

# STL Connections

## **The Last Teaching of Jesus**

January 2012

Volume #3

Issue #1

Many are quite familiar with the conversation Jesus had with his disciples in the upper room on the night he was betrayed. Many more are acquainted with the "seven words" he spoke from the cross. But how well do you know the dialogue Jesus and the Twelve had between these two scenes? They might well be entitled "The last teaching of Jesus."

**Jesus begins the conversation by saying, "I am the true vine and my Father is the gardener ... you are the branches."** Consider the unity he describes. Consider the flow. Recognize how, as Jesus came to earth, he became one with us ... and how the entire focus of God's ministry is upon bringing wholeness and life.

**Jesus goes on to say, "As the Father has loved me, so have I loved you. Now remain in my love."** Consider the relationship between God the Father and his Son. Consider how Jesus is about to express his love for you. Recognize the wholeness and life that comes to you as you remain in this love.

**Jesus said, "When the Counselor comes, whom I will send to you from the Father, the Spirit of truth who goes out from the Father, he will testify about me."** The Spirit goes out from the Father and the Son sends him to us. The Spirit testifies about Jesus who brings to us the love of the Father. The Spirit brings to us the very truth and wisdom of God.

**Would you like to hear more?** STL will be organizing a variety of Lenten Learning Communities next month. Each will meet five times, 1.5 hours each time. Community time will include listening (to the last teachings of Jesus), discussing (His promises), caring for one another and prayer. You, and everyone you know, are invited.

**"Greater love has no one than this, that one lay down his life for his friends. You are my friends."** (You know who said this)

*Blessings from Pastor Mark Hetzner*

**Would you like to hear more?** Send me an e mail: [PastorMarkHetz@hotmail.com](mailto:PastorMarkHetz@hotmail.com)

### Special points of interest:

- Message from the Pastor
- Worship Schedule
- Women's Retreat, PB&J & OWLS
- Faith Connection
- McREST
- SASS
- Genesis Center
- Fitness
- Support Groups
- Mission Connection

Become a Friend on Facebook find the link at:  
[www.stl-eastpointe.org](http://www.stl-eastpointe.org)

**A Publication of Saint Thomas Lutheran Church**  
Connecting People to Jesus and to One Another

LENT BEGINS FEBRUARY 22



ASH WEDNESDAY COMMUNION (February 22)

3:30 p.m. & 7:00 p.m.

WEDNESDAY DEVOTIONAL SERVICES (Through March)

3:30 p.m.

LENTEN LEARNING COMMUNITIES

Come and explore "The Last Teachings of Jesus" with us.



SUNDAY SCHEDULES

Worship @ 8:15 a.m.

& 11:00 a.m.

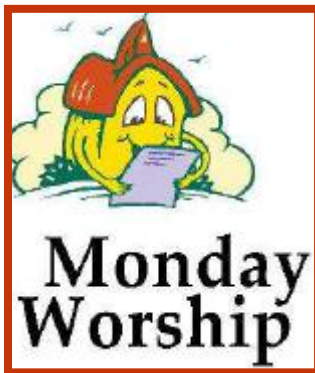
Bible Classes for all ages

@ 9:45 a.m.

Child care available for children under age 3

during Bible Class &

11:00 a.m. Worship



JOIN US FOR

MONDAY VESPERS

7:30 p.m. every week

A less formal setting for hearing God's Word and receiving the

Sacrament of the Altar

Weekend travelers find this service the right way to recover from their trip!



9:45a.m. - 10:45 a.m.

We meet in the church for an opening devotion and then are off to classes for children aged three and older.

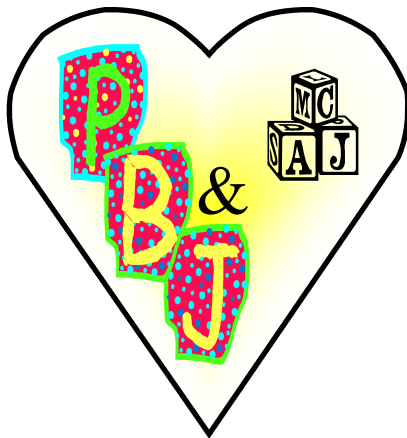
Childcare is available for children under three.

*The setting is warm and friendly – the lessons invaluable – the opportunity very important for your children's growth and development.*

*We encourage you to join us this Sunday.*

For more information, see the flier at the welcome centers.

You are invited to join us as we celebrate our 30<sup>th</sup> annual Women's Retreat Saturday, March 3<sup>rd</sup> from 8:30 am to 3:00 pm. A highly requested guest for women's conferences, retreats, and special events, Kim Bolton blends humorous stories and helps others laugh at themselves while being encouraged and renewed. Some topics she will touch on are: *Out of Your Mind and Loving It*, *PMSing?*, and *Fear, Frenzie, Faith*. Musical selections will be provided by Lisa Meredith and Victor Minetola, a sibling duo. Lisa is a praise and worship leader at St. Thomas Lutheran Church and Victor serves as the Ministry Director/Creative Catalyst at University Lutheran Chapel in Ann Arbor. The cost of the retreat is \$25 and includes a continental breakfast and lunch. Deadline for reservations is Sunday, February 26, 2012. For more information, please call the church office at 586-772-3370.



