



ST. JOHN LUTHERAN CHURCH-MISSOURI SYNOD



19903-56th Ave NE
Atwater MN 56201

Phone: 320-974-8984
Email: stjohnchurch@gmail.com
Website: www.stjohnatwater.com



2021

**Your
January
Newsletter**

Jesus died & rose to save:

PLEASE
PLACE
STAMP
HERE

Dear brothers and sisters in Christ,

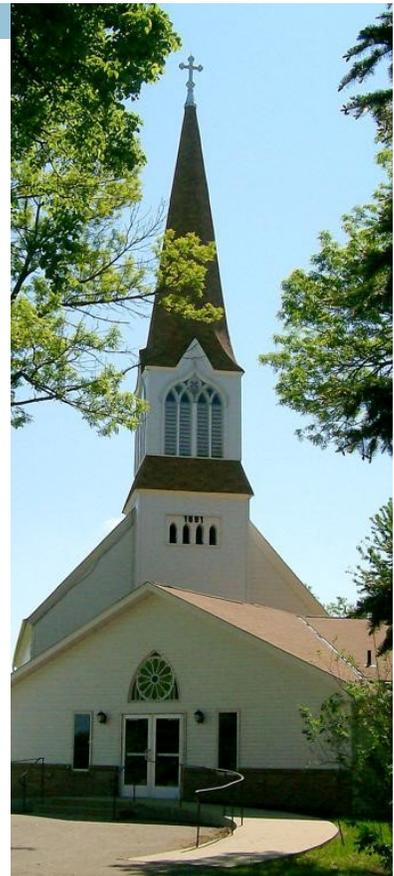
2020 is just about in the books. It goes without saying that it was a year to remember. Some good, but I think most would say it was mostly bad. Now we're entering into a new year. Will it be better? Will it be worse? Some may be entering the new year with hope, ready to put 2020 behind them. Others may be feeling dread knowing that things can always get worse. Only God knows what 2021 will bring. But what we do know is that the Lord will be there with us. After all, one of the many titles of Jesus is "Immanuel" – God with us. He is Immanuel because God wrapped himself up in human flesh and became man.

I think if you look back over the year, you'll be able to see how God has been with us and taking care of us. Just looking at our own church community we see how that despite church not being open for a few months St. John was still able to thrive and operate. And even though we're somewhat scattered about in regards to worship (in the sanctuary, parking lot, at home) God continues to come to us in both Word and Sacrament. The same Word you hear on Sunday morning in the sanctuary is transmitted over the radio, through speakers, and the tv screen.

God is with us. And no matter the circumstances – good or bad – he'll be with us every step of the way. May you have a blessed 2021.

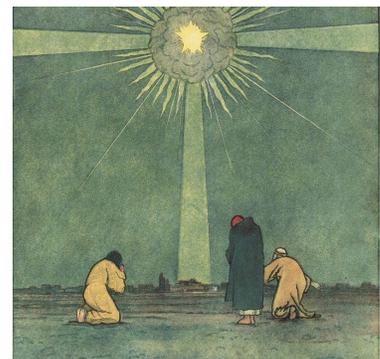
In Christ,

Pastor J. Christian Strickland



Inside this issue

Letter from Pastor 1
Church Announcements..... 2
Calendar, Etc.3 –4
Special Points of Interest..... 5 –6





Church Announcements



Thank you to all those who purchased, stuffed and delivered stockings to our shut-in members in December. It is a St. John tradition and those who received the stockings were so pleased to be remembered.

Please remember, no monthly meetings January—March; however, be on the lookout for crafty get togethers and impromptu meetings as needed. These will be announced in the weekly bulletin announcements.

LWML: Your MITES are still appreciated as many missions are yet to be met. Please see www.lwml.org/mission-grants for more information on what grants remain. The LWML website also offers daily devotions and longer bible studies to keep you busy during these cold winter months. Take a box from the table near the church office and start collecting.

* More information will be coming out soon about the LWML 39th Biennial Convention Information. The convention is focused on scripture verse: *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God* (Hebrews 12:1-2). Until then, more information available on the LWML.org website.



The 150th Anniversary Celebration is
Sunday, August 15, 2021

Next Committee Meeting: After church; January 17, 2021.



