

May 2022 Edition

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**A Word from the Board of Elders:**

Easter has only just come and gone but I already find myself thinking “I can’t wait for next year’s Holy Week!” On Maundy Thursday, we had the stripping of the Altar. On Good Friday, we had Tim Harrington sing “The Old Rugged Cross” with the only light in the church coming from the candles and the backlit cross. This is always one of the most unique and emotional services to me. On Easter Sunday, we were surrounded by family and friends while one of our own “homegrown tomatoes,” Rev. Ryan Neuhaus, shared an amazing message about God’s ultimate sacrifice. So, what’s next?

I feel like this is something we are constantly asking ourselves: what’s next? But how often do we ask ourselves this question even when we’re not ready to move on? We all just experienced an amazing Holy Week together and I’m not ready to move on and leave it in the past—not completely. I want to take the memories, the emotions, the remembrance of the events that led to Jesus on the cross and think about them longer than just one weekend.

In that same way of thinking, as we wonder what is next for St. Paul, I want us to remember this time period in our church. A time where we experienced many amazing preachers teaching the Word of God. A time where elders, members, and staff of the church filled in the gaps and were blessed to experience new roles in the church. A time where we were able to step back and truly evaluate where we are as a congregation and how to best move forward with our mission for God. When we are constantly asking “what’s next” we are often caught moving along without noticing our surroundings and possibly missing opportunities.

“That they should put their confidence in God  
 And not forget the works of God,  
 But keep His commandments,” Psalm 78:7

Is St. Paul ready for what’s next? Absolutely! But we can be ready, we can be curious, and we can be patient all at the same time — just don’t forget these moments. I hope that we have all been able to learn something about ourselves, each other, and our church. Without rough patches in life, it is hard for us to truly appreciate when things are going well. This rough patch has taught me that St. Paul Lutheran is a family—and, like family, we may not always like one another, but we will always love one another.

Yours in Christ,  
 Brandon Kubitz, Board of Elders



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



## A Message From Our Deaconess

Dcs. Suzanne Krahn

Email: [dcskrahn@splcwaco.com](mailto:dcskrahn@splcwaco.com)

### Vitamin B12 Deficiency

Vitamin B12 is an essential nutrient for the body to process DNA synthesis, energy production, and central nervous system function. B12 insufficiency and deficiency are fairly common. Although B12 is found in many foods, limited dietary intake, malabsorption, certain medical conditions, or use of B12 depleting medications problems occur.

Twenty percent of people age 60 in the United States and the United Kingdom are deficient. Levels higher than 300 picograms per millilitre or pg/ml as normal. Deficiency is greater in older adults due to the ability to absorb B12 declines with age.

#### Symptoms of B12 deficiency are:

1. Fatigue (lack of oxygen delivery)
2. Pale or yellow skin (caused by breakdown of red blood cells)
3. Headache and migraines
4. Depressive symptoms
5. Gastrointestinal issues (diarrhea, nausea, constipation, bloating, gas)
6. Difficulty concentrating and mental impairment (foggy headed completing tasks)
7. Pain and inflammation (mouth and tongue)
8. Paresthesia of hands and feet (burning or pins and needles)
9. Muscle cramps and muscle weakness, impaired coordination, erectile dysfunction, and visual disturbances.

#### Detection and Treatment:

You could be at higher risk if following a restrictive diet, age over 60, pregnant or breastfeeding, medical condition that depletes B12, or taking B12 depleting medications, like metformin or proton pump inhibitors. Blood tests to detect B12 deficiency are: folate level, complete blood count with peripheral smear (CBC), Methylmalonic acid (MMA) level, and homocysteine levels. B12 injections may be recommended by your physician or implementing B12 supplements. The recommended daily intake is about 2.4 mcg with slightly more for pregnancy and breastfeeding women. B12 is absorbed through the stomach with the help of the protein called intrinsic factor. The body stores excess B12 in the liver.

