

St. Paul Ev. Lutheran Church
800 South Division Street
Chenoa, IL 61726

January 30, 2018



February 14th is famous for being a day for romance and love. It's a day for chocolates and candy. Because, of course, February 14th is Valentine's Day. But this year, February 14th is also another important day. Ash Wednesday. It's still a day about love, but instead of romance it's the love that God has for us his people even in the face of our sinful unworthiness of it.

During our Sunday services this Lent...well, we're going to do something a little different. Something I'm excited for us to go through together. We are going to have a series entitled "The Gospel in Seven Words." During the course of the series you will be encouraged to think about, right down, and even share with others your own statements of faith...in seven words or less.

Here's an introduction to what we'll be doing:

"Imagine that a friend or family member who is unfamiliar with your Christian faith asks you to summarize the gospel. She isn't looking for a laundry list of doctrines. She has no interest in hearing you recite the Apostles' Creed. She wants to get to the heart of the matter. 'In seven words or less,' she says, 'tell me what you believe as a Christian.'



What would you say? How would you put it?
Are you prepared to confess your faith in Jesus?

To be a Christian is to ‘believe with your heart’ and ‘confess with your mouth’ the good news of God’s love for us in Christ (Romans 10:9–10). Peter calls us to be prepared always to give a reason for the hope we have as Christians (1 Peter 3:15). Christians have the best news in the world to share! But are we prepared to share it?



During this season of Lent, we’re going to prepare to celebrate Holy Week by sharing why Holy Week is so important. Our Sunday worship services will serve as opportunities to consider the many ways in which the Scriptures proclaim Jesus. During the week, each of you will be working on your own summary, with the hopes that all of us are more prepared to share the good news of Jesus. Come and join us this Lent, and join us by crafting your own confession of the gospel!”

I’m looking forward to going through this series with you and hearing what you, and our confirmation students, come up with. I am hoping that it will be an interesting, thought-provoking, and enriching experience for all of us.

May God’s blessings be upon you and your families, in the name of Jesus Christ our LORD.

Pastor Jeremy

HOLY ACTS AND RITES OF THE CHURCH

We welcome into our family of God **Jill Elizabeth Koehl** who was baptized on November 26, 2017. We ask God’s blessings upon Jill.

Our sympathy to the family of **Esther E. Shrewsbury** who was given Christian burial on November 11, 2017. Esther was born December 8, 1930; she was baptized at Trinity Lutheran, Dwight in December 1930; and she confirmed her baptismal vows at Goodfarm in May 1943. Mrs. Shrewsbury passed away on November 8, 2017.

Our sympathy to the family of **Myron Erdman** who was given Christian burial on January 20, 2018. Myron was born February 19, 1928; he was baptized on March 16, 1928; and he confirmed his baptismal vows at St. Paul on August 2, 1942. Myron passed away January 17, 2018.

St. Paul's Discipleship

Date	Attendance	Offering	Missions
12-03	94	2827.00	48.00
12-06	44	240.00	
12-10	80	2231.00	150.00
12-13	44	333.00	
12-17	147	2380.00	45.00
12-20	50	517.00	
12-24	82	3138.00	150.00
12-24 PM	87	3720.00	
12-25	31	250.00	
12-31	59	2019.00	25.00
01-07	65	2029.00	55.00
01-14	76	1486.00	150.00
01-21	82	2838.00	25.00
01-28	102	2071.00	170.00
Ladies		75.00	
Ladies Restroom		200.00	

The health cabinet will be giving a “baby basket” to Jeff and Kinzey Potter as they recently had twins. The Health Cabinet is collecting items for the baby basket. If anyone would be interested in donating diapers (size 1 Sam’s club or huggies please), gift cards for the family to have meal(s) (they live in Fairbury), or cash donations (if you are not able to shop). Please give donations to Lois Pulaski or Pam Norris by Sunday, February 4th.

The Space Age Pioneers 4H club held a food drive for the food pantry.



When we went in to stock the shelves with the club’s donations, the shelves were very bare. After the donations had been shelved, there were still bare spots. Please prayerfully consider donating: cans of fruit (any fruit), boxes of spaghetti noodles, and jars of spaghetti sauce. Of course any donations are welcomed. I would like to challenge each family to bring in one can of food a week. This would cost ~ \$1/week-which shouldn’t impact your families budget too much.

From Our Parish Nurse

Pam Norris

Blood pressure checks will be done after worship on Sunday, February 4th.

There is a misconception that cancer is the greatest health risk for women, especially breast cancer. In reality, heart disease kills more women than all forms of cancer put together. Minority women have the highest death rate from heart disease while the entire gender has a higher death rate from stroke than men. Part of the problem is that heart disease is displayed differently in women than in men so it becomes difficult to recognize in women if the observer doesn't know the difference in symptoms.

The classic symptoms for heart attack are severe chest pain, a squeezing sensation in the chest lasting 5-10 minutes, pain radiating down the left arm or profuse sweating. Up to 50% of women who suffer heart attacks have symptoms that are considered atypical. These include shortness of breath, indigestion, pain in the jaw, shoulder or back, sudden nausea or vomiting, unexplained fatigue, fainting, or even dizziness. Anytime a female experiences these symptoms, she should seek medical attention by call 911. Even a slight hesitation could lead to severe consequences if she is having a cardiac episode.

Plaque buildup can be different in women also. In men it tends to be clumpy and irregular which responds well to angioplasty and tents that flatten out the plaque. In some women, plaque forms an even layer on the vessel lining which means drug therapy works better than angioplasty. Women also respond to aspirin differently in women, taking a baby aspirin seems more effective in preventing stroke while in men it is more effective for heart attack prevention.

For a woman, the most important thing to do is talk to her healthcare provider. She should discuss her health history and determine potential risks for heart disease. The next step would be to create a plan to change or impact those risks and follow the provider's instructions. Women are the same but different. It is important to find out individual needs and then address them.

From the Trustees:

- Thank you to the Schulers for keeping the parking lot clear of snow this winter.

- Thank you to Jeff Beckman and Greg Pulaski for installing new lighting fixtures in both restrooms and installing the new toilet in the sanctuary restroom.

Projects to be done in the near future: a new memorial board is needed as our present one is full; redoing the ladies' restroom with possibly adding a water heater to the ladies restroom. Landscaping at the parsonage needs some work and the trustees are asking for volunteers.

Our loan with Church Extension started with a \$175,000 in May 2015 and our balance today is \$124,084.67.



The church kitchen is in need of dish towels. If each family could donate a new dish towel to the kitchen, several could be discarded. Thanking you in advance.



to all those who helped in any way with the Erdman funeral lunch on January 20th--your donations of food, helping in the kitchen, setting up and taking down the tables were all very appreciated.



We would like to thank everyone who has expressed concerns for Pam over the past two months by making inquiry, sending flowers, cards, calls, emails, texts, etc., or offered to visit, bring food, or whatever kindness shown.

It has been a slow recovery with extended on-going treatment.

Your thoughts, prayers and actions are sincerely appreciated.

Pam and Jim Raymond