

THE CHURCH ON THE HIGHWAY

Where Life and Jesus Intersect

St. Paul Lutheran Church

March 2023 Edition

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A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: pastorhesse@splcwaco.com



"Thy Kingdom Come"

During this season of Lent, we have been focusing and reflecting on the theme of God's Kingdom from the Prophet Zechariah. In our experience we don't often think about kingdoms. We live in a free country that is a democratic republic. We don't live our daily lives thinking about kings, queens or how they reign over us.

As it is there is enough that is constantly broadcasted to us about the politics and leadership of the world we live in. Much of it causes us concern. Some of those broadcasts are intentionally trying to spur to anger or action or both. All this clearly demonstrates that any earthly kingdom is prone and affected by sin. No matter how free we might be, we need God's kingdom to come.

We actually are constantly praying for God's Kingdom to come. Each time we pray the Lord's Prayer, we pray, "Thy Kingdom come." You might recall from your confirmation class, what this petition means. Luther taught us,

"The kingdom of God certainly comes by itself without our prayer, but we pray in this petition that it may come to us also.

How does God's Kingdom come?

God's kingdom comes when our heavenly Father gives us His Holy Spirit, so that by His grace we believe His Holy Word and lead Godly lives here in time and there in eternity."

With these words we can firmly trust that God has welcomed us into His Kingdom. The Holy Spirit works in our Baptism and through Word and through each reception of the Lord's Supper to bring us into a greater citizenship of God's Kingdom. Your feet may be planted firmly in the season of Lent, repenting of your sins. Your feet may be planted firmly in the realities of persevering through a sinful world. However, we know and can trust with blessed assurance that the Holy Spirit has brought us into the Kingdom of God. This is why Jesus sent His Holy Spirit to us, so that God's Kingdom might come and reign in our lives.

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Worship With US

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



A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: dcskrahn@splcwaco.com

12 Ways to Fix Your Sleep Schedule

We all have a 24 hour internal sleep-wake cycle that rotates between sleep and wakefulness, called the Circadian rhythm. Our internal clock is in the part of the brain called the hypothalamus. It responds to external cues that tell our body that it's time to go to bed. Our circadian rhythm gets thrown off track due to shift work, all-nighters, jet lag, traveling across time zones. But there are things we can do to improve our sleep hygiene and reset our internal clock. Here are 12 ways to work our way back to a good night's sleep.

1. **Plan your exposure to light.** In light, the brain stops producing the hormone melatonin, causing more alertness and wakefulness. Darkness tells the brain to produce more sleep hormone. Turn off the lights, or dim the lights, avoid glowing computers or cellphones or television.
2. **Practice relaxation.** When you're stressed or anxious the body produces the hormone cortisol, creating a negative effect on sleep. Try yoga, stretching, meditation, deep breathing, journaling, drinking caffeine-free tea or warm milk, or reading the bible.
3. **Skip Naps.** Avoid naps in the daytime. Napping may make it more difficult to fall asleep at night. If you must nap aim for less than 30 minutes, and best before 3:00pm.
4. **Get Daily Exercise.** Most tissues including skeletal muscle are linked to your biological clock. Exercise promotes Melatonin production.
5. **Avoid Noise.** A quiet environment is a must for good sleep. Remove TV, cellphones, or put them on silent. If you need noise, white noise can help, i.e. fan, air conditioner, humidifier, air purifier, white noise machine. Ear plugs work great also.
6. **Keep It Cool.** A cool bedroom between 60-67' F (15-19°C) will help you feel comfortable.
7. **Be Comfortable.** Be sure that you have a good supporting mattress and good supporting pillows. Mattresses should be replaced every 10 years, and pillows every 2 years.
8. **Eat Early.** The circadian rhythm responds to our eating habits. Eat at least 2-3 hours before bed, giving time for the food to digest. Don't eat too heavy a meal in the evening. Avoid caffeinated drinks and alcohol late in the day or evening.
9. **Keep It Regular.** Set a fixed time to go to bed each night, and get up at the same time every morning.
10. **Try Fasting.** When you eat and digest food, your internal clock knows that you're awake. Metabolism and circadian rhythm are closely linked. Skipping food before bedtime could help you fall asleep sooner. But don't go to bed hungry, this will disrupt that schedule also.
11. **Consider Melatonin.** Melatonin is the sleep hormone that regulates your sleep cycle. It is made in the pineal gland in the brain. This sleep supplement is over the counter. Always follow instructions and check with your doctor before taking the supplement as it may adversely interact with a medication that you are taking.
12. **Talk with your Doctor.** If still having problems sleeping contact your physician. You might have a sleep disorder and you may need to see a specialist.
13. Sleep is essential and important to good health. So get a good night's rest and stay healthy.

