



The Scribe

St. Paul UCC

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

February 2015 Edition

Monthly
Newsletter

Pastor's Pen...

One of the things that I like most about February is that it is the month when pitchers and catchers report for spring training. The rest of the team does not come until a month later, but pitchers and catchers have their camp begin sooner.

The beginning of spring training in Major League Baseball is a sign of Spring, even if it commences during the month of February. Just hearing about it serves as a reminder that warm weather is coming.

Warm weather thoughts aside, you probably already know the reason why the pitchers and catchers need to begin their spring training ahead of everyone else. The reason is because they must practice being focused on each other. The pitcher needs to pay close attention to the catcher, and the catcher must pay close attention to the pitcher. One little slip up during a game and they risk giving up a run to the opposing team.

So we must be attentive to God.

Do you prepare yourself each week to listen to those subtle cues from your Creator? It takes the focus of a pitcher and catcher to do that, but it is part of the game that we are in.

Pray. Think about God. Read scripture. Come to worship....and pray some more. It is the best way to be ready to handle those little curve balls that life throws our way.

Pastor David



St. Paul UCC Executive Board Members: Karl Bethke, Bernadette Chvoy, Kim Ferris, David Freeman, Ellen Graham (Admin. Board Rep.), Greg Mayer (Spiritual Life Board Rep.), David Mercer, Chuck Oberly (Admin. Board Rep), Holly Petersen (Spiritual Life Board Rep.).



Morning Service:

Worship and Journey in Faith 7 – 8 am to be held at St. John UCC, 308 N. Evergreen Ave. Arlington Heights.

Ash Wednesday marks the beginning of Lent. In the early church catechumens, those readying themselves for baptism, gathered to begin their journey of faith. The service from 7 – 7:20 will include communion and the imposition of ashes followed by a breakfast. During the breakfast St. John member Michelle Johns will share her Journey in Faith with all gathered. Michelle is a former English teacher, director of Christian education and is now a student at Chicago Theological Seminary. We will conclude by 8 am.

Sign up is not required but would be very helpful to those planning the egg casseroles and breakfast breads. To sign up please call Amanda at 847-255-6687 or email office@churchonthepark.com by Wednesday February 11.

Evening Service:

Ecumenical Service to be held at The Christian Church of Arlington Heights, 333 West Thomas Street, Arlington Heights, at 7:30 pm.

(There will not be a separate service held at St. Paul this year.)



**Sharing Our Blessings
Thank you from the Community Outreach Committee**

Thank you for your generosity! We were able to give each of the two families we sponsored through the Palatine Township's Adopt a Family program amazingly generous gifts for Christmas including a coat, hat and mittens, a gift certificate for a pair of boots, a shirt/sweater and pants and some toys or age-appropriate entertainment for each of the children, and grocery store and department store gift cards for each family. Thank you. Truly, you made Christmas about giving.

Your Community Outreach Committee,
Jill Dekrell, Melissa Gumm, Maryann Mahlman, Holly Petersen, Darlene Vogt
and Karen Wagner



February birthdays

2 Gene Morgan	19 Karl Bethke
5 Justin Everett	19 Shirley Kolze
6 Courtney Conrad	19 Lynn Arnold
6 Brandon Doktor	23 Lyman Walter
11 Marty Kennelly Jr	24 Donna Bochat
11 Megan Martin	25 Nancy Perry
14 Tim Doktor	26 Lois Roesner
14 Ellen Magee	27 Brad Gillette
16 Kim Krenz	27 Erik Bethke

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

Bill Jorsensen & Carol DeFiore in memory of
James Roesner

memorials
& gifts

Think **SOUPER BOWL**....and help fill the soup bowls of struggling families in the community with non-perishable hearty soups and main dishes through the Palatine Township Food Pantry on February 1 and 8. The grocery cart will be in Fellowship Hall for your generous donations.

Your Community Outreach Committee



From the Spiritual Life Board...

....We are in need of a Funeral Coordinator
....Donations for a new lighted Christmas tree for the Sanctuary



If you are interested in helping with any of the above, please see a member of the Spiritual Life Board, or those listed. Thank you!

From the Executive Board....

