



# The Eagle



## September 2022

# Pastor's Page

*“But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children’s children.” Moses in Deuteronomy 4:9*



God loves to see the faith passed down to the next generations. We are called to invest in their future and share the wisdom and faith God has planted in us. As Moses shares above, we put the Lord first, and we share that passion with our kids and grandkids. This month, we’ll have the chance to learn Intentional Grandparenting together. Whether you’re close to your grandkids or far away, this seminar will spark new ideas and support you as you support them (see page 3 for more details).

This month, we’ll enjoy a Family Campout at Lake Lopez. It’s good to get away and enjoy God’s beautiful creation. Sign up in the Commons. And, our Tuesday Bible Study is back on September 13<sup>th</sup> at 10 am

In worship, we’ll dive into the New Testament book of Philippians. This short letter of Paul is filled with grace and truth and encouragement and exhortation. Things are challenging around Saint John’s, and we can all grow in our ability to “Rejoice in the Lord always.” If you haven’t been with us in person in a while, I hope we’ll get to see you this month.

Thanks for being faithful,

Greg

Are you getting our weekly email updates? Email me to get on our list.

**[greg@saintjohnsaq.com](mailto:greg@saintjohnsaq.com)**

# Life Together

**You Can Join Us Online or In-Person for Sunday Worship**

**Contemporary – 9:30 am**

**Traditional – 11:00 am**

## **Intentional Grandparenting Seminar Sunday, September 18<sup>th</sup> 4 pm**

Join Pastor Greg and Cindi and some amazing Grandparents as we learn “Intentional Grandparenting” together. We’ll be looking at material from a wonderful local leader, Larry Hoekman, and his great book, “Intentional Grandparenting with God’s Vision.” We’ll have copies you can buy if you wish. Helping your grandkids grow in the faith can be very challenging with many potential pitfalls. It’s also an amazing blessing to them and to you. We’ll have a great discussion and get very practical. Feel free to invite a friend.

## **Lopez Lake Church Campout September 23<sup>rd</sup> - 25<sup>th</sup>**

Let’s get out and enjoy the great outdoors. Lake Lopez is calling, and you are invited. Saint John’s has secured a lovely group site for the weekend. It all starts Friday night and we’ll pack up Sunday morning. There’s no cost; just bring your own food and camping gear. We can have up to 8 vehicles and 30-40 people. If you don’t want to stay in a tent, there are some cabins available nearby that you can rent. RV’s are welcome to dry camp. Sign up in the Commons and contact Pastor Greg with questions.

## **Celebration of Life Memorial for Jean Wilson**

We will be having a Memorial for Jean Wilson on Saturday September 3<sup>rd</sup> at 2 pm. You are invited to join in the celebration of her life and a potluck of desserts afterwards, along with coffee.

## **Celebration of Life for Cay Ebersole**

You are invited to celebrate Cay's life at the Avila Beach Club on Saturday, September 10<sup>th</sup> at 3 pm.

## **Celebration of Life for Stan Roberts, September 17th at 11 am.**

# Youth & Children's Ministry

## Youth Group Outreach Nights, Sundays September 11<sup>th</sup> & 18<sup>th</sup>, 6-8 pm

Students in 7<sup>th</sup>-12<sup>th</sup> grade are encouraged to join us for pizza, games & discussion! This is a great night to invite a friend!! This is a perfect time to plug back in and build relationships for the new school year.

## Family Camp Lake Lopez Retreat September 23-25

Fellowship, worship, games, hiking, rest and fun for all ages. See page 3 for details! Extra tents are available for students in 7<sup>th</sup> -12<sup>th</sup> grade. You can attend without an adult but please sign up & coordinate supplies needed with Cindi.



## KidsChurch Overview

The commercials always tell us that cereal is a “part of a complete breakfast.” Our current unit helps kids to see how, unlike cereal, Jesus is all we need to have a complete and joy-filled life.

**Memory Verse:** “Taste and see that the Lord is good; blessed is the one who takes refuge in him.” - Psalm 34:8

## 9/3 Family Sunday

**9/11 Wheaties** – When you want to start your day being your best, you might reach for a bowl of the “breakfast of champions.” Kids will learn that to be a champion for God, they should serve others.

