



Journeys

Journeys is a monthly publication of St. Paul Lutheran Church

Resurrection and Change

Change can be a difficult thing to deal with. As human beings we tend to not like uncertainty, it is easier on our brains for things to be predictable, unchanging. But often there is going to be change whether we like it or not. And if we look at it the story of Jesus is all about change! The story of the Bible is full of change, transformation, new life, new relationships, new ways of doing things, yet always based in the values of God's mercy and love. The Resurrection is all about change!

We find evidence for this in Scripture:

In the calling of Abram by God. He was called to leave his homeland to travel to an entirely new land, and he was eventually changed from Abram to become Abraham, the Father of many Nations.

In the Hebrew people being called out of 400 years of slavery in Egypt, going to the desert for 40 years where they experienced transformation and eventually became the people of God known as Israel after entering the Promised Land.

What about the world before and after the great Flood where Noah and

his family were saved and everything was wiped out. Afterwards God made a covenant, that all people were to act with basic decency toward their fellow humans and all of creation.

How about the change in the understanding of who the Church was supposed to be before and after Jesus, and before and after the arrival of God's

Spirit at Pentecost?

And then again after the destruction of the Temple in Jerusalem. The Church became a church welcoming all people including the Gentiles.

Jesus was even transformed in the resurrection, when he had a new spiritual body, which was glimpsed in the Transfiguration. The disciples were transformed from a lack of comprehension and courage, to willing

to preach the Gospel to everyone they met, sacrifice their lives for the sake of Jesus Christ.

And the final change in Revelation, when God will wipe away every tear from our eyes, where suffering and sorrow and pain will be no more, and there will be a new creation, a new heaven and earth.



Inside this issue:

Council Corner	2
New Book Study	2
Stewardship Update	3
Bingo Night	3
April Donations	4
WELCA	5
Stephen Ministry	6-8
Thank You	9
Health Ministry	10
Vision Statement	11
Prayer Concerns	14
Sponsors	15

Our Mission Statement

Striving to mirror Christ in word and action by reaching out to serve others!

**Misión de la Iglesia
Esforzándonos para reflejar a Cristo en palabra y acción
¡Para alcanzar y servir a la comunidad**

SEE PASTOR NATE (Continued on page 12)



COUNCIL CORNER

2024 Congregational Council:

President:
Tom Pankow

V. President:
Kathleen Preston

Secretary:
Sandy Johnson

Financial Officer:
TBA

Worship, Stewardship
& Evangelism Minister:
Debby Otto

Education, Family &
Fellowship Minister:
Greta Hobson

Property Minister:
Rick Stone

Lay Minister:
Mike Day

Community Minister:
Jacquie Nolan

Pastor Nate Allen

Council Corner

Greetings to fellow members of St. Paul,

At our last council meeting, your Council discussed the ongoing challenges associated with a volunteer organization. Our congregation has many opportunities for people to serve, but we struggle finding enough volunteers to meet our needs.

Churches are by their nature run by volunteers. As one author I read states "Getting more volunteers into your church is critical. Volunteer engagement is a driver of church growth rather than an outcome of church growth. Growing churches get people out of their seats and into the community to make a difference. A church with a vibrant volunteer culture not only operates more effectively, but also fosters a sense of community and belonging that is infec-

tious and naturally leads to invite opportunities."

St. Paul's mission statement "Striving to mirror Christ by reaching out to serve others" clearly defines our challenge. So how do we create a culture where volunteering is infectious? I believe it starts with embracing our identity as disciples of Christ and our unique role in the community. We need to grow in our role as disciples, be ready to offer our time and talents as opportunities arise and invite others to join our ministry.

In April, Pastor Nate and the Stewardship Committee will be conducting a new study series on Spiritual Discipleship. This is an opportunity for us to learn how to become true disciples of Christ. I pray that you will join us.

Tom Pankow

Becoming an Apprentice of Jesus

Especially in our culture today, saying we are Christians does not always mean we have become disciples. This Easter season is a great time to learn more about what it means to be a follower of Jesus Christ. We will spend seven weeks learning together, growing as apprentices of Jesus, through the biblical spiritual disciplines.

