



St. John's

Ev. Lutheran Church

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JUNE 2017

CAN A CHRISTIAN BE DEPRESSED?

Her first thought upon waking was always, “How many hours until I can go back to sleep.” She carried a lump in her throat and a knot in her stomach every day for years. She felt as though she was walking through water up to her neck, and the least little incident would put her under. Social situations were torture. Instead of Christmas being a time to rejoice, it was all she could do to get the shopping done and a little bit of cooking. Sometimes when the oppressive darkness grew too heavy, she would take a drive, find an open road, close her eyes and push down on the accelerator.

No one knew of her depression because she put on a good face most of the time. She had a steady job, a husband, and she raised two children while silently crying out for help. She never missed church, and she even taught Sunday school and faithfully participated in the activities of the church. People thought her personality a little odd, but no one knew of the pain inside.

This is only one woman’s story. Each person who is afflicted with this disease has a slightly different account, but the basics are there: darkness, fog of the brain, walking through thick water, seeing the world as only the faintest of grays, not seeing outside yourself at all.¹

To answer the title’s question, “Yes.” Christians can experience depression just as they are susceptible to malfunction of the heart, kidneys, pancreas, or any other organ. Depression is a signal that something in the brain is not right. It is *not* a sign of weakness or a lack of faith. In fact, there is no connection between your faith and your depression. It is a disease requiring medical attention.

But there *is* a connection between your illness and the Savior by Whose stripes you are healed, Who heals all your diseases, and Who suffers along with you. Faith is the relationship between God and you, because of what Christ has done, and it is sustained by the Holy Spirit through the Word and Sacrament. Don’t give up hearing the blessed Word and receiving the Sacrament if you find yourself in darkness.

Not all episodes of depression require medication. Everyone experiences sadness and confusion at times. Exercise, good nutrition, a good friend, and possibly Confession and Absolution may help the mood to pass. But if there is despair, hopelessness, changes in sleep and appetite, and if the mood exists for more than several weeks, professional help may be called for.

Disease occurs in this world because of sin, and no one, the believer or the non-believer, is immune from the effects of sin. Because of the undeserved stigma that depression carries, the woman in this story was ashamed of her condition and thought it was her own fault. For decades, she thought that God’s grace was for everyone but her, and she had to snap out of it in order to be blessed by God. That just brought more

¹ Todd A. Peperkorn, *I Trust When Dark My Road*, (LCMS World Relief and Human Care, 2009)

guilt and heaviness until a doctor finally asked, “Are you depressed?” What a relief! Medication was started and an appointment for counseling followed. It took a long time to get the right balance of medicines, but slowly the lump and the knot went away, and life became much more tolerable. God uses people and medicines for our good. To deny the need for either is to deny God’s providence in our lives. Statistics show that one in four women and one in eight men will experience a major depressive episode at least once in their lifetime. The church can have something to say about it. We can be informed, discerning, accepting, and comforting to those who have mental illness challenges.

For a vivid description of the experience of a pastor with depression, I recommend the book *I Trust When Dark My Road* by Pastor Todd A. Peperkorn. I have a copy to loan to anyone who wishes to read it.

Deaconess Linda

Senior Pastor - Rev. J. S. Bruss, ext. 104

Associate Pastor – Rev. D. M. Kerns, ext. 101

Deaconess - Linda S. Kinnett, ext. 102

Kantor - Rev. Roger M. Goetz

TLS Teachers - Ashley Jensema, Andrea Kosmicki, Edith Kerns, Rachel Kathman

BOARD OF STEWARDSHIP: BUDGET AND RECEIPTS REPORT

In an effort to keep our congregation informed about our financial situation, the Board of Stewardship has agreed to publish monthly budget reports. These reports are designed to give you a snapshot of our congregational support of the budget adopted by the voters assembly for 2017. We hope that you will find this information useful.

Through the month of April 2017

Budgeted Receipts through April	\$239,796.00
<u>Actual Receipts through April</u>	<u>\$207,879.98</u>
Shortfall through April	(\$31,916.02)

DOOR OFFERING IN SUPPORT OF WEST AFRICAN MISSIONS

A door offering in support of Guinean seminary students will be gathered Sunday, June 4, Pentecost Sunday, after each service. This offering is being gathered not only at St. John’s but throughout the Kansas District in support of the Gospel in the West African country of Guinea. All the proceeds from this offering will go to underwrite the seminary education of Guinean students at the Lutheran Center for Theological Studies, the seminary in Dapaong, Togo.

