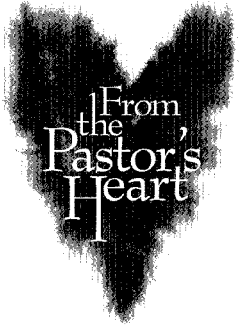

Good News of St. Paul

St. Paul Lutheran Web Site: www.stpaulcastlerock.org

E-mail stpaulcr1@comcast.net

Nov-Dec 2020

PASTOR'S PAGE



It Feels Like A Marathon

World Class runners have flirted with breaking the two hour threshold for finishing the 26.2 mile race for years. Last year INEOS, a mega corporation, who is involved in a variety of industries from chemicals, to fashion, to automotive, and even sports, sponsored an event for one man to see if it is possible to break the two hour barrier. Eliud Kipchoge ran the marathon in 1:59:40 with an army of support, pacesetters, carbo enriched drinks, weather conditions that were perfect, and a course tailored for him.

It still has yet to be done in an actual marathon event, but it has been proven a possibility given a perfect set of circumstances.

For most, running a marathon is only a dream. And those who do compete in a marathon have an average finish time of between four and five hours. I have done several marathons. I never ran a whole marathon. For me the challenge was simply to finish. I would do my jog for a while and then walk for a while. The good ol' run/walk. Still it wasn't an easy challenge. It never was an easy challenge.

There are those people who are ultra marathoners who run two or more marathons at once and there are those whose bodies were not made for the impact of ultra marathons and run much shorter races. All different and all running their own race. Each of them challenging.

When I competed (a loose term), there were times when it would have been easier just to say,

'I'm done', 'I give up', 'I quit' - but everything that went into getting to that moment said, "NO!" When it gets hard you slow down, but you keep putting one foot in front of the other. The important things were - keep going and not give up.

I feel like we are running a marathon with the current state of Covid. The difference is we don't know where the finish line is and this makes it more difficult. We want this situation to be over. We don't want to have to worry about a mask. We want to see our loved ones and friends. We want to go places and do things that are currently unsafe. We want this Covid race to be done and over with... NOW.

But it isn't, so our call is to continue to put one foot in front of the other. We all run at our own pace. We all struggle at different points. Hebrews 12:1b, 'Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.'

We are all running our race, I appreciate you are still running. That you are not those who give up. Let us run as one who receives the crown as the Apostle Paul states in 1 Corinthians 9:24-27. Know that we are not running alone, but there is a community that is running along with us.

If we, the church, can do anything to make this race easier we are here to help. Please let us know, and know that you are held in prayer.

God bless you, ~PN



We Are All Caregivers

As a Christian we are taught to care for others, no matter of our age. The Bible never really uses the word caregiving to describe selfless acts of love and mercy towards family and friends.

Caregiving is practiced by parents who rear their children, friends who care for neighbors and adult children who care for elderly relatives. We are all called to care for each other. And we also need to support the caregivers. To help with the burdens and stress.

2 Corinthians 9:7 says, "Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loved a cheerful giver".

To your health, K.C. Babcock, R.N.



Remembering Members & Friends

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

All God's people including: Dean and Sherry Schwinn, Michelle Oswalt, John Ragsdale, Pr. Brian Pederson, Laurie Ross-Aristide, Vineta Thomsen, Mary Brown, Bruce Schumacher, Kelsey Buchanan, Stephanie Petkovich, Gayle Agren, Mary Mage, Don Miller, Darlene Jackson, Eric Smith, Jean Jones, Angie Manfreddi, Angie Boudier, Crystal Hummel, Beth Hinesley, Bob Bruner, Al Black

All Caregivers and Care receivers: Joyce LeMonds, Vi Benham, Granville Oswalt; **Those serving in the Armed Forces:** Sam Gallow, Matthew Cogburn, Eddie Oswalt



Thank You To:

Jim Johnston and Ron Blankenship who helped Regan Coordes install the new sound equipment. We now have crisp video/sound when taping live services.

