



THE CHURCH ON THE HIGHWAY

Where Life and Jesus Intersect

St. Paul Lutheran Church

May 2021 Edition

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From Our Senior Pastor

Rev. Larry Krueger

pastorkrueger@splcwaco.com

"Here I Stand"

On April 18, 1521, three and a half years after he nailed the 95 Theses to the church door in Wittenberg, Martin Luther made his historic stand at the Diet (official meeting) in the German city of Worms (pronounced "Vorms"). Accused of fostering heresy, he was directed by Emperor Charles V and other leaders to recant his teaching about the pure Gospel or face death. Now, 500 years later, that day and Luther's stance are still remembered. To that end, I share with you this official release from The Lutheran Church—Missouri Synod commemorating that historic day:

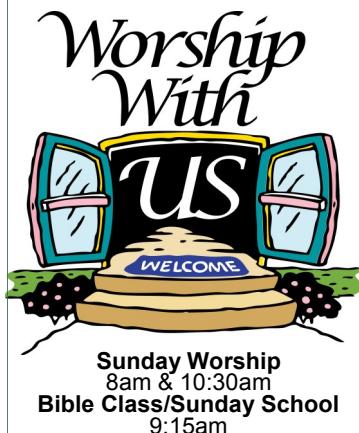


Luther's Answer at the Diet of Worms:

It could have all ended the evening of April 18, 1521. The sun was beginning to set on the city of Worms. The heat was stifling in the packed room of the bishop's palace where emperor, electors and German princes all waited with anticipation to hear the answer Martin Luther would bring. Would Luther recant? Would he retract what he had written and said against abuses in the church and against papal tyranny? Most of all, would he give up on the Gospel he had preached and taught, giving comfort and certainty to consciences in Christ?

"Martin, answer clearly and without any double-talk: Do you or do you not recant your books and the errors in them?" If Luther were to recant and admit that he was wrong, all would be well before the emperor and the Roman Catholic Church. On the other hand, if he did not recant, his own life would be at risk. He could be burned as a heretic.

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



A Message From Our DCE Intern

Megan Harcrow

Email: DCEMegan@gmail.com

We have all heard the saying, ‘when life gives you lemons, make lemonade.’ People love to give advice on how to make the best of a not so ideal situation. I was a young teen when I first heard the saying. I had just gotten home from the spring musical auditions. I was not cast in the role I wanted. Instead, I was cast as the villain. I was so crushed. My sweet mother told me the lemon saying. I remember thinking, cynical as ever, “Woman, if life does not give you water and sugar too, what is the point?”

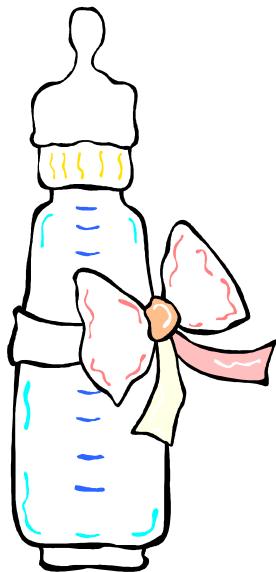
What is awesome is that, through Jesus, we receive the sugar and water for our lemons. In Isaiah 41:10, we learn we do not have to fear when life gives us lemons, with Jesus we can always make lemonade
'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.'

Because we are sinful people, we have bad days. Our sins cause the things in our lives that we cry out to God asking ‘Why? Why me lord?’ We have hard times. We are dismayed and overwhelmed. This is even harder when we add in work, a spouse, and a family. But, our great God, He knew this would happen. He was aware that we would struggle, that we would need someone to save us. So, He sent Jesus, who died so that we might live. God says, ***"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*** John 16:23

The challenge this month is:

- ✓ Identify some of the lemons in your life. Make a list for each item. List how you can ask Jesus for help.
- ✓ How can you teach your children to ask Jesus for help? Have them write/draw pictures of the worries and challenges of their life. (Yes, even children have worries.) Explain to them that we do not have to worry, because we have Jesus. Find ways to add sugar and water to their little lemons.