John 13:1-17, Jesus Washes His Disciples Feet

**9/18 Cocoa Puffs** – These puffs of cereal are light and airy. Kids will learn that when we follow Jesus he lightens our burdens.

Matthew 11:25-30, Rest for the Weary

**9/25 NO KidsChurch – Family Camp at Lopez Lake**

# Youth & Children's Ministry

Coming in October

Bibles for 3rd graders (and older!) What better time to get kids excited about the Bible than on Reformation Sunday! Look for details in the October Eagle.



**Trunk or Treat Sunday, October 30<sup>th</sup>**

**Lots of ways you can help:**

- 1 INVITE!! - This is a great opportunity for outreach and welcoming new folks to our campus.
- 2 Decorate your vehicle's trunk and pass out Halloween candy to the Trunk-or-Treaters! A simple to extravagant trunk - it's up to you!
- 3 Help in the kitchen, run a game booth, bake a dessert treat, give us an hour of your time to help with set up or clean up.
- 4 Donate a bag of individually wrapped candy. Get it early on sale!

## **Social Media Bootcamp**

Do you want to help Saint John's reach out and grow? Are you on Facebook or Instagram or Twitter or Snapchat or Tiktok? If you are, then we need your help. Pastor Greg is putting a team together that will expand our social media presence and help us connect with people who might call Saint John's home. Whether you're a seasoned pro or just want to learn more, email Greg at [greg@saintjohnsag.com](mailto:greg@saintjohnsag.com) to learn more.

# Dress a Girl

Dress a Girl is thrilled to have received an endowment grant of \$500 this year. It will be put to good use purchasing additional fabric and supplies. Thank you Endowment Committee!



Dress A Girl meets every second Saturday, except in December. Our next workshop is September 10<sup>th</sup> from 9 am to 2 pm.



# Scarf & Hat Knitting

The Knitting group making scarves and hats for the homeless and needy meets every second Wednesday. We always have a great time of Fellowship and we'd love to share that fellowship with you! If you don't knit, it's OK – we can teach you and we have everything you need to get started. At the end of the year, we usually distribute the scarves and hats along with the Youth Group. It's an experience you will never forget!

As part of our effort to Embrace the Broken, this year we will be making a few simple quilts to hand out with the hats and scarves. I have been in the process of trying a few simple patterns that actually take about the same amount of time as knitting a scarf! If you are interested in helping with the quilts, give me a text or call 805-710-7941. Pam

# **Music Ministry**

## **ATTENTION ALL SINGERS AND MUSICIANS!**

It's that time of year once again when we're gearing up for our new fall season of musical offerings, and I'm looking for singers and ringers!!

Chancel Choir meets each Thursday evening beginning September 1st (in the office wing Choir Room) at 6:30 pm for a 30-45 minute rehearsal. We then offer our monthly selection at both services on the 2nd Sunday of every month. Can you sing? Can you just carry a tune? You don't have to be Pavarotti to join our ranks, just a willing singer who can devote a little time each week, so we can come together once a month and enhance our worship services. No auditions required -- just come join the fun of this small group!!

Heavenly Handbells meets each Monday morning beginning August 29th (in the sanctuary) at 11:00 am for a 30 minute rehearsal. We then offer our piece at both services on the 4th Sunday of every month. Have you always wanted to learn how to ring a bell? If you can count and if you know your colors, you can ring!! Your music is marked with the timing and different colors for each bell, and once you get the hang of the wrist-flick to ring, you've got it!!

If you think you'd be interested, please contact me at shoyel-b@att.net, or give me a call or send a text to (805) 904-9332. (I especially need to know if you're interested in Bells, as that requires me to mark your individual musical piece.)

Please be praying for our musicians as we enter yet another exciting season ... I am so grateful for the opportunity to lead, to teach, to inspire ... God has truly blessed Saint John's with such a wonderful variety of music to lift praises to His glorious name!!

