

St. Paul's- Weekly Bulletin

January 12-19, 2025

Sun., Jan. 12th	9:00am	Worship Service
	10:00am	Fellowship Time
	10:15am	Children's Sunday School Resumes
	10:30am	Adult Sunday School
	12:00pm	Service on YouTube
Mon., Jan. 13th	10:00am	Foodbank Delivery – *Rescheduled please help if available*
	1:30pm	Care Team
Tues., Jan. 14th	9:00-Noon	G.O.D.S. Food Pantry Open
	2:00pm	Prayer & Faith Circle
Wed., Jan. 15th	7:00pm	Worship Service
	7:30pm	Dartball Here Vs Clifton Lutheran
Thurs., Jan. 16th	9:00am	Sewing Circle
	12:30-4:30pm	Euchre Group
	6:00pm	Men's Chat & Chow
Sun., Jan. 19th	9:00am	Worship Service
	10:00am	Fellowship Time – Blood pressure checks available
	10:15am	Children's Sunday School
	10:30am	Adult Sunday School
	12:00pm	Service on YouTube

Please Remember in Your Prayers:

- Lisa Miller, Sherrie Ritchie, Barb Uehle, Amy Voigt, and Mike Flamini.
- Those residing in skilled care facilities- Charleen Blair, and Karla Dubree.
- Members currently serving in the military- Jacob Kuipers, Justin Kuipers, Scott Mayer, and Auston Miller.



Annual Congregational Meeting



The Annual Congregational Meeting of St. Paul Lutheran Church will be held in the sanctuary on **Sunday, January 26 beginning around 10:15am**. Following the meeting, WELCA will serve BBQ sandwiches, sides and a drink! Annual Reports from each organization at St. Paul are due in the Church Office by Friday, Jan. 17th. The report should include: 1) The name of your ministry; 2) What you did this year; 3) An account of any financial information. If you have any questions, please contact Administrative Assistant Molly Clendenen in the Church Office (815.265.4133) or email her at stpaul4133@sbcglobal.net.



Blood Pressure Checks

Our Parish Nurse, Mary Ann Schuler, will be available to do blood pressure checks on **Sunday, January 19th** following worship.



Are You Sleeping Too Much? Signs, Outlook, and Complications

Sleep generally comes with a host of health benefits, but overdoing it is associated with health risks and could indicate an underlying condition. Having enough, quality sleep is undeniably one of the most crucial factors when it comes to our mental and physical health, quality of life, and overall safety.[1] Proper sleep not only leaves you feeling refreshed and ready to take on the day, it also improves learning, helps the heart and blood vessels repair themselves, promotes a healthy balance of hunger hormones, and aids the immune system. For most people, seven to nine hours of sleep each night is sufficient, though your age, activity level, and health can shift that target in either direction.[2]

While sleep deprivation is a widespread problem, sleeping too much can be cause for concern as well. But how much is too much sleep? Experts define oversleeping as sleeping more than nine hours in a 24-hour period.[2] You've likely done that before when recovering from a stressful work week, or a busy travel weekend, or if your body was fighting a cold. In those cases, oversleeping is normal, says Safia Khan, MD, a specialist in sleep disorders. "If you're just waking up late just to catch up on your sleep, that's called recovery sleep," Dr. Khan says. "But when you're doing that habitually and sleeping more than eight or nine hours every day, that would be oversleeping." "The most common causes we look at when someone says they're sleeping more than nine hours a night is if it's a medication's effect or a medical, psychiatric, or neurological disorder," says Ulysses Magalang, MD, the director of the sleep disorders program. According to research, oversleeping most often occurs with the following underlying health conditions:[3]

- Obesity
- Heart disease
- Diabetes
- Restless leg syndrome
- Bruxism (teeth grinding or clenching)
- Chronic pain
- Sleep disorder (such as sleep apnea, insomnia, or narcolepsy)
- Hypothyroidism
- Depression or anxiety

Some people naturally need more sleep than others. "About 2 percent of the population are 'long sleepers' who require between 10 to 12 hours of sleep nightly on a regular basis," says Shanon Makekau, MD. For these people, oversleeping is normal. "Trying to impose a typical seven- to nine-hour sleep schedule on such people can be detrimental and effectively results in a sleep debt," Dr. Makekau says. If you regularly sleep longer than nine hours per night, but wake up feeling refreshed and rested, you're likely a long sleeper. If you don't, there could be a problem. Oversleeping is generally accompanied by the following symptoms:[5]

- Tiredness during the day

- Grogginess
- Headache
- Decreased energy
- Mood changes
- Waking up but you can't get up
- Never feeling refreshed
- Sleeping through an alarm

Why Oversleeping Is Risky

“While consistently getting less than the recommended amount of sleep has been associated with multiple adverse health outcomes, sleeping more than nine hours per night regularly may also be detrimental,” Makekau says. She says oversleeping can lead to:

- Increased fatigue and low energy
- Decrease in immune function
- Changes in stress response
- Increased risk of chronic diseases, such as heart disease, diabetes, and obesity
- Increased risk of death

What to Do if You Suspect You've Been Oversleeping

The Cleveland Clinic offers these tips to get your sleeping back on track:[6]

- Avoid the snooze button.
- Wake up at the same time every day — weekends included.
- Embrace natural light when you wake up and avoid it close to bedtime.

If you still find yourself oversleeping regularly after making these changes, schedule a visit with your primary care physician.

