

# St. Paul's- Weekly Bulletin

July 28- August 4, 2024

<b>Sun., July 28<sup>th</sup></b>	9:00am	Worship Service
	10:00am	Fellowship Time
	10:30am	Adult Sunday School
	12:00pm	Service on YouTube
	2:00pm	Pastor Leads Prairieview Worship
<b>Wed., July 31<sup>st</sup></b>	7:00pm	Worship Service
<b>Thur., Aug. 1<sup>st</sup></b>	9:00am	Sewing Circle
	12:30-4:30pm	Euchre Group
<b>Sun., Aug. 4<sup>th</sup></b>	9:00am	Worship Service
	10:00am	Fellowship Time
	10:30am	Adult Sunday School
	12:00pm	Service on YouTube

## Please Remember in Your Prayers:

- Judy Englebrecht, Bill Lawrence (brother-in-law of Bernie Hinrich), Sherrie Ritchie, Barb Uehle, Amy Voigt, Karen Pfothenauer (sister-in-law of Larry Pfothenauer)
- Those residing in skilled care facilities- Charleen Blair, Karla Dubree, and Jim Schoon.
- Members currently serving in the military- Jacob Kuipers, Justin Kuipers, Scott Mayer, and Auston Miller.



## LWR Kits---Thank You & Let's Keep Shopping!

Thanks to all of you who have been giving to our LWR projects. We appreciate your support and we ask for your continued support.

Please give only items that are on the list. Our goal is to surpass last years numbers and we can with your help. We can help so many people around the world with your support!!

### School Kits

- **4- 70 sheet spiral notebooks- wide or college ruled**
- **1 box of 16 or 24 count crayons**
- **1 pencil sharpener**
- **1 ruler with inches & metric markings**
- **1 pair of blunt scissors**
- **5- unsharpened @2 pencils with erasers**
- **5- blue or black ink pens**
- **1- 2 ½ inch eraser**

### Personal Care Kit

- **3-4 oz bar of soap**
- **dark colored bath towel**
- **adult toothbrush**
- **large wide tooth comb**
- **metal nail clippers**



## Quick Fixes for Sore Muscles

Muscle soreness is an annoying — and often painful — side effect of new or intense exercise. Ease your soreness with one of these effective strategies.

### Why Do Our Muscles Get Sore in the First Place?

Muscle soreness after [exercise](#) (also referred to as delayed-onset muscle soreness, or DOMS) signals that you caused damage to your muscle tissue, according to the [American College of Sports Medicine \(ACSM\)](#). When this damage, or micro-tearing, happens, your body

initiates the repair process by triggering inflammation at the injured site, says [Shawn Arent, PhD, CSCS](#), a professor and the chair in the department of exercise science at the University of South Carolina in Columbia and the director of its sports science lab.

Fluid accumulates in the muscles, putting extra pressure on the damaged areas, leading to that familiar sensation of tightness and pain that typically begins to develop 12 to 24 hours after your workout

### 1. During and After Your Workout: Hydrate

It might sound obvious, but staying hydrated is an important aspect of muscle recovery. Water keeps the fluids moving through your system, which eases inflammation, flushes out waste products, and delivers nutrients to your muscles,

According to one [review](#), you should drink about 13 to 20 ounces (oz) of water about two hours before starting exercise. To maintain hydration, the researchers recommend drinking about 5 to 10 oz every 15 to 20 minutes of exercise. For workouts over 90 minutes, they recommend drinking some type of electrolyte beverage.

### 2. Immediately After Your Workout, Use a Foam Roller (Self-Myofascial Release) or Massage Gun

Self-myofascial release (SMR) is a technique used to release tension in muscles and connective tissues (foam rollers, lacrosse balls, and massage sticks are common SMR tools), helping to move the fluids that accumulate in the muscle after exercise.

One [review](#) found that foam rolling may help increase range of motion and reduce DOMS. Foam rolling, as well as other types of massage, increases circulation to deliver more nutrients and oxygen to the affected area, which helps reduce swelling and tenderness

### 3. Eat Within a Half Hour After an Intense Workout

By feeding your muscles the nutrients they need to repair and grow back stronger, you may be able to speed up the recovery process, Arent says.

He suggests kick-starting your recovery by making sure to get 20 to 40 grams (g) of protein and 20 to 40 g of carbs into your system within 30 minutes of an intense or long workout (one that is 60 minutes or longer). (A serving of Greek yogurt with a handful of [berries](#) and a tablespoon of honey is one snack option.)

Protein is important for the [amino acids](#) needed to rebuild your muscles, while carbohydrates play a starring role in replenishing the fuel stores your muscles used up during your workout

### 4. Later On: Sleep

Sleep is critical for many reasons, but it's also one of the most important components of exercise recovery, Arent says. "It may not seem like it has an immediate effect on [muscle soreness], but it can be useful for sure," he adds.

Nonrapid eye movement (NREM) sleep, for example, increases protein synthesis (the creation of new proteins), which is needed to repair damaged muscles, according to one [review](#).

### 5. The Day After a Tough Workout, Do Light Exercise

Sore muscles need to rest, but that doesn't mean it's best to kick your feet up and spend the day on the couch. Try to get some gentle movement through activities like restorative yoga; an easy walk, swim, or cycle; or even light resistance training. The key is to avoid doing another intense workout using the same muscle groups on consecutive days. On an effort scale of 0 to 10 (where 10 is maximum intensity), aim for an effort level of 3, Schroeder says. You want to get blood moving to the sore muscles to deliver oxygen and nutrients needed for repair — without causing more damage to the muscle tissues.

