

An Embarrassment of Riches

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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

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

We are certainly in a season of blessing at St. John's. In any direction you may look, we have reason to be thankful to the Lord who has led us together in ministry. Whether you consider our building and the substantial renovations we have accomplished, our budget and lack of current debt, or the very community in which we live and serve, we are wealthy indeed.

The most precious of our resources, though, (besides the scripture itself and our gospel mission) is the people God has sent to serve among us. For generations now, St. John's has been served by godly and faithful pastors, teachers, church workers, and other staff. This year is no exception as we have added five new workers to our staff: Stephanie Davis, a Family Life Director who will be focusing on ministry to families with younger children, Ian McDonald, who is taking over the responsibility of facility management, and Kate Johnson, Carissa Brayman, and Kathy Laubscher, who together share the responsibility of running the Church office.

While we always encourage you to pray for and support our staff at St. John's, we want to encourage you especially to welcome these new workers and pray for their ongoing wellbeing as they serve among us. One great way to do that would be to join us if you are here on April 19, for the official installation of Stephanie Davis, and the consecration of all the new workers, followed by a potluck dinner in the gym.

The installation and consecration will take place **in the 10:45 service on April 19**, and the dinner will take place at noon or following the 10:45 service.

Regarding the dinner: St. John's will provide chicken and cake, along with coffee and water. We will also provide plates, napkins, cups, and cutlery. If you plan to attend, please bring a dish to pass.

Please plan to join us if you are able, and if not, please introduce yourself to the new workers, and remember to continue to pray for them and for our mission together!

See you in Church, (and hopefully on April 19),

-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."

Congregational Meetings

- May 17 Voter's Meeting at 2pm
- July 26 Voter's Communication Meeting at 2pm

Holy Week Worship & Easter Service

Maundy Thursday, April 2, 2026
Services at 12:15 & 7:00pm (Holy Communion)

Good Friday, April 3, 2026
Services at 12:15 & 7:00pm

Easter Egg Hunt, Saturday April 4, 2026
at 10:00am for children ages 0-10
NO worship service on Saturday

CHRIST IS RISEN! ALLELUIA!

Easter Sunday, April 5, 2026
Sunrise Worship Service at 7:00am - Traditional
Easter Breakfast served following the Sunrise service until 9:00am. (Sponsored by the SJL Senior Youth Group with a free-will offering).
Easter Worship service at 9:00am – blended music
NO Bible Study at 9:30am
NO Sunday School at 9:30am
Easter Worship service at 11:00am – Joyful Praise
NO Senior Youth Group at 6:00pm



Spring Clean up

Spring is in the air, and it's the perfect time to freshen up our church home! Join us April 25th from 9-Noon for a **Spring Cleanup Day** as we come together to tidy up the grounds, brighten our spaces, and enjoy some great fellowship along the way. Whether you can pull weeds, sweep, plant flowers, or lend a helping hand wherever it's needed, there's a place for everyone. It's amazing what we can accomplish when we work side by side—plus it's a fun way to connect, laugh, and welcome the new season together. Let's roll up our sleeves and make our church shine for spring!

Facilities Manager – Ian McDonald

First off, thank you St. John's Lutheran Church & School for entrusting me with the position of Facilities Manager. During these past months, you have provided me a work environment beyond any ideals that I could have imagined. I have enjoyed meeting many of you and look forward to meeting more in the days to come. For the boring part, my credentials that lead me here today. Prior to St. John's, I worked for MyMichigan Health Facilities Department for 11 plus years. My work in Facilities did not come from my academic or own plans but has played out to prepare me for God's plan to have me here today. Now, for the part that I can speak much more naturally on. I am blessed to have been married to my wife Natalie for 20 years. We met during college where we were preparing for a career that God had different plans for us both. In short, I am confident to speak for Natalie in saying that we are both thankful how all has played out. We now have our 8-year-old daughter Sonora and 10-year-old son Solomon who we are very proud of and look forward to you all meeting as well. In closing, thank you again. I look forward to serving at St. John's for many years to come.

Director of Young Family Ministry

Hello! My name is Stephanie Davis, and I am the Director of Young Family Ministry here at St. John's Lutheran Church and School. I'm originally from Macomb, Michigan, and recently moved to Midland with my cat, Mango.

As I settle in, I'm looking forward to exploring more of the town and all it has to offer, so please send any favorite spots or recommendations my way! In my free time, I enjoy painting, reading, traveling, and practicing photography, usually with a cup of coffee in hand.

A little about my background, I graduated in 2019 from Concordia University Ann Arbor with a degree in Family Life Education. I have a passion for partnering with families and walking alongside them in their faith journey. I'm excited to serve both the church and school community and to help nurture and strengthen the faith of our youngest members.

