



The Scribe

St. Paul UCC

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

November 2017 Edition

Monthly
Newsletter

Pastor's Pen...

The older generations have a resiliency about them that I have long admired. (I'm talking about the pre-boomer generations who are still with us today.) These are folks who have lived and managed through a global depression. They have lived, worked, or fought through at least two wars; and they have weathered a myriad of other indignities and inconveniences that life has thrown their way. They have manifested loyalty throughout unhappy circumstances and they have shown steadfastness in the face of uncertainty. They know what it feels like to get sucker-punched in the gut and keep on going through life. They know the meaning of sadness and hardship.

Yet, it is these same people who I always hear say how "thankful" they are for everything they have. I've had more than a few from the Builder and Silent generations tell me that they are grateful for all that God has given them. (One guy who told me that, said it from his wheel chair. He lost a leg in Korea.)

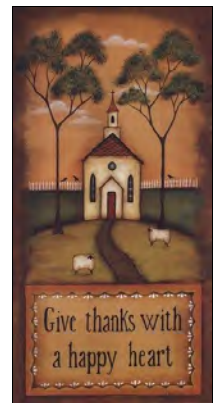
For all of their bumps and bruises and amputations, these are the same folks who have filled our churches for years – because they believe that God is the source of all goodness and blessing, and that God's Kingdom is present in its beginning and future in its fullness.

I think that we can learn something from these folks. They have something to teach us about faith through hard times. They can teach us about sticking around. They can teach us something even about ourselves.

Thanksgiving can be challenging for some because of the harsh realities of life. I would offer, however, that a good cure for that is for us to sidle up next to these generations in the pews. Lets pick up a hymnal when they pick up a hymnal and lets try to emulate their faith. Some of it might rub off on us.

Lord God, among the things that I thank you for this year I want to add my mom & dad's generation to the list. They weren't all perfect, but there sure are some good folks among them! I thank you for giving to them a faith that they modeled for me. In Jesus' Name I pray. Amen.

Pastor David



St. Paul UCC Executive Board Members: Sharon Altergott (Spiritual Life Board Rep.), Kim Cichon, 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:8474457248) (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:8473580399) 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.



From the Treasurer...St. Paul at a Glance

	September 2017	YTD
Revenue	22,612.24	22,612.24
Expenditure	21,051.86	21,051.86
Net Income	1,560.38	1,560.38

Your help is needed..

....We are in need of ONE member on the Administrative Board and ONE member for the Executive Board. SO CLOSE!!

....We are in need of an Usher Captain for the month of March.

... We are in need of an additional member on the Southside Cemetery Committee. If interested, please see Randy Everett.

....We are need of a calligrapher. If you can help, please contact Mary in the church office.



We are in need of Coffee Hour Hosts, please see the sign up sheet in Fellowship Hall or call the church office and Mary will sign you up. It's always nice to share a cup of coffee over fellowship with members and visitors to St. Paul. Thank you!

2018 Offering Envelopes

The 2018 Offering envelopes will be available for pick up in the Narthex during the months of November and December. If you know of someone who is unable to attend worship, please feel free to take them with you and drop them off. **Thank you!**



Gift Cards for Abandoned High School Students

More than 80 Fremd and Palatine High School students do not have permanent housing. We will be collecting food and clothing gift card donations for them. You can donate gift cards in \$10 - \$25 denominations to area stores such as Walmart, Target, Subway, McDonalds, Wendys, Sonic, Chipotle, Little Caesars, etc. These gift cards will be packaged in gift bags that will be given to the students prior to their Christmas break. Any extra cards will be used for emergencies throughout the year.

We will be purchasing these gift cards through the Scrip program on November 12. Please sign up to purchase these gift cards after worship on Sunday 10/29, 11/5 or 11/12.

There is nothing more rewarding than giving back and making a difference in the lives of people in this great community.

Be the reason somebody smiles today!



From the Archives...



