

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

October 2, 2018

**Why Be a Volunteer?**

It's not for money; it's not for fame,  
It's not for any personal gain.  
It's just for love of fellowman,  
It's just to lend a helping hand.  
It's just to give a tithe of self. That's something you can't  
buy with wealth.  
It's not medals won with pride.  
It's for that feeling deep inside.  
It's that reward down in your heart.  
It's that feeling that you've been a part  
Of helping others far and near  
That makes you be a volunteer!

**St. Paul's Discipleship**

<b>Date</b>	<b>Attendance</b>	<b>Offering</b>	<b>Missions</b>
09-02	88	1515.00	30.00
09-09	110	3023.00	38.00
09-16	80	2113.00	25.00
09-23	94	2778.00	48.00
09-30	92	2871.75	150.00
Organ Offering		1835.00	

**Holy Acts and Rites of the Church**

On September 22, 2018, **Xavier Jorge Lujano** became of child of God by the washing of Holy Baptism. Xavier, infant son of Jorge Ivan and Christine [Jolly] Lujano was born February 16, 2018. His sponsors were Chris and Kaitlin Alvarez. We ask God's blessings upon this child and his parents.

**T**hank you to those who volunteered to delivered 'Peace Meals' to the Chenoa Community. Your efforts were greatly appreciated by those you served.

Fred Rhoda, Jim Raymond, Dennis and Karen Wiechman, Judy Bertsche, Loren and Joy Poppe, Greg and Lois Pulaski, Nancy Nylander, Judy Rhoda Ken and Carolyn Shane, Jim Meyer and Stacey Shrewsbury.

**T**he repair for the organ has been made which cost \$2800.00 and the organ was retuned and some other repairs were made which was an additional \$500 cost and there were enough donations to cover this entire cost. Sincere thanks to all those who have contributed to the Organ Fund, your generosity is greatly appreciated.

St. Paul Church Family—

**Thank you** all so much for the generous basket of wipes, books, gift cards and more! We greatly appreciate it.

Thank you—

Travis, Lexi, Hayzel Heins



**2019 LCMS National Youth Gathering**  
**Sunday, October 7**, all youth [along with their parents] that plan to attend the LCMS Youth Gathering in MN will meet with Pastor Jeremy after church.

**Dates:** Jul 11, 2019 – Jul 16, 2019

**From our Parish Nurse**

**Pam Norris**

Thank you to all who have graciously donated for Hayzel Mae Heins. The baby basket was delivered.

Thank you to all who have donated fleece for our blanket ministry. This ministry will be a blessing to those who need to utilize the food pantry.

The next Health Cabinet meeting will be after worship on Sunday October 21<sup>st</sup>. An agenda will be sent to the members.

### **Don't Leave Meals to Fortune**

A meal of rice, vegetables and chicken at a Chinese restaurant certainly sounds like a healthy option. What often sabotages the feast are some of the hidden calories in many of the dishes along with the extras that accompany them.

Appetizers:

- Egg rolls – The health benefits of the vegetables inside lose out to the deep-fried wrapping. One egg roll contains 160 calories and 5 grams of fat. Choose a spring roll instead. The dough is typically thinner so you'll eat 100 fewer calories per serving. Plus, you'll consume less sodium.
- Crab Rangoons – Best to avoid this combination of cream cheese, dough, and grease (after being deep-fried). Two rangoons will set you back 210 calories and 11 grams of fat – 6 grams of which are saturated fat. A better choice would be any of the soups. Most have fewer than 100 calories per cup. You will, however, be exposed to an abundance of sodium.

When it comes to the entree, your best bet is a stir-fry dish with non-breaded meat. Be aware that sodium levels will still be high, but at least you're avoiding excessive fat.

Best entrees (with pulled, stir-fried chicken):

- Chicken with broccoli
- Kung Pao Chicken
- Chop Suey

Worst entrees:

- General Tso's Chicken – With breaded and deep-fried chicken, this meal can contain 1,500 calories and 88 grams of fat.
- Sweet and Sour Pork – The sweetness is a result of the 16 teaspoons of sugar per one-cup serving. That's the equivalent of two chocolate bars.
- Orange Beef – This entree has more calories than seven fast-food hamburgers.

Additional tips to keep the meal healthier:

- Avoid fried rice which is white rice fried in oil and doused in salty soy sauce to give it the brown coloring.
- Ask for chopsticks to help slow your eating pace.
- Put half of your meal in a to-go box right away to help with portion control.

For dessert, go ahead and enjoy the fortune cookie. It's a small portion at 30 calories per cookie.

Source: [www.fitday.com](http://www.fitday.com), printed by permission of Better Health

## **September Perfect Attendance**

### PreSchool-Kindergarten

Joshua Gooding  
Jarret Gooding

### Sixth-Seventh Grade

Aaron Verdun  
Cole Weber

### First-Third Grade

Jacsen Gooding

### Eighth Grade-High School

Chase Beitz  
Elijah Beitz  
Hannah Norris  
Nathan Reed  
Ben Rhoda  
Aaron Shrewsbury  
Nolan Verdun

### Fourth-Fifth Grade

Alexis Gooding  
Isaac Latzke  
Dylan Verdun