

The Followers' Footsteps

March 2018



***“Followers of Christ, sharing
God’s love and blessings”***

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Numbers, Attendance, Pledges



Saturday/Sunday average attendance through February 25
(attendance at regular weekend worship only)

Year-to-date attendance through February 28

(services on Saturday, Sunday, church holidays, and midweek for Epiphany, Lent and Advent)

	2018
Total Sat/Sun Attendance for year 2018	932
Average Weekly Attendance	117 (8 wks.)
Total Sat/Sun Attendance for prior month thru 02/25	461
	2018
Total Attendance for all public services since beginning of year (thru 2/28)	1236

The Followers' Footsteps

is the monthly newsletter of
St. Thomas/Holy Spirit Lutheran Church
(Evangelical Lutheran Church
in America)

Saturday Worship - 4:00 PM

Sunday Worship - 8:30 & 10:45 AM

Christian Fellowship Hour - 9:30 AM

We welcome you to worship with us and to experience the joy of having fellowship with other people who believe in the love of God and the teachings of Christ.

3980 S. Lindbergh Boulevard

Sunset Hills, MO 63127

(314) 843-6577

Fax: (314) 849-2617

Email: sths at swbell.net

Web site: www.st-thomas-holy-spirit-lutheran-church.org

Pastor: The Rev. Jill. V. Seagle

Ministers: The People of
St. Thomas/Holy Spirit Lutheran Church

Newsletter Editor: Sue Rosso

Email: sths at swbell.net

Year to date \$\$ Figures

YTD Pledges over/(under):	\$ (3,175)
Weekly Pledges Needed:	\$ 5633
Offerings received last Sunday	\$ 3,795

NewsLetter DEADLine

From the STHS Newsletter Editor
Articles for *The Followers' Footsteps* can be left in the church office or sent to

sths at swbell.net

April 20 for the May issue

May 18 for the June issue

June 15 for the July issue

July 20 for the August issue

From the Pastor's Desk: Searching for I AM

"You know, I feel closer to God when I am out in nature, or when I see a gorgeous sunrise." I have heard many people say something similar in regard to their connection to God. It is understandable to sense the amazing God who created and sustains all things when encountering those things which seem cosmic: sunrise, sunset, starry skies, mountain top vistas, pristine beaches, ancient forests.

Sometimes I wonder, though. Many of the people who say these things to me are people who are excusing their lack of attendance in the church. They like the cosmic God who demands nothing of them. They like the amazing wow factor because it means that they really have little to do to sustain faith. There is no call to an intimate relationship with God, because a cosmic God is so vast there is no way that a person could draw very close.

The gospel of John states that the Word became flesh and abided with us. Throughout that gospel we encounter a God who is literally with us, like us in every way. The very cosmic story in John 1 crashes into our reality to bring us a God who wants to be close: a God who wants to bring us grace upon grace. The very fleshy nature of God in Jesus should bring us comfort, should make us feel more loved, more understood. It should bring us closer to I AM.

Yet, we strip God of this familiar, this form. We look for a God who is so far beyond us that we do not have to take responsibility in our relationship. We look for a God who is a magic genie in a bottle, there to do our bidding when we call. We look for a God who cannot possibly really understand us because God is as vast as the universe, and so we let ourselves off the hook. We remain trapped in the dark, unwilling to really see that our God is not just cosmic, but also fully human.

I would love to hear someone say to me, "You know, I feel closer to God when I look into the eyes of the homeless woman that hangs out at the intersection of 44 and Lindbergh." I would love to get into a conversation with a person who insists that I AM can be encountered in the lost and the least.

In this season of Lent we are searching for I AM. We are seeking to answer the question of who it is that people say Jesus, God made man, is. Sometimes it is easier, I think, for me to answer who Jesus is not. Jesus is not the American protestant ideal; Jesus is not a friend to the rich and powerful; Jesus is not an advocate for guns; Jesus is not a champion of the privileged. When I start to think that Jesus is a friend to the religious insiders and elite, I start to lose myself in the darkness, hiding from the light that shows me the real I AM. I start to let myself feel OK with a God who is not present, not staring at me from eyes that have seen too much of the brokenness of this world.

Then I think of this portion of Elie Wiesel's *Night* and I find that light that shines to show us who God really is for us:

"Then came the march past the victims. The two men were no longer alive. Their tongues were hanging out, swollen and bluish. But the third rope was still moving: the child, too light, was still breathing... And so he remained for more than half an hour, lingering between life and death, writhing before our eyes. And we were forced to look at him at close range. He was still alive when I passed him. His tongue was still red, his eyes not yet extinguished.

Behind me, I heard the same man asking:

"For God's sake, where is God?"

And from within me, I heard a voice answer:

"Where He is? This is where--hanging here from this gallows..."

It doesn't seem like light, but it is that beam of light that exposes the places where sin resides. In that image I find the truth of I AM—found in the lost and the least, in the small and the forgotten, in even the places that we are unwilling to go. It is not I AM as cosmic and beyond us, but so ever present with us that I AM knows even our worst suffering and brokenness.

In Christ,
Pastor Jill



PRESIDENT'S MESSAGE: News and Events**NEWS AND EVENTS**

Roger Wieting reported that we had two recent power outages at church when no one was present. The good news is the fire alarm system worked as intended. It had been checked after the conversion to a digital system last year, but this was the first real world test. One of the outages brought a response from the Fire Department. It appeared the outages were in the area around the Church, perhaps due to the heavy rains.