Baby Bottle Boomerang: Mother's Day, May 9, to Father's Day, June 20, 2021



Why do we support the CareNet ministry? Because CareNet is on the frontline to affirm the Sanctity of Human Life right here in Waco. Please contact Beth Hassell with any questions. Bottles will be placed in member mailboxes. Please fill your bottle with loose change, cash, or checks and return by Father's Day, June 20.

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.



A Message From Our Deaconess

Dcs. Suzanne Krahm

Email: dcskrahm@splcwaco.com

Eating Your Way to Heart Health

Atherosclerosis, a major underlying cause of heart disease, including coronary artery disease, is the most common type of heart disease (HD) in the United States. Atherosclerosis occurs when fatty deposits accumulate along artery walls, also known as clogged arteries or hardening of the arteries. The arteries become narrowed, which restricts blood flow to the heart and the rest of the body. This chronic inflammatory disease has many risk factors which can develop if you have high blood pressure, high LDL or bad cholesterol, diabetes mellitus, family history of atherosclerosis, consume a poor diet, engage in sedentary life style, and/or smoke.

But, did you know that a diet rich in vegetables, fruits, and fish can reduce the risk and help prevent atherosclerosis and heart disease? Here are fifteen examples that can be beneficial to the prevention of clogged arteries:

1. **Berries** (e.g., blueberries, strawberries, cranberries, raspberries, and blackberries). Berries have the ability to reduce inflammation and improve heart health. They are full of fiber, vitamins, minerals, and flavonoid antioxidants, a plant compound.
2. **Beans** are fiber rich and can also lower LDL cholesterol levels, blood pressure, and decrease the risk of type 2 Diabetes.
3. **Fish** is loaded with omega3 fats. Omega3 helps reduce the release of cellular adhesion molecules, which are proteins that allow cells to stick to each other and their surroundings, released in response to inflammation.
4. **Tomatoes and tomato products** contain a plant compound called carotenoid pigment lycopene, which reduces inflammation, boosts HDL (good) cholesterol and reduces the risk of heart disease.
5. **Onions** and other Allium genus veggies, (e.g., garlic, shallots, leeks, and chives) contain Sulphur compounds that help prevent clumping together of blood platelets and increase nitric oxide.
6. **Citrus Fruits** provide vitamins, minerals, and antioxidants, including flavonoids, that helps prevent oxidation of LDL cholesterol.
7. **Spices** like ginger, pepper, chili, and cinnamon may protect against clogged arteries by increasing blood lipid levels and reducing clumping.
8. **Flax Seeds** high in fiber, healthy fats, vitamins, and minerals including calcium, magnesium, and properties that reduce cholesterol.
9. **Cruciferous Vegetables** like broccoli, cabbage, and cauliflower helps reduce clogging of arteries by lowering carotid artery thickness.
10. **Beets** are rich in nitrates which body converts to nitric oxide, which helps blood vessel function.
11. **Oats** help reduce the risk factors that include high levels of total and LDL cholesterol. High in antioxidants and fiber, they help inhibit inflammation proteins and adhesion molecules.
12. **Nuts and Seeds** are excellent sources of protein, fiber, healthy fats, vitamins, and minerals. They help prevent clogging, reduce LDL cholesterol, blood pressure, blood sugar levels, and boost HDL cholesterol.
13. **Leafy Greens** like lettuces, kale, arugula, swiss chard, and spinach are good sources of dietary nitrates. They are also packed with potassium which helps prevent vascular calcification.
14. **Cocoa and Dark Chocolate** are associated with less arterial plaque, reduced risk of stroke, heart disease, and Diabetes. They also contain polyphenol plants compounds which help increase nitric oxide production.
15. **Olive Oil**, containing high content polyphenol compounds, helps improve vessel function and inflammation markers. Less refined extra virgin olive oil has greater amounts of polyphenol than more refined olive oil.

A healthy diet rich in nutrient-dense foods may help reduce your risk of developing clogged arteries!

May God be with you always.



**"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 the battle to combat Coronavirus (COVID-19) continues. 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 MAY

For the privacy of our members, they are listed by first initial only.

