



St. Paul Lutheran Church

The Church on the Highway

Loving others into the Love of Christ

June 2024 Edition

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A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: pastorhesse@splcwaco.com

June, the start of summer, the start of the Pentecost season. It is also a month we celebrate some great Apostles. The month of June celebrates St. Barnabas (June 14), and the nativity of St. John the Baptist (June 24). The church also celebrates the apostolic work of St. Peter and St. Paul on June 29. These Apostles show us the greatness of the Gospel's power and mission Christ has assigned. It is traditionally thought that Peter is seen more as the Apostle to the Jews and Paul, the Apostle to the Gentiles. In the Scripture readings appointed for this festival we read:



When they (Paul and Barnabas) came to Jerusalem, they were welcomed by the church and the apostles and the elders, and they declared all that God had done with them. But some believers who belonged to the party of the Pharisees rose up and said, "It is necessary to circumcise them and to order them to keep the law of Moses." The apostles and the elders were gathered together to consider this matter. And after there had been much debate, Peter stood up and said to them, "Brothers, you know that in the early days God made a choice among you, that by my mouth the Gentiles should hear the word of the gospel and believe. Acts 15:4-7

Acts 15 provides us an example of how great things can happen when church leaders work together. Peter and Paul's relationship wasn't always rosy. They had their fair share of challenges like any working relationship. Yet, Scripture shows that when it came to God's work these Apostles discovered it wasn't about their own desires or needs. It is always about God's plan, God's mission that all people come to know His saving grace.

June is the first full month dedicated to the season of Pentecost. It is that time of the year where we reflect on the growth and the life of the church. It is for this reason that we cannot possibly consider a summer break in our relationship with Christ. Each year, a confirmation student always asks if they can do sermon studies during the summer. They want to get a jump on next year. I always remind them they can do sermon studies any time there is a sermon. After confirmation, several adults in our congregation choose to continue taking sermon notes. They choose for themselves that method of growing in their faith and continue to receive the Gospel as St. Peter once said.

With the power of the Holy Spirit working in your life, what method will you choose to continue growing in the saving grace of Jesus? What method will you choose to gather around God's Word? What method will you choose to heed the words of the Apostles to "hear the word of the gospel and believe." At the end of June, we are coming together in a "Friendship Sunday." **Friendship Sunday is scheduled for June 30.** Invite and bring someone to church. Bring someone to hear the Gospel and join us for Potluck Lunch fellowship that day. You could be the reason someone hears and believes the Gospel as we love others into the saving love of Jesus Christ.



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

What Causes Itchy Throat and Ears?

Itchy throat and ears may be caused by allergies or a cold. Treating the problem with home remedies is usually enough. But if your throat is sore or the problem gets worse, see your physician right away.

