

Holy Week Worship Schedule

Maundy Thursday

April 1, 6:30 p.m.

Good Friday

April 2, 12:00 and 6:30 p.m.

Easter Sunday

April 4

6:30 a.m.	7:30 a.m.
9:00 a.m.	10:30 a.m.

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St. John's Lutheran
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 Brookfield, WI 53045
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Pastor Ponders

by Pastor Brian Halverson

Easter is once again upon us, or perhaps I should say that Easter continues to be within us. Each year we celebrate the wonderful miracle that Jesus, who was dead, has risen!

We celebrate Easter in the springtime when life is returning from its long sleep. It won't be long before we see green leaves on the trees and blooming flowers in our gardens. Life in returns in nature and in our spirit.

We are slowly returning to a more normal social life as vaccines continue to be made more available, distributed, and administered. We will gather once again for our Easter services in either in-person at the church or on-line at home.

We must remember, however, that no matter how or in what way we worship during Holy Week, we gather by the power of the Holy Spirit, in the name of Jesus Christ in order to proclaim the Good News -- death is swallowed up in the victory of Jesus Christ!

Pastor Brian

He is risen! He is risen, indeed!

New Adult Education Series

Gift, Gratitude and Joy:

Finding Our Sacred Roots in God's Creation

A Six-Week Small Group Series Meeting Monday Evenings

Celebrate spring and Earth month with Pastor Karen and Joanna. Join us for our new Small Group Adult Education Series: Gift, Gratitude, and Joy: Finding Our Sacred Roots in God's Creation. This is a six-week Small Group discussion built on Franciscan spirituality and Caring for Creation.

Through videos, activities, discussions and scripture meditations, you will find not only a prayerful moment in these challenging times but experience concrete ways you can impact the world. This is a great series for High School students and young adults to participate in too! We will end the series with an optional Paddle with the Pastor canoeing outing at Lutherdale!

Days: Monday evenings (April 12, 19, 26 & May 3, 10, 17)

Time: 6:30-8:00pm

Location: via Zoom

Sign up: on "Spring Adult Ed on Monday nights" tab in SignUp Genius

Direct questions to: Joanna Salinas at josalinas2014@gmail.com.

What's New?

Worship Times

Worship times after Easter, through May 23, are:

8:30 a.m. and 10:15 a.m.

Spiritwear Store Opens in April

Watch for information for your next opportunity to purchase St. John's spirit wear. The online store will be open April 9-25. Choose from a variety of styles. Distribution of items is expected to begin May 23.



St. John's Staff Openings

St. John's has two open staff positions if you or someone you know has a calling to support and serve the ministries of St. John's. Those positions are a part-time Youth Ministry Coordinator and a part-time Office Manager. Please contact the office for more details.

Worship Info for April 11 to May 23

In addition to our recorded virtual service, St. John's will be offering two in-person worship options on Sunday mornings. The congregation will wear masks, sit physically distant from those not in their bubble, and will not sing. Prepackaged communion kits will be available for self-serve communion. Attendance in the sanctuary is limited to 90, so please register by clicking the "SignUp Genius" button on the St. John's website.

8:30

Traditional liturgy

Hymns

Organ

Special music

10:15

Interactive family worship

Large group Sunday school elements

Praise Band

Specifically designed for kids of all ages

Evening

There is no evening worship service.

See below.

Please register for worship via the "SignUp Genius" button on the St. John's website.

Transition Team Update

Spring is in the air as is the excitement of gathering. That said, we understand everyone has a different comfort level with in-person gathering and some of you may prefer to continue gathering and worshipping virtually. Those opportunities will continue.

As we return to in-person gatherings please understand that it will take some time to get back to our familiar ways of sharing peace, singing as a congregation, having communion at the altar, joining in fellowship over a cup of coffee and baked goods, etc.

The overriding goal of the Transition Team was to create a safe opportunity for people to gather again. We will continue to review how we can safely offer those other parts of fellowship and gathering we deeply enjoy. Let's continue to celebrate our first milestone of getting back together and at this time, leave the baked goods at home. There will be plenty of time for coffee and treats in the future, making for another reason to celebrate!

