

## **PRISCILLA CIRCLE**

Will meet on Monday, **August 13** at 7:00 p.m. at Gladys Drenkow's home.  
**Bible Study:** Gladys **Hostess:** Carol

## **MISSION & OUTREACH**

Will **NOT** meet in **August**.

## **DO-DAY**

Will **NOT** meet in **August**.

## **BIBLE STUDY**

**Sack Lunch Bible Study** will meet on Tuesdays, **August 7, 14, 21 & 28** at 12:30 p.m. in the church lounge.

**Men's Early Risers** meet at 7:00 a.m. on Wednesdays, **August 1, 8, 15, 22 & 29** at Cook's Café.

## **ST. PAUL YOUTH ACTIVITIES**

**Jr. High Youth:** August 15 (**6:00-8:00 p.m.**) Dress for Mess (Wear Clothes That Can Get Wet)  
August 29 (**7:00-8:00 p.m.**) Youth and Parent Kick-off/Informational Mtg.

**Sr. High Youth:** August 15 (**6:00-8:00 p.m.**) Dress for Mess (Wear Clothes That Can Get Wet)  
August 29 (**7:00-8:00 p.m.**) Youth and Parent Kick-off/Informational Mtg.

**Upcoming 6th graders:** You are invited to our school year kick off called "Dress for Mess!" on August 15. Bring clothes that can get wet and messy. We will be playing some duck, duck, egg, banana rugby and other fun games. There may also be a giant slip and slide! We'll roast some hot dogs and marshmallows over the fire to dry off. This would be a great event to invite a friend for. Also bring your parents to our Back to Youth Group Night August 29 after the Ice Cream Social.


## **2018 RADIO BROADCAST/FLOWERS ON THE ALTAR/COFFEE FELLOWSHIP**

The sign-up charts are located on the balcony bulletin board. Thank you to everyone who has sponsored or volunteered for any of these special services for St. Paul.

**Please notify the office (324-3049) for any changes, additions, or cancellations.**

**Radio Broadcast Open Dates:** September 16; November 4, 25; December 9, 16, 30.

To sponsor a radio broadcast it is \$80.

 **Coffee Fellowship Open Dates:** October 7, 14, 21, 28; November 4, 11, 18, 25; December 2, 9, 16, 23, 30. Cookies and bars are optional. Please check the kitchen to make sure you have coffee and juice to serve. If you would like to be on the volunteer list for Coffee Fellowship to serve on an open Sunday, please call the church office.

**Flowers On The Altar Open Dates:** August 12, 19, 26; September 2, 16, 23, 30; October 7, 14, 21, 28; November 4, 11, 18, 25; December 9, 16, 23, 30.



## **VACATION BIBLE SCHOOL**

**Splash Canyon - August 6-9 from 6-8:00 p.m.** We look forward to seeing you there! Register at: [www.vbsmate.com/stpaulsheldon](http://www.vbsmate.com/stpaulsheldon).

## **SUNDAY SCHOOL**

Registration/Parent Meeting - August 26 at 10:15 a.m. Sunday School begins on Rally Sunday, September 9.

St. Paul Website: [www.stpaulsheldon.org](http://www.stpaulsheldon.org)

Pastor Craig Nissen: [pastor@nethtc.net](mailto:pastor@nethtc.net)

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From Pastor Craig

Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

1 Timothy 4: 7-8

This line from a recent preaching text has captured my thinking. How do you apply it to yourself? For me it represents the ongoing process and practice of being a Christian. Not that we have become a Christian and that is something done, finished, completed. Rather, we *will be training*. Further, there's the intentional preparation that the word "training" conveys. Do you find yourself desiring to be more godly, motivated to be more Christ-like? What does the word "training" bring to mind for you? Doesn't it make you think of will power and tremendous effort? Does it run counter to these words of Jesus (below)?

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11:28-30

What if Paul's use of 'training' does NOT imply the hard work of physical training, but only the ongoing commitment and lifestyle of being actively engaged in training? For many, physical training involves stress — the stress of the workouts themselves, the stress of not meeting goals, the stress of other people's evaluation of us. But rather Paul calls us to cast off what hinders us in running after Christ. We're not trying to beat anyone, we're not trying to be fastest, but we want to get to Jesus as fast as we can. This is NOT self-improvement.

Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.

Hebrews 12:1

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Philippians 3:12-14

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:24-27

Paul does NOT mean only one person gets to be saved. Please know that is not his point. But he means going all-in, with the mindset, the focus like a person determined to win. This is not a race of fear, but going after the greatest good, the greatest love in the universe.

See you in worship! ~ Pastor Craig

From Pastor Craig

## Harvard University, MAKING CARING COMMON PROJECT

### Raising Caring Children [ 7 point series ]

Research in human development clearly shows that the seeds of empathy, caring, and compassion are present from early in life, but that to become caring, ethical people, children need adults to help them at every stage of childhood to nurture these seeds into full development.

