



The Scribe

St. Paul UCC

144 E Palatine Road, Palatine IL 60067
(847) 358-0399 www.stpaul-ucc.org

April 2017 Edition

Monthly
Newsletter

Pastor's Pen...

A missions professor once said to our class: "Never assume that God wasn't already present and at work before you showed up." This was the professor's way of warning a group of smarty-pants theological students that God works in spite of us, and that God is usually not as impressed with us as we are with ourselves.

Nonetheless, because God is Love and because God created us to have a place in His Kingdom, God graciously welcomes our stumbling efforts at showing up and trying to be the church. This is much the way a mother welcomes a two year-old into her garden space as the toddler attempts to lug the end of a garden hose, hoping to gain parental approval. "Can I help, mommy?" is as much of a prayer under that scenario as are the ones we utter on Sunday morning. We offer to God in the best way that we know how, and God tenderly takes us by our pudgy little hands and guides us along.

It can be quite liberating to bear in mind that the Kingdom of God does not depend upon us. We are given a place to participate in it, but we are not the crux for its success or failure. God wouldn't entrust something like that with us any more than a parent would entrust their two year-old to drive the family car. No, rather, we are instead given the task of walking with our other siblings out to the car and climbing into the backseat. Further, we are charged to do so without bickering and hair-pulling. (Remember: God can stop the car, too!)

It helps to remember who we are -- and who God is. Easter is our annual reminder, therefore, of God's power over those things that we are powerless against; death being the more notorious among them.

May this coming Palm Sunday, Maundy Thursday, Good Friday, and Easter give you renewal and assurance!



Pastor David

St. Paul UCC Executive Board Members: Sharon Altergott (Spiritual Life Board Rep.), Bernadette Chvoy, Randy Everett (Admin. Board Rep.), Kim Ferris, David Freeman, Arlene Kraus (Spiritual Life Board Rep.), David Mercer (Staff Rep), and Chuck Oberly (Admin. Board Rep).



Pastoral visitation is available to those who are hospitalized, temporarily laid up at home, or going through rehab at a facility. Because hospitals and other institutions do not notify the church when a patient is admitted, we need for you or your family member to notify us. We will be more than happy to accommodate your request for pastoral care. Please note also that the pastor may be reached for emergencies at [\(847\) 445-7248](tel:847-445-7248) (cell phone).

Pastor David's procedure in visiting St. Paul's shut-ins, as well as, those members who have a difficult time getting to church is to offer support, bring Holy Communion (their option) and to let them know we journey together in worship. Pastor David understands that scheduling may depend on frequency of doctor's appointments or the church member's schedule. Visitation is always available, however, as the shut-in member's health and life situation may change and more extensive pastoral care is needed. Any church member or their family member desiring more frequent pastoral visitation, or to be placed on the visitation list in the first place should contact the church office at [\(847\)-358-0399](tel:847-358-0399) to make arrangements.

"Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord." (James 5:14)



The Pastoral Relations Committee Is Available To You!

Do you have an idea, a question, a comment, or a concern that you would like for Pastor David to know about? You have a couple of options available to you.

First, you may speak directly with the pastor. Our pastor is here for ALL of St. Paul's members and he welcomes communication from ALL members.

If you aren't comfortable in speaking directly with the pastor, however, then your second option is to go through the Pastoral Relations Committee. Their purpose is to foster good relations between pastor and parish through open and thoughtful communication.

St. Paul's Pastoral Relations Committee members are:
Debbie Everett (Chair); Bob Kolze; Joyce Mah;
Melissa Gumm; Mary Doktor; and Tom Donat.



Maundy Thursday Offering

Our Maundy Thursday offering will be going to WINGS – Giving Flight to Hope and Dreams.

Every minute, 20 people in the United States become victims of domestic violence. Every woman and child coming to WINGS has a unique set of needs. WINGS programming is designed to meet those individual needs in an effort to best support each person. In the past 29 years WINGS has helped thousands of people realize their dream of self-sufficiency, independence and a life free from violence. All WINGS programs offer safety planning, therapeutic and financial counseling, support groups, community referrals, life skills enhancement, career and housing solution assistance, mentoring, and access to food pantries. Women are required to sign a contract for housing that includes an agreement to participate in ongoing services. Please help WINGS make a difference in their lives.



