



The Epistle October 2023

A Blessed Pronoun Change

"¹³ No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it" 1 Corinthians 10:13

"⁸ For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹ Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead." 2 Corinthians 1:8-10

Dear Members and friends of St. Paul's,

"God won't give you more than you can handle". Believers have expressed this common phrase with the intention of bringing themselves or others comfort during difficult times. The saying's origins arise out of 1st Corinthians 10:13, which speaks of a God who will not allow the Christian to be tempted beyond his ability, and that He will provide an escape when facing temptation. In other words, the verse is not as much about bearing up under suffering, as it is about being tempted to flee the faith, do the wrong thing, and/or dismiss our neighbor. However, a more accurate, and in the end more comforting way to biblically bring comfort is to change the last pronoun from you to He. "God won't give you more than He can handle". There are events and challenges that come our way which go beyond our ability to handle. Paul writes about one such scenario in 2 Corinthians 1:8-10 (see above). Some of these "beyond our ability to handle events" include the death of a loved one, an addiction, living with a chronic pain, etc.. If we stick with the original pronoun (you) one could give the impression that though God helps, in the end it is about you handling the situation. A simple pronoun change reminds the Christian that the strength to bear up in all circumstances comes from God who rescued us through Jesus Christ.

Go ahead, use the phrase, just change the last pronoun.

In His service,

Pastor Krenz



October Sermon Series October Psalms

- October 1st & 2nd "The King is Coming" Psalm 24:7-10 LWML Sunday
October 8th & 9th "A Love that endures" Psalm 118:1
October 15th & 16th "Our Powerful Good Shepherd" Psalm 23
October 22nd & 23rd "You Are a Keeper" Psalm 121:1-4, 7-8; antiphon: v. 5
October 29th & 30th "The Value of Landmarks" Proverbs 22:28 (Pastor Sievers)

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| 618-363-0121 | |

St. Paul's Lutheran Church Mission Statement:

Proclaim Christ,

Teach Christ's Word and Reflect Christ's Love to All!

St. Paul's Lutheran Church, 227 Goodhaven Street,
Columbia, IL 62236 618.281.4600 stpauls-lcms.org
facebook.com/stpaulscolumbiail

*Member Spotlight***Stephen & Sydnie Twillmann****Tell us where you are from and what brings you to Columbia?**

Sydnie is originally from Du Quoin Illinois and Steve is originally from St. Charles Missouri.

We recently bought a house in Oakville,

Missouri. We chose to move to South County as we both loved living in St. Louis and South County was a great location for both of our jobs, Steve works at Anheuser-Busch and Sydnie works at SIUE School of Pharmacy.

Tell us about your family.

Steve grew up attending Immanuel Lutheran Church & School and Lutheran High School in St. Charles Missouri. Steve has one older sister and graduated with a business degree from SIUE and

now works at Anheuser-Busch. Sydnie grew up attending The First United Methodist Church, and then Old Du Quoin Baptist Church in Du Quoin, Illinois. She has two younger sisters. Sydnie moved to St. Louis to attend St. Louis College of Pharmacy before accepting her position at SIUE School of Pharmacy and HSHS Medical Group. Steve proposed in June of 2022 and we recently got married on July 22nd at St. Paul's. We live in Oakville, Missouri where we bought a house last year.

What led you to become members at St. Paul's?

We knew we wanted to get married in Columbia IL as the location was central for both of our families. Getting married in a Lutheran church was very important to us, so we attended a few services at St. Paul's last summer. Pastor Krenz and all of the members were so welcoming to us during our visits, so in addition to getting married at St. Paul's we also started attending regularly. We loved the traditions and teachings at St. Paul's and once we discovered the adult confirmation classes were offered in the fall, we completed those as Sydnie was not already part of the Lutheran church. Sydnie was confirmed in August and Steve transferred his membership from Immanuel Lutheran Church.

What is your favorite Bible verse or story about Jesus?

Our favorite Bible verse together is 1 Corinthians 13:4-8. This was one of the verses we used in our wedding.

What do you like to do as a family when you are not at church?

