

worship *Nurtured* & *Equipped* *to* *Witness* & *Serve* *prayer* *love* *mission*

April 2020—Early Edition

St. Paul's Lutheran Church

**Worship Times**

Sunday 8:30 AM Traditional  
Sunday 10:30 AM Praise  
Wednesday 7:00 PM Praise

**Coffee Fellowship**

Sunday 9:30 AM

**Christian Education  
(Sept-May)**

Sunday 9:30 AM  
Wednesday 6:00 PM

**Office Hours**

Monday—Thursday  
9 AM to noon  
1 PM to 4 PM  
Friday  
9 AM to noon

*This newsletter is a monthly  
publication of*

*St. Paul's Lutheran Church*

**Office phone number**

608-356-3230

**Pastor Karen's Cell Phone**

608-434-3397

**Pastor Karen's Email**

[pastor@stpaulslutheranchurch.us](mailto:pastor@stpaulslutheranchurch.us)

**Council Email**

[council@stpaulslutheranchurch.us](mailto:council@stpaulslutheranchurch.us)

**Church Email**

[stpauls@stpaulslutheranchurch.us](mailto:stpauls@stpaulslutheranchurch.us)

**Web Site**

[www.stpaulsbaraboo.org](http://www.stpaulsbaraboo.org)

**Facebook**

<http://fb.me/stpaulsbaraboo.org>

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**Palm / Passion Sunday - April 5<sup>th</sup>**

**Maundy Thursday - April 9<sup>th</sup>**

**Good Friday - April 10<sup>th</sup>**

**Easter Sunday - April 12<sup>th</sup>**

Watch our website:

<https://www.stpaulsbaraboo.org>

and Facebook page:

<http://fb.me/stpaulsbaraboo.org>

for worship opportunities and resources

for you and your family!

## Pastor's Reflections...

### **Holy Week! Easter!**

The reason St. Paul's Lutheran Church exists—for that matter, the Christian church spread across the globe exists—is because of Holy Week and Easter. Without them, we are simply a lost, hopeless, to-be-pitied community of people. With them, we are people of HOPE ... people of the LIVING GOD—both in this world and in the next.

The apostle Paul said it this way, *“If there is no resurrection of the dead, then Christ has not been raised; and if Christ has not been raised, then our preaching is in vain and your faith has been in vain... but in fact Christ has been raised from the dead, the first fruits of those who have died. For since death came through a man, the resurrection of the dead comes also through a man.”* (1 Cor. 15:13-21).

The observance of Holy Week and Easter is at the core of our life of faith as Christian people. So whether we can gather in person or not, I encourage you to take the time to remember and meditate on Jesus' final days before his death on the cross... and then celebrate Christ's resurrection – that brings LIFE to everyone!

### **Holy Week**

The final week of Jesus' life on earth is referred to as Holy Week or Passion Week. The passion (from the Latin *patio* = “to suffer or endure”) remembers the events that occur from Palm Sunday through Easter eve.

**Palm Sunday** – [Matthew 21:1-11; 26:14—27:66] Jesus' triumphal entry into Jerusalem marks the beginning of Holy Week... and Jesus' passion. The palm branch was an ancient symbol of victory. On this day, we remember how Jesus' disciples and followers welcomed him into Jerusalem with shouts of *“Hosanna! Blessed is the king who comes in the name of the Lord!”* But we also remember all that the coming week held for Jesus – a path that led to his suffering and death.

**Maundy Thursday** – [John 13:1-17, 31b-35] “Maundy” comes from the Latin *mandatum* which means “commandment.” On this day, we remember the meal that Jesus' instituted (Holy Communion)... his example of loving service as he knelt to wash his disciples' feet... and his greatest commandment for us all:

*“Love one another. As I have loved you, so you must love one another.”*

### **Good Friday** – [John 18:1-19:42]

On this day, we walk with Jesus as he is brought before Pilate, sentenced to death, crucified and buried. Why do we call this day “good”? Because God took the awful events of this day and made them work for the good of all humankind, turning this into a truly “good” Friday. Why do we call this day “good”? Because Jesus endured this – **for us!**

### **Easter Sunday** – [Matthew 28:1-18; John 20:1-18] **Christ is risen! He is risen, indeed! Alleluia!**

Alleluia is a Hebrew word that means “praise the Lord!” Easter is a day of celebration, HOPE, and LIFE for all! The stone has been moved away; the tomb is empty – Jesus is risen from the dead! Easter is God's answer to sin, darkness, and death. It defines who we are as God's people—we are *Easter people* – people of HOPE! We are a new creation! Sin and death cannot defeat us!