Good Friday Offering

Our Good Friday offering will be going to the Palatine Township food pantry, which provides assistance to anyone in need living within our Township boundaries. Many clients have traditional families that have had temporary setbacks due to unemployment or illness; single parent families where one income barely pays the rent and senior citizens and the disabled who face spiraling medical costs. The pantry has served an average of 345 families each month during the past year. Families may come to the Food Pantry every 30 days for groceries, free of charge. Dairy products and meat are available in addition to breads, canned and boxed food. Our client choice Food Pantry offers the ability to shop for individual preferences. Thank you for your donation and for making a difference in our community.

Palatine Township Food Pantry

www.PalatineTownship.com
(847) 358 - 6198



How to Cope With Losses Throughout Life

Mary Helen Ekstam will be presenting a session on “How to Cope With Losses Throughout Life” on Thursday, April 13th at the Arlington Heights Senior Center. She will be discussing how change can affect one’s quality of life. She will give healthy living tips that can help bring joy and peace in everyday life. The session will begin at 11:00 a.m. to 12:30. Registration is required. Light refreshments will be served. The Arlington Heights Senior Center is located at 1801 W. Central Rd., Arlington Heights, IL—847-253-5532.

Mary Helen is the lady who brought us “Music and the Brain” as well as “How to Help a Friend With a Serious Illness.”



From the Archives...



From the St. Paul News Letter dated April 17, 1955

"The thrill of Easter remains with us as we experience the personal resurrection of our dead selves to divine life. The Easter services brought record attendances. There were over 100 more people attended the Holy Communion services than any previous Easter season. The added Good Friday evening Bench Communion service was attended by 273 people. The Easter Breakfast was attended by approximately 160 people. There were nearly 1,000 people attending our Easter services."

From the St. Paul Scribe dated March 1974

"One of the Lenten Events was "Bible Role Play" - An exciting family adventure into the pages of our Book of Faith. Children and adults will find the Bible come alive for them."



From the Boards...

....We are in need of one At-Large member for the Administrative Board as well as one At-Large member for the Executive Board.

....The Worship Committee is looking for ASK ME Reps, Lectionary Readers, Element Bearers for Communion Sundays. Please contact Kris Freeman if interested in any of the openings.

We are also currently looking for help in setting up the chairs each Sunday in Fellowship Hall. Perhaps some members could head downstairs and set up chairs instead of going straight to the Sanctuary. It would help tremendously, thank you!!

Church
Bulletin
Bloopers



"This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar."

"The Senior Choir invites any member of the congregation who enjoys sinning to join the choir."



April Birthdays

1 Jason Doktor	
5 Robert Anderson	25 Laura Mayer
12 Ken Kolze	25 Ed Doktor
14 Janet Olsen	26 Mandy Zavilla
19 Roseann Stenzel	27 Debbie Everett
20 Mary Doktor	
24 Pam Rogers	
25 Travis Doktor	

Blanche Schug in memory of Dick Storm



Thank You

Thank you for donating ten \$25 grocery store gift cards and eight filled Easter baskets to help families in the Palatine Township that are struggling financially through the Township's Easter Basket Program. Your generosity will allow these children and their parents to be able to celebrate the miracle of Easter more fully this year. Have a blessed Easter. You have certainly blessed the lives of others within our community through your kindness. -Your Community Outreach Committee

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It is with a grateful heart that I thank everyone at St. Paul for your love, kind thoughts, prayers, cards, flowers, emails, hugs and donations to the American Cancer Society and to St. Paul U.C.C. in memory of my husband and your friend, Dick Storm. My family and I appreciate all of your kindness and your continued friendship. -Blessings, Shay Storm

Daughters of Abraham

The Daughters of Abraham is a women's group that is part of the Children of Abraham Coalition. This is a group of women from all three faith groups. We will gather on Thursday April 27th, at St. Viator High School in Arlington Heights from 7-9 p.m. Please join us for this wonderful opportunity.

CHRISTIAN EDUCATION OPPORTUNITY

All of us have within us a "God compass." This God compass expresses itself on our journey through life in varied ways. Some of us can't wait for Sunday morning to go to church, listen to the sermon and visit with our friends. Others, would rather be anywhere else than in a traditional church setting. The idea of sitting for an hour and listening to the Pastor preach is like a new student with a violin. The sound is screechy and all we can do is wait for the noise to end.

