



St. John's Lutheran Church

From the Pastor



"I know what it is to be in need, and I know what it is to have plenty.

I have learned the secret of being content in any and every situation, whether well-fed or hungry, whether living in plenty or in want. I can do all things through him who gives me strength." Philippians 4

Dear Friends,

I recently read an article about the benefits of giving up the sense of entitlement that can sometimes overcome us. Occasionally, we are tempted with the belief that life should please us, that it should be comfortable, satisfying, and easy. And when it doesn't turn out that way, we might react with anger, fear, self-pity, and depression. Feelings of frustration, unhappiness, and disappointment with life can lead to a cycle of bitterness and negativity. When this happens, we are not able to experience contentment, fulfillment, and abundant life. Such feelings can also lead to a mindset that pits one person against another, which can inhibit or destroy relationships. How might we attempt to lesson the sense of entitlement? One way is through the implementation of some of the following spiritual practices:

Practice Empathy – the ability to identify with and respond to the unique experience of another, as well as increasing our awareness of other people's thoughts and feelings

Let go of Expectations – let things unfold naturally rather than trying to control how things will turn out.

Recognize our Connection with Others – identify the many things we have in common with other people.

Rejoice in the Happiness of Others – acknowledge someone else's good fortune, promote others' achievements, and celebrate others' joys in our prayers.

Be Grateful – be thankful for what we have, for the daily blessings, and for the people in our lives.

Step Aside – let others go first and go before us.

Go with the flow – be willing to get rid of the life we've planned so that we might have the life that is awaiting us.

Accept Health Challenges – be resilient and accept the lessons that can come with illness and physical breakdowns.

By making some changes in our thoughts and our behavior, we can lesson the sense of entitlement and thereby have and experience the life that God gives to us.

Peace,

Pastor Dan's



February



Happy Birthday this month to:

Courtney Arends– 14th Erica Torkelson– 18th

David Jacobson– 22nd Nancy Stredde– 22nd

Usher for the month: Mike Arends

Reader for the month: Barb Ruter

Card Night

Saturday, February 9th

6:30 pm

At Bethesda Grand

Trivia Night

Saturday, March 9th

6:30 pm

At St. John's

If you would like to receive the newsletter by email or know of someone who would like to receive one email Nancy at firststep@charter.net.

ACT Parish

Sunday, February 17th,

12:30 p.m. at

Hope Lutheran Church

- Bring your favorite chili to compete
- Come and judge or just come to eat
- free will offering.

Proceeds will go to the ACT Parish.



Lenten Supper sign up sheet is posted in the basement.

Lenten Service Dates for St. John's are:

March 13th

March 27th

April 10th

Valentine's Day Is for Christian Love

Valentine's Day is for honoring love;

To show those we love we care.

Red hearts with tender sentiments

We send, our love to share.

So on Valentine's Day we're reminded

Of our very first Christian goal:

To love the Lord with all our heart

And all our mind and soul.

To love our neighbor as ourselves

We are also told to do,

So let's live our love by the Bible;

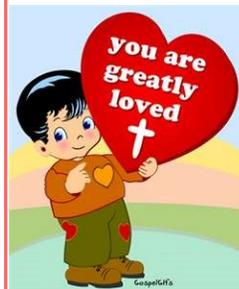
It's God's word, flawless and true.

If we give this Christian Valentine first,

We'll never run out of love,

For infinite love will come to us

From God in heaven above.



By Joanna Fuchs