



The Scribe



St. Paul UCC

144 E Palatine Road, Palatine IL 60067

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

March 2020 Edition est. 1871

Pastor's Pen...

Just the other day at Menards I was strolling through the grocery section and noticed that one shelf held Christmas candy on clearance, the shelf right across from it held Valentine's candy on clearance, and an adjacent shelf was loaded with recently stocked Easter candy. Three holidays; all packed in there together like one big, happy, confused family. If it weren't for the UCC calendar to keep me on track, I would probably forget what season we're in.

With this issue of the *Scribe*, we are looking toward the major holy days of Palm Sunday, Maundy Thursday, Good Friday, and Easter. For the majority of people in our society, Easter is the one that overshadows the other three. Palm Sunday receives occasional mention for its historical tornado events, but other than that most people couldn't tell you what the day is actually about. Then for Maundy Thursday and Good Friday, even fewer people know about those days. Easter is the one that gets the most press, and even that is because of its traditional family get-togethers; rarely anymore does it get associated with a stunning event that took place in Jerusalem circa 33 A.D.

As God's people, this presents us with an opportunity. With Easter coming up, we have a built-in, calendar-based platform for announcing to the world preposterously Good News that every mortal soul has a deep-seated longing for. We can tell them that the Creator God doesn't allow death to have the last word. Even though our target audience consists of skeptical post-moderns, it is still possible for them to be won over by authentic witness. People are receptive to loving attitudes.

Most people will readily accept the idea that the universe has all kinds of mysteries for which there is no simple explanation; anyone with the eyes to see has experienced awe at some point in their lifetime. We should never assume therefore that people are unchurched because they lack faith; rather, it is likely that they've just never found a church home in which their sense of God can be nurtured.

Please take a small risk and invite someone to come to church with you on Easter! I know that it can be an awkward thing to do on most Sundays, but Easter affords you the perfect cover for it. It is still generally understood in our society that Easter is kind of a big church day, so they might not put up as much resistance as you think they will. In fact, they might even be glad for the invitation! Please bring your friend, relative, or acquaintance into our company of people who believe in the power of the Creator to hold good things in store for us!



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, and Bob Kolze



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

	January 2020	YTD	BUDGET
Revenue	21,758.00	268,700.00	268,700.00
Expenditure	23090.95	271,738.00	271,738.00
Net Income	-1,332.95	-3,038.00	-3,038.00



Community Outreach Committee would like to thank everyone who helps with the Scrip program. To Sandy Gumm, we thank you for your coordination efforts. To those purchasing cards, reloading cards or ordering escrip certificates, we thank you for your participation. Without all of you, we would not have achieved such great results in 2019.

2018 earnings - \$1,124.28

2019 earnings - \$1,657.11

This represents a \$532.83 increase to the Wachs Fund. Of this, over \$382 came from reloads and escrip certificates. If anyone is interested, please see Sue Lech. She is willing to register and reload your gift cards for you allowing a smoother budget, accommodating last minute shopping needs and helping the environment save some plastic.

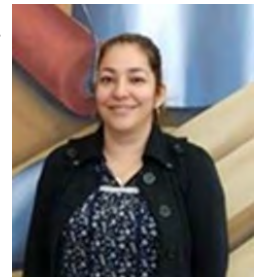


Attention **WOMEN** and men—Sunday Ushers are needed for worship service. Training will be provided. Please contact Gary or Sharon Altergott for details. Thank you!



Habitat Project Update

Luz Figueroa is a twenty-year resident of Elgin and mother of two teenagers who is about to become the proud owner of her first home. Luz is thrilled her children, ages 14 and 18, will continue to thrive and flourish in their forever home. She has been employed by U46 for seven years and takes pride in being diligent and hard-working. She is looking forward to painting her new home.



As no one receives a free home Luz will contribute 150 hours of sweat equity during the construction of her home in addition to making a down payment and monthly mortgage payments. She may close on her new home as soon as late Spring 2020.

