

The St. Paul's

# CONNECTION

November 2018

Volume 1, Issue 11



## Pastor's Logos (word):

### *We All Need to Own It*

BY PASTOR PAUL COEN

A question has been asked of me: why don't we have more people coming to church? What are we doing wrong? Why aren't folks coming to church anymore or why are those who have been here for years not here anymore?

These are all valid questions and are not just asked about what is happening at St. Paul's. Right now, in certain areas of our population, church, any church, has a bad reputation. Many folks under age 40 see church as too political, too exclusive, too judgmental and too old.

Some churches are seeing a lot of folks coming through their doors. Often times, their success is based on high energy worships, black and white theology or doctrine (they tell you how to believe), and fellowship at a level that welcomes people in a way that few organizations or churches can compete with. These rea-

sons are not excuses, but rather, observations.

Why are some folks not here anymore? There are a number of reasons that could be applied, but one of them is age. Older members who used to faithfully be in church 3 to 4 times a month are in nursing homes or limited to their home or have gone to be with God in heaven. By the way, the average age of a Lutheran in the ELCA is 58 years. Our congregation is around 39 years.

Younger folks don't attend church as often for a number of reasons, but the big one is life-style (ultra-busy). Sunday truly is their only day of rest or family time or catching up on things needed to be done. Church often times is not even in the top five. This is not a judgement on them or their faith, it is a reality for them.

But the big question is what are we doing wrong? This can be a blame game and it can be harmful and hurtful to the health of a congregation. Often times the pastor is target number one, you could name a whole list of things for this one. Second comes in with the type of worship and, by the way, the reasons here are too

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FOLLOW ME

# Worship

## Why Choir for Christ?

BY ERIN RODGERS

Before I became the Director of Worship and Music, I was asked to direct Choir for Christ. I walked into a room of people I didn't really know and who didn't know me, told them a little bit about myself and how I had come to be there, and dove right in to rehearsal. I knew this ensemble had been around for many years, was a loved

and valued group within the church, and I was going to inevitably come in and change things up. They didn't have to trust me and continue their dedication to the choir, but they did.

Over the past several years, Choir for Christ has become an extremely important part of my life, completely outside of the fact that directing them is part of my job. This group works hard to not only do their best musically, but to share the message and love of Christ. We sing together, we laugh together, we share stories together, we pray together, and we support each other, each and every week. If you have ever thought about perhaps joining Choir for Christ, but always seem to be too busy, or maybe lack the confidence to sing in front of the congregation, consider a few of the following thoughts from members of the group:

*"I have always liked to sing but am not a solo singer. Singing with a group gives me the opportunity to sing with others."*

*"It is a fun hour once a week. Singing is very stress relieving. With life so crazy anymore, and lots of negative news, I find myself singing or humming the songs we are working on during the week. It takes me away from those negative thoughts to something so positive."*

*"The songs we sing may just be the thing that hits someone's heart that day and brings them closer to God. Sometimes it is my heart that needs to hear the Good News in song."*

*"Choir is more than singing together. It is a fellowship of caring friends."*

Sounds pretty great, doesn't it? You don't have to be a trained singer, or have been a member of St. Paul's all your life, or have every Wednesday free from now until next May. If you love to sing, and enjoy being part of a fun and uplifting group of people, and want to help share God's love, consider singing with Choir for Christ. Perhaps join us for the Christmas season and see what we're all about...you may just want to stick around!

Erin Rodgers is Director of Worship and Music at St. Paul's. Contact Erin at [erodgers@splcomaha.org](mailto:erodgers@splcomaha.org) or 402-895-3366

# Veterans Sunday November 11<sup>th</sup>



The 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month marks the 100th year anniversary of the end of World War I. This will be part of our theme as we honor all the men and women who have served this nation throughout its history.

Displays, Prayers, Music and a

meal will all be a part of the honoring and remembering what our veterans have meant to this nation. All veterans will be offered a free brunch between services from **9:00 AM until 12:00 Noon on November 11<sup>th</sup>** in the Family Life Center. A recommended free will offering of \$5 for adults and \$3 for children and free to all children under age 5 would be appreciated. Proceeds go to cover the cost of the meal for our vets as well as to help us in our outreach program to a homeless veteran's shelter in the Omaha metro area.

There will be an opportunity to see and hear about the WWI anniversary and its impact on our nation and the world. Also, a display featuring the Korean War (The Forgotten War) and the sacrifice made by many in the little-known conflict that has ramifications in our world today.

**Please come to Veteran Sunday worship and brunch as we remember and honor our veterans.**

## Veterans Day Meal

Men of Armor will again prepare and cook a meal for Veterans Day on **Sunday November 11, 2018**. We are asking that you plan to attend our home made breakfast at St. Paul's to honor our Veterans. We are offering a longer serve time this year in hopes of reaching more people. We will be serving our home made meal from **9:00 AM until 12:00 Noon on Sunday November 11th**. Please Invite your family to come and celebrate Veterans Day with us.

Remember **Veterans Eat Free of Charge!**

Put out the word and we hope to see you on November 11th.

## The Second Mile

### *Walking the Extra Mile in Stewardship*

To reach out and minister to others meeting their needs is the purpose for the second mile offerings. The Quilting Ministry at St. Paul's ties quilts on Monday mornings. Quilts and other care kits: sewing, layettes and health, are shipped to Lutheran World Relief warehouses but they must then be shipped overseas to third world countries experiencing disasters. The offering collected on **November 4** will be sent to Lutheran World Relief to help them cover their overseas shipping costs.

We have four members who are serving in the United States Military. Our Armed Forces Ministry coordinated by Gary Norenberg sees that these members receive care kits especially at Christmas. The second mile offering collected on the weekend of **November 11** will help cover the cost of preparing and shipping these care kits to these individuals. To learn more about our service men and women see the bulletin board in The Commons and take notice of the banner displayed in the sanctuary. We honor and thank them for their service.



## Pastor's Logos

CONTINUED FROM PAGE 1

traditional or too contemporary or too loud or we can't hear. You get the idea. Next is the building, if only we had a nicer building. This one can be true in some senses but not very often.

