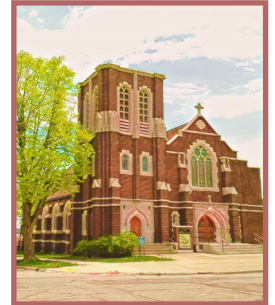


Family Newsletter

2019



Sunday School Fall Rally Sundae Sunday— September 8



Pastor's Page



What do you do when you can't sleep at night?

Drink a glass of milk? Switch to a different bed? Read a book? Watch TV? Do a breathing or relaxation exercise? Or the traditional way – count sheep?

Growing up, whenever I couldn't sleep, my parents would give me a cup of warm milk to drink. That helped me fall asleep right away. It wasn't until later in my life that I learned from a TV commercial to count sheep. I don't really understand the science behind it. I guess that we can get bored easily by counting sheep. When we are bored, we fall into asleep.

Well, this trick doesn't work for me very well. Because I have Attention Deficit Disorder, my mind would have gone to a wonderland before I even made it to more than 20 sheep jumping over the fence.

Now, whenever I struggle with falling asleep, I would just get out of bed and turn on TV in my living room. Then I would watch some boring programs until I would eventually fall into sleep. This is not a very good way of doing it because I would feel tired the next day.

Do you know that Apostle Paul has a simple but profound solution for us? He says in Philippians 4:6–7, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Isn't that very true that, whenever you have a hard time falling asleep, something is bothering you. It can be a job, finance, relationship, or health-related issue or a combination of anything above. Because they have troubled us so much, even when our body is tired, our mind is still restless. As a result, we toss and turn all night long.

What is St. Paul telling us in these verses? Do not be anxious about anything!

How do we not worry? By bringing all our concerns to God.

Furthermore, as we pray, we need to bring our prayer and supplication with thanksgiving.

Why? Worries make us sad, depressed and negative. However, thanksgiving helps us see the things in a positive and encouraging way.

We thank God because He is a faithful God. He keeps His promises. He listens to our prayers and answers them. He takes good care of us out of His fatherly, divine goodness and mercy, without any merit or worthiness in us. Thanksgiving helps us remember what God has done and that brings joy into our hearts.

St. Paul says in Romans 8:32, "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?"

Therefore, instead of counting sheep, I've started counting all the good things God has done for me.

I thank God for my wife, my kids, my parents, my siblings, my house and car, my job... and then I even thank God for all the problems that I had in the past and the struggles, and challenges I will face tomorrow. I know He will not forsake nor leave me. His grace is always sufficient for me.

All this gives me the peace that I need, and I can go back to sleep with joy in my heart. Why don't you give it a try?



YOUTH ACTIVITIES



When: 6 p.m. Oct. 25

Where: St. Paul's Lutheran Church parking lot, corner of Seventh and Jennings sts. (across from Sugar Shack)

Cars will be decorated. At each car, you can walk around in your costume to get your treat.

Can I dress up? Absolutely. We remind you this is a kid-friendly event. Please try to stray from scary and obscene costumes.

For more information on this and other St. Paul's events visit our website at www.siouxcitystpauls.org/ or our Facebook page at facebook.com/stpaulsLutheranChurchSchool.

YOUTH GATHERING Reminders *(for those attending)*

2019 IDW Jr Youth Gathering - "COME TO THE TABLE"

Join Junior High Youth from across Iowa District West for a weekend of faith, fellowship and fun!

Who: 6th, 7th, or 8th graders

When: October 19-20, 2019

Where: West Des Moines, Iowa

Cost: \$150/person

Registration forms needed to be submitted by Sept. 22.



2019 IDW Sr Youth Gathering - "FOUNDATIONS PREPARED"

Join Senior High Youth from across Iowa District West for a weekend of faith, fellowship and fun!

Who: 9th-12th graders

When: November 15-17, 2019

Where: Des Moines, IA

Cost: \$235/person

Registration forms needed to be submitted by Sept. 22.





Dear Friends in Christ,

Happy fall you all!!! I can't believe we are already to the first day of fall. That first month of school just flew by. I hope you have received your mid-quarter report from your child's teacher. Please, touch base with them if they haven't reached out to you. We want to be a blessing to you as your child is to us.

