

November 2021 Edition



From Our Senior Pastor

Rev. Larry Krueger

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I Thank My God

“I thank my God in all my remembrance of you.” (Philippians 1:3, ESV)

When I began to contemplate what I was going to write about in my last newsletter article as the Senior Pastor at St. Paul, the Bible verse quoted above from Philippians 1:3 came to mind immediately. Not only do those words fit the Thanksgiving theme of the month of November, but the words of that verse express how I feel about you, the people of St. Paul.

I thank my God.

I thank my God that He allowed me to serve as your pastor. I am thankful that God allowed me the opportunity to preach and teach the Gospel in your midst. I am thankful that God opened the doors to be His hands and feet to our community.

I thank my God that He allowed Sally and me to be the recipients of your love, care and concern. I am thankful that God has granted us the friendships we have received. I am thankful to God for the laughs and the tears we have shared together.

I thank my God for His immeasurable grace in Christ Jesus, my Lord. I thank my God for the Holy Spirit who has called, gathered, and enlightened me with His gifts. I thank my God for the Word and Sacraments through which He has called and kept me in the faith.

In all my remembrance of you.

I am thankful for the remembrance of Easter breakfasts, a pitcher of syrup showing up in the pulpit, and the Men’s Club that made these possible. I am thankful for the remembrance of being at family celebrations and family gatherings. I am thankful for the remembrance of sharing the happy time of births and Baptisms with laughter and the sad times of deaths in families with tears.

I am thankful for the remembrance of Confirmations and youth group gatherings, especially games in the mud! I am thankful for the remembrance of college Bible studies and the forming of an LCMS student group at Baylor University. I am thankful for the remembrance of Senior’s lunches and fifth Sunday potlucks. I am thankful for the choral numbers that “blew me away.”

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Sunday Worship:
8am & 10:30am
 (10:30am worship is live-streamed
 at www.splcwaco.com)
Bible Class/Sunday School
9:15am



A Message From Our Deaconess

Dcs. Suzanne Krahn

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Insulin and Insulin Resistance (IR) – The Ultimate Guide

Insulin, a hormone secreted by the pancreas, controls many bodily processes and is the cause of many health conditions. In insulin resistance your cells stop responding to insulin, commonly affecting over 32.2% of the U.S. population. This percentage is rising higher in obese women and slightly higher in obese children and teens. But simple lifestyle measures can drastically improve this condition.

Insulin's main role is to regulate the amount of nutrients circulating in your bloodstream, such as blood sugar management and fat and protein metabolism. Insulin travels in your bloodstream picking up sugar from the blood, therefore, lowering blood sugar levels. High levels of blood sugar can cause serious harm to organs and potentially lead to death. When cells stop responding to insulin correctly that is known as insulin resistance (IR). When IR happens more and more, insulin is secreted leading to hyperinsulinemia. Eventually leading to both high levels of blood sugar and insulin levels, which damages the pancreas causing decreased insulin production.

One factor believed to contribute to IR is high levels of free fatty acids in your blood. Eating too many calories and carrying excess body fat is a main cause. Overeating, weight gain, and obesity (especially visceral belly fat) are strongly associated with IR as well as releasing inflammatory hormones.

Other causes are: fructose (added sugars); inflammation; inactivity; gut microbiota (disruption of good bacteria in the gut). Other contributing factors are generics and social factors.

Determinants to IR are: high fasting insulin levels; specific blood test for IR; oral glucose-tolerance test; excessive weight/obesity; a skin condition causing dark spots on your skin; and low HDL cholesterol and high triglyceride levels.

IR is highly associated with heart disease causing a 93% greater risk of heart problems. Other illnesses: non-alcoholic fatty liver disease, polycystic ovarian syndrome, Alzheimer's disease and cancer are linked to IR.

Ways to reduce or even reverse IR: exercise; lose belly fat; stop smoking; reduce sugar intake; eat well; omega-3 fatty acids; supplements (Berberine & Magnesium); quality sleep; reduce stress; donate blood; and intermittent fasting.

IR may be one of the key drivers of many – if not most – of today's chronic diseases. You can improve this condition with simple lifestyle changes, and preventing IR may be among the most powerful ways to live longer, healthier life.

May God Bless you always.

