

St. Paul's Lutheran Family

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Grace Notes

Have You Had Your Faith 'Booster Shot'?

We have once again entered the season of autumn. A change of seasons offers a time for me to reflect upon my life: how are things with me

spiritually? Where am I? Am I walking close with God? Or have I wandered astray, wandering off in some other direction?

It is at these times of reflection that I realize that I need my regular 'booster shot'. You probably got some sort of 'booster shots' as children. You probably had your kids get their 'booster shots, as well'. These shots help to inoculate us from diseases, from those things which may harm our bodies and make us really sick. Whether it's before the start of a school year or before the start of cold & flu season, we seek out these shots to give our immune systems a 'boost', especially at times when our immune system will be especially stressed.

During times of spiritual reflection, when I feel that I might be in need of a spiritual 'booster shot', I turn towards God's word as found in the Bible and as it is spoken and written through writers and thinkers throughout the centuries—up to and including the present day. One of the reasons that it is important for congregations to have healthy 'Christian Education' or 'Faith Formation' ministries is to provide people with a 'booster shot' of knowledge that can help expand your mind to see what God is doing among us and in our community. Faith Formation can also give your faith a 'boost' at times when your faith is put under stress.

Right now, at St. Paul's, there are several 'Faith Formation' opportunities for people of all ages. These can enrich your knowledge and can provide a much needed 'booster shot' to sustain you on your faith journey. Some are already underway and have

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been well-advertised: the monthly 'Bread & Belonging' potluck and presentations; Sunday School for all ages—beginning with Kid's Church at 9:15 am; the book study Vicki Hamilton leads on the 1st Tuesday of the month at 9:30 am. But there are other new opportunities that are about to start or are in the planning stages and will start in a few weeks. Among these new 'Faith Formation' opportunities are:

Youth Group – the high school youth group has been meeting on the 2nd and 4th Sundays of the month at 12:00 noon. The youth group will continue to 'check-in' with each other and plan future events with youth group leader, Traci Angel. In addition to this, Traci & I will be leading a time of learning and discussion about faith & contemporary issues faced by teens. The teens themselves will let me know what these issues are! But then, I hope to guide a discussion based upon where these issues and topics intersect with our faith journey. There will be some Bible study, some 'Confirmation' review, and questions—LOTS of questions, I hope—to help guide our conversation.

'Confirmation Experience' – St. Paul's 'Confirmation Experience' (NOT 'class', because there is so much more than just 'classroom'-type learning in our faith journey!) will begin in **November**. We will gather on the **1st and 3rd Sundays** of the month, after Coffee Fellowship. There will be a meal provided, followed by a time where we explore the Bible, learn about our faith traditions, learn about what our neighbors of other faiths believe, and learn about core Lutheran beliefs as found in Martin Luther's Small Catechism. Deanna Fine will be assisting me in lesson planning and in some of the instruction, and parents will be providing support in terms of helping with meals, sitting in and learning with their kids the core of the Lutheran faith, and a willingness to assist in other ways. Our first

(cont on page 2)

Confirmation Gathering will be on **Sunday, Nov. 4th**, beginning at **12:30 p.m.**

'The Lutheran Course' – Starting later this month, I will begin facilitating a kind of Confirmation 'refresher course' for *anyone* interested in brushing up on their knowledge of Lutherans teaching and beliefs. **This class will also be the class those who wish to become members of St. Paul's will take to prepare one for membership.** We will be using The Lutheran Handbook, published by Augsburg Fortress, as our primary book, along with optional books one may purchase to get a more in-depth knowledge of Luther's Small Catechism and Lutheran theology and doctrine.

There is another 'Faith Formation' opportunity that I would like to see resume. Right now, due to my workload, I am unable to facilitate / coordinate the Men's Group fellowship and Bible study. I am looking for men within our congregation who would be willing to get the Men's Group restarted. I am also looking for those willing to assist me in leading the Men's Group Bible studies. Once we get someone to be the Men's Group Facilitator, the Men's Group will once again be meeting on a regular basis. I *will* assist the facilitator in planning and leading the Men's Group Bible studies and events—you *will not be left out on your own!*

Please prayerfully consider giving your faith life a 'booster shot' by participating in, helping to lead, or facilitating a 'Faith Formation' opportunity this fall!

God's peace,

Pastor Chad Adamik



Donald LeRoy Logie - passed away August 23, 2018

Bruce R. Pfeiffer - passed away September 1, 2018

Shirley Morey - passed away in September 2018

Russ Bowton - passed away in September, 2018

'Celebration of Life' for Shirley Morey: The service to celebrate the life of Shirley Morey will be held on **Saturday, Oct. 6th** at **11:00 a.m.** There will be a reception following the service. Holy Communion will be celebrated at this service.



