

THE CHIMES - September 2024

Newsletter for members and friends of St. Paul's Evangelical Lutheran Church



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Dear Members and Friends of St. Paul's,

As we enter into the fall season and a new programming year, we, along with much of American culture, return to our normal routines. While it's "back to school" season for teachers and students, we often also think of it as the end of vacation season, and the time for closing up pools and getting ready to pull boats out of the water. Farmers are gearing up for a busy harvest season, politicians are digging deeper into the campaign season. Along with Labor Day sales, stores are already stocking up for Halloween and Christmas, and all the pumpkin spice lovers are looking forward to its return to the coffee shops. If the summer had been more relaxed, now it's time to get back to the hustle and flow of ordinary life.

In the United Methodist Church and some other denominations, the third Sunday in September is known as "Back to Church Sunday." Now, to be fair, I admit that I laughed a little when I first heard of this. Churches don't go anywhere over the summer. Nowhere in the Bible does it say, "You are to have no other gods *nine months out of the year*," or "Remember the sabbath day and keep it holy, *September through May*." We worship year-round because God loves us and cares for us year-round. Still, it's true that worship attendance drops in the summer months. So, returning to church

is often part of the fall tradition of getting back to our normal routines.

Often, as we return to our normal routines at this time of year, we say we're "getting back to the grindstone." It can be seen as a sad and dull season, especially when compared with the excitement of summer. But the fall doesn't have to be stressful or depressing. In the fall, there's also cooler weather, beautiful colors, football season, evenings by the fireplace, and more.

The fall could also be a time to try something new. There are all kinds of things going on here at St. Paul's this fall. You are invited to grow in faith with us by participating in some of our Christian Education opportunities. For our youth, there's Sunday school, confirmation, and youth group. Adults are invited to join me for Bible study on Monday evenings or Thursday mornings. In both studies, we'll be reading straight through the Gospel of Luke, asking questions and discussing the passages along the way.

It's also a great time to get involved with social ministry. This summer we had great support for the summer food drive and for the school supply collection, as well as for the water donated during VBC. This fall, we'll be preparing for Thanksgiving food baskets, college student care packages and more. If there's ever a new project you'd like to lead for the church to support, come see me, and we'll see what we can do!

This fall, our music ministries will also be back to rehearsals in order to enhance our worship. Handbells, Tutti Voce Choir, and the children's Grace Notes Ensemble are great ways to get involved. If you play an

instrument and would like to get involved with the Same Spirit Band that plays at the 9am service, you can speak to Ed Robertson or Krissy Soltesz about trying it out. We are also always glad to welcome solo or small group songs in worship as well. Speak to Ed, and he can help arrange a time that the music would be fitting for worship.

As the season changes, our property also needs our attention. Maybe this is a time to come out and help with various projects and needs around the church campus. Or, if getting your hands dirty isn't your style, maybe it's time to add your input and leadership to one of our church committees. I'm currently working on assembling a stewardship committee, but your help would be welcome with any of our groups. Reach out to me or the church office to find out more.

As we return to two worship services on Sunday, it's also an especially good time to try a worship assistant role! When we had only one service on Sundays over the summer, we were able to get people to serve as ushers, acolyte, lector, greeter, clicker, communion assistant, and altar guild. When we add a second service back in, we need all the support we can get! If there's a role you are unsure about, or would like to know more, I'm glad to work with you to train you. Otherwise, observing others is some of the best training available. I promise, that if you try something new, no one is going to laugh at you or run you out of the church. St. Paul's is a great place to learn and grow. To sign up, check out the list on the bulletin board

in the narthex, or ask me or Rosanne for help.

There are always other things to get involved in around the church too! Keep your eyes and ears open for opportunities. If there's something you're looking for, or if you're not sure how to best use your skills and abilities, come visit me, and we can see how to best include you in the St. Paul's community.

