



Goodnewsletter

ST. JOHN'S EVANGELICAL LUTHERAN CHURCH

July 2006

A mad scientist wanted to learn about the leaping abilities of frogs. To do so, he placed a frog on his laboratory table, stood behind the frog and shouted, "Jump, frog, jump!" The frog jumped. The scientist carefully measured the distance of that first leap. Then he surgically removed one of the front legs of the frog (remember, this is a mad scientist). Placing the frog on the table, the scientist once again stood behind him and yelled, "Jump, frog, jump!" Again, responding to the noise, the frog leaped forward and the scientist carefully measured the distance.

The scientist then surgically removed another leg of the frog and repeated the experiment. Finally, the scientist cut off the last leg and placed the frog on the table, stood behind the frog and yelled, "Jump, frog, jump!" Not surprisingly, the frog did not leap. The scientist yelled again but there was no response. The scientist finally stomped his feet, clapped his hands, and screamed as loudly as he could, but still the frog did not move. The scientist reflected on what he had seen and contemplated the meaning of this experiment. Finally, he sat up straight in his chair, and with an excited expression on his face that disclosed his discovery of new scientific insight, he wrote down, "Frogs without legs can't hear."

As outlandish as that idea might be, those of us in the church have made an equally silly conclusion. If we continue with the frog imagery and compare the body of the church with the body of a frog, we can perceive some similarly ridiculous conclusion. The church has assumed that if the church frog has a church frog head (church leadership) and a church frog torso (publicly gathered and visible community), that it should be able to jump and move in the world. The church seems to have missed the point that to be mobile in this world and, therefore, impact the larger world, the church frog needs church frog legs.

The church is trying to leap into faithful congregational ministry for the twenty-first century without legs to propel it. Try as it might to move forward, too often the church just sits there. The body and legs of the church need to come together to form a healthy, dynamic, and forward-leaping church. If the gospel of Jesus Christ is to be believed and passed on to the next generations, then the whole church (or whole church frog) needs to be intact. Today, a particular part of the church's body needs

continued on pg. 7

Sunday Worship:

| | |
|------------------------------------|---------|
| Traditional (1st & 3rd Sunday) | 9:00 am |
| Contemporary (2nd & 4th Sunday) | 9:00 am |
| Children's Sunday school | 9:15 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 :

| | |
|-------------|---------|
| Bible study | 6:45 pm |
|-------------|---------|

Thursday:

| | |
|-------|---------|
| Choir | 7:30 pm |
|-------|---------|

Council Members:

| | |
|------------------|------------|
| Stephen Dietrich | Chair |
| Glenda Holsbo | Vice Chair |
| Pat Cowan | Treasurer |
| Vicky Gay | Secretary |
| Mona Anderson | |
| Rod Cravens | |
| Bill Martin | |
| Paul Sofranko | |
| Laura Stephens | |
| Miria Stephens | |

Financial Secretary: Mona Anderson

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



Congratulations
to more of our
graduates.

Megan Stephens graduated from Cuyamaca College and is headed off to SDSU in the fall, pursuing a major in Business. Another graduate from Cuyamaca College is Emily Gay. She will be pursuing her major in Agriculture Business at Pomona University in the fall. Emily mom's, Vicky Gay just received her BA degree in Business at the University of Phoenix. Best wishes to you all.



A letter from Lone Sykes, (she was a member here a few years ago) She misses us and is slowing making friends with the people that live in New Braunfels, Texas.

She is in good health and wishes us well. You can get the address from the church office to write lone.



Happy Birthday

3— Paul Sofranko
7— Harvey Holsbo
8— Olivia Ekeren-Moening
15— Katy Gay
22— Rene Brown
22— Vicky Gay
25— Charles Meyer
26— Antonio Pazo
27— Florence Stephens
31— Susan Shaddox
Peggy O'Neil-Edwards
Roberto Hurtado-Robles
Katherine Anderson

