

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

August 29, 2019

You will see a note below in this month's newsletter that we are changing the time for worship. This was a decision recently made by the Board of Elders, but which has been discussed off and on at least since I arrived here. I'd like to share with you some of the thinking that went into this decision.

In the past, the reason for having worship at different times during the year was largely one related to weather. That is, the church did not have air conditioning. In the summer months, with the later start time, the temperature inside would rise to uncomfortable levels. For that reason, starting earlier made a lot of sense. However, today we are blessed to have functional air conditioning, so starting worship before the heat of the day really begins to set in is no longer something we need to be concerned about.

Beyond that, it's become apparent that the 9 AM starting time in the summer was a difficulty for several of our members. Multiple older members approached me and/or elders to share with us that getting up and going to make to church on time was a challenge for them, and making it to Bible study at 8 just wasn't possible at all. Similarly we heard from families with young children that the early start time was difficult for them in the summer months.

Moving worship times can be a big deal, and we didn't come to this decision lightly. From the results of the survey we did of the congregation, a 10 AM service time was preferred over 10:30. It's true that not every member was in worship that Sunday, but the difference in vote totals was significant to the point where it would not have changed the results. We believe that maintaining this one, consistent time throughout the year will lead to less confusion for members and visitors alike.



The decision was made to make this change now and not later because we are already at the point in the year when our worship time changes. For the sake of getting the word out and letting everyone be ready for it, we will still have things start at 9:30 and 10:30 on Sunday, September 8th, with our fall kickoff picnic to follow. The new schedule will then take effect beginning on Sunday, September 15th.

May the Lord bless you and keep you in all you do, today and always.

Pastor Jeremy

Sunday, September 8th, Adult Bible Study and Sunday School will begin at 9:30 AM. Worship will then be at 10:30 AM. A picnic lunch will follow. You are asked to bring a salad and/or dessert to share.



The Men's Breakfast has been changed to Wednesdays as Pastor needs to drop Ethan off at HIS Kids Preschool on Thursdays. The next Breakfast will be Wednesday, September 11th at 8 AM.

Faith and Fitness

A small study from the U.S. Department of Health and Human Services found that exercise programs that incorporated the faith of the participants caused them to be more active.

The research involved women over 60 years old in physical activity programs through their churches. Half of the women involved in the study attended group prayer meetings, read scripture passages, and exercised. The other half received non-religious health materials, and instead of prayer and scripture readings, heard lectures on topics such as memory loss and identity.

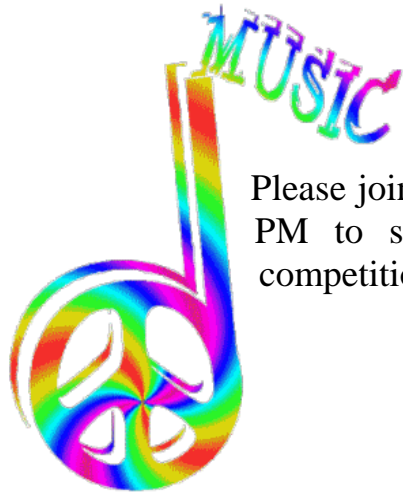
A follow-up with the participants six months after the conclusion of the study found that the women involved in more of a faith-based program had a noticeable increase in physical activity. They walked about three miles more than the other group each week, and they also had a marked decrease in their systolic blood pressure.

Dr. O. Kenrik Duru, a primary care physician at the University of California, Los Angeles, and the study's lead researcher, is convinced that a strong, spiritual, religious background, “. . . can be advantageous in terms of helping achieve behavior change."

Source: U.S. Department of Health and Human Services and CNN Health/printed by permission of Better Health

St. Paul’s Discipleship

Date	Attendance	Offering	Missions
08-04	83	3043.00	80.00
08-11	76	6971.76	8.00
08-18	85	2392.00	25.00
08-25	85	2424.00	45.00
Ladies Restroom Renovation		48.00	
Memorial		80.00	



Please join us on Thursday, September 5th here at St. Paul at 7:30 PM to send off the **Vermillion Valley Show Chorus** for competition in New Orleans on September 17th.

On Saturday, September 7th, McLean County Household Hazardous Waste Collection. This collection is for McLean County residents only and is by appointment only in order to better regulate traffic flow and reduce wait times for all participants. Residents may make an appointment at HHWmclean.org through noon on Friday, September 6. Residents may also call at 309-454-3169 to make an appointment. A poster is posted on the bulletin board at church listing what is and what is not acceptable.