The fall doesn't have to be when all the fun ends. There's plenty of fun here at St. Paul's this fall. Come and get involved!

Peace,

Rev. Jessica Hahn

Pastoral Acts for July/August

Baptism: Isaiah Bull

New Member: Koeberle Bull

Funerals/Burials: Marilyn Adams,
Erika Bittle, Bob Soper, Janet
Prickett MacCartney, Dot Shinn,
Elmer Conover



Council Spotlight

Daily we are bombarded with information, polls, comments and opinions about the November election. One of the issues that ranks high in many Americans' concerns is immigration. Our national church, the ELCA (Evangelical Lutheran Church in America), has a social message on immigration passed by the churchwide assembly in 1998. The ministry of the ELCA to migrants and refugees is carried out through the Lutheran Immigration and Refugee Service and "where possible we work ecumenically." Their work consists of "accompanying migrant children and families in the US and abroad, resettling refugees, advocating on behalf of detained asylum seekers, offering pastoral and legal counsel to persons without legal status, aiding persons without legal status, aiding persons with the citizenship process and helping newcomers learn to live in a new country."

The ELCA advocates for Congress to:

- a) "facilitate citizenship in a reasonable and effective process
- b) support benefits for lawful permanent residents who arrived before 1996
- c) offer flexible and humane ways for undocumented persons in the USA to be able to adjust their legal status
- d) increase the number of refugees admitted to the US
- e) seek reliable, consistent and sensitive implementation of the law governing asylum seekers

- f) search for alternatives besides physical barriers between Mexico and the United States, always respecting the human dignity of persons attempting to cross the border."

St. Paul's was started by a group of German immigrants 157 years ago. At least one service was in German until 1941. Today the liturgy in ELCA churches is celebrated in 33 languages. St. Paul's has welcomed immigrants and refugees to worship and in our community throughout its history. The following families were specifically sponsored by St. Paul's:

- 1975 The Nguyen family from Vietnam - 17 in all
- 1979 the Vuong family from Vietnam - 2
- 2005 the Mamedaliyev family from Uzbekistan - 4
- 2007 the Saydee/Daniels family from Liberia via refugee camp in Ghana - 10

And in 2021 congregants donated various items for Afghan refugees housed at Ft. Dix.

The welcoming of newcomers in our society can be challenging at times but in St. Paul's letter to the Romans, we are reminded to "welcome one another, just as Christ has welcomed you, to the glory of God." Romans 15:7.

Reference: <https://www.elca/immigration>

Nancy Prickett
Council Vice-President



Youth Group

Back to School means back to Youth Group! Our first gathering will be on Sunday, September 29! We begin with a

dinner at 5:30 and followed by Youth Group at 6:00 PM.

We can't wait to take all we learned at the ELCA Youth Gathering "Created to Be" and put it into action!

Youth Group is open to students in grades 7 through 12. We look forward to seeing all our students and having a great time of fellowship together!



Confirmation



We are kicking off our Confirmation year with an Orientation Dinner and Welcome meeting on September 15 at a special time—5:00—6:30 PM.

We meet twice a month from 4:00 – 5:30 PM. This year, we will learn about Martin Luther, the Commandments, the Lord's Prayer, some old Testament stories, and more.

Our Upcoming Calendar Dates...

We meet from 4:00 – 5:30 PM in the Music Room

Sep 15: Welcome Dinner and Kick-off Meeting (5:00—6:30 PM)

Sep 29: 1st Class – A Lawyer, A Priest, and a Professor

Oct 13: Class – Chaos from a Couple of Nails

Oct 27: Field Trip to the Prison on High Street

**Sunday School – Come, Check Us Out!
Come Back for More Good SS Times!**

In 2023 – 2024, We were S.T.A.R.S. (So Thankful and Renewed Swiftly).

Again, this year, SS is renewed with a theme that will help all of us truly Dive In...!

