

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](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://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)

# JUNE 2025 NEWSLETTER

## Vision Check

Of all the signs of age that I have experienced so far, the one that has hit me the hardest is my eyesight. Perhaps that is because I was blessed with good vision in my younger years, but I have reached the point where I am not much use for anything without my bifocal glasses. (Nothing in print, at least.) And it is not that I mind wearing glasses so much, but I keep bumping in to more and more things that I just cannot do any more. Threading a needle, reading fine print, making small repairs--these things now mean I have to call one of my children, or else find a magnifying glass. Things that I used to do without a thought now take special effort.

It helps me to realize just how much I depend on my vision.

It reminds me of the scripture in Matthew 6:22. "The eye is the lamp of the body. If your eye is clear, your whole body will be full of light." I get that now. When your vision is compromised, you begin to miss things. Without assistance, we could miss some things that are very important. Think for a moment where we would be if we did not have the wonderful science of contacts and eyeglasses!

But, of course, Jesus is not really talking about our physical vision. He is talking about our "spiritual" eyesight. Spiritually, we all have chronically poor eyesight, characterized not by an inability to see, but by the tendency to focus on the *wrong things*. It is the scripture itself that serves as our "corrective lens," so that we do not miss out on what is truly important.

In fact, perhaps we should consider a quick test for your *spiritual* vision. Are you ready? No need to stand on a particular line or cover one eye, just answer me the following:

What's been "filling your vision" lately? What has been occupying your mind? What are the things that you desire and pursue on a daily basis? Give that some serious reflection. You may be surprised to discover a lot more of the "world" in your thinking and living than you had realized.

It is easy for our vision to be clouded by concern for material security, our own achievement, and the opinions of others. That is natural. It is where we live. But in the verses immediately before this, Jesus reminds us that the things of this world will not last. Thieves break in and steal, and moth and rust destroy. Dollars get inflated and markets dive. Bodies get old and eyes get weak. Do not set your sights on the things that will not last.

Rather, store up for yourselves treasure in heaven. Keep a clear eye for the things that are truly important, and do not lose sight of the fact that you have a Lord whom you serve. Your shepherd has a plan for every single thing you are facing, and he has given you his commandments to guide you through the most difficult times. Put on the corrective lenses of His Word, for the eye is the light of the body, and Jesus is the light of the world.

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

- July 20 – Communications Meeting
- September 21 – Voters' Meeting
- November 23 – 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,

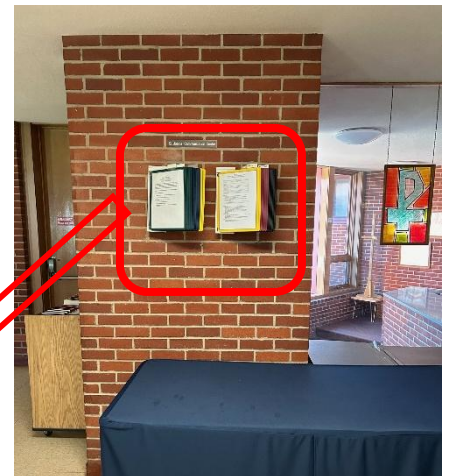
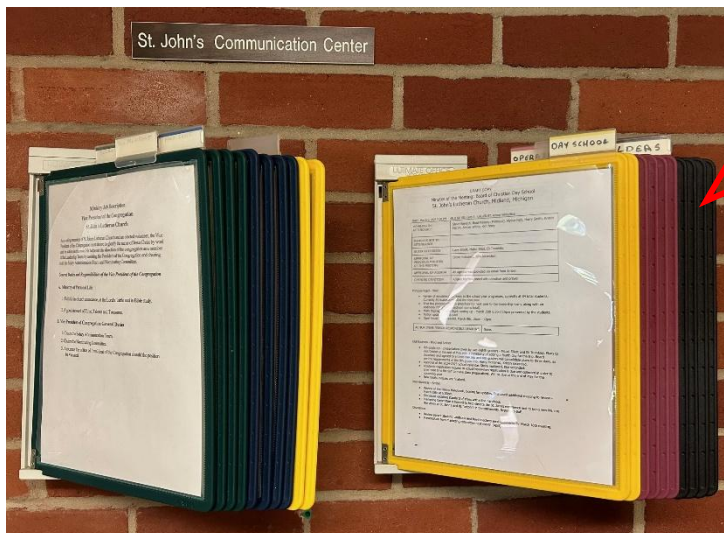
Menards, Michaels, Olive Garden, Panera, Papa John's, Pi's, Pizza Hut, Qdoba, Shell, Speedway, Staples, Starbucks, Subway, Supercuts, Taco Bell, Target, Tim Hortons, Ulta, Walgreens, Walmart / SAMS, Wendy's and many others that can be ordered. We can also order American Express cards, Visa gift cards, 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.

