

Dear Sisters and Brothers in Christ,

Anxiety is a condition that affects many people. When you are anxious, the fight or flight mechanism in your body is engaged, preparing you to run like a bear is chasing you, or to battle an enemy with your broadsword, which of course is overkill. Your nervous system releases stress hormones, speeding up your heart rate and breathing, raising your blood sugar, and sending more blood to your appendages. Eventually this may increase your risk of high blood pressure, heart attack, or stroke. The muscles in your shoulder and neck may tense up, leading to headaches. Your stomach can also be affected by worry, causing ulcers and acid reflux. Not to mention all the sleepless nights! Worrying can't add a single hour to your life, but it certainly can decrease your life expectancy!

If worrying has so many drawbacks, then why do we do it? When some future outcome is uncertain, we want to make sure it turns out well. Most of the time, even after we've done all we can to prevent a bad outcome, we can't eliminate the possibility that something could go wrong. Maybe it's missing a flight, or getting sick, or messing up at work, or losing a crop, or losing someone we care about. We don't have ultimate control over whether or not these things happen. When we have a hard time living with this uncertainty, we might return to the situation in our minds and keep turning it over, imaging every "what if" and how we might handle it—we're trying to control an uncontrollable situation.

Jesus says that the nations of this world, the earthly kingdom, believe that they themselves must provide for all their own needs. Those who belong to this world rely completely upon themselves and live as if there is no god: striving and fighting and straining to eke out a living.

But, Jesus says, that isn't the way it is for you. You have a Heavenly Father who knows just what you need. And it gives him great pleasure to give good gifts to you, which is the mark of a good father.

In the waters of baptism, God the Father adopted you as his own beloved child, giving you a hope and a future. He promised to provide all that you need, to give you each day your daily bread. Psalm 145 says of the Lord, "The eyes of all look to you, and you give them their food in due season. You open your hand; you satisfy the desire of every living thing." That applies to the ravens and to you. Your Father in heaven is going to keep showering you with his gifts all the days of your life, so you need not be afraid.

Now you might be concerned that people will hear this and think they don't have to do anything. Here is where we teach about vocation. After promising to provide all you that you need, the Lord calls you into vocations, such as Christian, son/daughter, husband/wife, mother/father, farmer, teacher, business owner, etc. Yet these vocations are not for your benefit, as God has already promised to provide all that you need. So, there is no need for you to be striving, competing, and battling to get ahead. Instead, you've been called by God into your vocations for the benefit of your neighbors. A good way to think of your vocation is to picture a PVC pipe. You are God's PVC pipe. God is on one end shooting his blessings through you and showering them upon your neighbors at the other end. Parents are PVC pipes through whom God sprays his gifts upon their children. Farmers are God's conduits to feed his people. And Christians, having been adopted by God, are channels through whom the Good News flows to their neighbors.

Unfortunately, our vocations can often become burdens for us: heavy weights on our shoulders that make us weary. Like when the rain doesn't come, or it finally comes, and we worry it came too late. And so, we become anxious, as if God hasn't promised to provide for the needs of every living thing - with or without us. O, you (and I), of little faith! When this happens, what we need is for our Father, in his good pleasure, to give us the kingdom through his Son, Jesus Christ. And so, Jesus comes to us saying, "Come to me all you who are weary and carrying heavy burdens and I will give you rest."

Please join us each Sunday to have your worries, fears, and burdens lifted by the Word of Christ. Receive rest for your soul! See you in church!

In Christian love,
Pr. Tricia Mattson

**St. Paul Lutheran Church
Council Meeting-July 12, 2023**

The July meeting was conducted digitally. Chairman John Mueller sent out the email and agenda and seven members responded.

Motion was made by Jeff Krueger and seconded by Denise Gicker to approve the June Secretary's Report, Financial Report and to pay the June benevolence.