But often the biggest reason congregations struggle to gather new attenders or encouragement to those already there is (drum roll) unhappiness. An unhappy church is an uninviting church. People don't invite their friends, neighbors or co-workers to church if they don't feel good about their church. Consider this fact: if the pastor invites 100 people to church, 3 might show up; if a lay member invites 100 people to church, 82 will show up.

St. Paul's has been through a rollercoaster of emotions as a corporate body. In the last six years I have been here, we have gone from sad to happy, to sad, to angry and now, confused. We are confused about what are we supposed to be and do as a church? What is our mission, what is our calling, who are we as followers of Christ?

Some serious attempts have been made to help folks in their confu-

sion about what is our mission and who are we as followers of Christ:

- An adult church-wide Bible Study has been and will be offered again.
- Regularly scheduled church-wide potlucks are being offered (hey, Lutherans are pretty good when it comes to food!).
- Increased media efforts, as well as greater involvement of everyone in worship.
- More outreach in serving the greater community and stronger family programing.

Ultimately, it is going to be how the folks here at St. Paul's feel about their church, this includes everyone, even the staff! A pastor, a building, the type of music, what programs are offered, these alone won't do it. What will change the environment here and in the greater church is faith, hope and love. The faith, hope and love of its members. There is too much fear, anger, and sense of hopelessness in church these days. Blame it on the

culture and times we live in . . . or maybe, we all need to own it.

How we share our faith in Christ with others, putting our hope in a God who does not disappoint rather than with human institutions that more often fail to live up to our hopes, and love of God and others. When I hear from folks what are we supposed to do? I think of the story of the rich young man who asked Jesus the same thing. He told him to sell everything and give it to the poor and here is the best part . . . follow me.

I am not asking us to give up all our worldly possessions and volunteer at church. Jesus was pointing to the fact that this young man had lots of stuff but lacked direction for life. Christ was quite explicit in giving direction for this young man and Jesus does the same for us. Amen!

Pastor Paul

JESUS IN THE GOS

# A Member's Perspective:

## *Wherever I Go, God is There!*

BY KAREN HANSEN

Last week I was scheduled for three substitute teaching jobs: Monday, Wednesday and Friday. I was comfortable and looking forward to the first two. They were at my former school. I know the routines, most of the kids, and Wednesday would even be in *my old room!* Friday, I had picked up for a friend, and actually dreaded it all week. I hadn't been at that school at all this year. It was North and a way different route from my usual trip. I didn't know most of the teachers; besides it meant getting up A LOT earlier to get there in time to check out the schedule and plans. Friday came, and I asked God for extra help with this one to make it work for the teacher and the kids. The ride was pleasant, as it was a beauti-



ful fall day. The atmosphere was ordered and respectful. The plans

were great, and the kids were eager to participate and be helpful. The Principal was a former assistant principal from my old school. She runs a tight, happy ship which reflects a love for learning, as well as respect for everyone and a caring attitude. (The person at the top sets the tone.) It turned out to be one of my best days in the classroom this year. I even took an extra spin around the neighborhood where there are beautiful old Omaha houses. I was reminded and can share that stepping out of my comfort zone was an actual blessing. I just needed to remember "Wherever I go, God is there." Sometimes waiting with neat surprises!!

Love and Blessings,  
Karen

## Pick-ups, Vans and SUVs Needed



Brown Transfer takes our Lutheran World Relief Quilts and Kits to South St. Paul, Minnesota free of charge, but it is up to us to get them to Brown's warehouse. If you have a pick-up, van or SUV, please help us send these year-long projects on their way! We will be loading at St. Paul's **November 8<sup>th</sup> at 10:00 AM**. Boxes will be going to Brown Transfer at

4511 South 79<sup>th</sup> Street here in Omaha. Your help would be much appreciated. Seeing all the Lutheran World Relief projects from the surrounding area all gathered for shipment is quite a sight, I am told. Please help us with this final step in our LWR offering. **Many, many thanks, St. Paul's Women of the ELCA!**

PS: Anyone attending worship **Wednesday night, November 7<sup>th</sup>**, the Women of the ELCA could use your help bringing boxes up from the basement after the service. Thankfully, we have A LOT of boxes! Once again, we are so grateful for your help! Your Women of the ELCA partners in the service of our Lord.

# Faith Formation

BY EMILY DALEN

Over the last year, St. Paul's staff has been talking about a process that everyone can use for devotions in their homes. This process, called FAITH5, is designed by Dr. Rich Melheim and includes **sharing** your highs and lows,

**reading** scripture, **talking** about it, **praying** for those highs and lows, and **blessing** each other. We're currently using this process in children's ministry, confirmation small groups, and in GIFT gatherings. Some small groups

and households also use it. During the next few months, I'll share articles from Dr. Rich that discuss the psychology, sociology, and neurology that discuss why this process is so important in faith development. Emily

## Sharing "Highs" and Learning to See the Positive

BY RICH MELHEIM, July 19, 2018

(From the FAITH5 training book "Holding Your Family Together" by Dr. Rich Melheim [www.richmelheim.squarespace.com](http://www.richmelheim.squarespace.com))

How can you get children into the practice of looking for the good in each day? I'd suggest starting with highs and lows . . . in that order. Always begin your nightly check-in with a positive memory. Sharing a high with another person is a great way to open a conversation that can lead to deeper communication. It also opens hearts, attitudes and doors.

### Mr. Capote's Advice

When I was a college student, I volunteered to help run a writers' conference where the Pulitzer Prize-winning author Truman Capote was keynoting. Following the event, the president of the university invited students and faculty who ran with the conference to a reception at his mansion. Excited to meet the strange little man, I cornered Capote in the den by the baby grand piano and asked a question: "Mr. Capote, how do you become a writ-

er?" I'll never forget his answer: "You write."

I thought his response was brilliant. I had to run out right away and get a pen to write it down.

One learns to dance by dancing. One learns to paint by painting. One learns to shoot skeet by shooting skeet. One learns to share feelings by sharing feelings.

