

The Spirit of St. Paul

St. Paul Ev. Lutheran Church
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Gilman, IL 60938
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St. Paul Lutheran Church of Gilman, Illinois August 2024

Blood Drive Report 2024---In Memory of Julie Brault

An American Red Cross Blood Drive was held at St. Paul on July 11. The drive collected 43 units of blood, thanks to those who came to donate this gift of life. Certificates given to those reaching special goals went to Cindy Guttendorf- 1 gallons, Addison Brown-6 gallons, Janice Villwock- 9 gallons!

Summer can be a difficult time to collect enough blood to meet the needs of many patients, as donors may be unable to donate due to vacations or other summer activities. St. Paul hosts this blood drive each year in July to help with this need and new coordinators stepped up and made it so successful---thank you Nina Hubert, Peg Classen and Tiffany Neukomm. Volunteers recruited donors, welcomed and registered those who came, prepared and served food, provided delicious baked goods and ice cream, and took down and set up down tables and chairs. Without these volunteers, this blood drive would not be possible. A GREAT BIG THANK YOU to each of you who helped in any way.



WELCA Collection---School & Personal Care Kits

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!! We need items for the personal care kits which include the following:

bath towel, wide_tooth comb, toothbrush, nail clippers, and 3 or 4 oz. bar soap.

Items needed for school kits:

Pencils, pencil sharpener, notebooks, blunt scissors, pens, rulers, erasers, box of 24 crayons



Sunday School---Rally Day---August 25th!

As we make plans for our Sunday School ministry to begin again in September, we are looking for those who would like to be a part of our Sunday School team. If you would like to teach, co-teach, help with music, or assist in other ways, please let Kristin Borchers know. Her number is 815.471.0424. Rally Day will be August 25 (the Sunday prior to Labor Day) and classes will begin September 8th (Sunday after Labor Day).

2024 Scholarship Money Available!!

A portion of the interest money generated by the Enduring Gift Fund will again be used this year as scholarships for members of St. Paul who are currently in college.

Applications will be accepted until Dec. 31st, 2024. Application forms with details are available to be picked up in the information center.

Repeat applicants need not meet with the committee, however completion of the form will be necessary. Please submit to any committee member: Ron Haase, Bernie Hinrich, Jo Johnson, Larry Pfothenauer, or MaryAnn Schuler.

Back To School?



I am not sure if the rumors are true, but I have heard the kids are going to school already. Back in the old days we went to school from Labor Day to Memorial Day. We also sat in classrooms with no air conditioning, played outside on snow days, and walked to school uphill both ways. Some of that might be an exaggeration, but things have changed. One of our acolytes recently said, “if this keeps up we will be starting school in July.”

Let me be clear, I am not being critical of the current school schedule, it is set by people with more knowledge about such things than I am. I give thanks for faithful school board members and administrators who do the hard and often thankless work of running our schools. Time just seems to go by too quickly, can't we get a little more summer vacation?

With school starting it is time to remember our obligation as a congregation to hold everyone involved in the process of education in prayer. From the Superintendent to the custodians, from the bus drivers to aides, each person is essential to the education and formation of our young people. I invite you to pray regularly for each of our families, students and parents, for wisdom and courage to be faithful to God. We pray for their safety in all things – it is a dangerous world out there. And for teachers who are faced daily with challenges they alone understand.

I offer this prayer for you to keep and pray regularly:

*Let us pray for all who are beginning a new school year,
that both students and teachers
will be blessed in their academic endeavors.*

*Almighty God, you give wisdom and knowledge.
Grant teachers the gift of joy and insight,
and students the gift of diligence and openness,
that all may grow in what is good and honest and true.
Support all who teach and all who learn,
that together we may know and follow your ways;
through Jesus Christ our Lord.*

Amen.

From sundaysandseasons.com.



August Mission Partner- Lutheran World Relief

Our mission partner for August will be Lutheran World Relief. Each fall our congregation is very generous with gifts of items and money to buy items for school and health kits. A dedicated group of people also sew and tie quilts which are also sent to provide shelter and warmth to those in need. There is a cost to ship and distribute all of these supplies around the world. Your mission offerings this month will go to LWR to assist in the monetary costs of their ministry.

