



The Scribe

St. Paul UCC

144 E Palatine Road, Palatine IL 60067

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

March 2019 Edition

est. 1871

Monthly
Newsletter

Pastor's Pen...

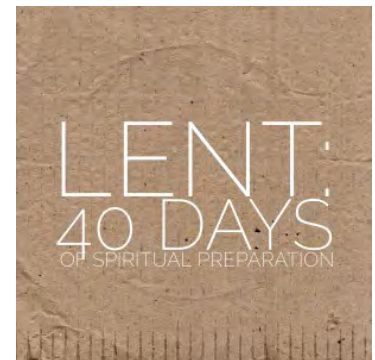
Wednesday March 6th will mark the beginning of the Forty-days of Lent with our 7:00pm Ash Wednesday service here at St. Paul.

There is a certain beauty to Lent that goes beyond the color purple. Lent is a season in which we remember Jesus' wilderness journey during which time he fasted and prayed. Traditionally, people today practice similar disciplines on their own 40-day journey. ***(Side note**** Many people are not medically fit for the practice of fasting. Try instead something such as giving up fast food and going on a healthier, more natural diet. This also is a principle of stewardship of one's body.)***

Lent is a period of time that calls us to spiritual renewal, of recommitting ourselves to the God who made us. It is a holy time for holy practices. It really can be fruitful, if only we will avail ourselves to the season and what it's about.

Holy Week and Easter come afterward, but for now let's not let the Lenten season pass by us unnoticed. God is good....and these forty days are time to think more about that.

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); Dolly Chamberlin, Tom Donat, Jim Frost. Bob Kolze, and Joyce Mah,



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

	January 2019	YTD	BUDGET
Revenue	15,675.20	117,979.80	273,100.00
Expenditure	29,678.54	121,817.40	287,913.00
Net Income	-14,003.34	-3,837.60	-14,813.00

From the Archives



A Minstrel Show was performed April 27-28, 1962 by the Men's Club of St. Paul. A minstrel show was put on by a group of poets, singers, musicians or comedians. These shows dated back to any of a medieval class of entertainers who traveled from place to place known especially for singing and reciting to musical accompaniment. These were popular musicals put on by churches and schools. The dialogue, lyrics and music were purchased from The Willis Music Company. This was performed in Fellowship Hall for all the families of the church. Another performance was given at the Bensenville Home. The show was a big success. Here are all the church members who were involved in putting on the show.

Management and Production:	Director	J.J. Johnston
	Asst. Director	W.O. Miller
	Advertising	R. M. Green
	Business Manager	M.P. Schwartz
	Musician Director	H.P. Berg
	Costumes and Make-up	Mrs. H. P. Berg
	Electricians	W.O. McConnell and Walter Twarowski
	State Carpenter	Walter Rennack
	Orchestra Director	Ralph Witt
	Choreography	Mrs. W. H. Kruse
	Concessions	Ralph Schultz

CAST:	Master of Ceremonies	A.D. Badour	G.F. Unger
	Endmen	C.E. Buenzow E.H. Hill R. L. Mattern	W.O. McDonnell W. Twarowski Roy Wente
	Vocalists	H.W. Cartstensen D.W. Eggert J.J. Fischer D.W. Goodchild W. H. Kruse J.R. Lowther	W.R. McGrath D.L. Paine Karl Schwenk W.A. Stephan
	Orchestra	Ralph Witt A.M. Kunze Chas.Mankenberg	W.M. Moberg R. H. Schroeder T.R.Wachs
	Costumes and Make-up	Mrs. H.P. Berg Mrs. M.P. Schwartz Mrs. J. R. Lowther Mrs. W. H. Kruse	



*Please join us for a Congregational Meeting
on Sunday, March 17th, after the 10am worship service.*

Just for Fun, Get Together

Please join us for another fun outing Tuesday, March 19th 6:30 pm to 8:30 pm at the Tap House Grill 56 W. Wilson, Palatine, which proved to be enjoyable by all who have attended in the past. Please consider joining a wonderful evening of fellowship. A sign up sheet will be posted in Fellowship Hall.