Thank you for your continued prayers and support.

Brian Zach – President & Transition Team Chair

brianzach@gmail.com

608-279-3577

Technology Upgrade a Good Vibe

With small groups returning to in-person gatherings and meetings, St. John's has added Vibe Smart Board technology with its many features and functions to help connect St. John's members with those who are connecting via ZOOM, Google Meets, etc. This teaching resource will be available for use soon.



Evening Service Update

Worship is essential to our lives of faith. This is one reason why St. John's offered an evening service for the purpose of providing a worship opportunity for those who may not have been able to attend the Sunday service. Over the past years we have seen attendance at the evening service decline, and although we have tried different styles of worship and have tried to see if one night worked better than another, the attendance has not improved.

With the addition of our on-line service and with our returning to two services on Sundays, I have decided not to continue with the evening services during the year, with the exceptions of the Wednesday night on Thanksgiving Eve, Advent and Lent.

As we move forward post-COVID we will continue to explore new ways in which we can witness to the Good News of Jesus Christ!

Pastor Brian

Children, Youth & Families

5th & 6th Grade

Pre-Confirmation Class

In-person hybrid class
4:00 p.m.

April 11 & 25*, May 9 & 23

*April 25 - Come to church at 2:00 p.m. to participate in a service project event at St. John's!



First Communion

First Communion Class

Sunday, April 18 at 2:00 p.m.

First Communion Service

Sunday, May 2 during
8:30 and 10:15 worship

Is your child ready to take communion? Here at St. John's we welcome children of any age to the Table when you as a family feel it is appropriate. We will be holding First Communion this year on May 2, 2021 at either service, with a Communion Class for families April 18 at 2:00 p.m. Please RSVP to Joanna at josalinas2014@gmail.com and fill out the form online.

Link to form:

<https://forms.gle/NKz7QGx51Aw3G8GL9>

Link to informational flyer:

<https://makedisciples.com/wp-content/uploads/2021/03/First-Communion-flyer-2021.pdf>

7th & 8th Grade

Confirmation Class

In-person hybrid class
5:30 p.m.

April 18*, May 2, May 16

*April 18 - Come early (4:00 p.m.) to help with a service project for the Hope Center!

Eagle's Nest Adventure

Save the date for Eagle's Nest Adventure Center at Lutherdale!

We will participate in the Challenge Course, High Ropes, and Climbing Tower!

May 22 | 7:00 a.m.-6:00 p.m.

Two Options for Sunday School

1 In person -- Sunday Morning Family Worship

Is it Sunday School? Is it a worship service? It's BOTH!

Join us Sunday Mornings at 10:15 in the sanctuary for Family Worship. We will incorporate our Large Group Sunday School components into worship with the band for a whole family worship experience. Designed for kids, teens, parents and grandparents. It will be interactive and joyful!

Be sure to register for worship on SignUp Genius.

2 Virtual Sunday Night Pajama Party Zoom

Sunday nights at 6:30

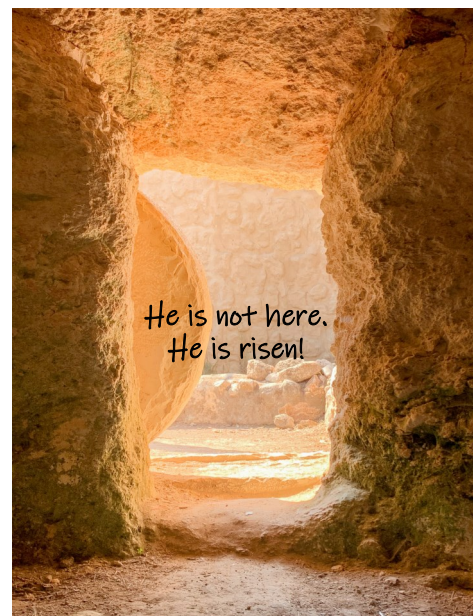
We will continue with our Sunday Night Zooms during April. Sunday nights will expand on the same Bible stories that we explore during Sunday morning worship. Kids are welcome to attend both programs or just one.

