

## How can I Resist?



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Have you ever tried to go on a diet to lose a few pounds? If you haven't because you're one of those who can eat whatever you want and not gain a pound, then I think I speak for the rest of us when I say, "Please, don't admit it. You will get hurt." :)

But if you're like the rest of us, you know that dieting can be tough! It can be an exercise in will power. You know how it goes. You're exercising, watching what you eat, and off to a great start. But then a coworker brings in donuts from Kwik Trip. How can you resist?

It's hard to resist temptation, isn't it? And I don't mean just in your diet. There are temptations that have consequences far more serious than your love handles: those temptations to sin -- to rebel against God and against his will. We know it's wrong. We don't want to do it. But... how can we resist?

The 1st century Jewish Christians were going through tough times. A fierce and bloody persecution broke out against them, tempting them to desert Jesus so they would be left alone. No more running. No more prison. No more torture. No more death. How could they resist that temptation? The author of the book of Hebrews tells them in Hebrews 4:14-16...

***<sup>14</sup> Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. <sup>15</sup> For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. <sup>16</sup> Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.***

It's been said that the only time losing is more fun than winning is when you're fighting temptation. And it's been said that those who flee temptation generally leave a forwarding address. A man who was more than a few pounds overweight decided it was time to take his diet seriously. He even changed his driving route to avoid his favorite bakery. But one morning he showed up to work with half a box of donuts and crumbs all over his shirt. "It's okay," he told his co-workers, "God wants me to have them. You see, I prayed to him and said, 'God, if you want me to have some delicious donuts, give me a sign: let there be an empty parking spot right up front.' And, sure enough, there it was... and only on the 8th time I circled the block!"

Isn't that how we all are though? We pray, God help me resist temptation, but we keep circling the block. We ask God, "Help me be more faithful in my worship attendance," but stay up late Saturday night. We pray, "God help me with this sin I'm struggling with," but plan on putting ourselves in the most vulnerable place we can think of. So, how can we resist those temptations? Try harder? Dig in and get more willpower? How can we resist?

Does it really matter? We've already given in to them! And it only takes one sin to make us less than perfect, unacceptable to God and deserving of death in hell. So, what can we do about it? Nothing. But there is one who can. Our great high priest.

***"We have [a great high priest] who has been tempted in every way, just as we are—yet he did not sin."***

Fully human in every way, tempted just as we are in every way, but he never gave in to temptation! And yet, he died. He went to hell on the cross. Why? For us? The author to the Hebrews said that Jesus can sympathize with us (literally “suffer with” us). But Jesus does more than suffer *with us* when we're tempted. He suffered *for us* to pay for the times we've caved and given in to temptation. And by the sacrifice of our great high priest, he took our sin away and gave his perfect score of resisting every temptation to us. Our sins are forgiven!

And now, in thanks to him, we strive to fight temptation. We long to do what Jesus wants no matter how hard it might be. Because we just have to thank him for what he's done for us!

Someone once said that when temptation comes knocking on the door, call Jesus. “Would you please get that for me?” And when “Temptation” sees who answers, he'll say, “Oh! I'm sorry. I must have the wrong address,” and will turn around and run.

A wealthy woman was interviewing potential chauffeurs to drive her Rolls Royce and narrowed it down to three candidates. She took the first to her driveway and asked, “How close could you get my Rolls to that brick wall without scratching it?” “I can get it within one foot. No problem!” he said. She asked the second applicant the same question. “I can get within 6 inches! No scratches guaranteed!” he proudly said. But when she asked the third applicant, he replied, “Ma'am, I don't know how close I could get, but if I were driving your Rolls Royce I'd leave a few feet of clearance to be sure not to damage your car.” (And you can guess who got the job.) :)

Likewise, as we live in thanks to our Savior for rescuing us from the sins we've committed by not resisting temptation, we keep our distance from those things that might “scratch” us again. Don't keep driving around the lock looking for the empty space. Live for Jesus. Serve him in thanks. And with his help, you can — you will — resist.