Sunday School Begins: 09.15.2024

The logo for St. Paul's Sunday School 2024-25 features the word "SCUBA" in large, blue, bubbly letters. Below the letters is a white banner with the text "Sharing Christ's Undeniable Bold Awesomeness". The logo is set against a light blue background with rounded corners. On the left side, the text "Come, Dive In..." is written vertically. On the right side, the text "All are Welcome!" is written vertically.

**St. Paul's Sunday School
2024-25**

SCUBA

Sharing Christ's Undeniable Bold Awesomeness

**PreK-Grade 4
Grades 5 – 6
Grades 7 – HS**

Sundays, 10:15 – 11:00

Come, Dive In...

All are Welcome!

I'm looking forward to a great Sunday School 24-25 Year! Come, SCUBA:
Share Christ's Undeniable Bold Awesomeness!

With gratitude for all of St. Paul's and Yay, God!

Bev Grazioli
beverly.j@outlook.com:



Music Ministries Schedule

September is here and our music ministries are returning!

Handbells will start rehearsals again Tuesday, September 10, 6:00 PM-7:00 PM. Rehearsals will be weekly and the first worship service that they will ring will be October 6, followed by October 27, Reformation Sunday.

Tutti Voce Choir: We will start rehearsals on Sunday, September 8 at 10:00 AM, with the choir singing a prelude or offertory anthem on alternating Sundays starting September 29 at the 11:00 AM worship service. This would include October 27, Reformation Sunday, when both choir and handbells would provide selections.

Grace Notes is Back! We will begin rehearsals at 6:00 PM on Wednesday, September 18. The group will meet on alternating Wednesdays. Any and all music makers are invited to join! Singers and/or instrumentalists of all levels! See the Grace Notes sign up sheet in the narthex!

Contact Ed Robertson for more information or to join in!

Bible Studies



Our Bible Studies will be returning in September. The Monday Bible study will begin on September 9 and will be held at 6:00 PM in the Conference Room. The Thursday Bible study will begin on September 12 at 10:00 AM in the Heritage Room. Both groups will be studying the Book of Luke. Pastor Hahn will be leading both studies. All are welcome! No sign up necessary.



Sometime during the month of September send a card of care and encouragement to:

Grace Ezze
101 Shelmore Road
Mt. Holly, NJ 08060



Dear Pastor Jessica,
Rich and Carol,

On behalf of the children and teens in our programs, thank you so much for your

generous donation of backpacks and supplies to our *Operation Fill-A-Backpack* drive. With your contribution we are hoping to provide over 1300 stuffed backpacks to kids in need of support! Generous community members like you make it possible for children and teens to start the school year off with packs on their backs, smiles on their faces and the confidence needed to succeed!

Our programs are extraordinarily diverse, yet all designed with one goal in mind: to meet the behavioral health care needs of members of our community with compassion. Every day, we strive to rebuild the shattered lives of young children; help families create stable, loving environments; and reduce the isolation felt by so many older adults in our community.

It is extremely gratifying to receive support from friends like you. Thank you again for your thoughtful contribution, and we look forward to working with you in the future.

Sincerely,
Denise Soto, CFRE
Chief Development Officer
Oaks Integrated Care

A note from one of the children who received a backpack:

Hello, my name is Jason. Thank you very much for the school supplies. I am very much appreciative for it and it should help me get through the rest of the school year.

Like I said before, thank you very much and have a blessed rest of the year, may God be with you.


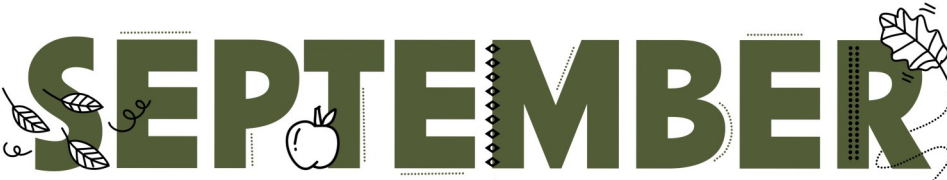

Thank you.

