

# THE CHURCH ON THE HIGHWAY

*Where Life and Jesus Intersect*

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## St. Paul Lutheran Church

April 2023 Edition

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## A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: [pastorhesse@splcwaco.com](mailto:pastorhesse@splcwaco.com)

God's Easter Kingdom Comes!

**Alleluia! Christ is Risen!**

**He is Risen Indeed! Alleluia!**

Welcome to the end of Lent and the beginning of the joyous Easter Season. Over the last 40 days of Lent we have been exploring the theme "God's Kingdom Comes" through the Book of Zechariah. How did you experience God's Kingdom coming into your life over these last 40 days?



We know God's Kingdom comes to us through the Word and Sacraments. Therefore, every time we gathered for Sunday Worship services and Mid-week Lenten services, we found ourselves in the presence of God's Kingdom once again breaking into our lives. Every time we received Christ's Body and Blood, God's Kingdom became present in our lives through Christ's most precious gift to us.

Our Confirmation students experienced God's Kingdom coming to them in new ways as they received the Sacrament of the Altar for the first time. Your continued encouragement to them in their on-going instruction is an example of the Christian fellowship so important in the Kingdom of God.

Others saw God's Kingdom of Grace in new ways. As some gave up bad habits or personal luxuries for the 40 days of Lent, that practice hopefully drew you into a closer relationship with Jesus. Some people instead of giving something up, they began a new discipline. Maybe they tried to be a better steward of their diet, finances or some other aspect of their life. These additional practices during the 40 days of Lent drew them into deeper connection in the child God calls them to be.

*continues on page 3*



**Worship With US**

**Sunday Worship**  
8am & 10:30am  
**Bible Class/Sunday School**  
9:15am



## A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: [dcskrahn@splcwaco.com](mailto:dcskrahn@splcwaco.com)

### Lumbar Radiculopathy

Lumbar radiculopathy is inflammation of a nerve root in the lower back that causes symptoms in the back and down the leg, also known as sciatica. Radiculopathy is pain and other neurological symptoms caused by the pinching of nerve roots where they leave your spinal cord. When this develops in your lower back it's called lumbar radiculopathy.

This is a very common condition and is estimated to occur in 3% - 5% of people sometime in their lifetime. The vast majority of cases resolve with conservative management. Potential cases include herniated discs, spinal degeneration, and narrowing of the bony canal where nerves exit your spine. If conservative treatments fail to alleviate your symptoms, a doctor may recommend surgery.

Lumbar radiculopathy most common symptoms are often described as electric, burning, or sharp pain that may worsen with activity. The pain may travel down your buttocks, hip, groin, or leg. This is often referred to as sciatica. Other symptoms can include: weakness, loss of reflexes, numbness, pins and needles, issues walking.

This condition is caused by pressure on a nerve root. This pressure causes the nerve root to become inflamed. Any condition that puts pressure on the nerve root can lead to lumbar radiculopathy. The most common underlying cause is a herniated disc in your lower back. A herniated disc is when the jelly-like interior of one of the discs between your vertebrae bulges out of the thicker exterior. Herniated discs are most likely to occur at the level of L4, the fourth vertebrae from the bottom of your spine. Other causes can include degenerative conditions and complications, such as: spinal stenosis, spondylolisthesis and bone spurs, traumatic injury like a fracture, benign or cancerous tumors, infections, and vascular conditions.

Who's at risk? Age is the primary factor for lumbar radiculopathy, according to a 2019 research review. The peak age range is 45-64. Men often are affected in their 40's and women in their 50's and 60's. Men have a higher risk than women overall, but certain subgroups of women have a higher risk. Women who have physically strenuous careers like military service are at higher risk.

Other risk factors may include working a job that involves driving, frequently lifting, heavy industrial work, history of back trauma, having a taller height, smoking, chronic cough, overweight, not physically active, or multiple pregnancies.

Doctors usually start the diagnostic process by reviewing your medical history and performing a physical exam. The exam will likely include tests such as muscle function testing, deep reflex testing, and sensation testing. Your doctor will likely perform Lasegue's sign. This is a test where you lie on your back and your doctor raises your leg straight to assess for pain.

If your pain is not gone or better in 1-2 months, you will likely have imaging. Magnetic Resonance Imaging (MRI) is considered the gold standard imaging technique. Computed Tomography (CT) scan is an option for people who can't undergo MRI. Nerve conduction tests are used to find where along the nerve that problem is located. Treatment depends on the severity of your symptoms. You may be able to lower your odds by exercise, staying active, over the counter medications, injections, and surgery.

