

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



[stpauldbq.com](http://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 AUGUST 2024**

Aug 1	Ruth Circle 10am
Aug 6	Cover Girls 9am - 11am
Aug 6	Board of Education 6pm at the Crawford's
Aug 8	Brown Bag Bible Study 12pm - 1:30pm
Aug 13	Board of Elders Meeting 5pm
Aug 22	Brown Bag Bible Study 12pm - 1:30pm
Aug 26	Golden Age Euchre Club 12:30pm with chicken

# 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 paring 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.

*Kayla Budewitz*

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



## WITNESS

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### WOMEN OF ST. PAUL

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*

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## MERCY

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

*Peanut Butter      Deodorant      Crackers      Hamburger Helper*  
*Garden Produce      Bar Soap      Facial Tissue      Canned Meats*

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## LIFE TOGETHER

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### UPCOMING BIBLE STUDY TOPICS

- **Lutheranism 101** - Held on as a needed basis. 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** - Brown Bag Bible Study will be August 8<sup>th</sup> and August 22<sup>nd</sup> at 12:00pm bring a lunch. Coffee and dessert provided.

**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 AUGUST

Days off - August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

## OFFICIAL ACTS – July 2024

**Baptisms:** *Natalie Jaylynn & Addison Marshall Fox*

**Junior Confirmation:** None

**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. The weekends that are open are September 21/22, October 26/27 & November 2/3. 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.

**SEPTEMBER NEWSLETTER** info is due by **FRIDAY AUGUST 23<sup>RD</sup>**

**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, August 1<sup>st</sup> at 10:00am.

## BOARD OF MISSION & MINISTRY

**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.

**Sunday School Kickoff Cookout:** Please mark your calendars for Saturday, September 7<sup>th</sup>. We will be hosting a neighborhood BBQ in the side parking lot! Immediately following the Saturday evening service. Look for the sign up sheet for side - meat will be provided. Please reach out to Misty Lutz if you'd like to help in any way.

**Financial Peace University:** First Session begins Wednesday, September 18<sup>th</sup> at 5:45pm; registration online for non-church members is already open. If you are a church member and would like to register contact Misty Lutz for materials prior to the first class. Cost is \$110 per book and includes book, classes, online videos and budget calculator. More info will be in the September newsletter.

## WE REMEMBER THOSE WHO HAVE DIED IN AUGUST

Sue Pergande      Gloria Schap      Camilla Tjarks

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

### PRAYER LIST FOR AUGUST 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)  
Jayme 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)  
Annie Horn (mother of Nick Horn)  
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
- Diane Schultz
- Damaris Eichman

*\*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.*



# AUGUST

## *Anniversaries*

6-Jim & Linda Ayers  
 17-Dennis & Barb Waugh  
 23-Dale & Janet Miller

15-Kyle & Kelly Baumgartner  
 23-Dennis & Kristie Fry  
 25-Dan & Doris Pergande



# August

## Baptisms

5-Claire Kelley  
 14-Becky Clark  
 20-Trevor Budewitz  
 25-Richard Pergande

9-Guy Gruel  
 14-Kim Pergande  
 23-Kymerly Wilant  
 30-Dan Rusch

13-Jean O'Meara  
 19-Kelly Baumgartner  
 24-Mike Howes



# AUGUST

## *Birthdays*

2-Taylor Kelly  
 5-Ryan Weber  
 12-Emily Fry  
 15-Toni Thumser  
 18-Charlotte Kelley  
 22-Natasha Pergande  
 31-Ron Pergande, Sr.

3-Trudy Clark  
 10-Mike Howes  
 13-Colt Key  
 15-Tatum Worden  
 18-William Kelley  
 22-Lisa Wehrspann

5-Karen Paar  
 11-Kymerly Wilant  
 15-Dan Rusch  
 17-Marion Crowe  
 20-Patty Thumser  
 25-Daniel Adams, Jr.

## WORSHIP SCHEDULE FOR AUGUST 2024

	<b>Sat, Aug 3, 5:30pm</b>	<b>Sun, Aug 4, 9:00am</b>
<b>Head Usher:</b>	Dennis Fry	Dave Kelley
<b>Altar Guild:</b>	Kristie Fry	N/A
<b>Organist:</b>	Dr. David Pitt	Dr. David Pitt
	<b>Sat, Aug 10, 5:30pm</b>	<b>Sun, Aug 11, 9:00am</b>
<b>Head Usher:</b>	Dave Kelley	Adam Hill
<b>Altar Guild:</b>	N/A	N/A
<b>Organist:</b>	Dr. David Pitt	Dr. David Pitt
	<b>Sat, Aug 17, 5:30pm</b>	<b>Sun, Aug 18, 9:00am</b>
<b>Head Usher:</b>	Dr. Jon Barz	Greg Kittle
<b>Altar Guild:</b>	N/A	N/A
<b>Organist:</b>	Dr. David Pitt	Dr. David Pitt
	<b>Sat, Aug 24, 5:30pm</b>	<b>Sun Aug 25, 9:00am</b>
<b>Head Usher:</b>	Dennis Fry	Jon Lutz
<b>Altar Guild:</b>	N/A	A.J. & Angela Osterkamp
<b>Organist:</b>	Dr. David Pitt	Dr. David Pitt
	<b>Sat, Aug 31, 5:30pm</b>	<b>Sun Sept 1, 9:00am</b>
<b>Head Usher:</b>	Dennis Fry	Mark Litka
<b>Altar Guild:</b>	Kristie Fry	N/A
<b>Organist:</b>	Dr. David Pitt	Dr. David Pitt