



The Scribe

St. Paul UCC

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

August 2016 Edition

Monthly
Newsletter

Pastor's Pen...

As most of you already know by now, on October 15th St. Paul will be hosting the joint fall meeting of the Chicago Metropolitan Association and the Fox Valley Association, together. It will be a one day event (on that Saturday) in which delegates and clergy from two associations get together for a meeting and worship. I don't know exactly how many will be in attendance, but I was told to plan for 300 -- and that doesn't even include our own St. Paul people.

Our keynote speaker that day will be Father Michael Pfleger, a well-known activist priest who serves St. Sabina's parish in Chicago. The fact that Fr. Pfleger will be here is in itself, enough to say that we are likely to have a lot of people coming through our doors. St. Paul is going to be in the limelight. They may come to hear Fr. Pfleger, but they will always remember how well St. Paul hosted the gathering.

Can you help set up, carry, move, and take down tables? We need plenty of people to do that. Can you move chairs? We need people to do that. Can you put on your name tag -- or red St. Paul t-shirt -- and be around to function as a host? Can you serve food, mop up spills, or direct people to the wash rooms? Can you help someone when they lose their car keys?

We are receiving guests on October 15th, and every single one of us -- myself included -- is a host. Lets come out in force and make ourselves proud!

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).

From the Archives...



This is from the Herald - - - - -

"Sept. 7, 1901

The Young Peoples' Society of St. Paul's Church have been the means of several excellent improvements being made in that church. The old pulpit has been removed and the wall about same was taken out and an alcove built back of it to hold the pipe organ; the key board now being the only part of the instrument in the auditorium. The pulpit is now on the same level as the organ, about five feet from the floor. The choir occupies the space formerly taken up by the organ and neat railings and platforms have been built. All are arranged in a way that a large platform can be laid in case of entertainments, etc. The interior of the church will be papered and painted and new seats may be put in. "

"Sept. 21, 1901

St. Paul's Church on account of the renovation will not hold either church or Sunday school services next Sunday."

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.



August Birthdays

3 Kaitlyn Petersen	18 Robert Kolze
3 Charlotte Mally	21 Kathy DePue
5 Orrin Helms	21 Dee Langguth
8 Lindsey Demos	23 Barb Oberly
11 Jeffrey Wagner	23 Kyra Graham
11 Maggie Bradley	24 Carrie Kerlin
12 Phil Arnold	28 Lillian Kroll
12 Maryann Mahlman	29 Kim Ferris
14 Christine Conrad	30 Mary Ann Leseberg
15 Doug Petersen	
16 Randy Everett	
16 Kim Cichon	

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



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)

A few ladies from the **Women's Fellowship Group** recently went on a walk through of Al's Hosta Acreage on Saturday, June 25th in Walworth, Wisconsin. Al gave them a tour of all his different kinds of hostas and the beautiful surroundings. The plants are spectacular, of every kind and size.

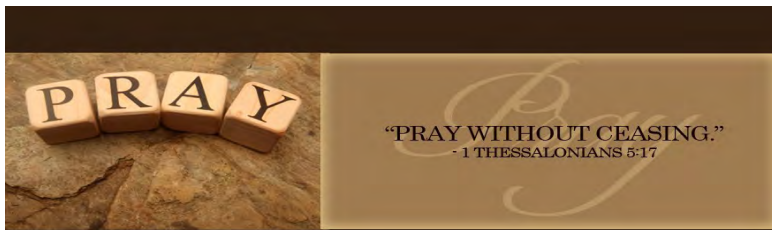


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Thank you to Chuck and Margie Anderson for the use of their truck for the 4th of July Parade. And thank you to the St. Paul members who walked the parade route.





PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

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
 Kari Harvey, daughter of Dolly Chamberlin
 Austin Hayford, grandson of Ralph & Linda Hayford
 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
 Chris 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
 Leon Paz, husband of Mary Paz
 Dorothy Regan Drake, friend of Bob & Pat Kolze
 Eric Schultze, brother of Jackie Schultze
 Kindra Spiegel, daughter of Ken & Shirley Kolze
 Riley Stencel, 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
 Marjorie Winkle, friend of Phil & Lynn Arnold

SERVING CHRIST IN WORSHIP

Greeters for August:

7th: Gene & Kirsten Morgan
14th: Gloria Helms
21st: Tom Donat
28th: Kathi & Jim Wotal

Lectionary Readers for August:

7th: Arlene Kraus
14th: Sandy Gumm
21st: Sharon Florey
28th: Tom Donat

Usher Captain for August: Gary Altergott

Nursery Attendant for August:

Carrie Kerlin

Lectionary for August:

7th: Isa 1:1,10-20; Psalm 50:1-8,22-23; Gen 15:1-6; Psalm 33:12-22; Heb 11:1-16; Luke 12:32-40.
14th: Isa 5:1-7; Psalm 80:1-19; Jer 23:23-29; Psalm 82; Heb 11:29-12:2; Luke 12:49-56.
21st: Jer 1:4-10; Psalm 71:1-6; Isa 58:9b-14; Psalm 103:1-8; Heb 12:18-29; Luke 13:10-17.
28th: Jer 2:4-13; Psalm 81:1-16; Sirah 10:12-18; Prov 25:6-7; Psalm 115; Heb 13:1-8, 15-16; Luke 14:1,7014.



PALATINE HIGH SCHOOL, TOWNSHIP & FAITH IN ACTION

Treasure Chest Backpack Program

Palatine High School, Township and Faith in Action are partnering to provide students in need at Palatine High School with nutritious food for weekends during the school year.

All donations are appreciated and can be dropped off at the Township Monday from 8:30 am to 7pm, Tuesday – Friday from 8:30am - 4pm or Saturday from 8:30am – 12pm.



DONATIONS NEEDED

Breakfast Foods:

Cereal

Granola Bars

Fruit Cups

Juice boxes or small bottles - (100% juice if possible)

Lunch Foods:

Peanut Butter

Jelly

Mac & Cheese

Spagettios

Soup – chicken noodle preferred

Snack/Dessert: pudding cups, individual sized trail mix, cookies and chips

Palatine Township Food Pantry
721 South Quentin
Palatine, IL 60067
Phone 847-358-6121
www.palatinetownship.com

What happens to your body when you exercise?

Starting a new exercise routine may seem overwhelming, but regular physical activity is one of the most important things you can do for your health, according to the [Centers for Disease Control and Prevention](#)(CDC).

When beginning to [exercise](#), studies show that changes can occur to the body's heart, muscles, fat, bones and even the brain. Exercise also helps to maintain a healthy weight and increases the chances of living longer. "Start with five to ten minutes a day of aerobic exercise and work up to 30 minutes five days a week over the course of a few weeks," says [Dr. Dory Jarzabkowski](#), a cardiologist with the [Advocate Heart Institute](#) at [BroMenn Medical Center](#) in Normal, IL. "Some simple aerobic exercises include swimming, bicycling, walking, jogging or running."

The CDC lists some of the major health benefits to starting an exercise routine:

Heart

Regular aerobic exercise (about 150 minutes per week) can lower a person's risk for heart attack and stroke. Exercise has also been shown to reduce [high blood pressure](#) and cholesterol levels, as well as the risk for heart disease.

Muscles and fat

Endurance training, such as running or lifting weights, encourages the body to use stored fat as a source of energy. Exercise increases muscle mass, which in return causes more calories to be burned while at rest. An increase in muscle and a decrease in body fat can help you achieve a lower [body mass index](#) and leaner figure.

Bones

Performing weight-bearing exercises can increase bone density. As you move, your muscles pull on the bones, and the pulling stimulates an increase in bone density. Regular physical activity can also help manage [arthritis](#) pain and other joint conditions.

Brain

Physical activity can help keep thinking, learning and judgment skills sharp as a person [ages](#). It can reduce the risk of depression and anxiety while improving overall mood and feelings of well-being. Exercise can also promote better [sleep](#).

"Don't become discouraged if you don't lose weight; muscle weighs more than fat," says Dr. Jarzabkowski. "As you become more toned, you will notice changes like your clothes becoming looser, even if the scale does not show much difference." Regular exercise has many positive short- and long-term health benefits.

Dear God, help us honor the bodies you have given us by keeping them active and healthy. Amen.

From the Palatine Township Office...



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Habitat Updates:

Mark your calendars Habitat for Humanity has important dates coming up.

The house blessing for our current project lucky home #13 will be at 1pm Saturday August 13th at 519 Enterprise, Elgin, IL. Come see what a wonderful home has been created for Maj and her girls.

The Spring of Life Partnership will be celebrating its 20th Anniversary this fall with a night of music from Felix & Fingers at Metropolis Theater in Arlington Heights on Friday November 18th from 6:30 to 10:00pm. Mark your calendar and plan to attend this wonderful evening with great entertainment and wonderful friends. Event information can be found at www.springoflifehabiat.org.