May the Lord Keep you always in the palm of His Hands.

Written by Kirsten Nunez, reviewed by Alana Biggers, M.D., MPH
Resource: <https://www.healthline.com/health/bed-routines>

Pastor Hesse continued:

This month we will come to the near conclusion of Zechariah's promises for you and me about God's Kingdom. We will anticipate the arrival of a blessed Easter. We will join the voice of Zechariah proclaiming to the world, **"Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your King is coming to you; righteous and having salvation is he."**

Welcome once again into the Kingdom of God!

In Christ's Service,
Pastor Hesse

LWML @ SPLC

The Lutheran Women's Missionary League was founded in 1942 making the organization 80 years old. To celebrate 80 years of Grace, LWML chapters were asked to plan an activity or project to reflect 80 years of service. We celebrated by giving LaVega Elementary a check for \$80.00 for their Book Vending Machine. Students earn a gold coin for good behavior to use in the vending machine to purchase a book. LaVega elementary principals expressed their ongoing appreciation for St. Paul Lutheran's generous support for their students.



Photographed from Left to right: Deaconess Suzanne Krahn, Karen Spross, Assistant Principal, Laura Klander, Principal, Shaunte Scott Stewart, Jacqueline Uptmore, and Assistant Principal, James Whatley and of course, the Book Vending Machine.

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 pray for all those in nursing care or assisted/independent living facilities, including: (a complete list is available through the church office). We pray the Lord will 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 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?

ST. PAUL SENIOR ADULTS will come together for a fellowship lunch following the **NOON Lenten Worship on Wednesday, March 8, 2023**. 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).

Servants for March 2023

All servants are listed by initial to protect their privacy.

ACOLYTES:

- 3/1 R Tindle (7:00pm)
 3/5 K Gerik (8:00am)
 J Vicha (10:30am)
 3/8 M Ehlers (7:00pm)
 3/12 K Rogers (8:00am)
 F Galler (10:30am)
 3/15 Volunteer Needed (7:00pm)
 3/19 Volunteer Needed (8:00am)
 R Lassetter (10:30am)
 3/22 R Tindle (7:00pm)
 3/26 K Gerik (8:00am)
 J Vicha (10:30am)
 3/29 M Ehlers (7:00pm)

LAY READERS

- 3/5 E King (8:00am)
 D Bracciale (10:30am)
 3/12 M Borchardt (8:00am)
 J Kersten (10:30am)
 3/19 B Luedke (8:00am)
 B Sunderman (10:30am)
 3/26 T Albers (8:00am)
 J Nawara (10:30am)

ELDER OF THE MONTH:

J Kersten

USHERS FOR MARCH WORSHIP

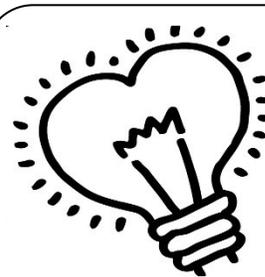
- 8am Worship: Group 5
 10:30am Worship: Group 6
 Wednesday Lent Worship, 3/1: Group 6
 Wednesday Lent Worship, 3/8: Group 7
 Wednesday Lent Worship, 3/15: Group 8
 Wednesday Lent Worship, 3/22: Group 9
 Wednesday Lent Worship, 3/29: Group 20
 Maundy Thursday Worship, 4/6: Group 11
 Good Friday Worship, 4/7: Group 12
 Easter Sunrise Worship, 4/9: Group 1