### 6. You May Want to Steer Clear of NSAIDs

Though you may be tempted to pop a painkiller and call it a day, Arent warns that in doing so you may sacrifice key parts of the muscle-rebuilding process. [Nonsteroidal anti-inflammatory drugs \(NSAIDs\)](#) like [ibuprofen \(Advil\)](#) and [naproxen \(Aleve\)](#) may ease pain associated with muscle soreness, but they may also prevent your muscles from growing back bigger and stronger.

# Worship Readings

## Worship Plan for Sunday, July 28, 2024

Lectionary 17

10th Sunday after Pentecost

### Introduction to the day

Today is the first of five Sundays with gospel readings from John 6, the first four of which focus on Jesus as bread of life. Today Jesus feeds thousands of people with five loaves and two fish. What we have, what we bring to Jesus' table, seems like it is not nearly enough to meet all the needs we see around us. But it is not the adequacy of our supplies or our skills that finally makes the difference: it is the power of Jesus working in the littlest and least to transform this world into the world God desires, a world where all the hungry are satisfied.

### GOSPEL MESSAGE

#### Will There Be Enough?

"Will there be enough?" This is perhaps a question as old as humanity itself. Will there be enough money? Enough food? Enough time? It's a question that threatens to consume our faith communities. Will there be enough volunteers? Enough preachers? Enough money in the offering plate? Enough people in the pews? Will there be enough donations or energy or creativity to carry us through?

We aren't alone in these fears. The disciples asked the same of Jesus. "Will there be enough to eat?" Surely, a few loaves of bread and a couple of fish could never feed this crowd. Better to send the people away to fend for themselves.

Perhaps like the disciples, we tend to panic and turn inward when resources start to dwindle. And yet, again and again, God calls us together, taking our fears and transforming them into gifts of abundance. A few crumbs become a feast. A hungry crowd becomes a community bearing witness to God's grace.

This story is an antidote to our anxious times, when we are tempted to cling, to hoard, to squander away resources for an uncertain future. Miraculous things happen when we open our fists and trust that with God, all things are possible.

This is not an easy mindset to hold, so together, we practice! We practice a theology of "enoughness" each week when we share communion with one another. We witness the tremendous power of a little bread and a little wine to sustain us on our journey. We practice generosity when we pass the offering plate, turning our meager offerings into a gift for the greater good. We witness how the gifts and talents of a community come together to create something that on our own would never have been possible. Because, in Christ, there is always more than enough.

### PRAYER OF THE DAY

Let us pray.

Gracious God, you have placed within the hearts of all your children a longing for your word and a hunger for your truth. Grant that we may know your Son to be the true bread of heaven and share this bread with all the world, through Jesus Christ, our Savior and Lord.

**Amen.**

### FIRST READING: 2 Kings 4:42-44

A reading from 2 Kings.

<sup>42</sup>A man came from Baal-shalishah, bringing food from the first fruits to [Elisha,] the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." <sup>43</sup>But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the LORD, 'They shall eat and have some left.'" <sup>44</sup>He set it before them, they ate, and had some left, according to the word of the LORD.

The word of the Lord.

**Thanks be to God.**

### PSALM: Psalm 145:10-18

<sup>10</sup>All your works shall praise you, O LORD,  
and your faithful ones shall bless you.

<sup>11</sup>**They shall tell of the glory of your kingdom  
and speak of your power,**

<sup>12</sup>that all people may know of your power  
and the glorious splendor of your kingdom.

<sup>13</sup>**Your kingdom is an everlasting kingdom; your dominion endures throughout all ages.  
You, LORD, are faithful in all your words, and loving in all your works.**

<sup>14</sup>The Lord upholds all those who fall  
and lifts up those who are bowed down.

<sup>15</sup>**The eyes of all wait upon you, O LORD,  
and you give them their food in due season.**

<sup>16</sup>You open wide your hand  
and satisfy the desire of every living thing.

<sup>17</sup>**You are righteous in all your ways  
and loving in all your works.**

<sup>18</sup>You are near to all who call upon you,  
to all who call upon you faithfully.

## **SECOND READING: Ephesians 3:14-21**

A reading from Ephesians.

<sup>14</sup>For this reason I bow my knees before the Father, <sup>15</sup>from whom every family in heaven and on earth takes its name. <sup>16</sup>I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, <sup>17</sup>and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. <sup>18</sup>I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, <sup>19</sup>and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

<sup>20</sup>Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, <sup>21</sup>to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.  
The word of the Lord.

**Thanks be to God.**

## **GOSPEL ACCLAMATION**

### **GOSPEL: John 6:1-21**

The holy gospel according to John.

**Glory to you, O Lord.**

<sup>1</sup>Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. <sup>2</sup>A large crowd kept following him, because they saw the signs that he was doing for the sick. <sup>3</sup>Jesus went up the mountain and sat down there with his disciples. <sup>4</sup>Now the Passover, the festival of the Jews, was near. <sup>5</sup>When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" <sup>6</sup>He said this to test him, for he himself knew what he was going to do. <sup>7</sup>Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." <sup>8</sup>One of his disciples, Andrew, Simon Peter's brother, said to him, <sup>9</sup>"There is a boy here who has five barley loaves and two fish. But what are they among so many people?" <sup>10</sup>Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. <sup>11</sup>Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. <sup>12</sup>When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." <sup>13</sup>So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. <sup>14</sup>When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

<sup>15</sup>When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

<sup>16</sup>When evening came, his disciples went down to the sea, <sup>17</sup>got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. <sup>18</sup>The sea became rough because a strong wind was blowing. <sup>19</sup>When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. <sup>20</sup>But he said to them, "It is I; do not be afraid." <sup>21</sup>Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

The gospel of the Lord.

**Praise to you, O Christ.**