

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, 9:30am - 1:30pm



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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 FEBRUARY 2025

Feb 4	Cover Girls 9am - 11am
Feb 4	Board of Elders Meeting 5:30pm
Feb 6	Ruth Circle 10am
Feb 10	Misson Circle Meeting 6:00pm
Feb 11	Board of Education 7:00pm at the Crawford's house
Feb 13	Brown Bag Bible Study 12pm - 1:30pm
Feb 15	Becoming Screen Wise Seminar w/Pastor Jonathan Conner from 9am - 12pm
Feb 23	Boy Scout Sunday 9:00am
Feb 24	Golden Age Euchre Club 1:00pm
Feb 27	Brown Bag Bible Study 12pm - 1:30pm
Mar 1	Lenten Family Activity 9:30am - 11:00am

A Digital Fast



Turn my eyes from looking at worthless things; and give me life in your ways. -Psalm 119:37

What?

Perhaps you've been asked, "Are you giving up anything for Lent?" There is a longstanding tradition in the church of each individual choosing something to abstain from during the 40-day season of Lent. This year rather than each of us choosing something individually, I am going to encourage us to join together in giving up (or reducing our use of) screens for Lent.

When?

Lent begins on Ash Wednesday, March 5. There are different ways of counting the days of Lent but for purposes of the fast, we will suggest keeping it until the conclusion of the Easter Vigil on Saturday night, April 19. Whether you choose to include the Sundays is up to you but I would humbly encourage keeping the fast even on Sundays in order to give our brains a longer consecutive period of "detox" from our devices.

Why Fasting?

Fasting, normally from food, is an ancient and biblical practice. It is not mandated for Christians but the Jesus and the Scriptures generally *assume* believers will practice fasting in some form or fashion. Fasting is a form of self-denial by which we remember that "man does not live by bread alone but man lives by every word that proceeds from the mouth of the Lord." (Deut 8:3). Fasting does not earn us favor with God. Rather, it is intended to cultivate humility and refresh us in our relationship with God and others.

Why a Digital Fast?

There is mounting evidence that the amount of time and attention that people of all ages spend looking at screens has had negative effects on our health and relationships, including our relationship with God. Numerous studies, books and documentaries have all converged on the fact that too much screen time is not good for us. Whether it is a TV screen, a tablet, a video game, or our ever-present smartphones, our devices too often become a distraction from more important things. Taking a step back, “unplugging,” will give us the opportunity for stronger connections to God and the real people around us. Think about what could happen if you turned down the noise and reduced the distractions in your life.

How?

Participation in the digital fast is optional but we will be talking about it during our time together on Wednesdays in Lent. Here are two suggested ways you can participate. You can personalize these to whatever works best for you and your household:

1. The Full Fast:
 - Make your smartphone dumb. Do not use your phone or tablet for anything that can be done on a computer or laptop.
 - Ask yourself “is this distracting or helpful?” Delete all apps from your devices that are used for distraction or personal entertainment (Examples: social media, email, news, games, streaming services, web browsers). Keep the ones that are useful (examples: phone, text, calendar, maps).
 - Limit digital technology to work apps on work devices during work hours. Commit to only working during work hours.
2. The Modified Fast
 - Same as the full fast but allowing for use of technology for entertainment on specific days or at specific times during the week.

How to Prepare

- Attend the Becoming Screen Wise seminar on Feb. 15 (see bulletin for more info)
- Kick your phone out of your bedroom. Let it sleep somewhere else.
- Dig out an analog alarm clock and analog watch.
- If needed, set an auto-response on your email letting people know when your work hours are.
- Have conversations with anyone you communicate with via technology on a regular basis and let them know that you are participating in a digital fast and that your availability through digital mediums will be limited.

How to Engage

- Fasting from digital technology will afford us the space to engage in relationships and practices that we have been distracted from. Here are a few suggestions:
- Reading
 - 1517.org offers a “Bible in a Year” reading plan
 - “Redeeming Technology: A Christian Approach to Healthy Digital Habits” by Rev. Trevor Sutton would be an appropriate and edifying read for this season! It is available through Concordia Publishing House or on Amazon (order using digital technology while you still can 😊)
 - “The Digital Fast” by Dr. Darren Whitehead was the impetus for this idea. In my opinion it is weak on Gospel orientation, but still a good resource.
- Play board games with family and friends
- Take walks alone or with a fellow-faster
- Pick up a hobby alone or with a fellow-faster
- Use times when you would normally reach for your phone or remote as a time for prayer.
- Journal

Make it a goal to eat meals around a table with others

See you in church,



Pastor Jon



WITNESS

WOMEN OF ST. PAUL

The ladies met in January and didn't have much to discuss. Thank you everyone for helping take down the Christmas decorations, we appreciate all the help, many hands make light work. We discussed cleaning of the church before Easter and will have a date at a later time, discussed having a Friendship tea in the fall and our soup suppers for Lent starting on March 19th through April 9th. We had quite a bit of discussion about our rummage sale during turkey days. For the past few years our income has been going down and this past year we made \$476.25. It was 3 full days of setting everything up, pricing and then a couple more hours of tear down and clean up. For the amount of work we put in we feel it is not worth our time, so therefore **we are going to cease having rummage sales**. So as you are doing your spring and fall cleaning, any items you have please take them to the Mission or St. Vincent DePaul. We appreciate all your contributions in the past. We are discussing some other fundraiser to fill in the gap. If you have any suggestions, please let me know and I will take it to the meeting. *Nancy Henry*



MERCY



The Salvation Army Food Pantry - For the month of **February** we are collecting the following items for the Food Pantry:

Ravioli
Chili

Crackers
Soup

Liquid Hand Soap
Spaghetti O's



LIFE TOGETHER

UPCOMING BIBLE STUDY TOPICS

- **Lutheranism 101** - Mondays 9am - 10am This is open to everyone. A great way to get a refresher on the core teachings of the faith.

