



St. Paul's Scope

A Faithful and Welcoming Church

June 2025

Act Your Way Into Feeling: Small Changes, Big Impact

For as long as I can remember, the prevailing wisdom has been that change originates internally – that our beliefs shape our behavior. And while this holds true in many instances, it's not the universal key. Not everyone is primarily motivated by cognitive shifts. This explains why well-intentioned advice or fervent preaching often fails to resonate.

It's equally valid that motivation can stem from external factors. Sometimes, a new behavior paves the way for a new belief. Consider George. For a year, his routine after work was the same: returning to an empty house, plopping down in front of the television, and drinking. Over time, this habit morphed into alcoholism, a misguided attempt to alleviate his loneliness.

But then George initiated a subtle change. He moved his recliner to a different room, away from the television. The immediate effect was a reduction in his solitary drinking in front of the screen. As the cycle of excessive drinking and passive television watching lessened, George felt a shift. He decided to join a bowling league. Suddenly, his evenings were filled with activity outside the house, eliminating the environment that fueled his temptation to drink alone and dwell on his lack of companionship.

George still enjoys a beer, but it no longer controls his life or traps him in a cycle of lonely rumination. Sometimes, it's simply easier to act your way into a new way of feeling than to feel your way into a new way of acting.

Therefore, my suggestion is this: initiate a small change. Feeling stuck? Do something different. In my own life, when I notice my devotional practices waning, I introduce a change. Recently, purchasing a new translation of the New Testament reignited my habit of Bible reading.

As it says in Romans 12:2: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Sometimes, that renewing begins not with a thought, but with an action.

So, don't just wait passively for your feelings to shift. Experiment a little. Rearrange the furniture of your life. You might just discover that you don't need that next drink, or whatever your particular struggle may be.



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Attendance for the Month of May				
Date	8:00am	10:15am	Sunday School	Online Viewers
5/04	A 76/ C 1	A 75/ C 13	A 13/ C 33	390
5/11	A 77/ C 0	A 92/ C 19	A 15/ C 15	484
5/18	A 79/ C 1	A 62/ C 4	A 6/ C 19	350
5/25	A 69 / C 0	A 76 / C 14	A 6 / C 31	346

Sunday Volunteer Schedule					
Time	Date	Council Ushers	Greeters	Acolyte	Lector
8:00	6/1	April Beisiegel	Scott Weber	Tara Beisiegel	Tami Hughes
		Kathy Lickenbrock	Julie Weber		
	6/8	Kim Borja	Marg Rhutasel	Alise Freebairn	Donna Smoker
		Brian Rippelmeyer	Larry Rhutasel		
Father's Day	6/15	Tom Heppermann	Dale Lickenbrock		Lynn Gipson
		April Beisiegel	Kathy Lickenbrock		
	6/22	Kathy Lickenbrock	Mary Endsley		Jeanie Stumpf
		Kim Borja	Debbie Ross		
	6/29	Brian Rippelmeyer	Pat Smoker		Scott Weber
		Tom Heppermann	Donna Smoker		
10:15	6/1	Julie Rickert	Tom Heiken	Ryleigh Ribes	Donna Asbridge
		Chad Lindauer	Robin Heiken		
	6/8	Lee Hartmann	Harry Kuhn	Owen Inselmann	Vicki Channer
		Amy Walton	Shirley Kuhn		
Father's Day	6/15	Lauren Borger	Gloria Niebruegge		Amy Walton
		David Mitchell	Brittany Kaiser		
	6/22	Tom Heiken	Angela Kurburski		Dean Huston
		Julie Rickert	Mathew Kurburski		
	6/29	Chad Lindauer	Brittany Kaiser		Julie Rickert
		Lauren Borger	Betty Weber		

If you are scheduled to serve, please remember that we are counting on you!
 If you cannot attend, switch with another volunteer and let the office know. Thank you!

... VOLUNTEER SCHEDULES ...

Acolyte Schedule		
Date	8:00 a.m.	10:15 a.m.
June 1	Tara Beisiegel	Ryleigh Ribes
June 8 Confirmation	Tenley Heppermann	Owen Inselmann

Communion Set-up/Clean-up			
Date	Set-Up	After 8:00 am	After 10:15am
June 1	Debbie Ross	Sandy & Jeanie	Jim & Char Jacobs
July 6	Lisa McDonald & Jill Kettler	Debbie Ross	Amy Walton

Audio/Video Volunteer Schedule				
Time	Date	Sound	Projectionist	Camera
8:00	6/1	Sandi	Alexis	Scott
	6/8	Sandi	Alexis	Gregg
	6/15	Sandi	Alexis	Scott
	6/22	Sandi	Alexis	Gregg
	6/29	Sandi	Alexis	Scott
10:15	6/1	Sandi	Sean	Jerry
	6/8	Sandi	Roger	Sean
	6/15	Sandi	Lori	Jim
	6/22	Sandi	Sean	Jerry
	6/29	Sandi	Roger	Sean

BLOOD PRESSURE CHECKS
are done between church services in the parlor.