The women of St. Paul Church have been a big part of the church since the very beginning in many ways. One of their important roles was Christian World Services. In 1968 they did clothing collection and packing of 887 pounds for Church World Service. In 1966 they made 192 dozen cancer bed pads for home patients; 166 rolls of large bandages; 182 rolls of small bandages; 27 rolls knitted bandages for leprosy patients; 67 lap robes for Hines Hospital patients; 921 pounds clothing for Church World Service. For Bensenville Home; 43 bed pads for hospital patients; 37 hospital gowns; 24 shirts; 22 large potholders; 3 large bags nylons; 2 boxes of greeting cards. 55 pair eyeglasses for "New Eyes for Needy." 1 large box clothing for Winnebago Children's Home, baby jackets, diapers and bibs, 100 pieces in all.

Margaret Tarnow, Chairman

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Church Blooper as found in an old Congregational Survey at St Paul:

***"Suggestions for reaching new people for our church:
Upgrade Palatine Panty collections more often."***



(Puts a whole new spin on the Food Pantry collection!)

~ ~ ~ ~ ~

memorials
& gifts

Chuck & Barb Oberly in memory of Jim Peterson & Vern Frost
Charlotte Mally in memory of Jim Peterson & Vern Frost
Phyllis Wittig in memory of Jim Peterson & Vern Frost
Nancy Perry in memory of Jim Peterson & Vern Frost
Gloria & Orrin Helms in memory of Vern Frost
Phil & Lynn Arnold in memory of Jim Peterson & Vern Frost
Mary Ann Leseberg in memory of Vern Frost
Agnes Warren in memory of Vern Frost & Jim Peterson
Jackie Schultze in memory of Jim Peterson
David & Susan Lech in memory of Stan Lech

From the Health Committee...



Can these 4 things reduce your cancer risk?

If someone told you that you could do four things to dramatically lower your risk of developing cancer, would you believe them? While some doubt that lifestyle changes can have a large effect on overall risk, a recent study suggests otherwise. The research published by JAMA Oncology says that 20 percent to 40 percent of cancer cases—and about 50 percent of all deaths from cancer—could be prevented if people did four things, namely exercise regularly, maintain a healthy BMI, not smoke, and drink alcohol only in moderation.

Researchers examined more than 130,000 participants. They divided the participants in two groups: the first, healthier group, was considered “low risk” and the second group was “high risk.” Researchers looked at how likely the participants in each group were to develop certain cancers.

They found that the low-risk group was less likely to develop and die from cancers. This group had the following common characteristics:

- They didn't smoke.
- They didn't drink, or drank in moderation.
- They had a healthy weight.
- They exercised regularly – either exercised vigorously for 75 minutes a week or did 150 minutes of moderate-intensity exercise.

“There are some cancer risk factors that are not in our control, such as age, family history or having previous biopsies,” says Dr. Heidi Memmel, a breast surgeon at Advocate Lutheran General Hospital in Park Ridge. “But there are several factors that we can control. For example, being overweight or obese, smoking and alcohol use can increase your risk of breast cancer, while diet and exercise can reduce it.”

This is not news! We have heard about the importance of these simple lifestyle choices for years—eat well, exercise, get enough sleep, reduce stress, make time for spiritual practice or meditation. But it really works! Daily choices to nurture our bodies protect us from cancer and many other health issues.

Prayer: God, give us love for our bodies and help us embrace the choices that nourish them.

10/2017

You have breast cancer, now what?

Hearing the words “you have breast cancer” will literally stop you in your tracks. It can be overwhelming, confusing and downright emotional. It's important to take a deep breath, clear your mind of all the negative thoughts and focus on getting well again.

“I advise all of my patients to take a step back and remember that knowledge is power. The more you know about your disease and treatment options, the better you will feel about your decisions and be equipped with the tools you need to fight your disease,” says Dr. Gale England, an Advocate Medical Group breast surgeon at Advocate Good Samaritan Hospital in Downers Grove, IL.