Contact your doctor if you have persistent pain that lasts for more than a couple of days. Prevention is the best way to avoid having lumbar radiculopathy. Lift weights, maintain a healthy weight, break up persistent sitting, avoid twisting, exercises regularly.

May the Lord Bless your coming out and going in always.

Written by Daniel Yetman November 9, 2022  
Resource: <https://www.healthline.com/health/lumbar-radiculopathy?>



**The Church office will be closed on Monday, April 10, 2023 in observance of Easter Monday.**

We will return at 8:00 a.m. on Tuesday, April 11, 2023. *The church secretary will be out of the office April 11 & 12, but a volunteer will be available to assist you.*

***Pastor Hesse continued:***

Maybe you are thinking you didn't see any significant difference at all. You worshipped this year but it was much like last year. Maybe an illness, surgery or other circumstance spoiled your 40 day Lenten practice. If that is the case, even you can be certain that God's Kingdom of Grace remains for you. Because Jesus has conquered our sins and given us new life, by His gifts we remain in His Kingdom of Grace. Still the best is yet to come!

Easter is about God's Kingdom of Glory! Jesus defeats death and assures us of eternal life. Easter is the promise that God's grace still lives for you and me and that His glory awaits us. Easter is the remarkable celebration of God taking glory in His victory over sin, death and the devil. Easter is God's Kingdom ruling in glory assuring you and I and all who live in His Kingdom by faith have a future glory that is yet to be revealed. As we celebrate Easter... we continue the celebration of God's Kingdom coming to us.

Pastor Hesse

**LWML @ SPLC**

You may be wondering how the LWML mite money is spent. 75% of the money stays in Texas to fund our Mission Grants. The other 25% of the money goes to the national organization for national mission grants. Here are the 2023-2024 Texas Mission Grants and how much money each has been approved to receive:

Seminarian scholarships for Texas Students	50,000
Offering Women Hope: Blue Blossom Pregnancy Centers, Houston	10,000
ACTS of Love Early Childhood Education Center, Leander	25,000
Orphan Grain Train, Houston	25,000
Let Your Light Shine, Bethany, Austin, Lutheran Special Education Ministries	10,000
Homeless to Housed, LINC Austin Outreach, Austin	10,000
The Garden Young Adult Ministry, North Texas	10,000
Gospel Driven Education, Faith Lutheran High School, Warda	20,000
Bible Brigade, Lutheran Disaster Care	16,000
The Table of Los Fresnos Mission Outreach, Los Fresnos	25,000
Each Child Complete in Christ, Faith Lutheran School, Plano (partial funding)	14,129
Total	215,129

Mission Grant proposals for the 2024-2026 Biennium are due November 1, 2023. If you have a grant you would like to propose you may submit an application by visiting:

<https://www.lwml.org/mission-grants>

# 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). We pray Lord provide them 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: Martha Bigham, (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](mailto:wecare@splcwaco.com).

JOIN US  
for  
LUNCH



**ST. PAUL SENIOR ADULTS** will come together at **11:00 a.m. Wednesday, April 12, 2023** for a Worship Service with Holy Communion, with a fellowship lunch following. All are invited to join us for this time of fellowship! ***There will also be a special presentation by the local Meals on Wheels program during the luncheon.*** Desserts are appreciated for the luncheon. If you have any questions, please call the church office (254.799.3211).

# Servants for April 2023

Those serving are listed by Initial and last name to protect their identity.

## ACOLYTES:

- 4/2 K Rogers (8:00am)  
R Lassetter (10:30am)
- 4/6 Volunteer Needed (7:00pm, Maundy Thurs.)
- 4/7 K Gerik (7:00pm, Good Friday)
- 4/9 Volunteer Needed (6:30am, Easter Sunrise)
- K Gerik (8:00am)  
J Vicha (10:30am)
- 4/16 Volunteer Needed (8:00am)
- R Tindle (10:30am)
- 4/23 K Rogers (8:00am)  
F Gerik (10:30am)
- 4/30 Volunteer Needed (8:00am)
- M Ehlers (10:30am)

## LAY READERS

- 4/2 E King (8:00am)  
M Wortman (10:30am)
- 4/9 T Harrington (8:00am)  
J Lieb (10:30am)
- 4/16 M Borchardt (8:00am)  
T Elmore (10:30am)
- 4/23 B Luedke (8:00am)  
J Kersten (10:30am)
- 4/30 T Albers (8:00am)  
K Shelton (10:30am)