In Christ,  
Pastor Rob Guenther

## March Sermon Texts

March 9	1 Samuel 17-11, 32-40, 45-49	He Came in the Name of the LORD Almighty
March 16	Jeremiah 26:8-15	God's Word: Tell It like It Is
March 23	Exodus 3:1-15	The All-Sufficient God Calls Upon His Insufficient Servants
March 30	Luke 15:1-3, 11-32	Our Prodigal God

**Bible Class meets in the Church Basement**  
**The class can also be found online at [bit.ly/SJBibleClass](http://bit.ly/SJBibleClass)**

Sundays at 9:30 am	Stewardship	Pastor Rob Guenther
Thursdays at 10 am	Proverbs	Pastor Jeff Bovee
Thursdays at 7 pm	Vices and Virtues	Pastor Rob Guenther
Fridays at 9:30 am	Vices and Virtues	Pastor Rob Guenther

## Council Digest

The St. John's Church Council met on January 21, 2025. A summary of reports and actions not reported elsewhere in the Fortress follows:

**Membership Changes:** Transfers in: Josh and Kim, Isaac and Erin Hanan. Transfer Out: Monica Wellner to St. Mark, Bemidji. Baptism: Seung Woo Ban and Seojin Kim, and children Jeia and Jay Ban. Funerals: Marlys Schwartz and Faye Vanderlouw. Adult Confirmation and Profession of Faith: Alex Becker, Brooklyn Olson, Seung Woo Ban and Seojin Kim.

**Officer Reports:** The President reported on a trial initiative to make voters' meeting more efficient. The goal is to have all reports ready and available to voters in advance of each voters' meeting. Officers and board chairs are encouraged to remove any action items from their reports as separate agenda items. The voters will have an opportunity to "pull" any report item for further discussion. Those portions of the reports not requiring additional discussion will be adopted by consent, without need for an oral report or specific action. This plan will be implemented at the January 28, 2025 voters' meeting. Josiah Stoering's appointment to fill the vice presidency vacancy will be recommended to the voters. Additionally, the voters will be asked to reset his term to a full three year term to coincide with the presidential term.

The deacon shared a 2025 goal of encouraging members to serve as ushers or greeters, conduct lead usher training, updating the usher handbook to include emergency response procedures and to recruit candidates to serve as deacon in 2026.

### Board Reports:

The Board of Youth and Education Chair provided his annual report, emphasizing gratitude to Sunday School teachers, nursery

volunteers, youth leaders, Bible study leaders, VBS coordinators, and Christmas Service organizers, our pastors and our teachers for their faithful service. The congregation was able to provide our MLC students with scholarships of \$750 each and our seminarians with scholarships of \$500 each. The congregation moved to a new system of providing financial assistance to families with children enrolled at St. Paul's School. St. John's members were provide with many opportunities to participate in Bible study.

The Chair of the Board of Elders provided his annual report. The Elders continue to prioritize member care, with ongoing outreach efforts to inactive members and preparation of a release list for first reading at the January Voters' Meeting. Benevolence fund activity remains steady. Young Adult Worship was a point of emphasis of the Elders in 2024 and the topic added as a monthly review by the Elders. The Elders also collaborated closely with the Administrative Pastor to review and manage transfers, confessions of faith, funerals, and baptisms.

The Chair of the Board of Evangelism provided his annual report. The Board of Evangelism worked on defining goals for 2025 in line with the Strategic Ministry Plan Initiatives with goals of implementing a prospect nurturing plan and engaging each member of the congregation in outreach and evangelism.

The Chair of the Stewardship Board provided his report. Total offerings year over year from 2023 to 2024 were very close with only about \$1,000 difference. There will be an estate planning seminar on March 16th. 4th quarter giving statements have been prepared and sent out. Givelify digital giving app will be rolled out in January.

The Chair of the Properties Board provided his report. The Properties Board is considering

long-term options for the rental property, such as whether to invest in renovations and maintenance for future tenants, additional parking, or selling the property. The Board of Properties is also requesting that the council designate a deferred property maintenance fund, particularly for the church's elevator and roof, to ensure future upkeep and repairs. At the voters' meeting the following week, the voters approved a change to the building fund to authorize its use for capital repairs, maintenance and replacement. A temporary sign is in place on the outside sign board. The Board is working with Paul's Electric to replace burned out lights in the driveway/unloading area with LED lights. Olympic Fire Protection inspected our sprinklers and found deficiencies.