When we are not at church we enjoy spending time with our families including our parents, Sydnie's grandparents, our siblings, and our Niece Audrey, going to our family farms in Southern Illinois and Northern Missouri, and trying out new restaurants in St. Louis.



Join Allison as she leads us on the trail around the park - walk as far or as short as you like!

All funds donated will go towards rehabilitation expenses as Allison Ford continues her healing journey. Box Lunch Provided at the Horseshoe and Playground Pavillions, across from the tennis courts.

Saturday, October 21st, 2023**Bohm-Schuhkraft Park, Columbia, IL****1200 Evergreen Lane****Walk: 10 am - 11:30 am****(11:45 am Boxed Lunch/Drink provided)****\$50 per person/\$100 per family****Donations may be made to...****St. Paul's Lutheran Church Memo: Walking with Allison****This Benefit Walk for Allison Ford**

is sponsored by St. Paul's Lutheran Church in Columbia at 227 North Goodhaven.

To Register or for more Information...**Sign up on Sheet in church foyer OR Call 618-281-4600****October 16th=Newsletter Deadline—the 3rd Monday of most months.**

Please send articles, photos, etc. to secretary@stpauls-lcms.org -Thank you for your help!



LWML/LADIES LEAGUE

The Fellowship Hall was "buzzing" with decorations of bee hives and bee related items and desserts as sweet as honey by Helen and Rose Anne. A devotion was led by Nancy R. entitled "Use Your Nice Words" which was followed by the common table prayer. After lunch, we continued with our business meeting, a story about bees by Helen, and our service project of sending cards to our shut-ins. Thank you to all who donated to our Camp Wartburg ingathering.

Our October 5th meeting will begin at 11:30 in the Fellowship Hall. October is usually a potluck or dining out meal for us. We will be "eating in" and enjoying box lunches from The Abbey. Nancy R. and Deb E. will be our hostesses providing drinks, desserts, and decorations. Pastor Krenz will have a topic for us. A business meeting will follow.

LWML News (For our members and Mailbox Members)

1) The Metro South Zone board is planning a workshop for Unity Lutheran School at Zion, Belleville on October 28th from 9:00 a.m. to 1:00 p.m. with breakfast at 8:00 a.m.

We will be collecting school items for Unity Lutheran School. A list will be provided soon.

The Metro South Zone board will have a planning meeting here at St. Paul's on Nov. 9th at 10:30 a.m. Pastor Krenz is planning a devotion for us.

"A Heresy Primer- We will look at over a dozen false teachings that negatively impacted the church in both the past and the present, and why hearing and confessing the Biblical truth in the face of such teachings is still important."

2) LWML Sunday will be observed on October 1st. Check out our display of "Comforts of Love", pick up a mite box and mite box calendar, and read about the ministry of our Ladies League here at our church and the ministry of the LWML at large.

You are welcome to join us at our meetings, events, service projects, or just to visit anytime. For more information, contact Wanda at 618-281-4691.

LWML Mission Statement

As Lutheran Women in Mission, we joyfully proclaim Christ, support missions, and equip women to honor God by serving others.



WOMEN's Ministry The Women's Ministry generally meets on the third Monday of each month. (10/16) Please join us at 6:30 in the Fellowship Hall.

Sunday Fellowship Potluck

Please join us on **October 22nd**, after the 10:30 am service for the **New Member/Church Potluck meal**. The Women's Ministry hosts this meal on the 4th Sunday of the month and everyone is welcome. If you would like to bring a dish to share that is great, but don't feel obligated in order to join us.

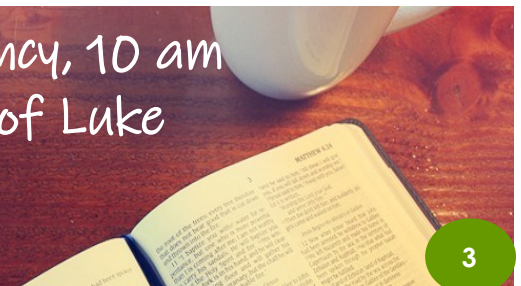


Comforts of Love Quilters-Tuesdays

Quilters meet Tuesdays from 9 am to 10:30 am. Please join us! We have "sew" much fun! **Thank you for all your support!**