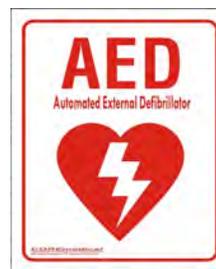
The Executive Board will be sending out a survey to the Congregation. We are hoping that you will take the time to tell us what you like about St. Paul and areas you would like to see us grow over the next year. The survey will be coming to your email address and can be completed on-line. For those without an email address or wish to fill one out the survey on paper, copies will be available in the office or will be sent to you in the mail. We are looking to have the responses back by the middle of February so we can discuss the results at the Congregational meeting on the 22nd of February. This survey will be completely anonymous and will provide you with an opportunity to rate different aspects of our Church life and provide comments on areas where you think we do well and areas we can improve. Thank you in advance for your support .



From the Health Committee.....

February is Heart Month. On Feb. 8th Lauren Blatt will demonstrate our new AED during the coffee hour in Fellowship Hall. Join us and see just how this device can be used in an emergency. Also, Debbie Everett will be available for a blood pressure check. It's always a good idea to keep track of your blood pressure even though you get a yearly physical with your doctor.

The health committee has made special cookies just to remind you that this is a good time to evaluate your diet and exercise program. It's never too late to make some changes if necessary. Remember that **“health is wealth.”**





**PRAYERS FOR OUR
COMMUNITY OF FAMILY
AND FRIENDS**

Dr. Sean Benham
 Charlie Betzhold, 18 month old
 Robert Brtzowski, Doris's husband
 Jim & Flo Dailey, friend of Charlotte Mally
 Marta Davy, friend of Greg & Claudia Mayer
 John Dybdal, brother of Julianna Glesne
 Capt. Mark DeMuth MD., cousin of Linda Hayford
 Dorothy Regan Drake, friend of Bob and Pat Kolze
 Margaret Gintz
 Glenn Harris
 Rudy Hempel
 Larry Herron
 Mya Jarrett
 Jeff Johnson
 Sharon Khan
 Austin Kaufmann, grandson of Ralph & Linda Hayford
 Barbara Kerlin, mother of Bruce Kerlin
 Tracy Kerlin
 Art Kurtt, father of Kris Freeman
 Dorothy & Paul Mende, sister & nephew of Charlotte Mally
 Maureen Newman-Krause, friend of Charlotte Mally
 Rick Paolisso, Uncle of Bruce Kerlin
 Dorothy Radloff, aunt of Dawn Drost
 Sherry Stephens, sister of Shirley Ann Kolze
 Fran Werner, sister-in-law of Sharon Florey

**SERVING CHRIST
IN WORSHIP**

Greeters for February:

1: Karl & Janet Bethke
8: Dolly Chamberlain
15: Jackie Schultze
22: Dolly Chamberlain

February Usher Captain:

Dave Freeman

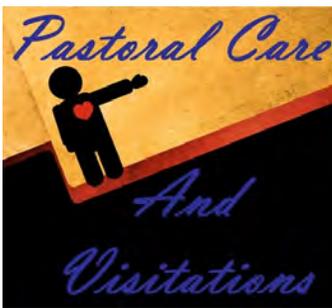
February Nursery Attendant:

Melissa Gumm

February Lectionary:

1: Deut 18:15-20; Ps 111; 1 Cor 8:1-13; Mk 1:21-28.
8: Isa 40:21-31; Ps 147:1-11,20c; 1 Cor 9:16-23; Mk 1:29-39.
15: 2 Kings 2:1-12; Ps 50:1-6; 2 Cor 4:3-6; Mk 9:2-9.
22: Gen 9:8-17; Ps 25:1-10; 1 Peter 3:18-22; Mark 1:9-15.





Pastoral Visitation For Sick & Shut-ins

On an average of every other month, Pastor David visits St. Paul's shut-ins, bringing them Holy Communion. The frequency varies, depending on things like doctor's appointments on the church member's schedule and unexpected events in the life of the church, but the average timing is every other month. More frequent 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 to make arrangements.

Pastoral visitation is also 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 (home) or (847) -445-7248 (cell phone).

"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)

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From the Community Outreach Committee...

St. Paul Scrip Program

THANKS to the 6 families who participated in our January Scrip order which provided earnings of \$150.55. Earnings from 2014 will be presented to the Wachs Fund by the Community Outreach Committee on Wachs Love Sunday on February 15th.