ALTAR FLOWERS:

- 3/1 J & S Mach (Lent)
 3/5 J & K Lamar
 3/8 C & H Tindle (Lent)
 3/12 OPEN
 3/15 F & J Harper (Lent)
 3/19 S Kuretsch
 3/22 L & C Graf (Lent)
 3/26 G & J Haverkamp
 3/29 OPEN (Lent)

NURSERY VOLUNTEERS

- 3/5 L Wolfe (9:00am)
 K & H Lindsay (10:30am)
 3/12 S Payne (9:00am)
 D & P Reinke (10:30am)
 3/19 J & R Reinke (9:00am)
 J & R Reinke (10:30am)
 3/26 H King (9:00am)
 R & P Price (10:30am)



**SERVE
 GOD
 GLADLY**



Daylight saving time begins, on
 March 12, 2023.
 Don't forget to set your clocks
FORWARD one hour
 so you don't miss Sunday School
 and Sunday Worship!

JOIN US FOR OUR LENTEN SERIES:



March 1: Lent 1 "It's Tool Time!" (Zechariah 1:18–21)
12:00 p.m. & 7:00 p.m.

March 8: Lent 2 "Silencing Satan" (Zechariah 3:1–10)
12:00 p.m. (with Holy Communion, Senior Adults Lunch following)
& 7:00 p.m.

March 15: Lent 3 "Who Will Take the Garbage Out?" (Zech.5:5–11)
12:00 p.m. & 7:00 p.m.

March 22: Lent 4 "First Secure Your Own Oxygen Mask" (Zech. 8:20–23)
12:00 p.m. & 7:00 p.m.

March 29: Lent 5 "The Redeemer's Refinery" (Zech. 13:1–2)
12:00 p.m. & 7:00 p.m.

April 2: Palm Sunday "Expectations Meet Realty" (Zech. 9:9-10)
8:00 a.m. & 10:30 a.m.

April 6: Maundy Thursday "Covenant Blood" (Zech. 9:11-12)
12:00 p.m. & 7:00 p.m.
(with Holy Communion observed during both services)

April 7: Good Friday "God is Dead" (Zech. 12:10-14)
12:00 p.m. & 7:00 p.m.

April 9: Easter Sunday "All Things New" (Zech. 14:8-11)
6:30 a.m. Sunrise Worship (pancake breakfast following)
8:00 a.m. Easter Worship
9:15 a.m. Sunday School & Bible Classes
10:30 a.m. Easter Worship



The St. Paul Men's Club will provide a pancake breakfast immediately following our 6:30 a.m. Easter Sunrise Worship service on Sunday, April 9, 2023.

A free-will offering will be accepted with proceeds benefitting a charity of the Men's Club's choice.

Please make plans to join us on Easter morning for worship and breakfast!

2023 ELECTION NOMINATING COMMITTEE: We have begun the nominating process to prepare for our church elections to be held on April 30, 2023. Recommendations for the offices to be filled will be accepted through Sunday, April 9, 2023. According to the church constitution and bylaws, any member of the congregation may submit names to the nominating committee prior to the date set and publicly announced by the nominating committee. There will be no names accepted after the closing date announced publicly by the nominating committee or from the floor at the time of election. The nominating committee shall meet and prayerfully review each description and examine the entire list of membership for people they feel have the spiritual and physical talents and gifts necessary for that task. The nominating committee will contact those potential candidates, explain the job description, identify and determine if the nominated person has the desire and qualifications for the position being considered. Recommendations may be turned into Pastor Hesse, Duane Schwarz, or any member of the nominating committee (*committee list available soon*).

