

St. Paul's- Weekly Bulletin

June 9-16, 2024

Sun., June 9th	9:00am	Worship Service
	10:00am	Fellowship Time
	10:30am	Adult Sunday School
	12:00pm	Service on YouTube
Mon., June 10th	1:30pm	Care Team
Tues., June 11th	9-12:00pm	G.O.D.'s Food Pantry
	2:00pm	Prayer & Faith Circle
Wed., June 12th	7:00pm	Worship Service
Thur., June 13th	12:30-4:30pm	Euchre Group
	5:30pm	Church Council
Sun., June 16th <i>Father's Day</i>	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, Christine & John Bayston (sister/brother-in-law of Tom/Deb Bayston), Bill Lawrence (brother-in-law of Bernie Hinrich), Austin Howard, Russ Schunke, Sherrie Ritchie, Barb Uehle, Amy Voigt, Karen Pfothenhauer (sister-in-law of Larry Pfothenhauer)
- 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.



Are you Spring Cleaning? **FULL or QUEEN size sheets** are needed for quilt backs.

Personal Care Kit Collection: Are you headed for a grocery pickup? Add an **8oz bar of soap, dark colored bath towel, adult toothbrush, large comb, and/or metal nail clippers** to your order for Lutheran World Relief Kits. We need your help to reach our goal of at least 100 Personal Care Kits. You can always grab multiple of one item and not a whole kit; everything adds up and monetary donations fill in the blanks of missing items. Happy shopping and donating!



Heat Exhaustion

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

- Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion. Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly.

Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- Confusion, Dark-colored urine (a sign of dehydration), Dizziness, Fainting, Fatigue, Headache, Muscle or abdominal cramps, Nausea, vomiting, or diarrhea, Pale skin, Profuse sweating, Rapid heartbeat

Treatment for Heat Exhaustion

- If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluids, especially sports drinks to replace lost salt (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.

Preventing Heat Exhaustion

When the heat index is high, it's best to stay inside in air conditioning. If you must go outdoors, you can prevent heat exhaustion by taking these steps:

- Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat.
- Use a sunscreen with an SPF of 30 or more.
- Drink extra fluids. To prevent dehydration, drink plenty of water, fruit juice, or vegetable juice per day. Because heat-related illness also can result from salt depletion, it may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity. Ask your doctor about the best types of fluid and how much you should be drinking.
- A general recommendation for those doing moderate- to high-intensity exercise is to drink 17 to 20 ounces of fluid two to three hours before exercise, and consider adding another eight ounces of water or sports drink right before exercise. Take additional precautions when exercising or working outdoors.
- Avoid fluids containing either caffeine or alcohol, because both substances can make you lose more fluids and worsen heat exhaustion. If you have epilepsy or severe heart, kidney, or liver disease, are on a fluid-restricted diet, or have a problem with fluid retention, check with your doctor before increasing liquid intake.

Worship Readings

Worship Plan for Sunday, June 9, 2024

3rd Sunday after Pentecost

Introduction to the day

A house divided against itself cannot stand. Jesus makes this observation in light of charges that he is possessed. He is possessed, not by a demon, but by the Holy Spirit. We who have received the Holy Spirit through baptism have been joined to Christ's death and resurrection and knit together in the body of Christ. Those with whom we sing and pray this day are Jesus' family. With them we go forth in peace to do the will of God.

GOSPEL MESSAGE

No Room for Compromise

Some things seem more trouble than they're worth. People who fish with monofilament line may find that when it kinks, and tangles it isn't worth the effort to pull apart the knots. Likewise for knitters whose balls of yarn unravel into a snarl on the floor. Or when packages of puff pastry can be had from the grocer's freezer case, a baker may well find making it from scratch more bother than benefit and opt for ready-made. Those banking on Jesus' admonition to forgive seventy times seven may find it impossible to make peace with his uncompromising warning that "whoever blasphemes against the Holy Spirit can never have forgiveness." Like a foreign-language crossword puzzle, it might seem unsolvable.