Bonnie Butterfield and Louann Elledge conducted a review of the ELCA Model Constitution and compared it to our current issue. The review identified a rather extensive number of changes that will have to be approved by ELCA before they are presented to the Congregation for a vote. Pastor Jill and I will meet with Bonnie and Louann to revise the Bylaws where the makeup of the Council, Boards, Committees and some financial guidance is spelled out.

As is also noted in the Council minutes, the 2018 Central States Synod Assembly will be held in Lindsborg, Kansas, June 7-9. We have one attendee but would like to add a female adult and a youth to represent our Congregation. Please call Pastor Jill or any Council member if interested.

Lee Bodendieck was notified that Church Mutual Insurance will be adjusting upward the cost of our Workmen's Comp coverage. He is awaiting a proposal from another company that specializes in Workmen's Comp, in hopes of finding a lower price.

God Bless,
Loran Schnaidt

NEXT NOISY OFFERING WILL BE MARCH 11—BRING CHANGE!

Our children are getting involved in worship! Every few weeks, the children who are present in worship will be collecting an offering of spare change — an offering that you can toss into our “noisy” tin buckets as they come around. This quarter offerings will be donated to Sweet Celebrations, a charity that throws birthday parties for homeless children. For their third project, the donations went to a family through the Feed My People Christmas “Adopt-a-Family” program. Please note, we are not looking for large amounts to be given. You can simply grab those coins that have been sitting in your car for months, or take the chance to grab those annoying pennies left in your wallet. Throw them in the buckets and make a joyful noise. Help the children be a part of worship and help them learn the value of giving to others! The total collected for the Adopt-A-Family donation was \$351.64. Thank you so very much!

er.com

CHURCH COUNCIL MEETING**Saturday, Feb. 10, 2018**

Council members enjoyed lunch and meeting was called to order at 12:45 p.m.

PRESENT: Pastor Jill Seagle, Loran Schnaitd, Ken Janovec, Steve Hilts, Jane Brda, Anita Petrovic, Roger Wieting, Jan Dillon, Sandy Freeman (for Paula Greenwood), Dave Eshelman, Sandy Griffard.

ABSENT: 0

Loran Schnaitd read the February devotion: Matt. 6:1-6, 16-21. Question was "How do you best express love to others?" Group talked about listening to others, taking time for others, and donating money when unable to participate in person. Discussed how this applies to our stewardship.

APPROVAL OF MINUTES: Minutes of January meeting were approved as written.

ANNUAL MEETING MINUTES: A correction was made to the December Annual Meeting minutes. Statement was made that the current 2017 status shows a negative cash flow status for LC, HC and church. Home Care showed a positive cash flow, not negative. Secretary will make this correction in the minutes ; minutes will be needed for annual meeting in December, 2018.

FINANCIAL REPORT: Ken stated that the bank reconciliation for 2017 has been completed. Stock distribution was given and has been posted for 2017. This lessened the deficit for 2017 to \$7,793. Designated Accounts show an increase of \$2000 from the previous month. STHS received an annual contribution for 2018 and this went into the stock contributions account to be allocated to the budget over 12 months. Thrivent Choice monies have been given and those need to be allocated. Amounts in both the Family in Need and Emergency Assistance Fund have increased; Ken said that these two funds need to be combined into one fund. January had three pay periods which accounts for some of the deficit. Also illnesses affected both the Home Care and Learning Center in January. Expenses are in line, but STHS is behind in pledges.

Much discussion occurred concerning the Targeted Budget Giving. It was suggested that we should consider calling it something different; members expressed uncertainty about whether the congregation understands what targeted giving means. Goal of \$33,200 needs to be raised outside of the budget for these areas: Benevolence, Guest Musicians/Nursery salaries, Education/Youth, and Capital Equipment. We will do the \$100 Sundays in the first three quarters of 2018; these will occur on last Sunday of months of March, June, and September. We need to be sure to designate that this will happen each quarter and how the monies will be used.

ADDITIONS TO BOARD REPORTS: Jan Dillon reported that things are going well in the Learning Center. STHS hosted 30 area preschool teachers for an educational program; by doing this LC teachers got the training for free. Grace is doing a terrific job with managing the LC. New 2 year olds are now attending; a new teacher is needed. Grace is in process of applying for state aid for food for LC. Dave Eshelman will be heading social ministry until Ruth Thurau is able to get on board. Dave also will be working with stewardship which is in a rebuilding process and needing direction. Pastor Jill attended boundary training which she is required to do periodically. Grace also attended with her; training used family systems theory. Pastor has turned in her dissertation proposal. Since her focus is preaching, congregation will be doing surveys this summer on preaching. Pastor also talked about Peter Mead's work with high school youth on Sundays; group meets at Bread Co. and gift cards are given to the kids paid from education funds. High schoolers are interested in doing some in-house activities together in addition to the cluster functions. Middle schoolers are included with them on first Sunday morning of the month at Bread Co. Pastor announced that Natalie Till's father died so keep Natalie in our prayers.

SELECT MISSIONARY TO SUPPORT: Profiles of several missionaries were provided. Motion was passed to support Rev. Rachel Eskesen and Zachary Courier who serve as coordinators for the Young Adults in Global Mission Program in Hungary and Serbia.

SYNOD ASSEMBLY: Assembly will be held June 7-9 in Lindsborg, KS. Loran Schnaidt will attend. STHS needs a female delegate. Anyone may attend; only two delegates can vote.

ASHES TO GO: Pastor Jill and assistants (Jane Brda, Anita Petrovic, Loran Schnaidt) will provide ashes on Feb. 14 here at STHS from 7-9 a.m. They are still looking for a place in the community in which to do this at 11 a.m. – 1 p.m.