Join our Stewardship team Wednes-

days in April and May, 6:30-8 p.m. Starting April 10 and ending on May 22. Online and in-person options available.

Please contact Pastor Nate or the church office for more information to sign up. You can also sign up in the narthex at church!



Prayer Group

Come join the new St. Paul L.C. PRAYER GROUP meeting on the 2nd and 4th Friday each month at 9 a.m. in the downstairs classroom.

EVERYONE IS WELCOME!

Stewardship Update

Congregational giving in February was slightly below Budget, and considerably lower than last year.

Expenses for February were less than Budget last year.

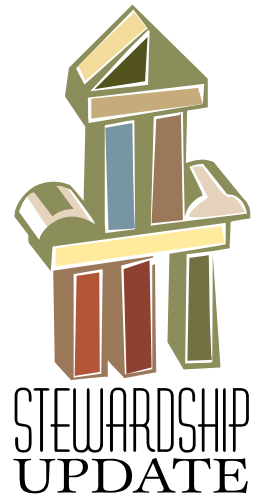
The lower Congregational giving caused a deficit in February, but that follows several months of very strong giving in the latter part of 2023.

	Feb. 2024	Feb. 2023	Total Year 2024	Total Year 2023
Congregation Offerings	\$ 23,891	\$ 28,628	\$ 50,576	\$ 69,006
Other Income (ETC, GVC)	\$ 8,761	\$ 4,547	\$ 13,399	\$ 8,885
Expense Offsets	\$ 548	\$ 25	\$ 673	\$ 275
TOTAL REVENUE	\$ 33,200	\$ 33,200	\$ 64,648	\$ 78,166
 TOTAL EXPENSES	 \$ 35,199	 \$ 37,307	 \$ 73,701	 \$ 74,450
 NET SURPLUS/(DEFICIT)	 \$ (1,999)	 \$ (4,107)	 \$ (9,053)	 \$ 3,716

Thank you for your continuing financial support of our ministry and mission.

Bill Jennings - Treasurer

***incl. ERTC in 2023*



BINGO Night

St. Paul is hosting our 3rd annual Bingo Night fundraiser on Friday, May 3, 2024, to support our youth outreach program. The event will be held in the fellowship hall at St. Paul L.C. Since their inception, our youth fundraiser events have raised over \$300,000 for our outreach programs. We offer many ways for our supporters to participate in this event:

- join us for dinner and play bingo,
- become an event sponsor where



you can advertise your business or organization for \$100, \$150, or \$300,

- donate items that can be used in the silent auction (contact Linda Kelton)
 - make a cash contribution to the event
- The proceeds from this fundraiser are used to support the youth of St. Paul Lutheran Church in their commitment to community outreach

SEE BINGO (Continued on page 11)

Journeys Newsletter and Compass Bulletin Deadlines

Articles for Journeys is by noon on the 15th of each month, Compass deadline is by noon on Monday for the following week's bulletin. Please e-mail your information to
Lori Seargeant at
stpaulfullerton@gmail.com

Journeys is now being printed professionally, saving St. Paul L.C. an estimated \$2500 a year in printing costs. We would like to thank our newsletter sponsors. Please show your support by giving them your business.

April Food Drive and Operation Christmas Child

Pathways Food

Cereal, Peanut butter, canned meat, and hygiene items

Cereal is a great choice. It can sit on the counter and never become bacterial

Peanut butter and jelly is always a must
And a food you can always trust... to be good

Canned meat

Always a treat....especially with a pop top

And Hygiene

Everyone wants to be clean

OCC

Paying cards, puzzles, small balls, craft items

Great choices for a shoe box that will be shipped across the sea

And if you don't want to buy them then just give the money to me

And Karen can use it for shopping and for shipping.

