

The St. Paul Epistle

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St. Paul Evangelical
Lutheran Church
Orion, Illinois
February 2022

Pastor Gwen Sefrhans-
Murphy:

Our children love to help. My son especially has a gift of helping with cleaning, so much so that he received a set of toy cleaning supplies for Christmas. He uses them to clean around the house, just happy to be helping even if they are toys.

It's a gift to watch him help and learn. It requires patience and intentionality. It's worth the process though. There is a different kind of process that we are going through: of living with Covid-19. It means that we are learning over and over that we are all learning and all in this together. It means that we do not always know what the next step will be, but we take them in faith.

We are called to be patient with each other, love each other, and care for one another. We are called to care for ALL, not just children, who we really try to be patient with, even when it is difficult, because we know we model it and teach better that way.

Being together is an intentional process. We come together because we believe and trust that it is God who calls us together. We have a variety of opportunities to intentionally be together as a congregation in February: our Chili Cook-Off on February 6th, which includes Basket Raffles for the Youth Gathering in Minneapolis. Just think; people of all ages in

our congregation preparing chili, setting up for the Fundraiser, and giving of our resources, time, and gifts to help our Youth! What a great example of community and life together!

Here's some upcoming examples of us gathering together as a community of faith and as the body of Christ for the sake of the world: Learning about and giving to the ministries of our wider church, through missionary support and giving to help fight hunger in our Community and World through the Souper Bowl of Caring on February 13th, and finally, our Annual Congregational Meeting on February 27th, 2022.

Thank you for all the ways you live your baptismal identity as a member of the body of Christ in the world! Remember that God has called us into life together and is with us as we worship and serve.

Peace be with you,
Pastor Gwen

Please note: Jenn Border, our Fun and Fit Director, will be stepping down from her role as Christian Ed Director officially in February to focus on her internship here at St. Paul. Please look for more information in bulletins and on Facebook about what Jenn will be up to at St. Paul as part of her seminary education to be a deacon. Thank you!

Annual Meeting of the Congregation:



**The Annual Report will be on
Sunday, February 27, 2022, at
11:45 AM.**

Family Life Committee:



& BINGO! (for all ages)

Join us for food and fellowship and help support the youth attending the ELCA Youth Gathering in Minneapolis in July 2022

Sunday, February 6, 2022, at noon

Sign up to bring your best chili recipe in the hallway. Prizes awarded!

After chili, stay for bingo with prizes!

Raffle baskets will be available with all proceeds helping the youth attending the ELCA Youth Gathering

Questions? Text or call Heather Hoftender @ 309-781-9162

Souper Bowl of Caring:



On Saturday February 12th and on Sunday, February 13th our congregation will once again participate in the "Souper Bowl of Caring." Souper Bowl of Caring is youth across the nation working together to fight hunger and poverty in their own communities around the time of the Super Bowl Football game. Help us grow this movement and tackle hunger in America!

December 2021

Finances:

December YTD income: \$233,242.32
December YTD expenses: \$231,683.90
November YTD Net Loss: \$1,558.42

Council Meeting Highlights from January 2022

Positions Open: We currently have two positions open: Christian Education Director and Youth Activities Coordinator. Please listen to your heart ... God is calling!

Opening and Closing Church for services: We are looking for individuals that would be willing to help. Please consider and contact the church office.

Mid-American Bill: Property is working on items that will assist to try to monitor this expense. We are all feeling the pressure of higher power bills. Please be aware of lights and heat settings.

Coulter Trust Application: We were fortunate enough to receive monies that will be used according to the application that we completed.

Lowell Johnson Foundation & Churchill Family Foundation: We were blessed to receive monies from both foundations that will be used for projects and programs. Thank you and God Bless!



Flower Chart 2022:



A **NEW** flower chart for 2022 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.

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**.

WELCA is now LCW (Lutheran Church Women).



LCW Monthly Breakfast:

Wednesday, February 2nd at 9:00 AM

Stitchers:

Tuesday, February 8th at 9:00 AM

Tuesday, February 15th at 9:00 AM

Tuesday, February 22nd at 9:00 AM

February Birthdays:

HAPPY BIRTHDAY

Beck, Paige	02/01
Crawford, Katherine	02/01
Gehring, Hayden	02/01
Burgert, Luke	02/03
Underwood, James	02/06
Werkheiser, Tori	02/06
Cröse, Brenden	02/07
Larson, Harold	02/07
Johnson, Kenneth	02/09
DeBaillie, Rob	02/11
Hoftender, Quinn	02/11
Norton, Jaeger	02/11
Dunlap, Taryn	02/12
Lassuy, Maribel	02/12
Lievens, Cole	02/12
Sandberg, Tyler	02/12
DeBaillie, Kennedy	02/13
Werkheiser, Terri	02/13
Hepner, Rick	02/14
Lindbloom, Linda	02/15

