

St. Paul's- Weekly Bulletin

August 25 – September 1, 2024

<p>Sun., Aug. 25th SUNDAY SCHOOL RALLY DAY!!!</p>	9:00am	Worship Service---Special Sermon for Children!
	10:00am	Fellowship Time—Special Activities for entire Congregation to Kick off the Sunday School Year!
	10:30am	Adult Sunday School
	12:00pm	Service on YouTube
Tues., Aug. 27th	7:00pm	Women of Hope
Wed., Aug. 28th	7:00pm	Worship Service
Thur., Aug. 29th	12:30-4:30pm	Euchre Group
<p>Sun., Sep. 1st</p>	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!

Thank you everyone for the items and cash donations for the LWR Kits. We continue to collect all items hoping to match the number of Kits completed last year--- 184 School Kits and 168 Personal Care Kits---. 2024 LWR Quilt & Kit Ministry Guides are on the Kit display table and the usher table, so please take and read. As of August 3, we have enough items for 182 school kits and 84 personal care kits! Let's work together and set a new kit record!

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*



Parish
Nurse
News

Regularly Drinking Alcohol After Age 60 Linked to Early Death

People over age 60 who drink [alcohol](#) regularly are at an increased risk of early death, particularly from cancer or issues related to the heart and blood vessels.

That's according to the [findings](#) of a new, large study that was published this week by *JAMA Network Open* and build upon numerous other recent studies concluding that any amount of alcohol consumption is linked to significant health risks. That's a change from decades of public

health messaging suggesting that moderate alcohol intake (one or two drinks per day) wasn't dangerous. Recently, experts have uncovered flaws in how researchers came to those earlier conclusions.

The researchers compared 12 years of health outcomes for occasional drinkers to those who averaged drinking at least some alcohol on a daily basis. The greatest health risks were seen between occasional drinkers and those whom the researchers labeled "high risk." Occasional drinkers had less than about two drinks per week. The high-risk group included men who averaged nearly three drinks per day or more, and women who averaged about a drink and a half per day or more. The analysis showed that compared to occasional drinking, high-risk drinking was linked to:

- A 33% increased risk of early death
- A 39% increased risk of dying from cancer
- A 21% increased risk of dying from problems with the heart and blood vessels

More moderate drinking habits were also linked to an increased risk of early death and dying from cancer, and even just averaging about one drink or less daily was associated with an 11% higher risk of dying from cancer. Low and moderate drinkers were most at-risk if they also had health problems or experienced socioeconomic factors like living in less affluent neighborhoods.

The findings also suggested the potential that mostly drinking wine, or drinking mostly with meals, may be lower-risk, but the researchers called for further study on those topics since "it may mostly reflect the effect of healthier lifestyles, slower alcohol absorption, or nonalcoholic components of beverages."

A recent [Gallup poll](#) showed that overall, Americans' attitudes toward the health impacts of alcohol are changing, with 65% of young adults (ages 18 to 34) saying that drinking can have negative health effects. But just 39% of adults age 55 or older agreed that drinking is bad for a person's health. The gap in perspectives between younger and older adults about drinking is the largest on record.

Worship Readings

Worship Plan for Sunday, August 25, 2024

14th Sunday after Pentecost

Introduction to the day

In today's gospel many people take offense at Jesus' invitation to eat his flesh and drink his blood; even many of Jesus' disciples peel off. This is the backdrop in John's gospel for Peter's confession of faith. "To whom can we go?" asks Peter, in words we sometimes sing just before the gospel is read. "You have the words of eternal life." In order to take such a stand, as Peter and Joshua did, Paul tells us to arm ourselves with the word of God. We pray in the Spirit that we might be bold ambassadors of the gospel.

GOSPEL MESSAGE

Questions Remain

Throughout his time on earth, Jesus taught the disciples what it means to follow him, delving deeper into difficult concepts with each step toward the cross. Jesus' thought-provoking and life-changing words challenged existing wisdom, stretching the boundaries of belief, forcing each person who heard them to reevaluate everything they thought they knew. How could they eat this bread and live forever?