There have been numerous problems with the church video and recording system. It is old and outdated and the company that serviced it is no longer in business. Advanced Ministry Technologies, Kandiyohi, Minnesota, submitted a cost estimate to replace the current system. The above motions also included the purchase of the new equipment.

The majority were in favor so the motion passed.

Pastor's Report:

Visitation

•Visited with and gave Holy Communion to members in their homes, at nursing homes and at assisted living residences.

Worship

•Led worship with Holy Communion at The Maples on June 19, 2023.

•Led worship with Holy Communion at St. John's Circle of Care June 27 and July 11, 2023.

•Presided at the funerals of Sherry Fenger on June 12, 2023 and Fran Bast at St. Johns Lutheran Church on June 20, 2023.

•Led worship at Faith Community Lutheran Church in Slayton on July 1, 2023.

Parish Education

•Leading Bible Study at The Maples on Mondays at 3:00 p.m.

•Leading Bible Study on Tuesday evenings at 6:00 p.m.

•Attended VBS planning meeting on June 6, 2023.

•Led opening, closing and storytelling at VBS June 11-15, 2023.

•Met with couples for premarital counseling on June 20 and June 27, 2023.
•Attended the Parish Ed. Meetings on June 7 and July 5, 2023.

Community

•Helped three neighbors from the Good Samaritan Fund and five with SAFE vouchers.

•Led worship on June 25, 2023 at Worship in the Park during Riverside Days.

•Volunteered at the SANTA Burger Blast on June 7, 2023.

•Attended the Augustana District Congregational Meeting to discuss how to help area congregations who are without pastors on June 28, 2024.

•Attended the St. John's Circle of Care Board Member Banquet on June 26 and Strategic Planning Meeting on June 29, 2023.

•Submitted an article to the *Advance-Press* on June 8, 2023 entitled "Christ's Peace."

Next meeting will be Wednesday, August 9, 2023 at 7:00 p.m.

~Jeff Krueger, Church Council Secretary

2023 Church Council

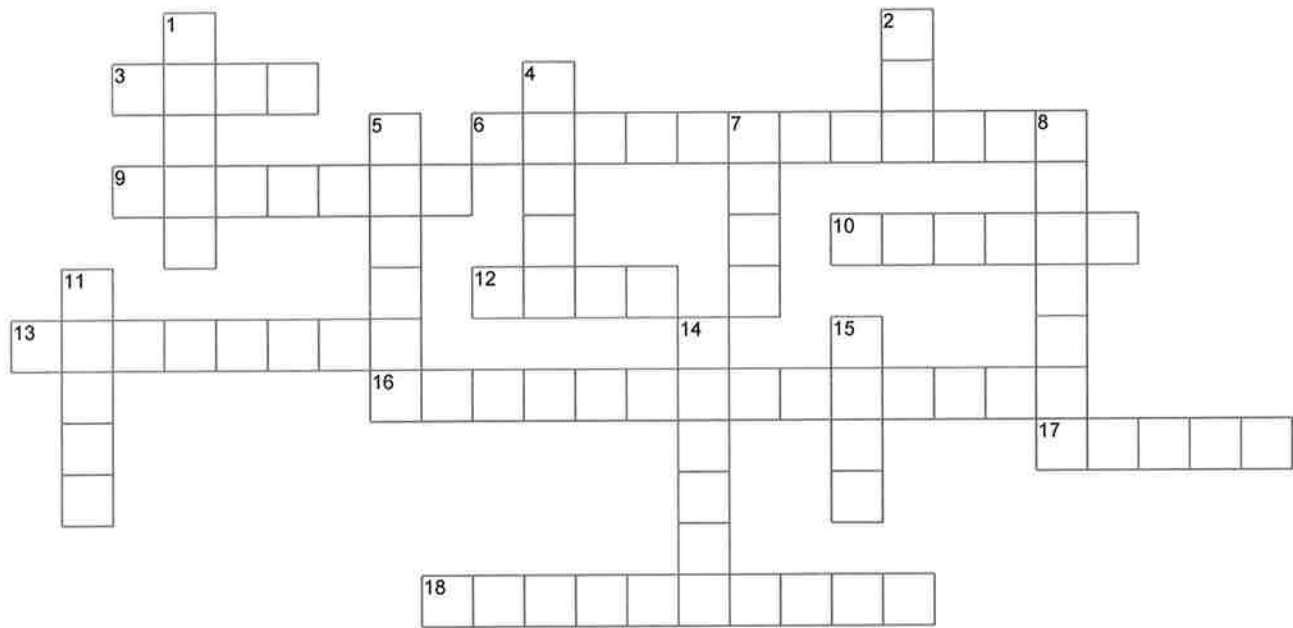
John Mueller- Chair	Sarah Groebner
Denise Gicker- Vice Chair	Randy Wendt
Jeff Krueger - Secretary	Jacob Marz
Tim Vogel- Treasurer	Kathy Pederson
Kim Graff	Josephine Muske