## ELDER OF THE MONTH:

B Luedke (substituting for L Swiggum)

## USHERS FOR MARCH WORSHIP

8am Worship: Group 7  
10:30am Worship: Group 8  
Maundy Thursday Worship, 4/6: Group 11  
Good Friday Worship, 4/7: Group 12  
Easter Sunrise Worship, 4/9: Group 1

## SUNDAY MORNING GREETERS:

- 4/2 M & C Borchardt (8:00am)  
K Bode (10:30am)
- 4/9 S Cone (8:00am, Easter Sunday)  
D Bracciale (10:30am, Easter Sunday)
- 4/16 B Dube (8:00am)  
P Dieterich (10:30am)
- 4/23 M Dutschmann (8:00am)  
L Harrington (10:30am)
- 4/30 W Ehlers (8:00am)  
C Hesse (10:30am)

## ALTAR FLOWERS:

- 4/2 R & L Turnbough
- 4/6 M Owen (Maundy Thursday)
- 4/9 B & J Nawara (Easter Sunday)
- 4/16 B Dube
- 4/23 M & C Borchardt
- 4/30 D & V Savage

## NURSERY VOLUNTEERS

- 4/2 M & B Gerik (9:00am)  
C & H Tindle (10:30am)
- 4/9 J & R Reinke (9:00am)  
J & R Reinke (10:30am)
- 4/16 J Lassetter (9:00am)  
A & J Thompson (10:30am)
- 4/23 M & C Borchardt (9:00am)  
C & K Wolske (10:30am)
- 4/30 M Dutschmann (9:00am)  
D & P Reinke (10:30am)

**2023 ELECTION OF CHURCH OFFICERS** will be held on April 30, 2023. Recommendations for the offices to be filled will be accepted through Sunday, April 9, 2023. According to the church constitution and bylaws, any member of the congregation may submit names to the nominating committee prior to the date set and publicly announced by the nominating committee. There will be no names accepted after the closing date announced publicly by the nominating committee or from the floor at the time of election. The nominating committee shall meet and prayerfully review each description and examine the entire list of membership for people they feel have the spiritual and physical talents and gifts necessary for that task. The nominating committee will contact those potential candidates, explain the job description, identify and determine if the nominated person has the desire and qualifications for the position being considered. Recommendations may be turned into Pastor Hesse, Duane Schwarz, or any member of the Nominating Committee (a list of those serving on this committee is available in the church office).

Offices to be filled this election are:

- |  |  |
|--|--|
| <input type="checkbox"/> Congregational President        | <input type="checkbox"/> Treasurer                 |
| <input type="checkbox"/> Chairman, Bd. of Youth Ministry | <input type="checkbox"/> Chairman, Bd. of Outreach |
| <input type="checkbox"/> Chairman, Bd. of Stewardship    | <input type="checkbox"/> Elders (4 to be elected)  |



# JOIN US AS WE FINISH OUR LENTEN SERIES:



**March 29: Lent 5 "The Redeemer's Refinery"** (Zech. 13:1-2)  
12:00 p.m. & 7:00 p.m.

**April 2: Palm Sunday "Expectations Meet Realty"** (Zech. 9:9-10)  
8:00 a.m. & 10:30 a.m.

**April 6: Maundy Thursday "Covenant Blood"** (Zech. 9:11-12)  
12:00 p.m. & 7:00 p.m.  
(with Holy Communion observed during both services)

**April 7: Good Friday "God is Dead"** (Zech. 12:10-14)  
12:00 p.m. & 7:00 p.m.

**April 9: Easter Sunday "All Things New"** (Zech. 14:8-11)  
6:30 a.m. Sunrise Worship (pancake breakfast following)  
8:00 a.m. Easter Worship  
9:15 a.m. Sunday School & Bible Classes  
10:30 a.m. Easter Worship

## ***Easter Pancake Breakfast Sunday, April 9, 2023***

The St. Paul Men's Club will provide a hearty Pancake Breakfast immediately following our 6:30 a.m. Easter Sunrise Worship service on Sunday, April 9, 2023.

A free-will offering will be accepted with proceeds benefitting a church family in need.

***Please make plans to join us on Easter morning  
for worship and breakfast!***  
(Gluten-Free pancakes will be available.)