Construction on the home has made remarkable progress during this milder winter weather. In the next month, the home will be completely insulated, exterior siding installed and hanging of the dry wall completed. We will need volunteers to assist with dry wall installation and painting in the coming weeks. Come spend a Saturday with us at 1015 Shuler, Elgin! Contact: David or Melissa Gumm at mjbicicleta@aol.com.



One Great Hour of Sharing Offering March 22nd

One Great Hour of Sharing, as part of Our Churches Wider Mission, is the special mission offering of the United Church of Christ that carries God's message of love and hope to people in crisis. In 2018 they were able to provide disaster relief in places you most likely heard of in the news. They responded to hurricanes in Puerto Rico, the Virgin Islands, North Carolina, Texas and Florida; Fires in California; Earthquakes in Mexico, Indonesia, and Haiti; Flooding in El Salvador, Hawaii and South India; and volcanos in Guatemala, just to name a few. They also helped people displaced from their homes due to conflict and violence, while providing sustainable solutions in places lacking adequate education, agriculture or health, internationally. The impact that OGHS offering makes in the world, has done more than we can imagine. *Offering envelopes will be in the pews on March 22nd.* Thank you!

LET'S GET TOGETHER



AND KETCHUP!

TAP House get together

Thursday, March 13th at 6pm

Please see the sign up sheet in Fellowship Hall



Healthy Snacking

It seems that all of us do some snacking at one time or another. But which food we select for snacking can make a big difference in our health. When choosing healthy, whole-food options with a lot of protein and nutrients, snacks can be integral to staying healthy. Some snacks can even help keep you full throughout the day and limit your cravings for unhealthy foods. They can also help with your weight loss goals.

Rose Jensen, Community Health Nurse from Northwest Community Hospital, will join us on **March 15th** to take a look at snacking and how it affects our health. Join us in the conference room after the service. Please sign up on the health committee bulletin board.



Ladies are you ready for Spring? Women's Fellowship is presenting our very own Bob Kolze on **March 28th at 10:30 a.m.** Bob will be speaking on container gardening for our Spring projects. Please bring a sack lunch. Thank you!



BLEEDINGCONTROL.ORG

SAVE A LIFE

Bleeding Control Basic (BCon) Course

Learn the Basics of Bleeding Control

Over 1 million people have learned to Stop the Bleed. You can too! The American College of Surgeons program is raising awareness and teaching people how to learn quick actions to control serious bleeding.

When: Saturday, March 7, 2020

Time: Promptly starting at 10:00 am and ending at 12:00 pm

Where: St. Paul United Church of Christ located at 144 E. Palatine Road in Palatine

How to Enroll:

The course is open to adults and children (middle school age and up).

The course is FREE, but you must call the church office at 847-358-0399 by March 2nd to reserve a spot.

There is no childcare available.

How to Access:

Parking (including handicap parking) is located on the east side and across the street from the church.

Enter the side door of the church which faces Oak Street. Class will be held in Fellowship Hall (lower level).

There is an elevator to the lower level as needed.

Course provided by certified instructors through the American College of Surgeons with presentation, video and a hands-on practice. There is no test required of participants.



THE
COMMITTEE
ON **TRAUMA**



AMERICAN COLLEGE OF SURGEONS
*Inspiring Quality:
Highest Standards, Better Outcomes*



March BIRTHDAYS

2 Ryan Kennelly
3 Max Gould
5 Paul Gillette
7 Kris Freeman
9 Ethel Otto
10 Fred Welstead
12 Bern Chvoy
12 Nancy Finke

16 Jim Frost
17 Jan Degner
27 Russ Drost
28 Bev Enockson

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



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 (\$17.50) _____ Hyacinth (\$12.00) _____ Tulips (\$12.00)

DEADLINE FOR ALL ORDERS: SUNDAY, MARCH 29th

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)*

Christian Education Corner

March 2020



Ash Wednesday is fast approaching as I write this letter. Once again, the children will be collecting money for Heifer Project. This year we will purchase **Honeybees**. Each gift of honeybees cost \$30.00. Our gifts will provide a family with bees, a box and hive, plus training in beekeeping. This will help families from Uganda to Haiti earn income through the sale of honey and beeswax. Plus, when placed strategically, beehives can as much as double some fruit and vegetable yields through natural pollination. In this way, a beehive can be a boost to a whole village.

