

2020 Advent and Christmas



Advent Devotions

Each Wednesday in Advent, join Pastor Brian for a short devotion about the Advent wreath. Watch for daily Advent devotions/prayers from congregation members.

Advent Worship

ADVENT 1—November 29
Recorded worship with Pastor Frank

ADVENT 2—December 6
Recorded worship with Pastor Brian

ADVENT 3—December 13
Recorded worship with Lessons and Carols

ADVENT 4—December 20
Recorded worship with Pastor Brian

Journey to Bethlehem

December 21-January 6
Walk along the Stations of the Nativity in the St. John's parking lot for an interactive Journey to Bethlehem - from the birth of Jesus foretold to Jesus in the manger. Enjoy the journey at your convenience.

TIP: Be sure to bring an electronic device for the interactive experience.

Christmas Pageant

Traditional Christmas Pageant with a 2020 twist. Join us for the YouTube Premiere on December 20 at 6:30 p.m.

Blue Christmas

Feeling blue? Join us for our Blue Christmas worship, led by Pastor Frank Janzow. It will premiere on YouTube on December 21, the longest night, at 6:30 p.m.

Christmas Eve

RECORDED WORSHIP
Traditional Christmas Eve worship recorded in the sanctuary

OUTDOOR WORSHIP
December 24 at 10:00, 1:00 and 4:00
Gather in the parking lot as Pastor Brian leads us on a Journey to Bethlehem.

Follow Us

Website: <https://makedisciples.com>
Facebook: @MakeDisciplesSJL
Instagram: stjohnsbrookfield
Twitter: @Makedisciples



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St. John's Lutheran
20275 Davidson Road
Brookfield, WI 53045
262-786-6887

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Pastor Ponders

by Pastor Brian Halverson

The season of Advent is a time in which we prepare and wait in hope for the coming of the Messiah. For centuries and still today the Jewish people wait for the Messiah as the prophets of Scripture foretold. Through the centuries the people of Israel knew both times of growth and prosperity and times of decline, great struggle and suffering. Throughout their history the people of Israel have kept the hope of a Messiah who would redeem Israel and exalt it among the nations.

We Christians prepare and wait for the coming of the Messiah. Unlike the people of Israel, however, we wait for the Messiah who has already come. In a small town called Bethlehem the Messiah was born. His name was Emmanuel, meaning “God with us”. His name is Jesus and he is the Messiah, the Christ, whom the prophets foretold. And we wait for his return.

The Church has waited throughout the centuries for his return through times of growth and prosperity and times of decline and great struggle and suffering. Many have given up the hope that He will return; instead, believing that we are ultimately in control of our future. Or that God’s promise is only fulfilled after our death, in the afterlife.

Yet we pray the Lord’s prayer constantly. “Thy kingdom come, thy will be done, on earth as it is in Heaven.” The Church’s mission then is to live in this kingdom on earth, in our lives as followers of the Messiah, as we wait for God to complete His kingdom in the end time.

We wait, prepare, and hope in confidence that what has begun will be fulfilled in God’s time, not ours. Take courage, then, for what God has done God will do again for all time.

Pastor Brian

Advent Devotions

Members of the St. John’s congregation are recording daily Advent devotions. These short devotion videos are available on our [YouTube](#) channel, our Facebook page, and on our website under Resources—Advent Devotions.



What's New?

Journey to Bethlehem

Walk along the Stations of the Nativity in the St. John’s parking lot for an interactive Journey to Bethlehem – from the birth of Jesus foretold to Jesus in the manger.



Enjoy the Journey to Bethlehem through the Stations of the Nativity in two ways:

1. Make the Journey to Bethlehem at your convenience, beginning December 21. Bring a mobile device to either scan the QR code or bring up the “travel guide” via the website for an interactive experience.
2. Pastor Brian will lead the Journey to Bethlehem during outdoor worship on Christmas Eve at 10:00, 1:00, and 4:00.

