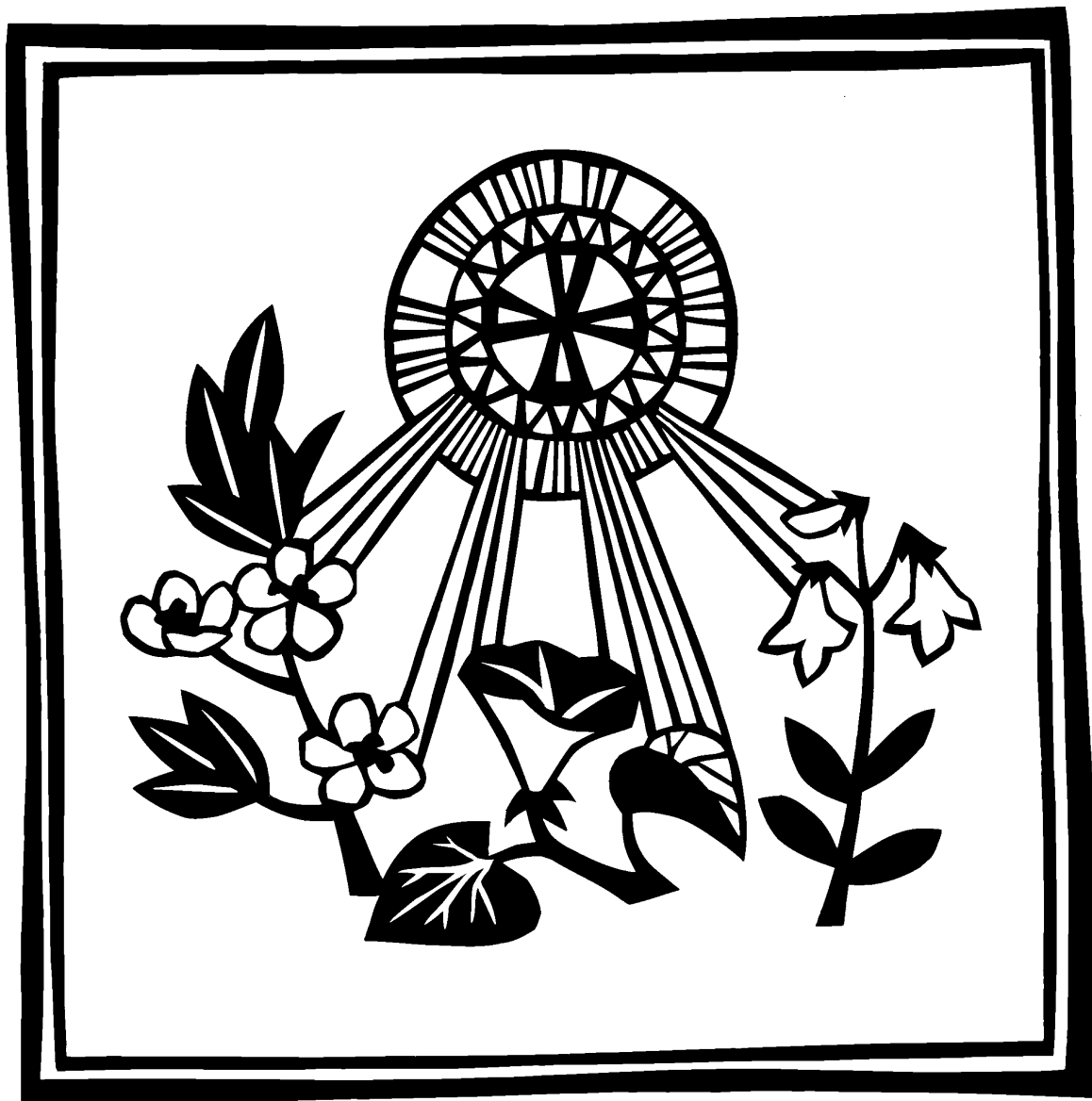


*Easter Sunday*  
*Sunrise Holy Communion*



*April 17, 2022*  
*6:00 a.m.*

*Welcome to St. Paul's Evangelical Lutheran Church*

*April 17, 2022*

***THE SERVICE OF LIGHT; RENEWAL OF BAPTISMAL VOWS;  
AND THE CELEBRATION OF THE HOLY EUCHARIST***

*The congregation gathers around the new fire, a sign of our expectant hope,  
now fulfilled as the Christ Candle is lit.*

*Welcome and Gospel: Matthew 28:1-7a*

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him, the guards shook and became like dead men. But the angel said to the women, "Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, 'He has been raised from the dead.'"