We are very thankful that God brought you to St. Paul's Lutheran School. "I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of our partnership in the gospel from the first day until now." Philipians 1:3-5

Please, put these dates on your calendar:

- Oct. 2** – Healthiest State Walk (9:15 AM) **Fill out permission slip. Come walk with us!!!
- Oct. 3** - Pinocchio (9:30 AM/Drivers needed!) Morningside College **permission slip coming
- Oct. 4** – Picture day (Younger siblings may have their picture taken also @8:30 AM)
- Oct. 8** – All Krispy Kreme Doughnut orders are due!!!
- Oct. 9-11** – NO SCHOOL/Teachers in St. Louis, MO for Lutheran Teachers Convocation (Pray for safe travel for the teachers.)
- Oct. 15** – Delivery Day for Krispy Kreme Doughnuts
- Oct. 20** – Roller-skating @ Rollerama (3:00-5:00 PM)/\$5 ea. Everyone is welcome!
- Oct. 31** – 1:00 PM Fall Party/Gym
- Nov. 1** – Early Out 1:00 PM/Teacher Workshop
- Nov. 8** – Early Out 1:00 PM/Parent-Teacher Conferences

Our offerings for September through October will go St. Paul's Lutheran Adopt-a-Student Fund. We are also collecting cleaning supplies & paper goods for the Domestic Violence victims. Please, pray for these missions and consider sending a weekly offering with your child on Wednesday, so they may put it in the offering plate.

Thank you to all who came to Open House. I hope you made some new connections and gained new info. Enjoy the beautiful fall weather with your family!

A Fellow Worker in Christ, Alyce Strong Davis

Hy-Vee Receipts Program *Hy-Vee Receipts Program*: Keep saving your Hy-Vee receipts (also includes prescription receipts but excludes receipts on gas and stamps) now through April 26, 2020. Drop-offs are located in the church office or in the church or can be sent with St. Paul's students. The receipts accepted are the receipts from the four Sioux City Hy-Vee locations and the South Sioux City Hy-Vee location. Thanks for your support.

Hy-Vee
Receipts

Support our school with Scrip!

How it works ...You buy gift cards from the school, and the school earns money. We carry a variety of cards in the office. To order, call Sarah Gunn at (712) 223-1238 or stop in the church office. Orders placed by noon Oct. 18 may be picked up Thursday, Oct. 24. Scrip is a year-long fundraising program that supports St. Paul's Lutheran School and its families. Scrip cards are simply purchased for everyday expenses, such as food, clothing, gifts, gas, etc. To order go to www.shopwithscrip.com or stop in the office.

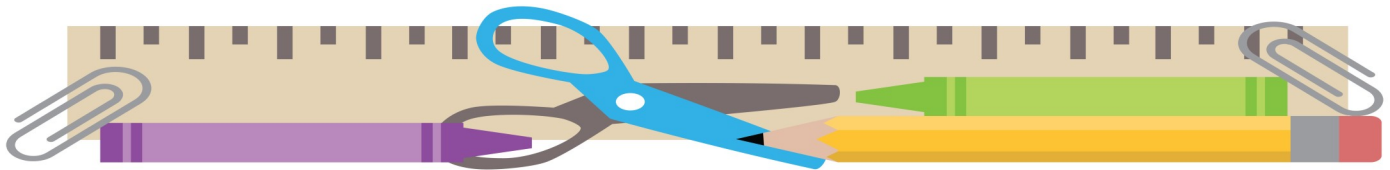


ST. PAUL'S LUTHERAN SCHOOL SCHOOL CALENDAR



August 15	Staff In-service/Preparation
August 16	Registration – 1:00 – 5:00 p.m. 6:00 – 8:00 p.m.
August 23	First Day of School
August 30	Early Out – 1:00 p.m.
September 2	Holiday – Labor Day
October 9-11	LEA Convocation—St. Louis, MO No School
October 29	End of 1 st 9 weeks – 45 days
November 1	Dismiss at 1:00 p.m. – Teacher In-service
November 8	1 st Quarter Parent Teacher Conferences Dismiss at 1:00 p.m.
November 27	Early Out - 1:00 p.m.
November 28-29	Holiday – Thanksgiving
December 20	Last Day of Classes before Christmas Break Early Out – 1:00 p.m.
December 25	Holiday – Christmas

January 1	Holiday – New Year's Day
January 6	Resume Classes
January 16	End of 2 nd 9 weeks – 45 days Early Out —1:00 p.m.— Teacher In-service
January 17	Early Out —1:00 p.m.—Teacher In-service
February 28	No School
March 23	End of 3 rd 9 weeks – 45 days Dismiss at 1:00 p.m. – Teacher In-service
March 30	3 rd Quarter Parent Teacher Conferences Dismiss at 1:00 p.m.
April 9-13	Easter Break
May 22	Early Out – 1:00 p.m.
May 25	Memorial Day
May 28	End of 4 th 9 weeks – 44 days Last Day of School – Dismiss at 1:00 p.m.
May 29	Snow Make Up Day or Teacher Workday
June 1	Possible Snow Makeup Day



Iowa Lutheran School Tuition Organization September update

Over 60 Lutheran families were awarded approximately \$60,000 this summer in tuition assistance for the 2019-2020 school year at our Iowa Lutheran elementary and secondary schools. The total amount awarded in 2019 was \$760,000.

