary for our salvation. He lived and suffered and died and rose for the atonement of our sin. On the cross Jesus said “it is finished.” The atonement, that is. What was NOT finished; what was about to begin, was His rule and reign over all things. Even before He ascended, Jesus told us that “all authority in heaven and earth is given to Me.” He is now seated at the right hand of God.

That means that Jesus is in charge. Not the new president, not the power brokers, not the majority opinion. Jesus is in charge. And while we might not know what is coming in the next four years, we certainly know HIM.

And lest we be distracted, we also know what He sent us to do.

So let us indeed go forward, united and with optimism, into the term of a new president (so far as it is possible,) with the confidence that all things in the upcoming four years are under the administration of King Jesus.

To whom be the glory forever.

See you in Church,

-Pastor K

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

- March 23 – Communications Meeting
- May 18 – Voters’ Meeting
- July 20 – Communications Meeting

WOMEN OF ST. JOHN’S

NEWS FROM THE CHURCH DECORATING TEAM:

Saturday, Jan. 18th, was the place to have a good time for St. John’s volunteers who were taking down the Christmas decorations. Jenny Butler, my new Second-in-Command, has recruited a large number of new volunteers and her husband, aka “Mr. James” of After School Care, provided childcare for those who brought young children. We made some new friends and reconnected with old friends and were delighted with the new storage area for our materials. We give a big thanks to Kris Zastrow for assigning that readily accessible area to us. But the biggest thanks go to my amazing crew of decorating volunteers!

Brigitte Glaser, Church Decorators’ Captain

NEWS FROM THE WOMEN OF ST. JOHN’S:

At our January meeting, the Women of St. John’s finalized their plans for the Feb. 7th Pasta Dinner prior to the 2025 Variety Show, a fundraising program for chipping away at the balance due on the HVAC Project. The menu features 3 kinds of pasta, with salad, bread sticks and delicious desserts. After the meal, the “Kitchen Workers for Christ” (it says so right on their aprons!) will dust off their aprons and perform their encore routine of ABBA’s “Dancing Queens”. Ticket prices are \$12 for adults, \$8 for kids aged 6-12. There is no admission charge for the Variety Show, but a free will offering for the HVAC Project will be taken. We hope to see you there!



LYDIA GUILD



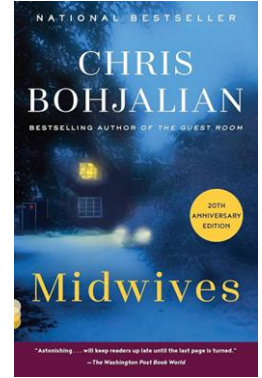
LYDIA GUILD IS OPEN TO ALL LADIES

AT ST. JOHN’S

Our FEBRUARY 2025 MEETING for LYDIA GUILD is on Monday, February 24 at 6:30 pm in the lounge. Please join us as we hear about the efforts of Lutheran World Relief and how our own St. John’s Quilters Guild contributes to their efforts. Light refreshments will be provided.

Book Club

St. John's Book Club meets on Monday, February 10. Join us from 6:30-8:00pm in Room 2 to discuss this month's selection: *Midwives* by C. Bohjalian. Check the Family Life bulletin board across from the Church Office for a complete list of meeting dates and books.

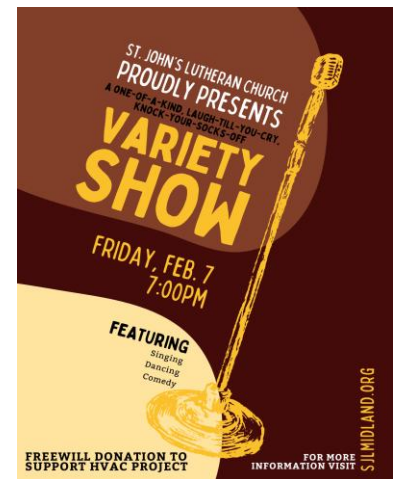


Confirmation Bake-Off & Board Games

Our next event for confirmation students and their prayer mentors is the sixth annual Bake Off & Board Games happening Sunday, February 2 from 12:00-1:30pm in the Lounge. Students and mentors will work in teams to bake cakes. While cakes are in the oven, they'll play classic board games, then taste the creations. The winning team will be awarded the golden whisk by a distinguished panel of judges. See you there!

Variety Show

It's (almost) showtime! Join us Friday, February 7 for a night of great food and entertainment. The fun starts at 5:00pm with a pasta dinner in the Lounge provided by the Women of St. John's (Adults- \$12.00, Kids- \$8.00, Age 4 and under eat free), then continues with a Variety Show starting at 7:00pm in the Gym. All proceeds benefit the HVAC project. Hope to see YOU there!



NYG Fundraiser

Interested in helping our group of 15 high school students and 4 adult leaders get to New Orleans, LA this July for the National Youth Gathering? Check out "The Envelope Fundraiser" in Alcove B!

Envelopes are numbered 1-150 and decorated to reflect the Gathering theme verses (Hebrews 12:1-3). Each contains a photo of and information about one of our students. We invite you to...

1. Choose an envelope
2. Keep the student you find inside and pray for them
3. Return the envelope with the amount of money that corresponds to the number on the front (#1= \$1.00, #47= \$47.00, #150= \$150.00, etc.)

Checks can be made out to St. John's with "NYG" in the memo



Experiences like the National Youth Gathering wouldn't be possible without your generosity. Thank you for your ongoing support of our students!