P Christ is risen!

C He is risen indeed!

*Service of Light*

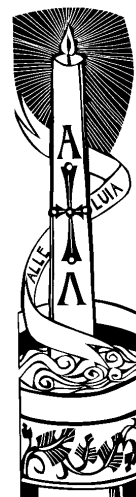
P Christ yesterday and today; the beginning and the end; his are all times, all ages, to him be glory and dominion, through all the ages.

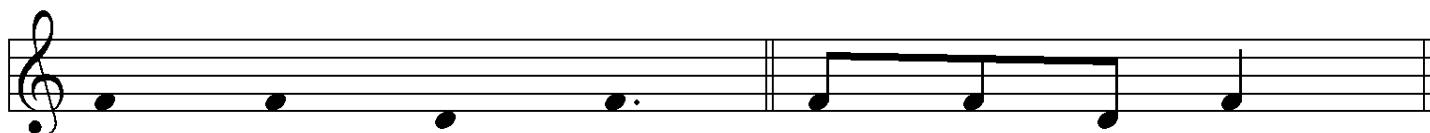
C Amen.

*The Paschal Candle is lit from the new fire*

P May the light of Christ, rising in glory dispel the darkness in our hearts and minds.

*Procession into the Church: The Paschal Candle, Pastor and processional cross lead the Choir and Congregation into the Church (sung three times)*



  
A musical staff with a treble clef and a key signature of one sharp (F#). The melody consists of a sequence of notes: a quarter note (F#), a quarter note (A), a dotted quarter note (C), a quarter note (D), followed by a double bar line, then a quarter note (F#), a quarter note (A), a quarter note (C), and a quarter note (D). Below the staff, the lyrics are written: [A] The light of Christ. [C] Thanks be to God.

*Opening Hymn: LBW 146 (The Assisting Minister sings Verse 1, the Choir and Congregation join on Verses 2 and 3)*

## Rejoice, Angelic Choirs, Rejoice!



1 Re - joi - ce, an - gel - ic choirs, re - joi - ce! Re - joi - ce now,  
2 O earth, ex - ult in ra - dian - ce bright, il - lu - mi - ned  
3 Let all who gath - er round this flame, the sign of



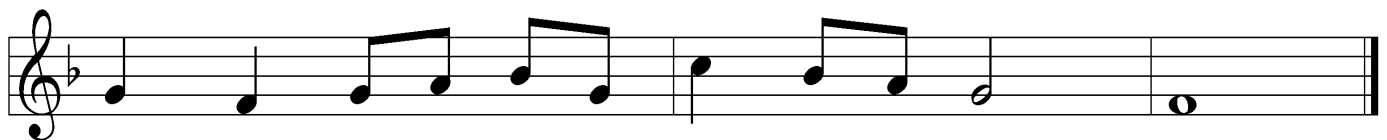
all cre - a - tion! Let trum - pets loud - ly raise their  
by Christ's splen - dor! Your dark - ness now is put to  
Christ's a - ris - ing, the death - less light of Christ ac -



voice to hail the Lord's sal - va - tion; let all Christ's  
flight; to him due prais - es ren - der! Be glad, O  
claim, his sav - ing mer - cy priz - ing; that all may



ho - ly priest - hood sing the tri - umph of their might - y  
church! Sing out your songs! Your tem - ples fill with shout - ing  
live by faith in him who con - quered death, de - spair, and



king in fes - tive cel - e - bra - tion!  
throngs to hail the glo - rious vic - tor!  
sin to make us his for - ev - er.

## *Apostolic Greeting*

- P** The grace of our Lord, Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
- C** And also with you.

## *Salutation and Prayer of the Day*

- P** Let's pray † O God, you gave your only Son to suffer death on the cross for our redemption, and by his glorious resurrection you delivered us from the power of death. Make us die every day to sin, that we may live with him forever in the joy of the resurrection, through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.
- C** Amen.

## *First Reading: Acts 10:34-43*

*Peter's sermon, delivered at the home of Cornelius, a Roman army officer, sums up the essential message of Christianity. Everyone who believes in Jesus, whose life, death, and resurrection fulfilled the words of the prophets, receives forgiveness of sins through his name.*

Peter began to speak to [the people]: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead.<sup>43</sup> All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name."