These differing ideas of the journey to God and with God color our world. Some of us want to be champions for social justice, others do not think that politics, (often seen as social justice), has a place in the church. It is my long-held belief that these two things are not exclusive. Therefore, with Pastor David's full support, I am offering a four-week discussion group on the book: ***The Underground Church: Reclaiming the Subversive Way of Jesus*** by Robin Meyers. This book is available for under \$10.00 at Amazon. If someone would like to attend but cannot afford the book, please let me know. Archbishop Desmond Tutu wrote:

When was the last time you thought of going to church as dangerous? Once we challenged the status quo; now we mostly defend it. The Underground Church tells the story of how we forgot where we came from and why we must recover our subversive roots. Read this book if you dare. Become part of the movement if you are daring.

The Underground Church invites Christians to encounter a radical Jesus. This Jesus calls us to let go of 'being right' and gets on with the more distinguishing work of challenging empires and changing the world.

The discussion group is open to all who seek a closer relationship with God, Christ, the Holy Spirit and one another. Please take this opportunity to learn and share God's call to ministry to each one of us. The classes will begin on April 17th and we will meet from 7:00-8:30 each Monday evening for four weeks, our last class being on May 8th.

Please, if you feel that the church has lost its meaning or never had meaning for you, join me and others to explore a new way of faithful living. Please R.S.V.P. to me at: bonnh53@yahoo.com.

In Christ's Love,
Bonnie Haase





Now that we have “Sprung Forward” it’s time to do some spring cleaning! Along with clearing out your closets you can help the Alaska Mission team’s journey to get to Alaska! We are partnering with Savers and their FUNDrive program. We will be collecting clothing, soft goods, small household items and books and media.

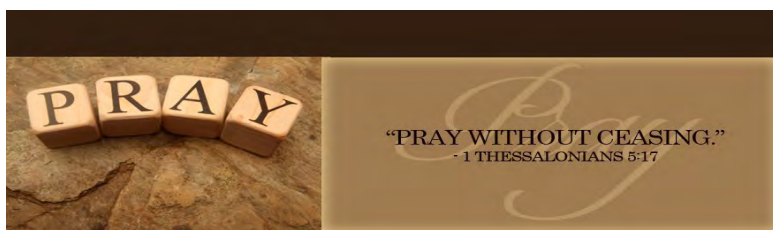
Please bring your bagged or boxed items to church and place them in fellowship near the back west door from April 1st until May 1st. The team will do the rest! Any questions, contact Mary Doktor or Kim Ferris.



Save the Date!

The Health Committee invites everyone to the Annual Spring Luncheon to be held on Thursday, May 4th at 11:30 am. The location will be in a private room at Gianni’s Café at 18 W. Station Street, Palatine. Sign up sheets will be posted on the Health Committee Board in Fellowship Hall later in April.





PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

David Arnold, brother of Phil Arnold
 Charlie Betzhold
 Don, friend of Chuck & Margie Anderson
 Eva Bori
 Jim & Flo Dailey, friends of Charlotte Mally
 Kendall Eich
 Laura Giltzow, mother of Sherri Davenport
 Ed Hare, brother of Bern Chvoy
 Leona Henning
 Carol Hennings, sister of Pat Kolze
 Steve Herbst, friend of Bern Chvoy
 Larry Herron
 Kira Ingram, granddaughter of Larry Ingram
 Susan Kazmierczak, niece of Dawn Drost
 Nancy Kocher, friend of Dawn Drost
 Leizl, great niece of Chuck & Margie Anderson
 Charles Leseberg, brother of Mary Ann Leseberg
 Cathy McMillion, friend of Karen Wagner
 Dorothy Mende, sister of Charlotte Mally
 Jerry Mohr, brother of Margie Anderson
 Maryann Ostrem, friend of Arlene Kraus
 Jerry Parsons, friend of Sandy & Dave Gumm
 Laurel Paul, friend of the Everetts
 Dorothy Redloff, aunt of Dawn Drost
 Dorothy Regan Drake, friend of Bob & Pat Kolze
 Geri Rogers, sister of Pat Kolze
 Blanche Schug
 Sherry Stephens, sister of Shirley Ann Kolze
 Tom, cousin of Kim and Karen
 Trish Vanderploeg, friend of Kim Cichon
 Ruth Vogt, sister-in-law of Jim and Darlene Vogt
 Elsie Wagner, aunt of Dawn Drost
 Fran Werner, sister-in-law of Sharon Florey
 Marjorie Winkle, friend of Phil & Lynn Arnold

SERVING CHRIST IN WORSHIP

Greeters for April:

2: John & Marla Beresheim
9: Dee Langguth
13 (Maundy Thurs): Arlene Kraus
16: Dolly Chamberlain
23: Gene & Kirsten Morgan
30: Karen Wagner

Nursery Attendant for April:

Carrie Kerlin

Usher Captain for April:

Ralph Hayford

Lectionary Readers for April:

2: Volunteer needed
9: Sandy Gumm
16: Volunteer needed
23: Tom Donat
30: Volunteer needed

Lectionary for April:

2: Ezek 37:1-4; Psalm 130; Rom 8:6-11; John 11:1-45.
9: Matt 21:1-11; Psalm 118:1-2, 19-29; Isa 50:4a-9a; Psalm 31:9-16; Phil 2:51-11; Matt 26:14-27:66; Matt 27:11-54.
13: Ex 12:1-14; Psalm 116:1-2, 12-19; 1 Cor 11:23-26; John 13:1-7, 31b-35.
14: Isa 52:13-53:12; Psalm 22; Heb 10:16-25; Heb 4:14-16; 5:7-9; John 18:1-19:42.
16: Acts 10:34-43; Jer 31:1-6; Psalm 118:1-2, 14-24; Col 3:1-4; John 20:1-18; Matt 28:1-10.
23: Acts 2:14a, 22-32; Psalm 16; 1 Pet 1:3-9; John 20:19-31.
30: Acts 2:14a, 36-41; Psalm 116:1-4, 12-19; 1 Pet 1:17-23; Luke 24:13-35.



GENERAL REVIEW OF EMERGENCY PROCEDURES

The Health Committee and the Building and Grounds Committee are providing a brief reminder of what to do in an emergency. Please review these procedures and share them with your family.

TORNADO TIME

The tornado and storm season is rapidly approaching. Being aware of what to do in case of an emergency will help make the church a safe place for all of us. Also, knowing what to do in your home and on the road can save lives. Please review the following information and be prepared to take action if the need should arise.

Know The Signs

Dark, often greenish clouds lying low to the ground; large hail, a loud roaring noise, similar to a freight train; and a funnel cloud that extends below the cloud base are all indications of a tornado.

TORNADO – STORMS

At Church

If a warning has been issued while attending church services, move to the lower level hallway and sit facing the wall. The **Emergency Response Team** will direct and assist with the evacuation. Do not use the elevator.

At Home

Find Refuge First.

Stay indoors and seek shelter in the lowest level of your home, preferably the basement. Or, go to an interior room or closet with no windows. The more interior walls between you and the tornado, the better off you are.

Cover Up.

Get beneath a sturdy table and use your hands and arms to protect your head and neck. If you're in a bathtub, cover yourself with a mattress or couch cushions for added protection.

On The Road

The best thing to do is to pull over, evacuate your vehicle and head for safe shelter. Do not try to hide under your car. If you're outside and there's no shelter available, find the nearest ditch or low-lying area and crouch low to the ground covering your head with your arms. **DO NOT** go under a bridge or overpass. Do not try to outrun a twister. Driving on a 90 degree angle away from the tornado is a good strategy to follow in order to distance yourself from the tornado.

FIRE, SMOKE AND GAS LEAK EMERGENCIES

At Church

The pull alarm should be activated or 9-1-1 should be called.

Evacuate the building using the nearest clear exits.

Everyone should report to the Oak Street parking lot and remain there until all have been accounted for. (This area might be changed depending on wind conditions.)

The **Emergency Response Team** will direct and assist with the evacuation.

Do not use the elevator.

Do not go to your car or attempt to remove it from the parking lot because you may hinder access by emergency vehicles.

If you are in a classroom feel the door with your hand before opening. If it is hot, do not open it. If it is cool, open it slowly, keeping behind the door in case you have to close it to protect yourself.

Eating Meals as a Family: Fun and Good For You!

Sitting down for family meals seems harder to do these days when everyone is running in different directions. But a recent study published in the *Journal of Pediatrics* found young adults who ate just one or two family meals a week as kids were 45 percent less likely to be overweight as compared to those who had never eaten with their families.

Some of the thinking behind this is that when we eat as a family we eat more slowly and intentionally. Parents may be more careful about the kinds of foods they serve. Portion sizes or how much we actually consume tends to be less.

But eating together can also promote connection and a sense of love and belonging which helps reduce the impact of stress on the body. We know that stress can stimulate the production of hormones that can affect our metabolism, or our ability to burn fat. Caring, supportive interaction with other people is one of the most powerful ways to help our bodies release stress.