Try our Scrip program for a couple of months, even if for just one gift card for groceries, prescriptions, gasoline or dining out! A \$100 Walgreen provides us with \$6; a \$100 Jewel or Roundy's/Mariano's provides \$4. Earnings vary from 1.5 - 25 percent depending on the retailer. This is an **EASY** way to donate to the **Wachs Fund** all year round, with no additional cost to you - just for prepaying for the shopping you would do anyway! The earnings stay in our account! **Please - help with this worthwhile project.**

FEBRUARY SCRIP ORDERS are due **in the Scrip Mailbox** located on a shelf of the bookcase across from the church office by 11:30 a.m. on the 2nd **Sunday, Feb. 8th** and will be ready for Pickup on the following Sunday, Wachs Love Sunday, Feb. 15th.

Questions? Contact: Darlene Vogt, Coordinator of Scrip fundraising program for the Wachs Fund, sponsored by the **Community Outreach Committee** of the Spiritual Life Board
Phone: 847-359-0839. Online: dvogt122@aol.



More from Community Outreach...



Work continues on 637 Grace St in Elgin the house is ready for a rough inspection, once completed insulation and dry-wall can be done. All the new windows have been installed and work has begun on the outside with new siding. Several opportunities to help the Spring of Life Partnership raise funds to finish this project and to continue their wonderful work in the future are in the works, details to come. The Partnership is looking to organize a work day just for Women, a day of painting, a date will be determined once interior work is completed.



1140 East Northwest Highway | Palatine | Illinois 60074 | 847-963-9163

Are you looking for an opportunity to volunteer? Journeys The Road Home and PADS sites in our area are looking for volunteers, particularly our friends at All Saints Lutheran Church, Palatine. To volunteer at a PADS site you need to attend a volunteer orientation the last 3 dates for this season are coming up in February Thursday 2/5 at 6:30pm, Saturday 2/14 at 10:00am and Tuesday 2/24 at 6:30pm. All orientations are held at the Journeys office 1140 E Northwest Highway Palatine. Additional information can be found on their website journeystheroadhome.org or by calling the office at 847-963-9163.

TWENTY-SIXTH ANNUAL WACHS LOVE SUNDAY
February 15, 2015



We have celebrated *Wachs Love Sunday* for 26 years on the Sunday closest to Valentine's Day at St. Paul. Valentine's Day is a special day set aside each year to make a point of telling special people in our lives that we love and care about them. Daniel Wachs, a long-time St. Paul member, spent much of his adult life making a point of showing people that he cared about them. He was forever finding ways to help others in one way or another--here at church, within our congregation and within our community. He was the chairman of the Building Committee in 1955 when the St. Paul education wing was built and dedicated so we would have a place to teach our children of God's love. You can check out the old newspaper article downstairs on the bulletin board. After his death in 1989, his family created the Wachs Love Fund here at St. Paul to honor his life, and his love of helping others. The Community Outreach Committee receives many Wachs Fund requests throughout the year from Palatine residents experiencing hardship in our challenging economic times. The Wachs Love Fund provided \$4800.00 in assistance in 2014 with utility bills and living assistance for rent, mortgage, transportation, temporary housing, gasoline and groceries.

The Wachs Love Fund at St. Paul is funded in two ways:

Through member participation in the **Scrip Program** that you read about each month in the bulletin and the Scribe. We encourage you to try purchasing Scrip for a couple of months, for some of the shopping you do each month—for groceries, prescriptions, clothing, gasoline, dining out or other entertainment—as well as for gifts you are going to purchase, or give the gift card itself. You may place your order on the second Sunday of each month, and pick it up on the third Sunday. A percentage (1.5% to 25% depending on the vendor) of those purchases you make through the Scrip program come right back to the Wachs Love Fund, and you get the full dollar amount that you order. In 2014, 9 families participated regularly in the program, generating a profit of \$1,978.98—around \$200 in profit per family on average.

Imagine what that profit could be for the Wachs Fund if more families participated and did some of their shopping or gift giving through the Scrip program. Consider using Scrip for one thing you purchase regularly—gas, groceries, clothing, dining out, medicine/prescriptions, or gifts in order to support the Wachs Fund throughout the year without spending a dime more than you will anyway. We all eat, put gas in our vehicles, purchase clothing and other necessities and not-so-essential items, dine out, and need to purchase home care/repair items. Do you know you will need to make a large furniture or appliance purchase? Check to see if the place you will purchase it from is a Scrip vendor. If the vendor you want to use is *not* on the list, check with Darlene Vogt to see if the vendor participates in the Scrip program. We do not have room to list all vendors on one sheet of paper.

