

Living Waters

March 2025

“Tomorrow Will Be Anxious for Itself”

Pastor Zak

We have finally arrived at that moment of seasonal transition. I write this knowing that we’re staring down a snowstorm, and yet the longer days and changing calendars are telling me spring is just around the corner. In the church world this means that Lent is likewise just ahead.

Plans for Holy Week are in full-swing as we prepare for the season that prepares for it, all leaving me feeling woefully unprepared. I wrote my Lenten devotional but am unsure where I’m going to devote my time in Lenten disciplines of prayer, fasting, and almsgiving. I am ready for the reflective experience of our soup suppers and Holden Evening Prayer, but I am uncertain on the reflections. It feels so odd that I am anxious about being fully prepared for a season of preparation, but here we are. Perhaps this is a good reminder that it never was, nor will it ever be, about my preparedness. The world is constantly changing and all I can do is take it one day at a time, which is perhaps why I am leaning more and more on Matthew’s words in this moment of change, uncertainty, and feelings of being under-prepared.

***“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”
(Matthew 6:34, ESV).***

Somehow the promise that “tomorrow will be anxious for itself” helps to calm my anxieties today. The promise is not that my anxieties will magically disappear, but instead, to take things one day at a time and know that God is present in this moment. Lenten blessings to you in this season ahead.



Lent and Holden Evening Prayer

This year we will be sharing devotions from Illustrated Ministry’s “*Bread of Life*” series during Holden evening prayer. In a world that feels heavy and uncertain, Jesus offers more than sustenance—he feeds hearts and souls with love, grace, and hope. From wedding feasts to feeding thousands, he gathered people around the table, filling them with good news and abundance. This Lent, journey through the sacred and the ordinary—like bread, simple yet essential.



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Worship Information

In Person

Sundays

Worship in the sanctuary at 8am and 10am.

Online/Livestream

Watch the service live on [YouTube](#), or anytime after that!

Altar Flowers Sign-Up

Sign up now using our [digital sign-up](#)! Two bouquet slots available for each Sunday; each bouquet is \$30.

Congregational Life...



Register Now! Congregational Camp-Out at LOMC October 3—5

The pastoral renewal grant provides space and activities for renewal of our entire community. Save the date for our first-ever “Congregational Camp-Out”, October 3-5, at LOMC in Oregon, Illinois. This weekend retreat will provide renewal through fellowship, faith formation and nature-based activities. All are welcome whether you have a camper, a tent, or a penchant for hotel-style accommodations. Please be sure to use this [link](#) to RSVP by March 31. If you have any questions don't hesitate to reach out to Pr. Zak and be on the lookout for more renewal activities in the future.

New Class Starting March 16

You are welcome to join an education opportunity Sundays (March 16-April 6) at 9am as we explore prayer as a spiritual practice heading into the Lenten season.

This course will consider different facets of prayer including: talking to God, talking with God, listening to God, and being with God.

Join us in Café Room A at 9am starting March 16. All are welcome!



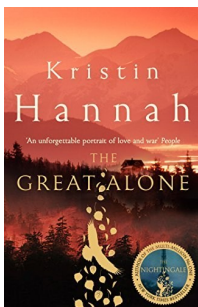
Daylight Saving Time begins March 9. Remember to change your clock!

Celebrating Our Staff

Aren't we LUCKY to have such a great staff! Indeed we are! Come celebrate our amazing church staff at a special reception on Sunday, March 16 after the second service in the Cafe.

Book Club

The Great Alone, by Kirstin Hannah is the St. Paul Book Club selection for March. Set in the beauty and danger of Alaska, a family attempts to establish a homestead but long seated problems create an impossible situation. We will meet on Monday, March 3 at 7pm in the Cafe.



Wine, Women & the Word

Women, Wine and the Word will meet on March 4 at the home of Judy Nuehring at 7pm. We will be discussing “I Am Free” on pg. 31. All are welcome. Any questions or if you are interested in joining us, please contact Judy.

Hands & Feet

Hands and Feet will be open on March 2 from 2-4pm. Items we are always in need of are napkins, toilet paper, paper towels and tissues.

