



The Scribe

St. Paul UCC

144 E Palatine Road, Palatine IL 60067

(847) 358-0399 www.stpaul-ucc.org

February 2018 Edition

Monthly
Newsletter

Pastor's Pen...

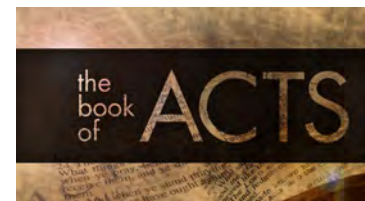
In September 2010 when you the congregation extended a call to me to be your pastor, there were certain provisions placed in the Call Agreement. These provisions are a normal part of any arrangement whenever a local church calls a new pastor.

One such provision in our particular Call Agreement is that after seven years of service, the pastor shall be eligible for a three month sabbatical. The sabbatical is inclusive of vacation and is used not only for rest, but also for study that enhances vocational development.

So, with a couple of weeks shaved off -- one for last month's family funeral and one for the week after Christmas 2018 -- I am going to be taking ten weeks during the summer as my sabbatical. It will begin on Monday June 11th and finish with me returning to the office on Monday August 20th. During the sabbatical period my primary focus will be to discover new ways of strengthening a sense of community here at St. Paul. My study will be aimed towards learning ways that people can feel like they're a part of our church, as opposed to falling through the cracks. As part of this, I will do an in-depth study of the New Testament Book of Acts as well as visit a number of different congregations to see how they sustain fellowship.

As of this writing, plans are underway to ensure that Sunday worship leadership is covered as well as arranging for substitute pastoral care during the week. My absence during the summer will not have any bearing on you having access to a pastor. Every St. Paul member will have available to them an ordained member of the clergy while I am on sabbatical. My intent and hope is that after I return, I will be prepared to offer something that will regenerate the sinews and tendons holding our church together.

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), Chuck Oberly (Admin. Board Rep), and Karen Wagner.



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

	December 2017	YTD	BUDGET
Revenue	31,985.39	116,183.28	258,890.00
Expenditure	26,471.64	93,308.72	277,188.00
Net Income	5,513.75	22,874.56	-18,298.00

From the Archives...



From 1973 Scribe - - - -



A LEGEND OF THE VALENTINE

One of the legends relating to the origin of St. Valentine's Day dates back to ancient Roman times, when Christians were cast into jail because of their beliefs. One such Christian was a young bishop by the name of Valentine.

During his imprisonment Valentine missed his loved ones greatly. He spent many hours thinking of them and wishing he could contact them in some way. One day he noticed a small cluster of violets growing within reach of his cell window, and he picked some of them. On their heart-shaped leaves, he wrote the words, "Remember your Valentine," or simply, "I love you," and sent them by way of a friendly dove.

Thus began the custom of sending valentines. It has continued through the ages and St. Valentine's Day is now celebrated on February 14th. Sending a valentine is a very special way to say, "I love you."



St. Paul UCC is continuing on its journey to becoming an Open and Affirming church. There will be a Congregational Meeting on Sunday, February 18, where we will be presenting our Open and Affirming statement for all to see. Please join us for this and the other topics to be discussed at the meeting.

Christian Education Corner

February 2018



One of my favorite authors, Ann Weems, wrote this poem about Lent.

Lent

*Lent is a time to take the time
To let the power of our faith story take hold of us,
A time to let the events get up and walk around in us,
A time to intensify
Our living unto Christ,
A time to hover over
The thoughts of our hearts,
A time to place our feet in the streets of Jerusalem
Or to walk along the sea and listen to his word,
A time to touch his robe
And feel the healing surge through us,
A time to ponder and a time to wonder...
Lent is a time to allow a fresh new taste of God!*

The joy of working with children is that everything you teach them is truly a “fresh new taste of God.” During this Lenten season, we will be working our way through experiences of Jesus. This will include lessons on healing, on the city of Jerusalem – with pictures of where Jesus walked, and experiential learning opportunities for tasting, touching and even smelling the environment of Jesus’ time.

I hope that you will enjoy learning along with the children as much as I do. Please do not hesitate to contact me with questions or concerns regarding church school. My phone number is: 224-595-6807. My email is: bonnh53@yahoo.com.

Many thanks to all of you who make the church school program a joyous learning environment!

February is Heart Month

Things to know about Stroke

What Is a Stroke?