-- Shari Bowman, Director of Chancel Choir & Heavenly Handbells

# September 2022

Sunday	Monday	Tuesday
<b>28</b> 9:30am Worship 9:30am KidsChurch 11:00am Worship	<b>29</b> 10:30am OA Meeting 11:00am Heavenly Handbells 7:00pm Boy Scouts	<b>30</b> 9:00am Quilting Class 12:00pm Al Anon Meeting 6:00pm AA Meeting 6:00pm Instrumental Ensemble
<b>4</b> 9:30am Family Sunday - Worship & Communion NO Kids Church, 11:00am Worship-Holy Communion	<b>5 Labor Day: Office Closed</b> 10:30am OA Meeting 11:00am Heavenly Handbells 6:30pm Youth Comm Mtg 7:00pm Boy Scouts	<b>6</b> 9:00am Quilting Class 12:00pm Al Anon Meeting 6:00pm AA Meeting 6:00pm Instrumental Ensemble
<b>11</b> 9:30am Worship 9:30am KidsChurch 11:00am Worship 6:00pm Youth	<b>12</b> 10:30am OA Meeting 11:00am Heavenly Handbells 1:00pm Global & Community Missions 7:00pm Boy Scouts	<b>13</b> 11:30am Chapel People's Kit. 12:00pm Al Anon Meeting 6:00pm AA Meeting 6:00pm Instrumental Ensemble
<b>18</b> 9:30am Worship-Holy Communion 9:30am KidsChurch 11:00am Worship-Holy Communion 4:00pm Grandparenting Seminar 6:00pm Youth	<b>19</b> 10:30am OA Meeting 11:00am Heavenly Handbells 6:30pm Council Mtg 7:00pm Boy Scouts	<b>20</b> 9:00am Quilting Class 12:00pm Al Anon Meeting 6:00pm AA Meeting 6:00pm Instrumental Ensemble
<b>25 Lopez Lake Church Campout</b> 9:30am Worship 9:30am NO KidsChurch 11:00am Worship	<b>26</b> 10:30am OA Meeting 11:00am Heavenly Handbells 2:00pm Stephen Min. 7:00pm Boy Scouts	<b>27</b> 9:00am Quilting Class 12:00pm Al Anon Meeting 1:00pm Staff Mtg 6:00pm AA Meeting 6:00pm Instrumental Ensemble



# September 2022

Wednesday	Thursday	Friday	Saturday
<b>31</b>	<b>1</b> 9:00am Quilting Class 10:00am Organist 6:00pm Worship Team 6:30pm Chancel Choir 6:30pm Sweet Adelines 7:00pm Boy Scouts 7:00pm Property Comm	<b>2 OFFICE CLOSED</b> 10:00am AG Rec Dept Knitting	<b>3</b> 2:00pm Jean Wilson Memorial 8:00pm A.A. Speakers
<b>7</b>	<b>8</b> 9:00am Quilting Class 10:00am Organist 6:00pm Worship Team 6:30pm Chancel Choir 6:30pm Sweet Adelines 7:00pm Boy Scouts	<b>9 OFFICE CLOSED</b> 10:00am AG Rec Dept Knitting	<b>10</b> 9:00am Property Day 9:00am Dress A Girl Workshop
<b>14</b> 9:00am Knit a Scarf 6:30pm Cub Scouts Meeting	<b>15</b> 9:00am Quilting Class 10:00am Organist 6:00pm Worship Team 6:30pm Chancel Choir 6:30pm Sweet Adelines 7:00pm Boy Scouts	<b>16 OFFICE CLOSED</b> 10:00am AG Rec Dept Knitting	<b>17</b>
<b>21</b> 1:00pm (on hold) Shalom Circle 6:00pm Al-Anon Mtg	<b>22 First Day of Autumn</b> 9:00am Quilting Class 10:00am Organist 6:00pm Worship Team 6:30pm Chancel Choir 6:30pm Sweet Adelines 7:00pm Boy Scouts	<b>23 Lopez Lake Church Campout</b>  <b>OFFICE CLOSED</b> 10:00am AG Rec Dept Knitting	<b>24 Lopez Lake Church Campout</b>
<b>28</b>	<b>29</b> 9:00am Quilting Class 10:00am Organist 6:00pm Worship Team 6:30pm Chancel Choir 6:30pm Sweet Adelines 7:00pm Boy Scouts 7:00pm Property Comm	<b>30 OFFICE CLOSED</b> 10:00am AG Rec Dept Knitting	<b>1</b> 9:00am Property Day 8:00pm A.A. Speakers

# Endowment Committee Distributions

Your Endowment Committee is pleased to confirm the following final distributions from our 2021 Endowment funds earnings.

