

St. Paul's Lutheran Family

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Bits & Pieces

Dear Friends,

I would like to offer a class for those of you who are interested in becoming members of St. Paul's Lutheran Family or those of you who joined but never participated in such a class. For some of you the question immediately arises, "Why should I come to such a class when I've already attended confirmation classes?" or "I've done this before in another Lutheran church. Do I really need to attend another?" Well, no, you don't have to. I can't force you nor do I wish to. I offer these classes because they offer the following benefits.

1) You get to know some of those people whose heads obstruct your view of the altar. If you are relatively new to St. Paul's you may find this a good way to form some significant relationships painlessly. I've been told by many people that the connections they made during these classes remain important to them even years later. Additionally, they found unexpected friends, meeting people they may not have otherwise encountered.

2) Do you really believe that the information you learned when you went to confirmation was all there was to understanding what a Lutheran, or a Christian, was? Weren't there questions that you had, probably still have, that you would like to pose? I make no promises that I, we, will find a resolution to any and all questions that arise but if nothing else I'll bet that you'll experience a bit of surprise to find out that you are not alone with your questions. Why not find out what it's like to ask those questions out loud?

3) Under these circumstances I get to know you and you get to know me just a little better. Sharing a hug and/or a handshake at the door on a Sunday morning is fine and a blessing for each of us. But spending a little more time with one another for several weeks provides a much better foundation for understanding one another.

4) Finally, rather than encountering the Christian faith as a catalog of doctrines one must learn, this class intends to explore the rich meaning of Christ in our life as an ongoing gift. Baptism and the Eucharist (Communion) become more than isolated events in our lives. We find them to be the foundational and

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Thanks to all of you who assisted with and participated in the summer Family and Community Outreach activities. Sharing conversation, food, and laughter (and helping with clean-up!) Everyone who attended contributed something to the events. Special thanks for the Early Bird Coffee Hours to Joan and Jere Schultz, Gloria Randle, and Bill and Caroll Massie. And for the Midweek Potlucks and Services deep appreciation goes to each of you who helped out in the kitchen; many hands do, indeed, make light work.



Family & Community Outreach Committee

Greeters for Sept

Sept 1 Greta O'Kelly

Sept 15 Evelyn Luterick

Sept 8 Mary McFarland

sustaining activities that encourage, support and bind us to a living and life giving Christ.

Well, then, when and where. The where is easy. Probably in Friendship Hall. The when is a little more difficult. Wednesday evenings? Sunday after the 10:30 a.m. service? Elizabeth and I return from vacation on October 2 and we can start immediately. Please contact me or the office if you have an interest in participating in these and give me some idea when you have time available. I have found these classes quite stimulating.

Peace,

Readers for Sept./Oct

Sept 1 Caroll Massie

Oct. 6 Judith McPhail

Sept 8 Andrea Knudson

Oct. 13 Holly McPhail

Sept 15 Cheryl Kinder

Sept. 22 Judith McPhail

Sept 29 Linda Wilson

WELCA NEWS

Hi Ladies:

Your WELCA Board has begun planning for the 2013-1014 program year. Mark your calendars and plan to join us for our first meeting, a Taco Salad Supper on Monday, October 7th at 5:30 p.m.

Please watch for more information in St. Paul's October Newsletter. All women are members of WELCA and are invited to participate.

Renee Woslum & Gloria Randle, Co-Presidents,
Sharon Gesick, Secretary,

Peggy Truttman, Treasurer

COUNCIL PRESIDENT'S NOTES

Peace be with you. Just a few words of thanks to our out-going council members, past President Ken Elverum and council member Sharon Gesick for their dedication and hard work over the past three and a half years! And, I want to thank our newest elected members, Dick Lowther, Roger Moellendorf, Jay Olshen, Gloria Randle, and Renee Woslum for graciously running and for their election to vacant positions on the Church Council.

Thanks are also in order to the following men for their assistance in the removal and reinstallation of the fixtures in the men's and women's restrooms so that the new floor covering could be installed: Leonard Frederick, Dick Lowther, Bill Massie, Jay Olshen, Clay Woslum and Pastor Stan Pesis. Boy, what a crew to draw too! A great job everyone, thank you so much.