Stroke is the fourth leading cause of death and a major cause of serious, long-term disability in America. It occurs when a blood vessel bringing blood and oxygen to the brain gets blocked or ruptures and brain cells don't get the flow of blood that they need. Stroke affects people of all ages, ethnicities and backgrounds. Some people—specifically women, African Americans, people with high blood pressure and people with physical or cognitive disabilities—have a higher risk of stroke.

Know Your Risk Factors – Know Your Score

Did you know up to 80% of all strokes are preventable? Research has shown that you can reduce your stroke risk by living a healthy lifestyle — controlling high blood pressure; not smoking; eating a low-fat, low-cholesterol diet/being physically active; maintaining a healthy body weight; managing diabetes; and drinking little to no alcohol.

Stay Connected

People who are socially isolated may face a 30 percent higher risk of heart disease and stroke than those who are socially connected, according to a recent study. This level of influence on heart health is on par with other risk factors such as anxiety and job stress.

Be Hopeful!

Sometimes stroke happens even when we do everything we can to be healthy. Do not despair. Stroke recovery is hard work but it is possible. The care that we provide to each other in our congregations is a vital part of the healing process. So take good care of the body that God has gifted you with and take care of each other, too!

Prayer: *Thank you, God, for our amazing bodies. Help us nourish them with good food, exercise and loving relationships.*

MORE INFO ON PAGE 5



Know the Signs of a Stroke

If you think you're having a stroke or witnessing one, call 9-1-1 immediately.

Use **F.A.S.T.** to memorize the signs.

Source: American Stroke Association

F Face drooping Does one side of the face droop or is it numb? Is the person's smile uneven?	A Arm Weakness Is one arm weak or numb? Does one arm drift downward?
S Speech Difficulty Is speech slurred? Can the person repeat sentences correctly?	T Time to call 9-1-1 If someone shows any of these symptoms, call 9-1-1 immediately.

 Advocate Heart Institute

More About Stroke – (American Heart Association)

A TIA or transient ischemic attack is a “warning stroke” or “mini-stroke” that produces stroke-like symptoms. TIA symptoms usually only last a few minutes but, if left untreated, people who have TIA’s have a high risk of stroke. Recognizing and treating TIA’s can reduce the risk of a major stroke. **Symptoms you should know:**

- Sudden numbness or weakness of the leg
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Sudden confusion or trouble understanding

WARNING SIGNS OF HEART ATTACK & CARDIAC ARREST (American Heart Association)

Heart Attack Warning Signs

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath

Other signs – sweating, nausea or lightheadedness

If these signs are present CALL 9-1-1

A heart attack is a life-and-death emergency. Not all signs occur in every heart attack. Sometimes they go away and return. If some occur, get help fast! Today heart attack victims can benefit from new medications and treatments unavailable to patients in years past. But to be effective these drugs must be given quickly after heart attack symptoms first appear.

Some heart attacks are sudden and intense – the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. As with men, women’s most common heart attack symptom is chest pain or discomfort. **But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.**

Cardiac Arrest Warning Signs

- Sudden Loss of Responsiveness
- No response to tapping on shoulders

No normal breathing

If these signs of cardiac arrest are present, tell someone to call 9-1-1 or your emergency response number and get an AED (if one is available) and you start CPR immediately. If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get an AED (if one is available) before you begin CPR. Use an AED as soon as it arrives.



Manna Bags

Lent is a season of conversion. We acknowledge the ways we have turned away from God in our lives, and we focus on turning our hearts and minds back towards God. Giving up something for Lent is ultimately a form of fasting. We can deprive ourselves of some small pleasure or indulgence and offer that sacrifice to God.

As part of our Acts of Kindness program, we will be having a drive for “Manna Bag” supplies during Lent. Manna Bags are a way to offer provisions to those in need. The bags can be given to the homeless you see on the streets, the person on the street corner asking for help or a person that God has placed in your path needing your help. A Manna Bag contains food for the day to satisfy their hunger, a personal note to feed their soul, and a list of area soup kitchens and food pantries that they can turn to for help.