We also have LOVE FULLERTON on Saturday, April 20

There will be a sign up on the patio

We need every child, woman, mom, and daddio

To sign up

Gracias por su continuo apoyo

J Nolan

Community Minister



March for Babies

March for Babies will be held May 18 at Grand Park in Downtown LA at 8:30 am. This is a fundraiser to help find a way to end premature birth. March for Babies calls on people across the country to unite and join us to fundraise and make a huge difference for the health of all families. Christine Jennings Hottenstein will create a donation page which I can share with the church or people can write a check to March of Dimes and give it to me and I will get it to Christine. Last year Team Charlotte and Austin raised 2500 dollars. We would like to double that this year.

If you would like to walk, as well as donate let me know

J Nolan

Community Minister



WELCA Update

I don't know about you but I'm used to Easter being celebrated in April. With Easter celebrated in March this year, my April calendar is a bit more open and has fewer activities. While the calendar will fill up...it always does...it does leave more mental space to extend the Easter celebration by acknowledging and reflecting on God's abundant love and incomparable mercy. All that makes up Easter — Christ's life, His teachings, His trials, His crucifixion, His resurrection — has assured us a place in God's kingdom for eternity. Through faith and God's amazing grace and love, our future is secure. That is something to celebrate!

Part of celebrating God's grace and promise of eternal life is in living by Christ's examples. Christ taught us to love and serve others. WELCA's members excel in service and we're grateful for all of you who serve eagerly and repeatedly. WELCA circles provided Lenten dinners, nurtured their gardens so there would be flowers on this year's Easter cross, updated the quiet bags for our youngest wor-

shippers, took on service projects to benefit SPLC and community members and coordinated and arranged funeral receptions. What an amazing group of women we have in WELCA! Thank you all for the ways that your actions help others and glorify God.

If you're not a member of WELCA,

please consider joining us. You're encouraged to visit any and all of our Circles. Most meet monthly, please contact the following Circle leaders to confirm meeting dates and locations:

- Esther:** Diane Collins, 714-526-1000, diane@servpro-legal.com
Pam Montgomery, 714-526-6417, jjjmother@yahoo.com
- Elizabeth:** Joyce Wolf, 562-277-2137, joylaine22@yahoo.com
- Rahab:** Greta Hobson, 714-390-5762, greta.goellrich@gmail.com
- Sarah:** Sheila Richards, 714-745-5043, sherichards@aol.com

Thank you to all the WELCA circles who continually support ensure we have coffee on Sundays! Here's the coffee schedule:

- Apr— Rahab Circle
- May— Esther Circle
- June— Sarah Circle

Blessings,
Karen Allen

**Love one another,
for love comes
from God.**

1 John 4:7



This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.

1 John 4:9-11



**Women
of the
ELCA**

**April
2024**



STEPHEN MINISTRY PAGE

Currently we have 7
Stephen Ministers and
4 Leaders. Currently
Serving in 8 Caring
Relationships

Bear one another's
burdens, and in this
way you will fulfill
the law of Christ
Galatians 6:2

Effects Require Cause

An article in two parts, From Drummond's Addresses, by Henry Drummond, R.H. Woodward & Co., Baltimore Maryland, ©1892. I found this beautiful book in a used book store, and I have been studying with it for the past year. Let me share some excerpts with you here. – Sarah Tees

²⁸ *Come unto me, all ye that labour and are heavy laden, and I will give you rest.*

²⁹ *Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

³⁰ *For my yoke is easy, and my burden is light. —Matthew 11:28-30 KJV*

PART 2 OF 2

What is the connection, then? I answer by a further question. What are the chief causes of Unrest? If you know yourself, you will answer Pride, Selfishness, Ambition. As you look back upon the past years of your life, is it not true that its unhappiness has chiefly come from the succession of personal mortifications, and almost trivial disappointments which the intercourse of life has brought you? Great trials come at lengthened intervals, and we rise to breast them; but it is the petty friction of our every day life with one another, the jar of business or of work, the discord of the domestic circle, the collapse of our ambition, the crossing of our will or the taking down of our conceit, which make inward peace impossible. Wounded vanity, then, disappointed hopes, unsatisfied selfishness—these are the old, vulgar, universal sources of man's unrest.

