



February 2008

# Goodnewsletter

## ST. JOHN'S EVANGELICAL LUTHERAN CHURCH

Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also (Matthew 6:19-21).



from Pastor

with a little olive oil to make ashes for Ash Wednesday. In the Ash Wednesday service the ashes are used to make a cross on

each worshiper's forehead as a sign of our repentance and mortality. It is also a visible reminder that our life is a gift from God.

There's a practice of giving up things for Lent. This tradition probably grows out of Lenten penance for sin and fasting to be one with Jesus in suffering. Individuals may give the money saved from their practice of self-denial to people in need. Traditionally, people have given up meat, sweets, and other physical and material items. A deeper spiritual practice is giving up anger, resentment, hostility, impatience, selfishness, etc, and taking up daily prayer and Bible reading, encouraging and building up people around you, and doing kind acts of service. For where your treasure is, there your heart will be also.

The season of Lent begins with Ash Wednesday. Worship for the day focuses on the themes of sin and death in the light of God's redeeming love in Jesus Christ. Traditional words in the service are 'Remember that you are dust, and to dust you shall return.' We receive everlasting life only as a gift of God's grace.

Worshippers are called to observe Lent as a time of repentance, prayer, and self-denial; of meditation on Jesus' life and death; and of self-giving to others, especially to those who suffer and are in need.

Scripture refers to ashes both as a sign of mortality and a sign of repentance. In many churches palms used for last year's Palm Sunday are burned and mixed

Pastor George  
Cell # 619-249-5224

### Sunday Worship:

Traditional (1st & 3rd Sunday)	9:00 am
Contemporary (2nd & 4th Sunday)	9:00 am
Children's Sunday school	9:15 am
Adult Forum	10:30 am

### Tuesday:

Women's Bible Study	9:30 am
2nd Tuesday: Council meeting	7:00 pm
4th Tuesday: Women's Business meeting	8:45 am
Women's Eve. Bible Study	7:00 pm

### Wednesday:

Confirmation class	6:00 pm
Bible study	6:45 pm

### Thursday:

Choir	7:30 pm
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### Council Members:

Stephen Dietrich	President
Brian Cowan	Vice-President
Vicky Gay	Secretary
Mona Anderson	Treasurer
Rod Cravens	
Mike LaValle	
Bill Martin	
Paul Sofranko	
Laura Stephens	
Miria Stephens	

Financial Secretary: Pat Cowan

### St. John's Mission Statement:

St. John's is a congregation of believers in Jesus Christ, called by the Holy Spirit into a community of faith and love to be God's instruments of love and grace.

# St. John's Home Page



Our cross is up.

Many thank you's to Bill Martin for using the backhoe so skillfully, Richard Cline for building the support system for the cross, Brian Cowan and Paul Stephens for being here to help set it up. Now for the beautification. Plans are coming, so keep watching for more info.



## Happy Birthday

9 Paul Stephens  
14 Ernie Burkleo  
21 Corie Stephens  
23 Phil Anderson  
27 Rod Cravens

## Happy Wedding Anniversary



2/3 Brian & Pat Cowan  
2/22 Rod & Luella Cravens

Thank you to Linda Hopkins for finishing of the baptismal napkins.  
to Pat Persiani and Maxine Mattson who continue to work on the scrap quilt blankets.

If we forgot someone, let us know. We appreciate all that any of you do.



## Our Social Ministry Outreach is Collecting

- Box Tops 4 Education
- Used eye glasses
- Hygiene products
- Used ink cartridges
- Cell phones
- Items for Salvation Army Back Country-  
diapers (any size),  
adult underwear  
protection, blankets,  
warm clothing

You can drop any of these items off at the church office.

## February

2/5 Election Day  
2/5 Shrove Tuesday  
2/6 Ash Wednesday  
2/12 Council meeting  
2/13 Lenten soup supper & service  
2/14 Valentine's Day  
2/20 Lenten soup supper & service  
2/26 Women's monthly evening Bible study  
2/27 Lenten soup supper & service

## March

3/5 Lenten soup supper & service  
3/9 Daylight Savings time  
3/11 Council meeting  
3/12 Lenten soup supper & service  
3/17 St. Patrick's Day  
3/20 Maundy Thursday  
3/21 Good Friday  
3/23 Easter  
3/25 Women's monthly evening Bible study

## From the Chairman's Desk

### Greetings

This is the first newsletter of the year for me. In the unlikely event that you haven't heard, I have been appointed Council Chair for the 2008 year. Brian Cowan is the Vice-Chair, Vicky Gay is Secretary and Mona Anderson is Treasurer. Pat Cowan has been asked to serve as the Financial Secretary for 2008. For a list of the Council Members Committee assignments, see the listing below. I look forward for a very productive year with the Council, Pastor George and the Congregation working together.

