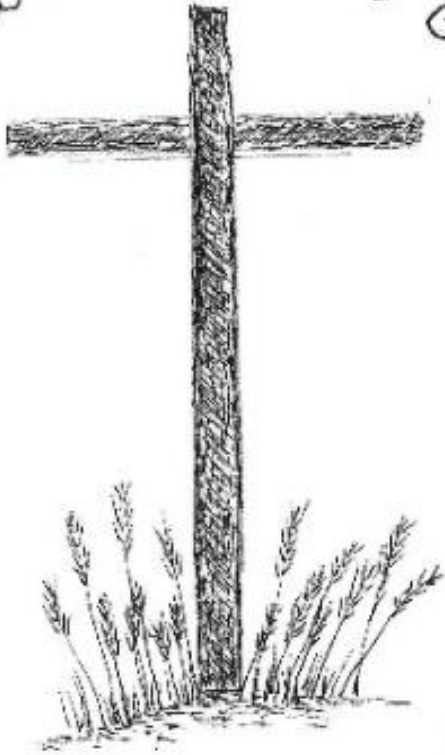


GROWING IN GOD'S GRACE



1870 - 2020

Rooted Nourished Sent

- No Saturday night service on 3/26.
- Sunday School children will be singing at the program, so no Sunday School.
- 9:00 AM
Socializing, enjoy artifacts and timeline.
- 10:00 AM
Church service with Bishop Clements and Pastor Gwen.
- 11:30 AM
Catered meal
Program includes speakers, music and church history.
- Even if you made a previous reservation in 2020, you will need a **new** reservation.

**March 8
Reservation deadline**

COME CELEBRATE

ST. PAUL'S

150TH + 2 ANNIVERSARY

MARCH 27TH

The St. Paul Epistle

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

A note from Pastor

Gwen:

After a few years of doing things differently, we are planning to have Lenten Worship on Thursday evenings with a Soup Supper before. Please join us for a meal at 5:30 and worship at 6:30 pm. We will be using the Evening Prayer service from our ELW hymnal. Our theme will be the Lord's Prayer, with scriptures, questions and a prayer for the week, that will be shared in the bulletin and through email and on social media, so that even if you cannot attend the Lenten Worship Services, you can follow along for a devotional.

The weekly themes are listed below:

Thursday, March 10th- "Our Father"
Thursday, March 17th- "Your Kingdom Come"
Thursday, March 24th-"Your Will be Done, on Earth as in Heaven"
Thursday, March 31st-"Give us today our daily bread"
Thursday, April 7th--"Forgive us our sins as we forgive those who sin against us"

As you plan to join us for worship, please consider assisting in our worship services on Sunday morning. We have laity who help lead in worship, by reading Scripture, assisting with Communion and doing a variety of other things. You can think of "Assisting Minister" as someone who does different jobs, and consider how there are **MANY "Assisting Ministers"** if you feel like doing a particular job would be too much for you. There are spots open for Chalice Bearers and Prayer Readers. Thank you for praying about and considering volunteering to help lead in worship!

Peace,
Pastor Gwen

January 2022 Finances:



January YTD income: \$251,685.77
January YTD expenses: \$250,103.94
January YTD Net Loss: \$1,581.83

**WELCA is now LCW
(Lutheran Church Women).**



LCW Monthly Breakfast:

Wednesday, March 2nd at 9:00 AM

Stitchers:

Tuesday, March 8th at 9:00 AM
Tuesday, March 15th at 9:00 AM
Tuesday, March 22nd at 9:00 AM
Tuesday, March 27th at 9:00 AM

First Communion:

Information about First Communion classes have been sent out. If you have any questions, please let Jenn Border or Pastor Gwen know.

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. Please make checks payable to St. Paul. Thank you!

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**.

New sign-up chart is up and ready for volunteers to schedule their day!

Orion Food Pantry Holiday Meals:

The Orion Area Food Pantry is seeking assistance providing families with holiday meals for Easter. To help provide these meals the Food Pantry **is requesting persons or groups make monetary donations** to help defray the cost for a portion of a meal or an entire holiday meal for a family. Checks to the Orion Area Food Pantry or monetary donations may be returned to the church or sent to the food pantry at any time. The items listed below will be offered to each family. The cost of each item is included, as well as the total meal cost. Meats will be donated by the Orion Fall Fest Committee with other identified items provided by the food pantry. If donations exceed costs any additional funds collected will be used to purchase necessary items for the food pantry recipients during the year.

Distribution of the Easter meal will be March 16. Donate today to help make Easter happy and joyous for other families in our community.