ILSTO's maximum amount of donations increased from \$806,000 in 2018 to \$851,000 for 2019. We did not, however, reach our goal in 2018. To date, ILSTO has reached 20 percent of the goal.

Along with cash donations please be aware of the following way to donate to ILSTO:

- 1) A qualified charitable distribution (QCD) allows individuals who are 70 1/2 years old or older to donate up to \$100,000 total to one or more charities directly from a taxable IRA instead of taking their required minimum distributions. As a result, donors may avoid being pushed into higher income tax brackets.
- 2) Stock donations in which the donor receives appreciated stock value for the donation of the stock for both the Iowa tuition credit and charitable donation for federal tax purposes. The donor does not recognize the gain from the sale of the stock for federal or state income tax purposes.

Always check with your tax advisor for your particular situation. For more information, contact Lon Stuhr at (712) 276-6628 or Dewey Torkelson at (712) 260-2991.



OCTOBER ANNIVERSARIES

10/06	Lyle and Tina Listamann	12
10/08	Jerry and Lynette Kroeger	42
10/08	Donne and Marian Schuldt	42
10/09	Tim and Janet Black	37
10/10	Jason and Amber Gilmore	10
10/10	Steven and Jana McKay	10
10/11	Austin and KC Jager	11
10/12	Richard Grothaus & Leticia Robles	14
10/13	John and Angela Windle	18
10/14	Chris and Liz Hannemann	19
10/17	Jeff and Laurie Baldwin	21
10/19	John and Julie Kollman	51
10/20	Jason and Amy Sulzbach	13
10/21	Jason and Jackie Marrinan	18
10/22	James and Niki Knowles	8
10/22	Anthony and Cynthia Olson	36
10/31	Dennis and Lavonne Harwood	47

(If you see any discrepancy in names, day or years in our birthday or anniversary list, please let the church office know, so we may update our records.)



OCTOBER BIRTHDAYS

10/01

Tara Felix
Shamayne Frank

10/02

Brian Erickson
Jaden Koll
Jeff Wiese

10/03

Alex Junck
Jacob Wagner

10/04

Sandra Bock
Sharon Godwin

10/07

Eugene Dirks
Dorothy Krom
Wade Schuldt

10/08

Linda Collins
Dru Dixon
Doug Lehr
Toni Paul
Amber Wilkinson

10/09

Karen Baker
Keith Grauer

10/10

Stanley Petersen

10/11

Carter Bertrand
Cole Bertrand
Chase Abbe
Bernice Johnsen

Lyle Listamann
Jana McKay

10/12

Kamryn Behrens
Frank Heeren Jr.
Lila Jurries

10/13

Alyna Burke
Caroline Gomez

10/14

Avery Herfel
Roy Sampson
Holden Schweigert

10/15

Cora Black
Marilyn Monlux
Jason Sulzbach
Travis Behrens

10/16

Max Comeaux
Nadia Tuttle
Beau Wagner

10/17

Nathaniel Speth
Hope Wagner

10/18

Valerie Lethcoe

10/19

Ashley Searls
Kinlie Wingert

10/20

Joe Sulzbach

10/21

Jeff Arndt
Nathan Rodenburg

10/22

Karen Fluent
Vicky Johnson
Lindsay Kratochvil
Shari Tramp
Danielle Wiese

10/23

Jennifer Popken

10/24

Emily Tyger

10/25

Daniel Martin

10/26

Lillian Gardner
Gina Mc Bride

10/27

Kevin Bock III
Jackson Haller

10/28

Virginia Martinez

10/29

Caitlyn Haller
Trishia Martinez

10/30

Michael Mertens
Steve Rogers
Jessica Wilcox

Notes from St. Paul's

Evangelism



Hello Everyone, Are you living as Children of the Light? I have to admit that I have had trouble living for God's Light. I had anger and rage when I was working my last job. And I realize now, I was not living in God's Light. That is why now I want my family, people outside this world to see me living the light. Oh, I know, I will stumble and fall. But thank God, I have Jesus to rescue me. Let's show the world who we are. And just a reminder we have Trunk and Treat this month on the 25th at 6 p.m.
God's Blessings — Evangelism Committee, Marlis Hilden

Blood Pressures

Mary Haller and Janet Black will be taking blood pressures at 9:30 a.m. Sunday, Oct. 13 in the back of the church. Be sure to get yours checked!!

