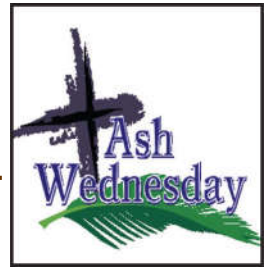




The Steeple

A Publication of St. Paul United Methodist Church
of Rosewood Heights, Illinois

FEBRUARY 2018



“Listen to me, you people who pursue what is right and seek the LORD. Look to the rock from which you were cut and to the quarry from which you were dug.” Isaiah 51:1

Upon most of our electronic devices is a *reset button*. Pushing this button returns the device to the default factory settings. We use the *reset button* whenever our device has been so corrupted by viruses or bad software that it is unusable. The button allows us to start over from the beginning.

Sometimes, do you wish there was a *reset button* that we could push which would return our lives to a better time? A time when we weren't stuck in a complicated situation because of a series of bad decisions? A time when we had a closer relationship with God that made life easier?

We are entering a season when we examine our lives and question whether we are satisfied or happy with them. It is a season when we are more open to making changes that improve our lives. A season when if we had a *reset button*, we'd be pushing it!

Isaiah reminds us that as God's people, we have a default setting. By turning aside from the path we are on—with God's help—and turning back to God, we may begin anew. We may *pursue what is right and seek the Lord*. This is a time when we may reset our lives and restore our relationship with God.

I am beginning new 4-part sermon series on Feb. 25, *Reset: Jesus Changes Everything*. Along with the sermon series, there are small group studies that will help you delve more deeply into each sermon. We don't have to stay stuck in our old, unproductive patterns. With God's help, we may live a different life.

Here is the roadmap for resetting our life:

- Feb. 25 ***Jesus, Reset My Heart—It All Starts Here***
- Mar. 4 ***Jesus, Reset My Mind—I Am What I Think About***
- Mar. 11 ***Jesus, Reset My Voice—Good News for Bad Times***
- Mar. 18 ***Jesus, Reset My Hands—Soul at Peace, Hands at Work***

I can only speak for myself, but as I examine my life I see a need to return to the path God desires for me. Other allegiances, distractions, and errors have led me astray. I'm not happy with the place in which I find myself. I need to push the *reset button* so my life is restored to its proper setting. We worship an amazing God who allows us to reset our lives at any time. Pastor Daryl





OUR CHURCH FAMILY & THANK YOUS!

- **Thank you** to all of the St. Paul folks who stood out in the cold on Friday, December 8, 2017 to ring bells for the Salvation Army (Betty Burns, Joan Ford, Carol Russell, Randy & Joyce Brueggeman, Jerry & Cathy Cameron, Tom & Ruth Voorhees, Harvey Birmingham, Iris Uzzell, Lauren Cranmer & the KIND Youth Group, John & Leona Hendricks, the Ian Martin Family, and Dave & Noël Schiber). Your efforts raised **\$694.41** toward a goal, which was met and exceeded, to provide funds for their ministries throughout the New Year! "I couldn't be more proud of the community coming together with the team to make this year's goal a reality," Greg Gelzinnis said in a press release. "When our Counter Kettle Blitz ended, along with additional community contributions, our total had reached **\$95,089.05!**" The original 2017 goal was \$90,000.00.
- Our deepest sympathy goes out to each family that has lost a loved one recently. This includes the family of **Jeanne Theen**, mother-in-law of Kathy Cloninger Theen; the family of **Bev Werts**, friend of Maggie Funke; the family of **Richard Johnson**, friend of Lois Mitchell; the family of **Alice LaTempt**, mother/mother-in-law of Steve & Nancy LaTempt; the family and friends of **Marilyn Cisler**, a member who was our Music Director (Choir Director, Organist, and Hand Bell Choir Director) for 39 years; the family of **Dr. Roberta Bosse**, Professor & friend of Lois Mitchell & Ruth Bell; and the family of **Linda Cathorall**, extended family of Dorothy Kasinger and good friend of Lee Johnson's daughter. May you all know God's comfort and peace in the days ahead.



