



The Scribe

St. Paul UCC

144 E Palatine Road, Palatine IL 60067

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

April 2018 Edition

est. 1871



Pastor's Pen...

By the time you read this, we will be close to – or after – our annual Easter celebration.

Different commentators have had fun this year making ironical hay by gleefully pointing out that Easter falls on April 1st. Implied in all of this, of course, is that the Resurrection of Jesus Christ from the dead is the greatest April Fool's joke ever foisted upon the world. This could be because it actually didn't happen and many have been suckered into believing that it did – OR that it did happen and the assumptions that many hold about life and death have been turned upside down.

Admittedly, for those of us who earn our living talking about God, Easter gets a little harder each year to present to post-moderns. To proclaim that God raised Jesus bodily from the dead isn't the way to gain respectability these days. Yet, that is precisely what the Christian faith stands or falls on. The Apostle Paul said that without the Resurrection, this whole church thing is a farce. (1 Corinthians 15:12-19)

So, did it happen? Personally, I really hope so. I can't prove the Resurrection to you, but I want it to be true. The scriptures testify to it, and so do the lives of the early disciples. Something happened at the tomb early that morning and for 40 days afterwards. That much we know. Something happened that caused eleven men and a couple of women to go around proclaiming that Jesus had been raised – even at the cost of their lives. People won't die for something that's made-up, and those folks knew better than anyone whether or not the Resurrection story was made-up. They were there.

Have a blessed Easter season as you contemplate the mysteries of faith!

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

	February 2018	YTD	BUDGET
Revenue	17,582.00	150,474.10	258,890.00
Expenditure	18,509.07	139,908.00	277,188.00
Net Income	-927.07	10,566.10	-18,298.00

From the Archives...



From the January 1973 Scribe - - -

CROSSROADS REPORT FROM ARNIE KORIATH , ASSOCIATE PASTOR

With financial backing from the Church School, the Women's Guild and the Administrative Council, I attended the first of four three-day workshops in Woodstock, Illinois. Ministers from different parts of Illinois came to be stimulated, motivated, and turned-on to new life in the church. Speaking honestly, there were ministers who ran the gamut in terms of their attitude toward the church. Some were very excited about their churches; others were frustrated or confused; and some were cynical and even bitter about their local congregations as well as the larger church. It was good for me to meet all of these people (all men, I'm sorry to say) because it helped me to see myself in relation to them. I come out on the "sometimes frustrated - but generally very excited" side of the spectrum.

The range of churches represented ran from urban to suburban to rural; from memberships of 200 - 1500. The range of problems was just as large. By listening and watching, I came away from the workshop realizing that St. Paul Church has made vast strides in the past few years by beginning to raise the level of stewardship and church involvement, offering programs to varied age groupings, and providing a pastoral ministry relevant to suburban needs. By participating in the conference through my limited exposure to the church (I was the youngest person there), I found that my perceptions were more realistic than some of my colleagues.

The overwhelming conclusion which grew in my mind is twofold: 1) ministers are indeed real people with needs common to all. The trick is to realize this and accept it, and then use our common life as the focal point for the ministry of reconciling broken relationships, administering a local church for service to itself and the community, and bringing about changes that do not threaten but enhance us as human beings, brother and sisters in Christ. 2) all congregations face the task of being accountable to the world in which we live. The church shares similarities with other voluntary organizations in our society, but we somehow are different because we exist not to glorify ourselves, but to respond to challenge of God who calls us to be engaged in the life and mission of HIS world.

The project for St. Paul Church is the evaluation of the Christian Education emphasis program. You will be tapped for your evaluation in the future. If you have any questions you would like to ask me, or any observations you would like to make about our church, please feel free to do so.



Combine spiritual practice and exercise for a healthy heart

People often look to maximize the benefits of their diet and exercise regimens to make every minute they spend in the gym as beneficial as possible. A new study says that combining two common exercises can drastically help do just that, at least when it comes to lowering heart disease risk factors.

The study by the American College of Cardiology, says that when people with heart disease practiced yoga in addition to aerobic exercise, their blood pressure, body mass index and cholesterol levels went down twice as much as patients who practiced either one alone.

In total, researchers looked at 750 patients who had previously been diagnosed with coronary heart disease. Each was assigned yoga and/or aerobic exercise sessions. Those who did either exercise alone saw similar reductions to the various risk factors, but both were dwarfed by the combined group.

Dr. Thomas Discher, cardiologist at Advocate Good Samaritan Hospital in Downers Grove, IL, said he wasn't too surprised by the study's findings. "It makes sense that a program treating the mind, body and soul through routine physical exercise and stress reduction such as yoga would benefit cardiovascular patients," Dr. Discher said. "But the combined effect is great."

As people of faith, we know that our spiritual practices of prayer, meditation, and centering are powerful ways to connect with our Source and find peace. Turns out that these practices help protect and heal our hearts, as well!

Manage Stress for Heart Health

Current life expectancy in the United States is 79 years. Only about 20 percent of our genes determine how long the average person lives. This means that our lifestyle and environment will greatly shape our health and happiness in later years.

