

# THE CHURCH ON THE HIGHWAY

*Where Life and Jesus Intersect*

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## St. Paul Lutheran Church

February 2019 Edition

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## From Our Senior Pastor

Rev. Larry Krueger

[pastorkrueger@splcwaco.com](mailto:pastorkrueger@splcwaco.com)

### What's Love Got To Do With It?

It's February. This is the month that brings us Valentine's Day and talk about love fills the air. But, honestly, in the world in which we live, how does love play into the reality of these days? The lyrics from the Tina Turner song first released in 1984, "What's Love Got To Do With It," probably capture the feelings of many when it comes to the topic of love. The lyrics of the refrain echo:

What's love got to do, got to do with it; What's love but a second hand emotion?  
What's love got to do, got to do with it; Who needs a heart when a heart can be broken?

For many, the reality of love is simply equated to the feeling of emotion in a relationship. When the emotions are feeling good and feeling right, then love seems like the most wonderful thing in the world. On the other hand, when emotions are running low and the feeling is fading, then love can seem like a major disappointment. Or, as the lyrics above express, "second hand emotion" or a heart that "can be broken."

However, love is more than emotion. And, quite honestly, love has everything to do with it... especially when we talk about the love that God has for and the love that God's people have for one another. For many of us the first Bible verse we probably memorized was John 3:16, "For God so loved the world that He gave His only-begotten Son that whoever believes in Him shall have eternal life." Now, that is love.

When one truly understands love, one understands that love is a gift from God. Love transcends emotion. Love is unconditional. It is a constant that flows from God to us and, in turn, flows from us to one another. In 1 John 4, this relationship is clearly explained:

[7] Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. [8] Anyone who does not love does not know God, because God is love. [9] In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. [10] In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. [11] Beloved, if God so loved us, we also ought to love one another. (1 John 4:7-11, ESV)

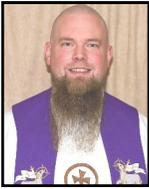
So, in this month when love fills the air, it may be true that some hearts may be broken. Some hearts may be filled with what seems like second hand emotion and disappointment. But, my prayer is that each of our hearts will be filled with the unconditional and unending love of God in Christ Jesus, our Lord. His love never fails. His love never disappoints. Because God has everything to do with us, we can know that love has everything to do with it!

Love God and love your neighbor,  
Pastor Krueger



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

Please note, Pastor and Sally Krueger no longer have their home phone number (254.981.4001). If you need to reach Pastor, please call his mobile number (254.715.1707).



## A Message From Our Associate Pastor

Rev. Matthew Hardaway

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

### Jesus In The Psalms - Psalm 9 (ESV)

<sup>1</sup> I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds. <sup>2</sup> I will be glad and exult in you; I will sing praise to your name, O Most High. <sup>3</sup> When my enemies turn back, they stumble and perish before your presence. <sup>4</sup> For you have maintained my just cause; you have sat on the throne, giving righteous judgment. <sup>5</sup> You have rebuked the nations; you have made the wicked perish; you have blotted out their name forever and ever. <sup>6</sup> The enemy came to an end in everlasting ruins; their cities you rooted out; the very memory of them has perished. <sup>7</sup> But the Lord sits enthroned forever; he has established his throne for justice, <sup>8</sup> and he judges the world with righteousness; he judges the peoples with uprightness. <sup>9</sup> The Lord is a stronghold for the oppressed, a stronghold in times of trouble. <sup>10</sup> And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.

We are currently gathered as the church in the season of Epiphany - the time where we get to walk alongside Jesus in our Gospel readings as He obeys His Father's Will. We walk alongside Him as he heals the sick, as He feeds thousands, as He casts out demons and just as importantly, as He teaches.

The Holy Spirit calls and we respond, "Let us ever walk with Jesus, Follow His example pure. Through a world that would deceive us and to sin our spirits lure." (LSB Hymn 685)

This world is very deceiving. All too often things can look just fine on the surface, innocent even, when in reality lurking underneath is sin. The world thinks it is best to have power, not just to defend yourself, but to attack if you feel justified. The world thinks it is best to have money and wealth, not just so you can have the basic necessities, but so you can, at the expense of others, have a gross over-abundance. Many times our sinful nature desires these things over and above the things of God.