And, the second way the Wachs Love Fund is funded is through your generosity on **Sunday, February 15, which is designated as Wachs Love Sunday**. There are envelopes at the end of each pew during February, or you can designate your gift on your regular offering envelope. We ask you to consider giving generously to the Wachs Love Fund if you are able. The monies collected for the Wachs Love Fund Offering will provide assistance to those in our St. Paul community and in the greater Palatine community who are struggling to survive financially, have experienced a medical, family or job crisis, or have fallen through the cracks of other forms of assistance—the stories are sometimes unimaginable. Please consider giving generously to the Wachs Love Fund so St. Paul can continue to provide this outreach ministry to God's children, just as it has for the last 25 years. Thank you.

Your Community Outreach Committee,
Melissa Gumm, Jill Dekrell, Maryann Mahlman, Holly Petersen, Darlene Vogt and Karen Wagner



The Women's Fellowship group is open to ALL women at St. Paul. It was a new fellowship group starting in January of 2014, growing out of the former sewing group, and had 28 St. Paul women join us for one or more meetings or outings during 2014. The goal of the group is to learn new things, do some service projects and to experience good fellowship and get to know other St. Paul women better. We laugh a lot together, too. All St. Paul women and friends are welcome. Women's Fellowship meets once a month, usually the third Saturday morning at 9:30. We usually bring our own lunch and eat together at the end of our meeting, sharing fellowship, faith and laughter while we are together. Please consider joining us on February 21st when we will be creating a spring gift for our shut-in members. Bring your own lunch and we will dine together following the activity. Be sure to sign up in Fellowship Hall if you plan to attend.

We will also be adding a second meeting time once a month on a week night starting in March when we can work on the lap quilts that the Sewing Group has been making for our members experiencing a health crisis. You need not be able to sew, and are welcome to bring your own project to work on. The conversation and fellowship are always good! **YOU NEED TO SIGN UP FOR THE MARCH 21st WOMEN'S FELLOWSHIP MEETING BY FEBRUARY 22 IN ORDER FOR SUPPLIES TO BE ORDERED.** Sandy Gumm will be teaching us how to make a hearth basket and the class size is limited to 16. This has been a much-loved activity in the past, so please look at your March calendars so you can sign up now.

WHO is the CARE Team?

YOU

ARE THE ST. PAUL CARE TEAM. The CARE Team at St. Paul was formed during 2014 to organize our St. Paul members' efforts—YOUR efforts-- to reach out and provide avenues to show your care and compassion to fellow St. Paul members and friends experiencing a challenging or joyous life event. Many of you have shown your care by sending numerous cards and notes, providing meals following surgeries and other challenging life events, provided a monetary donation when requested, or been willing to provide other forms of assistance to our members. The CARE Team thanks you for your willingness to show your care to our fellow members during 2014. We are each truly blessed to be part of such a CARING faith community. Please remember, you ARE the CARE Team. The six of us just help keep you informed of the needs of our members.

Your St. Paul CARE Team,
Holly Petersen, Bernadette Chvoy, Mary Doktor, Kris Freeman, Barb Oberly,



From the Health Committee...



February is HEART MONTH

“I love you salt but you are breaking my heart.”

Here's the Scoop:

Sodium is a mineral that's essential for life. It's regulated in the body by your kidneys, and it helps control your body's fluid balance. It also helps send nerve impulses and affects muscle function. When there is extra sodium in your bloodstream, it pulls water into your blood vessels, increasing the total volume of blood inside. With more blood flowing through, blood pressure increases. Over time, high blood pressure may overstretch or injure the blood vessel walls and speed the build-up of gunky plaque that can block blood flow. The added pressure also tires out the heart by forcing it to work harder to pump blood through the body. To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day. Even better, reduce it to 1500 mg to lower blood pressure even more.

“Breaking Up with Excess Sodium”

Follow the American Heart Association's tips for reducing the sodium in your diet:

Compare labels and choose the product with the lowest amount of sodium you can find in your store. You might be surprised that different brands of the same food can have different sodium levels.

Look for products with the **American Heart Association's – Heart-Check Mark** at grocery stores and some restaurants to find foods to help you build a heart-healthy diet. The red and white icon means that a product meets the Heart-Check program's nutrition requirements for certification, including specific sodium limits by food category.