Without the resurrection, the passion of Christ is just a sad story of God's weakness and shame; but with the resurrection, the passion of Christ has the power to give HOPE... and to transform lives. It shows us the power of God's LOVE—a *love* that is willing to do whatever it takes to draw us into a relationship!

**A love** that conquers the power of sin and takes the sting of death away! **A love** that gives life – to all!

Dear friends, the Holy Week and Easter story become our story only as we immerse ourselves in it and experience it for ourselves. Let us—whether together or apart—experience **the greatest story** ever told!

*God's peace to you all! Pastor Karen*



### **Online resources to check out:**

**Faith Formation** – [www.ministrylinks.online](http://www.ministrylinks.online)

**Illustrated Ministry** – (Prayers for when you feel anxious / coloring pages)  
[www.illustratedministry.com](http://www.illustratedministry.com)

**I am Second** – Seeking a world where people become second, serving and loving each other as they put Jesus first. – [www.iamsecond.com](http://www.iamsecond.com)

And for those who have The Jesus Storybook Bible: **Story time with Sally** (and resources while you're home) – [www.sallylloyd-jones.com/](http://www.sallylloyd-jones.com/) [includes “Lent Guide”]

## From Our Council President

Being Together, Even When We Are Apart

*"For I know the plans I have for you," says the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." -Jeremiah 29:11*

So, your well laid plans for Spring of 2020 have changed. I don't know about you, but this feels like a moment in history that will stick with me. A time when circumstances and events leave me feeling helpless, frustrated, and frankly, a bit prickly. These past couple of weeks of witnessing the effects of the Covid-19 virus has felt like that. I see my kid's disappointments in cancelled events. I mourn for my students that are missing their routines. I feel the fear in the air, and it's easy for many to go down an anxious path.

In the midst of all of this, I've needed to step back and realize (or admit) that this is really not about me. Even though I'm feeling fine, and the people nearest to me are feeling fine. I pray that continues to be the case. But, it's a time in which our choices and actions are about something bigger. About someone else...about being part of saving someone that we may not even know or ever see. It's really about trusting that God has got this and having faith that His plan is ultimately for our good, just as the verse from Jeremiah promises. All of my cancelled plans were human plans, but God's plan is where my hope should lie anyway.

For our church, we need to accept that all of our human plans in our building and worship space have to change. Our council met on March 16 and passed a resolution that all regular worship and ministry events need to be cancelled until further notice. We simply have to cancel anything that requires a group gathering. Here's a quick list of what that looks like.

- All worship services (Sundays and Wednesdays) are cancelled
- All youth education and gathering events (including confirmation) are cancelled
- All home visits are suspended except in crisis situations
- All ministry team meetings need to be cancelled or handled in an alternative way
- All other planned events and gatherings at this church are either cancelled or rescheduled (this includes the youth rummage sale, and Food 4 Kidz event)

So what can we do? I am convinced that we will find new ways to be the church together, even as we are apart. We can certainly pray for each other during this stressful time. Please keep Pastor Karen in your prayers as she is working hard to find ways to offer her support to you during this time. I pray that we will all be able to look back at this moment in the years to come as a time that we came together as a team to "be church" in our community, nation, and world.

During our council devotion, Pastor Karen asked us to spend some time with these verses from Romans 8:38-39. *"For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."*

What a mighty confidence Paul had in God's provision and love! I pray that we can find that same confidence during this time.

