

THE CHURCH ON THE HIGHWAY

Where Life and Jesus Intersect

St. Paul Lutheran Church

December 2022 Edition

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A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: pastorhesse@splcwaco.com

The month of December is upon us! Most everyone acknowledges it as the Christmas season. It is a time where so many other things get added to our already packed schedules. For some, Christmas season is a time of great happiness. For others, Christmas is a season that is actually more difficult. Properly located at the center of it all should be Jesus, the reason for the whole season.

What is your favorite part of the Christmas season?

- Christmas lights?
- Special music?
- Hallmark movies?
- Christmas movies?
- Christmas Cantatas or other special concerts?
- Special Christmas parties?
- Decorations?
- Christmas trees?
- Giving or Receiving Gifts?
- Special Christmas cookies, food or treats?
- Family gatherings?
- Advent Services?

I am sure the list can go on! This Christmas my family will be a little more spread out. Although we will eventually gather for a Christmas celebration, it will be different this year. With new seasons of ministry, Christmas in a different home, a new church family and all that goes with the transitions my family has made, we are still looking forward to some of our favorite elements of Christmas.

Perhaps the most important element of Christmas is Christ! Without Jesus we simply would have nothing worth celebrating. With Jesus properly at the center of our celebrations we are reminded of a hope and peace that brings comfort beyond the fleeting emotions of this season. Jesus brings us peace with God through His perfect sacrifice for our sin. Jesus brings us hope the springs and wells up in us eternally because of the perfect salvation that He provides.

For some of you, Christmas will be a happy time filled with festivities. For some of you, Christmas will be a little lonelier or perhaps a little sadder due to new circumstances in your life. Whether Christmas is a happy or sad time, there remains the hope that Jesus provides.

This Advent season we journey together toward Christmas in the hope. Our 2022 Advent theme will be "Messengers of Hope." It was the message of hope that was delivered to Zechariah, Mary and Joseph. It was the message of hope that brought inner, true joy to the shepherds. This Advent season we also receive the message of hope and may it bring true, inner joy as you celebrate Jesus, the reason for this season.

In His service,
Pastor Hesse
Joshua 1:9

Worship With US
WELCOME

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



A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

You have no doubt heard about Type 1 and Type 2 Diabetes, but have you heard of type 1.5 Diabetes? Type 1.5 diabetes, also known as latent autoimmune diabetes in adults (LADA), is a condition that shares characteristics of both type 1 and type 2 diabetes.

LADA is diagnosed in adulthood, and sets in gradually. But unlike type 2 diabetes, LADA is an autoimmune disease and is not reversible with changes in diet and lifestyle.

Your beta cells stop functioning much more quickly if you have type 1.5 diabetes than if you have type 2. The estimation is that about 10% of people who have diabetes have LADA.

Type 1.5 diabetes can easily be – and is often – misdiagnosed as type 2 diabetes. If you are in a healthy weight range, have an active lifestyle, and have been diagnosed with type 2 diabetes, there is a good chance that what you actually have is LADA.

Type 1.5 Symptoms can be vague and may include: frequent thirst, increased urination – especially at night, unexplained weight loss, and blurred vision and tingling nerves. If left untreated, type 1.5 diabetes can lead to diabetic ketoacidosis, which is a condition where the body cannot utilize sugar as fuel due to the absence of insulin and starts burning fat. This produces ketones, which are toxic to the body. To understand what causes type 1.5 diabetes, it helps to understand the difference between the other main types of diabetes.

TYPE 1: is considered an autoimmune condition because it is the result of your body destroying pancreatic beta cells. These cells are what help your body make insulin, the hormone that allows you to store glucose (sugar) in your body. People who have type 1 diabetes need to inject insulin into their bodies to survive.

TYPE 2: is primarily characterized by your body resisting insulin's effects. Insulin resistance is caused by genetic and environmental factors, such as a diet high in carbohydrates, inactivity, and obesity. Type 2 can be managed with lifestyle interventions and oral medication, but many may also need insulin to keep their blood sugar under control.

Type 1.5: can be triggered by damage done to your pancreas from antibodies against insulin-producing cells. Genetic factors may also be involved, such as a family history of autoimmune conditions. When the pancreas becomes damaged in type 1.5, the body destroys pancreatic beta cells as with type 1. If the person with type 1.5 diabetes also happens to be overweight or obese, insulin resistance might also be present.