THANK YOU: The St. Paul Trustees thanks WOW for their donation to our Capital Fund Campaign as part of their disbursement of their yearly funds raised. Many thanks to all the groups and their continuing efforts on behalf of our Mission Possible. *St. Paul Trustees*

THANK YOU: Thank you to Tracy Franks and Deb Fansler, Caring Casserole girls, for 2 delicious meals while healing from my recent knee replacement. I would also like to thank everyone for their cards, thoughts, and PRAYERS. I'm doing well and expect to be out and about soon. *Susie Pruetzel*

THANK YOU: Hi Everyone! Sending you a great big THANK YOU for all the cards, get well wishes, prayers, the comforting visits from Pastor Daryl and Doug, the delicious meals, and the surprise serenade by the Sweet Sounds! All of these things were greatly appreciated and lifted my spirit. I hope to be back sometime after I see the surgeon on Feb. 11th. Again, thank you all and God Bless you! *Tana Yankovich*

THANK YOU: Thank you so much for your prayers, cards, and visits during my recent surgery. I have seen the doctor and he has given me his "okey dokey" and so I am back to being busy again! It is great to be part of such a caring church family! *John Hendricks*



The small group led by Debra Fansler begins meeting **Sunday, Feb. 25 at 5 p.m.** in the parlor to discuss *RESET* #JesusChangesEverything. The small group led by Ryan Tite begins meeting **Monday, Feb. 26 at 6:30 p.m.** in the parlor for the same discussion.

Here are each week's discussion topics:

Feb. 25 & 26	<i>Jesus, Reset My Heart—It All Starts Here</i>
Mar. 4 & 5	<i>Jesus, Reset My Mind—I Am What I Think About</i>
Mar. 11 & 12	<i>Jesus, Reset My Voice—Good News for Bad Times</i>
Mar. 18 & 19	<i>Jesus, Reset My Hands—Soul at Peace, Hands at Work</i>



Celebrate!

The Joy Of Giving...

→ **RESULTS OF COMMITMENT SUNDAY!**

Thank you to all who have sent in their Estimate of Giving cards this week! As of Sunday, Jan. 28 through Thursday, Feb. 1st's mail we have received cards from **46** individuals, couples, and families. To-date the **Estimate of Giving for 2018** is **\$98,714**. Please continue to bring or mail in your cards!

The Flower Calendar for 2018 is posted on the long bulletin board in the Education Wing.

Please, fill it up!
Thank you!



**FLOWER
CALENDAR**

**MORNING IS GOD'S WAY OF
SAYING ONE MORE TIME, GO MAKE
A DIFFERENCE, TOUCH A HEART,
ENCOURAGE A MIND, INSPIRE A
SOUL AND ENJOY THE DAY.**

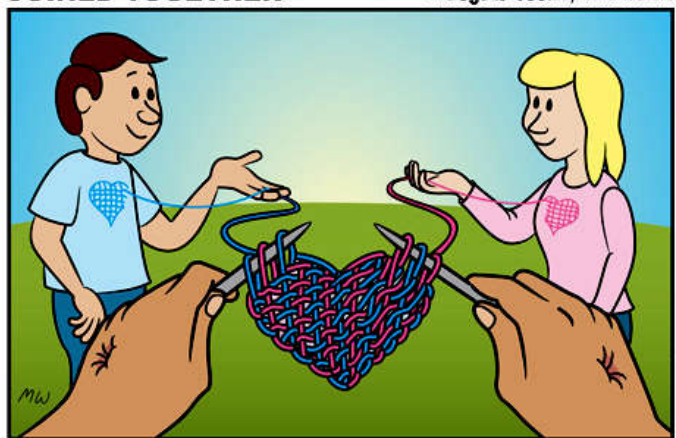
UNKNOWN

**You're off to Great Places!
Today is your day!
Your mountain is waiting,
So...get on your way!**

-Dr. Seuss

JOINED TOGETHER

A Joyful 'toon by Mike Waters



So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate. — MATTHEW 19:6 NIV



Sundays at St. Paul in **FEBRUARY** 8:15 & 10:30 A.M. Services

"More Jesus Time" for Pre-school - 5th grade and Nursery is provided during the 10:30 a.m. service.

Our 8:15 a.m. service is a traditional service with hymns played on our beautiful pipe organ by Rhonda Griffin. The Pastor leads worship clothed in a robe and stole. Communion is usually celebrated on the first Sunday of the month.



Our 10:30 a.m. service—*Awakening*—is based upon this verse from 2 Chronicles 16:9: "God's eyes range from to and fro throughout the Earth looking to strengthen the person that would bend their heart toward Him." The preaching focuses upon life lessons from the Bible. Music is played by a worship band. Words to the songs are projected on the screen or available on the entryway table. The Worship Choir and Hand Bell Choir provide special music. Communion is celebrated at the end of every service. The intent of both worship services is to connect, reconnect and draw people into a closer connection with Jesus Christ.



