

## St. Paul's Lutheran Family

1201 N. Saliman Rd —Carson City, NV 89701

Phone 775-882-3020 and Fax 775-882-3353

Church E-mail: [stpsecy@att.net](mailto:stpsecy@att.net)

Church Website: [www.stpaulsluthfamily.com](http://www.stpaulsluthfamily.com)

### Bits & Pieces

Dear Friends,

During the Epiphany season we regularly have sets of lessons from the gospels that follow sequentially if not quite continuously. For this year as well as having a set of continuous readings from Matthew we have a set of continuous readings from Paul's first letter to the Corinthians. We started this series in January with opening verses of his letter and don't quite get to conclude it when we finish the sequence of readings on February 23; the last piece of this sequence, 1 Corinthians 4:1-5 fails to be read because of calendaring difficulties. When we finally leave the Easter season in June, the New Testament text will pick up with readings from a completely different Pauline epistle, that to the Romans.

Now, why all of this? Paul writes to Corinth to a community in Christ in he helped to form. He knows and loves these people. Reports of one kind or another, however, have notified him that the very gifts he identified would be given them by the Spirit have been misunderstood and twisted and threaten to tear the community apart. The community formed to be part of the body of Christ has begun to turn upon itself.

In medical terms used today we might say the community suffers from an auto-immune disease. In an auto-immune disease, cells meant to protect the body from outside instead tear down the body. Rather than working in concert with the rest of the body individual cells set themselves against the body. The metaphor is apt: in Corinth individuals or small groups have begun to set themselves apart from or above the congregation, the body of Christ, itself. For Paul, this is unimaginable. Paul never, ever makes reference to an individual when using the term "body of Christ". Gifts given from the Spirit for the welfare of the congregation indeed come through individuals but they are always given to build up the body. Those gifts are never intended for self promotion, or to use Paul's word, boasting.

As I'm sure nearly everyone in the congregation is aware, St. Paul's in Carson City now prepares for a transition as I prepare to retire. The

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council and the congregation have a number of responsibilities to address in terms of envisioning what kind of pastoral leadership St. Paul's needs as it continues to witness its Christian faith in Carson City. The apostle who wrote that letter to the Corinthians so long ago recognized that each member of that congregation had gifts needed for welfare of the entire body of Christ. I believe those gifts are present in this congregation named after him. As he reminded those people of faith in Corinth, so I wish to remind all of you and especially those of you who will help determine in which direction we will now head that your gifts are not meant for yourselves, but for the welfare of this component of the body of Christ. The Lord bless all of you in your endeavors.

Peace and blessings, always and in everything,



**SUNDAY SCHOOL NEWS**



The Sunday School has begun the new year with a renewed strength and commitment to our young people. Our service in December was very meaningful to us and I have received many good comments regarding the way the students presented the service. We thank you for your support!

The teachers and I are meeting soon to discuss any new ideas to make our Sunday School program even better and if you would like to join us as a helper or teacher, please let me know. Our teachers have been doing this for many years and need an occasional break. So, please call me and/or just come on Sunday at 9:00 a.m. and see for yourself what fun we have.

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The children are starting the year with the Epiphany story and performing a skit featuring the Three Kings. We will then be working through the stories after Jesus' birth and into the Lenten season and Easter.

Blessings to all,  
Renee Woslum  
Sunday School Superintendent

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**COUNCIL PRESIDENT'S NOTES**

Valentine's Greetings to everyone.

Yes, Valentine's Day is almost here. Don't know where the time has gone, but first, I want to extend my thanks to all the little angels that flew around our Christmas tree and put everything safely away until next year. Thank you so much for all your work.

The council, again, reminds all of you that we need two counters for each service to total and record the service offering each Sunday. It only takes about ten to fifteen minutes at the end of the service to do this. Please contact our Church Secretary, Joycie King, and sign up to help us meet this requirement.

And, lastly, just a note to let you know that a letter has been sent to the Sierra Pacific Synod Bishop, as is require, requesting his assistance in calling a new pastor for our church when Pastor Stan retires at the end of June 2014. The Bishop was also advised that the council is actively contacting congregation members who meet the membership requirements in Chapter 8 of St. Paul's Lutheran Family Constitution, By-laws, and continuing Resolutions, to obtain a list of candidates for the Pastoral Call Committee. These candidates will then be presented for a congregational vote.

God Bless You All---Bill



Thank you ! Thank you! For your gifts to the staff at Christmas . We appreciate your love, support and generosity.

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**F e b r u a r y**

- 1 Bill Massie
- 4 Millie Nielsen
- 6 Gloria Hamilton  
Isabella Hamilton  
Mia Hamilton  
Nathan Hillenbrand
- 7 Loreen Hautekeet  
Chuck Lacugna
- 11 Brita Steyn
- 12 Anson Ceja
- 13 Thelma Bataille
- 20 Gail McComb
- 22 Scott King
- 23 Charles Azadi  
Rachel Pesis Segerhammer
- 24 Jason Henkle
- 26 Isabelle Azadi
- 28 Lauryn Bailey  
Katheryn Opperman
- 29 Michael Esenarro



**Financial Secretary's Report**  
(December 1 through December 31, 2013)

The approved Budget for the month (5 Sundays) is \$20,170.  
Income received for the month was \$126602.  
Actual Expenses for the month were \$15678.  
YTD Budget (26 weeks) is \$104,883  
YTD Income received \$113,008  
YTD Actual Expenses were \$110,507  
YTD Income exceeded Expenses by 7.7%.  
YTD Expenses exceeded Income by 2.3%