Music Notes

Thank you to all of the Preschool families, Sunday School Families and Music Ministry families that donated to the Attitude of Gratitude Thanksgiving Food Drive! The Waukesha Food Pantry is blessed by your generosity. Looking forward to continuing to be a blessing with the Christmas Food Drive coming soon.



Thank you to all of the musicians and readers that have been working hard behind the scenes to create special music and readings for the Advent and Christmas season. We are working very hard to present meaningful virtual worship and appreciate all of the support. Joanna Salinas has graciously agreed to put together a virtual Music Weekend that will be the virtual service for December 13. The service will contain readings, special soloists and duets as well as the lighting of the Advent Wreath. Many thanks to Pam Klink for all the extra recording and editing for our virtual services!

Staff Transitions

Life is full of transitions, some for which we are grateful while others for which we are saddened.

As you will read in this December newsletter, we will be saying good-bye to Carrie Allbaugh as our High School Youth and Young Adult coordinator. Carrie has done marvelous work as both a volunteer and as a paid staff person. Over these years, she has developed caring and close relationships with our young people and continued to help nurture and grow their faith. We give great thanks to Carrie and Ben for their wonderful faith witness to God and to the church! Rest assured, they will both remain vital and engaged members of St. John's now and in the future.

We will also be saying good-bye to Diane Wilke-Zemanovic, our Office Manager for the past almost two years. She and her husband want to spend more time with their son and his family who have recently moved to Arizona. She particularly wants to be close to her young grandchildren; those of you who have grandchildren can certainly understand that!

Diane has been an outstanding office manager/administrator for us, as all of you already know. Her skills, dedication, and faithfulness to our mission as the church have been exemplary and we will miss her! She will be concluding her ministry with us in mid-January.

We wish both Carrie and Diane God's speed in their new callings, wherever and however God calls them to serve!

Good Samaritan Fund

During this pandemic the Church Council has approved the creation of the Good Samaritan Fund to provide financial assistance to members who have been adversely affected by COVID-19. The fund currently stands at \$2,500. These funds are available to any member of our church who express a need, whether it be mortgage or rental assistance, food assistance, or any essential that has occurred during this pandemic. These monies have been allocated from the Stewardship for All Seasons (SAS) program that supports our Care and Core ministries.

If you or someone you know can use this assistance, please contact the church office. Your request will be treated confidentially and be acted upon accordingly.



Children, Youth & Families

5th & 6th Grade Pre-Confirmation Class

December 6 and 20

Meet via Zoom
Every Other Sunday Evening
4:00-5:00pm

Join us for Fellowship, team building, and to continue our journey through the Bible!



7th & 8th Grade Confirmation Class

December 13

Meet via Zoom
4:30-5:30pm

Watch for communication from Joanna about a possible Christmas gathering.



Looking Forward

We will once again be offering P.R.A.Y. Faith Awards Classes for students and scouts, grades K-12, January through March. Look for more information to come!



Advent Bags

Sunday School Families! Be sure to swing by St. Johns to pick up your Advent Bags! They are filled to the top with fun activities for your families including a Kindness Advent Calendar, family activities, service projects, and a gift for your child to unwrap each week during our Zoom Sunday School Pajama Party!



Building Christmas

Join us for Sunday School in Advent for Building Christmas, a fun Lego Themed look at the Christmas Story! New to Sunday School? Email Joanna for the link and to pick up special gifts for your child to open each week during our Zoom.

Sunday School Advent Series



Sunday Evenings
6:30-7:00 pm
via Zoom

Toddlers through 4th grade
Nov. 29, Dec. 6, Dec. 13

For Zoom link, email Joanna at
josalinas2014@gmail.com

Join us for a Lego Adventure!

Christmas Pageant

**JOIN US
FOR A VIRTUAL
CHRISTMAS PAGEANT**

Premiering Live on YouTube

**Sunday, December 20, 2020
6:30 p.m.**

Invite your Family and Friends!



