

St. Paul Epistle



March 2025

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



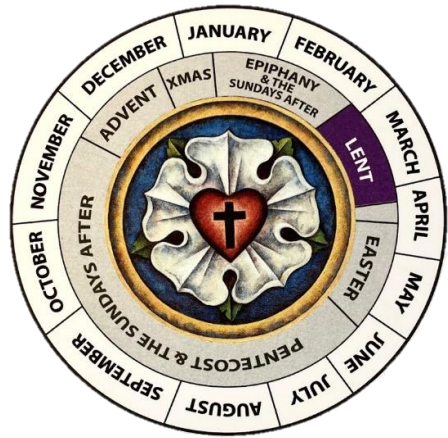
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Weekly Services:
Saturday Worship: 5:30pm - Sunday Worship: 9:00am
Sunday School 10:30am - Bible Class 10:30am

DATES TO REMEMBER IN MARCH 2025

Mar 1	Lent Project 9:30am - 11:00am
Mar 5	Ash Wednesday Service 6:30pm
Mar 6	Ruth Circle 10:00am
Mar 10	Misson Circle Meeting 6:00pm
Mar 11	Cover Girls 9:00am - 11:00am
Mar 11	Board of Elders Meeting 5:30pm
Mar 12	Soup Supper 5:30pm, Midweek Service 6:30pm
Mar 13	Brown Bag Bible Study 12:00pm - 1:30pm
Mar 19	Soup Supper 5:30pm, Midweek Service 6:30pm
Mar 26	Soup Supper 5:30pm
Mar 26	Service with UD Chamber Singers 6:30pm
Mar 27	Brown Bag Bible Study 12:00pm - 1:30pm
Mar 31	Golden Age Euchre Club 1:00pm

An Introduction to LENT



In Lent, we prepare our hearts to receive our crucified and risen Lord.

Lent is a season of the church year that is part of the “Time of Easter,” which encompasses Lent, Holy Week, Easter, and the Day of Pentecost.

OVERVIEW

“The Time of Easter invites us into the story of Jesus’ sacrificial death and His glorious resurrection. The resurrection of Jesus gives proof that our salvation has been completed and that our hope for eternal life with God is secure. Easter was the major celebration of the early church, which also set aside a period of preparation to celebrate the Feast of the Resurrection of Our Lord (Easter). Lent was a period of preparation first prescribed for baptismal candidates. During this period, the candidates were examined in preparation for Baptism at the Easter (or Paschal) Vigil. Later, these forty days were associated with Jesus’ forty days in the desert prior to His temptation (Matthew 4:1-11) and with the forty years the children of Israel spent in the wilderness (Numbers 14:34), becoming a period of preparation for every Christian.” (Pastoral Desk Diary, © 2024 Concordia Publishing House. P.66)

THE HINKY MATH OF LENT

You may have noticed if you count 40 days from Ash Wednesday, you will not quite be at Easter. There are a couple of ways we can arrive at a 40-day total though. One method would be to not count the Sundays. Every Sunday is considered a feast of the Resurrection, so they are not included in the Lenten fast. Thus, many of us were taught that the Sundays are “in” Lent but not “of” Lent. If we count this way, Lent would end on Holy Saturday. Another method treats Lent and Holy Week as two distinct seasons. Lent, then, includes the Sundays and ends on Palm Sunday. To add to the confusion, Holy (or Maundy) Thursday is considered to be the “culmination and completion of Lent” (see “Lutheran Service Book: Companion to the Services,” p.239). Thus there is no perfectly tidy way to package Lent as a 40-day season. As Dave Pitt, our

director of music and a liturgical scholar, puts it, “The medieval math was always a little hinky. ‘Forty’ was more about biblical ‘forty-ness’ than about math.”

LENT PRACTICES AND TRADITIONS

- The church is decorated in violet, the color of royalty and repentance. This period of repentance is marked by a purposeful turning away from our sin and turning toward Christ for His mercy and forgiveness.
- A note about St. Paul’s “purple” paraments and vestments: Historically, purple was the color of the season for both Advent and Lent. Advent called for a deeper, blueish purple while the purple used for Lent was traditionally more red-toned. This color thus serves to remind us of both the royalty of Christ and the blood he shed on the cross for our salvation. This set of vestments and paraments was commissioned in 2022 and dedicated in memory of Pastor Parker A. Knoll and all whose earthly lives were cut short during the COVID-19 pandemic.
- Ash Wednesday begins the observance of Lent. Ashes on the forehead is a sign of penitence and a reminder that we, too, shall die and therefore need forgiveness from Jesus. Black may be used to decorate the church on Ash Wednesday.
- Alleluia is the Hebrew word for "Praise the Lord." It is a joyous expression of faith in God. During Lent, we forgo using this joyous response in order to focus on our need for repentance and faith.
- As in Advent, so in Lent, we do not sing the Gloria in Excelsis in the Divine Service. We do this to focus our worship on repentance.
- Fasting is giving up eating at a particular meal or time in order to devote that time to prayer and meditation on the Word of God. Many churches observe Lent by gathering for midweek services. These additional times of worship and gathering around God's Word help us prepare to observe Holy Week and celebrate Easter.
- This year at St. Paul, the image of the risen Christ will be removed from the large cross in the chancel throughout Lent. Removing or veiling art in churches is an ancient Lenten tradition. It is considered a form of “visual fast,” meant to encourage us to heed the Father’s voice on the Mount of Transfiguration: “This is my Son, my Chosen One; listen to him!” (Luke 9:35)

See you in church!
Pastor Jon

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 Mar. 22 (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 Joe