Under 105

Under 105 Lunch Group meets Thursday, March 20. Gather in the Cafe at 11:30 for fellowship. Lunch will begin at noon. The menu features:
Vegetable Lasagna
Corned Beef Lasagna
Assorted Salads
Garlic Bread
Assorted Desserts

Kathie Watts, the Elmhurst Yorkfield Food Pantry Director, will share information about the pantry's history and operation. R.S.V.P. to Merry Freedlund by Sunday, March 16. Hope you can join us!

...and More!

How Does St. Paul Sustain You?

My son gave me a homemade terrarium for Christmas. He laid a bed of gravel, charcoal and soil into a large thrifted jar, then nestled mosses and small plants among stones from his back yard. It is lovely. And, bonus! A skinny little slug - I call him Slim - occasionally makes his way onto the glass to sun himself. It is a miraculous, self-contained ecosystem, where plant and animal life thrive together, feeding each other, so far, with no extra help from me.

Very few things in our lives thrive without careful attention. We work to nourish our families, and friendships. We carefully tend to our homes and jobs. Indeed our own bodies, minds and hearts require plenty of care. When I consider my years at St. Paul, I see countless ways the church has continued to nurture, teach and lead me into deeper faith. I am surrounded by people whose faith and generosity inspire me. God cares for me through this community. It is one of the great gifts in my life. And as much as I am nourished and sustained by it, I know St. Paul needs my care as well. It's how this relationship works: the church feeds me, and I work to help maintain and sustain it.

As we move into 2025, I hope you'll reflect on the ways this faith community sustains you. Then together, let us continue to care for our church and each other with gratitude and joy.

God bless,
Kristen Rosenwinkel
Stewardship

January Numbers

Giving: \$30,399 (including online: \$)
Expenses: \$141,113
YTD Giving vs. Expenses: \$(110,714)

Other Statistics

Date	Attendance	Viewers
1/5	129	53
1/12	150	53
1/19	108	47
1/26	213	45



Our next Beer & Hymns will be on **Friday, March 28 from 7 - 8 pm**. Mark your calendar and plan to attend! We meet in the "back room" at Manny's Ale House - 683 St. Charles Rd. Bring a friend or two. Come early if you'd like to order dinner - in the main restaurant OR in the back room. See you there!



Sign Up to Serve at St. Paul A Quick Sign Up Genius Tutorial

Looking for a way to become involved in worship in April and beyond without making a big commitment? Here is your chance to become or continue to be involved in serving at St. Paul on Sundays.

It is now so easy to do and consider this your first ask. Log in to our website (www.stpaulvp.org) and at the top of the page click on SIGN UP. There you will find a series of volunteer options. Whether its being an Acolyte, a greeter, a communion assistant, or an assisting minister, there are sign ups for each position. Click on the sign up of your choosing and you will be taken to our Sign Up Genius page. Once inside the sign up, choose the date you want to serve and fill out your information. Once your information is complete, scroll to the bottom of the page and click sign up now. That's it folks, simple as that!

So, don't fret if your not computer savvy, come find me, Carol Freidheim, on Sunday morning and I will help you. All are Welcome to help serve in our community and grow in your faith.

And more...

A Note from Vicar Nicholas

Greetings beloved community,

It's hard to believe that six months have gone by and that I'm already halfway through my internship here. I have cherished our time together worshipping our Savior Jesus Christ every Sunday, and it's been such a joy getting to know more of you on a personal level. St. Paul has a special spiritual gift for creating and sustaining opportunities to be in community together. Personally, I'm really looking forward to entering the season of Lent, especially the Holden Evening services on Wednesday nights.

People utilize all kinds of spiritual practices during Lent, like fasting from certain foods, intentionally praying more often, reading Scripture every night, etc. I encourage you to find the spiritual practices that connect you most to God to be at the center of how you choose to dwell in Lent this year, regardless if that is adding or subtracting something.

“But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (Isaiah 40:31)

All Things Family Ministry

Confirmation Classes During Lent

Wednesday evening Confirmation classes will take a brief hiatus during the Lenten season. Beginning Wednesday, March 12 students and their families are invited and encouraged to attend the weekly Soup Supper followed by the Holden Evening Prayer service. On Sunday mornings we will shift gears and dig deeper into Biblical stories and characters. Regular Wednesday evening Confirmation classes will resume on April 23. Questions, please contact Roxanne.



