



St. Paul Lutheran Church

The Church on the Highway

Loving others into the Love of Christ

July 2024 Edition

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A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: pastorhesse@splcwaco.com

It is July... the middle of the summer months, the birthday month of our nation. Recently in Sunday Bible Class we learned and discussed how the church and state intersect. Unfortunately, many in our nation understand the freedoms in our country as a freedom apart from Christ, rather than a gift of Christ. Before the birthday of our nation, on July 3, we mark the day to celebrate St. Thomas, the Apostle.



If you examine the Scriptures Thomas is called Didymus or "The Twin." You might be asking, who is Thomas' other twin? It is in the ancient writing of the Book of Thomas the Contender that states Thomas' other twin as being Jesus. If this is true it also lends credibility and understanding why Judas would arrange a secret signal with those who would arrest Jesus, insuring they arrest the right man.

St. Thomas is most known for being called "Doubting Thomas" because of his refusal to believe in the resurrection of Jesus until he saw it with his own eyes. Because St. Thomas is so known as "Doubting Thomas" some believe he is hardly worth celebrating. However, St. Thomas makes the most basic confession in Scripture that speaks to Jesus' two natures of God and Man. St. Thomas confesses, "My Lord and My God." In the most basic and simplest of terms St. Thomas confesses both natures of Christ.

As an Apostle, St. Thomas carried our Lord's Gospel as a missionary; he is known as the missionary to India. He traveled to this nation in 52AD where he arrived at a predominantly Hindu community. Through Thomas' proclamation of the Gospel, he founded more than 7 churches and spoke the Gospel to the Jews of the Diaspora. St. Ephream, the doctor and leader of the Syrian Christian Church, writes and documents St. Thomas' work in India saying:

It was a land of dark people he was sent, to clothe them by baptism in white robes. His grateful dawn dispelled India's darkness. It was his mission to espouse India to the One-Begotten. The merchant is blessed for having so great a treasure. Edessa thus became the blessed city by which possessing the greatest pearl India could yield. Thomas works miracles in India, and at Edessa Thomas is destined to baptize peoples perverse and steeped in darkness, and that in the land of India.
(Hymns of St. Ephream)

It was in the City of Edessa that St. Thomas is said to have died being pierced with a lance. His remains were initially buried in Edessa, later moved and then returned back to Edessa. The Church has had a long tradition of honoring St. Thomas and His work in India. St. Thomas along with St. Bartholomew was also known as a missionary to the Parthians.

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Sunday Worship
8am & 10:30am

Online: www.splcwaco.com

Bible Class/Sunday School
9:15am



A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

10 Tips for Managing Nighttime Joint Pain

Joint pain may worsen during the night due to fluid buildup or chemical processes in your body that cause inflammation. Home remedies, adjustments, and treatments may help to get a good night's sleep. Joint pain can be worse at night, that can severely limit your ability to get a good night's sleep. There are many conditions that can cause joint pain, e.g. osteoarthritis, rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, also common causes are tendinitis, bursitis, fibromyalgia, gout, lupus, Lyme disease, infection, bone cancer, and injury.

There are many theories about night joint pain: fluid buildup, cytokines (small proteins), body position, mattress and pillow. All these can apply pressure on the joint in question and cause it to be swollen, stiff, inflamed. Relief of pressure is the key. The underlying cause of the joint pain may determine how best to manage it. Trial and error approach may be needed before you know what will work best for you. Here are 10 things to try:

1. Exercise (stretching or yoga)
2. Apply heat
3. Apply cold
4. Try OTC pain medications
5. Use topical treatments
6. Consider glucosamine and chondroitin supplements
7. Meditate
8. Create a soothing sleep environment
9. Get a mattress and pillow that will give you support and good body alignment
10. Move and stretch when you wake up

When to contact the doctor. Chronic nighttime pain can cause sleep deprivation and exhaustion. It may also significantly reduce your ability to partake in daily activities and enjoy life. Let your healthcare provider know if your joint pain doesn't respond to at home treatments. You should see the doctor if you have intense pain that lasts for several weeks or longer, if the pain keeps waking you up during the night, if you experience sudden swelling or warmth around the joint, if your joint pain is accompanied by a fever.

