

# NEWSLETTER

Dear Friends in Christ,

The beginning of this month will mark two months since we moved—and just the other day we had another crisis of lost items. We are still trying to get things organized—for both of us. Moving can create a sense of both chaos and loss along with a good dose of anxiety on the side. Mom announces that she cannot find some very important documents. She tells me that she remembers exactly where they were in our previous house—in the desk—left hand side—second drawer. She also states vehemently that we put them in an envelope marked “important stuff” and the envelope was placed in a special container where they could be easily found. OK. Right.

The next few hours were committed to finding these papers. Look around the office—nothing found except some cooking books. Look upstairs—multiple times—found some other papers from the desk. But still no luck. Go to basement. Boy does this area need some organizing. Lots of empty boxes and containers. Look in bedrooms. Look in closets. Enough. Give up.

As I was doing work at my desk—I dug into the cupboard finding a bag—in it were, of course, the lost papers. Now I will admit, the small bag had a sticker which announced, “important stuff”, but no envelope was to be found. A sigh of relief filled our house—what was lost is now found.

How often do we find ourselves struggling to get our ducks in a row—while still missing one or two of them? We frantically search—and search and search... with no success. It remains true that we search for meaning in life—something to fill the very heart and soul of our being. Our search is futile, not to mention exhausting... and totally frustrating.

So many times when we feel lost, we feel the presence of God. In the midst of despair and sorrow, God is there. In grief and anger, joy and peace, God is there. God finds us where we are. We do not need to search—God is the one who searches and finds—who finds us with a sticker attached with bold letters, “Important Stuff”.

Pastor Mike

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Office Hours: 8am - 1 pm (M-F)



**PLEASE PRAY FOR:** Mary Lou Harbaugh, Mick Pierce, Bill Tielbar, George Harbaugh, Bob & Carla Ferguson, Dave Pont, Brayton Kuhse, Donna Pont, Cecil Bahls, Joan Hinzman, Janet Moser, Jim Akers, Loretta Cook, Judy Puls, Ammi Hugo, Shelby Preston, Terry Meyer & Joyce Bakken

**Guttenberg Care Center: (SJ)** Letha Moser, Eunice Walke, Duane Hagen, Dave Pont, Una Bishop, George Harbaugh, Vonnie Bormann, Shirley Moore, Eunice Zearley, Janet Moser

*(SP) Darlene Akers, Bonna Basler, Helene Lammers, Janice Bahls*

**Assisted Living: (SJ)** Joyce Bakken, Arlene Tackman, Delos Sadewasser, Shirley Moser *(SP) Karen Kriesler*

**St. Pt. Lutheran Home:** Neil Morarend

**Edgewood Convalescent Home: (SJ)** Terry Krieg

**Homebound: (SJ)** Bob & Carla Ferguson, Gayle Kahle

Our condolences to the family of Virgil Collins who passed on September 20th in Independence.

**ADOPT A DAY**

How would you like to consider adopting a day(s) and paying for St. John's church utilities for that day(s)? This would be above your regular church giving and would be a huge financial plus for St. John's. You choose the day(s). Why not consider adopting a day for your birthday or that of a family member, or an anniversary of your baptism, wedding or all of them and more? If you would like to adopt a day, just write your information on a piece of paper and enclose it with your payment of \$38 per day.

- Sept. 11 In loving memory of Ronald Duwe given by his family
- Sept. 30 In honor of Pastor Mike's birthday by Christine Stellmacher
- Oct. 2 In honor of Jagger Allyn's birthday by Rick & Mary Beth Allyn
- Oct. 19 In honor of Bristol Allyn's birthday by Rick & Mary Beth Allyn
- Oct. 23 In honor of Vera Ashman's 91st birthday by Christine Stellmacher

**ONLINE WORSHIP**

**Worship services & devotionals with Pastor Mike are now posted on our website. To access, go to [www.stjohnsguttenberg.com](http://www.stjohnsguttenberg.com), click on "MENU" and then click on "ONLINE WORSHIP".**

**OCTOBER STEWARDS**

**FROM WORSHIP & MUSIC**

***SPECIAL MUSIC***

Because we are unable to include congregational singing in our worship services due to Covid 19 guidelines from the CDC, we are looking for individuals to do special music. If you would be interested in either a vocal or instrumental selection, please contact the church office. We thank our Bell Choir for their musical contributions the past few weeks and we look forward to hearing more from them in the future.

