

THE CHURCH ON THE HIGHWAY

Where Life and Jesus Intersect

St. Paul Lutheran Church

November 2022 Edition

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



A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: pastorhesse@splcwaco.com

HAPPY THANKSGIVING! Although Thanksgiving will be a little different this year. We now live farther from family than we ever have. Janelle's parents as of this writing still plan to join us in the usual tradition of Thanksgiving celebration. A new town, new ministry, new home, new schools, new environment gives my family and I much to be thankful for this year. In the process of acclimating to all of the new it can sometimes be difficult to be thankful.

Perhaps you are experiencing some changes in your own life as well. Does change make us less or more thankful for what God is doing in our lives? I would imagine that question is answered based on whether we like those changes or not. John Maxwell said it best, "Change is inevitable, growth is optional." In other words, as changes take place in our lives do we have the faith to see God blessing us in those changes and helping us grow according to His plans.

When we pray in the Lord's Prayer, "Give us this day our daily bread..." Luther in fact reminds us we pray this prayer in part to celebrate the thanksgiving of what God is doing in our lives. After all, "daily bread" includes, "everything that has to do with the support and needs of the body..." This is why our understanding and meaning of the 4th Petition reads the way it does; "God certainly gives daily bread to everyone without our prayers, even to all evil people, but we pray in this petition that God would lead us to realize this and to receive our daily bread with thanksgiving."

In giving thanks we grow spiritually. Giving thanks is one of those spiritual exercises that God uses to help us grow. In the Greek New Testament, thanksgiving is "eucharis." The Lord's Supper is often called, "The Eucharist" or "The Great Thanksgiving." God feeds us a special thanksgiving meal of His own body and blood so that in our giving thanks, we grow spiritually. Giving thanks is one of those spiritual exercises that God works in us a stronger, growing faith with sins forgiven. Giving thanks indeed is a spiritual exercise. No matter how much life has changed for you this thanksgiving, God will continue to work the same faithful blessings in our life.

This thanksgiving I have much to be thankful for. God is still working amazing things in my own life and in yours as well. We truly have much to be thankful for on this side of heaven. Perhaps we can begin expressing our thanksgiving to God for all this by intentionally choosing to grow according to His will when life changes our thanksgiving. I hope you will practice the spiritual exercise this season of giving thanks to God for all He has given to you. May our Lord continue to grant you every blessing that is needful that your Thanksgiving may be a blessing.

In His service,
Pastor Hesse



A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

Prehypertension: Why It's a Warning Sign Not to Ignore

Prehypertension (PHTN) is blood pressure that is slightly higher than normal, but not considered to be hypertension (HTN). Blood pressure (BP) is the force of blood pushing through the artery walls. Medically, PHTN is not a disease and usually has no symptoms. Those with PHTN are at risk for developing HTN and heart problems. Blood pressure can be decreased by changes in lifestyle. HTN can damage organs and tissues. Blood pressure is measured by a reading of the Systolic number (top number) and the Diastolic number (bottom number). Systolic measures the force against the arteries while the heart beats, and Diastolic measures the force against the arteries while the heart is at rest. BP readings: Normal = <120/<80; PHTN = 120-129/<80; HTN Stage 1 = 130-139/80-89; HTN Stage 2 = 140>/90>.

Is PHTN Serious? PHTN is a path to develop HTN. It can be reversed through lifestyle changes. To know whether your BP is normal, you need to measure it at the doctors office, pharmacy, or at home. Regular monitoring is best. If normal, the American Heart Association recommends every two years. With PHTN or HTN checking should be done frequently, especially if you have a medical or family history of HTN.

PHTN can develop due to lack of physical activity, high salt intake, smoking and vaping, use of alcohol, lack of sleep.

Risk Factors = > 65 years old, obesity, Black or non-Hispanic, diabetic, and family history.

Treatment = increase physical activity, manage mental and emotional stress, decrease sodium, limit/avoid alcohol, quit smoking, lose weight, no medication required at this time unless you have a risk factor.

PHTN is warning signs for heart attack, heart failure, stroke, TIA (transient ischemia attacks), angina (chest pain).

Possible effects of HTN on the body = aneurysm, dementia, problems with memory/understanding, bleeding in the eye, sleep apnea, blurred or loss of vision, chest pain, arrhythmias, kidney failure, left ventricular hypertrophy, heart attack or stroke, artery damage, heart failure, hardening of the arteries, erectile dysfunction, blood clots, vaginal dryness or lowered sexual desire, osteoporosis.

Primary HTN vs. Secondary HTN = primary also known as essential HTN. There is no specific cause known. Secondary HTN there is an identifiable cause for HTN, i.e. narrowing of arteries, adrenal gland disease, side effects from medications (birth control pills, diet aids, stimulants, antidepressants, and some over the counter medications), obstructive sleep apnea, hormone abnormalities, thyroid abnormalities, and constriction of aorta.

