

December 2021 Edition

**INSIDE THIS ISSUE**

TOPIC	Page
<i>A Word from the Board of Elders</i>	1
<i>Deaconess Krahn article</i>	2
<i>DCE Megan article</i> <i>Dcs Krahn continued</i>	3
<i>Prayer List</i> <i>Library News</i> <i>2022 Offering Envelopes</i>	4
<i>Church Office Closed for holidays</i> <i>Choir Christmas Cantata</i>	5
<i>Servants for the Month</i>	6
<i>Baby Shower for Jesus</i> <i>Senior Pastor Call Update</i> <i>Angel Tree</i>	7
<i>Classes for All Ages</i>	8
<i>Youth &amp; Children Activities</i>	9
<i>Advent Worship</i>	<i>Back Cover</i>

**A Word from the Board of Elders:**

Greetings brothers and sisters in Christ! Well, another year has about passed us by and with it comes many changes. Seems like the last couple of years, change is something with which we have grown accustomed. Changes at work, when we go out to eat, shop and now changes at St. Paul Lutheran Church. Over the years we have seen pastors come and go, and through COVID times we have been blessed to have the same leadership in Pastor Krueger. He has been with the St. Paul family through thick and thin. Now with his retirement, we are headed into another change. But, one thing is certain, Jesus is in charge at St. Paul Lutheran Church! We are a church family. We all have one thing in common and that is our love for the Lord, that is a tie that binds!

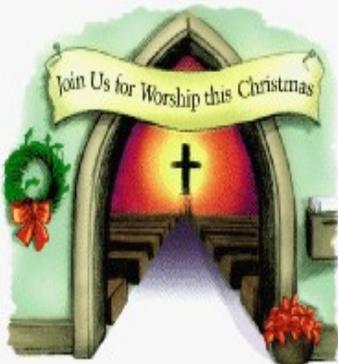
I urge all of you, as we go thru this call process to pray. Pray for divine intervention, pray for a smooth transition and that we receive a new pastor that is ready to join and lead our church family. We have no idea how this call process will go, or how long it will take, but I assure you, as sure as Jesus is Lord, we will get through it!

As Chairman of the Board of Elders, I assure that we are ready to assist the congregation as necessary through this time of vacancy. The Elders that you have elected have extra duties to fulfill and they are ready to do so. Good Lord willing, we will have a visiting pastor for Sunday worship. If the call process is extended beyond the end of the year, then an Interim Pastor would be considered.

With Advent approaching, the Elders will lead the services on Wednesdays under the theme, "Symbols of Salvation: Foretelling Christ's Birth." The Elders will also be bringing Holy Communion, blessed by the Pastor during Sunday worship, to our homebound and those in care facilities or others that are in need meanwhile. If there is anything that I can do for you, do not hesitate to contact me.

In closing, I leave you with the Apostle Paul's quote from 1 Thessalonians 5:11: "Therefore, encourage one another and build one another up, just as you are doing."

We can do all things through Christ,  
 Tim Harrington  
 Board of Elders



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



## A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

### How Triglycerides Affect Your Health

**Triglycerides** are the most common form of fat in the body, which are stored and used for energy between meals. If triglycerides are elevated in the blood, you could be at risk for health problems.

**What are they?** Extra calories, sugar and alcohol your body does not use immediately are stored in fat cells for later use. Hormones release the triglycerides when energy is needed. Eating high-carbohydrate foods in excess could cause high triglyceride levels. Triglyceride levels are considered high-risk for narrowing of the arteries which can lead to stroke, heart attack, and peripheral arterial disease, as well as pancreatitis and liver disease.

**Triglycerides v. Cholesterol** – Both are made in the liver and consumed from food flowing through your blood. Triglycerides are a type of fat or lipid that store unused calories, and Cholesterol is a lipoprotein used to build cells, produce certain hormones, and generate Vitamin D.