	<b>Ushers</b>	<b>Camera</b>	<b>Lector</b>
<b>Oct. 4</b>	Nancy Heitman Stephanie Thomas	Sam Thein	Craig Tuecke
<b>Oct. 11</b>	Nancy Heitman Stephanie Thomas	Lynda Schaefers	Carolyn Hoffmann
<b>Oct. 18</b>	Nancy Heitman Stephanie Thomas	Sam Thein	Lynda Akers
<b>Oct. 25</b>	Nancy Heitman Stephanie Thomas	Tim Puls	Confirmation



Congratulations to Dylan Preston and Hannah Larkin were married in Iowa City on Saturday, September 5th.

**THANKSGIVING PLANS FROM OUTREACH**

Due to the recommendations provided during the pandemic, we have had to cancel this year's Community Thanksgiving Dinner. We do not want to jeopardize the health of our volunteers working in close proximity in the kitchen and preparing meals as well as those congregating to eat together. This year, we are challenging the congregation to provide a meal to someone or a household in your neighborhood who will be alone for Thanksgiving or another day if you will be elsewhere on the Holiday. We would appreciate feed back on the meals provided for the next newsletter.

**SCRIP SALES CONTINUE!**

The St. John's Stewardship Committee has resumed selling scrip before and after worship in the narthex. Please stop by the scrip table and purchase scrip cards for your own personal shopping or gift giving. Curbside scrip card pickup is also available. Call the church office and Diane can fill your scrip order and deliver to your car at the curb. Remember scrip sales benefit the financial health of St. John's.

**Shepherd of the Hills**

Stewardship Drive Hog - Roast  
Cooler weather & families seeking crisis funds for re-connects of utilities and/or rental assistance. We WILL NOT be holding the Annual Hog Roast in person this year. Instead, we will have a stewardship drive to help replenish the Crisis Fund for the upcoming winter months. During 2019 Fiscal Year, we were able to help 101 families with \$11,456.84 with emergency utilities & rent assistance. Thus far in 2020, we have helped 60 families with \$6,127.36 in assistance. Monetary donations can be sent to PO Box 36, St. Olaf, IA 52072. Please put CRISIS FUND in the memo line!

**Ordination Blessings**

We would like to extend our Blessings to Pastor Clark Baldwin on his Ordination at St. John, Arlington on Sunday, Sept 13, 2020! Pr. Clark has been working side by side with Pr. Margaret at the One in Faith Parishes the past few years! Congratulations!

**ST. JOHN'S  
OCTOBER CALENDAR**

Oct. 1	1:00 pm (SJ) Red Cross Bloodmobile
Oct. 4	9:00 am (SP) Worship 10:15 am (SJ) Worship
Oct. 6	5:30 pm (SP) Council Mtg.
Oct. 7	3:30 pm Confirmation I 7:00 pm Confirmation II
Oct. 8	7:00 pm (SJ) Council Mtg.
Oct. 11	9:00 am (SP) Worship 10:15 am (SJ) Worship
Oct. 14	2:00 pm Confirmation I 7:00 pm Confirmation II
Oct. 18	9:00 am (SP) Worship 10:15 am (SJ) Worship
Oct. 19	5:30 pm (SJ) Mobile Food Pantry
Oct. 21	2:00 pm Confirmation I 7:00 pm Confirmation II
Oct. 25	9:00 am (SP) Worship 10:15 am (SJ) Worship
Oct. 28	3:30 pm Confirmation I 7:00 pm Confirmation II

**MARK YOU CALENDARS —**  
Thanksgiving Eve Service at St. John's  
Wed., Nov. 25th 7:30 pm



**MOBILE FOOD PANTRY**

Food distribution will be held on the third Monday of each month at St. John's. The next event will be from 5-6:30 p.m. on Monday, October 19th.

