

# The St. Paul Epistle

Published by  
St. Paul Evangelical  
Lutheran Church  
Orion, Illinois  
**April 2022**

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Pastor Gwen Sefrhans-  
Murphy:

Our 150th (+2) Anniversary Celebration on March 27th, 2022, was a wonderful day! I was so glad to see everyone in worship, hear a faithful sermon preached by our Bishop, Jeff Clements, and to be a part of the lunch and program.

I was impressed by hearing the history of St. Paul, as told by Jeff Dahl, as well as the memories shared by the 150th Anniversary Committee Members.

It struck me that the story of our particular congregation is like that of all gathered communities of faith: that all we do is a response to what God has done and God's grace revealed to us in the life, death, resurrection, and ascension of Jesus Christ AND that there is nothing we CANNOT do with God's help.

Our history is to be appreciated, with models of faith who persevered in sharing their faith in Jesus Christ and modeled reaching out to those in need.

Beth Hoffman, one of our 150th Anniversary Committee members, spoke about our call to serve after sharing information about our Historical Timelines that were made for the Anniversary Celebration. She called us to care for those in need, lift up the lowly, comfort the grieving, and serve as Jesus did. My paraphrase only captures a part of the meaning of what Beth said, but it points us to our history and to our on-going mission today: to be the body of Christ out in the world. Rooted, nourished and sent, we go into the world to care for others as Jesus did, work to build up the reign of God here on earth, and to show people Jesus. One BIG way we can do this is to come together in worship. In addition, we can participate in mission projects like donating items for Lutheran World

Relief personal care kits that the children will assemble on May 1st.

Thank you for being a part of our Anniversary Celebration and for being a part of our ministry and work together here at St. Paul!

See you in worship!

Peace,  
Pastor Gwen

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## Social Ministry:

Thank you to all who helped or/and came to our Shrove Pancake Supper! It was great to be able to come all together again.

We brought in \$738 – the sausage cost was \$75.00, so we made \$663.

This money will be used for outreach such as, fleece to make tied blankets to give to ill members of St. Paul, to purchase supplies for food ministry, postage to send out the Epistle to people unable to get to church. If you can suggest other needs, please let the office know. Thanks also to all who donated supplies for the supper.

God's Blessings to all,  
Helen Ward

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## February 2022 Finances:



February YTD income: \$24,112.93  
February YTD expenses: \$24,698.33  
February YTD Net Loss: -\$585.40

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## Choir:

All are invited to join the choir in singing Handel's "Hallelujah Chorus" at the conclusion of the **LATE** service on Easter. Music will be provided.

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## First Communion:

Holy Communion is a blessing and source of strength from God for every Christian. On **Maundy Thursday, April 14<sup>th</sup>** at 7:00 PM. The following students received the sacrament of Holy Communion for the first time.

Nolan Armoska  
Garrett Bakener  
Ryan Belowske  
John Churchill  
Connor Gehring  
Liam Houser  
Boyd Peterson  
Sydney Sandberg  
Gillian Schmieder  
Aven Vail

May God bless them and keep them always in his presence and within his body, the church.

May Christ abide in them and provide them with daily strength and growth in faith.

May God bless them with the riches of this gift and empower them to be His faithful servants.

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## Special Thank You:

Special thanks to our St. Paul family for the prayers, kind words, beautiful cards, food, memorials, and expressions of sympathy following Mom's passing to her eternal home. To have this support, love, and care surrounding us provided strength and peace during this difficult time of loss. Thank you and God bless you.