Sincerely,
Jason

Council Minutes

Did you know you can get the council minutes electronically? Call or email the church office if you would like to receive the minutes by email each month.



Sun	Mon	Tue	Wed	Thu	Fri	Sat												
1 10:00 AM Worship	2 Labor Day—Church Office Closed 8:00 PM AA (PH)	3 7:00 PM Band Practice (S) 8:00 PM AA (PH)	4 9:00 AM Aerobics (PH) 9:00 AM Needle & Thread (CR) 5:00 PM Weigh In Group (CR) 6:30 PM Youth Ministry Cmt (H) 7:00 PM NA (PH)	5 7:30 AM Men's Prayer Breakfast (PH)	6 12:00 PM Blood Drive (PH) 	7 5:00 PM Worship 9:00 PM NA (CR)												
8 9:00 AM Worship 10:00 AM Choir (M) 10:15 AM Sunday School 11:00 AM Worship 7:00 PM ELCA Zoom	9 9:00 AM Aerobics (PH) 6:00 PM Bible Study (CR) 8:00 PM AA (PH)	10 10:00 AM EGA Board (CR) 6:00 PM Bells (S) 7:00 PM Band Practice (S) 7:00 PM Property (CR) 8:00 PM AA (PH)	11 9:00 AM Aerobics (PH) 9:00 AM Needle & Thread (CR) 5:00 PM Weigh In Group (CR) 7:00 PM NA (PH)	12 7:30 AM Men's Prayer Breakfast (PH) 10:00 AM Bible Study (H)	13	14 5:00 PM Worship 6:00 PM Worship Time Meeting 9:00 PM NA (CR)												
15 9:00 AM Worship 10:00 AM Choir (M) 10:00 AM Fellowship 10:15 AM Sunday School 11:00 AM Worship 5:00 PM Confirmation Dinner (PH)	16 9:00 AM Aerobics (PH) 6:00 PM Bible Study (CR) 8:00 PM AA (PH)	17 6:00 PM Bells (S) 7:00 PM Band Practice (S) 8:00 PM AA (PH)	18 9:00 AM Aerobics (PH) 9:00 AM Needle & Thread (CR) 5:00 PM Weigh In Group (CR) 6:00 PM Grace Notes (S) 7:00 PM Council (CR) 7:00 PM NA (PH)	19 7:30 AM Men's Prayer Breakfast (PH) 10:00 AM Bible Study (H)	20 <i>Chimes Deadline</i>	21 5:00 PM Worship 9:00 PM NA (CR)												
22 9:00 AM Worship 10:00 AM Choir (M) 10:15 AM Sunday School 11:00 AM Worship 12:15 PM Communion Bread Baking (PH)	23 9:00 AM Aerobics (PH) 6:00 PM Bible Study (CR) 8:00 PM AA (PH)	24 10:00 AM EGA (PH) 6:00 PM Bells (S) 7:00 PM Band Practice (S) 7:00 PM ELCA Zoom 8:00 PM AA (PH)	25 9:00 AM Aerobics (PH) 9:00 AM Needle & Thread (CR) 5:00 PM Weigh In Group (CR) 7:00 PM NA (PH)	26 7:30 AM Men's Prayer Breakfast (PH) 10:00 AM Bible Study (H)	27	28 5:00 PM Worship 9:00 PM NA (CR)												
29 9:00 AM Worship 10:00 AM Choir (M) 10:15 AM Sunday School 11:00 AM Worship 12:15 PM Legacy Cmt (H) 4:00 PM Confirmation (M) 5:30 PM Youth Dinner 6:00 PM Youth Group	30 6:00 PM Bible Study (CR) 8:00 PM AA (PH)							<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">H - Heritage Room</td> <td style="width: 50%;">Ed - Education Wing</td> </tr> <tr> <td>M - Music Room</td> <td>S - Sanctuary</td> </tr> <tr> <td>N - Narthex</td> <td>CR - Conference</td> </tr> <tr> <td>O - Church Office</td> <td>Room Z—Zoom</td> </tr> <tr> <td>PH - Parish Hall</td> <td></td> </tr> </table>	H - Heritage Room	Ed - Education Wing	M - Music Room	S - Sanctuary	N - Narthex	CR - Conference	O - Church Office	Room Z—Zoom	PH - Parish Hall	
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PH - Parish Hall																		



