

From Pastor Dan

Most medical research supports the positive benefits of meditation. So, you should try it sometime; maybe this Lenten season. Or, you could indulge yourself in the spiritual practice of contemplative prayer which I always thought was meditation amped up on Jesus. Turns out I was really wrong. Richard Rohr, an author and Franciscan friar, claims that contemplative prayer is not a method of prayer but rather a mindset or attitude toward prayer.

He says that the concept of contemplative prayer was developed as a response of the early Roman church to the habit developed by Christians of that time who regarded prayer more as a transaction than a conversation. People came to God in prayer looking for a divine genie to fulfill all their wants instead of seeking to be in connection with the essence of life and love. (I am not convinced things have changed all that much.) In contrast, he adds, contemplative prayer is a "...long, loving look at the REAL." Contemplative prayer, therefore, is a prayer mindset which seeks an ongoing connection with God not as divine Santa Claus but rather as the one who helps us see what is really real. This, Rohr explains, is how the Apostle Paul can write to the Thessalonians telling them to "pray without ceasing." (1 Thessalonians 5:16)

Rohr continues that this genuine approach to prayer and to life is in urgent need now more than ever because of our present social climate in which, he claims, we have succumbed to the "false truth of duality." He posits that we tend to see all things as black or white, male or female, gay or straight, conservative or liberal. Unfortunately, that viewpoint demands that one side is right and the other wrong; there is no in between. Mr. Spock, I am sure, would adamantly agree that such a dualistic approach is specious logic. (If you have no idea who Mr. Spock is then shame on you!) Rohr contends that we have been lured by the siren song of false promises and easy answers.

There you have it. Lent is upon us. In response, you could take up meditation. It's pretty easy. Just sit quietly and focus on breathing in and breathing out. Plus, the docs say it's good for you. Or you could try contemplative prayer. Unfortunately, I have found no published medical opinion on contemplative prayer and it seems kind of difficult. Maybe I'll do both; reduce stress through meditation and increase life through the mindset of contemplative prayer. Sounds like a plan.

God's peace be with you, Pastor Dan

Council Corner – Tammi Smith

There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence.

On the first day, the boy hammered **37 nails** into that fence.

The boy gradually began to **control his temper** over the next few weeks, and the number of nails he was hammering into the fence slowly decreased.

He discovered it was easier to control his temper than to hammer those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

“you have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.”

Moral of the story:

Control your anger, and don't say things to people in the heat of the moment, that you may later regret. Some things in life, you are unable to take back.

Worship Schedule

9:00 a.m. Sunday Mornings

Please join us as we worship our Lord!

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Council Members. Here is a list of Council Members. Please contact them with any concerns or issues you may have. Council meets once a month and welcomes input from the congregation.

President: Sue Cooley – 715-675-8566; cooley1512@outlook.com

Vice President: Jan Mueller – 715-675-9558; dmjm5455.wau@gmail.com

Treasurer: Mike Kluetz – 715-218-1357; kluetz787@gmail.com

Secretary: Tammi Smith – 715-581-3892; tammism79@gmail.com;
tammism@aspirus.org

Trustees: Lee Sillars – 715-218-5041; rdfx1234@gmail.com

Scott Oestreich – 715-675-4360; scottsmachinellc@gmail.com

Evangelism: Lane Bahr – 715-297-0017; lucylane35@hotmail.com

Fellowship: Mike Preisig – 715-675-4981; cindypreisig@yahoo.com

Education: Connie Nowak – 715-675-1577; 715-432-3837; bcdenowak@gmail.com

Worship: Sue Harris – 715-551-6282; smae53@gmail.com

Mission Statement: “We are called to serve God; serve each other; serve the community; serve the wider church.”

Serve God through worship, prayer, and the dedication of our lives to His kingdom.

Serve Each Other by mutual care and support to encourage everyone to fulfill their God-given potential. **Serve the Community** by making known the good news about Jesus

and the love of God by word and deed. **Serve the Wider Church** through prayer and practical support to help spread the good news about Jesus throughout the world.

Homebound Parishioners. The following parishioners are no longer able to consistently attend worship services. I visit them to remind them that they are loved by God and loved by their community of faith, St. John. Sometimes it is helpful to hear those reminders from someone in addition to me.

Harriet Wanner 1240 Merrill Ave. Apt. 2 Wausau, WI 54401	Carol Fitzke 237227 N. 120 th Ave. Wausau, WI 54401	David Howe 3312 Terrace Court Room 102 Wausau, WI 54401
Joan Schreiber 1957 Kowalski Road Kronenwetter, WI 54455	Leona Wilde 6550 County Road F Merrill, WI 54452	Harley Goetsch Rennes Health/Rehab Center 4810 Barbican Avenue Weston, WI 54476

Financial Report for January, 2020

Income Received	Expenses Paid	Variance
\$13,835.00	\$16,707.00	(\$2,872.00)

Attendance Report

	2020	2019
Average Weekly/January	111	102
Average Weekly/Year-to-Date	111	102

Eye on Local Art. Spring - what a warming thought. Art shows are already “springing up” in the area. The Wisconsin Visual Artists Guild is hosting their annual “Spring Show” in the Weston Marshfield Clinic Gallery. Right over in Antigo, the Antigo Visual Arts exhibit in the Langlade Historical museum will also be hosting a “Spring” themed show (commencing mid-March), just off

Hwy 45 if you care for a short drive. In Stevens Point, the Riverfront Arts Center is hosting “Emerging Artist,” youth ages 7-12, it’s truly amazing, and refreshing, what some of these young artists can do. While in Point, you could visit the “Q Gallery,” right on Main Street, they have a fresh exhibit also—a great place to find fine art in a number of mediums. Even if you are not “into art,” you may find these exhibits a bit soothing, maybe even warming, to the spirit, maybe even sparking an interest in art itself. For additional information on any of these exhibits, just “Google” it and see details.

