

NOTES FOR WORSHIP

RECORD OF FELLOWSHIP

Please fill out the Record of Fellowship located in each pew either before or after the service.

SACRAMENT OF THE ALTAR

Communicants are to be in full confessional fellowship with The Lutheran Church – Missouri Synod. Visitors are kindly asked to read the communion statement below.

HOLY COMMUNION AT ST. JOHN LUTHERAN CHURCH

Confessing the Word of the Lord in love for all who worship here, and acknowledging the biblical truth that unity with Christ at His altar in Holy Communion embodies Christ's gift of unity in faith and practice, we welcome to the Lord's Supper all who are communicant members in good standing of an LCMS congregation. Communicants are asked to register their participation in the "Record of Fellowship," noting their home LCMS congregation if other than St. John, Bingen. If you have any questions about our communion practice, or the Lutheran faith in general, please speak with our pastor after the service.

✠ STEWARDSHIP CORNER ✠

Acts 1:16 – “Brothers, the Scripture had to be fulfilled, which the Holy Spirit spoke beforehand by the mouth of David concerning Judas, who became a guide to those who arrested Jesus.” Judas sold out our Lord for 30 pieces of silver. That is, he sold out his friend, Master, and teacher for the sake of greed. That is a sharp reminder for us to search our own hearts for greed and to pray that the Lord would help us to turn away from greed before it consumes us.



SOLID, SERIOUS, SUBSTANTIVE...

Issues, Etc. is a radio talk show and podcast produced by Lutheran Public Radio in Collinsville, IL and hosted by LCMS Pastor Todd Wilken. This week's topics include: The Sexual Abuse Scandal in the Southern Baptist Convention; Harold Frank's WWII Story of Faith & Courage; Rep. Nancy Pelosi Denied Communion by an Archbishop; The Mind of Christ and more. You can listen at your convenience at issuesetc.org, the LPR mobile app and your favorite podcast provider.

St. John Weekly News † May 29, 2022

Pastor Maronde and Family

We give thanks to God for the faithful service of Pastor Maronde and his dear family over the past four years. Today is Pastor Maronde's last Sunday with us. A farewell reception for him and his family will follow the second service in the Parish Hall. We pray the Lord's blessing upon his continued service in and for the Lord's church. Their new address: 1224 190th Street, Shenandoah, IA 51601.

The Wyneken Strategic Planning report is available as you leave this morning.

Middle School Youth Event

Sunday, June 12th; 6:30-8:30 p.m. - Gathering at Roger and Lisa Hormann's Home (10537 N. 700 W.-1, Ossian, IN 46777)

High School Youth Events

Today, May 29th; No Youth Event

Sunday, June 5th; 6:30-8:30 p.m. - Gathering at Parsonage 1

Sunday, June 12th; 6:30-8:30 p.m. - Gathering at Roger and Lisa Hormann's Home (10537 N. 700 W.-1, Ossian, IN 46777)

Invitation to an Open House The congregation is invited to celebrate the 50th Wedding Anniversary of Larry and Rae Lynne Fuhrmann on Sunday, June 5th from 2-5 p.m. at Zion, Friedheim – Family Life Center.

Hoagland Days It is that time of the year again, Hoagland Days is just around the corner and our congregation will again be having our Coney Dog and Root Beer float booth. **All of the hotdogs have been donated** (Thank you!) so we are in need of A&W Root Beer and 6 cases of water. Place in the back storage room of the Parish Hall anytime from now until June 15th. Also please consider volunteering a few hours to help in the booth. The dates for Hoagland Days are June 16th-18th. Thank you.

Cultivating Resilience after Trauma: Trauma and stress are chief concerns for many within our community. Coupled with the challenges created by the global COVID-19 pandemic, many people will have lived through all kinds of stresses and loss. To address this issue Friedheim will be hosting a two-hour seminar at our Family Life Center entitled **Cultivating Resilience after**



Trauma on Thursday, August 18, beginning with a meal at 5:30 p.m. with the presentation starting at 6 p.m. Reservation may be made by contacting Joe Gorman by cell at 260.706.0999 or by e-mail at preblegorman@gmail.com. The reservation deadline is Sunday, August 7, 2022. There is no charge for the meal; however, a free-will donation may be received to offset the cost of the meal. This one and one-half hour workshop will explore understanding how the neurobiology of trauma affects us as humans. The latest trauma information has gone from focusing on the traumatic event to focusing on the impact to physiology. Trauma actually creates physiological states in the body--- and these states will limit behaviors, emotions and relationship capacity. This has been highly significant to understand as it means that in a trauma state, there are actual limits in behavioral and emotional repertoire. These trauma states will be covered to make them more identifiable. Understanding these states more deeply is critical to be more effective with others. We now know that trauma is not trauma if the body stays calm, as body symptoms are a hallmark of PTSD. This underlying physiology will be explained. This change in the field of trauma has led to new interventions that are about making change on a deeper level and not just managing trauma symptoms. In cultivating resilience, more capacity is created to support recovery from difficulties. This workshop will cover direct skills to support resilience after trauma. This lens of understanding trauma through neurobiology tends to lead to less judgment of self and others, bringing in more compassion.

About our speaker Ruby Jo Walker: *Founder of Post-traumatic Growth Somatic Therapy, Somatic Experiencing Practitioner, Certified Hakomi Therapist, and Joe Gorman's sister. With 30 years of experience, Ruby Jo Walker, LCSW is an expert trainer and therapist specializing in the neurobiology of trauma and resilience. She is the founder of Post-Traumatic Growth Somatic Therapy--a unique blend of innovative somatic therapy practices rooted in the fields of neurobiology, trauma healing, attachment, resilience and polyvagal theory. She works with helping professionals and clients to incorporate interpersonal neurobiology for deep change and transformation (and she's Joe Gorman's sister!).*