SUNDAY SCHOOL

Contact Joanna with Toddler to 8th Grade Questions

Joanna 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. If you are not receiving those emails and would like to, let Joanna know!



Children, Youth & Families

Parents of College Students

We are looking for your child's school address to send them a care package in the mail.

Please contact Stephanie Broussard with this information.



9th Grade Confirmation Class

In-person every other Sunday
April 11 and April 25
4:30-5:30 p.m.



Board Game Night

High School/College Aged
April 11 | 5:30-6:30 p.m.
In Person!!!



Adventure Rock Recap

On March 12 & 13 our Middle Schoolers and High School Youth Group spent some time at Adventure Rock in Brookfield.





Meet via Zoom
every Sunday evening
5:30-6:30 p.m.

For all high school age youth.
Invite your friends!
Contact Stephanie for the link.

Share the Good News - Preschool is Enrolling!



Know of Someone Looking for a Preschool?

St. John's Preschool
WHERE WE PLAY, DISCOVER, LEARN AND GROW.

We're Now Enrolling for 2021-2022

Two Year Old Class Three Year Old Class Four Year Old Class
My introduction to Preschool I'm learning and exploring in Preschool I'm getting ready for 1st and 5th

Email Us at: stjohnspreschoolbrookfield@gmail.com
Call Us at: 262-786-4298

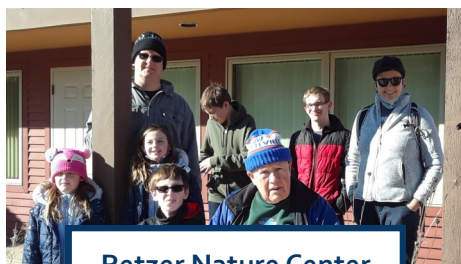


The laptop screen displays the St. John's Preschool logo and a photo of children in a classroom.



Troop 16

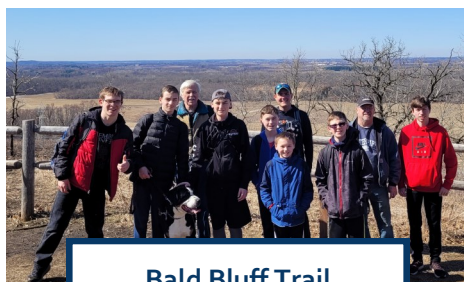
Instead of Winter Cabin Camping, we decided to go on two different day-long hikes. We went to the Retzer Nature Center as a substitute for snowshoeing. Snowshoeing was cancelled due melting snow. We were conducted by the program director as we trekked through the trailway.



Retzer Nature Center

We searched for signs of animals and identified their tracks. Some Scouts also identified ten tree types for a Nature Requirement.

We attended a five mile hike around the Bald Bluff Trail on the Ice Age Trail in the Southern Kettle Moraine Forest near Palmira. Joe



Bald Bluff Trail

McGrath was the organizer and leader. We enjoyed a beautiful view while consuming our refreshments. Various Scouts completed hiking requirements.

Court of Honors

Our first Court of Honor since August where families were invited was held at the Town of Brookfield Town Hall.

This year we ate sub sandwiches due to COVID-19 restrictions rather than the annual Potluck where we bring fresh foods. This Court of Honor was organized by Jim Mathes.

by Troop Historian, Jacob Nienhaus

After the Court of Honor awards, the scouts played a first aid family feud game with competing patrols led by Kurt Selle.

Meetings

Other meetings were held at the Scout Office, ICombat, and St. John's Fire Bowl.

We reviewed First Aid, did advancement, and held patrol corners and games during our normal meetings.

At St. John's Fire Bowl, we sat by a campfire, ate Hot Dogs, played a game, and retired flags.

Quartermaster

Josh Balzer is our Meeting Room Quartermaster. He checks out the facility so it is in the same shape as when we arrived.

