



# THE CHURCH ON THE HIGHWAY

## *Where Life and Jesus Intersect*

### St. Paul Lutheran Church

June 2022 Edition

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#### A Word from the Board of Elders:

With the break-in of the church near the end of April, there were many questions floating around: "Who was it? How did they get in? What did they take? How could someone steal from a church?" We know how they got inside and what they took, which was not much, but we are still left with several questions. This reaction is completely normal and understandable, but it is simply that: *a reaction*.

What could we have done to be proactive in preventing this event from occurring in the first place? While putting the plan in motion can be quite difficult, the idea for preventing this should be quite simple. Tell the world about God! The idea for this prevention plan stems from the question of "how could someone steal from a church?"

While I do not know the individuals who broke-in, I would guess they do not see our church in the same way that we do. They do not see it as the Lord's house. In fact, they may see it as just a building with tax advantages that does not contribute their fair share. Of course, we know the truth, but have we done everything we can to share this truth? "*Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,*" Matthew 28:19

Is it better for us to hire security guards, or to surround our church with an army of Christians? Do we put bars on the windows, or do we do a better job of inviting them through the front doors? Do we show anger towards these thieves, or do we show them compassion and forgiveness?

*"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."* Ephesians 4:32

We are all sinners and, as Christians, we know this to be true. We also understand what God has done for us through his Son. It is up to us to tell other people this Message, otherwise the only time they spend in church may be when they're stealing from it. I pray that, no matter who or why a person enters the church, they will always leave with the most valuable thing we have to offer: *the Word of God*.

Yours in Christ,  
Brandon Kubitz  
Board of Elders

**COME  
WORSHIP  
with us!**



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



## A Message From Our Deaconess

Dcs. Suzanne Krahm

Email: dcskrahm@splcwaco.com

### Fibromyalgia: Facts

Fibromyalgia (FM) is a chronic condition that causes widespread pain around the entire body. The pain stems from a problem in the way the nervous system processes the pain signals. Doctors cannot immediately diagnose FM due to the fact that pain is also a common symptom with many other conditions. It can take an average of 5 years to get a diagnosis.

Knowing the type and location of the pain and what the symptoms a person has can help the doctor arrive at an accurate diagnosis. Main signs and symptoms are pain and tenderness in the muscles and joints throughout the body. This pain can shift from place to place and must have pain longer than 3 months. The criteria for the diagnosis is very specific in the number of body parts and above a specific severity score on the pain scale. You cannot have another condition (like arthritis) that could explain the pain.

Symptoms: fatigue, lack of energy, trouble sleeping, depression and/or anxiety, memory problems, and trouble concentrating (also known as "fibro fog"), headaches itching, burning and other skin conditions. These symptoms may develop after psychological stress, physical trauma, an injury, or an illness. Other causes could be abnormal levels of chemicals, hormone imbalances, cytokines (secreted by cells in the immune system), genetics, other rheumatic diseases (Rheumatoid Arthritis, Osteoarthritis, lupus, ankylosing spondylitis).

Pain can be intense and constant to keep you home from work and other activities. According to the National Health Interview Survey, 87% of participants suffer pain almost everyday. FM can cause intense emotional symptoms. More than 43% have anxiety and depression severe enough to be medicated. FM fatigue is not an ordinary tiredness. It is a bone-weary exhaustion that drains the body of energy and turns every activity into a chore. About 90% of those diagnosed are affected with chronic fatigue; 40-70% have irritable bowel syndrome; 70% have regular tension or migraine headaches, often severe. Headaches stem from the head, neck, or shoulder muscles. Few have other unusual symptoms: excessive sweating, easy bruising, swelling, sensitivity to noise, light and temperature, jaw pain, chest pain, bladder pain, urgent need to urinate, food allergy symptoms like stuffy nose, wheezing, diarrhea or vomiting. FM can affect the entire body and have numerous types of pain. Pain and stiffness is generally worse in the morning and after exercises.

Treatments include: FDA approved medication like Cymbalta and Savella (antidepressants) and Lyrica (anticonvulsant) and their respective generics. Tylenol and Ibuprofen are short-term discomfort relievers. Alternative treatments include: relaxation therapy, Cognitive behavioral therapy, biofeedback, yoga, tai chi, acupuncture, Vitamin D, medical marijuana (more research is needed about the benefits of medical marijuana for FM), massage therapy, and new treatments are in development. You can visit [Fibromyalgia Center Watch](#) to find a clinical trial near you, if you are interested. Exercises can help if started slow and gradually increased in length and intensity. Physical therapy is also recommended.

The pain is real and obvious. Keep track of the symptoms in a diary to report them accurately to your doctor. There is NO cure, just treatment of life-long symptoms. No matter what wellness goals you may have, research evidence-based reviews and brand comparisons are in support in healthier living.



## ELECTION OF OFFICERS

**THE ST. PAUL NOMINATING COMMITTEE** has been formed for the Church **elections to be held on Sunday, June 26, 2022**. A list of those serving on the committee is available in the church office. The nominating committee will be seeking recommendations for the following offices:

- Congregation Secretary
- Chair Board of Building & Grounds
- Chair Board of Children's Ministry
- Chair Board of Fellowship
- Chair Board of Ushers
- Four Elders

The congregation may submit recommendations for these offices through Sunday, May 29, 2022. The slate of nominees will be introduced in both services on Sunday, June 19, with elections conducted in both services on Sunday, June 26, 2022. Please give prayerful consideration as to how you might use your talents in His service by serving the St. Paul family next year and please keep the nominating committee in your prayers.



