

The **EAGLE CONNECTION**

ALL-SCHOOL WEEKLY NEWSLETTER

GIVING UP

Dear Families,

“Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God” Ephesians 5:1-2.

“I don’t get it! This is too hard! I give up!” As a teacher, these words are often familiar. For some students, this response is repeated day after day when they have learned something new and are asked to do homework on new material. It’s as if, when the going gets tough, the easy route is to just give up.

I can recall from my own days as a student that when I struggled, the easy way out sometimes seemed too tempting. I hated Algebra with a passion because I never seemed to be able to understand it or know how to do the problems correctly. I would often leave problems unfinished and just get them marked wrong because I thought it was too hard. It seems to be in our human nature to avoid and not finish something that feels too difficult for us. To this day, I still don’t like math because of how much I struggled with it at times.

Jesus also gave something up, but it is not the type of giving up that we do. Jesus gave up all His heavenly glory to be born in a manger and to live a life as a man. He gave up everything He had—but why? Why did the God of the universe give everything up, including His own body on the cross, when He could have just walked away and quit? As humans, we find it so easy to quit when something gets tough, so it would seem natural if Jesus had done the same.

As we approach Good Friday, ask yourself these questions: Would you have kept going when a whip was cracked on your back time and time again, as you felt each shard tear through your flesh until you could barely stand? Would you have kept going when a crown of thorns was pressed onto your head so hard that blood ran down your face? Would you have kept going through crude remarks, insults, and spit in your face as you were forced to carry a cross against what was left of your back from being whipped? Would you have kept going as nails were driven into your hands and feet? Would you have kept going as you hung on the cross, struggling for each breath, while people insulted you, gambled for your clothes, and mocked you to save yourself if you could? Would you have kept going when all your friends seemed to have abandoned you—and not just your friends, but when God Himself turned His back on you? Would you have kept going all the way to the end when, at any moment, you could have called on God to send an army of angels too great to number to rescue you?

Continued on next page



GIVING UP CONT.

As humans, we cannot possibly answer yes. We would have given up. It is our nature to give up and to quit. It was only through God Himself that this was made possible. Jesus was the only one who could have done this. He is true God and true man. Why didn't He give up when He could have stopped at any moment? The answer is simple: He loved us that much. He knew the only way for us to be saved was to endure what He did and to give up His very body for us. He did not give up until the very end, when He gave up His spirit—and even death could not hold Him, because He rose triumphantly from the grave. God's giving up is giving up everything out of love. Our giving up is often sinfully motivated when things get tough.

It's a good thing for us that Jesus never gave up, nor will He ever give up on us when life is not going our way. As the old saying goes, "When the going gets tough, the tough get going." That is exactly what Christ did. He pressed on and completed what He had started because of His love for us. The next time you hear yourself or someone say, "This is too hard" or "I give up," be reminded that Jesus already gave up everything for you. Christ is always there for us and will help us through any struggle we face. We should not be so quick to quit just because things are hard.

The next time you find yourself down by two points with 1.5 seconds left on the clock, remember—you still have a chance to make the last basket. Don't give up; go for

the win. Jesus is with you and will give you the strength you need to overcome any obstacle. God doesn't promise that life will be easy, but with Christ on your side, who knows—you just might beat the buzzer, swish the three, and win the game. Don't give up, because Jesus never did.

John 14:27: "Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

In Christ,
Mr. Jeremy Koosman

SUMMER ESP REGISTRATION!

Summer ESP registration is OPEN! Go ahead and [register your child now!](#)

Like the upcoming academic year, families will choose the best of two scheduling options for Summer ESP (choice will be made at a later date):

- **Pay-As-You-Go**
 - \$50 per day, signing up only for the days needed.
- **Subscription/Auto-Bill**
 - \$40 per day for families who commit to a consistent weekly schedule.

Contact Tori.Kuehne@stjlutheran.org with questions.

EASTER BREAK

School and ESP will be closed Thursday, April 2nd - Monday, April 6th. School and ESP will resume as usual on Tuesday, April 7th.



CONGRATULATIONS TO OUR SPELLING BEE QUALIFERS!!

St. John's is honored to host the annual Spelling Bee on Thursday, April 10 at 5:30pm. Students from various schools in grades 3rd-8th will take to the stage to showcase their hard work, preparation, and spelling skills.