Normal triglyceride blood levels are:

1. Adults – under 150mg/dl
2. Children 10-19 – under 90mg/dl
3. Children under 10 – under 75mg/dl

Borderline triglyceride blood levels are:

1. 151-199mg/dl
2. 90-129mg/dl
3. 75-99mg/dl

High triglyceride blood levels are:

1. >200mg/dl
2. >130mg/dl
3. >100mg/dl

Very High triglyceride blood levels are:

1. 500mg/dl. [Note – results based on fasting state measured in milligrams of triglycerides per deciliter of blood (mg/dl)]

**How often do you need to be tested?** People under 20 years of age should be tested every 4-6 years; Children age 9-19 once until age 21 years of age. If lab results are indicating higher levels – testing will be determined by your physician.

**Causes and Risks** – 1. Familial history, 2. Excessive alcohol use, 3. Unhealthy eating habits (increased sugar and simple carbohydrates), 4. Obesity, 5. Uncontrolled diabetes, 6. Liver/kidney disease, 7. Hypertension, 8. Medications, 9. Menopause, 10. Smoking, and 11. Thyroid disease. High blood levels are a risk for thickening of the arteries, heart attack, stroke, and heart disease.

*continues on page 3*



## A Message From Our DCE Intern

Megan Harcrow

Email: DCEMegan@gmail.com

It seems like just yesterday I was a baby intern. I had the whole year ahead of me, and I was full of bright ideas and determination. I keep asking myself where this year has gone. I didn't accomplish all I set out to, but I did achieve so much more. It was truly an honor and a privilege to serve as the intern here at St. Paul this year. I learned so much and got to know so many amazing people in deeper relationships that I hope last a lifetime. Thank you for allowing me to stumble, fail, learn, and grow in the place I love to call home. It was an unusual situation, but I am so glad we made the most of it.

I am so happy to say that I will continue to attend St. Paul as a regular congregation member. I have accepted a call to work with a local non-profit here in town as their Housing and Residential Services Director. It has always been my dream to work in Pro-Life ministry, and God has truly blessed me with this opportunity. I am very excited to start this new chapter and ask for your continued prayers as I start this new journey. I leave you with this:

God's timing is not our own. Though things may seem like they are falling apart God is always in control and He has a plan. It has taken me ten years to get where I am, there was a lot of stumbling and falling along the way. Just know that God has you in His hands and heed the call He is giving you. You won't regret it!

I love you all, God's Blessings,  
DCE Megan

TRUST  
yourself  
TO THE  
God  
WHO MADE YOU

### ***Deaconess Krahn continued:***

**Lowering Triglycerides** – A. Healthy diet (decrease sugar, trans-fats, meat fats; eat fish, healthy fats, limit alcohol); B. Exercise regularly – (40 min/week moderate aerobic exercise 3-4x/week), C. Healthy weight – (decrease calories, target and maintain a healthy weight for your frame), D. Lifestyle changes – Control high blood pressure and diabetes, get good amount of sleep, manage stress, and quit smoking. If needed your doctor can prescribe medication, i.e. statins or fibrates, or may also suggest Niacin and fish oil (omega-3 fatty acids).

**When to see your Doctor** – Increased triglycerides usually has no symptoms. Typically increased levels are found with a routine lab work (lipid panel = total Cholesterol, HDL chol., LDL chol., and triglycerides). The doctor will prescribe the appropriate treatment and suggest life-style changes according to each individual's needs.

May God grant you good health and Bless your coming in and going out always!

## 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 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 Pastor Bill Crowe as he considers the Call to serve as Senior Pastor at St. Paul; and for St. Paul Lutheran Church and Faith Lutheran Church, that the Lord would provide the right pastor for both congregations. 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](mailto:wecare@splcwaco.com).



## Church Library

You are invited to stop by the Church Library on Sunday mornings to choose from their collection of Christmas fiction novels to help get you in the holiday spirit! There are a few new titles in stock. If you have never been to the library, stop by between worship services on Sunday morning to see what is available to check-out!



2022 Offering envelopes will be distributed in the member mailboxes at the end of 2021.

We realize many of our members are now utilizing the online giving system, or do not use the offering envelopes to track their tithe to the church.

If you would prefer **NOT** to receive offering envelopes, please contact the church office (254.799.3211 or [wecare@splcwaco.com](mailto:wecare@splcwaco.com)) by Monday, December 13.