Orchids by Hausermann

There is nothing more spectacular than the 3.5 acre orchid greenhouse at 2N124 Addison Road in Villa Park, 60181. Everyone is invited to attend their open house, show & sale on **Saturday, March 2nd** sponsored by the Health Committee and Women's Fellowship. Meet in the west parking lot at 9:30 a.m. Car pools will be orga-

nized. The sign-up sheet will be posted in Fellowship Hall. Parking and admission is free. Guests are welcome.



The Blessings of God Bloom on Easter Morning

It is so nice to adorn our Sanctuary on Easter morning with flowers. If you wish to order a plant in honor or memory of a loved one, please fill out the order form below and return it to the church office along with your check, made payable to St. Paul UCC. Any questions, please contact the church office at 847-358-0399. Thank you!

____ Lily (\$15.00) ____ Hyacinth (\$12.00) ____ Tulips (\$12.00)

DEADLINE FOR ALL ORDERS: SUNDAY, MARCH 31ST

Given by: _____

In Memory of: _____

In Honor of: _____

No. of plants ordered: _____ Total Amount: _____

You may take your flowers with you after the Easter Sunday worship service.

(extra order forms are located in the Narthex as well)



March Birthdays

2 Ryan Kennelly	15 Bobbie Conrad
3 Max Gould	16 Jim Frost
5 Paul Gillette	17 Jan Degner
7 Kris Freeman	27 Russ Drost
9 Ethel Otto	28 Bev Enockson
10 Fred Welstead	
12 Bern Chvoy	

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



Women's Annual Spring Retreat

The 2019 retreat will take place at Tower Hill in Sawyer, Michigan from Friday May 3rd and returning on Sunday May 5th.

More info to come.



Christian Education Corner March 2019



Some of you know that I grew up on Cape Cod, Massachusetts. The ocean shaped my years in its wild and awesome power and beauty. I have often walked the beach looking for shells and sea glass, reminders of time and the shaping of life, all of life. During Lent, so many passages of scripture seem to challenge us to look at life in new ways. Psalm 30:5 says: *For God's anger is but for a moment; God's favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning.*

My friend, Dr. Rachael Keefe, wrote this poem:

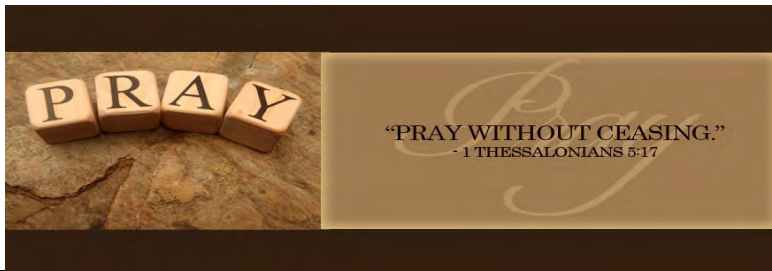
*After a storm the beach sparkles with bits of rock and shells
treasures in the eyes of some.
Drawn to shapes and colors on the cold sand it's beach glass I am after
green and brown, mostly, white and the coveted blue, the rare red
Sharp, broken edges worn away by water and sand—the journey of years.*

*If sand and glass, waves and wind know the secret of beauty, why do we resist? We hide
our sharp edges in guilt and cover our brokenness with shame. But could we not benefit
from exposure? To wear away the sharpness
reveal hidden beauty?*

Such is the season of Lent. A season of finding beauty amidst the darkness and fear, light and anger, candles and resurrection. How to teach a child about Lent? Well, I have always chosen to teach through lessons of caring and love for others, for animals, for community. In keeping with this, I am in the process of putting together the kid's Lenten calendars, working on Heifer—a goat this year. There is a farm that offers kids and goat cuddles on Sunday afternoons between 1:30 and 2:30. So, a field trip seems to be in order. Lunch and then goat cuddles. What more could anyone want. I am looking at March 17th and March 31st. Parents, let me know what you think. If there are adults who would like to go and can stand active two-year old's, COME ON!