Contact Joanna with Toddler to 8th Grade Questions

Joanna is currently working from home and picking up mail a few times a month. She is available by email at josalinas2014@gmail.com or by call or text at 262-278-8021. M-F from 8:00 - 1:00.

Joanna sends out weekly Children, Youth and Family emails with the Sunday School video links and other resources. If you are not receiving those emails and would like to, let Joanna know!



Children, Youth & Families

My Faith Statement

by Ezra Pepper



Ever since I was three months old I have been going to church. The people that influenced me the most are my Mom and Grandma. Without you guys, I would never be standing here giving this speech. I chose my Grandma because she always wants to go to church unless she is hurt or someone else in our family is hurt. Also my mom, because she introduced me to Sunday school, and that's how I met my amazing friends.

My Faith usually comes to me in school when my classmates are being disrespectful or narrow minded. Christ wants us to love one another and people need to reflect that love in their actions. As a confirmed Lutheran I will help bring the words and spirit of the church through my positive works with the Hope Center and the church youth. Going forward I choose to continue to grow my faith by attending service and youth group, praying religiously and living by God's words.

Serving Through Painting

Several of our youth have volunteered their time to help paint figures for the Stations of the Nativity - masked and socially distant, of course!



Thanksgiving Food Drive

Thank you, Preschool Families, for your generous support of our annual Food Drive. What a wonderful opportunity for our youngest learners to share.

"So two good things happen as a result of your gifts—those in need are helped, and they overflow with thanks to God. Those you help will be glad not only because of your generous gifts to themselves and to others, but they will praise God for this proof that your deeds are as good as your doctrine." 2 Corinthians 9



St. John's Preschool

WHERE WE PLAY, DISCOVER, LEARN AND GROW.



Troop 16

by Troop Historian, Jacob Nienhaus

Long Lake Creeporee

Fifteen Boy scouts participated in the 20th annual Long Lake Creeporee near Dundee. This year's theme: Trek wars.



A total of 300 Boy and Girl Scouts participated in the Creeporee. The weekend was beautiful with temperatures around 70 degrees Fahrenheit. All activities were hosted outside with pandemic guidelines executed successfully.

Activities lasting the day through include Team Games, Climbing, Shooting Sports, Jeopardy, & Paracord crafts. The End-Of-Day activity Tug-of-War had our troop coming in second place.

The troop decided not to participate in campsite decorating. Our only troop participant for the costume contest was Nolan Nelson wearing an alien costume. A Star Trek movie was placed in the evening as well as a dance under a 40' by 70' tent.

Scrapbook Historian

Owen Chartier's troop position is the Scrapbook Historian. He assembles pictures of the various troop activities and posts them in a scrapbook

Service Project

The monthly service project was to assist Elk's Lodge in setting up chairs and tables for their Bingo program.

Meetings

For meetings the troop is improvising due to the church Fellowship Hall being unavailable.

- A Meeting at Marx Park with advancement, Nick Huebner Eagle talk, and games were held in the dark.
- A Halloween Party was organized by Zac Watson at the ICombat establishment in Waukesha with games, costumes, and refreshments.
- Skating at Waukesha Skateland
- Trivia was hosted by Dan Warchol and other activities included games and advancement at the Town of Brookfield community room.
- St. John's Fire Bowl with games, campfire skits, songs, stories, S'mores, a bonfire, and a Flag retirement at a chilling 30 degrees Fahrenheit.