If you didn't attend the Sunday Ice Cream Social and sample all the different flavors and related goodies after the 10:30 service on the 25th of August, you missed out on a grand gastronomical event. Many thanks to all who assisted in putting this on.

Here is a list of the 2013/2014 council members and their liaison committee assignments. President, Bill Massie; Vice President Roger Moellendorf; Secretary, Linda Wilson; Property/Design, Dick Lowther; Outreach/Stewardship, Joan Shultz; Education, Renee Woslum; Health Ministry, David Harrell; Worship Life, Gloria Randle, and Youth, Jay Olshen.

This council has its work cut out for it. One of the first major items to be considered is the deterioration of the asphalt roof on both the Sanctuary and Friendship Hall.

I want to remind all congregational members that

Birthdays

September

2	Katelin Elverum Joan Yeskie
3	Carol Kalleres Judy Webster
4	Lindsay Chowanski Lyn McComb
5	Ashley Renteria
6	Westley Luterick
7	Candy Trenoweth
8	Brian Hillenbrand
9	Kathie Lunz, Caroll Carroll Massie,
10	Larry Lunz, Sharon Melsheimer
11	Marilyn Hall
12	Kathy Gagnon
13	Sandee Gagnier, Renee Woslum
14	Don Logie, Nathan Miller
15	Theresa Williams
18	Mak Azadi
21	Jane Johns
22	Jennifer Coughlin
27	Pat Higgins Jere Schultz
30	Karen Gould

Council Notes (cont.)

all council meetings are open to the congregation. We welcome your attendance so you can see what is taking place within our church community.

We are still in need of counters for both services. Please check the signup sheet on the bulletin board in the foyer and sign up for a Sunday. Thank you, Gloria, for conducting the instructional sessions.

Once again, thank you to all our past, present, and new council members for stepping forward.

God Bless You All

Bill



CONGRATULATIONS To the Stitchers on the completion of their 1,000th quilt. Good job to you all.

HEALTH NEWS CORNER

Do you have some leftover medications? A new law allows them to be donated to the free Ross clinic at FISH. Meds must be in their original bottle. Labels must be legible. Please do not leave them in the baskets. Give them directly to Audrey Stroub or Betty Razor or leave them with the church secretary.

Monitoring Your Blood Pressure

Those with hypertension who regularly monitor their own Blood Pressure (B/P) tend to have lower numbers. It is more successful when paired with extra resources such as a phone call with Home care provider and someone else cross checking your findings. Therefore avail yourself of a great service provided by our own musician, Mike at St. Paul's. Mike will cross check your B/P between services on the second and fourth Sundays of the month, in his office.

Remember B/P over 140/90 is considered high blood pressure with significant health care issues. It is also recognized that B/P often differs from home and Dr.'s office. Having Mike check can provide a different venue with which to compare. It is also best for you to bring your own B/P monitor to cross check with the one at St. Paul's. Monitors often need to be replaced or recalibrated. This would be a good way to make that assessment. The September dates are the 8th and the 22nd. Also, St. Paul's will try to have a nurse available on each 2nd Sunday to answer any health related questions you may have.

Financial Secretary's Report

(July 1 through July 31, 2013)

The approved Budget for the month
(4 Sundays) is \$16,085.

Income received for the month was \$15,309.

Actual Expenses for the month were \$14,300..

YTD Income was short of meeting
Budget by 4.8%.

YTD Income exceeded Expenses by 7.1%.

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 Committee Needs Your Assistance

We often find out too late when a member or friend is having some problem. Please contact us when you or someone you know could use a phone call, a visit, health equipment or just some simple advice. Remember, God wants us to watch over each other and we can only do that when we know there is a need. You can call or leave a message with either Audrey Stroub 882-6425 or Betty Razor 841-2208.

Fight the Bite

Mosquitoes can be more than a bother, they can pass along a potentially dangerous disease-West Nile Virus. When you are out and about keep these pesky critters and other insects at bay. The best defense is to use insect repellents appropriately. Look for one that includes DEET, **however**, never use a DEET product on a child under 2 months old and on most children use a product with only 30% DEET. Picaridin or oil of lemon eucalyptus are also effective. These two products should not be used on children under 3 years old. Most importantly follow ALL the directions and safety tips listed on the product. NOTE: some repellents cannot be used directly on the skin. For women who are pregnant or breast-feeding-talk to your doctor before using any product.