ACOLYTES:

5/2	H Strickland (8:00am)
	B Hays (10:30am)
5/9	Z Ferguson (8:00am)
	B Hays (10:30am)
5/16	E Amber (8:00am)
	C Tindle (10:30am)
5/23	W Wolske (8:00am)
	C Walden (10:30am)
5/30	J Holder (8:00am)
	H Hays (10:30am)

ELDER OF THE MONTH:

B Luedke

USHERS

8am Worship: Group 5
10:30am Worship: Group 6

ALTAR FLOWERS:

5/2	2021 Eighth Grade Confirmation Class
5/9	K & C Cohrt
5/16	L & J Swiggum
5/23	OPEN
5/30	OPEN

NURSERY VOLUNTEERS

5/2	J & R Reinke (8:00am)
	K Hughes (10:30am)
5/9	Joey & Robin Reinke (both services)
5/16	J & R Reinke (8:00am)
	P & D Ehlers (10:30am)
5/23	J & R Reinke (8:00am)
	J Uptmore (10:30am)
5/30	J & R Reinke (8:00am)
	A & J Thompson (10:30am)

Classes for All Ages

We have resumed our Sunday School and Bible Class opportunities. Masks are optional, but recommended, and we ask that all attendees practice safe self-distancing protocols.

Adult Bible Class, in the Family Center

This group is studying the book of Genesis. Please note this class will not meet on Sunday, May 2, due to Confirmation services.

Men's Bible Class, in the Conference Room

This group is studying various topics, applicable to everyday life; utilizing archived sermons by Rev. Walter Albers.

Ladies Bible Class, in the Parish Hall

This group is utilizing the study examining the things we say that get in the way of our relationships with God and with others. Each chapter uses humor, anecdotes, and observations to introduce Scripture passages that address common behaviors and attitudes.

Nursery - Grades 6 in classrooms

Due to the sizes of our Sunday School classrooms, we ask that both teachers and children, nursery age thru 6th grade, remain masked the entire class time. We are so very grateful for our teachers!

Nursery - Kindergarten: Willie Vandolah

Grades 1-2: Linda Mitchell

Grades 3-5: Melissa (Owen) Brownlow

Grade 6: Angel Breton

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

Grades 7-12, in the Youth Room

This age group is using a blend of regular Bible studies including music and videos.

Other Bible Study Opportunities:

College Student Evening Bible Study/Fellowship

This group will resume meeting in the Fall semester.

Sunday Evening Bible Study, in the Family Center

This group meets on the first Sunday of each month in the Family Center. Attendees are invited to bring your own supper, to begin eating at 5:00 p.m. with Bible study to begin at 5:30 p.m. This group is continuing the study on Angels. Masks are optional, but recommended, and social distance protocols will be followed.

Youth Confirmation/Catechesis Training

The eighth grade confirmands will be Confirmed in Faith during our 10:30 a.m. worship on Sunday, May 2, 2021. Wednesday evening Confirmation/Catechesis classes will resume in the Fall.