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						
3 <i>9am SS/BC</i> <i>10am Worship</i> <i>2nd Sunday after Christmas</i>	4	5 Elder's Mtg 7:30pm	6 Confirmation/ Youth Group 7pm Church Council Mtg 8pm	7	8	9
10 <i>9am SS/BC</i> <i>10am Worship w/ Holy Communion</i> <i>Baptism of our Lord</i>	11 Annual Voter's Meeting 8pm	12	13 Confirmation/ Youth Group 7pm	14	15	16
17 <i>9am SS/BC</i> <i>10am Worship</i> 150th Cmt Mtg after church <i>2nd Sunday after Epiphany</i>	18	19	20 Confirmation/ Youth Group 7pm	21	22	23
24 <i>9am SS/BC</i> <i>10 am Worship</i> <i>3rd Sunday after Epiphany</i> 31 <i>9am SS/BC</i> <i>10 am Worship</i> <i>w/Holy Communion</i> <i>4th Sunday after Epiphany</i>	25	26	27	28	29 Annual Reports Due to Ali Holien	30

January 2021



Birthdays

Shut Ins

Baptismal Anniversaries

3 Mike Pickle
 4 Delwin Mahn
 10 Barb Heining
 11 Rick Kragenbring
 Jessica Ellson
 12 Tasha Pickle
 14 Mitchell Pickle
 Mavis Jones
 15 Austin Cline
 Brittney Schultz
 16 Marilyn Stoffers
 19 Marlys Haag
 Collin Ellson
 20 Robert Kregel
 23 Duke Anderson
 24 Connie Oliver
 28 Andrew Hanson

Mary Baker
 Stan Lilleberg
 Betty Moll
 Pat Skluzacek
 Marilyn Stoffers
 Sharon Zaeska

Don't let COVID restrictions keep you from those you love—send letters, call and let them know God's love through you!

Anniversaries

9 Dan & Jody Zaeska
 22 Clifford & Donna Hedtke

5 Roland Johnston
 7 Joseph Gratz
 8 Rick Kaiser
 9 Kayla Witte
 12 Scott Behm
 18 Jessica Getter
 20 Brenda Carlson
 22 Delwin Mahn
 23 Patty Gratz
 24 Mike Pickle
 25 Tasha Pickle
 27 Tina Renne
 28 Brittney Schultz
 29 Bennett Elton

*May They Be Kept
 in Their Faith*

Daily Themes for Prayer —

Monday: Pray for faith to live in the promises of Holy Baptism; for your daily calling and daily work; for the unemployed; for those in financial difficulty; for the salvation and well-being of our neighbors; for government; for peace.

Tuesday: Pray for deliverance against temptation; for the addicted and despairing; for the tortured and oppressed; for those struggling with besetting sins.

Wednesday: Pray for marriage and family, living together under the grace of Christ according to the Word of God; for those adults who must rear their children alone; for godly schools, especially our church schools, and seminaries and their students, faculty, and staff. We pray also for seminarian, Ezra Grabau.

Thursday: Pray for the church and her pastors; for J. Christian Strickland; for our circuit churches and pastors; Rev. Dr. Lucas Woodford, our district president, and Matthew Harrison, our synodical president; for the LCMS; for missionaries; for the members of St. John Lutheran Church; for salutary use of the blessed sacrament of the Lord's body and blood.

Friday: Pray for the preaching of the cross of our Lord Jesus Christ; for its spread throughout the whole world and our community; for Rev. Deva and the Sri Lanka Mission; Rev. Jean Rajaonasy and the Madagascar Mission, and the Living Hope House in Nicaragua; for the persecuted.

Saturday: Pray for faithfulness to the end; for the dying; for the shut-in and homebound members of our parish, (especially, Frank Heining and Stan Lilleberg); the hospitalized, and those in nursing home care; for the revival of those who are withering in the faith or have fallen away; for receptive hearts for worship and study on the Lord's Day.

ACTIVITY: MY TIME “PIZZA”

Reflect on the past week. Was it typical? What did you spend your time doing? To find out, slice the time “pizza” below with a pizza to indicate the amount of time you spent on each activity. Excluding sleeping and eating hours (six hours a night for sleeping and three hours a day for eating), there are 105 hours in each week. Divide your week on your “pizza” by these three categories:

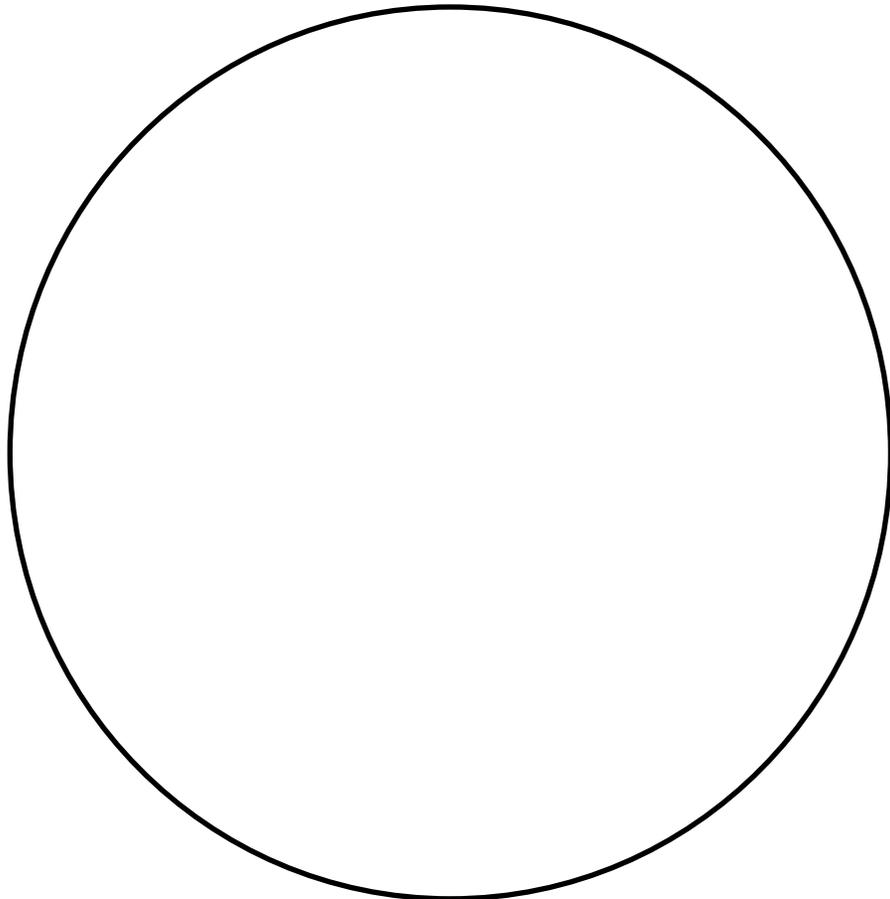
Time spent for GOD (i.e. Bible study, personal devotions, worship, church work)

Time spent for ME (i.e. grooming, watching TV, reading, hobbies, shopping, letter writing, work)

Time spent for OTHERS (i.e. family activities, helping friends, visiting friends, clubs or organizations)

The above graph was taken from https://unite-production.s3.amazonaws.com/tenants/lwml/attachments/77606/59144-_A_Time_for....pdf. A bible study on time. It’s worth a look if you have a few minutes or even just have the urge to take control of your available time a bit more.

Remember, God gives each of us 24 hours in a day. What are you doing with yours?





New Year ... New Workout Routine

Did you know that the #1 New Year's Resolution is to "lose weight"?

With all the gym closings, and life as we know it, here is a simple at home workout that requires no equipment. Moving each day is helpful as well.

Beginner: Repeat 3 times

Taken from NerdFitness.com

Bodyweight squats: 20 reps, Push-ups: 10 reps, Walking lunges: 10 each leg, Dumbbell rows (using a gallon milk jug or another weight): 10 each arm, Plank: 15 seconds, Jumping Jacks: 30 reps

Advanced: Repeat 3-5 times

One-legged squats – 10 each side [warning: super-difficult, only attempt if you're in good enough shape], Bodyweight squats: 20 reps, Walking lunges: 20 reps (10 each leg), Jump step-ups: 20 reps (10 each leg) Pull-ups: 10 reps [or inverted bodyweight rows], Dips (between bar stools): 10 reps, Chin-ups: 10 reps [or inverted bodyweight rows with underhand grip], Push-ups: 10 reps, Plank: 30 seconds

** The biggest part of losing weight is what we eat as well. According to www.WebMD, if we all made a few better choices we may not struggle as much with weight:

Eat more fruits and veggies
Cut down on Fast Food
Choose Better Snacks
Eat at Home more Often
Stop Overeating

Plan to Eat Right
Eat Smart at Parties
Keep Track of what you Eat
Learn to say "No"
Snack Less at Work

Eat Smart at Restaurants
Eat Breakfast Every Day
Cut Down on Sugar
Avoid Mindless Eating
Get Support

Finally, as we strive for a better 2021—let us forever remember that we are not alone. That Jesus loves us no matter how much weight we have gained or where we are at in life. He is always with us!

What a Friend We Have in Jesus

LSB # 770

1. What a Friend we have in Jesus, All our sins and griefs to bear! What a privilege to carry Everything to God in prayer! Oh, what peace we often forfeit; Oh, what needless pain we bear—All because we do not carry Ev'rything to God in Prayer!

2. Have trials and tribulations? Is there trouble anywhere? We should never be discouraged—Take it to the Lord in prayer. Can we find a friend so faithful Who will all our sorrows share? Jesus knows our ev'ry weakness—Take it to the Lord in prayer.

3. Are we weak and heavy laden, Cumbered with a load of Care? Precious Savior, still our refuge - Take it to the Lord in prayer. Do thy friends despise, forsake thee? Take it to the Lord in prayer. In His arms, He'll take and shield thee; Thou wilt find a solace there.