April Birthdays



1 Chris Blask	6 Rick Elfers	11 Ryan Cornelius	
2 Cindi Wright-Kau	6 Meara Holmberg	11 Nate Schettler	22 Karen Sommer
3 Dominic Gaska	6 Sarah Klemm	13 Kristina Harms	23 Dick Granholm
3 Alyssa Mallmann	6 Elizabeth Roth	14 Geraldine Knee	24 Dawson Cvikel
3 Steph Moran	7 Donald Fuchs	16 Nancy Hartman	24 Phil Lange
3 Anna Potratz	7 Evan Roth	16 Ralph Nelson	24 LoAnn Petermann
4 Brian Harms	7 Rich Smith	17 Jacob Vetta	25 Jacob Balzer
4 Kathy Sattler	8 Evan Zach	19 Gage Lurvey	25 Sue Keith
4 George Vogt	9 Mark Sabin	20 Brittany Larson	25 Joe Schaefer
5 Pam Brown	9 Zayda Stephens	20 Kara Pirlot	27 Colleen Anderson
5 Grant Gundlach	9 Phyllis Ten Pas	21 Mary Balzer	27 Haley Larson
5 Linda Nelson	10 Tessa Olderman	21 Ken Biefeld	28 Dawn Williams
5 Carol Schulz	10 Virginia Walsh	21 Steph Broussard	28 Ashley Wimmer
5 Jeff Weyer	11 Jim Allard	22 Pam Klink	29 John Stahl
6 Ralph Berglund	11 Taylor Aune	22 Andrew Sommer	29 Jonah Wagner



Los Héroes Celebrates 25th Anniversary

Did you know?

St. John's and All Peoples churches had ministry connections in El Salvador in the early 1990's through the work of the Greater Milwaukee Synod. Both churches helped fund infrastructure in a resettlement community of Salvadoran war refugees, who returned from Nicaragua to their new home named Comunidad Rutilio Grande.

A bit of history...

After decades of dictatorship and violent oppression against the poor, El Salvador's people suffered 12 years under a brutal civil war. It officially began with the assassination of Archbishop Oscar Romero on March 24, 1980 and ended in January 1992. During that time, more than 1 million people fled the country as refugees (mostly to the US) and about that same number were internally displaced. 75,000 civilians were murdered by the military and death squads. The Peace Accords were brokered by the United Nations and included land reform. This required the government to give small plots to landless peasants. The Salvadoran Lutheran Church helped negotiate land settlements and accompanied refugees as they repopulated the country.

During the early part of the war, Cross Lutheran Church in Milwaukee was connected with the Bishop's Church in El Salvador. Milwaukee provided sanctuary to Salvadorans fleeing from the war. Bishop Gomez was sheltered in Milwaukee. Bishop Peter Rogness accompanied Bishop Gomez back to El Salvador as protection. The Greater Milwaukee Synod has sent trained election observers to every election in El Salvador since the war.

Building a Church

On March 24, 1996, Pastor Santiago,

his father, his sister and other leaders in the Salvadoran Lutheran Church marched with 150 families up a hill carrying a large iron cross. They planted that cross at the top of the hill and claimed that land as the site for Heroes in the Faith Lutheran Church. They named it after the heroes who had died for their faith during the war. The first street in the new village was named Monseñor Romero. The land was given to them through a negotiation with nearby land owners. Each family received a small space on which to build a home. Homes were built out of volcanic stones, metal, cardboard, plastic, adobe and a few cement blocks. The church was built by Pastor Santiago's father out of four tree trunks at the corners, bamboo and corrugated tin, wired together. The iron cross has always stood with the church.



One of the first homes in Los Héroes – they had to move that rock to build and they used it to form part of the house.

Partnership begins

The people in Los Héroes did not have and still do not have title to the land. For the first few years, there was no electricity, no water, no school, no services of any kind. Pastor Santiago taught school in the little church with about 80 kids all squished together. In 1997, the sister parish office of the Salvadoran Lutheran Church reopened. St. John's, All Peoples, and Los Héroes were matched as the first Milwaukee Synod sister church relationship in the post-war era. It was formalized in 1998. Grace Lutheran Church in Thiensville, Atonement Muskego and St. Peter in Sheboygan followed with formal sister church

agreements in 1999. There are now about 25 church to church relationships under the Milwaukee/Salvadoran Lutheran Church Companion Synod relationship.