Our first six week session of PB&J for this year is going well. The children are busy playing in the sand, play dough, and learning about their best friend, Jesus. The parents are forming friendships with other parents and enjoying the hour together. We will begin a new six week session of PB&J on February 29th. at 8:45 a.m. If you have a child between birth and 3 we hope that you will join us for this fun session. You may sign up in the school office or on February 29th. The cost for PB&J is \$15 for each six week session. Invite a friend or neighbor, too!

## NEWS FROM THE OWLS

Our Christmas party, which was held at Charlies Restaurant, was a great success. We were pleased to have 28 in attendance which included several guests. It was nice to have so many join us.

January was our time to work off a few holiday pounds. Judy Meyer lead us in chair exercises.

In February we are planning to have our church nurse, Sue Wensink, speak to us.

Come join us. We meet the 2nd Wednesday of the month at 11:00 a.m. in the fireside lounge. You can bring your own lunch or buy it from the school hot lunch program.

It's always good to have fellowship with our St. Thomas family.



OWLS

# FAITH CONNECTION WORKSHOP

February 11, 2012 Saturday, 8:45 a.m. – 3:30 p.m.

An entire Saturday devoted to reviewing the Christian Faith  
from a Lutheran perspective.

*The day is casual and conversational. It is a great setting for connecting with Jesus and other people ... and an opportunity for those interested in membership to find out who STL is.*

***For more information or to make a reservation, contact the church office.***



Our World – His View

Saturdays from

11:00 a.m. – 12:00 p.m.

AM 1500 WQLV

Open Conversation on

Important Issues

Sponsored by STL and others.



## MCREST Macomb County Rotating Emergency Shelter Team

Dear Friends,

The roar of the engines coming off the line, the bright, shiny cars parked in a row, those were the glory days. Macomb County proudly wore the tide of Automation Alley. Those days came to a screeching halt when the auto companies found themselves on the brink of bankruptcy. Unfortunately, our friends and neighbors lives came to a screeching halt, too. We saw them lose their jobs and then, their homes. Where did they go? Where are they now? How are they surviving?

Over the years, the "traditional" homeless person was male, 25 to 35, perhaps mentally ill or had a substance abuse problem. Today's homeless person is quite a different story. In Macomb County, the average age of a homeless individual is 8 years old. This child may be traveling with a single mom or in a complete family unit and more than likely, they will become a guest of MCREST. We began to notice a significant increase in children in 2010 and have had a 70% increase this year. At the end of the school year this past June, there were 900 homeless children in Macomb County.



MCREST finds itself dealing with families with many more needs. We know the sooner we break the cycle of homelessness, the less likely this family will become homeless again. Rapid re-housing is the key to a successful transition from emergency shelter to housing and financial stability.

The present economic environment and the trend toward austerity at the state level have significantly altered the funds available for emergency shelter, rapid re-housing and support services. MCREST's needs have grown with the increase of families and the reduction in funding. In spite of hard times, most of us have enjoyed many blessings, but not all of our neighbors have been as fortunate. MCREST is asking for your help this year to continue our work and meet the needs of our homeless friends and neighbors.

For more information go to [www.mcrest.org](http://www.mcrest.org)



# SASS

Soup and Sandwich Saturday  
February 18, 2012  
11:00 a.m. - 2:00 p.m.

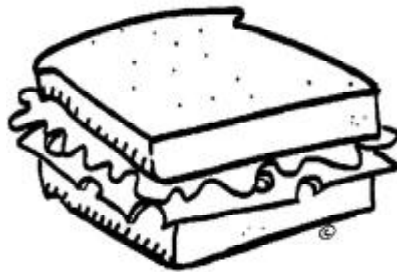
## DONATIONS TO HELP OUR COMMUNITY

Our desire is to reach out to the community  
Help those with special circumstances  
While opening our doors to ALL

**We are collecting warm outer clothing. Please consider donating your unused winter coats, hats, scarves, gloves, mittens, boots, sweaters and blankets.**

**(You can drop off your items at the church office.)**

**ALSO SEE SIGN UP SHEETS IN NARTHEX  
FOR DONATIONS OF FOOD AND TIME.**



For more information or to be a part of the planning team please contact:  
Kelly Cooley, Eleanor Cardamone, Laura Lawrence or Heather Miller

Thrivent West Macomb Branch 30019 Matching Fund

Soup and  
Sandwich  
Saturday



# SASS

February 18, 2012  
11:00 a.m. until 2:00 p.m.