Join us on Saturday, March 15 for our annual Trivia Night. Dave Clot, our MC, promises it will be a night you won't want to miss. The entry fee is \$10.00 per person. Mulligans are \$10.00 for ten. Doors will open at 6:30pm. Games begin at 7pm. Everyone and their friends are welcome! All proceeds go towards the Summer Boundary Waters trip. Questions, please contact Roxanne

Worship & Prayers



Ways to Participate During Lent

March brings the season of Lent and a wonderful opportunity to get involved in the life of the church. Listed below are the services, events, and activities available for anyone who is interested in participating:

- Ash Wednesday is March 5. We will gather for worship services at Noon and 7pm.
- Ashes-to-Go will be offered by Pastor Zak and Vicar Nicholas outside of Door #2 from 7:00am-9:30am on March 5.
- There is no dinner on Ash Wednesday. Soup suppers begin on March 12. Each Wednesday from March 12—April 9 a soup supper will take place from 5:30-6:15pm in the Cafe. Anyone interested in providing soup or salad can sign up [here](#) or on the “Sign Up” tab on our website. Please contact Joelle Soefker or Cindy Johnson with questions.
- Holden Evening Prayer will be held in the sanctuary every Wednesday at 6:15pm beginning March 12. This brief worship service will provide space for song, silence and reflection and we will be sharing devotions from Illustrated Ministry’s “*Bread of Life*” series.
- Lenten devotionals will be emailed daily starting March 5 to those who wish to participate. If you are not receiving the weekly e-letter but would like to receive the weekly devotional, please contact Alice in the church office. If you are receiving a mailed copy of the Living Waters a printed copy of the Lenten devotional will be mailed to you automatically.

Please feel free to contact the office with any questions about the services, events, and activities during Lent.

Prayer List

Names will remain on the prayer list for three weeks, or longer by request. To submit a prayer request please use the online [Prayer Request form](#), email prayers@stpaulvp.org, or contact the church office.

Prayers of Healing and God’s Presence

Joe Cassaro (brother of Angel Ludwig), Art Finke, Danah Boehme (niece of Teri Fash), George Alajoki, Carole Batek, Sheila Bowdish, Melinda Brent, Paige Cady (friend of Carrie Lavorini), Chris (Elm Tree employee), Kristy Fash-Alvarez (daughter of Teri Fash), Michael Glabicki (son-in-law of John & Carol Freidheim), Margaret Golden, Evelyn Kimble, Wayne Kossow, Beverly Parks, Janice Peacock (friend of Carol & John Freidheim), Cal Root (father of Kevin Simberg & Keith Root), Daniel Rubalcaba, Kelsey Schneider (granddaughter of Molly Bartel), Steve Simberg (brother of Carol Simberg), Jim Thacker (brother of Cindi Thacker), All Caregivers.

Prayers for the Bereaved

Family and friends of Anita Zielske, George Kikta (brother of Pauline Ares), Rosann Feldman (aunt of Cary Tate).

Community



Elm Tree News

Hello everyone!

Kindness was in the air at Elm Tree during the month of February. The Preschool and Pre-K classroom both spent the beginning of the month talking about kindness, friendship, and love to help honor Valentine's Day and friendship. Our little friends in Pre-K were randomly paired up with another peer in class and created for that person a friendship bracelet. It was fun to watch the colors of the beads that each kiddo selected for their partner's bracelet.

Both classes spent half of the month learning about African American history. Did you know that Garrett Morgan created the first stop light? By adding a "warning" phase between stop and go, Garret Morgan helped prevent collisions!

We wanted to send a shout out to Carol Freidheim for sharing Thrivent t-shirts with us this month! The kiddos all put them right on away and we took the picture below!

Last but not least, we wanted to share a quick update on our "adopted" cow Vada. Vada weighed in this month at 303 pounds and has grown to 45 inches tall! We will check back with you next month!