Diane and Brad Gainey, and the family of Lois

Westerlund

## Council Highlights – March 2021:

- **Annual Meeting:** Thank you to all who attended!
  - **Nomination of VP and Secretarial Positions:** Congratulations to our new Council Vice President: Randy DeBaillie and Elisa Fliege as carrying on the Secretarial responsibilities. Thank you to both of them!
  - **Positions Open:** We currently have two positions open: Christian Education Director and Youth Activities Coordinator. Learning Committee has taken on some of the responsibilities to keep things moving to continue to praise God! Please listen to your heart ... God is calling!
  - **Yearly Inspections:** The following have been completed: boiler, fire extinguishers, elevator, and smoke detectors.
  - **Thermostats:** New energy-saving programmable thermostats have been installed.
  - **Live Streaming:** Equipment was purchased for ease of live streaming.
  - **Constitution Review:** There have been many steps toward the review and update of St. Paul's constitution. The Synod has a committee and has assisted with the review.
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## Flower Chart 2022:



A **NEW** flower chart for 2021 is available in the narthex. You may sign up to provide flowers for 1 or 2 vases for our worship services. Flowers may be given in honor or memory of loved ones. Please pay for your flowers (**\$25 per vase**) at the time you sign up to provide them in the box located directly beneath the flower sign-up chart. **Lots of dates still available!**

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Thank you for continued donations for the Blessing Bags! As a reminder, we are always in need of donations, such as: warm socks, chap-stick, hand warmers, deodorant, protein snacks, wipes, granola bars, rain ponchos, Kleenex, and gum. Please make sure they are travel-sized and individually wrapped. There is a collection box in the hallway. The completed blessing bags are also in the hallway. Please feel free to take and distribute. Thank you for your help with this project!

## April Worship

### Volunteers:



Worship volunteers have been assigned for the **month of April**. If you see that you will be unavailable on a certain Sunday to which you have been assigned, please switch with another member and call Mary Lindgren at 521-8658 to let her know the changes. Mary has been calling the worship volunteers each week as a reminder of their duties, and she will relay these changes to our church secretary. **If you know you will be absent during certain timeframes, please let Nikki know so she doesn't schedule you to volunteer during that time. Your assistance is appreciated! Thank you!**

#### April 3, 2022:

**8:00 AM:**  
 Greeters: Randy & Cindy DeBaillie  
 Lector: Cindy DeBaillie  
 Acolyte:

**10:30 AM:**  
 Greeters: Georgia Veyette  
 Acolyte:  
 Sound System: Jeff Schroeder  
 Lector: Sheryl Hiatt

Communion Helper: Lori Dhabalt  
 Altar Guild: Hannah Stockton & Sarah Frenell

#### April 10, 2022:

**8:00 AM:**  
 Greeters: Rick & Joyce Hepner  
 Lector: Kim Nightingale  
 Acolyte:

**10:30 AM:**  
 Greeters: Rod & Helen Ward  
 Acolyte:  
 Sound System: Lisa Johnston  
 Lector: Jan Enders  
 Communion Helper: Rod Ward  
 Altar Guild: Mary Lindgren & Jeannine Filler

#### April 17, 2022 (Easter):

**7:00 AM:**  
 Greeters: Randy & Cindy DeBaillie  
 Lector: Cindy DeBaillie  
 Acolyte:

**9:00 AM:**  
 Greeters: Brian & Pat Stoudt  
 Acolyte: Autumn Hofstender  
 Sound System: Sheryl Hiatt  
 Lector: Heather Hofstender  
 Communion Helper: Lori Dhabalt  
 Altar Guild: Joyce Hepner

#### April 24, 2022:

**8:00 AM:**  
 Greeters: Jim & Dianna DeBaillie  
 Lector: Beth Hoffman  
 Acolyte: Noah Belowske

**10:30 AM:**  
 Greeters: Brian & Pat Stoudt  
 Acolyte: Kale Filler  
 Sound System: Lori Dhabalt  
 Lector: Sheryl Hiatt  
 Communion Helper: Rod Ward  
 Altar Guild: Teresa Carlson

#### May 1, 2022

**8:00 AM:**  
 Greeters: Kim Nightingale  
 Lector: Beth Hoffman  
 Acolyte: Bryan Peterson

**10:30 AM:**  
 Greeters: Brian & Pat Stoudt  
 Acolyte: Carson Peck  
 Sound System: Jeff Schroeder  
 Lector: Diane Gainey  
 Communion Helper: Lori Dhabalt  
 Altar Guild: Beth Hoffman

## Orion Area Food Pantry & Volunteer Information:



Each year, the Orion Area Food Pantry asks members of each of the area churches to help on food distribution days. **Distribution days: Tuesdays from 4-6 PM**, except for Easter, Thanksgiving, and Christmas meal distributions, which have longer distribution hours. Distributions take place at the lower level of the village hall. If you can help with any of these dates, please sign up on the bulletin board located in the courtyard hallway. St. Paul's month for donations is **March and September**.