- A** The Word of the Lord
- C** Thanks be to God.

## Acclamation

## Celtic Alleluia



Al - le - lu - ia, al - le - lu - ia.  
Al - le - lu - ia, al - le - lu - ia.

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The melody is simple and repetitive, consisting of eighth and quarter notes. The lyrics 'Al - le - lu - ia, al - le - lu - ia.' are written below the notes. The first staff ends with a double bar line, and the second staff continues the melody and lyrics.

*Verses may be sung by a leader. Then the alleluia is repeated.*

Music: Fintan O'Carroll and Christopher Walker

Music © 1985 Fintan O'Carroll and Christopher Walker, admin. OCP Publications, Inc. 5536 NE Hassalo, Portland, OR 97213.

All rights reserved. Used by permission.

Duplication in any form prohibited without permission or valid license from copyright administrator.

**P** The Holy Gospel according to Luke the 24th Chapter

**C** Glory to you, O Lord.

### ***Gospel: Luke 24:1-12***

*Evidently expecting to find Jesus' corpse, some of his women followers go to the tomb with embalming spices. After a perplexing encounter with the empty tomb and angelic visitors, the women become the first to proclaim the amazing news of resurrection.*

On the first day of the week, at early dawn, [the women] came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body. While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. The women were terrified and bowed their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here, but has risen.

Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again." Then they remembered his words, and returning from the tomb, they told all this to the eleven and to all the rest. Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. But these words seemed to them an idle tale, and they did not believe them. But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

P The Gospel of the Lord  
C Praise to you, O Christ.

*Sermon: Pastor Steve Biegner*

*Hymn of the Day: LBW 131 (on the following page)*

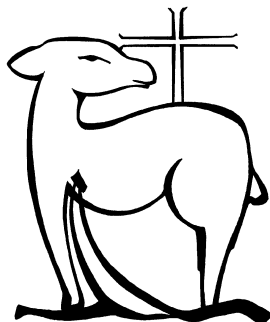
*Affirmation of Holy Baptism*

P Dear friends, we give thanks to God for the gift of baptism as we present ourselves before God this day to affirm our baptism into Christ.

Let us pray.

Merciful God, we thank you that you have made us your own by water and the Word in baptism. You have called us to yourself, enlightened us with the gifts of your Spirit, and nourished us in the community of faith. Uphold your servants as we affirm the gifts and promises of baptism, and unite the hearts of all whom you have brought to new birth through this holy sacrament. We ask this in the name of Jesus Christ our Lord.

C Amen.



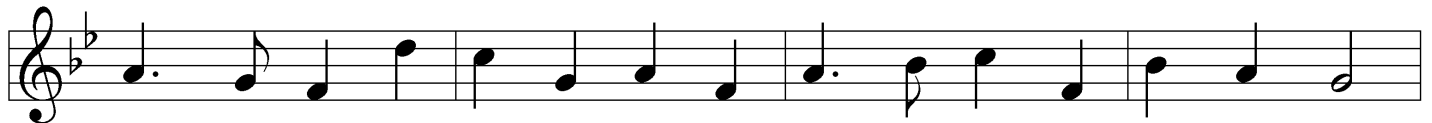
# Christ Is Risen! Alleluia!



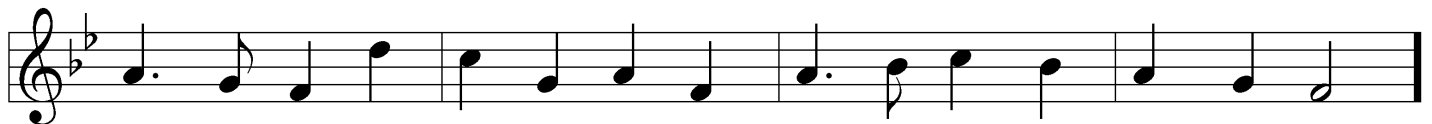
1 Christ is ris - en! Al - le - lu - ia! Ris - en our vic - to - rious head!  
2 Christ is ris - en! All the sad-ness of our Lent-en fast is o'er;  
3 Christ is ris - en! All the sor-row that last eve-ning round him lay  
4 Christ is ris - en! Hence-forth nev - er death or hell shall us en - thrall;



Sing his prais - es! Al - le - lu - ia! Christ is ris - en from the dead!  
through the o - pen gates of glad-ness he re-turs to life once more;  
now has found a glo-rious mor-row in the ris - ing of to - day.  
be we Christ's, in him for - ev - er we have tri-umphed o - ver all.