#### Healthy foods that contain B12:

Animal liver and kidneys, clams, sardines, beef, fortified cereals, tuna, fortified nutritional yeast, trout, salmon, fortified nondairy milk, dairy products, and eggs.

Always consult with your physician before starting and taking any new medication or supplement. They will advise you if you need additional B12.

May God Bless you always

#### Source:

Written by Jillian Kubala, MS, RD updated 12/22/21

Resource: <https://www.healthline.com/nutrition/vitamin-b12-deficiency-symptoms>



Before those caps and tassels fly into the air... we want to celebrate YOU!  
**ALL 2022 GRADUATES** are invited to share your accomplishments during your education in the June newsletter.

**Please submit your graduate information by May 16.**

Things to include are: school of graduation, degree received, list of clubs, groups, sports participated, and any special awards, scholarships, or accolades received).

You may submit information via email ([wecare@splcwaco.com](mailto:wecare@splcwaco.com))  
or by leaving a written/typed copy in the Church Office mailbox  
or on the drop box in the church secretary's door.

If you have any questions, please call the church office, 254.799.3211.



## Senior Pastor Call Update

A Congregational Meeting was held on Sunday, March 27. At this meeting a vote was taken to extend the Call of Senior Pastor to Rev. Brian Hesse. Pastor Hesse is currently serving at Trinity Lutheran Church in Amarillo, Texas. Please remember the Hesse family and the members of Trinity Lutheran Church in your prayers during this time of consideration. Also, please continue to lift up the St. Paul family and leaders in your prayers during this time.

If you have any questions please contact Congregation President, Duane Schwarz.

# 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 pray for all those who have suffered in recent disasters, including those in the Ukraine, Russia and surrounding countries; those who survived recent tornadoes and weather disasters in the southern United States. May our gracious Lord be their hope and stay during the losses and rebuilding process.
- † 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](mailto:wecare@splcwaco.com).

How can we Pray for you?



# SERVANTS FOR MAY

Volunteers are listed by initial only to protect their privacy.

## ACOLYTES:

5/1 K R (8:00am)  
M E (10:30am)  
5/8 G R (8:00am)  
H H (10:30am)  
5/15 H G (8:00am)  
M E (10:30am)  
5/22 Z F (8:00am)  
W W (10:30am)  
5/29 K R (8:00am)  
B H (10:30am)

## ELDER OF THE MONTH:

L S

## USHERS FOR MAY WORSHIP

8am Worship: Group 7

10:30am Worship: Group 8

## ALTAR FLOWERS:

5/1 2022 Confirmation Class  
5/8 L & J S  
5/15 B D  
5/22 M & B P  
5/29 **OPEN**

## ALTAR GUILD

Group 1 (list of those serving on this group is available in the church office)

## NURSERY VOLUNTEERS

5/1 M D (9:00am)  
L J. J (10:30am)  
5/8 J & R R (both)  
5/15 J L (9:00am)  
J U (10:30am)  
5/22 N V (9:00am)  
T & A R (10:30am)  
5/29 H K (9:00am)  
S C (10:30am)

## GUEST PASTORS FOR MAY

5/1 Rev. Dr. Russell Hildebrandt (*Confirmation Sunday*)  
5/8 Rev. Dr. Russell Hildebrandt  
5/15 Rev. Randy Haedge  
5/22 Rev. Randy Haedge  
5/29 Rev. Dr. Russell Hildebrandt

## **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.



*Church Office Closed on Monday*  
*May 30, 2022*  
*in Observance of Memorial Day*

We will return Tuesday, May 31, at 8:00am

# 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 will resume meeting in the Fall semester. They will have an end of semester dinner on May 3 (location to be determined), and the Lutherans Doing Life Together group will meet at the Waco Rage Room on May 8. For more information, please contact Karen Shelton.

## **Ladies Bible Study Group in the Conference Room**

This group meets group meets in the Conference Room at 9:30 a.m. on the ***First and Third Wednesday of each month***. They are currently concluding a study on the book of Philippians. They will begin a new study soon, *The Story of Jesus: Experience the Life of Jesus as One Seamless Story*.