BeThe1To

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond. Lifeline network suggests the following actions "to promote healing, help and give hope".

Ask: Research shows that people feel relief when someone ask after them. Also, findings suggest that acknowledging and taking about suicide may reduce suicidal thoughts.

Keep Them Safe: Studies have indicated that when the tools are made less available, suicide rates by that method decline.

Be There: People are more likely to feel less suicidal, less overwhelmed and more hopeful after speaking to someone who listens without judgment.

Help Them Stay Connected: Studies indicate that creating a network of individuals and resources for support can help take away feelings of hopelessness.

Follow Up: Studies have shown that short, low cost intervention and supportive ongoing contact may be an important part of suicide prevention.

What if there was one less great novel written and published?

What would New York (Paris, Italy) do with out you?

What would the world look like with out your smile?

What if it's not as bad as you think it is?

What would happen to that person, the person you're supposed to make a difference in their life?

National Suicide Hotline: (800) 784-2433

TeenLine: (800) 852-8336 – every night 6:00 PM – 10:00 PM

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31

October Birthdays

Oct 2-Sandy Tucker

Oct 2-Dennis Moltz

Oct 2-De Wayne Evans

Oct 4– Bev Steinert

Oct 6—Debbie Hanson

Oct 9—Betty Thoreson

Oct 11-Bob Auer

Oct 12—Justin Stevens

Oct 13– Wayne Opperman

Oct 14-Zachary Higgins

Oct 17– Barbara Halverson-Magee

Oct 18– Betty Razor

Oct 18– Roy Trenoweth

Oct 19– Jack Lofaro

Oct 30– Carol Arneson

Oct 23– David VanKoningsveld

Oct 23–Tommy Townsend

Oct 25– Ashle Doran

Oct 26-Kim Esennaro

Oct 26-Joseph Neiman

Oct 27-Nik Marsh

Oct 29-Maxine Bowton

Oct 29-Dee Coughlin

Oct 30– Tim Higgins



Presidents Corner

Greetings St. Paul's Lutheran Family, from your Council President. Fall is probably my favorite time of the year for many reasons. The cooler weather, beautiful colors, and St. Paul getting back into their "groove" with Sunday School, youth, and adult programs. But, yes there is a but, after our Council Leadership Retreat in August, I *know* we could do a much better job of getting back into the "groove" as a congregation. Our two day retreat was extremely impacting in a very positive way, to those of us that had the privilege to experience, with leadership from Pastors Mary Lou Petitjean and Chad. A fair amount of our time was devoted to Pastor Chad's goals: first, raising the profile of St. Paul's in the community, and second, being a more welcoming and affirming church. We seem to attack the routine work of the church fairly well, but fall short, when it comes to these goals. Our council will be working on these goals, with our congregation and the community.

On Sunday September 16th, you were introduced to a new branding/logo for a bright and refreshing change in all that we do and see. I had asked those present to help us narrow down to one that we could work with and then come back to the congregation with a more finished product to see if that will work. We are looking at using this branding for a new sign on the corner (a temporary banner style until we can get enough funding to attain a permanent one), possible attire like tee-shirts and outer wear, and printed material. There are other items on the horizon that we are looking at as we can, adding change to our property and operations. Most people fear or dislike change, but we all need to ask God to help and guide us so we can move forward, as we simply can NOT diminish or stagnate.

I have received a few emails, comments at church, and phone calls that are helping us with the business of St. Paul's Church. Sometimes there simply needs a clarification, knowledge that the council is moving properly on something, or I just need the input or advise to know where we are at. Please don't hesitate to continue, as communication is what council and I need the most.

Thank you for your patience with me as I am still learning the ropes.

Jay Olshen
Council President
olshen@charter.net



Blessed
to Be a
Blessing

Have you heard????

Sunday Bible Study: Pastor Chad is leading Bible study at **9:15 am** (between the 8:00 am & 10:30 am service). Pastor Chad will lead participants in a deeper examination and discussion of Sunday's lectionary readings. Bible study will meet in the Luther Room, just to the right of the main entrance of the church.

Carson City School district Out program is collecting school supplies. to start early and have them available for children in need for the new school year. According to **Betty Razor** these are regular school supplies, pencils, paper, etc. There will have a complete list posted soon.

St. Paul's Stitchers

The Stitcher's are continuing to meet as they are busy producing quilts. Of course, they miss Sarah and hope that she gets better soon and is back with them to lead the way! I know they are always in need of more hands to work on quilts so please join them if you would like on the 2nd and 4th Tuesday of every month from
9 am to 11:30 am.