Grate-ful - ly our hearts a - dore him as his light once more ap - pears;  
death and hell be - fore him bend-ing see him rise, the vic - tor now,  
See the grave its first-fruits giv - ing, spring-ing up from ho - ly ground;  
All the doubt-ing and de - jec - tion of our trem-bling hearts have ceased;



bow-ing down in joy be - fore him, ris - ing up from griefs and tears.  
an - gels on his steps at - tend-ing, glo - ry round his wound-ed brow.  
he was dead, but now is liv - ing; he was lost, but he is found.  
hail the day of res - ur - rec - tion! Let us rise and keep the feast.

## *Refrain*



Christ is ris - en! Al - le - lu - ia! Ris - en our vic - to - rious head!



Sing his prais-es! Al - le - lu - ia! Christ is ris - en from the dead!

## *Renunciation of Evil*

**P** As you affirm your baptism, I ask you to reject sin, profess your faith in Christ, and confess the faith of the church the faith in which we baptize:

Do you renounce the devil and all the forces that defy God?

**C** I renounce them.

**P** Do you renounce the powers of this world that rebel against God?

**C** I renounce them.

**P** Do you renounce the ways of sin that draw you from God?

**C** I renounce them.

**P** With the whole church, let us confess our faith. Do you believe in God the Father?

**C** I believe in God, the Father almighty, creator of heaven and earth.

**P** Do you believe in Jesus Christ, the Son of God?

**C** I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

**P** Do you believe in God the Holy Spirit?

**C** I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

## *Commitment*

**P** You have made public profession of your faith. Do you intend to continue in the covenant God made with you in holy baptism: to live among God's faithful people, to hear the word of God and share in the Lord's supper, to proclaim the good news of God in Christ through word and deed, to serve all people, following the example of Jesus, and to strive for justice and peace in all the earth?

**C** I do, and I ask God to help and guide me.



### *Prayer of Blessing*

**P** Let us pray. We give you thanks, O God, that through water and the Holy Spirit you give us new birth, wash us from sin, and raise us to eternal life. Stir up in each of us the gift of your Holy Spirit: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence, both now and forever.

**C** Amen.

### *Baptismal Remembrance*

**P** When we were joined to Christ in the waters of baptism, we were clothed with God's mercy and forgiveness. Together let us remember our baptism.

Blessed are you, O God of grace. From age to age you made water a sign of your presence among us. In the beginning your Spirit brooded over the waters and you created the world by your word, calling forth life in which you took delight. You led Israel safely through the Red Sea into the land of promise, and in the waters of the Jordan, you proclaimed Jesus your beloved one. By water and the Spirit you adopted us as your daughters and sons, making us heirs of the promise and servants of God. Through this water remind us of our baptism. Shower us with your Spirit, that your forgiveness, grace, and love may be renewed in our lives. To you be given honor and praise through Jesus Christ our Lord in the unity of the Holy Spirit, now and forever.

**C** Amen.

**P** Almighty God, who has given us a new birth by water and the Holy Spirit, and bestowed on us the forgiveness of sins, keep us in eternal life through the grace of Jesus Christ our Lord.

**C** Amen.

### *Prayers of the Church*

**A** On this day of resurrection joy, let us offer our prayers for ourselves, our neighbors, and our world.

Renewing God, the good news of your resurrection changed the world. Give church leaders and all the baptized the same excitement as the women at the tomb, and inspire us to share your abundant life. Merciful God,

**C** receive our prayer.

A Sustaining God, your creation abounds with signs of new life in budding trees and newborn creatures. Provide fertile soil, ample sunlight, and nourishing rain for the growth of plants, and provide farmers with a plentiful harvest. Merciful God,

C receive our prayer.

A Sheltering God, strengthen and sustain all who support vulnerable people across the world. Empower government agencies and international organizations that provide for refugees and migrants forced to leave their homelands. Merciful God,

C receive our prayer.

A Caring God, we ask for your hand of protection to be with all of those in the Ukraine who are affected by the war. Bring peace to our world and help us to be instruments to make that happen. Let light overcome the evil. Give leaders across the globe hearts of compassion, understanding and grace. Merciful God,

C receive our prayer.