Below [is the first of] a set of guideposts to raising caring, respectful, and ethical children, along with tips for putting them into action. These guideposts are supported by many studies and by the work that our various organizations have conducted over several decades with families across America.

#### **1. Work to develop caring, loving relationships with your kids**

##### **Why?**

Children learn caring and respect when they are treated that way. When our children feel loved, they also become attached to us. That attachment makes them more receptive to our values and teaching.

##### **How?**

Loving our children takes many forms, such as tending to their physical and emotional needs, providing a stable and secure family environment, showing affection, respecting their individual personalities, taking a genuine interest in their lives, talking about things that matter, and affirming their efforts and achievements.

##### **Try this:**

1. Regular time together. Plan regular, emotionally intimate time with your children. Some parents and caretakers do this through nightly bedtime reading or other shared activity. Some build one-on-one time with their children into their weekly schedules rather than leaving it to chance. You might, for example, spend one Saturday afternoon a month with each of your children doing something you both enjoy.
2. Meaningful conversation. Whenever you have time with your child, take turns asking each other questions that bring out your thoughts, feelings, and experiences. Ask questions such as:
  - “What was the best part of your day? The hardest part?”
  - “What did you accomplish today that you feel good about?”
  - “What’s something nice someone did for you today? What’s something nice you did?”
  - “What’s something you learned today—in school or outside of school?”

<https://mcc.gse.harvard.edu/parenting-resources-raising-caring-ethical-children/raising-caring-children>

## 2. Be a strong moral role model and mentor

### Why?

Children learn ethical values and behaviors by watching our actions and the actions of other adults they respect. Children will listen to our teaching when we walk the talk.

### How?

Pay close attention to whether you are practicing honesty, fairness, and caring yourself and modeling skills like solving conflicts peacefully and managing anger and other difficult emotions effectively. But, nobody is perfect all the time. That is why it's important for us, in fact, to model for children humility, self-awareness, and honesty by acknowledging and working on our mistakes and flaws. It's also important for us to recognize what might be getting in the way of our own caring. Are we, for example, exhausted or stressed? Does our child push our buttons in a specific way that makes caring for her or him hard at times? And remember, children will only want to become like us if they trust and respect us. Adults can reflect on whether our children respect us and, if we think they don't, consider why, and how we might repair the relationship.

### Try this:

1. Service. Regularly engage in community service or model other ways of contributing to a community. Even better, consider doing this with your child.
2. Honesty and humility. Talk with your child when you make a mistake that affects them about why you think you made it, apologize for the mistake, and explain how you plan to avoid making the mistake next time.
3. Check-in with others. Reflect and consult with people you trust when you're finding it hard to be caring or to model important ethical qualities like fairness.
4. Take care of yourself. Whether it's spending time with a friend, going for a walk, praying or meditating, try to make time to relieve your stress both because it's important for you and because it will enable you to be more attentive to and caring with others.

<https://mcc.gse.harvard.edu/parenting-resources-raising-caring-ethical-children/raising-caring-children>

If you follow this series, take note that it is also explaining why the Faith5 idea - every night in your home - works. Faith5 works because those 5 elements form relational connections, they give expression to Christian convictions, they make parents & children relationally accessible. Yes you're also talking about faith, about lessons in the Bible, but personal storytelling and listening are there, mutual care is expressed. In that space you create relationally, faith lessons stick because they're woven in with who you are as a family - the doing of what the Bible calls for. Which is what God is after in you and your family. Flesh & blood & living, loving Christianity.

## **PASTORAL ACTS**

Wedding: Darrell and Barbara (Gehrts) Sneiderman on July 7, 2018.  
Funeral: Timothy "Tim" Pedersen.

## **CAR CRUISE AND WORSHIP**

St. Paul Lutheran's CAR CRUISE NIGHT in the parking lot is set for Sunday, August 5. Show your ride and share in fellowship and worship! Cars arrive at 5:00 p.m. Outdoor Worship with a message at 6:00 p.m. Brats and root beer floats served with a free will offering.

## **VACATION BIBLE SCHOOL (VBS)**

*Life is full of thrills and spills; we may not know what's around the bend, but God does! At Splash Canyon, kids discover that, on life's wild ride, Jesus is by our side.* Register online: [www.vbsmate.com/stpaulsheldon](http://www.vbsmate.com/stpaulsheldon). VBS is August 6-9 from 6:00-8:00 p.m. and is open to students age 3 years old by May 31 (and potty trained) to students who just finished 6th grade. Volunteers are needed. Please contact Beth Frankenstein if you wish to volunteer or there is a sign-up sheet in the narthex.