Please join us in celebrating and supporting the following students who will be representing St. John's!

3rd & 4th grade

- Connor M.
- Kenzie B.
- Isaiah B.
- Paighton T.
- Alternates: Madison M. & Braydon O.

5th & 6th grade

- Conrad M.
- Ben H.
- Oliver B.
- Layla B.
- Alternates: Leonie M. & Elormy O.

7th & 8th grade

- Ryan W.
- Miles R.
- Andrew J.
- Katharina M.
- Alternates: Molly J. & Isaac H.



SPRIT STORE CLOSING SOON!

Our online [Spirit Store](#) is open—but not for long! Be sure to stock up on your favorite St. John's gear and show your school spirit before it closes on April 5 (Easter), just after Spring Break. All orders will be delivered to school around April 27—don't miss out!

PTL 2026/27 NOMINATIONS

The following individuals have been nominated for positions within PTL. Anyone who has reasonable concerns regarding any candidate on this list should contact the principal prior to April 9, 2026, to explain the reasons why a particular candidate's name should be withdrawn.

The 2026/27 Parent Teacher League (PTL)

President: Open, no nominees accepted

Vice President: Open, no nominees accepted

Secretary: Breanna Squire

Treasurer: Jamie Radintz

Fundraising Chair 1: Stephanie Haver

Fundraising Chair 2: Jamie Peterson

Volunteer Board: Tricia Hayes, Kayleigh Rather, Emily Moertl, Darcie Mathwig, Darcy Skjei, Sarah Schumacher, Jess Hartmann, Brianna Foulke, Kayla Harken, Maren Hall Nodland, Janna Holmgren, Robyn Voss

JOIN US IN CHEERING FOR OUR SPELLING BEE PARTICIPANTS!

Come cheer on our students as they showcase their hard work and spelling skills at our Spelling Bee on Friday, April 10th! It's always a fun and exciting event, and your support means so much to our participants. We hope to see you there!



STUDENT COUNCIL MEETING

The next Student Council meeting will be Wednesday, April 8th at 7:15am.

TERM 3 MID-TERM

Friday, April 10th is mid-term for term 3. Be sure to check your child's grades via FACTS. Reach out to his/her teacher if you have any questions.

WELLNESS COMMITTEE MEETING

The next Wellness Committee meeting will be Thursday, April 9th at 7:00am.

3RD GRADE BAND EXPLORATION DAY!

On Tuesday, April 7th, our 3rd graders will have the opportunity to learn all about our band program—and even try out some instruments...so don't be surprised if your child comes home asking to take tuba lessons! Band is available to all 4th–8th grade students through Encore Ensembles.

PUNCH PIZZA FUNDRAISER

Join us for a sweet (and easy!) way to support our school! On Thursday, April 23 from 4:00–8:30pm, head to Punch Pizza in Maple Grove for dine-in or takeout. Use code EAGLES when placing your order, and 20% of the proceeds will go back to STJ!

FRUITS OF THE SPIRIT RECOGNITION

We are proud to recognize the following students for demonstrating faithfulness. Thank you for showing your love for our Lord and Savior! We are so thankful for the example you set for others!

- Emery R.
- Penelope R.
- Raina P.
- Layla B.
- Katharina M.
- Everett R.

NEW ESP DIRECTOR HIRED!

We are excited to announce that a new director has been hired for our extended school program! Mrs. Kayla Harken, one of our very own school parents, will be taking over as ESP director effective May 22, 2026! Mrs. Harken is very excited to join our team, and we are very excited to welcome her! More info to come.

NEW ESP SCHEDULING & FEE STRUCTURE

We know we shared A LOT of info about ESP recently, so we've shared it again this week, too. You'll find all the info included in a PDF along with this newsletter. Reach out to Tori.Kuehne@stjlutheran.org if you have any questions.

K-2 SINGING IN CHAPEL

Kindergarten-2nd grade will be singing in chapel on Friday, April 17th at 8:15am. We'd love to have you join us!



EAGLE INSIGHTS

**Little Things that Make
a BIG Difference**

Did you know not all screen time is the same? More and more research is pointing to a growing concern around problematic screen use and its impact on kids including interfering with sleep, relationships, and daily life. Read [this article](#) for practical insights and takeaways.

