



The Epistle

Winter Blues, Aching Hearts, and Angry Minds



Cincinnati winters are more tolerable than Minnesota’s by a wee bit, but they still bring a lot of cloudy, rainy days with them. This time of year has a way of weighing us down. Seasonal depression, depression, and anxiety are often worsened

when other circumstances in life bring grief and anger.

If you find yourself this month with the winter blues, with an aching heart, or with rage on behalf of you or someone you love who has been wronged, then here is some encouragement and guidance from God’s Word:

- **YOU AREN’T ALONE.** Read Isaiah 40, Isaiah 43, and Matthew 28:20—God is with you always and so are your sisters and brothers in Christ here at St. Paul’s.
- **DON’T LASH OUT; CRY OUT.** Read Psalm 10, 22, 142, and 143. These Lament Psalms that gives us words to express our anger and hurt when others have wronged us or those we love. Lashing out verbally, physically, or strategically in attempt to gain revenge or to clear your name will only make matters worse—plus, God’s undivided attention is so much more satisfying. Accept God’s invita-

(Continued on page 2)



INSIDE THIS ISSUE

Matthew 25: 3
 Genealogy Visit..... 3
 Scouts BSA4
 Celebrations5
 Safety Committee .7
 Prayers 8
 Schedule 9



Winter Blues

(Continued from page 1)

tion in the psalms to bring all of our anger, grief, and hurt to God—you don't have to hold back your true feelings with God and God promises to listen.

- **DON'T LASH OUT; REACH OUT.** Read John 15:16, Psalm 139, and Matthew 5:13-16. Often, the best medicine to the blues, an aching heart, or an angry mind is to get outside ourselves by serving others. Let God remind you of your purpose: God chose you to be his partner in healing the world. You are salt. You are light. You are chosen.
- **IT WON'T ALWAYS BE THIS WAY.** Read Revelation 21 and

God is with you always and so are your sisters and brothers in Christ here at St. Paul's.

VALLEY INTER-FAITH ITEM OF THE MONTH

The donation item for Valley Interfaith Community Resource Center this month is **all-purpose cleaner**.

Report from previous months: In December you gave 39 cans of fruit and 12 cans of soup.

Cold weather drive: 15 pairs of gloves, 5 pairs of socks, 3 scarves, and 27 hats. Thank you for your generosity!

22, and 2 Corinthians chapters 4-5 (especially 4:7-9, and 5:17). Whatever the crisis, whatever the heartache, whatever the disappointment, set-back, or injustice you are facing, it is temporary. The day will come when God will wipe every tear from our eyes and mourning and pain will be no more. Until then, the Holy Spirit is already making you new so that you might see and be God's power in the world.

God is with you always, dear Saints of God.

In Christ,
Pastor Emily Beckering

Save the Date for VBS!



This year's Reading Church Council Vacation Bible School will be July 27-31. Don't miss your chance to volunteer—we have had so much fun hosting VBS the last couple of years, sharing fellowship with our brothers and sisters in other congregations and reaching out to kids in Reading who may not have a home church.

Volunteer Opportunities at Matthew 25:

Did you know where our donated pill bottles go? Matthew 25: Ministries! Every other month, starting February 22, from 11-1 all are welcome to join me at their warehouse to help sort, count, and package donations. Some of us have already spent some time at Matthew 25 Ministries a few years ago, and we had a blast. New volunteers will need to fill out a waiver (available in the church office, or on the Matthew 25: website at m25m.org). Dress accordingly and comfortably, as the temperature varies in the warehouse. Please let Chelsea King know by February 19th via email if you plan to attend, or sign up in the narthex. Look forward to seeing you at Matthew 25 Ministries.

Sincerely,
Chelsea King
chelseaking@cinci.rr.com

Church Record-Keeping and Genealogy

As many of you know, St. Paul was originally founded as a German-language congregation. Our baptism, marriage, and burial records were kept in German until the 1920s. If you're ever interested in looking at the old record books, stop by the office anytime—it's fun to look for familiar last names!