Gain a better understanding of your stage of cancer. Sit down with your doctor and go over the pathology report together. This will provide important information so that you can make the best decisions for your recovery, such as:

- Type and aggressiveness (grade) of the cancer
- If it's invasive
- If it's spread to the lymph nodes or other organs
- Hormone-receptor status
- Develop a treatment plan. Your doctor may suggest several treatment options from local therapy, such as surgery, to systemic therapy, such as chemotherapy. Ask questions about the risks and benefits of each option. Consider each option carefully.

Dr. England suggests women consider a second opinion. “A second opinion can confirm the diagnosis and help you make a decision about treatment options. Some centers may even have different treatment options that could be beneficial to your treatment plan,” says England.

Assemble a support team. Remember that you are not alone. Your spouse, parents, family members and friends want to support you throughout this journey. Consider joining a support team at your treatment facility so you can get all of your questions answered along the way.

Finally, receive the support and care of your faith community. We are often reluctant to share what we are going through or to ask for help. Prayer, practical help, periodic check-ins from congregation members, or talking with your faith leader will connect you with your Source and feed your spirit for the journey of healing.

Altar Flower Chart

A new 2018 flower chart is now in the Narthex. We welcome you to sign up to have flowers placed on the altar for special Sundays of significance to you and your family. Having flowers on the church altar is a wonderful way to honor, celebrate or remember special persons or events in your life. We are hoping to have the chart filled for each week of the year, so that fresh flowers remain a part of our weekly service. The cost is \$27.00. Please make checks payable to St. Paul UCC. Thank you!



Totenfest Sunday, November 19th



St. Paul will remember and celebrate the lives of the faithful members and loved ones who have died in the past year.

Totenfest is a German word that means “Festival for the Dead”; this memorial has roots in All Saints and in All Souls days from the medieval church. At this service of remembrance, a candle will be lit as the name of each person is read, celebrating the life of the loved one who passed away in the past year.

Should you wish to remember someone who was not a church member, and has passed away in the last year, please complete the printed forms available in the Narthex, or call the church office, so that their name can be included in the worship service.

Please have the completed forms to the church office by Sunday, November 12th. Thank you!

Thanksgiving Eve Service Wednesday, November 22nd

Take a few minutes from your busy Thanksgiving preparations to join in worship on Wednesday, November 22 for the 7:00 pm Thanksgiving Eve Service. Bring your neighbors, visiting relatives and friends as we gather together to thank the Lord for his blessings. Please join us for pumpkin pie, following the service.

Just a precursor for your Thanksgiving day feast!



November Birthdays

1 Jackie Schultze	20 Robert Anderson
3 Michael Kerlin	22 Christina Ferris
6 Jimmy Vogt	23 Carol Hannah
19 Randy Cichon	28 Greg Mayer
19 David Graham	



If there is anyone I missed, please call the church office, so we can update our records. Thank you!

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Please join the Community Outreach Committee in thanking Darlene Vogt who tirelessly ran the Scrip program at St Paul for well over a decade. Through her work, Darlene enabled many Palatine residents to be assisted during hard times. Thank you Darlene!

Please also join the Committee in thanking Claudia Mayer for volunteering to take over the Scrip program to continue its success. Thank you Claudia!



Thank you to the Oktoberfest Committee for holding another successful Oktoberfest. A great time was had by all. Our 2017 Oktoberfest crew, Gary & Sharon Altergott, Mary Doktor, Mary Faust, Arlene Kraus, Dee Langguth, Barb & Chuck Oberly, and Shay Storm. Thank you as well to Pat & Bob Kolze for their donation of pumpkins and gourds for the tables, they made the tables look so festive!

A special thank you to Arlene Kraus for her delicious homemade German potato salad, Debbie Everett for her delicious apple slices, and to both Arlene and Dee Langguth for their tireless hours they put in to purchase, make and serve the meal. Thank you to everyone who put in their own time before and during the event, as well as people who made donations.

