

St. Paul Epistle



St. Paul Lutheran Church

OUR VISION:

We are broken and blessed followers of Christ,
providing a home for all who wander the weary road.

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2025 Jackson St.

Dubuque IA 52001

Office Hours: M-F, 8:30am - 12:30pm



stpauldbq.com

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Weekly Services:

Saturday Worship: 5:30pm - Sunday Worship: 9:00am

Sunday School 10:30am - Bible Class 10:30am

DATES TO REMEMBER IN JUNE 2024

June 2	Christ in the Passover Presentation 10:30am
June 3	Grief Share 1pm - 3pm
June 4	Cover Girls 9am - 11am
June 4	Board of Elders Meeting 5pm
June 8	Parking Lot Picnic 6:30pm
June 9	VBS starts with a light supper 5:30pm - 8pm
June 10	Grief Share 1pm - 3pm
June 10	VBS with a light supper 5:30pm - 8pm
June 11	VBS with a light supper 5:30pm - 8pm
June 12	VBS with a light supper 5:30pm - 8pm
June 13	Last night of VBS with a light supper 5:30pm - 8pm
June 17	Grief Share 1pm - 3pm
June 24	Grief Share 1pm - 3pm
June 25	Golden Age Euchre Club 1pm

The Bread We Break



Image courtesy of Kayla Budewitz

The bread that we break, is it not a participation in the body of Christ?
-1 Corinthians 10:16

I recently wrote about the homemade bread we have been using for the Lord's Supper. This month, I am sharing the recipe that one of our members uses so that *you* can try making it too!

If you're interested in making communion bread for church, give this recipe a try at home for now. We will post a sign-up sheet in the months to come.

Having freshly made bread at the altar may seem like just a small thing but throughout the Scriptures we consistently see God valuing beauty and delight: the tabernacle adorned with skillfully woven tapestries, the ark overlaid with gold, water turned to the very best wine imaginable, and always Jesus' desire "that My joy may be in you and your joy may be complete." I could keep going on this theme but for now, "Go, eat your bread with joy" (Ecclesiastes 9:7).

See you at the Table,



Pastor Jon

The following is reproduced from a blog post by Kayla Budewitz:

When I was in college, I attended a church in which members of the congregation made the communion bread. I thought it was such a cool way to contribute to your church community and secretly hoped I would be able to serve in such a way one day. Fortunately for me, that opportunity recently presented itself, and we have begun making the communion bread for our church.

It's really an easy process to make unleavened bread which is why it's a shame that so many churches have gone to the styrofoam/cardboard wafers. Don't get me wrong, I understand that the wafers are easy, cheap, and have a long shelf life. However, ever since attending that church in college, it seemed so fitting to me that the Lord's "body" should be something with great flavor that we are excited to share with our fellow believers rather than just a piece of funny tasting cardboard that sticks to the roof of your mouth. It should be enjoyed and savored.

This is what I love about this recipe. It truly tastes delicious, and I am excited to share it with my church. I hope to inspire you to share it with your church community as well.

What You Will Need To Make Unleavened Bread:

Flour: Not only does freshly milled flour taste great, but it is also packed with nutrients that can actually benefit your health. Freshly milled flour naturally contains all the nutrients that are added to enriched flour in a much more natural and bioavailable form. You can also use store bought whole grain flour if you do not have your own mill.

Coconut Oil: Coconut oil is a fantastic source of fat to use. It has a high smoke point which means it will not oxidize when you fry your tortilla in the pan. Additionally, the fat and flavor of the coconut oil further deepens the flavor profile of the bread.

Honey: Because a little bit of sweetness always tastes better, right?

Salt: As always, the salt enhances and brings together all the flavors of the recipe. I recommend a non-iodized sea salt such as Redmond's Real Salt.

How To Make Communion Bread

Ingredients:

- 2 cups Freshly milled flour (I like 50% Kamut/50% Spelt)
- 1/4 cup Coconut Oil (melted)
- 3/4 cup Water
- 2 Tbsp Honey
- Salt to taste

Making the Dough:

1. Mill two cups of whole grain flour. I like the combination of spelt and Kamut, but you can choose any combination you like or just stick to one type of flour. This recipe will also work with store-bought whole grain flour.
2. While you're milling the flour, melt 1/4 cup of coconut oil gently on low heat on the stovetop.
3. Once the coconut oil is melted, add it to the flour along with the salt and water. Mix until well combined. Your dough should form a firm ball.
4. Heat a frying pan on low-medium heat. Make sure the pan is preheated well before cooking anything.
5. While the pan is preheating, divide the dough into 6 even parts. Flatten each section of the dough until it is your desired thickness. The thinner the dough, the crispier it will be. Thicker dough will yield a softer fluffier bread.