On March 1st the children will receive the calendars that they use to help them throughout the season of Lent to be mindful of the needs of others. They are reminded of why Jesus taught the disciples to help others. They are diligent about their participation; may we too be as diligent in our Lenten preparations.

I love poetry and was fortunate enough to come across this prayer for Bees written by Grimoire.

Winged spirit of sweetness, I call on you. Teach me the ways of transformation and fertilization, the path from pollen to sweetest honey, teach me to taste the essence of each place I alight, carrying that essence with me to continue creation's cycle. Teach me the ways of hope, reminding me that what seems impossible may yet be achieved. Flitting tears of the Gods draw me ever closer to the wisdom hidden within beauty. Give me flight, sunlight, passion and productivity, cooperation with those around me and sharpened strength to defend my home. May I ever spiral out from my heart, searching for what I need and return once again to turn those lessons into nourishment. Bee Spirit, I call to you.

I have spent some time with this poetry prayer and I continually find new things within it that make me think where God is calling me in this world. I hope that you too will spend some time, maybe it will give you new insight in this most Holy Season, to see why God has placed you here, in this church, in this community, in this time.

May you have a blessed Lenten Season,
Bonnie



150th Anniversary Committee Update

Our committee planning is becoming more specific. Committee members are sharing suggestions from online searches, to collecting data from other church board members involved in ongoing church projects.

Items discussed—

July 4th Parade—Our chairman, Sue Gould, has shown us various print outs of possible giveaways for both this year's parade and the next anniversary year's parade. Sue has filled out the necessary parade forms and paid the parade fees.

Rock Installation—Plans will develop soon since a target scheduling is for this coming garden season. The rock installation will be coordinated with the east entrance sidewalk lighting project (Spiritual Life Bd., Administrative Bd. and Building & Grounds Committee) as well as with planting of a small shrub garden around the rock (Garden Committee, Building & Grounds Committee). The rock and its installation will be donated, along with another donation for the landscaping and shrub garden around the rock. Examples of plaques for the statement rock were shown and preferences talked over.

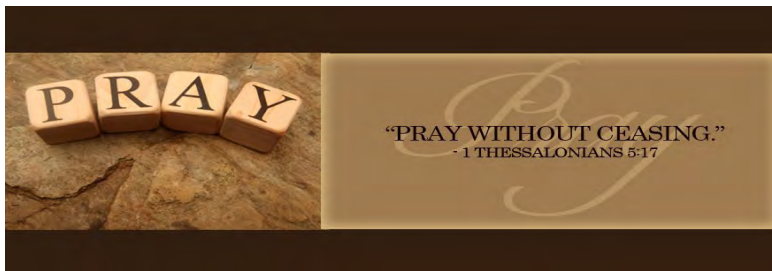
Souvenir Booklet—Dolly Chamberlin showed us her rough draft ideas of a logo design for the front page of the booklet. A decision was made to expand the page size to legal size paper of a high quality type, folded in half. Booklet contents, resources for possible printers, and other ideas were discussed.

Celebration—A possible date was established as Sunday, April 11th, 2021 for a special church service and reception of some type afterwards. Information is being gathered to be shared later.

Anniversary Bulletin Board to share photos of church events such as weddings, baptisms, confirmations, or other church activities. We ask church members to start looking through those old photo albums for photos to share.

Banners—Our discussion is ongoing.