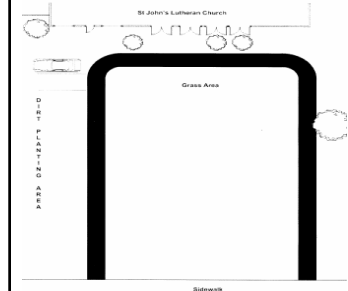
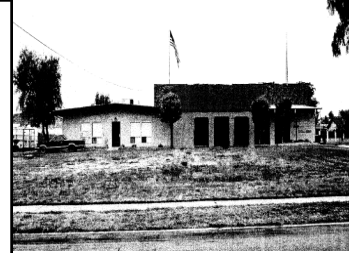
Happy Wedding Anniversary

Roberto Hurtado-Robles &
Kristine Hurtado-Bergstrom
Walt & Rene Brown



July's Events













4 — Independence Day
Community Event
10-14 — EHCC Vacation
Bible School



ROCK GARDEN PROJECT

The deadline has been extended until July 31, so you still have time to submit your ideas to Pat Cowan. Just leave it in her mailbox. If you can't draw it then describe your idea or take a picture of one you like. There are extra pictures, to work on, available in the office.

July 2006 Monthly Planner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|--|---|---|--------|-----------------------------|------|--|--|--|--|--|--|---|---|---|---|---|---|---|--|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| 2 9:00 AM Traditional | 3 | 4  4:00 PM Independence Day Celebration | 5  6:45 PM Bible Study | 6  7:30 PM Choir | 7 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 9:00 AM Contemporary | 10 | 11  9:30 AM Women's Bible study 7:00 PM Council meeting | 12  6:45 PM Bible Study | 13  7:30 PM Choir | 14 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 9:00 AM Traditional 1:00 PM SHARE sign up | 17 | 18  9:30 AM Women's Bible study | 19  6:45 PM Bible Study | 20  7:30 PM Choir Newsletter articles due | 21 | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 9:00 AM Contemporary | 24 | 25  9:30 AM Women's Bible study | 26  6:45 PM Bible Study | 27  7:30 PM Choir | 28 | 29 6:30 AM SHARE pick up | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 9:00 AM Service Newsletters delivered | 31 | <table border="1" style="margin: auto;"> <thead> <tr> <th colspan="7">June</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> </tr> </tbody> </table> | | | | | June | | | | | | | S | M | T | W | T | F | S | | 4 | 5 | 6 | 7 | 8 | 9 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| June | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | M | T | W | T | F | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | 5 | 6 | 7 | 8 | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| August | | | | | | |
|--------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

July's Worship Assistant's Schedule

| | 9:00 am | |
|--------------------|----------------|-----------------------------|
| CANTOR | Miria Stephens | 2 & 16 |
| READERS | | SNACKS |
| 7/2 | Susan Shaddox | |
| 7/9 | Susan Shaddox | NO SNACK PERSON |
| 7/16 | Mona Anderson | IS SCHEDULED |
| 7/23 | Mona Anderson | THROUGH SUMMER |
| 7/30 | Mona Anderson | |
| ASSISTANTS | | |
| 7/2 | Susan Shaddox | |
| 7/9 | Susan Shaddox | |
| 7/16 | Mona Anderson | |
| 7/23 | Mona Anderson | |
| 7/30 | Mona Anderson | |
| USHERS | | |
| 7/2 | Rene Brown | Please be prepared to light |
| 7/9 | Rene Brown | and extinguish the can- |
| 7/16 | Rene Brown | |
| 7/23 | Judy DeLong | |
| 7/30 | Judy DeLong | |
| ALTAR GUILD | Pat Cowan | |



The Fourth of July Community Event will start at 4 pm.

Hot dogs, hamburgers, and all that picnic food will be available to ingest. To help supplement the dinner at 6 pm please bring: SALADS, if your last name is in A-F; CHIPS if your last name is in G-L; SIDE DISHES if your last name is in M-R; and DESSERTS if your last name is in S-Z. Lemonade, ice tea, and water will be available to quench your thirst.

Don't forget to bring in your cakewalk entry. Judging will be at 4 pm.

There will be games to keep you active or you can relax with a game of Bingo. An Astro jump and face painting will be available, who know what else. You'll have to come and find out.

Fun, fun, fun.

Ice cream sundaes will also be available to help cool you down. **A FREE WILL OFFERING will be taken for the dinner and ice cream sundaes.**

Come and enjoy the afternoon with us and stay for the fireworks starting at 9 pm.