## **OKOBOJI LUTHERAN BIBLE CAMP 31ST ANNUAL QUILT AUCTION**

The 31st Annual Quilt Auction at OLBC with it's quilt viewing on Friday, August 3 from 5:00-7:00 p.m. and the Scandinavian Feast serving from 5:30-7:30 p.m. The concert with Glenn Henriksen begins at 7:00 p.m., free will offering. Then on **Saturday, August 4**, quilt viewing from 9:30 a.m. - 12:00 p.m., lunch will be served from 11:00 a.m. - 1:00 p.m. and afternoon pie and ice cream is being served. **The quilt auction will begin at 1:00 p.m.**

## **LUTHERAN WORLD RELIEF SCHOOL BAGS**

Help us fill 50 School Bags for Lutheran World Relief. (Last year we did 45) Containers will be marked with a list of items needed. Take advantage of school supply sales! Items Needed for each bag: 4 - 70 page spiral notebooks (wide or college ruled); 5 - #2 pencils unsharpened; 5 - pens (black or blue); 1 - pencil sharpener; 1 - box crayons (16 or 24 count); 1 - blunt tip scissors; 1 - eraser (2 1/2 inches); 1 - ruler.

## **SCHOOL SUPPLIES FOR "SHOP WITH A COP" PROGRAM**

Love INC and the Sheldon Police Department are excited for the back to school program "Shop With A Cop." St. Paul is asked to collect the following items: Plastic Pencil Boxes, #2 Yellow Pencils, Rulers (12 inches/cm), Large Pink Erasers, and Boxes of Kleenex. Donations may be placed in the box located in the narthex by July 30. Thank you for your help with this awesome program. **Volunteers are needed** to help shop with a student August 14 and 15. If you are interested in helping to shop contact Love INC - Jessica (324-9707).



## **JAM YOUTH COORDINATOR NEEDED**

Our Youth Ministry is looking for someone to fill the JAM Coordinator position! JAM (Jesus And Me) meets every Wednesday starting on September 12, for youth 1st grade-5th grade. JAM time is from 5:00-6:30 p.m. (with a meal served from 6:00-6:30 p.m.) If you are interested, please contact Mark or Pastor Craig.

## **SUNDAY SCHOOL NEWS**

Our calendar is set and we are making plans for the upcoming Sunday School year! Sunday School is for children who are 3 years old (and potty trained) through 5th grade. Our first Sunday, Rally Sunday, will be September 9. There will be a brief Parent/Registration meeting on August 26 following worship at 10:15 a.m., so watch for an email coming in August with the necessary forms for registering your child to attend. We will be utilizing Rotation Sunday School from Spark House again this year. But, we need some help!! I am looking for a couple of people to serve as classroom Shepherds for the year. There is no prep time or presentation expected in this role - you get to lend a hand and get to know the kids in the classroom. Rotation Sunday School is all about building relationships with the kiddos - it is so much fun and very rewarding. Also, keep your eyes out for the Rotation leader sign up - I need your participation there too. Thanks so much and let me know if you have any questions. Lori Brown



## **NOAH'S ARK PRESCHOOL AND NURSERY SCHOOL**

Summer is going by quickly and it will be time to begin the school year before we know it! Our Visit The Teacher/Open House will be on Monday, August 27 from 5:00-6:00 p.m. St. Paul Fellowship Committee will be serving root beer floats for all in the fellowship hall. The Preschool class starts this fall on Tuesday, August 28 and Nursery School classes start on Tuesday, September 5 and Wednesday, September 6. Noah's Ark preschool board meeting is scheduled for August 19 at 11:30 a.m.

## **BRAT STAND**

The "Socials" will again be sponsoring the Lutheran Brat Stand at the Sheldon Celebration Days this Labor Day, Monday, September 3, at the City Park. We will need your help again this year. Volunteers are needed to work one-hour shifts. Look for a sign-up sheet in the narthex soon. There will also be a sign-up sheet for donations of condiments. Monetary gifts are welcome to help cover expenses.

## **ST. PAUL ICE CREAM SOCIAL**

The Fellowship Committee will be holding it's Ice Cream Social on August 29 beginning at 6:00 p.m. in the church parking lot. Everyone is invited to come join in the FUN!



## **PRAYER CHAINS**

It is time to update the Prayer Chains. If you would like to be removed or added to the Prayer Chains, please contact the church office by Sunday, September 2. A copy of the new Prayer Chains will be put in your church mailbox by the end of September.

## **THANK YOU**

Thank you to everyone who donated items to Love INC and Upper Des Moines Opportunity during the month of June. Your donations were greatly appreciated.

## **TOUCH OF HOPE HAITI**

St. Paul has an ongoing mission started by our youth to support Lensley Raymond from Simonette, Haiti. This sponsorship will help with his school expenses each year. If you would like to make a donation towards Lensley's school tuition through your offering, there is a dedicated fund set up (Touch of Hope Haiti).