*The Church Office will be closed  
December 24-27 for Christmas;  
and will close at noon on December 31.*

*We wish you a Merry Christmas  
and a Happy New Year!*



*Choir Christmas  
Cantata  
Dec. 12, 2021  
4:00 p.m.*

Join Us In-Person or via [Livestream](#) for the  
St. Paul Lutheran Choir Christmas Cantata  
on Sunday, Dec. 12, 2021.

The Cantata will begin at 4:00 p.m.,  
with a lite reception following.

---

FAMILY & FRIENDS ALL WELCOME

---

# SERVANTS FOR DECEMBER

These are listed by initial only to protect the privacy of our members.

## ACOLYTES:

- 12/1 B P (6:30 p.m. Advent)  
 12/5 Z F (8:00 a.m.)  
 M E (10:30 a.m.)  
 12/8 M E (6:30pm Advent)  
 12/12 K R (8:00 a.m.)  
 W W (10:30 a.m.)  
 12/15 H S (6:30pm Advent)  
 12/19 G R (8:00 a.m.)  
 H H (10:30 a.m.)  
 12/24 H G(7:00pm Candlelight)  
 12/25 Z F(9:00 a.m. Christmas)  
 12/26 B P (8:00 a.m.)  
 B H (10:30 a.m.)  
 12/31 M E (6:30 p.m. New Year's Eve)

## ELDER OF THE MONTH:

B Luedke

## USHERS FOR DECEMBER WORSHIP

- 8am Worship: Group 7  
 10:30am Worship: Group 8  
**12/1 Advent Worship**, 6:30pm, Group 3  
**12/8 Advent Worship**, 6:30pm, Group 4  
**12/12 Cantata**, 4:00pm, Group 5  
**12/15 Advent Worship**, 6:30pm Group 6  
**12/24 Children's Christmas Eve Worship**, 5pm, Group 7  
**12/24 Candlelight Christmas Eve Worship**, 7pm, Group 8  
**12/25 Christmas Day Worship**, 9:00am, Group 9  
**12/31 New Year's Eve Worship**, 6:30pm, Group 10  
*\*Please note that the special services schedule differs from the original list - due to less strict COVID protocols, and fewer worship services this month. The groups will follow in order for the services.*

## ALTAR FLOWERS:

- 12/1 **OPEN** (Advent)  
 12/5 D & V S  
 12/8 D H (Advent)  
 12/12 L O  
 12/15 C & J M (Advent)  
 12/19 K & C C  
 12/24 D B  
 12/25 D B  
 12/26 D B  
 12/31 R & L T (New Year's Eve)

## NURSERY VOLUNTEERS

**BEGINNING NOV. 21, THE NURSERY WILL ONLY BE AVAILABLE FOR THE SUNDAY SCHOOL HOUR AND THE 10:30 A.M. WORSHIP SERVICE.** There have been no children utilizing the 8:00 a.m. nursery time, so until there is a need again for this service it will be discontinued. If you have any questions, please contact the church office or one of the Elders.

- 12/5 P P  
 12/12 L J J  
 12/19 J K  
 12/26 J & R R





On Sunday, December 5, 2021 the BEACON Committee will collect gifts (new and wrapped in Christmas gift bags) for the Central Texas CareNet Pregnancy Center.

A few suggested donations include (but are not limited to):

- Diapers
- Wipes
- Clothing (newborn to 2T sizes)
- Diaper bags
- Similac Formula (with the green lid)

At CareNet, hearts and lives are being changed daily. Young men and women are making life-saving decisions. Many are led to Christ as well as saving the life of their unborn child. We thank you for any donation you can share. If you have any questions, please see Stephanie Mach.



## Senior Pastor Call Update

A vote for calling a new Senior Pastor for St. Paul Lutheran Church was taken at the Congregation Meeting on Sunday, November 14. Following the Church Bylaws, this meeting conveyed the Call Committee's recommended candidate to extend a call for the position of Senior Pastor. The meeting was well-attended and a standing unanimous vote was received to extend a call to Rev. William Crowe of Georgetown Texas for the position of Senior Pastor. Call documents have been created and mailed to Pastor Crowe for his prayerful consideration. We ask that everyone please pray for Pastor Crowe and his family during this time of deliberation, and for St. Paul Lutheran Church and Faith Lutheran Church, that the Lord would provide the right pastor for both congregations.