Council Business: The Financial Secretary reported on monthly giving and the Treasurer provided his reports. Of note, giving very nearly matched expenditures in 2024. In prior years, expenditures greatly exceeded giving. The Treasurer noted that the difficult budget measures implemented for 2024 were necessary and effective. The council recommended that the 2025 Ministry Plan Updates be approved by the voters at the next voters' meeting, which the voters approved. The Church Council considered a request by the Board of Properties to create a property maintenance fund and

referred the matter back to the Board of Properties to propose modifications to the building fund description. The Financial Secretary, Treasurer and Book Keeper were authorized to engage the 2025 financial review. The agenda was approved for the voters' meeting. The Council approved designation of the "Lutheran Charities" envelope to Christian Aid & Relief. In 2026, the envelope will instead read "Christian Aid & Relief." Future Meetings Next regular council meeting - February 17 @ 7 PM

Submitted by Jeremy Berg  
Congregational Chairman

## **Cards of Caring**

Members of St. John's are invited to help make the cards our congregation sends to homebound members and others during the year. We use donated, recycled, and created cards. There are many ways you can help such as writing, using stamps and putting the cards together. We produce cards for birthdays, get-well, anniversaries, sympathy, Thanksgiving, Christmas, Valentines, Easter, Confirmation, and Thinking of your occasions.

Please join us at 403 N. Minnesota St. between 9 am to noon on Saturday March 15, 2025. About 80 Cards are needed for each event. Thank you for considering this opportunity to serve our members.

For further information contact Lois Willems at (507) – 676 - 1230

## Church Librarian

Winter 2025 has been cold. Snow is rare so far, although other parts of the US have seen a lot of snow, plus rain, fires, floods and even tornados. We will take what we get, knowing God is in control. We pray for those dealing with big problems.

A new book to our library is “Proverbs 31, Living in Godly Wisdom “ by Naomi Schmidt. We already have two other Bible Studies by her in our library: Philippians and Ruth. Naomi is a WELS Pastor’s wife, gifted in writing. Proverbs 31 is a picture of the ideal woman/wife who we all hope to emulate but know we can only get close. She adds other Bible women such as Ruth, Esther , Lydia, and Mary Magdalene, to expand on Godly wisdom. This book can lead us privately , or as a group study.

An old book already in our library is “2000 Demons, No Match For My Savior” by E. Allen Sorum. He is a Seminary professor, and sees people who believe in demons, such as from a spirit religion. He uses the story (Bible) of Jesus healing a demon possessed man and sending the Legion of demons into 2000 pigs who jumped to their deaths. Jesus is mightier than demons, one or many, many. Just call on Jesus when in trouble. Even if you are skeptical or fascinated by horror, Jesus is stronger.

Lastly, I am adding six children’s books to the library. They were donated by a member. They are the first 6 books of a series of 36 short books telling adventures of a group of boys in 1942 in Indiana. No TV or cell phones , but they are friends and have adventures together that teach them something. I thought they were good reading, although the grade level is early to middle grades, called the Sugar Creek Gang.

Enjoy the rest of the winter. Reading is a good pastime when snowed in or “colded” in.  
LeiLani Rahn, church librarian

## St. Paul’s School

### April Accreditation Visit at St. Paul’s

Exciting times are ahead for St. Paul’s Lutheran School! From April 6 through April 9, 2025, we will welcome an accreditation review team from the Minnesota Nonpublic School Accrediting Association (MNSAA). Our visiting team, made up of five or six experienced educators, including some from area WELS Lutheran schools, will help us evaluate our self-study and strengthen our ministry.

The team will arrive on Sunday, April 6, and kick off their work early Monday morning at 7:00 AM. St. Paul’s has been engaged in an in-depth self-study, carefully identifying our strengths and areas for growth. The visiting team will confirm our findings, conduct interviews, and provide valuable feedback to help us grow.

