

# The Spirit of St. Paul



St. Paul Ev. Lutheran Church  
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St. Paul Lutheran Church of Gilman, Illinois

July 2024

## Red Cross Blood Drive---In Memory of Julie Brault

Julie coordinated the blood drive at St. Paul for the past eighteen years. This year the drive will be held in her memory on **Thursday, July 11** from **noon to 6:00 p.m.** Donors can get on the schedule now by visiting <https://www.redcrossblood.org/> online or by calling Nina Hubert (815.383.4836). Donations to pay for food expenses for blood donors and staff are appreciated. Checks may be made out to St. Paul Lutheran Church with "Blood Drive" in the memo section or given to Peg Classen, Tiffany Neukomm, or Nina Hubert.

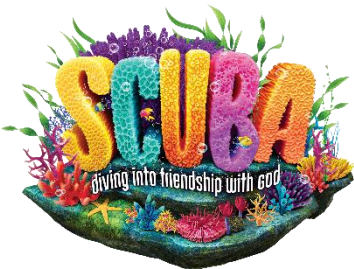


## WELCA Collection---Personal Care Kits

WELCA is collecting items for Personal Care kits. A sample kit is on the table in the Narthex as well as a blue tub to place donated items. A complete Personal Care Kit includes: **bath towel, comb, toothbrush, nail clippers, and 3 or 4 oz. bar soap.** The goal is over 100; so that means 100 or more of each item! Let's work together and surpass last year!

## Mens' Chat and Chow on Vacation

We have had a wonderful group of men gather each month for Chat and Chow. We encourage all the men to consider joining us. In July our regular meeting time is during the Iroquois County Fair. Therefore, we will not be meeting in July and will resume our regular schedule in August.



As I related to the congregation the Sunday after the Gilman Community VBS was completed, "This year at VBS I was assisted by Alissa Haase, my Mom Nancy Hamilton, niece Maggie Thorne and sister Cathy Thorne. There were 75 children registered this year. The Preschool class, which I helped with, averaged 13 students per day. There have been so many people that have helped me over the years at VBS and I am thankful for all of them. A special thank you to Pastor Pete for leading the opening with prayer on Wednesday and for Kristin Borchers for helping to get the word out to all of the parents. I

was becoming nostalgic while looking over the reports that I have submitted to St. Paul after each VBS is completed over the years. A phrase caught my eye from the 2008 report which read as follows..if in all the years we do this program we help even one child come to Christ that did not have a relationship with him before, it has all been worth it."

Cindy Guttendorf

## Moment of Silence



Years ago summers were for slowing down. School was out, people traveled for vacation, and Sunday afternoons were spent on the front porch sipping ice cold lemonade. Times have changed. This change is not for better or for worse. We don't live in the past, we live in the present. Today, it seems like schedules are packed. We have to do a lot of planning to find time to get away.

So where do you find God in all of this? Again, I am not being critical. I am in the same situation. This invitation is for all of us. I invite us to take even a few short moments each day to listen for God in the silence – not matter how fleeting that silent time may be. I was reminded of this story this week.

Elijah had been fighting those folks who were worshiping the false God, Baal. He made a fool of their priests. He made a fool of Ahab and Jezebel. Suddenly he became a marked man and went on the run. He was ready to throw in the towel when God provided food and drink for his journey. He sought shelter in a cave when God came to him again and said:

*“Go out and stand on the mountain before the LORD, for the LORD is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. 1 Kings 19:11-12*

God was in the sound of sheer silence. It is difficult to find silence these days. There is too much noise in the world and too much noise in our minds. We have to work to find it but I think we can all find at least a few moments of silence to listen for God. God's is a voice of renewal and refreshment, it is a voice that calms minds and hearts, it is a voice that gives us hope for the days ahead.

Find your own space for sacred silence and listen to the voice of God this summer.