WITNESS

WOMEN OF ST. PAUL

The Mission circle met in February for a short meeting with the absence of several of the ladies. We discussed the soup suppers starting on Wednesday, March 12th thru April 2nd. (None on Ash Wednesday, March 5th or April 9th). There will be sign-up sheets in the fellowship hall for you to volunteer to bring soup or a dessert. We discussed cleaning of the church before Easter and will let you know of the date at a later time. February mites was a total of \$154--awesome, way to go. Thank you everyone. Daylight Savings is **MARCH 9TH, REMEMBER** to set your clocks ahead 1 hour. *Nancy Henry*



MERCY



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

<i>Tuna</i>	<i>Apple Sauce</i>	<i>Mac & Cheese</i>	<i>Deodorant</i>
<i>Salt</i>	<i>Facial Tissue</i>	<i>Toothpaste</i>	



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
- **Brown Bag Bible Study** - Brown Bag Bible Study will be March 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 MARCH

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

OFFICIAL ACTS – FEBRUARY 2024

Baptisms: None

Junior Confirmation: None

Adult Confirmation: *Joseph & Misty Stangl*

Weddings: None

Transfer In: None

Transferred Out: None

New Members: *JJ and Gabe Johnson*

Funeral/Memorial: None



ALTAR FLOWERS UPDATE: The flower chart is 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.

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

SPRING CLEANING: As spring is just around the corner and you are thinking about spring cleaning, just a note of where you can take your donations. **Clothing items can go to St. John's Open Closet and all other items can go to St. Vincent, the Mission or Goodwill.** We so appreciate all the past donations you have made to church. We have made some good money for some good causes, but the rummage sales are not very profitable for us any longer and we will be seeking a new source of income.

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.

GREIFSHARE

No matter what the circumstances, grief is a painful process. The GriefShare grief support group for people dealing with the death of a family member or friend. GriefShare is a safe, welcoming place where people understand the difficult emotions of grief. Over 13 weeks, you'll find relief and comfort as you learn what to expect in the days ahead and how to navigate your personal grief process. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

Topics include how to manage grief-related emotions such as loneliness, anxiety, sadness, anger, and regret; how to cope with the changes in your life and relationships; how to recognize what's normal in grief; and what to do if you feel stuck or hopeless.

At a weekly GriefShare meeting, you will view a video featuring respected counselors, teachers, and healthcare professionals on grief-related topics.



After that is a small-group discussion for sharing, support, and personal application of what you learned on the video. You will receive a book to take home filled with valuable exercises for navigating your personal grieving process.

Please join us: Tuesday evenings, March 11- June 3, 2025 from 6-8 PM at St. Paul Lutheran, 2025 Jackson St.

QR Code

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

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!



Sunday School Updates

- **March 9 + 16, 2025:** NO pre-K/K Sunday school class
- **May 18, 2025:** final week of classes for the year



A Farewell to ALLELUIA!

Some Christians have a tradition of "burying the alleluias" during Lent. It's a kind of fasting or like burying a seed. We look forward to resuming use of that jubilant word come Easter morning!

NEXT MEETING: March 18, 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 (kendrag897@gmail.com)!



MARCH

Anniversaries

9-Will & Hailey Wehrspann
27-Roger & Martha Driscoll



MARCH

BAPTISMS

4-Jill Adams	5-Kaitlyn Miller
10-A.J. Osterkamp	11-Kip Weland, Jr.
21-Jim Ayers	27-Emmett Worden



MARCH

Birthdays

1-Ruth Barz	2-Colby Lafranz	8-Lauren Miller
8-Richard Weed	11-Katy Crawford	11-Tamra Weland
16-Leslie Davis	16-Dr. Heyo Tjarks	17-Kathy Patton
18-Mark Litka	18-Anela Osterkamp	19-Elleanna Clark-Adams
21-Shirley Calonder	22-Brandon Zasada	23-Hallie Oppelt
25-David Oppelt, III	26-Annabelle Schaal	30-Bob Kalvelage
31-Michelle Fanter	31-Dale Miller	

WORSHIP SCHEDULE FOR MARCH 2025

	Sat, Mar 1, 5:30pm	Sun, Mar 2, 9:00am
Head Usher:	Dave Kelley	Mark Litka
Altar Guild:	Kristie Fry	N/A
Organist:	David Pitt	David Pitt
	Wed, Mar 5, 5:30pm	
Head Usher:	Mark Litka	
Organist:	David Pitt	
	Sat, Mar 8, 5:30pm	Sun, Mar 9, 9:00am
Head Usher:	Dennis Fry	Adam Hill
Altar Guild:	N/A	N/A
Organist:	David Pitt	David Pitt
	Wed, Mar 12, 5:30pm	
Head Usher:	Dennis Fry	
Organist:	David Pitt	
	Sat, Mar 15, 5:30pm	Sun, Mar 16, 9:00am
Head Usher:	Jon Barz	Greg Kittle
Altar Guild:	N/A	N/A
Organist:	David Pitt	David Pitt
	Wed, Mar 19, 5:30pm	
Head Usher:	Jon Barz	
Organist:	David Pitt	
	Sat, Mar 22, 5:30pm	Sun Mar 23, 9:00am
Head Usher:	Dennis Fry	Jon Lutz
Altar Guild:	N/A	A.J. & Angela Osterkamp
Organist:	David Pitt	David Pitt
	Wed, Mar 26, 5:30pm	
Head Usher:	Dave Kelley	
Organist:	David Pitt	
	Sat, Mar 29, 5:30pm	Sun Mar 30, 9:00am
Head Usher:	Dennis Fry	Jon Barz
Altar Guild:	N/A	N/A
Organist:	David Pitt	David Pitt

WE REMEMBER THOSE WHO HAVE DIED IN MARCH

Marie Riechmann Marty Ruhter Richard "Dick" Elliott
Don McGeough Carol Rusch

PRAYER LIST FOR MARCH 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 Geothschius (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.*