Faith communities can be a vital resource for encouraging families to eat together. Set a day of the week when congregation members all commit to eating a family meal and offer a time during your religious services for members to report on how their meal went. Create a pack of cards with conversation topics to discuss over a meal. Encourage youth to cook at home one night a week as part of your youth program. Share recipes that are quick and healthy through your social media or on old-fashioned note cards that people can pick up after services or religious education programs. Eating as a family is fun and doesn't take as much time as you might think. Give it a try!

Hidden ingredients to watch for in prepared foods

"Being able to grab and go with prepared meals, like frozen lunches and packaged snacks can be very easy," says Kayla Hansmann, dietitian at [Advocate Illinois Masonic Medical Center](#) in Chicago. "Convenience is great, but what's the long-term cost to your family's health? A few extra minutes spent preparing fresh foods now can be less costly than the risks to your family's future health."

Hansmann says it's especially easy to overlook possibly harmful ingredients in prepared foods, if you're not reading the nutrition labels fully. She says there are four hidden ingredients you should look out for:

- 1. Partially hydrogenated oils**—These oils may also be labeled as trans fats on the nutrition label, but the amount listed may be tricky because any amount of trans fat less than 0.5 grams can be reported as 0, so you may end up getting trans fats even if it says it contains 0. Hansmann suggests looking at the ingredient list and avoiding any hidden trans fats listed as "partially hydrogenated oils."
- 2. MSG and sodium**—Packaged foods often contain a great deal of sodium, as not only reported on the nutrition label, but in the ingredients list as MSG. Ethnic dishes can be particular sources of MSG, which is often used as a flavor enhancer. Other foods that may contain hidden sodium are lunch meats, cheeses, frozen pizzas and even fresh baked breads.
- 3. Sodium nitrates/nitrites**—This hidden ingredient is often included as a food preservative, helping extend the life of a packaged food item. However, Hansmann says there is growing evidence that this preservative is linked to certain types of cancer.

High fructose corn syrup—This ingredient, is simply a fancy name for sugar and may be contributing to the growing diabetes epidemic in the U.S. Watch ingredient labels for anything ending in "-ose," which are different forms of sugar. Look closely—there can often be three to four such ingredients in one food item.

Hansmann says, "Many chronic diseases are preventable with a proper diet. You just need to build in a little extra preparation time and make certain your family is getting a properly balanced diet. Making meal preparation fun by including family members can make it seem less of a chore and teach good nutrition, at the same time."

Spring Word Search



Spring Words

W	P	P	M	S	M	O	S	S	O	L	B	S	S
S	O	U	I	S	P	R	I	N	G	S	E	H	J
V	R	B	D	L	Y	D	A	Q	D	A	O	A	G
L	D	E	N	D	U	W	V	U	S	W	C	A	E
I	N	N	W	I	L	T	B	O	E	K	R	R	N
D	E	I	U	O	A	E	N	R	E	D	O	A	I
O	S	J	O	O	L	R	S	T	E	P	U	I	H
F	T	G	D	Y	R	F	S	N	D	N	O	N	S
F	K	Z	E	R	S	G	I	S	L	F	B	G	N
A	T	N	O	C	G	N	Y	H	U	I	L	F	U
D	U	B	A	R	G	P	P	A	C	C	R	O	S
J	I	L	E	M	A	Y	Y	K	L	R	O	P	G
N	I	E	R	E	H	T	A	E	W	P	A	R	A
L	N	B	A	S	E	B	A	L	L	C	D	M	C

APRIL
 BASEBALL
 BLOSSOMS
 BUDS
 CROCUS
 DAFFODIL
 FLOWERS
 GARDENING
 GOLF

GREEN
 JACKETS
 JUNE
 LILACS
 MARCH
 MAY
 NEST
 PLAYGROUND
 PUDDLE

RAIN
 RAINBOW
 ROBIN
 SEASON
 SHOWERS
 SPRING
 SUNSHINE
 TULIP
 WEATHER

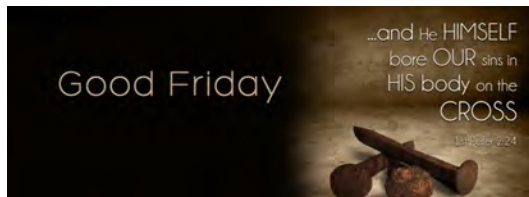


**Please join St. Paul on a Journey of Lenten Services
Leading up to Easter Sunday**



Palm Sunday Worship April 9th at 10am

Maundy Thursday Worship on April 13th at 7pm



Good Friday Worship on April 14th at 7pm

Easter Sunday Worship on April 16th at 10am



****Annual Easter Breakfast following Worship Service****