Over the years, St. John's and All Peoples have always worked and traveled together in El Salvador. The three churches worked together, advocating with the local government, to bring electricity, the first school teacher, and potable water to the community. After devastating earthquakes in 2001, St. John's funded a dignified housing project, and eventually that led to building a new church in 2010. The primary ministry work we do together is focused on health and education. The Mission of Healing began in 2000, and has continued annually through 2021 (online). The Education for Life scholarship program began in 2006 and is held up throughout the Salvadoran Lutheran Church as a model program for positively impacting the lives of kids and families. In 2015, St. John's helped to construct an education space behind the church where children and youth could gather safely. In 2016, the church opened a preschool.

Gang Activity

Gang culture grew in El Salvador during the late 1990's, following the deportation of Salvadorans out of southern California prisons. Los Héroes became an enclave for gang warfare, one of the most dangerous spots in the country. Over the years, the community has suffered great loss. If you are following the Facebook posts on our sister church pages and read the Salvadoran comments, you will see "muchos ya no están en este mundo." Many are now not in this world. Several sponsors at St. John's lost their students due to death by violence or because they disappeared while fleeing toward the US. Under

(Continued on page 8)

Property

by Dan Thompson, Building Supervisor

After the removal of the mailboxes, the property team safely gathered to patch up and paint the mailbox wall! Thank you property members for up-keeping our buildings walls!



Outreach Focus

Our April Outreach Focus is our annual Bread for the World offering of letters.

Please watch for details. We will have information packets for you to take home, as well as links for online versions of the same information, so you can write your letter from home. For more information regarding Bread for the World, check out these links:

<https://www.bread.org/about-us>

<https://ol.bread.org/>



breadfortheworld
HAVE FAITH. END HUNGER.

El Salvador Anniversary continued

by Linda Muth

(Continued from page 7)

current President Nayib Bukele, the murder rate has fallen. There are a few signs in Los Héroes of new activity.

Anniversary Celebrations

Anniversary celebrations have not happened in some years because of the danger. That said, as sister churches, we have participated in several of these celebrations with delegations. The celebrations begin with fireworks and drinking chuco (a warm bean and pumpkin seed

drink) with French water bread. Someone usually rigs up a sound system and folks take turns telling memory stories. The crowd sings "las Mananitas" traditional birthday song) to the community and there is a short devotion. Then people go to work or some go to the annual Romero march in the capital San Salvador.



Anniversary march through the community 2007

On March 24, 2021, the community will gather to celebrate 25 years of life in Los Héroes. Most of the families from the street named for Monseñor Romero will not attend due

to a prohibition issued by the gang in 2013.

Quote from Sonia, Los Héroes Evangelist: "We would not be who we are as people or as a church or as a community without you, our sister churches. You animate us and improve our lives. The boys [gang members] respect the church, and we will always be safe here."

The people marched up the hill carrying an iron cross and claimed that hill as holy ground. We will always be safe here.



The church in 2007



Women making the chuco in 2010 – it's an all night experience

Council Communications

Fellow Disciples,

I pray this news finds you healthy and well. Following are highlights from the March 8 Council meeting.

President Report

- Alleluia, indoor worship has returned. Virtual worship will continue to be available for those prefer that option.
- St. John's has two open staff positions if you or someone you know has a calling to support and serve the ministries of St. John's. Those positions are a part-time Youth Ministry Coordinator and a part-time Office Manager. Please contact the office for more details.
- Work with GROTH Design and the Planning Committee continued with two March meetings.

Visioning Report

- Council held a Visioning Meeting March 22, which focused on supporting the short and long term needs of St. John's.
- Discussions centered around 2021 and potential 2022 goals.

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

Financial Report

- 2021 continues to be off to a great start. Thank you for your faithful giving.
- With more than 45 days cash on hand, Council approved the Finance Team's recommendation to transfer \$1,232.86 to the Capitol Improvement Fund.