The Takeaway

While getting enough good-quality sleep is crucial to your overall mental and physical health, oversleeping can lead to health problems. Like sleep deprivation, oversleeping can have a negative impact on your daily life and potentially lead to some health issues, so aiming for the right amount is key. Oversleeping may also be a symptom of an underlying health issue. If you're regularly sleeping more than nine hours and still feeling tired, consider seeking advice from your doctor or healthcare provider.



Worship Readings

Sunday, January 12, 2025

Baptism of Our Lord

Introduction to the day

Today's festival rejoices in God's blessings. We recall and celebrate our adoption as God's children, the gift of the Holy Spirit, and the promised company of almighty God when we "pass through the waters . . . the rivers . . . fire." On this day the heavens open again for this assembly, and we receive the gift of God's Beloved, Jesus, in bread and wine.

GOSPEL MESSAGE

Filled with Expectation

At the beginning of the Epiphany season, we encounter John the baptizer, serving people who are filled with expectation. Curiosity is the birthplace of expectation. Many people were curious about whether John might be the expected messiah. They were hopeful that the dreams of their people were about to be fulfilled by this strange and solitary prophet.

Sometimes we are exuberant when our expectations are fulfilled. We know this feeling when a new baby is born, a family member graduates from college or attains a new job, or a summer vacation is around the corner. Other times, we are devastated by unfulfilled expectations—when a loved one dies in hospice, a pink slip is given at work, or a house is foreclosed.

Expectation can lead to great happiness or to depression. John's followers' expectations were correct but misplaced. John redirected their hopes to Jesus, who would baptize them with the Holy Spirit and with fire.

In what ways can we joyfully expect God's good work in our own lives? Have we put our hope in people or things guaranteed to disappoint us? How might life be different if we put all our hope for the future in the good plan of God?

At Jesus' baptism, the heavens opened and a dove descended. Then God spoke these life-changing and transformative words: "You are my Son, the Beloved; with you I am well pleased" (Luke 3:22).

When we were baptized, God spoke words like these over us as well. As creations made in God's own image, we are innately beloved and pleasing to God. May this truth change how we navigate through the world and fill us with joyful expectation for God's good plan to come.

PRAYER OF THE DAY

Let us pray.

Almighty God, you anointed Jesus at his baptism with the Holy Spirit and revealed him as your beloved Son. Keep all who are born of water and the Spirit faithful in your service, that we may rejoice to be called children of God, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

WORD

FIRST READING: Isaiah 43:1-7

A reading from Isaiah.

¹ But now thus says the LORD,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;

I have called you by name; you are mine.
² When you pass through the waters, I will be with you,
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
³ For I am the LORD your God,
the Holy One of Israel, your Savior.
I give Egypt as your ransom,
Cush and Seba in exchange for you.
⁴ Because you are precious in my sight
and honored and I love you,
I give people in return for you,
nations in exchange for your life.
⁵ Do not fear, for I am with you;
I will bring your offspring from the east,
and from the west I will gather you;
⁶ I will say to the north, "Give them up,"
and to the south, "Do not withhold;
bring my sons from far away
and my daughters from the end of the earth—
⁷ everyone who is called by my name,
whom I created for my glory,
whom I formed and made."

The word of the Lord.

Thanks be to God.

PSALM: Psalm 29

¹ Ascribe to the LORD, you gods,
ascribe to the LORD glory and strength.
² **Ascribe to the LORD the glory due God's name;
worship the LORD in the beauty of holiness.**
³ The voice of the LORD is upon the waters; the God of glory thunders;
the LORD is upon the mighty waters.
⁴ **The voice of the LORD is a powerful voice;
the voice of the LORD is a voice of splendor.**
⁵ The voice of the LORD breaks the cedar trees;
the LORD breaks the cedars of Lebanon;
⁶ **the LORD makes Lebanon skip like a calf,
and Mount Hermon like a young wild ox.**
⁷ The voice of the LORD
bursts forth in lightning flashes.
⁸ **The voice of the LORD shakes the wilderness;
the LORD shakes the wilderness of Kadesh.**
⁹ The voice of the LORD makes the oak trees writhe and strips the forests bare.

And in the temple of the LORD all are crying, "Glory!"

¹⁰ **The LORD sits enthroned above the flood;
the LORD sits enthroned as king forevermore.**

¹¹ O LORD, give strength to your people;
give them, O LORD, the blessings of peace.

SECOND READING: Acts 8:14-17

A reading from Acts.

¹⁴ Now when the apostles at Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them. ¹⁵ The two went down and prayed for them that they might receive the Holy Spirit ¹⁶ (for as yet the Spirit had not come upon any of them; they had only been baptized in the name of the Lord Jesus). ¹⁷ Then Peter and John laid their hands on them, and they received the Holy Spirit.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

GOSPEL: Luke 3:15-17, 21-22

The holy gospel according to Luke.

Glory to you, O Lord.

¹⁵ As the people were filled with expectation and all were questioning in their hearts concerning John, whether he might be the Messiah, ¹⁶ John answered all of them by saying, "I baptize you with water, but one who is more powerful than I is coming; I am not worthy to untie the strap of his sandals. He will baptize you with the Holy Spirit and fire. ¹⁷ His winnowing fork is in his hand to clear his threshing floor and to gather the wheat into his granary, but the chaff he will burn with unquenchable fire."

²¹ Now when all the people were baptized and when Jesus also had been baptized and was praying, the heaven was opened, ²² and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

The gospel of the Lord.

Praise to you, O Christ.