Now it is obvious why Christ pointed out as the two chief objects for attainment the exact opposites of these. To Meekness and Lowliness these things simply do not exist. They cure unrest by making it impossible. These remedies do not trifle with surface symptoms; they strike at once at

removing causes. The ceaseless chagrin of a self-centered life can be removed at once by learning Meekness and Lowliness of heart. He who learns them is forever proof against it. He lives henceforth a charmed life. Christianity is a fine inoculation, a transfusion of healthy blood into an anemic or poisoned soul. No fever can attack a perfectly sound body; no fever of unrest can disturb a soul which has breathed the air or learned the ways of Christ. Men sigh for the wings of a dove that they may fly away and be at rest. But flying away will not help us. "The Kingdom of God is within you." We aspire to the top to look for Rest; it lies at the bottom. Water rests only when it gets to the lowest place. So do men. Hence, be lowly. The man who has no opinion of himself at all can never be hurt if others do not acknowledge him. Hence, be meek. He who is without expectation cannot fret if nothing comes to him. It is self-evident that these things are so. The lowly man and the meek man are really above all other men, above all other things. They dominate the world because they do not care for it. The miser does not possess gold, gold possesses him. But the meek possess it. "The meek," said Christ, "inherit the earth." They do not buy it; they do not conquer it; but they inherit it.

There are people who go about the world looking out for slights, and they are necessarily miserable, for they find them at every turn—especially the imaginary ones. One has the same pity for such men as for the very poor. They are morally illiterate. They have had no real education, for they have never learned how to live. Few men know how to live. We grow up at random, carrying into mature life the merely animal methods and motives which we had as little children. And it does not occur to us that all this must be changed; that much

SEE STEPHEN MINISTRY (Continued on page 7)

STEPHEN MINISTRY (Continued from page 6)

of it must be revised; that life is the finest of the Fine Arts; that it has to be learned with lifelong patience, and that the years of our pilgrimage are all too short to master it triumphantly.

Yet this is what Christianity is for— to teach men the Art of Life. And its whole curriculum lies in one word— “Learn of me.” Unlike most education, this is almost purely personal; it is not to be had from books or lectures or creeds or doctrines. It is a study from the life. Christ never said much in mere words about the Christian Graces. He lived them, He was them. Yet we do not merely copy Him. We learn His art by living with Him, like the old apprentices with their masters.

Now we understand it all? Christ’s invitation to the weary and heavy laden is a call to begin life over again upon a new principle— upon His own principle. “Watch my way of doing things,” He says. “Follow Me. Take life as I take it. Be meek and lowly and you will find Rest.”

I do not say, remember, that the Christian life to every man, or to any man, can be a bed of roses. No educational process can be this. And perhaps if some men knew how much was involved in the simple “learn” of Christ, they would not enter His school with so irresponsible a heart. For there is not only much to learn, but much to unlearn. Many men never go to the school at all till their disposition is already half ruined and character has taken on its fatal set. To learn arithmetic is difficult at fifty— much more to learn Christianity. To learn, simply what it is to be meek and lowly, in the case of one who has had no lessons in that in childhood, may cost him half of what he values most on earth. Do we realize, for instance, that the way of teaching humility is generally by humiliation. There is probably no other school for it. When a man enters himself as a pupil in such a school, it means a very

great thing. There is such Rest there, but there is also much Work.

I should be wrong, even though my theme is the brighter side, to ignore the cross and minimize the cost. Only it gives to the cross a more definite meaning, and a rarer value, to connect it thus directly and causally with the growth of the inner life. Our platitudes on the “benefits of affliction” are usually about as vague as our theories of Christian Experience. “Somehow,” we believe affliction does us good. But it is not a question of “Somehow.” The result is definite, calculable, necessary. It is under the strictest law of cause-and-effect. The first effect of losing one’s fortune, for instance, is humiliation; and the effect of humiliation, as we have just seen, is to make one humble; and the effect of being humble is to produce Rest. It is a roundabout way, apparently, of producing Rest; but nature generally works by circular process; and it is not certain that there is any other way of becoming humble, or of finding Rest. If a man could make himself humble to order, it might simplify matters, but we do not find that this happens. Hence we must all go through the mill. Hence, death, death to the lower self, is the nearest gate and the quickest road to life.