December Birthdays

1 Mari Osmon	10 Kathy Edwin	15 Jack Whitaker	25 Carol May
1 Lori Paget	10 Hannah Menzel	16 Mark Paget	25 Mark Reinfeldt
3 Isaac Roth	10 Sue Miller	17 Skadrite Fuchs	25 Sandy Scherer
4 Maelyn Olson	10 Janet Otten	17 Ryan Gillette	26 Fred Fuller
4 Valerie Sievenpiper	11 Michael Haas	17 Dale Landgren	26 Emily Otten
4 Owen Visuri	12 Barb Bessette	17 Steve Pirlot	27 Lily Fuller
5 Gary Bruck	12 Robert Wagner	18 Jen Beug-Hoffman	27 Duane Walsh
6 Jenny Augustine	12 Ava Zahn	19 Carole Lewis	28 Jessica Gugel
7 Zack Schnepf	13 Ronald Bertrand	19 Marjorie Rucks	30 Peggy Keough
7 Reini Wasemiller	13 Gary Fritz	20 Brooklyn Barz	30 Ryan Rateike
8 Mariah Fuller	13 Sharlene Waller	20 Sandy Koscielniak	31 Hailey Adams
8 Ian Kraus	13 Andrea Warp	20 Donald Spencer	31 Hope Burns
8 Gail Krebs	14 Jerry Mahoney	21 Holly Zahn	31 John Seamonson
8 Jo Riley	15 Payton Fuerstenberg	23 Mark Surma	
9 Jason Turner	15 Will Whitaker	25 Jane Babcock	



Council Communications

Fellow Disciples,

I pray this news finds you healthy and well. Following are highlights from the November 9 Council meeting.

President Report

- Work with GROTH Design Group and the Master Planning committee continues to move forward by exploring potential opportunities in the accumulated findings from the workshops.
- Council approved a proposal from SVEN Pro to replace and upgrade the technology in the sanctuary that is used to record our church services. This new technology (i.e. switcher, cameras, cables, etc.) will integrate and complement the sound board that was graciously donated by Marion Schreiber. SVEN Pro is a local company that has worked with a number of churches.
- A preliminary proposed 2021 budget was received and reviewed.

St. John's Council

President

Brian Zach 608-279-3577

Vice-president

Gary Schettler 262-542-2309

Secretary

Christine Hintze 262-993-4637

Treasurer

Dawn Williams 262-309-9333

At Large

Jerry Hanson 262-785-8098

Tim Tollander 414-429-3609

Maddie Beug-Hoffman 262-439-9732

Linnea Logan 262-358-0501

Barb Lange 262-542-4010

- Council was challenged to discern St. John's vision and the short and long-term goals in the upcoming years.

Financial Report

- Thank you for your faithful giving. Our overall financials remain in good shape. General giving was down in October, though better than previous months. Expenses continue to also be down.
- Council approved \$28,000 be transferred to the Stewardship for All Season (SAS) initiatives.
- Thank you to those who have turned in your 2021 pledge card.

Transition team

- The team continues to monitor and review local health data and CDC guidelines
- Ongoing updates will be communicated in the weekly Happenings and can also be found on St. John's webpage under the Message Board.

Please reach out to me or the council members with any questions you may have.

Praying for peace and good health to all,

Brian Zach, President



HR Thank You

Thank you to our virtual worship team!

The HR team would like to recognize Pr. Brian Halverson, Pam Klink, Becky Whelpley, and Kenn Anderson for their time and effort to bring weekly worship services to our St. John's congregation through YouTube.

During the past several months, as we have struggled through this COVID-19 viral pandemic, it has been a blessing to hear the Word preached, receive communion, listen to the music, and be virtually together through our "screens."

Thank you, Pr. Brian, Pam, Becky, and Kenn, for your commitment, teamwork, and for going the extra mile. Your efforts are appreciated!

HR team: Mark Sabin, Tom Potratz, Lori Schettler, John Seamonson, Lisa Belli-Fuchs, Kathy Davis, Diane Wilke-Zemanovic, Brian Zach

Blue Christmas

Feeling a sense of loss? Feeling anxious? Feeling blue?

Join us for our Blue Christmas worship, led by Pastor Frank Janzow. This worship service will premiere on YouTube on December 21 at 6:30 p.m.

What is a YouTube Premiere?

For the YouTube Premiere, we all watch together at 6:30 p.m. You can still pause and rewind, and use a live chat box. You will be able to interact with others during the worship premiere! The video will be on our YouTube Channel as a regular video after the premiere but the chat box (and chats) will disappear.