"Genetic predisposition is certainly a part of longevity, but, yes, by itself, it may not be enough," says Dr. Beata Styka, a geriatric medicine physician at Advocate Christ Medical Center in Oak Lawn, IL. She explains that while we cannot control or alter our genes, we are in control of our habits and certain environmental factors.

One key thing that we can do to keep our hearts healthy is to keep our stress levels down.

"Exercising, staying engaged, eating a healthy diet and spending time with friends and family are all ways that people can relieve stress," says Dr. Styka, who agrees that stress can exacerbate health issues.

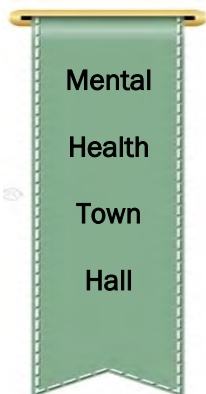
She offers these additional four tips for keeping stress in check:

- Learn to accept that life brings constant change and that there are many things that you cannot change or control.

- Don't let fear take over and control your life.

- Be aware of your limitations. Don't overextend yourself.

- Know what you cherish in life and make those things a priority.



Be a part of the problem-solving process!

Share your story with lawmakers
Hear local research study results
Get the news from Springfield

Join a lively discussion on Mental Health in our area

Thursday, April 5th 7-8:30 pm
Barrington Area Library
505 N Northwest Highway Barrington IL
RSVP requested but not required 847-496-1415 or namiba.org

Our Legislative Panel

Pam Althoff, State Senator 32nd Dist
Dan McConchie, State Senator 26th Dist
Steven Andersson, State Rep 65th Dist

Deb Conroy, State Rep 46th Dist
Michelle Mussman, State Rep 56th Dist
Nick Sauer, State Rep 51st Dist

Did you know in our community:

- Over 30% of 18-44 year olds delay treatment due to either costs or availability
- Almost 55% of ER visits are due to mental health
- 29% of our youth (under 18) suffer from anxiety disorder

Hosted by NAMI Barrington Area, NAMI Kane County, NAMI Lake County, NAMI McHenry County, NAMI Northwest Suburbban, and NAMI Schaumburg



* ~ * ~ * ~ * ~

Women's Spring Retreat



The retreat is scheduled for April 20th -22nd at Tower Hill Michigan. Saturday activities will include canvas painting and making sugar scrub. If interested in learning more, please contact Mary Doktor or Debbie Everett no later than April 8th

Building for Bob 2018



It's finally Spring a time for new beginnings and growth what a better way to celebrate a new season than by supporting our Partnership with Habitat for Humanity of Northern Fox Valley with our annual Building for Bob campaign, in memory of Bob Rogers, an active member of St. Paul and an instrumental member of the Habitat core team.

2018 marks the completion of the Spring of Life (SOL) partnerships 16th house a 1 story brick house at 1419 Cora in Des Plaines that Daisy, a single mom and her 3 children will soon call home making the dream of home ownership come true for an Ugandan immigrant. You can help Habitat and SOL make more dreams come true through your generous donation.

St. Paul hosts an annual campaign each Spring to contribute to the SOL partnerships contribution to the housing cost. The partnership must contribute \$35,000 to each build this is done through donations from each congregation and fundraisers. Sundays during the month of April, the 8th, 15th, 22nd and 29th, donations can be made in Fellowship hall by the Acts of Kindness bulletin board. A building a house takes more than just windows, doors and bricks, contributions are used to purchase nails, drywall, shingles, furnaces, lightbulbs and landscaping, as well as other building supplies and contractor services that may be needed. So come down after service and contribute to making a house a Home. All donations are appreciated, checks can be made payable to St. Paul UCC in the memo please put Habitat, or to Habitat NFV please put St. Paul UCC in the memo.

If you are unable to attend services and want to contribute you can visit the SOL website at www.springoflifehabitat.org which offers online donating and the ability to print a mailable form. If you chose this option please make a note that you are donating on behalf of St. Paul UCC. A house doesn't just get built, a home is created for a well deserving family that puts their "sweat equity" into the house, just as volunteers from the community do.



Christian Education Corner



In the light of the cross our future is never HOPELESS! We are called to change who we are--into the Kingdom of God. The Kingdom of God is big enough for everyone. No matter our height, our weight, the color of our skin or anything else that would seemingly separate us from our others. God's love is for all of God's created creatures. God has shown us this unconditional love through the death of God's son, Jesus the Christ.

Where change is -- there is Resurrection! If you don't believe that, you need to visit the church school class for one Sunday morning. During Lent, we watched fish grow plants, we watched the plants nourish the fish, we heard the stories of Jesus' miracles of healing love. One Sunday in particular will stand out. I was telling the story of the blind man, how Jesus spit on the ground, made mud, put it on the man's eyes and he was healed. I then told the story of the men lowering their friend through the roof, so Jesus could heal him. Their mouths flew open, in that WHAT???? expression. I left wondering, why do our mouths not fly open? Are we too jaded we don't believe with the stories with our hearts? If not, then why did Jesus die for us? Cause I gotta tell ya, I know why he died for our children. They get it. Their joy is untouchable.