Throughout their visit, the team will meet with pastors, faculty, and staff to gain insights into our mission and operations. But their review doesn’t stop there! They will also speak with parents and other adults during student drop-off and pick-up—so don’t be surprised if you’re asked to share your thoughts in the parking lot!

At the end of their visit, the team will compile their observations into a report, which will be shared with school leadership. These findings, combined with our congregation’s strategic plan, will guide the Board of Child Discipleship as they develop a five-year strategic plan for St. Paul’s.

Thank you to all who contributed to the self-study, and please keep our school in your prayers as we move forward with this important process. May God bless our efforts as we seek to strengthen and grow St. Paul’s Lutheran School!

# STUDENT OF THE MONTH

## *Dora Grubbs*

### **Q: What made you decide to become a pastor or a teacher?**

D: I grew up in a family with many called workers, and several of my teachers encouraged me to consider teaching. What truly drew me in, however, was learning about what it really means to be a teacher. It's so much more than just academics. I've loved studying child development, working with parents, exploring special education interventions, and learning about all the other aspects of being an educator. I also love that we have the opportunity to fill a child's day with the Gospel. It's been so encouraging to witness the joy children have and how they express their faith—even as tiny humans!

### **Q: How many years of school do you have left?**

D: I'm currently a sophomore, so I have two full years of school left.

### **Q: What class do you enjoy the most?**

D: I've really enjoyed Bible History and Literature III with Pastor Luke Thompson. He does an incredible job of applying the Bible and doctrine to current media and other relevant topics in my life. It's been an amazing experience to dive into Scripture in such an engaging way with him.

### **Q: What class do you find the most challenging?**

D: The most challenging class for me is Teaching Reading with Professor Roux. It turns out that learning everything about how to teach a child to read is quite a lot! However, Professor Roux is fantastic—he makes us feel confident and capable while providing us with many valuable resources that we'll be able to use in our own classrooms in just a few years.

### **Q: Do you have a job while you're in school? If so, what do you do? How do you balance work and studies?**

D: I work at the MLC Early Childhood Learning Center every weekday between classes. I get to go outside with the preschoolers, eat lunch with them, and help my lead teacher prepare lessons. I also gain valuable experience with classroom procedures, which will definitely help me establish a good routine in my first few years of teaching. Since I work during the school day, my evenings are mostly dedicated to homework. Then I can spend the weekend with my friends!

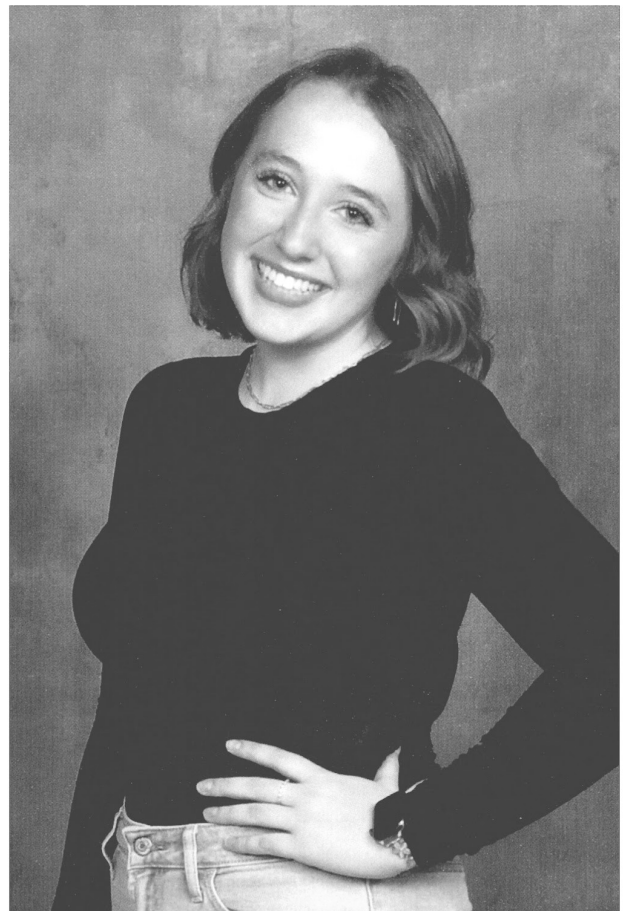
### **Q: What are your hobbies when you're not in class, studying, or at work?**

D: I love going to thrift stores with my friends and spending time with my family, who live here in New Ulm.