Offices to be filled this election are:

- ❑ Congregational President
- ❑ Treasurer
- ❑ Chairman, Bd. of Youth Ministry
- ❑ Chairman, Bd. of Outreach
- ❑ Chairman, Bd. of Stewardship
- ❑ Elders (4 to be elected)



NEW LENTEN BANNERS: St. Paul Quilters have created new banners for the Lenten season. They are really long quilts! These were designed and created by several of the Ol' Sew 'n' Sow Quilters. The dark purple crosses are surrounded by shades of yellow in geometric rays, set against shades of purple blocks.

Classes for All Ages

Join us for Sunday School and Bible Class at 9:15 a.m. Sunday mornings

Adult Bible Study (Albers Family Life Center)

Through the season of Lent we will explore and unpack the Christ-centered themes from the Prophet Zechariah. This Bible Study will provide extra understanding to our Lent Sermon Series, "God's Kingdom Comes," as well as the opportunity for you to bring your questions. Join us!

Men's Bible Class (classroom behind the Parish Hall)

This class will continue their study of Scripture as it applies to everyday life situations. They will begin a new study soon, *The Messiah: Revealing Jesus in the Old Testament*. Follow along in this eight-session Bible study that works through all 39 books of the Old Testament and identifies crossovers between New Testament themes and ideas. Each day of this study includes an opening prayer before diving into the Old Testament, starting in Genesis and working in written order.

Ladies Bible Class (Conference Room)

This class is going through the study, *The Vine Speaks*, by Cindy Steinkbeck. *I am the vine; you are the branches. Whoever abides in Me and I in him, he it is that bears much fruit, for apart from Me you can do nothing.* - John 15:5. We are living branches of the Vine—Jesus Christ. We are grafted to Him; He nourishes us with His Sacrament. He speaks to us in His Word. Using imagery and metaphor of the vineyard, *The Vine Speaks* is a conversational Bible study rooted in Jesus' words in John 15. Each of these eleven lessons explores how Christ works in us by drawing lessons from the seasons of the vineyard, from the lives of the apostles, from the author's experiences, and from our own circumstances and perspectives.

Simply Loved, Nursery - Fourth Grade Students (classrooms)

Let's get back to the heart of what matters most! Simply help your kids love Jesus and each other. Every activity, song, and visual in Simply Loved is designed to help kids remember each lesson long after their children's ministry years. Simply Loved curriculum was created with the truth found in 1 John 4:7 in mind which says, 'Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God.'

XP3, Fifth - Eighth Grade Students (classrooms)

One Priority... "Love God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself." Matthew 22:37-38 This curriculum has three relational motives: Move kids to LOVE GOD by inciting Wonder; Move kids to LOVE LIFE by provoking discovery; and Move kids to LOVE OTHERS by fueling passion.

High School Students (Youth Room)

This group is currently meeting with the Adult Bible Study in the AFLC on Sunday mornings. They also meet monthly in the Youth Room for lunch, fellowship, and a time in the Word of the Lord immediately following the 10:30 a.m. worship service. If you have any questions, please contact Patrick Ehlers, Michelle Strickland, or Pastor Hesse.

Other Bible Study Opportunities:

College Student Evening Bible Study/Fellowship

This group on Monday evenings at 5:30 p.m. on the campus of Baylor University, Rogers 207. If you have any questions, please contact Karen Shelton or Pastor Hesse.

Ladies Bible Study Group in the Conference Room

This group meets in the Conference Room on the First and Third Wednesday of each month. They are currently going through a study on Hebrews, the *Faith Book*. **Next meetings are: March 1 at 10:30 a.m. and March 15 at 10:30 a.m.**

Youth Confirmation/Catechesis Training and Music (grades 5-8)

These classes meet on Wednesday evenings at 6:15 p.m. (for those students wishing to participate, music is offered beginning at 6:00 p.m.) Grade 5 meets in the Conference Room with Deaconess Krahn, Grades 6-8 meet in the Youth Room with Pastor Hesse.