We need to see the story through the eyes of a child. Maybe this Easter we can remember those words, "Have you not seen? Have you not heard?" The wind blows where it wills and if the Holy Spirit touches us in its blowing, maybe we will remember to be in awe of the story once again.

The kids will be processing on Palm Sunday after the choir to mark Jesus' entry into Jerusalem. Then on Easter Sunday, after pancakes or before, we are going to fly kites. Of course our kites have a fishy theme.

May your Easter be filled with surprises!



The Open & Affirming Committee would like to remind you that there is an ONA question box located in the east entrance next to the greeters. There are index cards for you to write your questions/concerns on. Your questions/concerns will be compiled into a Question & Answer page. We ask that you add your name but it's not mandatory. Everyone's voice is important so please let us know if you have questions or concerns.



The Health Committee invites everyone to the annual Spring Luncheon to be held on Friday, May 4th at 11:30 a.m. The location will be in a private room at PALM COURT, 1912 N. Arlington Heights Road, Arlington Heights, IL 60004. We shall order from the menu and have separate checks. Lots of parking and easy access.

The sign up sheet will be posted on the Health Committee Board in Fellowship Hall later in April. Call the church office if you need transportation.

Have you ever wondered what all the talk is about when it comes to Essential Oils? Is it another fad? Can I possibly add them to my life - my health - my house cleaning? If you are looking for a healthier, holistic, way to take care of your life you might want to try essential oils. Start slowly - have fun - don't feel overwhelmed or intimidated.



“Essential Oils are used extensively in aromatherapy. Due to the numerous health benefits of essential oils, they are increasingly being explored by the scientific community for the treatment of a variety of diseases. There are more than 90 essential oils, and each has its own health benefits.”

Please join the Health Committee on **April 29th** to learn about Essential Oils, how to use them, where they come from and more. Tracey Doering Cooke from Living Young will be our guest speaker to inform us and answer your questions. We will start at 11:15 a.m. in the Conference Room.



The Women's Fellowship of St. Paul UCC is holding its 2nd Annual Tea Party on Saturday April 14th at 11:30AM. Please join us for fellowship, food and fun.

To make this day more joyful, please wear a festive hat. This year we are asking everyone to contribute an item to the Tea. It can be a box of tea (bags), finger sandwiches, tarts or quiches, miniature sweets, scones, petit fours, fruit, sweet breads, etc. For ideas, go online and Google "tea party food ideas." Pinterest is a great website for ideas and recipes.

When signing up please include your name, name of your guest (if bringing someone), and the item you're contributing to the Tea. Please make sure to describe the item so we have a variety of foods to enjoy. Please RSVP by Monday April 2nd.

There is a sign-up sheet in Fellowship Hall. For questions, please contact Dee Langguth at deel134@att.net or Lisa Kennelly at lkennelly@yahoo.com. Thank you!



Your help is needed...

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

... 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!





April Birthdays

1 Jason Doktor	25 Travis 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	

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



Thank you to everyone who participated in the FMSC packing event on Saturday, March 3rd. We packed 226 boxes which equates to 48,816 meals; enough to feed 134 children for a year!

The food is going to Peru through FMSC partner Buckner International.

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



PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Maureen, daughter-in-law of Chuck & Margie Anderson
 Rick Bartells, friend of Kim Cichon
 Ed Bartelt, friend of Charlotte Mally
 Ben Belmonte, great-nephew of Ken & Shirley Kolze
 Eva Bori
 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
 Margaret Perrone, mother of Cathy Bradley
 Jerry Parsons, friend of Sandy & Dave Gumm
 Jody Peterson, daughter of Lynn & Phil Arnold
 Roger Petty, friend of Sandy Gumm
 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 April:

1: Shay Storm
8: John & Marla Beresheim
15: Nancy Perry
22: Melissa Gumm
29: Dolly Chamberlin

Nursery Attendants for April:

Holly Chvoy

Usher Captain for April:

Ralph Hayford

Lectionary Readers for April:

1:
8: Sandy Gumm
15:
22: Tom Donat
29: Roseann Stenzel

Lectionary for April:

1: Acts 10:34-43; Isa 25:6-9; Psalm 118:1-2, 14-24; 1 Cor 15:1-11; Acts 10:34-43; John 20:1-18; Mark 16:1-8.
8: Acts 4:32-35; Psalm 133; 1 John 1:1-2:2; John 20:19-31.
15: Acts 3:12-19; Psalm 4; 1 John 3:1-7; Luke 24:36-48.
22: Acts 4:5-12; Psalm 23; 1 John 3:16-24; John 10:11-18.
29: Acts 8:26-40; Psalm 22:25-31; 1 John 4:7-21; John 15:1-8.



Easter Word Search Puzzle



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

Alive
 Angels
 Cross
 Dead
 Disciples
 Easter
 Father
 Gardener

God
 Holy Ghost
 Jesus
 Joanna
 John
 Mary
 Peter
 Rabboni

Resurrection
 Sepulchre
 Tomb

