

# THE CHURCH ON THE HIGHWAY

*Where Life and Jesus Intersect*

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## St. Paul Lutheran Church

August 2022 Edition

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## A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

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

### A New Family

As you read this, Janelle, Cameron and I are still getting settled to life in central Texas. When August begins we will have barely moved the boxes into our new home and begun the process of unpacking. Meanwhile, Janelle and I have a desire to hit the ground running in our new positions of work and service. Amid it all, there are relationships. New relationships to be created and nurtured as well as older relationships that are more distant to maintain.

It reminds me of what St. Paul writes in Galatians 6, “And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.” (Gal. 6:9-10). Janelle and I cannot fully express to you the thankfulness we have for the kindness and goodness we have received on our arrival here to the Waco area. God has uprooted us from the deep roots of the Texas Panhandle brought us to a new ministry beginning. It, at times, has been filled with uncertainties. Yet, by God’s grace He reminds us that His will is always good, gracious and will be done.

As we join your household of faith we will do our best to learn about this new household as quickly as possible. I am convinced there is a lot of good for us to do together and that is why God has brought us to this new chapter of ministry. On one hand, you might be tempted to think that everything is now set and you can relax. On the other hand, now that you have a pastor, it is time for us to get to work in a partnership created by the Gospel work that God has given us.

I look forward to the task of getting to know each of you. I look forward to being your pastor. I look forward to being the resource to answer your questions. I look forward to providing you insights into the scriptures and help navigate this very complex and ever-changing world we find ourselves living in.

Thank you for the opportunity to join your church family and your household of faith. I look forward to the months ahead.

In His Service,  
Pastor Hesse  
Joshua 1:9



**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)

### Self-care Strategies

In our busy lives today, there never seems to be enough time to take care of ourselves. Or, if we do have the time, we rush through it to get to the next thing on our agenda. This will eventually end up causing us problems down the road somewhere. It is even hard just admitting to ourselves that maybe we should be taking better care of ourselves. Somehow that feels selfish. We are taught to put others first, but if we are not wholly well, how can we be any good to anyone else?

Experts say that we are not being selfish when caring for ourselves. They say there are several strategies to consider. Knowing when to ask for help from friends, relatives, coworkers, or the community. Defining your needs, establishing routines, leaning on community, and setting value-based boundaries. Prioritize to the top value-based needs and say no to others.

Some suggestions from the experts are: revise your kitchen to improve its flow and efficiency. Keep a running shopping list, reduce clutter, set-up in a work friendly order (as how you actually use it). Organize your workspace; you deserve your own space. Communicate with your community (friends, relatives, coworkers, etc.). Healthy relationships are part of the self-care regime. Streamline your morning routine, as well as your evening routine. This sets the tone for the whole day and the night. It will help you work better and sleep better. Do some things the evening before to save time for the next morning. Lastly be sure to set aside a day of rest and relaxation. If that means turning off the computer, cell phone, tablets, etc., do so for your health's sake.

Caring for one's self is not just physical, but emotional, mental, and spiritual as well. There are times when being selfish is the right thing to do for your health and well-being. Everyone needs help from time to time, no shame in that. You need rest. Not getting enough rest and sleep can cause a whole host of problems, i.e. trouble focusing, a weakened immune system, and memory issues. A person just needs some time alone occasionally. Just take some "Me-time." The balance of give-and-take is essential in any relationship. Lastly, avoid burnout. Try to recognize the signs of burnout before it gets out of hand. Many people who focus entirely on give, give, give, end up overwhelmed, fatigued, and stressed.

Relax and take good care of yourself. Try yoga, practice mindfulness, get outside, take a bath, make some soothing tea, get some sleep, or practice a hobby.

Learn to enjoy life again. Let tomorrow take care of itself. We care about you, you should too.

May the Lord Bless you're coming in and going out always.