## CHURCH & SCHOOL COMMUNICATON CENTER

### St. John's Communication Center

Interested in learning more about activities at St. John's Church or School. Check out the Board minutes at the Communication Center located in the Lounge.



## FAMILY LIFE

### Vacation Bible School

We're kicking off summer with VBS Monday, June 9- Thursday, June 12! At "Magnified!" kids will discover the BIGNESS of God in the SMALLEST of things. If you haven't already, please...



- Invite family, friends, and neighbors with kids age 3 (must be potty trained) through grade 5! Dinner served daily at 5:30pm, VBS program from 6:00-8:00pm. Register online at [sjlmidland.org](http://sjlmidland.org)
- Pray! For our volunteer team, participants and their families, and bold proclamation of the Gospel through this year's program

### Thanks for a great year!

Our weekly Sunday School and Youth programming is officially on hiatus for the summer after another wonderful year.

### Sunday School Highlights

- God brought together an awesome teaching team who used their gifts to faithfully serve our Sunday School students each week. Next time you see these folks, please thank them for their service!
  - PreK-K Classroom: Laura Basgall
  - 1-3 Classroom: Trisha Staley, Kim Noey & Sheri Sopcak, and Renee Christensen
  - 4-6 Classroom: Brianna Tegen and Kelly Derusha
  - 7-12 Classroom: Josh Burkhard, Jeff Fauver, and Kris Zastrow
- We collected \$604.09 in mission offerings during the year. Those offerings supported missionaries in Senegal, hurricane relief in Asheville, North Carolina, and cancer patients through the ministry of Phil's Friends.

### National Youth Gathering

Our weekly programming may be over for the year, but our sr. highs have an exciting summer ahead! Please keep our students and leaders in your prayers as they travel to New Orleans July 19-23 for the National Youth Gathering.

- Students: Addison Butcher, Eliana Burkhard, Kelly Derusha, McKenzie Derusha, Abby Kader, Gloria Stark, Gabe Martin, Eli Trombley, Brianna Launstein, Carter Gallihugh, Laci Barth, Miriam Keup, Lara Parsons, Margaret Parsons, Jonah Miller
- Adult Leaders: Josh Burkhard, Barb Butcher, Anna Kruger, Pastor Josh Parsons



## HARVEST DINNER

### ***SAVE THE DATE***

#### ***HARVEST DINNER***

***THURSDAY – OCTOBER 16, 2025***

***\*\* MORE DETAILS TO FOLLOW \*\****



## SJL FALL WOMEN'S RETREAT



### You won't want to miss the SJL Fall Women's Retreat

Date: Fri. & Sat., November 21-22, 2025

Title: "A Most Important Relationship"

SO MUCH FUN & FELLOWSHIP is packed into 24 hours ...

- breakout sessions to gain insights into the importance and impact of PRAYER
- fantastic praise & worship music led by Karen Kempin
- delicious Fri. evening dinner, Sat. breakfast & lunch provided by the chefs at the host location, DoubleTree by Hilton--Bay City Riverfront
- A surprise Friday evening activity you're sure to love!
- Goodie bag & warm cookie at check-in
- Connecting with other Christian women – priceless!