Bonnie





PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Rick Bartells, friend of Kim Cichon
 Ed Bartelt, friend of Charlotte Mally
 Ben Belmonte, nephew of Shirley and Ken Kolze
 Ann Bitz, friend of Shirley Kolze
 Cathy Bradley
 Barb Burget, daughter of Agnes Warren
 Kathleen Butler, friend of Margie & Chuck Anderson
 Flo Dailey, friend of Charlotte Mally
 Russ Drost
 Tom Edelman, friend of the Kerlin family
 Kendall Eich
 Eva, Tuesday Breakfast Group's friend at Café 14
 Kyra Graham
 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
 Muriel Kaage, sister of Dee Langguth & Arlene Kraus
 Barb Kerlin, mother of Bruce Kerlin
 Tracy Kerlin
 Jean Kolze
 Ken Kolze
 Laura Krause, daughter of Sharon Krause
 Charles Leseberg, brother of Mary Ann Leseberg
 Tracy Mack, sister-in-law of Ellen Graham
 Cathy McMillion, friend of Karen Wagner
 Dorothy Mende & Bernice Skach, sisters of Charlotte Mally
 Debra Radloff Mican, cousin of Dawn Drost
 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
 Fran Werner, sister-in-law of Sharon Florey
 Ken Wong, friend of Karen Wagner

SERVING CHRIST IN WORSHIP

Greeters for March:

3: Joyce Mah
10: Dolly Chamberlin
17: Dee Langguth
24: Fred Welstead
31: Sharon Florey

Nursery Attendants for March:

Holly Chvoy

Usher Captain for March:

Gary Altergott

Lectionary Readers for March:

3: reader needed-call office if available
10: Sandy Gumm
17: reader needed- call office if available
24: Tom Donat
31: reader needed- call office if available

Lectionary for March:

3: Ex 34:29-35; Psalm 99; 2 Cor 3:12-4:2; Luke 9:28-43a.
10: Deut 26:1-11; Psalm 91:1-16; Rom 10:8b-13; Luke 4:1-13.
17: Gen 15:1-18; Psalm 27; Phil 3:17-4:1; Luke 13:31-35.
24: Isa 55:1-9; Psalm 63:1-8; 1 Cor 10:1-13; Luke 13:1-9.
31: Josh 5:9-12; Psalm 32; 2 Cor 5:16-21; Luke 15:1-3, 11b-32.





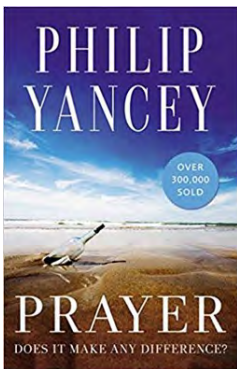
When it comes to end-of-life issues many people consult with their attorney in matters of estate, and a funeral director in matters of burial. Surprisingly however, very few people ever meet with their pastor in order to plan their actual funeral service ahead of time.

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.



“Prayer: Does It Make Any Difference?”

A discussion of Philip Yancey’s book led by Pastor David during the upcoming Lenten season. Participants are encouraged to purchase their own copy of the book and begin reading it. We will meet in the conference room.

RSVP requested. Please call or email the church office so we know how many will be in attendance. Thank you!

Monday March 11th 7-8pm – Session One: *The View from Above*

Monday March 18th 7-8pm – Session Two: *Why Pray?*

Monday March 25th 7-8pm – Session Three: *Keeping Company with God*

Monday April 1st 7-8pm – Session Four: *How to Pray*

Monday April 8th 7-8pm – Session Five: *Prayer Problems*

Monday April 15th 7-8pm – Session Six: *Does Prayer Change Anything?*

Women Who Attend Religious Services Live Longer

In a new study of nearly 75,000 women, researchers found that women who attended services more than once a week had a 33 percent lower risk of death over a 16 year period. Weekly attendance cut the risk of death by 26 percent!

“Spiritual belief can have a powerful effect on a person’s physical and mental health,” says Dr. Tonja Austin, a family medicine physician on staff at Advocate South Suburban Hospital in Hazel Crest, IL. “As a physician, I see many people turn to prayer when faced with poor health, and it seems to help with anxiety and their ability to cope with their diagnosis.”

The majority of women who participated in the study were Catholic or Protestant. Those who reported frequent church attendance were more likely to be married, less likely to smoke and less likely to suffer from depression. Further research could help determine exactly how these influence each other – are women healthier because they go to church, or are healthier women more likely to attend church?