Ministries and Mental Health

What To Say and What Not To Say To Someone With a Mental Health Condition

from Rogers Behavioral Health

What to say to someone with a mental health condition

1. "Do you want to talk about it? I'm always here for you."

Even if you don't entirely understand what your friend is going through, you can still be there for them in a healthy, supportive way. Listen to them without judgment and make sure they know they're not alone. It's also important to let your loved one lead the conversation so you're able to talk about topics they feel comfortable discussing.

2. "What can I do to help?"

If your loved one has had depression or anxiety for a while, they probably know what does and does not help them. Even if they just need help with something simple like laundry or grocery shopping, offering help lets them know you care.

3. "That sounds really difficult. How are you coping?"

Acknowledging how they feel is both validating and comforting. It reminds your friend that you are listening to them, that you believe that what they're going through is real, and that you want to help them cope.

4. "Let's go somewhere quiet or take a walk"

In times of extreme anxiety, it can help to try a grounding activity, like going for a walk or finding a peaceful place to talk. Grounding activities may be done alone or with another person and may include listening to music or enjoying a soothing scent.

5. "I'm really sorry you're going through this. I'm here for you if

you need me."

Remind them that their feelings are valid and that you want to support them.

6. "Are you looking for my perspective or would you rather I listen?"

Clarify which type of support they would like and let them know that you will not judge them. If they want your insights, it's helpful to begin with something like "I don't know if this applies, but I'm wondering about..."

What NOT to say to someone with a mental health condition

It's just as important to understand what responses may be unhelpful, or worse—damaging to someone who has opened up to you. Avoid the following responses:

1. "I know what you mean. I had a panic attack when I saw my electrical bill!"

This attempt at relating to what your loved one is going through is kind-hearted, but also misguided. Relating their panic attacks to your anxiety about a regular expense misses the mark because it implies that those two things are the same or of similar consequence and minimizes their pain. "Even if you have an anxiety disorder, suggesting that they can just do what you did when you were anxious is stigmatizing," says Sue.

2. "Have you tried yoga or meditation?"

(Continued on page 10)

Neighborhood Giving

St. John's Pewaukee neighborhood groups collected food for the All Peoples Thanksgiving Boxes. Enough for more than two boxes!



Card Ministry

We have been collecting cards for over 21 years at St. John's. In March when COVID-19 stopped everything we had collected 411 cards. Right now everything is on hold, but we hope to continue this ministry next year.

We will take **NEW** cards for distribution in the future. This year's cards will be distributed to Hope Center and Regency Care Facility.

Thank you for your many years of donating to this ministry. If you have any questions, please contact Kathy Hoepfner at 262 786-0412 or tkhoepfner2@gmail.com.

Holiday Season Tips



Click the link below for more information on these tips.

[Read "6 Tips"](#)

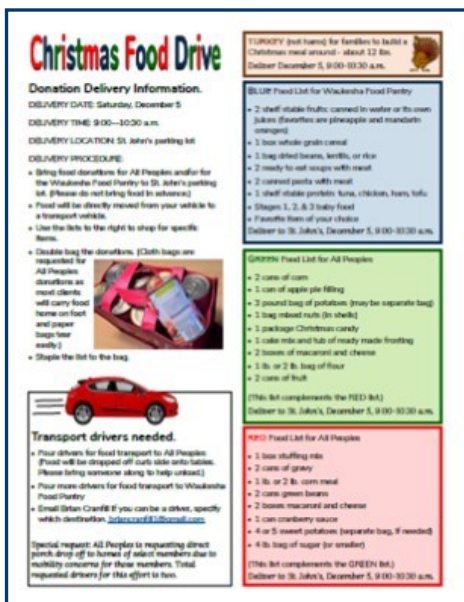
Christmas Giving Opportunities

A Few Suggestions for Giving This Christmas Season

Christmas Food Drive

Fill one list or all three ... or fill one list multiple times; whatever works for you. Please double bag and staple the list to the bag. Deliver the food bag to St. John's on December 5 between 9:00-10:30.

Click the picture below for a printable list.