*Registration will begin in August!*

## THANK YOU!

To our Precious brothers and sisters in Christ at St. John's Lutheran:

Lowell was blessed to celebrate his 90th birthday on Mach 23rd. I had asked for people to give him a card shower and that is exactly what ALL of you did. He received over 112 cards. Our Youth, under Anna MADE special cards of love and totally surprised him. He thanks each of you and asks the Lord to bless each of you as you have blessed him.

Now, I, Ann have much to say about the way our Family in Christ have shown love to me since my surprise visit 2 days only at the hospital. Here all along I was dealing with my sciatic but found out my MRI and CT that I have several broken vertebrae's. I am 3 weeks doing this as now and this Friday I will have my first x-ray to see how healing is progressing.

There IS POWER in prayer at the foot of our Risen Lord's cross. I thank you, with tears of thanksgiving for ALL the countless prayers, beautiful uplifting cards and your tender loving care of those of you who brought us meals. Lowell has been a wonderful and IS a wonderful care giver. I was home only 2 days and he came down with vertigo. Thankfully, my youngest daughter, Renae came and spent the first 4 days helping us settle in.

We are overwhelmed with ALL the love, cards, foods and PRAYERS for us. Our Lord has heard your prayers and we rejoice. May now He bless each of you as You have blessed us. Written with most thankful hearts. Ann & Lowell Tolly

In Christ our RISEN LORD.

Ann Tolly



### **Social Ministry**

Involves ministries designed to meet the physical, emotional, and the spiritual needs of individuals Jesus referred to as “the least of these”. Some examples include addressing the needs of the poor, the homeless, the hungry, orphans, widows, the handicapped, sick, and the outcast. We, at St. John’s Lutheran Church are involved with many nonprofit organizations in the Midland Community and below are just some of them that we want to recognize and give a shout out to some of our volunteers who have worked with these groups throughout the year. We also are at the table to the Midland Community Assistance Group that meets at Trinity Lutheran Church on the second Thursday of each month of August through May. This group is comprised of area churches and 60 plus nonprofits within Midland Country. Thank you, St. John’s Lutheran, for your generosity and time to help those in our community. You can also support the Social Ministry Area by utilizing the “Social Ministry Envelope” found in your giving envelopes or leaving memorials to Social Ministry should you desire. Joyce Battjes (989-430-7166) or Dennis Hitzeman.



#### **▷ Backpack Buddy Program**

A huge thank you to Sharon Gallihugh and all of our volunteers from St. John’s Lutheran who volunteer to pack food and drive it up to the Meridian HeadStart Preschool Program throughout the school year for children who have limited access to food on the weekend. The food is provided by the Midland County Food Assistance Network. Volunteers include but are not limited to the following: Bev Krenzke, Anne Hitzeman, Dennis Hitzeman, Cindy Gath, Charlene Donovan, Linda Clerc, Rose and Gary Brookhouse, Cheryl Zastrow, June Eastman, and Mary Gledhill.

#### **▷ United Way Sharing Tree Program**

Thank you to Kim Noey and Sheri Sopcak for leading this program at St. John’s Lutheran Church working with the United Way/Salvation Army. This awesome program brings joy to children by fulfilling a Sharing Tree tag when many local families are struggling financially just to meet their basic needs. Kim and Sheri help us at St. John’s to help fill the holiday wishes of those in need and strives to ensure that everyone feels the touch of our congregation. They make sure the trees are up in the alcoves and the tags are on the trees for members to select off the trees and then take the gifts dropped off under the trees to the drop off location at the Salvation Army church.

#### **▷ The BRIDGE Food Center & Reverse Advent Boxes**

A thank you to Anna Krugger for her organization of devotions, wrapped boxes and efforts with our congregation that fill the boxes with food during the season of Advent and are brought back to church so that they can fulfill items needed on the Bonus Section at the BRIDGE. They then send volunteers to pick up these boxes and deliver back to the BRIDGE.

#### **▷ Open Door Women & Children’s Center**

Thank You to those groups and organizations (Women of St. Johns, PTS, Youth Group, Men’s Bible Study, Board of Operations, and Lydia Guild) who hosted Lenten Suppers and donated their left-over food from their dinners to those residents (women and children) who were residing in the Open-Door Women and Children’s Center. Warm-hearted people always seem to find a way to make others feel good and the residents and staff volunteers at the shelter were overwhelmed with the generosity and amazing food donated to them from our organizations and so grateful for it. You all added a spark of joy to the lives of those staying there.