*Written by Jamie Elmer, and Julie Onos.*

Resources: <https://www.healthline.com/health/mental-health/no-nonsense-self-care-strategies>  
<https://www.healthline.com/health/when-to-be-selfish-self-care>

**Dear fellow servants of Jesus,**

Greetings to you in Jesus' name! It is with great joy that I share a few important announcements with you:



### 1. Rev. Ben Gonzales, Area B Mission Strategist

As we give thanks for Rev. Dr. Yohannes Mengsteab and pray for a blessed new season of retirement from his district mission strategist role, I am pleased to announce that Rev. Ben Gonzales will take on the Area B Mission Strategist role on a part-time basis beginning August 1st. Pastor Gonzales is an experienced church planter, a seasoned pastor, and a passionate advocate of Jesus' mission. His part-time role will be an interim step to make sure mission support and development continue with strength in Area B. He'll begin by reaching out and developing relationships with missionaries, church workers and congregations. Please lift him up in prayer and welcome him with joy.

### 2. Uvalde Update

What a remarkable difference you have helped make in the wake of the tragedy in Uvalde! After the shooting, Trinity Lutheran Church quietly became the Critical Incident Stress Management (CISM) Command and Operations Center. Trinity opened its doors and gave its fellowship hall to a rotation of 77 peer support staff members and licensed counselors. The fellowship hall was also home to the Lutheran Church Charities Comfort Dogs and their handlers. First responders, doctors, nurses, helicopter crews, morticians, teachers, witnesses, and clean-up crews were able to seek refuge at Trinity and receive blessings from caring counselors. In about a month's time at the church, 1,187 people from 13 different agencies were reached.

Your prayers and donations helped support this effort. Trinity is now working in the community to help with long-term needs.

Thank you for your support and your ongoing prayers. We praise God for the generous and responsive hearts of Pastor Mark Tews, lay leader Philip Frank, and the dear people of Trinity. We also thank God for the immediate help of Texas District Emergency Management Director, Julie Tucker, as she built partnerships and opened doors for ministry service. Please continue to pray for the work of mercy and care in Uvalde.

### 3. LCMS Youth Gathering

It was a joy to host the LCMS Youth Gathering in Texas! 20,000 young people and leaders gathered in Houston to grow in faith, serve the community, and give praise to our Savior for His gifts of forgiveness and life. I give thanks to God for the selfless leadership of each church worker and volunteer who shepherded groups from around the district. Your tireless service brought blessing to many.

Our Texas leaders, DCEs Charessa Koontz and Abbie Snow, and DCEs Paul and Becky Krentz, not only blessed students with a dynamic Texas District event but welcomed special guests from around the world. Sincere gratitude and commendation to these wonderful Texas District servant-leaders and their team members!

### 4. Building Update

We celebrated the groundbreaking of the new Texas District Mission Support Center on June 7th! Enjoy some clips from the day and find out more about the new district building in this [brand-new video](https://youtu.be/ciAkLIUnWw) (<https://youtu.be/ciAkLIUnWw>).

### 5. Save the Date

Get ready to Respond, Recover and Rebuild at the 2022 Pastors Conference happening Monday and Tuesday, October 24-25, 2022 at Concordia, San Antonio. Watch for information and registration soon at [txlcms.org](http://txlcms.org)! God bless each of you with restoration and replenishment this summer!

Yours truly,  
Rev. Michael W. Newman, President  
Texas District, LCMS



The family of Vincent Neuhaus extend their thanks the St. Paul Family for all the love, support and prayers given on their behalf during and after Vince's battle with prostate cancer. They especially thank everyone who helped with the visitation, funeral, and meal afterwards. All your acts of kindness brought comfort to our hearts and gave us strength through Christ during this sad time.

# 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). 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).

How can we Pray for you?

# SERVANTS FOR AUGUST

Servants are listed by first initial and last name to protect their privacy.

## ACOLYTES:

- 8/7 G Reinke (8:00am)  
H Hays (10:30am)  
8/14 H Gerik (8:00am)  
H Strickland (10:30am)  
8/21 Z Ferguson (8:00am)  
W Wolske (10:30am)  
8/28 K Rogers (8:00am)  
B Hays (10:30am)

## ELDER OF THE MONTH:

B Luedke

## USHERS FOR MAY WORSHIP

8am Worship: Group 1  
10:30am Worship: Group 2

## ALTAR FLOWERS:

- 8/7 S Shaeffer  
8/14 L & J Springman  
8/21 J & B Schlemmer  
8/28 D Matejcek

## ALTAR GUILD

Group 4: J Morgan, M Kubitza, K Schwarz, K Chelmo,  
K Kubitza, A Breton

## NURSERY VOLUNTEERS

- 8/7 L Wolfe (9:00am)  
C & H Tindle (10:30am)  
8/14 H King (9:00am)  
P & K Gravitt (10:30am)  
8/21 J & R Reinke (9:00am)  
A & J Thompson (10:30am)  
8/28 J & R Reinke (9:00am)  
C & K Wolske (10:30am)