One learns to listen by listening. If you want to raise children into a resilient adults who can find some good in any situation and know how to handle anything life can throw at them, I suggest you start by raising children who practice talking through their highs and lows every night . . .

starting with sharing their highs.

What was something good today? Something that made you smile? Something that brought you joy?

St. Paul wrote: "Whatever is good, honorable, just, pure, pleasing, excellent, worthy of praise . . . think on these things." And later in the chapter " . . . and

the God of peace will be with you."

You will see what you train your eyes to see.

And parents, you will see what you seed.

**Start tonight.**



## Faith Formation CONTINUED

### *Interested in Baptism?*

The next baptism class will be held on **Sunday, November 11 at 9:45 am** in the Library. Anyone interested in a baptism at St. Paul's, or interested in learning more about baptism, is invited to attend.

### *Serving Opportunity*



On **November 17** all Confirmation students and any interested parents are invited to serve Open Door Mission as a Turkey 'N' Fixin's Attendant from 10 am-12 pm at 2107 E Locust Street in Omaha. Please let Emily know if you plan to serve. We can arrange carpooling when we know who is available to attend.



### *High School Students | LYON Retreat Weekend*

Any High Schoolers interested in going to the LYON retreat weekend need to contact April and turn in their payment to the office. This retreat will be **November 16 - 18** at Camp Carol Joy Holling. Please talk to April for more information.

### *Thanksgiving Week Class Cancellations*

Cross and Heart Kids will not be held on **Wednesday, November 21**. Sunday School will not be held on **Sunday, November 25**. Happy Thanksgiving!

### *Children to Lead Worship in December*

Mark your calendars! All pre-school and elementary students will lead worship at the **10:30 am** service on **December 16**. Come and hear God's story of great love for his people!

## IMPORTANT ANNOUNCEMENT

Due to decreased attendance in the nursery, the St. Paul's nursery will no longer be staffed during worship services. As always, children of all ages are

welcome to attend any worship service. Books and busy bags are available in The Commons. If parents need a private space for nursing or changing diapers, they are welcome to use the room on the right side of the nursery. The 10:30 am worship service can be streamed via YouTube at: <https://www.youtube.com/channel/UCV9YrYT6BBGRdSyTIs3DRMg>



# BAPTISM

*Brooks August Meyers*  
son of  
*Tom & Sara Meyers*

*Kieryn Mae Giesmann*  
daughter of  
*Mark & Amanda Giesmann*

*Nora Marie Pullman*  
daughter of  
*Andrew & Amber Pullman*

## Faith Formation CONTINUED

# GIFT (Growing In Faith Together)

Join us on **Sunday, November 4 at 9:30 am** as we honor those who pass on their faith to us and learn about the Beatitudes.



October's GIFT taught us about Joseph and forgiveness.



*Joseph's coat of many colors*



# Serving God's Community



Our youth served up Sloppy Joes, Cheesy Potatoes, FROG beans and an Autumn Salad at the Cross Roads Meal on September 30.



If you'd like to volunteer at our final Community Meal at First Baptist on November 27<sup>th</sup>, contact Maia Young at 402-850-4719.



# Confirmation 2018

## 2018 Confirmands

Laci Danielle Abendroth

Jacob Dylan Beason

Lyleigh Jean Brewer

Elise Mae Bruggeman

Payton Marie Childress

Madilyn Mije Cushing

Alison Witt De Sordi

Alex Michael Karloff

Mana Abraham Paga

Elliott Paul Stephen Peterson

Cole Richard Renken

Trenel Joseph Runge

Olivia Stadlander

Xavier Francisco Villareal

Gracie Kay Vokoun

Will August Woehler



## Confirmation 2018 CONTINUED



A HUGE thank you to everyone that knitted or crocheted a scarf this year for those that celebrated the Confirmation Milestone. In the past, students have created their own stoles that have had symbols of things that they are involved with and might include symbols of faith. This year we decided to do something a little different.

The idea of a stole comes from the stoles a pastor wears. When a pastor is ordained, a stole is



placed around his/her neck as a symbol of their calling to word and sacrament ministry. When the newly confirmed young person has the stole placed on his or her shoulders, the student and congregation are reminded that we are called by the Holy Spirit to a life of service in the name of Jesus Christ. The stole is

### *On-line Membership System Coming to St. Paul's*

Wouldn't it be great if we could have an online system that could serve as a church directory, a place where you can see your giving and related pledges, and keep church groups connected?

Well, we have the solution and it will be rolling-out this fall/winter, **but we need your help** to make sure we have accurate e-mails and mobile numbers. **Please fill out the blue form in your church bulletin.** We will also provide printed copies of the directory in the office. Thank you!



a reminder not only to pastors, but to all who are baptized, that we are called to serve.

As each scarf/stole was created the person doing the work, prayed for confirmation students much like someone would do when creating a prayer shawl. On Confirmation Sunday, students received the scarf/stole as part of the service and it will symbolize their calling to share God's love in the world. The scarf will be a reminder of the calling and the people that support them at St. Paul's whenever they wear it.

### *TheoLOCAL relocates as Small Group*

The TheoLocal group has decided to become a small group, and is more than happy to have new members! They are not meeting at The Local anymore, but will rotate in member's homes. In October, they are meeting on the 5th Monday, instead of the 3rd Monday, due to parent/teacher conferences. TheoLocal will continue meeting the **1st and 3rd Mondays of the month at 6:30pm in November.**

Are you interested in joining TheoLocal? Call Andrea for the location and other information. (402-980-9146).



St. Paul's Lutheran Church

104 Pledges

\$556,504.96

as of October 24, 2018

# Faith in Action, Outreach to All

In the past, our Faith in Action committee has done many wonderful missions that have shown the love of Christ in the world. This will continue to be our focus but will be becoming much more local in our mission.

