



St. Paul Lutheran Church

The Church on the Highway

Loving others into the Love of Christ

March 2024 Edition

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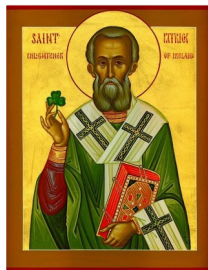


A Message From Our Senior Pastor

Rev. Dr. Brian Hesse

Email: pastorhesse@splcwaco.com

March 2024: The Festival of St. Patrick



In the month of March there is another well-known celebration day named in honor of a saint. March 17 is St. Patrick's Day. How do you celebrate St. Patrick's Day? Most of us will try to wear green. Some will go out and celebrate with special drinks or food (maybe green beer?). Do you know why we celebrate St. Patrick's day?

Patrick was born to his parents, Calphurnis and Conchessa, at Saul, near Kilpatrick, Ireland in the year 387. At the age of 16 he was kidnapped by Irish marauders and sold into slavery. His slave master, Milchu, was a druid high priest. Patrick was assigned to feed Milchu's animals and flocks. During the six years of Patrick's captivity, he would seek God and His love. He would also acquire and master the Celtic language. These six years became preparation for later ministry to the Irish people. After six years in captivity, church tradition holds that Patrick was prompted by an angel to run away and flee from his master and his slavery. Now free from a cruel master, he eventually found passage via ship to his home in Britain.

St. Patrick, upon returning home, pledged his life to service in the church as a response for the freedom God had given him from slavery. He prepared for ministry and later, at the request of Pope Celestine I, was returned to Ireland to bring those lands and communities into the fold of the church. Patrick was not the first to be given such an assignment, others had tried and feared the often-violent response of the Irish. As Patrick first arrived to Ireland the Druids immediately took up arms against him. Patrick sailed around to find a more peaceful place to start his mission. Eventually he landed at the place he had once been a slave. He presented to his former master a sum of money necessary to repay him for his freedom. It was here that Patrick would begin his ministry.

article continues on page 8



Sunday Worship
8am & 10:30am

Online: www.splcwaco.com

Bible Class/Sunday School
9:15am



A Message From Our Deaconess

Dcs. Suzanne Krahm

Email: dcskrahm@splcwaco.com

Burnout – And How to Stop It

The American Psychological Association (APA) has found that burnout is at an all-time high across numerous professions, stirred on by the COVID-19 pandemic and a potent mix of personal, professional, and health-related stress. The World Health Organization (WHO) calls it an “occupational phenomenon.” Although prevalent among caretaking professions, such as teachers and healthcare workers, burnout has become a broad symptom of overwork in difficult times.

This results in being overwhelmed for too long of a time. Burnout is much more than simply passing stress – it is an accumulation of tension, exertion, and hopelessness that is hard to identify. So what are some common symptoms or signs that you’re on the road to burnout?

Burnout is the result of chronic stress, usually (though not exclusively) workplace related. Dr. Josh Briley (clinical psychologist and fellow of the American Institute of Stress) says, “If the employee feels overwhelmed, under-appreciated, and powerless to make effective changes in their job duties, or workplace culture, then burnout is likely to occur.” Burnout can go far beyond the workplace and can extend into every aspect of your life, which can cause a drastic increase in likelihood of many serious medical conditions. Symptoms are likely to be anxiety, insomnia, or depression, with an increased risk of physical illness as well, i.e. high blood pressure, heart problems, hypercholesterolemia, and diabetes.

Here are some common signs of burnout:

1. Exhaustion – physical and fatigue, simple tasks more burdensome, more tired than usual, hard to get through the day and loss of energy.
2. Feeling of dread and lack of motivation – anxiety, even after a couple of days off from work, enthusiasm low and procrastination is another key sign.
3. Difficulty sleeping – contributes to burnout and burnout affects good quality of sleep causing cycles of restlessness and insomnia. This can lead to headaches, body tension, and stomach problems.
4. Inconsistent appetite – either loss of appetite or binging (craving sweets).
5. Cynicism and irritability – mood can be the first to plummet in the early stages of burnout which can coincide with decreased productivity and focus. This can lead personal and professional relationships to suffer.