Scoring the Dough:

Scoring the dough is by no means a necessary step. In fact, I think there is also something really cool about literally breaking bread with your hands. However, the scoring does make it more convenient and easier handled.

1. This scoring shape will produce 24 pieces. I start with a bench scraper or large knife and cut the dough into 8 equal parts.
2. From there, I use a smaller pairing knife to score a hexagon shape between each of the 8 sections.
3. Finally, I place one more score to divide each outer portion of the bread into 2 pieces.

Sprinkle a little extra salt on top of the bread and fry it on medium heat for about 1-2 minutes each side or until it is crisp and golden brown. Make sure your pan is nice and hot for the best browning.

(<https://theregenerativesower.com/unleavened-communion-bread-recipe/>)



WITNESS

WOMEN OF ST. PAUL

Turkey Day Update:

Turkey day is Saturday, November 2nd. We will be having our famous turkey and dressing sandwiches, bake sale and the rummage sale. You can bring down your rummage items anytime and stack them neatly in the old kitchen. We will **NOT** be having a spring rummage so as you are spring cleaning if you have any summer items, please go ahead and donate to Goodwill or St. Vincent. Also **NO ELECTRONICS!!!** We will take fall and winter clothing, household items, shoes, books, home decor and Christmas items. Thank you for your donations and we will keep you updated as time gets closer.

The Mission Circle will not be meeting during the summer. Please mark your calendar for our next meeting on September 9th. Thank you everyone and Happy Summer. *Nancy Henry*



MERCY



FOOD PANTRY - For the month of **June** we are collecting the following items for the Food Pantry:

<i>Ramen Noodles</i>	<i>Pancake Mix</i>	<i>Syrup</i>	<i>Juices of any size</i>
<i>Liquid Hand Soap</i>	<i>Bath Gel</i>	<i>Lotion</i>	<i>Garden Produce</i>



LIFE TOGETHER

UPCOMING BIBLE STUDY TOPICS

- **Lutheranism 101** - Currently meeting Saturdays, 4:15pm - 5:15pm. This is open to everyone. A great way to get a refresher on the core teachings of the faith.
- **Sunday Adult Class** - Exploring Lutheran Worship
- **Brown Bag Bible Study** - There will be **NO** Brown Bag Bible Study the month of June

PRAYER CHAIN: Need "Links" for prayer chain - simple as phoning a friend to continue prayers. Please call 563-588-1076 ASAP! God Bless!
Karen Paar

PASTOR'S SCHEDULE FOR JUNE

Days off - June 3rd, 10th

Pastor will be on vacation from June 17th - July 1st.

OFFICIAL ACTS – May 2024

Baptisms: None

Junior Confirmation: *Julianna Thibadeau*

Adult Confirmation: None

Weddings: None

Transfer In: None

Transferred Out: None

Funeral/Memorial: None



ALTAR FLOWERS UPDATE: The 2024 Flower chart has only 3 weekends open for flowers. This is the time to sign up for altar flowers to celebrate special events or memories, etc. Cost remains at \$30 with payment made to St Paul and ear-marked "flowers" at the time of sign up. Put the payment in envelopes provided with necessary information filled in, and place in the offering plate. Please check if you will take after Sunday service or leave for shut ins. We continue to ask you to return the glass bowls for reuse. Questions- Charlotte Tigges 563 599 2745



ALTAR GUILD! There is currently a great need for altar guild helpers. If you are willing to help clean the communion vessels after services or polish metalware twice a year, please call the church office or send an email to the church secretary.

JULY NEWSLETTER info is due by **FRIDAY JUNE 21ST**

RUTH CIRCLE: We want to remind all our church members of the greeting cards we have for sale. The proceeds from the card sales go to cleaning the Pastor's vestments and purchasing the altar linen. We have the following boxes of cards available: Graduation, Confirmation, Birthday, Anniversary, Thinking of You, Get Well, Sympathy, Wedding, and Christmas. The next meeting will be Thursday, June 6th at 10:00am.