Deadlines:

Sunday Bulletin: Wednesday by 10 am.

Epistle: 20th of each month. Please call or email the church office with additions or changes for the bulletins or Epistle.

stpaul_lutheran@hotmail.com



ACROSS

- 3. Saul of Tarsus
- 6. The ten _____
- 9. The wisest king
- 10. He was thrown into the lions den
- 12. The Mother of Jesus
- 13. Mount where Jesus was crucified
- 16. King that dreamed of a big statue
- 17. Who defeated Goliath?
- 18. Lived 969 years

DOWN

- 1. Esau sold his birthright to
- 2. Name of the first woman
- 4. One of the four books of the Bible that begins with the letter "H"
- 5. River where Jesus was baptized
- 7. He built an ark
- 8. Occupation of Abel
- 11. It was swallowed by a big fish
- 14. Island where John was imprisoned
- 15. Third son of Adam and Eve

Please pray for... Jaylen Brownlee (LaCole Weisensel's fiancé), Marcia Schiller; Our Saviour's Lutheran Church - Viborg SD, Peace Lutheran Church - Watertown MN, Peace Lutheran Church - Deshler NE, Peace Lutheran Church - Nevis MN, Peace Lutheran Church – Split Rock WI, Pioneer Lutheran Church - White SD, Pleasant Valley Lutheran Church - Kidder SD, Reformation Lutheran Church - Forston GA; Jesse Kettner, Cylee Graff, Shane Clemon, Ethan Langseth, Emily Wendt, Tabor Gluth and all those serving in the military, at home and abroad.

Prayer Chain –If you have a prayer concern you would like passed along, please call Jan Severson (723 -6358) or the church office (723-5880). Please specify if you want the concern on (1) the Prayer Chain and/or (2) included in Sunday morning prayers which will be included for **two** Sundays unless otherwise specified or request is renewed.

St Paul Attendance

7/2 9am—44

7/8 9am—47

7/16 9am—51

7/23 9am—37

Budget Recap Year-To-Date (01/01/23 to 06/26/23)

Total Funds for Budget	\$103,971.21	Total Operating Funds	\$103,971.21
Budget	\$121,637.10	Operating Exp.	\$115,253.60
Difference	(\$17,665.89)	Difference	(\$11,285.39)

Thrivent Financial—As always, St. Paul Lutheran Church is grateful for your consideration when you make charitable giving plans. If you are a Thrivent Financial member eligible to direct Choice DollarsSM, we ask you to consider St. Paul Lutheran as you help direct Thrivent Financials charitable funds.