St. Paul Women of the ELCA

Prayer & Faith Circle meets Tuesday, August 13th at 2:00pm.

Women of Hope will meet Tuesday, August 27th at 7:00pm. Bible study leader is Barb Uehle and the host is Angie Wagner.

Sewing Circle will meet this month on the first and third Thursdays --- August 1st & 15th ---at 9am in the downstairs meeting room.



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.



Thank You...

Members of St. Paul:

We wish to thank your congregation for the warm welcome we received when we sang at your church recently. Your charitable donation will help allow us to continue our ministry. Your kindness was greatly appreciated.

Blessings,
A Natural High



WELCA---Biennial Convention!

C/SI WELCA Biennial Convention will be held Saturday, October 19th in Springfield, IL. Please mark your calendars now to elect new board members, share stories, meet our Churchwide representative and shop Fair Trade. Watch for more information.

Prairieview Fall Festival---CELEBRATING 50 YEARS

Save the dates---September 6 & 7---Prairieview Fall Festival returns to Danforth in what is to be the biggest and best festival yet! Stay tuned and keep watching for more details!

**Church Council
Meeting Highlights
July 11, 2024**

Financial Report June 30, 2024	
General Account:	\$10,255.45
Capital Improvements:	\$34,748.74
Missions:	\$625.00
Year-to-Date Offerings:	\$89,399.23
Year-to-Date Expenses:	\$85,956.50
Net Contributions:	\$3,442.73

The Pastor's Report was presented. Pastor let worship at Arcadia Care, Prairieview and Faith Place. He attended the Prairieview Golf Outing and the CSIS Synod Assembly meeting. Pastor is taking a zoom course *Faithful Innovation Coaching* from Luther Seminary.

Another bid was received in regards to upgrading the sound system. The congregation had voted at the annual meeting to spend up to \$26,000 of memorial funds for an upgrade. After research and receiving bids for the project, the Council approved a bid from Picture Perfect Technologies for just under \$19,000.

Other noteworthy events: *A Natural High* will be performing July 14th. Sunday School Rally day will be August 25th and classes will begin September 8th. The church received the money from the Mary Helen Roberts Grant to help pay for the lighting upgrades.

The next meeting is Thursday, August 8th at 5:30pm.



Thank you to Larry and Sandy Decker for having the windows professionally cleaned---inside and out! Look at the sparkle!

Church Council

Church Council Officers

President: Lisa Miller 815.383.7020
 Vice President: Tim Hamilton 217.561.3725
 Secretary: JoAnn Arends 815.383.6329

Church Council Members

Darrel Bachman 815.383.3453
 Kristin Borchers 815.471.0424
 Kris Ritzma 815.471.7375
 Barb Uehle 815.265.4942
 815.383.2788

Treasurer Jill Ritzma 815.713.6460
 Financial Secretary: Rita Gray 815.383.9637

Church Staff

Church Office 815.265.4133
 Church email: stpaul4133@sbcglobal.net
 Prayer Requests: stpaul_pastor@sbcglobal.net

Pastor Pete Hinrich 815.383.1498
 stpaul_pastor@sbcglobal.net

Church Website: <http://www.stpaulgilman.org>

Administrative Assistant Kristin Borchers
 815.471.0424



From
Our
Parish
Nurse

Is It Skeeter Syndrome?

Here's everything you need to know about mosquito bite allergies, including what to do about them.

What is Skeeter Syndrome?

Skeeter syndrome is a relatively rare inflammatory reaction to mosquito bites, according to the [American Academy of Allergy, Asthma & Immunology](#). Symptoms may develop hours after a [mosquito bite](#) and can include a large area of swelling, heat, redness, itching, and pain that mimics what would happen with an

infection.