LOGO Status: Pastor presented the new LOGO choices. LC has selected their new logo. It says TLC Preschool; the name change has to be given to the state. Group discussed the three logo choices. Group voted for the Dove with multi –colors but would like to change the font for name and maybe change Saint to St. Thomas depending on how it fits and looks. Changes will be implemented and group will see whether this is what is wanted.

MEMBERSHIP UPDATE: STHS lost one member recently – Judy Thompson. No new members have joined at this time.

NEW BUSINESS:

AREA 10 MEETING: STHS will host this meeting on Sunday, March 11, 3-6 p.m. Approximately 75 may attend. Loran, Jane, and Sandy will coordinate snacks for this.

COUNCIL RE-ORGANIZATION: Major project this year will be to reorganize STHS Council. This will necessitate rewriting the Constitution which Bonnie Butterfield and Luann Elledge have volunteered to do. Several models of councils for churches our size are available to study. Some councils do not have chairpersons of each ministry team on the council; rather each team sends report to the council. Council would have executive members (President, VP, Secretary, Treasurer) and possibly 2-3 others. Pastor is ex-officio member of council. It was suggested that constitution would set a minimum number and a maximum for council, say 5-9 members. This is a big task and will be worked on in the coming months.

2018 PLANNING: STHS will definitely be working on better communication within our congregation. We also need to rework our website and other social media.

JANE BRDA PMA: Jane Brda will be applying to the PMA program- Parish Ministry Associate. She needs the endorsement of her congregation and her Pastor. Motion was passed to endorse Jane Brda as a PMA candidate from STHS.

Meeting closed with prayer and adjourned at 3:30 p.m.

Next Council meeting is March 12, 2018, with reports due March 9, 2018.

Respectfully submitted, Sandy Griffard, Secretary

How we ... GROW

Nurturing, teaching, and encouraging each other through learning and fellowship to build a strong and vital community of believers.



CONFIRMATION CLASS

Sunday, March 11 4:00—5:30 PM

MIDDLE SCHOOL

HIGH SCHOOL

Wed., June 27—Sun., July 1 Nat'l Youth Gathering NRG Arena & Stdm Houston, TX



Lunch & Learn is held the 2nd Thursday of each month at Advent Episcopal Church, 9373 Garber Rd. This month's Lunch and Learn, on Thursday, March 8, at 10:45 AM, will feature Father Dan Handschy, Rector of Advent Episcopal Church, who will speak of his travels to Africa last fall and the amazing people he visited. A luncheon will be served at noon.

March's *Movie Matinee* will be held Wednesday, March 28, 1:00 PM, at STHS. The featured presentation will be *Dunkirk*, starring Fionn Whitehead, Tom Glynn-Carney, Jack Lowden, Harry Styles, Aneurin Barnard, James D'Arcy, Barry Keoghan, Kenneth Branagh, Cillian Murphy, Mark Rylance, and Tom Hardy. In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated. Popcorn and beverages will be provided.



Bingo will be on Thursday, March 29, 10:30 AM, at Advent Episcopal Church, 9373 Garber Rd. There will be snacks and fun prizes!

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The Learning Center is looking forward to a fun time of learning as well as spending more time outside. The preschoolers are all learning Spanish, thanks to our native Spanish-speaking teacher, Miss Lina.

Most of the children have an awkward time adjusting to the time change as we spring forward. This year the time change will be on Sunday, March 11, 2018. The Learning Center children will also look forward to celebrating St. Patrick's Day on Friday, March 16. Traditionally at the Learning Center, that day is celebrated by wearing green, playing games and reading stories about St. Patrick.

Please visit the Learning Center to see the improvement in the library and art room. We are thankful for our Learning Center Board members who tirelessly take time to improve the Learning experience of the children.

The Learning Center is now accepting enrollment for Summer Camp as well as for the next academic year in the fall (August, 2018). Enrollment is open for children between the ages of two to six. Your word of mouth is very important and is the best testimony for any potential Learning Center parent. We are still enrolling for the fall and have spaces available.

Have a happy Spring,

Grace Tsoka
Director
The Learning Center



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News from TLC Preschool's Board Chairperson

(Formerly known as St. Thomas/Holy Spirit Learning Center)

Our Ministry downstairs is growing and changing! We have a new name and a new logo. Our Director, Grace Tsoka, is so great at studying changing trends and needs for today's families. Our website has attracted many new families and we are adding more children to our flock this spring. New staff members have been welcomed. Our Board is presently thinking about our future state and planning together as we improve each day. We never stop learning! Please join us on our Mission & Ministry to share God's love & blessings!

If you haven't walked through our Center recently, please feel free to come see what we've accomplished. Along with our devotion to shaping our staff, we have given much time and energy to updating our physical space.

A few years ago, Steve Schenk and his crew of STHS volunteer builders completely renovated our restroom/diapering area. It is clean, attractive and easily used by our youngest students. Next, we began to create a more professional-looking and functioning center by updating all classrooms. The classrooms have been painted and refreshed with age-appropriate toys and learning tools. Last year, we completed all new flooring, painted the hallways and large meeting space, and hung generous panels to display student learning. Most recently, our TLC Storyteller/Librarian, Linda Fobian, organized and decorated our library. It is now a beautiful, cozy spot for weekly story time and a working library for children to check out books regularly. A few years ago, Grace's office had a bit of a facelift, as well.

We are presently updating the Art Room. Creativity and art are essential to a child's development! We want to offer a bright, inviting space where the teachers can bring groups of children to paint, draw, glue, glitter and let their imaginations soar.