June 8	Donna Asbridge
July 6	Jeanie Stumpf



The Benevolence offerings that you mark on your envelopes each month are Second Mile offerings for special mission projects.

Our May offering for Outlet meals was \$ 325

June benevolence offerings will be for
Out of the Darkness





Food Pantry needs for the month of **June** are: **toothpaste, applesauce, pork & beans, marinara sauce, and canned chicken breast.**

Food Collection Sunday is June 8th.

The Pantry appreciates your donations and support!



St. Paul's loans out clean, gently used medical equipment. If you or a loved one are in need of some type of medical equipment, contact the church office to check on availability.

**HOSPITALIZED
OR NEEDING
MEDICAL CARE
LAST MONTH**



Charles Ross

**Thank
You**

Emmaus Homes has always turned to our faith community for help and today is no exception. I want to thank you for your gift of \$525.

With Gratitude, Lisa Key Chief Development Officer

Eden Theological Seminary gratefully acknowledges a gift of \$365.

Rev. Dr. Mary Schaller Blaufuss
VP for Advancement

Thank you for your generous support of Aaron & Katie Neff and your passion to share the gospel.

CRU (Campus Crusade for Christ)



Are you aware that St. Paul's is a storm shelter?

The basement is opened whenever the sirens are activated.



THROUGH THE

BIBLE

WITH LES FELDICK

This four-week study with videos from Les Feldick begins

June 5th at 7:00 pm

Ministry Center

Videos are 30 minutes, followed by discussion.

Please join us during this Recon Series!

ANXIETY SUPPORT GROUP

Feeling overwhelmed by anxiety? You're not alone! Join us for a supportive group on
Sundays—June 15th to July 6th at 9:15am

Learn 10 practical skills to bring more calm and relaxation into your life.

This isn't a strict Bible study and is open to everyone—no matter the background!

Ready to find some peace? Contact the office today to save your spot!

Bissinger's Chocolate Factory

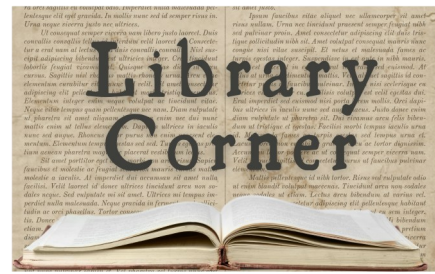
On **June 10th**, the Women's Guild will be going to Bissinger's Chocolate Factory for a free tour and shopping - then lunch at Mama's on the Hill!

Meet at church before 9 am. We will carpool and **leave promptly at 9 am.**

If interested call or text Cheri Emge at (618) 795-4250. She has free tour tickets. Limit is 20 people and there are 6 available. If more than 20 people are interested, we can have 2 tours.

Please RSVP by June 6th!

...Ministries ...



Lots of great books available in our church library located in the Ministry Center. Stop by and check it out!



VBS 2025

June 25-27

9:00am—11:30am

Ages 4 yrs—5th Grade

**TRUSTING JESUS IN
A WILD WORLD**

Get a Registration Form From Your Child's Sunday School Teacher or Register online at www.stpaulsfreeburg.org/vacationbibleschool

Bring your friends and neighbors!



2025 Homecoming Cake Stand

Mark your calendars for **Saturday, August 16**, to bake cakes or other desserts for the Freeburg Homecoming Cake Stand. St. Paul's will oversee the stand from 11:00 am to 10:00 pm on Saturday this year. Please text or call Debbie Ross at 618-830-0524 to volunteer to work a two-hour shift or have your dessert item picked up.

All proceeds benefit the Freeburg Recreation Park.

...Ministries ...



Starting **Sunday, June 1, 2025**, the **Adult Bible Study Group** is sponsoring a Summer Bible Study entitled **Total Unity – Utter Failure**. This study will dive into the Unity we all crave in today's world and how our fallen world will achieve its own brand of Unity in Government, Economy, and Religion. We will see the fallen world in stark relief to the Unity offered by

Jesus, Our Lord and Savior. Join with us either on

Sunday morning at 9:00am in the Church Office or

Tuesday evening at 7:00pm in the Baltz Parlor.

The Tuesday session will be broadcast on Zoom as well
(contact the church office for Zoom details).

Come join in this study that will show you the near-term future
and the true way to Unity with God.



**June 15th
9:05am**

Fellowship Hall

Want to have some fun with your dad, grandpa, uncle or other male role model?
Join us for Bingo with Dad on Father's Day!
Fun, food, fellowship and prizes galore!