NEW ADULT CATECHESIS CLASS

A new adult catechesis class is forming for the summer. Know someone who’d like to learn the Christian Faith? Would you like to review of the central teachings of Scripture? Class is tentatively scheduled for Wednesday evenings beginning 7 June from 6:00 until 7:30 p.m. If interested in taking the class or if there’s someone you’d like us to contact, please let Pr. Kerns and/or Pr. Bruss know.

2017 FLOWER CALENDAR

The following services are available in the next few months if you would like to provide flowers for any of them: August 20, September 17 & 24, October 1 & 15, November 5, 12 & 19

HELP FOR THE HOMEBOUND

The pastors are looking for people in the congregation who could provide transportation for a homebound member for a **once a month** Divine Service throughout the summer especially for them. This member would need to be picked up and taken back home after the service. The first such service is scheduled for June 25 at 1:00 p.m. Please contact the church office if you would be willing to help.

2017 STEWARDSHIP CAMPAIGN PLEDGE SUNDAY IS JUNE 25

Once again we come to the time to initiate our *annual stewardship* campaign. The pledge period for this campaign runs July 1 – June 30 of 2018. Our *annual stewardship* campaign raises funds for our annual operating budget, while our “Paid in Full” campaign works to retire our building debt. Pledge cards for the annual stewardship campaign are totaled and form the basis for establishing our next calendar year operating budget.

You will soon or may already have a letter explaining our annual campaign along with your pledge cards. We will also have bulletin inserts on Sundays in June to provide further information. Biblical stewardship education is an education in living in one’s Christian vocation, not just or even primarily, to raise money. The goal of biblical stewardship isn’t meeting the budgetary needs of the church, but growth in our vocation as Christians and within the Christian vocation, the joy of giving in spontaneous but intentional thanksgiving for God’s goodness and mercy.

As in the past, we are sending out the pledge cards early to give members/families time for prayerful consideration of their commitment for 2017. Handing in a completed commitment card during the June 25 service will be completely voluntary. If you’re unable to attend on Stewardship Sunday, you may leave your completed commitment card in a sealed envelope in the collection plate or in the church office at a future date.

Finally, we’d like once again to assure you that there will be no home solicitation to ask people to complete cards. We only ask that you give prayerful consideration to how best to use the gifts we all receive from God. St. John’s is truly blessed with a giving congregation.

2017 Stewardship Campaign Committee

JUNE MONTHLY BREAKFAST

This will be a breakfast potluck on Sunday June 11. So bring your favorite breakfast item to share. We are also looking for members who would be willing to help set up, serve, and/or clean-up for the monthly breakfast. Please if you would be willing to help, please contact Deaconess Linda. Thank you.

VOLUNTEER OPPORTUNITY

If you are interested in washing and drying the vestments and gloves that are worn by the pastors, communion assistants and liturgical assistants on a quarterly basis, please contact the church office. St. John’s has a washer and dryer that can be used to wash the vestments. We appreciate your consideration concerning this volunteer opportunity.

RHYTHM OF FAITH MUSIC CAMP

At the **heart** of Lutheranism beats the pulse of **faith** in **Christ**, given to us by **grace**. The New Adam sings this “**new song**” with true **joy** and uses God’s gifts to spread the **Gospel**. Follow Luther’s steps in Wittenberg as you sing in “Castle Church,” discover the beauty of art in “Cranach Courtyard,” and gather together in “Old Town Hall” and “Luther House” to learn more about the gift of music and the faith that it confesses.

During the week, we will learn the treasured hymns and liturgy of the church with different ways of “decorating” them with instruments, part-singing, and percussion, as well as growing in sight-singing skills and vocal technique. Bring your instruments and voices! Even now as we approach the 500th anniversary of the Reformation, **it’s still all about Jesus!**

June 19-23, 2017

9:30-11:30 a.m.

Kindergarten – 5th grade

\$40 per child per week

\$30 per child per week for families with 3+ children attending

Forms are available in the church office.

Please return them no later than **June 5**.

Optional piano, violin, and organ lessons for an additional \$15 per 30-minute lesson are available throughout the summer and beyond for any age. Please contact Bethany Johnson for more information.

THANK YOU’S

The Class of 2018 students, parents and the TLS staff and administration appreciates your faithful support of our fundraising efforts to travel to Washington, DC, to learn about our nation’s heritage and history. If you participated by purchasing trash bags, burritos, Butter Braids, cookie dough, Rada knives or kitchen utensils, or attended meals at Jason’s Deli, Pizza Hut, Panera Bread, Wendy’s, or Orange Leaf, you have contributed to the Class of 2018’s trip. A few individuals also directly donated to this trip. Please look for the students’ presentation about their trip at TLS Sundays at your congregation during 2017-2018 school year.