Respectfully submitted,  
*Wayne Kinder, Co-Financial Secretary*  
*Please take a look at the Financial Secretary's Chart posted on the wall near the church office.*

**WELLNESS NEWS CORNER**

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Mixing your meds with some fruits, vegetables and even some drinks can cause dangerous interactions. Kale is great for you..usually. However, if you're taking some drugs, it might cause dangerous side effects. The same is true of grapefruit juice and other healthy foods, drinks and common treats. It turns out that what you take with your medications can be just as important as taking them. Research shows that some foods and drinks can rob your medications of their powers. Or, they can cause serious, even life-threatening reactions. Here is a list of seven foods that don't mix well with common drugs. Don't worry if you see a favorite food or drink here. You probably won't have to give it up; you might just need to cut back or wait a few hours to indulge. ***This is a partial list: to be safe, ask your doctor and pharmacist about possible food interactions with any drugs you take. Also read the warnings in inserts that come with your prescription meds, and in the fine print on over the counter drugs.***

**Bananas don't mix with:** ACE inhibitors such as *captopril (Capoten), enalapril(Vasotec) and lisinopril (Prinivil, Zestril,)* which are used to lower blood pressure or treat heart failure. Also avoid missing with certain diuretics, such as *triameterene (Dyrenium,)* used to reduce fluid retention and treat high blood pressure.

**What can happen:** ACE inhibitors and so-called "potassium sparing" diuretics can increase the amount of potassium in your body. But too much potassium can cause an irregular heartbeat and heart palpitations. So, people who take those drugs should avoid large amounts of food high in potassium, including bananas, oranges, green leafy vegetables, and salt substitutes such as Morton Lite Salt.

Watch for more drug interaction information in next months column.

God bless,

Betty Razor

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**Youth Group Activities**

By Traci Angel

We hope that everyone is having a great start to the NEW YEAR! We are excited about the coming months. The first youth group meeting for the new year was held on January 19th. The youth group meetings will be held the first and third Sundays of each month at the church in the Evergreen Room at 5:00 p.m.. On February 2nd we are planning a special meeting. We are inviting all youth, grades 5th to 12th to join us to go bowling. Right after the second service, we will have a short meeting, lunch, a few team building games and then bowling. We will be back at the church for pick up at 3:00 p.m.. If you have any questions, please feel free to contact Traci at 721-5495

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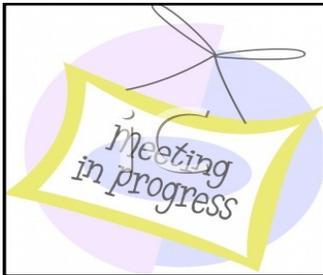


**L.E.E. GROUP**

The L.E.E. ("Life Enrichment for Everyone" or Lutheran Eager Eaters") will meet on Thursday, February 13th at 11:30 a.m. in Friendship hall. The move to the 2nd Thursday is to due to the Memorial Service for Stephen John on February 6th. An invitation is extended to all, especially retirees, and members of the "grandparents generation." The lunch will be potluck, including all dishes: meat, casseroles, vegetables, salads, breads, and desserts. Please come and enjoy one another's fellowship as we commemorate February-the month of ground-hogs, Valentines and Presidents!

# Readers for Feb/Mar

Feb. 2	Russ Bowton
Feb 9	Jay Olshen
Feb 16	Holly McPhail
Feb 23	Sharon Gesick
Mar 2	Susan Misner
Mar 9	Linda Wilson



## PLEASE NOTE

The Retirement Party Committee coordinating Pastor Stan's retirement party will be meeting on March 22nd at 11:00 a. m. at the church.

Those serving on the committee are:

Cheryl and Wayne Kinder  
 Dorit and Otto Sandmeier  
 Joan Schultz  
 Kristine Sandmeier  
 Betty Thoreson  
 Judy and Dick Lowther

Any questions, please call Judy Lowther, 882-5683.

# Communion Assistants

## Feb/Mar



Feb 2	10:30 a.m.	Renee Woslum
Feb 9	8:00 a.m.	Gloria Randle
Feb 16	10:30 a.m.	Linda Wilson
Feb. 23	8:00 a.m.	Roger Moellendorf
Mar 2	10:30 a.m.	Roger Moellendorf
Mar 9	8:00 a.m.	Gloria Randle

# Greeters for Feb/Mar

Feb. 2	Donnie Moellendorf
Feb 9	Frank & Deanna Kojder
Feb 16	Susie Anderson
Feb 23	Greta O'Kelley
Mar 2	Helen Rutter
Mar. 9	Susan Misner



## WELCA NEWS

Mark your calendars! February 15, 2014. St. Paul's Lutheran Family's Annual Chili Cook-off is just around the corner! Save the date and get out your favorite chili recipes and start cookin'. Watch for announcements in the weekly bulletin for upcoming meetings. If you would like to volunteer for this awesome event, please contact Sharon Gesick at 883 -5188. She needs all the volunteers she can get.

# Counters Feb/Mar

Feb 2	8:00 a.m.	Dale Randle/Bob Larson
	10:30 a.m.	Susan Misner
Feb. 9	8:00 a.m.	Dale Randle
	10:30 a.m.	Susan Misner
Feb 16	8:00 a.m.	Dale Randle
	10:30 a.m.	Susan Misner
Feb 23	8:00 a.m.	Dale Randle
	10:30 a.m.	Susan Misner
Mar 2	8:00 a.m.	Don Kovisto
		Carol Arneson
	10:30 a.m.	No volunteers
Mar 9	8:00 a.m.	Don Kovisto
		Carol Arneson
	10:30 a.m.	No volunteers