Hello Fellow St Paul's Members,

I hope everyone had an enjoyable summer and had the opportunity to share times with family

and friends. Seeing so many of our members at services over the summer has been wonderful! Summer often provides the opportunity for members who have moved away to return and join us here again in worship. We celebrate when that can happen! I know for me, the opportunity of having my family members home on summer vacation and having them come and worship together with us at St. Paul's was a blessing!

As Chair of your Worship and Music Committee, I have been writing articles for you over the last few months to share the many responses we received from the "Worship Service Questionnaire" that was distributed in February. I hope that you have found these articles informative and enlightening. The earlier months' articles reflected responses specific to the answers to questions that were on the questionnaire form. This month, I wanted to provide you with some information on a couple additional questions that were posed to us.

“Adult Christian Education” what are the opportunities currently provided?

In September, Pastor will begin offering two weekly Bible Study sessions again. They will be based on the Book of Luke. They will be on Mondays at 6:00 PM and Thursdays at 10:00 AM. See the calendar in the Chimes or the FYI for dates.

Also keep in mind, in the season of Advent and Lent we have afternoon luncheons on Wednesdays. Pastor Hahn chooses Bible readings, poses related questions for discussion, and we share prayers prior to our meal. Additionally, when our Synod provides topics of interest for congregations, Pastor Hahn shares the information with our congregation in announcements and FYI, as well as any links to online accessible sessions.

- “Do we have Council members dedicated to each of the Constitutionally, required committees?”

Our current Council members and their assigned committees:

Susan Carpenter-Bayley, Finance
Betty Brink, Evangelism, Social Ministry
Trish Colbridge, Youth Ministry
Pastor Hahn, Stewardship
Natalie Houwen, Worship & Music, Fellowship
Michael Jacob, Social Ministry
Agnes Kimball, Faith Formation/Christian Education
Rich Moyer, Treasurer, Finance
Andy Opperman, President, Mutual Ministry
Nancy Prickett, Vice President, Legacy
Erick Soles, Secretary, Property
Katt Soltesz, Evangelism

I hope that the information and resources I included this month may help you become more familiar with our Committees and your Council. Please feel free to contact any of your Council Liaison representatives or the church office if you have any related questions. Thank you!

Peace, Natalie Houwen
W&M/Chair and Council Liaison
nathouwen@aol.com

Worship Surveys, Part 2

I am so thankful that so many people took the time to respond to the worship questionnaire earlier this year, and I am also thankful that Natalie has provided summaries of the responses in the Chimes over the last few months. In case you missed any of them, the articles ran monthly beginning with the May Chimes. I'd like to take the time to address some of the additional questions and comments that came in with the survey responses. Not all of these comments are related to worship and music, and some require an answer from a more leadership/administrative role.

“I think that we should consider more upbeat music for the 5pm service.”

There are a lot of things that go into selecting the hymns, as well as in what makes them sound more upbeat. Depending on the season of the church year, hymns may be more penitent or upbeat. It also depends on the readings for the day. Most of the hymns are selected using a book of suggestions specific to the season and readings of the day. After two and a half years serving as your pastor, I still feel like I have a limited sense of what hymns are familiar to the congregation and which are unknown. Ed is working to familiarize himself with the hymnal and what the congregation knows as well. Generally, it's best to have no more than one unfamiliar hymn each week, and less frequently in a congregation with only a few strong singers. We will continue to make an effort to include newer, more upbeat hymns in the traditional services.