4: Boy Scout Sunday. Confirmation Sunday. Communion

Celebrated in both services. It's Super Bowl Sunday and everyone will be picking a favorite team to win. Upon the cross, Jesus has won the victory over sin and death. Read Revelation 21. This is the focus of the 8:15 a.m. service. During the 10:30 a.m. service, we will hear reports on the Cub Scouts, Boy Scouts, and Venture Crew.



We are proud sponsors of each of these groups. We will also receive the 2018 Confirmation Class into church membership. We are blessed with great youth in our church!

11: Birthday Sunday. During the 8:15 a.m. service, we will recall that love is the mark of those who follow Jesus. Read 1 Corinthians 13. The 10:30 a.m. service features a concert by the Dysart Family!



The Dysart's approach to their music ministry incorporates a serious focus on personal relationships with Jesus, their love for each other in the home, and just plain hard work on their music. What they end up with are blessed times of worship in concert, complimented by a tight family blend that is distinctive to the Dysarts. Original songs from the Dysarts, some fun times, and laughter at dad's silly stories of life in the home, all add up to a concert that no one wants to see come to an end!

Everyone is invited to stay after this service for a meal with the Dysart Family (meat and beverages provided – we need folks to bring salads of different kinds; talk to Lauren if you can help!).



18: 1st Sunday of Lent. Jesus' disciples didn't believe the gospel was for everyone. At first, they were convinced the good news was for the Jews only. When Philip flees from the persecution in Jerusalem to Samaria, he discovers to his dismay that the Samaritans embrace Jesus Christ as Lord. So Philip is forced to see that the gospel is for all. This insight is an important prelude to our new sermon series, *RESET*. We are called to invite everyone to hear the messages because they are for all!

25: 2nd Sunday of Lent. Pastor Daryl begins a new sermon series: *RESET*. The *Reset button* on electronic devices restores the factory default settings. The button is used whenever the device is stuck or refuses to function as it should. Sometimes, in life we become stuck in unproductive ruts and need to reset our lives. Jesus helps us become unstuck and begin our lives anew. Today, we focus on **Jesus: Reset My Heart.**





Love Heals! By Dr. Cynthia Thaik

The *heart* of the matter is that it is the *heart* that matters. To have optimal cardiovascular health, your emotional and spiritual heart is just as important as your physical heart, and care must be given to all aspects of this vital organ.

Every thought and every emotion causes an instantaneous cascade of hundreds, if not thousands, of neuropeptides and hormones that orchestrate a symphony of positive and negative effects within the body. That is why it is so important to pay close attention to the thoughts and emotions that are running through your mind, as they dictate the symphony of neurotransmitters playing in your body. As an example, would you rather be listening to the soothing sounds of classical music or the heart-pounding, adrenaline-charging sounds of heavy metal?

Love is a strong emotion, representing human kindness, compassion, and deep affection. **Love** is unselfish and benevolent. **Love** is pure. **Love** is self-directed and directed toward others. Most importantly, love is a vital component for the health of your heart, body, mind, and soul.



Ways That Love Benefits Your Health:

Love improves self-esteem, which leads to better self-care. Self-love is key because when you love yourself, you are much more likely to engage in activities that contribute to better nutrition and physical fitness, and less likely to make unhealthy lifestyle choices.

Love is a great antidote to stress. Love counteracts the fight-or-flight response that we so often find ourselves in. Even low levels of stress cause the body to release cortisol, which is associated with an increased risk of developing high blood pressure, diabetes, heart disease and depression. Love downregulates the production of cortisol. Love encourages your body to produce oxytocin, the “feel-good” hormone. Oxytocin can reduce cardiovascular stress and improve the immune system, which in turn decreases cell death and inflammation. Love causes the production in your brain of norepinephrine and dopamine (both hormones associated with adrenaline), which leads to increased feelings of joy and pleasure. Love really is your best medicine.

Love decreases anxiety and staves off depression, which subsequently reduces the signs and symptoms of heart disease. In his book *Love and Survival: Eight Pathways to Intimacy and Health*, Dean Ornish, M.D describes one study where married men who suffered from angina (chest pains) experienced far less angina if they felt loved by their wives, even despite high risk factors like high cholesterol, high blood pressure, and diabetes.

Love decreases inflammation, improves your immune system, and can be a potent pain reliever. A recent study from the Institute for Behavioral Medicine Research at Ohio State University College of Medicine showed that people who are lonely develop more reactivation of latent viruses than those that are well connected. Possible mechanisms for these actions include increased release of cytokines, better relaxation, and the release of endorphins.

