

July 2022 Edition

## A Word from the Board of Elders:

### INSIDE THIS ISSUE

TOPIC	Page
A Word from the Board of Elders	1
Welcome Senior Pastor	2
Deaconess Krahn article	3
Prayer List	4
Servants for the Month	5
Volunteers Needed	
Board of Elders cont'd	6
LWML Mite Box Sunday	
Church Officer Election	
Blood Drive	7
Senior Adults Worship & Luncheon	
Church Office Closed	
Classes for All Ages	8
Youth & Children News and Activities	9
Installation of Rev. Hesse	Back Cover

Since we have a new pastor, I'm reminded of this joke: *Meeting with his new pastor, a man asked if he could have a church service when he died. Of course, the pastor said grabbing his date book. What day do you want?*

In October 2021 we received notice that Pastor Krueger would retire in November 2022. This news surprised us and put a lot of concerns in the minds of all. The Board of Directors set up a call committee who went to work on the call process.

The Elders went into action and handled all of the Advent and Lenten worship services, and we asked for help from area pastors for our Sunday worship and special services. Throughout this time of vacancy the elders have been helping with worship services, visiting the sick and hospitalized, communing the shut-in members, teaching Confirmation class to prepare them for their Rite of Confirmation. Our Circuit Visitor, Pastor Kurt Rutz, has been also instrumental throughout this process. The elders have worked within areas that they have never had to before. The elders who led worship services felt it was a pleasure, even though we messed up...we could feel the Holy Spirit at work. All elders worked together well and all went to bat! Thank God we have a church administrator that took on herself to do so much during this process.

Tim Harrington and I were recently asked by a pastor, *"What uncertainties did the elders feel during this time before Pastor Hesse accepted the Call?"* We both agreed that we could not think of any uncertainties...all elders knew it was in the hands of our Lord...knowing His time is not our time...knowing He would provide...maybe teaching us all patience...and giving elders training in areas that they had no experience.

After we thought about this question, the areas where we feel uncertainties are...What can we do to get members back to worship after COVID days?...How do we get members and youth excited to come to worship, Bible class, and Sunday school?...How do we get youth to continue worship and Bible study after confirmation? We all feel the need to be an example for our congregation. I think we all have heard the old saying *"Don't ask anyone to do something that you wouldn't do yourself."*

In Proverbs 3:5-6: *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."* ... I think sometimes when we say we are seeking God's Will, what we are really wanting to say is: "OK God, here's what we're planning. Now we need You to rubber-stamp this and get us through."

*continues on page 6*

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



Rev. Brian and Janelle Hesse,  
Caleb & Cameron

# Please Welcome our new Senior Pastor

Join us in celebration  
on Sunday, July 24, at 4:00 p.m.  
for the Installation of Rev. Dr. Brian Hesse as  
Senior Pastor of St. Paul Lutheran Church.

Following the service, all are invited to attend a  
catered reception in the Albers Family Life Center.

*We respectfully request that the congregation members provide desserts  
for this meal (these can be dropped off on the morning of July 24).*

**Please register by Sunday, July 10,  
on the church web site ([www.splcwaco.com](http://www.splcwaco.com))  
or call the church (254.799.3211).**



## A Message From Our Deaconess

Dcs. Suzanne Krahn

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

### Osteoarthritis (OA)

OA is a form of a progressive degenerative joint condition inflicting pain that is caused by wear and tear on the joints. The cartilage that cushions the joints start to wear down, causing bones to rub together. Bone-on-bone action leads to inflammation of the joints. Most common affected joints are: arms, legs, fingers, wrists, knees, ankles, hips, and lower back.

Signs/Symptoms: pain, tenderness, joint stiffness (especially morning and/or after exercise or activity), abnormal sensations (grating, joint clicking, cracking, popping), loss of flexibility, and timing of discomfort (very specific to the stages of OA).

Process: when aging cartilage between the joints becomes worn, torn, and inflamed, it leads to loss of water in the joint causing the cartilage to become hardened. This hardened cartilage makes moving harder. The loss of cartilage is a slow process. It is categorized into stages.