Some might find relief in joining the people gathered around Jesus' home who concluded that it would be best to ignore him: "He has gone out of his mind." Others, like his family, stay on the edge of conflict and attempt to restrain him—"Hush, you're making a scene." Tensions are high, not only out among the crowds, not merely *close* to home, but in the *center* of home, the very heart of community and family. The air sizzles with discord. It must have been like the many broken bonds and hollowed-out relationships familiar to us today, at a time roiling with division. Pursuing hope and finding healing might seem not worth the effort. To that temptation Jesus delivers a scorching, confounding warning: by ascribing his actions to the evil one, rejecting good as though it were demonic, judging the spirit of God's love to be wicked—all of this is to choose *against* forgiveness and mercy. Without recognizing the urgency of love behind Jesus' warning, we may think his words a contradiction to Jesus' commitment to forgiveness. In fact, he uncompromisingly claims that the way of forgiveness belongs to the kingdom of God. Period!

PRAYER OF THE DAY

Let us pray.

All-powerful God, in Jesus Christ you turned death into life and defeat into victory. Increase our faith and trust in him, that we may triumph over all evil in the strength of the same Jesus Christ, our Savior and Lord.

Amen.

WORD

FIRST READING: Genesis 3:8-15

A reading from Genesis.

⁸[Adam and Eve] heard the sound of the LORD God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.⁹But the LORD God called to the man, and said to him, "Where are you?" ¹⁰He said, "I heard the sound of you in the garden, and I was afraid, because I was naked; and I hid myself." ¹¹He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?" ¹²The man said, "The woman whom you gave to be with me, she gave me fruit from the tree, and I ate." ¹³Then the LORD God said to the woman, "What is this that you have done?" The woman said, "The serpent tricked me, and I ate." ¹⁴The LORD God said to the serpent,

"Because you have done this,
cursed are you among all animals
and among all wild creatures;
upon your belly you shall go,
and dust you shall eat
all the days of your life.

¹⁵I will put enmity between you and the woman,
and between your offspring and hers;
he will strike your head,
and you will strike his heel."

The word of the Lord.

Thanks be to God.

PSALM: Psalm 130

¹Out of the depths

I cry to you, O LORD;

²**O LORD, hear my voice!**

Let your ears be attentive to the voice of my supplication.

³If you were to keep watch over sins,

O LORD, who could stand?

⁴**Yet with you is forgiveness,**

in order that you may be feared.

⁵I wait for you, O LORD; my soul waits;

in your word is my hope.

⁶**My soul waits for the Lord more than those who keep watch for the morning,
more than those who keep watch for the morning.**

⁷O Israel, wait for the LORD, for with the LORD there is steadfast love;

with the LORD there is plenteous redemption.

⁸**For the LORD shall redeem Israel**

from all their sins.

SECOND READING: 2 Corinthians 4:13—5:1

A reading from 2 Corinthians.

¹³Just as we have the same spirit of faith that is in accordance with scripture—"I believed, and so I spoke"—we also believe, and so we speak, ¹⁴because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. ¹⁵Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God.

¹⁶So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. ¹⁷For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, ¹⁸because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

^{5:1}For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.

The word of the Lord.

Thanks be to God.

GOSPEL: Mark 3:20-35

The holy gospel according to Mark.

Glory to you, O Lord.

[Jesus went home;] ²⁰and the crowd came together again, so that [Jesus and the disciples] could not even eat. ²¹When his family heard it, they went out to restrain him, for people were saying, "He has gone out of his mind." ²²And the scribes who came down from Jerusalem said, "He has Beelzebul, and by the ruler of the demons he casts out demons." ²³And he called them to him, and spoke to them in parables, "How can Satan cast out Satan? ²⁴If a kingdom is divided against itself, that kingdom cannot stand. ²⁵And if a house is divided against itself, that house will not be able to stand. ²⁶And if Satan has risen up against himself and is divided, he cannot stand, but his end has come. ²⁷But no one can enter a strong man's house and plunder his property without first tying up the strong man; then indeed the house can be plundered.

²⁸"Truly I tell you, people will be forgiven for their sins and whatever blasphemies they utter; ²⁹but whoever blasphemes against the Holy Spirit can never have forgiveness, but is guilty of an eternal sin"—³⁰for they had said, "He has an unclean spirit."

³¹Then his mother and his brothers came; and standing outside, they sent to him and called him. ³²A crowd was sitting around him; and they said to him, "Your mother and your brothers and sisters are outside, asking for you." ³³And he replied, "Who are my mother and my brothers?" ³⁴And looking at those who sat around him, he said, "Here are my mother and my brothers! ³⁵Whoever does the will of God is my brother and sister and mother."

The gospel of the Lord.

Praise to you, O Christ