Treatment: Metformin can work to manage the symptoms until your pancreas stops making insulin. Typically the progression to needing insulin is much faster than with type2, and the response to the medication for lowering the blood sugar levels is poor. Testing: a fasting plasma glucose test, an oral glucose tolerance test, a random plasma glucose test. Your blood can also be tested for the specific antibodies that are present when the type of diabetes you have is caused by an autoimmune reaction in your body.

Insulin treatment is the preferred treatment method for type 1.5. There are many different types of insulin and insulin regimens. The dosage of insulin may vary daily, so monitoring your glucose levels through frequent blood sugar testing is essential.

Written: Kathryn Watson & Soo Rhee, MD April 13, 2022

Resource: <https://www.healthline.com/health/type-1-5-diabetes#prevention>

Messengers of Hope Advent 2022



Wednesday, Nov. 30 at Noon and 7:00 pm.
Messenger of Hope in Unbelieving Doubt
Luke 1:5-25

Wed., Dec. 7 at Noon and 7:00 pm.
Messenger of Hope in the Fear of the Unknown
Matthew 1:18-25

Sun., Dec. 11 at 6:00 pm.
The Light Has Come - A Christmas Cantata

Wed., Dec. 14 at Noon and 7:00 pm.
Messenger of Hope is the Seemingly Impossible
Luke 1:26-38

Wed., Dec. 21 at Noon and 7:00 pm.
Messenger of Hope Empowered by the Arm of the Lord
Isaiah 52:7-10



Sat., Dec. 24 at 6:00 pm - Children's Christmas Eve Program

Sat., Dec. 24 at 9:00 pm - Christmas Eve Candle Light Service
Messenger of Hope Announces Peace

Sun., Dec. 25 at 10:00 am - Christmas Day
(no Sunday School/Bible Class)
Messenger of Hope Delivers Hope
John 11:1-8



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 DECEMBER

Listed by initial/last name to protect their identity.

ACOLYTES:

12/4 K Gerik (8:00am)
F Galler (10:30am)
12/7 M Ehlers (Advent, 7:00pm)
12/11 K Rogers (8:00am)
J Vicha (10:30am)
12/14 R Tindle (Advent, 7:00pm)

12/18 Volunteer Needed (8:00am)
R Lassetter (10:30am)

12/24 Volunteer Needed (6:00pm)

12/24 Volunteer Needed (9:00pm)

12/25 Volunteer Needed (10:00am)

12/31 Volunteer Needed (7:00pm)

ELDER OF THE MONTH:

B Luedke

USHERS FOR DECEMBER WORSHIP

8am Worship: Group 9
10:30am Worship: Group 10
12/7, Advent Worship, 7:00pm: Group 9
12/11, Cantata, 6:00pm: Group 11
12/14, Advent Worship, 7:00pm: Group 10
12/21, Advent Worship, 7:00pm: Group 12
12/24, Children's Program, 6:00pm: Group 1
12/24, Candlelight Worship, 9:00pm: Group 2
12/25, Christmas Day Worship, 10:00am: Group 3
12/31, New Year's Eve Worship, 7:00pm: Group 4

ALTAR GUILD

Group 4: J Morgan, K Schwarz, K Kubitz, A Breton

ALTAR FLOWERS:

12/4 J & K Lamar
12/7 OPEN
12/11 N Youmans
12/14 OPEN
12/18 R & L Turnbough
12/24 D Bracciale
12/24 D Bracciale
12/31 R & L Turnbough

NURSERY VOLUNTEERS

12/4 C Watkins (9:15am)
P Price (10:30am)
12/11 L K Jander (9:15am)
L J Jander (10:30am)
12/18 J & R Reinke (9:15am)
J & R Reinke (10:30am)
12/25 J & R Reinke (10:00am)



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 50 angels this year to bless!
We ask that ALL gifts BE UNWRAPPED and returned to the church by Sunday, December 11, 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 11.





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.

St. Paul Lutheran
Church Choirs Present:

The
Light
has
Come

December 11
at 6:00 p.m.
in the
Sanctuary

www.splcwaco.com



On Sunday, December 4, 2022 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 (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.



