



The Scribe

St. Paul UCC

144 E Palatine Road, Palatine IL 60067
(847) 358-0399 www.stpaul-ucc.org

December 2015 Edition

Monthly
Newsletter

Pastor's Pen...

If you haven't been to church in awhile, December is an opportune time to reconnect. There are lots of worthwhile events happening here at St. Paul!

The adult Christian Education series *Journey To Christmas* is on November 30th, as well as December 7th, 15th, and 22nd. You have the option of attending the morning (10-11am) session or the evening (7-8pm) session.

On Thursday December 10th, we will have a church movie night with "*Savior*", a contemporary re-telling of the Nativity story. Pizza starts at 6pm and the movie follows at 7pm. (RSVP appreciated.)

Our choir is performing a Christmas cantata on Sunday afternoon December 13th at 4:00pm & again at 10:00am on Sunday December 20th (breakfast to follow in fellowship hall).

Caroling for our shut-ins will be on December 20th, also.

We will have two Christmas Eve services: Early service at 5:00pm with choir, carols, Communion, and candlelight. Late service at 11:00pm with carols, Communion, and candlelight.

These activities really only highlight what is going on around here. What is more important is the Spirit that is present; the fact that God refuses to leave us alone in this vast universe.

Come back to church and rejoice in the Eternal Word who became flesh for you and for me!

Pastor David



St. Paul UCC Executive Board Members: Bernadette Chvoy, Randy Everett (Admin. Board Rep.), Kim Ferris, David Freeman, Arlene Kraus (Spiritual Life Board Rep.), David Mercer (Staff Rep), and Chuck Oberly (Admin. Board Rep).



Womens' Fellowship

Saturday, December 5 at 9:30 in Fellowship Hall

All St. Paul women are invited to gather with us on Saturday morning, December 5th at 9:30 in Fellowship Hall. We will be led in extending our creativity (no matter whether your creativity is large or small) by Arlene Kraus and Dee Langguth. Come enjoy the good company of other St. Paul women, some laughter and good fellowship. Bring your own lunch and we will eat together. Please sign up in Fellowship Hall so we know how many to expect.



Christmas Cantatas

***This year St. Paul will be featuring
"The Voices of Christmas" by Joseph Martin.***

***Performances will be held on
Sunday, December 13th at 4pm
and Sunday, December 20th at 10am***

***Pancake Breakfast following the December 20th
Christmas Cantata Service.***

Come for the food, stay for the fellowship!

Also, on Sunday, December 20th, we will be collecting our annual Christmas Fund Offering. UCC's Christmas Fund Benefits Church's Retired Workers. For decades, the Christmas Fund, formerly known as Veterans of the Cross, has helped provide supplemental monies for pension and healthcare insurance premiums for low income retirees. At Christmas, the offering provides gift checks to hundreds of annuitants, but it also provides emergency assistance to clergy and lay employees and their families throughout the year. Please give generously.



Christmas Eve Worship Services:

***Thursday, December 24th at 5pm
Choir, Carols, Communion and Candlelight***

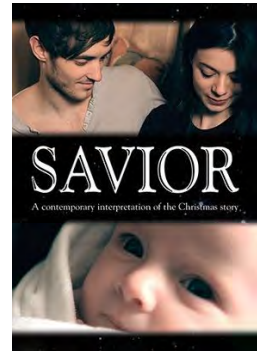
-and-

***Thursday, December 24th at 11pm
Carols, Communion, and Candlelight***

St. Paul Movie Night, Thursday, December 10th featuring the movie *Savior*.

What would it look like if Jesus were born in the 21st Century?

Savior is a contemporary interpretation of the Christmas story set in modern England. Mary and Joe are working class twenty-somethings planning their wedding and trying to make ends meet.



Everything changes when a supernatural visitor announces to Mary that she will bear the Savior of the world! This reverent contemporary treatment of the Christmas story gives a fresh perspective on the reality of Jesus' coming. You will be laughing one minute and moved to tears the next as you watch this story translated into present-day culture.

The film was written, directed, and produced by Freedom Church, Hereford, England. The actors are all from the church, and the original soundtrack was also written and produced by church members.

Please join us for pizza at 6pm, and the movie beginning at 7pm.

RSVP is appreciated, but not necessary, (so we know how much pizza to order) to the church office by Sunday, December 6th. Thank you!

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Pastoral visitation is available to those who are hospitalized, temporarily laid up at home, or going through rehab at a facility. Because hospitals and other institutions do not notify the church when a patient is admitted, we need for you or your family member to notify us. We will be more than happy to accommodate your request for pastoral care. Please note also that the pastor may be reached for emergencies at [\(847\) -963-6114](tel:847-963-6114) (home) or [\(847\) -445-7248](tel:847-445-7248) (cell phone).