## Senior Pastor Call Update

Rev. Dr. Brian Hesse has accepted the Divine Call to serve as Senior Pastor of St. Paul Lutheran Church. Please continue to remember the Hesse family as they prepare for this transition (they request your specific prayers over the remaining challenges in this time of transition: prayers for adequate housing, Janelle's employment opportunities and the transitions that come with switching high schools for Cameron); and remember the family of Trinity Lutheran Church in Amarillo, Texas, as they prepare to begin the call process upon Pastor Hesse's departure. His last Sunday to serve in Amarillo will be Sunday, June 26.

Once plans are finalized for Pastor Hesse's Installation at St. Paul Lutheran Church they will be shared with the congregation. If you have any questions, please call the church office (254.799.3211).

# 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 all those who lost loved ones in the recent tragedy in Uvalde, Texas. May our gracious Lord be their hope and stay during this time of sorrow and loss.
- † Please continue to remember the Hesse family as they plan their move to Waco; and remember the family of Trinity Lutheran Church in Amarillo, Texas, as they prepare to 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).

*How can we Pray for you?*



# SERVANTS FOR JUNE

Those serving are listed by first name & last initial only to preserve the privacy.

## ACOLYTES:

- 6/5 Kylie R (8:00am)  
Myla E (10:30am)  
6/12 Grady R (8:00am)  
Heather H (10:30am)  
6/19 Hayleigh G (8:00am)  
Hailey S (10:30am)  
6/26 Zachary F (8:00am)  
Wyatt W (10:30am)

## NURSERY VOLUNTEERS

- 6/5 Linda K J (9:00am)  
Adam & Jennifer T (10:30am)  
6/12 Chris W (9:00am)  
K & M S (10:30am)  
6/19 J & R R (both)  
6/26 M & B G (9:00am)  
T & A R (10:30am)

## ELDER OF THE MONTH:

Isaac C

## USHERS FOR MAY WORSHIP

8am Worship: Group 9  
10:30am Worship: Group 10

## ALTAR FLOWERS:

- 6/5 OPEN  
6/12 Mike & Sonya J  
6/19 Raymond & Norma S  
6/26 Billy & Tracie H

## ALTAR GUILD

Group 2:  
Sandy C, Sonya J, Dalores P, H G, Jim D

## GUEST PASTORS FOR JUNE:

- 6/5 Rev. Dr. Russell Hildebrandt  
6/12 Rev. Randy Haedge  
6/19 Rev. Dr. Russell Hildebrandt  
6/26 Rev. Dr. Russell Hildebrandt

## **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.

The Lawn & Building Maintenance Crew meets every Thursday morning to keep our church grounds looking good and the building in good working order. If you might be interested in helping with these tasks, please contact the church office (254.799.3211). All ages are welcome, so any youth or college students that need summer community service hours, please consider helping out at church!





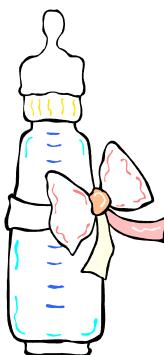
# The Texas Ramp Project

Building Freedom for the Homebound in Communities Throughout Texas

The St. Paul Men's Club has partnered with the Texas Ramp Project. They build home ramps in Waco and the surrounding areas. If you are interesting in joining on a ramp build or would like more information, please contact John B (phone number available in the church office). Most ramp builds happen on Saturdays, but there are weekday opportunities occasionally.



**Recent ramp built solely by St. Paul members.**



## Baby Bottle Boomerang ends on Father's Day, June 19, 2022

Baby bottles are available in the church foyer to fill with your loose change, cash, or check. **Please return your filled bottle by Father's Day, June 19.** All proceeds will directly benefit CareNet Pregnancy Center of Waco, Texas. If you have any questions, please see Beth Hassell. Why do we support the CareNet ministry? Because CareNet is on the frontline to affirm the Sanctity of Human Life right here in Waco.

**Psalm 139:13-16 ESV:** *For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.*

**CARENET**  
of Central Texas  
[www.PregnancyCare.org](http://www.PregnancyCare.org)



**It is that time again for the annual LWML Bake Sale on Father's Day, June 19.**

**We hope you will find your way to purchase goodies for yourself or your loved ones and use this as a mission opportunity.**

**Surely you know someone who needs a baked good. It could be a great open door to sharing the Gospel of Christ! You know it will be good! Yum!**

**Donation of baked goods greatly appreciated.**

**All proceeds will be used for mission opportunities.**

# 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!***

# Congrats Class of 2022

A complete list of the 2022 St. Paul graduates is available in the church office.

*MAY GOD*  
**BE GRACIOUS TO US  
AND BLESS US  
AND MAKE HIS FACE  
SHINE ON US.**

PSALM 67:1, NIV



# Children & Youth Activities



Each evening we will begin with a family meal at 5:15 p.m. in the Albers Family Life Center.  
Activities for ages Nursery thru Grade 6 will begin at 5:50 p.m.

You can register or volunteer here:



## Mark Your Calendars:

- ◆ **5/30/2022** Memorial Day, church office closed
- ◆ **6/19/2022** Father's Day
- ◆ **6/26/2022** Election of Church Officers during worship
- ◆ **6/26-29/2022** Vacation Bible School, Registration is open for volunteers and children
- ◆ **7/9-13/2022** National Youth Gathering, Houston, Texas

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.



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**CHILDREN ARE A HERITAGE FROM THE LORD,  
OFFSPRING A REWARD FROM HIM.**

PSALM 127:3

**Happy Father's Day!**  
June 19, 2022