We're expecting a visit in March from Dr. Roger Minert, a specialist in German-language church records and genealogy, who will study our record books for data on our early members who were German immigrants. He'll be looking for information on which town or region of Germany they originated from, which will help genealogists track down ancestors in Europe.

Dr. Minert will be in Cincinnati to lead the annual seminar at the Hamilton County Genealogical Society on March 7. He will teach four sessions on: "Church Records in Germany," "Surname Changes in Northwestern Germany," "A Day in the Life of your German Ancestor," and "Marriage and Courtship in Germany: 1500 to 1800." Tickets are \$35 for HCGS members and \$40 for the public. Registration is online at hcgsohio.org (click on Events on the left side of the page).

BARRY'S RETIREMENT AND MUSIC DIRECTOR SEARCH

Barry Prince has expressed his desire to retire. Stay tuned for the date for his retirement party to thank Barry for his 13 years of service here at St. Paul's! If you would like to serve on the Music Director search committee, please notify Council President Nelson Langefeld.

A Thank-you from Scouts BSA



Scout Troop 227G had a fun time on January 9th-10th learning about cooking. They learned about different types of meal preparation, ingredient choices, and menu planning. This will lead to them earning the Cooking Merit Badge which is a requirement for Eagle Scout. During this lock-in, the girls also watched a movie, ate a lot of snacks, and played several games.

At the end of the event, they rolled up silverware and set the Fellowship Hall up for the Community Breakfast held the following day as a service project.

All of the girls and leaders of Troop 227G would like to thank you for your hospitality in letting use the church overnight and for our regular meetings.

John Cathcart
Scoutmaster, Troop 227G



Stewardship Opportunities in February

February: Around Valentine's Day, we're reminded that Stewardship is LOVING GOD with every aspect of our lives.				
FINANCES	NEIGHBOR	TALENTS/ SPIRITUAL GIFTS	FEATURED MINISTRY: PRAYER	FAITH/MIND
Come to THE GATHERING, an all-church event, to grow in biblical understanding of how to love God in how we share, save, and spend our money.	Dorcas Circle Quilting Valley Interfaith Item of the Month: all-purpose cleaners	Plastic Bags for Jane Erbeck to crochet mats for the homeless	2/2: Financial Secretary & Money Counters 2/9: Scouts 2/16 & 23: Social Concerns Committee	Come to the ELCA Social Statements Bible Study Series to grow in understanding of your sisters' and brothers' convictions and your own.

Dorcas Circle

The ladies will be meeting again on Wednesday, February 19, from 9 a.m. until approximately 2 p.m. (unless we wear out before that time). We have a great group of ladies who faithfully come each month to put together quilts for Lutheran World Relief. This is not a “closed” group—anyone is invited to join us. If you can thread a needle and tie knots in the quilts or even sew, we can use you! Simply come to the Fellowship Hall prepared to join in the fun. Let one of the Dorcas ladies know if you are interested. By the way, thank you, Dennis Niefield, for appearing in January and helping us set up our work area!

The quilts that Dorcas donated to LWR in the fall of 2019 have begun to appear in the online tracking system. It takes six to nine months for each year’s donations to be scanned in at the warehouse. So far 17 of our quilts from last fall have been counted in LWR’s system. More updates to come, as the quilts begin their travels around the world!

Celebrations in February



- | | | | |
|-----------|--|-----------|--------------------------------|
| 1 | William Harrison, Matthew Lawson, Jim Miller | 13 | Kyle Kreiner |
| 2 | Kathy Crosby | 15 | Joe & Elain Heskamp |
| 8 | Les Eckerle | 16 | Shirley Lathrop |
| 10 | Jeni Cathcart | 18 | Kris Kreiner |
| 11 | Ron & Shirley Harbaugh | 19 | Rachel Bronner |
| 12 | Eric Bardes, Joyce Spelman | 20 | Penny Huber |
| | | 21 | Bryana Bronner |
| | | 22 | Diana Hawkins |
| | | 24 | Erika Ford, Jillian Ford |
| | | 26 | Jack Spelman, Beth Wernery |
| | | 26 | Jack & Mary Wagner |