Our budget for this project is based on donations at this time. We have been removing items that are not used, and reorganizing materials. We are making space for little artists by removing bulky cabinets. Soft, white walls and ceiling will be the canvas for colorful, student-made creations. We can make use of bulletin boards we already own. New flooring will be needed and either be budgeted for in 2019 or will be paid for through our fundraising.

We hope to add two or three easels for stand-up painting. Attractive, organized bins and baskets will soften the space. We are always in need of basic art supplies.

It is our commitment to make TLC a welcoming, safe, beautiful place to learn. If you are moved to donate to this worthy cause, contributions will gladly be taken! I've provided a list of items we hope to gather. Our TLC Board is a generous group of faith-filled, happy, smiling child advocates! **There's room for you on our Board!**

This is a powerful Ministry! Thank you for your prayers and support!

Jan Dillon, TLC Board Chairperson & Art Teacher

TLC Board: Nancy Benson, Russ Brda, Jan Dillon, Linda Fobian, Judy Jobe, Kathy & John Meder, Grace Tsoka

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TLC ART ROOM WISH LIST

Every Child is an Artist
-Pablo Picasso

- Financial Donations to fund improvements/Add to our Art Supplies
- Rolling, multi-shelved cart
- A few large, matching baskets to store smocks & other items
- Two or three child's easels
- Large, white drawing paper
- Crayola markers
- Washable tempera paint in all colors and/or solid paint tempera sticks
- Elmer's glue
- Clear tape, colored tape
- Water paint sets & water paint paper
- Colored construction paper - all colors
- Glue sticks



We have collected many materials over the years that always come in handy, such as

- Pretty papers
- Clean foam meat trays
- Baby food jars
- Paper towels
- Cardboard pieces (that come in packaging)
- Children's Fiskars Scissors



Save the date!

This summer's VBS will be July 16 - 20. It's called "Splash Canyon" and we'll have a "splashing good time!" Look for more information in the coming months.

How we ... SEND

Ministering to the greater community, sharing God's love and blessings with others that are in need.

LENT/EASTER

Wednesday, March 7	Soup Supper	6:00 PM
	Worship	7:00 PM
Wednesday, March 14	Soup Supper	6:00 PM
	Worship	7:00 PM
Wednesday, March 21	Soup Supper	6:00 PM
	Worship	7:00 PM
Thursday, March 29—Maundy Thursday	Worship	7:00 PM
Friday, March 30—Good Friday	Worship	7:00 PM
Sunday, April 1—Easter	“Son”-Rise Worship (outdoors, weather-permitting)	7:00 AM
	Festival Worship	10:00 AM

The freewill offerings collected each Wednesday evening at the soup supper will be designated for children and youth projects of International Partners in Mission.

SCRIP SALES

Sales from Great Lakes Scrip Center (GLSC) gift cards February 17 & 18 gave us a net gain of \$56.80. Net gain so far this year is \$259.10. Keep ordering, because in order to boost scrip sales, I'm offering you a chance to win a \$25 gift card of your choice. This is how it works. For each order you place between now and the end of March, I'll put one or more tickets with your name on it in a jar. For each portion of \$100, you'll get one ticket. So an order up to and including \$100 you'll get one ticket; for an order that's \$101 to \$200 you'll get two tickets placed in the jar, etc. At the end of March, I'll have someone select a ticket from the jar, and the winner will receive a \$25 gift card of your choice. This offer is only good on GLSC scrip sales and not for Schnucks ecards. But please continue to use your Schnucks ecards as they consolidate sales from our church members and send us a percentage of total sales each month. Thanks to all who are using the scrip program to raise money for our ministries. Our next scrip sales will be March 3 & 4. See Louann Elledge if you have any questions.

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THANK YOU!

St Thomas/Holy Spirit

raised:

\$1,158.63

Thanks to your efforts this year, more dollars have been raised, more lives have been changed and the nation has seen the impact of people working together to help those in need. Thank you for working to transform the time around the Super Bowl into the nation's largest celebration of giving and serving.



souperbowl.org

February 4, 2018

Clara B. Cooper

Clara Cooper
President and CEO
Souper Bowl of Caring

STHS BOOK CLUB

STHS Book Club meets Monday, March 26th at 9:30 AM. in the youth room. All are welcome. Please join us for informal discussion of the following selection:

Priestdaddy: a Memoir by Patricia Lockwood. 2017.

Father Greg Lockwood is unlike any Catholic priest you have ever met—a man who lounges in boxer shorts, loves action movies, and whose constant jamming on the guitar reverberates “like a whole band dying in a plane crash in 1972.” His daughter is an irreverent poet who long ago left the Church’s country. When an unexpected crisis leads her and her husband to move back into her parents’ rectory, their two worlds collide.

Lockwood pivots from the raunchy to the sublime, from the comic to the deeply serious, exploring issues of belief, belonging, and personhood. *Priestdaddy* is an entertaining, unforgettable portrait of a deeply odd religious upbringing, and how one balances a hard-won identity with the weight of family and tradition. -- Penguin Random House



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THRIVENT CHOICE DOLLARS

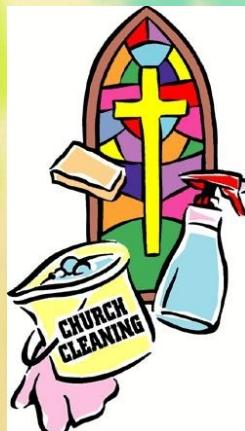
Thrivent members have until March 31 to direct any remaining 2017 *Choice Dollars*. After that date, *Choice Dollars* will expire. Thrivent members can help strengthen this community by directing *Choice Dollars* to St. Thomas/Holy Spirit. So far in 2017, \$2145 has been designated to STHS. *Choice Dollars* for 2017 will be distributed by the church council this spring. Simply visit Thrivent.com/Thrivent or call 1-800-847-4836 to participate.



