

THE CHURCH ON THE HIGHWAY

Where Life and Jesus Intersect

St. Paul Lutheran Church

January 2021 Edition



From Our Senior Pastor

Rev. Larry Krueger

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New Year's Predictions

Are you good at predictions? Many try to predict football scores, crop results, stock market ups and downs and many other things. But I am not sure how many would have predicted all of the experiences through which we have lived in the year of 2020. I have to admit, shelter-in-place, mask up, and social distancing were not even in my vocabulary, and much less things I was thinking about as we entered 2020. Nor did I think these would still be lingering as we enter 2021. But, here we are at the beginning of the New Year with each of these still looming in our midst. Yet there is one latecomer to the mix that has been added to our 2020 vocabulary...COVID-19 vaccine.

The difference of this latecomer than all of the others in the 2020 mix is that it brings something the others do not. That is hope...hope for an end to the mask wearing, the social distancing, and the general fear of contracting the COVID-19 virus. The predictions I am hearing is that a widespread vaccination program is bringing hope on the dawn of 2021. As the year unfolds, it will be of great interest to see if the predictions are correct and to observe how a COVID-19 vaccine changes lives and lifestyles of people in our country and around the globe.

I, for one, hope we do not have a prediction for another year dominated by a global pandemic as what we have been and are still experiencing. However, I do have a prediction of something that will not gain the attention of COVID in the New Year, but will wreak havoc throughout the global population. I predict that sin will still be rearing its ugly head causing hatred, discord, brokenness, etc. in people's lives.

As the Apostle Peter wrote, "Your adversary the devil prowls around like a roaring lion, seeking someone to devour" (1 Peter 5:8b, ESV). The devil will be doing what the devil does, lying, deceiving, tempting, and using all of his tricks to get people to act in ways contrary to God's Word and to heap upon them the guilt and despair sin brings into one's life.

This is one prediction we know will come true every year until the end of time. That is why Peter also wrote, "Be sober-minded; be watchful...Resist him, firm in your faith" (1 Peter 5:8a, 9, ESV). Can we stand in the face of temptation? Absolutely! We find recorded in 1 Corinthians 10:13: "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it." (ESV)

We also know the Apostle John wrote, as recorded in 1 John 2:1-2: "But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. [2] He is the propitiation for our sins, and not for ours only but also for the sins of the whole world" (1 John 2:1-2, ESV). That is great news! While there is no vaccine to prevent sin, the forgiveness of sins through Christ is the cure for our sin-sick world. This Gospel message brings us hope for a Happy New Year and God's blessings for all eternity.

These words of Peter reflect that hope: "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. [11] To him be the dominion forever and ever. Amen" (1 Peter 5:10-11, ESV).

Love God and love your neighbor,
Pastor Krueger



Sunday Worship
Streamed online at
10:30 a.m. at
www.splcwaco.com
or the church
[Facebook page.](#)



Don't Miss Registration Deadlines to go attend Camp Lone Star in summer 2021!

PIONEER CAMP AT CAMP LONE STAR: Pioneer Camp (Alpha: ages 8-12; Omega: ages 13-18) at Camp Lone Star for St. Paul campers will be July 11-16, 2021.

This year, the church is again covering the cost of camp for St. Paul campers. Therefore, St. Paul campers can attend camp at NO COST to them. A \$100 deposit will be required for each camper to guarantee a spot. After the camper actually attends camp, the deposit will be refunded back. **The \$100 deposit and camper pre-registration form** should be submitted the church office as soon as possible to guarantee a spot, as they fill up quickly. **(It is recommended to submit the payment and forms no later than January 31st, but spots could definitely fill up before that date.)** Forms are available from Patrick Ehlers (email address available in the church office) or email Cindy at the church office (wecare@splcwaco.com).

For families with younger children who may not be ready to attend camp on their own, there are also Family Camp opportunities on other dates (weekends). This is a great way for younger kids to get a taste of camp without having to go it alone the first time. If you have any questions about camp, please contact the church office (254.799.3211)

LWML COLLECTS STAMPS FOR MISSIONS!

What do you do with your cancelled stamps from your incoming mail? Do you put them with your recycling or in the trash? Did you know that you can donate your cancelled stamps?

LWML Texas District collects cancelled stamps to support Lutheran World Relief's PROJECT COMFORT, which provides funding for the shipping of quilts, kits and clothing to those in need around the world. Our own St. Paul group collects stamps for this effort.

We are asking you to contribute by giving us your used envelopes and postcards with cancelled stamps attached instead of discarding them. Stamps need not be trimmed from the envelopes but if you would care to trim them before donating to LWML please leave at least 1/4 inch around the stamp. Postcards can be donated whole. The only kind of stamps we cannot use are the white metered mail label that the post office attaches to your packages or those with bar codes. That means we do indeed take the non-profit and not for profit stamps that come on your junk mail. When in doubt just give them to us and we will happily trim and sort them. Just save stamps! You may place them in the acrylic collection box on the LWML table in the foyer. If they won't fit, just place them next to the box. Thank you for helping us with this endeavor. If you have any questions, you can see any of the LWML members.