“Could the bells occasionally perform at a Saturday evening service?”

Generally, the Saturday service has been a simpler style, with no “bells and whistles”. It can also be difficult to get the entire ensemble together outside their regular Sunday schedule. However, as the ensemble is preparing for a new season, it is something that can be discussed. Regardless, the bells will be playing on the first Sunday of each month at the 11am service, so you are able to listen to it on the livestream.

“The passing of the peace makes me uncomfortable due to immunity issues.”

The sharing of peace is part of ancient worship practices, and serves as capstone to the prayers as we enact forgiveness and love within our own community. We share with one another a prayer for peace in their lives, as well as a gesture of forgiveness and reconciliation as we prepare to receive communion. There are many ways to share the peace that don't require personal contact with others. It is important that we respect one another and are attentive to those who prefer to share the peace from a distance.

Again, thank you all for your honest and open feedback in the worship questionnaire. I appreciate your comments and suggestions. I will respond to the last few questions next month.

Peace,
Rev. Jessica Hahn



Back-to-School Backpacks

Thank you for your generous donations to the Oaks Integrated Care

Operation Fill-A-Backpack! The staff at Oaks were greatly appreciative of all the supplies. With your help, many kids in need will have a great first day of school!



Food Pantry Needs

Suggested items for this month: canned

fruits and vegetables (pop-top is a plus), shelf-stable meals, instant potatoes, whole grain cereals.

Food pantry supplies are low so any donations are appreciated!

The food pantries are also in need of cloth bags. Thank you!

Red Cross Blood Drive

The Red Cross national blood supply has fallen by more than 25% since July 1! Blood product distributions to hospitals are outpacing the number of blood donations coming in, which is rapidly drawing down the blood supply. The Red Cross is working with hospitals around the clock to meet the needs of patients - but they can't do it alone. Please consider giving!



Our next Red Cross blood drive will be held on Friday, **September 6** from 12:00 to 5:00 PM. Presenting donors receive an **EXCLUSIVE** Red Cross raglan shirt, while supplies last.

The need for blood is critical! Go to redcrossblood.org and use sponsor code St Paul Lutheran Hainesport or contact the office to sign up. Give the gift of life, give blood!



VCS

LEGACY



VBC

Vacation

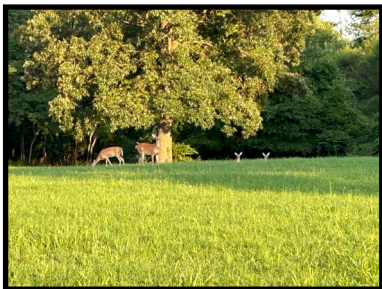
Church School? Bible School? Bible Camp?

Stop by the Heritage Room to see the new wall display. Follow summer VCS—VBS—VBC over the last 80 years! Below is the first record, 1931, of VCS in our archives. Yes, St. Paul’s has participated that long! You may see yourself or someone you know or remember.



Thank you to all who visited with us June 15th & 16th for “Legacy Awareness Weekend”. We now ask for your help as we continue to preserve our rich heritage. If you or someone you know has documented VBS—VBC for the years 2021, 2022, & 2023 please share with us as we have no documentation in our archives.

Ride-On Mowing Volunteers can be Home on the Range!



Recently Eric Houwen shared a picture of a herd of deer that appeared while he was mowing our lawns. We've seen flocks of wild turkeys out in the back fields and other creatures as well. Our mowing seasons in spring, summer, and fall can offer a nature experience on St. Paul's campus. We have acres of grounds to care for and to enjoy.

Property Team members do what we can to mow, but right now we need additional mower volunteers to help us keep the lawns looking good. If you are able to contribute time and energy to help with this important task please talk to our other mower volunteers for more information. See Eric Houwen, Deb or Al Paul, Erick Soles, or contact the church office or Louise Hikade.