*“Be still, and know that I am God!  
I am exalted among the nations,  
I am exalted in the earth.”  
The LORD of hosts is with us;  
the God of Jacob is our refuge.  
Psalms 46:10-11*

*Pete*



## July Mission Partner

### Agape- Lutheran Campus Ministry at Illinois State

Our mission partner for July will be Agape – Lutheran Campus Ministry at Illinois State University. We had the opportunity to meet Pastor Jon Fry from St. Andrews Lutheran Campus Center at the University of Illinois in June. There is a similar ministry at ISU. Agape House is situated across from the Bone Center on the ISU campus. This is a new location for them. They share this space with campus ministry affiliated with the American Baptist Church. This has been a fruitful ministry. Agape offers a free community meal each week along with meal church on another evening. They also been seen handing our free coffee and hot chocolate on cold mornings outside the Bone Student Center. Please support this ministry in July for the students of ISU.

### St. Paul Women of the ELCA

**Prayer & Faith Circle** meets Tuesday, July 9<sup>th</sup> at 2:00pm.

**Women of Hope** will meet Tuesday, July 23<sup>rd</sup> at 7:00pm. Bible study leader and host is Nina Hubert.

**Sewing Circle** will meet this month on the first and third Thursdays --- July 18 ---at 9am in the downstairs meeting room. (No meeting July 4)



### **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.

### **We Express Our Christian Sympathy to the Families Of:**

- *Christine McMillan* (sister of Tom/Deb Bayston) who passed away in Florida. Her services will be at St. Paul's in July.
- *Glenn Saathoff* (husband of Alice Saathoff & brother-in-law of Bernie/Pete Hinrich) who passed away Sunday, June 16<sup>th</sup>. His service were at Knapp Funeral Home-Clifton on Thursday, June 20.
- *Gary Romano* (brother of Gwen Chivers) who passed away.



### **Thank You...**

Thank you for the prayers, cards, calls and offers for transportation at the time of my surgery and during my chemotherapy treatments. Special thanks to Pastor Pete for the prayer before surgery. I have finished chemotherapy and am now starting the next phase of treatment. Please continue to keep me and all of those going through treatments in your prayers.

As the recipient of blood during my chemo, I wish to thank everyone who has donated in the past and encourage everyone able to donate to do so at the July 11<sup>th</sup> blood drive here at St. Paul's--- one never knows when they or a family member needs this gift of life.

~Amy Voigt

**Church Council  
Meeting Highlights  
June 13, 2024**

<b>Financial Report May 31, 2024</b>	
General Account:	\$7,672.24
Capital Improvements:	\$34,213.74
Missions:	\$868.30
Year-to-Date Offerings:	\$73,927.22
Year-to-Date Expenses:	\$73,523.55
Net Contributions:	\$403.67

The regular meeting of the Church Council was held on June 13<sup>th</sup>. Pastor gave a devotion from Corinthians; all new things come from God, and we are all representatives of God the love of Christ controls us all. The Treasurer’s Report and bills were reviewed, discussed, and approved.

Pastor reported he attended the NE Conference, as well as home, hospital and nursing home visits. The Council will be reviewing the Confirmation student progress towards the Rite of Confirmation and making recommendations. He noted the video camera used for our YouTube upload is not working properly and is about 10 years old; council approved the purchase of a new camera around \$150. It was noted that Lynn Culkin will be ordained sometime in the fall. We are her home congregation and look forward to celebrating with her.

Sunday School will begin with Rally Day on Sunday, August 25<sup>th</sup>. No classes on Labor Day but Sunday School will be in full swing September 8<sup>th</sup>. A Natural High will lead worship on July 14<sup>th</sup>.

We received a Mary Helen Roberts grant to help pay for the lighting upgrades. The electrician is still waiting on some supplies for the upgrade.

Darrel has been hard at work hauling buckets of dirt to the south side of the Parish Hall to help with drainage.

The Blood Drive is July 11<sup>th</sup> and in Memory Of Julie Brault. Spread the word!

The next meeting is Thursday, July 11<sup>th</sup> at 5:30pm.

**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



“Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.” (1 Peter 4:10)

The 2024 Central/Southern Illinois Synod Assembly was held at the Decatur Conference Center and Hotel on June 6-8. The theme of this year’s assembly was “Many Gifts, One Mission.”

Synod Assembly was attended by Pastor Pete Hinrich and Alison and Chuck Boutcher as voting members on behalf of St Paul. Overall, there were nearly 300 people in attendance from the 110 congregations in the Synod.

Synod Assembly Festival Worship was at Central Christian Church. The inspirational service included uplifting liturgy written specifically for that worship and a moving sermon from Bishop Busboom emphasizing our call to love, welcome and serve others.