Connecting faith & finances for good.®

VOLUNTEERS WANTED FOR EVERYTHING!

We need you to step up and help in areas from worship to social ministry! See any council member for more details.



CHURCH SPRING CLEANING

The church Spring cleaning is being re-scheduled. Stay tuned for the new date.

EMERGENCY ASSISTANCE PROGRAM

St Thomas/Holy Spirit maintains a food pantry near the church office which has been designated as an emergency assistance program. In 2017, 62 individuals and/or families were helped by this program. Frequently people come during the week and are assisted by the church secretary for items such as food, toiletries, diapers, etc. In 2017, cash donations of \$1227 were contributed by individuals and groups to help keep this food pantry stocked. Gift cards to Aldi are purchased with this cash and are available on an as-needed basis. Information is also provided so that people can locate regular community-based food pantries such as Feed My People. Thanks to Lea and Jerry Wischmeier who faithfully keep the pantry stocked. Gifts to the Emergency Assistance Program are always welcome.



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Ashes to Go Impacts Community and Faith Community

At 6:30 AM, February 14, a small crew of volunteers and the pastor of St. Thomas/Holy Spirit Lutheran Church in Sunset Hills (St. Louis), MO, began setting up for the day. In the heavy mist that was falling, an event tent was erected, a small table set up, and a fire was lit in a fire pit, all set on the church parking lot. Ashes were prepared in the sacristy. Then, the cars began to arrive.

This is the third year that St. Thomas/Holy Spirit has offered Ashes to Go to the people of the St. Louis region. In a drive-through format, people stop by the church for a brief prayer of forgiveness, blessing, and imposition of ashes. Between 7 and 9 AM and 11 AM and 1 PM this year, 139 community members arrived. Of those 139 people, only five were members of the congregation. The small crew of people included STHS members Jane Brda, Anita Petrovic, Loran Schnaitt, and the pastor, The Rev. Jill V. Seagle. Member Roger Weiting assisted with setup and cleanup.

"We actually began doing Ashes to Go at the suggestion of a member of our worship team as a way to be a little more visible in the community," Pastor Seagle said. Some people were concerned about the practice, as it does not require people to come inside the church. Some people were concerned that it would be a waste of time. Some people felt that the practice "cheapened" Ash Wednesday. However, what STHS has discovered is that many of the people who stop for the prayer and blessing do so as a way to be connected once again to their faith and their God.

"After the first year, we decided that it would be worth continuing even if only one or two people stopped by. We began hearing the people's stories and the reasons they were receiving their blessing in a parking lot on Ash Wednesday instead of as part of a congregation," said Pastor Seagle. "Yes, there were some who were doing it out of convenience because they could not get to church for a set service or they had other plans, but there were some who came because they had not had contact with a faith community for years and were looking, reaching out for a new connection. There were stories of ostracism from faith communities for different reasons. There were many who came to find a sense of blessing and healing."

The first woman who showed up on STHS' parking lot three years ago had just received a diagnosis of advanced cancer. The volunteers gathered around her and prayed for healing along with the blessing and imposition of ashes. That same woman was the second to arrive this year. "She had come for the blessing, but also wanted to thank us for praying with her three years ago," said Pastor Seagle. "She told us that she had thought of us every day since that Ash Wednesday morning three years ago, and she wanted to come back to thank us for embracing her, a stranger, with God's healing love."

There are many who arrived in tears to receive their blessing for the beginning of Lent. There are also those who show up and make the volunteers laugh. "The number of people who roll down their window and say, 'Is it OK that I am Catholic?' is funny," said Pastor Seagle. "We respond with, 'Well, is it OK that we are Lutheran?' or then, more pointedly, 'We are all children of God.'" The group even blessed and prayed with the Conference Minister of the United Church of Christ.

Member and volunteer Jane Brda said, "What I've experienced by participating in this outreach for the past three years is that people want to be reminded that 'God hates nothing God has made.' They are searching for a way to come back to God, or encounter God for the first time, but may be intimidated to step foot in a church. Especially on a day when it feels like only 'church insiders' should be there. Many of the folks I was fortunate enough to pray with and bless were searching for a connection to God and to other people. I think it's one of the most important things we do as a Church – giving people an opportunity to hear that they are beloved by God and that God wants nothing more than to be in relationship with them. This is a way for God to use us to help them learn or be reminded of that."

Ashes to Go is not unique, nor is it an original idea. The program began in the Episcopal Diocese of Chicago, going national in 2012. The idea is to bring church to the community, rather than to bring the community to the church. Many churches set up on sidewalks or go to train stations to meet the people where they are. Sunset Hills does not have sidewalks. There is no metro station. However, Sunset Hills does have busy South Lindbergh Blvd., and St. Thomas/Holy Spirit has a large parking lot with easy access on and off that street.

Alongside the small group this year, there was a news crew from Channel 2 News in St. Louis. Click here for a link to the news coverage: <http://fox2now.com/2018/02/14/several-churches-offering-drive-thru-service-for-ash-wednesday/> While the coverage helped the church with exposure in the community, it also offered a chance to say to the larger community that in this time of division, in this modern busy world, there are a God and a place that will come to you, will move toward you, and will welcome you, no matter what is happening and no matter who you are.



How we ... SEND

Ministering to the greater community, sharing God's love and blessings with others that are in need.