- **Sunday Adult Class:** Book study - "Emotions and the Gospel" by Heidi Goehmann, led by Jon & Ruth Barz
- **Brown Bag Bible Study** - Brown Bag Bible Study will be February 13th & 27th 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 FEBRUARY

Days off - Feb 7th, 14th, 21st, 28th

OFFICIAL ACTS – JANUARY 2024

Baptisms: None
Junior Confirmation: None
Adult Confirmation: None
Weddings: None
Transfer In: None
Transferred Out: None
New Members: None
Funeral/Memorial: None



ALTAR FLOWERS UPDATE: The new flower chart is now in the fellowship hall. 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.

MARCH NEWSLETTER info is due by **FRIDAY FEBRUARY 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, February 6th at 10:00am.

BOARD OF MISSION & MINISTRY

Mission and ministry is excited to pair with the board of education for the spring prep for lent project. All supplies will be provided for assembly of gifts for the homebound members of our congregation. If you are interested in assembly and delivery, please let me know you will be attending or to save a gift if unable to attend. We would like all gifts to be delivered the week of Ash Wednesday. All details of the event are in the BOE section.

Watch for a sign up sheet for items needed for the homeless kits to be assembled in May, date TBD. This project will be a congregation wide event and all participants will be given a kit. All remaining kits will be held and given as requested

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.

ORGAN FUND RAISING STATUS AT END OF 2024:

Fund raising for the organ project began in 2023 with a target budget of \$130,000 by the end of 2024. To date, the organ fund has accumulated \$115,000 while the organ project expanded to approximately \$165,000 as approved by voters in November. A contract with Dobson Organ Company has been signed and a payment schedule starts in January 2025. Our accumulated funds will be depleted by May 2025 for the preparation of the equipment to be installed, and the organ console is anticipated to be removed by June 16th.

God has blessed us with talented organists that demonstrate the wonderful capabilities of the pipe organ and the necessity of upkeep of this blessing after 28 years at St. Paul. If you have any remaining amount on your pledge, we ask that you honor your pledge fully during the early part of this year. Of course, if your financial situation has changed since your 2023 pledge, adjust your commitment as necessary, either by decreasing, or hopefully, increasing as you have been blessed. To cover the additional approved increases in the scope and cost of the project, we ask you to prayerfully consider extending your 2023-24 commitment into 2025 to help cover these costs. Donations maybe placed in either the wood organ pipe by the back pew in church, or placed in the offering plate.

We will also be asking for some volunteer help during the installation, such as helping load, unload vehicles, carrying items, preparing lunches, etc. to help reduce the incidental time and costs for the organ repair personnel. If possible, housing for the Dobson crew of 2 for 2 weeks will also defray their billable expenses for motels.

Thank you for your considerations, assistance, and donations for this labor of love for our Lord and Savior.

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



Preparing for Lent

On **Saturday, March 1** from **9:30** to **11 am** we'll gather together (all ages) to prepare for the season of Lent, looking at devotional tools and joining forces with the Mission + Ministry board to assemble gift bags for those in our church family who are homebound.

RSVP to Katy Crawford (katy.munson@gmail.com or 815.876.6426) by **Sunday, February 23, 2025**.

Vacation Bible School 2025 | Joseph in Egypt

Dreaming of warmer days? Mark your calendar for our evening Holyland adventure vacation Bible school, **June 8-12, 2025!** God's Word comes alive as participants enjoy traditional Bible-times customs, occupations, food, and even games, while hearing about God's faithfulness and provision from Joseph!

Want to be involved? It's not too soon to let us know! There are many ways to serve, including tribe leaders, shopkeepers, decor/scene building, set-up, tear down and other behind the scenes opportunities!



NEXT MEETING: February 11, 2025 | 7 pm at the Crawford home

If you have any questions or would like to be involved with the board of Christian education, connect with Katy Crawford (katy.munson@gmail.com, 815.876.6426) or Kendra Lafrenz (kendrag997@gmail.com)!



February Anniversaries

None



February BAPTISMS

5-Alex Calonder
13-Brianna Fry
17-Erin Huebschman
26-Rod Henry

6-Jane Kalvelage
15-Jordan Pergande
20-Kip Weland
27-Dave Kelley

12-Angie Kelley
17-Lizzy Capacchione
22-Jack Thibadeau



February Birthdays

3-Jill Adams
16-Emmett Worden

3-Rod Henry
17-Erin Huebschman

15-A.J. Osterkamp
27-Marlene Weber

WE REMEMBER THOSE WHO HAVE DIED IN FEBRUARY

Delores Lindsay Heather Mitchell-Key
Richard Tigges Margaret Fox

PRAYER LIST FOR FEBRUARY 2025

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)
Mark Goethschius (brother of A.J. Osterkamp)
Toni Jo Stelpflug (niece of Doris Pergande)
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)
Heidi Zimmer & Pat Zimmer her caregiver (friends of Misty Lutz)
Sandy Bush (aunt of Charlie Wehrspann)
Dan Pergande, Debra Spear, Richard Weed, Jill Adams

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 (Harmony), Jan Anderson

Additional Prayer Requests

- Lori Ollendick (daughter of Charlotte Tigges)
- The Walker family
- Donetta Spohr
- Diane Schultz
- 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 FEBRUARY 2025

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