



The Scribe

St. Paul UCC

144 E Palatine Road, Palatine IL 60067

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

August 2018 Edition

est. 1871

Monthly
Newsletter

Pastor's Pen... (Written prior to sabbatical)

In yet another hot month named after a Roman Emperor, we find ourselves trying to squeeze in some more summer before Labor Day. Despite all of the back-to-school ads, it isn't quite time to put the canoe in dry dock, for many of you. You're milking the cow of summer for all it's worth.

I'm due back in the saddle on Monday August 20th & I look forward to resuming my privilege of being your pastor. That's what the pastoral vocation truly is; it's a privilege. It's the call of God confirmed by the Church, and carried out (attempted) by people who are no different from you. Some of us do really well at it, while others of us are much more average. Still, others of us just plain crash and burn. I don't know how many Protestant ministers there have been in the U.S. since the Mayflower, but each one is unique. All in all, we're just ordinary people who are trying to do something that is anything but ordinary.

Come to think of it, that's pretty much true for the Church as a whole. We're *all* just ordinary people (or mostly) who are trying to do the extraordinary mission of announcing to the world that Jesus is Lord. We are His witnesses.....".....in Jerusalem and in all Judea and Samaria, and to the ends of the earth." (Acts 1:8b)

See you soon!

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 (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 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

	June 2018	YTD	BUDGET
Revenue	15,173.78	224,953.74	258,890.00
Expenditure	23,665.28	234,520.41	277,188.00
Net Income	-8481.50	-9566.67	-18,298.00

From the Archives...



Mother and Daughter Teas of the Past

The Mother and Daughter Teas have always been very popular at St. Paul . The entertainment has always varied. Some of the entertainments were:

Dee Benisek, local artisan, has fulfilled her life's fantasy, by creating reproductions of porcelain dolls. She pours the molds, and researches each doll and costume so they are an exact replica of a doll from a given period.

A fashion show was presented by the Women of Faith Lutheran Church in Arlington Heights. The clock was turned back centuries when 12 women followed the Lord model fashions that display qualities of the character rather than the dress.

Rev. Bob and Judy Wang will present a Musical Program of traditional and contemporary music which will inspire and entertain all ages. Rev. Wang is one of the Pastors at the Congregational Church in Algonquin.

A program for all ages called the "Prophet Puppets."

The entertainment will be provided by the Shakespeare Family Singers.

Pastoral Coverage Remaining for Rev. Mercer's remaining Sabbatical

Preaching & Worship leadership

Sunday August 5th – Rev. Bonnie Haase

Sunday August 12th – Rev. Bonnie Haase

Sunday August 19th – Rev. Dr. David Russell

Emergency Pastoral Care Coverage

In the event that serious health issues, life circumstances, or a death in the family warrants the ministrations of ordained clergy, the following are available.

Rev. Sandy Kolar (St. John UCC, out by Harper College) Available any time except on Tuesday mornings) (847)-358-7620

Rev. Michael Jones (St. John UCC, Arlington Heights) Cell# (330)-705-3383. Available August 10th thru August 19th.

Rev. Bonnie Haase (Retired UCC minister & our Director of Christian Ed)
(224)-595-6807.

Rev. Dr. David Russell (St. Paul member & on Illinois Conference staff)

What is Hepatitis?

Viral hepatitis is a global killer which claims the lives of 1.4 million people annually, more than HIV/AIDS or malaria. Yet the majority of people living with the disease do not know they are infected! Hepatitis can be prevented and treated, so it pays to know more about this disease and be proactive.

Dr. Tony Hampton, a family practice physician from Advocate Medical Group in Chicago, reviews the 3 most common types of hepatitis viruses:

Hepatitis A is present in the feces of an infected person and is most often transmitted when we eat contaminated food or water. There is a vaccination for hepatitis A and the body is often able to clear this infection by itself within a few weeks.

Hepatitis B is transmitted when we are exposed to infected blood and other body fluids. Hepatitis B can also be transmitted from mother to infants at the time of birth or early childhood. There is a vaccination that can prevent infection of hepatitis B as well as drugs available for treatment.

Hepatitis C is usually transmitted through exposure of infected blood through transfusions of contaminated blood or through contaminated injections with needles. While there is no vaccine for hepatitis C, there are medications that can eliminate the virus.