When we are honest with ourselves, we fall prey to these worldly cares and our spirits are lured into it by sin. We are not left helpless and alone though. We are safe in the arms of Christ and His Church because "The Lord is a stronghold for the oppressed, a stronghold in times of trouble." (verse 9)

We will "suffer here with Jesus and with patience bear our cross." But, we suffer not as those who have no hope, or no joy, because we have the promise that "Joy will follow all our sadness; Where He is there is no loss."

Perhaps the greatest blessing of walking with Jesus is the comfort He brings in forgiveness and grace. Christ assures us through His Word that "Those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you."



## New Outreach Opportunity at Delta Inn

We are searching for people who would be interested in joining a group to begin an outreach program at the Delta Inn. We would like to get enough people trained for the program so that we could form teams of 6-7 people who would rotate by the month.

The program will involve:

- Meeting on 2<sup>nd</sup> Sundays at the Delta Inn across I-35 to conduct a chapel/Bible study.
- Visiting or playing games with the attendees.
- Sharing God's love and mercy in a relational way.
- Picking up and serving pre-ordered food.
- Cleaning up afterward and putting tables and chairs back into a trailer.
- Time commitment: 2-3 hours once a month or less if we get a number of people to rotate.

The program will be a part of the Outreach Mission of St. Paul working cooperatively with Tri-Cities Ministries.

Please prayerfully consider this opportunity to share the love and grace of God in our neighborhood!

Please sign and return this notice to Beth Hassell's mailbox or the church office by Sunday, February 10, 2019. If you have any questions, please contact Beth Hassell.



Name \_\_\_\_\_

Email \_\_\_\_\_

Phone # \_\_\_\_\_

\_\_\_\_\_ YES, I am interested in training to join the Delta Inn Outreach team.

\_\_\_\_\_ NO, I am sorry that I cannot participate at this time.



**“The righteous cry out, and the Lord hears them;  
He delivers them from all their troubles.” Psalm 34:17**

## *Lord, Hear Our 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 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, 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 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.
- † We pray for those serving in the mission field ... may God continue to bless and keep them safe as they minister to the world as an extended outreach of St. Paul Lutheran Church, Waco, Texas.

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?*

# Classes for All Ages

***Join us for Sunday morning Bible Classes at 9:15am each week:***

## **Adult Bible Class, in the Family Center**

This group is going through a study on the Gospel of Matthew.

## **Men's Bible Class, in the N4 Classroom**

This group is studying various topics, applicable to everyday life.

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

This group is going through a study titled, *The Armor of God*, by Priscilla Shirer. This study is more than merely a biblical description of the believer's inventory, is an action plan for putting it on and developing a personalized strategy to secure victory.

## **Nursery - Kindergarten (classrooms), Grades 1-6 in Parish Hall & classrooms**

Nursery-Kindergarten use Bible stories and fun activities to learn about their friend Jesus. Grades 1-6 meet classrooms for hands-on Bible curriculum about using their faith. Music time completes the weekly session.

## **Grades 7-12, in the Youth Room**

This age group is going through a tech-based Bible study.

## ***Other Bible Study Opportunities:***

## **Men's Tuesday Morning Bible Class, in the Parish Hall**

This group works through selected studies, meeting every Tuesday morning at 6:30am.

## **College Student Evening Bible Study/Fellowship**

This group will be meeting at 7:00 p.m. on Tuesday evenings at the Baylor campus.

## **Young Adults Bible Study**

This group meets on Thursday evenings at 6:30pm, at Panera at the Central Texas Marketplace.

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

This group meets on the first and third Wednesday of each month.

## **Sunday Evening Bible Studies**

These groups meet on the first and second Sunday of each month in host homes for a Bible study, a meal, and fellowship.

## **Youth Confirmation/Catechesis Training**

These classes meet on Wednesday evenings.