Boosting Nutrition, Boosting Appetite

Proper nutrition is basic to good health. An older person's diet should not contain high calorie, low-nutrient food. As the body ages, a person has to make more of an effort to eat wisely. Older people need fewer calories to maintain normal body weight. They must get more nutrients from less food. If a person does not get enough calories, the body will use stored nutrients for energy. When this happens, the person becomes weaker and is more likely to get infections.

Note – Choking Danger

The muscles in an elderly person's esophagus are weaker than in a younger person's so it is more difficult to swallow large bites of food without choking. Shred or cut food into small pieces.



Perk Up The Appetite

- Make sure dentures fit correctly and that eye glasses are the correct strength. (We eat with our eyes before we ever touch our food.)
- Drink water or liquids at mealtime to make chewing and swallowing easier.
- Seniors have a reduced sense of taste and smell. To improve sluggish appetites, increase the flavors by using dressings, spices, and vinegar, especially if salt is restricted. Vary textures, such as adding granola to yogurt.
- Eat frequent smaller meals and favorite foods.
- Eat food with the fingers if it increases intake.

The USDA food patterns suggest that people 50 or older choose healthy foods every day from the following:

Fruits — 1-1/2 to 2-1/2 cups

What is the same as 1/2 cup of cut-up fruit? A 2-inch peach or 1/4 cup of dried fruit

Vegetables — 2 to 3-1/2 cups

What is the same as a cup of cut-up vegetables? Two cups of uncooked leafy vegetable

Grains — 5 to 10 ounces

What is the same as an ounce of grains? A small muffin, a slice of bread, a cup of flaked, ready-to-eat cereal, or 1/2 cup of cooked rice or pasta

Protein foods — 5 to 7 ounces

What is the same as an ounce of meat, fish, or poultry? One egg, 1/4 cup of cooked beans or tofu, 1/2 ounce of nuts or seeds, or 1 tablespoon of peanut butter

Dairy foods — 3 cups of fat-free or low-fat milk

What is the same as 1 cup of milk? One cup of yogurt or 1-1/2 to 2 ounces of cheese. One cup of cottage cheese is the same as 1/2 cup of milk.

Oils — 5 to 8 teaspoons

What is the same as oil added during cooking? Foods like olives, nuts, and avocado.

Dietary Guidelines for Americans, U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS)

Hopefully we are at the end of flu season and everyone will be healthy again soon. We are looking forward to more daylight hours and warmer weather. Happy Spring!

Chris Lewis, Director

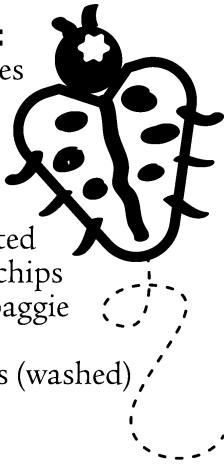
KIDS' CORNER

FRUIT LADYBUGS

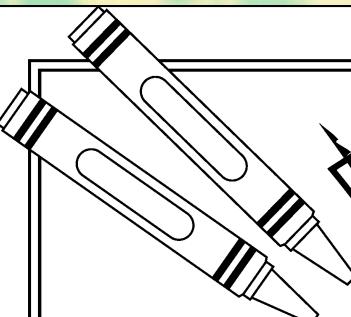
Get creative in the kitchen with this sweet springtime snack.

What you need:

- Strawberries (washed)
- Knife
- Plate or wax paper
- ½ cup melted chocolate chips
- Zippered baggie
- Scissors
- Blueberries (washed)
- Adult help


What you do:

1. De-stem the strawberries. Cut in half and then cut a small V atop each half to make the ladybug body. Set them on a plate or wax paper.
2. Place the melted chocolate in a baggie and cut off the tip of a bottom corner.
3. Pipe a dividing line and "spots" on each strawberry. Also use the chocolate to attach a blueberry "head" by the V shape.
4. Pipe chocolate antennas and legs onto ladybugs.
5. Let harden. Enjoy!



PUZZLE

Spring's Beauty

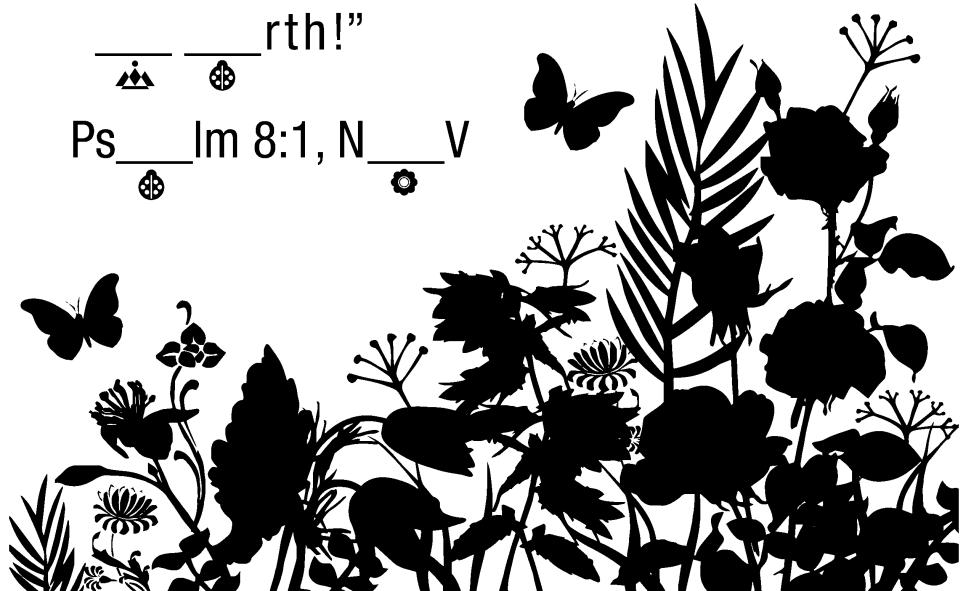
During springtime, the beauty of God's creation emerges in many ways.