Please feel free to stop by and introduce yourself, I would love to meet you, hear your story, and get to know you.

Prayer Team

Prayer shawls are available in Closet (3C) if you know of anyone in need. People can receive the shawls for various reasons, including loneliness, illnesses, death of a loved one or they just need prayers in their life.

Please also consider knitting or crocheting a shawl or two for this ministry. You may use your own pattern or take a copy of the pattern from the Ministry closet.

The Prayer Ministry has also partnered with other Midland churches to provide prayer shawls to the Midland Cancer Services at the Midland Hospital for people undergoing cancer treatments.

Lydia Guild

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. Lydia Guild is open to all ladies at St. Johns.

The April meeting of **LYDIA GUILD** is on **Monday, April 27, at 6:30 pm** in the lounge. Our focus for this meeting will be on the Shelterhouse a local non-profit organization. The Shelterhouse has two locations, one dedicated to serve only men and the other for women and children. The Shelterhouse also has a retail store that accepts donations and the proceeds help support their mission. The featured speaker will be Elizabeth Kennedy and light snacks will be served.

Bible Studies

Oasis Bible Study meets every **Tuesday morning at 10:30am, in Rm 3**. This is a time to pause, be refreshed by God's Word and enjoy fellowship with one another. All are welcome – bring your Bible and bring a friend!

LifeLight Bible Study meets every **Wednesday morning at 10am, in Rm 3**. Join us for a multi-week study of the book of Mark.

Wednesday Morning Bible Study Group at Grand Traverse Pie Company meets every week at 8am. Come and join us for fellowship and breakfast as we study the book of Matthew. Currently embracing Matthew 7:11, "strengthen and enlarge your heart by exercise of the Golden Rule." For questions, please see Mike & Deb Stark and Steve Kamin. All are welcome!

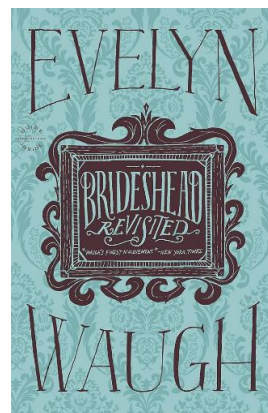
SCRIP

What is a SCRIP? 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 Wednesday mornings during the school year 8:00a-10:00a. Also Sunday mornings following both church services on the 2nd & 4th Sundays, or by appointment.

Book Club



St. John's Book Club will meet on **Monday, April 13th**. Join us from 6:30-8:00pm in Room 2 to discuss this month's selection: *Brideshead Revisited* by Evelyn Waugh. Check the Family Life bulletin board across from the Church Office for a complete list of meeting dates and books.

Women of St. John's

Have you ever wondered what the Women of St. John's do besides cook? Wonder no more.

Last month, we focused on Friend-to-Friend meals. Kristin Martin chairs this caring ministry that provides meals for those who experience illness, new children or emergencies that make meal preparation difficult.

This month, we spotlight our Quilters. This group of dedicated members provides a blanket for someone in need. For some people, the warmth and comfort of a blanket is a luxury. Many of the quilts are sent to impoverished or war-torn areas although some have been given to others close to home. If you have basic sewing skills, you are invited to join this group. Currently, the group meets on Wednesdays from 9am – Noon in the Multipurpose Room in the lower level. The group provides materials and training. Contact Ellie Crook (989.631.6849) for more information or to donate.

Easter Egg Hunt



We're EGGcited to invite you to SJL's Easter Egg Hunt happening on Saturday, April 4 at 10:00am. Check out our Sign Up Genius (physical sign up available in Lounge) if you'd like to volunteer, and please share an invite with friends, family, and neighbors!

Bell Choir

The Joyful sound of bells ringing together is a beautiful way to praise the Lord and add richness to the worship services. Rehearsals will be held on **Tuesday evenings from 6:00-7:00pm**, in the sanctuary.

Visual Faith 2026

Monday, April 6

HYMN – I Know That My Redeemer Lives

Monday, April 20

SONG – We Will Rise!

Enroll today by adding your name and email to the sign-up sheet located in the office, or e-mail Linda Bebeau at llsmb@chartermi.net. All materials will be supplied for in-class use.

Choir News

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)

A new and exciting season of singing in the Chancel Choir at St. John's is fast approaching! The choir (ages High School-Adult) will have rehearsals on Thursday evenings in March, beginning on March 5th at 7pm in the sanctuary. We will be preparing music for the season of Lent and Holy Week. Please join us for a FUN time!

Contact Karen Kempin (835-5861 x.1205) for more information, encouragement, or a gentle nudge to participate in this beautiful and fun music ministry!