ST. PAUL UCC - PALATINE

HEALTH COMMITTEE

INVITES YOU TO JOIN US FOR

JourneyLife
PROGRAMS by journeycare



The Challenge of Change...

Mary Helen Ekstram, Life Learning Advocate for JourneyCare, brings over twenty years of experience in healthcare administration and outreach.

This heartfelt program will focus on understanding the grief process in addition to providing resources to guide healing and comfort following the loss of a loved one.

Sunday, November 12

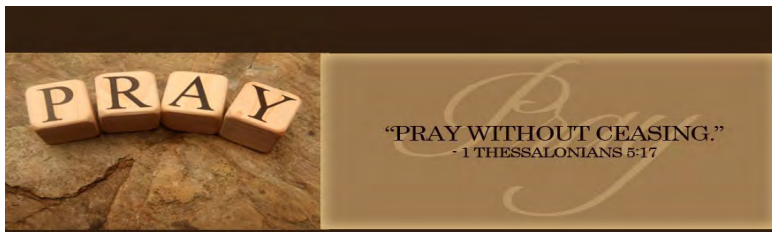
11:15 am

Conference Room

144 E. Palatine Road, Palatine

www.stpaul-ucc.org

Please call (847) 358-0399 to reserve your place.



PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Rick Bartells, friend of Kim Cichon
 Ben Belmonte, great-nephew of Ken & Shirley Kolze
 Charlie Betzhold
 Eva Bori
 Don Brach, friend of Chuck & Margie Anderson
 Jim & Flo Dailey, friends of Charlotte Mally
 Kendall Eich
 Laura Giltzow, mother of Sherri Davenport
 Judy Haimbaugh, sister of Gloria Helms
 Kathy Harlow
 Pat Harris, friend of Sandy Gumm
 Leona Henning
 Carol Hennings, sister of Pat Kolze
 Owen Hesterman, grandson of friend of the Gould family
 Susan Kazmierczak, niece of Dawn Drost
 Barb Kerlin, mother of Bruce Kerlin
 Ron Klages, father of Dawn Drost
 Nancy Kocher, friend of Dawn Drost
 Laura Krause, daughter of Sharon Krause
 Leizl, great niece of Chuck & Margie Anderson
 Charles Leseberg, brother of Mary Ann Leseberg
 Patricia Maruda, mother of Michelle Maruda
 Steven Mayer
 Cathy McMillion, friend of Karen Wagner
 Dorothy Mende, sister of Charlotte Mally
 Debra Radloff Mican, cousin of Dawn Drost
 Ron Mohr, uncle of Kim Ferris & Karen Wagner
 Maryann Ostrem, friend of Arlene Kraus
 Marilyn Paolisso, aunt of Bruce Kerlin
 Jerry Parsons, friend of Sandy & Dave Gumm
 Laurel Paul, friend of the Everetts
 Jody Peterson, daughter of Lynn & Phil Arnold
 Pete Peterson, father-in-law of Jody Peterson (nee Arnold)
 Geri Rogers, sister of Pat Kolze
 Blanche Schug
 Angie Scribner, granddaughter of Bonnie Haase
 Sherry Stephens, sister of Shirley Ann Kolze
 Tom, cousin of Kim and Karen
 Fran Werner, sister-in-law of Sharon Florey

SERVING CHRIST IN WORSHIP

Greeters for November:

5: Dolly Chamberlin
12: Dee Langguth
19: Donna Bochat
23: Donna Bochat (Thanks. Eve)
26: Jackie Schultze

Nursery Attendants for November:

Holly Chvoy

Usher Captain for November:

Ron Bochat

Lectionary Readers for November:

5: Roseann Stenzel
12: Sandy Gumm
19: Kathi Wotal
26: Tom Donat

Lectionary for November:

5: Josh 3:7-17; Psalm 107:1-7,33-37; Mic 3:5-12; Psalm 43; 1 Thess 2:9-13; Matt 23:1-12.
12: Josh 24:1-3a,14025; Palm 78:1-7; Wisd of Sol 6:12-16; Amos 5:18-24; Wisd of Sol 6:17-20; Psalm 70; 1 Thess 4:13-18.
19: Judg 4:1-7; Psalm 123; Zeph 1:7,12-18; Psalm 90:1-12; 1 Thess 5:1-11; Matt 25:14-30.
26: Ezek 34:11-16,20-24; Psalm 100; Psalm 95:1-7a; Eph 1:15-23; Matt 25:31-46.