Everyone is invited to join us in the Family Center on Sunday, April 30, for a Congregational Potluck after the 10:30am worship service.

This will be a *true* potluck...

- We will only enjoy the items provided by our church family that day
- The church will not be providing the entrée or meat portion of the meal

Everyone please bring your favorite dish, casserole, salad, and/or dessert to share and stay after worship to enjoy fellowship and fun with our church family!

Carter Bloodcare will also be on-site to host our quarterly blood drive that day. A sign-up sheet will be available in the church foyer for your preferred time slot. If you have any questions about the blood drive, please see David Wolfe or Don Savage.



## LWML Mite Box Sunday April 2, 2023

LWML will continue having regular Mite Box Sundays, the first Sunday of each quarter (January, April, July, and October). Please bring the contents of your mite box and place it in the display located in Mission Central in the church foyer. We suggest that you place your donations in a Ziploc bag. This way you can keep your mite box.

Don't have a mite box? You can pick up one at our display.

As always, all monies collected will be sent to LWML Texas District for Mission Grants. Check out our Mission Grants at [LWMLTXDist.org](http://LWMLTXDist.org).

Thank you for your participation! If you have any questions, please contact the church office or one of our LWML members.

# Classes for All Ages

**Join us for Sunday School and Bible Class at 9:15 a.m. Sunday mornings**

## **Adult Bible Study (Albers Family Life Center)**

As we finish the season of Lent we will finish exploring and unpacking the Christ-centered themes from the Prophet Zechariah. This Bible Study will provide extra understanding to our Lent Sermon Series, "God's Kingdom Comes," as well as the opportunity for you to bring your questions. After Easter, we will begin a new study...watch for more details to come!

## **Men's Bible Class (classroom behind the Parish Hall)**

This class is beginning a new study, *The Messiah: Revealing Jesus in the Old Testament*. Follow along in this eight-session Bible study that works through all 39 books of the Old Testament and identifies crossovers between New Testament themes and ideas. Each day of this study includes an opening prayer before diving into the Old Testament, starting in Genesis and working in written order.

## **Ladies Bible Class (Conference Room)**

This class is going through the study, *The Vine Speaks*, by Cindy Steinkbeck. *I am the vine; you are the branches. Whoever abides in Me and I in him, he it is that bears much fruit, for apart from Me you can do nothing.* - John 15:5. We are living branches of the Vine—Jesus Christ. We are grafted to Him; He nourishes us with His Sacrament. He speaks to us in His Word. Using imagery and metaphor of the vineyard, *The Vine Speaks* is a conversational Bible study rooted in Jesus' words in John 15. Each of these eleven lessons explores how Christ works in us by drawing lessons from the seasons of the vineyard, from the lives of the apostles, from the author's experiences, and from our own circumstances and perspectives.

## **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.'

## **XP3, Fifth - Eighth Grade Students (classrooms)**

One Priority... "Love God with all your heart and with all your soul and with all your mind." *This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'* Matthew 22:37-38 This curriculum has three relational motives: Move kids to LOVE GOD by inciting Wonder; Move kids to LOVE LIFE by provoking discovery; and Move kids to LOVE OTHERS by fueling passion.

## **High School Students (Youth Room)**

This group is currently meeting with the Adult Bible Study in the AFLC on Sunday mornings. They also meet monthly in the Youth Room for lunch, fellowship, and a time in the Word of the Lord immediately following the 10:30 a.m. worship service. If you have any questions, please contact Patrick Ehlers, Michelle Strickland, or Pastor Hesse.

## **Other Bible Study Opportunities:**

### **College Student Evening Bible Study/Fellowship**

This group on Monday evenings at 5:30 p.m. on the campus of Baylor University, Rogers 207. If you have any questions, please contact Karen Shelton or Pastor Hesse.

### **Ladies Bible Study Group in the Conference Room**

This group meets group meets in the Conference Room on the First and Third Wednesday of each month at 9:30 a.m. They are currently finishing a study on Hebrews, the *Faith Book*. Their next study will be, "God's Word for Today: Ruth." Through Ruth and Naomi's lives, see the greater drama of God providing His people with a greater Kinsman-Redeemer: Ruth's descendant, Jesus.

### **Youth Confirmation/Catechesis Training and Music (grades 5-8)**

These classes meet on Wednesday evenings at 6:15 p.m. (for those students wishing to participate, music is offered beginning at 6:00 p.m.) Grade 5 meets in the Conference Room with Deaconess Krahn, Grades 6-8 meet in the Youth Room with Pastor Hesse.

