



The Scribe

St. Paul UCC

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

June 2016 Edition

Monthly
Newsletter

Pastor's Pen...

Among the many things that cross my desk during any given week, are articles written about the current state of affairs within "mainline" Protestantism and what should be done to stop the bleeding. Some of these articles are thoughtful and well-written, while others are more or less diatribes by the disaffected. The whole mainline family is there, each weighing in on what our problems are and what we should do to fix those problems. Keep in mind that these are mainline discussions. I generally don't read things from our evangelical brethren because their situation is different, their language is different, and also their whole paradigm differs from ours. I count them as kindred in Christ, but they are in a very different place.

Anyway, one of my fellow pastors told me about an article that he had read in which a young woman said that she stopped attending her mainline Protestant church because what she received there was no different than what she could get from the Op Ed pages of the New York Times. Further, she noted, if she wanted to listen to political rehash, then she could get it at a more convenient time than on Sunday morning at 10:00am. While I didn't read the same article, hearing about that young woman's disillusionment didn't surprise me. Indeed! What IS the point of church, really, if there is no gospel?

This is why your St. Paul staff does what we do. Whether it's Mary Faust in the office or (retiring) Mary Doctor, or Diane Bele our Director of Music.....we are driven by the notion that a guy who was crucified, dead, and buried got up on the Third Day and started walking around and talking with people again. We also believe that this has huge ramifications for the world. Here at St. Paul, the Good News is not that one political party is better than the other or that fracking is right or wrong. Rather, the Good News is that Christ has died, Christ has Risen, and Christ will come again. That's our starting point. Let THAT inform how we do justice, love kindness, and walk humbly with our God -- not the other way around.

See you in worship!

Pastor David



St. Paul UCC Executive Board Members: 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).

School Ends, but Hunger Doesn't

School ended in June, BUT children being hungry did not. During the school year, children living within the Palatine Township are able to receive free or reduced-price breakfasts and lunches at school. During the summer, struggling families need help to be able to provide these meals for their children. Nutritious, non-perishable food items are available to them through the Palatine Township Food Pantry. Currently, the Palatine Food Pantry is assisting 345 families each month.



The **School Ends, but Hunger Doesn't** summer food drive will again be held throughout June and July at St. Paul. Non-perishable food items needed include canned vegetables, canned fruit, soup, peanut butter, canned meats—tuna and chicken, tomato products (e.g., tomato and spaghetti sauce), breakfast cereal and bars, and canned juices (100% fruit juice). Donations may be placed in the grocery cart in Grosse Memorial Hall. The Township Food Pantry also accepts fresh produce AT the Township Office at the corner of Quentin Road and Illinois Avenue—diagonally across from Fremd High School.

Thank you for your generosity. Your Community Outreach Committee



Palatine July 4th Parade

In honor of Palatine's 150 year celebration, St. Paul will be participating in the July 2nd Parade through downtown Palatine. Historically, the parade is very well attended and this is a great opportunity for us to promote our church in the community.

Chuck and Marge Anderson have graciously offered to drive their vintage pickup truck for St. Paul. The Andersons have participated with us in past parades and their truck was a wonderful addition to the parade.

We need walkers to help distribute hand-outs to the crowd. Ideally we would like a minimum of 8-10 people willing to walk the entire route. If you are unable to walk the entire route, but could possibly walk ½ of it, this would be greatly appreciated.

Please see the sign-up sheet in Fellowship Hall – We need your help for this to be successful!

An Invitation from the Health Committee...

The Health Committee is sponsoring a presentation at the Palatine Mariano's, 545 N. Hicks Rd, on Wednesday, June 29th, at 11:00 a.m. The sign-up list will be posted on June 12th. The cost is \$5 per person. If you need transportation please call Jackie Schultze.



Peggy Balboa is a registered dietitian for Mariano's where she combines her passion for food and nutrition. She enables customers to bring fresh foods to the table fast through cooking seminars, nutrition education, and individual counseling sessions. Peggy received her bachelor's degree in Nutrition Science from the University of Illinois at Chicago and also practices clinical nutrition at Weiss Memorial Hospital.

The program we have chosen is titled "Nutrition, Cognition and the Mediterranean Diet." More and more information has come out regarding the Mediterranean diet and its health benefits not only for the heart, but for the brain. This discussion explores the components of the Mediterranean diet that help with cognition.



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)

Meet our two newest members of St. Paul:

My name is Holly Grace Chvoy, In the fall I will be going to Fremd High School. I have an older sister Helen, who goes to Miami University and an older brother Henry who goes to Fremd. I play travel soccer for Celtic Soccer Club and I also play percussion in band at school. I love to spend time with my dog and bake banana bread. Both of my siblings were also confirmed at St Paul.