If you have any questions, please contact anyone serving on the call committee (a list of those serving on this committee is available in the church office).

## Angel Tree



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

***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.

# 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**

In December, this class will be hosted by guest pastors.

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

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

## **Ladies Bible Class, in the Conference Room**

This class 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 at 7:00 p.m. on Baylor campus, but is on break until the Spring semester when they will continue studying the epistle of Romans.

## **Sunday Evening Bible Study, in the Albers Family Life Center**

This group will resume meeting in January 2022, beginning a new study The Many Wonders of Heaven. 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 will meet at **10:30 a.m. on Wednesday Dec. 1 and Wednesday Dec. 15** in the Conference Room. They are going through a study on Daniel. *\*Please note this time change is to allow those who attend the opportunity to attend the Noon Advent Worship.*

## **Youth Confirmation/Catechesis Training**

These classes are scheduled to resume meeting on Jan. 5, 2022.

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

# Children & Youth Activities

## CHILDREN'S ★ CHRISTMAS ★ PROGRAM

### Rehearsal Dates:



**1st-8th Grade:**

**Sunday, Dec. 5, 12:00-2:00pm**  
(lunch provided)



**1st-8th Grade:**

**Sunday, Dec. 12, 12:00-2:00pm**  
(lunch provided)



**Nursery-8th Grade:**

**Thursday, Dec. 23, 6:00-8:00pm**  
(Christmas Party following)

(Grades 6 and up are encouraged  
to join the instrumental ensemble.)



## UPCOMING EVENTS

- ◆ **12/1, 12/8, 12/15**
  - › Advent Worship services at 12:00pm & 6:30pm
- ◆ **12/5**
  - › Baby Shower for Jesus (gifts for CareNet)
  - › Children's Christmas Eve Rehearsal, 12-2pm (lunch provided)
- ◆ **12/12**
  - › Children's Christmas Eve Rehearsal, 12-2pm (lunch provided)
  - › Choir Christmas Cantata, 4:00 p.m.
- ◆ **12/19**
  - › Youth Christmas Party, more info coming soon
- ◆ **12/24**
  - › Children's Christmas Eve Worship, 5:00pm
  - › Christmas Eve Candlelight Worship, 7:00pm
- ◆ **12/25**
  - › Christmas Worship, 9:00am
- ◆ **12/26** No Sunday School or Bible Class, only one worship service at 10:00 a.m.
- ◆ **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 Ashlee Peacock or Jerry Tucker.

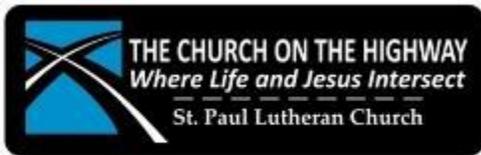


Planning has begun for the National Youth Gathering to be held in Houston, Texas, July 9-13, 2022.

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!





1301 Hogan Lane • Waco, Texas 76705

Phone: 254.799.3211

Fax: 254.412.0529

www.splcwaco.com

NON-PROFIT ORG.  
PLACE POSTAGE  
HERE

ADDRESS SERVICE REQUESTED



December 2021 Edition



## Please join us for our Advent and Christmas Worship services:



### Advent Worship, Wednesday, Dec. 1

- 🌲 12:00 p.m.
- 🌲 6:30 p.m.

### Advent Worship, Wednesday, Dec. 8

- 🌲 12:00 p.m. (Senior Adults Fellowship Lunch following noon worship)
- 🌲 6:30 p.m.

### Choir Cantata, Sunday, Dec. 12

- 🌲 4:00 p.m. (followed by a lite reception in the Albers Family Life Center)

### Advent Worship, Wednesday, Dec. 15

- 🌲 12:00 p.m.
- 🌲 6:30 p.m.

### Christmas Eve Worship, Dec. 24

- 🌲 5:00 p.m., Children's Program
- 🌲 7:00 p.m., Christmas Eve Candlelight

### Christmas Day Worship, Dec. 25

- 🌲 9:00 a.m.

### Sunday, Dec. 26

- 🌲 10:00 a.m., **NOTE: one service only this Sunday**

### New Year's Eve Worship, Dec. 31

- 🌲 6:30 p.m.