Memorials Given 06/26/23—07/26/23

In Memory:	Given by:	Designated for:
Sherry Fenger	Richard & Lois Zihlke	St. Paul Lutheran Church
	Alvin Matzke	St. Paul Lutheran Church
	Roger & Kelly Sargent	St. Paul Lutheran Church
	Daniel Kettner	St. Paul Lutheran Church
	Linda Nachreiner	St. Paul Lutheran Church
	Rod & Rhonda Larson	Good Shepherd Scholarship Fund
	Family & Friends	St. Paul Lutheran Cemetery
Fran Bast	Dianna & Robert Nafe	St. Paul Lutheran Church
	Mike & Crissy Rogotzke	Good Shepherd Scholarship Fund
Wendell Fredin	Rod & Rhonda Larson	Good Shepherd Scholarship Fund
Arland Kettner	Rod & Rhonda Larson	Good Shepherd Scholarship Fund
Gail Holn	Rod & Rhonda Larson	Good Shepherd Scholarship Fund
Shirley Weber	Roger & Kelly Sargent	St. Paul Lutheran Church
	Gertie Rosenau	St. Paul Lutheran Church

• Notice: Please update your phone numbers and/or email address with the church office!
 • Several of the numbers we have are disconnected and we need to know how to get a hold of you!
 • You can leave a note in the box outside of Katie's office, call or email the church office at 507-723-5880
 • or stpaul_lutheran@hotmail.com. We appreciate you keeping us updated!

Church Directory! We have an online church Directory!

- * Go to <https://members.instantchurchdirectory.com/> and create a log-in account with your email the church office has on file. If you can't log in, let Katie know so we can get it entered!
- * If you don't have access to the internet and would like a printed copy of the directory, let Katie know.
- * Those with smartphones can easily download the Instant Church Directory app in the Apple App Store or Google Play Store and have the directory at their fingertips!
- * The online directory can be updated constantly, so information should never be outdated! Email updated pictures, address or phone changes to Katie and they can be added instantly!

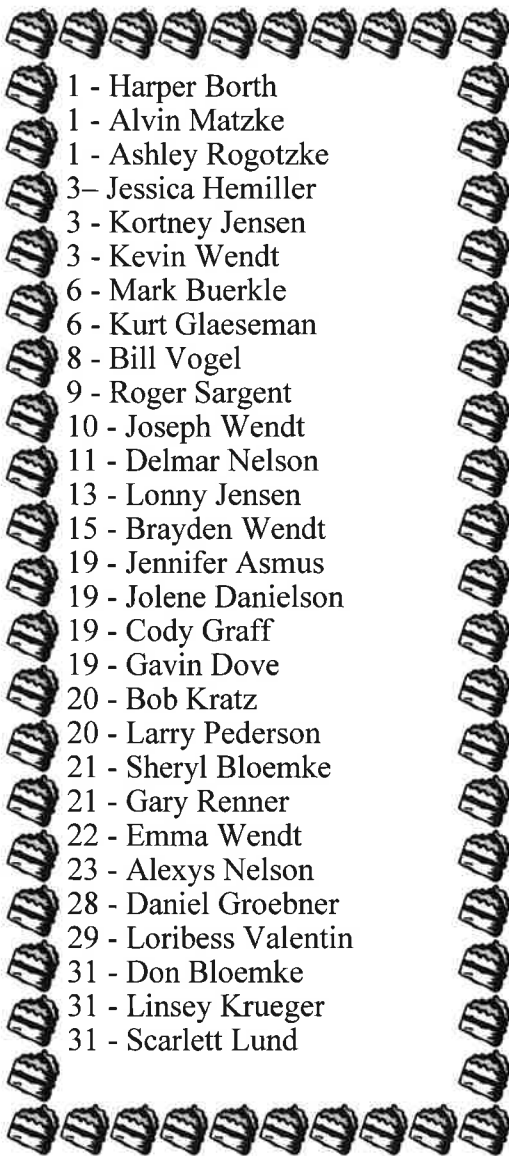
August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>St. Paul Lutheran Church, 303 N Cass Ave, Springfield, MN 56087 Church Telephone: 507-723-5880 www.splespringfield.org Pastor's e-mail: pastortriciamattson@gmail.com Office e-mail: spaul_lutheran@hotmail.com</p>						
6 9:00 Worship 10:00 Coffee Talk 10:30 Ch. 8 Broadcast	7 3:00 pm The Maples Bible Study 6:30 pm Parish Ed Meeting	8 10:00 SJLH Worship 6:00 pm Bible Study @ SJLH 7:00 pm Ch. 8 Broadcast	9 10:00 Ch. 8 Broadcast 7:00 Church Council Meeting	10 Pastor Vacation	11 Office Closed 2:00 BINGO @ SJLH	12
13 9:00 Worship 10:00 Coffee Talk 10:30 Ch. 8 Broadcast	14 3:00 pm The Maples Bible Study	15 10:00 SJLH Worship 6:00 pm Bible Study @ SJLH 7:00 pm Ch. 8 Broadcast	16 10:00 Ch. 8 Broadcast	17	18 Office Closed 5:00 Ryan/Sandberg Wedding Rehearsal	19 3:30 Ryan/Sandberg Wedding
20 9:00 Worship 10:00 Coffee Talk 10:30 Ch. 8 Broadcast	21 3:00 pm The Maples Holy Communion	22 6:00 pm Bible Study @ SJLH 7:00 pm Ch. 8 Broadcast	23 10:00 Ch. 8 Broadcast	24	25 Office Closed	26
27 9:00 Worship 10:00 Coffee Talk 10:30 Ch. 8 Broadcast	28 3:00 pm The Maples Bible Study	29 10:00 SJLH Worship 6:00 pm Bible Study @ SJLH 7:00 pm Ch. 8 Broadcast	30 10:00 Ch. 8 Broadcast	Pastor on vacation		
Pastor on vacation ---						
31						