Mercy Meals of Siouxland

Regular packaging events will be held at 8:30 a.m. and 10:30 a.m. Saturday, Oct. 26, at Faith Lutheran Church. For more information, contact Larry Joines at (712) 258-0808.

Mercy Meals relies on the generosity of donors to purchase materials and supplies to provide rice/soy meals and the Gospel to hungry and starving children in the U.S. and worldwide.

Friends of Christ Club

Harvest Party and Games — Guest Night
5 p.m. Oct. 27 at St. Paul's Parish Hall

Potluck Supper — Bring something to share and your own table service.

Main Street Living — Local Lutheran Worship

"This is the Life," followed by Lutheran Worship Service, led by local LCMS pastors.
10 a.m. Sunday mornings on KCAU Channel 9.
Watch these programs on demand at mainstreetliving.com.



Krispy Kreme Doughnut Fundraiser



Are you craving a Krispy Kreme doughnut? St. Paul's students are selling Krispy Kreme doughnuts now through Oct. 8, with a pick-up date of Oct. 15. The money raised will go toward new gym equipment. You may place your order from a student or stop in the church office.

Young at Heart Club

"**Young at Heart Club**" will meet for a noon "potluck meal" Sunday, Oct. 20, after the late service in the church basement "fellowship hall". Bring your favorite potluck dish and join us for a great meal and fellowship. — The Committee

Support Our Missionaries

- Rev. Shauen & Krista Trump (www.TheTrumps.org)
- Rev. Charles & Connie Cortright (charles.cortright@lcms.org)
- Rev. Tim & Lisa Beckendorf (tbeckendorf@LBT.org)
- Rev. Henry & Ruthie Witte



"Whatever you do, work at it with all your heart, as working for the Lord, not for men." (Colossians 3:23)

St. Paul's Lutheran Women's League

Sept. 5, 2019

Hostess for the September meeting was Vernice Seebach, assisted by Carolyn Stuhr. There were 6 members and Pastor Kenny present.

Carolyn opened with a reading entitled "Toil or Pleasure". Pastor's devotion was on Life Situations-Continue to be faithful.

We sang Happy Birthday to Carolyn Stuhr.

The Secretary and Treasurer's report were accepted.

Circle Reports:

Anna Circle – Making Quilts

Elizabeth Circle – Prayer Chain

Mary/Martha Circle will meet at Eastside Perkins at 6:00 p.m.

Vernice thanked Joyce and Marlene for doing the secretary duties during her absence.

Old Business: The Fall Rally will be held at Redeemer on September 14th.

New Business: The Spring Rally will be hosted by St. Paul's in April. Details to follow.

We sang "Jesus Shall Reign" and "Jesus Savior Pilot Me".

The meeting was adjourned. We closed with the Lord's Prayer.

Respectfully Submitted, Vernice Seebach, Secretary



STAMPS FOR MISSIONS

As the holiday season will soon be upon us, please save your — STAMPS FOR MISSIONS!!

There has been a change in the collection of Stamps for Missions. They are NO LONGER taking all kinds of stamps. We will be ONLY collecting the following kinds of stamps.

1. Commemorative
2. High Value (over 50 cents)
3. Foreign
4. Any unusual stamps, Special Delivery, etc.
5. Hunting/Duck/Migratory Bird/Department of Interior
(All are large and sell for \$2.00 or more)
6. Coil stamps with very small plate number

NO MORE **CHRISTMAS** OR LOVE OR COIL (ONLY THOSE WITH PLATE NUMBERS), COMMON STAMPS.

All stamps must be as perfect as possible. DO NOT tear from envelopes, cut around them leaving at least 1/4 inch, do not cut perforations.

We want to thank all of you who have been so faithful saving the ones you have and hope you will continue with the ones recommended.