OWLS LUNCH AND CRAFTING IN MARCH

Mark your calendars now for Saturday, March 7. We’re planning another Craft Day with Chrissy, Doris, and Becky. The last time we were together you may have seen the craft that we’ll be working on. The picture is something that we can hang on our walls and update as each new holiday comes along. Be at the church by 11:15 a.m. or meet us at Lucy’s for lunch at 11:30 a.m. If you are unable to have lunch with us, we will return to the church library by 12:30 p.m. Please plan to join us for this fun day. Watch for the sign-up sheet in the narthex.

Happy New Year!



This article by Presiding Bishop Elizabeth A. Eaton was originally published in the January 2017 issue of Living Lutheran.

Ah, a new year! It opens up before us

with infinite possibilities like brand new notebooks at the beginning of the school year or the beginning of football season in Cleveland—everyone has a 4.0, everyone is undefeated!

At the turn of the new year it seems possible to slough off the failures and disappointments of the past, leave one's old self behind and start a new life. In this glow we begin to make all kinds of resolutions, not just for the amendment of our lives but for the perfection of our future. It's a wonderful space of hope and potential. It's also ephemeral—morning dawns on Jan. 2.

We are strange creatures—bounded and finite, yet aware of the infinite; marked by brokenness, yet with the memory of Eden. I think this tension becomes more acute at nodal times: the beginning of a new year, venture or relationship, the move to a new place or a new stage in life. We know, as the psalmist wrote: "Yet you have made them a little lower than God, and crowned them with glory and honor" (Psalm 8:5).

And we know that we are not quite right "since all have sinned and fall short of

the glory of God" (Romans 3:23).

This is a very Lutheran understanding of the human condition. We know we are simultaneously saint and sinner. It's when we deny this truth or when we believe that we can fix the sinner and become the saint all by ourselves that we get into trouble. Our efforts for perfection bring frustration and real pain to ourselves and to others. The demands we place on ourselves to get our lives together, especially when can't quite bring it off, lead to despair or at least to fatalism. Or, believing that we have got it all together, we can fall into the trap of self-righteousness.

Here is where the great gift of grace, especially as it comes to us in baptism, helps us make sense of our lives and resolves the stress of New Year's resolutions—it acknowledges that we are broken and does away with the false hope or the intolerable burden of our being able to make ourselves right. "It brings about forgiveness of sins, redeems from death and the devil, and gives eternal salvation to all those who believe it, as the words and promise of God declare" (Small Catechism).

And it joins us to the death and resurrection of Jesus Christ. "Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead

(Continued on page 7)

Happy New Year!

(Continued from page 6)

by the glory of the Father, so we too might walk in newness of life” (Romans 6:3-4).

We have already died the only death that really matters—we have died to sin and its consequence, death. We are a kind of walking dead—with all of popular culture’s fascination with zombies, we may have found ourselves a niche!

New Year’s resolutions can be a burden because, except for the most disciplined among us, it’s a good bet we will make the same resolutions next year. The old creature is to be drowned daily but, as theologian Karl Barth once wrote, “the

old creature is drowned in baptism but is a good underwater swimmer.”

Here is where it is necessary to hear Paul’s letter to the Romans—“all have sinned and fall short of the glory of God”—not as final, nor as a bludgeon to get people to fall into line, but as the truth.

The very next thing Paul wrote is: “They are now justified by his grace as a gift” (Romans 3:24).

Now we have the possibility of daily repentance because we have been given the gift of new life. Now resolutions can be made and attempted, not because our life depends upon them, but because we are free. Happy New Year!

St. Paul Safety Committee Forming

Church Council has begun forming a Safety Committee, which will be headed by Nick Huitger and Joyce McDowell. If anyone has questions, comments or safety concerns throughout the building please direct those to Joyce or Nick.