Not just at Valentine’s Day, but all year around, it is important to remind yourself that there is so much more to love than just romantic love. There is love of life, love of nature, love of animals, love of others, and love of self, and all of these acts of love provide amazing health benefits.

Ways to Incorporate Love Into Your Life

- **Be more loving and giving.** Bring happiness and joy into other people’s lives. Be generous with your time and money; be a person of increase. You can do this through volunteerism and altruism. I challenge everyone to do one random act of kindness today, even if it is as simple as smiling at someone.
- **Hug often and hold hands.** Physical contact in a loving and nurturing way has the ability to instantly improve your mood, lower stress levels and put you at ease. Try to hug at least one person you love every day.
- **Love your life** — bring more joy into your life each day. Flirt with life... laugh, dance, sing. One way to manifest this is to allow yourself to really laugh without holding anything back and simply enjoy this pure laughter.
- **Love yourself and be kind to yourself today.** Treat yourself like you would another person who you are truly in love with. The more you love yourself, the better equipped you will be to love others. And the more love you give, the more you will receive.

For the next four weeks, incorporate these simple action steps into your daily routine and watch the changes unfold.



01-Feb Dylan Brueggeman
 01-Feb Phillip McCammon
 01-Feb Erin Suermann
 02-Feb Trenton Liedtke
 02-Feb Verda MacDonald
 02-Feb Teagan Plummer
 03-Feb Amanda Bailey
 04-Feb Reese Brueggeman
 04-Feb David Elliott
 04-Feb Tori Newingham
 04-Feb Randy Roberts
 05-Feb Rodney Adams
 05-Feb Brooklyn Boeshans
 06-Feb Nick Dorsey
 07-Feb Mitch Scroggins
 08-Feb Jane Herndon
 08-Feb Sydnie Palmer
 08-Feb Tom Poore
 09-Feb James Birmingham
 09-Feb Dillon Henderson
 09-Feb Jaida Justice
 09-Feb Kimberly McGilvrey
 09-Feb Chris Stamper
 09-Feb Madeline Wood
 10-Feb Tony Garland
 10-Feb Laurie Myers
 10-Feb Jayme Scroggins
 10-Feb Sandy Scroggins
 12-Feb Tyler Cameron

FEBRUARY BIRTHDAYS

“Before you were born, I set you apart for a special work!”

13-Feb Kari Moore	20-Feb Brian Liedtke
13-Feb Kathy Nash	20-Feb Emerson Mayer
14-Feb Addyson Huddleston	20-Feb Grady Mayer
14-Feb Mark Scroggins	21-Feb Tesla Plummer
14-Feb Amber Tappy	21-Feb John Yunker
14-Feb Amy Tappy	22-Feb Nicole Poston
14-Feb Joshua Williams	23-Feb Don Roberts
14-Feb Meagan Winchester	23-Feb Eldon Wold Jr.
15-Feb Cassie Cameron	24-Feb Amber Harlan
15-Feb Nicholas Hobbs	24-Feb Ian Wheat
15-Feb William Laufersweiler	25-Feb Debbie Eggebrecht
15-Feb Zane Maxwell	25-Feb Nikolas Ward
15-Feb Mike Toner	26-Feb Noah Martin
16-Feb Brandy Mormino	26-Feb Lynda Wheat
17-Feb Chloe Allshouse	27-Feb Kansas Scoggins
17-Feb Carleen Balzraine	28-Feb Katelyn Garrison
17-Feb Megan Ricketts	
17-Feb Tyler Sims	
17-Feb Jordyn Skjerseth	
18-Feb Chris Greer	
19-Feb Jackie Boeshans	
19-Feb Nicholas Dawson	
19-Feb Joshua Toner	
20-Feb Joni Bunt	
20-Feb Victoria Garrison	



FEBRUARY ANNIVERSARIES

February 04 Hamm, Pat & Karen
 February 14 Bunt, Dan & Kathy



Help us keep the church directory information current!

Please be sure to contact the church office if you have a change of address, phone number, or email address! Thank you!

**JANUARY Stewardship**

Budget Offering:	through 1/31/2018	\$15573.00
Designated Giving:	through 1/31/2018	\$704.20
	Capital Improvements	120.00
	Loose Change	81.20
	Flowers	201.00
	Hickerson Scholarship	65.00
	Upper Room Donations	10.00
	Offering Envelopes	140.00
	UMCOR	0.00
	Memorials	70.00
	2018 Newsletter Postage	17.00
Capital Campaign		1710.00
Total:		\$17987.20

Call the Church Office (259-5210) if you would like to be a Greeter for either
Sunday service!