Wednesdays with Nancy, 10 am studying the Gospel of Luke

WOMEN'S
BIBLE STUDY





OOPS – Outreach Begins at Home (Church)

There's an old expression "**Charity begins at home**" and so does "**OUTREACH in a church family.**"

So, every time you see someone or sit next to someone, or approach someone in the aisle, the hall, or the pew at church whose name is unknown to you—**OOPS**—say HELLO," tell them who you are, and find out who they are. Then, if you really want to be an outreaching member of our St. Paul's church family, greet that new acquaintance by name every time you see him or her at church are anywhere else around town. Is that really all that important? We (your **Board Of Christian Outreach**) think so and that's why we've made it this month's **Outreach OPportunity Suggestion**. PS—If you're too shy to even do that, just wear your name tag!!!



Food Pantry...

Current Pantry Needs:

Breakfast Items, Ramen, Canned Meat

October Dates:

10/4 10/11 10/18

Food Pantry Hours:

1st & 3rd Wednesdays - 1:30-3pm

2nd Wednesday - 4-6 pm

Call 281-4600 for assistance on all other days.



National Pumpkin Cheesecake Day October 21
www.NationalDayCalendar.com

HANDBELL CHOIR

—Inviting all past and prospective ringers to a new season of Handbell Choir, Wednesdays, 6:30 pm
Contact Mark Eischer for details.



Happy National Pumpkin Month!

Pumpkin Benefits

- Low in calories
- Full of fiber
- Rich in iron and magnesium
- Packed full of vitamin A

Pumpkin Fun Facts

- Pumpkins are biologically a fruit because they contain seeds.
- When it comes to cooking and flavor, pumpkins are referred to as vegetables.
- Every part of a pumpkin is edible.
- Each pumpkin has about 500 seeds.

Pumpkin Seed Benefits

- High in protein
- Contain heart healthy fat

Pumpkin Preparation

- Did you know that pumpkin can be added to baked goods, pastas, soups, hummus, and so much more?
- Pumpkin seeds can be roasted and eaten as is or add them to yogurt, pudding, granola, and oatmeal.





Concordia University, Nebraska is happy to offer two amazing opportunities this October! On October 12th Dr. Elizabeth Grimpo, professor of music, will be offering a Piano Masterclass for area high school students. That evening, at 7 pm, everyone is welcome to a recital by Dr. Grimpo and area Alumni followed by a reception at Zion Harvester Lutheran Church, St. Charles, MO.

E-mail Dr. Grimpo to be part of the Masterclass:
Elizabeth.Grimpo@cune.edu

The second opportunity is a road trip to visit Concordia University, Nebraska : October 19-21. Students will meet with professors and coaches, tour the school, and experience the life of a Concordia Bulldog! For more information about this trip, email Carrie Kober - carrie.kober@cune.edu.

2023 Youth Event Calendar

- October 15th**- Save the date for High School Youth event with other local churches!
- October 20th**- Bonfire night at Eckert's in Millstadt for the Middle School Youth Group
- October 29th**- Youth will be cleaning up yards as a service project. If you need help cleaning up leaves and other light yard work, please sign up on the sign up sheet located in the Narthex.
- November 10th**- Save the date for youth group lock in at the church!

See the full calendar at
<https://stpauls-lcms.org/youth.html>

Adult Education

Tuesday Men's Bible Study

Meet w/ us at 7:15 am in the Narthex.

All men welcome. We are studying the Old Testament, Epistle and Gospel readings for the following Sunday.

Wednesday Women's Bible Study

Wednesdays with Nancy, 10 am studying the Gospel of Luke.

Evening Bible Class

Wednesdays, from 6:30-7:30 pm. Pastor Tony Troup is leading a six week Bible Class titled "Vocation-God

Serves through us". This study examines the various ways the Christian life is lived out at home, at work, and in society. This class will meet in the last room on the left in the Sunday School hallway.

Fridays, once a month

It's Some of the PSALMS in 2023 Please contact Pastor Sievers (314-882-2097) or pastorsievers@yahoo.com.