October 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>* Education Hour: High School Bible Study, two adult Bible Studies, Praise Team, and Sunday School, all at 9:30 a.m.</p>		<p>1 6:30 p.m. Parish Planning Meeting</p>	<p>2 9:30 a.m. Lamplighters at St. Paul's 5 p.m. Confirmation</p>	<p>3 8:30 a.m. Bible Study, Fellowship Hall 1 p.m. Women's League 7 p.m. Bible Study at Pastor's home</p>	<p>4</p>	<p>5 6 p.m. Worship/ Communion</p>
<p>6 8:15 a.m. Worship/ Communion 9:30 a.m. Education Hour* 10:45 a.m. Worship/ Communion 5 p.m. Elders Mtg.</p>	<p>7</p>	<p>8</p>	<p>9 5 p.m. Confirmation</p>	<p>10 8:30 a.m. Bible Study, Fellowship Hall 7 p.m. Bible Study at Pastor's home</p>	<p>11</p>	<p>12 6 p.m. Worship</p>
<p>13 8:15 a.m. Worship 9:30 a.m. Blood Pressures 9:30 a.m. Education Hour* 10:45 a.m. Worship</p>	<p>14 9 a.m. Sewing 6:30 p.m. Trustees Meeting</p>	<p>15 7 p.m. Board of Ed meeting</p>	<p>16 5 p.m. Confirmation</p>	<p>17 8:30 a.m. Bible Study, Fellowship Hall 7 p.m. Bible Study at Pastor's home</p>	<p>18</p>	<p>19 6 p.m. Worship/ Communion</p>
<p>20 8:15 a.m. Worship/ Communion 9:30 a.m. Education Hour* 10:45 a.m. Worship/ Communion Noon, Young at Heart Club</p>	<p>21 6 p.m. Mary Martha Circle</p>	<p>22</p>	<p>23 5 p.m. Confirmation</p>	<p>24 8:30 a.m. Bible Study, Fellowship Hall 7 p.m. Bible Study at Pastor's home</p>	<p>25 6 p.m. Trunk or Treat </p>	<p>26 6 p.m. Worship</p>
<p>27 8:15 a.m. Worship 9:30 a.m. Education Hour* 10:45 a.m. Worship 5 p.m. Friends of Christ Club</p>	<p>28 9 a.m. Sewing</p>	<p>29</p>	<p>30 5 p.m. Confirmation</p>	<p>31 8:30 a.m. Bible Study, Fellowship Hall 7 p.m. Bible Study at Pastor's home</p>		

LOVE OUR NEIGHBORS AS OURSELVES

2019 Outreach Opportunities at St. Paul's

Month	Events	Dates	Group
January	Women's Shelter	Month of January	St. Paul's School
	Lamplighters		
February	Her Health	Month of February	Social Concern
	Soup Kitchen	Feb. 25 & 26	
	Lamplighters		
March	Lamplighters at St. Paul's	March 6	
April	Easter Egg Hunt	April 13	Fellowship Club
	Lamplighters at Trinity	April 3	
May	Soles 4 Souls	Month of May	Social Concern
	Lamplighters at Calvary	May 1	
	Soup Kitchen	May 28	
June	Block Party	June 9	Evangelism Committee
	V.B.S.	June 10-14	Sunday School
	Lamplighters at Concordia	June 5	
July	Lamplighters at Faith	July 3	
August	Soup Kitchen	Aug. 26 & 27	
	Lamplighters at Hope	Aug. 7	
September	"Moving On" baskets for CSADV	Month of September	Social Concern
	Friendship Sunday	Sept. 21-22	Evangelism Committee
	Lamplighters at Redeemer	Sept. 4	
October	Trunk or Treat	6 p.m. Oct. 25	Evangelism Committee
	Lamplighters at St. Paul's	Oct. 2	
November	Dried food for Gospel Mission	Month of November	Social Concern
	Soup Kitchen	Nov. 25 & 26	
	Lamplighters at Trinity	Nov. 6	
December	Mittens & Hats for Women's Shelter	Month of December	St. Paul's School
	Lamplighters at Calvary	Dec. 5	

The Lamplighters volunteer their time to share Christ's Gospel message of compassion and love with people in care facilities in the Siouxland area.

Servants for the Month of October

Altar Guild:

Laurie Baldwin
Deb Durio

Elders:

Sat., 6:00 p.m.: Randy Johnson
Sun., 8:15 a.m.: Dennis Hageman &
 Daryl Heimgartner
Sun., 10:45 a.m.: Don Lantis &
 Frank Tenuta

Ushers for October

10/06	1st Service	Steve Segebart Team
	2nd Service	Randy Johnson Team
10/13	1st Service	Dallas Schulz Team
	2nd Service	Mike Popken Team
10/20	1st Service	Jack Smith Team
	2nd Service	Jack Smith Team
10/27	1st Service	Jack Smith Team
	2nd Service	Jack Smith Team



OCTOBER 2019 Newsletter

Church Office 252-0338
 School Office 258-6325
 Email: mychurch@cablone.net
 Websites: Church: www.siouxcitystpauls.org
 School: www.spssiouxcity.org

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 Sioux City, IA 51101-1820