Nighttime joint pain can be exhausting and debilitating. You don't need to live with the pain. Many at home remedies can help relieve pain or reduce pain. Lifestyle changes like exercising or improving your sleep hygiene can also help. If your pain is severe or doesn't respond to the home treatments, consult your physician.

May the Lord bless and keep you now and always.

Written by Corey Whelan; Resource: <https://www.healthline.com/health/joint-pain-at-night>

Pastor Hesse continued...

Numerous writings have been attempted to be attributed to St. Thomas. Among them, The Gospel of St. Thomas and the Acts of Thomas were written too late to actually have been written by the Apostle himself. These works provide us with information, legends and stories of the Apostle's mission and work. Originally the Church started celebrating this Saint around the 9th Century and placed the festival on December 21. It was not until 1969 that the Western Church moved the date to July 3 so it would not interfere with the Season of Advent. The Eastern Orthodox and Byzantine churches celebrate this Saint in October. Regardless of which day we choose to remember St. Thomas... he is remembered not just as a doubter but as a missionary of the Christian faith to the people of India. An example to us, despite our own doubts, we too remain missionaries to continue loving others into the saving love of Jesus Christ.

Pastor Hesse



The Board of Directors and the Call Committee will hold a special called Congregation Meeting at 9:00 a.m. on Sunday, June 30, in the Albers Family Life Center to share their recommendation for the Director of Youth and Family Ministry position.

We encourage all members to attend this meeting, as a vote will be put forward for extending a Divine Call to the person we believe God has put forward for us.

If you have any questions about this meeting please contact Pastor Hesse, Bill Dube or any of the following members of the Call Committee (list available in the church office).

LWML @ SPLC July Blessings!

"Hold Fast, Christ is Our Anchor" (Hebrews 10: 23-24) was the theme of the 43rd Biennial Texas District LWML Convention theme. Janet Hurta, Karen Spross and I had the honor of attending the convention. What a wonderful experience it was from the convention opening worship service to voting for mission grants as well as officers to the installation of officers, sending service and presentation of the new president on the last day.

We had two great bible studies that focused on our confidence in our Savior. Here are the 3 main points: *My confidence in Christ* means I no longer need to be afraid (Hebrews 10:22), *My confidence in Christ* is made very clear in my confession (Hebrews 10:23), and *My confidence in Christ* is made very clear in how I live (Hebrews 10:24-25). The main point that I gleaned from this bible study and the convention was that, "We are called to stir up one another, and all the more as you see the Day drawing near." I need to be more confident, bold and courageous for our Lord and Savior.

With great confidence, boldness and courageousness the Texas District approved funding for 13 Mission Projects with a total of \$225,000 with a \$47,314 surplus from the 2022-2024 biennium; and Seminarian Scholarships were also approved for \$60,000.

The true highlight of the convention for me was the election of the President. Our own Sally Krueger was elected as our President for the 2024-2026 Biennium. What a joy to witness her success, see her installed as president, hear her acceptance speech and bang the gavel to end the convention. Included is a picture of Sally and Rev. K. just after she was elected along with myself, Janet, and Karen. Please pray for Sally to be confident, bold and courageous in her position as Texas District LWML President! I know her sidekick would love our prayers, too.



Jacqueline Uptmore

Please Remember in Your Prayers:

- † We pray for continued healing for all those who have suffered physical problems in the last month, including: (a complete list is available through the church office). We pray the Lord lay His healing hand upon them.
- † We pray for those on hospice care, including: (a complete list is available through the church office). May the Lord provide her comfort and peace.
- † We pray for all who are undergoing cancer diagnosis/treatment, including: (a complete list is available through the church office). We pray the Lord keep His healing hand upon them.
- † We pray for all who struggle with ongoing health concerns, including: (a complete list is available through the church office). We pray the Lord keep His healing hand upon them.
- † We pray for all who are home-bound, including: (a complete list is available through the church office). We pray the Lord give them comfort and peace with their living situation.
- † We pray for all those in nursing care or assisted/independent living facilities, including: (a complete list is available through the church office). We pray the Lord will give them comfort and peace with their living situation.
- † We pray for those who have recently lost loved ones, including: (a complete list is available through the church office). May God grant peace and comfort to these families, through Jesus Christ, our Lord.
- † We pray for those serving in our Armed Forces (a complete list is available through the church office). We pray the Lord keep them safe in their stead as they defend our freedom and safety.