A Encouraging God, you do a new thing among us. We pray for those gripped by fear and anxiety or who suffer in any way, especially the people on our Prayer List and those we name now either silently or aloud. Send us as your healing presence to places of hunger, pain, illness, or overwhelming sorrow. Merciful God,

C receive our prayer.

A Surprising God, you offer endless ways for us to delight in your grace. Give this community of faith a sense of joy and wonder in exploring new avenues of faith formation, worship, and discipleship. Merciful God,

C receive our prayer.

A Resurrecting God, you make us alive in Christ. Thank you for blessing us with faithful witnesses who now rest in you. Merciful God,

C receive our prayer.

A We offer to you these petitions and those we carry in our hearts, trusting in your abundant and ever-present mercy.

C Amen.

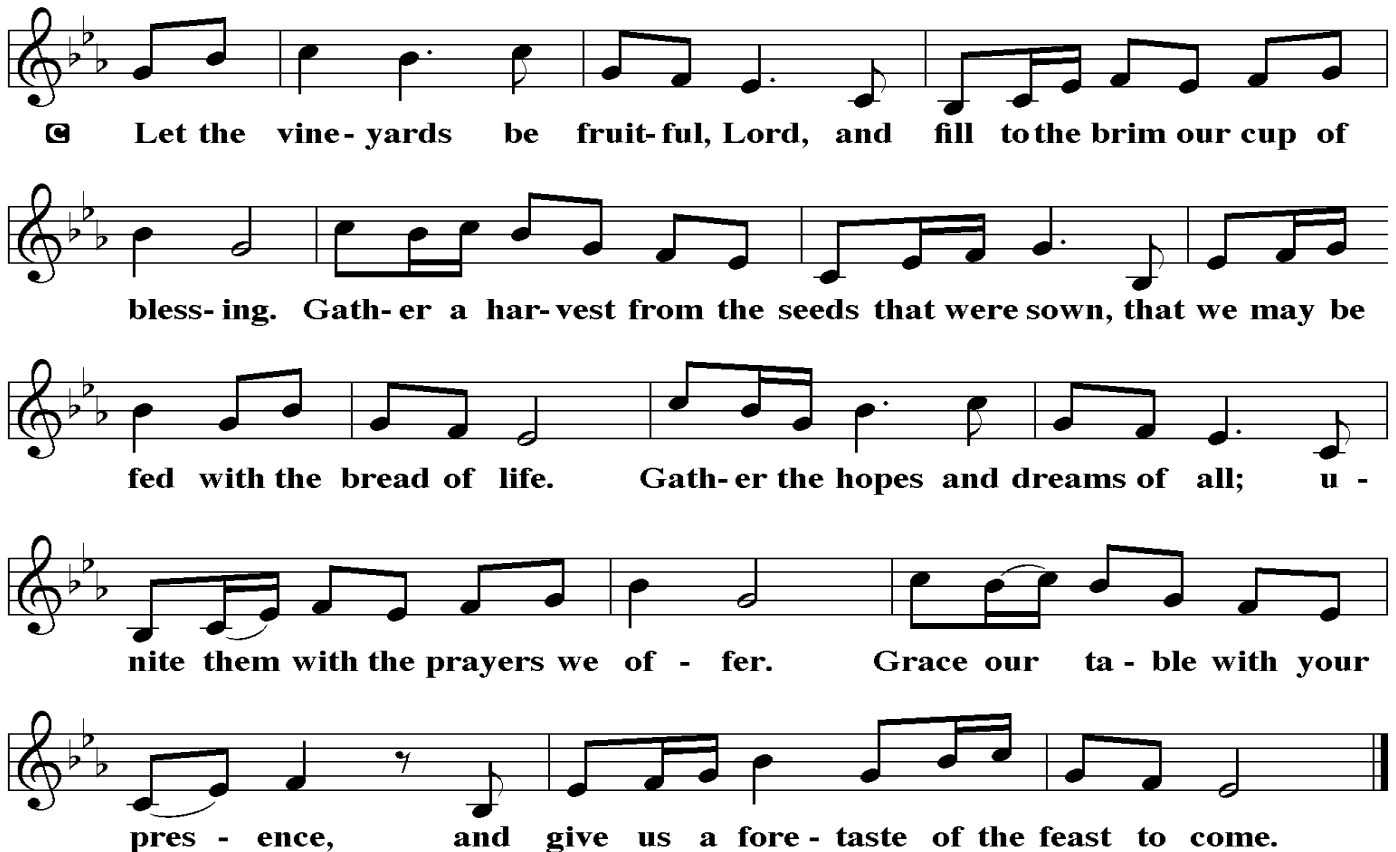
*Peace*

P The peace of the Lord be with you always.