My name is Katie Elizabeth Gregor, and in the fall, I will be a freshman at Palatine High School. I play for Celtic Soccer Club, and have been playing since I was in first grade. I have an older brother, named Evan, who will be a junior at the University of Wisconsin-Whitewater, and was also confirmed at St. Paul. In my free time, I enjoy hanging out with my friends and family, and shopping.



- 1 Ron Bochat
- 4 Steven Mayer
- 8 James Schimka
- 9 Gabriele Frahm
- 13 Sandra Gumm
- 16 Thomas Donat
- 16 Phyllis Wittig
- 17 Matt Kerlin
- 18 Jason Morgan
- 19 Gary Altergott
- 20 Tracy Kerlin
- 23 Ralph Hayford
- 24 Mike Dekrell
- 24 Luzmey Alejo Compassion Intl Child sponsored by the Mayers
- 27 Joshua Nyamekye Compassion Intl Child sponsored by the Petersens
- 28 Aubrey Ferris
- 29 Lisa Kennelly



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

Phyllis Wittig in memory of Mildred Wittig

memorials
& gifts



Congratulations to
Bill Davenport and Sherri Leach
on their May 7th wedding at St. Paul.

From the Spiritual Life Board...

....We are in need of a Spiritual Life Rep to the Executive Board as well as an "At Large" person to the Executive Board.
....We are in need of a member for the Administrative Board.
....We are in need of a chairman for the Christian Education Committee



We are also in need of some "task helpers"....for one time tasks that we are in need of volunteers for. You do not need to be on a committee or board, or commit to be on either to participate. If you are interested in being a task helper for any of the tasks listed below, please see a member of the Spiritual Life Board. Thank you!

....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.

Music Ministry Announcement

Congratulations to Diane Bele as she assumes an increased role in the music ministry at St. Paul. Diane has graciously agreed to be the Director of the Chancel Choir, along with her role as Director of Music.

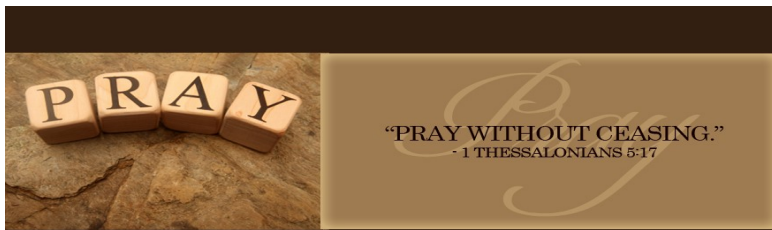
Jenne Lennon, the former Director of the Chancel Choir, has taken the position as the Director of Music at a Presbyterian Church in Oak Park. We thank Jenne for her years of service to St. Paul Church and wish her God's blessings in her new professional role.

We are blessed to have Diane share her spirituality and musical talents with St. Paul. She continues to enhance our worship service with her musical leadership. A special thanks to the dedicated members of the Chancel Choir for sharing their time and talents.

Diane is excited to lead the St. Paul music ministry. She will be meeting with Pastor David and the Worship Committee over the summer months to introduce new musical and liturgical elements to enhance our worship service.

Are you interested in sharing your musical talents...Diane would love to hear from you. Whether in voice or instrument, share your gifts to worship our God.





PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Sharon Altergott
 Rick Bartells, friend of Kim Cichon
 Charlie Betzhold
 Karen Connor
 Jim & Flo Dailey, friends of Charlotte Mally
 Lindsey Demos
 Kendall Eich
 Debbie Faust, sister of Mark Faust
 Gehlin Family, friends of the Drost Family
 Laura and Bob Giltzow
 Ralph Hayford
 Carol Hennings, sister of Pat Kolze
 Larry Herron
 Kira Ingram, granddaughter of Larry Ingram
 Karl Krause
 Charles Leseberg, brother of Mary Ann Leseberg
 Christopher Macahon, friend of the Faust Family
 Bob & Charlotte McKotch, sister and brother-in-law of Janet Walter
 Cathy McMillion, friend of Karen Wagner
 Dorothy Mende, sister of Charlotte Mally
 Delores Moxley, friend of Pat & Bob Kolze
 Dorothy Regan Drake, friend of Bob & Pat Kolze
 Lois Southard, friend of Kim Cichon
 Kindra Spiegel, daughter of Ken & Shirley Kolze
 Riley Stencil, great-niece of Greg Mayer
 Sherry Stephens, sister of Shirley Ann Kolze
 Steve Temple
 Tom, cousin of Kim and Karen
 Trish Vanderploeg, friend of Kim Cichon
 Fran Werner, sister-in-law of Sharon Florey