### **Q: Anything else you'd like to say to the St. John's members who support you?**

D: Thank you to my wonderful congregation for all the love and support you show me! Whether it's a kind word at church or a friendly check-in when we see each other in the community, it truly means so much. Your encouragement and prayers give me strength and motivation as I continue my studies here at MLC. Having a supportive church family behind me during this journey is such a blessing, and I am incredibly grateful to each and every one of you.

Thank you again for your participation in the Congregational Partner Grant—it is so deeply appreciated!



January 2025

**ST. JOHN'S EV. LUTHERAN CHURCH**  
**NEW ULM, MN 56073**

**MARCH 2025**  
**354-6744**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**Correspondence**

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 Church Office [office@stjohnsnewulm.com](mailto:office@stjohnsnewulm.com)  
 Mike Thom [bookkeeper@stjohnsnewulm.com](mailto:bookkeeper@stjohnsnewulm.com)

**T.V. Service:**  
**Mondays: 6 pm**  
**Tuesdays: 1 pm**  
**Thursdays: 10 am**  
**On Comcast Channel 14**  
**and Nuvera Channel 3**

1  
 WORSHIP 6:30 PM  
 W/ COMMUNION

2 Transfiguration 2 WORSHIP 8, 9:30 & 11 AM W/ COMMUNION  9:30 am Bible Class 10:30 am MVL Pork Chop Dinner 1:30 pm MVL Winter Concert	3    6:30 pm Elders Meeting	4   7 pm Women of St. John's	5 11 am Ash Wednesday Service  4 pm Midweek Service 6:30 pm Midweek Service	6 10 am Bible Class  6 pm Handbells 7 pm Bible Class	7 9:30 am Women's Bible Class	8    WORSHIP 6:30 PM
9 Lent 1 WORSHIP 8, 9:30 & 11 AM  9:30 am Bible Class  DAYLIGHT SAVINGS	10 1 pm Stewardship Meeting @ MLC  6 pm Evangelism 7 pm Education	11 6 pm Sunday School Meeting	12 11 am Midweek Service 4 ,6:30 pm Midweek Service 5 pm Handbells 7:15 pm Choir	13 10 am Bible Class  7 pm Bible Class	14 9:30 am Women's Bible Class	15 8 am Properties Meeting  WORSHIP 6:30 PM W/ COMMUNION
16 Lent 2 WORSHIP 8, 9:30 & 11 AM  9:30 am Bible Class	17	18  7 pm Council Meeting	19 11 am Midweek Service 4 ,6:30 pm Midweek Service 5 pm Handbells	20 10 am Bible Class  7 pm Bible Class	21	22   WORSHIP 6:30 PM
23 Lent 3 WORSHIP 8, 9:30 & 11 AM  9:30 am Bible Class	24	25	26 11 am Midweek Service 4 ,6:30 pm Midweek Service 5 pm Handbells 7:15 pm Choir	27 10 am Bible Class  7 pm Bible Class	28 9:30 am Women's Bible Class 10 am Sunset Service 11 am Highland Service	29   WORSHIP 6:30 PM
30 Lent 4 WORSHIP 8, 9:30 & 11 AM  9:30 am Bible Class	31	<p style="text-align: center;"><b>Looking Ahead</b></p> <p>Apr 2 Lenten Midweek Services                      Apr 9 Lenten Midweek Services                      Apr 17 Maundy Thursday Service                      Apr 18 Good Friday Service                      Apr 20 Easter Service                      Apr 20 Easter Breakfast</p>				

## Givelify

For if the willingness is there, the gift is acceptable according to what one has, not according to what one does not have. 2 Corinthians 8:12  
The Stewardship Committee's recent survey of the congregation indicated that there were a number of people who would like to make use of some form for giving online or through a smartphone app. After some research and testing we have selected a company called Givelify.

