



THE CHURCH ON THE HIGHWAY

Where Life and Jesus Intersect

St. Paul Lutheran Church

March 2021 Edition

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From Our Senior Pastor

Rev. Larry Krueger

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"REMEMBER WHEN WE HAD THE SNOW AND ICE"

As a kid growing up in Central Texas, I remember days on our farm when we would have sleet, snow and some really cold weather. I remember going down to the tank (*the country name for a pond*), and breaking the ice on the top with a pick ax so the cows could get to the water to drink. Those remembrances came rushing back to me in the middle of February when we were going through those multiple days of bitterly cold temperatures, sleet, freezing rain and snow. Actually, while I was writing this article there was about 3-4 inches of snow on the ground and freezing rain was in the forecast. I began to think, someday there would somebody else reminiscing and saying, "Remember when we had the snow and ice in 2021 and we didn't have electricity and water." We do tend to remember those kinds of memorable events in our lives, don't we? Such things are just not soon forgotten.

These reflections also reminded me of how we tend to remember the things that trouble us...tragic events, untimely deaths, enduring illnesses. I think the days of COVID-19 will not soon be forgotten. I read a news article the other day in which medical professionals from the Center for Disease Control were speculating that COVID-19 might actually become endemic. Endemic means that it may never really go away. Rather, like many other diseases, we will just learn to live with it like many of the other pandemics of the past (e.g. measles, polio, etc.), which are controlled through vaccines, changing lifestyles, etc. Some things are just that way.

My spiritual reflections in that regard lead me to remember sin and its unending effects. Because of our sinful nature ("in sin my mother conceived me," Psalm 51:5), sin is a part of who we are and what we are. Sin, and its lingering effects, are always with us. So, we repent of our sin in the confidence that "if we confess our sin, God, who is faithful and just will forgive our sin and cleanse us from all unrighteousness" (1 John 1:9). Forgiveness is great news!

Though forgiven, we sometimes still seem to dwell on our sins of the past. Guilt, which is the gift that keeps on giving, riddles our hearts and souls. It can gnaw at us day and night. We remember what we did. It is like remembering the snow and the ice, but, unlike the snow and ice that melts away, the guilt keeps on coming. We get buried under its weight. As the Apostle Paul wrote, "Wretched man that I am. Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord" (1 Romans 7:24-25).

The good news is that God says, "I will forgive their iniquity and I will remember their sin no more" (Jeremiah 31:34). When God forgives us, He no longer remembers our sin. We gain freedom from the guilt of our sin in those words. God remembers no more. Guess what, neither should we. We are forgiven, washed clean from our sin. In Baptism, we are made God's forgiven children. Through Confession and Absolution, our sins melt away. We may remember the snow and the ice, but we need not remember our sin anymore. Remember this: We truly have a merciful and gracious God!

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.



March 3 - Lenten Wednesday Worship

12:00pm & 6:30pm

Confirmation Class follows evening worship

March 10 - Lenten Wednesday Worship

12:00pm & 6:30pm

(Holy Communion at **Noon** worship; the monthly Seniors lunch will follow the noon worship service. Please RSVP for the lunch by noon on Fri., March 5.)

No Confirmation Class this week, Spring Break

March 17 - Lenten Wednesday Worship

12:00pm & 6:30pm

Confirmation Class follows evening worship

March 24- Lenten Wednesday Worship

12:00pm & 6:30pm

Confirmation Class follows evening worship

Election of Church Officers

The St. Paul Nominating Committee has been formed for the Church elections to be held on Sunday, April 25, 2021. A complete list of those serving on this committee is available in the church office.

The nominating committee will be seeking recommendations for the offices of Congregation Chairman, Treasurer, Chairman, Board of Youth Ministry, Chairman, Board of Stewardship, Chairman, Board of Outreach, and four Elders. The nominating committee was introduced in both services on Sunday, February 21, 2021, and will accept recommendations from the congregation through Sunday, March 7, 2021. The slate of nominees will be introduced in both services on Sunday, April 18, with elections conducted in both services on Sunday, April 25, 2021. *Additional information regarding the election day process will be provided in April.*

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.



The next step in the call process is developing a current pastor profile for our congregation. In order to help congregations collectively determine our current needs, a Pastoral Profile Survey has been developed by the Texas District. This survey is completed online, or a printed version can be completed and returned to the church office.

