



# St. Paul's Epistle

February 5, 2023

*Note From The Pastor*



Ash Wednesday and a Colonoscopy

What in the world is he talking about? Ash Wednesday is about "We are dust and to dust we shall return". A colonoscopy is well...

Ash Wednesday reminds us that we are sinners and will always be and a colonoscopy is a procedure to make sure you don't get colon cancer.

Ok, we're getting closer now. Colon cancer can lead to death and Ash Wednesday reminds us that we are mortal and will die someday.

Some people will fast for Ash Wednesday and during the Lenten season, perhaps giving something up.

The process leading up to the colonoscopy is about fasting and cleansing the body of all impurities so the doctor can get a better picture of your health.

I bring this up because I'm scheduled for my routine colonoscopy the day after Ash Wednesday. So, if I look really hungry during the service there's a reason.

Ash Wednesday is a reminder of who we are. Sinners who are cleansed by Jesus' blood on the cross. We don't need a procedure to figure out that we will always fall short of perfection on this earth. (con't)

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## **Important Phone Numbers**

Pastor Hartmann (Cell) 912-713-7145

Donald Martin (Cell) 912-659-8157

Like us on Facebook... Search "Saint Paul's Evangelical Lutheran Church"

Email: [saintpauls@bellsouth.net](mailto:saintpauls@bellsouth.net) Instagram: @StPaulsLutheran

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## **Pastor con't,**

In some form we will sin every day. It might be thinking about something, saying something, or actually doing something that doesn't show love.

My health insurance company has been hounding me for years to get my colonoscopy so I got the date. To my surprise it was the day after Ash Wednesday.

Same doctor who performed the procedure over ten years ago for me, so at least there's that.

When those ashes touch our foreheads with the sign of the cross it's a reminder of our relationship with God. The same God who created us, saved us and reminds us of who we are, where we came from and where we will all be someday. pjh

## **Upcoming events:**

**Ash Wednesday, February 22: 11am and 6:30pm Services**

Lenten Bible studies on Wednesday during Lent at 10am.

Day time only Lenten Services at 11:15am in the Chapel.

COME  
TO ME

**ALL WHO LABOR  
AND ARE  
HEAVY LADEN,**

AND I WILL  
GIVE YOU  
REST.



*Matthew 11:28*



# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Articles for the Epistle must be in the Church Office to make the mail-out.</p>	<p><b>HAPPY BIRTHDAY!</b></p> <p>Rita Monson 2/03            Betty Sheppard 2/12            Terry Sheldahl 2/14            Dale Ienuso 2/17            Nancy Clarke 2/23            Billy Conaway 2/23</p>		<p><b>1</b></p> <p>5:00 P Men's Rehearsal            6:00 P Choir            6:00 P Circle 19</p>	<p><b>2</b></p> <p>9:00A Work Crew            9:00A Craft Group</p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5 Epiphany 5</b></p> <p>8:30 A Holy Communion            9:45 A Sunday School            11:00 A Holy Communion            1:00 P Beauty &amp; the Bees            Free catered lunch</p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p> <p>5:00 P Men's Rehearsal            6:00 P Choir</p>	<p><b>9</b></p> <p>9:00A Work Crew            9:00A Craft Group</p>	<p><b>10</b></p> <p>11:00 A Etc/ Wayfareis</p>	<p><b>11</b></p>
<p><b>12 Epiphany 6</b></p> <p>8:30 A Holy Communion            9:45 A Sunday School            11:00 A Holy Communion</p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p> <p>5:00 P Men's Rehearsal            6:00 P Choir</p>	<p><b>16</b></p> <p>9:00A Work Crew            9:00A Craft Group            5:30P Exec.Comm.            6:00P Church Council</p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19 Transfiguration</b></p> <p>8:30 A Holy Communion            9:45 A Sunday School            11:00 A Holy Communion</p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22 Ash Wednesday</b></p> <p>11:00 A Service            6:30 P Service</p>	<p><b>23</b></p> <p>9:00A Work Crew            9:00A Craft Group</p>	<p><b>24</b></p> <p><b>* EPISTLE DEADLINE</b></p>	<p><b>25</b></p>
<p><b>26 Lent 1</b></p> <p>8:30 A Holy Communion            9:45 A Sunday School            11:00 A Holy Communion</p>	<p><b>27</b></p>	<p><b>28</b></p>				

## **February Altar Guild**

8:30 Natasha Smith  
11:00 Erin Foose/Lisa Neville

## **Communion Assistants**

8:30	11:00
Janet Gnann	Richard Wolf
Lee Smith	Toni Hadden

## **Lectors**

	8:30	11:00
Feb. 5	Kelley Cale	Scott Leary
Feb. 12	Betsy Martin	Robert Shuman
Feb. 19	Bill Wiggins	Matthew McClain
Feb. 22 Ash Wednesday		Dianne Fennell
Feb. 26	Kim Screen	Dave Fulton

## *Prayer Requests*

**Our Prayers are requested for:** Brett Allen, Betty Bacon, Kevin Boatright, Ronnie & Delores Boatright, Angie Briggs, Florence Brown, Jean Camp, Chuck Campbell, Jennifer & Rob Campbell, April Corey, Virginia Huber, Don Kennedy, Shirley Kennedy, John I. Lanier, Ann Lariscy, George Martin Sr., Joan Martin, Rita Monson, Leonora Reid, Kay Robb, Al Schunemann, Charlie Screen, Kay Sellman, Terry Sheldahl, Barbara & Tim Tyson, and Melissa Waller.

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## **Volunteers Needed**

**Altar Guild** - help set communion up before both services. If you are interested, please contact Becky Truluck at 912-655-6196.

**Lectors/Communion Assistants (8:30 or 11:00)** – anyone interested please contact Janet Gnann @ 912-656-5771

**Ushers (8:30 or 11:00)** – anyone interested please contact Ricky Neville @ (912)355-1601

**Acolytes & Crucifers (8:30 or 11:00)** – interested youth should contact Debra Barnard at 912-228-0200

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STATISTICSATTENDANCE

01/01/2022	10:00 A	32
01/08/2022	8:30 A	32
	11:00 A	39
01/15/2022	8:30 A	34
	11:00 A	45
01/22/2022	8:30 A	39
	11:00 A	46

STEWARDSHIPOFFERING

01/01/2022	Current	\$ 3,890.00
	Invest in St. Paul's	75.00
01/08/2022	Current	\$ 4,664.00
	Invest in St. Paul's	170.00
01/15/2022	Current	\$ 4,336.00
	Invest in St. Paul's	110.00
01/22/2022	Current	\$ 2,406.00
	Invest in St. Paul's	20.00

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