Youth	\$2,463	Dress-A-Girl	\$500
Global Missions	\$2,774	Women's Ministry	\$500
Local Missions	\$ 678	Stephen Ministry	\$120
Worship & Music	\$ 509	Carry Forward to 2022	\$576
Total Distribution - \$8,120			

The checks have arrived, and Pam will be making the distributions asap.

Blessings, Terry Fibich, Brian King, Gordon Eiland, Bob Weiger & Pastor Greg

## Women's Ministry

Our ministry is once again preparing Personal Care Kits to be distributed by Lutheran World Relief (LWF).

While Cleanliness may not actually be next to Godliness, it certainly helps a person feel more human. When families find their homes destroyed or must flee for their safety. When they arrive in a refugee camp or other place of safety, they are tired, hungry and dirty. The items in the Personal Care Kit provide a level of comfort and cleanliness that's much appreciated.

We have purchased 100 towels and need your help with the following:

- ✓ 3-4oz (bath size) bars of soap, any brand (200)
- ✓ Adult size toothbrushes, in original packaging (100)
- ✓ Sturdy combs, no fine toothed and no picks (100)

We will be collecting these items during the month of September. Look for the collection basket in the Commons.

Please plan to attend the next Women's Ministry meeting on Wednesday September 14 at 1:00 PM. We will have a speaker, TBA later.

Women's Ministry Board



# Women's Ministry

*Coming Soon!!!*

## *White Elephant & Bake Sale*

*Friday & Saturday - October 7th & 8th*



**Hours of the sale:** Friday October 7<sup>th</sup> 8:00 AM -1:00 PM &  
Saturday October 8<sup>th</sup> 8:00 AM -12:00 PM

**Clothing:** We are only accepting Jackets, Coats, Cardigan Sweaters and shoes. Items must be clean, without tears or rips.

**What to Donate:** household items, glassware/china, antiques, sporting goods, tools, garden equipment, jewelry, purses, linens, holiday items, books, CDs, games, toys, small electrical items and appliances and small pieces of furniture. **ALL ITEMS MUST BE IN WORKING CONDITION!!**

**What not to Donate:** Large pieces of furniture/appliances, magazines, textbooks, VHS/Cassette tapes, cosmetics, lotions, and perfumes (even if unopened).

**When to Donate:** Bring donations to Ouimette Hall on Mon 10/3 thru Thurs 10/6 from 8:30 AM – 1:00 PM. **No donations will be accepted after Thursday!!**

**Baked Goods:** May be dropped off from 9:00 AM Thursday 10/6 until 12:00 PM on Friday morning 10/7.

**Volunteers:** We need your help in the following ways:

1. Setting up Ouimette Hall on Sunday 10/2 after 1<sup>st</sup> service.
2. Help with unpacking, pricing and staging articles on Mon 10/3 –Thur 10/6 8:30 AM – 1:00 PM.
3. Cashiers and Floor Workers to arrive at 7:30 AM on Fri and Sat for the sale.
4. Help with cleaning up the hall after the sale on Saturday and on Mon.
5. Men - need your help with set up and selling in the Man Cave.

Rena Weiger & Kay Werner - White Elephant & Bake Sale Co-Chairs

# Stephen Ministry

## Coping with the Aftermath of the Pandemic, Anxiety, & Stress

### A Conversation with Dr. Louisa Troemel

**Sunday, October 2<sup>nd</sup> 12:30pm**

The last few years have brought tremendous challenges to our faith communities. In addition to the normal stresses of mortal life, we have been through the COVID pandemic, with the associated “pandemic fatigue,” masks and lockdowns. This was especially painful and heartbreaking for many churches, for those already dealing with illnesses, and for seniors living in independent/assisted living facilities. Add the increasing political divisiveness, which is spilling into the faith community, and pulling many families apart, and you have a recipe for a deep need for God now more than ever.



