



The Scribe

St. Paul UCC

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

December 2018 Edition

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Monthly
Newsletter

Pastor's Pen...

Back during his college days, a colleague of mine was in danger of not completing the general education requirements for his degree. His hangup? Math and science. Ray was otherwise a good student, but once you put numbers or theorems in front of him his mind drew a blank and he froze up. There were a few other students in the same boat as he, so the school created a new course to help push them over that last hurdle. It was called *"Physics For Poets."* It was the school's way of saying, *"Okay, here you go. Last chance."* Ray acknowledged that as an academic course it was mostly baloney, but to this day he remains grateful for the dean's stroke of mercy.

Scientific theory and mathematical formulations can be difficult to understand, but so also is the very idea that God would put on human flesh and come down here to save the world. This is even more complicated when one hears that Christ comes in a two-part package. The first was when he was born in Bethlehem and walked this earth for 33 years. The second will be when He comes again in power and glory.

Advent and Christmas are all about that Divine mystery of God coming in the flesh and our waiting for redemption. It's in the Bible, but to listen to people talk about it can be pretty confusing. Most of us understand only a small piece of it. Fortunately, however, God isn't going to give us an exam in Systematic Theology. Rather, God came down here to do for us what we are utterly incapable of doing for ourselves. What you and I need to do is simply trust in that which we do not fully know and embrace that which we cannot fully grasp. Why? Because God is trustworthy.

The Gospel of Jesus Christ is the whole world's *"Physics For Poets"* moment. We don't have to understand much of it; we just need to accept what's being offered. It's God's way of reconciling us to Gods-self.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him." (John 3:16-17) (NRSV)

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

(224) 386-6285 (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; and Tom Donat.



From the Treasurer...St. Paul at a Glance

	October 2018	YTD	BUDGET
Revenue	16,579.00	60,294.81	273,100.00
Expenditure	28,549.98	49,585.49	287,913.00
Net Income	-11,970.98	10,709.32	-14,813.00

From the Archives...



Working in the ARCHIVES, I read, bulletins, scribes, financials, annual reports, everything that is in the ARCHIVES room.

The following items are from old December Bulletins that pertain to Christmas. Some of the statements are from Ideals Christmas yearly books which are frequently quoted in St. Paul bulletins and scribes.

12/18/1955 Help us rightly to remember the birth of Jesus, that we may share in the song of the angels, the gladness of the shepherds and the worship of the wise men . . . Close the door of hate, and open the door of love over the world.

Let kindness come with every gift, and good desires with every greeting . . .

Deliver us from evil by the blessing that Christ brings, and teach us to be merry with clear hearts . . .

May the Christmas morning make us happy to be Thy children, and the Christmas evening bring us to our beds with grateful thoughts, forgiving and forgiven, for Jesus' sake.

Amen. --Robert Louis Stevenson

12/24/1965 May our Christmas devotion find response all year round. May Christmas bring you a peace within your life and a blessedness among your loves ones. Share Christmas with others and so possess it.

12/24/1964 May the Peace and Glow of Christmas fill your hearts !

12/24/1964 May the awe of Christmas surround you tonight and may the meaning of Christmas stir your hearts and lives. May there "be room" in your lives for the Christ and all He represents.

12/6/1964 Advent is a reminder of our anticipation of Christmas. Christmas is a reminder of God's great gift of His Son to us. He gives meaning to our life.



From the Health Committee...



Fire Prevention Tips

Winter is here and hopefully we have done all that is needed to get ready for the season. However, we thought it advisable to include a reminder about fire prevention. Below is a check list with fire safety tips to help prevent and respond to a home fire. (From FEMA)

Make sure your smoke alarms work. Choose interconnected alarms so when one sounds, they all sound.

Don't be caught off guard. Place a smoke alarm inside and outside every bedroom. Make sure everyone knows how the alarms sound.

Smoke alarms don't last forever. **Test the alarms** every month. If your alarms are 10 years old or older, it's time to replace them.

When you hear a smoke alarm, you may have less than 2 minutes to get everyone outside and safe. Identify a safe meeting place near you home. Make sure that everyone in your family knows where to go when they hear the alarm.

Have fire extinguishers and know how to use them.

Have a home fire drill to make sure everyone knows what to do in an emergency.

Check your Christmas decorations for proper wiring and placement.

Carbon Monoxide Safety



Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater, or generator, is not working or vented properly. Breathing CO at high levels can be fatal.

How to Protect Your Family:

Install and maintain CO alarms inside your home to provide early warning of CO.

Install CO alarms in a central location outside each separate sleeping area and on every level of your home.

Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.

Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

From the Health Committee...

Get Your Zzzz's to Prevent Diabetes!



The study found that not enough sleep leads to a reduction in the sensitivity to insulin, which impairs the ability to regulate blood sugar. A lack of sleep has been tied to weight gain, but with this new information sleep can also be equated to metabolism.