Christmas Food Drive

Donation Delivery Information:
DELIVERY DATE: Saturday, December 5
DELIVERY TIME: 9:00-10:30 a.m.
DELIVERY LOCATION: St. John's parking lot

DELIVERY PROCEDURE:
• Bring food donations for All Peoples and/or for the Waukesha Food Pantry to St. John's parking lot. (Please do not bring food in advance.)
• Food will be directly moved from your vehicle to a transport vehicle.
• Use the lists to the right to shop for specific items.
• Double bag the donations. (Cloth bags are requested for All Peoples donations as most clients will carry food home on foot and paper bags tear easily.)
• Staple the list to the bag.

Transport drivers needed.
• Four drivers for food transport to All Peoples. (Food will be dropped off outside service station. Please bring someone along to help unload.)
• Four more drivers for food transport to Waukesha Food Pantry.
• Email: info@att.net if you can be a driver, specify which destination. info@att.net

Special request: All Peoples is requesting direct cash drop off to help of select members due to mobility concerns for those members. Total requested drivers for this effort is two.

URGENT! (not for food) for families to build a Christmas meal around - about 12 lbs. Deliver to St. John's, December 5, 9:00-10:30 a.m.

BLUP Food List for Waukesha Food Pantry
• 2 shelf stable fruits: canned in water or its own juices. (Bananas are pineapple and mandarin oranges)
• 1 box whole grain cereal
• 1 bag dried beans, lentils, or rice
• 2 ready to eat soups with meat
• 2 canned pasta with meat
• 1 shelf stable protein: tuna, chicken, beef, tofu
• 3 bags 1, 2, & 3 baby food
• 1 package frozen of your choice
Deliver to St. John's, December 5, 9:00-10:30 a.m.

GREEN Food List for All Peoples
• 2 cans of corn
• 2 cans of apple pie filling
• 2 pound bag of potatoes (may be separate bag)
• 1 bag mixed nuts (in shells)
• 1 package Christmas candy
• 1 cake mix and tub of ready made frosting
• 2 boxes of macaroni and cheese
• 1 lb. or 2 lb. bag of flour
• 2 cans of milk
(This list complements the RED list.)
Deliver to St. John's, December 5, 9:00-10:30 a.m.

RED Food List for All Peoples
• 1 box stuffing mix
• 2 cans of corn
• 2 cans of gravy
• 1 lb. or 2 lb. corn meal
• 2 cans green beans
• 2 boxes macaroni and cheese
• 1 can cranberry sauce
• 4 or 5 sweet potatoes (separate bag, if needed)
• 4 lb. bag of sugar (or smaller)
(This list complements the GREEN list.)
Deliver to St. John's, December 5, 9:00-10:30 a.m.



Christmas Cards

St. John's needs your help to spread holiday to cheer to those in our community who are unable to be with their families this year.

Please drop off holiday cards, either signed or blank, by December 12, in the new mail slot at the circle drive entrance. We will disperse them out to the senior living facilities near us. If you have any questions, please contact [Stephanie Broussard](#) or [Mary Tollander](#).

Mt. Meru Coffee

Support coffee farmers in Mt. Meru by gifting fair trade coffee. Contact [Andy Petersen](#) to place an order.

The Women's Center

The Women's Center is a shelter for Women and Children suffering from domestic violence, which is especially critical now. The best way to help this year is with a monetary donation to The Women's Center. Either mail a donation to 505 N. East Ave, Waukesha, WI 53186 attn: Angela Mancuso or donate online on their website: twcwaukesha.org.

Thanks for your help with this very worth cause.

Holiday Giving with ELCA Good Gifts

Even in a year when the needs can seem overwhelming, [ELCA Good Gifts](#) provide an easy way to make a real impact. Your gifts share the love of Christ — one goat, water well or school uniform at a time. New this year, you can help prevent spread of the coronavirus through the ongoing health care projects of ELCA World Hunger and the emergency programs of Lutheran Disaster Response.

