



St. Paul Lutheran Church

The Church on the Highway

Loving others into the Love of Christ

May 2024 Edition

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A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: pastorhesse@splcwaco.com



This month we celebrate a saint that perhaps you have heard about, but perhaps know little. Some of you will remember your days spent with joy in Walther League. There may be others of you who have never heard the name C.F.W. Walther. This is perhaps the most modern of saints we will examine in our series of saints throughout this year. We celebrate C.F.W. Walther on May 7th.

Carl Ferdinand Wilhelm Walther, (1811-1887) has forever shaped and impacted the Lutheran Church—Missouri Synod (LCMS) as we know it. Walther was the Synod's first president and is considered the founding father of our church body. In addition to these responsibilities, he also was the first president of Concordia Seminary, St. Louis. As if those responsibilities were not enough, he remained a parish pastor through it all; caring for God's people.

Walther was part of the first group of Saxon immigrants who came to America in 1839, landing in New Orleans. They were escaping the Prussian Union; something which forced the heresy of unionism by combining Lutheranism with other protestant denominations as if they were all the same. Because of the disagreement within this union (especially over the sacraments) this first group of immigrants sought the opportunity to practice their faith in religious freedom. It is in this regard that our church body connects with the very heart of America.

Once Walther and the other Saxon immigrants were in America their problems did not end. One of the leaders in this group, a clergyman William Loehe, was to become the first bishop in our church body. However, as a result of his excommunication new controversy arose in the new church body. Pastors and people alike struggled over the issue of whether baptisms, communion, and even absolution would be valid without the presence of a bishop. It was Walther, through reading Martin Luther, that brought this controversy to resolution by correctly explaining that it is Jesus Christ and His powerful Word alone that makes our sacraments and absolution valid.

C.F.W. Walther is the father of the LCMS. This man was a great pastor with a heart for all people knowing the love of Jesus Christ. Our LCMS is one that grew out of controversy and a need for speaking the truth in the midst of heresy. Many feel that this has become part of our DNA in the LCMS. The LCMS that Walther helped to forge will still speak the truth today. However, the mission of the LCMS (and the mission of all who are part of her) must still be focused on sharing the love of Jesus Christ with all people. It is estimated that there are 1.3 million people right here in central Texas today separated from the love of Jesus. If this were portioned out to each of the approximately 30 LCMS congregations, our share at St. Paul Lutheran would be approximately 39,500. Clearly there is plenty of opportunity for us to be loving others into the saving love of Jesus Christ. I am thankful to be part of the Texas District of the LCMS that is committed to precisely these tasks of bringing the Gospel to so many. Blessings to us all in this continued Easter joy.



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

Still Coughing Weeks After Getting Over a Cold?

Had a cold recently? Then why are you still coughing? Post-infectious coughs (PIC) are very common, affecting about 11-25% of adults. They occur due to the inflammation and mucus production caused by the infection. PICs will usually go away on their own after 4-8 weeks. Over-the-counter (OTC) medication will usually ease the symptoms. If your cough lingers or you have other symptoms, you should seek medical advice from a healthcare professional.

According to Omid Mehdizadeh M.D. from Santa Monica CA, PIC, also known as post-viral cough, can occur after you have a respiratory tract infection caused by a virus, such as a common cold. PIC typically affects the nose, throat, voice box, and lungs. This inflammation can lead to an increased sensitivity of the bronchial tubes and increased mucus production. UCLA Health notes that inflammation can cause the airways to swell, while draining mucus (Postnasal drip) can irritate the throat and vocal cords, contributing to the PIC.

Having a PIC is benign, and nothing to worry about, but it can be disturbing and a social nuance. Conservative treatments include OTC cough suppressants, OTC intranasal steroids for post-nasal drip, humidifiers, and lozenges. Professionals say that antibiotics and steroids treatments will not help. Most people get over their PIC on their own with a few supportive measures. PIC is typically a dry cough. If your cough is a wet cough, which is associated with shortness of breath or chest pain it should be evaluated by a medical professional. Other symptoms that require medical intervention are blood in the mucus, difficulty breathing, difficulty swallowing, pain, fever, and noisy breathing. This will indicate the need for a chest X-ray. Other red flags that might indicate a problem is a history of recurrent pneumonia or long-term smoking.

How to Tell the Difference Between RSV and a Cold

RSV (respiratory syncytial virus) and the common Cold are very similar in duration, and symptoms. They are both caused by a virus that leads to a mild infection. The difference is that RSV is more likely to present a fever and wheezing. The common signs are coughing, sneezing, headache, and sore throat. The treatment for both is also similar. OTC medications to manage the symptoms, getting plenty of rest, stay well hydrated, using nose saline drops, and gargling with warm salt water. Using a humidifier may also help relieve the symptoms.