*The Church Office will be closed for the
Christmas Holidays
December 22, 2022
thru December 26, 2022.*

We wish you all a very Merry Christmas!

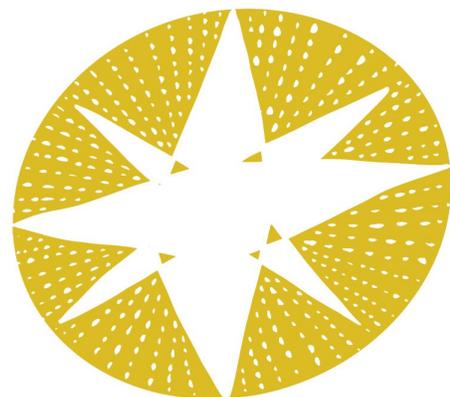
ST. PAUL SENIOR ADULTS will come together for a fellowship lunch on **Wednesday, Dec. 14, 2022, immediately following our noon Advent worship.** All are invited to join us for this time of fellowship! *Desserts are appreciated for the luncheon.* If you have any questions, please call the church office (254.799.3211).



?? ? Bible Quiz ? ?

Complete this Bible verse: "The (1)____ (2)____ in the (3)____, and the (3)____ has not overcome it."

- A. (1) Word; (2) speaks; (3) silence
- B. (1) light; (2) shines; (3) darkness
- C. (1) kingdom of God; (2) reigns; (3) world
- D. (1) Spirit of God; (2) shines; (3) world
- E. None of the above



Answer: B (See John 1:5.)

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 continue their study about God the Holy Spirit, "Blowing in the Wind."

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)

A meeting for all high school age students, and their parents will be held on Sunday, December 4, immediately following the 10:30 a.m. worship service (the church will provide sandwiches, attendees are asked to bring side dishes). This meeting seeks the essential input of our high school students for upcoming youth group needs, activities and special activities for the coming year. All families of students in grades 9-12 are welcome to attend. 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 will resume meeting in the Spring semester. 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 are currently finishing up the study, *The Story of Jesus: Experience the Life of Jesus as One Seamless Story*. They will begin a new study on Hebrews in a few weeks.

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. *These classes will break for the Christmas holidays December 21 and 28. Classes will resume on January 4, 2023.*

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

Children & Youth Activities



CHILDREN'S CHRISTMAS EVE REHEARSALS:

- ✦ **Grades 1-8 Only**, Sunday, Dec. 4, 12:00 - 2:00 p.m.
(lunch provided)
- ✦ **Grades 1-8 Only**, Sat., Dec. 10, 10:00 a.m. - 12:00 p.m.
- ✦ **Nursery - 8th Grade**, Thursday, Dec. 22, 6:00 - 8:00 p.m.
(Christmas Party following)
- ✦ **Christmas Eve Program, Saturday, Dec. 24, 6:00 p.m.**

If you have any questions, please see Stephanie Boesche or Steve Randolph



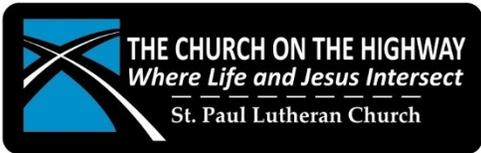
Family Ornament Sunday



All Sunday School children are encouraged to be in worship on Sunday, December 4, to help adorn the Sunday School Christmas tree in the Sanctuary with the ornaments that were created during our special event on Sunday, Nov. 20.



- ⇒ **Dec. 1** - City of Bellmead Christmas Parade, 5pm
- ⇒ **Dec. 4** - Sunday School Tree decorating, during worship;
Children's Christmas Eve Rehearsal/Lunch 12-2pm
- ⇒ **Dec. 10** - Children's Christmas Eve Rehearsal 10am-12pm
- ⇒ **Dec. 22** - Christmas Eve Program Rehearsal and Christmas Party at 6:00pm
- ⇒ **Dec. 24** - Children's Christmas Eve Program at 6:00pm



1301 Hogan Lane • Waco, Texas 76705

Phone: 254.799.3211

Fax: 254.412.0529

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**St. Paul Lutheran
Church Choirs Present:**

*The
Light
has
Come*

**Sunday, December 11
at 6:00 p.m.
in the
Sanctuary**

www.splcwaco.com