Here's how to tell if skeeter syndrome is happening to you, and what to do about it:

Skeeter Syndrome vs. Normal Mosquito Bites

With skeeter syndrome, the mark is bigger and longer lasting. Welts can swell from 2 to 10 centimeters in diameter (up to about 4 inches) within an hour of the bite and progress over the next several days, Dr. Newman says. Bumps can be itchy, red, painful, and warm to the touch. "Skeeter syndrome is the result of an allergic reaction to proteins in mosquito saliva," Newman says. "There is no simple blood test to detect mosquito antibodies in blood, so mosquito allergy is diagnosed by determining whether the large red areas or swelling and itching occur after you're bitten by mosquitoes." Normal mosquito bites can trigger immediate swelling and redness that peaks after about 20 minutes, followed by small itchy bumps that are usually less than 2 centimeters (about ¾ inch) in diameter, says Catherine Newman, MD, a dermatologist in Rochester, Minnesota.

Who Gets Skeeter Syndrome?

People who are particularly prone to skeeter syndrome include infants and young children who have been bitten and sensitized to mosquito saliva but haven't yet developed natural immunity, as well as people who are newcomers to a region where there are mosquitoes they haven't previously encountered.

How Do I Know if It's Skeeter Syndrome vs. an Infection?

Skeeter syndrome, or an allergic reaction to a mosquito bite, is characterized by large red welts. With or without skeeter syndrome, scratching a mosquito bite until it bleeds can lead to bacterial infections.

Skeeter syndrome is commonly mistaken for a type of skin infection known as cellulitis, says [Kara Wada, MD](#), an allergist and immunologist at the Ohio State University Wexner Medical Center in Columbus. Cellulitis can develop when bacteria on your body gets through the punctured skin where the bite has been scratched raw, according to the [Cleveland Clinic](#).

Warning [signs of cellulitis](#) include redness spreading around the bite, pus or drainage from the wound, skin that feels warm to the touch, and chills or fever. Testing blood and skin samples can help confirm a cellulitis infection and pin down the type of bacteria present. While antibiotics can be used to [treat cellulitis](#), they won't help skeeter syndrome, Dr. Wada says.

"Skeeter syndrome is typically diagnosed through taking a careful history and physical examination," Wada adds. "In reported cases, patients typically were diagnosed after severe episodes."

So What Can I Do About Skeeter Syndrome? How Is It Treated?

Long-acting oral [antihistamines](#) like [cetirizine \(Zyrtec\)](#), [levocetirizine \(Xyzal\)](#), or [fexofenadine \(Allegra\)](#) can help ease severe allergic reactions to mosquito bites, says [Purvi Parikh, MD](#), a specialist in infectious disease, allergy, and immunology at NYU Langone Health in New York City.

Putting ice and topical steroids on the affected area can also help, Dr. Parikh says. Sometimes symptoms are so severe that patients need a prescription for [prednisone \(Deltasone\)](#) or other oral steroids. "You should see your doctor if you're not improving with over-the-counter treatments or you're getting worse," Parikh advises.

How Can I Protect Myself From Mosquito Bites to Prevent Skeeter Syndrome?

Mosquito repellent and clothing that covers exposed skin are the best prevention when it comes to skeeter syndrome (and any mosquito bites in the first place), Parikh says. Staying indoors when mosquitoes are most active and keeping windows closed can also help avoid bites. Mosquitoes tend to come out in droves at dawn, at dusk, and around wetlands.

Which Insect Repellants Protect Against Mosquito Bites and Skeeter Syndrome?

The [Centers for Disease Control and Prevention \(CDC\)](#) recommends looking for repellants with the following ingredients to help reduce mosquito bites:

- **DEET** Chemical name: N,N-diethyl-m-toluamide or N,N-diethyl-3-methyl-benzamide; it is found in products including Off, Cutter, Sawyer, and Ultrathon.
- **Picaridin** Chemical name: 2-(2-hydroxyethyl)-1-piperidinecarboxylic acid 1-methylpropyl ester; it is found in products including Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan.
- **Oil of Lemon Eucalyptus (OLE or PMD)** Chemical name: para-menthane-3,8-diol; the synthesized version of OLE is found in products including Repel and Off Botanicals. Note that the CDC recommends looking for OLE as an ingredient in a repellant; oil of lemon eucalyptus essential oil by itself is not recommended as an insect repellant.
- **IR3535** Chemical name: 3-[N-butyl-N-acetyl]-aminopropionic acid, ethyl ester; it is found in products including Skin So Soft Bug Guard Plus Expedition and SkinSmart.
- **2-Undecanone** Chemical name: methyl nonyl ketone; it is found in BioUD.