If you are able to help, please call the church office at 252-2355, and we will add your name to our volunteer list. We will call if we need your assistance.

## FROM OUR PARISH NURSE —

### October is Breast Cancer Awareness Month:

Breast cancer is the second most common cancer among women in the United States (some kinds of skin cancer are the most common). Black women and white women get breast cancer at about the same rate, but black women die from breast cancer at a higher rate than white women.

Ask your doctor when you should get a mammogram. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include— Any change in the size or the shape of the breast. Pain in any area of the breast. Nipple discharge other than breast milk (including blood). A new lump in the breast or underarm.

Being a woman and getting older are the main risk factors for breast cancer. Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older. Most breast cancers are found in women who are 50 years old or older. Some women will get breast cancer even without any other risk factors that they know of. Having a risk factor does not mean you will get the disease, and not all risk factors have the same effect. Most women have some risk factors, but most women do not get breast cancer. If you have breast cancer risk factors, talk with your doctor about ways you can lower your risk and about screening for breast cancer.

Risk Factors You Cannot Change: 1) Getting older. The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50. 2) Genetic mutations. Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer. 3) Reproductive history. Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer. 4) Having dense breasts. Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer. 5) Personal history of breast cancer or certain non-cancerous breast diseases. Women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical

hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer. Family history of breast or ovarian cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk. 6) Previous treatment using radiation therapy. Women who had radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life. 7) Women who took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, have a higher risk. Women whose mothers took DES while pregnant with them are also at risk.

Risk Factors You Can Change: 1) Not being physically active. Women who are not physically active have a higher risk of getting breast cancer. 2) Being overweight or obese after menopause. Older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight. 3) Taking hormones. Some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years. Certain oral contraceptives (birth control pills) also have been found to raise breast cancer risk. 4) Reproductive history. Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise breast cancer risk. 5) Drinking alcohol. Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks. Research suggests that other factors such as smoking, being exposed to chemicals that can cause cancer, and changes in other hormones due to night shift working also may increase breast cancer risk.

If you have a strong family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may have a high risk of getting breast cancer. You may also have a high risk for [ovarian cancer](#). Talk to your doctor about ways to reduce your risk, such as medicines that block or decrease estrogen in your body, or surgery.

**Council Meeting Minutes**  
**Thursday, September 10, 2020**

**Members Present:** Pastor Mike Ashman, Craig Tuecke, Pat Jones, Nancy Heitman, Chuck Hemann, Mary Streich, Michele VonHandorf, Stephanie Thomas, Jim Solomon, Lorna Moser, Forest Brown and Diane Schilling.

**Members Absent:** Judy Puls, Don Schmelzer

**Call to Order:** President Craig Tuecke called the meeting to order at 7:03 p.m.

**Devotions** from Romans 14 were led by Pastor Mike.

**Secretary's report** from the last meeting was reviewed. The minutes of the August 13, 2020, meeting stand approved as published.

**Treasurer's Report** was presented by Jim Solomon:  
Current: \$10,695.63                      Benevolence: \$14,781.81  
Improvement: \$7,213.35                Scrip: \$6,293.01  
Sunday School: \$3,212.79              Luther League: \$4,679.59  
Memorial Savings: \$48,390.41  
Benevolence Savings: \$15,756.39  
Organ Fund: \$4,062.35  
The Treasurer's Report stands approved as published.

**Pastor's Report:** Pastor Mike submitted a written report for the previous month to keep the Council updated on his activities. He also shared that he had received a note from the Assistant to the Bishop, Mark Anderson, thanking our entire congregation for all that they have done to assist in securing a new pastor.

**Outreach:** Nancy Heitman – Questioned whether they could resume home communion. Pastor will try to come up with a plan to be able to do that safely. Her committee is also continuing to write notes to the homebound. For this year's "God's Work, Our Hands" project, they are collecting items to be donated to Care Center residents. In lieu of the traditional Community Thanksgiving Dinner, they are encouraging everyone to provide a meal to a friend or neighbor.