Pastor David's procedure in visiting St. Paul's shut-ins, as well as, those members who have a difficult time getting to church is to offer support, bring Holy Communion (their option) and to let them know we journey together in worship. Pastor David understands that scheduling may depend on frequency of doctor's appointments or the church member's schedule. Visitation is always available, however, as the shut-in member's health and life situation may change and more extensive pastoral care is needed. Any church member or their family member desiring more frequent pastoral visitation, or to be placed on the visitation list in the first place should contact the church office at [\(847\) - 358-0399](tel:847-358-0399) to make arrangements.

"Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord." (James 5:14)



Happy December Birthdays!

6 Ryan Petersen
7 Bruce Kerlin
10 Susan Gould
10 Bonnie Rendl
12 Larry Ingram
12 Holly Petersen
17 Cherrie Wickstrom
18 Catherine Conrad

*If there is anyone I missed, please call the church office,
so we can update our records. Thank you!*



Dorothy Scheer, Sheila Berlin, Jackie Berlin and Bob & Pat Kolze In memory of Margaret Gintz



Thank you from the Community Outreach committee for your generous support of the Palatine Township Thanksgiving Program. This program assists low-income families in our community by providing them with many of the ingredients needed to prepare a traditional Thanksgiving dinner. With your support, St. Paul provided Thanksgiving baskets for four local families.

Also... This year our Thanksgiving offering went to Church World Service. This offering will be used to purchase healthcare items to be assembled in to hygiene kits. In the face of natural disasters, violence, or grinding poverty, a hygiene kit provided by Church World Service can make the difference between sickness and health for struggling families all over the world, including right here in the United States. Thank you for your support.

Many Thanks from the Water Team

The Water Team thanks you for your generous donation of personal care items to pack 116 Church World Service Hygiene Kits and your monetary donations to cover the \$2 per kit that must accompany them to cover the cost CWS incurs to ship them all over the U.S. and the world when there is a disaster. If you would still like to make a monetary donation to help cover the \$2 per kit, please see a member of the Water Team or leave your gift in the office with a note indicating that it is for Church World Service. Twelve St. Paul members enjoyed a Friday evening together assembling the kits. Thank you for your time and care. -Holly Petersen, Janet Bethke, Mary Doktor and Kim Ferris

From Feed My Starving Children

Thank you to everyone who participated in our FMSC packing event on Saturday, November 14. We packed 133 boxes which equates to 28,728 meals; enough to feed 79 children for a year! The food is going to South Sudan through FMSC's partner LeSea Global Feed the Hungry.

Palatine Township Adopt-a-Family at Christmas

The Community Outreach Committee would like to thank each of you that have generously chosen to donate a gift for the two families St. Paul has adopted through the Palatine Township Adopt-a-Family program this Christmas season. Please remember that all gifts are to be delivered by Sunday, December 6th following worship. All clothing gifts need to be unwrapped but accompanied by a box or a gift bag. Be sure to include the child's name and your name on a note attached to the gift so we are sure to get it to the correct child. If you would like to assist us with wrapping all of the gifts, please come down to Fellowship Hall following worship. Many hands make the wrapping go quickly! Have a blessed Christmas. Your Community Outreach Committee

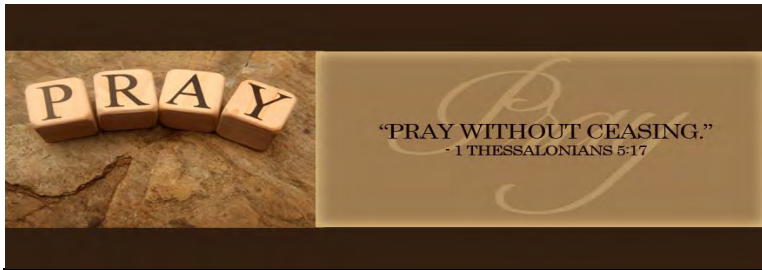
From the CARE Team

The CARE Team wishes each of you a blessed Advent and Christmas. Your caring acts have been a gift beyond measure to so many of our members and friends this year. Thank you for sharing your care and prayer. The CARE Team

No act of kindness, no matter how small, is ever wasted. ~Aesop

Thank you!