Give in honor of a friend or loved one and announce your gift with a custom card.

[Browse gifts.](#)

Go **tail** it on the mountain.



Holiday Sampler Gift Pack from Mt. Meru Coffee Project

The Mt Meru Coffee Project is offering a Holiday Sampler Gift Package that includes six drip grind sample packs:

- 1 Regular Roast
- 1 Peaberry
- 1 French Vanilla
- 1 Chocolate Raspberry
- 1 Hazelnut
- 1 Butter Pecan

Cost is \$18

12 Ounce and 4 Pound Packages of Peaberry, Regular Roast, and Decaffeinated Coffee Also Make Good Gifts!



Want to Place an Order? Contact - **Andy Petersen**

- Call or Text him at 262.951.8890 (Please Leave a Message)
- Email him at petersenandy@att.net



About Us

Welcome Statement

At St. John's we align with Paul's words in Romans 15:7 "Welcome one another, therefore, just as Christ has welcomed you, for the glory of God." We welcome one another all who are seeking God's love and grace. We welcome all because God welcomes all, regardless of race, age or culture, sexual orientation, gender identity, gender expression, or relationship status. We welcome all without regard to physical or mental health, socio-economic circumstances, or anything that too often divides us. Our unity is in our commitment to the ways, grace and love of Christ.

Core Values of St. John's:

- Serving our world, locally and globally;
- Inspiring worship and music that honor God;
- Nurturing relationships with one another as Jesus walks with us;
- Growing in God's grace through education and discipleship;
- Engaging children and youth in the life of the church.

Contact Us

Office Hours

The St. John's office is closed until further guidance from the Transition Team.

Church

phone/fax: 262-786-6887
email: to email a staff member, please click on their website photo

Preschool

phone: 262-786-4298
stjohnspreschoolbrookfield@gmail.com

Follow Us

Website: www.makedisciples.com

Facebook: [@MakeDisciplesSJL](https://www.facebook.com/MakeDisciplesSJL)

Instagram: [stjohnsbrookfield](https://www.instagram.com/stjohnsbrookfield)

What To Say and What Not to Say

(Continued from page 8)

One of the most pervasive misconceptions about mental health is that yoga, meditation, and other wellness trends can cure depression and other mental health conditions. While these practices are certainly a helpful supplement to treatment for many people, only your friend knows if it is right for them. Sue recommends instead asking what options they see for themselves. "If the person says they feel like they have no options, you can ask permission to share some ideas you've heard that may make sense to them," says Sue.

3. "Why aren't you seeing a therapist?" or "Why aren't you on medication?"

While it's fine to show concern for a friend, remarks like these can come across as accusatory. Again, if the person says they feel like they have no options, you might say, "I always hear about therapy and medication, what are your thoughts on those?" Remember that this is a decision that is ultimately theirs to make.

4. "Are you OK?!"

This question can make your loved one feel pressured to get better immediately, which is rarely the case for mental health. They may also feel like they have to tell you they're fine, even if that is not true.

5. "There are lots of people who have it much worse than you."

Remarks like this encourage your loved one to compare themselves to others. You should encourage them to let go of comparing themselves to others and instead focus on what's best for them.

6. "You wouldn't feel this way if..."


Mental health issues and their causes are complex, and many people wear themselves out emotionally by searching for the causes of their suffering. Placing blame leads to unnecessary distress and takes time from increasing understanding of what is going on.

What to do when someone says something hurtful

For those struggling with mental health, much of what's been discussed will sound familiar. You will have heard some of the well-meaning but unhelpful advice and suggestions and felt hurt by their implications. Rather than respond with anger when someone makes a hurtful comment, Sue recommends reminding yourself "That person does not know enough for me to allow them to be the source of my hurt." Be sure to let the advocates around you step in to educate those who need it or do it yourself if that feels right and healthy for you.