Average Attendance for JANUARY 2018

Early Service	35
Late Service	64
Sunday School	34
Visitors	2



**Capital Campaign money received as
of 01-31-18: \$288,036.30**

FOR YOUR INFORMATION -
**If bad weather requires the
cancellation of worship
services, we will:**

- ✦ **ACTIVATE OUR NEW PHONE TREE CALLING SYSTEM!**
- ✦ **leave a message on the office answering machine**
- ✦ **contact TV Channel 5**
- ✦ **post a notice on our website www.stpaulwired.org (if possible)**
- ✦ **contact those on the e-mail & phone prayer chain (if possible)**

**DEADLINE FOR
MARCH 2018
STEEPLE, Mon.,
FEBRUARY 19th!**

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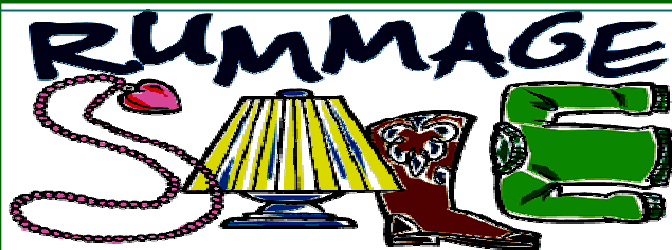


Thanks to Ondrej Paska (See Matthew 14:24-33)
**PETER FINDS HIS FAITH TO BE MUCH
STRONGER IN THE WINTER**

01-04-2008

**MONTHLY LOOSE
CHANGE PROJECT**

February's Loose Change Project is designated for one of our most valuable assets within our church— the St. Paul Youth (KIND)! These funds are to be used to help with youth activities throughout the year. May God bless and multiply your gifts!



The 2018 Women Of Worship
Spring Rummage Sale
will be held on
**Friday & Saturday,
April 13th & 14th**
(with a Pre-Sale opportunity on
Thursday, April 12th).

It is still weeks away but we thought
that we would give you notice on the
dates so you can start collecting
items to bring to the church once the
time gets here. When you do your
Spring Cleaning in the next couple of
months be on the lookout for the
many things that you can donate to
this annual mission fund raiser!
Thank You!

2018 NEWSLETTERS:

It is time to be thinking about the 2018
Newsletter (The Steeple). The cost to have
the newsletter mailed directly to you at
home will be **\$8.50**. Of course we will still
email the Newsletter, place it on the web-
site, and have copies at the church for you
to pick up, to have extras to give to friends
you invite to church, and for visitors to take.
Send your request to have it mailed to you
to the Church Office and your check for
\$8.50. Any questions...call 259-5210.



PECANS FOR YOUR VALENTINE:

Think about it...we have these **delicious,
wonderfully packaged, chocolate
covered pecans** that we think would
make a great gift for your valentine! The
price is right...**only \$8**...already
wrapped...**saves time**...and they are so
very wonderful to eat! So stop by the
Church Office during the week or look for
them being sold in the hallway on Sundays
and pick up a terrific treat for your favorite
valentine!! Remember, the cost is only:
\$8.00 for a bag of the chocolate covered.

The pecans being sold are a Fundraiser for
the Women of Worship missions.



Ash Wednesday

WORSHIP SERVICE

FEBRUARY 14 @ 7 p.m.

**Service includes: Imposition of ashes (optional),
Holy Communion, & Music by the Praise Band**

Ash Wednesday marks the beginning of our preparation for Easter. We call this time Lent. We invite you to join us throughout the Sundays of Lent.

Hickerson Scholarship 2018



The tragic skiing accident of January 15, 1995, that claimed the life of Meghan Hickerson of Hartford, IL, will never be forgotten.

God has a way of healing hurt and turning tragedy into triumph. Meghan's death immediately gave life to several people, known collectively as "organ donor recipients." Her legacy of faith and service lives on through the "Meghan Hickerson Christian Teen Leader Memorial Scholarship" that is made available through St. Paul UMC.

Meghan was a student leader who set a standard of excellence within the public school system. She also set an example of faith and dedication by spreading God's love through her church and her academic life, to all she encountered. Our goal each year is to reward one or two

deserving college-bound graduating seniors who sets for him or herself the same standards of outstanding scholastic achievement and faith reflected in their everyday life.