#### **▷ Keeping the Home Fires Burning**

We at St. John’s Lutheran partner with Wild’s Plumbing and Heating to schedule proposal and cost estimates, installation and assistance with payment for their heating system (furnace and/or ductwork). Individuals fill out a form and drop it off in the church office and if they meet the criteria we have in place for this assistance; we then schedule with Wild’s and the process begins.

### Iron and Vitamin Deficiency Anemias

Anemia is a common disease. Experts estimate that 3 million people in the U.S. have anemia. Anemia is a problem of not having enough healthy red blood cells containing hemoglobin protein to carry oxygen from your lungs to the rest of your organs in your body. Having anemia can cause tiredness, weakness, nausea, shortness of breath, irregular heartbeat, rapid pulse, mental confusion, or dizziness. A person can also have numbness, cold, or tingling in the hands and feet. Vitamin supplements, taken by pill or injection, can correct the deficiencies.

There are various forms of anemia. Each has its own cause, it can be short term or long term, and it can range from mild to severe. Anemia can also be a warning sign of serious illness. Treatments for anemia might involve taking supplements or getting an injection. However, eating a healthy diet might prevent some forms of anemia. The most common forms of anemia are iron, vitamin B12, or folate deficiency. Your doctor can run different lab tests to confirm that you have anemia and determine what form it is.

- Iron deficiency anemia is the most common type of anemia, where the blood lacks adequate healthy red blood cells, due to insufficient iron. Without enough iron, your bone marrow can't produce enough hemoglobin, the molecule in your red blood cells that carries oxygen in your blood. As a result, you might feel tired. You can usually correct iron deficiency anemia with iron supplements, e.g., ferrous sulfate.
- Vitamin deficiency anemia is a lack of healthy blood cells caused by lower than usual amounts of vitamin B-12 or folate. This can happen if you don't eat enough food containing vitamin B-12 or folate, or if your body has trouble absorbing these vitamins. Without these nutrients, the body can't produce healthy red blood cells, thus reducing the oxygen carrying capacity of your blood.

Iron deficiency is usually caused by blood loss, not getting enough iron in the foods you eat, or due to malabsorption, a gastrointestinal condition, e.g., celiac disease. Mild iron deficiency may be treated with a variety of dietary changes and supplements. Severe or untreated iron deficiency anemia can lead to complications, i.e., brain fog, developmental delays in children, restless leg syndrome, or an enlarged heart or heart failure. Foods rich in iron include red meat, poultry, seafood, beans, dark green leafy vegetables such as spinach, dried fruit, such as raisins and apricots, and iron-fortified cereal, bread and pasta. You can enhance your body's absorption of iron by drinking citrus juice or eating other foods rich in vitamin C while you eat high-iron foods. Vitamin C in citrus juices, like orange juice, helps your body to absorb dietary iron better. Your doctor may prescribe ferrous sulfate supplement, a form of iron, that is easily absorbed.

Vitamin B12 is an important nutrient that helps your body keep your nerves and blood cells healthy, and it also helps your body make DNA, the genetic material in all your cells. If left untreated it can cause physical, neurological, and psychological symptoms. Your body doesn't make vitamin B12 on its own. You must consume food that has vitamin B12 in it. B12 is found in animal products, like meat, dairy, and eggs, or in fortified cereals and bread. Vitamin B12 deficiency can be treated with supplements, a nasal spray, or injections.

Two things need to happen for your body to absorb vitamin B12 from the food you eat: (1) the hydrochloric acid in your stomach removes the vitamin B12 from the food it was in, and (2) Vitamin B12 combines with something called intrinsic factor, a glycoprotein, made by your stomach. Only then can vitamin B12 be absorbed by your digestive system.