"Picaridin and oil of lemon eucalyptus are remarkably close in effectiveness to DEET, without many of DEET's putative undesirable characteristics," Conlon says.

Whatever repellent you choose, the trick to outwitting mosquitoes is to apply — and reapply — as directed.



August 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Daily Bible Readings for August

Thursday, August 1
Deuteronomy 28: 1-14
Blessing for obedience

Sunday, August 4
John 6: 24-35
Christ, the bread of life

Wednesday, August 7
1 Corinthians 1: 3-9
Greetings to the Corinthians

Saturday, August 10
Psalm 78: 23-29
God feeds the people

Tuesday, August 13
Ephesians 5: 15-20
Be filled with the Holy Spirit

Friday, August 16
Philippians 2: 1-11
Imitating Christ's humility

Monday, August 19
Proverbs 9: 1-6
Wisdom's feast

Thursday, August 22
Exodus 16: 27-36
Bread from heaven

Sunday, August 25
John 6: 56-69
Many disciples desert Jesus

Wednesday, August 28
1 Corinthians 28: 20-21
The true wisdom of God

Saturday, August 31
Psalm 34: 15-22
The Lord is with you

Friday, August 2
Isaiah 30: 18-22
God's promise to Zion

Monday, August 5
Exodus 16: 2-4; 9-15
Raining bread from heaven

Thursday, August 8
Psalm 55: 16-19
Betrayed by a friend

Sunday, August 11
John 6: 35, 41-51
Bread from heaven

Wednesday, August 14
1 Corinthians 2: 1-13
The true wisdom of God

Saturday, August 17
Psalm 34: 1-8
Taste and see

Tuesday, August 20
Ephesians 5: 15-20
Be filled with the Holy Spirit

Friday, August 23
1 Corinthians 11: 23-26
The Lord's Supper

Monday, August 26
Joshua 24: 1-2a; 14-18
Many tribes renew the covenant

Thursday, August 29
1 Chronicles 28: 20-21
Solomon and the temple plans

Saturday, August 3
Psalm 145: 10-18
The Lord is kind and merciful

Tuesday, August 6
Ephesians 4:1-16
Unity of the body of Christ

Friday, August 9
Acts 6: 1-7
Seven chosen to serve

Monday, August 12
1 Kings 19: 4-8
Elijah flees from Jezebel

Thursday, August 15
1 John 2: 1-6
Christ our advocate

Sunday, August 18
John 6: 51-58
Christ, the true food and drink

Wednesday, August 21
Matthew 26: 26-30
The Lord's Supper

Saturday, August 24
Psalm 34: 9-14
God teaches the fear of the Lord

Tuesday, August 27
Ephesians 6: 10-20
The whole armor of God

Friday, August 30
2 Timothy 1: 3-7
Rekindle the gift of God



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00am Sewing Circle 12:30pm - 4:30 Euchre Group	2	3
4 9:00am Worship Service 10:00am Fellowship Time 10:00am Property Committee 10:30am Adult Sunday School 12:00pm Service on YouTube	5 7:00am Foodbank delivery	6	7 7:00pm Worship Service	8 12:30pm - 4:30 Euchre Group 5:30pm Church Council	9	10