EAGLE CRUSADER GOALS

We're excited to kick off our Eagle Earnings Crusader fundraiser! Every student has the opportunity to participate, support our school, and work toward exciting prizes along the way. Each Eagle Crusader is encouraged to raise \$150 or more. For every \$100 raised, students receive one ticket entered into a prize drawing.

Drawing prizes include:

- \$100 Cash
- LEGO® Super Mario™ Set
- The student who raises the MOST money overall will win a SEGWAY ELECTRIC SCOOTER!

Drawing Details: Prize winners will be announced after the FUNDay Carnival at 12:15 PM. Participants must be present to win

Let's rally together as a school community to encourage our students, support their efforts, and help them soar toward their goals! Thank you for your continued support!

ALL THINGS FUNDAY!!

Join us on **Saturday, April 25** for the St. John's 19th Annual Eagle Family FUNDay! FUNDay is a beloved St. John's tradition where families come together for fun, fellowship, and fundraising. This exciting event is packed with carnival games, food, a fund-run, silent auction, and raffles—something for the entire family!

PTL is looking for support to help make this year's FUNDay the best one yet.

- Volunteer: Lend a hand by helping with a game or assisting at another FUNDay activity.
- Pre-Purchase Wristbands: Purchase FUNDay wristbands before April 20th to take advantage of a discounted price.
- Eagle Crusader Donation: Support our students and school by making an Eagle Crusader donation.
- Wishlist Donations: Donate one or more items.
 - [Amazon Wish List](#)
 - [Target Wish List](#)
- Silent Auction: Bid on one—or more—Silent Auction items!
 - Auction opens April 20th
- 50/50 Raffle: Purchase a few raffle tickets for a chance to win \$2500, while supplies last. The cost of each ticket is \$25. See flyer for more information.

Thank you for being part of what makes FUNDay such a special St. John's tradition!



NEXT WEEK'S EVENTS

Friday, March 20 - Rock Your Socks Day

- 8:15am Chapel

Friday, April 3 - NO SCHOOL

- Good Friday

Monday, April 6 - NO SCHOOL

Tuesday, April 7

- Band
- 3:30pm A/B volleyball practice

Wednesday, April 8

- Library
- 7:15am Student Council meeting
- 3pm bowling practice
- 3:30pm C volleyball practice

Thursday, April 9

- 7am Wellness Committee meeting
- 3:30pm A/B volleyball practice

Friday, April 10 - Term 3 Mid-Term

- 8:15am Chapel
- 5:30pm Spelling Bee

Saturday, April 11

- 10am Bowling matches

COMING SOON

Mark your calendars now with these important dates.



- **Apr. 5:** Spirit Store closes
- **Apr. 13:** 2nd & 3rd grade field trip
- **Apr. 17:** K-2nd singing in chapel
- **Apr. 22:** Student Council meeting
- **Apr. 25:** Eagle Family FUNDay!!
- **Apr. 27-May 1:** MAP testing
- **May 5:** 7th & 8th grade softball day
- **May 6:** Student Council meeting
- **May 7:** Wellness Comm. meeting
- **May 8:** 3rd & 4th track & field day & handbells playing in chapel
- Check out the [school calendar](#) for all the special dates in May, including Track & Field and Softball!

Mrs. Anderson says...

Happy
Easter!





STJL BOARD OF EDUCATION

The St. John's Lutheran School Board of Education consists of the the following:

- Chairperson: Bonnie Radintz
- Deacon & Vice Chair: Grant Birznieks
- Deacon: Gary Volberding
- Deacon: Stu Glock
- Secretary: Brenna Koehler
- Candace Fisher
- Davey Kulberg
- Jim Peterson
- Jamie Radintz
- Ex officio: Kristen Skura
- Ex officio: Tori Kuehne

Board meetings are typically held the third Tuesday of each month at 7pm.

BOE agendas and approved minutes are available in FACTS.

WHERE DO I FIND...?

- [FACTS family portal](#) (Use code SJL-MN)
- [School calendars](#)
- [Hot lunch menu](#)
- [ESP sign up](#)
- [Continuous Connection survey](#)
- [St. John's Evangelical Lutheran Church](#)

JOIN US FOR WORSHIP

Join us for worship each Sunday at St. John's Lutheran Church!