Some examples of this will continue to be through:

- Habitat for Humanity
- Brush Up Nebraska
- Lutheran's Reading Program
- Community Meals (no longer at 1<sup>st</sup> Baptist in 2019)
- Cross Roads Meals and Wor-

ship at Trinity Lutheran Church in North Omaha

- Clothing Drive for various care giving agencies in the metro area
- Local Food Pantry

We are now going to work toward reaching out to more folks in our local community such as Carole's House of Hope (see *Connection Article on pages 15 & 16*) and offering the Community Meals on a monthly basis here at St. Paul's beginning in January. These are just two of our efforts

to show the love of Christ here in Omaha. We are looking for more ways and volunteers to make these ministries successful.

For more information about Faith in Action or if you would like to be a part of Faith in Action/Outreach, contact Megan Moslander at 402-669-0061.

**Our next meeting is November 26th at 6:30 pm.** We will be meeting at Addy's Sports Bar & Grill at 14110 S Street. We hope you will join us!



## Project Angel Tree

When mom or dad is in prison, their children are often the silent sufferers. You can let them know they aren't forgotten. Once again, this year, St. Paul's will be participating in Project Angel Tree. Give a child of a prisoner the joy of Christmas this year. The Angel Tree is set up in the commons **November 17<sup>th</sup> and 18<sup>th</sup>** for you to choose what child you would like to buy a Christmas gift. You need to return the gifts to the church no later than **December 10<sup>th</sup>** so we can deliver the gifts to the children before Christmas. Pastor Paul challenged us last year to request more Angels this year. We had requested 75 last year so this year we requested 90 angels. If you have not participated in this program in the past, please consider it this year. Thank you.



## In Memoriam



**K**arloff, Edna M. 107, of Millard, NE, passed away on Monday, September 24, 2018.

Edna Marie Schomer was born on May 2, 1911 at Millard, NE, the daughter of Ben and Marie Schomer. She was raised on a farm southeast of Millard near 130<sup>th</sup> and Q Streets. She attended grade school in Millard and graduated from Millard South High School, Omaha in 1928. She had two older sisters, Pearl and Gladys.

She was married to the love of her life, Ed Karloff on



March 2, 1932 at St. Paul Lutheran Church in Millard. They farmed southwest of Millard on Highway 50 and Harrison Avenue in Sarpy County. Her husband, Ed, died on January 10, 1974.

She worked on the farm with her husband during the depression and the dirty thirties. They worked hard to help save three family farms. She also worked at Boys Town for a few years. She was a member of St. Paul Lutheran Church, Women of the ELCA, and was the wedding consultant at St. Paul's for 15 years. She moved to Dell Rapids, South Dakota in May of 1997. While there, she built two new homes. She returned to Millard in October of 2004.

She loved having family functions and always wanted to play a game of cards. She was an excellent bridge, pinochle, gin rummy and poker player. She also enjoyed dancing.

She is survived by her son, Dennis (Jackie) of Millard; her daughter, Kay (Jim) Kahler of Dell Rapids; her ten grandchildren; 26 great-grandchildren and 16 great-great-grandchildren; her daughter-in-law, Em of Millard and her sister-in-law, Ester Karloff of Millard.

She is preceded in death by her husband; her son, Dale; a daughter-in-law, Joan; her parents and two sisters.

The family has been so blessed to have her in their lives for so many, many years.

## Congregational Potluck

### November 18<sup>th</sup>

### Following the 10:30 service



Ham, Cheese Potatoes & drinks will be provided.

If your last name begins with:

**A - M** - bring a dessert to share

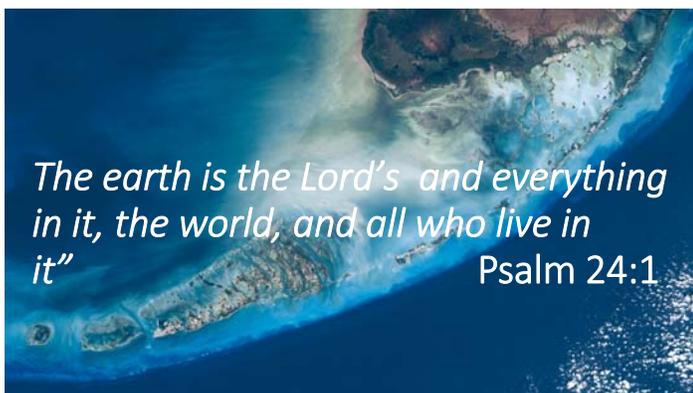
**N - Z** - bring a salad or vegetable dish to share

Hope you can join us!

# Stewardship

## *Managing Time and Finances to Honor God*

BY DOUG RENKEN



The above scripture tells us God's entire creation is His. Everything in the waters and on the land belongs to him. Every plant, animal and resource is His. Our time and all the belongings we claim are really His. We are His!

We are to care about the earth, its waters and atmosphere. We are to be good stewards of all the possessions God has granted us to claim for our use. God really owns it all. We have a responsibility to manage everything for His glory.

Our Creator provided so much for His children, but, due to mankind's sinful nature, these earthly gifts were not enough. Out of His deep love for us, He sent us His Son to teach, suffer terribly and then die. Only through Christ are our sins are forgiven.

Through the Spirit, we live in gracious hope for what God has done in Jesus. We can never pay for our salvation, but out of deep gratitude, we want to manage our time and finances in ways that honor God. What better way can we glorify God than to support His church?

St. Paul's is God's church. In today's broken world we find refuge, peace and comfort in His church.

Through St. Paul's, God provides a wonderful place for all generations to worship and serve. We proclaim God's endless love at St. Paul's Lu-

theran Church . Together we pray. We live in grace. We teach and learn. We confess and commune. We baptize and rejoice. We receive and we give. We mourn and celebrate. We love and forgive. As friends in Christ, we lovingly reach out not only to those in the congregation, but also to those in the community and to people throughout the world. At St. Paul's, God is using us as His tools to help build His kingdom.

St. Paul's is blessed with a wonderful facility and many great ministries. Maintaining God's church and having the good ministries comes with no small financial expense. We are blessed that we can support St. Paul's with the time and finances that God is allowing us to use.