SERVING CHRIST IN WORSHIP

Greeters for June:

5: Ron & Donna Bochat
12: Ralph & Linda Hayford
19: Bonnie Rendl
26: The Graham Family

Usher Captain for June: Greg Mayer

Nursery Attendant for June: Laura Mayer

Lectionary for June:

5: 1 Kings 17:8-24; Psalm 146; 1 Kings 17:17-24; Psalm 30; Gal 1:11-24; Luke 7:11-17.
12: 1 Kings 21:1-21a; Psalm 5:1-8; 2 Sam 11:26-as:1-,13-15, Psalm 32; Gal 2:15-21; Luke 7:36-8:3.
19: 1 Kings 19:1-15a; Psalm 42; Psalm 43; Isa 65:1-9; Psalm 22:19-28; Gal 3:23-29; Luke 8:26-29.
26: 2 Kings 2:1-14; Psalm 77:1-12,11-20; 1 Kings 19:15-16,19-21; Psalm 16; Gal 5:1,13-25; Luke 9:51-62.





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Laurie Stone
Karen Trzaska
Mollie Waller
Dede Wamberg

April 18, 2016

St. Paul United Church of Christ
144 E. Palatine Road
Palatine, IL 60067

Dear Friends of WINGS,

You have truly provided a better life for women and children who are suffering from homelessness and domestic violence. Your donation of a \$230.00 for your Maundy Thursday Offering will mean that tonight a family will have a bed to sleep in, food in their stomachs, and staff that will help guide them on their journey to independence.

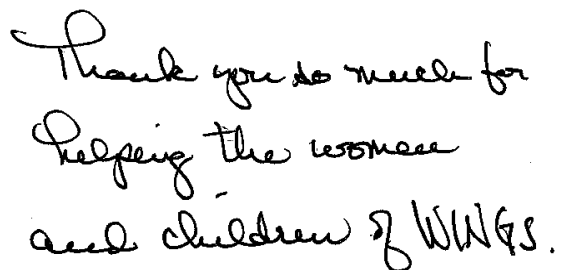
Your donation will mean that a mother will not have to decide between homelessness and sleeping with an abusive spouse in order to have a roof over her children's heads. And it will mean the beginning of a new life and a brighter future.

Last year, WINGS responded to 5,454 callers on our 24-hour hotline; was able to help over 1,100 women and children with nearly 70,000 nights of shelter and supportive services and provided 45,000 meals in our domestic violence shelter. And this is all because of donors like you.

Thank you for coming forward to help the vulnerable in our community by investing in WINGS mission. Our Board appreciates it. Our staff appreciates it. More importantly the families we help are forever grateful that you saw it in your heart to help a stranger.

With gratitude,


Terri Channer
Sr. Director of Development



WINGS Program Inc. is a non-profit organization, registered under section 501(c)(3) with the Federal Government and the State of Illinois. WINGS federal income tax number is 36-3456061.

Your contribution is deductible to the fullest extent of the law.

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Anxiety Disorders

Anxiety is a state of mind in which we are worried, nervous, concerned and afraid. While most people experience anxiety from time to time, some develop anxiety disorders. People who

live with anxiety disorders regularly become anxious in situations that typically do not trigger anxiety in most other people. Over time, their symptoms can become debilitating and affect their ability to work, enjoy themselves or maintain relationships.

Types of anxiety disorders

There are several different types of anxiety disorders. Here are some of them:

- **Generalized anxiety disorder (GAD):** People with this condition find themselves in a state of anxiety that can last for months. Symptoms include difficulty sleeping, irritability, feeling “on edge,” trouble concentrating and muscle tension.
- **Social anxiety disorder:** Individuals with social anxiety have strong feelings of concern and fear in social situations. When around others, they may experience physical symptoms such as sweating, facial flushing and trembling. They may also have an inordinate fear of being humiliated or embarrassed and eventually will start avoiding social situations. In some cases, people with this condition may have difficulty making friends and establishing a supportive peer group.
- **Panic disorder:** Panic disorder is characterized by unexpected anxiety or panic attacks in which sufferers feel overwhelming fear. During a panic attack, sufferers may develop heart palpitations, shortness of breath, sweating and may even feel like they are choking.

