

March 2022 Edition

A Word from the Board of Elders:

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Greetings! It is really hard to believe that the Lenten season is upon us. Soon it will be Easter and we will be saying together, He Has Risen, He has Risen Indeed! It seems like we just celebrated Jesus' birth and the decorations have now been stored. But, before you know it, we will be smelling those Men's Club pancakes and sausage, and we will be celebrating the resurrection of Jesus Christ, our Lord and Savior on Easter morning. What a glorious day for Christians! It is what our faith in Jesus and our obedience brings us, everlasting life with our Lord God.

You will read in the pages ahead that the Elders will be presenting to the congregation a special Lenten study entitled, "Return to the Lord." It is a privilege and a great honor that we can maintain our worship services as lay persons. It has been a challenge for sure, and a learning experience of new duties. The unfortunate circumstances of currently not having a Shepherd for our flock, has blessed the Elders to find new capabilities and grow in our faith. We have has much encouragement, Christian love, and compliments from the St. Paul family. We thank you for your love and support. Part of your Elders new added duties are to call on our members who are unable to physically attend worship for one health reason or another. We have tried our best to make home and facility visits, delivering the Word of God and Holy Communion. These members watch on-line from home because of circumstances beyond their control.

We have all enjoyed the blessings of 'streaming' church into our homes on electronic devices, especially during the peak of COVID-19. Unfortunately, as church attendance numbers fade across the nation and online worship has become very convenient, it is important to remember why church attendance for you and your family matters so much.

You cannot serve the Lord from your sofa or recliner. You cannot have community of faith from your sofa or recliner. You cannot experience the power of a room full of believers worshipping together from your sofa or recliner. Christians are not consumers...we are CONTRIBUTORS. We do not watch...we ENGAGE, we GIVE, we SACRIFICE, we ENCOURAGE. We pray by laying hands on the hurting. We do LIFE TOGETHER.

The church needs YOU! Return to the Lord's house for worship and Sunday School. Your church family misses your presence! My the Lord touch your heart and show you the way.

In Christ's service,
Tim Harrington
Board of Elders



Sunday Worship: 8am & 10:30am
(10:30am worship is live-streamed at www.splcwaco.com)
Bible Class/Sunday School: 9:15am



A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

Hydrogen Water: What and Why?

Bet you thought water was just plain water. Some tastes better than others, but usually they are pretty well balanced in pH and free of most chemicals (harmful ones that is). Did you know that water now comes in Alkaline and Hydrogen forms as well? Why drink these waters? What is hydrogen water (my topic)?

There have been many benefits believed to have come about from drinking hydrogen water. Studies have been done, not all agreeing, not all the same results, but overall there is a consensus that there may be some benefits to drinking hydrogen water. What is it? Hydrogen water is generally purified water that is infused with excess hydrogen molecules. This makes this water rich in antioxidants that are capable of fighting various inflammatory conditions. Hydrogen water is widely consumed by athletes to improve athletic performance and some unique properties to almost every organ in the human body, i.e. brain, eyes, lungs, liver, and heart.

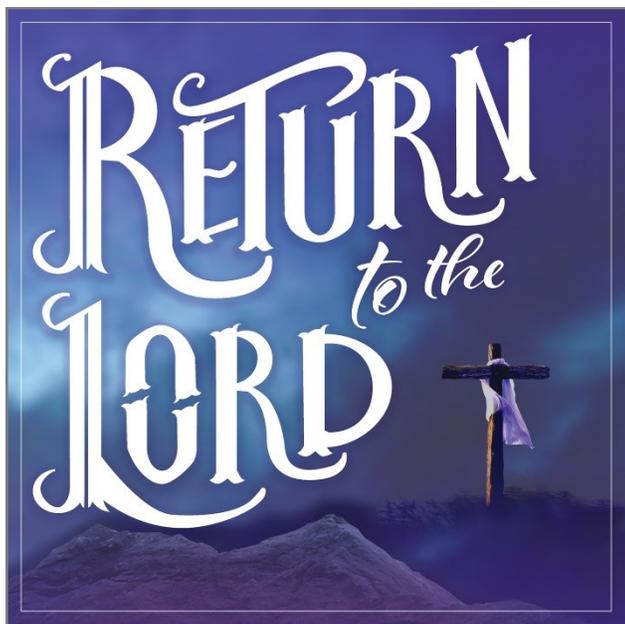
Here are 13 benefits for consuming hydrogen water: 1. Improves mood, 2. Promotes weight loss, 3. Regulates Blood Sugar levels, 4. Helps cancer prevention, 5. Promotes eye health, 6. Provides relief from Arthritic disease, 7. Promotes oral health, 8. Protects the skin, 9. Reduces muscle fatigue, 10. Protects the brain, 11. Prolongs lifespan, 12. Promotes pH balance, 13. Promotes wound healing.