RSV and a Cold are very easily spread by contact and both are air-borne viruses. RSV is more common in fall and winter and a Cold is more common in spring and winter. Infants, being over 70 years of age, having a weakened immune system, and working in a setting with many people are more likely to get the virus. People usually recover in less than two weeks, but it is possible to progress to pneumonia or bronchiolitis.

If the symptoms do not disappear or if you get worse, especially if you are running a fever, seek medical professional assistance at your earliest possible time frame.

May the Lord Bless You and Keep You Always!

Written by S. Srakocic

Resource: <https://www.healthline.com/health-news/lingering-cough-after-cold>

Election of Church Officers

Church Officer Elections will be held on Sunday, April 28, 2024, during both worship services. The slate of nominees were introduced during both worship services on Sunday, April 21, 2024, for the offices of:

Secretary of the Congregation: Kayla Kubitza, Erin Stephens

Chair, Board of Building and Grounds: Jason Breton, Mike Jugert

Chair, Board of Children's Ministry: Angel Breton

Chair, Board of Fellowship: Jennifer Lynch

Chair, Board of Ushers: Brian Strickland, Mike Perry

Elders (four to be elected): Randal Bolen, Travis Filer, Douglas Galler, Don Savage, Brad Walden, Nick West

The results of this election will be shared in the May 5, 2024, worship bulletin, and will be published in the June 2024 newsletter. The new officers will begin their term in September 2024. Please take a moment to thank those who served on the Nominating Committee: Pastor Hesse, Bill Dube, Tim Harrington, Billy Holobaugh, Karen Shelton, Hunter Strickland, Jacqueline Uptmore, and Lisa Wolfe; as well as those who will be finishing their term: Jim Kersten, Brandon Kubitza, Bobby Luedke, and Karen Shelton.

"As each has received a gift, use it to serve one another, as good stewards of God's varied grace: whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies--in order that in everything God may be glorified through Jesus Christ..." 1 Peter 4:10-11

LWML @ SPLC

May Blessings!

The month of May is very special in that we are so happy to celebrate Riley Tindle as she becomes a confirmed member of our church. We also give thanks for all the wonderful women of St. Paul who are mothers, daughters, sisters, aunts, wives and wonderful friends. Happy Mother's Day to all.

LWML continues to bestow Cancer Blessing Bags to our loved ones. As of the end of April, we have given two blessing bags and we continue to pray for both recipient's healing. We have more bags to give! If you know of someone in need of a blessing, please pick up a lavender form from the LWML table in the foyer, fill it out and return to any LWML member, Jacqueline Uptmore or the church office.

Jacqueline Uptmore



Christ is in the heart of each woman as she engages in mission education, mission inspiration, mission service, and mission support. Each woman of the LCMS is invited to embrace her role as a Lutheran Woman in Mission. I am the Heart of LWML! "As a Lutheran Woman in Mission, I will share the joy and wonder of what is done through the LWML by the grace of God — the resources created, the missions supported, and the ministries provided." [Featured stories of women who are the Heart of LWML throughout our district](#) are available on the LWML Texas District website.

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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, May 8, at 11:00 a.m.** with a fellowship luncheon following the worship service. Everyone is invited to join us for this time of fellowship! There will also be a special presentation during the meal. ***Desserts are appreciated for the luncheon, but not required.*** If you have any questions, please call the church office (254.799.3211).



THRIVENT
FINANCIAL®

On Wednesday, May 8, 2024, there will be a special presentation by Brandon Kubitza, a financial representative of Thrivent Financial, during the Senior Adults Fellowship Lunch. Please make plans to join us for the Worship service with Holy Communion at 11:00 a.m. and then stay for a delicious meal and a short informational presentation. If you have any questions, please call the church office.



Those who are scheduled to Serve at SPLC for May 2024

Servants are listed by initial only to protect their identity

ELDER OF THE MONTH:

Eric King

ACOLYTES:

5/5 A West (8:00am)
J Vicha (10:30am)
5/12 K Gerik (8:00am)
B Petrich (10:30am)
5/19 D Sterriker (8:00am)
F Galler (10:30am)
5/26 M Schmedthorst (8:00am)
C Gonzalez (10:30am)

LAY READERS

5/5 B Luedke (8:00am)
J Kersten (10:30am)
5/12 T Albers (8:00am)
M Wortman (10:30am)
5/19 J Lamar (8:00am)
J Uptmore (10:30am)
5/26 K Rogers (8:00am)
D Galler (10:30am)

SUNDAY MORNING GREETERS:

5/5 S Jugert (8:00am)
K Goolsby (10:30am)
5/12 C Banta (8:00am)
G Hurta (10:30am)
5/19 J Morgan (8:00am)
B, M & H Strickland (10:30am)
5/26 J Nawara (8:00am)
B Dube (10:30am)