## LCW News & Events:

WELCA is now LCW (Lutheran Church Women)



### LCW Monthly Breakfast (at the Windmill):

Wednesday, April 6<sup>th</sup> at 9:00 AM

### Workdays:

Tuesday, April 12<sup>th</sup> at 9:00 AM

Tuesday, April 19<sup>th</sup> at 9:00 AM

Tuesday, April 26<sup>th</sup> at 9:00 AM

## Easter Worship Services:



Easter worship will be at 7:00 AM and 9:00 AM on Sunday, April 17<sup>th</sup>.

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## Sympathy:



So  
Sorry  
for  
Your  
Loss

Our sympathy to Judy Frenell and her family at the passing of her husband, Denny. May God wrap his comforting arms around you at this difficult time.

Our sympathy to the Swanson family at the passing of Mel Lavernez. May you find comfort in the people who surround you.

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## Holy Week:

**Thursday:** Maundy Thursday –

Worship at 7:00 PM & First communion

**Friday:** Good Friday – worship at 7:00 PM

**Saturday:** Easter Vigil – 7:00 PM in Sanctuary

**Sunday:** Easter Sunday – worship at 7:00 AM & 9:00 AM

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## Easter Lilies:



You are invited to order Easter Lilies that will decorate our sanctuary for Easter Sunday. The cost of each **plant is \$15**. Flowers may be given in honor or in memory of loved ones. Please complete this order form (form is also available in the courtyard hallway) and return it to church with your payment. Please make checks payable to St. Paul Lutheran Church. **The deadline for ordering Easter Lilies is Sunday, April 3<sup>rd</sup>.**

Name:

\_\_\_\_\_

# of lilies:

\_\_\_\_\_

In memory of:

\_\_\_\_\_

In honor of:

\_\_\_\_\_

## Youth Sponsored Easter Breakfast:

The youth of our congregation will once again be preparing and serving Easter breakfast on **Sunday, April 17<sup>th</sup> beginning at 8:00 AM**. The breakfast will be held between the two

Easter services at 7:00 AM and 9:00 AM. Your free-will donations help support our youth.

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## Extended Communion

### Helpers:

Helen Ward and Sheryl Hiatt are putting together a team of people that would like to take extended communion to our nursing home and homebound members.

Please let Helen or Sheryl know if you would like to be added to the team.

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## April Birthdays:

# HAPPY BIRTHDAY

Churchill, Lori	04/01
Vail, Ayla	04/01
Engstrom, Austin	04/02
Abrahamson, Duane	04/04
Fredell, Robert	04/04
Norton, Nicole	04/05
Stiles, Craig	04/05
Hampton, Tennyson	04/06
Johnson, Lauren	04/06
Peterson, Scott	04/06
Peterson, Boyd	04/06
Seabloom, Daniel	04/06
Tappero, Gregory	04/08
Chelstrom, Rita	04/09
Christensen, Mike	04/09
Kruse, Kate	04/09
Volbruck, Kathy	04/09
Buffington, Regyn	04/10
Kruse, Amanda	04/10
DeLille, Andrea	04/11
Gekas, Landon	04/11
Gustus, Anne	04/11
Holst, Alisa	04/11
Jacobsen, Evan	04/12
Willhouse, Jacqueline	04/12
Rochleau, Cael	04/14
Swope, Sydney	04/14