PRAYERS FOR OUR COMMUNITY OF FAMILY AND FRIENDS

Dr. Sean Benham
Charlie Betzhold
Jim & Flo Dailey, friends of Charlotte Mally
Wally Degner
Marta Davy, friend of Greg & Claudia Mayer
Lindsey Demos
Joe Enockson
Eric Gehlin, friend of the Drost Family
Laura and Bob Giltzow
Francisco Gomez, friend of Bob & Pat Kolze
Austin Hayford, grandson of Ralph & Linda Hayford
Rudy Hempel
Carol Hennings, sister of Pat Kolze
Larry Herron
Jeff Johnson
Barbara Kerlin, mother of Bruce Kerlin
Charles Leseberg, brother of Mary Ann Leseberg
Dorothy Mende, sister of Charlotte Mally
Tom O'Malley Family, friends Ralph & Linda Hayford
Caelen Peshek, friend of Kris Freeman
Dorothy Regan Drake, friend of Bob & Pat Kolze
Barb Slone, friend of Mary Faust
Sherry Stephens, sister of Shirley Ann Kolze
Karen Stencel, niece of Greg Mayer
Trish Vanderploeg, friend of Kim Cichon
Fran Werner, sister-in-law of Sharon Florey
Jan Foster Weston & Jim Weston, sister & brother-in-law of Sue Gould

SERVING CHRIST IN WORSHIP

Greeters for December:

6: Chuck & Barb Oberly
13: Jeff & Kathy DePue
20: Bonnie Rendl
24 5pm: Claudia Mayer & Nancy Perry
24 11pm: Debbie Everett
27: Tom Donat

December Usher Captain:

Randy Everett

December Nursery Attendant:

December Lectionary:

6: Mal 3:1-4; Bar 5:1-9; Luke 1:68-79; Phil 1:3-11; Luke 3:1-6.
13: Zeph 3:14-20; Isa 12:2-6; Phil 4:4-7; Luke 3:7-18.
20: Micah 5:2-5a; Luke 1:46b-55; Psalm 80:1-7; Hen 10:5-10; Luke 1:39-55.
24: Isa 9:2-7; Psalm 96; Titus 2:11-14; Luke 2:1-20.
25: Isa 52:7-10; Psalm 98; Heb 1:1-12; John 1:1-14.
27: 1 Sam 2:18-20,26; Psalm 148; Col 3:12-17; Luke 2:41-52.



Diabetes: Type I or Type II?

Many are confused about the difference between type I diabetes, also known as “juvenile diabetes,” and type II diabetes, which is sometimes called “adult onset diabetes.” Both have similar symptoms but have different causes and different treatment protocols.

Common symptoms: Both type I and type II diabetes include dry skin increased thirst and urination, unintentional weight loss, sores that don’t heal, increased hunger, blurry vision, numbness in feet and hands.

Common health risks: Both types of diabetes can lead to circulation problems, which can increase the risk of heart attack and stroke. Kidney and vision problems can also result from uncontrolled diabetes.

Type 1 diabetes is an autoimmune disorder. The immune systems of those with this condition attack the body’s mechanism for producing insulin. This condition often develops in children and young people, but adults can also develop it later in life. People with type I diabetes must take supplementary insulin through injections or an insulin pump. Type I diabetes is not caused by “eating too much sugar” or other dietary factors. Researchers aren’t sure what triggers most cases of type I diabetes, but they suspect that it may be genetic factors or exposure to a virus. Some medical conditions, such as those that affect the pancreas, can also cause type I diabetes.

Type II diabetes is the result of the pancreas being unable to produce enough insulin. Causes include both genetic and lifestyle factors. For example, drinking too much alcohol, being overweight or living a sedentary lifestyle can contribute to the development of the disease. Individuals with type II diabetes may not need to take supplementary insulin. Instead, they may be able to control their blood sugar through diet or other medications.

If you are concerned about diabetes or have a family history of the disease, talk to your doctor. He or she can review any symptoms that you might have and check your blood sugar.

Increased knowledge and improved treatments now allow people with diabetes to live full and active lives.

Diabetic eye disease

Diabetes can have a significant impact on many of the body’s organ systems, including the eyes. People with diabetes are at risk for diabetic eye disease, a term that covers a group of conditions including cataracts, diabetic retinopathy, glaucoma and diabetic macular edema. Diabetic eye disease can result in permanent loss of vision, making eye health an important concern for diabetics.

Here’s a brief description of each condition:

Cataracts: Cataracts is a condition where the lens of the eye becomes clouded. People with diabetes are more likely to develop cataracts than the rest of the population. They are also more likely to develop the condition at a younger age.

Glaucoma: Glaucoma damages the optic nerve and can cause irreversible vision loss. People with diabetes are at a greater risk for developing certain types of glaucoma.

Diabetic retinopathy: Diabetes can cause damage to the blood vessels in the eye. Over time, this damage can cause bleeding and the abnormal growth of new blood vessels. Eventually, the retina can become detached, resulting in permanent vision loss.