Please contact the church office if you, someone in your family, or a family friend is in need of prayer. Please keep the church office advised of the status of those you add to the prayer list, so that our list remains up-to-date. If you have any questions, please contact the church office at 254.799.3211 or by email to: wecare@splcwaco.com.



**THE CHURCH OFFICE WILL BE CLOSED ON
THURSDAY, JULY 4, 2024, IN OBSERVANCE OF
INDEPENDENCE DAY.**

GOD BLESS AMERICA!



Those who are scheduled to Serve at SPLC for July 2024

(listed by initial and last name to protect their identity)

ELDER OF THE MONTH:

B Kubitza

ACOLYTES:

- 7/7 K Gerik (8:00am)
B Petrich (10:30am)
- 7/14 D Sterriker (8:00am)
L Breton (10:30am)
- 7/21 M Schmedthorst (8:00am)
R Tindle (10:30am)
- 7/28 A West (8:00am)
P Hatfield (10:30am)

LAY READERS

- 7/7 J Nawara(8:00am)
K Shelton (10:30am)
- 7/14 T Albers(8:00am)
M Weaver (10:30am)
- 7/21 B Dube (8:00am)
M Wortman (10:30am)
- 7/28 D Galler (8:00am)
J Kersten (10:30am)

SUNDAY MORNING GREETERS:

- 7/7 F & D Kubitza (8:00am)
J Kersten (10:30am)
- 7/14 M Dutschmann (8:00am)
J Uptmore (10:30am)
- 7/21 B Moss (8:00am)
D Reinke (10:30am)
- 7/28 E Pareya (8:00am)
K Bode (10:30am)

USHERS FOR WORSHIP

- 8am Worship: Group 3
LPayne, EKing, MLynch, BLeftwich
- 10:30am Worship: Group 4
KKoester, JKersten, BHand, BKubitza

ALTAR FLOWERS:

- 7/7 R & L Turnbough
- 7/14 S Neuhaus
- 7/21 B & N Leftwich
- 7/28 H & A Bush

NURSERY VOLUNTEERS

- 7/7 W Ehlers (9:15am)
P Price (10:30am)
- 7/14 H King (9:15am)
J Kersten (10:30am)
- 7/21 M & B Gerik (9:15am)
S Cone (10:30am)
- 7/28 **Volunteer Needed** (9:15am)
Volunteer Needed (10:30am)

We are in need of volunteers in the church nursery. If you would be interested in serving in the care and education of our Nursery age children, please see Bobby Luedke or call the church office.



**Men's Club Blood Drive
Sunday, July 28, 2024**

Watch for a sign-up sheet in the church foyer.

Carter Blood Care will set up the Blood Drive Bus in the parking lot. Please see David Wolfe or Don Savage with any questions.



Everyone is invited to join us for
Friendship Sunday, June 30, 2024!
On that Sunday morning we will have
Sunday School at 9:00 a.m.
and **ONE WORSHIP Service at 10:00 a.m.**,
with a Potluck meal immediately following
the worship service.

Please invite your friends to join us and bring your
favorite dish, casserole, salad, and/or dessert
to share and stay after worship to enjoy
fellowship and fun with our church family!





The St. Paul Men’s Club will have their monthly meeting on Monday, July 8, 2024, at 6:00 p.m. They will meet at Los Cucos Mexican Restaurant (2805 W. Loop 340, Waco, 76712) for a time of discussion and fellowship. If you are interested in attending or would like to learn more about the Men’s Club, please contact John Banta at (number available in the church office).

Are you new to St. Paul? Or maybe you’ve been a member for a while and are looking for areas you can use your time and talents to serve the Lord in the church?



“We have different gifts, according to the grace given us. If a man’s gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.” Romans 12:6-8

There are several opportunities to serve within the church! Please see the list below to learn more, contact information for each ministry is available in the church office.

Media Ministry - Operate sound system for church services, special services and special occasions. Live Stream and record Sunday worship services, manage worship content on the screens.