Frenell, Dennis	02/16
Nightingale, Kimberly	02/16
Douglas, Trisha	02/20
Carlile, Austin	02/21
Anderson, Pamela	02/22
Clark, George	02/22
Peterson, Allyssa	02/22
Dunlap, Michael	02/23
Weber, Brice	02/23
Schaffer, Violet	02/24
Roome, Aaron	02/26
DeBaillie, Bob	02/27
Bainbridge, Jacob	02/28
Belowske, Noah	02/28
Schmieder, Gillian	02/28
Frenell, Judith	02/29

February Baptismal Anniversaries:



Pyper Lindgren	02/01
Rachel Johnson	02/03
Mary Carlson	02/04
Marjorie Shetler	02/04
Diana Wherry	02/05
Jaeger Norton	02/06
Susan Pettifer	02/06
Linda Venable	02/07
Lori Dhabalt	02/08
Michael Hepner	02/08
Abby DeBaillie	02/09
Jay Dahl	02/11
Garrett Bakener	02/12
Daniel Bergstrom	02/12
Blaze Norton	02/12
Dean Farwell	02/13
Beatrice Martin	02/13
Courtney Brems	02/14
Kristina Stiles	02/15
Heather Willis	02/15
Kelly Peterson	02/17

Aubrey Sandberg	02/17
Austin Anderson	02/19
Camilla Lees-Soerensen	02/19
Dorothy Swanson	02/19
Rodney Ward	02/20
Wesley Frenell	02/21
Brant Holst	02/21
Bryce Dahl	02/22
Gary Bowling	02/23
Payton Bowling	02/23
Derek Cassillas	02/23
Elmer Stenzel	02/23
Reilly Weaver	02/23
Olivia Farwell	02/24
Tricia Gehring	02/24
David Kunert	02/24
Jeffrey Norton	02/25
Jennifer Johnson	02/26

February Worship

Volunteers:



Worship volunteers have been assigned for the **month of February**. 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. Thank you! Your assistance is appreciated!**

February 6, 2022:

8:00 AM:

Greeters: Jim & Dianna DeBaillie
 Lector: Beth Hoffman
 Acolyte: Tyler Sandberg

10:30 AM:

Greeters: Rod & Helen Ward
 Acolyte: Elise Van Duyne
 Sound System: Sheryl Hiatt
 Lector: Jane Helke
 Assisting Minister: Lori Dhabalt
 Altar Guild: Judy Frenell & Jody Belowske

February 13, 2022:

8:00 AM:

Greeters: Janet Boney
 Lector: Cindy DeBaillie
 Acolyte: Jackson Lindgren

10:30 AM:

Greeters: Georgia Veyette
 Acolyte: Will Hampton
 Sound System: Jeff Schroeder
 Lector: Lori Dhabalt
 Assisting Minister: Rod Ward
 Altar Guild: Hannah Stockton & Sarah Frenell

February 20, 2022:

8:00 AM:

Greeters: Randy & Cindy DeBaillie
 Lector: Kim Nightingale
 Acolyte: Hayden Gehring

10:30 AM:

Greeters: Sue Dhabalt
 Acolyte: Rylan Buffington
 Sound System: Lori Dhabalt
 Lector: Diane Gainey
 Assisting Minister: Sheryl Hiatt
 Altar Guild: Mary Lindgren & Jeannine Filler

February 27, 2022:

8:00 AM:

Greeters: Rick & Joyce Hepner
 Lector: Beth Hoffman
 Acolyte: Lexi Christensen

10:30 AM:

Greeters: Chuck & Lori Dhabalt
 Acolyte: Nick Holton
 Sound System: Lori Dhabalt
 Lector: Sheryl Hiatt
 Assisting Minister: Rod Ward
 Altar Guild: Joyce Hepner

March 6, 2022:

8:00 AM:

Greeters: Ron & Teresa Carlson
 Lector: Cindy DeBaillie
 Acolyte: Noah Belowske

10:30 AM:

Greeters: Rod & Helen Ward
 Acolyte: Carson Peck
 Sound System: Jeff Schroeder
 Lector: Jan Enders
 Assisting Minister: Lori Dhabalt
 Altar Guild: Teresa Carlson

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.

Blessing Bags:



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!

Parish Nurse:



[From UnityPoint Health and your Parish Nurse](#)

[9 Ways to Recover From COVID-19 and Flu at Home](#)

Hydrate Your Body

When people are sick, they often have low energy and appetite levels, which can lead to less liquid consumption and dehydration. Having symptoms of fever, diarrhea and/or vomiting can also cause dehydration. It's important to drink plenty of water so your body has what it needs to fight off an illness like COVID-19 or the flu. No need to overdo the water intake – usually the recommended amount depends on body size – but it's generally eight, 8 oz. glasses of water in one day.

When you're sick it's best to stick with drinking water, but 100 percent orange juice, low-sugar sports drinks, black or green tea and 100 percent vegetable juice are all options. Skip the milk, soda, alcohol and coffee while you're recovering from an illness.

Eat Chicken Noodle Soup

Yes, grandmother was right. Chicken noodle soup relieves congestion since it's hot and steamy. This can help the nose start to run, which reduces sinus pressure. The steam also helps with dryness and irritation in your nose. Meanwhile, the chicken provides energy in an easy-to-digest protein and the broth helps with rehydration.