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



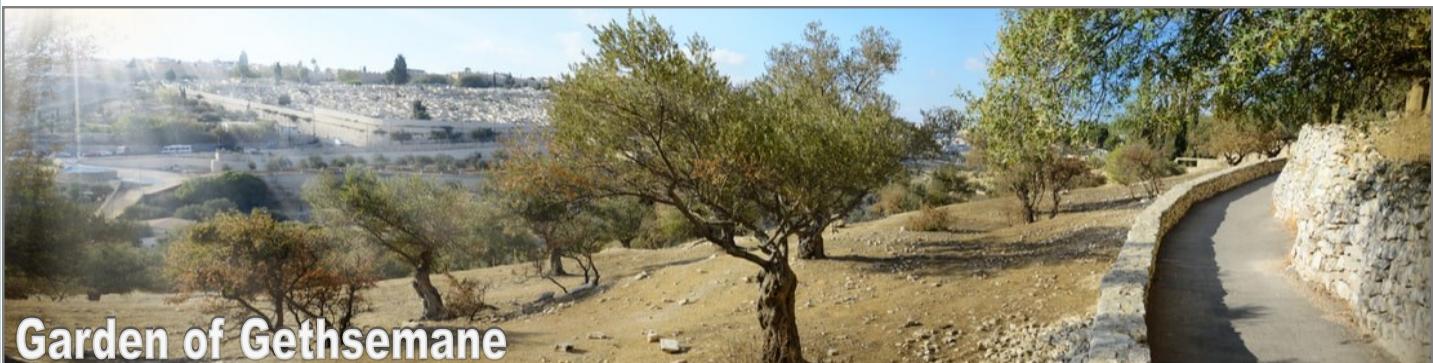
The Call Committee is completing the review of the information requested by the Texas District LCMS. This includes the congregation profile, the pastoral profile survey report, demographic profiles, and the nomination forms for pastoral call list submitted by members of the congregation. These materials will be forwarded along with a letter to the Office of the President Texas District LCMS requesting a call list. We can expect 4-6 weeks between the time we mail the packet to the District Office and the time the Call Committee receives information from the District President through the Circuit Visitor.

If you have questions, please do not hesitate to contact one of the Call Committee Members (a complete list of those serving on this committee is available in the church office). Please continue to keep the Call Committee and the St. Paul Family in your prayer throughout the call process.

"Journey through the Bible" Holy Land Tour; March 8-18, 2022

Pastor and Sally Krueger invite you to join them on a tour of the Holy Land. This 11-day Journey through the Bible program will expand your knowledge of the Bible and this sacred land. This journey will take you to such destinations as Bethlehem (visit the cave where Jesus was born and see the shepherd's fields), Jerusalem (stand on the Mount of Olives, pray at the Garden of Gethsemane, see Golgotha where Jesus was crucified), the region of Galilee (stand where Jesus delivered the Sermon on the Mount, where He fed the 5000, even sail across the Sea of Galilee), Capernaum (the home base of Jesus' earthly ministry and Peter's house), Cana (where Jesus turned water into wine), Nazareth (Jesus' boyhood home), Jericho (the oldest city in the world), Samaria (the location of Jacob's well) and many other places of Biblical history (like Mount Carmel, the Jordan River, the Dead Sea and more). This journey following in the footsteps of Jesus, Paul, David and others will be an adventure of faith, will enhance your understanding of the Holy Land, and will change the way you read the Bible.

Pastor and Sally are hosting this tour through Educational Opportunities Tours. Discounts are available for early registration and, if booked by May 8, 2021, the deposit is only \$100. To get a brochure and more information, or to book this tour, please contact Pastor or Sally.



Garden of Gethsemane

Election of Church Officers



On Sunday, April 25, 2021 we held Election of Church Officers during both worship services. The results of that election are as follows:

CONGREGATION PRESIDENT

Duane Schwarz

CHAIRMAN, BOARD OF OUTREACH

Kayla Kubitz

CHAIRMAN, BD. OF YOUTH MINISTRY

Jerry Tucker

CHAIRMAN, BD. OF STEWARDSHIP

Mark Borchardt

TREASURER

Bill Clark

ELDERS: (4 were Elected)

Isaac Cox

Douglas Galler

Eric King

Lloyd Swiggum

We ask that you take a moment to thank those who have served the St. Paul family, and pray for those preparing to serve the St. Paul family. The newly elected officers will be installed in September 2021.

**Attention all 2021 St. Paul Graduates!**

We realize this school year has been very different and challenging for everyone, but especially so for our 2021 graduates. We want to celebrate **YOU**, and give you a chance to brag about all of your accomplishments during your education!

Please submit your graduate information by **May 17**, (school of graduation, degree received, list of clubs, groups, sports activities, and any special awards, scholarships, and/or accolades received). This information will be published in the **JUNE 2021** Newsletter.

If you have any questions please contact the church office at wecare@splcwaco.com.