Greetings from the Council Chair:

It is July and we are in the midst of another wonderful summer in El Cajon. We will be having our annual July 4th event in a few days. Again this year, we are teaming with East Hills in this community outreach. Brian Cowan again will be manning the grill and other items are being brought for our “pot-luck”, so bring your appetites. We are looking forward to seeing all of you there for this great time. Remember to bring your lawn chairs to watch the fireworks.

I’m sure that you are aware that we have extended the deadline for the “rock garden” proposals to the end of July. With the various activities that have been going on, we felt that this deadline should be extended. Please see Pat Cowan if you have any ideas or to present your diagrams.

I am pleased to inform you that, with God’s help, we continue to make good progress in paying down the debt. As of this writing we have paid off over 1/3 of the original amount that we owed. Please remember to pray for our continued success in paying off this loan.

Also, remember that you can contact any of your Council representatives with any questions, ideas, comments, or concerns. We are there to provide direction for St. John’s and we need your input to make sure that we are meeting your needs.

For those of you that are traveling this summer, please have a safe and enjoyable “vacation”. Our prayers go with you for your safe return to our congregation.

Steve



EHCC VBS Fiesta Celebration

9 – 11:30 am

Registration fee:

\$12 per child

Preschool – 5th grade

Registration forms are in the Sanctuary book-rack.

Come and celebrate God’s
Fiesta.

Council Committee chairs:

Christian Education/ Youth—Mona Anderson

Evangelism— Glenda Holsbo

Negotiating—Pat Cowan

Property— Rod Cravens, Bill Martin

Social Ministry— Vicky Gay

Stewardship— Glenda Holsbo

Worship and Music— Miria Stephens

If you need to contact a council member, please leave them a note in their mailbox. Which are located by the congregation’s mailboxes.

Ethical Religion

BY

M. K. GANDHI

Printed & Published by Navjivan Press, Ahmedabad - 380 014, India

(This is an interesting little book that still has great implications for today. It is timeless and urgently needed in today's world. There are other, more current, books on this topic. Perhaps we'll explore those as well. Yet, this is a wonderful starting point. We'll publish parts of this book each month. The book is divided as follows: Introduction, Beginning, Ideal Morality, What is Moral Action?, Is There a Higher Law?, Morality As a Religion, Religious Morality or Moral Religion, Social Ideal, Personal Morality, and Seven Deadly Sins of Intolerance. Enjoy, Pastor George.)

Ideal Morality

The current views of morality are not of a very high order. Some believe that morality is not something quite essential. Other thinks that there is no relation between religion and morality. But an examination of the world's religions shows that, without morality, religion cannot subsist. True morality covers religion for the most part. Anyone who observes the laws of morality for their own sake and not for any selfish end can be regarded as religious. There are men in Russia who dedicate their lives to the good of their country. Such men are truly moral. A man like Jeremy Bentham, who discovered many good principles for English legislation, tried very hard to spread education among the English and took a prominent part in improving the condition of prisoner, may be regarded as truly moral. Besides, it is a rule of ideal morality that it is not enough to follow the trodden path. We ought to follow the path which we know to be true, whether it is familiar or unfamiliar to us. In other words, when we know a particular path to be the right one, we should set out on it without fear.

We can progress only if we observe the laws of morality in this way. That is why true

morality true civilization and true progress are always to be found together.

If we examine our desires, we shall see that we do not wish for what we have already. We always value more that which we do not have. But desires are of two kinds; one is the pursuit of mere self-interest. To attempt to fulfill this kind of desire is immoral. The other impels us constantly to improve ourselves and to do good to others. We should never become overweening with any amount of good that we may do. It is not for us to evaluate it, but rather should we have perpetual longing to become better and do more good. True morality consists in our effort to realize such longing.

If we have no home or no family of our own, that is nothing to be ashamed of. But if we have a home and abuse it, or own a business and practice fraud, we stray from the path of morality. Morality consist in doing what we ought to do. We can prove the need of morality through a few illustrations. Destruction has been the lot of peoples or families in which the seeds of immorality, such as disunity and untruth, were found. To take an example from trade and business, we do not come across a single person who will say that truth should not be followed. The effect of justice and goodness is not felt from outside; these qualities in here in us. Four hundred years ago, much injustice and untruth prevailed in Europe, so that people could not rest in peace even for a moment. The cause of this state of affairs was that people has no morality. If we take out the essence of all moral laws, we shall find that the attempt to do good to mankind is the highest morality. If we open the treasure-house of morality with this key, we shall find in it all the other principles.