Objective: devising a plan to present to the church council to educate and implement within St. Paul Lutheran Church for all congregants and visitors.

Points of discussion are as follows:

- Securing the Building (after events, if the building is found unsecured)
- Evacuating the building in the event of a fire.

- Shelter in place practices for inclement weather.
- First Aid (possibility of training including adding CPR/AED).
- Keyed entrance.
- Building surveillance.
- Unwanted intruders.
- Making sure all exits are known and marked.
- Making sure all fire extinguishers are known and marked.

Our Life Together

For emergency pastoral care, please call Pastor Emily Beckering, 513-760-5884.

If you have requests for the Prayer Chain, call Penny Huber, 513-931-6420. To remove people from the list, contact the office.

We pray for **Annabelle** (daughter of friends of Katie Schieman); **Mary and her granddaughter Kyra** (friend of Paul Pieper); **Berkeley** (Carol Curless's great-grandson); **Louise Barry; Teresa Bell** (former member); **Stephen Black** (Kim Coulehan's nephew); **Bobby** (Christian Lohmeier's friend); **Brent and Katie** (friends of Elinor Schieman's granddaughter); **Brett** (Kings' step-nephew); **Jodie Calhoun; Christian; Kathy Curless; George Demetriades** (Portmanns' friend); **Katie Demopoulos** (Diana Hawkins's niece); **Dick** (Linda Miller's brother); **Jeremy Doan** (Jean Winkle's grandson); **Jerry Doan** (Jean Winkle's son-in-law); **Norb Eble** (Portmanns' friend); **Eckerle and Wuestefeld families; Lee Erbeck; Larry Faulkner** (Freda's son); **Justin Feldman** (Bess Sturgill's father); **Jeanne Fuller; Jason Garcia** (Mayhughs' nephew); **Clara Garcia** (Cindy Mayhugh's sister); **Kristy Georgiton** (Terri DeAngelis's daughter); **Hannah; Matthew Harrison** (Seals' neighbor); **Elain Heskamp; Marilyn Hill** (Desiree Allgeyer's mother); **Richard Hoffman** (Cindy Mayhugh's brother); **Andrew Horton; Ellen Hunter** (Jeni Cathcart's grandmother); **Joan** (Penny Huber's friend); **Kate** (granddaughter of Dennis King's friend); **Dennis King; Jay King** (son of Jamie King); **Stan Kline; Loretta Kombrink** (Marilyn Portmann's aunt); **Lewis Laine** (Chet Laine's brother); **Richard Lane** (Elinor Schieman's nephew); **Regina Laursen** (Portmanns' friend); **Nick Mayer** (Elinor Schieman's grandson-in-law); **Carroll Mayhugh Sr.** (Carroll Mayhugh's father); **Samantha Mersch** (Mayhughs' daughter, Sarah Papin's sister); **Jessica Mink** (Donald Harris's cousin); **Doris Minton; Barbara and Jack**

Moorhouse; Jean Nolte; Richard Osborn (Betty Pack's brother); **Rosie Osborn** (Betty Pack's sister); **Eric Papin; Don Pflieger** (Kings' brother-in-law); **Linda Perin** (Moorhouses' cousin); **Paul Pieper; Faith Pirrmann; Pat Popplewell** (Dennis King's friend); **James Savoy** (Jean Winkle's great-grandson); **Shawn Schnetzer** (Sturgills' cousin); **Sheila Schultz** (Betty Pack's friend); **Shannon and Dane** (friends of Riddle family); **Keith Shupe** (father of Kelly Shupe); **Jason Simpson** (Freda Faulkner's grand-nephew); **Elizabeth Smith** (Elain Heskamp's sister); **Scott Songer; Judy Songer** (friends of Jean Winkle); **Crosley Spelman** (Spelmans' grandson); **Jack Spelman; Nancy Stirnkorb** (friend of Terri DeAngelis); **Susan** (Elinor Schieman's niece); **Britney Jean Teems** (Jean Winkle's granddaughter); **Randy Thaman** (friend of Marie Calhoun); **Ralph Turner** (friend of Dennis King); **Jack Wagner; Daryl Wesselman** (Betty Pack's granddaughter); **Jean Winkle; Susan Winkle** (Jean Winkle's daughter-in-law).