Have you felt more stress in your life? Feeling discouraged? Scriptures give us lots of guidance and comfort for such times, and there is no substitute for faith. That said, there are other things you can do in your daily life in dealing with stress and coping. God has blessed us with a true expert in our congregation in Dr. Louisa Troemel, who is not only on Saint John's Church Council, but is also licensed Psychologist and licensed Marriage and Family Therapist working for the California Dept. of Corrections and Rehabilitation, at the California Men's Colony, where she specializes in High-Risk Management and teaches Custody Partnership and Suicide Prevention. She maintains a private practice in San Luis Obispo. Dr. Troemel has generously agreed to share some of her experience and insights with us after the traditional worship service on **Sunday, October 2, at 12:30 pm in Ouimette Hall**. This is for educational purposes only, and is not therapy, nor a solicitation for business.

Please join us on October 2 for a short presentation by Louisa, with open Q&A to follow.

Sponsored by Saint John's Stephen Ministry. Light snacks provided.

# Council Highlights

## Highlights of Council Meeting August 14<sup>th</sup>

- Committee inputs for the budget are requested. Annual budget is to be ready before Thanksgiving.
- Replacement of the luminated church sign on Valley Road is ongoing.
- Candidate for the empty Council seat was discussed.
- The fence surrounding the Columbarium needs to be assessed for repairs.

<u>Income/Expenses:</u>	<u>July 2022</u>	<u>YTD</u>
Income	\$ 29,216	\$ 192,600
Expenses	36,126	<u>\$ 236,487</u>
	\$ -6,909	\$ -43,887





# BIRTHDAYS ANNIVERSARIES

JACOB DAY	9/2
VALERIE SMALL	9/2
CYNDI PERRY	9/4
FRED TUGGEY	9/4
DAWN DRYSDALE	9/11
SUSAN CARLSON	9/18
SHARI BOWMAN	9/24
NATALIE FOSSUM	9/25
LOUISE TAYLOR	9/26
ABIGAIL COLTON	8/23
KRISTA BARRETTE	8/28
KENT FOSSUM	9/30
LOUISE TAYLOR	9/26
Abigail Colton	9/27
KRISTA BARRETTE	9/28
KENT FOSSUM	9/30

GENE & YVONNE STEPHENS	9/5
CAL & KERRY WOOD	9/9
STEVE & CYNDI PERRY	9/10
FRED & SHARLINE TUGGEY	9/23
BRECK & PRISCILLA THOMAS	9/30

Adrienne, Stan, Theresa, Nancy, Harry,  
Brent, Eric, George, Stephanie, Lisa,

*In Need Of  
Prayer...*

The Gold family, the Wilson Family, the  
Ebersole family, the Roberts & Kaseman  
Families.

**Church Work Day**  
Saturday September 10<sup>th</sup>  
9:00 am  
Come see what you can do!

**Food of the Month**  
**September – Canned Chili**  
For 5 Cities Christian Women's  
Food Pantry

# CONTACT information



## Church Council 2022

### **PRESIDENT**

Wes Drysdale

### **VICE PRESIDENT**

Kevin Colton

### **TREASURER**

Brian King

### **SECRETARY**

Mark Haley

### **Youth & Children**

Wes Drysdale

### **Worship & Music**

Kevin Colton

### **Stewardship**

Frank Drake

### **Property**

Mark Haley

### **Social Outreach**

Emanda Miller

### **Global Missions**

Pat Muran

### **Good News**

Jeff Metcalfe

### **Louisa Troemel**

At Large

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Pam Glenn

Children & Youth Director

Cindi Wallace

Music Coordinator

Janice Goodwin

Chancel Choir & Handbells Director

Shari Bowman

Songfest Director

Cal Wood

Organist

Dawn Russ

## **How to Give to Saint John's**

Go to [www.saintjohnsag.com/give/](http://www.saintjohnsag.com/give/) where you can learn more about donating with your credit or debit card or follow the link to give on-line. For more info, call the Church Office.

October Newsletter: **Deadline is September 15**

Thank you to Newsletter crew who fold & stuff the newsletter and mail it off each month.

**The Eagle**

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