At the end of these articles, we print select poems bearing on morality from Gujarati or Urdu poets in the hope that all our readers will benefit from them and will also commit them to memory.

Four Ways to Nurture Faith

Pastor's George's article continued

1) Caring Conservation, 2) Devotions, 3) Service, and 4) Rituals and Traditions.

These are 4 keys to nurture the faith life of the home. These keys not only to strengthen the faith life of individuals and communities, but they also serve as a means to strengthen congregational vitality through healthy, nurturing, faithful homes. So a circle is formed.

1) Caring Conservations begin by expressing an interest in someone's hurts, joys, concerns, dreams, values and faith.

2) Devotions are a way to practice the presence of God, through the word of God. This is a conscious effort to be with God by prayers, thoughts and/or deeds.

3) Service is helping someone in some way. It's a way for you to show love toward others and it is an expresses of one's faith and values.

4) Rituals and Traditions are a pattern of behavior that occur on a routine basis. How we communicate to each other or celebrate special events communicate the good news of Jesus Christ.

benefits both our homes and our congregations for healthier and more fulfilling faith in daily life. For our congregational leaders, this becomes foundational for evangelism and discipleship. For our parents, grandparents, great-grandparents, mentors, and other caregivers, this becomes the foundation for meaningful personal relationships that will impact the faith, values, and character formation of the faithful. It is all about faith. The primary evangelical task of the church is to pass on faith in Jesus Christ. The central question of the church is: "Are we forming faith?"

A healthy environment for faith formation is more complex than what takes place within the congregational walls. The faith life of the home is also critical. The term home for us is not merely the place where one lives and the people who live there. Rather, home is the larger network of relationships and daily life experiences of people of faith. Home is a metaphorical image to describe the intersection of faith and daily life.

Starting September 10th, I will begin a sermon series based on the book *Frogs Without Legs Can't Hear: Nurturing Disciples in Home and Congregation*. I will also lead a Sunday school class each week for everyone between the ages of 6 months to 98 years 6 months, that ties into the theme for the week. Together, we will reattach the frog legs to the frog's body.

Together we will discover the treasures of making our homes places of worship. There will be more coming, but in the meantime, start finding the frogs around the church.

Pastor George
Cell # 619- 971-0399



Volume 4 Issue 7

**ST. JOHN'S EVANGELICAL
LUTHERAN CHURCH**

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Email: secretary@sj.sdcoxmail.com

Website: <http://www.stjohnslutheranelcajon.org>

Staff:

| | |
|-------------------------|----------------|
| George Ekeren-Moening | Pastor |
| Laura Stephens | Secretary |
| Katherine Stephens-Doll | Choir Director |
| Jeane Lawrie | Accompanist |
| Drew Peterson | Accompanist |
| Beth Stephens | |
| & Corie Stephens | Youth |

Office hours: Tuesday—Thursday 8 am—4 pm

Weekly Group Building Usage

| | | | | | |
|-----------------------------|---------|----------------------|------------------------|---------|--|
| <u>Monday-Friday</u> | 7:30 am | A.A.Coffee Clutchers | <u>Thursday</u> | 6 pm | DBSA (Depression Bipolar Support Alliance) |
| <u>Monday-Friday</u> | 12 pm | A.A. EC Noon Group | | | |
| <u>Tuesday</u> | 7 pm | Women's AlAnon | | 8 pm | NA Speakers |
| 3rd | 7 pm | 4H Beef | Every other | 6 pm | G. S./Brownies |
| <u>Wednesday</u> | | | <u>Friday</u> | 9 am | License 2 Freedom |
| 1st & 3rd | 6 pm | G. S./Brownies | | 7:30 pm | AlAnon Open |
| 2nd | 6:30 pm | G.S. Leaders | <u>Saturday</u> | | |
| 4th | 7 pm | 4H/ Golden Clover | 4th | 6:30 am | SHARE pick up |
| | | | <u>Sunday</u> | | |
| | | | 2nd | 1 pm | SHARE sign up |