

## Contact Us

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Newsletter information may be submitted typed or emailed to [office@sjlmidland.org](mailto: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](http://www.sjlmidland.org)

## These Times Are Not So Unusual

I have been doing a lot of thinking lately about how “these times” in which we are living are unique. There is truth in that, of course, and it is worthwhile to reflect on how best to respond to the changes we face. At the same time, it is worthwhile to reflect on the ways in which these times are not so unusual.

I write this on the day of the first real thaw of spring. True, we may still have cold temperatures and a few blizzards to come, but pretty soon the snow will be gone, the grass will be growing, and the seasons will change. When you see that happen this year, consider the following:

No politician or political party can take responsibility for the coming of spring, nor could they stop it if they tried.

No technology known to humanity can cause or prevent the coming of spring.

With or without our noticing, with or without our assent, and with or without our efforts, the sun will shine, the plants will grow, the insects will come forth and the animals will go about their business.

It is worth noticing that in spite of our advanced lifestyle and rapidly changing technology, we are still as the scriptures describe us: “All flesh is grass. The grass withers and the flower fades . . .” So true. The seasons pass and so do our lives, and in the end we are no different from the generations that have gone before us.

“The grass withers and the flower fades . . . but the Word of the Lord endures forever.”

It turns out that what is needed most in these times is what has been needed most in every generation: Good News. “For God so loved the world that He gave His only begotten Son, that whosoever believes in Him shall have everlasting life.”

Whosoever. In any generation. Seasons still change, and people are passing away . . . and Jesus is still saving people for eternity. Remember that. Especially in these times.

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

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

## 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 2<sup>nd</sup> & 4<sup>th</sup> Sundays, or by appointment.

## LYDIA GUILD

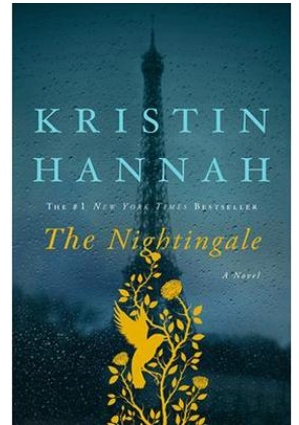
### LYDIA GUILD IS OPEN TO ALL LADIES AT ST. JOHN'S



**Our MARCH 2025 MEETING for LYDIA GUILD is on Monday, March 24 at 6:30 pm in the lounge.** Please join us as we hear from Ellen Ware about the St. John's Mission Team and the many worthwhile projects they have elected to support this year. Light refreshments will be provided.

## Book Club

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



## SJL Youth

In February, sr. high students continued walking through the Bible chronologically at weekly Youth Nights (officially making it into the New Testament!) and enjoyed a painting event. Jr. high students competed in the 6th annual Bake Off & Board Games with their prayer mentors. Check out the photos below for a glimpse of the fun!



## WOMEN OF ST. JOHN'S

Please join us at our next regularly scheduled meeting on Monday, March 10, 2025 at 12:30 in Room 3. Our discussion will review the Pasta Dinner and new business includes the Lenten Soup Suppers, disbursement of funds raised in the past year and nomination of officers for the coming term. We hope to see you there!



## MEMORIAL TEAM

### **2024 MEMORIAL REPORT**

Because of the generous gifts donated in loving memory of family and friends who have passed away from this life in 2024, the ministry boards of St. John's have been able to purchase many items on their Wish List, which are not covered in their annual budget. During the past year, our boards received \$11,505.99 from memorials. The funds were allocated as follows:

#### **Board of Christian Education: \$940.00**

1. General Fund in memory of Herb Scogg, Erna Varner
2. Kindergarten Teaching Supplies in memory of Doug Caitlin

#### **Board of Elders: \$8005.00**

1. Music Fund in memory of Chuck Roth
2. Mission Fund in memory of Nick Neuchterlein
3. Women of St. John's in memory of Ann Hignite and Nick Neuchterlein, Betty Fath
4. Lydia Guild in memory of Karen Lewis
5. Comfort benches in memory of Pastor Janetzke

#### **General Fund: \$475.00**

1. In memory of Estelle Weismiller

#### **Board of Operations: \$2410.99**

1. HVAC in memory of Ann Hignite, Dorothy Poulos, Tim Tracy, Ron Kagel, Richard Pavlowski, Steve Linley
2. Video Ministry in memory of Nick Neuchterlein
3. Landscaping plants in memory of Marge Papenfus

#### **Total for all 2024 donations: \$11,830.99.**

The Ministry Boards and the Memorial Team thank you for support and pray that the projects you've chosen to remember your loved ones will add to your cherished memories of family and friends now gone. God's blessings continue to be revealed to us in so many ways!