Graduating seniors from the three area high schools (East Alton-Wood River, Roxana, and Civic Memorial) or any who are a member of St. Paul UMC may apply for the \$500.00 scholarship.

We encourage members to notify any student that may qualify and have them complete the application process. Application materials will be available through the counselors at the above mentioned schools or directly from the church office.

DEADLINE for completed application materials
is: Monday, April 2, 2018

If you have any questions, please contact the church office at 259-5210.



**The DYSART FAMILY in concert on
Sunday, February 11
during the 10:30am Service.
Plan now to come!**

The Dysart Family, based out of Macon, Missouri, have had the privilege of sharing the stage with *The Gatlin Brothers*, *Legacy Five Quartet*, *The Mark Trammell Quartet*, *The Talley Trio*, *The Lesters*, *Gold City Quartet*, *Jeff & Sheri Easter*, and *Tribute Quartet*.

→ Please plan to stay for a meal with the Dysart's following the service! In order to keep the meal simple, we are looking for donations of salad, potato chips, pasta and/or potato salad. The meat and beverages will be provided. Please see or contact Lauren Cranmer if you are able to help with any of these items - (618) 660-7967 or: lauren.cranmer@online.gbcol.edu.



There will be a **Mother/Daughter Lock-In** beginning on Friday, February 2nd at 7 p.m. and ending Saturday, February 3rd at 8 a.m. During this time we will be channeling our artistic

abilities, and those creations will be on display and available for purchase by **silent auction during the month of February**. The funds raised through the silent auction will help raise money for our youth budget, and possibly help send some of our youth to the **Beautiful U Harvest Conference in April**. If any person would be willing to donate canvas, clay, or other art items, it would be greatly appreciated!

In Christ's Love and Kindness, Lauren Cranmer - Youth Leader



Are you part of a group or Sunday School class established within the church? Would you like to help serve communion in 2018? The 10:30 service is currently seeking groups that will sign up to serve communion throughout the year on a weekly basis. If your group is willing to help, please see Lauren Cranmer or

contact her by phone at (618) 660-7967 or email:

lauren.cranmer@online.gbcol.edu.

Love and Peace,

Lauren Cranmer -- Awakening Worship Coordinator



ST. PAUL UNITED METHODIST CHURCH CAPITAL CAMPAIGN

PRESERVING THE PHYSICAL INTEGRITY OF ST. PAUL UNITED METHODIST CHURCH
AS A FOUNDATION OF FAITH AND MISSIONS IN OUR COMMUNITY***Mission Possible***

"THROUGH GOD ALL THINGS ARE POSSIBLE" MATTHEW 19:26

UNDERSTANDING & GIVING TO MISSION POSSIBLE

Mission Possible is a campaign to provide funding above and beyond our normal operational costs to address much needed maintenance and renovation work at St. Paul. The primary target of the campaign is the replacement of our aging heating and air conditioning system (HVAC) as well as other needed items for our church building and senior parsonage. We do this in large part as we consider the future of the ministry of St. Paul UMC and the over 50 diverse ministries that radiate from our church home. The **October 2015 Mission Possible Commitment Weekend** was the kickoff to our fund raising campaign. One can still participate. **In order that we can know where we stand with pledges, we ask that you fill out a commitment card (which is available in the church office) if you plan to give to the Mission Possible Campaign.**

Providing your gift(s):

- If you are interested in a one-time gift, send the donation to the church or place it in the Sunday offering, **but please be sure to note Mission Possible (or CFC for Capital Fund Campaign) on your check memo line and offering envelope.**
- You can also give online through our website.
- You can give using your credit card when you provide that information to the church office.
- You can give by cash or check.
- You can also provide financial contributions via securities, real estate, personal properties, or an estate gift by contacting the church office or Jim Herndon.

Beginning **January 2016**, you were able to place the designated amount for "Mission Possible" gifts on the Capital Campaign line on your offering envelopes. Donations toward the expenses of our Church Operations (i.e. the General Budget) would go on the **Undesignated** line as always. What was Capital Improvements, funds meant for unexpected major expenses, is now labeled **Building & Grounds Improvements** on the 2016 –2018 envelopes. **If you have any questions, please call the Church Office.**

BOARD OF TRUSTEES MAILING!

On **Jan. 25th** a mailing went out. It is important information concerning the **Jr. Parsonage**. Please be sure to open it and take time to read the letter and fill out and bring back or send back the ballot/survey page. Thank you in advance for your input!