

# St. John's SPOKESMAN MARCH 2016

## HELPING FAMILIES REACH THE PROMISE OF TOMORROW

### OUR PARTNERSHIP WITH FAMILY PROMISE

Brian Blomster, Church Member & Family Promise Liaison

Putting a roof over someone's head, providing a warm, safe bed, and serving nourishing meals are the very basics of Family Promise. At the heart, though, doing these things is for a greater purpose.

The role St. John's plays every couple of months in hosting families who are working toward self-sufficiency answers a call we, as Christians, hear to share our good fortune, our time and our talents.

In my brief association with Family Promise, as liaison to the program for the Social Ministry Committee, I am seeing with each interaction how that is being done with compassion, joy and purpose, reflecting the strong, clear-eyed leadership from Verne Gore and Charlaïne Hamilton.

Perhaps most striking is the intimacy required. As part of a rotating number of churches participating, St. John's provides living space and food for a week at a time to people screened and chosen for the program. During their time with us, they continue their lives, adults going to or seeking work or participating in various programs during the day, kids going to school. They sleep in rooms set up in the Sunday school wing, dine in Oehler Hall, relax in the evenings. Normal things.

Volunteers help set up and break down the rooms at the start and end of each week; others sleep over to provide on-site assistance as needed, and still others cook, deliver and serve dinners.

Is it idyllic? Not always. This fact is rooted in the often-hard reality of people in transition. Fractious interactions occur, reminding us all of the stress our guests are under. But the overall



## Family Promise of Sacramento

*The Family Promise of Sacramento logo*

atmosphere of shared hope and responsibility and the belief in God's work in all our lives helps smooth rough edges and keeps the mission foremost.

And it feels great. While cooking for the families in January, I was as nervous as when putting together Thanksgiving dinner. I kept bothering my wife, Rita, asking, "Is it OK? Do you think they'll like it?" She assured me it was fine.

Perhaps that's the selfish part, wanting to feel good about lending a hand. But any self-congratulations fades quickly when the reason we are doing this returns to focus: We are doing God's work and trying in whatever small way to shine some of that light into the lives of others. That and the grace of our guests is enough to remind one that humility is the greater part of sharing one's gifts.

I am thankful to be allowed to be part of it.

*If you are interested in Family Promise, please see our page on the St. John's website. Our next session is March 13-20. Volunteers will be able to sign up on Volunteer Spot.*

Live God's Love in the World

ST. JOHN'S  
LUTHERAN CHURCH

VOLUME 54, ISSUE 2 - IN THIS ISSUE:

- Helping Families Reach the Promise of Tomorrow
- Voices from the ELCA Youth Extravaganza
- Easter Week Worship Times
- News & Notes
- March at St. John's
- St. John's App Now Available
- Overwhelming Needs
- We Love the Spokesman! Form
- Easter Lily Order Form

# VOICES FROM THE ELCA EXTRAVAGANZA

*The Extravaganza is an annual four day conference that draws between 500-750 adults who work with youth in congregations of the Evangelical Lutheran Church in America for the premier renewal, education and networking event of our church. This year, St. John's had three individuals attend the event: Sierra Ronning, Pastor Leslie Welton and Kara Haug. They reflect on their experiences.*

## NETWORKING AND AFFIRMATION: KARA'S EXPERIENCE

My experience at the Extravaganza was life giving. For me this event was about work and networking. In the past it was respite and educational.

I led two of my own workshops: one on Gender Identity and the other called Wonder Incarnate. Wonder Incarnate was a movement workshop where we integrated writing and movement.

I was thrilled with how the Gender workshop went for many reasons, specifically the openness of the people who attended and their eagerness and willingness to learn.

As I am changing my ca-

reer focus to sexual education, I was thrilled that those attending the Extravaganza told me that the church needs more of this discussion and more educational opportunities around sexuality. Yes! This made me very happy.

At the last minute I was invited to share about my website Grace Unbound and was able to field important questions by the synodical leaders around gender identity. This was a wonderful experience and I was so happy to see the leaders of our youth so engaged in wanting to learn and be that special support person in their life.

I spoke a lot on how sexuality affects all areas of our lives, not just the nuts and bolts we first associate with; but in how we enter into relationship with those around us, ourselves and our creator.

People heard me when I said the way the church can be relevant again is to have a safe and affirming place to talk about sexuality as a whole. If we know how to do it properly and effectively, it is not something we should be fearful of, but instead see it as a place of healing. My time at the extravaganza affirmed this. It seems people are ready.