Patrick Plunkett, Visual Artist

The Sound of Music

At the St. John annual meeting on January 26, our two worship musicians, Pat Rogalla and Nancy Voelker, announced they would both be stepping down from their responsibilities. We will certainly miss their musical contributions and faithful service over the past decades. Without question, we are sincerely grateful for all they have done for the worship life of this church.

Yet, we must move on. This query is our first foray into seeking new worship musicians. What then are we looking for? We seek one organist or pianist to play for our single Sunday morning worship service. (I have decided that the music at our midweek services will be sung acapella.) We are not necessarily looking for one or two persons specifically dedicated to a regular commitment. The opportunity for flexible scheduling can certainly be a part of the plan. Also, even though both Nancy and Pat sought no pay for their efforts, we understand that weekly compensation for an organist or pianist is a realistic expectation for the future.

I want to begin the process of selecting new musicians by speaking to any interested St. John parishioners. Therefore, if you are curious about the possibility of being a worship musician for St. John by playing either the organ or piano for Sunday morning worship, please contact Pastor Dan or your newly-elected worship chairperson, Sue Harris.

Thanks again to Nancy and Pat for their faithful and loyal service over the years. I am also thankful for anyone who steps forward to at least inquire about the music possibilities at St. John. Finally, I am thankful for your patience during the process of finding new musicians. Even if it means some Sundays of acapella singing, I know you’ll do well as is your tradition.

You Are Invited. Sunday, March 29th at 1:30 pm, the WELCA group from Trinity Lutheran – Stettin is having a guest speaker. Susan Perry, author of “From Beneath the Tarp”, will give a presentation on “Domestic Abuse and the Road to Healing”. Susan is the mother of five and a grandmother of 13. She recently retired from a 50-year career in nursing. She has been on a road of healing from being a victim of spousal abuse to being a survivor. Her presentation will be regarding the nature of domestic violence, the prevalence, red flags, etc., and a sharing of her personal story of abuse and redemption. Her book “From Beneath the Tarp” is her personal story, and was published in August, 2016. You are invited to join us for Susan’s presentation. Sunday, March 29th at 1:30 pm, in the Trinity church basement. Refreshments will be served. An approximate count of those planning on attending would be appreciated so the serving committee can plan accordingly. We hope to see you there.

Embracing an Adult Faith

Pastor Dan will be leading an adult study Sunday morning from March 8 through April 5 titled “Embracing an Adult Faith.” The study has five sessions: God, Jesus, Salvation, Practice, and Community. It includes a 30-minute video segment presented by the late Marcus Borg who was a Biblical scholar and noted theologian. The video will be followed by 15 minutes of questions and discussion. We will meet in the Parish Hall from 10:30 -11:15. This will allow you to time to socialize before we begin the presentation. Check it out; I think it will be worth your while.

Council Meeting Minutes. Copies of the minutes from the most recently held Council meeting are by the mailboxes. Please feel free to pick up a copy. If more are needed, please contact the church office.

Reminder! If you are in the hospital and would like Pastor Dan to visit, **PLEASE CALL** and let him know. Because of privacy issues, the hospital will not notify him or the church that you are there.

Food Pantry. The food items collected for the food pantry will be donated to Maine School. Your donations are appreciated. If you are able to help out with delivering these items to the school, please contact the church office.

March Birthdays

3-2 Matthew Rowe
3-2 Zachary Suliin
3-3 Jennifer Bronsteatter
3-3 Tyler Eno
3-3 Logan Heil
3-4 Lynn Buchberger
3-4 Ryan Seubert
3-5 Carol Prochnow
3-6 Ashley Bunge
3-7 Nick Oelke
3-8 Mariah Marquardt
3-10 Steven Erdmann
3-10 Isaac Oelke
3-10 Henry Welch
3-11 Caleigh Bahr
3-12 Heather Gallenberg
3-12 Kate Saari
3-13 Don Voelker
3-15 Jan Mueller
3-17 Austin Walter
3-18 Dan Hein
3-18 Will Rode
3-19 Stacey Linzmeyer
3-20 Arden Mikich
3-21 Trey Buchberger
3-21 Clifford Knapp
3-21 Sara Stubbe
3-22 Jenna Guralski
3-22 Barbara Jo Kopp

March Anniversaries

3-26 Skip & Betty Hoenisch

3-23 Marlene Bahr
3-23 Brenda Knudsen
3-23 Nicole Woodmansee
3-24 Benjamin Grueneberg
3-25 Mike Stubbe
3-26 Kay Knapp
3-27 Michael Lavake
3-29 Betty Hoenisch
3-30 Jason Grueneberg
3-31 James Haroldson
3-31 Bruce Radant
3-31 Kylie Stubbe