HAPPY BIRTHDAY

June

6/1 Annie Shook
6/2 Richard Beisiegel
6/2 Sharon Luebbers
6/2 Karen Neff
6/3 Kelton George
6/4 Wyatt Smith
6/5 Karen Gipson
6/5 Lucas Green
6/5 Isabella Lashbrook
6/5 David Niebruegge
6/6 Julie Menn
6/6 David Mitchell
6/7 Beth Heppermann
6/7 Lacy Niebruegge
6/8 Luke Shook
6/8 Ellen Walker
6/9 Coty Jones
6/9 David Loy
6/9 Jennifer Walton
6/11 Jenny Hummert
6/11 Elijah Santel
6/12 Kate Hughes
6/13 Tenley Heppermann
6/13 Kirk Nordhaus
6/14 Cheryl Emge
6/15 Payton Lion
6/15 Sherry Salvatore
6/15 Krista Wagner
6/17 Dane Brueggemann
6/17 Elliott Crowder
6/17 Connor Schopp
6/18 Jim Tadlock
6/19 Carol Harbaugh
6/19 Chloe Lawson
6/20 Michael Brazelton
6/21 Jed Rippelmeyer
6/22 Nolan Shook II
6/23 Ryan Kuhn
6/23 Logan Rhutasel
6/24 Hunter Oeltjen
6/24 Johnathan Santel
6/24 Tim Tritt

6/24 Alesa Wilson
6/25 Emil Kromat
6/25 Dale Lickenbrock
6/26 Debbie Ross
6/27 Sebastian Skaer
6/28 Louis Kreher
6/28 Gary Kuklinski
6/29 Brittany Morris
6/29 Herschel Parrish Jr
6/29 Dennis Tewell
6/30 Tracy Gerber
6/30 Jennifer Schaller



6/4 Matt & Tabitha Amann 20 years
6/5 Dale & Susan Fiedler 43 years
6/5 Matthew & Lauren Theuerkauf 16 years
6/7 Todd & Dawn Baldwin 22 years
6/9 Kobe & Sabryn Carr 1 year
6/10 Chris & Jamie Joseph 19 years
6/10 Herb & Bennie Schafle 69 years
6/11 Doug & Donna Asbridge 42 years
6/13 Nolan & Connie Shook 44 years
6/16 Tom & Beth Heppermann 18 years
6/16 Tim & Yvonne Tritt 53 years
6/18 Craig & Chris Niebruegge 20 years
6/19 Ron & Lana Klann 32 years
6/22 Michael & Heather Adamson 12 years
6/25 Justin & Julie Wakefield 20 years
6/27 Chad & Angie Sanders 27 years
6/29 Andrew & Brenda Lovins 6 years
6/30 Pete & Pat Vogel 63 years

Normal Sunday Schedule

8:00 am & 10:15 am Worship

9:05 am Sunday School

10:15am Children's Church

First Sunday of the Month – Communion Observed During Both Worship Services

June	June
2—Christian Ed 6:30pm	19—Pantry 5pm
3—Pantry 2pm	22—Anxiety Support Group Meeting 9:15am
3—Building & Grounds 7pm	
5—Cedar Trails Service & Communion 1pm	24—Stephen Ministry 6:30pm
8—Youth leave for Mission Trip	25—True North VBS 9am
8—Confirmation Sunday	25—Scope deadline for July
8—Pentecost-wear red	
8—Food Collection Sunday	26—True North VBS 9am
8—BP Checks 9am	
10—Women's Guild 12pm	27—True North VBS 9am
10—Pantry 2pm	27—Pantry Clothing sale open to public
15—Father's Day	29—Anxiety Support Group Meeting 9:15am
15—Anxiety Support Group Meeting 9:15am	
17—Council 7pm	

Normal Weekly Schedule

7th & 8th Grade Confirmation: Sunday 9:15 am

C.S. Lewis Bible Study: Monday 7:15 pm

Bible Study: Sunday 9:05 am, Tuesday at 7:00 pm (Zoom)

Quilting: Tuesday & Thursday at 8:30 am (Ministry Building)

Boy Scouts: Tuesday 7:00 pm (Basement)

Choir Rehearsal: Wednesday at 6:00 pm

The Outlet: Wednesday 6:30 pm - 8:00 pm (Youth Room)

Faith Journey Rehearsal: Wednesday at 7:00 pm

"Reconfirmation": Thursday at 7:00 pm (Ministry Building) Bible Study with Pastor Lovins

ST. PAUL'S SCOPE published by
St. Paul's United Church of Christ
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**Faithful and Welcoming
Church**

Worship Services:

Sunday 8:00 & 10:15 AM
Sunday School 9:05 AM
Children's Church 10:15 AM