Chris Francik, Principal/Executive Director, Topeka Lutheran School

Thank you to all who recently contributed to the TLS Capital Campaign Fund to help with the window replacement expenses for the school. Because of your generosity, approximately \$20,000 in gifts were received which allows for this project to proceed as planned. Along with the installation of new windows, there will also be new outdoor lighting added which will improve security and aesthetics to the entrances to the building. This work is being planned for late June/early July. We thank God for providing for TLS once again through the prayers and hearts of our generous donors and friends of TLS!

Once again, we’d like to THANK all those who contributed to this year’s successful Smorgasbord for Missions—food preparation, pie donations, silverware wrapping, serving, carrying trays, cleanup, selling and buying tickets, etc. Many helping hands were involved and your time is greatly appreciated. Nearly 300 people were served! The net proceeds of \$4,000—\$3,100 from the dinner and \$900 from St. John’s Choice Dollars will be distributed among several mission projects both locally and nationally.

St. John’s Smorgasbord Committee

WOMEN'S LEAGUE CARING & MISSION

Personal Care Kits for Lutheran World Relief will be prepared in April through June.

Items needed are:

- Light weight bath towels, dark colors: 2 sizes – 52” x 27” and 20” x 40”
- 2 or 3 bath-size soap bars (4 to 5 oz., any brand, original wrapper) totaling 8 to 9 oz.
- Sturdy combs
- Metal nail clippers
- Adult-size toothbrush in original wrapper

If you would rather let us do the shopping, monetary gifts will be accepted.

LWML NEWS

There will be no salad supper this year. Instead on **Sunday, June 11**, we are doing something a little different. It's called “Movie, Mixers and Makin’ a Craft”. It will be held in the Courtyard starting at 2:00 p.m. and running until 4:00 p.m. We will watch the movie called *The First Rosa*. Rosa J. Young was awarded an honorary doctorate by Concordia Theological Seminary during their commencement service in May 1961. She was both the first woman and the first African-American to be honored in this way by the Lutheran Church. Young led a life of service, accomplished so much to the Glory of God, and enabled others to do the same. All women of the congregation are invited to attend and bring a guest if you like. Instead of salads we will have popcorn and other finger foods.

We are going to celebrate the 75th Anniversary of our LWML. So mark your calendar and enjoy some time getting to know or getting reacquainted with others. Also mark your calendars and start saving your unwanted items. If you have good, clean articles you no longer need, save them for the upcoming St. John's Women's League Bargain and Bake Sale. Furniture, dishes, linens, shoes, clothes, etc. will be accepted. **We would ask that you not bring any electronics, which includes TV, computers, DVD or VCR's players. No computer equipment please. The sale this year will be held Thursday, August 24, 8:00-5:00 and Friday, August 25, 8:00-1:00.**



TLS NEWS

Camp Invention will be held June 5–9 at TLS. During this STEM camp (Science, Technology, Engineering, Math), children will explore engineering and design thinking by creating an invention prototype using recyclable items. We could use your help! Please drop off any **recyclable item**, i.e., plastic bottles, cardboard tubes, boxes, aluminum cans, etc. during office hours at the school before June 2. **No glass will be accepted.** Please call the TLS Office at 785.357.0382 for more information.

The TLS Foundation 2016 Annual Report is available on-line at the TLS website:

<http://www.topekalutheran.org> . Please contact the Foundation Office at 785.357.1468 if you have any questions.

BRAILLE WORKER'S REQUEST

WC#31 of the Lutheran Braille Workers needs new/used Christmas and other greeting cards, especially Christian cards. They are used to make Spanish large-print booklets of the Christmas Gospel. These booklets are then included with the large-print Bibles that are shipped to Spanish speaking countries at Christmas. The cards that cannot be used are taken to KNI for their use. There will be a basket in the Breezeway marked “Christmas/greeting cards” for the Braille Workers. Thank you so much,

ANNUAL GOLF TOURNAMENT

June 17, 2016

Forbes Golf Course

Registration begins at 7:00 with coffee and donuts

Shotgun start at 8:00 a.m.

Lunch and prizes will be provided

Cost: \$250 per team or \$65 per person

Registration deadline: Sunday, June 11

Registration forms are in the breezeway.

Support St. John's Lutheran Youth Fellowship

DOORSTEP NEWS

Topeka Gives 2017 is Tuesday, June 6, at Fairlawn Plaza Mall, **7am - 6pm**. You can come by and make a donation for Doorstep! Donations must be made in person. You can donate \$25 - \$1,000 to Doorstep on this day at Fairlawn Plaza, and the Topeka Community Foundation will match it proportionately. This year there is \$83,250 available for the match. Last year Doorstep made \$16,106 from their donors to help with agency needs! Topeka Gives – a fun day of giving is sponsored by the Topeka Community Foundation.