Transition Team

- The Transition Team continues to monitor health data and review the latest CDC guidelines.
- The first goal was to safely begin in-person worship and allow small groups to return.
- Our second goal is to determine when we can safely introduce other traditions, such coffee and pastries after church, sharing the peace, etc.
- Thank you for your support and prayers throughout this time.

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

Facility Use

To request space for your small group or ministry to meet in the church building, please complete the Facility Use Form on the website. It is under the Resources tab - [Documents and Forms](#).

More Updates

Planning Committee

The planning committee has met several times in the last month to continue to work on the goal of developing a master plan for St. John's.

We have had meetings with Paul Barribeau of Groth Design as he explained the rationale behind his various proposals for our church building to increase both hospitality and functionality.

The committee then had a meeting to analyze and discuss the various options and start considering their priorities.

We will continue to have meetings in April and report on progress in the Inspire.

John Almasi, Committee Chair

Audio Visual Upgrades

Last year Council approved the replacement and upgrade of the Sanctuary technology used to record, stream, and support/enhance our in-person and online 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. Look for this work to begin in the near future by SVEN Pro, a local company that has worked with a number of churches.

Contact [Dan Thompson](#), Building Supervisor, with questions.

Remember... masks and distancing are required in the building, even during meetings.

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.

Praying for Our Church Family

We pray for those who are battling illness:

Mary S	Barb K	Dorothy E	Floyd K
John G	Ken B	Steve W	Tim M
Hope H	Connie P	Sharlene W	Kim S
Dennis W	Katie A	John S	Jim T
Gregg and Joy M's Grandson Cole		Sharon Mahoney's Friend Betty	
Brittany L's Family Member		Bonnie S's sister Jeanne and BIL	

We pray for the families of those who have died:

Doris Kallin
Peg Miller

To help us to stay connected, we will be sharing the list with you monthly. Prayers may be for thanksgiving, hope and/or healing. The requests may be immediate, short or long term.

Prayer requests may be submitted at the bottom of the website www.makedisciples.com.



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 the link by their photo on the website under Staff

Preschool

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

Cookies and More

A big THANK YOU to all of you bakers and your helpers at home. All Peoples Church community and pantry really appreciated your generous gift of cookies.

The St. John's/APC liaison committee is brainstorming ways we might be able to keep this kind of connection while incorporating the APC garden/food justice program. For example, I picked up tomatoes that can't be given out but could be made into tomato sauce. During the season, they might have extra carrots, apples, zucchini, ...etc. that need to be made into bread or applesauce or? We can do a few strategies with this: cook these "extra foods" for our own families/neighbors, or make something to give back to APC community/food pantry (maybe even include a recipe).

If you might be interested in this food ministry, please let me know. Also if you have any ideas we would love to hear them.