When it comes to end-of-life issues many people consult with their attorney in matters of estate, and a funeral director in matters of burial. Surprisingly however, very few people ever meet with their pastor in order to plan their actual funeral service ahead of time.

There are significant advantages to doing so! Sitting down with your pastor and going over what you would like to have included in your own funeral keeps the power of choice in your own hands, as opposed to leaving it up to your surviving family members. For instance, maybe you have preferences about scripture readings, or hymns, or even what you would like for the officiant to say or not say during the service.

Maybe you have ideas about things such as eulogies shared by family and friends, or some type of ritual that you would like to have observed during the service. These things may all be discussed when you meet with your pastor.

The writer of Ecclesiastes rightly noted that no one among us holds absolute power to hold back their own death (Ecclesiastes 8:8). As sobering as this is, you still have some say in things when you choose to plan ahead. It also allows you to plan a meaningful service which will facilitate grief in a healthy way for those you love.

Pastor David is available to meet with you if you would like to learn more, or to get started. Call the church office (847)-358-0399 or email pastor@stpaul-ucc.org to schedule an appointment.



November Events:

11/11: Survival kit deliveries to first responders.

11/17: Palatine Holidays on the Town 5-9pm, downtown Palatine

****Please watch for upcoming Announcement sheets for further details, or contact Lisa Kennelly.****

Christian Education Corner
November 2017



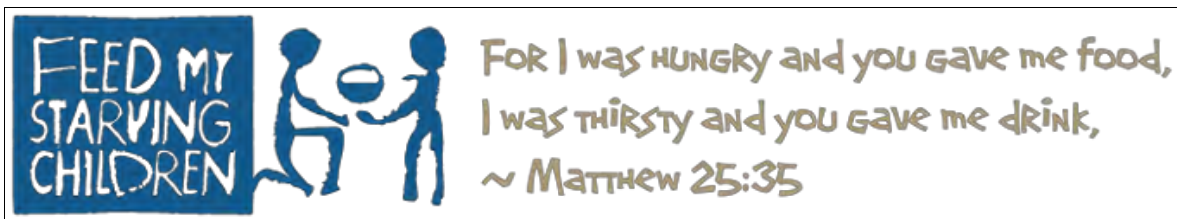
The theme for the beginning of our October lessons was the parable of the Wedding Banquet from the book of Matthew. It is a parable that ultimately teaches us about who God invites to gather around God's table. For children the end of the parable is not included as it would be too confusing. Sometimes I think we adults find it too confusing as well to know who is invited to be with God.

I personally believe God invites everyone to God's table. It is up to us to answer the invitation with a resounding, YES!!! Jasiel and Michelle answered the call to come to Church School. Jasiel was asked to speak about his life in Mexico. Church School is a scene of controlled chaos. Jasiel was a champ. As he played his guitar, one of the little boys was break dancing. I hope that the image of a party, a gathering of God's people, around God's table, comes to mind. In so many ways, each Sunday is call to come to the banquet God sets before us.

In the coming weeks, the children will begin to get ready for the Christmas pageant which they will perform on December 17th during worship. All I can say is, GET READY to party, at God's banquet. These little ones are aglow with God's love for them and for others.

Bonnie

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FEED MY STARVING CHILDREN

St. Paul has reserved 20 spots in a packing event on Saturday November 11th at the FMSC location in Schaumburg. Please contact Greg Mayer or the church office if you would like to participate. There is a sign-up sheet in Fellowship Hall.

When: Saturday, November 11th

Where: 1072 National Parkway, Schaumburg, IL.