Yet this is only half the truth. Christ’s life outwardly was one of the most troubled lives that was ever lived: Tempest and tumult, tumult and tempest, the waves breaking over it all the time till the worn body was laid in the grave. But the inner life was a sea of glass. The great calm was always there. At any moment, you might’ve gone to Him, and found Rest. And even when the blood-hounds were dogging Him in the streets of Jerusalem, He turned to His disciples and offered them as a last legacy, “My peace.” Nothing ever for a moment broke the serenity of Christ’s life on earth. Misfortune

SEE STEPHEN MINISTRY (Continued on page 8)

STEPHEN MINISTRY (Continued from page 7)

could not reach Him; He had no fortune. Food, raiment, money — fountain-heads of half the world's weariness— He simply did not care for; they played no part in His life. He "Took no thought" for them. It was impossible to affect Him by lowering His reputation. He had already made himself of no reputation. He was dumb before an insult. When He was reviled He reviled not again. In fact, there was nothing that the world could do to Him that could ruffle the surface of His spirit.

Such living, as merely living, is altogether unique. It is only when we see what it was in Him that we can know what the word Rest means. It lies not in emotions, nor in the absence of emotions. It is not a hallowed feeling that comes over us in church. It is not something that the preacher has in his voice. It is not in nature, or in poetry, or in music—though in all these there is soothing. It is the mind at leisure from itself. It is the perfect poise of the soul; the absolute adjustment of the inward man to the stress of all outward things; the preparedness against every emergency; the stability of assured convictions; the eternal calm of an invulnerable faith; the repose of a heart set deep in God. It is the mood of the man who says, with Browning, "God's in His Heaven, all's well with the world."

Two painters each painted a picture to illustrate his conception of rest. The first

chose for his scene a still, lone lake among the far-off mountains. The second threw on his canvas a thundering water-fall, with a fragile birch tree bending over the foam; at the fork of a branch, almost wet with the cataract's spray, a robin sat on its nest. The first was only Stagnation; the last was Rest. For in Rest, there are always two elements— tranquility and energy; silence and turbulence; creation and destruction; fearlessness and fearfulness. This it was in Christ.

It is quite plain from all this that whatever else He claimed to be or to do, He at least knew how to live. All this is the perfection of living, of living in the mere sense of passing through the world in the best way. Hence His anxiety to communicate His idea of life to others. He came, he said, to give men life, true life, a more abundant life than they were living; "the life," as the fine phrase in the Revised Version has it, "that is life indeed." This is what He himself possessed, and it was this which He offers to all mankind. And hence His direct appeal for all to come to Him who had not made much of life, who were weary and heavy laden. These he would teach His secret. They, also, should know "the life that is life indeed."

PASTOR NATE (Continued from page 13)

ing but they are continually falling back into unhealthy patterns from the past.

When necessary, we should be open to good, solid change, based in fundamental Christlike values. Righteousness, justice, faith, forgiveness, love, and more. Individually, societally, and yes, as a Church.

The Resurrection of Jesus was, and is, a fundamental, transformational

change in our lives and in all of creation. It is about realizing abundant, eternal life, in our hearts and minds, in our relationships, in our faith, and in our actions. We will experience the ultimate transformational change even after we die, as we take on spiritual bodies, and fully live into the abundance of the presence of God.

Pastor Nate All

Thank • Y • O • U •

Dear Friends,

It is with so much gratitude that I write this update to you. We are deeply grateful for your continued love and gifts for our THRIVE women and men at Christmas. In 2023 we celebrated we had a 2 college graduations, Graduate school graduation in Dec and a Nursing school graduate in Dec.