A CALL COMMITTEE has been formed to begin the process of calling a Senior Pastor for the St. Paul congregation, as Pastor Krueger has announced his plans to retire at the end of November 2021. A special meeting of the Board of Directors was held December 14, 2020, for the purpose of electing the Call Committee. *The St. Paul Lutheran Church, Waco, bylaws state in Article III, Section A. Call*

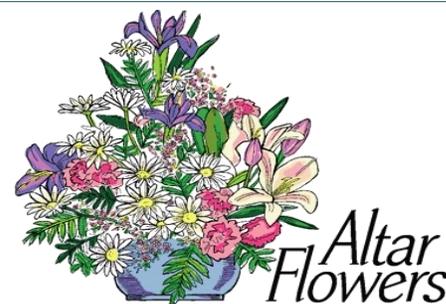
Committee - The Board of Directors shall elect a Call Committee. This Committee shall consist of twelve members: the Chairman of the Congregation, who shall be the chairman of the Call Committee, three Elders and eight members from the Congregation who are not at present members on the Board of Directors. If appropriate, the Circuit Counselor shall act as advisor. No person shall assume more than one of the aforementioned positions. The names of the Call Committee members shall be publicly announced in a regularly scheduled worship service and by mail to all the Congregation's members.

A complete list of the Call Committee members is available in the church office.

The Call Committee will keep the congregation informed of progress and requests that you keep them and the St. Paul family in your prayers throughout the call process.

Puzzle!

After looking up each Bible passage, find and circle the location in the word search. (If a verse lists more than one place, figure out which one is hidden.) Answers can be found horizontally, vertically and diagonally.



THE 2021 ALTAR FLOWER CHART has been posted in the Narthex as you enter the sanctuary.

If your family would like to place flowers on the altar to celebrate a special occasion or in remembrance of a loved one, please sign up on the flower chart in the Narthex as you enter the sanctuary.

ALL OF JANUARY IS OPEN!

Please contact the church office with any questions.

Genesis 2:15	S I D O N G N I L E S O
Genesis 11:9	J J O R D A N R I V E R
Genesis 35:1	E S G A A R C A N A A M
Exodus 13:18	R A E T B D C D B E O O
Ruth 1:1	U M T H B E T H E L F U
1 Kings 18:19	S A H E T N E A T N G N
1 Chronicles 11:4	A R S N Y O M N H I A T
Isaiah 23:1	L I E S R F M T L N L C
Isaiah 23:2	E A M D E E A I E E I A
Isaiah 23:3	M F A R S D U O H V L R
Jonah 1:2	G H N O A E S C E E E M
Matthew 3:6	I J E M B N A H M H E E
Matthew 4:18	T O W E R O F B A B E L
Matthew 26:36	
Luke 24:13	
John 2:1	
Acts 8:5	
Acts 11:22	
Acts 17:16	
Romans 1:15	



**“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 all nations as the battle to combat Coronavirus (COVID-19) continues. We pray for world leaders, healthcare workers, public service workers, and all those who have been affected by this disease. We pray for healing, patience, and calmness during this time of uncertainty.
- † 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.

How Can We Pray for You?



A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

A New Year = A New You?

Thanksgiving turkey coma over? Christmas cookies and candies gone? Are you feeling a bit let down (sugar high) and a bit plump? If so, I have a few tips for your New You! You can shed a few pounds and feel better, have more energy, look better, and get back into those clothes that “shrunk!”

One or two pounds a week is recommended for safety and long-term weight management.

1. Lower your carbohydrate intake by cutting back on refined carbs and replacing them with whole grains. This will reduce appetite, may reduce calories, and help that hungry feeling.
2. Eat more protein, healthy fats, and vegetables. Beef, chicken, pork, lamb, most seafood, and eggs are healthy proteins along with plant-based proteins. Healthy fats include olive oil and avocado oil. All vegetables are good for you, but leafy green veggies are exceptionally good. You can eat larger amounts without adding calories and carbs.
3. Move that body! Exercise, while not a must, can help you lose weight faster. Lifting weights helps increase burning calories and prevents metabolism slow-down. But, if lifting weights is not for you, just walking, jogging, running, cycling, or swimming is very beneficial.

What about calories and portion control?

Counting calories is not necessarily needed on a low carb eating plan. Sticking to higher protein, healthy fat and low carb vegetables should be adequate. Note that eating too few calories can be dangerous and less effective for losing weight.

9 Weight Loss Tips

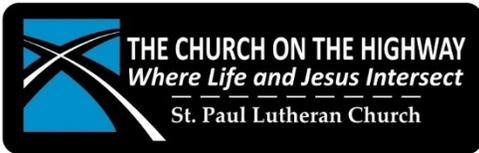
- ◆ Eat a high protein breakfast
- ◆ Avoid sugary drinks and fruit juice
- ◆ Drink water before meals
- ◆ Choose weight-loss-friendly foods
- ◆ Eat soluble fiber
- ◆ Drink coffee or tea
- ◆ Base your diet on whole foods
- ◆ Eat slowly
- ◆ Get good quality sleep



Not everyone who gains weight over the holidays will be able to shed those pounds as easily as others. But smaller portions and eating healthier are always good rules to follow when sitting down to a meal or grabbing and running to get your food between appointments. We all live too fast these days. Eating is something we should be able to enjoy. Eating more slowly will help you feel fuller faster and is better for your overall digestion. We are so blessed to have all these wonderful foods to choose from every day. Stop, give thanks, slow down and enjoy this bounty!

May God Bless your coming in and going out every day.

Resource: <https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible>



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Live-stream Worship on Sunday mornings at 10:30 a.m.

at www.splcwaco.com or on Facebook ([StPaulWaco](#)).

(Archived copies of Sunday morning worship are available on the web site.)