As you contemplate what you will be giving up for Lent, we ask that you give of yourself and donate items to fill our Manna Bags:

Bottled water
Toothpaste
Socks
Sunscreen
Plastic spoons or forks
Non-perishable food. If in cans, make sure it has a pop top, not one that needs a can opener.
Packages of sunflower seeds or nuts
Canned tuna or Vienna sausages
Peanut butter crackers
Beef or Turkey jerky
Power bars or granola bars
Apple sauce or fruit cups
Juice boxes
Boxes of raisins
Handi wipes to clean hands and face

“Whatever you do for the least of these, you do for me” – Jesus. There is a sign-up sheet in Fellowship Hall.

FEED MY STARVING CHILDREN



St. Paul has reserved 20 spots in a packing event on Saturday March 3rd 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, March 3rd

Where: 1072 National Parkway, Schaumburg, IL.

Time: 9:00 to 11:00 am

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



BRING A FRIEND!

Getting to Know You

Since we have been including a little bio information on new members, we thought we would also put info on existing members in the Scribe, starting with this month.

You never know what you might learn that you didn't know before.

If you would like to be included in the Getting To Know You section of the Scribe, please submit your information to the church office at secretary@stpaul-ucc.org.

This month features Chuck and Margie Anderson.

Chuck has been at St. Paul since birth and Margie joined when they got married at St. Paul. They have 2 married sons who were baptized and confirmed at St. Paul and have three grandsons. Chuck's mother, Helen, was a life member and married at St. Paul.

Chuck has worked for a farm co-op as manager of the Lubricant Division for 46 years.

Margie is a retired Registered Nurse. Chuck restores old trucks and Margie works on family genealogy, sews, and works on the Archives for the church. Over the years at St. Paul Chuck was Usher Captain and Nursery Attendant, while Margie set up communion, made the baptism bookmarks, and put the Scribe together.



2 Gene Morgan	19 Karl Bethke
5 Justin Everett	19 Shirley Kolze
6 Courtney Conrad	19 Lynn Arnold
6 Brandon Doktor	23 Lyman Walter
7 Ellen Graham	24 Donna Bochat
8 Agnes Warren	25 Nancy Perry
11 Megan Martin	26 Lois Roesner
11 Marty Kennelly Jr	27 Bradley Gillette
14 Ellen Magee	27 Erik Bethke
14 Tim Doktor	

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

Shay Storm in memory of Dick Storm and Ethel Baumann
Charlotte Mally in memory of Jean Schwab

memorials
& gifts



We would like to thank the St. Paul Church family for the lovely poinsettia plant brought to us before Christmas by Arlene Kraus. Trying to keep it alive for a while- not very good with this kind of plant and some others too. :) Hope everyone had a Blessed Christmas.

Jim and Darlene Vogt

And....Thank you to all who signed up to sponsor a monthly bulletin, 2018 is full!



WACHS LOVE SUNDAY



On Sunday February 11th we will be celebrating the vision Daniel Wachs had about showing people we care about them. During his life, he made it a goal to show others he cared about them. After his death, his family created the Wachs Love Fund to be celebrated each year on the Sunday closest to Valentine's Day. Since that time, the community Outreach Committee has received countless requests for help from Palatine residence who are experiencing hardships.

The Wachs Love Fund at St. Paul is funded in two ways:

Through participation in the **Scrip Program**: We encourage you to try purchasing Scrip for a couple of months, for some of the shopping you do each month—for groceries, prescriptions, clothing, gasoline, dining out or other entertainment—as well as for gifts you are going to purchase, or give the gift card itself. [You may place your order on the second Sunday of each month, and pick it up on the third Sunday.](#) A percentage (1.5% to 25% depending on the vendor) of those purchases you make through the Scrip program come right back to the Wachs Love Fund and you get the full dollar amount that you order.

And, the second way the Wachs Love Fund is funded is through your generosity on **Sunday, February 11th, and throughout the month.** There are envelopes at the end of each pew during February, or you can designate your Wachs Fund gift on your regular offering envelope throughout the year.

There are four different definitions of “love” in the Bible one is: AGAPE which is the deepest love, means doing good things for others. Please consider giving to our Wachs Love Fund so we can continue to show our love and do good things for others.

Community Outreach Committee.



St. Paul Women's Fellowship February Program: “Gardening with John Heaton, Knupper Nursery & Landscape” February 10th at 10AM in Fellowship Hall

Come hear John Heaton, owner of Knupper Nursery & Landscape speak and answer questions about spring gardening. John has been with Knupper since 1968 and has owned it since the mid-80s. John has extensive knowledge of plants and plant diseases and is Knupper's in-house lawn expert. The presentation will begin at 10am in St. Paul Fellowship Hall. Please bring a bag lunch and we will eat together after the presentation. Questions? Please contact Lisa (llkennelly@yahoo.com) or Dee (deel134@att.net).