WELCA

**WOMEN OF
THE ELCA**

St. Paul's Lutheran
Family

The first WELCA meeting in September was a great success. It seems that changing from Tuesday to Monday has allowed more of our church members to attend. We hope this keeps up!

The next meeting will be October 8th at 6PM in Friendship Hall. We will feature Marla Morris Executive Director of Austin House. This non profit agency is one that WELCA supports with donations from the efforts of our church Rummage Sale.

Austin House operates as an emergency shelter for children up to age 18 affected by abuse, neglect, abandonment, or other forms of maltreatment when family or foster care is not available.



A NOTE OF



Our thanks for all the cards, prayers,
and overall compassion extended to me
and my family over this sad time. Your
thoughtfulness means so much to me.
Vera Logie * family

Fall Leaves

Red, yellow, orange, brown-
Leaves are falling all around.

See them dance
In the cool, Fall air.

Rake them and pile them
And bag them with care.



THE LEE GROUP

"The LEE Group," which we commonly define as "Lutheran Eager Eaters," was originally "Life Enrichment for Everyone." The purpose is to provide an opportunity for Lutherans in the "grandparents generation" to meet on a regular basis for fellowship and enrichment. Our meetings are held from September through June on the first Thursday of each month at 11:30 a.m. in **Fellowship Hall at St. Paul's Lutheran Family, 1201 North Saliman Road., Carson City.**

Our next meeting will be on **Thursday, October 4th, 11:30 a.m.** The meal will be a **general potluck**, focusing on European/Scandinavian dishes, in honor of the 501st anniversary of the Reformation. Please bring a passing dish: meat, casserole, salad, bread, dessert, etc., to share with others.

At this meeting an opportunity will be available to receive an **annual flu vaccination**—it will be free of charge with Medicare coverage.

We hope you will consider joining us.

[For information, please call Bev Steinert \(883-6096\) or Doug Thunder \(883-1548\).](#)



Christian Education

Sunday School has started the year off with really good attendance. Our teachers are very pleased and are looking forward to a year of learning and fun for the children. The teachers are working with three age groups and this has presented a whole new learning experience as our regular students have advanced in age and school grades.

We have someone new that has joined us this year and that is Ruth Fitzgerald. Ruth brings a wealth of experience and knowledge to the group and she has lots of clever ideas for learning. You might remember Ruth's daughter, Lori Doll who led our Sunday School for many years and did move to the East. Her daughters, Kikki & Lizzy are all grown up and do come to visit Grandma & Grandpa at times.

We will begin planning soon our Sunday School Christmas program that will be December 16. The Youth group will treat us as usual that day with a lunch at the coffee hour after the program.

Vicki Hamilton and Pastor Chad are doing an opening for us each Sunday before we begin classes. This has been especially nice for the children who are very good at learning new songs and enjoy a valuable message from Pastor Chad.

If you are interested in helping us with Sunday school please don't be shy and give me a call. We can always use an extra pair of hands or maybe help us with their snacks once in a while. We would appreciate anything you can do!

Peace to all,
Renee
Superinten-



Woslum
dent



SERVING IN THE ARMED FORCES:

Jerry, Brandon Luterick, Heather Joyner (Johnson), Samuel (Weirton and Osterhold), Peter Elverum, Sarah McGee, Olivia Lesperance, Tom, Michael, Justin, Will.

FIREFIGHTERS/PEACE OFFICERS:

Andy Steyn, Brian Hillenbrand, Tina Sherman, Mark Dickens, John Gould

THOSE WITH PRAYERS OF THANKSGIVING

Wade & Kim (Wudke) Grunstead (Evelyn Luterick's granddaughter), on their marriage yesterday at Idlewild Park, Reno (Saturday, Sept. 29)

THOSE WITH SPECIAL NEEDS:

Richard Amrhein, diagnosed with pancreatic cancer; **Teresa Glover** (Barbara Amrhein's daughter), battling cancer; **Greg Griffith**, for healing; **Sarah Jevne**, beginning cancer treatment

WE GRIEVE WITH:

The family of **Shirley Morey** (mother of Vicki Hamilton) over the death of Shirley; the family of **Russ Bowton** (husband of Maxine Bowton) over the death of Russ; The family of **Bruce Pfiffer**, over the death of Bruce; The family of **Don Logie** (husband of Vera Logie) over the death of Don.