- Stage 0: (Normal) normal joint health, no treatment, no pain or impairment.
- Stage 1: Very minor bone spur growth appears (bony growths where the bones meet). No compromise to the joint space, no or very minor discomfort, no treatment but your doctor might recommend an exercise routine to slow progression. Exercise: American College of Rheumatology and the Arthritis Foundation strongly recommends regular exercise such as: tai chi, walking, swimming, physical therapy, or a fitness class. Also balance exercise and yoga are recommended.
- Stage 2 (Mild): Mild condition of the joint. Slightly more bone spur growth, but cartilage is still a healthy size. The space between the bones is normal and there is no rubbing or scraping. The Synovial fluid is still present at sufficient levels with normal joint motion. Pain is beginning after long walks or running, greater stiffness if joint is not used for several hours, there is tenderness when kneeling or bending. Treatments are: exercise, weight loss, low impact aerobics and strength training, over-the-counter (OTC) pain relievers, i.e. Tylenol, Aspirin, Ibuprofen, braces, wraps, gels/ointments, capsaicin cream/gel, kinesthetic tapes.
- Stage 3 (Moderate): the cartilage is damaged, spaces are narrowed between bones. There is frequent pain and stiffness for extended periods. Treatments: non-pharmacological/OTC medications usually do not work, your doctor may recommend glucocorticoids (injections-cortisone, i.e. Zilretta, Solu-Cortef and prednisolone). Effects of injections last only 2-3 months, then needs to be repeated. Prescription medications (i.e. Ultram opioid, Cymbalta, and other narcotics).
- Stage 4 (Severe): great pain and discomfort in joints, inflamed, warm to touch, spaces much reduced to bone-on-bone, swollen. Treatment: usually surgery (i.e. bone realignment to shorten, lengthen, or change position of joint), Total Knee replacement (TKR) when damaged joint removed and replaced with a metal and plastic one. It takes months to recover with Occupational and Physical therapies, assistive devices.
- Advanced OA: the most severe chronic form of the disease. Affects hands, fingers, knees, hips, shoulders, low back, and neck.

There is no cure for OA or a way to reverse the damage. Joints are constantly swollen, inflamed, warm to touch, bones rub at joints. There is constant pain with movement and prevents normal activity of daily living.

Progression: The intensity depends on severity of symptoms and joints are effected, one's overall health, damage to joint, age, BMI (weight), if OA effects is greater than one joint. The causes of progression are genetics, weight, and past injuries. Treatment: OTC/Prescription medication, narcotics, injections, topical medications, heat/cold pads, and surgery. Advanced OA has significant impact on mobility and quality of life. Other options are regenerative therapies.

May the Lord Bless you and keep you always.

# Please Remember in Your Prayers:

- † We pray for continued healing for all those who have suffered physical problems in the last month (a complete list is available in the church office). We pray the Lord lay His healing hand upon them.
- † We pray for those on hospice care (a complete list is available in the church office). We pray Lord provide them comfort and peace.
- † We pray for all who are undergoing cancer diagnosis/treatment (a complete list is available in the church office). We pray the Lord keep His healing hand upon them.
- † We pray for all who struggle with ongoing health concerns (a complete list is available in the church office). We pray the Lord keep His healing hand upon them.
- † We pray for all who are home-bound (a complete list is available in 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 (a complete list is available in 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 (a complete list is available in the church office). May God grant peace and comfort to these families, through Jesus Christ, our Lord.
- † We pray for all those who have suffered loss due to the recent mass shooting events in our country, those who have suffered loss due to natural disasters, and those who are still seeking resolution in The Ukraine. May our gracious Lord be their hope and stay during the losses and rebuilding process.
- † Please continue to remember the Pastor Hesse and family as they prepare to move to Waco to serve the St. Paul family. Please also continue to remember Trinity Lutheran Church in Amarillo, Texas, as they begin the call process upon Pastor Hesse's departure
- † 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).

# SERVANTS FOR JULY

Those serving are listed by initial and last name only to protect their privacy.

## ACOLYTES:

- 7/3 K Rogers (8:00am)  
B Hays (10:30am)  
7/10 G Reinke (8:00am)  
H Hays (10:30am)  
7/17 H Gerik (8:00am)  
H Strickland (10:30am)  
7/24 Z Ferguson (8:00am)  
M Ehlers (10:30am)  
Z Ferguson (4:00pm)  
7/31 K Rogers (8:00am)  
B Hays (10:30am)

## ELDER OF THE MONTH:

B Kubitza

## USHERS FOR MAY WORSHIP

8am Worship: Group 11

10:30am Worship: Group 12

## ALTAR FLOWERS:

- 7/3 R & L Turnbough  
7/10 R & L Turnbough  
7/17 G & K Bode  
7/24 H & A Bush  
7/31 K & C Cohrt

## ALTAR GUILD

Group 3: S Mach, K Vicha, M Dutschmann, L Rogers,  
B Hassell, J Benton, S Lassetter

## NURSERY VOLUNTEERS

- 7/3 J & R Reinke (9:00am)  
P Price (10:30am)  
7/10 J & R Reinke (9:00am)  
J & R Reinke (10:30am)  
7/17 M & B Gerik (9:00am)  
S Cone (10:30am)  
7/24 C Watkins (9:00am)  
K & M Sjolander (10:30am)  
7/31 J & R Reinke (9:00 a.m.)  
J & R Reinke (10:30 a.m.)