Christmas and
Preschool Christmas performance

We have kicked off 2024 with many new hopes, dreams and plans for the year. We will have a high school graduate in April, and new kindergarteners in the fall!



Wed Night community group

We are continually amazed at the things these young adults accomplish. And are honored to walk beside them in their lives.

As a program we are growing! Our wed night community group now serves 15 young adults (other than our own young adults) from two other programs local to our area. We are actively pursuing relationships with community colleges, neighborhoods, county and non profit programs to serve the young adults in our community.



Valentines and childcare fun!

Thank you so much for your partnership,
Heather MacLeod



Health Ministry Page

Let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth,* whom you crucified, whom God raised from the dead.
Acts of the Apostles 4.10

Spring is Here: Ah Choo!

Southern California was thoroughly drenched during our winter rainy season this year. Now that the clouds have cleared, the sun is shining, bright green grass, vibrant flowers, and trees are bursting with new life! As lovely as it is, people sensitive to pollen may be reaching for tissues to wipe their eyes, capture sneezes, and blow their nose. Springtime in southern California provokes allergic symptoms from ash, eucalyptus, oak, sycamore, olive, walnut, and mulberry trees. Weed and grass pollens also trigger the immune system during late spring and early summer. The grasses that create the most havoc include Bermuda, blue, oat, rye grasses. Frequent lawn moving churns everything up and throws the pollen into the air. Santa Ana winds exacerbate allergies by carrying pollen, hundreds of miles.

If you seem to have a pattern of symptoms at the same time each year, you may have seasonal allergies. Please find below, a few strategies to prevent exposures to pollen that could activate persistent sneezing, an itchy nose, congestion, itchy, red, or watery eyes, and/or postnasal drip.

Journal Symptoms & Note Potential Triggers

- Pollen counts can be found in specific regions of the US at the American

Academy of Allergy, Asthma, & Immunology: National Allergy Bureau: <https://pollen.aaaai.org/#/>

- Identify potential sources of allergens in areas where you spend time

Avoid Contact

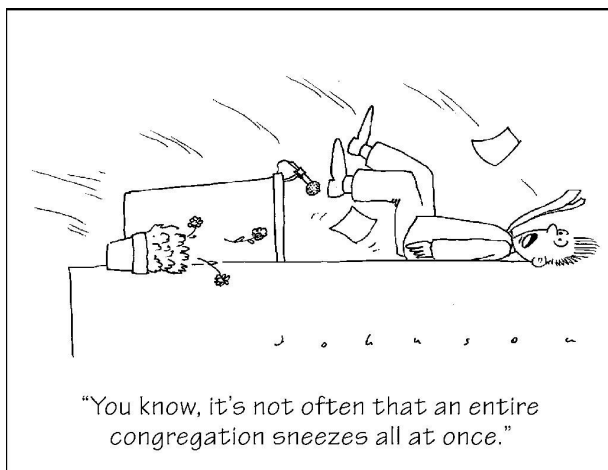
- Keep windows and doors closed; use an air conditioner
- Exercise outdoors in the morning or evening.
- Wear gloves and a mask when gardening
- Wash hands often and avoid touching your face
- Wear sunglasses and a wide brimmed hat

Over-the-Counter Medications

- If you are in overall good health, consider over-the-counter medications
- Confer with a health care provider otherwise

Treatments

- Identify allergens via blood tests
- Allergy Immunotherapy
- Prescribed medications



"You know, it's not often that an entire congregation sneezes all at once."

All of this creates wonder, did Adam and Eve have allergies?

Blessings,
Dawn Stone

Our Vision Statement

We are a Christ-centered, redeemed family of God, that loves our community, embodies service and care for all people, and shares our joy and faith in God's grace, mercy and love. As disciples of Christ, we pray to be led by God's Spirit.

We learn and grow in wisdom through Scripture, and we embrace inclusivity in our ministry and mission.