Directions: Use the vowel code below to complete Psalm 8:1, NIV.

A =	E =	I =	O =	U =
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"L__RD, __ __ r L__rd, h__ w
 m__ j__ st__ c __ s y__ __ r
 n__ m__ __ n __ ll th__
 __ __ rth!"

Ps__ lm 8:1, N__ V



Birthdays, Anniversaries and Prayers



March BIRTHDAYS

Paula Greenwood	3/3
Beronica Mead	3/4
Jan Dillon	3/5
Sue Rosso	3/5
Jim Thompson	3/5
Luke Dillon	3/6
Mimi Mead	3/8
Beth Bridwell	3/13
Linda Meierhoff	3/17
Evelyn Lageman	3/20
Michael Bridwell	3/21
Jim Wischmeier	3/25
George Magyarkuti	3/29
Peter Mead	3/29
Alee Avery	3/31
Leona Harris	3/31
Lauren Timper	3/31



Current Prayer Concerns: Lynne Carron, Elmer (Jim Brockelmeyer's friend), Nora Giraudo (Linda Meierhoff's granddaughter, Sandy Greenwood (Greenwood Family Member), Steve Hilts, Bill Krieg (Lea Wischmeier's friend), Bev Lehenbauer, Linda Lewis (Lynne Carron's friend), Mary Markowski (Bill Petrovic's sister), Mary McGarity (CCH Caregiver), Mike Michaels (Lynne Carron's friend), Charlene Moosey (Karen Wegman's co-worker), Darryl Peters, Amalia Sigmund (Ben Sigmund's grandmother), Ed Thoman (Jerry & Lea Wischmeier's friend), Janice White (CCH Caregiver)



Ongoing Prayer Concerns: Eilene & Don Acheson, Allison, Dave Andrasko, Isabella Bolfing, Joseph Braun, Josh Brockelmeyer, Alain Carron, Chris Carron, Curt Carron, Boyce Clark, Pat Cook, Mike Dillon, Joanna Dowty, Erna Dwars, Perry Dwars, Zella Emde, Gabby Fish, Russell Freeman, Beth Friday, Brian Griffith, Janet Janovec, Pat Janovec, Jordan, Bobby Jensen, Karen, Mike Kelemen, George Kelley, Emmett Klauburg, Melanie, Bill & Carol Leonard, Kay Littlefield, George Magyarkuti, Shane McGoogan, Keith Mohl, Matt Neidlinger, Ken Persons, Esther Peters, Joan Ramos, Gerry Rosso, Wayne Schlichting, Scott Seagle, Barbara Sheffield, Steve Sheffield, Jamie Shupe, Carole Swor, Betty Valentine, Sam Valentine, Alicia Volz, David Walker, Elaine Wilder, Donna Williams, Pat Zimmerman



From Death to New Life: Nancy Roman (Janet Plummer's daughter), Judy Thompson, Brian Ziegler (Natalie Till's dad)



For The Homebound: Joseph Braun, Barbara Eldridge, Polly Forster, George Kelley, Lou Kuhlmann, Joan Ramos, Virg Timper, Evelyn Vocelka

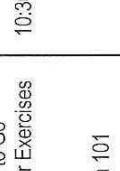
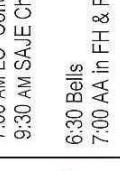


Serving in The Military: Kyle Bougeno, Josh Brockelmeyer, Grant Covey, Michael Denner, Phillip Funderburk Jr., Hope Funderburk, Jeffrey Lauber, Andrew McGuire, Brandon Mendes, Nathan Nugent, Dillon Parsons, Steve Pera