LifeClinic Gala

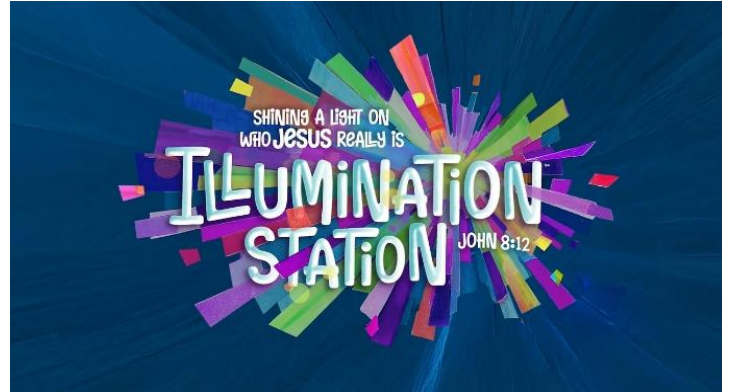
The LifeClinic 2026 Fundraising Gala 'For Such a Time as This' will be held on Wednesday, May 6th, at noon and on Thursday, May 7th, at 7 p.m. at the Great Hall. The keynote speaker will be Claire Culwell, internationally known speaker, author, and abortion survivor. St. John's will be sponsoring a table at the Thursday evening event. If you would like to attend and sit at the St. John's table, the cost of your ticket will be covered by the St. John's Mission Team. To register, go to the LifeClinic website, select 'Partners' from the menu across the top of the page, then select 'Upcoming Events' from the drop down and follow the links. Under 'my table host is', select St. John's Lutheran Church and School. There are only 8 spots available, so register soon! Note: this is a fundraising event, so there will be a request for donations at the end of the evening. Any questions, contact Beth Smith at (989) 941-8104 or Ellen Ware.

SJL YOUTH

Junior and senior high students both enjoyed winter retreats in March. The junior high gathered with Zion-Auburn at The Springs Camp in Gladwin for snow tubing, games, music, good food, and teaching from the pastors about our identity in Christ. Senior high students travelled to Petoskey where they met with several other northern Michigan youth groups to hear from Lutherans for Life speaker Michelle Bauman. The weekend also featured skiing, bowling/laser tag, board games, a service project to benefit a local crisis pregnancy center, and worship at Zion- Petoskey. Check out the photos below for a glimpse of the fun!

Vacation Bible School

Save the date! "Illumination Station: Shining a Light on Who Jesus Really Is" Vacation Bible School is coming to St. John's Monday, June 15- Thursday, June 18 (6:00-8:00pm, family meals offered at 5:30pm). Interested in volunteering? Connect with Anna!



Health News April Edition

What Raises and Lowers Your Blood Glucose Level

There are many variables that contribute to your blood glucose numbers. It could be the food you eat, your physical activity, sickness, or medications that you take. Knowing more about how these affect your blood glucose level will help you and your diabetes care giver to make better decisions on how to manage them and keep them in the target range. For most people the target range is 70-180 mg/dL.

When your blood glucose is trending higher or lower than you expect, think about what has affected them during those peaks and valleys. Was there more activity or stress? Was your drinking enough water, or was there too much food eaten? If you are checking on how foods affect your blood glucose, check your glucose before eating, eat a meal, and then check your blood glucose again two hours after eating to see if your glucose was affected. Keep a log. Do this again on another day to see if you have the same results.

The kind of food affects your blood glucose:

- ✚ Simple carbohydrates (carbs), e.g., sugar, honey, fruit juice, will affect your glucose quickly, which is why they are used to treat low blood glucose (hypoglycemia).
- ✚ Complex carbs like starchy vegetables, fruit, whole grains, and milk will still raise blood glucose, but it takes longer for them to do so.
- ✚ Protein, fat, and fiber all make foods take longer to affect your glucose. This is why chocolate isn't used to treat low blood glucose levels.
- ✚ Alcoholic beverages can both raise your blood glucose from the carbs and lower your blood glucose level well after you have stopped drinking, possibly 24 hours or longer. Choose water or zero-calorie beverages when possible.

Like foods affecting blood glucose levels, activity can also impact your blood glucose levels. Usually your blood glucose levels will go down because your body is using it for energy, lasting for more than a day after exercising. If the activity is intense enough, your blood glucose may go up.

High blood glucose can be caused by a variety of things:

- ✚ Too much food, like a meal or snack high in carbs or eating more carbs than usual.
- ✚ Caffeine and sports drinks.
- ✚ Sugar-free foods. Several foods claim to be “sugar-free”, but these foods can still raise blood glucose levels because many of them contain carbs in the form of sugar, fiber, or sugar alcohols such as sorbitol and xylitol, but still have enough carbs to raise blood glucose levels.
- ✚ Not enough physical activity.
- ✚ Medication: Not enough insulin or diabetes medications, or side effects from other medications, like steroids.
- ✚ Dehydration, sickness, or pain. If you are sick, have diarrhea and vomiting for more than two hours, or a prolonged illness lasting more than a few days, the illness may alter your blood sugar.
- ✚ Hormones can raise blood glucose levels caused by sickness, stress, or pain.