- Confirmation Classes for 7/8 Grade, 6:30-7:45pm
- Midweek School for 5/6 Grade, 6:30-7:30pm

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

**ST. PAUL SENIOR ADULTS** will come together for a Communion Worship service on **Wednesday, February 13**. Following our worship service, everyone is invited to join us for a fellowship luncheon. We are pleased to have the found of Friends for Life share about the organization during our lunch.

## ST. PAUL SENIOR ADULTS FEBRUARY BIRTHDAYS

A complete list of member birthdays is available in the church office.

We do not publish this information on our Web site out of respect for the privacy of our members.

# Servants for February 2019

Out of respect for the privacy of our servants, they will be identified by the initial of their first and last name only. If you have any questions, please contact the church office.

### Acolytes

#### **8:00am Worship**

Feb. 3 - C. E.  
Feb. 10 - H. H.  
Feb. 17 - T. L.  
Feb. 24 - L. K.

#### **10:30am Worship**

Feb. 3 - R. H.  
Feb. 10 - J. S.  
Feb. 17 - C. E.  
Feb. 24 - C. G.

### Nursery Volunteers

#### **8:00am Worship**

Feb. 3 - W. V./N. V.  
Feb. 10 - M. & B. G.  
Feb. 17 - S. C.  
Feb. 24 - M. & C. B.

#### **10:30am Worship**

Feb. 3 - M. L.  
Feb. 10 - K. H.  
Feb. 17 - K. D.  
Feb. 24 - C. & K. W.

### Altar Guild, Group 2

J. M. D. K.  
K. S. K. C.  
K. K.

#### Flower Chart

A. B.

### Altar Flowers

Feb. 3 - J. & C. B.  
Feb. 10 - K. S./K. O.  
Feb. 17 - S. & M. L.  
Feb. 24 - E. & E. G.

### Sunday Morning Greeters

#### **8:00am Worship**

Feb. 3 - J. & C. B.  
Feb. 10 - S. & M. L.  
Feb. 17 - A. & D. R.  
Feb. 24 - M. D.

#### **10:30am Worship**

Feb. 3 - M. G.  
Feb. 10 - M. H.  
Feb. 17 - R. & L. T.  
Feb. 24 - J. H.

### Elders of the Congregation

R. B., Elder of the Month  
T. J.  
T. H.  
D. M.  
L. P.  
B. S.

### Ushers for the Month

#### **8:00am Worship, Group 7**

R. S., Jr., Hd. H. P., Asst.  
B. S. H. S.  
L. S. M. P.

#### **10:30am Worship, Group 8**

V. N., Hd. P. P., Asst.  
D. P. D. T.  
D. G. G. H.



**Texas District Church Extension Fund:**

How can you save for tomorrow and help save souls for God with the same dollar? Invest that dollar with the Texas District Church Extension Fund (CEF). Every dollar you invest with CEF earns a competitive rate of return and provides low-cost construction loans to Texas congregations for buildings that help enlarge God’s kingdom of believers. Your investment is a wise personal savings plan that allows CEF to make loans that serve others and show God’s love actively.

<b>January Rates</b>	<b>(Fixed)</b>	<b>(Floating)</b>
One Year CD	2.40%APY	2.78%APY
Three Year CD	2.65%APY	3.03%APY
Five Year CD	2.91%APY	3.03%APY
Flex Savings		1.00%APY
Cong. Savings		1.26%APY



For more information call Texas CEF at 1.800.951.3478, online at [www.TexasCEF.org](http://www.TexasCEF.org).



**Attendance and Offering for January 2019**

**A complete list is available in the church office.**

**Official Acts for December 2018/January 2019**

**A complete list is available in the church office.**



## A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

### Osteoporosis – Part 2

This month I will address prevention, Calcium and Vitamin D intake, and treatment of osteoporosis.

**Prevention:** The keys to preventing osteoporosis are building strong bone and preventing bone loss. If your bones are strong to start with – both through genetics and lifestyle choices – you will be less likely to have problems when bone loss does occur. Although you have no control over genetics, you can choose healthy lifestyles.