Our anniversary celebration will begin officially in January 2021, culminate in April 2021, but continue in some ways all year. **St. Paul U.C.C. will be celebrating its 150th year in its journey of faith!**



PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Julia Abbs, mother of friend of Sandy & Melissa Gumm
 Dorothy Altergott
 Lynn & Phil Arnold
 Kay Bach, aunt of Sue Lech
 Ed Bartelt, friend of Charlotte Mally
 Ben Belmonte, nephew of Shirley and Ken Kolze
 David, Leah, William Campbell & Grandma Mary
 Flo Dailey, friend of Charlotte Mally
 Kendall Eich
 Mary Flynn
 Brian Gavin, son-in-law of Gary & Sharon Altergott
 The Graham Family
 Christina Guenther
 Judy Haimbaugh, sister of Gloria Helms
 Rick Hasselmann, brother of Shirley Schimka
 Michael Hayford
 Orrin Helms
 Carol Hennings, sister of Pat Kolze
 Larry Herron, friend of Bob & Pat Kolze
 Bill Houldsworth, husband of Laurie Houldsworth
 Larry & Marlene Ingram
 Barb Kerlin, mother of Bruce Kerlin
 Jean Kolze
 Laura Krause, daughter of Sharon Krause
 Charles Leseberg, brother of Mary Ann Leseberg
 Myra & Trudy Longnecker, friends of Sue Lech
 Joyce Mah
 Jack Martin, friend of Amanda Doktor
 Cathy McMillion, friend of Karen Wagner
 Dorothy Mende & Bernice Skach, sisters of Charlotte Mally
 Ron & Paulette Mohr, uncle & aunt of Kim Ferris & Karen Wagner
 Maryann Ostrem, friend of Arlene Kraus
 Marilyn Paolisso, aunt of Bruce Kerlin
 David Reilly, cousin of Randy Cichon
 Geri Rogers, sister of Pat Kolze
 Blanche Schug
 Sherry Stephens, sister of Shirley Ann Kolze
 Al & Jane Undrys, friends of Sandy & Melissa Gumm
 Fran Werner, sister-in-law of Sharon Florey

SERVING CHRIST IN WORSHIP

Greeters for March:

1: Janet Olsen
8: Jeff & Kathy DePue
15: Dolly Chamberlin
22: Sharon Florey
29: Bob & Pat Kolze

Nursery Attendant for March: Holly Chvoy

Usher Captain for March: Gary Altergott

Lectionary Readers for March:

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

Lectionary for March:

1: Gen 2:15-17; 3:1-7; Psalm 32; Rom 5:12-19; Matt 4:1-11.
8: Gen 12:1-4a; Psalm 121; Rom 4:1-5, 13-17; John 3:1-17; Matt 17:1-9.
15: Ex 17:1-7; Psalm 95; Rom 5:1-11; John 4:5-42.
22: 1 Sam 16:1-13; Psalm 23; Eph 5:8-14; John 9:1-41.
29: Ezek 37:1-14; Psalm 130; Rom 8:6-11; John 11:1-45.



Move More

Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?
Don't **chuck** your goal, **chunk** it!
Try 10 minutes a few times a day, for example.



Only have 10 minutes? Consider:

- Walking briskly for 5 minutes, turning around and walking back
- Dancing (standing or seated) to three songs
- Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat

Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.



Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

All adults should avoid inactivity.
Start gradually and increase slowly.

Learn more about:

[CDC Target Heart Rate and Estimated Maximum Heart Rate](#)
[Different types of physical activity.](#)
[Recommendations for children, older people, and pregnant women.](#)

Spring Flower Word Search

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

**BLOSSOMS CALLALILY CROCUS DAFFODIL DAHLIA FORSYTHIA
HYACINTH LILAC LILY MAGNOLIA MAYFLOWER NARCISSUS
PEONY PHLOX SCILLA SNOWDROPS TRILLIUM TULIP VIOLETS**