We will be seeking input from the congregation as to where we should direct our attention during this coming year. Our church facilities are in need of ongoing TLC that we will have to address and there are some projects that should be handled in the near future. In addition, we are looking at ways to minister to our community around us. We have been blessed by God here at St. John's and we need to share those blessings.

As we approach the Lenten season, we need to think about how we would like to move forward in ministry during this period leading up to Christ's crucifixion and His resurrection on Easter Sunday. Lent is a time for self-examination, repentance and to grow in faith. We should use this time to re-dedicate ourselves to serving God and our fellow man.

Until next month, may God bless you and yours,

Steve

### Council Committee Chairs:

Christian Education/ Youth	—	Vicky Gay
Evangelism	—	Paul Sofranko
Negotiating	—	Stephen Dietrich
Property	—	Rod Cravens, Bill Martin
Social Ministry	—	Laura Stephens
Stewardship	—	Brian Cowan
Worship and Music	—	Miria Stephens



To receive your newsletter via E-mail, contact Stephen Dietrich at [sjdietch@cox.net](mailto:sjdietch@cox.net) and he will

To contact a council member please leave them a note in their mailbox.

Here are 10 ways to help relieve stress.

1. Be completely present for whatever you are doing.
2. Include something you consider beautiful in your life on a daily basis, for example, fresh flowers.
3. As often as possible, participate in activities you enjoy.
4. Keep your pace relaxed.
5. Take a break after meals to relax.
6. Go outside once a day and enjoy the simple things in life.
7. Take notice of the tension in your body during the day. Breathe deeply and gently stretch any area that feels tense.
8. When you catch your mind racing and worrying, breathe deeply and gently shift your focus to something in the moment.
9. Wear comfortable, loose clothing.
10. Don't hold your feelings in day after day. Find a safe place where you can express and embrace them.

In other words pay attention, keep beauty working, do relaxing activities, stop running everywhere, become a 'couch potato' for a little while, enjoy the great outdoors, get a body massage, stop thinking so much, don't wearing boa constrictor clothes; make sure the baggy ones stay up though, and use a safe activity that releases stress.

Stressed  
spelled backwards is  
desserts.



## SENIOR HOUSING EXPO

Wednesday, February 6  
10 am– 1:30 pm

La Mesa Community Center  
4975 Memorial Dr. La Mesa

A free event for mature adults interested in Housing & Care Alternatives, Home Modification & Renovation, Property Tax Savings, Granny Flats, Reverse Mortgages, Financing for Residential Options, Home Safety & Security, Assisted Living and much more.

Keynote by “Consumer Bob”  
NBC 7/39 Consumer Reporter

Great exhibitors! Interesting  
Speaker!

Valuable information to help you  
plan.

If you need more info call,  
619-464-0505.



## EHCC Rummage Sale

**February 2**

6:30 am — 2 pm

Grace Covenant Church  
9140 Akard St.  
Spring Valley

All proceeds help their high school youth go to Guatemala; so stop by and shop.

!Great bargains!

Akard St. is off Kempton St. by Jamacha Blvd.

### Lenten services

7 pm

February 6      Ash Wednesday  
February 13  
February 20  
February 27  
March 5  
March 12

Holy Week services

7 pm

March 20      Maundy  
Thursday  
March 21      Good Friday

March 23      EASTER  
SUNDAY



## Shrove Tuesday Pancake Dinner

Tuesday, February 5  
5:30 – 6:30 pm

Come, feast on pancakes, sausages, juice, coffee, and more.

Sponsored by the Women of St. John's. Let the office know, if you would like to help or if you plan on attending, 444-1272.









## Lenten Soup Suppers

February 13      Brian Cowan  
February 20      Anita Sofranko  
February 27      Maxine Mattson  
March 5          Doris Hartman  
March 12        Kristine Hurtado-B.

Dinner will be served from 6:00 – 6:50 pm in the Fellowship Hall. If you would like to help any of our cooks, let them know.

'The more the merrier' because  
'a watched pot never boils over.'