<u>Item</u>	<u>Cost</u>
Corn, Green Beans (provided by the food pantry)	
Gravy	\$2.27
Eggs	\$1.80
Canned Sweet Potatoes (provided by the food pantry)	
Cranberry Sauce (provided by the food pantry)	
Canned Pineapple (provided by the food pantry)	
Cake Mix	\$.96
Frosting	\$1.75
Olives (provided by the food pantry)	
Sweet Pickles (provided by the food pantry)	
Rolls	\$3.20
Turkey/Cornish Hen/Ham (provided by the Orion Fall Fest Committee)	
5 Lbs. Potatoes	<u>\$2.49</u>
<u>Total Cost</u>	<u>\$12.49</u>



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:



I yearn for spring this time of year. The occasional warm day brings hints of new growth to come. As I write this, spring is only 30 days away. I physically need the sunshine and desire to shake this feeling of hibernation. Renewal is welcomed this time every year as the earth awakens from the cold and darkness of winter. The gloomy days will be soon behind us.

It is the same for us as Ash Wednesday is upon us, and we are reminded that we come from the dust of the earth. We awaken as we travel through Lent, our hearts open to rebirth, and we look forward to the joy of the resurrection.

Let us gather and welcome spring together this year.

Sheryl Hiatt, Interim Parish Nurse



World Sleep Day is March 18th this year. Here are some tips to get a better night's sleep.

- **Go to sleep and wake up at the same time every day, including weekends. It's important for your body to have a regular sleeping schedule.**
- **Set a relaxing bedtime routine, such as listening to calming music, reading a book or taking a warm bath. Stop looking at screens (TV, computers, phones) an hour before bedtime.**
- **Make sure your bedroom is cool. Your body temperature naturally decreases to initiate sleep. A bedroom temperature between 60- and 67-degrees Fahrenheit helps promote sleep.**
- **Make sure your bedroom is quiet. Turn off noisy distractions such as a TV. Silence unwanted noise with earplugs or use "white noise," such as from a fan, sound machine or an app.**
- **Make sure your bedroom is dark. Use blackout shade to block out unwanted light and dim the lights on your digital clock.**
- **Sleep on a mattress and pillows that are comfortable and supportive.**
- **Finish eating meals 2-3 hours before bedtime.**

- Exercise regularly. A low-impact fitness program, like walking, swimming, or yoga, is helpful for managing pain and stiffness and improving sleep.
- Try to limit how many caffeinated products you consume in the afternoon.
- Alcohol and nicotine in your body can disrupt sleep and can cause nighttime waking. For optimal sleep, skip them close to bedtime or altogether.

You can click to watch a 5-minute video here on the importance of sleep for wellness.

[Healthy Sleep - Healthy Life Series - Video 4: The Impact of Insufficient Sleep - YouTube](#)



March Birthdays:

HAPPY BIRTHDAY

Johnson, Mary	03/01
Lindbloom, Steve	03/02
Nguyen, Andan	03/02
Schroeder, Veronica	03/04
Poe, Susan	03/05
Venable, Phillip	03/05
Swanson, Pamela	03/06
Houser, Valerie	03/08
Jess, Brady	03/08
Dahl, Marilyn	03/11
Montgomery, Jolleen	03/12
Nightingale, Fred	03/12
Holst, Reece	03/13
Johnson, Mary	03/13
Larson, Dalton	03/13
Stoudt, Patricia	03/13
Weber, Ann	03/13
Coulter, Charlotte	03/14
Johnson, Lanny	03/17
Malmen, Jeffrey	03/17
Marshall, Sarah	03/19
Cox, Marcia	03/20
DeLille, Megan	03/21
Filler, Riley	03/21
Peterson, Ella	03/21
Lee, Susan	03/22
Pulford, Heather	03/23
Crawford, Emersyn	03/24
West, Nancy	03/24
Chasey, Sigred	03/25
DeBaillie, Amelia	03/25
Shetler, Marjorie	03/25
Smith, Jennifer	03/26
Stockton, Cooper	03/27
Frey, Carol	03/28
Ortegel, Nicholas	03/29
Peterson, Blake	03/29
Baraks, Korryn	03/31

March Baptismal Anniversaries:



Marcia Cox	03/08
Rob DeBaillie	03/08
Hayden Gehring	03/09
Sheryl Hiatt	03/09
Ava Terry	03/09
Cavan Terry	03/09
Crystal Terry	03/09
Jason Terry	03/09
Connor Gehring	03/10
Benjamin Adams	03/11
Aliyah McRae	03/11
William Bowers	03/12
Lanny Johnson	03/12
Henry DeBaillie	03/13
Lauren Larson	03/14
Pamela Swanson	03/16
Kaleb Smith	03/18
Breslin Crose	03/20
Bob DeBaillie	03/21
Dennis Kelsall	03/21
Rylan Buffington	03/22
Debra Dahl	03/22
Katherine Crawford	03/24
Taryn Dunlap	03/26
Landon Gekas	03/26
Kara Sadofsky	03/26
Julie Seabloom	03/26
Laurel Weihler	03/27
Janet Boney	03/29
Joyce Clark	03/30
Liam Crawford	03/30
Brenden Crose	03/30
Charlotte Coulter	03/31
Caine Lievens	03/31
Cole Lievens	03/31