What can be done to reverse burnout?

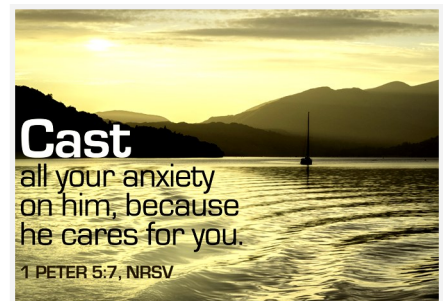
1. Rethink screen time – limit time on screens or devices, set limits.
2. Focus of self-care – exercise, meditation, healthy diet, disconnect from work, engage in joyful activities, spend time with those you love, and minimize the amount of time you vent about work.
3. Take a break – time off, vacation, leave of absence, and spend time in nature.
4. Talk with a mental health professional – talk therapy, state-funded or private and clinics have numerous ways to treat stress.
5. Be open to change – envision a different life, different relationship with work, look at the bigger structural changes you can make in your life, change jobs, reduce hours, or new responsibilities at work.

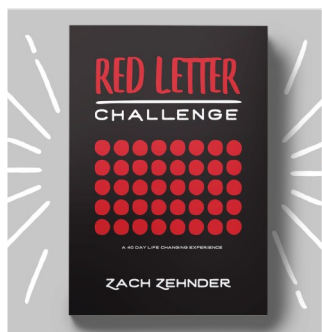
The Road to Recovery requires support from your employers, family, co-workers, and friends. Establish a new work-life balance and mindfulness practices that will benefit you.

May the Lord Bless and Keep you always.

Written by: Henry St Leger 5/2/23

Resource: <https://www.healthline.com/health/mental-health/signs-burnout-and-how-to-stop-it>





We continue our 40 day Discipleship journey, The Red Letter Challenge. ***Be sure to pick up a handy reading guide for the 40 day journey! These can be found at the welcome desk in the church foyer.*** This Lent season we will look to Jesus remembering what he has done for us. During this time of self-examination, we have an opportunity to make positive Christ-centered changes in our lives. In other words, looking to Jesus the Red Letter Challenge exists to help us live as a more effective followers of Jesus. During our journey together, the Red Letter Challenge will introduce to us a better understanding of this discipleship; the daily process of living out our faith. The Red Letter Challenge employs 5 principles to help us: Being, Forgiving, Serving, Giving

and Going. We will complete the entire 40 day journey by Palm Sunday, March 24! With our journey into Holy Week, prayerfully, we will be more equipped than ever before to share our Easter joy and hope with others around us. While many of us give up something for Lent...this year instead of giving up something I hope you will add the opportunity to be engaged in the Words of Jesus (the red letters of your Bible).

Feb. 28 - Lenten Wednesday Worship

11:00 a.m. & 7:30 p.m.

March 6 - Lenten Wednesday Worship

11:00 a.m. & 7:30 p.m.

No Confirmation Class this week, Spring Break

March 13 - Lenten Wednesday Worship

11:00 a.m. & 7:30 p.m.

(Holy Communion at **11:00 a.m.** worship; the monthly Senior Adults lunch will follow the 11:00 a.m. worship service.)

March 20- Lenten Wednesday Worship

11:00 a.m. & 7:30 p.m.

March 24 - Community Easter Egg Hunt

9:15a.m. (Easter Activities for ages Nursery thru 8th Grade)

March 28 - Maundy Thursday Worship

11:00 a.m. & 7:30 p.m. (Holy Communion, both services)

March 29 - Good Friday Worship

11:00 a.m. & 7:30 p.m.

March 31 - Easter Sunday

6:30 a.m. Sunrise Worship (followed by Men's Club Easter Pancake Breakfast)

8:00 a.m. Easter Worship

10:30 a.m. Easter Worship

Nominating Committee and Church Elections

The St. Paul Nominating Committee has been formed for the Church elections to be held on Sunday, April 28, 2024. A complete list of those serving on the nominating committee is available in the church office.