Before age 35, you can take the following steps to build as much bone mass as possible and help slow the rate of bone loss later in life. 1. *Avoid smoking.* Calcium absorption is reduced in smokers and smoking lowers women's estrogen levels. 2. *Avoid heavy alcohol use.* Alcohol affects bones causing bone loss, and drinking also increases the chances of falling and breaking a bone. Experts recommend no more than two alcoholic beverages per day to keep bones healthy. 3. *Exercise and stay active.* Exercises or physical activity that place weight on your bones or increase the force of gravity against them can help maintain bone mass in young and middle-aged people. Exercise also helps you move more easily and keep your balance. A form of exercise that emphasizes balance training may be helpful in preventing falls. Always check with your doctor before starting any exercise program. 4. *Preventing falls.* Wearing low-heeled shoes, proper eyesight, well lighted areas, non-slip areas, handrails, grab bars, and light switches in easy access.

**Consider taking Estrogen.** After menopause, women lose bone mass when their ovaries stop producing the hormone estrogen. Estrogen helps keep calcium in the bones and maintains bone mass. Lowered estrogen level is a major cause of osteoporosis in women after menopause. All women who have undergone menopause should discuss estrogen therapy with their doctor. Estrogen replacement is one of the best ways for women to prevent fractures due to osteoporosis. Long-term estrogen therapy can reduce the risk of fracture by as much as 50%.

#### **A healthful diet is important in preventing osteoporosis: Calcium intake:**

Increasing your calcium and vitamin D intake not only affects bone density, but it also affects other body processes. Your body must have a certain level of calcium in your blood for muscle contraction, heartbeat, and normal blood clotting. Because these functions take priority over calcium's role in bone density, the body draws calcium from the bones to keep blood levels normal when calcium intake isn't enough. Most adults need 1,000 to 1,500 mg per day. **Sources of Calcium** are: fortified drinks, dark green leafy veggies, sardines, brazil nuts, almonds, and supplements. Getting 400 to 800 IU of vitamin D daily is also important. Vitamin D increases the amount of calcium your body absorbs. **Good sources of Vitamin D** are: sunlight, liver, fish oil, vitamin D fortified milk, and multi-vitamins/mineral supplements.

**Treatments.** Hormone (estrogen) replacement therapy. Medications that are specifically made to help slow down bone loss (e.g. Fosamax), restore bone density and improve bone strength are recommended.

Blessings

(Information taken from Arthritis Foundation booklet on Osteoporosis 2002)

## LWML Collection for Lutheran World Relief

On **Sunday, March 3**, the St. Paul LWML will collect personal care items for Lutheran World Relief. The following NEW items complete a personal care kit:



- Bath size bars of soap (8-9 oz. each - no travel size)
- Adult size toothbrushes in original packaging
- Sturdy WIDE tooth combs (no pick or fine-tooth combs)
- Metal nail clippers
- Towels, size 20"x40" and 52"x27" (light or medium weight, dark color recommended)

Please do not donation any items decorated with a US flag, patriotic or military symbols, or reference to the armed forces, including camouflage.

A donation of ANY of these items would be appreciated. You do not have to donate every item listed. If you would prefer to make a monetary donation, St. Paul LWML will use that money to purchase items for the kits (please make checks payable to: *ST PAUL LWML*).

All donations must be received by Sunday, March 3, in order to prepare them for shipping to Lutheran World Relief. Donations before Sunday, March 3, can be dropped off in Deaconess Krahn's office. You may contact Deaconess Krahn with any questions.

**VALENTINE'S  
DINNER  
+ SOCKHOP**

**FLASHBACK  
TO THE 50'S**

**SUNDAY  
FEBRUARY 10TH  
5:00 P.M.**

**\$12.50 PER PERSON**

*Burgers, Fries & Sundaes*

The Ol' Sew 'n' Sows Quilting Group we able to bless many with their talents and love in 2018!

- ❁ 376 Bed Runners to Hospice
- ❁ 65 Pillows to Hospice
- ❁ 75 quilts to adults and children
- ❁ 20 pillow cases
- ❁ 6 breast cancer pillows
- ❁ 10 fleece throws
- ❁ 28 bibs
- ❁ 19 blankets for infants
- ❁ 22 burp clothes

If you would like to learn more about how we are blessing others in our community, please come join us in the Parish Hall on Mondays, from 10am-3pm. If you have questions, please contact Pam Schulze.