We continue to study some of the Psalms in our first Friday of the month -Not Just for Couples Bible Study Group. *We will next meet Friday, October 13th at 6:30 p.m. in the fellowship hall. Before class preparation is strongly encouraged. Adults of any age are welcome.

Adult Inquirers Class : Mondays at 5 pm:

This 10 week class is for those interested in learning more about what Lutherans teach and or about joining this congregation. This class involves an overview of core Christian teachings on sin, grace, Christ, Prayer, law and gospel, the church, Baptism, and the Lord's Supper. If your or someone you know might be interested contact Pastor Krenz at 618-363-0121.

Sunday mornings from 9:15-10:15am

"What does the Bible Say about..."

A great blessing of being part of the Christian community is reflecting on God's Word together. Starting Sunday, September 10th we are beginning a new series where each week we will address a contemporary topic through the Biblical lens. We would love to have you join us as we cover the following topics.

October 1st—Worry/Stress

8th—Finding/Recognizing Your Purpose(s)

15th—Finding/Recognizing Your Purpose(s)

22nd—The Roman Catholic Church

29th—To be Decided

November 5th—Non-Denominational Churches

12th—The LGBTQ Movement

19th—Life After Death

For High School Youth...

Annual Careers for Christ Program: November 3-5

Students are invited to Join Concordia University Chicago for this annual Careers for Christ program on the Chicago Campus. Register Online—CUChicago.edu/C4C

New Four-Year Nursing Program

Offered at Concordia-Chicago, an undergraduate Bachelor of Science in Nursing (BSN) program. More info... CUChicago.edu/nursing





October 2023 Preschool News

The preschoolers are having a great start to the new school year! They are settling into our routines, and making new friends.

The new school year brings our usual themes of:

All About Me, Friends, Feelings, and our Senses.

And, most importantly, God's Creation.

We explained how God makes each one of us Special.

The children had fun looking into mirrors, and doing their best to draw their own faces. We loved hearing all of their answers about what makes them so special.

We also introduced our Apple unit by adding an Apple Orchard to our dramatic play area, an apple pie making in the housekeeping center, apple sensory bins to explore, as well as an apple science table. They have been having so much fun measuring, scooping, sorting, and weighing all of our apple manipulatives.

Upcoming Events

- ☆ The Columbia Firemen will visit the preschool during Fire Safety Week.
- ☆ The Preschool will pick pumpkins at Breutigam's Farm on October 10.
- ☆ Our class Fall Harvest party will be held on October 31.

October Jesus Lessons

Jacob & Rachel Have a Baby

Jacob Takes Care of Joseph

Baby Moses

Joshua and Jericho

Hannah Prays

The Lord watches over you.

Psalm 121:5

[God] cares for you.

1 Peter 5:7



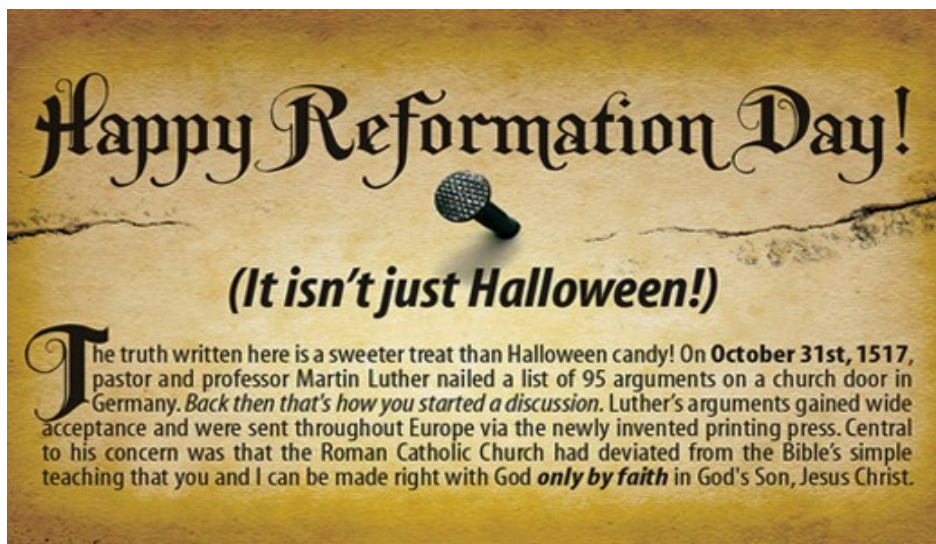


"The Value of Marriage"

Over the next three to four newsletters, I will be addressing some thoughts on marriage, cohabitating, divorce, and the like. In a culture that seems to be devaluing this foundational institution we, as Christians, are well positioned to show our society a better way.