Submitted by Brigitte Glaser, Memorial Team Coordinator  
Jan. 30, 2025

## STEWARDSHIP TEAM

### A MESSAGE ABOUT YOU AND YOUR CHURCH

Last month we were all given some food for prayerful thought for our Commitment to the Lord. Pastor Kempin emphasized, the “reverse economy of God”- we give because we know that He will make us rich enough to do so. God measures wealth not in what we accumulate, but in what we give. As we reflect on our blessings, we realize we can give of our time and talent as well as our treasure and can serve Him in many ways, both large and small. Then God blesses us in these actions, so much so, that often, we are blessed more than those whom we serve!

There are many areas at St. John’s that provide opportunities to serve, regardless of our age, financial means or physical abilities. Here are just a few for your consideration:

Women of St. John’s: oversee the Women’s groups and provide resources for their projects, such as fund-raising activities to make it possible to do the Lord’s work in the church and the community. They meet every other month from Sept. to May.

Quilters: create patchwork quilts to donate to mission agencies locally and throughout the world. They meet on Wednesday morning from 9-noon.

Sanctuary Servants: meet at their own schedule, keeping the church pew racks clean and ready for worship. It’s a wonderful opportunity for parents and children or grandchildren to work together.

Altar Guild: keeps the altar area clean and appropriately robed in the church seasons’ paraments. Men and women are both welcome.

Banner Team: designs and creates church banners as needed, and changes them as desired.

Friend to Friend: provides ready-to-heat meals for families after illness, childbirth or emergencies.

Backpack Buddies: gather and pack nourishing meals into a backpack for needy school-age children living in Midland County.

Lydia Guild: is a service/social organization that meets monthly (except during the summer) on the 4<sup>th</sup> Monday of the month. They alternate between service activities, educational activities, and enjoy wonderful fellowship at each meeting.

Lutheran Women’s Missionary League (LWML): is an auxiliary of the Lutheran Church and focuses on affirming each woman’s relationship with Christ, encouraging and equipping them to be active in mission ministries and spread globally the gospel message of Christ’s redeeming love. Meetings are often held with other area Lutheran churches.

Funeral Dinners: prepare and serve a delicious meal for grieving families and friends after funerals at St. John’s. Men and women of all ages provide this much appreciated service.  
\_most intense service in the growing months.

Lawn care: provide lawn mowing, trimming and care for all the grass areas at church.

Office assistants: volunteers help with clerical projects, such as bulk mailing of monthly newsletters, special mass mailings, etc.

Financial Team: assists the staff in processing and recording monetary donations to the church and provide annual statements to donors

Men’s Ministry: a relatively new group that offers fellowship and leadership to men through Bible Study, service projects and emotional support.

Men’s Softball: a fun activity for men of all ages to get together, playing softball with other local teams, with entertaining fellowship for their families.

Choirs and Musicians: these talented musicians of all ages enhance our worship through their voices and instruments and help us serve the Lord with our songs!

Church Decorators-install Christmas, Easter and general decorations at the appropriate time of year.

We pray you will find a complement to your talents and interests and will join one or more of the groups bringing and receiving blessings in our lovely church. Please call the office at 989-835-5861 for contact information for these opportunities.

## LENTEN SERVICES & SUPPERS

The 2025 Lenten Sermon Theme is based on Luke 4:18-19,

*“The Spirit Anointed Christ for Mercy”*

Each Wednesday during Lent, SJL will hold worship services at both 12:15 pm and 7:00 pm; only the 7pm service will be live streamed on our Facebook page and available for later viewing.

Below are the Pastors who will be preaching on each of the Lenten Wednesdays, along with the focus of their sermon:

1. **Ash Wednesday, March 5:** Pastor Josh Parsons; both services will include the imposition of ashes to those wishing to participate
2. **Wednesday, March 12:** Pastor Josh Parsons from SJL, *“The Spirit Anointed Christ to... Preach Deliverance to Captives.”*
3. **Wednesday, March 19:** Pastor Gary Lyvere from Our Savior *“The Spirit Anointed Christ to... Free the Bruised.”*
4. **Wednesday, March 26:** Pastor Rich Lewis from St. John’s from Marion Springs, *“The Spirit Anointed Christ to... Heal the Brokenhearted.”*
5. **Wednesday, April 2:** Pastor Dan Kempin from SJL, *“The Spirit Anointed Christ to... Recover Sight of the Blind.”*
6. **Wednesday, April 9:** Deacon Don Barnard from St. Paul, Sanford *“The Spirit Anointed Christ to... Preach Good News to the Poor.”*

**LENTEN SUPPERS:** Join us in the lounge each week from 5:00 to 6:30 pm, prior to the evening worship service, for a homemade meal and desserts! Free will offerings accepted at each supper; all are welcome!