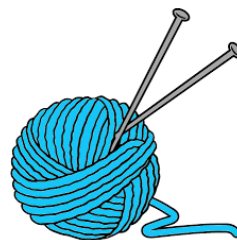
The dynamics of riding our mowers may find you feeling at home on the range, enjoying a meditative experience, and certainly being appreciated for your dedication and labor. There are still months left for mowing and our need is great. Your help will be so appreciated.

P.S. Not a ride-on mower person? Have a weed whacker? Have garden gloves?

Our wet and warm weather has given us an abundance of weeds – in some places climbing our walls. See Louise Hikade for a show and tell tour of our grounds so if you are able to gift St. Paul's with some hands-on labor you can see what needs to be done at your convenience. Thanks in advance for your help!

Knit or Crochet?

Would you like to help out? We're looking for a few people who knit or crochet to join our "Scarves for Scholars" team. In November of each year, we celebrate our college sophomores by presenting them with a scarf in their college colors.



Those scarves have always been handmade with love by members of our congregation. Would you be willing and able to make a scarf or two? Contact Rosanne or Pastor Hahn to learn more.



Virtua Volunteer Chaplain Aides

Volunteer Chaplain Aides are needed throughout the Virtua

Health System in Burlington and Camden Counties. There are openings for trained lay visitors every day of the week.

Following a training and orientation process, an Aide may donate two to four hours each week to visit patients, offering them compassion and spiritual comfort.

To find out if volunteering is for you, please call or email for an information package with details of the training and the process to become a volunteer at any of our facilities. The orientation class is Wednesday, October 16 and Friday, October 18 from 8:00 AM—5:00 PM.

For more information about volunteering at Virtua Burlington, Virtua Marlton, Virtua Mt. Holly and Virtua Voorhees, please contact Chaplain Janet Doyle by email at jdoyle3@virtua.org.

Flu Shot Clinic

Our annual Flu Shot Clinic for seniors with Medicare Part “B” is scheduled this year for Wednesday, September 18 beginning at 10:00 AM. The sign up sheet is posted in the narthex. Due to changes at RiteAid, the clinic will be only be one hour this year, and we can accommodate 30 people. Sign up now to secure your spot!



Questions? Call Sharyn Lyden at (609) 351-2317.

Acme/ShopRite Gift Cards



Acme and ShopRite gift cards are still available for purchase! Cards for each store are available in denominations of \$100, \$50, or \$25. Payment must be made in advance and checks should be made payable to St. Paul's.

Cards are available for purchase in the office. Contact Rosanne Scassero in the office to get your cards.

Senior



Vaccines are not just a childhood past time. They play an important role in protecting you in every phase of life. And they

become particularly important during the elder years when risks to certain diseases climb higher.

For older patients in assisted living or those in larger, more populated care settings, vaccinations are even more important, as exposure risk to communicable diseases like COVID-19, the flu and pneumonia are higher.

Certain vaccines are proven to be safe and very effective in preventing several diseases that can have very serious implications for aging populations.

AdventHealth explains how five important vaccines can help keep people age 65 and older as healthy and vibrant as possible.

Immunizations are even more important as we age. As we age, the immune system declines in its ability to fight off infections, which makes people ages 65 and older more vulnerable to diseases like influenza, COVID-19, pneumonia, and shingles. People of this age group are also at a higher risk for serious complications related to these diseases compared to younger populations. The flu in a 40-year-old is very different than in an 80-year-old.

According to our experts, while a 40-year-old might be in bed for a few days nursing the flu with rest, an 80-year-old is more likely to experience more serious symptoms that could lead to

hospitalization, and in the most serious and unfortunate circumstances, can even be a cause of death.