- Those who continue to lead worship on Sunday mornings: Clarence & Roxanne Knutson, Neal & Shirley Johnson, Elena Ross, and Koen Ross. Those who are assisting with usher responsibilities: Monte Hartshorn, Al Black, and Bob Larsen; and Jim Johnston who controls the video/sound.
- Jacki Whittaker and Katrina Hinesley who recently wrote individual thank you cards to the C.R. Fire Department members to aid in appreciation baskets disbursed through the Cowlitz Chaplaincy.
- David Whittaker and Paul Schwinn for repairing the upstairs toilet used by the preschool.
- Leann Beall and Jim Johnston for getting the Tithe.ly app up and running on the website.
- Ken Ness and crew for removing some old couches downstairs in the youth area and bringing in a 'new' one.
- Those who prepared meals and brought to Longview for Family Promise in October.
- Paul Schwinn and Earl Small for cleaning out the inside of the garage,...and then making the outside look new again with repairing and painting.

New Mission Statement

The Imagine Team created a new mission statement for St. Paul which has been adopted.
Simply stated:

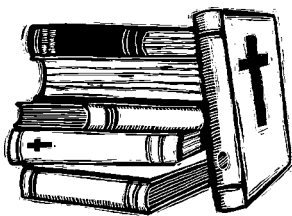
"Spread the love and message of Christ."



Community Meal

A plan is in the works to provide a 'to go' meal to members of the community via curbside service one evening each month. (much like the summer Kids Meals program was run - no dining inside - just pick up and go). As of now, this will be the 2nd to the last Saturday of each month with the first meal on November 21st.

The details are still needing to be worked out but if this is something you would like to be a part of, please contact the church, or reach out to Pastor Norm, in the near future.



New Bible Study Series

Recently you received an introduction/1st lesson to an upcoming Bible study series being offered to everyone: *The Holy Spirit/God With Us*, written by Diana Rahn and Pr Norm.

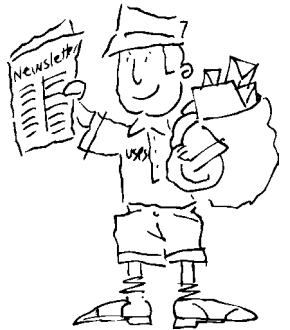
Since we are not comfortable meeting in person/groups yet at the church, this will be done online. A core group will meet this week via Zoom and discuss the study, after which the recording will be available to you to follow along at your leisure. You can opt to meet within your own small groups, if you choose. (copies of the lesson here in the church office, if you need.) For now, the study will be once a month.

Online Newsletter?? ?

We are giving serious thought to emailing the newsletter, instead of mailing, in the near future. This would save time and money - annual 3rd class permit cost; paper; postage, and time in printing, assembling, and sorting for mailing.

Realizing not everyone has access to a computer, and some may but still prefer a paper copy, and that could be arranged. We are curious.

Would you please send an email or give a call if you would want to continue receiving the newsletter via regular mail? (Extra copies would be made available here at the church as well). We want everyone to be able to have access.



Online Giving

Through the Tithe.ly program available on our website, (stpaulcastlerock.org) you can now make your tithe online. It is very simple to use - either through your bank or by using a credit card. You can set this up for a one time tithe or automatically done monthly. Custom fit to your needs. When you log on to the website there is a **Donate** button to push and that will take you to where you need to go. Any questions, please call the office.

We are also in the process of looking into updating our website using the resources that Tithe.ly has to offer. It promises to give us a crisp, updated look, and an easy site to maintain. We should know more about this in the near future.



Monthly Financial Report

September: \$ 9426.00

October: \$ 13,610.00

Thank you for your continued faithfulness with your tithes, especially during these 'different' times.

**YOUR GIVING
MATTERS!**



Online Worship continues via Facebook, and can also be accessed through our webpage at any time, for your convenience (past services, as well).

For the past month we have been open, for those wishing to worship in person. There are restrictions, of course, but the option is available.



News Items - even though the church isn't open to our usual activities, there are things happening:

- The council continues to meet monthly via Zoom to handle the business of St. Paul;
- The Nominating Committee is meeting to discuss nominees for open committee/council positions for the coming year;
- Discussion is happening about re-purposing the former playground into a useable space this coming spring;
- A church logo design is in the works;
- Folks will gather to give candy out to kids for the annual Trunk 'N Treat on Oct. 31st.



