



St. Paul's Epistle
St. Paul Lutheran Church
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Mission in Mercy Outpost, 225 4th St., Thomas Plaza—Phone: 775-2262

A Word from the Pastor ~

Dear Brothers and Sisters in Christ,

As I wrote last month, the summary of the congregational survey is in the hands of the elders—not yet complete, but moving closer. I'll simply ask for your patience and prayers as the elders fit one more task into their already busy lives.

In the meantime I have an obligation both to you and to God to keep our focus on His authoritative Word. Here's how that obligation of mine is worded in my call documents:

In the name of the Triune God and by His authority, in order that we might carry out His mission to the world, we hereby authorize and obligate you: To administer to us the Word of God in its full truth and purity...[and] to administer the holy sacraments in accordance with their divine institution.

Notice that you have authorized and obligated me to do this, yet you do it not on your own authority, but by the authority of God Himself.

In faithfulness to that *Divine Call*, extended by God through this congregation, I'd like to address some misunderstandings about the Lord's Supper that have surfaced in the surveys. (Remember, as I said last month, it doesn't matter the number of surveys that gave me the idea to review God's Word on this subject, because we all benefit from staying grounded in God's authoritative Word).

First, let's remember whose supper it is—*The Lord's*. It's not primarily about our activity but about the Lord's work for us. He is Himself the host and the meal. We receive Christ in His real and essential presence in the bread and the wine (Matt. 26:26-28, 1 Cor. 10:16-17; 11:23-27). Receiving Christ's body and blood, given and shed for the forgiveness of our sins means we are receiving real forgiveness as we partake of the sacrament. It also means that we are being united with Christ in the most intimate fellowship possible.

Receiving the same gift (i.e. Jesus) together is the natural outgrowth of our unity in the confession of the Faith (1 Cor. 10:17; Acts 2:42). Because it is an expression of oneness in faith it is necessary for the church to guard itself from teachings that fracture that fellowship (Rom.

16:17-19; 1 Tim. 1:3-11).

Close communion (i.e. admitting only those to the Lord's Supper who publicly profess the same confession of faith) is faithful to the teachings of Scripture, it is consistent with the historic practice of the Church, and it is the official teaching of the Lutheran Church—Missouri Synod. Church membership is a public profession of agreement with a church's doctrine. Participation in the Lord's Supper is an expression of that publicly professed unity. Therefore to receive the Lord's Supper together with those who are members of churches that confess teachings contrary to our confession of Scripture causes both us and them to come before the Lord in open contradiction of our beliefs. We would all do well to remember Paul's admonishment that "God will not be mocked (Gal. 6:7)." It is not a loving thing to invite someone to contradict themselves before God or to receive the body of Christ when they may not believe what they are receiving (1 Cor. 11:29, Heb. 10:31).

In this day and age of many conflicting beliefs and practices even within the Christian Church it is good to remember the unchanging certainty and comfort we have in God's Word. It is also helpful to remember that those who teach "open communion" are relative newcomers to the Christian scene. In this pluralistic era we need more than ever the anchor of God's Word that will keep us from being "like a wave of the sea that is driven and tossed by the wind (James 1:6)."

We are also privileged in this congregation to have Christ offered to us in His Sacrament every Lord's Day (and Saturday). This is the pattern of worship established by the Apostles themselves (Acts 2:42; 20:7). As with "open communion," offering the Sacrament less often is a relatively new practice within Christianity (the infrequent use of the Lord's Supper grew out of a troubling teaching labeled as "pietism" in church history). There is of course no Scriptural mandate on how often one should receive the Lord's Supper (to mandate such a thing would be crass legalism). But to offer it weekly is not only consistent with the practice of the Apostles it also makes sure this great treasure is available regularly for the consolation of souls, the strengthening of our faith, and the building up of our unity in

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A Word from the Pastor, continued from page 1

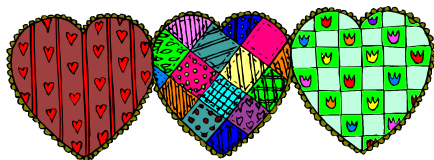
Christ. Those who do not desire it on a weekly basis are free to receive it only as often as they wish.