Nguyen, Ashten	04/15	Marjorie Sampson	04/04
Burgert, Adam	04/17	Benjamin Seabloom	04/04
Jacobsen, Michael	04/17	Madison Seabloom	04/04
Gainey, Stephen	04/18	Stacey Burgert	04/05
Smith, Mackenzie	04/18	Jolleen Montgomery	04/05
DeBaillie, Kyle	04/19	Nicholas Johnson	04/07
Sandau, Lindsey	04/19	LaVerne Carlson	04/08
Schmieder, Bethany	04/19	Mary Johnson	04/08
Whitsell, Clark	04/19	Fred Nightingale	04/09
Gale, Connie	04/20	Austin Carlile	04/10
Hutton, Jacob	04/20	Trever Carlile	04/10
Churchill, Anna	04/21	Mia Christensen	04/10
Vail, Aven	04/21	Nate Christensen	04/10
Solberg, Sonja	04/21	Lynne Schroeder	04/10
Cröse, Natalie	04/22	Cody Westerlund	04/10
Montgomery, Justin	04/22	Jordan Hutton	04/11
Ash, Morgan	04/23	Ava Bollinger	04/13
Carlson, Elizabeth	04/23	Shirley Hepner	04/13
Border, Jennifer	04/24	Amelia DeBaillie	04/14
Thrasher, Ryan	04/24	Joyce Hepner	04/14
Whitsell, Courtney	04/24	Tori Werkheiser	04/14
Buffington, Richard	04/25	Brianna Dahl	04/15
Bernhardt, Jeffrey	04/26	Gillian Schmieder	04/15
Hoftender, Tim	04/27	Roman Schmieder	04/15
Vail, Addy	04/27	Anne Carlson	04/16
Carlson, Jeanette	04/28	Robert Carlson	04/16
Nelson, Kristin	04/28	Pamela Anderson	04/17
Weber, Kelly	04/28	Linda Pettifer	04/18
Larson, Alexandra	04/30	Hayley VanDuyne	04/18
Laverenz, Tereasa	04/30	Paige Beck	04/19
Ortegel, Olivia	04/30	Sarah Marshall	04/19
Terry, Cavan	04/30	Anthony Weihler	04/19
		Brittney Weihler	04/19
		Amber Peterson	04/21
		Aaron Roome	04/21
		Blake Peterson	04/24
		Walker Werkheiser	04/25
		Michael Jacobsen	04/26
		Joseph Arrington	04/27
		Brent Bloomberg	04/27
		Aleah Jackson	04/27
		Amanda Kruse	04/27
		Kimberly Nightingale	04/27
		Richard Perrin	04/27

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## **April Baptismal Anniversaries:**



Carolyn Carlson	04/01
Jillian Dahl	04/01
Alaina Lowery	04/01
Alivia Lowery	04/01
Madelyn Lowery	04/01
Paige Lowery	04/01
Michael Seabloom	04/01

Ava Belowske 04/28  
Dalton Larson 04/29  
Spencer Beck 04/30

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## Endowment Ministry Programs

### Fund:

Grant application forms are in the hallway. The Endowment Committee will review all applications and recommend a plan of distribution, which Church Council will review. Please turn your form into the church office when it is completed.

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### First Communion Set:

Orion Swedish Evangelical Lutheran Church's First Communion Set is beautiful, compliments of Davidson Jewelers of East Moline. They cleaned and polished the four pieces. The set is on display in the Narthex of our church. Thank you, Davidson Jewelers.

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### Parish Nurse:



It is with mixed emotions that I say goodbye from my interim position as your parish nurse. I have loved getting to know so many of you and visiting our most precious homebound and nursing home members. A huge thank you to all of you for your encouraging words of support.

In this last newsletter, I want to share an article on how to take care of your physical health.

### The One Step That Helps Lower Your Blood Pressure Without Medication

By [Beth W. Orenstein](#)

Being just a little bit more active each day is proven to help lower your blood pressure and keep it down. And walking is a totally free, safe, and easy way to achieve that goal.