"Sleep is obviously an important piece in overall health," says Lauren Saujani, nurse practitioner at Advocate Dreyer Medical Clinic in Aurora, IL. "This adds another piece to the puzzle for us to discuss with our patients and stress the importance of a total healthy lifestyle."

Regulating blood sugar levels is a crucial component of monitoring diabetes. When people are sleep deprived, the body urges them to rest and as a result their body makes it more difficult to break down the food, causing a spike in blood sugar levels.

"Everything that goes into your body when you are diabetic can make a huge impact," says Saujani. "While more research is needed, this study gives us a good insight on how we can help those who are at risk for becoming diabetic."

Diabetes and Heart Disease

If you've been diagnosed with diabetes, you're at higher risk for heart disease and heart attack. But, you can help control your risk by following these ABCs...

A

A1C
Monitor and keep your A1C (average blood sugar level) under control by following the care plan you created with your physician - including diet, exercise, medications and other measures.

B

BLOOD PRESSURE
Keeping your blood pressure under control keeps your heart from pumping harder than it should. Maintaining a healthy weight and lifestyle can help keep your BP within normal limits.

C

CHOLESTEROL
Cholesterol is the amount of fat in your blood. Too much "bad cholesterol" or LDL can clog your arteries and increase your risk for heart attack.

Diabetes is a serious disease. Be sure you're managing your symptoms and risks in partnership with your health care team to prevent complications and live your healthiest life.

Prayer: *In our busy world, help us to value ourselves enough to rest and take care of ourselves that we might live well.*



Cookie Exchange & Lunch

Saturday December 8th - 11am

St. Paul's Women's Fellowship will hold a cookie exchange and lunch on Saturday December 8th starting at 11 a.m. This is your opportunity to share a favorite cookie recipe or try a new one and take home a delicious variety of cookies.

To participate in the cookie exchange, please plan to provide 3 (prebagged) cookies for each cookie exchange participant. For example, if 12 individuals plan to exchange cookies, you'll need to bring 12 baggies (3 cookies per bag) of cookies. That is 36 cookies or 3 dozen. We're asking for the cookies to be prebagged due to peanut/tree nut allergies. Additionally, please label your cookie bags if the cookies contain nuts. Lisa will provide the number of cookie exchange participants after sign up closes on Saturday December 1st. You may also want to bring cookies to share during lunch. If you know what cookie you're going to bring, please include the name of it when you sign up. The more variety of cookies, the better the assortment. Also, please bring several copies of your cookie recipe to share.

The Cookie Exchange will begin at 11AM. Please sign up to bring a casserole, appetizer, salad, fruit or veggies to share with the group. Remember you don't have to bring cookies to attend. Come join your friends for conversation and fellowship during this festive and sacred season. **Sign up in Fellowship Hall or email Lisa Kennelly.** Questions? Please contact Lisa (llkennelly@yahoo.com).



St. Paul will again be holding Hanging of the Greens during the December 2nd 10am worship service. Please join us in adorning the Sanctuary with festive decorations.



Christmas Cantata

This year St. Paul will be featuring "Come and Behold Him!" by Jennifer Lech on Sunday, December 16th during our 10:00 am worship service.



The St. Paul Christmas Eve Worship Services this year are Monday, December 24th at 5:00 pm and 11:00pm.



December Birthdays

7 Bruce Kerlin

10 Susan Gould

12 Larry Ingram

17 Cherrie Wickstrom

19 Gary Guenther

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



Thank You

*Dear Reverend Mercer & Members of St. Paul United Church
of Christ,*

*Thank you so much for remembering me in your prayers. They
have helped me with my myriad of medical issues including ab-
dominal surgery that turned out well. Also a few weeks ago, as I
was being prepared for another surgery, the surgeon entered the
room and said he was canceling the surgery because my latest
test results came back in the normal range. THANK YOU FOR THE POWER OF YOUR
PRAYER!*

*I still have to face spine surgery for a very painful back but first they are requiring me to make
my bones stronger. Please pray that the treatment works. After the spine surgery I will have a
shoulder replacement.*

*I appreciate all the prayers and good thoughts that you send up for me. They have helped me
so much. Please keep me on your prayer list. It is a powerful one! Gratefully, Barbara Kerlin*

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*WE would like to thank the many St Paul friends who sent us cards recently. First, the
sympathy cards for the passing of Jean's sister, Dorothy. She would have been 97 in Decem-
ber. Secondly, for the birthday cards Dick received. We appreciate the kindness.
The Dick Kolze Family*



Christian Education Corner December 2018

As the snow falls softly past my window, I know for certain that the road has turned from fall to winter. I am invited to remember a simpler time, a time when snow meant fun and laughter and friends. When I look at our church school children, I am reminded of what snow meant at that age. Standing at the top of the hill, waiting for my turn to sled down, using my father's old sled, wooden with metal runners, the wind would whip through my hair and I would go as fast as the sled would take me—in all my years, the winter wind blowing where it will has always made me think of what it means to open your arms wide and let the power of nature rush you to places you never imagined. Snowmen, snow angels and snowball fights were symbols of freedom back then.