- ♥ Mood – may help boost the levels of specific neurotransmitters like serotonin needed to elevate mood and reduce stress and depressive illness.
- ♥ Weight loss – boosts energy and may enhance metabolism
- ♥ Blood sugar – improves the metabolism of lipids and glucose, increases insulin sensitivity
- ♥ Cancer prevention – introduces more antioxidants into the body, helping neutralize free radicals
- ♥ Eye health – promote better vision, protect eyes from complications
- ♥ Arthritis – helps to alleviate symptoms of joint stiffness and swelling
- ♥ Oral health – reduce the free radicals, as well as bacteria, helping to reduce gum and tissue disease
- ♥ Skin – can reduce damage of skin cells, promotes production of type 1 collagen
- ♥ Muscles – buffer, reducing inhibitory action of lactate ions, speeds up recovery after exertion
- ♥ Brain – more oxygen to the brain cells, counters free radicals
- ♥ Lifespan – helps to reduce the impact of oxidative stress on the body
- ♥ pH balance – acidic blood supports growth of microorganisms causing lack of oxygen, may regulate and maintain good pH in blood stream
- ♥ Wound healing – more oxygen, less bacteria, also promotes good gut health

Hydrogen water is extremely safe for regular drinking. The only side effect may be reduction of stomach acid, impairing digestion a little bit.

Hydrogen water may be a little more expensive to buy than plain water but look at all the benefits listed and it is still less than prescription medications.

May God Bless you always!



Our Elders will be presenting a special study *Return to the Lord* during the Lenten season (March 2 - April 6). We will begin this weekly study on Ash Wednesday, March 2, 2022 with a 12:00 p.m. worship service, and a 6:30 p.m. worship service.

“Return to the LORD your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love; and He relents over disaster” (Joel 2:13). God’s invitation and promise finds its fullness in Jesus Christ, who personified and accomplishes all that God declares. Follow different events during the Passion, specifically focusing on the people that followed Christ, to see how God calls His people to return to Him this Lenten season.



Senior Pastor Call Update

The Call Committee is continuing to review and examine the candidates for the office of Senior Pastor for St. Paul Lutheran Church. If you have any questions about the Call Process, please contact Congregation President, Duane Schwarz. Please continue to remember the Call Committee (John Banta, Mark Borchardt, Darby Ehlers, Glenn Hurta, Eric King, Brandon Kubitza, Jeremy Lange, Jennifer Lynch, Charlie Morgan, Vickie Savage, Duane Schwarz, Brian Strickland) and the St. Paul family in your prayers during this time.

The Ol’ Sew ‘n’ Sow Quilters are making sure that the St. Paul family is aware that they are welcome to pick up lap quilts, adult clothing savers (aka adult bibs), and walker bags for themselves or family/friends. If anyone would like to find out more about what is available, please see Pam Schulze, Katherine Bode or any one of the quilters. You may also stop by the church office during office hours if that is more convenient.

Also, anyone that would like to learn more about our group is welcome to join us on any Monday in the Parish Hall. We meet from 10:00 a.m. until around 3:00 p.m. every week, and enjoy a time of devotion and sack lunch together at 12:00 p.m. (you can just come for the devotion and lunch). No sewing experience is necessary to join the fun and mission of the Ol’ Sew ‘n’ Sow Quilting Group!



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 continue our prayers for the Church Plant Team and the process of planting a new LCMS church in the Central Texas area. We pray the Lord continue to guide their paths and decisions to continue to grow and expand His kingdom.
- † Call Committee as they continue to prayerfully search for a senior pastor for St. Paul. We pray the Lord continue to guide their paths and decisions to continue to grow and expand His kingdom.
- † 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.



How can we Pray for You?

SERVANTS FOR MARCH

Volunteers are listed by initial only to protect their privacy.

ACOLYTES:

- 3/2 M E (Ash Wed., 6:30pm)
 3/6 G R (8:00 a.m.)
 H H (10:30 a.m.)
 3/9 B P (Lent, 6:30pm)
 3/13 K R (8:00 a.m.)
 H S (10:30 a.m.)
 3/16 H G (Lent, 6:30pm)
 3/20 Z F (8:00 a.m.)
 M E (10:30 a.m.)
 3/23 B P (Lent, 6:30pm)
 3/27 H G (8:00 a.m.)
 B H (10:30 a.m.)
 3/30 Z F (Lent, 6:30pm)

ELDER OF THE MONTH:

C M

USHERS FOR JANUARY WORSHIP

- 8am Worship: Group 3
 10:30am Worship: Group 4
 3/2 Ash Wednesday, Group 11
 3/9 Lent, Group 12
 3/16 Lent, Group 1
 3/23 Lent, Group 2
 3/30 Lent, Group 3