## STAGE HAND & TALENT ASSISTANT: SIERRA'S EXPERIENCE

This year, the Extravaganza was hosted in Anaheim, California, and I was blessed to be asked to serve on the Main Stage Team for the third year. My task at the event is to make sure the main stage presentations and worships not only come together but are done to the best of our abilities so that they can inspire everyone attending.

I was given the task of working with the talent (guest speakers and musicians) to get them registered for the event, checked into their room and sound checked for each large gathering. During the main stage events, I worked the roving camera for filming and projecting purposes. This camera gets to move around the room to capture close ups and crowd reactions. It really keeps me on my toes!

I realize that working on the Main Stage Team restricts my abilities to make it to the amazing workshops offered, but being a part of this teams gives me a unique networking experience. I get to work closely with so many influential people at the event and in the ELCA. I feel so fulfilled from working at this event and hope to go back again next year!



## MAINSTAGE WORSHIP LEADER: LESLIE'S EXPERIENCE

I had the blessing of being a main stage speaker at this year's Extravaganza. Along with fellow pastors Rustin Comer and Kara Baylor, we served as a team of practical theologians and worship leaders for the large group sessions.

Under a conference theme of "Wonder," as each smaller theme was introduced, we became the "storytellers," letting narrative bring different points of light to the theme upon which the keynote speaker, Anna Madsen, would then expand.

Story is a meaningful way to get folks thinking about how the love of God permeates all aspects of life, and this was a chance to simply put some stories out there to spark the imagination. It was wonderful to hear back from attendees who would start a conversation with, "your story reminded me of...".

As I presided at the closing worship Monday morning, I was struck by the community in the room. The body of Christ in all its beautiful diversity was getting ready to go home and teach our youth that it is okay to wonder and question matters of faith and to then accompany them on their journeys!

What joy to spend time with so many gifted and dedicated youth and family ministry workers. The energy around this gathering was infectious, and I was amazed at the resources available for nurturing the faith and spiritual lives of our kids.

# Remember how HE told you

## EASTER WEEK WORSHIP TIMES

### SUN, MAR. 20 - PALM SUNDAY

Worship Services at 8:00 am,  
9:00 am, 11:30 am

### THU, MAR. 24 - MAUNDY THURSDAY

Worship Service at 7:00 pm  
*Maundy Thursday is the day we remember Jesus' last supper by taking communion.*

### FRI, MAR. 25 - GOOD FRIDAY

Worship Service at 7:00 pm  
*On Good Friday we allow ourselves to rest uneasy in the unknown as we remember Jesus' death on the cross.*

### SAT, MAR. 26 - EASTER VIGIL

Worship Service at 7:00 pm  
*Easter Vigil brings the anticipation of the resurrection of Christ.*

### SUN, MAR. 27 - EASTER

Worship Services at:  
6:30 am - Sunrise Worship  
8:00 am, 9:30 am, 11:30 am  
*Our Easter Sunday services are full of joy and celebration. Join us for a jubilant celebration of the resurrection of Christ*

## NEWS & NOTES

### 20/30 Game Night

On March 5 at 6:00 pm, join others in the 20/30 group for a potluck and evening of board games. We'll gather at Pastor Leslie's for food, fun and fellowship. Park in the parking lot and then come on down to the red gate next to Plates2Go! Bring a favorite game or two and a dish to share. RSVP to [2030@stjohnslc.org](mailto:2030@stjohnslc.org) so we know how many to expect.

### A Thank You Note

I would like to thank the faith community at St. John's for lifting me and my family up in prayer as we grieve the loss of my Mother. *With love in Christ, Donna Shadle and family.*

### CLU Choir Concert

The California Lutheran University Choir is coming to St. John's! Cal Lutheran is a close partner in ministry to St. John's with several alumni on staff -- Pastor Frank ('82), Sierra Ronning ('12), and Jae Park ('14). The concert tour is an intentional and exciting opportunity for the university and its students to connect with Lutheran churches through music. Mark your calendars for Sunday, March 20 at 7:00 pm! Admission is free. Information on volunteering to host students for the night will be announced on a Sunday.