C And also with you.

*Reception of the Offering*

*Presentation of the Gifts*



Let the vine-yards be fruit-ful, Lord, and fill to the brim our cup of  
bless-ing. Gath-er a har-vest from the seeds that were sown, that we may be  
fed with the bread of life. Gath-er the hopes and dreams of all; u -  
nite them with the prayers we of - fer. Grace our ta - ble with your  
pres - ence, and give us a fore - taste of the feast to come.

*Offertory Prayer*

P Let us pray

C God of grace, we give you thanks for all the blessings you have poured into our lives. Thank you for the opportunities to share those blessings through and beyond St. Paul's. Use the gifts we offer here today and in our planned giving to bless the world with your hope, your presence, and your love.  
Amen

*The Communion Liturgy is based on "I Am the Bread of Life"*

**P** I AM the bread of Life. You who come to me shall not hunger, And who believe in me shall not thirst. No one can come to me unless the Father beckons.

**C** And I will raise you up, and I will raise you up,  
And I will raise you up on the last day.

**P** The bread that I will give is my flesh for the life of the world, And if you eat of this bread, You shall live forever, you shall live forever.

**C** And I will raise you up, and I will raise you up,  
And I will raise you up on the last day.

**P** In the night in which he was handed over, our Lord Jesus took a loaf of bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

**C** And I will raise you up, and I will raise you up,  
And I will raise you up on the last day.

Yes, Lord, I believe that you are the Christ, the Son of God, Who has come into the world. And I will raise you up, and I will raise you up, And I will raise you up on the last day.

*Lord's Prayer*

**P** Lord, remember us in your kingdom, and teach us to pray:

**C** Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen

*Holy Communion at St. Paul's is celebrated every time we gather, and open to all.*

*Please approach by the center aisle, receive the bread and the wine, and return to your seat via the side aisle. Gluten-free wafers and grape juice are available. Simply*

*request it from the assisting minister holding the wine. Children are welcome! Those who receive elsewhere may receive here. Children who do not yet receive may come for a blessing. If you have difficulty walking, communion will be brought to you at your seat.*

### ***Communion Blessing***

**P** The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.

**C** Amen

### ***Prayer***

**P** We give you thanks, generous God, for in this bread and cup we have tasted the new heaven and earth where hunger and thirst are no more. Send us from this table as witnesses to the resurrection, that through our lives, all may know life in Jesus' name.

**C** Amen

### ***Benediction***

**P** And now as you go on your way, may the Lord go with you. May he go before you to show you the way, behind you to encourage you, beside you to be your friend, above you to watch over you, and within you to give you peace. Go today celebrating in the name of the Father, the + Son, and the Holy Spirit, and all God's children said...

**C** Amen.

***Closing Hymn: LBW 151 (on the next page)***

### ***Dismissal***

**P** Christ is risen!

**C** He is risen indeed! Alleluia!

**P** Let us go in peace to serve our risen Lord!

**C** Thanks be to God!

# Jesus Christ Is Risen Today

1 Je - sus Christ is ris'n to - day, Al - le - lu - ia!  
2 Hymns of praise then let us sing, Al - le - lu - ia!  
3 But the pains which he en - dured, Al - le - lu - ia!  
4 Sing we to our God a - bove, Al - le - lu - ia!

Our tri - um - phant ho - ly day, Al - le - lu - ia!  
Un - to Christ, our heav'n - ly king, Al - le - lu - ia!  
Our sal - va - tion have pro - cured; Al - le - lu - ia!  
Praise e - ter - nal as his love; Al - le - lu - ia!

Who did once up - on the cross, Al - le - lu - ia!  
Who en - dured the cross and grave, Al - le - lu - ia!  
Now a - bove the sky he's king, Al - le - lu - ia!  
Praise him, all you heav'n - ly host, Al - le - lu - ia!

Suf - fer to re - deem our loss. Al - le - lu - ia!  
Sin - ners to re - deem and save. Al - le - lu - ia!  
Where the an - gels ev - er sing. Al - le - lu - ia!  
Fa - ther, Son, and Ho - ly Ghost. Al - le - lu - ia!