- › **Allergic rhinitis**, aka hay fever, starts when your immune system reacts to an irritant in the environment. This includes mold, pollen, pet dander, dust mites, and smoke or perfume. This reaction leads to a release of antihistamine and other chemicals which trigger allergy symptoms. These symptoms are runny nose, itchy eyes, mouth, or skin, watery, swollen eyes, sneezing, coughing, stuffed nose, and fatigue.
- › **Food allergies**. Research shows that an estimated 7.6 % of children and 10.8 % of adults in the US have food allergies. Like seasonal allergies, food allergies arise when the immune system goes into overdrive when exposed to an allergen. Symptoms are stomach cramps, vomiting, diarrhea, hives, facial swelling, shortness of breath, wheezing, trouble swallowing, dizziness, fainting, tightness in the chest, and rapid heart rate. If you think you are having an anaphylactic reaction call emergency medical services or go to the emergency room immediately.
- › **Common allergens**. Some common allergens are peanuts, tree nuts, fish, shellfish, cow's milk, eggs, wheat, and soy. Some foods like cow's milk and wheat commonly cause GI symptoms, while nuts and shellfish tend to present as itchy throat, swelling, and possible anaphylaxis.
- › **Other triggers**. Certain fruits, vegetables, and tree nuts, contain a protein that's similar to the allergens in pollen. This is also known as oral allergy syndrome. These include many fruits, vegetables, tree nuts, causing scratchy throat, swelling of mouth, tongue, and throat, and itchy ears.
- › **Drug allergies**. Many drugs can cause side effects, but only about 5-10% of reactions to medications are true allergies. Drug allergies occur when your immune system reacts to a substance in the same way it would to germs. Most reactions happen within a few hours to days after you take the medication. Symptoms are skin rash, hives, itching, trouble breathing, wheezing, swelling. A severe drug allergy can cause anaphylaxis.
- › **Common cold**. Colds are one of the most common afflictions. Most adults sneeze and cough their way through 2-3 colds a year. Many different viruses cause colds. They are air borne and spread when there is coughing and sneezing droplets containing the virus into the air. Symptoms are runny nose, cough, sneezing, sore throat, body aches, headache.
- › **Treatment of Symptoms**. You can treat these symptoms yourself with over the counter pain relievers, decongestants, nasal sprays, and antihistamines. Oral products are most common. But topical brands may be needed for itching. Protect yourself from these allergens as much as possible. Take proactive steps to protect yourself from the triggers of the allergens.
- › **When to see your doctor**. If your symptoms last more than 10 days or worsen with time, get medical help immediately. Your doctor may perform a blood test or throat swab to find out if you have a bacterial infection that needs to be treated with antibiotics.

May the Lord Bless and keep you!

Written by Stephanie Watson,
Resource: <https://www.healthline.com/health/itchy-ear>

LWML @ SPLC

June Blessings!

June is such a full month! We get to celebrate the wonderful men of our church on Father's Day, June 16. St. Paul is truly blessed by the Christian men that lead our church. Also on Fathers' Day, we will hold our annual Father's Day Bake Sale. The proceeds go toward purchasing items for personal care kits we assemble and deliver to Lutheran World Relief. Each kit includes a towel, comb, nail clipper, two bars of soap, and a toothbrush. Our goal is to send 100 kits. Our kits are first taken to Plano, Texas and then to a warehouse in Maryland. There is another warehouse in Minnesota that also ships kits to other countries. From there the kits can be shipped to any one of the following countries: Angola, Dominican Republic, Mali, Ukraine, Turkiye, Tanzania, or the Democratic Republic of the Congo. A total of 123,920 kits were sent to these countries in 2023. We love being part of this project and we are ever grateful for the support you give to our St. Paul LWML.

Another big event is the Texas District LWML Biennial Convention June 13-15 in Corpus Christi. This years theme is "Hold Fast, Christ Is Our Anchor" based on the scripture, Hebrews 10: 23-24: *"Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works."* Several of our LWML member will be attending and we pray that we will be strengthened in faith through worship and fellowship, we honor God by showing love to one another and witnessing boldly, anchored in Christ. An exciting part of the convention is that our own Sally Krueger is running for the Texas President position. We know she will be fantastic in this position and pray for her success in acquiring the presidency.

On a final note, please pray for our VBS, "Start the Party," that begins on June 23rd. It is going to be a great party, a precursor of the party we will all get to have in Heaven.

Jacqueline Uptmore



A COMPLETE LIST OF OUR GRADUATES IS AVAILABLE IN THE CHURCH OFFICE.

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 lost loved ones in the last month; 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.

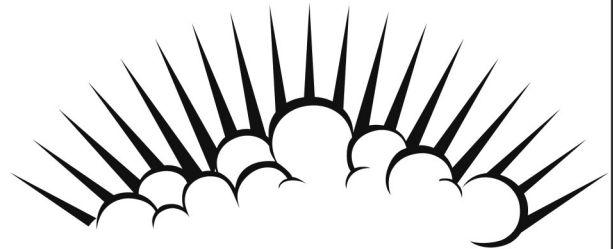
ST. PAUL SENIOR ADULTS monthly **Worship Service with Holy Communion** will be held on **Wednesday, June 12, at 11:00 a.m.** with a fellowship luncheon following the worship service. Everyone is invited to join us for this time of fellowship! **Desserts are appreciated for the luncheon, but not required.** If you have any questions, please call the church office (254.799.3211).