As an adult, how do you look at winter, what do you remember? Joyce Rupp has a poem entitled: *Winter Teaches Me*. Here are the headings from her poem: Winter teaches me patience... Winter strengthens my courage... Winter brings me beauty... Winter gives me silent hope... May you find a way to slow down, appreciate the small things, smile often and let your heart be filled with the unconditional love of Christ, whose life we celebrate this season.

The schedule for the Church School kids is as follows:

December 2nd --Hanging of the Greens in church. The kids will hang the ornaments on the tree

December 16th—Church school will be singing *Away in the manger* during the Cantata

December 23rd---Church school Christmas pageant

December 24th—5:00 Family Christmas Eve service with candle lighting

May you find Joy, Peace, Love and Hope during this holiday season.

Miss Bonnie





PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Artie Anderson, son of Chuck & Margie Anderson
 Rick Bartells, friend of Kim Cichon
 Ed Bartelt, friend of Charlotte Mally
 Flo Dailey, friends of Charlotte Mally
 Tom Edelman, friend of the Kerlin family
 Kendall Eich
 Eva, Tuesday Breakfast Group's friend at Café 14
 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
 Ken Kolze
 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
 Jim Rees, friend of Jackie Schultze
 Geri Rogers, sister of Pat Kolze
 Blanche Schug
 Les Stephens, brother-in-law of Shirley & Ken Kolze
 Sherry Stephens, sister of Shirley Ann Kolze
 Tom, cousin of Kim and Karen
 Fran Werner, sister-in-law of Sharon Florey
 Ken Wong, friend of Karen Wagner

SERVING CHRIST IN WORSHIP

Greeters for December:

2: Jim & Shirley Schimka
9: Jim & Kathi Wotal
16: Chuck & Barb Oberly
23: Arlene Kraus
24 5pm: Nancy Perry
24 11pm: Randy & Debbie Everett
30: Dee Langguth

Nursery Attendants for December:

Holly Chvoy

Usher Captain for December:

Randy Everett

Lectionary Readers for December:

2: Melissa Gumm
9: Sandy Gumm
23: Roseann Stenzel
30: Reader Needed– call church office

Lectionary for December:

2: Jer 33:14-16; Psalm 25:1-10; 1 Thess 3:9-13; Luke 21:25-36.
9: Bar 5:1-9; Mal 3:1-14; Luke 1:68-79; Phil 1:31-11; Luke 3:1-6.
16: Zeph 3:14-20; Isa 12:2-6; Phil 4:4-7; Luke 3:7-18.
23: Micah 5:2-5a; Luke 1:46b-55; Psalm 80:1-7; Heb 10:5-10; Luke 1:39-55.
24: Isa 62:6-12; Psalm 97; Titus 3:4-7; Luke 2:1-20.
25: Isa 9:2-7; Psalm 96; Titus 2:11-14; Luke 2:1-20.
30: 1 Sam 2:19-20,26; Psalm 148; Col 3:12-17; Luke 2:41-52.





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.

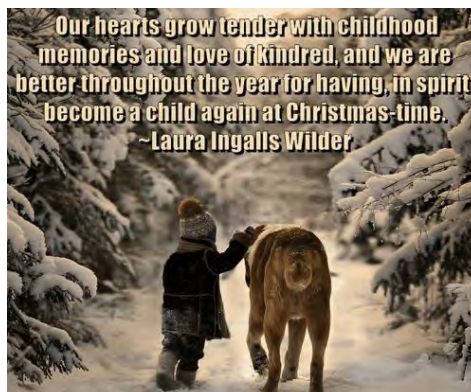
The writer of Ecclesiastes rightly noted that no one among us holds absolute power to hold back their own death (Ecclesiastes 8:8). As sobering as this is, you still have some say in things when you choose to plan ahead. It also allows you to plan a meaningful service which will facilitate grief in a 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.



THE CHRISTMAS FUND

On Sunday, December 23rd, we will be collecting our annual Christmas Fund Offering. UCC's Christmas Fund benefits church's retired workers. For decades, the Christmas Fund, formerly known as Veterans of the Cross, has helped provide supplemental monies for pension and healthcare insurance premiums for low income retirees. At Christmas, the offering provides gift checks to hundreds of annuitants, but it also provides emergency assistance to clergy and lay employees and their families throughout the year. Please give generously. Thank you.





CHRISTMAS TREATS

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

BUCHE DE NOËL
 CANDY CANE
 CHOCOLATE
 CLOVES
 COOKIES
 CRANBERRIES
 EGGNOG
 FLAT BREAD

FRUITCAKE
 FUDGE
 GINGERBREAD
 GOOSE
 GRAVY
 HAM
 MINCEMEAT
 NUTS

ORANGES
 PUMPKIN PIE
 SCRUMPTIOUS
 STUFFING
 SUGARPLUMS
 SWEET POTATOES
 TURKEY