The nominating committee will be seeking recommendations for the following offices:

- | | |
|--|---|
| <input type="checkbox"/> Secretary of the Congregation | <input type="checkbox"/> Chair, Board of Building and Grounds |
| <input type="checkbox"/> Chair, Board of Children's Ministry | <input type="checkbox"/> Chair, Board of Fellowship |
| <input type="checkbox"/> Chair, Board of Ushers | <input type="checkbox"/> four Elders |

The nominating committee was introduced in both services on Sunday, February 18, 2024, and will accept **recommendations from the congregation through Sunday, March 10, 2024**. The slate of nominees will be introduced in both services on Sunday, April 21, with **elections conducted in both services on Sunday, April 28, 2024**. 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.



Easter Lily Orders

Members of the Altar Guild will be in the church foyer on Sunday, March 3, to take your orders for Easter Lilies to be used to decorate the altar area on Easter Sunday, March 31.

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 \$12.00 per plant.

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

Join us in
Celebration



Gathering Lutheran Church invites you to celebrate with them at their Chartering Service on Sunday, March 17, 2024 and 3:00 p.m. at their new location (635 N. Robinson Dr, Robinson, Texas 76706). Rev. Michael Newman, President of the Texas District of the Lutheran Church—Missouri Synod, will be preaching the service that day, and light snacks will be served following the service.

If you have any questions, please see Vicar Rory Fry or contact their church office at 254.300.1466.



Those who are scheduled to Serve at SPLC for March 2024

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

ELDER OF THE MONTH:

E King

ACOLYTES:

3/3 K Gerik (8:00am)
E Williams (10:30am)
3/6 R Tindle (7:30pm, Lent)
3/10 D Sterriker (8:00am)
C Gonzalez (10:30am)
3/13 B Petrich (7:30pm, Lent)
3/17 A West (8:00am)
L Breton (10:30am)
3/20 E Tindle (7:30pm, Lent)
3/24 M Schmedthorst (8:00am)
R Lassetter (10:30am)
3/28 F Galler (7:30pm, Maundy Thurs.)
3/29 D Sterriker (7:30pm, Good Friday)
3/31 F Galler (6:30am Sunrise)
K Gerik (8:00am Easter)
J Vicha (10:30am Easter)

LAY READERS

3/3 K Rogers (8:00am)
J Uptmore (10:30am)
3/10 B Luedke (8:00am)
T Elmore (10:30am)
3/17 T Albers (8:00am)
B Sunderman (10:30am)
3/24 J Nawara (8:00am)
J Lieb (10:30am)
3/31 B Dube (8:00am Easter)
J Uptmore (10:30am Easter)

SUNDAY MORNING GREETERS:

3/3 M Shelton (8:00am)
L Graf (10:30am)
3/10 J Springman (8:00am)
L Outlaw (10:30am)
3/17 B Moss (8:00am)
J Uptmore (10:30am)
3/24 E Pareya (8:00am)
K Bode (10:30am)
3/31 T Albers (8:00am Easter)
D Bracciale (10:30am Easter)

USHERS FOR WORSHIP

8am Worship: Group 7
10:30am Worship: Group 8
Mar. 6, Lent Worship: Group 10
Mar. 13, Lent Worship: Group 11
Mar. 20, Lent Worship: Group 12
Mar. 28, Maundy Thursday: Group 1
Mar. 29, Good Friday: Group 2
Mar. 31, Easter Sunrise: Group 3

ALTAR FLOWERS:

3/3 C & H Tindle
3/6 OPEN (Lent)
3/10 J & K Lamar
3/13 F & J Harper (Lent)
3/17 K & C Cohrt
3/20 K & C Cohrt (Lent)
3/24 D & T Albers (Palm Sunday)
3/28 OPEN (Maundy Thursday)
3/31 L Mitchell (Easter Sunday)

NURSERY VOLUNTEERS

3/3 L Wolfe (9:15am)
K & H Lindsay (10:30am)
3/10 S Payne (9:15am)
D & P Reinke (10:30am)
3/17 M Harcrow (9:15am)
P & K Gravitt (10:30am)
3/24 H King (9:15am)
P Price (10:30am)
3/31 **Volunteer Needed** (9:15am)
Volunteer Needed (10:30am)