## “A WINTER WONDERLAND”



**We invited the community for fellowship and food. (at no charge)  
Our desire is to reach out to the community, to help those with special  
circumstances, and to share the love of Jesus.**

**WE NEED YOUR HELP AS WE  
OPEN OUR DOORS TO SAY  
“WELCOME - WE CARE ABOUT YOU”**

**Please stop by the sign-up tables  
in the narthex to help with your  
donations, time or talents.**



For more information please contact the church office at 586-772-3370.  
Matching funds from Thrivent West Macomb Branch 30019

# Genesis Center

## ACTIVE and GROWING

### Areas of Ministry



#### Psychotherapy Services

- Depression, Anxiety & Stress, Family Issues, Marital Issues, Anger Management, Parenting Skills, Substance Abuse/Dependence and more.
- These services are offered on an ongoing basis and are available to all.
- A phone call to schedule an appointment starts the process.

#### Employment Assistance

- Workshops are taught by an expert in the field of employment.
- How to write a resume that will get noticed by employers – how to interview for success.
- How to have a positive attitude in this difficult job search market.
- Computer access for people to look for work and apply for jobs.
- Clothing closet - interview quality clothes - look your best at an interview

Grow in community as well as in relationship with Christ.

Please contact **Vicar Rick VanBriggle**

**586-925-3260** at the **Genesis Center** for more information .

Accepting donations of clothes suitable to be worn to a job interview.



## FITTING IN FITNESS

Is improving YOUR health among your resolutions this year? If so, a little movement can go along way. “Starting the year with one small change can lead to a complete lifestyle transformation,” notes Kelly See, health educator at the Henry Ford Macomb Center for Weight Management and personal trainer.

Kelly says that no matter what physical setbacks people have, there are always ways to work around them. “Exercise is something anybody can do, whether you have a little time, you’re too tired, you’re not coordinated, it is too painful, or it is just too boring. It all starts by doing what you can one day at a time. It is never too late to begin working on healthy habits.”

### *SIMPLE CHANGES, BIG RESULTS*

“When you move more, you not only burn calories and lose more weight—but you also gain more energy, enhance your self confidence, prevent and manage medical conditions, ease depression, and manage stress better,” Kelly notes.

1) To build cardiovascular health & improve overall health:

Get 30 minutes of moderate aerobic exercise five days a week. Moderate exercise includes walking, biking, swimming, elliptical machines, exercise DVDs yard work and cleaning the house.

2) To lose weight:

Get at least 60minutes of moderate aerobic exercise EVERY day.

3) For consistent and long-term weight loss:

Add strength and flexibility training. This helps with injury prevention, building musculmass, increasing range of motion and metabolism, and improves balance, endurance, and posture. It also helps limit aches and pains.

“Thirty to 60 minutes may sound like a lot, so start slow if you need to,” adds Kelly.

“Doing something, however small, has benefits.”

### *EXERCISE TAKES MANY FORMS*

Exercise doesn’t have to mean spending hours sweating in a gym. It can become part of your daily routine. At work, take the stairs instead of the elevator, walk to someone’s office instead of calling, walk at lunch or when you are on the phone, and park further away.

If you’re in front of the TV or computer, don’t sit, move. Do sit-ups, stretch, walk, do resistance bands or lift some weights. Get moving with friend and family. Play tag with your kids. Instead of meeting others at a restaurant or coffee shop, meet up for a walk or other recreational activities like bowling or racquetball. Whatever it is just get moving!

Make a plan, get started and MOVE!

Reminder: Exercise class every Tuesday 6:30pm in the cry room

Healthy thinking and choices leads to healthy living,

Susan Wensink RN, Parish Nurse



# SUPPORT GROUPS



AA Meetings - Monday's and Friday's

gym

Alanon Meetings - Friday's

Fireside Lounge

Both begin at 7:30 p.m.

**MONDAY EVENINGS @ 6:00 p.m. conference room 1**

Each session begins with a video featuring personal stories of people who are grieving the death of a loved one and expert insights on topics important to grief recovery.



Join our GriefShare Support Group for  
Community,  
Understanding,  
Support and  
Encouragement

After each video small group support interaction. You'll stay with the same group of people for the 13 GriefShare sessions. It's likely that you'll begin to see the people in your group as "family"

Grief Share is non-denominational featuring Biblical teaching of grief and recovery topics.  
For additional information call 586-772-3370

## FITNESS CLASS AND VOLLEYBALL



Join us every Tuesday at 6:30 p.m. in the cry room.  
You'll be glad you did.



Men's volleyball every Thursday at 7:30 p.m. in the gym.

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**St. Thomas Lutheran  
Church**

**23801 Kelly Road  
Eastpointe, MI 48021**

586-772-3370 Church  
586-772-3372 School  
586-772-6265 Fax

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[www.stl-  
eastpointe.org](http://www.stl-eastpointe.org)

**CONNECTING PEOPLE TO JESUS  
AND ONE ANOTHER**

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**MISSION CONNECTION TOUR**

*Would you like to see first-hand some of the exciting ways STL is ministering  
in our community?*

*If yes, then our Mission Connection Tour is for you.*

One Saturday every month we host a one-hour tour of some of the incredible ways God is  
nurturing relationships through the ministry of STL.

*We would love to have you join us – the next ones are:*

**March 18, 2012 12:00 p.m. - 3:30 p.m.**

**June 24, 2012 12:00 p.m. - 3:30 p.m.**

*For more information, give the church office a call at 586-772-3370.*