Members should have received details regarding the survey process and deadlines for completing the survey in the same manner as the monthly church newsletter (either by email or postage mail). The deadline for return of the surveys has been extended. **These are now due, as follows: Mail-in surveys are due on Feb. 28 and online surveys are due Mar. 7.** The online link to the digital survey is unique to St. Paul Lutheran Church, Waco. Members are encouraged to complete the survey as soon as possible. The results of the survey will be shared with the congregation. Then, members will have the opportunity to make nominations.

The results/ of the survey will be shared with the congregation. Then, members will have the opportunity to make nominations. If you have any questions, please contact the church office or one of the Call Committee Members (a complete list of those serving on the Call Committee is available in the church office).

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

We welcome Megan Harcrow to the St. Paul staff in the position of DCE Intern! Megan will be consecrated during our 8:00 a.m. worship on Sunday, March 14, 2021. We are very excited to have Megan join us as we serve the Lord!

Sunday School Resumes!

We plan to resume on-site Sunday School classes on Sunday, March 7, 2021!

Since our Sunday School classrooms cannot accommodate the suggested six foot social distancing protocols, we would ask that both teachers and children, nursery age thru 6th grade, remain masked the entire class time.

If you have any questions, please contact the Board of Children's Ministry Chair, Ashlee Peacock, or DCE Intern, Megan Harcrow.



A Message From Our DCE Intern

Megan Harcrow

Email: DCEMegan@gmail.com

I have been told that parenting is a walk in the park...Jurassic Park that is! Parenting is one of the hardest, but greatest jobs in the world. Children are a joy and quick to absorb their surroundings. This means we watch our language, our eating habits, all that we do around children. How we behave is quickly absorbed and reflected in our children's behavior. This also means that your children are taking their cues on faith and church life from you. Do you make prayer a priority? Is the church service looked forward to with anticipation, or dread? Making Jesus a priority in our lives is not just essential for our spiritual well-being, but those who surround us. Teaching your child to have a healthy and productive faith life is hard, harder in these unprecedented times.

Here are some quick tips for showing faith to your child, and growing it as well:

- Make attending church a priority each week. Online or in person.
- When in church, make listening and paying attention a priority. Explain to your child why we pray, sing, follow a service. Get them involved with learning.
- Model your faith for them, pray at meals, bedtime, in the car, in times of sickness and health. There is never a wrong moment to reach out to the Lord in prayer.
- Tell them Bible stories in fun and exciting new ways. Have them participate in reenactment, or telling the story to you.
- Help them understand that faith is not something that we make fit into our lives, but that leads our lives.

We all sin and fall short, and adding children to the mix of our daily struggles is not easy. But, the best advice I have ever been given was pray. Pray for your children, for their faith to grow, for yours to flourish. Also, be patient and kind and know all things take time. The grace of God surpasses all human understanding. He daily and richly blesses us and it is through Him we rise up and carry on.

Soli Deo Gloria,
DCE Intern Megan

LCMS Life Conference
MARCH 19–20, 2021

SAVE THE DATE

Making Disciples ➤ VALUING LIFE

Virtual LCMS Life Conference ~ March 19–20, 2021

ATTEND THE LCMS LIFE CONFERENCE — FROM ANYWHERE!

Though gathering is difficult these days, LCMS Life Ministry believes that proclaiming the truth of life's value from conception to natural death is as important as ever.

The first-ever virtual LCMS Life Conference will be held March 19–20. This virtual conference will enable anyone to join in — students, missionaries, church workers and congregation members from across the country and the world. It will feature livestreamed and on-demand videos, as well as interactive question-and-answer opportunities.

Learn about a distinctly Lutheran understanding of the sanctity of life from speakers, including:

- Rev. Dr. Matthew C. Harrison, LCMS president;
- Timothy Goeglein, Focus on the Family vice president of External and Government Relations; and
- Deaconess Tiffany Manor, director of LCMS Life Ministry.

Registration is open **NOW!** To register or learn more, visit lcms-life.org.



**"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 we continue to battle Coronavirus (COVID-19). 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.

SERVANTS FOR MARCH

These are listed by first initial and last name to protect the privacy of our members.