OpenCloset: Almost Home Fundraiser "Party for a Purpose" is Friday, June 21, 5-8 p.m. at the Dubuque County Fairgrounds. Almost Home is the Homeless Men with Children Shelter located at St John's Lutheran Church in downtown Dubuque. We will have a silent auction, "Kids Zone," cash bar, and food concessions. Live music is provided by Dr. Band (Dave Minnihan.) Come join us in supporting this unique shelter in Dubuque. Any questions you can contact Cindy Recker at opencloset@almosthomedbq.org.

BOARD OF MISSION & MINISTRY

Parking Lot Cookout: Please mark your calendars for Saturday, June 8 and Saturday, September 7. The first cookout, on June 8, is coming up quickly and will occur the day before VBS begins. Please see the sign-up sheet at church for bringing sides. Meat and buns will be provided.

Convivium Community Casseroles: By the time you read this newsletter, casseroles prepared by the good folks of Convivium Urban Farmstead and sponsored by our congregation should be going out to approximately 250 families in Dubuque.

Good Neighbor Fund: Please feel free to designate an offering to the Good Neighbor Fund to help meet the needs of our church family and neighbors in their time of challenge.

New leadership: Newly elected Misty Lutz will be taking the helm of the Mission and Ministry group. Stay tuned for exciting opportunities in the future!

BOARD OF ELDERS

St. Paul Educational Endowment Fund: In the May voters meeting, the creation of this fund was unanimously approved by the voters. This fund, begun with a large contribution, is intended to support the education of our pastor's children (and other members or others in the district as money allows). Funds can be applied to any form of Christian K-12 schooling and towards college tuition at an LCMS college. The fund has been set up with the assistance of the LCMS Foundation and will be managed by them. As an endowment fund, the principle will remain untouched so that it will continue to exist indefinitely, and only earnings from the fund will be dispersed. The distribution of funds will be overseen by the Board of Elders,

who will develop an application form for determining how the funds will be dispersed. All are invited to contribute to this fund as they feel led to do so. Anyone who is interested in applying for funds to support the Christian education of their children should contact Jon Barz for me information.

Grief Share: This 13-week support group for those who are grieving the loss of a loved one continues to meet every Monday at 1:00. Erin Huebschman has volunteered to assist Ruth Barz with leading the group. The goal is to offer Grief Share twice a year, with the intent of reaching out to those beyond our own membership as a form of service and outreach. Ruth is still looking for two more people (preferably men) to form a committee to help to organize and lead these groups. Initial funding for this program has come from the Margaret Fox memorial donations.



Ice Cream You Scream

It's that time of year again when we talk about the Dubuque County Fair and the ice cream booth. The fair runs from Tuesday, July 23rd thru Sunday, July 28th. I'll have the sign up sheet in the Fellowship hall the 1st of June. As usual, there are three shifts per day, so if you need a certain day or time be sure to get signed up right away. Thank you so much for all of you that have worked in the past and those that have worked more than one shift. It truly is appreciated--we couldn't do it without you all. If you have any questions feel free

to call me 563-599-3885 *Thank you Nancy*

OUR NEW CHURCH OFFICERS AND BOARD CHAIRS

President: Dave Kelley

Vice President: Mark Litka

Treasurers: Dennis Fry & Angela Osterkamp

Financial Secretary: Kim Weed

Board of Elders Chair: Jon Barz

Board of Mission & Ministry Chair: Misty Lutz

Board of Christian Education Chairs: Katy Crawford & Kendra Lafrenz

Board of Church Property Chairs: Colby Lafrenz & Jon Lutz

Notes + News from the **Board of Christian Education**

THANK
you

Many thanks to our 2023-24 Sunday school and confirmation teachers, who faithfully share Jesus' love with their students: Trevor and Kayla Budewitz, Becky Clark, Brianna Fry, Kristie Fry, Sue Hass and Adam Hill!

Vacation Bible School

June 9-13, 2024 | 6-8pm (supper at 5:30)



DATES TO NOTE!

- **Wednesday, May 29 | 6:30-8 pm** Volunteer meeting
- **Saturday, June 1 | 9 am** Build set pieces, clean out key spaces, maybe try on some Bible time costumes
- **Saturday, June 8 | after church** Parking lot picnic for neighborhood recruiting

REGISTRATION INFORMATION

Register online at vbspro.events/p/stpauldbq, scan the QR code or pick up paper forms in the fellowship hall.

HELP SPREAD THE WORD!

Invite neighbors, friends and grandkids; pick up a few fliers at church!

Next board meeting: July 9, 2024 | 7 pm at the Crawford house

Questions? Connect with Katy Crawford (katy.munson@gmail.com, 815.876.6426) if you have any questions or would like to be involved!