Author: Kris Gunnars, BSc; Resource: <https://www.healthline.com/nutrition/insulin-and-insulinresistance>





A Message From Our DCE Intern

Megan Harcrow

Email: DCEMegan@gmail.com

Giving Thanks for Life's Changes

These days it seems like life changes at the drop of the hat. There is always something that seems to come along and impact our lives and how we live them. It seems to be a never ending stream of interruptions, be they good or bad. The kids get sick, jobs change, equipment fails, we get a new pet, the list is never ending. This is something I've struggled with lately. As my time here as intern seems to be rapidly wrapping up, the threat of a major change looms ahead. Where will I go next? Will I have a call or is there another type of change in store for me? It's all scary, as the unknown is often. So how do we not only accept the changes as they come, but be thankful for them?

When we are handed a major change in life we are not often quick to thank God. It seems a little crazy if we think about it. Laid off from work, thanks God! A loved one passed away, thanks God! In fact I imagine if you said these things out loud, even in front of other Christians, they may think you're a bit looney.

We are in the season of Thanksgiving. So now more than ever we should be reminded of thanking God for everything, even when it's the furthest thing from our minds.

God is all knowing, He knows our hearts and minds. Knows what is best for us, though it may seem to us to be the worst possible thing at that moment. It can be extremely difficult to give thanks to God when our lives seem to fall apart. But just as Job did when he lost everything, we should be quick to thank God for His wisdom. His plans for us are great. *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."* — Jeremiah 29:1. So even when things seem at their worst, the changes in our lives are hectic and painful; thank God. Because He always has our best interest in mind and in all things we should pray, praise and give thanks to Him.

Pastor Krueger continued:

I am thankful for the remembrance of the generosity of St. Paul congregation and how we are blessed to be a blessing. I am thankful for the remembrance of congregation anniversary celebrations and Trunk or Treats and Easter Egg Hunts. I am thankful for the remembrance of giving away food and clothing to those in need and for taking up the cause of life for the unborn and newborns in our community. I am thankful for the remembrance of faithful men who kept up the church grounds and the LWML women with Muffins for Mites. I am thankful for the quilters and their outreach to church and community. I am thankful for church officers who worked so diligently, for the faithful staff members with whom I was privileged to serve, and the oh so many others who are too numerous to name.

I am thankful for the remembrance of you—the people of St. Paul congregation. You are the people of God. You have been a blessing to me.

Above all, I pray that you will always thank God with me for the blessing of Jesus Christ as our Savior and Lord! To Him be the glory both now and forever! Amen.

Love God and love your neighbor,
Pastor Krueger

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: Dorothy Quiram, Anita Pick. We pray Lord provide them comfort and peace.
- † (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 for all those in nursing care or assisted living facilities, 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 those who have lost loved ones in the last month; including: (a complete list is available through the church office). We pray the Lord give them comfort in their time of sorrow.
- † We continue our prayers for the Church Plant Team and the process of planting a new LCMS church in the Central Texas area; and also for the Pastoral Call Committee as they continue to prayerfully consider the candidates for the office of Senior Pastor for St. Paul Lutheran Church. We pray the Lord continue to guide their paths and decisions to continue to grow and expand His kingdom.
- † 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.

SERVANTS FOR NOVEMBER

Listed by Initial only to protect their privacy.

ACOLYTES:

11/7 B P (8:00am)
B H (10:30am)
11/14 Z F (8:00am)
H S (10:30am)
11/21 G R (8:00am)
H H (10:30am)
11/24 M E (Thanksgiving Eve, 6:30pm)
11/28 H S (8:00am)
W W (10:30am)

ELDER OF THE MONTH:

B K

USHERS

8am Worship: Group 5
10:30am Worship: Group 6
11/24 Thanksgiving Eve Worship, Group 2

ALTAR FLOWERS:

11/4 R & P P
11/14 OPEN
11/21 K & C C
11/24 B & M S (Thanksgiving Eve)
11/28 L & S K

NURSERY VOLUNTEERS

11/7 C & T L (8:00am)
K H (10:30am)
11/14 S P (8:00am)
C & K W (10:30am)
11/21 S C (8:00am)
P & K G (10:30am)
11/28 J & R R (both services)



Senior Pastor Call Meeting

A Call meeting for the Congregation will be held on Sunday, November 14, at 12:00 Noon in the Albers Family Life Center. **A VOTE FOR CALLING A NEW SENIOR PASTOR WILL BE TAKEN AT THIS MEETING.** Following the Church Bylaws, this meeting will convey the Call Committee's recommended candidate to be considered to extend a call for the position of Senior Pastor. In order to move forward with extending a Call for the position of Senior Pastor we must have a **FULL Quorum** of members for the voting process (10% of the voting membership).