## *Easter Flowers Were Given:*



### *In Memory Of*

Laurence Woodward	by	Steve & Michelle Biegner
Larry Woodward	by	Jane, his wife
Bonita & Glenn Martin	by	Jill & Rick Riddoch
Florence & Leslie Riddoch	by	Jill & Rick Riddoch
Arthur, Eleanor & Joan Meyer	by	Jim & Judy Meyer
Helen, Fred, Jerry & Elaine Wertz	by	Jim & Judy Meyer
Martha Hornung	by	David Hornung
William & Dolores & David Skinner	by	Gail & Evan Singer
Our Loved Ones	by	Wes & Sharon Ries
Jack Miller	by	Sue Miller
Arlene Tesnow	by	Jim & Marsha Glose
Wes & Barb Tinsmon	by	Karlen Chase
Beloved Parents Dale & Mary Johnson	by	Bob & Karen Brown
Beloved Sister: Linda Wilson	by	Karen Brown
Beloved Sister: Susan Robbins	by	Karen Brown
Rich & Helen Heuer	by	Adimey Family
Courtney Brown	by	Kathryn Brown
B. Jackie McNally	by	Kathryn Brown
Mary Ann Storch	by	Brenda Weber Miller
Family and Friends	by	Dorothy Schugardt
Bill Schugardt	by	His Loving Family
Noah John Hannon	by	Dad, Mommy, and Addie
Robert (BJ) Kingston	by	Lucy & Lavon Amos
Jerry Behar	by	Lucy & Lavon Amos

### *In Honor Of*

Our beloved children: Ben, Emily & John, Lizzie, and our grandchildren: Emma & J.T.	by	Karen & Bob Brown
---	----	-------------------

### *In Celebration Of*

Norma Uro	by	David Hornung
Jennifer and Sarah	by	Adrienne Leary
In Gratitude	by	Heidi Ginal

## ANNOUNCEMENTS

### What's Happening This Week at St. Paul's: April 17-April 24, 2022

**TODAY:** Easter Sunday

6:00 am: Sunrise Service at St. Paul's

10:00 am: WNY Church Unleashed: YouTube, Facebook, and MeTV

10:00 am: Easter Service at St. Paul's

10:00 am: Easter Service at Amherst Lutheran Church

1:00 pm: Ray of Hope

3:00 pm-6:00 pm: Private Easter Reception

**Monday:** Church Office Closed Today

**Tuesday:** 10:00 am: Bible Study

5:30 pm: Burrito Project

**Wednesday:** 8:00 pm: AA Meeting

**Thursday:** 3:00 pm-6:30 pm: Tiger's Den Food Pantry Open

6:00 pm: Alanon

**Saturday:** 9:00 am-3:00 pm: Peniel Haitian Church Worship

9:00 am: Men's Club

9:00 am-12:30 pm: Tiger's Den Food Pantry Open

2:00 pm: Memorial Service for Betty Venator

5:00 pm: Amherst Lutheran Church Worship Service

**Sunday:** 10:00 am: WNY Church Unleashed: YouTube, Facebook, and MeTV

10:00 am: In-Person Worship, Communion, and Sunday School

11:00 am: New Missionary Reception

1:00 pm: Ray of Hope

***Prayer List: In our congregational family: (\* indicates new names or changes added this week)***

Neal DeLeo: Bristol village, 8455 Clarence Center Road, #105, Clarence Center, NY 14032

Richard Elliott: 34 Pino Alto Court, Williamsville, NY 14221

Chad Israel and Hayley Israel

David Lampe: 73 Crescent Avenue, Buffalo, NY 14214

Dorothy Menth: 2330 Maple Road, Apt. 383, Williamsville, NY 14221

Dorothy Schugardt: 5959 Broadway, #304, Lancaster, NY 14086

Alison Silsby: 4360 Peet Street, Middleport, NY 14105

David Wolf: P.O. Box 198, Clarence Center, NY 14031

***Prayer List: In our and extended family: Thomas Maier; Ira Striejewske***

***Deacon Schedule:*** 4/17: Barbara Walter; 4/24: John Schunak

***Usher Schedule:*** 4/17: Lonny Walter & Gerry Keppel; 4/24: Robin Miano & Sharon Adimey



## **ST. PAUL'S ANNOUNCEMENTS**

***In-Person Worship:*** 10:00 am. Masks are now optional while you are in the building. Please be respectful of people around you regarding distancing and their comfort levels. The Sunday 10:00 am worship service is also being livestreamed on St. Paul's YouTube page.