When out and about-GET UNDER COVER. Use clothing to deter hungry, nasty insects. Light weight long sleeves, long pants, socks, closed shoes and a hat. DO NOT APPLY REPELLENT ON SKIN THAT WILL BE UNDER CLOTHING. And, stay away from bright colors, flowery prints and scented products. Don't use perfume.

Time your outings. Many biting insects are extra active in the evening and early morning, also on less windy days. Avoid these times when possible.

Dry out the area. Mosquitoes breed and lay eggs in water, even a thimbleful of water in a rock, a flowerpot, or birdbath can spawn bugs. Carefully ride the area of standing water and once a week drain any standing water.

Clean up. Don't leave food and garbage cans uncovered. The smell attracts all kinds of insects and make sure window and door screens are in good repair.

SUNDAY SCHOOL NEWS

The Sunday School teachers and I met in August to put together plans for the upcoming Sunday School year. We are excited to start again after the summer and the children will be ready to begin too.

Sunday School will start on Sunday, September 8th at 9:00 a.m. with our opening and classes.

Our classes cover the ages Pre-K (4 yrs) to 6th grade. So if you have a child or grandchild that would like to attend, please be sure to join us on the 8th as we will have registration available. You can also call me at 775-883-7748 or stop me when you see me at church and I will give you registration forms or answer any questions you may have.

I look forward to this new year of Sunday School at St. Paul's.

Renee Woslum, Superintendent

Don't forget to mark your calendar for Saturday, September 14th at 1:00 pm. as we gather to celebrate 20 years of service and Nellie's retirement. **ALL** are invited to join us for fun, food and fellowship. In lieu of gifts, a money tree will be available. Call Traci Trenoweth if you have any questions-775-721-5495.



YOU ARE CORDIALLY INVITED

To: A Bridal Shower

For: Traci Trenoweth

When: Saturday 10/5/13

Time: Brunch at 11:00 a.m.

Where: St. Paul's Friendship Hall
1201 N. Saliman Road, Carson City

Traci Trenoweth and Jared Angel are registered at Macy's; Bed Bath & Beyond and Williams-Sonoma.



A memorial service was held for Matthew Reeder at St. Paul's Lutheran Family on Friday, July 19, 2013. Matt was the son of Judy and Richard Lowther. He will, indeed, be deeply missed by his family and friends. Lord Jesus, we ask that you receive a sheep of your own fold, a lamb of your own flock, a sinner of your own redeeming.



LEE GROUP POTLUCK LUNCHEON

What is LEE Group? It's an open invitation for **EVERYONE** (church members and friends) to Join us for a potluck luncheon on the first Thursday of each month (except July and August.) We meet in Friendship Hall at 11:30 a.m. for a delicious meal and a brief program. This month, our Program Chairperson, Peggy Truttman, has arranged for Allison Dillard and Eddie Miller from Capital City Counseling to speak to us about **Drug Awareness**. So bring your favorite dish and plan to join us on Thursday, September 5th.

At our June meeting the following persons were elected as LEE officers for 2013-2014:

Co-Presidents-Madaline Yoho and (yes, there's still an opening)

Vice President & Program Chairperson-Peggy Truttman

Treasurer- Doug Thunder

Secretary-Nellie Revelle

St. Paul's Stitchers - Sarah Jevne

Kitchen Supplies - Audrey Stroub

Sunshine - Pastor Stan Pesis

Calling Committee - Evelyn Luterick, Arvessa Atwell, Flo Bilderback, Irene McComb and Diane Simpson.



Communion Assistants

- Sept 1 10:30 a.m. Linda Wilson
- Sept 8 8:00 a.m. Renee Woslum
- Sept 15 10:30 a.m. Richard Lowther
- Sept 22 8:00 a.m. Gloria Randle
- Sept 29 10:30 a.m. Roger Moellendorf (only one communion service due to Pastor's vacation)
- Oct 6 10:30 a.m. David Harrell
- Oct 13 8:00 a.m. Louise Griffith
- Oct. 20 10:30 a.m. Linda Wilson