ALTAR FLOWERS:

- 3/2 C & H T (Ash Wed.)
 3/6 J & K L
 3/9 **OPEN** (Lent)
 3/13 H M
 3/16 K & C C (Lent)
 3/20 K & C C
 3/23 L & C G (Lent)
 3/27 R & S K
 3/30 G & J H (Lent)

ALTAR GUILD

Group 3:
 (a list of those serving is available in the office)

NURSERY VOLUNTEERS

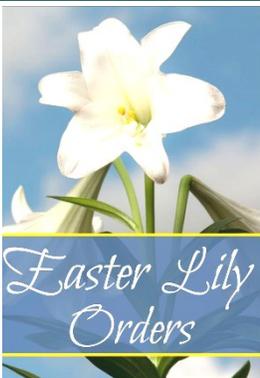
- 3/6 L W (Sunday School)
 K & H L (10:30 a.m. Worship)
 3/13 S P (Sunday School)
 D & P R (10:30 a.m. Worship)
 3/20 J & R R (both)
 3/27 H K (Sunday School)
 P P (10:30 a.m. Worship)

GUEST PASTORS FOR MARCH

- 3/6 **Rev. Gerry Harrow** - currently serving as pastor for the Gathering Lutheran Church Plant, Robinson, Texas
 3/13 **Elder, Bobby Luedke**
 3/20 **Rev. Alan Abel** - retired from Christ Lutheran Church, Lubbock, Texas. He currently resides in Central Texas with his wife, Audrey.
 3/27 **Elder, Tim Harrington**

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.



Members of the Altar Guild will be in the church foyer on **Sunday, March 27 and Sunday, April 3**, to take your orders for Easter Lilies to be used to decorate the altar area on Easter Sunday. The cost will be \$10.00 per plant.

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

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 meets on Tuesday evenings at 6:00 p.m. on Baylor campus (Rogers Hall, Room 207). They will continue studying the epistle of Romans.

Ladies Bible Study Group in the Conference Room

This group meets group meets in the Conference Room on the **First and Third Wednesday** of each month, this month classes will begin at 10:30 a.m. to allow everyone to opportunity to attend the noon worship services during Lent. They be finishing the study on the book of Philippians.

Sunday Afternoon Bible Study, in the Parish Hall

This group will meet again on Sunday, March 6, 2022 immediately following the 10:30 a.m. worship. They will be meeting in the Parish Hall, continuing the study *The Many Wonders of Heaven*. **Lunch will be provided for this meeting, RSVP is requested to properly prepare. If you have not RSVP'd, please call the church office as soon as possible.** This study is downloadable content, so if you would like to have materials emailed to you, please contact Cindy in the church office (printed copies may be available through the church office at a later date - once the copier is repaired).

Youth Confirmation/Catechesis Training (grades 5-8)

These classes meet immediately following our 10:30 a.m. worship (lunch will be provided). *(There will be no classes on Wednesday evenings)*. The Mid-Week class (grades 5-6) and Confirmation Class (grades 7-8) will enjoy **lunch together in the Albers Family Life Center**. Following the meal, grades 7-8 will study in the Youth Room for class; and grades 5-6 will study in the Conference Room for study. If you have any questions, please contact the church office or see one of the Elders.

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



Spring Tea

SAVE THE DATE: Saturday, May 7, 2022

We are looking for ladies to host tables and gentlemen to do the serving.

Please watch for sign up sheets for hostesses and servers posted soon in the church foyer.

Our theme this year is "In Our House..."

If you have any questions, please contact Beth Hassell or Kayla Kubitza.



Daylight Saving Time will begin on Sunday, March 13, 2022.

Remember to set your clocks ahead on hour before going to bed on Saturday, March 12!



The Central Texas Zone invites all women to the Spring Event 2022! The theme of the event is "and the Greatest of these is Love" 1 Cor. 13:13b. The speaker will be Rev. Gerry Harrow, of Gathering Lutheran Church Plant in Robinson, Texas. **We will meet at Immanuel Lutheran Church, Clifton, Texas on Saturday, March 26, 2022.** Registration begins at 8:30 a.m. with the event beginning at 9:30 a.m.. Cost is \$10 per person. The ladies of Immanuel Lutheran will provide a light breakfast and lunch following the meeting. **Please RSVP to Debbie Rollins at 254.749.0642 by Wed. March 23.**

An ingathering for Shepherd's Heart Robinson Food Pantry (Hamburger Helper, Pancake Mix, and Stuffing Mix).



A wonderful washing

David's prayer of repentance reveals a desire to be cleansed of his sin.

Directions: Unscramble the words on the left. Then match them with the correct phrases from Psalm 51 (NIV) on the right.