Diabetic macular edema (DME): DME is fluid build-up in the macula, a part of the retina. Diabetic retinopathy causes DME, which is a significant cause of diabetic retinopathy-related vision loss.

People with diabetes can protect their vision by working with their doctor to keep their diabetes under control. This includes regularly monitoring their blood sugar, taking medications and choosing a healthy diet.

The National Eye Institute recommends that people with diabetes get a comprehensive, dilated eye exam at least once a year.

If you have diabetes, talk to your doctor about how often you should have your eyes examined.



Palatine Township
Senior Citizens Council

505 South Quentin Road • Palatine, Illinois 60067
Telephone (847) 991-1112 • Fax (847) 991-9605
www.ptsc.org

October 28, 2015

St. Paul United Church of Christ
144 E. Palatine Rd.
Palatine, IL 60067

Re: Resources for older adults in your congregation

Dear Faith Community Leader:

The Palatine Township Senior Citizens Council, which operates the Palatine Township Senior Center, offers a wide range of programs for adults aged 50 or better which may be of benefit to the older adults in your congregation. Our programs include recreation, benefits access and other social services, an adult day program for those with mild to moderate memory loss, lifelong learning opportunities, health and wellness programs, and meals, both in a group setting at the Senior Center and delivered to the older person's home.

We would appreciate your assistance in getting the word out about our noon dining program. The meals programs are available to those aged 60 or better, and are funded in part by the Federal Older Americans Act through AgeOptions. Meals are served at the Senior Center Monday through Friday from 11:30 a.m. to 12:30 p.m. Registration is appreciated, but not required, and there is a suggested donation of \$3.50 per meal. A flyer and brochure about the meals program are enclosed. Additional brochures and flyers, or larger posters are available upon request at ptscinfo@ptsc.org.

You can find additional information about the Senior Center on our website at www.ptsc.org. If your congregation is interested in having one of our staff as a guest speaker, please contact us at ptscinfo@ptsc.org.

Thank you for helping us spread the word about our meals program.

Sincerely,

A handwritten signature in cursive script that reads "Carol Reagan".

Carol Reagan
Executive Director

OUR GRANDCHILDREN'S WATER
A Two-Session Adult Study on the Ethics of Water
January 22 and February 5
Friday evenings at 7:00

Water. Essential to life, unequally distributed, ancient, irreplaceable, precious. Water is a complex subject, scientifically, ecologically, legally and ethically. All faiths know that. That's why they all seem to refer to water in some way. Our liturgies use water to express the presence of the holy, to initiate and to bless. Our bodies are made up mostly of water, and the Earth is mostly water, too.

Please join us to begin to rethink how we think about water, to consider the ethical implications of something precious, unequally distributed and necessary for life. It is our hope that you will learn things you didn't know, think about things you hadn't thought about, and be inspired to care for water differently.

We will be using portions of a curriculum prepared by Rev. Dr. Clare Butterfield, Executive Director of Faith in Place* with the assistance of an advisory team who came together and shared their expertise. Please sign up on the bulletin board in Fellowship Hall or by calling the office. Bring an appetizer and beverage of your choice to share.

Reflecting on water is a good way to understand the seen and unseen presence of the divine in our lives. Water is all around us, it is in us—it is everywhere. All the water we drink is the same water that anything has ever drunk—and the same water that any living thing will ever drink in the future. How are you using your grandchildren's water?
Your Water Team, Holly Petersen, Janet Bethke, Mary Doktor and Kim Ferris

*Faith in Place inspires religious people of diverse faiths to care for the Earth through education, connection, and advocacy. Since 1999, Faith in Place has worked with over 1,000 houses of worship throughout Illinois to protect our common land, water, and air. With outreach staff working across the state and offices located in Chicago, Lake County, and Central Illinois, Faith in Place inspires faithful people to care for the Earth through our four program areas: Energy & Climate Change, Sustainable Food & Land Use, Water Preservation, and Advocacy. You may learn more at faithinplace.org.

A Different Kind Of Christmas

*Sometimes Christmas is just overwhelming, it seems,
As we rush around buying up stuff.
We spend without end, and we rack up those bills,
But it feels like it's never enough.
So this Christmas, let's all take a different approach:
Let's try to be more in accord
With God's Christmas gift, the best one of all--
Our sweet Jesus, our Savior, our Lord.
We'll be gentle and patient, and loving and kind,
And we'll keep our priorities straight;
The gifts of the Spirit, the gifts of the heart
Are the ones that we'll all celebrate.
And our stress will decrease, and we'll feel more at peace,
As we decorate, package, and trim;
Our new Christmas will be a pure joy and delight,
As we try to be much more like Him.*

By Joanna Fuchs