Saint John's gives thanks to God for any gifts given out of gratitude for what Jesus has done for us and for the support of our mission no matter how they are given, cash or check in an envelope, through your local bank bill pay option, through the mail, or online. When the Lord moves you to give to support his work through our congregation, we want to make it easy for you to do so. Givelify offers a smartphone app for convenience, or you may use your computer or tablet by going to the St. John's website or social media pages and clicking the "support" button. If you prefer to have an app on your phone, you may download the smartphone app through this QR code.

You will need to set up an account and enter a credit or debit card. Please note that St. John's will be charged a fee (2.9% + \$0.30 per donation) for each gift made through this service. Our bookkeeper will receive a notice of your gift and record it in your giving record along with any gifts you have given through checks or envelopes. Givelify will also keep track of any gifts you give through the app/online and provide you with real time updates in the app and a year-end report. For those who want to give online but consider putting something in the plate to be an act of worship, or a way to provide stewardship training for their children, please write the phrase "Offering Given Online" on your envelope and put in in the offering plate.

How safe and secure it is to donate through Givelify Givelify goes above and beyond to safeguard all personal and payment information. We use industry-reviewed, military-grade encryption standards to protect all confidential and sensitive data at point of collection, during transmission and while at rest. Data transmission to and from Givelify servers is protected via sophisticated cryptographic methods including SSL.

You can find more information on the Safety & Security page on our website. At [Givelify.com/support](https://Givelify.com/support).

If you want more information about how to use Givelify, go to the St. John's website, click on support, and then click the "Information" button. This will take you to a more detailed description with links to answer questions like: How to donate from a computer or tablet , How to make a donation Using the Givelify App , How to add/edit your assigned envelope number to your giving account .

We give thanks to God for your generous gifts.  
The St. John's Stewardship Committee





## Staff Minister

**Slide Advance Assistants Needed** - If you can click a remote, you are qualified to assist with advancing slides during services, especially if you already are in the habit of watching the slides during the services. If you have interest in assisting in this way, please send me an email at [sm.dretske@stjohnsnewulm.com](mailto:sm.dretske@stjohnsnewulm.com) to get on a list of people who receive notices when there is a need to fill a service for the coming weekend. A link to an Online Slide Advance Sign-up sheet will be sent which will allow you to fill in your name for services which would work for you. Easy! Thanks!

**Printed Church Directories** - The PEW Copies are getting worn and we have now had quite a few new members join St. John's recently, as well as have had members move away or have babies ; ) So it would be good to update pictures, phone numbers, addresses, birthdays, anniversaries for all of our current members and their families. Please send updates to [sm.dretske@stjohnsnewulm.com](mailto:sm.dretske@stjohnsnewulm.com) You can also ask me or some other member to take your picture in the New Narthex and send the file with any changed information for your family. I am usually available between services. I want print new Pew Copies as soon as I can. Thanks!

**Check your Trash or Spam Email Folders** - I send out quite a few emails to members for various reasons, but I always wonder if members are seeing them. The same can be said for the emails that the church office sends out. It may be that our emails are going into a Spam or Trash folder within your email accounts. This usually happens if names and emails are not listed in your Contacts. Please add the following to your contacts:

[sm.dretske@stjohnsnewulm.com](mailto:sm.dretske@stjohnsnewulm.com) - Jim Dretske  
[office@stjohnsnewulm.com](mailto:office@stjohnsnewulm.com) - St. John's Office  
[pastorguenther@gmail.com](mailto:pastorguenther@gmail.com) - Pastor Guenther  
[revbovee@gmail.com](mailto:revbovee@gmail.com) - Pastor Bovee

**St. John's Tech Services** - Use the following links or internet address shortcuts to reach our online resources: (Copy and Paste into Browser if these are not live links.)