ETRC AE _____	_____ out my transgressions (v. 1)
HS AW _____	_____ away all my iniquity (v. 2)
RSEER OT _____	_____ me with hyssop, and I will be clean (v. 7)
WNER E _____	_____ me, and I will be whiter than snow (v. 7)
TL BO _____	_____ your face from my sins (v. 9)
DI HE _____	_____ out all my iniquity (v. 9)
NAT RG _____	_____ in me a pure heart (v. 10)
LNSECA E _____	_____ a steadfast spirit within me (v. 10)
LB TO _____	_____ to me the joy of your salvation (v. 12)
WH SA _____	_____ me a willing spirit, to sustain me (v. 12)

Answer: blot, wash, cleanse, wash, hide, blot, create, renew, restore, grant

Washed clean

Make customized jelly soaps to banish dirt and grime.



What you need:

- 1 package unflavored gelatin
- $\frac{3}{4}$ cup very warm water
- 1 tsp salt
- $\frac{3}{4}$ cup gel body wash
- Food coloring
- Rubbing alcohol in spray bottle
- Silicone baking molds

What you do:

1. In a bowl, stir gelatin and warm water until dissolved.
2. Add salt, body wash and a few drops of food coloring. Stir.
3. Spray molds with rubbing alcohol (to prevent bubbles). Place molds on a tray.
4. Pour mixture into the molds. Refrigerate until set, about two hours.
5. Pop soap out of molds and store in an airtight container.

Children & Youth Activities

CHECK OUT THE CHILDREN'S MINISTRY RESOURCES FOR KIDS (AND PARENTS) ON THE ST. PAUL WEB SITE (WWW.SPLCWACO.COM).

On the Children's Ministry Web page click on "Children's Resources" to access these ministry resources for use with your children.

The resources include the following topics:

- † Devotions - Kids
- † Devotions - Parents
- † Coloring Sheets
- † Games
- † Crafts
- † Snacks
- † Kid-Friendly Things to do in Waco
- † At-Home Sunday School Materials



Planning has begun for the National Youth Gathering to be held in Houston, Texas, July 9-13, 2022. If your high school student is interested in attending, please watch for more information and meeting dates to be announced soon!

Fundraising opportunities are also being planned, so please do not miss out!

If you have any questions, please contact Jerry Tucker (contact information available in the church office).

?? ? Bible Quiz ? ?

All four Gospels tell of a woman anointing Jesus. Details vary; clearly, she isn't the same person in all accounts. In John, who is she?

- A. Jesus' mother, Mary
- B. Mary Magdalene
- C. Mary of Bethany (sister of Martha and Lazarus)
- D. None of the above

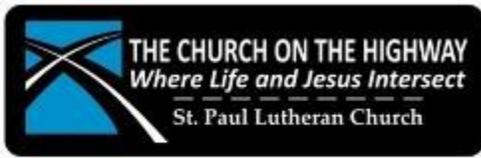


Answer: C (See Matthew 26:6-13; Mark 14:3-9; Luke 7:36-39; John 12:1-8.)



- ◆ 3/2/2022 Ash Wednesday
- ◆ 4/17/2022 Easter Sunday
- ◆ 7/2022 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 Ashlee Peacock or Jerry Tucker.



1301 Hogan Lane • Waco, Texas 76705

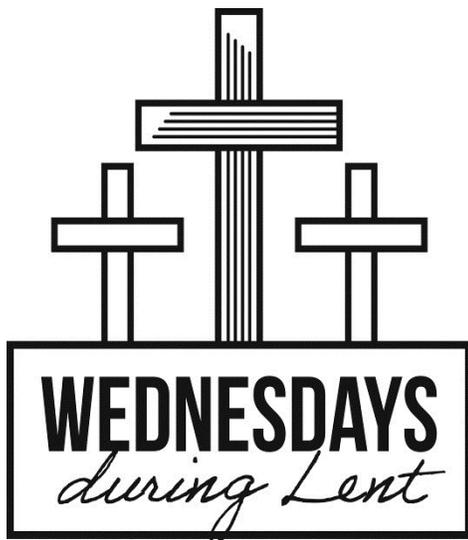
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March 2022 Edition



2022 Lenten Worship Schedule

March 2 - Ash Wednesday Worship

12:00pm & 6:30pm (Holy Communion, both services)

March 9 - Lenten Wednesday Worship

12:00pm & 6:30pm (Holy Communion at **Noon** worship; the monthly Seniors lunch will follow the noon worship service.)

March 16 - Lenten Wednesday Worship

12:00pm & 6:30pm

March 23 - Lenten Wednesday Worship

12:00pm & 6:30pm

March 30 - Lenten Wednesday Worship

12:00pm & 6:30pm

April 6 - Lenten Wednesday Worship

12:00pm & 6:30pm (Holy Communion at **Noon** worship; the monthly Seniors lunch will follow the noon worship service.)