Norovirus Infection Is on the Rise

According to the CDC, norovirus cases are spiking this winter in the US to some of the highest levels in decades. This article will discuss the symptoms, how it spreads, and what to do if you get this infection.

Norovirus is commonly called stomach flu because it presents itself much like food poisoning. You will have rapid onset of vomiting, diarrhea, stomach pain or cramps, and low-grade fever, which lasts one to three days.

Norovirus is one of the most contagious infections, which is spread through direct surface contact from stool and vomit. Examples where you may find it would be at nursing homes, child-care centers, schools, hotel rooms, cruise ships, and airplanes. You can spread the virus from the time you first have symptoms of the illness until several days after you recover. The virus can linger on surfaces for days or even weeks and a person can become infected within a day or two. You can get norovirus infection by touching your hand to your mouth or nose after your hand has been in contact with a contaminated surface or object. In the bathroom, once the virus is exposed to the air, it then lands onto a surface.

Viruses are difficult to kill because they can survive hot and cold temperatures and many disinfectants. To prevent norovirus infection, wash your hands thoroughly with soap and water for at least 20 seconds. Alcohol based hand sanitizers aren't as effective against norovirus as using soap and water. Disinfect surfaces that might have been contaminated, too.

To help prevent norovirus infection spread, during your illness and for 2 to 3 days after your symptoms end, avoid contact with others, wash your hands thoroughly with soap and water, stay home from work, and avoid handling food items to be used by other people. Use gloves and disinfect surfaces with a chlorine bleach solution. Dispose of vomit and stool carefully. Wear disposable gloves and use disposable towels. Disturb soiled material as little as possible to avoid spreading the virus in the air. Place soiled items in a plastic bag and then place them in the trash. Remove and wash clothes and linens that may be contaminated.


The most important thing to do if you're experiencing symptoms is to stay hydrated. When a person loses too much fluid, particularly if they can't keep any fluids down, there is a risk of dehydration, which can become life-threatening. A headache is an early warning sign of dehydration and an indicator that you need to increase your fluid intake. People who are very young, very old, or immunocompromised can have an infection that will last longer, with a higher risk of dehydration. Other warning signs of dehydration to look out for include dizziness, decreased urine output, and if a child, they can't form tears, their mouth looks dry, or they may be listless.

The treatment for norovirus and food poisoning is similar. Drink fluids, like Gatorade, eat bland foods, and take anti-diarrheal medication. Drink fluids gradually and often, maybe a swallow every 5 minutes. Bland foods are low fat, low fiber foods. The bland diet is sometimes called the BRAT diet, which stands for banana, rice, applesauce, and toast. Then add items like tea, chicken noodle soup, ginger ale, pasta or potatoes, and canned fruit. Be prepared and have these items in your home, just in case you should get the virus. Remember, staying hydrated is the most important thing to do if you become sick. If you are showing signs of dehydration and can't keep liquids down, go to a medical facility, it can be life-threatening.

For more information:

<https://www.mayoclinic.org/diseases-conditions/norovirus/symptoms-causes/syc-20355296>



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|---|
|  <p style="text-align: center;">Let love be genuine. Abhor what is evil; hold fast to what is good. - Romans 12:9</p> | | | | | | <p>1 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)</p> |
| | | | | | | <p>2 8-Worship (c) 9:15-Prayer in Weller Chapel 9:30-Bible Study & Sunday Sch. 10:45-Joyful Praise (c) 12-Bake Off & Board Games 6-NYG Youth Night</p> |
| <p>9 8-Worship 9:15-Prayer in Weller Chapel 9:30-Bible Study & Sunday Sch. 9:30-MomCo Sm. Group 10:45-Joyful Praise 2-Youth Events</p> | <p>10 12:30-WSJ 5:30-Worship on MCTV (Ch. 191) 6:30-Book Club</p> | <p>11 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 7-Board of Elders</p> | <p>12 9:30-Backpack Buddies 10-Stratford Pines service 10-LifeLight 3-Girls Sm. Group 5:30-Confirmation 6-Hand Bell Choir</p> | <p>13 5:30-Joyful Praise Rehearsal</p> | <p>14 Valentine’s Day</p> | <p>15 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)</p> |
| <p>16 8-Worship (c) 9:15-Prayer in Weller Chapel 9:30-Bible Study & Sunday Sch. 10:45-Joyful Praise (c) 6-Sr. High YG</p> | <p>17 Presidents’ Day 5:30-Worship on MCTV (Ch. 191)</p> | <p>18 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6:30-Leadership Team</p> | <p>19 9:30-Backpack Buddies 10-LifeLight 10:30-Washington Woods service 3-Girls Sm. Group 5:30-Confirmation 6-Hand Bell Choir</p> | <p>20 1:30-King’s Daughters service 5:30-Joyful Praise Rehearsal</p> | <p>21</p> | <p>22 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship</p> |
| <p>23 8-Worship 9:15-Prayer in Weller Chapel 9:30-Bible Study & Sunday Sch. 9:30-MomCo Sm. Group 10:45-Joyful Praise 1-Euchre Tourn. 6-Sr. High YG</p> | <p>24 Newsletter Submissions Due 5:30-Worship on MCTV (Ch. 191) 6:30-Lydia Guild</p> | <p>25 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors</p> | <p>26 9:30-Backpack Buddies 10-LifeLight 10:15-MediLodge 1:30-Story Point 3-Girls Sm. Group 5:30-Confirmation 6-Hand Bell Choir</p> | <p>27 1-Newsletter Assy 1:30-Brittany Manor service 3-Riverside Bible Study 5:30-Joyful Praise Rehearsal</p> | <p>28</p> |  |



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