- 1) <https://stjohnsnewulm.com> - Our church's Website - Check it out!
- 2) [bit.ly/SJRecord-Stream](https://bit.ly/SJRecord-Stream) - Record attendance or Give feedback about a streamed service.
- 3) [bit.ly/SJBibleClass](https://bit.ly/SJBibleClass) - Online Bible Class sign in with Google Meet
- 4) [bit.ly/CommunionQuestions](https://bit.ly/CommunionQuestions) - Prepare for Communion watching this 6 minute video (SJ Maundy Thursday 2023)

## Estate Planning

You are invited to attend a Christian estate planning presentation at St John on Sunday, March 16, at 9:30 in the church's lower level. Our presenter will be one of our WELS Christian giving counselors, Pastor Mike Hatzung. He has served in this role for 19 years, and as a parish pastor in Minnesota in Renville and North St Paul/Hugo. Why should you attend? Because you might miss some information that

applies particularly well for your family situation. Here is a sample of topics that will be touched upon:

- o What is the greatest motivation for giving a gift to ministry?
- o What is one of the few free, confidential, no-strings-attached resources available to help you plan how you want to express your love to your loved ones and the LORD?
- o What is better: a will or a revocable living trust (RLT)?
- o Is there a way to sell a rental property, escape from landlord duties, avoid both capital gains and reclaim of appreciation taxes, and even receive a charitable gift deduction?
- o Is there a way to lower taxes simply by using gifts from my IRA required minimum distributions (RMDs)—even if I don't itemize my taxes?
- o How can I best gift to my challenged child so it can be a blessing and not a curse to their spiritual life and wellbeing?
- o Find out how some folks can bunch their tax deductions together using a Donor Advised Fund (DAF) one year to save on taxes, and then take the standard deduction the next 1-2 years.
- o How can I avoid my children from inheriting a large sum of money when they are too young to manage it wisely?
- o Is there really a way to "Give it Twice"—once to my children and then to ministry?
- o Is there a tool that allows me to distribute estate gifts to multiple ministries that is free, changeable and flexible?
- o What is a way for me to say thank you to Jesus even as he takes me to my incredible heavenly home?

The goal of the presentation is to help you be a great caretaker of the things the LORD gives you now, and to make sure it touches the hearts and lives you want when you are finished using those gifts from God.

## Central Africa Medical Mission

The hypertension program started when the clinic saw the need. Patients were travelling to hospitals in Lusaka (the capital of Zambia) for drugs refill. This is about 50 miles from Mwembezhi area. Due to lack of funds, most of the patients were unable to travel to Lusaka. In 2004, we had 7 patients who suffered strokes in our catchment area, of those 3 of them died the same month because of hypertension. Seeing the need, we began the program for those who were not able to go to Lusaka for treatment and medications.

The program began with only 10 patients. The number has kept on increasing so much that now, we have 561 hypertensive patients. To make sure we attend to patients in line with the ministry of health policy, members of staff sat and started a special blood pressure clinic one Saturday per month. Since Saturday is not a working day, it helped members of staff to decongest patients on treatment days. On Blood Pressure day, all members of staff report for work at 08:00 hours. Blood Pressure check-ups are done. We have essential hypertension (the diastolic blood pressure between 90 to 99mmHg) and Crisis hypertension (the diastolic blood pressure above 100mmHg). All patients with essential hypertension are given their monthly drugs refill. Patients with crisis hypertension are admitted for observations. They can only be discharged when their blood pressure stabilizes. If it fails to stabilize, we refer to the hospital for investigations and further management.

However, hypertension has no signs and is not painful, as a result, it is very difficult to convince patients to take drugs for life. Some older people still believe in witchcraft. In 2019, we lost one Village Headman who came to clinic because of an abscess. He was also found to have hypertension. He was given drugs for the abscess and hypertension, but when the abscess healed, he refused to take the hypertension drugs. He said he cannot continue taking drugs. After 4 months, he was brought to the clinic with a stroke. We referred him to the hospital, but the hospital could not help. After his death and burial, Mr. Kalekwa called for a meeting with the Village headmen to explain his death. Headmen who believed in witchcraft saw the need for taking hypertensive drugs. The senior headman told other head men to stop believing in old beliefs. He said, they should always work hand in hand with health personnel to avoid

disease complications. All the headmen promised to educate their citizens.