"All forms of hepatitis can be prevented with education," says Dr. Hampton. Prevention begins with lifestyle changes to avoid contraction of hepatitis B and C, since they are spread through contact with blood or bodily fluids of people who are already infected with the virus

Hepatitis Linked to Trauma

People who have experienced trauma or difficult experiences in their childhoods are 240% more likely to contract Hepatitis C infection when they are adults. Hepatitis C is passed between people when there is exposure to contaminated blood and mostly happens through blood transfusions or by sharing contaminated needles.

The prescription opioid abuse epidemic is also fueling an increase in new Hepatitis C infections. The Centers for Disease Control reports:

Acute Hepatitis C cases in the US went up 150% between 2010 and 2013.

Most of the new Hepatitis C cases are among young people who inject drugs in rural and suburban areas.

Most of these young people began using oral prescription painkillers before transitioning to injecting drugs.

Injection drug use is the most common risk factor for Hepatitis C transmission in the United States.

Drug use is one way that people may cope with the impact of abuse, neglect, poverty, violence, etc. The connection between having a history of trauma and being at risk for Viral Hepatitis suggests that being able to recognize and respond to trauma may be an important part of helping people cope with Viral Hepatitis.

Faith leaders can help people get the help that they need by talking frankly about Hepatitis C, encouraging people to get tested, and providing kindness and support to those who are infected. "Hepatitis C is a very manageable condition that doesn't have to have a severe impact on health if it is diagnosed and treated," says Dr. Abdul Ghani, cardiologist at the Advocate Heart Institute at Advocate South Suburban Hospital in Hazel Crest, IL.

***Prayer:** God of our bodies, minds and spirits. May our care for each other be a source of healing, hope and new life.*

Legacy of Slavery Discussion



Save the dates, August 5, September 16, and October 21 on Sunday afternoons from 2:00 to 4:00. All Episcopal Churches have been asked to hold a series of **conversations about race**, systemic racism, and how the legacy of slavery and Jim Crow segregation affects our society today. The purpose is to gain a better understanding of one another. We will also open our meetings up to the community because there are other organizations, institutions, and churches considering similar efforts. These discussions will be held at St. Philip's Episcopal Church, 342 E. Wood Street, Palatine in the parish hall, downstairs from the Church.



Please join us for a Congregational Meeting on Sunday, August 26th after the 10am worship service.

This year Stewardship Sunday is Sunday, August 26th.



It's that time again! The Health Committee would be happy to send your young adult a "care pack" if he/she is going away to college or to the service. Please send their address to Jackie Schultze at jacquelyn_s_60173@yahoo.com or call 847-995-1539.

Keep Food Safe Outside (From FEMA)



FoodSafety.gov says that foodborne illnesses increase during the summer due to factors like the warmer weather.

When planning a picnic, or barbecue, stay healthy while enjoying the outdoors by following these food safety recommendations from Food Safety.gov:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. You can also use frozen food as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- Keep your cooler out of the direct sun by placing it in the shade or shelter. Remember that a full cooler will maintain its cold temperature longer than a partially filled one. To keep your food cold longer, avoid opening the cooler repeatedly.

When cooking on the grill:

- Prevent cross-contamination from raw meat or poultry juices by washing counter tops and sinks with hot, soapy water. Wash hands after handling raw meat or poultry or its packaging because anything you touch afterwards could become contaminated.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures.

Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve cooked food.

When serving food outdoors:

- Do not sit perishable food out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.
- Serve cold food in small portions, and keep the rest in the cooler.
- After cooking meat and poultry on the grill, keep it hot until served – at 140°F or warmer. Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

For more information, visit www.foodsafety.gov and learn fire safety for your next barbecue from the U.S. Fire Administration.



August Birthdays

3 Charlotte Mally
5 Orrin Helms
11 Jeffrey Wagner
12 Phil Arnold
16 Kim Cichon
16 Randy Everett
18 Bob Kolze

21 Kathy DePue
21 Dee Langguth
23 Barb Oberly
23 Kyra Graham
24 Carrie Kerlin
28 Lillian Kroll
29 Kim Ferris
30 Mary Ann Leseberg

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



Christian Education Corner
August 2018



“Jesus loves the little children, all the children of the World”
Our theme for Rally Day, September 9th, is *All the Children of the World*.