### Lenten Worship

Held every Wednesday night at 6:00 pm, Singing on the Steps returns as a Lenten evening worship. Join us on the church steps for informal worship with acoustic guitar and time for mini devotion and reflection. We're looking for people to lead music with Sierra or share a devotion! These weekly devotions will finish on March 16 as we prepare for Holy Week. Contact Sierra or Jae at [music@stjohnslc.org](mailto:music@stjohnslc.org) if you want to help or have any questions.

### A Review from the Library

Here's a timely book in our church Library: *Christians and the Common Good* by Charles E. Gutenson. The author proposes that the kingdom of God is concerned with justice and communal well-being. The question is how Christians can be active in public life without getting mired down in political polarization and controversy.

## WOMEN'S MINISTRY LUNCHEON

Saturday, April 9 at NOON in Oehler Hall

"Can't go over it...Can't go under it...Gotta go through it!" - Featured speaker KARA HAUG

Reserve your place today, and bring a friend along to enjoy St. John's with you!

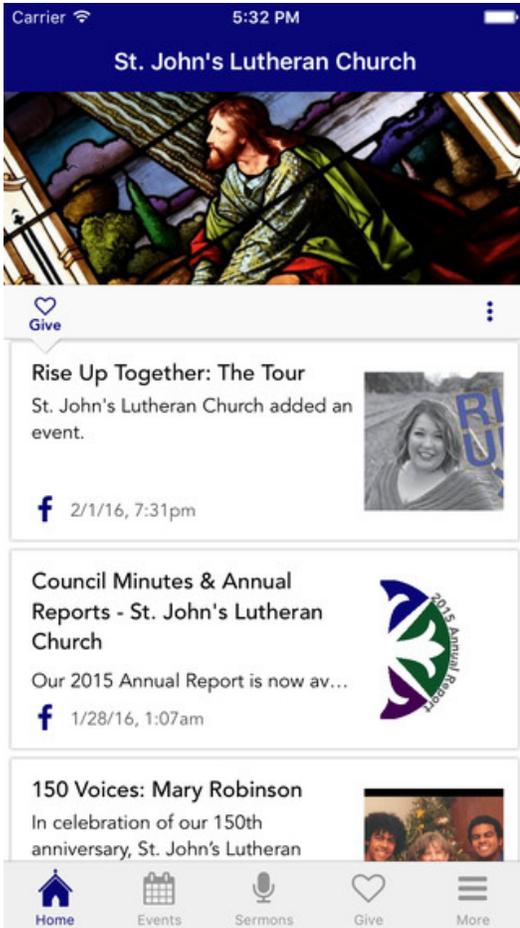
Send a \$15.00 check, payable to St. John's WELCA, by April 2 to:  
WELCA Treasurer Mary Jones | 67 Starglow Circle | Sacramento, CA 95831

Questions? Shelly Brassil | 429-1996 | [shellybrassil@gmail.com](mailto:shellybrassil@gmail.com)