Reports of Synod committees were presented and approved. Several Bible studies were held throughout the three-day Assembly. We engaged in small group sessions to discuss ideas for fulfilling the Synod’s mission, vision and values. There was also an outdoor BBQ and hymn fest.

Our faith was reinforced and voices raised in prayers and praise. We encourage anyone who has not experienced a Synod Assembly before to participate in the future.

A minor change was made to the Synod Constitution, a budget approved and elections conducted. Full minutes can be found at <https://www.csis-elca.org/assembly/>

In Christ,

*Chuck and Alison*



From  
Our  
Parish  
Nurse

## **6 Unusual Signs of Dehydrations You Should Know About**

Your breath, skin, and body temperature may be telling you you’re running low on water.

### **1. Bad Breath Is a Possible Warning Sign of Dehydration**

Saliva has antibacterial properties, but dehydration can prevent your body from making enough saliva, per the [Better Health Channel](#).

If you’re not producing enough saliva, you can get bacterial overgrowth in the mouth, and one of the side effects of that is bad breath.

It’s the same reason you may wake up with “morning breath”: Saliva production slows down during sleep, notes the [Mayo Clinic](#), leading to an unpleasant taste in the mouth as bacteria grow. So the next time you experience dry mouth and your breath smells less than fresh, it may be time to rehydrate.

### **2. Dry or Flushed Skin Could Be a Symptom of Dehydration**

“A lot of people think that people who get dehydrated are really sweaty, but in fact, as you go through various stages of dehydration, you get very [dry skin](#),” Dr. Higgins says, adding that skin may appear flushed as well.

Another key skin-related symptom of dehydration is a loss of skin elasticity, according to MedlinePlus. This can cause skin to remain “tented” after being pinched, taking some time to return to its normal appearance.

### 3. Muscle Cramps Are a Dehydration Symptom, Likely From Heat Illness

When your body loses enough fluid, it's unable to cool off adequately, leading to heat illness. One symptom to watch for is muscle cramps, which can happen during exercise, particularly in hot weather. "The hotter you get, the more likely you are to get muscle cramps, and that's from a pure heat effect on the muscles. As the muscles work harder and harder, they can seize up from the heat itself. Changes in the electrolytes, such as sodium and potassium, can lead to muscle cramping as well," says Higgins. Bear in mind that when it comes to rehydration after exercise, all drinks may not be created equal. A [study published in March 2019 in \*BMJ Open Sport and Exercise Medicine\*](#) found that when participants rehydrated with a drink containing electrolytes after exercise, they were less likely to develop muscle cramps.

Even in cooler weather, dehydration is possible if you don't replace lost fluids by drinking small amounts of water while [working out](#). Higgins says symptoms may be milder or come on slower, but dehydration carries the same risks, regardless of the temperature outside.

### 4. Fever and Chills Are Symptoms of Heat Illness, Which Causes Dehydration

Other symptoms of heat illness include fever and chills. Excessive sweating combined with your skin feeling cool to the touch may be signs of heat exhaustion, according to the [Centers for Disease Control and Prevention \(CDC\)](#).

Fever can worsen dehydration. The higher the fever, the more severely dehydrated you may become. Unless your body temperature decreases, your skin will lose its cool clamminess and then become hot, flushed, and dry to the touch. At this point, it's important that you cool yourself down immediately and see a medical professional, the CDC advises. Applying ice and cool, wet cloths, and moving to a cool area are short-term strategies until you can get medical attention.

### 5. Food Cravings, Especially for Sweets, May Just Mean You're Thirsty

"When you're dehydrated, it can be difficult for organs such as the liver, which uses water, to release glycogen [stored glucose] and other components of your energy stores, so you can actually get cravings for food," Higgins says.

While you can crave anything from chocolate to a salty snack, cravings for sweets are more common because your body may be experiencing difficulty breaking down glycogen to release glucose into the bloodstream to use as fuel.

### 6. Headaches Could Be a Sign You Need to Drink More Water

As MedlinePlus points out, even mild dehydration can cause a headache. Although various factors besides dehydration can cause headaches, drinking a full glass of water and continuing to sip more fluids during the day is an easy way to ease your pain if, in fact, dehydration is the culprit.