- Divine Service 8:00 & 10:30am
- Adult Bible study 9:30am
- Sunday school 9:30am

QUICK REFERENCE

- Report absences, early dismissals, and late arrivals to attendance@stjluthेरanschool.org
- Share your STJ pictures for use in the yearbook and social media to pictures@stjluthेरanschool.org
- Request library book holds, ask our librarians questions, or request a new book to library@stjluthेरan.org
- Volunteer to help in the library by clicking [HERE](#).

BE SURE TO FOLLOW US!



OUR MISSION

The mission of St. John's Lutheran School & Preschool is to nurture young people through God's Word, sound Lutheran doctrine and worship, and a strong academic foundation. Our goal is to equip students to lead their lives as God's baptized children in this world and to carry out Christ's command to "make disciples of all nations."

(Matthew 28:19)

Extended School Program (ESP) – Frequently Asked Questions

K-8 ACADEMIC YEAR ESP

1. What ESP options are available during the school year?

Families may choose between two options:

Pay-As-You-Go

- \$15 per day
- Sign up only for the days you need – use ESP as much or as little as you please
- Requires parents to schedule their usage via Sign Up Genius by each Thursday evening for the upcoming week
- This option works just like our current system and is best for families who do not have a specific need for after school care or only use need ESP occasionally

Subscription / Auto-Bill

- \$12 per day
- Families choose specific weekly ESP days at the beginning of the school year
 - For example: Monday, Wednesday, and Friday.
- Those days will be billed monthly through FACTS.
 - For example: If you subscribe for three specific days each week, you'll be billed \$36 for each week that month
- No weekly sign-ups are required.
- Best for families who have a set work schedule and rely on ESP regularly.

2. How does the subscription option work?

Families who select the subscription option will choose their regular, specific ESP days at the start of the school year (for example, every Monday and Wednesday). These days will automatically be scheduled and billed monthly through FACTS.

This option allows families to “set it and forget it” without needing to sign up each week.

3. What if I need ESP on a day that isn't part of my subscription schedule?

You may request an additional drop-in day if space is available. Drop-in days are billed at the \$15/day Pay-As-You-Go rate.

Drop-in days may be scheduled via Sign Up Genius or by emailing the ESP director.

4. Can my subscription days change during the school year?

Yes. If your family's needs change, you may request a subscription adjustment. Changes will be reviewed and approved as space and staffing allow.

Extended School Program (ESP) – Frequently Asked Questions

5. My child participates in athletics and/or afterschool clubs/events. How will this affect my subscription?

If your child's schedule changes significantly during a sports season or activity period, you may request an adjustment to your subscription schedule as needed.

6. What happens if my child doesn't attend on a day he/she has been scheduled for ESP (either subscription or pay-as-you-go option)?

Because staff were scheduled based on the schedules provided by families, a \$5 no show fee will apply for any child who does not attend on his/her scheduled days.

If families notify the ESP Director a minimum of two weeks (14 calendar days minimum) in advance of their child's absence on a scheduled day then the \$15 no show fee will be waived.

7. Do I still need to sign up for ESP if I choose the subscription option?

No. Families using the subscription option will **not need to sign up weekly**. Your child's schedule will already be set.

Families using **Pay-As-You-Go** will continue signing up for the days ESP are needed.

8. What if I have multiple children with different afterschool needs?

You may choose separate plans for separate children. If you have a set schedule for ESP for one child but only need ESP occasionally for the other child, feel free to choose the subscription option for the one and the pay-as-you-go option for the other.

9. What is the deadline to select the subscription option?

Families will be asked to choose their ESP plan before the start of the school year. The exact deadline will be communicated prior to the school year so we can plan staffing appropriately.

PRESCHOOL ACADEMIC YEAR ESP

10. How does ESP work for preschool students?

Preschool ESP is **\$15 per day**, regardless of whether families choose the Pay-As-You-Go or Subscription option. Otherwise, the program operates the same as the K-8 ESP program.

While the subscription option does not reduce the daily rate for preschool families, it still provides the convenience of a consistent weekly schedule without needing to sign up each week through SignUp Genius.

Extended School Program (ESP) – Frequently Asked Questions

11. Why is the subscription price higher for preschool children?

Preschool children require closer supervision and smaller staff-to-student ratios. In addition, preschool ESP must be kept separate from the K-8 ESP in order to meet licensing requirements. Because more staff are needed to safely care for younger children, the cost of preschool ESP is slightly higher.