# February 2008 Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
9:00 AM Service 9:15 AM Children's Sunday class 10:30 AM Adult Forum		9:30 AM Women's Bible study Shrove Tuesday   <b>Vote Today</b>	7:00 PM Ash Wednesday service	7:30 PM Choir practice 		
10	11	12	13	14	15	16
9:00 AM Service 9:15 AM Children's Sunday class 10:30 AM Adult Forum		9:30 AM Women's Bible study 7:00 PM Council meeting	7:00 PM Lenten service	7:30 PM Choir practice Valentine's Day 		
17	18	19	20	21	22	23
9:00 AM Service 9:15 AM Children's Sunday class 10:30 AM Adult Forum	 President's Day	9:30 AM Women's Bible study	7:00 PM Lenten service <i>Newsletter articles due</i>	7:30 PM Choir practice 		6:30 AM SHARE pick up
24	25	26	27	28	29	
9:00 AM Service 9:15 AM Children's Sunday class 10:30 AM Adult Forum <i>Newsletters delivered</i>		9:30 AM Women's Bible study 6:30 PM Women's Busi- ness mtg 7:00 PM Women's Eve Bible Study	7:00 PM Lenten service	7:30 PM Choir practice 		

## February Worship Assistant's Schedule

	9:00 am	
<b>CANTOR</b>	Brian Cowan	
<b>READERS</b>		<b>SNACKS</b>
2/3	Sherie Mucia	Doris Hartman
2/10	Sherie Mucia	Marilyn Litsheim
2/17	Vicky Gay	Maxine Mattson
2/24	Vicky Gay	Rene Brown
<b>ASSISTANTS</b>		<b>CHILDREN'S SUNDAY</b>
2/3	Brian Paul	Mona Anderson
2/10	Paul Stephens	Pat Cowan
2/17	Brian Vicky	Anita Sofranko
2/24	Vicky Gay	Marilyn Litsheim
<b>USHERS</b>		
2/3	Carole Nelson	Please be prepared to light
2/10	Carole Nelson	and extinguish the candles.
2/17	Judy DeLong	
2/24	Judy DeLong	
<b>ALTAR GUILD</b>	Connie Reck	
	<b>Thank you for all your help</b>	



### St. John's Women's News

Our business meeting will be on Tuesday, February 26 at 6:30 pm and the monthly Evening Bible study will follow at 7 pm.

Come and join us to learn the word of the Lord and to share the work of the Lord.

### **CHOIR NEWS**



All members are welcome to join the choir. Choir practice is on Thursdays starting at 7:30 pm. Please contact the church office and leave your name and phone number, so our choir director, Breena, can get back to you.

*“Sing unto the Lord”*



Volume 6 Issue 2

ST. JOHN'S EVANGELICAL  
LUTHERAN CHURCH  
1430 Melody Lane El Cajon, CA 92019

Address service requested

Phone: (619) 444-1272  
Alternate phone (kitchen): (619) 328-1994  
Fax: (619) 444-1353  
Email: secretary@sj.sdcoxmail.com  
Website: <http://www.stjohnslutheranelcajon.org>  
pastorgeorge100@hotmail.com

Staff:

George Ekeren-Moening	Pastor
Laura Stephens	Secretary
Breana Loraine	Choir Director
Jeane Lawrie	Accompanist
Drew Peterson	Accompanist

Office hours: Tuesday—Thursday  
8 am—4 pm

### Weekly Group Building Usage

<b><u>Sunday</u></b>	6:00 pm	Sober Sunday A.A.	<b><u>Thursday</u></b>	6 pm	DBSA (Depression Bipolar Support Alliance)
<b><u>Monday-Friday</u></b>	7:30 am	A.A. Coffee Clutchers		8 pm	NA Speakers
<b><u>Monday-Friday</u></b>	12 pm	A.A. EC Noon Group	<b><u>Friday</u></b>	7:30 pm	AlAnon Open
<b><u>Monday</u></b>	6:30 pm	Monday Steps A.A.	<b><u>Saturday</u></b>		
2nd	7 pm	4H Beef	4th	6:30 am	SHARE pick up
<b><u>Tuesday</u></b>	7 pm	Women's AlAnon			SHARE sign up in the church office.
		Closed			
<b><u>Wednesday</u></b>					
2nd	6:30 pm	G.S. Leaders Circle			
4th	7 pm	4H/ Golden Clover			