Time: 4:30 to 6:30 pm

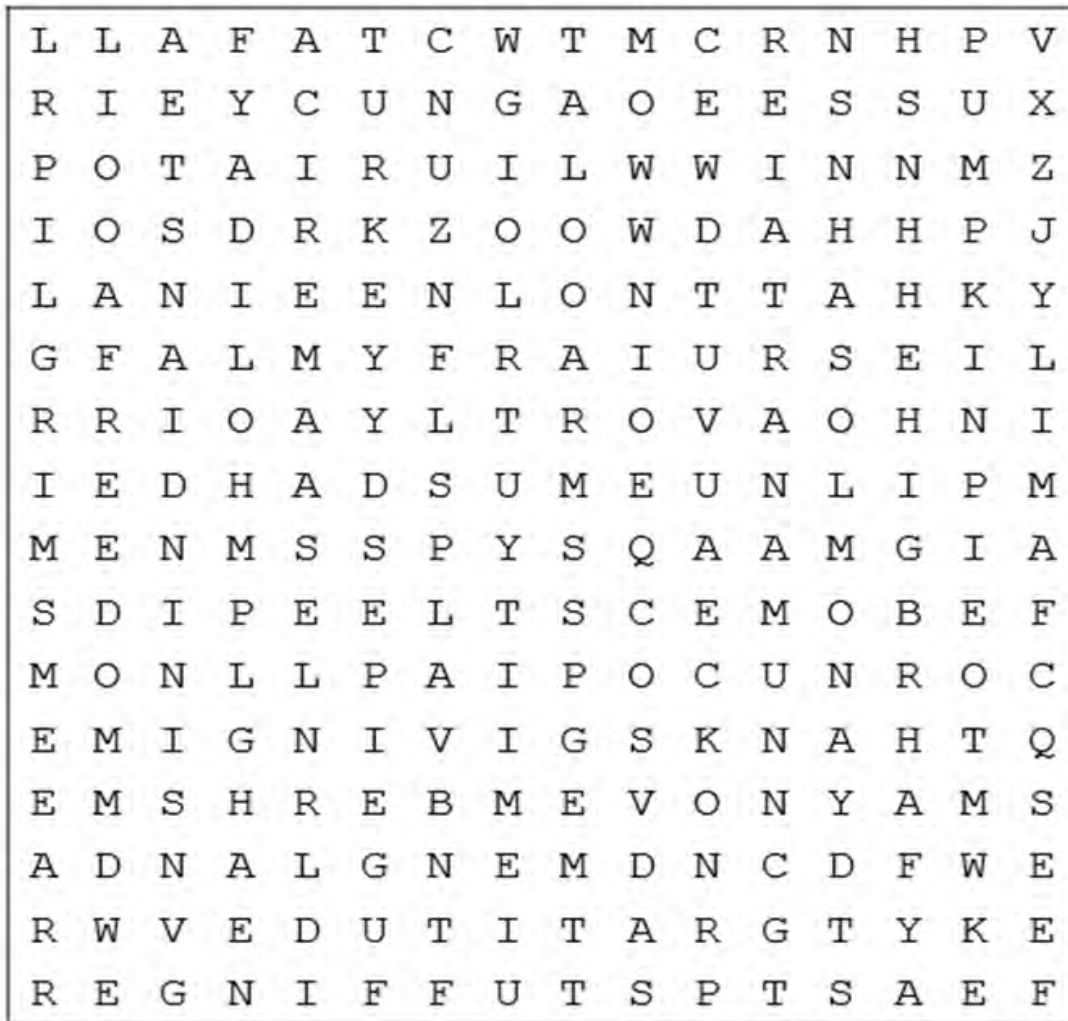
We will be going out for dinner at a local establishment following the event. If you will be joining us for dinner, please let us know so that we can reserve a spot for you!

BRING A FRIEND!



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The Learning
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2010

HAPPY THANKSGIVING WORD SEARCH



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NEWWORLD
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PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
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