CONTINUING PRAYERS FOR:

Roy T.; **James W.**; **Dick Lowther's sister**, medical issues; **Bev Steinert**, for healing; **Roy Eisentrager** (health issues); **Jane Johns**, for healing; **Margaret Johns**, medical issues; **Nikki Jones**, for healing; **Dwight & Susan Holmquist family**, for healing; **Nellie Revelle**, for healing; **Joe Webster**, for healing; **Evelyn Luterick**, for healing; **Ellen Harrell**, medical issues; **Bev & Ron Gutzman**, for healing; **Marilyn Brandvold**, for healing; **Betty Razor**, for healing; **William Rawson**, battling leukemia; **Oscar Anderson's brother**, health issues; **Debbie Revelle**, healing; **Gayle Kennett**, for healing; **Harold Nolte & Karen Hone**, for continued healing, **Chuck S. John Benko**, **Carl Ennis**, **Betty Jeab Raggert**, **Liz Savis**

WORSHIP LEADERS

COMMUNION ASSISTANTS

*Oct 7—8:00 am—Kim Neiman
10:30 am—Dave Harrell
Oct 14—8:00 am—Joan Schultz
10:30 am—Dave Harrell
Oct 21—8:00 am—Need volunteer
10:30 am—Holly McPhail
Oct 28—8:00 am—Jay Olshen
10:30 am—Dave Harrell*

Greeters—10:30 am

*Oct. 7—Judy McPhail
Oct. 14— Mary Neumann
Oct. 21— Deanna Fine
Oct. 28— Ann Kauf*

Readers 8:00 A.M

*Oct 7— Jay Olshen
Oct 14— Deanna Fine
Oct 21—Carol Arneson
Oct 28—Vera Logie—*

Readers 10:30 A.M

*Oct 7—Holly McPhail
Oct 14 Linda Wilson
Oct 21 Steve Ranson
Oct 28 Judy McPhail*

USHERS-10:30 service

For the month of October

The following members are our regular usher volunteers. If you would like to volunteer to usher, please see Dave Harrell.

Dave Harrell, Jimmie Poncsek, Mary Neumann, Greta O'Kelley.

Let's all take the time to thank them for doing a great job!

COUNTERS

Volunteers are needed for all sundays and services. Please call Mary DeFelice to sign up.

Volunteers are also needed for Acolytes. Please contact the office or Pastor Chad or sign up on the sheet in the hallway.

Acolyte
Ministry



****Please note--A bracelet and watch were found in the Women's restroom possibly during Vacation Bible School. Please see Renee in the office to claim them.**



URGENT REMINDER !!

When writing checks for your offering please be sure that you have sufficient funds in your bank account to cover the amount. When you don't have the funds to cover the amount, it becomes costly to both parties involved, the church gets assessed \$12 and you get assessed for insufficient funds, costing \$25 or up, depending on your banking institution.

Doug Thunder, Treasurer



Fellowship News!



The Fellowship committee continues to be a mainstay in the coffee hour and special services, such as Lent, Advent, etc. They could use some extra help with keeping the group active. Judy Webster and Shelley Stevens have been doing a great job of filling in for coffee hour, when no one signs up.

In the last few weeks there have been several people who have hosted coffee hour and it is very much appreciated.

Remember, you don't have to serve a feast, just some simple items and Coffee. Please help us to all enjoy the coffee hours!

Pictorial Directory Update for 2019 — Plans are being formulated for an update to our **pictorial directory**. The Lifetouch photographers are tentatively scheduled to be here on **Monday, October 22, 2018** for the afternoon and evening to take photos of anyone who didn't have one the first time or had submitted their own copy and want to have a photo done this time and this will update our directory. A sign-up sheet will be available soon for you to book your time and we hope to see anyone interested. Also, *new members to the congregation since the last directory are welcome.*



Bread & Belonging' **NEWS & SCHEDULE!**

This fall, St. Paul's Lutheran Family **continues to meet monthly for fellowship**. *The 'big idea' is that we all belong together, regardless of what we think or believe. There's no better way than to live into that by sharing a meal together.* **'Bread & Belonging'** will be held on the **2nd Thursday of the month**. We'll begin at **6:00 pm** with a 'potluck' meal—everyone attending the meal is invited to bring place settings, a food / beverage item to share. The presentation from our guest speakers will begin in the sanctuary around **6:45 pm**.

On **Thursday, Oct. 11**, we will welcome **Rajan Zed**, president of the United Society of Hinduism, as our guest presenter.

Please join us, and invite family, friends, and neighbors!

'A Gem of an Evening' Auction & Fundraiser: Capital City C.I.R.C.L.E.S., a non-profit working with the community to combat systemic poverty, is having their annual fundraiser on **Saturday, Oct. 20** at **Genoa Lakes Golf Course Supper Club** from **3:00 p.m.** until **6:00 p.m.** Tickets are **\$20 in advance** and can be purchased from Pastor Chad; tickets are \$25 at the door on Oct. 20th. For more information about CIRCLES or the fundraiser, please contact **Thomas Blake** at **(775) 883-6506** or by email: capitalcitycircles@gmail.com