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

# Children & Youth Activities



**EASTER EGG HUNT**- Our hunt will be held on **Palm Sunday**, Sunday, April 2, during the Sunday School hour beginning at 9:15 a.m. Please meet in the Parish Hall. We will have two hunts available: a traditional egg hunt and a more challenging scavenger hunt. Bottled water will be provided. Please invite your friends and family. This event will also be advertised to the community. In the event of bad weather, all activities will be moved indoors.

**VOLUNTEERS NEEDED**- Volunteers are needed before and during our egg hunt on **Palm Sunday, April 2**. The actual hunt will take place during Sunday School beginning at 9:15 a.m. Volunteers are needed to hide eggs (during 8:00 a.m. worship), to greet participants, to manage the information booth/goodie bag table, and to generally help during the event. There is a sign-up sheet in the foyer, or you may also contact Angel Breton, Heather Hutchison or Kimberly Vicha.

**WAVE THE PALMS** - All children are invited to participate in the "Waving of the Palms" during the 8:00 a.m. and 10:30 a.m. worship services on Palm Sunday, April 2.

**SUNDAY SCHOOL ROCKS** - April 30 - "Sunday School Rocks Event" (All Adult and Children's Sunday School classes will meet in the Family Center during the Sunday School hour as a church family to paint prayer rocks for a new, outdoor rock garden. We will serve donuts, milk, juice and coffee for all.

**MARK YOUR CALENDARS!** - Vacation Bible School will be held on Sunday, June 11 thru Wednesday, June 14, from 6:00- 8:00 p.m. A meal will be provided beforehand. Volunteers will be needed, watch for sign-up information soon!



## Bible Bucks

### NEW WAYS TO EARN BIBLE BUCKS!

- In support of LWML's Stamporee Project, for every five cancelled stamps turned in to the Sunday School office, kids will earn one Bible Buck. Please be sure to cut your stamps at least 1/4 inch around the stamp keeping the perforation intact.
- **SHUT-IN GREETING CARD KITS**- The Children's Ministry will be partnering with the Elders to provide homemade greeting cards for our shut-ins. Kids can stop by the Sunday School office to get a take-home greeting card kit. Simply use the enclosed supplies and idea sheet to create as many greeting cards as you want. Please return the kit when you are done, and you will earn \$1.00 Bible Buck for each specially made greeting card.

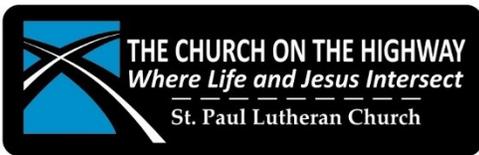
**Reminder:** The Bible Bucks Store is open each Sunday from 9:15 am to 9:25 am. **Here's how you can earn Bible Bucks:**

- \$1.00 Collect 5 canceled Stamps for LWML's Stamporee Project
- \$1.00 Create a Greeting Card for a Shut-In Using our Craft Kit
- \$1.00 Attend Sunday School
- \$3.00 Bring a Friend to Sunday School (\$3 for you and \$3 for Your Friend)
- \$1.00 Volunteer to Read in Sunday School
- \$1.00 Have a Birthday
- \$3.00 Participate in a Church Program

## UPCOMING Events

- ⇒ April 2 - Easter Egg at 9:15am and children sing "Wave the Palms:" during worship
- ⇒ April 9 - Children's Sunday School classes will enjoy an Easter movie and snacks at 9:15am
- ⇒ April 30 - "Sunday School Rocks Event" (All Adult and Children's Sunday School classes will meet in the Family Center during the Sunday School hour as a church family to paint prayer rocks for a new, outdoor rock garden.
- ⇒ June 11-14 - Vacation Bible School (watch for more details coming soon!)

**If you have any questions, please contact the church office or see Angel Breton, Kimberly Vicha, Heather Hutchison, Patrick Ehlers, or Michelle Strickland.**



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April 2023 Edition



# EASTER EGG HUNT

**Sunday, April 2<sup>nd</sup> (Palm Sunday)**

**during Sunday School beginning at 9:15 am**

**We will have two hunts available:  
A Traditional Egg Hunt and A Scavenger Hunt**

**We will meet in the Parish Hall. Bottled water will be provided.  
Event will be moved indoors if there is inclement weather.**

**Please invite your friends and family!**