***WNY Church Unleashed:*** If you cannot join us for in-person worship, please continue to worship with us as WNY Church Unleashed on Sunday mornings at 10:00 am on WBBZ, YouTube, or Facebook.

***Tigers Den Food Pantry:*** The Food Pantry is open to anyone in need in zip code 14226 or by referral. The Pantry hours for May are: Thursday 5/5 and 5/19 from 3:00-6:30 pm and Saturday 5/14 and 5/28 from 9:00 am-12:30 pm. Donations for May will be provided next week.

***Daily Bread Food Truck:*** Monday, April 11 was the last night for the Daily Bread's Winter Meal-Share. Thank you to everyone who volunteered to help us with our mission of feeding those who are experiencing food vulnerability. We look forward to our next "give one" season starting in the Fall. If you would like to help with the Food Truck please contact the office at 716-835-0407 or email at [dailybreadfoodtruck@gmail.com](mailto:dailybreadfoodtruck@gmail.com)

***Lutheran World Relief for Ukraine:*** If you would like to donate, you can go to [donate.lwr.org](http://donate.lwr.org) for additional information and the donation form, or mail your donation to P.O. Box 17061, Baltimore, MD 21297-1061. You can also call 1-800-597-5972 to make a secure credit card donation.

Conversations around the Russian/Ukrainian War:

April 24 - 11am - Gathering Area

Host: Craig Maefs



The world is a complex place. The current news gives us snippets of information on current events. I will be having a video/discussion on the crises in Ukraine and the events that led up to the Russian invasion. The discussion will start with a 20-minute historical and political video on the facts behind the invasion. For example, did you know natural gas has been discovered in Ukraine that would have made Ukraine a competitor in the natural gas market with Russia? That Ukraine had the third largest nuclear arsenal in the world until they agreed to give it up in 1994 with the guarantee of non-aggression by its neighbors... Lot of things to be discussed. Come with your questions. Sign-up sheet will be in the Gathering Area.

*St. Paul's Sunday Series*



**What's the Brain Got to Do With it???** Everything!!!

Connecting All the Dots: Physical Activity, Nourishment, Spirituality, and Alternative Reinforcers

---

Have you ever, just not been able to get motivated, whether it be to get out the door to go for a run, eat healthier, or make it to church? How many times have you promised yourself that this week you would go to the gym three times and pack a healthy lunch, only to skip the exercise and grab a fast-food burger? What about Pastor Steve's sermon last week, truly motivating, but then you lost your way to St. Paul's the following week and decided to sleep an extra hour. Do you ever wonder if your prayers or meditations are getting you closer to God or helping you at all?

Well...ease up on yourself and come join us from 9am-9:45am beginning April 24th to learn how to take control of your brain and use the power to make change.

Sue Epstein, MS.,MEd.

April 24 - Week One

My Story... Finishing 4<sup>th</sup> Isn't So Bad

Introduction to Harnessing Motivation Through Physical Activity.

May 1 - Week Two

Nourishing Food Bathes the Soul

May 8 - Week Three

The Impact Prayer and Belief has on the Brain

May 15 - Week Four

What is an Alternative Reinforcer and How Where Do I Buy One?

(Sign up will be posted on the What's Happening wall in the Gathering area)



*+ St. Paul's Mission +*

*To empower others with the Good News of Jesus Christ.*

*We do that by: Seeking Connections, Enriching Faith, Nourishing Lives,  
and Demonstrating Love in God's Name.*

*St. Paul's Congregation Council*

*President: Kathryn Francis*

*Vice-President: David Schunak*

*Treasurer: William Niblock*

*Secretary: Gerri Horton*

*Janelle Andersen   Susan Epstein   Matt Fricano  
Nick Hazlett   Debbie Regan-Howe   Robert Simpson*

*Pastor Rev. Steve Biegner (868-1232 - cell)*

*E-mail: [steve@stpaulseggertsville.org](mailto:steve@stpaulseggertsville.org)*

*Director of Music: Paul H. Storfer*

*Christian Ed Coordinator: June Piette*

*Youth Ministry: Adam Weber*

*E-mail: [office@stpaulseggertsville.org](mailto:office@stpaulseggertsville.org)*

*Telephone: (716) 835-0407*

*Website: [www.stpaulseggertsville.org](http://www.stpaulseggertsville.org)*