Diagnosis and treatment

If a person believes that they may be suffering from an anxiety disorder, he or she should speak to a doctor. A physician can perform a physical exam and review any medications the patient is taking to rule out other conditions.

The doctor may refer sufferers to a mental health professional who can assist with further diagnosis and in developing a treatment plan. In addition, people with anxiety disorders may benefit from self-help practices such as meditation, yoga or regular exercise. In some cases, a physician may prescribe medications that can help minimize anxiety and its symptoms.

From the Health Committee continued...

How faith communities can support people with anxiety

Like other mental illnesses, anxiety disorders are “invisible disabilities.” It’s not always obvious that a person is struggling with anxiety. As a result, sufferers may feel isolated, ashamed and misunderstood, even within faith communities. Yet, there is a lot that congregations can do to support people with anxiety.

Self-education

Faith community members can educate themselves about common mental illnesses. By understanding anxiety and how it manifests, it becomes easier to have empathy for those who have this condition. Education can also help us develop ways and be in relationships with people who struggle with anxiety.

Being supportive

People with anxiety may engage in behaviors that seem inappropriate or unwarranted. This can be frustrating to others, and these behaviors can be misinterpreted as irresponsibility, immaturity, attention seeking or hostility. Family, friends and associates may express frustration and anger to the person with anxiety, exacerbating the situation.

When we understand that people suffering from anxiety disorders are suffering from uncontrollable fear, it’s easier to be supportive. When we take the time to ask about the kind of support they need, we can help assist them in managing and recovering from their condition.

Offer options for getting involved

Many faith communities are structured around group activities. People who have anxiety may want to become involved with a faith community but may also feel overwhelmed by unfamiliar people, loud noises and bustling activity. One option is to offer people with anxiety ways of getting involved with the community that don’t trigger panic. This might include participating in a small prayer group or performing volunteer tasks that can be accomplished at home.

Some individuals with anxiety disorders experience symptoms during religious services and activities. In some cases, the anxiety might be eased if the person attends with one or more trusted friends. Offer to accompany and stay with the person during services and events.

Resources

Advocate Health Care: advocatehealth.com Anxiety and Depression Association of America: adaa.org National Alliance on Mental Illness: www.nami.org

PRAYER: *Dear God, help us to draw closer to you, and to each other, during times of fear and worry. Amen*

Thank you all around...

I would like to say a heartfelt thank you to everyone that helped cover my desk while I was on vacation last month. A special thanks to Pastor David, Mary Doktor, Arlene Kraus, Mary Ann Leseberg, Chuck Oberly and my hubby, Mark. And a special shout out to Mary Flynn and Sharon Altergott for covering for me when I was in Missouri visiting Amanda. Thank you all so much!
Mary



Thank you, Thank you, Thank you

Thank you to everyone who gave so generously during April's Building for Bob Habitat for Humanity Campaign. The Spring of Life Partnership of the Northern Fox Valley appreciates the wonderful donation that St. Paul contributed to our next house. Construction at 519 Enterprise, Elgin is moving forward windows are in, walls are up, grass seed is down and paint is going on. Watch for details on the house blessing coming in August. Thank you.



Dear St. Paul United Church of Christ,

Thank you so much for the cake, journal, and gift cards. I thank God for you and your love, generosity, and hospitality you've given me this semester. I am so glad to have become a part of your congregation. I pray that the Lord bless you for your ministry.

Although I enjoy summer, I anticipate when I can return in August and be with you again! God's grace and peace be with you!

Your brother in Christ,
Alex Wolf



Thank you to the members of St. Paul UCC, Palatine for your 2015 contribution of \$2,837.00 for our Church's Wider Mission. Jorge Morales, Conference Minister

Wheels to Worship and more...

Recent discussion at the Worship and the Spiritual Life Committees has included the need to create an internal, and perhaps with time, an outreach mission to assist our members and our community with transportation to worship and related church events, assistance with grocery shopping, doctor visits and other supportive services to help them maintain and remain independent.

At the May Spiritual Life meeting we supported the idea of creating a Task Force to investigate what this mission might involve, and the structure and resources we need in order to begin to implement a viable program.

Along with myself, Deb Everett and Jackie Schultz have volunteered to be members of the Task Force. We need other members of the congregation to help us. We need just a bit of your time. We need your ideas and perspective. We need you to help with the details and the larger vision of this mission. We need you as a church member to support and pray for this mission so that we can as a congregation, united as one, can continue to do Christ's work in our church and our community.

Please call me at 224-639-3869 or email kristinfreeman@hotmail.com to share your ideas, thoughts and join the St. Paul Task Force. Thank you, Kris Freeman