This has been a very brief overview of the Lord's Supper. An excellent resource that I would commend for your further reading is a document produced by our Synod titled: *Theology and Practice of the Lord's Supper* available on the web at

<http://lcms.org/page.aspx?pid=683>

or for purchase through Concordia Publishing House.

In faithful service to the flock that the Holy Spirit has given me to lead (Acts 20:28),
Pastor Licht



GIFTS OF THE HEART

In fervent gratitude for the Savior's dying love and His blood-bought gift of redemption we dedicate ourselves to Him with all that we are and have; and in obedience to His call for workers in the harvest fields, we pledge Him our willing service wherever and whenever He has need of us. We consecrate to our Savior our hands to work for Him, our feet to go on His errands, our voice to sing His praises, our lips to proclaim His redeeming love, our silver and our gold to extend His Kingdom, our will to do His will, and every power of our life to the great task of bringing the lost and the erring into eternal fellowship with Him. Amen.

Take time and reread the words above and see what they say to you. These are the words of the LWML (Lutheran Women's Missionary League) pledge. This organization was formed to give women the opportunity to grow in their faith and also to reach out to those people around them with the love of Christ. The Lutheran Women's Guild (LWG) at St. Paul is a member of the national LWML and recites this same pledge. We meet monthly to learn more about God in our lives and enjoy Christian fellowship. We also gather our offerings (Mites) and help support the Mite Mission Projects within our district and synod. Our few coins will help millions of dollars to be distributed to mission projects around the world.

The LWG at St. Paul has established a tradition of raising moneys each fall that will be distributed to projects determined by the Guild members. This special money drive is referred to as Gifts of the Heart. Through these gifts of money we can help people learn more of Christ's love in our congregation, community or in far away lands. Besides the three projects chosen this year, we will also send 10% of the donations to Mites.

The three chosen projects are:

Little Lamb Preschool is the long-standing mission supported by St. Paul to children of our congregation and community. This is one of our favorite projects to support as we reach out to the children who may not know Jesus. Three- and four-year-olds come to classes in the morning to hear about Jesus, to learn how to play together, and to start to generate those skills they will need in kindergarten. This year there is a no tuition requirement for four-year-olds to help us be competitive with the no cost preschools offered in the Carroll Community School District. This contribution will help offset some of the costs for Little Lamb.

Adam Onken and Drew Bayless are sons of St. Paul who are currently enrolled at the seminary in St. Louis. Adam is in his last year and Drew is in his second year of study. Both young men are excited to be able to share their love of God by serving as pastors. The course of study is difficult and also expensive. We are happy to help them with our prayers and monetary support.

LCMS-Lutheran World Relief reaches out to those people in need. When floods, hurricanes, earthquakes and other natural disasters hit around the world LCMS-Lutheran World Relief reaches out with money and supplies. They also provide funding for self help projects around the world. They help people start up small businesses, increase food production, and provide better health care. Any money that we can share with this group will be used around the world to help those people in need.

We have set a goal of \$1500 for Gifts of the Heart. Please bring your special offerings to church starting in October and we will accept your gifts through December and they can be placed in the Guild Drawer across from the office or in the special box in the narthex. Please read the pledge again and ask God for guidance as to how you can help spread the good news of His saving love and give to Gifts of the Heart.

Lutheran Women's Guild of St. Paul

BRUCE WARNKE FUNDRAISER

A Fundraiser to help with medical expenses incurred during Bruce Warnke's illness will be held Sunday, December 4, from 4:00-6:30 p.m. in the Fellowship Hall. It will be a Soup Supper with bars for a free-will offering. Supplemental funding from Thrivent.



December Advent and Christmas Schedule

Four Advent Worship Service Dates

Nov. 30, Dec. 7, 14, 21

4:00 & 7:00 p.m.