HTN is known as the "silent killer." Usually there are no identifiable symptoms, and most have no cause. BP normally tends to increase with age. Monitor it frequently, change your lifestyle, eat healthy, quit smoking, and take your medications.

Statistics: 1 in 3 US adults (75 million) have HTN per the CDC; 65% of people 60-69 year have HTN; 54% have HTN under control; estimated cost in US is \$48.6 billion each year; and HTN is the major risk factor for heart disease, stroke, and kidney disease.

May God Bless your coming in and going out.

Resource: Written by Kirsten Nunez and Marjorie Hecht
<https://www.healthline.com/health/high-blood-pressure-hypertension>



MEMBER PHOTO DISPLAY BOARD: As discussed during the Bi-Annual Congregation Meeting recently, we are reviving the member photo display board. If you would like to have your family photo displayed, please provide a **PRINTED 4x6 photo** of your family to the church office. The photo provided must be copyright exempt, or you must have a copyright release for the church to display your photo. The church will not be printing any photos, and the photo supplied will not be returned to you.

NEW PICTORIAL DIRECTORY: We are also in the beginning stages of planning for a new church pictorial directory. Please send any address and telephone updates to wecare@splcwaco.com or leave them in the church office mailbox.

If you have any questions, please call Cindy in the church office: 254.799.3211.



Join the St. Paul Altar Guild

The St. Paul Altar Guild is in need of volunteers.

The duties include, changing the Altar vestments according to the church calendar and special services, and filling altar candles for worship services. There will be a rotating schedule prepared for the year, so your commitment will hopefully only be quarterly or less (dependent on the number of altar guild members).

If you are interested in serving the St. Paul family through this ministry, please contact the church office.



Members of the St. Paul Altar Guild will be in the church foyer on Sunday, November 13, and on Sunday, November 20, 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 \$11 per plant.

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

Please contact Stephanie Mach if you have any questions.

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: (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/independent 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). 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.

How can we
Pray
for you?



SERVANTS FOR NOVEMBER

Volunteers are listed by first initial and last name to protect their identity

ACOLYTES:

11/6 K Rogers (8:00am)
M Ehlers (10:30am)
11/13 K Gerik (8:00am)
R Tindle (10:30am)
11/20 Volunteer Needed (8:00am)
R Lassetter (10:30am)
11/23 K Rogers (7:00pm, Thanksgiving Eve)
11/27 Volunteer Needed (8:00am)
J Vicha (10:30am)
11/30 R Tindle (7:00pm, Advent)

ELDER OF THE MONTH:

B Kubitza

USHERS FOR MAY WORSHIP

8am Worship: Group 7
10:30am Worship: Group 8
Thanksgiving Eve Worship: Group 8

ALTAR GUILD

Group 3: S Mach, K Vicha, M Dutschmann, L Rogers, B Hassell, J Benton, and S Lassetter

ALTAR FLOWERS:

11/6 J & T Umberger
11/13 L Outlaw
11/20 R & P Price
11/23 B & M Strickland (Thanksgiving Eve)
11/27 D & G Tynes
11/30 L Mitchell (Advent)

NURSERY VOLUNTEERS

11/6 J & R Reinke (9:15am)
T & A Reinke (10:30am)
11/13 S Payne (9:15am)
C & K Wolske (10:30am)
11/20 J & R Reinke (9:15am)
P & K Gravitt (10:30am)
11/27 J & R Reinke (9:15am)
J & R Reinke (10:30am)



Daylight Saving Time ends on Sunday, November 6. Please don't forget to **"Fall Back"** and set your clocks back one hour to avoid missing church!

While the Senate has approved the measure, called the Sunshine Protection Act, unanimously by voice vote. The House of Representatives must still pass the bill before it can go to President Joe Biden to sign.



MILITARY BOARD UPDATES:

We are preparing to update the military board listing in the church foyer. If any member has served in any of the military branches and is not currently listed, please provide your name and branch of service to Charlie Morgan or email your information to the church office (wecare@splcwaco.com).

We are GRATEFUL for your service to our country!



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 Primary & Elementary 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 20, and during both of our Thanksgiving Eve Worship services on **November 23**, but may be dropped off any time during office hours that week.

INDIVIDUAL 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:

Elementary School Needs:

- ♥ Coats for children sizes S,M, L
- ♥ Socks, winter hats, gloves, undergarments (boys & girls)

Primary School Needs:

- ♥ Long sleeve tees and sweaters: Girls & Boys sizes 3T, 4T, XS (4-5), S (6), M (7-8), and a smaller percentage of L (10-12)
- ♥ Pants: Girls and Boys sizes 3T, 4T, XS (4-5), S (6), M (7-8), and a smaller percentage of L (10-12)
- ♥ Socks: Girls and Boys (or unisex) kids sizes S-L
- ♥ Winter hats, gloves, undergarments (boys & girls)



"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



Please join us for our
Advent Worship:
Angels of Hope

Advent Worship, Wednesday, Nov. 30

12:00 p.m.