## **Sunday Afternoon Bible Study, in the Parish Hall**

This group is planning their next meeting - details will be available soon. They will be continuing the study *The Many Wonders of Heaven*.

## **Youth Confirmation/Catechesis Training (grades 5-8)**

These classes will resume meeting in the Fall. Our eighth grade confirmands will be Confirmed on Sunday, May 1, during our 10:30 a.m. worship. Please join us in praying for their continued spiritual journey.

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

ST. PAUL SENIOR ADULTS will come together for worship and fellowship lunch at 11:00 a.m. on Wednesday, May 11, 2022. 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).



# Spring Tea

**Saturday, May 7, 2022**

**2:00 to 4:00 p.m.**

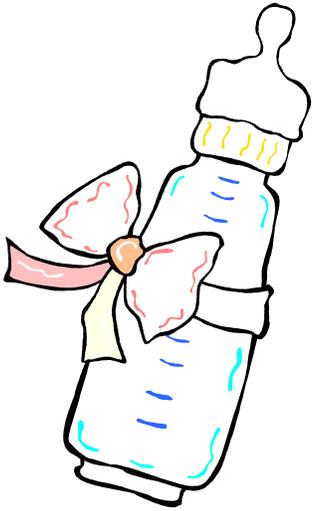
**Our theme this year is "In Our House..."**

**All ages of ladies are invited to join us as we sip some tea, eat a few cakes and sandwiches and celebrate the PEACE that only God can give! Phil. 4:6-7**

**(childcare will be available)**

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





## 2022 Baby Bottle Boomerang Mother's Day, May 8 to Father's Day, June 19

*Why do we support the CareNet ministry?  
Because CareNet is on the frontline to affirm the  
Sanctity of Human Life right here in Waco.*

*Bottles will be available in the foyer on Mother's Day, May 8.  
Please fill your bottle with loose change, cash, or checks  
and return by Father's Day, June 19.*

Please contact Beth Hassell with any questions.

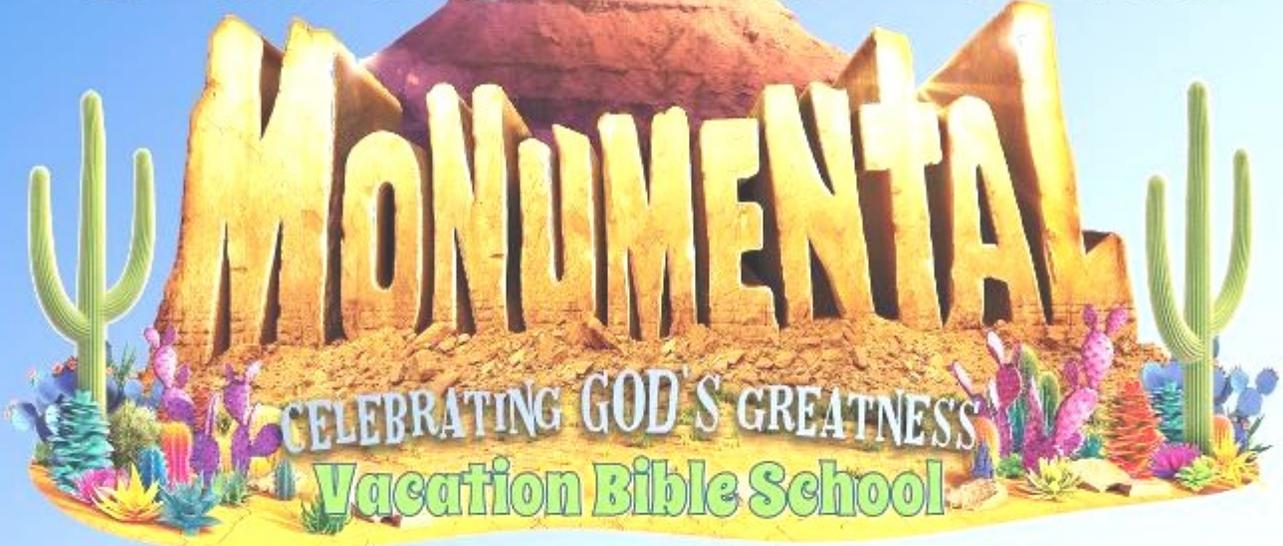
### [Psalm 139:13-16](#) ESV

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.