WE REMEMBER THOSE WHO HAVE DIED IN JUNE

Gloria Gottschalk Joan Herrig Herman Lenaburg

We have updated the "memorial" list. We are only going back 10 years for the people who have died.

PRAYER LIST FOR JUNE 2024

Mindful of the Father's great mercy shown to us in Jesus, we pray on behalf of those who are in need.

For those undergoing cancer treatment:

Roger Riechmann (father of Teri Riechmann & Sheila Zasada)

Jayne Niemeier (nephew of Dave & Sue Krause)

Raymond Kruser (brother-in-law of Dave & Sue Krause)

Zeke Pergande (son of Dan & Doris Pergande)

Martha (godmother of Will Wehrspann)

Mark Geothschius (brother of A.J. Osterkamp)

Toni Jo Stelpflug (niece of Doris Pergande)

Tiffany Crowe (daughter of Jim & Marion Crowe)

Brittni Strege (niece to Richard & Kim Weed)

Rhonda Kittle (sister-in-law to Greg Kittle)

Matthew Kittle (brother of Greg Kittle)

Jerry (family friend of Richard & Kim Weed)

Rocco DiMaggio (relative of Pastor Crawford)

Kenny Stelpflug (brother of Doris Pergande)

Dan Pergande, Debra Spear, Richard Weed

For our members who are homebound:

Laverne Ball (Ennoble Manor), Nancy Clark, Jean Henningsen

(Sunnycrest Manor), Doris Pergande, Anne Prisk (Care Initiatives),

Dusty Colby, Judy Pergande, Jayson Eichman (Care Initiatives),

Jan Anderson

Additional Prayer Requests

- Lori Ollendick (daughter of Charlotte Tigges)

- The Walker family

- Donetta Spohr

- Marlene Weber

**Note: The "additional" section of the prayer list will be cleared at the beginning of each month. If you would like a name to remain on the list into the next month, please contact the church office and we would be happy to continue praying for your intention.*

WORSHIP SCHEDULE FOR JUNE 2024

	Sat, June 1, 5:30pm	Sun, June 2, 9:00am
Head Usher:	Dennis Fry	Mark Litka
Altar Guild:	Kristie Fry	N/A
Organist:	Dr. David Pitt	Dr. David Pitt
	Sat, June 8, 5:30pm	Sun, June 9, 9:00am
Head Usher:	Dave Kelley	Adam Hill
Altar Guild:	N/A	N/A
Organist:	Dr. David Pitt	Dr. David Pitt
	Sat, June 15, 5:30pm	Sun, June 16, 9:00am
Head Usher:	Dr. Jon Barz	Greg Kittle
Altar Guild:	N/A	N/A
Organist:	Dr. David Pitt	Dr. David Pitt
	Sat, June 22, 5:30pm	Sun June 23, 9:00am
Head Usher:	Dennis Fry	Jon Lutz
Altar Guild:	N/A	A.J. & Angela Osterkamp
Organist:	Dr. David Pitt	Dr. David Pitt
Guest Preacher:	Rev. Robert Weinhold	Rev. Robert Weinhold
	Sat, June 29, 5:30pm	Sun June 30, 9:00am
Head Usher:	Dennis Fry	Jon Barz
Altar Guild:	N/A	N/A
Organist:	Dr. David Pitt	Dr. David Pitt
Guest Preacher:	Rev. Nathan Grewe	Rev. Nathan Grewe



June Anniversaries

4-Jeff & Erin Huebschman	6-Tom & Diane Unsen
9-Bill & Sandi Heller	17-Jon & Ruth Barz
18-Trevor & Kayla Budewitz	21-Brian & Kalyssa Worden
24-Jon & Misty Lutz	26-Dave & Angie Kelley
26-Doug & Lisa Miller	27-Richard & Kim Weed



June BAPTISMS

11-Jennifer Calonder	13-Alan Calonder	13-Leslie Davis
13-Patty Walen	14-Pastor Jon	15-Darron Smith
15-Logan Zasada	16-Doug Miller	17-Lauren Miller
20-Rich Ratka	27-Linda Ratka	28-Allison Calonder



June Birthdays

9-Jayson Eichman	9-Linda Ratka	10-Claire Kelley
14-Doug Miller	17-Adam Hill, Jr.	19-Anne Prisk
24-Asher Crawford	24-Elias Crawford	27-Connor Hill
28-Kelly Baumgartner	28-Janet Miller	30-Judy Marcue