## VOLUNTEERS NEEDED!

We are in need of volunteers to help during worship through management of the sound system. If you feel that this is a task you could really enjoy and serve the St. Paul family, please see Jeremy Lange or one of the Elders. We are specifically in need during the 8:00 a.m. worship time, during the noon and evening Lenten worship services, and for special

**ST. PAUL SENIOR ADULTS** will come together for worship with Holy Communion and a fellowship lunch **at 11:00 a.m. on Wednesday, August 10, 2022.** All are invited to join us for this time of fellowship! *Desserts are appreciated for the luncheon.* If you have any questions, please call the church office (254.799.3211).





# STROKE SCAN PLUS

## August 19, 2022

**EVERY 40 SECONDS, SOMEONE IN THE U.S. HAS A STROKE!**

Stroke Scan Plus will be at St. Paul Lutheran on Friday, August 19, 2022, to provide life-saving, wellness ultrasound screenings. It is important to perform preventive maintenance for ourselves yearly. Do you have high blood pressure, high cholesterol, family history of stroke, heart attack, aortic aneurysms or cancer, diabetes, atrial fibrillation, or obesity? If so, do not miss this opportunity for early detection of a possibly serious disease.

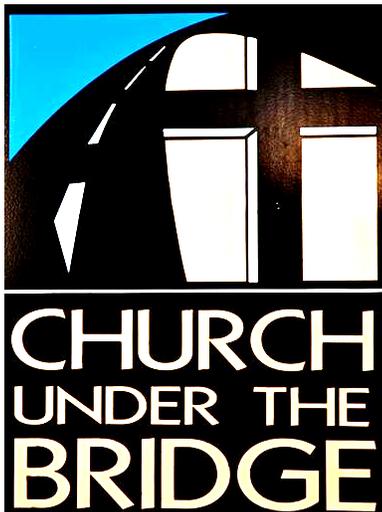
These screenings are typically NOT performed at your annual check-up, and insurance companies may not pay for them unless you are symptomatic. Diagnostic versions of these screenings cost thousands of dollars in a hospital. **Stroke Scan Plus will be offering these tests to you for \$159** for all 7 combined ultrasound screenings (Stroke, AAA, Thyroid Screening, Live Screening, Kidney (2) screening, and Gallbladder screening). Insurance is NOT necessary and appointments are limited. Additional screenings may be available for an additional charge.

Stroke Scan will be available in the church foyer on Sunday, August 14, to answer questions and schedule appointments. You may also call 1-832-437-7355 to schedule an appointment for you or a loved one.

**Prevention is your key to quality health!**

You can learn more at: [www.strokescan.com](http://www.strokescan.com).

If you have immediate questions, please see Deaconess Krahn.



After so many years of cooking and serving at Church Under the Bridge, we invite you to our 30th Anniversary, on Sunday, September 18, at 10:30 a.m. Your many labors of love to 'feed the hungry' and bring good news to the poor in our church mean more than you will ever know and we are deeply grateful.

Our worship that morning will be at the Magnolia Silo's. We will recognize all of those who have served during these last three decades and share a common meal following our worship service. If you have any questions, please call (254) 235-7818.

# 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 will begin a new Bible Study: *A Study of the Acts of the Apostles - The Mission of the Church Then and Now*, on Sunday, August 7, at 9:15 a.m.. We are asking **all adult Sunday Bible Classes along with our High School Students** to join in the Albers Family Life Center for this initial Bible Study as look His Word and guidance for the mission of the church and who we are as God's people. Join us as we are blessed individually and blessed as a congregation.

## Men's Bible Class

This class will temporarily join the Adult Class in the Albers Family Life Center (see above).

## Ladies Bible Class

This class will temporarily join the Adult Class in the Albers Family Life Center (see above).

## Nursery - 8th Grade (classrooms, music room):

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.'