Declaración de Visión

Somos una familia de Dios redimida y centrada en Cristo, que ama a nuestra comunidad, viviendo en el servicio y el cuidado de todas las personas, y que comparte nuestra alegría y fe en la gracia, la misericordia y el amor de Dios. Como discípulos de Cristo, oramos para ser guiados por el Espíritu de Dios. Aprendemos y crecemos en sabiduría a través de las Escrituras, y practicamos la inclusión en nuestro ministerio y misión.

BINGO (Continued from page 3)

activities. Some of the services the youth have provided include:

- ♦ A trip to celebrate faith and serve the underprivileged in struggling cities
- ♦ Stocking food shelves and serving meals to the hungry in our community
- ♦ Providing Christmas presents and dinners for children and families in need

♦ Supporting outreach agencies:

Pathways of Hope, Meals on Wheels of Fullerton, Fullerton Hot Meals Ministry, La Habra Community Resource Center, and Joya Scholars

If you have any questions, please contact Kathleen Preston at kathleensjpreston@gmail.com

Online Newsletter

Our Journeys Newsletter is now available online or to pick-up a copy in the narthex. If you didn't receive the email with the newsletter link, please update your email address by contacting the church office at stpaulfullerton@gmail.com.



PASTOR NATE (Continued from page 1)

Those are just a few examples of change and transformation in the Bible. They were not always easy processes, but they were necessary for the growth of God's people in faith and practice and the spread of God's mercy and love throughout the world.

The church has continued to transform and evolve to this very day, from the Reformation, and on down to our own time period.

Not everything changes. The godly spiritual values are the same today as always. Goodness, kindness, justice, compassion, righteousness, love, joy, peace, gratitude, faith, freedom. We must always remember that with change we need to stay grounded in these truths. We must stay connected to the Spirit, and to the spirit of the law. Which will also help us stop becoming legalistic with our traditions.

Change will happen in many ways. Things come to an end, or a conclusion, whether positive or not. Institutions, modules, cultures, empires, and our lives. Change is inevitable in many ways.

And we are often figuring out things as we go along, asking God in the Spirit to help and guide us, using Scriptural wisdom to give us direction, and when we get off track, putting Christ back at the center of our understanding and our action.

We need to be open to change but that doesn't mean we change for the sake of change

Things come to ends but there are also new beginnings, sometimes in simply reformulations of what we are already doing, sometimes in major reformations that need to take place

within institutions and the world. Sometimes things will fully come to an end before something new can arise from the ashes.

We have been, are going through, a lot of change, individually, societally, and of course, as a church.

I once saw an interview of a pastor of a Missouri Synod Lutheran Church, explaining the importance of using the albs and the stoles, etc., in worship, talking about how these practices went back to the 3rd/4th centuries of the church, that they connected us to a long history of the apostolic church. These can certainly be important things, but are they necessary? If they are useful in building up the faith, yes, if they connect people to those truths, through symbolism, or whatever it may be, then yes. But if not, just the fact that they have been around a while is not sufficient reason to always keep things the same way. We shouldn't be too hasty of course, but we must also "read the signs of the times."

Some pastors think it is very important to have the congregation stand up every time the gospel is read in worship, some think that we should always use a stole, some think that there should never be any flowers on the altar, or that we can never use artificial flowers in the worship space. Some don't want to sing in another language (especially if it is Spanish for some reason), some doing want to hear any rap or other contemporary music. All of this is *adiaphora* according to Martin Luther. All these are cultural things, symbolic practices, that can be changed and altered. They are not central to the Good News of Jesus Christ, they are not central to faith and

SEE PASTOR NATE (Continued on page 13)

PASTOR NATE (Continued from page 12)

forgiveness or the power of God's Spirit at work in our lives.

Yet we like to treat them like they are all-important. We say things like, "but we have always done it this way." Well let me ask you a question, what is the point of hiring a new young pastor and bringing in his family if people are going to say, "we have always done it like this?" It is counter-productive! Not that we need to just get rid of every tradition we have willy-nilly. Change is not good in and of itself, but resistance to change can also be detrimental. Maybe a blended type of worship can be helpful, kind of like we do on Sunday morning worship, where I use a stole the weeks that we have Communion together, and other weeks is a little more praise-style and less tradition. We are coming together, from different paths, trying to appreciate one another, learning from one another, and I think that can be good.