SAINTS ALIVE AFTER 55

The 2016 Saints Alive After 55 gathering will once again be held at the Spiritual Life Center, 7100 E. 45th St. North in Wichita. The dates are July 17-19. This year's theme is "Who Will Tell Them" based on Deuteronomy 4:9. The keynote speaker is Ben Freudenburg, Director of the Concordia Center for the Family and Professor of Family Studies at Concordia University, Ann Arbor, Michigan. The Bible study leader is Rev. Dr. John Tape, Director of the Lutheran Student Center, Wichita State University. Small group sessions include Rev. Rick Twenhafel, M.O.S.T. (Mission Opportunities Short Term)—Mission Work of Their Organization; and Trooper Chad Crittenden, Kansas Highway Patrol—Driving Tips. Rev. Wallace Behrhorst will present the message at the closing worship service. If you have never attended before, give it a try this year. In addition to the excellent presenters, you will enjoy the peaceful setting and accommodations and fellowship with fellow Lutherans from all over Kansas. Check with the church office for registration forms.

Plan to be a part of...

THE NEIGHBORHOOD BLOCK PARTY NATIONAL NIGHT OUT AGAINST CRIME SATURDAY, AUGUST 5, 6-8 PM

(Hosted by the Neighborhood Care Team and many additional St. John's volunteers)

Signup sheets to volunteer at the block party will be posted on the Human Care bulletin in July!

DILLON'S COMMUNITY REWARDS PROGRAM

Some of you may be aware that the Dillon's stores have a program which gives money back to the community through your Dillon's Plus Card. St. John's is now a registered recipient of those awards, and members can easily designate those points to St. John's simply by using your Plus Card at the register. It cost nothing, but you must enroll in the program. Here is how:

A customer must have 3 things to register and begin supporting St. John's LCMS

- A Dillon's Plus card, which is available at any Dillon's store by asking any associate
- A valid email address
- A personalized account registered at the below website

To enroll:

- Visit their website at www.dillons.com/communityrewards
- Sign in
- Click on "Enroll Now"
- Enter the 5-digit NPO and search 40923
- Select your Organization and click on "Enroll"
- For assistance call 800-576-4377

SUNDAY SCHOOL FOR JUNE 2017

June 4:	God Gives the Law
June 11:	The Golden Calf
June 18:	David and Goliath
June 25:	Solomon builds and Dedicates the Temple

Bible Verses for June:

Love is the fulfilling of the Law. Romans 13:10

Love the Lord your God with all your heart and with all your soul and with all your mind.
Matthew 22:37

Bless the Lord, O my soul, and all that is within me, bless His holy name!
Psalm 103:1

Oh come, let us worship and bow down; let us kneel before the Lord our Maker!
Psalm 95:6

VACATION BIBLE SCHOOL IS COMING

June 12–16, 2017, is the week of learning, fun, and worship in Vacation Bible School, for children age 3 through those going into the 6th grade. All kinds of helpers are needed, so prayerfully consider your gifts and talents and share them with the children. Please note the registration form below and contact Deaconess Linda if you can help with any of the volunteer opportunities shown on the enrollment form.

VBS ENROLLMENT FORM
JUNE 12–16, 2017
9:00 A.M. TO 11:30 A.M.
“HERE I STAND”

Children’s classes are available to children age 3 years through those entering the 6th grade this fall.

Name _____ age ____ grade (in the fall) _____

Name _____ age ____ grade (in the fall) _____

Name _____ age ____ grade (in the fall) _____

Parent/Guardian _____ Phone _____

“I will be **volunteering and** will need child care for these children under age three:”

I would like to volunteer to help with:

- Crafts _____ Kitchen _____ Preschool _____ Registration _____
- Games _____ Small group guide _____
- Decorations and set up _____ Infant/childcare _____

Place place the completed form in the blue box at the Information Center soon!

Even if you have never done so before, please consider helping with VBS! You’ll be tired but glad you did! Contact Andrea Kosmicki or Deaconess Linda



THE MISSION OF THE CHURCH

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.” (Matthew 28:19–20a)

So that we may obtain faith in Christ, God instituted the ministry of teaching the gospel and administering the sacraments. Through the gospel and sacraments, as through means, God gives the Holy Spirit who produces faith, where and when He wills, in those who hear the gospel. (*Augsburg Confession*, Article 5)