USHERS FOR WORSHIP

8am Worship: Group 11
10:30am Worship: Group 12


ALTAR FLOWERS:

5/5 2024 Confirmation Class
5/12 L & J Swiggum
5/19 P & K Grafitt
5/26 **OPEN**

NURSERY VOLUNTEERS


5/5 J Lassetter (9:15am)
J Uptmore (10:30am)
5/12 M Harcrow (9:15am)
M Harcrow (10:30am)
5/19 J Lassetter (9:15am)
J Uptmore (10:30am)
5/26 T & A Reinke (9:15am)
T & A Reinke (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.

**The Church Office will be closed
on Monday, May 27, 2024
in observance of
*Memorial Day***

"These days should be remembered and observed in every generation by every family..." Esther 9:28 NIV




SEMI-ANNUAL CONGREGATIONAL MEETING

Sunday, May 5, 2024

All members are encouraged to join us in the Albers Family Life Center on Sunday, May 5, 2024, at 9:15 a.m. for the Semi-Annual Congregational Meeting. At this meeting, each board chair will share a short update on activities and plans.

If you have any questions, please contact the Congregational President, Bill Dube.

Call Committee Update for the Director of Youth & Family Minister

The Call Committee is in the process of scheduling interviews with candidates. Following the completion of these interviews, the committee will share an update during the Semi-Annual Congregation Meeting on Sunday, May 5, 2024, and also in upcoming newsletters. If you have any questions, please speak with any member of the Call Committee. *(A complete list of the members serving on the Call Committee can be obtained through the church office.)*

Please keep the Call Committee, and the St. Paul family in your prayers during the call process. We will share updates about the call process along the way, but if anyone has any questions please feel free to reach out to any member of the Call Committee.



Happy Mother's Day!

A Mother's Day Hymn

Sing praise to our Creator God!
 Earth prospers from the way
 God "mothers" each new child into
 This world day after day.

God fabricates in motherhood
 A channel from above
 That longs to share with every child
 God's comfort, grace and love!

Sing praise to our Creator God,
 Who "mothers" us from birth!
 Providing what we truly need
 Throughout our lives on earth.

—Peggy Ferrell



HEART-SHAPED breakfast



Treat Mom with this yummy, beautiful yogurt parfait.



What you need:

- Large heart-shaped cookie cutter
- Greek yogurt (any flavor)
- Toppings (mini chocolate chips, granola, shredded coconut, chia seeds, oats, slivered almonds, blueberries, sliced strawberries, raspberries, bananas)
- 2 teaspoons maple syrup

What you do:

1. Place cookie cutter on a plate. Spoon in yogurt, spreading it to the edges of the cookie cutter.
2. Add toppings, making a nice design. Remove cookie cutter.
3. Drizzle syrup around the edge of the plate.
4. Serve to your mom on Mother's Day!

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 is going through a short series on the Old Testament Festivals that point us to our risen Savior.

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 will begin a new study on Sunday, April 7, "God's Provision in a Wilderness World" written 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)

We celebrate with our 2024 Eighth Grade Confirmation Class! **Everyone is invited to join us as we celebrate Confirmation Sunday, on May 5, 2024, during our 10:30 a.m. worship service. The LWML group will host a celebration for our 2024 confirmation students (grades 5-8) on Wednesday, May 8, at 6:15 p.m. in the Youth Room.** If you have any questions, please see Pastor Hesse.

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

Children & Youth Activities



Let's Start the Party with VBS this Summer!

**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**

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.

REGISTER ONLINE NOW: www.splcwaco.com/children

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 will be available in the church foyer soon!



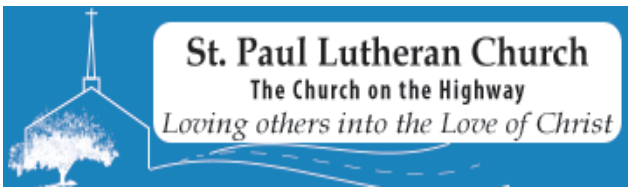
ATTENTION ALL 2024 ST. PAUL GRADUATES!

We want to celebrate YOU, and give you a chance to brag about all of your accomplishments during your education! Please submit your graduate information by May 20, (please include: school of graduation, degree received, list of clubs, groups, sports participated, and any special awards, scholarships, or accolades received...and keep information as short/condensed as possible). This information will be published in our **JUNE 2024** church newsletter. Information and questions can be sent to the church office via email at: wecare@splcwaco.com.



⇒ **Sunday, June 23 – Wednesday, June 26: VBS, 5:00 to 8:00 p.m.**
...more details and registration info 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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