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

Children & Youth Activities



EASTER EGG HUNT- Our hunt will be held on **Palm Sunday**, Sunday, April 2, during the Sunday School hour beginning at 9:15 a.m. Please meet in the Parish Hall. We will have two hunts available: a traditional egg hunt and a more challenging scavenger hunt. Bottled water will be provided. Please invite your friends and family. This event will also be advertised to the community. In the event of bad weather, all activities will be moved indoors.

VOLUNTEERS NEEDED- Volunteers are needed before and during our egg hunt on **Palm Sunday, April 2**. The actual hunt will take place during Sunday School beginning at 9:15 a.m. Volunteers are needed to hide eggs (during 8:00 a.m. worship), to greet participants, to manage the information booth/goodie bag table, and to generally help during the event. There is a sign-up sheet in the foyer, or you may also contact Angel Breton, Heather Hutchison or Kimberly Vicha.

WAVE THE PALMS - All children are invited to participate in the "Waving of the Palms" during the 8:00 a.m. and 10:30 a.m. worship services on Palm Sunday, April 2. For the 10:30 a.m. service, we will line-up immediately following the Easter Egg Hunt.

MARK YOUR CALENDARS! - Vacation Bible School will be held on Sunday, June 11 thru Wednesday, June 14, from 6:00- 8:00 p.m. A meal will be provided beforehand. Volunteers will be needed, watch for sign-up information soon!



WAVE THE PALMS

All children are invited to "Wave the Palms" on Palm Sunday, April 2, 2023 during our 8:00 a.m. and 10:30 a.m. worship services



Bible Bucks

NEW WAYS TO EARN BIBLE BUCKS!

- In support of LWML's Stamporee Project, for every five cancelled stamps turned in to the Sunday School office, kids will earn one Bible Buck. Please be sure to cut your stamps at least 1/4 inch around the stamp keeping the perforation intact.
- SHUT-IN GREETING CARD KITS- The Children's Ministry will be partnering with the Elders to provide homemade greeting cards for our shut-ins. Kids can stop by the Sunday School office to get a take-home greeting card kit. Simply use the enclosed supplies and idea sheet to create as many greeting cards as you want. Please return the kit when you are done, and you will earn \$1.00 Bible Buck for each specially made greeting card.

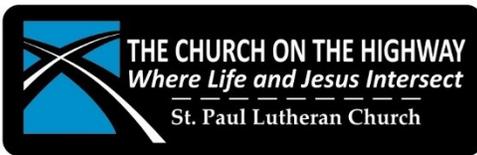
Reminder: The Bible Bucks Store is open each Sunday from 9:15 am to 9:25 am. **Here's how you can earn Bible Bucks:**

- \$1.00 Collect 5 canceled Stamps for LWML's Stamporee Project
- \$1.00 Create a Greeting Card for a Shut-In Using our Craft Kit
- \$1.00 Attend Sunday School
- \$3.00 Bring a Friend to Sunday School (\$3 for you and \$3 for Your Friend)
- \$1.00 Volunteer to Read in Sunday School
- \$1.00 Have a Birthday
- \$3.00 Participate in a Church Program

UPCOMING Events

- ⇒ March 1 - deadline for Camp Lone Star registration
- ⇒ April 2 - Easter Egg at 9:15am and children sing "Wave the Palms:" during worship
- ⇒ April 9 - Children's Sunday School classes will enjoy an Easter movie and snacks at 9:15am
- ⇒ April 30 - "Sunday School Rocks Event" (All Adult and Children's Sunday School classes will meet in the Family Center during the Sunday School hour as a church family to paint prayer rocks for a new, outdoor rock garden.
- ⇒ June 11-14 - Vacation Bible School (watch for more details coming soon!)

If you have any questions, please contact the church office or see Angel Breton, Kimberly Vicha, Heather Hutchison, Patrick Ehlers, or Michelle Strickland.



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March 2023 Edition



EASTER EGG HUNT

Sunday, April 2nd (Palm Sunday)

during Sunday School beginning at 9:15 am

**We will have two hunts available:
A Traditional Egg Hunt and A Scavenger Hunt**

We will meet in the Parish Hall. Bottled water will be provided.

Please invite your friends and family!