Childcare will be available from 11:30 a.m. to 2:00 p.m. (or end of the meeting). If you have any questions, please contact anyone serving on the call committee (Brandon Kubitza, Charlie Morgan, Brian Strickland, John Banta, Mark Borchardt, Darby Ehlers, Glenn Hurta, Eric King, Jeremy Lange, Jennifer Lynch, Vickie Savage, Duane Schwarz).



Ladies
Bible Study

Ladies Wednesday Morning Bible Study has resumed meeting on the first and third Wednesday of each month in the Conference Room.

They meet at 9:30 a.m.

They are going through a study on Daniel.

If you have any questions, please contact Deaconess Krahn in the church office.



Retirement Celebration for Pastor & Sally Krueger Sunday, Nov. 28, 2021

Please join us on Sunday, November 28, 2021 as we celebrate the retirement of Rev. Larry Krueger. *This will be the last Sunday Pastor Krueger will lead our worship.* We will gather in the Albers Family Life Center immediately following our worship on Sunday, November 28, 2021 for a catered meal and a time of fellowship and celebration.

We ask that anyone planning to attend the lunch **please RSVP** online at www.splcwaco.com, or by filling out a reservation card in the narthex, or by calling the church office (254.799.3211). **Deadline to RSVP is Sunday, November 14**, to allow the caterer time to prepare.

Annual Thanksgiving Collection



Each year, during our Thanksgiving Eve Worship, we collect food items to share with those in our community that are less fortunate than ourselves. We are continuing our partnership with the LaVega Schools to help feed families and students in our immediate community. We will also be collecting warm winter coats for students in these schools. Please join us in helping to meet the needs of families in our community.

Donations will be collected beginning Sunday, November 21, and during both of our Thanksgiving Eve Worship services on November 24, but may be dropped off any time during office hours that week.

FOOD DONATIONS:

- pop tarts
- cheese cracker packs
- fruit snacks
- cereal (individual sizes 1oz)
- fruit cocktail individual cups
- cans of soup
- pudding snack cups
- boxes of macaroni



WINTER CLOTHING DONATIONS FOR LAVEGA SCHOOL CHILDREN:

New or Gently used coats for children grades 5 and below. Sizes especially needed are children's 3T to size 6.

"If you pour out yourself for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom shall be as the noonday."

Isaiah 58:10



Daylight Saving Time ends on Sunday, November 7. Remember to set your clocks back one hour. Below are 3 tips to help make the time change easier on your body and mind:

1. Set a consistent sleep schedule. In the days leading up to the fall time change, adjust your sleep schedule. Start going to bed and waking up 10-15 minutes earlier each day. This eases your body into the new schedule slowly rather than forcing a harsh change on Sunday.
2. Create a buffer around bedtime. Insomnia is often associated with daylight saving time's end. Turn off electronics, don't drink caffeine and don't exercise close to bedtime. These external factors can make insomnia even worse.
3. Boost your energy naturally. Twenty to 30 minutes of brisk walking at mid-day may help as you find yourself hitting a wall in the morning or in the middle of your workday. Eat meals at the new time according to the clock, and don't forget to drink your daily dose of water.

Source: <https://www.iowaclinic.com/sleep-center-west-lakes/get-ready-to-fall-back/>

Angel Tree



We will be working with the Bellmead Police Department and LaVega schools again this Christmas season for their Christmas Angel Tree Project.

We will have 40 angels this year to bless...with the possibly of more if we run out! The Angel Tree and sign-up sheet will be available in the church foyer on Sunday, November 7.

We ask that ALL gifts BE UNWRAPPED and returned to the church by Sunday, December 12, with your angel tag attached.

If you have any questions, please call the church office.

Gifts may be dropped during office hours or on Sunday morning, December 12.