Drugs for hypertension are purchased by our Clinic Administrator - Mr. Banda through the help we get from CAMM. The clinic staff work hard to provide good quality health services to all hypertensive patients. We start every morning with devotion and a prayer, followed by health education. All hypertensive patients are happy with and appreciate the services we provide.

May the Almighty God  
bless you all in helping the  
poor in Zambia.

In Jesus Christ,

Jackson Kalekwa

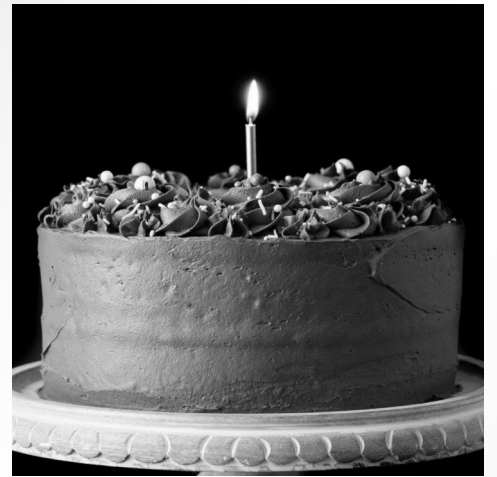
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# Happy Birthday!



- |    |                    |    |                   |
|----|--------------------|----|-------------------|
| 3  | Poppy Schmoller    | 20 | Arleen Bruns      |
| 4  | Heath Dobberpuhl   |    | Emma Grundmeier   |
|    | Jerry Johnson      |    | Greg Holden       |
|    | Levi Schwark       | 21 | Drew Domeier      |
|    | Lori McDermott     |    | Michelle Grubbs   |
| 5  | Jeremy Berg        |    | Monica Wellner    |
|    | Sammi Bjerke       | 22 | Shane Toltzman    |
|    | Rosemarie Rich     | 23 | Brian Orth        |
|    | Kyle Wellman       |    | Lincoln Uecker    |
| 7  | Carolyn Nachreiner | 24 | Jessie Berdan     |
| 9  | Clayton Iverson    |    | Judith Gosdeck    |
|    | Jack Swenstad      |    | Daniel Vanderlouw |
|    | Mason Thom         | 25 | Phil Scriver      |
| 10 | Keith Howard       | 26 | Noah Dobberpuhl   |
|    | Adrian Smith       |    | Sam Hunter        |
| 11 | Eric Schmidt       | 27 | Paul Bases        |
| 13 | Val Bovee          |    | Delilah Brandes   |
|    | Taya Johnson       |    | Brielle Newman    |
|    | Jill Roux          |    | Nick Price        |
| 14 | Diane Roman        |    | Danielle Scriver  |
|    | Judith Schroer     | 28 | Landon Karstens   |
|    | Shelley Zacate     |    | Joanna Wessel     |
| 15 | Magdala Diersen    | 29 | Susan Paulson     |
|    | Beth Enter         |    | Carrie Schaefer   |
|    | Zander Fischer     |    | Megan Swenstad    |
| 16 | Eden Grubbs        |    | Desmond Toltzman  |
|    | Michael Kiecker    |    | Stephen White     |
| 17 | Pam Kitzberger     | 30 | John Gaertner     |
| 18 | Abigail Deters     |    | Jean Schroeder    |
|    | Timothy Fischer    |    | Richard Schroeder |
|    | Larry Vanderlouw   | 31 | Jayne Romsdahl    |
| 19 | Kaylee Hunter      |    |                   |

St. John's Ev. Lutheran Church  
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Saturdays: 6:30 pm

Sundays: 8, 9:30 & 11 am

and online at:

[YouTube.com](https://www.youtube.com)

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(In person and online at: [bit.ly/SJBibleClass](https://bit.ly/SJBibleClass))

Sundays: 9:30 am

Thursdays: 10 am & 7 pm

Fridays (Women): 9:30 am

*Sunday School*

Sundays: 9:30 am

*Staff*

Pastor Jeffrey Bovee

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Pastor Rob Guenther

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Staff Minister Jim Dretske

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