Worship Service Helpers

Date	Sound & Video	Reader	Acolyte	Usher	Organist
8/6	John Mueller	Kurt Glaeseman	Wyatt Mueller Ashtyn Rudolph	Team 3	Jeff Krueger
8/13	Peter Heitzman	Jeanette Pidde	Ali Trapp Jenna Shaw	Team 4	Jo Schwartz
8/20	Russell Rogotzke	Paul Muske	Bentley Wendt Bobbi Jo Timm	Team 1	Jeff Krueger
8/27	Paul & Jonah	Daniel Kettner	Grace Jacobs Molly Jacobs	Team 2	Jo Schwartz

August Birthdays!

- 
- 1 - Harper Borth
 - 1 - Alvin Matzke
 - 1 - Ashley Rogotzke
 - 3- Jessica Hemiller
 - 3 - Kortney Jensen
 - 3 - Kevin Wendt
 - 6 - Mark Buerkle
 - 6 - Kurt Glaeseman
 - 8 - Bill Vogel
 - 9 - Roger Sargent
 - 10 - Joseph Wendt
 - 11 - Delmar Nelson
 - 13 - Lonny Jensen
 - 15 - Brayden Wendt
 - 19 - Jennifer Asmus
 - 19 - Jolene Danielson
 - 19 - Cody Graff
 - 19 - Gavin Dove
 - 20 - Bob Kratz
 - 20 - Larry Pederson
 - 21 - Sheryl Bloemke
 - 21 - Gary Renner
 - 22 - Emma Wendt
 - 23 - Alexys Nelson
 - 28 - Daniel Groebner
 - 29 - Loribess Valentin
 - 31 - Don Bloemke
 - 31 - Linsey Krueger
 - 31 - Scarlett Lund

Usher Teams

- 1 - Delwin Beussman, Don Bloemke, John Marz, Paul Meidl, Nic Mays
- 2 - Doug Gatzlaff, Kurt Kratz, Dave Bittler
- 3 - Doug Schiller, Russell Rogotzke, Mark Buerkle, Jeremy Dove
- 4 - Tim Vogel, Scott Vogel, Kurt Glaeseman, Bill Vogel

August Altar Guild

August 6th
The Mueller
Family

August 20th
Rhonda Larson
Ashley Cook

August Anniversaries!