**Educational Ministries** – Stephanie Thomas - nothing new to report.

**Children & Youth:** Forest Brown – he will be meeting with Pastor to come up with a plan for activities that they will be able to schedule.

**Public Relations:** Chuck Hemann – nothing to report

**Stewardship:** Michele VonHandorf reported that we had received rebates from Scrip sales from Amazon for \$22.00 and \$116.00 from Kwik Star. Kwik Star is giving a 9% rebate on Scrip sales this week.

**Worship & Music:** Pat Jones nothing new to report.

**Property:** Don Schmelzer – absent

**Fellowship:** Lorna Moser – nothing new to report

**Vice President:** Mary Streich – nothing to report.

**Old Business:**

1. Parsonage update: There was a problem with the refrigerator, but it has been repaired. The carpeting in the upstairs master bedroom still needs to be replaced – Craig will be getting quotes for that. Upstairs bathroom also needs remodeling. Craig will work with Don to make plans and get quotes. There also needs to be a new exhaust fan installed in the kitchen.
2. Broadcasting Services: Chuck is still working at getting more information and quotes for updating and replacing our current sound and broadcasting systems. We will discuss further at the next meeting. Pastor is uploading services to YouTube .
3. Sunday School: Stephanie is posting weekly lessons for Sunday School use, but still has concerns about being able to have regular Sunday School safely at this time. She is looking at what is working at the public school that we can use here for Sunday School. It was agreed to postpone for one more month until we have a better idea of how things are going at school and to formulate plans for returning safely.
4. The Semi-Annual Meeting has been rescheduled for Sunday, September 27, 2020. Craig will make an announcement in church Sunday and encourage attendance so that we can meet our quorum of 54 eligible voting members.

**New Business:**

1. Thanksgiving Eve Service: Pastor would like to have a service at 7:00 p.m. on Thanksgiving Eve with donations going to the food pantry at the Resource Center. We will finalize plans at next Council meeting.
2. Christmas: It was agreed to have an additional Christmas service in order to safely accommodate more attendance. There were suggestions of an afternoon service on Christmas Eve or a Christmas Day service. These would be in addition to the current 5:30 p.m. service at St. Paul's and the 8:00 p.m. service at St. John's. There was also a question of whether we would need Pew reservations if there were larger families attending. We will work out specific details at the next meeting.
3. Pastor has been attending many of the youth activities and sporting events. It was suggested by Michele to purchase an Athletic Pass for Pastor's use. MSC.

Next Council meeting will be Thursday, October 8, at 7:00 p.m. Meeting adjourned at 8:08 p.m.  
Minutes submitted by Pat Jones



All Women of St. John's. [www.womenoftheelca.org](http://www.womenoftheelca.org)

**2020 St. John's Women of the Board**

President: Lynda Akers -- Vice President: Carolyn Hoffmann -- Treasurer: Tonya Randall -- Secretary: Pat Meyer  
At Large: Lynda Schaefer, Cindy Niehaus Sarah Circle Representative: Judy Puls

Mission: To mobilize women to act boldly on their faith in Jesus Christ.

Purpose: As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world.



**ST. JOHN'S SEWING LADIES**

Information on donations needed or helping with piecing tops, tying or binding contact Carol Tomkins.

***Quilt tops for LWR need to measure 60" x 80"***

**2021 WELCA Board and Budget**

Ballots will be available at the Oct 18 service to vote on 2021 board members and 2021 budget.

**TUESDAYS at NOON**

Church wide WELCA has initiated a call to prayer in this time of pandemic. This is a call to prayer, to be practiced every Tuesday at noon, in your time zone.

Read: Romans 8:38-39

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Dear God I pray (follow each petition by naming specific individuals or needs; add additional petitions as needed)

- For those who are ill
  - For those with little access to healthcare
  - For healthcare workers
  - For those who feel isolated
  - For those who are in unsafe places
  - For those who are anxious or worried
  - For leaders facing difficult decisions
  - For those who continue to work in challenging settings
  - For those driven by greed or careless disregard
- Amen

Reflect: Reflect on these questions. Jesus calls us to love our neighbors as ourselves (Matthew 22:39).