Blood glucose levels can go down by these variables:

- ✚ Too little food, eating a smaller portion, missing meals or delayed meals, or not having any carbs.
- ✚ Medication: Too much insulin or other diabetes medications, or the timing of taking them.
- ✚ Alcohol, especially on an empty stomach. It is very important to monitor your blood glucose closely while drinking alcohol.
- ✚ More physical activity or exercise than usual. Physical activity makes your body more sensitive to insulin and can lower blood glucose and can continue for several hours.

Is sugar bad for you? The answer is no.

If you are a chocoholic and/or have a huge, sweet tooth and have diabetes, you do not have to give up these items forever. The key is to understand that sugar compounds will increase your blood sugar levels more quickly than other carbs, but the **total amount** of carb intake is most important. Consequently, if people with diabetes can **keep a dessert serving to a size small**, they can enjoy their favorite foods by considering the overall total carb intake and calories, and not exceed their usual dietary card levels. This means a small serving of sweets should be offset by eating other foods that contain no "sweets" or low carb level.

For more information: <https://diabetes.org/living-with-diabetes/treatment-care/food-monitoring>

April 2026 – St. John’s Lutheran Church & School, 505 E. Carpenter, Midland (989-835-5861)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am LifeLight SPRING BREAK	2 Maundy Thursday 12:15pm Worship Service 4:30pm Joyful Praise Rehearsal 7pm Worship Service SPRING BREAK	3 Good Friday 12:15pm Worship Service 7pm Worship Service SPRING BREAK	4 8am Men’s Bible Study 9am Visit with Pastor 10am Easter Egg Hunt 10am Joyful Praise Rehearsal 5pm Worship
5 EASTER SUNDAY 7am Sunrise Service 8am Easter Breakfast 9 Easter Worship 11am Joyful Praise	6 12:30 Women of St. John’s 5:30pm Worship on MCTV (Ch. 191) 6:30pm Book Club 6:30pm Visual Faith CHURCH OFFICE CLOSED NO SCHOOL	7 10am Worship on MCTV(Ch.191) 10:30 Oasis Bible Study 12pm Prayer Warriors 1pm Joyful Praise Rehearsal 6pm Bell Choir	8 9:30 Backpack Buddies 10am LifeLight 12 Archives 3pm Girls Small Group 5 :30pm Confirmation	9 4:30pm Joyful Praise Rehearsal 6:30pm PTS Meeting	10	11 8am Men’s Bible Study 9am Visit with Pastor 10am Joyful Praise Rehearsal 5pm Worship
12 8am Worship 9:30am Bible Study & Sunday School 10:45am Joyful Praise 6pm Sr. High YG	13 5:30pm Worship on MCTV (Ch. 191) 6:30pm Book Club	14 10am Worship on MCTV (Ch. 191) 10:30am Oasis Bible Study 12pm Prayer Warriors 1pm Joyful Praise Rehearsal 7pm Board of Elders 6pm Bell Choir	15 10am LifeLight 12 Archives 3pm Girls Small Group 5:30pm Confirmation	16 4:30pm Joyful Praise Rehearsal	17	18 8am Men’s Bible Study 9am Visit with Pastor 10am Joyful Praise Rehearsal 5pm Worship
19 8am Worship 9:30am Bible Study & Sunday School 10:45am Joyful Praise 6pm Sr. High YG	20 5:30pm Worship on MCTV (Ch. 191) Newsletter Submissions Due	21 10am Worship on MCTV (Ch. 191) 10:30 Oasis Bible Study 12pm Prayer Warriors 1pm Joyful Praise Rehearsal 6:30 Leadership Meeting 6pm Bell Choir	22 9:30 Backpack Buddies 10am LifeLight 12 Archives 3pm Girls Small Group 5:30 Confirmation	23 4:30pm Joyful Praise Rehearsal	24	25 8am Men’s Bible Study 9am Visit with Pastor 10am Joyful Praise Rehearsal 5pm Worship
26 8am Worship 9:30am Bible Study & Sunday School 10:45am Joyful Praise 6pm Sr. High YG	27 5:30pm Worship on MCTV (Ch. 191) 6:30pm Lydias Guild	28 10am Worship on MCTV (Ch. 191) 10:30 Oasis Bible Study 12pm Prayer Warriors 1pm Joyful Praise Rehearsal 6pm Bell Choir 6:30pm Missions Board	29 10am LifeLight 12 Archives 3pm Girls Small Group	30 4:30pm Joyful Praise Rehearsal	<i>No matter how long the winter, spring is sure to follow.</i>	