March Worship

Volunteers:



Worship volunteers have been assigned for the **month of March**. 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!**

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

March 13, 2022:

8:00 AM:

Greeters:	Jim & Dianna DeBaillie
Lector:	Kim Nightingale
Acolyte:	Gavin Kerker

10:30 AM:

Greeters: Lisa Stiles & Laura Douglas
Acolyte: Amelia DeBaillie
Sound System: Lori Dhabalt
Lector: Jane Helke
Assisting Minister: Rod Ward
Altar Guild: Beth Hoffman

March 20, 2022:

8:00 AM:

Greeters: Janet Boney
Lector: Beth Hoffman
Acolyte: Anna Churchill

10:30 AM:

Greeters: Ken & Deb Pulford
Acolyte: Wylie Fliege
Sound System: Sheryl Hiatt
Lector: Diane Gainey
Assisting Minister: Lori Dhabalt
Altar Guild: Judy Frenell & Jody Belowske

March 27, 2022:

10:00 AM:

Greeters: Ray Parrish
Acolyte: Autumn Hoffender
Sound System: Lori Dhabalt
Lector: Diane Gainey
Assisting Minister: Rod Ward
Altar Guild: Debbie Dahl

April 3, 2022:

8:00 AM:

Greeters: Randy & Cindy DeBaillie
Lector: Cindy DeBaillie

10:30 AM:

Greeters: Brian & Pat Stoudt
Acolyte:
Sound System: Jeff Schroeder
Lector: Sheryl Hiatt
Assisting Minister: Lori Dhabalt
Altar Guild: Hannah Stockton & Sarah Frenell

Easter Worship Services:



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

Easter Sunday Volunteers:

We need the following for Easter Worship. Please sign-up on the sheet of paper by the sign-in sheet for worship. You can always call the office to add your name to the list as well. Thank you!

7:00 AM Worship:

Greeters: _____
Lector: _____
Acolyte: _____
Assisting Minister _____

9:00 AM Worship:

Greeters: _____
Lector: _____
Acolyte: _____
Assisting Minister _____

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 3rd.**

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 17th 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.

Lenten Soup Supper:

During the Lenten season we will have a weekly worship service on Thursday evenings starting at 6:30 PM. A soup supper is offered at 5:30 PM before the service.

5:30 Meal
6:30 worship

Council Meeting Highlights from February 2022

Annual Meeting: February 27 at 11:30. Quorum is required.

A Personal Note: Hopefully everyone read this very heartfelt note. It is TOGETHER that we can fight to bring back what Covid took from us. As stated in the note, "I do know I will not let it take away our core beliefs. That what really matters is care, compassion, togetherness, love, faith, and family. We are all family, please help bring us all back together again." Thank you, Randy DeBaillie. We are so blessed at St. Paul.

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

Lenten Soup Suppers: Beginning on 3/10. Come and join for wonderful fellowship and food.

Kid's Power Hour: We would love to have some more individuals to assist with teaching. The materials are very self-explanatory. We are now starting in classrooms downstairs, going to music and group gathering in The Chapel and then ending in classrooms downstairs. Please consider helping our youth understand how our Lord and Savior loves them and St. Paul loves them too!

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.

Orion Community Lenten Services – 2022

Friday Lenten services will be online. You can access the website below on Fridays during Lent. Videos will be posted by noon on Fridays.

Orionareachurches.org

Friday	3-4	3-11	3-18	3-25	4-1	4-8	Good Friday
<u>Host Church</u>	Orion United Methodist	Faith Family Church	St. Paul Lutheran	Orion Christian Church	Augustana Lutheran	Mary Our Lady of Peace	Most local churches have their own service today.
	Pastor Ann Champion	Pastors David & Sharon Wilbur	Pastor Gwen Sefhrans-Murphy	Pastor Kyle Harris	Pastor Reed Pederson	Father Tony Ego	
<u>Theme:</u> <u>Beatitudes</u> ...Blessed are those...	World day of Prayer: England, Wales & Northern Ireland For more info: wdp-usa.org	Matt. 5:10 “Persecuted for righteousness sake”	Matt. 5:3 “Poor in spirit”	Matt. 5:9 “Peacemakers”	Matt. 5:4 “Those who mourn”	Matt. 5:5 “The Meek”	X