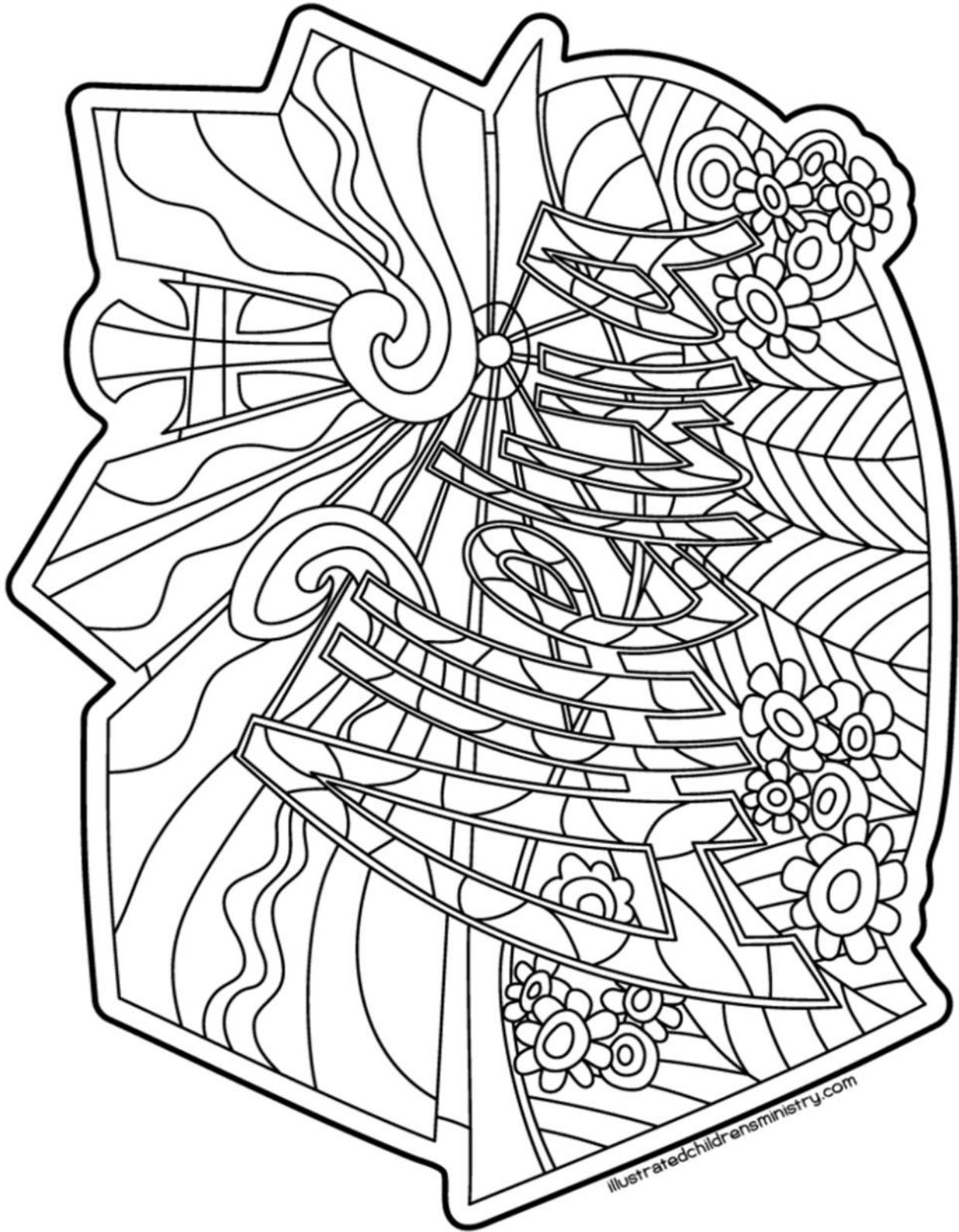
On behalf of council, Cheryl Warming, Council President



**APRIL  
DINER'S CLUB  
CANCELLED**

THRIVENT MEMBERS

**Deadline for 2019 Choice Dollars distribution is March 31, 2020.** Contact Member Care Services at 1-800-847-4836 or [thrivent.com](http://thrivent.com)



## Parish Nurse Notes

### Modernized Nutrition Labels

Resolving to eat healthier may be a lot easier this year, thanks to the revamped Nutrition Facts Label, mandated by the Food and Drug Administration. Many food items began the new labeling in January, though some products and manufacturers have until July 2020 or July 2021. There are 4 changes that will make reading labels more useful

The number of calories in a serving will be bigger and bolder. Calories are a unit of energy -- consume more than you need and your body stores them as excess fat. Note not only the calorie count, but also where the calories are coming from. Eating 250 calories of nuts is very different from eating 250 calories of a Snickers Bar. The calories in nuts supply protein, healthy fats and nutrients such as magnesium and fiber while the Snickers bar has 25 grams of added sugar. The total sugars line encompasses both the food's naturally occurring sugars as well as those added in processing such as high fructose corn syrup. The new line indicating the subset of added sugars is important because those are the ones you want to limit to 50 grams a day or less.

On the label, vitamins A and C have been replaced with vitamin D and potassium, because Americans do not get enough of these. The label must also list the actual amount in milligrams or micrograms in addition to a "Daily Values" percentage.