These are five important vaccines to consider if you are age 65 or older:

1. COVID-19 vaccine
2. Influenza (flu) vaccine
3. Pneumonia vaccine
4. Shingles vaccine
5. Tetanus and pertussis

Even healthy people need vaccines. Many people still think of immunizations are for children; they just don't think of getting these, or they think, *"Why should I do that if I'm healthy?"*

There are other barriers to getting vaccines among adults, which were outlined in an article published by The American Journal of Medicine.

This article reported that self-reported immunization rates for tetanus, influenza and pneumococcal vaccines were lower than the national guideline goal rates. Common consumer-reported barriers included:

- Lack of physician recommendations
- Incorrect assumptions (i.e. healthy people don't need these immunizations)

Surveyed health care providers suggested additional barriers facing patients include:

- Fear of needles
- Perceived side effects
- Lack of insurance coverage

Talk to your doctor about your immunizations.

It's important to sit down with your doctor and open the conversation about vaccinations to customize an immunization schedule that is best for you.

While the pneumonia vaccine is generally recommended for people over age 65, some younger people might need this vaccine because of a medical condition or situation; or, if you have potential exposure to hepatitis A or B like health care workers, this vaccine might be recommended.

Talk to your doctor who can assess your risk for diseases and help you to determine what is best for your preventive health.

*Excerpted from AdventHealth.com
See complete article at <https://www.adventhealth.com/blog/5-vaccines-every-person-over-age-65-should-consider>*



Please remove all seasonal decorations from the cemetery by September 30.

Thank you.

Fellowship



Our next fellowship will be on Sunday, September between the 9:00 and 11:00 AM services.

Join your St. Paul's family for treats and togetherness hosted by the Houwens and Jardines.

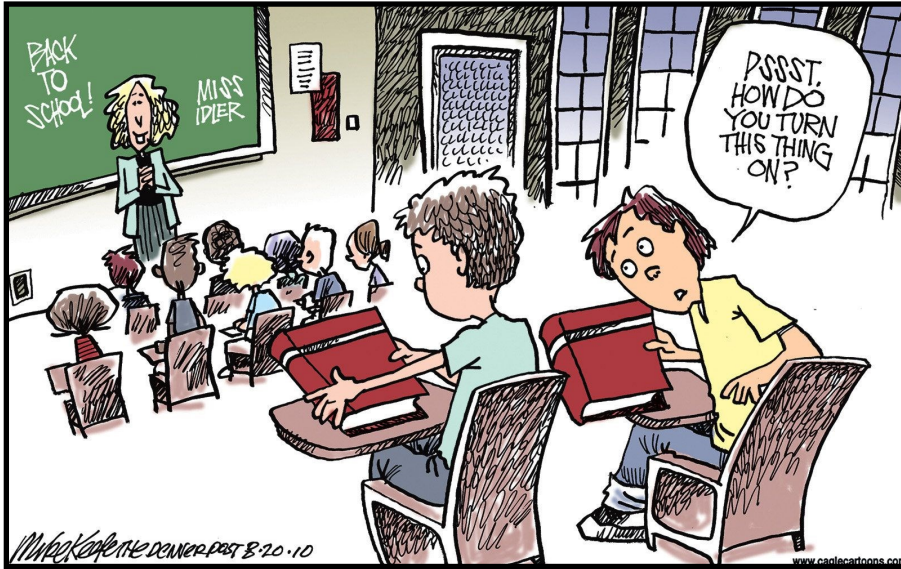
Baking for Mt. Nebo



We will once again be collecting baked goods for Mt. Nebo.

The sign-up sheet for is on the bulletin board in the narthex or you can contact the office to sign up. Contact Rosanne Scassero or Sharon Layman with questions.

The Last Word



A Prayer For Teachers and Students

Almighty God, our heavenly Father, you have committed to your holy Church the care and nurture of your children. Enlighten with your wisdom those who teach and those who learn, that rejoicing in the knowledge of your truth, they may worship you and serve you from generation to generation through Jesus Christ our Lord. Amen.