Just a few years ago The National Opinion Research Center, in Chicago, Illinois surveyed 35,000 Americans over a 30-year period. 40% of married people said they were "very happy", while only 24% of unmarried, divorced, separated, and widowed people said this. Brad Wilcox, a sociology professor at the University of Virginia and a fellow at the Institute for Family Studies, says that a strong marriage is actually "the number one predictor of happiness in America today." While happiness is not as important to the believer as trusting Christ and loving others, this survey at least supports the Christian view that marriage between a man and a woman is good for humanity. Why?

God created it, and He even uses it as the illustration of his loving relationship to his people in both the Old and New Testament. (Isaiah 62:5, Revelations 19:7). This doesn't mean marriage is easy, it isn't, but it is always good. A good first step in giving our culture another way to look at marriage is to speak and talk of it in a positive way.





October

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | | | | | | | | |
|----|---|----|--|----|--|----|--|----|---|----|---|----|--|
| 1 | Dean Lyon Patricia Gruber | 2 | Diane Busch Matthew Louis | 3 | Mike Zavadil | 4 | Elijah Douglas | 5 | Kent and Pam Haberl ♥ Matthew and Jodi Foster ♥ Steven Howell | 6 | Gary Camp Michael and Denise Nowak ♥ Terry Aldridge | 7 | Anthony Douglas Reed Greeting Tom and Sherry Smith ♥ |
| 8 | Josh Colyer Ken and Michelle Mathews ♥ Neil Hunt | 9 | Randy and Cynthia Hill ♥ Tyler and Haley Herbeck ♥ | 10 | Mike Roediger Payton Roland Ricky Gulin | 11 | Denise Grider Derrick and Katie Rule ♥ Joe Rahn Karl Nowak | 12 | Brett Luther Brooke Quevreaux Ellen Heise Lyle Jahr | 13 | Dan Schwartz Kaitlyn Koenigstein Kevin Koenigstein Zachary Mathews | 14 | Adeline Chandler Stephanie Althoff-Lammert Terri Grohman |
| 15 | Courtney Elbrecht Craig Story Judith Kellenberger | 16 | Alan and Michele Colbert ♥ Brittany Russell Brock Kleinschmidt Ray Bense | 17 | Anthony & Amanda Douglas ♥ Bill and Barb Goshen ♥ Lori Camp | 18 | Andrew Watts Madeline Nowak Toby and Gina Search ♥ | 19 | | 20 | Cyndee Luther Mitch and Carol Esert ♥ | 21 | Robert Glaenzer |
| 22 | Brynlee Rule Dennis Everding Heinrich Theiss Nancy Bennett | 23 | | 24 | Darby Boland Jeremy and Stephanie Duvall ♥ | 25 | Evelyn Gross | 26 | Andrew Colyer Dallas Eytchison Glenn and June Grebing ♥ Jackie Haberl Jessica Womack Mackenzie Offermann Tori Locke | 27 | | 28 | Rex and Carole Hancock ♥ Robert and Penny Rauh ♥ Ty Camp |
| 29 | Ashlynn Magnuson | 30 | Rebecca Byerley | 31 | Dallas and Jana Eytchison ♥ | | | | | | | | |