7:00 p.m. (live streamed)

Advent Worship, Wednesday, Dec. 7

12:00 p.m. with Holy Communion

(Senior Adults Fellowship Lunch following noon worship)

7:00 p.m. (live streamed)

Advent Worship, Wednesday, Dec. 14

12:00 p.m.

7:00 p.m. (live streamed)



Senior Adults
Worship & Lunch

ST. PAUL SENIOR ADULTS will come together for worship with Holy Communion **at 11:00 a.m. on Wednesday, Nov. 9, 2022.**

A luncheon will follow the worship service. All are invited to join us for this time of fun and fellowship! *Desserts are appreciated for the luncheon.*

If you have any questions, please call the church office (254.799.3211).



The Church Office will close
for the Thanksgiving
Holiday at noon on
November 23, 2022
and will not re-open until
Monday, Nov. 28, 2022.

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 Study (Albers Family Life Center)

This class will begin a new study this month, please watch for more details in the Sunday bulletins.

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

This class will continue their study of Scripture as it applies to everyday life situations.

Ladies Bible Class (Conference Room)

This class will be joining the Adult Bible Study in the Albers Family Life Center until further notice.

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.'

Be Bold, Fifth - Eighth Grade Students (classrooms)

Giving preteens fearless faith! Be Bold curriculum gives preteens exactly what they need - validation of their faith questions, and a place to connect as they explore those questions together. Together, leaders and preteens explore the bible and dive into bold discussions and bold action building a bold faith. Be Bold creates a community affirming one another and growing together in Jesus. Each week, kids say: You're accepted just as you are. Your thoughts and struggles are welcome. We're all in this together. God is here, ready to be your friend because you matter!

High School Students (Youth Room)

Coming soon! Watch for more information, see Pastor Hesse, or call the church office.

Other Bible Study Opportunities:

College Student Evening Bible Study/Fellowship

This group meets on Thursday evenings at 7:00 p.m. (Rogers 207, Baylor campus). If you have any questions, please see Pastor Hesse or Karen Shelton.

Ladies Bible Study Group in the Conference Room

This group meets group meets in the Conference Room at 9:30 a.m. on the First and Third Wednesday of each month. They have begun a new study on the book of Hebrews.

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

Family Ornament Sunday

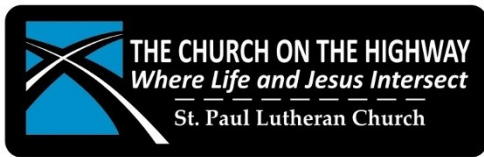
Our Church Family Sunday School Event will take place on Sunday, November 20, 2022. All Adult and Children's Sunday School classes will meet in the Albers Family Life Center during the Sunday School hour. During this time all ages from 0-100 will join together as a church family to craft ornaments for the Sunday School Christmas Tree while Pastor Hesse shares a special lesson.

On Sunday, December 4, the Children's Ministry will adorn a Christmas tree in the Sanctuary with the created ornaments in a special presentation during the 10:30 a.m service.

For the crafts, we would appreciate donations of used Christmas cards and buttons in red, white, silver or gold. If you have any questions, please call the church office.



- ⇒ **Nov. 6** - High School Youth & Parent Meeting (Youth Room, 12pm)
- ⇒ **Nov. 20** - Family Ornament Sunday (AFLC, 9:15am)
- ⇒ **Nov. 13** - Children's Choir sing at 10:30am worship
- ⇒ **Dec. 4** - Sunday School Tree decorating, during 10:30am worship; Children's Christmas Eve Rehearsal/Lunch at 11:45am
- ⇒ **Dec. 6** - City of Lacy Lakeview Christmas Parade (details TBA)
- ⇒ **Dec. 8** - City of Bellmead Christmas Parade (details TBA)
- ⇒ **Dec. 10** - Children's Christmas Eve Rehearsal at 10:00am
- ⇒ **Dec. 22** - Christmas Eve Program Rehearsal and Christmas Party at 6:00pm
- ⇒ **Dec. 24** - Children's Christmas Eve Program at 6:30pm



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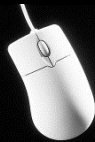
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Please join us for our Thanksgiving Eve Worship services on Wednesday, November 23, at 12:00pm & 7:00pm (with Holy Communion celebrated at both services). We will collect food donations at both services to benefit the LaVega schools. A complete list of food items needed can be obtained from the church office.