11 9:00am Worship Service 10:00am Fellowship Time 10:30am Adult Sunday School 12:00pm Service on YouTube	12 11:00am Meals on Wheels 1:30pm Care Team	13 11:00am Meals on Wheels 2:00pm Prayer & Faith Circle	14 11:00am Meals on Wheels 7:00pm Worship Service	15 9:00am Sewing Circle 11:00am Meals on Wheels 12:30pm - 4:30 Euchre Group 6:00pm Men's Chat & Chow	16 11:00am Meals on Wheels	17
18 9:00am Worship Service 10:00am Fellowship Time 10:30am Adult Sunday School 12:00pm Service on YouTube	19	20 2:00pm Pastor leads worship at Arcadia Care in Clifton	21 7:00pm Worship Service	22 12:30pm - 4:30 Euchre Group	23 NEWSLETTER DEADLINE!	24
25 9:00am Worship Service 10:00am Fellowship Time 10:15am RALLY DAY for Sunday School 10:30am Adult Sunday School 12:00pm Service on YouTube	26	27 7:00pm Women of Hope	28 7:00pm Worship Service	29 12:30pm - 4:30 Euchre Group	30	31



Birthday Blessings to:

- 4 Bernie Hinrich
- 5 Gwen Chivers
- 5 Greg Villwock
- 5 Darin Zachgo
- 6 Bridon Borchers
- 6 Jason Pankey
- 7 Tim Hamilton
- 7 Mike Henrichs
- 7 Jacob Kuipers
- 9 Matt Pool
- 10 Jill Ritzma
- 13 Abby Kraft
- 13 Bob Kraft
- 13 Maggie Thorne
- 14 Alicia Dieken
- 14 John Henrichs
- 14 Cora Miller
- 15 Courtney Vitzthum
- 16 Dave Pree
- 16 Gayle Rietz
- 16 Jon Willms
- 19 Cooper Vitzthum
- 20 Mike Fetters
- 20 Rita Gray
- 20 Jo Johnson
- 20 Megan Perzee
- 21 Vic Monk
- 22 Phyllis Mason
- 23 Ronnie Kuhlman
- 24 Carey Andrews
- 24 Maren Vitzthum
- 25 Mark Classen
- 25 Brian Pree
- 26 JoAnn Arenda
- 26 Ruthea Haase
- 26 Nancy Zachgo
- 27 Carrie Greenley
- 27 Samantha Ritchie
- 28 Kara Hubert
- 28 Logan Hubert
- 28 Brandon Schunke
- 30 Quintin Miller
- 30 Judy Pree
- 30 Cliff Schoolman
- 31 Tracy Brenner
- 31 Vic Hari

Sunday Worship Assistants

Acolytes

- 8/4 Kyler Sinn & Addy Greenley
- 8/11 Peyton Dieken
- 8/18 Henry Bull & Sydney Haase
- 8/25 Bridon Borchers

Lectors

- 8/4 Bob Kraft
- 8/11 Alison Boutcher
- 8/18 Angie Wagner
- 8/25 Kristin Borchers

Communion Assistants

- 8/4 Barb Uehle, Kris Ritzma, Ruth Schroeder
- 8/11 Dan Mushrush, Deb Bayston, Eva McGill
- 8/18 Barb Uehle, Carol Hanlon, Ruth Schroeder
- 8/25 Landen Kraft, Logan Wagner, Abby Kraft

Ushers

Kyle & Landen Kraft

“Clickers”

- 8/4 Robert Sinn
- 8/11 Jill Ritzma
- 8/18 Bernie Hinrich
- 8/25 Robert Sinn

Treasurer’s Helpers

Zach & Kristin Borchers

Altar Guild

- 7/29-8/4 Deb Monk, Deb Bayston, Jan Schuette
- 8/5-8/11 Nina Hubert, Deb Preisser, Kristin Borchers
- 8/12-8/18 Ruth Schroeder, Peg Classen, Eva McGill, JoAnne Arends
- 8/19-8/25 Carol Hanlon, Lisa Miller, Rita Gray
- 8/26-9/1 Mary Ann Schuler, Kris Ritzma, Tamie Miller, Jan Villwock

Wednesday Worship Assistants

- 8/7 Cindy Guttendorf
- 8/14 Lisa Miller
- 8/21 Jill Ritzma
- 8/28 Kris Ritzma