ACOLYTES:

3/3 J Holder (*Lent*)
3/7 E Mathis (8am)
H Hays (10:30am)
3/10 W Wolske (*Lent*)
3/14 E Amber (8am)
C Tindle (10:30am)
3/17 C Walden (*Lent*)
3/21 J Holder (8am)
B Hays (10:30am)
3/24 H Gerik (*Lent*)
3/28 H Strickland (8am)
Z Ferguson (10:30am)

ELDER OF THE MONTH:

B Strickland
USHERS
8am Worship: Group 1
10:30am Worship: Group 2
Lent Worship, 3/3: Group 7
Lent Worship, 3/10: Group 8
Lent Worship, 3/17: Group 9
Lent Worship, 3/24: Group 10

ALTAR FLOWERS:

3/3 **OPEN** (*Lent*)
3/7 J & M Lange
3/10 **OPEN** (*Lent*)
3/14 F & J Harper
3/17 **OPEN** (*Lent*)
3/21 L & C Graf
3/24 M/M G. Haverkamp (*Lent*)
3/28 S & L Shaw



A Message From Our Deaconess

Dcs. Suzanne Krahm

Email: dcskrahm@splcwaco.com

How Colors Can Help You Sleep?

Do you dream in black and white or in color? Most people say black and white. But did you know that a person hears in sonic hues of color: pink, white, brown or red, and black? According to scientists, sound waves produce colors determined by the energy of the sound signal. It is dependent on the energy being distributed over various frequencies, or the speed of sound.

Pink noise is all frequencies we can hear but the energy isn't equally distributed across them. It is more intense at lower frequencies, creating a deep sound, e.g. rustling leaves, steady rain, wind, and heartbeats. Pink noise sounds flat or even.

White noise is all audible frequencies, energy distributed equally over the frequencies. These create steady humming sound, e.g. whirring fan, radio/television static, hissing radiator, and humming air conditioner.

Brown noise (aka red noise) has higher energy at lower frequencies, e.g. low roaring, strong waterfalls, and thunder. Brown noise & white noise sound similar to the human ear, albeit brown noise is deeper.

Black noise is the lack of noise (silence or mostly silence).

You are probably asking, "Why do I care" or What's the significance here"? Well the type of color of noise determines how well you sleep and/or how fast you go to sleep and stay asleep. Scientists are studying the different color of sounds related to how well people sleep. Most people don't get enough sleep. Good amounts of sleep are essential to good health.

Sleep time resets your body and mind while resting. It helps the body to rebuild muscles and remove toxins in the brain, to keep the memory intact, to regulate your emotions, maintain your circadian rhythm or internal clock. Sleep deprivation can affect the body's ability to regulate appetite, immune system, metabolism, and body weight.

Everyone's body and sleep needs are individualized. While pink, white, or brown noise may help some improve their sleep, others prefer black or no noise to sleep well. The quality of sleep is just as necessary as the quantity of sleep. Generally, per official recommendations, adults need 7-9 hours of sleep every night. But if the quality of sleep suffers, it can produce negative mental performance compared to having a blood alcohol level of 0.06 (A DWI = 0.08+).

Tips for good sleep include:

1. Follow a regular schedule
2. Create a calming routine
3. Create a comfortable environment
4. Minimize caffeine, alcohol, and nicotine
5. Reduce use of electronics
6. Increase daily activity
7. Avoid large meals a few hours before bedtime.

Falling asleep in God's Word also helps!

May God Bless your coming in and going out.

Resource: <https://www.healthline.com/health/healthy-sleep/>

Altar Guild

**Volunteers
Needed**

The Altar Guild is in need of additional volunteers. Duties of the Altar Guild include changing vestments according to the church calendar and for special services, as well as filling the altar candles for worship services. During this time of pandemic there have been many changes to the health and availability of many in this group. If you would be interested in serving the St. Paul family and the Lord in this capacity, please contact Stephanie Mach or the church office (254.799.3211).



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We're on the Web:
www.splcwaco.com



Find us on:
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Search for [StPaulWaco](#) and like our page.



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.)



Easter Lily Orders

Members of the Altar Guild will be in the church foyer on **Sunday, March 14, and Sunday, March 21**, to take your orders for Easter Lilies to be used to decorate the altar area on Easter Sunday.

You will be able to dedicate your lily in honor or memory of a loved one and have that information printed in the Easter Sunday bulletin.

The cost will be \$10.00 per plant.

You may pick up your Easter Lily following Easter Sunday worship. Any lilies left will be disposed of the following week.