We are looking at trying out a pretty radically different style of worship on Sunday evenings, in a casual setting, focused on more prayer and meditation time together, and conversation around Scripture. Maybe in this way we can connect with people who are curious about Jesus and the Bible and Christianity but might not feel as comfortable in a more formal setting. Or maybe they just have more questions than anything else about Jesus and God but also generally want to connect more spiritually to God and grow in understanding.

Maybe it would be good for someone who has only known the traditional, classical form of worship to join in for something totally different. At least

once! And maybe someone starts going to an informal worship and then decides to try out the more formulaic one... at least once!

Maybe we just might actually get to know one another, maybe we might meet people who think differently than me about a lot of things, but are still kind, decent people, who care about others, and want to love God and love their neighbor, and who really need to be loved by God and their neighbor.

I want us to occasionally think about worship, not as we want it to be, but maybe what someone else wants worship to be. If your young, think about what a more elderly person would like to see, especially someone who grew up in the church! And if you are older think about what the young ones might like to experience in worship. What type of music, prayers, liturgy, etc. Try to have empathy, imagine yourself in the other person's shoes. Worship should not be just about what I want or what I think I need. It is about the community as a whole!

I know that it is hard to be open to change, for all of us! And the need for some change applies not just to worship of course. It applies to many areas and aspects of our lives. Often we need to find a balance between the traditions and the change that is necessary. Sometimes things just really need to start over, or go away completely when they don't serve a purpose. Sometimes we think we are open to change but we are really not, and sometimes we think things are chang-

SEE PASTOR NATE (Continued on page 8)



Don't forget our
homebound and
those in extended
care facilities

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Janeen Ostby
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Leslie Richardson
Park Vista AL
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Yvonne Winston
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Jenna Beining	Monica Farias
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David & Noelle Wallace	
Michael & Danielle Heinle	—Family of Kathy Peters
Marge Shaw	—Mother of Todd Shaw
Greg Richardson	—Son of Leslie Richardson
Suzie Young	—Mother of Veronica Sandoval
Vanessa Culver	—Friend of Carol Pankow
Madelin	—Friend of Anna Meyer
Joan Wagner	—Neighbor of Barbara Meyer
Chris	—Friends of Bill Meyer

Clay Baxter — *Friend of Martha Huff*
Melissa Utsuki — *Friend of Monica Farias*
Johanna — *Friend of a member*

STRENGTH AND HEALING

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Ken & Sara Falk
Pastor Mark Cansino
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Al Cracchiolo — *Friend of Carol Pankow*
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Richardson*
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Cousin/Niece of Stone Salpaka Family
1st Lieutenant George H Cushman, 1-
77AR - *Friend of Kathy Salter*



On behalf of the Romstedt and Gutierrez
families I want to thank all those at St. Paul
who lovingly gave their time to make our cele-
bration of Karly's life beautiful and memora-
ble. It was perfect. God bless you all.

/s/ Shirley Romstedt




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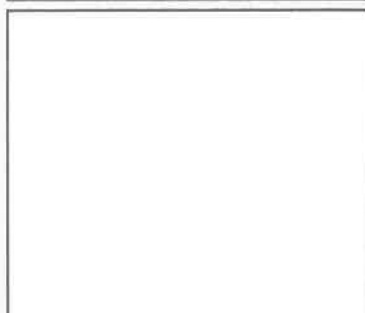
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SUNDAY WORSHIP SERVICE

9:30 a.m. — In-Person Worship & Live Stream on Facebook
9:30 a.m. — Sunday School

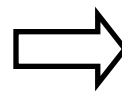
The. Rev. Nathaniel D. Allen
Dámaris Allen, Youth and Family Coordinator
W. Chris Winn, Director of Music
Lori Seargeant, Office Administrator
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