- 
- 8 - Bill & Mel Vogel - 14 years
 - 9 - Jarden & Erin Nelson - 10 years
 - 14 - Craig & Loribess Valentin - 19 years
 - 19 - Kevin & Jo Schwartz - 34 years
 - 28 - John & Dawn Marz - 41 years
 - 28 - Russell & Betsy Rogotzke - 58 years
 - 28 - Beau & Lauren Steinhaus - 2 years
 - 31 - Dale & Jolene Danielson - 49 years

Save the Date for Rally Sunday!



Sunday, September 10th at
Riverside Park!

Join us for Worship and a potluck!

The Parish Education Board is in need of a few new members! The board is responsible for the Christian education of all members of this congregation with particular emphasis on Sunday School, Adult Bible Study, Luther League, and Vacation Bible School. They meet once a month throughout the year. If you would like to join Parish Education, please talk to Pastor Tricia or Katie in the office.

Adult Choir to begin September 6

By Jeff Krueger, choir director

Even though it is still a month away, it is time to start thinking about fall activities starting up again at St. Paul's. The Adult Choir will begin rehearsals on Wednesday, September 6 at 7:30 p.m. in the choir loft of the church sanctuary. Our start time will remain at 7:30 p.m. to give those involved with confirmation an opportunity to participate.

I am planning to bring the performance schedule to our first rehearsal. Like in the past, I am planning on singing once per month except when there is a holiday or special occasion. I have picked some familiar anthems and some new ones for our fall and holiday repertoire. I am hoping we can sing our first anthem on Sunday, September 24.

Women of the Word Fall Gathering September 16, 2023

hosted by St. John's Lutheran Church, Springfield, MN

8:30am Registration & Coffee; 9:00am Worship; 3:00pm Dismissal
Registration Deadline: Before Sep 1, 2023. (\$20/person)

Offering designated go to the "The Table Ministry" in Sioux Falls, SD
Questions? Please contact Jodi Dalsgaard at jodidalsgaard@gmail.com

Visit <https://augustanadistrict.org/church/women-of-the-word/>
For registration form and more information.

Women of the Word is the women's organization of the Augustana District.

We need 2 volunteers for BINGO on
August 11th at 2:00 pm. Please let
Katie know if you can help out!



St. Paul's next blood drive will be
August 30th from 8:30 a.m. - 2:30 p.m.
Go to redcrossblood.org to schedule your appt.

****2-3 volunteers are needed!****

Please let Katie know if you are able to help!

**St. Paul Lutheran
Church, LCMC**
303 N Cass Avenue
Springfield, MN 56087

Postmaster: Dated material
Please Deliver Promptly
Address Service Requested

Phone: 507-723-5880
Fax: 507-723-8712

Office Hours

Pastor: Tricia Mattson
Monday & Thursday 9-noon
Wednesday 1-4
Or by appointment
pastortriciamattson@gmail.com

Parish Coordinator: Katie Mueller
Tuesday-Thursday 8:00 am-noon
Email: stpaul_lutheran@hotmail.com

Housekeeping: Steve Lyle

Maintenance: Al Groebner

Financial Secretary: Anita Jensen
Fin_secretary@newulmtel.net

St. Paul EPISTLE is a publication of St. Paul Lutheran Church. It is published monthly to keep members and friends informed of programs and ministries of the church.

Articles may be submitted for publication subject to content.

Sunday Schedule:

9:00 a.m. Worship
10:00 a.m. Sunday School
10:00 a.m. Coffee Talk



Springfield Area Food Shelf hours
Tuesday 5:00pm – 7:00pm
Thursday 9:30am – 11:30am
625 N Jackson Ave - Springfield, MN 56087
(Springfield Clinic Lower Level)
507-723-3663 (FOOD)

We are on the Web!
www.splcspringfield.org