Poinsettia Orders



Members of the St. Paul Altar Guild will be in the church foyer on Sunday, November 7, and Sunday, November 14, between worship services to take your orders for Poinsettias. The Poinsettia plants will be used to decorate the altar area of our church during the week of Christmas.

The cost will be \$10 per plant.

Your Poinsettias can be picked up immediately following services on Christmas Day.

Please contact Stephanie Mach if you have any questions.

ST. PAUL SENIOR ADULTS will come together for a worship service with Holy Communion at **11:00 a.m. on Wednesday, November 10, 2021**, with a fellowship lunch following. All are invited to join us for this time of fellowship! *We have returned to members providing homemade or store-bought desserts for the luncheon.* If you have any questions, please call the church office (254.799.3211).

Classes for All Ages

***Join us for Sunday School and Bible Class at 9:15 a.m. Sunday mornings
(Masks are optional for all classes/events).***

Adult Bible Class, in the Albers Family Life Center

This class is going through a study on the Epistle of 1 Peter.

Men's Bible Class, classroom behind the Parish Hall

This group is studying various topics, applicable to everyday life; utilizing archived sermons by Rev. Walter Albers.

Ladies Bible Class, in the Conference Room

This group is going through the study, Joy, a study of Philippians. This close look at Paul's Letter to the Philippians, the "letter of joy," unpacks messages of contentment, confidence, humility, and hope - all found in Christ and infused with joy - in the mountaintop moments and the mundane. This study will help you realize the gifts from God's hand more fully.

Nursery - Grades 7 in classrooms

These classes learn about God's love through lessons, crafts, and music.

Grades 8-12, in the Youth Room

This age group is using a blend of regular Bible studies including music and videos.

Other Bible Study Opportunities:

College Student Evening Bible Study/Fellowship

This group meets on Tuesday evenings (Rogers, 207, Baylor campus). They are studying the epistle of Romans.

Sunday Evening Bible Study, in the Albers Family Life Center

This group meets on the first Sunday of each month at 5:00 p.m. in the Albers Family Life Center for a time of Bible Study and fellowship. They are continuing the study on Angels. Attendees are invited to bring your own supper, to begin eating at 5:00 p.m. with Bible study to follow.

Ladies Bible Study Group in the Conference Room

This group meets at 9:30 a.m. on the first and third Wednesday of each month in the Conference Room. They are going through a study on Daniel.

Youth Confirmation/Catechesis Training

These classes meet on Wednesday evenings.

- Confirmation Classes for 7/8 Grade, 6:30-7:45pm (Albers Family Life Center)
- Midweek School for 5/6 Grade, 6:30-7:30pm (Parish Hall)

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

Children & Youth Activities



Sunday, October 31
5:00-6:30 pm

Invite your family, friends, neighbors, and co-workers to join in the fun!
We will have Trunk-or-Treat, bounce houses, games, and food!

If you would like to volunteer to help with games, activities, food, set-up or clean-up, please call the church office!

Volunteers are still needed!

UPCOMING EVENTS



- 🔊 10/31 Trunk or Treat, 5-6:30pm
- 🔊 11/14 Congregation Meeting, Senior Pastor Call (a **VOTE will be taken**)
- 🔊 11/24 Thanksgiving Eve Worship at 12:00pm & 6:30pm
- 🔊 11/28 Retirement Celebration for Pastor & Sally Krueger (AFLC)
- 🔊 7/2022 National Youth Gathering, Houston, Texas

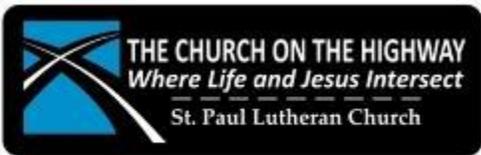
If you have questions, would like to volunteer to help with events, or have ideas to share for possible future events, please contact DCE Intern, Megan Harcrow, Ashlee Peacock, or Jerry Tucker.



Planning has begun for the National Youth Gathering to be held in Houston, Texas, July 9-13, 2022. If your high school student is interested in attending, please watch for information and meeting dates to be announced soon!

Fundraising opportunities are also being planned, so please do not miss out!

If you have any questions, please contact Jerry Tucker (contact information is available in the church office).



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Thanksgiving Eve
 W O R S H I P
November 24, 2021
12:00 p.m. and 6:30 p.m.