### Commitment Weekend

November 18 & 19

Let's each prayerfully ask our Loving God to guide us in the use of our blessings. How does He want us to use our time and money? How much money does He want us to spend on material things? What percentage does He want us to spend for pleasure and entertainment? How much does He want us to give to St. Paul's in honor of Him?

God's will be done!

#### Offertory Hymn

*"We give thee but thine own,  
Whate'er the gift may be.  
For all we have is thine alone,  
A trust, O Lord from thee."*



## CAROLE'S HOUSE of HOPE

### **Their Mission**

Carole's House of Hope is designed to provide hope and healing for mothers and their children through innovative programs and services that promote self-sufficiency and independence.

### **Their Vision**

To inspire mothers to discover their individual promise, purpose, and power to positively influence their families, impact their communities, and change the world.

### **Their 8 Dimensions of Wellness**

Carole's House of Hope utilizes the Eight Dimensions of Wellness

*We are collecting new and gently used winter clothing for mothers and children at Carole's House of Hope.*

*Please use the box in the commons to donate any items that you can.*

*Thank you!*

Model, that focusses on eight categories or dimensions; Social, Occupational, Spiritual, Physical, Emotional, Intellectual, Environmental and Financial. By applying the model, each participant becomes more aware of the connection between each dimension and how they contribute to healthy living. This holistic model explains: How a person contributes to their environment and community, and how to build better living spaces and social networks.

### ***Social***

How a person contributes to their environment and community, and how to build better living spaces and social networks

### ***Occupational***

The enrichment of life through work, and its connections to living and playing

### ***Spiritual***

The development of belief systems, values and creating a

world-view

### ***Physical***

The benefits of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and when to seek medical attention

### ***Emotional***

Self-esteem, self-control, and determination as a sense of direction

### ***Intellectual***

Creative and stimulating mental activities, and sharing your gifts with others

### ***Environmental***

Good health by occupying pleasant, stimulating environments that support well-being

### ***Financial***

Recognizing creative abilities and finding ways to expand knowledge and skills

The courses, groups and activities offered at CHH are geared to-

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## Carole's House of Hope

CONTINUED FROM PAGE 15

ward addressing participant identified goals in each of the Dimensions of Wellness. Each participant is required to complete assessments that allow the staff to determine what courses and activities would be most beneficial in helping these young lady reach their goals.

### *Carole and David, Founders*

Carole, Founder and CEO of Carole's House of Hope, has served the Omaha community for over 24 years, as a mentor and role model for young women. In 1992 Carole began her journey in Human Services when she became an advocate at EPS (then Emergency Pregnancy Services). She served for a 7-year period as an instructor for the Kid Ability program at Girls Inc. and later for YWCA as a Legal Advocate for victims of Domestic Violence. She has taught classes focused on life skill development, teen assertiveness, positive youth engagement and bullying. Her passion to help others led her to become a foster parent and family advocate for youth experiencing homelessness. Carole also worked as a Property Manager and Regional Supervisor for 14 years assisting low income families.

If you can't make the Open House but would like to make a baked good for the event, please contact Megan Moslander at [mmoslander@splcomaha.org](mailto:mmoslander@splcomaha.org) or 402-669-0061 to arrange for pick-up.

## OPEN HOUSE



Monday, November 5

4 pm — 7:30 pm

7815 Harney Street  
Omaha, NE

REFRESHMENTS, LOCAL ENTERTAINMENT, RAFFLE PRIZES

[WWW.CAROLESHOUSEOFHOPE.ORG](http://WWW.CAROLESHOUSEOFHOPE.ORG)

402.991.HOPE (4673)

David, Founder and Director of Properties at Carole's House of Hope, in 1992 was beginning his career as a High School Vocational Counselor after 20 years in the Banking Industry. In 1999 he became a Juvenile Detention Specialist at the Douglas County Youth Detention Center, where he served for 15 years. Additionally, he worked as a Youth Care Worker at Uta Halee/Cooper Village. David's 22 years of experience working with at risk individuals, allowed him to understand both the needs and gaps in services for youth in the Omaha community. He viewed firsthand the number of young men unavailable to their children and young mothers.

Together, Carole and David began the Non-Profit Corpora-

tion, Carole's House of Hope in 2011, a transitional living program where women and their children could thrive. Their goal was to begin to meet the needs of homeless women and children, particularly the unique needs of young women who found themselves homeless after emancipating from foster care. In 2014, they opened the doors of CHH and began this new chapter of serving young adults and children.

David and Carole have a family of 6 adult children and 17 grandchildren. They enjoy reading, relaxing travel and visiting family.

"Hope is believing,  
encouraging, dreaming,  
caring . . . hope is us"

# Healthy Living

## Misconceptions about Seasonal Flu and Flu Vaccines Q & A

PROVIDED BY ST. PAUL'S HEALTH MINISTRY TEAM

**Can a flu vaccine give you the flu?** No, flu vaccines cannot cause flu illness.

**Is the “stomach flu” really the flu?** No. Many people use the term “stomach flu” to describe illnesses with

nausea, vomiting or diarrhea.

These symptoms can be caused by many different

viruses, bacteria or even parasites.

While vomiting, diarrhea, and being nauseous or “sick to your stomach” can

sometimes be related to the

flu — more commonly in children than adults —

these problems are rarely the main symptoms of influenza.

**The flu is a respiratory disease and not a stomach or intestinal disease.**

**Is it better to get the flu than the flu vaccine?** No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications,

hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

**Do I really need a flu vaccine every year?** Yes. CDC recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. The reason for this is that a

person’s immune protection from vaccination declines over time, so an annual vaccination is needed to get the “optimal” or best protection against the flu.

**Why do some people not feel well after getting the seasonal flu vaccine?** Some people report having mild reactions to flu vaccination. The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.

Side effects from the nasal spray flu vaccine may include: runny nose, wheezing, headache, vomiting, muscle aches, fever, sore throat and cough. If these problems occur, they usually begin soon after vaccination and are mild and short-lived. The most common reactions people have to flu vaccines are considerably less severe than the symptoms caused by actual flu illness.

**Is it too late to get vaccinated after Thanksgiving (or the end of November)?** No. Vaccination can still be beneficial as long as flu viruses are circulating. If you have not been vaccinated by Thanksgiving (or the end of November), it can still be protective to get vaccinated in December or later. Flu is unpredictable and seasons can vary. Seasonal flu disease usually peaks between December and March most years, but disease can occur as late as May.

**Source and for more information:** [cdc.gov/flu](http://cdc.gov/flu)

# Pastor Paul's Movie, Media & Book Reviews



"Small Foot" rated PG, currently in the theaters. This is a good family movie. A good story with a clear message of how we treat others not like us, (think Yeti (bigfoot) you and I. small feet). Anyway, it is well animated and has good music as well. I would encourage your family to see this one and then tell me what you think.

★★★ 1/2



"A Star is Born" rated R, currently in the theaters. What can I say about the music? Lady Gaga and Bradley Cooper are great! This is the fourth version of this story and I will be honest with you; the last 20 minutes of this film were very hard for me to watch. I truly hate the disease of alcoholism and drug addiction. It destroys some of the most gifted and talented of us and destroys families. However, this is a very fine film and you will want to talk about it.

★★★★ 1/2



"First Man" rated PG-13, currently in the theaters. This movie was not at all what I expected, but well done and very historically accurate and intimate. The story of Neil Armstrong being the first man on the moon is also a story of the NASA space program and what is involved. Neil Armstrong is a true American hero. He is also a man who lost his little daughter to cancer and his best friend in a fire during an Apollo capsule test. I was also surprised at the noise of space travel. This is a very fine film and powerful in its storytelling. Let's talk after you watch it. ★★★★★

## From the St. Paul's Library

BY SALLY RUNGE

Now that the weather is changing and we will be spending more time inside, why not find a great book for everyone in the family and set aside quiet time and read. Perhaps, start with 15- 20 minutes and see what happens!!

Why Should Everyone Read?

### Mental Stimulation

Keeping your brain active and engaged prevents it from losing

power at any age.

### Stress Reduction

No matter how much stress you have, it all slips away when you lose yourself in a great story.

### Knowledge

Everything you read fills your head with new bits of information and you will never know when it will come in handy.

### Vocabulary Expansion

The more you read the more words you gain exposure to and they will inevitably make their way into your everyday vocabulary.

### Memory Improvement

When you read you have to remember an assortment of characters, their backgrounds, etc.

CONTINUED ON PAGE 19

## From the St. Paul's Library CONTINUED FROM PAGE 18

Brains are marvelous things. Every new memory you create forges new brain pathways and strengthens existing ones.

### Stronger Analytical Thinking Skills

Have you ever read a mystery and solved it before the book was finished? That ability to analyze details also comes in handy with all other life situations.

### Improve Focus and Concentration

In our crazy world our attention is drawn in a million different directions at once. This type of behavior causes stress and lowers productivity. When you read a book, all of your attention is focused on the story. Try reading 15-20 minutes before going to school or work or to bed. You will find how much more focused and relaxed you are.

### Better Writing Skills

#### Tranquility

#### Free Entertainment

Visit a local library or St. Paul's Library. There are many one-line sources where you can download free e-books. Trade books with other readers. Join a book club and share books.

Finding that "I just can't put it down" book can be difficult. Books stores are full of books, but which one will we want to spend that precious quiet time with?

This is small list of some websites to visit to help you decide:

For the entire family try

[www.goodreads.com](http://www.goodreads.com)

Using a search engine such as Google try:

- Top ten books for young readers
- The 100 Best young-adult books of all time
- Quick picks for reluctant young adult readers<sup>11</sup>—American
- Teachers' Picks: Top 25 picture books
- Caldecott Medal Winners
- Newbery Medal Winners
- or
- Top Ten Best \_\_\_\_\_ ( fill in the blank with Mysteries, romance, biographies, etc. ) and search those sites.
- Amazon - Books
- Barnes and Noble - Books

Many sites will have reviews on books written by readers to also help you decide if a book is for you.

There is a list of Caldecott Medal winners and Newbery Medal winners in the St. Paul's library to also help you make book choices for your picture book readers and chapter book readers.

The St. Paul's Library has many books, as well as DVDs and audio books for all ages that are available to all members.

We have a Second Wednesday of each month Book Club that meets in the library at 10:00 am. In the Library is a list of books that were selected for the 2018-2019 year. Come help us discuss the book or come for a book review to see if that is a book you would like to read. Come once or

every time. All are invited to join the fun.

St. Paul's Library has **Library in the Commons every third Sunday**. The library team selects books that many be popular or of current interest for members to check out.

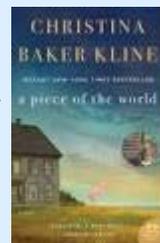
Interested in starting a book club? We will be happy to help you.

Happy Reading!

Your St. Paul's Library Team

The November selection for the book club is A PIECE OF THE WORLD by Christina Baker Kline.

*Christina's World*, a well-known picture painted by Andrew Wyeth is a portrait of Christina Olson painted in Maine. It



is the inspiration for this novel which interweaves fact and fiction. Friendship, passion, art will all be explored as you become involved with this "imagined" story of the woman who was the model for this portrait.

Kline is also the author of ORPHAN TRAIN, a bestselling novel that told the story of children brought from the orphanages on the east coast to the west to be adopted by the settlers. This book is in the church library and is on the shelf with other past book club selections.

Please join us for tea or coffee, a small snack and some stimulating conversation in the St. Paul's Library on **Wednesday November 14 at 10:00**. Hope to see you there!

# Council Highlights

SUBMITTED THIS MONTH BY JOEL CHRISTENSEN, COUNCIL SECRETARY

## Special Congregational Meeting Held September 30, 2018

Ninety five members were present including six current council members and Pastor Paul. Thirty members are required for a quorum.