We pray for those with ongoing health concerns who are unable to come to church every week: **Louise Barry, Carol Leonard, Jack and Barbara Moorhouse, Jean Nolte, Heather Segar.**

We pray for our armed forces members: **Graham Barton** (Fords' neighbor); **Paul Cordes** (Elinor Schieman's grandson); **Jared Forst** (Jim and Loretta's grandson); **Beau Glenn** (Karen Koehl's son-in-law); **Kylie Hahn** (Gretta Hahn's granddaughter); **Donald Hosea** (Karen Koehl's son); **Samuel McLoughlin** (friend of Cindy Sieckman); **Scott Minton** (Doris Minton's son); **Jobeth Ramirez** (friend of Karen Koehl); **Joshua Rodriguez** (friend of Karen Koehl); **Trent Schwegman** (cousin to the Erbecks and Fords); **Dustin Silvey; Mack Thompson** (Freda Faulkner's grandson); **Alex Wisecup** (son of Nadine and Barry Wisecup).

Ministry Schedule	During the Service (10:30 a.m.)	Education Hour (9:00 a.m.)
Month-Long Ministries	Bulletins: Penny Huber and Jean Winkle Altar Guild: <i>Linens:</i> Elinor Schieman; <i>Setup:</i> Patrick Cathcart; <i>Cleanup:</i> Kathy Hirt Counter: Pat Coldiron	Teacher, Ages 3-7: Sarah Papin Teacher, Ages 8-11: Nancy Erbeck Teacher, Jr/Sr High: Donald Harris
February 2 Presentation of Our Lord	Assisting Minister: Nelson Langefeld Lesson Reader: Carroll Mayhugh Acolyte: Patrick Cathcart Communion Minister: Pat Coldiron Nursery: Jeni Cathcart, Shirley Harbaugh Activity Time: Bridget Cathcart, Bess Sturgill	Assistant, Ages 3-7: Kim Coulehan Assistant, Ages 8-11: Bess Sturgill Assistant, Jr/Sr High: Chelsea King
February 9 5 Epiphany	Assisting Minister: Doug Lohmeier Acolyte: Katie Sturgill Communion Minister: Carolyn Koehl Nursery: Taylor Beckering, Joyce McDowell Activity Time: Becky Betsch, Penny Huber	
February 16 6 Epiphany	Assisting Minister: Carroll Mayhugh Lesson Reader: Sherry Bronner Acolyte: Alanna Cathcart Communion Minister: Chelsea King Nursery: Kim Coulehan, Bess Sturgill Activity Time: Bridget Cathcart, John Cathcart	Assistant, Ages 3-7: Kim Coulehan Assistant, Ages 8-11: Bess Sturgill Assistant, Jr/Sr High: Chelsea King
February 23 Transfiguration	Assisting Minister: Terry McDowell Acolyte: Bridget Cathcart Book Bearer: Bea Sturgill Communion Ministers: Ron & Shirley Harbaugh Nursery: Jeni Cathcart, Kim Coulehan Activity Time: John Cathcart, Joyce McDowell	Assistant, Ages 3-7: Jeni Cathcart Assistant, Ages 8-11: Bess Sturgill Assistant, Jr/Sr High: Chelsea King
February 26 Ash Wednesday (7 pm)	Assisting Minister: Nancy Erbeck Lesson Reader: Sherry Bronner Acolyte: Donny Cathcart	

St. Paul
Lutheran Church

As a community of Christian believers, we are called by God to use the many gifts He has given us, within the church and the community, so others may come to know Him.



February 23, 2020 – March 29, 2020

St. Paul
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PLEASE
PLACE
STAMP
HERE