Church Ushers - Assist in worship and funeral services, hand out bulletins, receive the offerings, and collect worship attendance cards.

Sunday Morning Greeters - Greet visitors as they enter for worship, direct them as needed, and hand out ‘visitor welcome bags’ to first-time visitors.

Worship Lay Reader - Read the Old Testament and Epistle lessons during worship. Contact the Church Office at 254.799.3211

Nursery - Assist with infant childcare/ education on Sunday mornings, and special services.

Children’s Ministry - Provide Christian, age-appropriate learning opportunities to nurture the congregation in their faith. Help with annual VBS ministry, on-going Sunday school ministry, special youth activities, etc.

Sunday School Teaching- Opportunities to teach lessons from the Bible to students ages 2 thru 8th grade.

Youth Ministry - Work with the young people of the congregation through Bible study, fellowship and outreach opportunities (Jr. High and High School).

Music Ministry - To enhance worship services and glorify God through choir, hand chimes instrumentals, ensembles, organist/piano and soloist.

Human Care Ministry - Provide care to members through visits and/or meals.

Altar Guild - Change vestments according to the church calendar and special services, and fill altar candles for worship.

Campus Ministry - Be involved in the planning of and participation of special events for college students.

Bereavement Committee - Help prepare and serve a family meal, or provide a dessert for the family of bereaved members following a funeral service.

Church Building Maintenance - Assist with buildings and grounds repairs (skills in air conditioning/heating, carpentry, general construction, electrical, repair of furniture, appliances, electronics, sprinkler system, and grounds maintenance appreciated.)

Lawn Care Team - Meets every Thursday morning to mow, weed-eat, and maintain the grounds. Contact:

Outreach - Opportunities to promote the congregation and the message of Christ to the community.

Stewardship Ministry - Maintain confidentiality of donations and count offerings.

Church Fellowship - Participate in the planning and running of congregational fellowship events, like the church picnic, and congregation dinners.

Beacon Committee - Community outreach including Care Net, Mission Waco, and Church Under the Bridge.

Banner Committee - Share fellowship among other Christians who enjoy sewing/ creatively designing church banners.

Lutheran Women in Mission (LWML) - Mission-minded ministries that include Bible Study, projects, partners in prayer/ support missionaries, and fellowship.

Bass Club - Fishing tournaments and Fellowship

Men’s Club - Sharing in the fellowship of other men in Bible study and outdoor activities.

Ol’ Sew ’n’ Sow Quilters - Sew quilts and other items for those in need, including members of the church, local Hospice organizations, and others.

Supper Club - Meet with other members of St. Paul for a monthly meal and fellowship. Sign-ups occur semi-annually.

Classes for All Ages

Please join us for Sunday School and Bible Classes at 9:15 a.m.

Adult Bible Study (Albers Family Life Center)

This class is studying the Old Testament book of Judges, learning God's cycle for dealing with the chaos in our lives.

ASK PASTOR HESSE: Outside Pastor Hesse's office you will find a box to place any questions that you would like Pastor Hesse to answer during the Adult Bible Study class on Sunday mornings.

Men's Bible Class (classroom behind the Parish Hall)

This class is studying, *The Messiah: Revealing Jesus in the Old Testament*. This Bible study works through all 39 books of the Old Testament and identifies crossovers between New Testament themes and ideas.

Ladies Bible Class (Conference Room)

This class is studying, *God's Provision in a Wilderness World* by Lindsay Hausch. This book will lead you through the Book of Exodus as the Israelites wander through the wilderness, pointing you to what God wants you to know and apply to your own life. Our culture is a wilderness where our effort to satisfy our needs with things of this world leaves our hearts empty and aching for more. Every day, no matter where you wander, God invites you to take time in His Word and recenter your heart on Him. God's provision for you is personal. He meets you where you are. And He gives you what you need.

Simply Loved, Nursery - Fourth Grade Students (classrooms)

Let's get back to the heart of what matters most! Simply help your kids love Jesus and each other. Every activity, song, and visual in Simply Loved is designed to help kids remember each lesson long after their children's ministry years. Simply Loved curriculum was created with the truth found in 1 John 4:7 in mind which says, 'Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God.'