Christmas Eve, Saturday, December 24

5:00 p.m. Family Worship
(no Holy Communion)

10:00 p.m. Candlelight Service
with Holy Communion
(Note change of times)

Christmas Day, Sunday, December 25

10:00 a.m. Worship with Holy Communion
(No Sunday School or Bible Class)

New Year's Eve, Saturday, December 31

5:00 p.m. Worship with Holy Communion

New Year's Day, Sunday, January 1

9:00 a.m. Worship with Holy Communion
(No Sunday School or Bible Class)

2011 Advent Devotions from Lutheran Hour Ministries

Explore the hope God gives each of us in ***Transforming This Christmas***, Lutheran Hour Ministries' 2011 Advent Devotions. Written by Pastor Wayne Palmer, these seasonal devotions put the brightness back into this glorious season. We are reminded it's not about our gift-giving. Rather, it's all about God's Gift-giving: His perfect, sinless Son, born in a manger to save us and give us life eternal.

The devotional is available to read online or hear as a podcast and can be received as an email subscription throughout Advent. All details can be found at www.adventdevotions.net

*Sunday School Children's
Christmas Service—Light a Candle
Saturday, December 17,
5:00 p.m.*

*A Happy Birthday, Jesus
Party will follow
in the Fellowship Hall.*

*Practice for the service—
8:30 a.m. Saturday, Dec. 17*

No Sunday School on Dec. 18



From the Parish Nurse ~

Dear Brothers and Sisters in Christ,

Obesity is a national epidemic, causing higher medical costs and a lower quality of life. The trend has been up in every state, up in every ethnic group, and up in every income level. The U.S obesity rate will rise from 32% to about 50% in men and 35% to between 45 to 50% in women. 31 states show an increase in obesity. Obesity now exceeds 25% in 13 states.

Obesity means having excess body fat. Obesity is defined by body mass index, or BMI, which is calculated from a person's height and weight. BMI greater than or equal to 30 is considered obese. Obesity is a contributing cause of many health problems, including heart disease, stroke, diabetes, and some types of cancer. These are some leading causes of death in the U.S. Obesity can cause sleep apnea and breathing problems and make activity more difficult. Obesity can also cause problems during pregnancy or make it difficult for a woman to become pregnant.

Weight gain occurs when people eat too much food and get too little physical activity. Restaurants, snack shops, and vending machines provide food that is often higher in calories, fats, and sugars than food made at home. It is often easier and cheaper to get less healthy foods and beverages. Food high in sugar, fat, and salt are highly advertised and marketed.

The government's new food icon, My Plate, serves as a reminder to help consumers make healthier food choices. 2010 Dietary Guidelines for Americans prompted the promotion of "My Plate" in June 2011. The ChooseMyPlate.gov website provides information on balancing calories, looking at foods to increase in your diet and foods to reduce. Interactive tools on the website will help you individualize an eating plan when you enter your age, height, and weight.

Contact your health care provider or dietician department of your local hospital if you need further assistance in weight loss and healthy eating.

(Information obtained from the CDC.gov and ChooseMyPlate.gov websites.)

In His Service,
Darlene Rueter, RN
St. Paul Parish Nursing

**Merry
Christmas**

Human Care

Human care for area residents is provided by:

ST. ANTHONY HOME HEALTH AGENCY
318 S. Maple St., Suite 3, Carroll, Iowa 51401
Phone: 712-794-5279 or 1-800-684-3020

Email address: stanthonyhospital.org

Hours: 8:00 a.m.—4:30 p.m., Monday—Friday
Nurses on call 24 hours, 7 days a week

Services Provided:

- Skilled nursing & home care aides services
- Physical therapy, speech pathology, occupational therapy
- Home infusion therapy
- Public Health
- Hospice
- Private duty
- Resource management information & referral service for Seniors
- Medicare Certified—"People caring for people in the comfort of their homes"
- Home & Community based waiver:
 - Ill & Handicapped Waiver
 - AIDS Waiver
 - Frail & Elderly Waiver
 - MR Waiver



Mission in Mercy Outpost

225 4th Street (Thomas Plaza)

Carroll, IA

Phone: 775-2262

Daytime/Walk-in Hours of Operation:

Mon –Thu, 10 am – 1 pm

Scheduled Activities:

Sundays: Prayer Service – 1145 am

Mondays: AA meeting – 530 pm

Tuesdays:

Wednesdays: Bible Study – 4:30 pm

AA meeting – 530 pm

Thursdays: Alanon meeting – 530 pm

Fridays: AA meeting (Women) – 8 am

Saturdays: AA meeting – 1030 am

NA meeting – 12 pm

Ready, Set, Recycle!"