Calendar of events for December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30a virtual property team 10:00a virtual staff mtg 7:15p virtual adult ed	2 5:15p virtual Kids of the Kingdom	3 6:30p virtual Transition Team meeting 6:30p virtual Master Planning meeting	4 6:15a virtual men's group	5 8:30a virtual men's group 9:00a Christmas Food Drive Delivery 9:30a virtual Adult Ed
6 Advent 2 Worship online 9:45a virtual HS Youth Group 4:00p virtual 5th and 6th Graders 6:30p virtual Sunday School Pajama Party	7 11:30a Hope Center meal	8 8:30a virtual property team 9:00a virtual Bible study 10:00a virtual staff mtg	9 5:15p virtual Kids of the Kingdom	10 3:00p virtual Finance Team meeting 6:30p virtual Master Planning meeting	11 6:15a virtual men's group	12 8:30a virtual men's group 9:30a virtual Adult Ed
13 Advent 3 Worship online 9:45a virtual HS Youth Grp 4:30p virtual Confirmation 6:30p virtual Sunday School Pajama Party	14 11:30a Hope Center meal 6:30p virtual council	15 8:30a virtual property 10:00a virtual staff mtg 6:30p virtual HR meeting 7:15p virtual adult ed	16 5:15p virtual Kids of the Kingdom	17	18 6:15a virtual men's group 9:00a Friday Book Club 7:00p virtual Women of Faith book club	19 8:30a virtual men's group 9:30a virtual Adult Ed
20 Advent 4 Worship online Stations of Nativity open 9:45a virtual HS Youth Grp 4:00p virtual 5th and 6th Graders 6:30p Christmas Pageant YouTube premiere	21 11:30a Hope Center meal 6:30p Blue Christmas worship premiere	22 8:30a virtual property team 9:00a virtual Bible study 10:00a virtual staff mtg	23 5:15p virtual Kids of the Kingdom	24 Christmas Eve Virtual worship online 1000a outdoor worship 1:00p outdoor worship 4:00p outdoor worship	25 Christmas Day Office closed 	26
27 Worship online 9:45a virtual HS Youth Grp	28 11:30a Hope Center meal	29 8:30a virtual property team 10:00a virtual staff mtg	30 5:15p virtual Kids of the Kingdom	31 Office closed	1 Office closed	2

Message from Carrie Allbaugh

I have emailed those in my ministry but wanted to also let the congregation know of change in God's call for me.

I have submitted my resignation as youth ministry coordinator at St. John's, I have truly been blessed to serve the youth and families of St. John's for the past 10 years, however after much prayer and discernment I feel the Holy Spirit telling me it is time to step back from this ministry and see where someone else can take it.

I have talked with Pastor Brian and plan to stay on through December 31 to help with the transition of this program to whoever takes it on next.

Ben and I will continue to be members at St. John's as we love the members and ministry that is offered here, which means once we can meet in person again, you will still see us around.



I hope to still see all the students participate while I am still leading Sunday mornings, and will continue to encourage them to stay involved and connected with whoever fills this spot after me. In youth group we always talk about following God's call which is what I have done these past few years while working in this ministry, please know that I feel I continue to follow his call as I step down from this position. Because I feel the Holy Spirit in this decision I know the youth group will continue to be in good hands because it is all part of God's plan.

Thank you for all your love and support for this program while I have been a part of this ministry and I hope you continue to stay involved and support this ministry and encourage our youth to as well!

Christmas Eve

RECORDED WORSHIP

Traditional Christmas Eve worship will be recorded in the sanctuary. Experience the music and scripture of the season. Share communion. Light candles during *Silent Night*. The video will be available early December 24, 2020.

OUTDOOR WORSHIP

December 24, 2020 gather in the parking lot as Pastor Brian leads us on a Journey to Bethlehem. (Weather permitting!)

Worship services are scheduled for:
10:00 a.m.
1:00 p.m.
4:00 p.m.

Please dress for the weather and be prepared to walk while you worship.



Property Team Cleans Up for Pastor Frank

As Pastor Frank recuperated from health issues, the Property Team provided lawn clean up. Thank you Team, for being God's hands!