The bolded serving size for many foods, such as soft drinks, ice cream, bagels, and cereal, has been increased to better reflect what people eat in one sitting. For packages that hold between 1 and 2 servings, the nutrition information must now be presented for the entire package. If the package holds between 2 and 3 servings but they could be eaten in one sitting -- such as a pint of ice cream -- the label must show nutrition information for both one serving and the whole package. By law, serving sizes are based on the amounts that people typically consume -- but that does not mean you should eat that much.

A good rule to follow is "We eat to live, not live to eat."

Be happy and stay well, Yvonne

## Council Summary

### Council Meeting Summary

March 16, 2020

**Financial Update** – February income was \$450 less than expenses. Giving was \$22,980 and expenses were \$23,430

The budget for 2020 required weekly contributions of \$6,247.17 – the average weekly income for 2020 was \$5,608.48

### A comparison through January:

	2019	2020
Income	39,064	44,868
Income w/LSS	43,164	48,968
Expenses	48,135	45,781
Debt reduction	478	7,376
Accounts Payable	7,589	560
Balance on Hand	(1,449)	24,909
Mortgage	166,659	67,763
Inc. vs. Expenses	(4,971)	3,187
Checkbooks	53,269	92,486
Net Cash	(9,039)	23,349

Our response to the pandemic:

1. All home, care facility, and hospital visits are suspended.
2. All in-person worship services, meetings, and gathering are suspended until further notice.
3. Please continue to give financially to St Paul's during this time.

The next council meeting is scheduled for April 19<sup>th</sup>, 2020 at 6:00 p.m.

\*More complete council information can be located on the bulletin board. *Current* financial and committee reports and approved minutes from the previous month are posted on this bulletin board as well.



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worship *Nurtured & Equipped To Witness & Serve* prayer love mission

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**CONGREGATIONAL COUNCIL**

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**Cheryl Warming, *President*** 608-219-4094  
Worship  
Worship & Music  
Community & World Outreach  
Mutual Ministry

**Alice Woodward *V. President*** 608-393-3685  
Faith Formation/Growth & Education  
Adult Education  
Stewardship of Resources  
Stewardship  
Community and World Outreach  
Social Ministry

**Steve Schick, *Secretary*** 608-434-4311  
Faith Formation/Growth & Education  
Adult Education

**Kelly Rodenschmit** 608-963-4154  
Stewardship of Resources  
Finance & Stewardship

**Pam Gjersvig** 608-333-4887  
Community & World Outreach  
Mutual Ministry  
Faith Formation/Growth & Education  
Youth Education

**Nicole Knuth** 608-393-7315  
Stewardship of Resources  
Endowment  
Community World Outreach  
Evangelism  
Thrivent Rep.

**Karen Schubring** 608-393-9927  
Community and World Outreach  
Fellowship

**Karen Hinze** 608-963-2120  
Community & World Outreach  
Social Ministry  
Stewardship of Resources  
Personnel

**Becky Brenson** 608-963-2082  
Faith Formation/Growth & Education  
Youth Education  
Community & World Outreach  
Faith Community Health Care

**James "Andy" Larson** 608-448-7499  
Stewardship of Resources  
Property

**Glenda Volz** 608-963-7484  
Worship  
Worship & Music

**Ryan Liegel *Youth Rep.*** 608-393-9465  
Stewardship of Resources  
Property

**Molly Brenson *Youth Rep.*** 608-393-7895  
Community & World Outreach  
Evangelism  
Stewardship of Resources  
Personnel

**St. Paul's Staff**

Pastor	Karen M. Hofstad	Youth Ed	Colette Balfanz
Treasurer	Sam Howard		Carol Hartmann
Financial Secretary	Kelly Rodenschmit	Splash	Teri Fichter
Organist/Keyboard	Susan Lappin	Parish Nurse	Yvonne Smith
Adult Choir Director	Gerald Stich	Admin. Assistant	Alice Woodward

**Council Email:**

[council@stpaulslutheranchurch.us](mailto:council@stpaulslutheranchurch.us)  
**Pastor Karen's Email:**  
[pastor@stpaulslutheranchurch.us](mailto:pastor@stpaulslutheranchurch.us)  
<http://fb.me/stpaulsbaraboo.org>

**Web site:** [www.stpaulsbaraboo.org](http://www.stpaulsbaraboo.org)  
**Email:** [stpauls@stpaulslutheranchurch.us](mailto:stpauls@stpaulslutheranchurch.us)

**Phone:** 608-356-3230

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