The Lutheran Women's Missionary League (LWML) of Iowa will host the 2015 National Convention in Des Moines! You can help our Guild earn funds to cover expenses by being a part of our "Ready, Set, Recycle" campaign. Bring the following recyclable items to church and place them in the box in the cloakroom off the Narthex or call Barb Brockelsby at 790-9592:

- Empty inkjet printer cartridges
- Empty laser printer cartridges
- Used cell phones
- Laptops, including power cords
- Palm Pilots (PDAs)

Please leave in original boxes if possible or place in plastic zip-lock bags. Thank you for your help.

Unacceptable items: Toner tubes/cartridges, Epson printer cartridges, Cannon BCI cartridges, Remanufactured cartridges, refilled cartridges or new unopened cartridges. Any cartridge that DOES NOT have a metal print head is unacceptable.

Circle Dates—

Lydia: Tuesday, Dec. 13, 7:00 p.m.
Fellowship Hall, No Hostess;
 Sharon von Qualen, topic

Rachel: Wednesday, Dec. 14, 1:30 p.m.,
 Fellowship Hall, No Hostess;
 Pastor, topic



Gifts of the Heart donations are being accepted by the Guild through December. The 2011 projects are: **Little Lamb Preschool; our seminary students, Adam Onken and Drew Bayless; and Lutheran World Relief.** Our goal is \$1500. Donations may be placed in the offering plate marked for "Gifts of the Heart" or in the Guild drawer across from the church office. See the complete article on page 2 of this Newsletter for more information. Thank you for your generosity.





LUTHERANS FOR LIFE

I Will Take your Sin

by Linda D. Bartlett www.word-of-hope.org

Abby Johnson left her position as a director of a Planned Parenthood clinic in Texas because she couldn't hurt women anymore. She has documented many of her experiences in the abortion industry. Recently, Abby shared a story every Christian needs to hear. A woman, visibly upset, walked into the clinic. Abby counseled her. Then suggested she go home to think about her decision. "She was insistent," Abby remembers. "This abortion must happen today." She asked if Abby would hold her hand during the procedure.

Sedation was given, but the woman "cried even harder." She "was shaking" when the abortionist walked in the room. "He did something," Abby said, "that left me speechless." The doctor walked over to the woman and took her hand. Abby recounts the conversation that followed.

"Why the tears?" he asked. "I just feel really guilty about doing this," the woman responded. He asked her why she felt guilty. She said, "Because I just know this is a sin." He paused for a minute and looked at her. He smiled and said, "No. It is not your sin. It is mine. I will take on your sin. I commit the sin. Not you."

Her crying stopped. "It was bizarre," remembers Abby. "Did he really think he was committing a sin? How could he do it if he really thought that? Did he think he was taking on the sins of these women by helping them obtain abortions? What a heavy burden to bear. It was hard for me to process—it still is."

Abby carried her own burden while working at Planned Parenthood. She remembers thinking that "if I died while I worked there, I would probably go to hell ... I was so unsure of who God was or what His 'will' actually meant... I was completely misdirected."

As compassionate as the abortionist in Abby's story sounds, he, too, was misdirected. None of us can be a scapegoat for another's sin. No other person can be a scapegoat for our sin. There is only one Scapegoat. He is Jesus Christ. Abby needed Jesus Christ. She is the mother of two aborted children. Her abortionist was guilty, but so was she. Abby has repented. She laid her sins at the foot of the Savior's Cross. But, what about the Church? Some Christians, observes Abby, say, "Shame on the abortionist." Others say, "Shame on the women who have

abortions." But, "you know what? Shame on us!"

I remember when I first became involved in Lutherans For Life. I read about Dr. Bernard Nathanson who co-founded the National Abortion Rights Action League (NARAL). He explained how important it was for Christian churches to stay silent on the issue of abortion. On the speaking trail, I remember how often I heard Lutheran parents, grandparents, and congregational leaders defend abortion. At last count, 25 of my friends, relatives or acquaintances have shared their abortion decisions with me. All are Christian. Many attend regular Bible study or sing in the choir. Some are wives of pastors.

Abby says, "Shame on us." I guess I've been saying something similar for many years. Lutheran women's groups serve in countless mission fields, but forget the mission field of mothers who aborted their children. Congregations offer every possible support group from drug abuse to divorce; from weight loss to grief counseling. But the grief suffered after abortion—by the one who performed the procedure and the one who chose the procedure—is ignored. The Church is silent. In our minds, we justify. Rationalize. Excuse.

Satan wants us to remain silent. "It's none of your business," he whispers. "Besides, does God really say that abortion is so wrong—considering the circumstances?" But Jesus stands with His arms outstretched to block the way. "Don't do this thing and sin against God!" After the abortion, He remains close to both the abortionist and the mother who aborted her child. His arms are open and welcoming. "Come to Me and I will forgive the guilt of your sin." Jesus Christ invites—compels—His Church to do the same. He wants us to speak up. Warn. If the deed is already done, He compels us to speak again. Expose sin. Help the sinner to confess and then approach His throne of mercy and grace. To do nothing—to remain silent—is to participate in deception. Share the sin. Perpetuate the horror.

When I am restless, anxious, and burdened by guilt, I must look to no one but Christ. My doctor, pastor, or husband cannot take on my sin. But, "I will take your sin," says Jesus. No matter what we have done (or failed to do); no matter if we've chosen, performed, or defended an abortion, we need to acknowledge our sin. **"The sacrifices of God are a broken spirit; a broken and contrite heart,**

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Lutherans For Life continued from page 6

“O God, You will not despise” (Psalm 51:17). With His forgiveness, Christ sets us free to move outward into the lives of others—with hope.

Grace Kern, director of Word of Hope, visits daily with women who've been held prisoner to lies and excuses. Grace does not take on the sins of these women, but she tells them of Jesus who took on the sins of the world. Throughout the year, I meet with women in the church who have been held prisoner to lies and excuses. I do not take on the sins of these women, but tell them of Jesus who sacrificed—once and for all.

“Bring me out of prison, that I may give thanks to your name!” (Psalm 142:7)

For more information about Word of Hope or its mentoring ministry, Titus 2 for Life, please call Grace Kern at 888.217.8679 or Linda at 641.648.3785.



Member Addresses Unknown: We once again ask for your help in obtaining current addresses for:

Jamie Brockman & Kizer	Matt Johnson
Jeff & Kim Charlton	Shirley Johnson
& Lindsay Brockman	Jason Kroeger
Stephanie Hansen	Sarah Taylor
Kim Collum	

If your son or daughter is 25 years old or older, please make sure we have their current address. According to the By-laws of the Constitution of St. Paul Lutheran Church, if we are unable to obtain a current address for a member, we may, after a period of one year, remove them from membership by action of the Voters Assembly. Therefore, it is very important that we are able to keep in contact with our members who live away, encouraging them to find a church home in their area. Not having a current address on the church rolls could lead to removal from membership. This also applies to members who live in the Carroll area but who do not keep us updated with changes of address. With cell phones it is not as easy to just look them up in the phone book. Please help us keep our records up to date.

Notes & News

Advent Calendars are available on the display cabinet in the Church Narthex or contact the church office.



Men's Breakfast Table Talk will be Saturday, December 10, at 8:30 a.m. Come for a free breakfast and good fellowship. We are watching a video on the authenticity of the Bible with Paul Maier and other experts. We are done by 10:00 a.m.



2012 Calendars: The Youth are selling 2012 calendars for \$10 each in the Church Narthex.



From the Finance Board: All contributions received after New Year's Eve, December 31, 2011, will be credited to your 2012 contributions. 2012 Offering Envelopes are or will be in your church mailboxes soon.

Hat & Mitten Tree

The Human Care Board will again be collecting gloves, mittens, scarfs, and hats for Community of Concern Christmas gift packages for local residents. Donated items will be collected until mid-December. Items can be left on the “mitten tree” in the Narthex.

LABELS FOR SCHOOL

The Carroll Community School District wants to thank you for your support in collecting **Campbell Soup labels, Boxtops for Education, Tyson labels, and Nestle Water Bottle Labels.**

A box is in the Narthex for the labels. Thank you for your support of CCSD.

Camp Okobojo 2011 Schedule



Dec. 2-4—Family Adventure

Dec. 30-Jan. 1—FREEZE

Go to www.campokobojo.org or call 712.337.3325 for more information on all of the above events at Camp Okobojo, 1531 Edgewood Drive, Milford, IA

Worship Assistants for December

LECTORS: (Sunday Only)

Dec. 4	Pastor
Dec. 11	Reese Abbe
Dec. 18	Pastor
Dec. 25	Pastor

GREETERS:

Dec. 3	Amos Asmus
Dec. 4	Jerry & Karen Raymond
Dec. 10	John & Donna Spaen
Dec. 11	Jay & Julie Barlow
Dec. 17	Doug & Gaye Beckman
Dec. 18	Zach Hayden
Dec. 24	5:00 p.m. (Volunteer needed)
	10:00 p.m. (Volunteer needed)
Dec. 25	10 a.m. (Volunteer needed)
Dec. 31	5:00 p.m. (Volunteer needed)
Jan. 1	9:00 a.m. (Volunteer needed)

Please note: Volunteer Greeters are needed for Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day worship services. Please contact Donna at 792-4354

ELDERS:

Nov. 30—Advent 7:00—Larry Bayless
Dec. 3 & 4—Mike Janssen
Dec. 7—Advent 7:00—Larry Bayless
Dec. 10/11—Tracy Onken
Rest of December to be determined.

ACOLYTES

Dec. 4	Peyton Raymond
Dec. 11	Miles Millard
Dec. 18	(None)
Dec. 25	Sarah Riesberg

SATURDAY USHERS

(from last year's list)
Doug Beckman
Bonnie Dryden
John Spaen

SUNDAY USHERS

(from last year's list)
(None)

5-8 GRADE USHERS

Dec. 4	Somer Sinnard
Dec. 11	Maddie Schroeder
Dec. 18	(None)
Dec. 25	Justin Thooft

ALTAR GUILD

Shari Toft, chairperson
Carolyn Dammann
Cindy Erickson
Marilyn Ruchti
Connie Boeing



Beta Sigma Psi, the only Lutheran fraternity and one of few Christ based organizations at Iowa State University helps students grow their faith during college in many ways: 1) Close connection with Memorial Lutheran and University Lutheran Churches, 2) Bible studies and prayer breakfasts, 3) Service opportunities: teaching Sunday school, helping elderly in the Ames area, mission trips even as far as Africa, 4) a close-knit band of Christian brothers who offer help, support and aid academically, emotionally, physically or spiritually when needed.

The Alumni of Beta Sigma Psi offers **3 \$1500 Scholarships** to freshmen men attending ISU in the Fall 2012 through the **Darryl Jahn Memorial Scholarship**. Visit <http://epsilon.betasigmapsi.org/recruits/scholarship.php> to apply online. For questions contact Beta Sigma Psi at betasigscholarship@iastate.edu or call 515.259.0302.

THE LUTHERAN HOUR

The Lutheran Hour may be heard on Sundays on the following radio stations in our area:

KAYL, 990 AM, Storm Lake, 10 am
KDSN, 107.1 FM, Denison, 6:30 am
KDSN, 1530 AM, Denison, 10:30 am

Also available 24 hours/day on the Internet
@ www.lutheranhour.org Speaker: Rev. Gregory Seltz

Dec. 4—*What Kind of People Should We Be?*

This world is passing away. It is faith in Christ alone that saves, not faith in man-made works, policies or programs. As we wait for Christ to return, what kind of people should we be? (2 Peter 3:1-13)

Dec. 12—*Waiting for Jesus; Living Relentless Lives of Grace!*

Grace is relentless, always there, forgiving, encouraging, and empowering our lives in Him. (1 Thessalonians 5:16-24)

Dec. 18—*Ordinary? No, Extraordinary!*

God's gift of a Savior, ordinary lives take on extraordinary significance. (Luke 1:26-38)

Dec. 25—*Something to Ponder*

The very first Christmas greeting was: "...unto you has been born this day...a Savior, Who is Christ the Lord." That's still something for us to ponder. (Luke 2:16-19)