Our heavenly Father

Father's Day is the perfect time to remember God, our heavenly Father. What does the psalmist say about him?

Directions: Complete Psalm 89:26 by placing the correct vowels in the blanks.



"H_ w_ll c_ll _ _ t t_ m_,
 'Y_ _ _ r_ m_ F_th_r, m_
 G_d, th_ R_ck m_ S_v_r.'"

Ps_lm 89:26, N_V

Answer: "He will call out to me, 'You are my Father, my God, the Rock my Savior.'" Psalm 89:26, NIV



Those who are scheduled to Serve at SPLC for June 2024

(Listed by Initial and last name only to protect their identity)

ELDER OF THE MONTH:

K Koester

ACOLYTES:

6/2 D Sterriker (8:00am)
C Gonzalez (10:30am)
6/9 A West (8:00am)
E Tindle (10:30am)
6/16 K Gerik (8:00am)
J Vicha (10:30am)
6/23 M Schmedthorst (8:00am)
R Lassetter (10:30am)
6/30 D Sterriker (8:00am)
F Galler (10:30am)

LAY READERS

6/2 B Dube (8:00am)
J Kersten (10:30am)
6/9 D Bracciale (8:00am)
MA Weaver (10:30am)
6/16 T Albers (8:00am)
B Strickland (10:30am)
6/23 J Nawara (8:00am)
J Uptmore (10:30am)
6/30 K Rogers (8:00am)
D Galler (10:30am)

SUNDAY MORNING GREETERS:

6/2 A Gilchrest (8:00am)
L Harrington (10:30am)
6/9 W Ehlers (8:00am)
K Kubitza (10:30am)
6/16 B & P Schulze (8:00am)
B Reinhardt (10:30am)
6/23 S & M Leuschner (8:00am)
L Graf (10:30am)
6/30 P Dieterich/S Shaeffer (8:00am)
L Outlaw (10:30am)

USHERS FOR WORSHIP

8am Worship: Group 1

J Lamar, J Dutschmann, B Gilchrest, B Dube, J Ehlers

10:30am Worship: Group 2

R Bolen, T Harrington, C Tindle, B Kubitza

ALTAR FLOWERS:

6/2 G & J Haverkamp
6/9 **OPEN**
6/16 M & S Jugert
6/23 R & N Schmedthorst
6/30 R & D Bolen

NURSERY VOLUNTEERS

6/2 B & K Kubitza (9:15am)
A & J Thompson (10:30am)
6/9 **Volunteer Needed** (9:15am)
K & M Sjolander (10:30am)
6/16 **Volunteer Needed** (9:15am)
Volunteer Needed (10:30am)
6/23 T & A Reinke (9:15am)
T & A Reinke (10:30am)
6/30 **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.***





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!



Dear St. Paul Lutheran Church,

It is with a heart full of mixed emotions that I write this today. After much contemplation and reflection, I have made the decision to transition from my role as Executive Director of Tri-Cities Ministries to pursue a new chapter in my journey. I have accepted a job offer at Waco Family Medicine as their new Marketplace Coordinator. Dana Hayes will serve as the Interim Executive Director until the board finds a new person to serve as the Executive Director. As I prepare to embark on this new adventure, I want to take a moment to express my deepest gratitude to each and every one of you. Through your unwavering support, dedication, and generosity, we have been able to make a tangible difference in the world around us, spreading hope, love, and compassion to those who need it most. As I embark on this new chapter, please know that I carry each of you with me in my heart, and I look forward to crossing paths with you again soon.

Together we serve,
Natalie Ortiz-Lovince




Your donations support pregnant women and parents with life affirming services that radiate the abundant love of Jesus Christ!

Our Yearly fundraising tradition... UPDATED!