1. **Wednesday, March 5** – hosted by Women of St. John’s serving Turkey Noodle Soup, Chili, pizza casserole, pulled pork sandwiches, Meat Salad sandwiches, Egg Salad sandwiches, Homemade Breads, Fresh Fruit, Jello Salads, and Relish Trays. Proceeds to support seminary student Nathan Bublitz.
2. **Wednesday, March 12** – hosted by SJL Youth and will feature “New Orleans-themed foods”, as well as chicken noodle soup, salads, & desserts; proceeds will be used to support a team who will be attending the National Youth Gathering in New Orleans in July 2025.
3. **Wednesday, March 19** – hosted by St. John’s Lutheran School PTS (Parent-Teacher-Society); menu will include goulash and Italian wedding soup, along with salad, veggies, rolls and desserts. Proceeds this year are in support of the “Cirque Amongus” (end of school-year event for students).
4. **Wednesday, March 26** – Hosted by SJL Operations Board; menu TBD
5. **Wednesday, April 2** – hosted by St. John’s Men’s Ministry; menu will include grilled cheese, tomato soup, along with salads and desserts.
6. **Wednesday, April 9** – hosted by St. John’s Lydia Guild, serving turkey tetrazzini, taco soup, jello salads, and desserts; proceeds will help support the St. John’s Women’s Retreat in the fall of 2025.

# OPEN HOUSE

St. John's Lutheran School



Open Houses  
Saturday Feb. 8th  
and March 1st  
10am -12 noon

COME SEE WHAT SETS US  
APART

Ranked among the top  
20% of private schools in  
the state

Ranked most affordable  
with smallest class sizes

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## Why Magnesium?

Magnesium is an essential mineral found in every organ and cell in the body. In fact, it is the fourth most abundant mineral in the body. It is critical to bodily functions, the nervous system, and bone density. According to Harvard University, more than 75% of adults are magnesium deficient because they aren't getting enough through their diets.



About 50% of the magnesium in your body is found in your bones. For this reason it is critical to maintain magnesium levels in the body for bone health. Other bodily systems that magnesium affects are the muscle, blood pressure, blood sugar (it turns glucose into energy), and the nervous system.

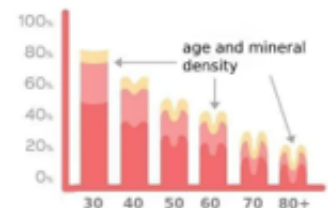
Normally we receive magnesium through our diet, eating leafy greens, nuts, beans, and fish. Because many of us are on the go and eating fast food and snacks here and there, we have difficulty getting enough minerals in our bodies. Plus, when we age, the problem is compounded because the intercellular magnesium found in bones decreases with age. The result is a population where many of us are magnesium deficient. Chronic deficiency has been linked to fatigue, depressed mood, inflammation, hypertension, diabetes, sleep disorders, joint related disease, muscular cramping, and heart issues. Therefore, supplements are commonly needed to help maintain optimal bodily functions as we age.



Studies have shown that magnesium may help with muscle recovery and spasms and plays a critical role in stabilizing the nervous system. It can also help to calm us down because it helps to block cortisol, the stress hormone that helps us to pack on some weight. Magnesium also increases water in the intestines, which is why it is used as a laxative.

Are you deficient in magnesium? Low magnesium can cause various symptoms, including headaches, high blood pressure, leg cramps, weight gain, and low energy. Some of us are more likely to be deficient, such as, if you are over 65 years old, have digestive conditions, blood sugar conditions, or have a medical condition that impacts absorption.

A healthy range of magnesium supplement is 300 – 420 mg/day. The maximum recommended daily dose of magnesium for adults is 420 mg for males and 350 mg for females. However, some factors may influence your required dose, such as age and health conditions. Having too much magnesium daily may have a laxative effect.



Magnesium supplements come in many forms, and they are NOT created equal. The body absorbs them differently depending on what component it is bonded with. It is important to check the label and understand the differences. Here are a few forms:

- **Magnesium Glycinate** (sometimes it is called Magnesium Bisglycinate) is the preferred magnesium for sleep, cramping, blood pressure, diabetes, or inflammatory bowel disease (IBD). It is considered the best form of magnesium on the market because of its good absorption rate. It is less likely to cause digestive issues, making it a preferred choice without gastrointestinal side effects. If you are using this for muscle cramps and it isn't effective, you may be deficient in another nutrient. For example, calcium and potassium are also involved in muscle cramps.
- **Magnesium Citrate and Malate**. In this form magnesium is bound with citric or malic acid. This combination is a little cheaper and the more common form found in supplements. They are well absorbed, but glycinate is preferred because it's easier on the stomach and often provides rapid results. This formula is an osmotic laxative that helps with constipation.
- **Magnesium Oxide** is formulated with oxygen. This form is poorly absorbed by your digestive tract; therefore, it is used mainly for heartburn or constipation. Magnesium glycinate is four times more absorbable than magnesium oxide. This formula is often used to treat constipation.