Jim Larson and Gary McDonald briefed the attendees on the proposed basement building project. There was one question (Ken Mass) regarding who TCA is, which was answered. Then Don Anderson read the motion and Cory Juma seconded the motion. The motion read:

*The St. Paul's Lutheran Church Council (hereafter Council) be authorized to negotiate a lease arrangement with the Trinity Classical Academy (hereafter TCA) for a nine (9) year period, and also granting them three additional three-year options to extend the lease. That agreement will insure up front funding of \$275,000 for the renovation of the St. Paul's Lutheran Church basement, as well as provide a revenue stream for the period of the lease that is mutually agreed upon by the Council and TCA;*

*AND, the Council is authorized to contract with Lueder Construction for final plans to renovate the basement at an approximate cost of \$495,000,*

*AND, the Council allocates and approves the use of part of the Final Bequest fund, and the Basement Renovation fund to be the source of the church's portion of the basement renovation.*

The ballots were handed out, then collected and tallied. The final vote count was: 91 Approve, 3 Disapprove, and 1 Blank ballot was turned in.

The meeting was adjourned at approximately 12:10 pm.

### St. Paul's Council

Susie Stieren, *President*

Jared Collins, *Vice President*

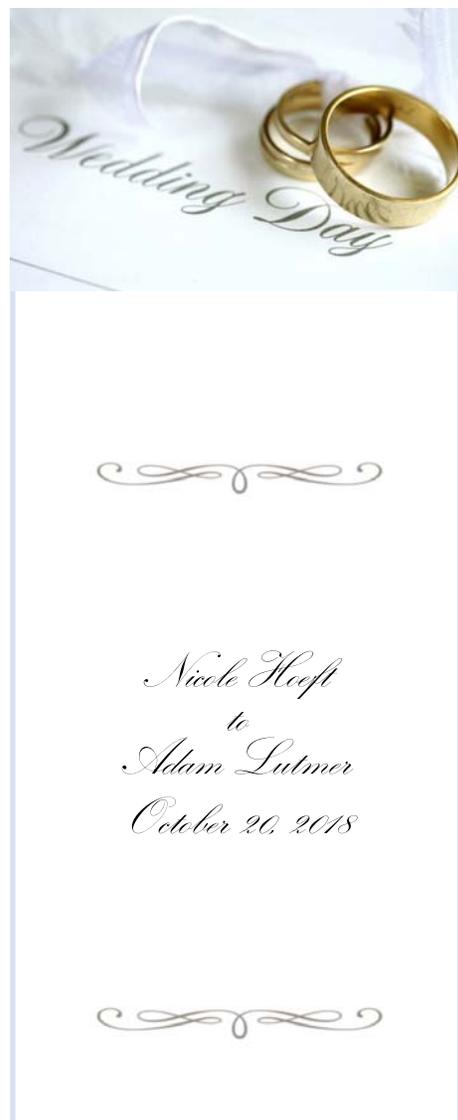
Tom Wilson, *Treasurer*

Joel Christensen, *Secretary*

Dan Abendroth

Don Anderson

Jeff Hohenstein



*The St. Paul's*

# CONNECTION

November 2018

Volume 1, Issue 11

*The St. Paul's Connection  
is a publication of*

**St. Paul's Lutheran Church  
13271 Millard Avenue  
Omaha, NE 68137**

**402-895-3366**

Publication deadline is the 21st of the month. Articles/photos/suggestions may be submitted to Lynda Nicholson at [Sower@splcomaha.org](mailto:Sower@splcomaha.org)

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# St. Paul's Lutheran Church

## Calendar of Events

November, 2018



*Sharing Christ's message to  
transform all generations*

### ST. PAUL'S EVENTS

Church Council Meeting	6:30 p.m. Mon.	12
Church Staff Meetings	9:30 a.m. Tue.	6, 13, 20, 27
Facility Team Meeting	6:30 p.m. Tue.	6
Faith Bible Study	6:30 p.m. Thu.	15
Finance Team Meeting	6:30 p.m. Thur.	8
Grace Circle	6:30 p.m. Mon.	26
Library in the Commons	8:00 a.m. Sun.	11
Hope Circle	1:00 p.m. Thur.	15
Library Team Meeting	9:30 a.m. Wed.	7, 14, 21, 28
Love Circle	11:30 a.m. Wed.	14
Memorial Committee Meeting	1:30 p.m. Wed.	14
New Member Class	9:30 a.m. Sun.	4
	Wed.	7
Potluck Team Meeting	6:30 p.m. Mon.	12
Special Musicians Group	1:00 p.m. Sun.	4, 11
Thank Offering Weekend	Sat. & Sun.	13 & 14

### MEMBER CARE

Cards in the Commons	12:30 p.m. Tue.	13, 27
Community Meal at 1st Baptist	9:00 a.m. Sat.	24
Exercise Class	8:15 a.m. Mon.	5, 12, 19, 26
	8:15 a.m. Fri.	2, 9, 16, 30
Health Ministry Team Meeting	6:30 p.m. Mon.	5
Home Communion at Millard Manor	11:00 a.m. Thu.	1
Tai Chi	9:00 a.m. Tue.	6, 13, 20, 27
	9:00 a.m. Thu.	1, 8, 15, 29

### EDUCATION SCHEDULE

All Church Bible Study	6:30 p.m. Wed.	1
4th Grade Commandments Class	9:30 a.m. Sun	11
Baptism Class	9:30 a.m. Sun	11
Confirmation Class	7:00 p.m. Wed.	7, 14
Cross & Heart Kids	7:00 p.m. Wed.	7, 14, 28
G.I.F.T.	9:30 a.m. Sun	4
Spirit	7:00 p.m. Wed.	7, 14, 28
Tuesday Morning Bible Study	11:00 a.m. Tue.	6, 13, 20, 27
Thursday Morning Bible Study	10:00 a.m. Thu.	1, 8, 15, 29

Thursday Morning Bible Study	6:30 a.m.	1, 8, 15, 29
Wednesday Morning Book Club	10:00 a.m. Wed.	14