Some other **feel-better-fast foods** include leafy green vegetables, crackers, eggs, bananas, apples and any lean proteins. Skip the dairy – it's hard to digest and can aggravate nausea.

Try Adding Some Honey

Honey is an antioxidant that can make you feel better. It can soothe a sore throat and relieve a cough. You can try a teaspoon or two plain – or add it to your tea. It's good for kids, too. But remember, honey is only for children after their first birthday.

Get Plenty of Shut Eye

Rest is essential to feeling better. Our immune system only weakens if we don't get proper rest. Aim to get more **sleep** than what's recommended – for adults, that means going above and beyond 7 to 9 hours.

Stop Exercising

When you are feeling rough, it's best to skip **exercise** – mainly long bouts of exercise or intense workouts. You should especially listen to this advice if you notice symptoms of fever, muscle/joint pain, vomiting, headache and/or diarrhea with your virus. These symptoms are a sign your body is busy fighting off the infection and needs all your energy to do its job.

Gargle with Salt Water

Gargling with salt water is a popular remedy to help sore throats and common colds. The salt helps draw liquids to the surface, along with any viruses or bacteria in the throat. You can use warm or cool water for this, but warm water often feels better. Just mix about ½ teaspoon of salt in a glass of water to gargle a couple times per day.

Take Over-The-Counter Medications

If you have a fever or body aches, you can take over-the-counter pain medications like **acetaminophen or ibuprofen**. If you are diagnosed with the flu, you can talk to your doctor about a prescription for an **antiviral** – like Tamiflu. Antivirals are most effective if started within the first 48 hours of symptoms. If your symptoms include a sore throat or cough, use over-the-counter cough drops or cough medicine, such as Robitussin or Delsym. Be sure to check all medication ingredients and directions before taking them, and especially before giving them to children.

Sit in a Steamy Bathroom

Adults and **children** alike could benefit from sitting in a room that's full of moist, warm steam

that collects in the room from a running, hot shower. This can help loosen nose secretions, so it doesn't build up causing breathing or cough difficulty. Using a **cool mist humidifier** serves the same purpose, as does putting your head above a steaming bowl of water.

Take a Lukewarm Bath

Taking a lukewarm bath means finding a temperature that is warm, but not hot. This can help boost circulation and help the body regulate temperature back to normal if you have a fever. Similarly, if you have a fever, it's a good idea to take off clothing layers and go with shorts and a t-shirt – or something very basic to allow your body to cool off. For the same reason, try to avoid bundling up under lots of covers while in bed.

How Long Does It Take to Recover from COVID-19 and The Flu?

While you now have some tools to get better – it's going to take your body some time to kick the illness. The average recovery time for those who have mild or normal cases of COVID-19 or flu is between one and two weeks.

If you have COVID-19, the **CDC recommends isolation from others**. Also, make sure you are fever-free for 24 hours without the use of fever-reducing medication.

Here are some tips to help reduce the spread of viruses within your own household.

- **Wear a mask.** Yes, even in your own home.
- **Don't share.** Keep all dishes, towels and bedding to yourself.
- **Isolate.** Try your best to stay in a different room and use a separate bathroom, if possible.
- **Keep cleaning.** Wash your hands often (or use hand sanitizer) and disinfect frequently touched surfaces often.

Monitor your health. If you start feeling worse, talk to your doctor. Emergency warning signs for both COVID-19 and the flu include difficulty breathing or **shortness of breath**, pain or pressure in the chest, new confusion, dizziness, bluish lips or face and difficulty arousing. If you have a medical emergency, contact 911 immediately.



During February, I will be available to take Blood pressures after the first service and before the second service on Sundays. Please stop by and check your blood pressure. It's important for everyone to know their numbers to help prevent heart attacks and strokes.

Sheryl Hiatt RN, Parish nurse



150TH ANNIVERSARY CELEBRATION

"May God give us grace to remember the past with gratitude, the present with joy and thanksgiving, the future with anticipation."

These words, which begin the 150th Anniversary pictorial book, stand as a reminder of what we are so fortunate to be able to celebrate together in less than two months. We will all have a chance to see artifacts from the early years of St. Paul, study a timeline showing how it developed into the church it is today, learn about former leaders of the church, and hear the current Bishop of the LCA preach, along with many other things. There will be a Swedish prayer (that even we non-Swedes will be able to take part in), wonderful food, an interesting program, special music, the Sunday school kids will take part, really a fun afternoon.

I hope you are as excited as we are as the time approaches. It finally looks like it will actually happen. March 27, 2022. Whether it's 150 or 152 years, we have so much to celebrate. I like to think the spirits of the founding fathers and mothers will be smiling and proud of what they began. Please remember that we **must have** an accurate number for the free dinner. If you haven't turned in your reservation for your family, please do so as soon as possible, but no later than March 1 by email to rjhepner77@gmail.com or to the church, either in the offering plate or the secretary's office.

Thanks be to God.

150th Anniversary Committee