# MARCH AT ST. JOHN'S

<b>TUE, MAR. 1</b>	<b>Parish Nurses in Office 9:00 am - 2:00 pm</b> 7:00 am Assisting Minister Meeting 6:00 pm Bell Choir Rehearsal 6:45 pm Celebration Singers Rehearsal 7:00 pm Hospitality Meeting	<b>WED, MAR. 16</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm   Family Promise</b> 12:00 pm Bible in 90 Days 12:15 pm Healing Prayer & Communion 5:15 pm Luminaria Meeting 6:00 pm Lenten Worship 6:45 pm St. John's Choir Rehearsal
<b>WED, MAR. 2</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm</b> 12:00 pm Bible in 90 Days 12:15 pm Healing Prayer & Communion 5:15 pm Luminaria Meeting 6:00 pm Lenten Worship 6:45 pm St. John's Choir Rehearsal 7:30 pm Theology on Tap	<b>THU, MAR. 17</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm   Family Promise</b> 11:00 am Sewing/Quilting Group
<b>THU, MAR. 3</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm</b>	<b>FRI, MAR. 18</b>	<b>Family Promise</b> 11:00 am LLL Book Club
<b>SAT, MAR. 5</b>	10:00 am GFE Rwanda Participant Meeting 6:00 pm 20/30 Game Night	<b>SUN, MAR. 20</b>	<b>Palm Sunday   Family Promise</b> 8, 9 & 11:30 am Worship 10:15 am Coffee Hour, Men's Ministry Theology, Bible in 90 Days, Luminaria, Social Ministries Forum: Habitat for Humanity, Easter Party 5:00 pm Youth Group 5:30 pm Bible in 90 Days 7:00 pm Cal Lutheran Choir Spring Concert
<b>SUN, MAR. 6</b>	<b>4<sup>th</sup> Sunday of Lent</b> 8, 9 & 11:30 am Worship 10:15 am Coffee Hour, Sunday School, Luminaria, Men's Ministry Bible Study, First Communion Class, Bible in 90 Days, Social Ministries Forum: CDFB 1:00 pm Confirmation Class 5:00 pm Youth Group 5:30 pm Bible in 90 Days	<b>MON, MAR. 21</b>	9:30 am Library Committee 5:00 pm Stephen Minister Leader Meeting 6:30 pm Stephen Minister Peer Group, Call Committee
<b>MON, MAR. 7</b>	9:30 am Library Committee 4:30 pm Safe Ground 6:30 pm Stephen Minister Peer Group, Call Committee	<b>TUE, MAR. 22</b>	<b>Parish Nurses in Office 9:00 am - 2:00 pm</b> 7:00 am Assisting Minister Meeting 5:00 pm Stewardship Committee 6:00 pm Bell Choir Rehearsal 6:30 pm Mutual Ministry Committee 6:45 pm Celebration Singers Rehearsal
<b>TUE, MAR. 8</b>	<b>Parish Nurses in Office 9:00 am - 2:00 pm</b> 7:00 am Assisting Minister Meeting 5:30 pm Wonderers Meeting 6:00 pm Bell Choir Rehearsal 6:45 pm Celebration Singers Rehearsal 7:00 pm Evangelism Team Meeting	<b>WED, MAR. 23</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm</b> 11:00 am Sewing/Quilting Group 12:00 pm Bible in 90 Days 12:15 pm Healing Prayer & Communion 5:15 pm Luminaria Meeting 6:45 pm St. John's Choir Rehearsal
<b>WED, MAR. 9</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm</b> 12:00 pm Bible in 90 Days 12:15 pm Healing Prayer & Communion 5:15 pm Luminaria Meeting 6:00 pm Lenten Worship 6:45 pm St. John's Choir Rehearsal	<b>THU, MAR. 24</b>	<b>Maundy Thursday   Parish Nurse in Office 9:00 am - 2:00 pm</b> 7:00 pm Maundy Thursday Worship
<b>THU, MAR. 10</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm</b> 11:00 am Esther Circle AM 6:30 pm Social Ministry Team Meeting 7:00 pm Esther Circle PM	<b>FRI, MAR. 25</b>	<b>Good Friday</b> 7:00 pm Good Friday Worship
<b>SUN, MAR. 13</b>	<b>5<sup>th</sup> Sunday of Lent   Healing Ministry in Worship   Family Promise   Daylight Savings Time Starts</b> 8, 9 & 11:30 am Worship 9:00 am First Communion 10:15 am Coffee Hour, Men's Ministry Bible Reading Group, Sunday School, Luminaria, Bible in 90 Days 5:00 pm Youth Group 5:30 pm Bible in 90 Days	<b>SAT, MAR. 26</b>	<b>Easter Vigil</b> 7:00 pm Easter Vigil Worship
<b>MON, MAR. 14</b>	<b>Family Promise</b> 9:30 am Library Committee 11:00 am Deborah Circle 6:30 pm Assisting Ministers Meeting	<b>SUN, MAR. 27</b>	<b>Easter</b> 6:30 am Sunrise Worship 8, 9:30, 11:30 am Worship 10:15 am Coffee Hour, Men's Ministry Planning, Luminaria, Bible in 90 Days 5:00 pm Youth Group 5:30 pm Bible in 90 Days
<b>TUE, MAR. 15</b>	<b>Parish Nurses in Office 9:00 am - 2:00 pm   Family Promise</b> 7:00 am Assisting Minister Meeting 5:30 pm Property Committee Meeting 6:00 pm Bell Choir Rehearsal 6:45 pm Celebration Singers Rehearsal 7:00 pm Church Council	<b>MON, MAR. 28</b>	<b>Office Closed</b> 4:00 pm Safe Ground 5:30 pm Wonderers Meeting
		<b>TUE, MAR. 29</b>	<b>Parish Nurses in Office 9:00 am - 2:00 pm</b> 6:00 pm Bell Choir Rehearsal 6:45 pm Celebration Singers Rehearsal
		<b>WED, MAR. 30</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm</b> 12:00 pm Bible in 90 Days 12:15 pm Healing Prayer & Communion 5:15 pm Luminaria Meeting 6:45 pm St. John's Choir Rehearsal
		<b>THU, MAR. 31</b>	<b>Parish Nurse in Office 9:00 am - 2:00 pm</b> 6:30 pm PUB Theology

# ST. JOHN'S APP NOW AVAILABLE ON SMARTPHONES



In December we announced that we were making some design and digital changes at St. John's. One of these changes included the creation of a St. John's app that members can download on their smartphone. This app is now available!