### Are You Dehydrated, or Is It Something Else?

If you're thirsty, you're already dehydrated. But lack of thirst doesn't necessarily mean you're well hydrated. Here are two other ways to check your hydration.

**Try this skin test.** Use two fingers to pinch up some skin on the back of your hand, and then let go. The skin should spring back to its normal position in less than a couple of seconds. Higgins says that if the skin returns to normal more slowly, you might be dehydrated, per [MedlinePlus](#).

**Check your urine.** If you're well hydrated, your urine will be mostly clear with a tinge of yellow (the color of light lemonade before it hits the bowl). Darker yellow or orange are the "warning" colors to watch for, per [UC San Diego Health](#). If your pee is dark, start drinking fluids.

### Tips for Staying Hydrated

When it comes to daily water intake, hard-and-fast rules are difficult to apply because the amount of fluid you need depends on so many factors, including your age, gender, whether you're pregnant or breastfeeding, and whether you have any underlying medical conditions or chronic illnesses.

The most recent guidelines available — advise 2.7 liters of water per day for women and 3.7 liters per day for men. You can reach this amount by consuming certain foods, water, and other fluids.



July 2024						
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21	22	23	24	25	26	27
28	29	30	31			

## Daily Bible Readings for July

Monday, July 1  
Lamentations 3:22-33  
There is still hope

Thursday, July 4  
Galatians 5:1; 13-26  
Fruit of the Spirit and freedom

Sunday, July 7  
Mark 6: 1-13  
Jesus sends the twelve

Wednesday, July 10  
1 Peter 5: 6-11  
Tending the flock

Saturday, July 13  
Psalm 123  
A prayer for mercy

Tuesday, July 16  
Ephesians 1: 3-14  
Thanksgiving for blessings

Friday, July 19  
Romans 2: 1-11  
God's judgment is fair

Monday, July 22  
Jeremiah 23: 1-6  
God promise a righteous king

Thursday, July 25  
Matthew 9: 35-38  
Jesus talks about his suffering

Sunday, July 28  
John 6: 1-21  
Jesus feeds the five thousand

Wednesday, July 31  
2 Corinthians 9: 6-15  
Generous giving

Tuesday, July 2  
2 Corinthians 6:1-13  
Generous giving

Friday, July 5  
Proverbs 15: 21-23  
Helping others brings joy

Monday, July 8  
Ezekiel 2: 1-5  
The Lord chooses Ezekiel

Thursday, July 11  
Isaiah 43: 1-3  
Restoration promised

Sunday, July 14  
Mark 6: 14-29  
The death of John the Baptist

Wednesday, July 17  
Psalm 150  
Praise for God's greatness

Saturday, July 20  
Psalm 85: 8-13  
God speaks peace to the people

Tuesday, July 23  
Ephesians 2: 11-22  
United by Christ

Friday, July 26  
Micah 2: 12-13  
A promise of hope

Monday, July 29  
2 Kings 4: 42-44  
Elisha feeds one hundred

Wednesday, July 3  
Nehemiah 8:9-12  
Ezra reads God's law to the people

Saturday, July 6  
Psalm 30  
God turns mourning into dancing

Tuesday, July 9  
2 Corinthians 12: 2-10  
Paul's vision

Friday, July 12  
Romans 8: 26-27  
Spirit intercedes for us

Monday, July 15  
Amos 7: 7-15  
Vision of setting a plumb line

Thursday, July 18  
1 Chronicles 16: 23-27  
David's psalm of thanksgiving

Sunday, July 21  
Mark 6:30-34; 53-56  
Jesus teaches and heals

Wednesday, July 24  
1 Peter 2: 18-25  
The example of Christ's suffering

Saturday, July 27  
Psalm 23  
The Lord is my shepherd

Tuesday, July 30  
Ephesians 3: 14-21  