NO SCHOOL DAY ESP OPTIONS

12. Will ESP be available on school days when school is closed (excluding weather-related closures)?

Our goal is to offer full-day ESP on most scheduled non-school days. However, availability will depend on adequate staffing and a minimum number of students registered in advance. The cost for these days is \$40 per child.

13. What are the minimum enrollment requirements for no-school day ESP?

At least **12 students must be registered two weeks in advance** for ESP to be offered on a no-school day.

If fewer than 12 students register by the deadline, families will be notified immediately and ESP will not be offered.

14. Which no-school days may be offered in ESP for the 2026/27 school year?

For the upcoming school year, potential ESP days include:

- Wednesday, November 25, 2026 – Registration deadline: Wednesday, November 11
- Monday, December 21, 2026, – Registration deadline: Monday, December 7
- Tuesday, December 22, 2026 - Registration deadline: Tuesday, December 8
- Monday, January 18, 2027 - Registration deadline: Monday, January 4
- Monday, February 15, 2027 - Registration deadline: Monday, February 1

Additional dates may be added if needed and if staffing is available.

SUMMER ESP

15. What are the summer ESP options?

Summer ESP offers two choices:

Pay-As-You-Go

- \$50 per day

Extended School Program (ESP) – Frequently Asked Questions

- Families sign up for the days they need using Sign Up Genius

Subscription / Auto-Bill

- \$40 per day
- Families select their regular specific weekly days at the start of summer.
- Those days are automatically scheduled and billed monthly through FACTS.

16. How does the summer subscription option work?

Families choose their consistent weekly days at the beginning of summer.

Example: A family may select Tuesdays, Wednesdays, and Thursdays each week. Those days will automatically be scheduled and billed monthly through FACTS.

No weekly sign-ups are needed.

17. What happens if my child doesn't attend on a day he/she has been scheduled for Summer ESP (either subscription or pay-as-you-go option)?

Because staff were scheduled based on the schedules provided by families, a \$10 no show fee will apply for any child who does not attend on his/her scheduled days.

If families notify the ESP Director a minimum of two weeks (14 calendar days minimum) in advance of their child's absence on a scheduled day, then the \$10 no show fee will be waived.

18. When is summer registration due?

Summer registration will remain open until **May 15**. This deadline helps us plan staffing and programming.

Late registrations may be accepted if space and staffing allow.

19. Who should I contact with questions?

Please direct all questions to Tori Kuehne at tori.kuehne@stjlutheran.org at this time.

New ESP Scheduling and Fee Options

Beginning with Summer ESP 2026, St. John's will introduce a new scheduling and fee structure designed to support the long-term sustainability of the program while also making ESP scheduling easier for families.

Families will now have two options for using ESP. The following is for academic year ESP.

Pay-As-You-Go

- \$15 per day
- Sign up only for the days you need
- Continue using SignUp Genius to schedule weekly ESP usage
- The weekly sign-up deadline remains Thursday prior, as it is now
- This option is the same as our current scheduling

Subscription / Auto-Bill

- \$12 per day
- Subscribe to a consistent weekly schedule (for example every Tuesday, Wednesday, and Thursday)
- Charges are automatically billed monthly through FACTS
- Weekly sign-ups are not required
- Additional days outside your subscription schedule may be added through SignUp Genius at the \$15 daily rate
- Changes to your subscription schedule during the year may be requested if needed

These two options allow families to choose the level of flexibility or consistency that works best for their schedule.

RAISE SOME DOUGH

ST. JOHN'S LUTHERAN SCHOOL FUNDRAISER

Thursday, April 23
4 - 8:30pm

Punch Maple Grove
12107 Elm Creek Blvd

Join us for dine-in or takeout and 20%
of the proceeds will go back to our organization

Use Code: EAGLES when placing your order

Invite Family and Friends!



ST. JOHN'S LUTHERAN CHURCH & SCHOOL

LEARN. PRAY. GROW.

Holy Week and Easter: Mar. 29 - Apr. 11, 2026



LEARN-BY-HEART

MEMORIZE TOGETHER AS A FAMILY
SCHOOL STUDENTS EXPECTED TO RECITE ON FRIDAY

Classic Bible Memory for Primary Grades

K.+ **John 1:29** - Behold! The Lamb of God who takes away the sin of the world!