Accessible in both the iTunes App Store and the Google Play Store, the St. John's app gives our members access to sermons, our event calendar, newsletter articles, mobile giving, a prayer wall and more all from the palm of their hand!

With this app, individuals can easily add our events and services to their personal calendars and download the weekly sermons for listening at any time. It also allows anyone to easily call or email us from within the app.

To download the app today, visit the iTunes App Store or Google Play Store and search "St. John's Sacramento."



## OVERWHELMING NEEDS

*Candace Cox, Stephen Minister*

Caring for people in need or crisis is at the heart of a congregation's ministry. Pastors and congregations exhaust themselves trying to meet these needs, but their best efforts often fall short.

Pastors and church staff don't have enough hours in a week to care for all the members who are hurting, much less reach out to nonmembers who are hurting as well. The pastors provide immediate care at the onset of a crisis, but no one is able to provide ongoing follow-up care.

Needs for care can go unnoticed and unmet. Lay people want to help but typically lack the knowledge, skills and confidence to care effectively. Those whose needs for care go unmet can struggle in faith, and they may even stop participating in weekly congregational services.

What do St. John's pastors and congregation do to meet the ever-growing needs for care? Our pastors enlist the help of the Stephen Ministers of our congregation by contacting the Parish Nurses when they see a member or friend struggling with a problem they cannot resolve.

Our Stephen Ministers are well trained to faithfully and thoughtfully care for those in the congregation whose needs could go unmet. All care is delivered through a confidential relationship between a Stephen Minister and a care receiver.

If you or someone you know needs a caring person to walk alongside them during their time of need, please contact a pastor or a Parish nurse.

## WE LOVE THE SPOKESMAN! FORM

We know that each of our members is unique and likes to stay connected to St. John's in different ways. That is why we are touching base to see if receiving the Spokesman by mail is still one of your top options for St. John's communications. **If you want to continue getting the Spokesman in your mailbox every month, fill out the form below and send it back to our office!** If you would prefer we stop the mailings, then there is no need to do anything.

*Please print clearly.*

YOUR NAME: \_\_\_\_\_

YOUR ADDRESS: \_\_\_\_\_

NOTES/COMMENTS: \_\_\_\_\_

*We also invite you to call the office to let us know you love the Spokesman!*



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FAX: 916.444.1205

EMAIL: [staff@stjohnslc.org](mailto:staff@stjohnslc.org)

WEB: [www.stjohnslc.org](http://www.stjohnslc.org)

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Want to get The Spokesman by email?

Send a request to [publications@stjohnslc.org](mailto:publications@stjohnslc.org)

MINISTRY STAFF

REV. FRANK ESPEGREN  
Senior Pastor and Director of Missional Strategy

REV. LESLIE WELTON  
Pastor and Director of Discipleship & Outreach

REV. JON HAUG  
Pastor and Director of Congregational Life

STEVEN JOHNSON  
Director of Worship & Music

JAE PARK  
Worship & Music Program Coordinator

SIERRA RONNING  
Youth Ministry Coordinator

JASON PETTIT  
Children's & Youth Choir Coordinator

JAYLA WINGARD  
Children's Ministry Coordinator/Admin Assistant for Outreach

CINDY CARROLL  
Faith Community Nurse

SUZI CARSON  
Faith Community Nurse

EASTER LILY ORDER FORM

Help beautify our sanctuary for Easter Sunday with the purchase of an Easter Lily for only \$10 per plant. Fill out this form and return it to the church office no later than Sunday, March 20 in order for your dedication to be included in the Easter bulletin.

Please print clearly.

YOUR NAME: \_\_\_\_\_

IN MEMORY OF: \_\_\_\_\_

IN HONOR OF: \_\_\_\_\_

OR TO THE GLORY OF GOD (CHECK HERE): \_\_\_\_\_

Plants may be taken home after the 11:30am Easter service.