Is it any easier for us to wrap our minds around Jesus' teachings? How do we open our hearts to the mystery of flesh given for us, blood shed for us, and bread come down from heaven when our culture insists that there is a simple black-and-white answer to every question? Who takes time to slow down and reflect on challenging Bible passages? Can we allow those words we do not understand to just be, to percolate and take root in the fertile soil of Christ's presence until the Spirit can coax a shoot of understanding to spring forth and grow into the light?

Too many unanswered questions weighed heavily on some of Jesus' followers. They wanted out; it was too difficult. They turned back to the safety of familiar routines and comfortable ideologies, prompting Jesus to wonder if all the disciples would abandon him. "Do you also wish to go away?" he asked the twelve (John 6:67). He asks the same question of us today whenever the circumstances of our lives challenge our faith, whenever our hearts are broken and our bodies exhausted, whenever it feels like we cannot take another step. Will we trust in Jesus' promise that his words are spirit and life? Do we believe he is the Holy One of God?

Questions remain, but the good news is that God's love is stronger than our doubts and fears, calling us back to worship, filling us with strength and giving us peace in the midst of uncertainty.

PRAYER OF THE DAY

Let us pray.

Holy God, your word feeds your people with life that is eternal. Direct our choices and preserve us in your truth, that, renouncing what is false and evil, we may live in you, through your Son, Jesus Christ, our Savior and Lord.

Amen.

WORD

FIRST READING: Joshua 24:1-2a, 14-18

A reading from Joshua.

¹Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. ^{2a}And Joshua said to all the people, ¹⁴"Now therefore revere the LORD, and serve him in sincerity and in faithfulness;

put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD.

¹⁵Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD.”

¹⁶Then the people answered, “Far be it from us that we should forsake the LORD to serve other gods; ¹⁷for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; ¹⁸and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God.”

The word of the Lord.

Thanks be to God.

PSALM: Psalm 34:15-22

¹⁵The eyes of the LORD are upon the righteous,
and God’s ears are open to their cry.

¹⁶**The face of the LORD is against those who do evil,
to erase the remembrance of them from the earth.**

¹⁷The righteous cry, and the LORD hears them
and delivers them from all their troubles.

¹⁸**The LORD is near to the brokenhearted
and saves those whose spirits are crushed.**

¹⁹Many are the troubles of the righteous,
but the LORD delivers them from every one.

²⁰**God will keep safe all their bones;
not one of them shall be broken.**

²¹Evil will bring death to the wicked
and those who hate the righteous will be punished.

²²**O LORD, you redeem the life of your servants,
and those who put their trust in you will not be punished.**

SECOND READING: Ephesians 6:10-20

A reading from Ephesians.

¹⁰Be strong in the Lord and in the strength of his power. ¹¹Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. ¹²For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. ¹⁴Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

¹⁸Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. ¹⁹Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, ²⁰for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

The word of the Lord.

Thanks be to God.

GOSPEL: John 6:56-69

The holy gospel according to John.

Glory to you, O Lord.

[Jesus said,] ⁵⁶“Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.” ⁵⁹He said these things while he was teaching in the synagogue at Capernaum.

⁶⁰When many of his disciples heard it, they said, “This teaching is difficult; who can accept it?” ⁶¹But Jesus, being aware that his disciples were complaining about it, said to them, “Does this offend you? ⁶²Then what if you were to see the Son of Man ascending to where he was before? ⁶³It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴But among you there are some who do not believe.” For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵And he said, “For this reason I have told you that no one can come to me unless it is granted by the Father.”

⁶⁶Because of this many of his disciples turned back and no longer went about with him. ⁶⁷So Jesus asked the twelve, “Do you also wish to go away?” ⁶⁸Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. ⁶⁹We have come to believe and know that you are the Holy One of God.”

The gospel of the Lord.

Praise to you, O Christ.

From sundaysandseasons.com.

Copyright © 2024 Augsburg Fortress. All rights reserved.

Special Sunday Worship Readings

1. Noah's Ark Story – Genesis 6-9
2. The Lord is my Shephard – Psalm 23
3. God calls Samuel – Samuel 3: 1-20
4. Praise God – Psalm 8