While clearing out storage areas at church, we have come across several cases of the 50th Anniversary Christmas ornaments. We will have these available for FREE on Sunday February 3, and Sunday February 10. Please stop by the table in the foyer and take as many as you would like. If you have any questions, please contact the church office.

# Member Directory Update

We are working on and updated member directory! Please fill out the form below if you have had any changes since our last directory, such as moving to a new location, dropping your home phone or changing your contact information. The deadline to return this information is February 24 in order to make all changes, have the directory completed and in everyone's church mailbox by Easter. You can scan, email, fax, mail or drop-off the completed form to the church office.

This will be a contact directory only, not a pictorial directory. If you have any questions, please contact the church office: Phone: 254.799.3211, Fax: 254.412.0529, or email: [wecare@splcwaco.com](mailto:wecare@splcwaco.com).



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**Contact Changes for your family:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ (home) \_\_\_\_\_ (mobile)

Additional Phone: \_\_\_\_\_ (please identify: \_\_\_\_\_)

Email Address(es): \_\_\_\_\_

**Life Changes for your family:** (e.g. children who have married, moved, attending college, etc.)  
Please provide details and contact information below:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you have moved or changed your membership to another congregation, please provide information below so we can transfer your membership from St. Paul to that church.

\_\_\_\_\_  
\_\_\_\_\_

# Children & Youth Activities

email: board\_of\_ed@splcwaco.com

**REAL.PRESENT.GOD.**

**LCMS YOUTH GATHERING | Minneapolis · July 11-15, 2019**

## Help Sponsor our Youth Group

**Hello friends of St. Paul Youth.** We are excited to be able to attend the National youth gathering in Minneapolis this Summer. The youth have been preparing for this trip by attending Sunday school, Bible studies, doing fund raisers and service projects. We want to thank all that have given so far and realize that it is because of your generosity that we are able to take this trip and to learn Gods word in such an impactful and special setting.

We still need your help going further to be able to reach our fundraising goals to attend this event. We are starting a donation campaign that will allow members of the congregation to support our needs as they see fit.

**We are offering Donor opportunities at all levels and really need your support.** Please pick up a sponsorship packet from **Jerry Tucker** or in the **Sunday School office**. If you have any questions, please reach out to Jerry and he can answer those questions.



Starting Sunday, Feb. 9, the youth group will be collecting crosses for a special project in the youth room. We are asking for donations of crosses from the congregation. Our hope is to collect at least one cross from each family in the congregation. We will take any kind of cross that you feel inclined to give. These crosses will be collected until Mar. 3. If you have any questions, please contact Jerry Tucker. Thanks for your continued support.

The Boards of Children's Ministry & Youth Ministry will be cleaning and organizing the parish hall attic on Saturday, March 9, 2019.

If there is anything stored that should be kept, please let them know so it can be tagged to save.

Also, anyone who is interested in helping with this cleaning project should contact Kathy Schmedthorst.

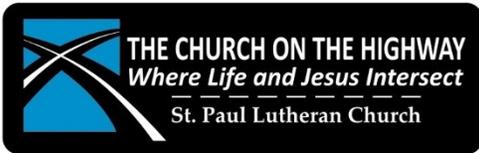
**VOLUNTEERS NEEDED!!** If any students are in need of community service hours for school, please contact Kathy Schmedthorst.



**SAVE THE DATE**

- 🔊 February 10 - Valentine Banquet
- 🔊 February 17 - NYG Lunch/Bible Study
- 🔊 March 9 - Attic Clean-up Day
- 🔊 March 10 - Circuit Youth 412 Event
- 🔊 July 11-15 - National Youth Gathering (Minneapolis, MN)

If you have questions, would like to volunteer to help with events, or have ideas to share for possible future events...please stop by the Sunday School office.



1301 Hogan Lane • Waco, Texas 76705

Phone: 254.799.3211

Fax: 254.412.0529

www.splcwaco.com

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February 2019 Edition



LOVE

Love is *patient,*  
love is *kind.*  
It does not *envy,*  
it does not *boast,*  
it is not *proud.*

1 Corinthians 13:4