Romans 12:5 - So we, though many, are one body in Christ,
And individually members one of another.

Catechism: The Sacrament of the Altar

1st gr+ *What is the Sacrament of the Altar?*

It is the true body and blood of our Lord Jesus Christ
Under the bread and wine,
Instituted by Christ Himself
For us Christians to eat and to drink.

2nd gr+ *Who receives this Sacrament worthily?*

Fasting and bodily preparation are certainly fine outward training.
But that person is truly worthy and well-prepared
Who has faith in these words:

Given and shed for you for the forgiveness of sins.

But anyone who does not believe these words
Or doubts them is unworthy and unprepared,
For the words **For You** require all hearts to believe.

Catechism Bible Verse

3rd gr. + **1 Corinthians 15:51-52** - Behold! I tell you a mystery. We shall not all sleep,
but we shall all be changed, in a moment, in the twinkling of an eye, at the last trumpet.
For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed.



PRAYERS

MANY CHRISTIANS STRUGGLE TO PRAY BECAUSE THEY DON'T KNOW WHO OR WHAT TO
PRAY FOR. USE THIS GUIDE TO PRAY FOR DIFFERENT NEIGHBORS IN THEIR VARIOUS NEEDS.
LET US PRAY...

Sun ...for all who attend the Divine Service today, that they may be fed with His Word and Sacrament
...for all who do not know the joy of the Resurrection, that they hear and believe the Gospel

Mon ...for all who begin a new week of work, for the unemployed, for our government, & for our teachers &
students who begin a new week of school

Tues ...for rescue from temptation and sin, for repentance for those who have fallen away, for the guilty to be
comforted with the Gospel

Wed ...for all husbands & wives, parents & children, that all families may live in peace according to God's Word

Thu ...for our Church, our pastors, our teachers, our missionaries, all who serve and volunteer at St. John's

Fri ...for all who preach Christ crucified this week, for Christians who are persecuted, for all who are sick & dying

Sat ... for the Holy Spirit to preserve our faith to the End, for our hearts to be ready to hear God's Word at the Divine Service tomorrow



SCRIPTURE LESSONS

STUDY TO HEAR NEXT SUNDAY

March 29 - Apr 3: Holy Week Worship Schedule

Monday - Wednesday Services of the Word at 7pm
Maundy Thursday - 7pm Divine Service
Good Friday Chief Service - 12:30pm
Good Friday Tenebrae Vespers- 7pm

Apr. 4-5 Easter Schedule

Saturday- Easter Vigil 7pm
Easter Sunrise - 6am
Easter Day - 8 & 10:30am



HYMNS

School Hymn of the Month (Lent): "Glory Be to Jesus" (*LSB* 433)
School Hymn of the Month (Easter): "Christ Jesus Lay in Death's Strong Bands" (*LSB* 458)
School Year Theme Hymn: "With High Delight, Let Us Unite" (*LSB* 483)



FAMILY DEVOTION

Here is a short order you may follow for family devotions around the dinner table or in the living room.

Invocation - In the Name of the Father and of the Son and of the Holy Spirit - **Amen.**

Recite - the Apostles' Creed and the Learn-by-Heart Bible Verse & Catechism

Read and Discuss - one of the Scripture readings from this past Sunday, from school, or the coming Sunday

Pray - the Lord's Prayer, Luther's morning or evening prayers, and the topical prayers for the day of the week

Sing a hymn - use one of the hymns from the past Sunday, the coming Sunday, or the school year

Benediction

L: Let us bless the Lord.

C: Thanks be to God.

L: The Lord bless us, defend us from all evil, and bring us to everlasting life.

C: Amen.

Luther's Morning & Evening Prayers

I thank you, my heavenly Father,
through Jesus Christ, Your dear Son,
that You have kept me this night
from all harm and danger;
and I pray that You would keep me
this day also from sin and every evil,
that all my doings and life may please You.
For into Your hands I commend myself,
my body and soul, and all things.
Let Your holy angel be with me,
That the evil foe may have no power over me. Amen

I thank you, my heavenly Father,
through Jesus Christ, Your dear Son,
that You have graciously kept me this day;
and I pray that You would forgive me all my sins
where I have done wrong,
and graciously keep me this night.
For into Your hands I commend myself,
my body and soul, and all things.
Let Your holy angel be with me,
that the evil foe may have no power over me. Amen