How are you loving yourself **today**? What is your self-care strategy? How are you loving your neighbor

**UPCOMING EVENTS**

- Oct. 10-15 - EWALU Quilt Auction
- Oct. 18 - Fall election of officers & approve budget
- Nov. 22 - Thankoffering & Installation of Officers

September ministries:

LWR Quilt & Kits Shipping Fund

**EWALU VIRTUAL QUILT AUCTION**

The Fall Festival and Quilt Auction will be held online this year. The event will run as a silent auction beginning on Saturday, Oct. 10th and ending on Thurs. Oct. 15th. A recorded opening worship will be posted at 11:00 a.m. on Saturday October 10th and a thanksgiving and prayer devotion will be posted when bidding closes at 5:00 p.m. on Thursday, October 15th. Quilt viewing, bidding, and recorded worship service will take place on a secure online silent auction platform that is still being developed. Watch Facebook and our [website: ewalu.org](http://www.ewalu.org) for more updates.



Lutheran World Relief  
SUSTAINABLE DEVELOPMENT. LASTING PROMISE.



19 boxes of quilts and kits were taken to Decorah on 9/12. There were 6 school kits, 6 personal care kits and 75 quilts.



**OCTOBER BAPTISMS**

Oct. 1  
McKenna Hackett  
Pat Meyer  
Joan Walke

Oct. 2  
Allie Esmann  
Carter Esmann  
Conway Johnson  
Joanne Rausch

Oct. 4  
Oakley Harbaugh  
Richard Newbern

Oct. 5  
Bonnie Garlow

Oct. 6  
Cody Kulper  
Joan Manson

Oct. 7  
Arma Jean Newbern  
Courtney Olson

Oct. 9  
Dale Linderbaum

Oct. 10  
Ben Schmelzer  
Curtis Schroeder

Oct. 11  
Eunice Zearley

Oct. 12  
Vayda Anderegg  
Harold Heitman  
Elijah Radabaugh

Oct. 13  
Karla Palmer

Oct. 15  
Jacob Kahle  
Brianna Lucey  
Mary Waterman  
Glen Witham

Oct. 16  
Eric Meyer

**OCTOBER BIRTHDAYS**

Oct. 1  
Lana Troester

Oct. 2  
Jagger Allyn  
Abby Schmelzer

Oct. 3  
Bristol Augustyn  
Jaxson Augustyn  
Hadley Bries  
Julie Schmelzer

Oct. 4  
Lennox Moser

Oct. 5  
Cathy Handke

Oct. 6  
Alex Tielbar

Oct. 8  
Dennis Sargent

Oct. 9  
Becky Kelly  
Susan Koehn  
Merlin Torrey  
Mary Waterman

Oct. 10  
Ethan Backes  
Kelby Severson

Oct. 12  
Nash Reimer

Oct. 13  
Jim Johnson  
Emily Kraus

Oct. 14  
Donna Witham

Oct. 15  
Dave Pont

Oct. 16  
George Harbaugh  
Hailey Peterson  
Robby Tway

**OCTOBER WEDDING ANNIVERSARIES**

Oct. 1  
John & Karen  
Anderegg

Oct. 2  
Keith & Stacie  
Drewelow

Oct. 3  
John & Sandy  
Lightfoot

Oct. 9  
Frank & Julie Davis

Oct. 10  
Brian & Vicki Rodenberg

Oct. 13  
Joel & Dawn Moser

Oct. 14  
Jeff & Jess Hillers  
Roland & Sharon  
Troester

Oct. 17  
Nick & Taylor Chase

Oct. 18  
Ray & Mindy Stoerp  
Pete & Ginger Sakas

Oct. 21  
Mike & Lisa Hinzman  
David & Dawn  
Herrmann

Oct. 25  
Pat & Robert Jones

Oct. 26  
Jim & Jan Solomon

Oct. 27  
Bill & Joy Allyn

Oct. 29  
Carson & Karla Palmer