B12 deficiency can happen at any age, but six percent of people over 60 are more likely to have vitamin B12 deficiency compared to other groups. This may be due to the body making less intrinsic factor in the stomach, or your taking a medication like Metformin or a drug to treat GERD or a peptic ulcer. Also, certain diseases that affect the digestive system, like Crohn's disease or Celiac disease can prevent your body from fully absorbing vitamin B12. People suffering from alcohol addiction or who have had gastric bypass surgery can also have difficulty absorbing vitamin B12.

Folate (B9) deficiency occurs when you don't have enough folate in your diet. This affects the red blood cell production and causes weakness and fatigue. When your body doesn't have enough folate, your bone marrow produces unusually large red blood cells that can't get into the blood stream. It is so important that manufacturers started to fortify cereal and pasta with folate for the role it plays in fetal development. This nutrient is crucial during early pregnancy to reduce the risk of birth defects of the brain and spine. Folate is found mainly in dark green leafy vegetables, beans, peas and nuts. Fruits rich in folate include oranges, bananas, melons and strawberries. The synthetic form of folate is folic acid and it's an essential component of prenatal vitamins.


For more information:

<https://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/symptoms-causes/syc-20355034>

<https://www.mayoclinic.org/diseases-conditions/vitamin-deficiency-anemia/symptoms-causes/syc-20355025>



# JUNE 2025 – St. John's Lutheran Church & School, 505 E. Carpenter, Midland (989-835-5861)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8-Worship (c) 9:30-Bible Study 10:45-Joyful Praise (c)	<b>2</b> 5:30-Worship on MCTV (Ch. 191) 6:30-Board of Ops	<b>3</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 12-Prayer Warriors 7-Board of Ed.	<b>4</b> 6-Hand Bell Choir	<b>5</b> 5:30-Joyful Praise Rehearsal 6:15-PTS Mtg	<b>6</b>	<b>7</b> 9-VBS Decorating 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship
<b>8</b> 8-Worship 9:30-Bible Study 10:45-Joyful Praise 12-VBS Decorating	<b>9</b> 5:30-Worship on MCTV (Ch. 191) 	<b>10</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 12-Prayer Warriors 7-Board of Elders	<b>11</b> 10-Stratford Pines 6-Hand Bell Choir	<b>12</b> 5:30-Joyful Praise Rehearsal	<b>13</b>	<b>14</b> <b>Flag Day</b> 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c) 6:30-Loons Faith & Fellowship
VACATION BIBLE SCHOOL (5:30-8PM)						
<b>15</b> <b>Father's Day</b> 8-Worship (c) 9:30-Bible Study 10:45-Joyful Praise (c)	<b>16</b> 8:30-Cleaning Bee 12:30-Women of St. John's 5:30-Worship on MCTV (Ch. 191)	<b>17</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 12-Prayer Warriors 6:30-Leadership Team	<b>18</b> 10:30-Washington Woods	<b>19</b> <b>Juneteenth</b> 1:30-King's Daughters service 5:30-Joyful Praise Rehearsal	<b>20</b>	<b>21</b> 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship
<b>22</b> 8-Worship 9:30-Bible Study 10:45-Joyful Praise 12-NYG Meeting	<b>23</b> <b>Newsletter Submissions Due</b> 5:30-Worship on MCTV (Ch. 191)	<b>24</b> 8:30-Joyful Praise Rehearsal 10-Worship on MCTV (Ch. 191) 12-Prayer Warriors 6:30-Missions Board	<b>25</b> 10:15-Medilodge 1:30-Storypoint	<b>26</b> <b>1-Newsletter Assy</b> 1:30-Brittany Manor service 3-Riverside Bible Study 5:30-Joyful Praise Rehearsal	<b>27</b>	<b>28</b> 9-Visit with Pastor, Communion 10-Joyful Praise Rehearsal 5-Worship (c)
MI DISTRICT CONVENTION						
<b>29</b> 8-Worship (c) 9:30-Bible Study 10:45-Joyful Praise (c)	<b>30</b> 5:30-Worship on MCTV (Ch. 191)	 <div> <p style="text-align: center;"><b>The righteous who walks in his integrity—blessed are his children after him!</b></p> <p style="text-align: center;"><b>- Proverbs 20:7</b></p> </div>				

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



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