A magnesium formula with low doses of zinc helps increase magnesium absorption. Do not buy cheap magnesium supplements because they can contain lead. Select supplements that have clear labels and identify exactly what is included in the formula. Choose a supplement to make sure that has been independently third-party tested and manufactured in the USA.

Always speak with your doctor before starting a new supplement to make sure that it is right for you, and that it will not interfere with any medications you may be taking.

For additional information: <https://www.webmd.com/diet/supplement-guide-magnesium>  
<https://www.healthline.com/health/magnesium-for-leg-cramps#why-try>



**MARCH 2025 – St. John’s Lutheran Church & School, 505 E. Carpenter, Midland (989-835-5861)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 8-Worship (c) 9:30-Bible Study & Sunday Sch. 10:45-Joyful Praise (c) 6-NYG Youth Night	<b>3</b> 5:30-Worship on MCTV (Ch. 191) 6-Who We Are 6:30-Board of Ops	<b>4</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 7-Board of Ed.	<b>5</b> <b>Ash Wednesday</b> 9:30-Backpack Buddies 10-LifeLight <b>12:15-Worship</b> 3-Girls Sm. Group <b>5-Lenten Supper</b> 5:30-Confirmation 6-Hand Bell Choir <b>7-Worship</b>	<b>6</b> 5:30-Joyful Praise Rehearsal 6:15-PTS Meeting	<b>7</b>	<b>1(c)/8</b> 8-Men’s Bible Study 9-Visit with Pastor, Communion <b>10-School Open House</b> 10-Joyful Praise Rehearsal 5-Worship
<b>9</b> <b>Daylight Savings</b> 8-Worship 9:30-Bible Study & Sunday Sch. 9:30-MomCo Sm. Group 10:45-Joyful Praise 6-Sr. High YG	<b>10</b> 12:30-W SJ 5:30-Worship on MCTV (Ch. 191) 6-Who We Are 6:30-Book Club	<b>11</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 7-Board of Elders	<b>12</b> 9:30-Backpack Buddies 10-Stratford Pines service 10-LifeLight <b>12:15-Worship</b> <b>5-Lenten Supper</b> 5:30-Confirmation 6-Hand Bell Choir <b>7-Worship</b>	<b>13</b> 5:30-Joyful Praise Rehearsal	<b>14</b>	<b>15</b> 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)
<b>16</b> 8-Worship (c) <b>9-New Member Reception</b> 9:30-Bible Study & Sunday Sch. 10:45-Joyful Praise (c) 6-Sr. High YG	<b>17</b> <b>St. Patrick’s Day</b> 5:30-Worship on MCTV (Ch. 191)	<b>18</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6:30-Leadership Team	<b>19</b> 9:30-Backpack Buddies 10-LifeLight 10:30-Washington Woods service <b>12:15-Worship</b> 3-Girls Sm. Group <b>5-Lenten Supper</b> 5:30-Confirmation 6-Hand Bell Choir <b>7-Worship</b>	<b>20</b> 1:30-King’s Daughters service 5:30-Joyful Praise Rehearsal	<b>21</b>	<b>22</b> 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship
<b>23</b> 8-Worship 9:30-Bible Study & Sunday Sch. 9:30-MomCo Sm. Group 10:45-Joyful Praise 6-Sr. High YG	<b>24</b> <b>Newsletter Submissions Due</b> 5:30-Worship on MCTV (Ch. 191) 6:30-Lydia Guild	<b>25</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 10:30-Oasis Bible Study 12-Prayer Warriors 6:30-Missions Board	<b>26</b> 9:30-Backpack Buddies 10-LifeLight 10:15-MediLodge <b>12:15-Worship</b> 1:30-Story Point 3-Girls Sm. Group <b>5-Lenten Supper</b> 5:30-Confirmation 6-Hand Bell Choir <b>7-Worship</b>	<b>27</b> 1:30-Brittany Manor service 3-Riverside Bible Study 5:30-Joyful Praise Rehearsal	<b>28</b>	<b>29</b> 8-Men’s Bible Study 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)
<b>30</b> 8-Worship (c) 9:30-Bible Study & Sunday Sch. 9:30-MomCo Sm. Group 10:45-Joyful Praise (c)	<b>31</b> <b>Spring Break Starts</b> <b>9:15-Newsletter Assy</b> 5:30-Worship on MCTV (Ch. 191)			<p><b>The grass withers, the flower fades, but the word of our God will stand forever.</b></p> <p><b>- Isaiah 40:8</b></p>		

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



St. John's Lutheran Church  
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