Keeping your blood pressure in a healthy range is known to be one of the most efficient ways to avoid a host of ills, including heart disease and stroke. And engaging in an easy exercise like walking is proven to be a great drug-free way to maintain a normal blood pressure or help bring it down if it's already high. So why is it that as many as 75 million of us — that's one in three adults, according to the Centers for Disease Control and Prevention — currently have high blood pressure, often without even knowing it?

The reason is simple: High blood pressure (also referred to as HBP, or hypertension) typically has no symptoms. It doesn't, for example, cause chest pain or make you huff and puff while climbing a flight of stairs. The only way to know if your blood pressure is creeping up — and therefore take steps to control it — is to have your blood pressure checked regularly. American Heart Association guidelines define blood pressure as normal at less than 120/80 millimeters of mercury (mmHg) and high blood pressure as 140/90 mmHg or more. If you do find out that your blood pressure is heading in the wrong direction, there's good news: Even small amounts of daily exercise can help keep it in check or lower your blood pressure if it's already higher than it should be.

### Can Low-Intensity Exercise Like Walking Reduce Your Blood Pressure?

Yes. In a landmark study in the journal *Menopause*, researchers at the Pennington Biomedical Research Center in Baton Rouge, Louisiana, studied about 400 women between the ages of 45 and 75. All were overweight or obese, sedentary, and had high blood pressure. Researchers divided the women into four groups, three of which

exercised at different intensity levels and for different lengths of time. The fourth group remained sedentary. Six months later, all three groups of active women had improved blood pressure readings. The numbers for the group that did the most intense exercise were only slightly better than the numbers of the group that worked out least intensely. Though the women did not lose weight, they benefited greatly from improving their cardiovascular fitness.

Regular exercise also helps reduce stress by reining in the body's stress hormones, including cortisol, notes Harvard Health. That's key because stress can make blood pressure rise, even in young adults, according to research published online on October 28, 2016, in the journal *Frontiers in Psychology*.

### **How Much Exercise Do You Need to Keep Your Blood Pressure in Check?**

Ideally, everyone — but especially those with health conditions such as type 2 diabetes, heart disease, and high blood pressure — should get at least two and a half hours of moderate exercise every week, says cardiologist Tracy Stevens, MD, of the Saint Luke's Mid America Heart Institute in Kansas City, Missouri.

“Try for at least 30 minutes a day most days of the week, and never go more than two days without any exercise,” says Dr. Stevens, who is also a professor of medicine at the University of Missouri in Kansas City. “Walking is one of the best and easiest exercises you can do. You can walk anywhere, and it doesn't require any equipment beyond a good pair of sneakers.”

If you're overwhelmed at the thought of committing to an exercise routine, relax. All you have to do is start by walking for just five minutes, three times a day, Stevens say. Those short walks will get easier each time, which, in turn, will make it easier to keep going a little longer. Before you know it, those initial 5 minutes will become 6, then 8, then 10 — and doing 10 minutes three times a day will add up to the 30 minutes you need.

Another way to get started is by sneaking short bursts of exercise into your day. Little steps that can add up include:

- Parking a little farther from the entrance everywhere you go — to work, to the grocery, to doctor appointments
- Carrying the groceries in from the car one bag at a time
- Prepping meals and moving around the kitchen as you cook instead of ordering takeout
- Taking the stairs rather than the elevator if you're going up or down one or two flights
- Walking over and having a face-to-face chat with a coworker instead of calling or emailing
- Standing up and moving around the room while you're on the phone and during commercial breaks on television
- Walking the dog for an extra five minutes
- If you're limited by back, hip, or knee pain and even short walks are difficult, try a workout that doesn't put stress on your limbs. One good option is walking in a heated pool; the warm water will soothe and cushion rather than stress joints. A recumbent bike may be another good choice, Stevens says. It's also smart to discuss your fitness plan with your doctor, who can give you personalized advice.

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### **Volunteers Needed:**

St. Paul is in need of volunteers! Please consider giving of your time and talents to any of the wonderful programs here at St. Paul. New time and talent forms are available near the sign-in sheet outside of the sanctuary. Please complete and return to Nikki. Especially needed are volunteers to help with the youth! Thank you!

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