Thanks again!
Teri Quam

Calendar of events for April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Maundy Thursday Online worship 6:30p worship	2 Good Friday Online worship 6:15a virtual men's group 12:00p worship 6:30p worship	3 8:30a virtual men's group
4 Easter Online worship 6:30a outdoor worship 7:30a indoor worship 9:00a outdoor worship 10:30a indoor worship	5 office closed 9:00a virtual Bible study 11:30a Hope Center meal	6 voting 8:30a virtual property team 10:00a staff mtg 6:30p handbell rehearsal	7 5:15p Kids of the Kingdom 6:30p virtual Partnership and Outreach Team	8 3:00p virtual Finance Team meeting	9 6:15a virtual men's group 10:00a virtual prayer shawl group	10 8:30a virtual men's group
11 Online worship 8:30a traditional worship 10:15a family worship 4:00p 5/6 hybrid class 4:30p 9th gr conf 5:30p HS/College Games 6:30p virtual SS PJ Party	12 11:30a Hope Center meal 1:00p virtual women's Bible study 6:30p virtual council mtg 6:30p virtual adult ed	13 8:30a virtual property 9:00a woman's Bible study 10:00a staff mtg 4:00p stewardship mtg 6:30p handbell rehearsal	14 5:15p Kids of the Kingdom	15	16 6:15a virtual men's group 9:00a virtual Friday Book Club 7:00p virtual Women of Faith book club	17 8:30a virtual men's group
18 Online worship 8:30a traditional worship 10:15a family worship 2:00p First Comm. Class 4:00p 7/8 service project 5:30p 7/8 hybrid class 5:30p HS youth group 6:30p virtual SS PJ Party	19 11:30a Hope Center meal 6:30p virtual adult ed	20 8:30a virtual property team 10:00a staff mtg 1:00p Tuesday Book Club 6:30p handbell rehearsal	21 5:15p Kids of the Kingdom	22	23 6:15a virtual men's group	24 8:30a virtual men's group
25 Online worship 8:30a traditional worship 10:15a family worship 2:00p 5/6 service project 4:00p 5/6 hybrid class 4:30p 9th pr conf 5:30p HS youth group 6:30p virtual SS PJ Party	26 11:30a Hope Center meal 6:30p virtual council mtg 6:30p virtual adult ed	27 8:30a virtual property team 9:00a woman's Bible study 10:00a staff mtg 6:30p handbell rehearsal	28 5:15p Kids of the Kingdom	29	30 6:15a virtual men's group 12:00p in-person worship 6:30p in-person worship	May 1 8:30a virtual men's group 9:30a New Member Gathering

Four Tips for a Better Mental Health

Colorado.edu

1. Start with the Basics:

Sleep – aim to get 7-9 hours each night

Eating – try to eat at least 1 meal a day distraction free (no phones, computers, TVs, etc.)

Physical Activity – choose something that you're excited to do

2. Take a break from Zoom:

Snail Mail – send a loved one or friend something via the mail to give you something to look forward to

Pretend you have a landline – if you are exhausted by or dread video chats, make an old fashion phone call; you may be surprised by the difference

Volunteer – Find a cause you care about and explore volunteer opportunities

Socialize at a distance – opt for activities that allow you to see friends from a safe distance

3. Talk to someone:

If you are struggling, don't be afraid to reach out to some you trust for help. Seeking connection and support from friends, family or professionals can help you through the hard times.

4. Practice what you know:

We live in a culture that emphasizes quick fixes and easy solutions. However, mental health is a complex issue, and it may take time, patience and practice to feel better. One important factor in working to improve your mental health is to stick with it. It can feel tempting to continually scroll through mental health practices looking for the best and easiest solution. However, taking stock of what you already know and putting it into practice can often be more helpful than searching for new alternatives.

Featured Charter Member: Beverly Wargowski

Beverly Wargowski is a charter member of St. John's who lives at the Brookfield Regency. Bev and her husband Bob moved to Waukesha in 1957 with their seven-year-old son Bob and lived near the Davidson and Barker intersection. A few years later, in 1962, Bob was out for a walk along Davidson Rd. when he saw a man standing in the corner empty lot. He introduced himself to Pastor Ralph Baumbach who was checking out the site of a new church. Having been raised Lutheran, they were happy that he was a Lutheran minister.

(Bob's grandfather was a Lutheran pastor.)

Bev, Bob and son worshipped on hard chairs in the opening service in the current youth room along with 100 people. There was a small electronic organ in the back of the sanctuary where the choir sat. Sylvia Anderson was the music director/organist.



There are two more sons - David and Jim – in the Wargowski family. All three grew up in our congregation attending Sunday School and two years of confirmation. They had to pay attention because their dad was one of the teachers! Bob also served as a congregational president and sang bass in the choir. Bev was active in the Women's Ministry. She remembers that the members cleaned the church as needed and furnished all of the flowers. A highlight was the "fancy teas" that women attended in hats and gloves. Of course, there were also lots of potlucks.

Nearly sixty years later Bev remains friends with Pastor Ralph Baumbach. Her husband Bob died in 1996. Bev enjoys her five grandchildren and one-year-old granddaughter. Bev shared that she is "blessed from the beginning to today by St. John's." And.... we are blessed by her presence!