Pastor Krueger continued:

This was it: recant or stand firm. With beads of sweat on his face, Luther responded:

"Unless I am convinced by the testimony of the Scriptures or by clear reason (for I do not trust either in the pope or in councils alone, since it is well known that they have often erred and contradicted themselves), I am bound by the Scriptures I have quoted and my conscience is captive to the Word of God. I cannot and I will not retract anything, since it is neither safe nor right to go against conscience. I cannot do otherwise, here I stand, may God help me, Amen" (LW 32:112–13).

At this bold confession, the room erupted in noise. Some rejoiced; some demanded fire! Yet, in the midst of such commotion, the truth of Jesus Christ rang forth. The gates of Hades had not prevailed over the confession of the Gospel. The proclamation of justification by grace through faith on account of Christ's work alone did not bend to spiritual tyranny.

500 Years Later:

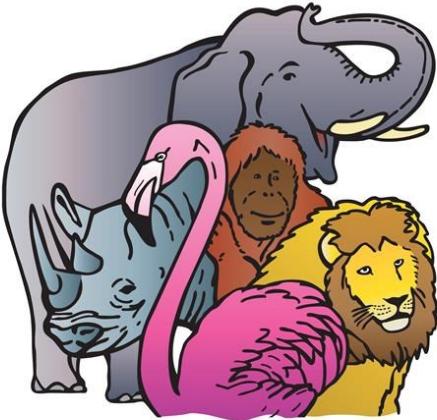
Today, we stand in the footsteps of Martin Luther 500 years later. We stand boldly, proclaiming the One who has called us out of darkness into His marvelous light. We stand boldly, renouncing the devil and all his works and all his ways. We stand, by the grace of God, steadfast and ready to suffer all rather than fall away. We do not stand on Luther, but we will gladly stand with him, firm on the testimony of the Holy Scriptures to confess the saving Gospel of Christ, our Good Shepherd, who died and rose, in whose name is forgiveness of sins for all people. Here we stand; we can do no other. God help us. Amen.



The Board of Building & Grounds will be repairing and painting the Family Center on May 13-15, in preparation for recovering of the acoustic tiles.

If you would like to help repair, prep and paint the walls, please contact the church office.

Children & Youth Activities



ZOO TRIP, SUNDAY, MAY 23, 2021:

Children six months to six years and their parents are invited to join us Sunday, May 23rd for a trip to Cameron Park Zoo. Plan to gather at the church at 11:45 a.m. (following the 10:30 a.m. worship service). St. Paul will cover the admission to the zoo, we ask that parents pack a picnic lunch for their family to enjoy at the picnic area at the zoo playground. **Please sign-up in the church foyer by Sunday, May 16.** If you have any questions please contact DCE Intern Megan at DCEMegan@gmail.com or by calling the church office (254.799.3211).

SAVE THE DATE

- Nursery—Kindergarten Zoo Trip - May 23, 2021
- Grades 1-6 Pizza, Painting & Games - June 6, 2021, watch for more details coming soon
- Youth Retreat - rescheduled, watch for details

If you have questions, would like to volunteer to help with events, or have ideas to share for possible future events, please contact DCE Intern, Megan Harcrow, Ashlee Peacock, or Jerry Tucker.

Sunday School Music is scheduled to resume on Sunday, May 9! More information is available in the Sunday School Office.



Jesus commands us to be his witnesses. This craft is a reminder to reach out to all our "circles."

What you need:

- 5 bowls or cups (assorted sizes)
- Construction paper
- Pencil
- Scissors
- Brad fastener
- Crayons or markers



What you do:

1. Place the bowls and cups upside down, each on a different color of paper. Trace around the circles and cut them out.
2. With a pencil, pierce a small hole atop each circle. Layer circles on each other from largest to smallest, aligning the holes. Insert the brad through all layers.
3. Starting in the center, label the circles *my house, my city, my state, my country, the world*. Draw a picture on each one.
4. Pray, asking Jesus how you can spread his message.



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May 2021 Edition

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Find us on:
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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.)

Happy Mother's Day!

**She opens her mouth with wisdom,
the teaching of kindness is on her tongue.**

Proverbs 31:26, ESV