We are a church school family that reflects that saying. In moments of crisis and challenge we all pull together. In moments of joy and laughter we all celebrate. In times of change and new directions we adjust. All this is possible because Jesus loves each and every one of us. I have loved many church schools over the years, this one is special to me in so many ways I wouldn't know where to begin. This I can tell you—when you register your children on September 9th, (bring friends—all are welcome) you will be registering them for a year of new experiences and exciting firsts. Watch this space for more information in the September Scribe!



PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Rick Bartells, friend of Kim Cichon
 Ed Bartelt, friend of Charlotte Mally
 Flo Dailey, friends of Charlotte Mally
 Giovanni Durante & family, friends of Dawn Drost
 Tom Edelman, friend of the Kerlin family
 Kendall Eich
 Eva, Tuesday Breakfast Group's friend at Café 14
 LeighAnn Fong
 Andi Gahlin, fiancé of Mike Drost
 Judy Haimbaugh, sister of Gloria Helms
 Rick Hasselmann, brother of Shirley Schimka
 Michael Hayford
 Carol Hennings, sister of Pat Kolze
 Larry Herron, friend of Bob & Pat Kolze
 Bill Houldsworth, husband of Laurie Houldsworth
 Barb Kerlin, mother of Bruce Kerlin
 Ron Klages, father of Dawn Drost
 Nancy Kocher, friend of Dawn Drost
 Laura Krause, daughter of Sharon Krause
 Michelle Labonar
 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
 Maryann Ostrem, friend of Arlene Kraus
 Marilyn Paolisso, aunt of Bruce Kerlin
 Jerry Parsons, friend of Sandy & Dave Gumm
 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 August:

5: Bill & Roseann Stenzel
12: Dolly Chamberlin
19: Gloria Helms
26: Nancy Perry

Nursery Attendants for August:

Holly Chvoy

Usher Captain for August:

Gary Altergott

Lectionary Readers for August:

5: Gary Altergott
12: Sandy Gumm
19: Roseann Stenzel
26: Tom Donat

Lectionary for August:

5: 2 Sam 11:26-12:13a; Psalm 51: Ex
 16:2-4,9-15; Psalm 78:23-29; Eph 4:1-16;
 John 6:24-35.
12: 2 Sm 18:5-9, 15,31-33; Psalm 130; 1
 Kings 19:4-8; Psalm 34:1-8; Eph 4:25-5:2;
 John 6:35,41-51
19: 1 Kings 2:10-12,3:3-14; Psalm 111;
 Prov 9:1-6; Psalm 34:9-14; Eph 5:15-20;
 John 6:51-58.
26: 1 Kings 8:1,6,10-11,22-43; Psalm 84;
 Josh 24:1-2a,14-18; Psalm 34:15-22; Eph
 6:10-20; John 6:56-69.





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.



Blanket Making Women's Fellowship

It is time to start thinking about making our fleece blankets again. We can get together and start preparing them in August. How does Wednesday the 15th or 22nd, of Saturday the 25th sound? Or we can wait and start in September. Once again we will purchase materials from JoAnn Fabric when it is on sale.

I have spoken with Kathy from POC (Palatine Opportunity Center) about getting together with some children during their winter break. I figured December is pretty busy for most of us and that Saturday the 29th would work the best. We would gather about 1 pm as they have a food pantry from 8 m – 11:30 am. The children could make the blankets and either keep or give as gifts to family members on Three Kings Day (our Epiphany). Kathy spoke of a group of girls called “Makers Girls”. These girls are 3rd – 6th grade there are about 15 of them. They gather during the year on Thursday evenings and learn to make something new from something old.

I am looking forward to continuing this project with all of you again this year.

I will be sending out an email later in August to get some feedback.

Questions? Contact: Sandy Gumm



FREE ICE CREAM!!!

Now that I have your attention...



It is that time of the year again when Annual Reports are printed to share with the congregation what our great boards and committees have done throughout the year. Another part of the Annual Report is the Leadership Roster which lists all the board and committee members. Without each one of them, working together, we cannot function as a church. St. Paul has many places we need YOUR help. We have boards/committees that need more members. Some of them are listed below. For more information on what each board or committee does, please page through the upcoming Annual Reports. If you would like to talk to someone about possibly joining a board or committee, please see any member listed. Thank you!

Your help is needed...

....We are in need of **ONE** member on the Administrative Board. This board typically meets the first Tuesday of each month.

....We are in need of a Chair person for the Spiritual Life Board.

....We are in need of additional members on the Community Outreach Committee as well as a Chair Person.

... 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.

We NEED you.
Can you HELP?