Solitude as Soul Care

Richard J. Foster (Celebration of Discipline) says solitude is "more a state of mind and heart" than a place: "There is a solitude of the heart that can be

maintained at all times. Crowds, or the lack of them, have little to do with this inward attentiveness."

Although Jesus preferred crowd-free alone times, that's not always feasible. But no matter your surroundings and responsibilities, you can carve out intentional time to "be still" (Psalm 46:10). Try these tips for adding solitude to life's rhythms:

- Take a day. Every month or two, enjoy a day of solitude. Turn off your phone and spend the day with God.
- Take an hour. Treat this time as an important calendar appointment. Keep it free to protect your solitude.
- Take a minute. Before a big meeting or as you're answering the phone, breathe deeply and invite God into the moment

God makes us rich in every way so we can be generous on every occasion, which will result in thanksgiving to God. ... God doesn't bless us to provide for our own needs; he blesses us so we can be generous.

—Rick Warren (based on 2 Corinthians 9:11)

(The above articles were taken from the November issue of Newsletternewsletter and reprinted by permission.)



November

- 1 Josie Foster Swim
- 3 Jason Koppert
- 4 Denise Foster
- Kristin Fowler-Foulger
- 5 Pr. Bob Sinclair
- Daniel Anderson
- 6 Brad Ness
- 8 Tina Smith
- 10 Bob Larsen
- 11 Seth Foster
- 13 Don McClay
- 15 Laura Berg
- 18 Jerod Vandehey
- 19 Anna Cunningham
- 21 Chris Masten
- 22 Lindsay Berg
- Glee Ann Erdelbrock
- 23 Cody Sicklovan
- Jasmine Ogden
- 24 Barb Lane
- 26 Danny Oswalt
- Linda Easterling
- 27 Kristin Knutson
- Elizabeth LeMonds
- 28 Teresa Bryan
- 29 Katrina Hinesley
- 30 Leann Beall



December

- 1 Pr. Denise Arnold
- 2 Bill Clayton
- 4 Shirley Johnson
- 6 Ed Berndt
- 7 Linda Solberg
- Hannah Lyon
- 10 Emily Foster
- Brigitte Bontoft
- 11 Nicki Highlander
- 12 Glen Agren
- Janet Eiden
- 17 Amy Whitten
- Linsey Sturgill
- Sonny Smith
- 20 Kim Grizzle
- 21 Alyssa Gallow
- 23 Linda Diepenbrock
- 25 Judy Albright
- 26 Katie Smith
- 28 Maggie Ashby
- 29 Granville Oswalt
- Justin Sicklovan
- 30 Andy Kotera
- Luke Rahn
- Allen Black

November

- 8 Steve & Jeanette Foster - 40 years
- 11 Tim & Katie Ogden
- 18 Karen & Mike Cloke
- 23 Monte & Cathy Hartshorn

Anniversary Wishes



December

- 23 David & Vicki Masten
- 26 Lowell & Jan Bamford - 56 years
- 28 Richard & Geri Skreen
- 28 Pr. Norm & Denise Arnold



Tom Cooley (Sam) passed away Sept. 20th.
A grave side service was held
Monday, Sept. 28th with
Pastor Norm Arnold presiding.

Blessed Be His Memory

* * * * *

*To My St. Paul Family and Friends,
Thanks for the cards, calls, and prayers.
Soon you'll be out and about.*

Emma Cooley and Family

Daylight Saving Time ENDS November 1st

Set your clocks BACK one hour before
retiring Saturday evening, Oct. 31st.



St. Paul Lutheran
PO Box 847
Castle Rock WA 98611

Non-Profit
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Castle Rock, WA
98611

Limited building use by
advance arrangement.
Health/Safety Procedures
are Required

Office Hours:
Tue - Fri
9 a.m. - 1 p.m.

Check us out on Facebook!
Website:
stpaulcastlerock.org

"Spread the Love and Message of Christ"

ATTENTION ➡ YOUTH AND FAMILY

We are planning Youth and Family meetings through the school year.

Here is a list of upcoming activities:



November 13th - Games

December 11th - Art/Crafts

January - Family Sledding

February 5 - Talent Show/Polar Bear Challenge/Laser Tag

March—Family Beach Camping

April—Family Fishing

May—Frisbee Golf/Picnic



Call 360-274-6604 for more information