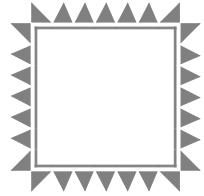
March 2018 Assisting Schedule

Role	Service	March 4	March 11	March 18	March 25	March 30
Ushers	8:30 AM	Dan Greenwood Rich Greenwood Wayne Schlichting	Lee Bodendieck Mike Dillon Jerry Wischmeier	D. Hafner-Hunt Leona Harris Mary Roberts Kara Tucker	Steve Hilts Nancy Moyer	
	Crossover	Barry Nelson Carl Nelson Jerry Wischmeier	Matt Majino Mike Majino Jerry Wischmeier	Pat Cook Ann Mantler	George Mayharkuti Tim Strege	
Worship Asst.	8:30 AM	Ken Janovec	Dave Eshelman	Rocki Droege	Jane Brda	
Communion Assistants	8:30 AM	Lee Bodendieck Nancy Moyer Mary Roberts	Dave Eshelman Stephanie Eshelman Dan Greenwood Paula Greenwood	Jane Bolfing Steve Hilts Anita Petrovic	Russ Brda Jan Dillon Mike Dillon	
	Crossover	Nancy Dietrich Tom Hohenstein Inge North	Judy Jobe Barry Nelson	Lynne Carron Jan Jobe Karen Wegman	Dave Andrasko Lynnda Light Ann Mantler Susan Till	
Youth Asst.	8:30 AM					
	Crossover		Jacob Skrein	Natalie Till	Sam Skrien	
Readers	8:30 AM	Lee Bodendieck	Perry Nelson	Lea Wischmeier	Lynne Carron	
	Sat	David Link Loran Schnaidt	David Link Loran Schnaidt	David Link Loran Schnaidt	David Link Loran Schnaidt	
Bread Baker	8:30 AM	Erin Wischmeier				
	Crossover	JoAn Peters	Anita Petrovic	Inge North	Pat Cook	
Welcomers (Upstairs)	8:30 AM	John & Bonnie Butterfield	Ron & Maureen Rundle			
	Crossover	Lynne Nelson		Karla Mosby	Janet Plummer	
PowerPoint Presenter	8:30 AM	Jim Brockelmeyer	Jane Brda	Ken Janovec	Rocki Droege	
	Crossover	Steve Fobian	Steve Fobian	Steve Fobian	Steve Fobian	
	CXR Editor	Steve Fobian	Steve Fobian	Steve Fobian	Steve Fobian	
Altar Guild Assistants	8:30 AM	Mary Roberts Judy Schlichting	Mary Roberts Judy Schlichting	Mary Roberts Judy Schlichting	Mary Roberts Judy Schlichting	
Fellowship Time		Lola Stork	Maureen Rundle	Susan Till	Ginny Cox	
Bulletin Assmby		Pam Lane	Dorothy Richterkessing	Janet Plummer	Sandy Kuhn	G & L Magyarkuti
God's Kids' Kits	8:30 AM & Crossover	Nancy Benson	JoAn Peters	Karla Mosby	John & Kathy Meder	
Kids' Crossing Small Talk, Big Ideas	8:30 AM & Crossover	Karen Wegman	Jane Brda	Linda Fobian	Pastor Jill	
Coffee to Go		3/1 Nancy Benson	3/8 Susan Till	3/15 Ginny Moellenhoff	3/22 Loran Schnaidt	3/29 Louann Elledge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
4 8:30 AM Worship 9:30AM Fellowship 9:45 AM SS/Adult Forum 10:45 AM CROSSOVER 7:00 AA in FH & Rm 101	5 9:00 AM SAJE Pickle Ball 9:30 AM SAJE Chair Exercises 2:00 Men of Faith in Fellowship 7:00 Worship Team	6 8:00 AM Wired Women @ BARN 11:30 AM SAJE Zumba Gold	7 9:30 AM Staff Mtg. 6:00 Soup Supper 7:00 Lenten Worship	8 7:00 AM LC "Coffee to Go 9:30 AM SAJE Chair Exercises 10:45 AM SAJE Lunch & Learn 6:30 Bells 7:00 AA in FH & Rm 101 7:30 Choir	9 COUNCIL REPORTS DUE 10:30 AM SAJE Zumba Gold	10 11:00 AM —3:30 PM Wedding 4:00 Worship
11 SPRING FORWARD 8:30 AM Worship 9:30 AM Fellowship 9:45 AM SS/Adult Forum 9:45 AM Deacons Mtg. 10:45 AM CROSSOVER 4:00 Confirmation 3:00—6:00 Area 10 Ministry Palooza 7:00 AA in FH & Rm 101	12 9:00 AM SAJE Pickle Ball 9:30 AM SAJE Chair Exercises 2:00 Men of Faith in Fellowship 6:00 Executive Team 7:00 Council Mtg.	13 8:00 AM Wired Women @ BARN 11:30 AM SAJE Zumba Gold 6:00 Alzheimer's Support Group	14 6:00 Soup Supper 7:00 Lenten Worship	15 7:00 AM LC "Coffee to Go 9:30 AM SAJE Chair Exercises 6:30 Bells 7:00 AA in FH & Rm 101 7:30 Choir	16 FF ARTICLES DUE 10:30 AM SAJE Zumba Gold	17 4:00 Worship
18 8:30 AM Worship 9:30AM Fellowship 9:45 AM SS/Adult Forum 10:45 AM CROSSOVER 7:00 AA in FH & Rm 101	19 9:00 AM SAJE Pickle Ball 9:30 AM SAJE Chair Exercises 10:00 AM Altar Guild 2:00 Men of Faith in Fellowship	20 8:00 AM Wired Women @ BARN 11:30 AM SAJE Zumba Gold 6:30 Learning Center Board 6:00 Soup Supper 7:00 Lenten Worship	21 7:00 AM LC "Coffee to Go 9:30 AM Homecare Board 9:30 AM SAJE Chair Exercises 6:30 Bells 7:00 AA in FH & Rm 101 7:30 Choir	22 10:30 AM SAJE Zumba Gold	23 4:00 Worship 6:00—9:00 AA Anniversary Dinner (FH & Rm 101)	24
25 Palm Sunday 8:30 AM Worship 9:30AM Fellowship 9:45 AM SS/Adult Forum 10:45 AM CROSSOVER 7:00 AA in FH & Rm 101	26 9:00 AM SAJE Pickle Ball 9:30 AM SAJE Chair Exercises 9:30 AM STHS Book Club 2:00 Men of Faith in Fellowship	27 8:00 AM Wired Women @ STHS 11:30 AM SAJE Zumba Gold 6:30 Social Ministry	28 1:00 SAJE Movie Matinee Dunkirk	29 9:30 AM SAJE Chair Exercises 7:00 Maundy Thursday Worship	30 LC CLOSED 12:00 CHURCH OFFICE CLOSED No Worship 7:00 Good Friday Worship	31 9:30 AM SAJE Thursday Worship 10:30 AM SAJE Zumba Gold 7:00 GOOD FRIDAY

All times listed are PM unless otherwise indicated

* St. Thomas/Holy Spirit Lutheran Church *
* 3980 South Lindbergh Blvd *
* St. Louis, MO 63127 *
* 314-843-6577 *
* A Stephen's Ministry Congregation *



The Followers' Footsteps