Director of Youth and Family Ministry Call Update

As the call process continues as we seek God's guidance for our Director of Youth and Family Ministry. The SPLC Call Committee met on February 15 after the February 11 deadline for name submissions from the congregation. The Call Committee reviewed information related to the overall process and agreed to submit all names received to the Texas District office. The Texas District office has received those names and sometime over the next several weeks will return to us the official "Call List." In the meantime, the Call Committee plans to meet with Board of Director representatives for Youth and Children's Ministry to discuss any specific needs they desire for the call process and vetting of best candidates. The call committee will continue to keep the congregation up-to-date after the call list is received from the district office.

Please keep the call committee, and the St. Paul family in your prayers during the call process. We will share updates about the call process along the way, but if anyone has any questions please feel free to reach out to any member of the call committee.

LWML @ SPLC

Lenten Blessings!

Many thanks for your generosity for our LWML Mighty Mites Valentine Cookie Bake Sale. Our grand total was \$548.50. This dollar amount will be sent to the Texas District to help meet the \$390,000 goal for mission grants for 2022-2024 biennium.

The 2022–2024 biennium began on April 1, 2022.

2022–2024 Mite Goal	\$390,000
Mites Received	\$346,052
Total Mites Still Needed	\$43,948

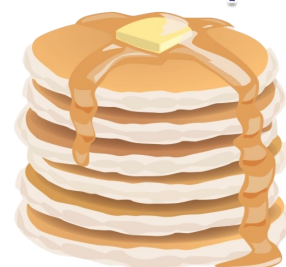
To start the new biennium, the 43rd Biennial Texas District LWML Convention will be held in Corpus Christi, Texas. June 13-15. At this convention mission projects for the new biennium will be voted on by delegates. You don't have to be a member of LWML to attend. Registration begins March 1, 2024. Here is the website, should you be interested:

<https://www.lwmltxdist.org/lwml-texas-district-conventions>.



LWML TEXAS DISTRICT CONVENTIONS
LWML Texas District 43rd Biennial Convention
June 13–15, 2024
 Omni Hotel Corpus Christi

Join us for the Annual Men's Club Pancake Breakfast Easter Sunday March 31, 2024



The St. Paul Men's Club will provide a pancake breakfast immediately following our 6:30 a.m. Easter Sunrise Worship service on Sunday, March 31, 2024.

A free-will offering will be accepted with proceeds to benefit future mission projects for the church and/or community.

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



Lakeview
Baptist

Lakeview
UMC

KICKBALL TOURNAMENT, FREE FOOD, AND FUN!



Hosted by:
Tri-Cities Ministries
Lakeview Baptist Church
Lakeview United Methodist Church



Saturday, March 16, 2024 at 11am at Live Oak Park

Tri-Cities Ministries is hosting a community kickball event with the Lacy Lakeview Police and Fire Departments on **Friday, March 16, 2024 from 11am-1pm** at Live Oak Park in Lacy Lakeview.

Join us for free food, games, and fun.
All are welcome!

If you have any questions, please contact Tri-Cities Ministries at 254.777.5229.

A special thank you to Jasper's BBQ, Shepherd's Heart, and SONIC Bellmead for providing the hot dogs, chips, and drinks!

Classes for All Ages

Please join us for Sunday School and Bible Classes at 9:15 a.m.

All of our Sunday morning Adult Bible Classes and Sunday School classes are following the Red Letter Challenge through Palm Sunday, March 24. This study will give us all a better understanding of the daily process of living out our faith. The Red Letter Challenge employs 5 principles to help us: Being, Forgiving, Serving, Giving and Going.

All classes will resume their previous studies after Easter.

Other Bible Study Opportunities:

College Student Evening Bible Study/Fellowship

This group meets on Monday evenings at 5:30 p.m. in the Rogers Engineering Building, room 207, at Baylor University. Please see Karen Shelton with any questions.