Our baby bottle campaign has been a tradition for years - and you may be used to receiving an actual baby bottle. No bottles this year, but the mission remains the same...and, by cutting the cost of the plastic bottles the good news is this: **more funds go right back into the ministry!**

Now you can **GIVE and HONOR AND SUPPORT LIFE** in one of three ways:

- 1 Scan the QR code:** 
- 2 Find the Baby Bottle box in the church foyer to make a donation**
(Mother's Day, 5/12 thru Father's Day, 6/16).
- 3 Mail your donation directly to:**
Care Net Pregnancy Center of Central Texas
Attn: Baby Bottle Campaign (and note the church you attend)
800 W. Waco Dr.
Waco, Texas 76701
****Be sure to note your church on your envelope so we can report back.**

All proceeds benefit Care Net Pregnancy Center or Central Texas. This local non-profit organization offers support for men and women facing crisis pregnancies by sharing the love and forgiveness of Christ with them. Your contribution, no matter how big or small, may be just enough to help Care Net save a baby's life!

If you have any questions, or would like more information about Care Net, please email: erika@pregnancycenter.org

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 going thru a study from Lutheran Hour Ministries, Intersection of Church and State. In real life, church and state do operate in similar spheres-both conflictingly and cooperatively. See how they interconnect in The Intersection of Church & State, understanding the multi-layered discourse existing between church and state in the U.S. and how this relationship can be a fruitful force for good to those in need.

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!

Children & Youth Activities



VBS, START THE PARTY, JUNE 23-26:

☀️ Let's Start the Party with VBS this Summer! Jesus gives us the most amazing reason to party. That's why we believe God's love and the Gospel of Jesus is the best news ever. Celebrate the good news of Jesus with us for Vacation Bible School June 23-26.

Family meal served every evening beginning at 5:00 p.m.

VBS activities from 6:00 to 8:00 p.m.

Activities include children's Bible lessons, an adult Bible study with Pastor Hesse, songs, games, and crafts for everyone. The first VBS lesson and activities for the children will begin during Sunday School at 9:15 a.m. on Sunday, June 23.

REGISTER ONLINE (www.splcwaco.com/children) or complete a registration form in the church foyer.

☀️ **VOLUNTEER:** We will need many volunteers for VBS! Please mark your calendars and plan to volunteer to share the Love of Jesus with the children who attend! **A volunteer sign-up sheet is available in the church foyer with descriptions of each volunteer need.**

☀️ **VBS WISH LIST:** We have a few items that are needed for Vacation Bible School crafts:

- ⇒ **Pennies** (any unused pennies will go to the LWML mite boxes)
- ⇒ **10.5 oz. empty soup cans** (please wash before donating)
- ⇒ **Baby food glass jars** (please wash before donating)
- ⇒ **Glass canning jars** no larger than 26 oz. (the smoother the better, several have raised imprints, lids not needed).

A collection box can be found in the church foyer at the VBS table. Please bring your donations by June 16.



**REGISTER
FOR VBS**



TENTATIVE VBS MENU:

Sunday, 6/23 - Burgers & chips

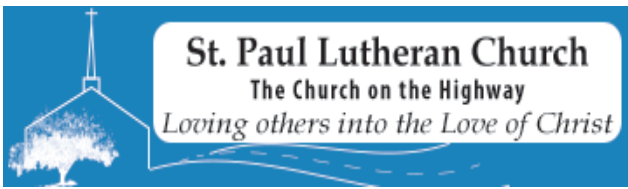
Monday, 6/24 - Nachos/Tacos

Tuesday, 6/25 - Hot dogs/Frito Pies

Wednesday, 6/26 - Chef's Choice

There will also be classic PBJ on request each evening.

Donation of desserts requested (cookies, cupcakes, ice cream), all can be dropped off on Sunday, June 23.



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June 2024 Edition



www.splcwaco.com

Follow us on Social Media:



**Celebrate the good news of Jesus with us at
Vacation Bible School June 23-26!
5:00 p.m. Family Meal each night
6:00 p.m. Activities/Lessons/Music**

**Complete details on page 9 of this newsletter,
or on the church website: www.splcwaco.com/children**



**REGISTER
FOR VBS**