## GUEST PASTORS FOR JULY:

- 7/3 Rev. Dr. Russell Hildebrandt  
7/10 Rev. Juan Zamora  
7/17 Rev. Ben Gonzales  
7/24 Rev. Dr. Brian Hesse (8:00am & 10:30am)  
Rev. Larry Krueger (4:00pm)



## **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 services such as funerals and weddings.

## FROM THE BOARD OF ELDERS CONTINUED:

We are reminded in 1 Thessalonians 5:18: *"In everything give thanks, for this is the will of God in Jesus Christ concerning you."* And in Isaiah 55:8-9: *"For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."*

The elders believe as a congregation we have **exciting times** ahead of us with the leadership of Pastor Hesse. We pray that everyone will give him their **full support** and not say, *that's not the way we have done in the past*. **The past is history...let us all look toward the future...**with prayer and thanksgiving and not complaining about the way things may change!

We pray that in this new chapter of our congregation and in Pastor Hesse's new chapter of his ministry that we all rejoice, give thanks that our Lord has answered our prayer by guiding Pastor Hesse and his family to us. Thanks be to God...**in His time, not ours!**

**Let us welcome Pastor Brian Hesse, Janelle, Caleb and Cameron!**

Thanks be to God,  
Bobby Luedke  
Board of Elders



## LWML Mite Box Sunday July 3, 2022

LWML will continue having regular Mite Box Sundays, the first Sunday of each quarter (January, April, July, and October). Please bring the contents of your mite box and place it in the display located in Mission Central in the church foyer. We suggest that you place your donations in a Ziploc bag. This way you can keep your mite box.

Don't have a mite box? You can pick up one at our display.

As always, all monies collected will be sent to LWML Texas District for Mission Grants. Check out our Mission Grants at [LWMLTXDist.org](http://LWMLTXDist.org).

Thank you for your participation! If you have any questions, please contact the church office or one of our LWML members.



**CHURCH OFFICER ELECTIONS** were held on Sunday, July 26. The results of that election are available in the church office. Please take a moment to thank those who have served the St. Paul family, and pray for those preparing to serve. The newly elected officers will be installed during a worship service in September 2022.



**Men's Club  
Blood Drive  
Sunday, July 31, 2022**

**Watch for a sign-up sheet in the church foyer.**

**Carter Blood Care will set up the Blood Drive Bus in the church parking lot.**

**If you have any questions, please see Don Savage.**

**Senior Adults  
Worship & Lunch**



**ST. PAUL SENIOR ADULTS** will come together for worship service with Holy Communion followed by a fellowship lunch at **11:00 a.m. on Wednesday, July 13, 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).

*The Church Office*

*will be closed*

*on Monday*

*July 4, 2022*

*in Observance of*

*Independence Day*



We will return on Tuesday, July 5  
at 8:00am.

# 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 month this class will enjoy special presentations from our guest pastors each week.

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

This class will continue their study of Scripture as it applies to everyday life situations.

## **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 - High School:**

Prayer, praise and worship all tie into the weekly Bible passage. Creative lessons and crafts keep kids engaged, and music teaches Scripture—all with life-changing results. All children—Nursery through High School—join together at 9:15 a.m. in the Music Room and Classrooms.

## ***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!***

# Children & Youth Activities



Thank you to everyone who cooked, served, taught, led music, helped setup/clean-up, volunteered, attended or prayed for Vacation Bible School last month! We especially thank Megan Harcrow for volunteering her time and talents to plan and run the program this year! We cannot manage these large events without those who give up their time, skills, and love for the St. Paul family! Thank you, thank you, thank you!!!



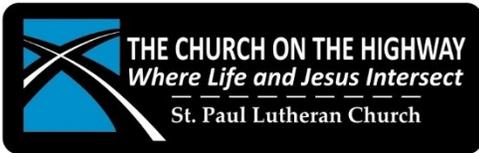
Shepherd's Heart mobile food distribution sets up once a month at St. Paul Lutheran Church from 10:00-11:00 a.m. We encourage any high school or college students that might have free time to join us for this outreach this summer; July 8 and August 5. We ask all volunteers to please arrive by 9:45 a.m. that morning. If you have any questions, please call the church office (254.799.3211) or see Bobby Luedke.

If you would like to learn more about Shepherd's Heart, please visit their website: [shepherdsheartpantry.org](http://shepherdsheartpantry.org)

## Mark Your Calendars:

- ◆ **7/4/2022** Church Office Closed in observance of Independence Day
- ◆ **7/9-13/2022** National Youth Gathering, Houston, Texas
- ◆ **7/24/2022** Installation and Reception for Pastor Brian & Janelle Hesse, Caleb and Cameron

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.



1301 Hogan Lane • Waco, Texas 76705

Phone: 254.799.3211

Fax: 254.412.0529

[www.splcwaco.com](http://www.splcwaco.com)

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July 2022 Edition



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Senior Pastor of St. Paul Lutheran Church  
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Following the service,  
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catered reception.  
Please RSVP by Sunday, July 10.

Please register at [www.splcwaco.com](http://www.splcwaco.com)