Enduring Faith - Eighth Grade Students (classrooms)

This class is learning how to defend their faith and become prepared to state what they believe about the Bible and why. Thoughtful class discussions get students brainstorming about how to explain their faith to others, and bonus activities get students up and moving around, helping them practice teamwork skills as they work with other students.

High School and College Students (Youth Room)

All high school and college students are invited to join in the Youth Room every Sunday for Bible Class! This will be a great time of study, building relationships, fellowship and fun! The class will be led by college students, Seth Randolph and Travis Elmore. If you have any questions, please see Pastor Hesse.

Other Bible Study Opportunities:

College Student Evening Bible Study/Fellowship

This group will resume meeting in the Fall Semester.

Ladies Bible Study Group in the Conference Room

This group meets in the Conference Room on the First and Third Wednesday of each month at 9:30 a.m. They are studying, "CHOSEN: A Study of Esther." In this study, see that God's presence is ever-abundant in your life, and that God gives you the courage to live fearlessly as Esther did. Learn the historical context of the Book of Esther to enrich your understanding of God's Word.

Youth Confirmation/Catechesis Training and Music (grades 5-8)

Classes for the 2024-2025 term will begin in the Fall, please watch for details or see Pastor Hesse.

There's a place for EVERYONE to be immersed in God's Word and fellowship with other Christians!

ST. PAUL SENIOR ADULTS monthly **Worship Service with Holy Communion** will be held on **Wednesday, July 10, at 11:00 a.m.** with a fellowship luncheon following the worship service. Everyone is invited to join us for this time of fellowship!

Desserts are appreciated for the luncheon, but not required.

If you have any questions, please call the church office (254.799.3211).

Children & Youth Activities

THANK YOU!!!

The Board of Children's Ministry is so grateful for all those who helped with Vacation Bible School last month! We would not be able to teach the children in our church and community about the love of Jesus without YOU!



All students are encouraged to bring their backpacks with them on Sunday, August 11, for a special blessing for the 2024-2025 school year.

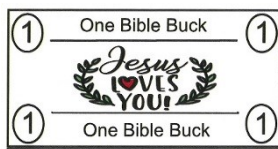
We will have this blessing during our Sunday morning worship.

We will also have our annual Back to School Collection benefitting LaVega Primary and Elementary Schools on that Sunday! A complete list of items needed will be available soon! Please call the church office if you have any questions.

EARN BIBLE BUCKS!

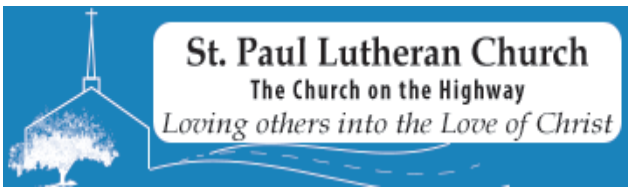
- ☑ \$1.00 Create a Greeting Card for a Shut-In Using our Craft Kit (Kids can stop by the Sunday School office to get a take-home greeting card kit. Simply use the enclosed supplies and idea sheet to create as many greeting cards as you want. Please return the kit when you are done, and you will earn \$1.00 Bible Buck for each specially made greeting card.)
- ☑ \$1.00 Attend Sunday School
- ☑ \$3.00 Bring a Friend to Sunday School (\$3 for you and \$3 for Your Friend)
- ☑ \$1.00 Volunteer to Read in Sunday School
- ☑ \$1.00 Have a Birthday
- ☑ \$3.00 Participate in a Church Program

The Bible Bucks Store is open each Sunday from 10:15 am to 10:25 am.



- ⇒ **Sunday, Aug. 11** - Blessing of the Backpacks
- ⇒ **October 2024** - Fall Festival, more details coming soon!

If you have any questions, please contact the church office or see Angel Breton, Kimberly Vicha, Heather Hutchison, or Hannah Galler.



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1301 Hogan Lane
Waco, Texas 76705
Phone: 254.799.3211
Fax: 254.412.0529
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July 2024 Edition



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Now the Lord is the Spirit, and
where the Spirit of the Lord is,
There is Freedom.

2 Corinthians 3:17