Look for fresh and frozen poultry that hasn't been injected with a sodium solution. Check the fine print on the packaging and look for terms such as “broth,” “saline,” or “sodium solution.” Sodium levels in unseasoned fresh meats are around 100 mg or less per 4-ounce serving.

Cook at home more. Use herbs, spices, citrus juices and vinegars instead of salt to add flavor to foods.

Choose condiments carefully. For example, soy sauce, bottled salad dressings, dips, ketchup, salsas, mustard, pickles, olives and relish can be sky-high in sodium.

Control portion sizes. When you cut calories, you usually cut the sodium too.

Choose foods with potassium, like sweet potatoes, potatoes, greens, tomatoes, and lower-sodium tomato sauce, white, bean, kidney beans, nonfat yogurt, oranges, bananas and cantaloupe. Potassium helps counter the effects of sodium and may help lower your blood pressure.

Rinsing some canned items can also help reduce sodium levels.

Specify how you want your food prepared when dining out. Ask for your dish to be prepared without salt.

As you take steps to reduce sodium gradually, you'll start to appreciate foods for their true flavor. And over time, your taste buds can adjust to prefer less salt. To find more information about eating less salt, check out the American Heart Association Eat Less Salt book. Above information quoted from the American Heart Association.

WATER: ESSENTIAL TO OUR FAITH AND OUR LIVES



Several years ago, St. Paul celebrated the theme of “hunger” throughout the year. All boards and committees were asked to plan activities or events that were connected to the church’s theme.

When doing research about the Compassion Water of Life systems in the fall, we found information about World Water Day which has been sponsored by the United Nations General Assembly since 1993, and is celebrated on March 22nd each year. Countries all over the world celebrate World Water Day. World Water Day aims to increase people’s awareness of the significance of fresh water and to advocate for the sustainable management of freshwater resources throughout the world. In some countries World Water Day is a holiday. Faith communities all over the world are raising awareness of water-related issues and raising money to provide safe drinking water to millions of people worldwide. The more we thought about it, the more we kept coming back to all of the ways water plays a part in our faith—baptism, communion, and myriad stories in the Bible: Jesus washed his disciples’ feet, the woman at the well, fishermen, storms, and the list goes on. Genesis 1 tells us God’s spirit was moving over the water as God created the Earth and then he brought order to it by creating the seas. Images of water pervade the Gospel stories, symbolizing chaos, rebirth and new life. Jesus began his ministry by stepping into the Jordan River (Matthew 3:3-17) and was baptized by John the Baptist. When he came up from the water, the heavens opened and the spirit of God descended upon him like a dove. Throughout the Gospel, water plays a part in Jesus’ ministry—he quiets a storm in Mark, walks on water in Matthew, and turns water into wine in John. In John 7 Jesus tells us, *If you are thirsty come to me and drink! Have faith in me and you will have life-giving water flowing from deep inside you.*

Water is mentioned 722 times in the Bible, sometimes synonymous with God being a part of every aspect of our lives, much like water is essential to life. Water is essential to each of our lives: We drink water to nourish our bodies. We drink the wine of communion to nourish our spirits, and we baptize with water to promise to keep God in our lives. Our Vision Statement says we need to *live responsibly as stewards of God’s creation*, so we are each charged to conserve and be responsible for the water God created for us to use.

With the approval of the Spiritual Life Board and the Executive Board, St. Paul’s theme for the next year will focus on “water” starting on March 22, World Water Day. All committees and boards at St. Paul are working on ideas to help celebrate the many ways in which water flows through our lives—to nourish our bodies and our spirits, and as we strive to be responsible stewards of God’s earth.

Members of all boards and committees have met once to discuss St. Paul focusing on water and the many ways it is essential in our lives and faith during the coming year. Representatives from each board and committee will meet again on February 2 at 7:00 in the conference room to make plans for the year that will focus on water. If you would like to be a part of this planning or just learn more, please join us. We plan to kick off the year’s theme of water on World Water Day on March 22. To learn more about World Water Day, go to www.unwater/worldwaterday.

Mary Doktor and Holly Petersen
Spiritual Life Board

St. Paul UCC Movie Night



Featuring:

Frozen



Friday, February 6th

6:30-8:30 pm

Fellowship Hall

Join us for a fun filled evening!

**Wear your favorite Frozen pjs and be sure to
bring a blanket!**

**The Concession Stand will be open with free
pizza, popcorn, and drinks!**

Invite your family and friends!

Please RSVP to the church office at 847-358-0399