“Not all people belong to a religious faith, but those who attend church or other religious services regularly probably benefit from a strong sense of community and support from peers. I imagine membership in other social clubs and groups could show similar benefits,” says Dr. Austin. “Social isolation has been tied to a greater risk of heart problems and stroke, so strong social ties and a sense of belonging are vital to good health.”

Prayer: Holy God, thank you for blessing our minds, bodies and spirits as we gather together in prayer and fellowship. Amen

Women, Stress and Heart Health

Pregnancy, the multi-tasking of raising young families with career development, the burden of caring for older parents are just a few examples of the life stages that can bring significant emotional and mental stressors that can contribute cardiovascular risk for women. Since women have longer life expectancies, they often are exposed to the loneliness and depression of living alone. “Combined with hormonal changes, these life stresses can create heart issues,” says Dr. Carissa Buenvenida, a cardiologist with Advocate Heart Institute.

“Eliminating mental stressors is not always an option. Mental and emotional stressors from family, relationships and work are present at all stages in life,” says Dr. Buenvenida. “Finding healthy coping mechanisms to deal with stress helps keeping inflammation down and helps women stay healthy.”

Dr. Buenvenida recommends the following:

Get active. Exercise regularly and keep an active lifestyle.

Cherish quiet time. Meditate. Do yoga. Take at 10-minute mental break.

Socialize with friends, family and people who bring you joy.

Eat Well. A well-balanced diet includes controlling salt and sugar content, adding in multigrain, high fiber foods and lowering saturated fats and high cholesterol foods. A clean and healthy diet often leads to us feeling good about ourselves both physically and mentally.

Hydrate with water. Avoid sugary and caffeinated beverages. Maintaining adequate fluid balance wards off some of the physical manifestations of stress.

Sleep. Make time to sleep and identify and treat any health issues that might be affecting sleep, such as sleep apnea.



As we continue our year of **Acts of Kindness for Children**, this Lenten season we ask you to consider **GIVING** something during a season that seems to focus on giving something up. When a family visits the Community Closet at the Community Resource Center at 1585 N Rand Rd, in addition to finding the clothes they need the children receive 5 pairs each of new socks and underwear. During Lent, Ash Wednesday through Easter Sunday, we will be collecting **NEW** socks and underwear, for children from elementary to high school age.

The following are the items of the greatest use to the Clothing Closet as they are what the children most want to wear.

For Girls

- underwear
 - bikini and 'boy' short style in girls sizes 4 - 16, adult sizes 5 - 7
- socks
 - low-cut ankle, with designs and multi-colored

For Boys

- underwear
 - comic briefs boys sizes 4 - 6,
 - solid color boxer briefs boys sizes 8 - 16
 - boxer briefs and plaid boxers adult sizes small - large
- socks
 - short to ankle, in black, gray, and multi-colored

Your generosity during the Lenten season is appreciated by those children and families that visit the Clothing Closet. A collection box will be in the East entry beginning Ash Wednesday.

Thank you from the Spiritual Life committee.

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WOMEN'S LENTEN PRAYER RETREAT

On March 23rd, I will be offering a women's Lenten prayer retreat. While Reverend David is conducting a book study on prayer, this will be a personal journey retreat. The schedule will look like this:

- 8:30 – 9:00 – gathering, coffee and snacks
- 9:00-9:15 – centering time
- 9:15-9:45- guided meditation
- 9:45-10:30 – prayer beads and discussion of history of prayer beads
- 10:30-11:00 – life journey, journaling and other resources
- 11:00-11:30 – sharing of who we are and worship together
- 11:30-12:00 – lunch and venturing forth

RSVP is necessary for this retreat.
Please call Bonnie at 224-595-6807.





Spring Word Search

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

APRIL BASEBALL BIRDS BLOSSOMS BUDS DAFFODILS
EASTER FLOWERS GARDENING GREEN GROWING
KITE MARCH MAY NESTING PLANTING PUDDLES
RAIN ROBIN SEEDS SHOWERS SUNSHINE TULIP WINDS