CARE  NET<sup>®</sup>  
of Central Texas  
[www.PregnancyCare.org](http://www.PregnancyCare.org)

# Children & Youth Activities

# June 26-29



Each evening we will begin with a family meal at 5:15 p.m. in the Albers Family Life Center.  
Activities for ages Nursery thru Grade 6 will begin at 5:50 p.m.

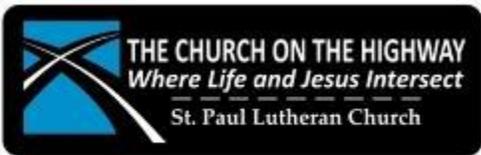
You can register or volunteer here:



## Mark Your Calendars:

- ◆ **5/7/2022, 2:00-4:00pm** Ladies Spring Tea - Join us as we sip some tea, eat a few cakes and sandwiches and celebrate the PEACE that only God can give! Phil. 4:6-7. Questions can be directed to Beth Hassell or Kayla Kubitza
- ◆ **5/30/2022** Memorial Day, church office closed
- ◆ **6/26-29/2022** Vacation Bible School, Registration is open for volunteers and children
- ◆ **7/9-13/2022** 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 Jerry Tucker.



1301 Hogan Lane • Waco, Texas 76705

Phone: 254.799.3211  
Fax: 254.412.0529  
www.splcwaco.com

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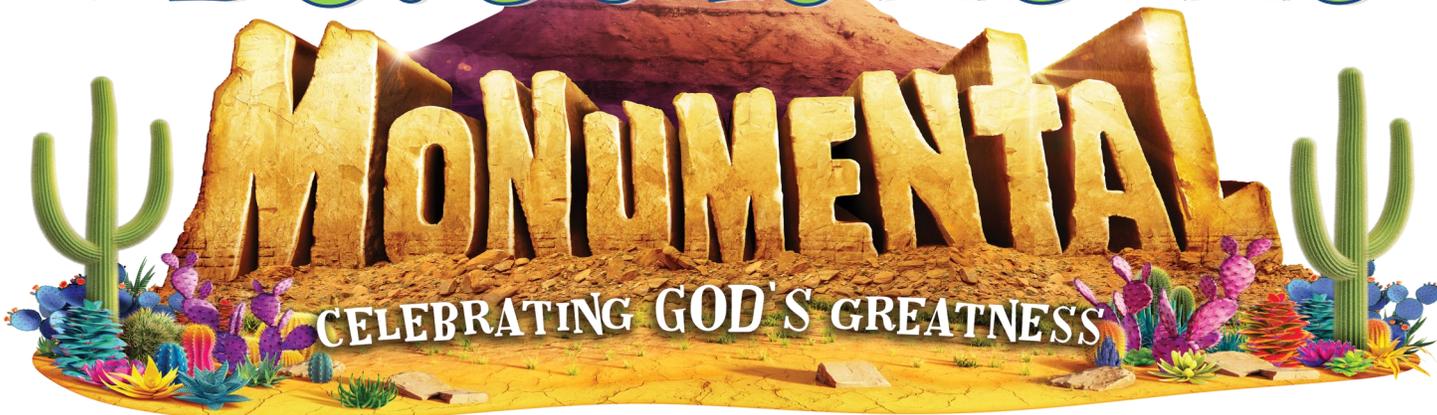
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We're on the Web:  
[www.splcwaco.com](http://www.splcwaco.com)



Find us on:  
**facebook**<sup>®</sup>  
Search for StPaulWaco and like our page.

# VBS: June 26-29



## complete details on page 10.

You can use your  
smartphone camera  
to register/volunteer:

