

## Pastors Page

Recently, the people of St. Paul voted to call me as their pastor. I felt and still feel incredibly blessed and humbled. Immediately this was followed by questions like “What do I do now?” Before you “called” me I felt stressed not knowing if you were going to “call” me, and then I was stressed that you had called me. I wondered to myself do I like feeling stressed? Which may sound silly and strange, but I remember as a youth, I did like feeling the pressure of needing to get an assignment finished. It gave me the extra motivation and impetus that I was sometimes otherwise lacking.

I don't like feeling stressed any more. I find myself wanting to soothe my stress through eating or relaxing in the sun. Neither of which solves the stress, only postpones it for a time. I want to run away from my stress, hide from it, or ignore it, because it is distracting to me. Stress reminds me that it is present, removing my focus from what needs to be done. Stress often accompanies worrying about things I have little control over. Maybe you can relate?

I am confident I am “called” to be at St. Paul, but sometimes my confidence in God and in the everyday wanes at times. Should a pastor admit the ebbs and flows of his faith? I don't know, but it is true. I am human and suffer from some of the challenges that others suffer from. I think about church relationships, individuals' challenges, their needs hopes and desires, and more... and it can become stress filled very quickly.

Over the past weeks, Denise and I have been focused on finding a new house. Then the negotiations, three weeks of back and forth. That said, we have purchased a house and close on it the middle of September. Denise and I have been considering what this means; change in job(s), location, insurance, moving animals and furniture. You know the story. Life can be stressful. It can be brought on by medical situations, change in family dynamics, emergencies, deaths, births and more. All you have to do is turn on the television if you're not feeling stressed. There is a lot of crazy happening and it is easy to get swallowed up in the chaos.

So, I try and remember to go to God in uncomfortable times. I assume you do as well. Last week, in my being distracted by the “what ifs” of life that cause my heart to beat faster and harder, God whispers “I got this.” When I heard that still small voice say, “I got this,” all my angst and all my worry immediately turned to excitement.

Excitement about what God is going to do with St. Paul. Excitement about how I might be used in God's master plan. Excitement and not worry about the future and energy to put forth in accomplishing God's will. I know St. Paul is a committed community of believers who have a history of caring for the people of Castle Rock. I was blessed to experience your service through this summer. I know that this is part of your DNA, and you are firmly grounded in discovering how you might lift others up.

Today, as you read this letter, you may be going through one of life's distracting and stressful challenges. I encourage you to center your energies on Jesus and know that God has “got this.”

Thank you for the opportunity to serve our community. We are all in this together. ...with GOD! -PN

## **Parish Nurse**

### **What is this CBD Oil all about?**

It seems lately this subject of using CBD oil is quite the rage. CBD oil is extracted from the marijuana plant (or cannabis), and the THC (tetrahydrocannabio) is also removed. The THC is the main psychoactive found in cannabis, the one associated with the “high” of marijuana. After the CBD oil is extracted it is diluted with a carrier oil like coconut or hemp seed oil.

The CBD oil makes an appealing option for pain relief and other symptoms without the “high” effect.

The investigation from the CDC (Centers for Disease Control) highlights the hazard of consuming unregulated products such as CBD oil.

As with any products over the counter, you will need to discuss with your Primary Care Provider.

To Your Health,  
K.C. Babcock, R.N.

## **Kid Summer Meals**

The Kids Meals program was very successful this summer. A total of 2,156 meals were served in the 9½ weeks the program ran. (an average of 47 a day) 92 milk coupons were distributed.

Thank you to the following Castle Rock churches: C.R. Christian, St. Mary’s Catholic, Apostolic Lutheran, Church of Jesus Christ of Latter Day Saints, First Baptist, United Methodist, and for the wonderful volunteers (27 in all!) from St. Paul who helped the four weeks we were responsible for.

## **Kids Clothes Closet**

The annual distribution was held Friday, August 23<sup>rd</sup>. 54 families attended, and 141 students received gift cards for shoes and jeans (if needed), packages of new socks and underwear, and picked 2 outfits to start the school year with.

Thank you to the 25 volunteers who worked to make the day a success and to all who donated monetary funds and/or clothing to KCC. Special thanks to Tiffany and Nicole Seidl, Dayne Johnston, Bob Ross, Carol Adams, and Anita Gallow.

## Vacation Bible School

“Friends Around the World” was the theme for the week we joined with C.R. Methodist Church - July 29<sup>th</sup> through August 2<sup>nd</sup>. A total of 12 kids participated.

Thank you to all the volunteers who helped throughout the week, and those who brought juice and cookies for snacks, as well as serving them lunch. A special thank you to Leann Beal for coordinating the program.

### Thank You to:

- Jim & Dayne Johnston for donating the refurbished computer for the sanctuary.
- David Whittaker for replacing the hinge on the main door.
- Cheryl Borgaard for playing organ during the interim period.
- Jim Johnston for help with the web page.
- Clarence Knutson for dishing ice cream at the social on July 28<sup>th</sup>.
- The members of the prayer team, who faithfully avail themselves during worship each Sunday to pray with any who desire.
- Clarence Knutson for coordinating the Kids Meals this summer.
- Roxanne for her coordinating work with KCC.
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## Congregational Meetings

Two special congregational meetings were held Sun, Aug. 4<sup>th</sup>. Below are the results:

**Meeting #1** (two items of business) **Vote to call Pastor Norm Arnold as pastor** - 55 yes, 2 no, 2 abstain;  
**Vote to approve the compensation package for Pastor Norm** - 55 yes, 3 no, 0 abstain.

**Meeting #2** - Vote to hire a part-time youth director - 53 yes, 3 no, 1 abstain.

Currently we are advertising for a part-time youth director (5 hours a week), who would work with our 6th-12th graders.

## From Our Congregational President

*Brothers and Sisters in Christ,*

*We have passed through a season of transition with the August 4 decision to call Pastor Norm as our permanent pastor. **Welcome, Pastor Norm. You are a blessing in many ways!***

*Please mark your calendar for the celebration of his installation on October 20. (This will be a potluck salad luncheon)*

*Also, as we move into Fall, we are facing a season of lots of opportunities and activities; please check them out and participate in one or more. To God be the glory!*

*Like the words we sing with our praise team, **“God’s gonna move this place!”***

Warmly,

Sandy Catt

## New Members

On Sun., August 4<sup>th</sup> we welcomed seven new members to St. Paul. They are: Larry and Kathleen Duysen, Neil, Amy, and Emma Agren, Teresa Bryan, and Jocelyn Pecher.

If you are considering making St. Paul your church home, please contact Pastor Norm.

## Fall Educational Opportunities

- **Word Encounters Text Study** continues each week on Fridays from 9:30 - 11 a.m.
- **Women's Bible Study** will begin Wed evening, Sept. 4<sup>th</sup> at 6:30 p.m. and will continue with the Acts study by John MacArthur.
- **Youth Group for 4<sup>th</sup> - 12<sup>th</sup> Grade** starts up on Wed., Sept. 11 at 6:30 p.m. Until a youth director is hired, Jenn Lux will teach the 4<sup>th</sup> - 7<sup>th</sup> graders; Elena Ross will teach the 8<sup>th</sup> - 12<sup>th</sup> graders.
- **Adult Bible Study** begins Wed. evenings at 6:30 p.m. on Sept. 18<sup>th</sup>. We will continue the study in the Book of Acts with discussion of chapters 15-18.
- **Sunday School** for ages 4-12 will begin Sun., Sept. 22 at 9:15 a.m. Curriculum is provided but teachers/helpers are needed.
- **Adult Book Study** on Sept. 22 at 9:15 a.m. *The Ragamuffin Gospel* is the first book we will explore. Sign-up is required so we know how many books to order.
- **Prayer Hour** every Thursday from 7-8 a.m. will begin October 3<sup>rd</sup>.

## Media Evangelism

We're still looking... Are you tech savvy and willing to share your talent with St. Paul? We need someone to manage our Facebook page and keep it up to date.

## Vacation

Pastor Norm will be on vacation from Wed., Sept. 4 and be back in the church office on Wed., Sept. 18. Rev. Linda Smith will be back to lead worship the two Sunday's he's away - the 8<sup>th</sup> and 15<sup>th</sup>.

## Family Promise

St. Paul will be hosting families the week of September 15-21 and again October 27 - Nov. 3<sup>rd</sup> through the *Family Promise* Program.

More details will come in the November/December newsletter. If you are wanting to be a part of this ministry, see Glen Agren or K.C. Babcock for more information.

## **Grief Support Group**

Anyone who has experienced the loss of someone close, no matter how long it has been, GriefShare offers a series of classes to help you work through this grief and loss.

GriefShare is a support group to help and encourage anyone after knowing loss. The facilitators are Jim and Kathy Gray, sessions are held at Valley Christian Fellowship in Longview, and are open to all. Questions? Call them at 253-905-5336.

Pamphlets and flyers are available here at church, if you would like more information.

## **Walden Island Tea/Beef and Brew**

I want to thank all of you for the support of our recent Walden Island event. Without your support we would not have raised \$12,000 to donate to the Kids Clothes Closet and Community House. Especially I want to thank Corlan Small, Becky Davis Dahlman and the dishwashers, Earl Small, Neil Agren, and Pastor Norm.

Thanks be to God, K.C. Babcock

## **Members & Friends**

Please remember these people with your prayers, phone calls, visits or cards:

### **All God's people including:**

Al Black, Bob Bruner, Beth Hinesley, Crystal Hummel, Angie Boudier, Angie Manfredi, Jean Jones, Eric Smith, Darlene Jackson, Don Miller, Katie Frei, Mary Mage, Peggy Droz, Lisa Hill, Gayle Agren, Dale & Glee Ann Erdelbrock, Stephanie Petkovich, DeLores Gillan, Barb Lane, David Browning, Carolyn Kennington, Steve Babcock, Jessica Learned, Kenda Zandi, Michelle Oswald, Beth Coleman, Sondra Hurley

### **All Caregivers and Care receivers:**

Joyce LeMonds, Palma Jensen, Corrinne Kuehner, Vi Benham, Granville Oswald

### **Those serving in the Armed Forces:**

Hunter Whitten, Sam Gallow, Tyler Kleine, Matthew Cogburn, Eddie Oswald

## **Monthly Financial Report**

**Figures are regarding the General Fund:**

Total Giving:

**July: \$10,648.00**

**August: \$10,710.00**

**The deficit in the General Fund as of July 31<sup>st</sup> is \$2166.36**

Approximately \$14,000 is needed each month to cover expenses.

**Thank you for your faithfulness!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2019</h1>						
1 10:30 a.m. Worship 6 p.m. Contemporary Praise Worship Service	2 <b>OFFICE CLOSED</b> 	3	4 6:30 p.m. Women's Bible Study (Acts) (Pr. Normon vacation)	5 8 a.m. TCPS (Pr. Normon vacation)	6 9:30 a.m. Text Study (Pr. Normon vacation)	7 (Pr. Normon vacation)
8 10:30 a.m. Worship (Pr. Linda Smith here) 6:30 p.m. Men's Night  (Pr. Normon vacation)	9 <b>OFFICE CLOSED</b> (Pr. Normon vacation)	10 (Pr. Normon vacation)	11 6:30 p.m. Women's Bible Study 6:30 p.m. Youth Group (Pr. Normon vacation)	12 8 a.m. TCPS 5:30 p.m. Worship Com 7 p.m. Council Meeting (Pr. Normon vacation)	13 9:30 a.m. Text Study (Pr. Normon vacation)	14 (Pr. Normon vacation)
15 10:30 a.m. Worship (Pr. Linda Smith here)  (Pr. Normon vacation) <b>Host Family Promise</b>	16 <b>OFFICE CLOSED</b> (Pr. Normon vacation) <b>Host Family Promise</b>	17 (Pr. Normon vacation) <b>Host Family Promise</b>	18 6:30 p.m. Women's Bible Study/6:30 p.m. Adult Bible St. (Acts) 6:30 p.m. Youth Group <b>Host Family Promise</b>	19 8 a.m. TCPS <b>Host Family Promise</b>	20 9:30 a.m. Text Study <b>Host Family Promise</b>	21 Community BBQ honoring First Responders 2-5 p.m. <b>Host Family Promise</b>
22 9:15 a.m. Sunday School begins and Adult Study 10:30 a.m. Worship	23 <b>OFFICE CLOSED</b>	24	25 6:30 p.m. Women's Bible Study/6:30 p.m. Adult Bible St. (Acts) 6:30 p.m. Youth Group	26 8 a.m. TCPS	27 9:30 a.m. Text Study	28
29 9:15 a.m. Sunday School & Adult Study 10:30 a.m. Worship	30 <b>OFFICE CLOSED</b>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2019</h1> 						
		1	2 6:30 p.m Adult Bible Study/6:30 p.m Women's Bible Study 6:30 p.m Youth Group	3 7-8 a.m Prayer Hour 8 a.m TCPS	4 9:30 a.m Text Study  Imagine Team Retreat	5  Imagine Team Retreat
6 9:15 a.m Sunday School & Adult Study 10:30 a.m Worship 6 p.m Contemporary Praise Worship	7 <b>OFFICE CLOSED</b>	8	9 6:30 p.m Adult Bible Study/6:30 p.m Women's Bible Study 6:30 p.m Youth Group	10 7-8 a.m Prayer Hour 8 a.m TCPS 5:30 p.m Worship Com 7 p.m Council Meeting	11 9:30 a.m Text Study	12
13 9:15 a.m Sunday School & Adult Study 10:30 a.m Worship 6:30 p.m Men's Night	14 <b>OFFICE CLOSED</b>	15	16 6:30 p.m Adult Bible Study/6:30 p.m Women's Bible Study 6:30 p.m Youth Group	17 7-8 a.m Prayer Hour 8 a.m TCPS	18 9:30 a.m Text Study	19
20 9:15 a.m SS & Adult Study/10:30 a.m Worship with Pastor Norm Installation (potluck reception after)	21 <b>OFFICE CLOSED</b>	22	23 6:30 p.m Adult Bible Study/6:30 p.m Women's Bible Study 6:30 p.m Youth Group	24 7-8 a.m Prayer Hour 8 a.m TCPS	25 9:30 a.m Text Study	26
27 9:15 a.m Sunday School & Adult Study 10:30 a.m Worship  <b>Host Family Promise</b>	28 <b>OFFICE CLOSED</b>  <b>Host Family Promise</b>	29  <b>Host Family Promise</b>	30 6:30 p.m Adult Bible Study/6:30 p.m Women's Bible Study 6:30 p.m Youth Group <b>Host Family Promise</b>	31 7-8 a.m Prayer Hour 8 a.m TCPS <b>Host Family Promise</b>	Nbv.1  <b>Host Family Promise</b>	Nbv.2 <b>DST ENDS</b> - (Set clocks back one hour before bed tonight) <b>Host Family Promise</b>

**COMMUNITY BBQ**  
**HONORING OUR FIRST RESPONDERS**  
*Come One - Come All!*

Join us on Saturday, September 21<sup>st</sup> from 2-5 p.m. for a FREE event for the community.

There will be plenty of free food, games for the kids, live music, and drawings for items given by our local Castle Rock businesses.

Personally thank those members of our police, sheriff, fire, and ems departments.

All of this is provided by the following churches/volunteers:  
C.R. First Baptist, C.R. Christian Church, C.R. United Methodist Church  
and St. Paul Lutheran  
(It will take place in the street in front of St. Paul)



## **September Birthdays**

- 3 Tyler Adams
- 4 Kevin Rahn
- 6 Pr. Sue Wanwig
- 7 Joseph Hummel
- 10 Cody Lux
- 11 K.C. Babcock  
Austin Ogden
- 12 William Schaafsma
- 14 Mikel Skreen  
Cara Kittelson
- 15 Larissa Moore
- 17 Gretchen Schwinn  
Easton Ashby
- 18 Darcy Davidson
- 19 Geri Skreen  
Darren Ashby  
Helga Prim
- 21 Diana Rahn
- 25 Dayne Johnston
- 28 Steve Foster
- 29 Pr. Carol Kyllingstad

## **October Birthdays**

- 3 Shirley Cooper
- 4 Dave Foster  
Anita Gallow
- 6 Tim Ogden
- 7 Vicki Masten
- 8 Garrett Ashby  
Ron Blankenship
- 10 Dan Shero
- 13 Earl Small  
Matt Ray
- 16 Lori Jacques  
Molly Franklin
- 17 Becky Dahlman  
Pr. Holger Holtz  
Emma Agren
- 18 David Wood
- 19 Julie Davidson
- 21 Mali Skreen

- Nancy Vandehey
- 22 Hadley Bryan
- 24 Peggy Droz
- 25 Ken Solberg  
Blake Davie
- 26 Reed Ness  
Courtney Welty  
Sarah Corral
- 27 Brian Masten  
Mona Bryant
- 28 Dave Small
- 30 Brent Davie
- 31 Sarah Bryan

### **September Anniversaries**

- 6 Brad & Stephanie Ness
- 8 Tom & Anna Cunningham - 57 years  
Brent & Cassie Davie
- 9 Ed & Lorraine Berndt - 68 years
- 10 Al Black & Betty Light  
Bill & Marlene White - 64 years
- 20 Robert & Sandi Nolden
- 30 Steve & K.C. Babcock

### **October Anniversaries**

- 2 Bill & Renee Nikolaus
- 5 Penny & Larry Hensley
- 7 Nate & Josie Swim - 15 years
- 12 George & Phyllis Ogden
- 15 Janet & Mark Eiden
- 17 Marvin & Marsha Gallow
- 20 Kevin & Diana Rahn - 40 years
- 24 Jim & Dayne Johnston

## **Attention All Men!**

The monthly Men's Night will resume Sun., September 8<sup>th</sup> at 6:30 p.m. The focus is a devotional time, along with card playing, snacks, and fellowship.

## **Congratulations**

Claire Catt and her husband Colin Siemienczuk welcomed daughter Cedar Lynn Siemienczuk at her birth July 17. Cedar joins brother Axel and sister Karley. Grandparents are Sandy Catt and Bary Bruner. Great grandparents are Darlene and Lewis Jackson and Arthur Catt.

Brooks Kenneth Myers was born July 9 to Lucas and Rachel Myers. Noah and Ava are his proud older brother and sister. Grandparents are Kevin and Diana Rahn.

Jacob Rahn and Jessica Lair were married on July 20, 2019. Pastor Ross officiated at the outdoor ceremony.