"PRAY WITHOUT CEASING."
- 1 THESSALONIANS 5:17

PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Rick Bartells, friend of Kim Cichon
 Ed Bartelt, friend of Charlotte Mally
 Ben Belmonte, great-nephew of Ken & Shirley Kolze
 Eva Bori
 Don Brach, friend of Chuck & Margie Anderson
 Flo Dailey, friends of Charlotte Mally
 Kendall Eich
 Andi Gahlin, fiancé of Mike Drost
 Judy Haimbaugh, sister of Gloria Helms
 Pat Harris, friend of Sandy Gumm
 Rick Hasselmann, brother of Shirley Schimka
 Leo Michael Hayford, grandson of Linda & Ralph Hayford
 Carol Hennings, sister of Pat Kolze
 Larry Herron, friend of Bob & Pat Kolze
 Bill Houldsworth, husband of Laurie Houldsworth
 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
 Cathy McMillion, friend of Karen Wagner
 Dorothy Mende, sister of Charlotte Mally
 Debra Radloff Mican, cousin of Dawn Drost
 Ron & Paulette Mohr, uncle & aunt of Kim Ferris & Karen Wagner
 Jack O'Connor
 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
 Geri Rogers, sister of Pat Kolze
 Blanche Schug
 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 February:

4: Jeff & Kathy DePue
11: Bill & Roseann Stenzel
18: Kim Ferris
25: Wally & Jan Degner

Nursery Attendants for February:

Holly Chvoy

Usher Captain for February:

Randy Everett

Lectionary Readers for February:

4: Melissa Gumm
11: Sandy Gumm
18: Tom Donat
25: Roseann Stenzel

Lectionary for February:

4: Isa 40: 21-31; Psalm 147:1-11,20c;
 1 Cor 9:16-23; Mar 1:29-39.
11: 2 Kings 2:1-12; Palm 50:1-6; 2 Cor
 4:3-6; Mark 9:2-9.
14: Joel 2:1-2,12-17; Os 58:1-12; Psalm
 51:1-17; 2 Cor 5:20b-6:10; Mt 6:16-21.
18: Gen 9:8-17; Psalm 25:1-10;
25: Gen 17:1-7,15-16; Psalm 22:23-31;
 Rom 4:13-25; Mark 8:31-038; Mark 9-2-9.





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.

* * * * *

Safety & Security Task Force – Congregation Update

A Safety & Security Task Force has been formed to help insure that St. Paul will remain a safe and secure church. You may have noticed that we have already begun to implement some of the ideas that have been recommended. These suggestions were made from the task force after meeting with professional individuals who have been designated to assist with church safety.

We will continue to work together and make changes as needed. We have begun locking the west door after the service begins and unlocking it again at the end of the service. The two front doors will also be locked during the service, and we are requesting that the east entrance be used as our primary entrance. Signs have been posted indicating these changes.

We are open to suggestions from the congregation regarding church safety and welcome anyone who is interested to join the task force. Please see Gary Altergott or Jackie Schultze for further information.

* * * * *

Your help is needed...

....We are in need of **ONE** member on the Administrative Board.

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

....We are in need of a Worship Service Projectionist for Sunday mornings. If interested, please see anyone on the Worship Committee or Spiritual Life Board.

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

....We are in need of coffee hour hosts. Please see the sign up sheet in Fellowship Hall or call the church office. It's nice to share a cup of coffee during fellowship at St. Paul. Thank you!





February Word Search

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

ABRAHAM LINCOLN AMETHYST AQUARIUS BELOW ZERO CELEBRITIES
 CHAMPIONS CHIPS COMMERCIALS FANS FAVORITE TEAM FOOTBALL
 FREEZING GEORGE WASHINGTON HALFTIME SHOW ICE ICICLE JOHN ADAMS
 NATIONAL ANTHEM PIGSKIN PIZZA PRESIDENTS DAY SCHOOL CANCELLATION
 SNOW DAY SNOWMAN SODA SUPER BOWL SUNDAY THIRD QUARTER
 THOMAS JEFFERSON TIME OUT TOUCHDOWN VALENTINES DAY WIND CHILL