OCTOBER





| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--------------------------------------|--|--|
| 1 8 am Divine Service (Sanctuary) <u>9:15-10 am</u> -Adult Bible Class in Fellowship Hall -Youth Bible Study -Youth Rm -Sunday School -SS Wing 10:30 am Divine Service 4 pm Brownie Scouts Mtg | 2 Count (Team 2) Adult Inquirers Class 5 pm Divine Service 6:30 pm Southern Illinois District Pastors Conference Pere Marquette, Grafton | 3 Men's Bible Study 7:15 Pastor Circuit Mtg 9 am Quilters 5:30 pm Youth mtg 7 pm Board of Ed mtg | 4 10 am Women's Bible Study Food Pantry 1:30-3 pm Jr Confirmation 6:30 pm 6:30 pm Handbell Choir 6:30 pm Bible Study/Troup | 5 Ladies League 11:30 am | 6 Bible Study @ Bria Nursing Home 2 pm | 7 |
| 8 8 am Divine Service (Sanctuary) <u>9:15-10 am</u> -Adult Bible Class in Fellowship Hall -Youth Bible Study -Youth Rm -Sunday School -SS Wing 10:30 am Divine Service | 9 Count (Team 3) Columbus Day Adult Inquirers Class 5 pm Divine Service 6:30 pm  | 10 Men's Bible Study 7:15 am 9 am Quilters 1 pm Stewardship 5:30 pm Trustees, 7 pm Elders | 11 10 am Women's Bible Study Food Pantry 4-6 pm Jr Confirmation 6:30 pm 6:30 pm Handbell Choir 6:30 pm Board of Outreach Breakfast w/Mary & Joseph Mtg 6:30 pm Bible Study/Troup | 12 | 13 Pastor Sievers Evening Bible Class Psalms 6:30 pm | 14 |
| 15 8 am Divine Service (Sanctuary) <u>9:15-10 am</u> -Adult Bible Class in Fellowship Hall -Youth Bible Study -Youth Rm -Sunday School -SS Wing 10:30 am Divine Service High School Youth Event | 16 Count (Team 1) Adult Inquirers Class 5 pm Divine Service 6:30 pm Women's Ministry 6:30 pm Newsletter Articles Due | 17 Men's Bible Study 7:15 9 am Quilters 6:30 pm Church Council | 18 7:30 am Rotary Business Meeting in Fellowship Hall 10 am Women's Bible Study Food Pantry 1:30-3 pm Jr Confirmation 6:30 pm 6:30 pm Handbell Choir 6:30 pm Bible Study/Troup | 19 9 am Newsletter Folders | 20 Worship @ Bria Nursing Home 2 pm Middle School Bonfire Youth Event at Eckerts 5:45 pm | 21 Walk w/ Allison Benefit 10 am-1 pm  |
| 22 8 am Divine Service (Sanctuary) <u>9:15-10 am</u> -Adult Bible Class in Fellowship Hall -Youth Bible Study -Youth Rm -Sunday School -SS Wing 10:30 am Divine Service 11:45 am New Member/Church Potluck | 23 Count (Team 2) Adult Inquirers Class 5 pm Divine Service 6:30 pm | 24 Men's Bible Study 7:15 9 am Quilters 6:30 pm Voters Meeting | 24 10 am Women's Bible Study Jr Confirmation 6:30 pm 6:30 pm Handbell Choir 6:30 pm Bible Study/Troup | 26 | 27 10 am Worship at The Grande | 28 |
| 29 8 am Divine Service (Sanctuary) <u>9:15-10 am</u> -Adult Bible Class in Fellowship Hall -Youth Bible Study -Youth Rm -Sunday School -SS Wing 10:30 am Divine Service Youth Service Project: Yard Clean Up | 30 Count (Team 3) Adult Inquirers Class 5 pm Divine Service 6:30 pm | 31 Men's Bible Study 7:15 9 am Quilters | <div>  </div> | | | |

OCTOBER

 Dates, times, & locations subject to change.
 Additional activities may be added at a later date.
 For the most up-to-date calendar listing, go to:
stpauls-lcms.org then click on the "calendar" tab.



St. Paul's Lutheran Church

**227 N. Goodhaven Drive
Columbia, IL 62236**

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**St. Paul's Lutheran Church
227 Goodhaven Street
Columbia, IL 62236**

**Sundays
@ 8 & 10:30 am
Mondays - 6:30 pm**

Worship with Us...

**The Epistle
October.2023**

**618.281.4600 stpauls-lcms.org
facebook.com/stpaulscolumbiaill**