Love and Blessings,
Ms. Maggy and The Elm Tree Crew



About Your Calf At 4 Months Old



Name:
Vada
Birthdate:
September 5, 2024
Updated Information
(at the time the photos were taken)
Age:
4 Months Old
Height:
45 inches
Weight:
303 pounds



March 2025

All events subject to change. [View the calendar at www.spaulvp.org](http://www.spaulvp.org) for more information and Zoom links, or contact the church office.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 8a Worship 9a Someone Class 9a Sunday School 9a Wired Word 10a Worship 11a Grief Lectionary 2p Hands & Feet	3 10a Prayers & Squares 5:45p Elm Tree Staff Training 7p Book Club 7p Espresso Yourself	4 7p M.E.N.D. 7p Women, Wine & Word	5 Ash Wednesday 7:30a Ashes to Go 12p Ash Wed. Worship 4:45p Wings Choir 7p Ash Wed. Evening Worship	6 Elm Tree Closed	7 Elm Tree Closed	8
9 Daylight Saving Time Begins 8a Worship 9a Someone Class 9a Sunday School 9a Wired Word 9a Confirmation 10a Worship 11a Youth Comm.	10 5:45p Elm Tree Staff Training 6:30p Finance Mtg. 7p Espresso Yourself 7:30p Exec Mtg.	11 2p Rachel Circle	12 9:30a Bible Study 4:45p Wings Choir 5:30p Soup Supper 6:15p Holden Prayer 6:45p Handbells 7:45 Chancel Choir 8p VPYB	13 5p Elm Tree Family Night 7p Comm. Engagement via Zoom	14	15 9a VPYB Uniform Fitting 10a Earl Gerhard Funeral 6p Trivia Night
16 8a Worship 9a Someone Class 9a Sunday School 9a Wired Word 9a Confirmation 10a Worship 11a Staff Recognition	17 St. Patrick's Day 10a Elm Tree Party 6:30p Elm Tree Board Mtg. 7p Espresso Yourself	18 7p Council	19 9:30a Bible Study 1p Under 105 Setup 4:45p Wings Choir 5:30p Soup Supper 6:15p Holden Prayer 6:45p Handbells 7:45 Chancel Choir	20 Living Waters Due 11:30a Under 105 Luncheon	21	22
23 8a Worship 9a Sunday School 9a Wired Word 9a Confirmation 10a Worship	24 Timesheets Due 5:45p Elm Tree Staff Training 7p Espresso Yourself	25	26 9:30a Bible Study 4:45p Wings Choir 5:30p Soup Supper 6:15p Holden Prayer 6:45p Handbells 7:45 Chancel Choir	27	28 10a Elm Tree Grandfriends Day 7p Beer & Hymns	29 11a Carole Wezeman Funeral
30 8a Worship 9a Sunday School 9a Wired Word 9a Confirmation 10a Worship	31 5:45p Elm Tree Staff Training 7p Espresso Yourself					



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Loved by God, we grow, care, give, and share in Jesus' name.

St. Paul Leadership

Church Council

President, Dan Pedersen
Vice President, Doreen Fritz
Secretary, Marti Seaton (Acting)
Treasurer, Kathleen Murphy

Representatives

Community Engagement, Marti Seaton
Faith Formation, Julie Frakes
Property, Dave Bard
Stewardship, Kristen Rosenwinkel & Gay Nass
Worship Music and Arts, Carol Freidheim
Youth, Lisa Speidel and Ginger Riccio

Staff

Pastor: Rev. Zachary Wagner
Vicar: Nicholas Breining
Parish Administrator: Elizabeth Chitester
Administrative & Computer Specialist: Alice Ramsay
Director of Music: Cynthia Viise
Assistant Director of Music: Margaret Colletti
Coordinator of Youth & Family: Roxanne Doremus
Coordinator of Sunday School: Laura Albert
Social Media/ Wedding Coordinator: Katie Briseno
Worship AV Techs:
Fiona Kordyban, Tony Clavio, Keith Root
Nursery Attendant: Nina Matthis

St. Paul Lutheran Church is a congregation of the Evangelical Lutheran Church in America and a Reconciling in Christ community.



Stay Connected

Phone: 630-832-5580

Email: office@stpaulvp.org

Website: www.stpaulvp.org

Sign up for our email list to receive the latest news and information from St. Paul!



Evangelical Lutheran Church in America

God's work. Our hands.