## **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 group meets in the Conference Room at 9:30 a.m. on the **First and Third Wednesday of each month**. They are currently concluding a study on the book of Philippians. They will begin a new study soon, *The Story of Jesus: Experience the Life of Jesus as One Seamless Story*.

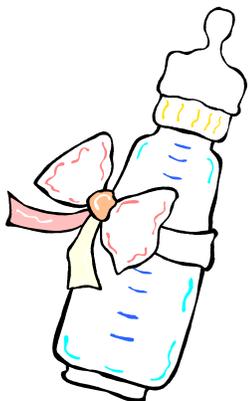
### Sunday Afternoon Bible Study, in the Parish Hall

This group is planning their next meeting - details will be available soon. They will be continuing the study *The Many Wonders of Heaven*.

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

These classes will resume meeting in the Fall.

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



Thank you to everyone who contributed during our recent Baby Bottle Campaign for Care Net Pregnancy Center of Central Texas. **With your donations we were able to bless Care Net with \$927.05!**

#### **Why do we support the CareNet ministry?**

Because Care Net is on the frontline to affirm the Sanctity of Human Life right here in Waco. Care Net Pregnancy Center is there to help answer some of the most pressing pregnancy questions and support clients along the way. They offer free and confidential pregnancy testing, ultrasounds, options counseling, and more. They strive to provide compassionate care, accurate information, and practical support to men and women facing unplanned pregnancies. To learn more or to find other ways to get involved, please visit their website: <https://pregnancycare.org/>



# School Supplies Collection

We will be collecting school supplies that will benefit the LaVega Primary and Elementary schools. Every year children start the school year without the necessary supplies they need. We want to help these children get off to a great start for the school year by providing the much needed supplies. **The school supplies will be collected at church on Sunday August 7, 2022.**

We are asking you to bring what you can to fill these needs. The specific supply list from the schools is available in the church office; however, the items most needed are as follows:

***Facial Tissue***

***Crayons***

***Hand Sanitizer***

***Clear Backpacks (only clear are allowed on campus)***



**All students are encouraged to bring their backpacks with them on Sunday, August 7, for a special blessing for the 2022-2023 school year.**

**We will have this blessing during our Sunday morning worship.**

# Children & Youth Activities



All of the chaperones and participants thank the members of St. Paul for your support in graciously sponsoring our trip to the LCMS youth gathering in Houston. The theme, "IN ALL THINGS," based on Colossians 1:15-23 showed us the pre-eminence of Christ in all things. We spent five great days in fellowship and learning with 20,000 other LCMS youth and leaders. We were all feed well with the Word and celebrated our Lord in song. We also worked on a service project at Redeemer Lutheran Church in Spring, Texas, helping to make a walking track on their campus for a retirement center that is connected to the campus. Everyone that was able to attend came back with a heart on fire for Jesus and his ministry here on Earth. Once again, thank you all for making this possible.

Your friends in Christ,  
Youth & Leaders

## Puzzle!

Search for and circle all the bold words from Psalm 18:2, which reminds us where we find our strength.

The **LORD** is **MY ROCK**, my **FORTRESS** and my **DELIVERER**; my **GOD** is my rock, in whom I **TAKE REFUGE**. **HE** is my **SHIELD** and the **HORN** of my **SALVATION**, my **STRONGHOLD**.

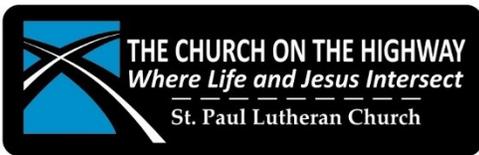
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G	O	D	T	D	K	A	D	K	U	D	X

**GOD ROCKS!**

## Mark Your Calendars:

- ◆ **August 7** - School Supplies collection for LaVega
- ◆ **August 7** - Blessing of the Backpacks (during worship)
- ◆ **August 15** - Newsletter Deadline
- ◆ **August 19** - Stroke Scan Event at church
- ◆ **September 2** - Shepherd's Heart Food Distribution at St. Paul Lutheran Church
- ◆ **September 5** - Church Office closed in observance of Labor Day

If you have questions, would like to volunteer to help with events, or have ideas to share for possible future events, please contact Jerry Tucker or Angel Breton.



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