Christ's love for us



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
	<b>1</b> 7:00am Foodbank delivery	<b>2</b>	<b>3</b> 7:00pm <b>Worship            Service</b>	<b>4</b> <b>Independence            Day</b>	<b>5</b>	<b>6</b>																																																	
<b>7 9:00am Worship            Service</b> 10:00am Fellowship Time 10:00am Property Committee 10:30am Adult Sunday School 12:00pm Service on YouTube	<b>8</b>	<b>9</b> 2:00pm Prayer & Faith Circle	<b>10</b> 12:00pm PH Reserved for Blood Drive Setup <b>7:00pm            Worship            Service</b>	<b>11</b> 12:00pm - 6:00pm Red Cross Blood Drive 5:00pm - 6:00pm Head Start 5:30pm Church Council	<b>12</b>	<b>13</b>																																																	
<b>14</b> <b>9:00am Worship            Service w/ A Natural            High</b> 10:00am Fellowship Time 10:30am Adult Sunday School 12:00pm Service on YouTube	<b>15</b> 11:00am Meals on Wheels	<b>16</b> 11:00am Meals on Wheels 2:00pm Pastor leads worship at Arcadia Care in Clifton	<b>17</b> 11:00am Meals on Wheels <b>7:00pm            Worship            Service</b>	<b>18</b> 9:00am Sewing Circle 11:00am Meals on Wheels 12:30pm - 4:30 Euchre Group	<b>19</b> 11:00am Meals on Wheels	<b>20</b> 9:00am - 5:00pm Parish Hall reserved - Hanlon																																																	
<b>21</b> <b>9:00am Worship            Service</b> 10:00am Fellowship Time 10:30am Adult Sunday School 12:00pm Service on YouTube	<b>22</b>	<b>23</b> 7:00pm Women of Hope	<b>24</b> <b>7:00pm            Worship            Service</b>	<b>25</b> 12:30pm - 4:30 Euchre Group	<b>26</b>	<b>27</b>																																																	
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**Birthday Blessings to:**

- 1 Gary Perzee
- 2 Karla Dubree
- 4 Tami Hamilton
- 5 Dash Salinas
- 6 Nina Hubert
- 7 Griffin Hubert
- 8 Ben Schunke
- 9 Nathan Alvarez
- 10 Katie Canada
- 12 Dan Pree
- 12 Todd Schunke
- 13 Cole Rabe
- 17 Chuck Boutcher
- 17 David Haase
- 18 Teresa Bilotto
- 18 Weston Peters
- 20 Robert Sinn
- 21 Dylan Hylbert
- 22 Sylvia Hanson
- 23 Ryan Ritzma
- 23 Peyton Dieken
- 23 Maddox & Myles Salinas
- 26 Roy Gray
- 27 Gloria Kuipers
- 28 Bonnie Hari
- 28 Erica Dehm
- 31 Aaron Schutte
- 31 Kyrach Perzee

**Special July Dates:**

**11- Blood Drive**

**14- A Natural High**

**Sunday Worship Assistants**

**Acolytes**

- 7/7 Peyton Dieken & Adelynn Greenley
- 7/14 Kyler Sinn
- 7/21 Henry Bull & Sydney Haase
- 7/28 Bridon Borchers & Brielle Wagner

**Lectors**

- 7/7 Dan Mushrush
- 7/14 Tiffany Neukomm
- 7/21 Alison Boutcher
- 7/28 Abby Kraft

**Communion Assistants**

- 7/7 Dan Mushrush, Bob Kraft, Deb Bayston
- 7/14 Jill Ritzma, Kris Ritzma, Carol Hanlon
- 7/21 Barb Uehle, Eva McGill, Ruth Schroeder
- 7/28 Landen Kraft, Logan Wagner, Karleigh Perzee

**Ushers**

Ron Haase & John Hanlon

**Treasurer's Helpers**

Ron & Kris Ritzma

**Altar Guild**

- 7/1-7/7 Nina Hubert, Deb Preisser, Kristin Borchers
- 7/8-7/14 Ruth Schroeder, Peg Classen, Eva McGill, JoAnne Arends
- 7/15-7/21 Carol Hanlon, Lisa Miller, Rita Gray
- 7/22-7/28 Mary Ann Schuler, Kris Ritzma, Tamie Miller, Jan Villwock
- 7/29-8/4 Deb Monk, Deb Bayston, Jan Schuette

**Wednesday Worship Assistants**

- 7/3 Kris Ritzma
- 7/10 Cindy Guttendorf
- 7/17 Lisa Miller
- 7/24 Jill Ritzma
- 7/31 Kris Ritzma

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