### MUSIC OPPORTUNITIES

Choir for Christ Rehearsal	7:00 p.m. Wed.	7, 14, 28
Worship Team Rehearsal	4:30 p.m. Sat.	3, 10, 17, 24
Worship Team Rehearsal	8:00 p.m. Wed.	7, 14, 28

### PUBLICATION SCHEDULE

"Church Chat" Deadline	9:00 a.m. Mon.	5, 12, 19, 26
"Connection" Deadline	12:00 p.m. Wed	21

### WORSHIP SERVICES

Wednesday Worship Service	6:30 p.m. Wed.	7, 14, 28
Saturday Evening Worship Service	5:30 p.m. Sat.	3, 10, 17, 24
Sunday Worship Service	8:30 a.m. Sun	4, 11, 18
	9:30 a.m. Sun.	25
	10:30 a.m. Sun.	4, 11, 18
	9:30 a.m. Sun.	25

## Dates to Remember

**Coffee With the Council—Nov. 11**

**Veterans Brunch—Nov. 11**

**Commitment Weekend—Nov. 17 & 18**

**All Church Potluck—Nov. 18**

**Church Office Closed—Nov. 22 & 23**

# Worship Servants for November, 2018

## **November 3—5:30 p.m.**

Acolytes—Jackson Willms,  
Savannah Willms  
Communion—Vicky Marquardt,  
John & Shannon Fonda  
Greeter—Dale & Donna Pickering  
Prayers—Holly Marasco  
Reader—Vicky Marquardt  
Video—Jeanette Swope  
Audio—Jayson Swope  
Usher—Bill Jaquith, Gary Norenberg

## **November 4—8:30 a.m.**

Acolytes—Sofia Schommer  
Canter—John Schumacher  
Communion—Doug Rothgeb,  
Maia Young, Bill & Ina Averman  
Greeter—Karen Hansen  
Hospitality—Mary Holland  
Prayers—Schommer Family  
Reader—Allen Darell  
Video—Valerie Young  
Audio—John Snowdon  
Usher—Norm Bensinger, John Kuehl

## **November 4—10:30 a.m.**

Acolytes—Tori Karloff,  
Ethan Wilson  
Communion—Doug Rothgeb, Jane Coen  
Doug & Bev Renken, Merry Jensen,  
Cory & Kathy Juma, Judy Gray  
Greeter—Tony & Judy Gray,  
Doug & Bev Renken  
Hospitality—Harvey & Carol Applegate  
Prayers—Volunteers Needed  
Reader—Barb Hough  
Video—Mana Paga  
Audio—Volunteer Needed  
Usher—Brock Flowers, John Bourne  
Jeff Hohenstein, Jay Schroeder

## **November 10—5:30 p.m.**

Acolytes—Volunteer Needed  
Greeter—Vicky Marquardt  
Prayers—Volunteer Needed  
Reader—Steve Oberdin  
Video—Matthew Peek  
Audio—Jim Rames  
Usher—Bill Jaquith, Dennis Verdick

## **November 11—8:30 a.m.**

Acolytes—Volunteer Needed  
Cantor Janet Henthorn  
Greeter—Nancy Steil, Ina Averman  
Hospitality—Steve & Nancy Steil  
Prayers—Volunteer Needed  
Reader—Doug Rothgeb  
Video—Volunteer Needed  
Audio—Arno Neben  
Usher—John Kuehl, Norm Bensinger

## **November 11—10:30 a.m.**

Acolytes—Valerie Young  
Greeter—Phil & Barb Hough,  
Jay & Sue Schroeder  
Hospitality—Phil & Barb Hough  
Prayers—Volunteer Needed  
Reader—Doug Rothgeb  
Video—Mana Paga  
Audio—Cheryl Franko  
Usher—Jeff Hohenstein, Cory Juma,  
Scott Custard

## **November 17—5:30 p.m.**

Acolytes—Sean Simmons,  
Matthew Peek  
Communion—Erica Peek,  
Kristi McKamy, Sid Rames  
Greeter—Sid Rames  
Prayers—Volunteer Needed  
Reader—Kristi McKamy  
Video—Valerie Young  
Audio—Bill Koile  
Usher—Dennis Verdick, Dave Smith

## **November 18—8:30 a.m.**

Acolytes—Sofia Schommer  
Cantor—Kristin Ronnenkamp  
Communion—Sue Kuehl, Barb Saighman,  
Chelsey Schommer, Marilyn Lienemann  
Greeter—Marvin & Corinne Wastell  
Hospitality—Marvin & Corinne Wastell  
Prayers—Volunteer Needed  
Reader—Donna Snowdon  
Video—Volunteer Needed  
Audio—John Snowdon  
Usher—John Kuehl, Norm Bensinger

## **November 18—10:30 a.m.**

Acolytes—Mana Paga  
Communion—Kim Rothgeb, Julie Hilger,  
Phil & Barb Hough, Lynda Nicholson  
Fred and Suzanne Sagedal, Jennifer Collins  
Greeter—4th Grade S. S. Class  
Hospitality—Joy Marshall  
Prayers—Volunteer Needed  
Reader—Jennifer Collins  
Video—Aaron Kreun  
Audio—Bryan Kreun  
Usher—Jay Schroeder,  
Gary McDonald, Brock Flowers

## **November 24—5:30 p.m.**

Acolytes—Katie McGraw  
Greeter—Bev Steinbaugh  
Prayers—Volunteer Needed  
Reader—Sean Simmons  
Video—Tammy Baumann  
Audio—Willie Baumann  
Usher—Gary Norenberg, Todd Whitham

## **November 25—9:30 a.m.**

Acolytes—Volunteer Needed  
Greeter—Karen Hansen, Sharla Fitzgerald  
Bob & Pat Mennenga  
Hospitality—Cal & Anna Mae Wamre  
Prayers—Volunteer Needed  
Reader—John vonDohren  
Video—Linda Kuehl  
Audio—Jim Kuehl  
Usher—Norm Bensinger, John Kuehl



If you are unable to serve on the date you are scheduled, please find your substitute and then notify the church office at 402-895-3366.