Ladies Bible Study Group in the Conference Room

This group meets in the Conference Room on the First and Third Wednesday of each month at 9:30 a.m. They are studying, "CHOSEN: A Study of Esther." In this study, see that God's presence is ever-abundant in your life, and that God gives you the courage to live fearlessly as Esther did. Learn the historical context of the Book of Esther to enrich your understanding of God's Word.

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

These classes meet every Wednesday. ***There will be no class on Wednesday, March 6 - enjoy Spring Break!*** Students in grades 6-8 meet in the Youth Room at 6:30 p.m. with Pastor Hesse, and students in 5th grade meet at 6:00 p.m. in the Conference Room with Deaconess Krahn. If you have any questions, please see Pastor Hesse.

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

Pastor Hesse's article continued:

Patrick's message of redemption was offered and greatly received by a number of people. One Druid Chief Dichu, who initially sought to kill Patrick, upon drawing his sword, his arm is said to have become as rigid as a statue. Dichu eventually converted to the faith seeking Patrick's instruction. The new faith moved Dichu to give Patrick a barn in which to do his ministry. After this, Patrick's old master gathered his treasures into his house and set the whole thing on fire, throwing himself into the flames. He could not tolerate being mastered by his former slave. Patrick continued his ministry and message of redemption in Jesus Christ. Often St. Patrick would use the clover to describe the nature of God. The color of green for St. Patrick's day is the color of Ireland. St. Patrick died in Saul, Downpatrick, Ireland on March 17, 493 having been credited for liberating the Irish from the oppression of Druidism and bringing them the redemption of Christ.

No doubt there will be opportunity for us to once again celebrate St. Patrick's Day. However, as we celebrate it is also an opportunity for us to bring witness to Jesus. St. Patrick's Day is a celebration of the church not just the Irish. So remember these words, "Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith." Hebrews 13:7

Children & Youth Activities

Community Easter Egg Hunt

Sunday, March 24, 2024, at 9:15 a.m.
(the Sunday BEFORE Easter)

Easter Activities for ages Nursery thru 8th Grade.

Two Egg Hunts:
Big Kid Challenging Hunt & Traditional Little Kid Hunt
Games to Follow

**Volunteers are needed! Please sign-up in
the church foyer as soon as possible.**

CAMP LONE STAR

Registration for Summer 2024
Camp Lone Star in LaGrange,
Texas is almost over!



Summer camp sessions are for youth ages 8-18. As in past years, St. Paul will cover the cost of a camp session for members of the congregation. The summer camp schedule can be found online at www.camplonestar.org. **A \$100 deposit (payable to St. Paul Lutheran Church) will be required** when registering, which will be refunded only after attendance at camp. For anyone interested in registering a student for a summer camp session, please **first** contact the church office, as a special code will be needed before you register online.

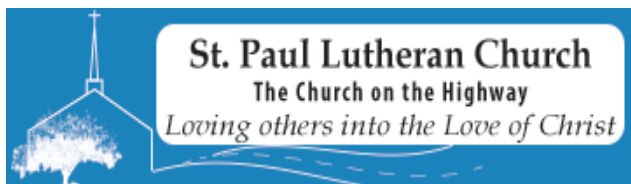
Registration should be completed BEFORE March 1, but be aware that some sessions may fill up well before that date.



IN THE WORKS

- ⇒ **Sunday, March 24** (Palm Sunday): Annual Easter Egg Hunt at 9:15 am. This will be a community event.
- ⇒ **Sunday, March 31: Easter Sunday**
- ⇒ **Sunday, April 14:** Outing Event (plans being finalized).
- ⇒ **Sunday, June 23 – Wednesday, June 26: VBS**, 5:00 to 8:00 p.m. ...more details and registration info in the Spring.

If you have any questions, please contact the church office.



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March 2024 Edition



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Follow us on Social Media:



March 28 - Maundy Thursday Worship

11:00 a.m. & 7:30 p.m.
(Holy Communion, both services)

March 29 - Good Friday Worship

11:00 a.m. & 7:30 p.m.

March 31 - Easter Sunday

6:30 a.m. Sunrise Worship (followed by Pancake Breakfast)
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10:30 a.m. Easter Worship