



Journeys

Journeys is a monthly publication of St. Paul Lutheran Church

“Resurrection and Transformation”

Easter morning was a glorious time of worship, giving praise to God, celebrating the resurrection of Jesus with all of you lovely people!

If you were able to be there, you know that I got to share some of my testimony during the sermon time. I felt called to share a little bit of how God’s resurrection power brought me back to new life in one of the darkest times I have experienced. I want to share this with you in the newsletter as well, in the hope that my story can inspire you with hope in difficult times, especially if you could not be there for Easter, but even so, as a reminder.

With my mom being a Lutheran pastor, you can be sure that I grew up attending church almost every Sunday. I was baptized, received my first communion in second grade, and was confirmed like most Lutheran kids. I grew up learning about God’s grace and love in Jesus Christ, and I really enjoyed being a part of my congregation.

Things started to change for me quite a bit when I went into high school. My freshman year was a tough time for me. Maybe that was why I started to fall

away from my relationship with God. There may have been a variety of reasons. It is hard to say exactly why these things happen. But I started to get into drugs at a relatively young age.

It seemed that nothing was sufficient for me, and I did not have a way to say no to anything.

Things came to a breaking point after my graduation from high school. Feeling that sense of freedom from responsibility I let loose even more and spent that summer doing whatever I wanted, not caring who I hurt along the way. By the end of the summer I was a complete mess. I started

to see that others around me were going off to college, getting jobs, and generally moving on with their lives. I had no plans, and no ambition.

One day I took a last minute opportunity to get out of my situation, get clean from drugs, and move to a new city, where I got a job, and eventually ended up attending a small Lutheran college. That is where I met my wife, and found my way back into the church, back into a relationship with God, and ultimately found my calling as a pastor. There were still some ups and downs along

(Continued on page 2)



Inside this issue:

Holy Week Schedule	3
Council Corner	4
SPLC Outreach	5
Stephen Ministry	6–7
Health Ministry	8-11
Stewardship Update	12
WELCA Update	12-13
Youth & Family News	14
Prayer Concerns	15

Our Mission Statement

Striving to mirror Christ in word and action by reaching out to serve others!

Misión de la Iglesia Esforzándonos para reflejar a Cristo en palabra y acción ¡Para alcanzar y servir a la comunidad



(Continued from page 1)

the way, I still made some mistakes, but that changed my life so much for the better.

Looking back on this part of my journey, I can see now that there were so many ways God continued to be with me, even when I denied him. God sent me people and opportunities to turn my life around, many of which I wasted, but God did not give up on me.

God has continued to be with me and guide me throughout my life, now as a husband, father, and pastor. I realized recently that this coming year I will complete 20 years of being clean from addiction to drugs! It is hard to believe sometimes how long it has been, and how much has changed. I am so grateful to God and all those who stuck by me. I am so grateful now for the life that I lead, with all its difficulties and joys.

Perhaps you have been struggling for some time, or have a past history of trauma because of mistakes you have made or something others have done to you. You need to hear this truth as well, that God has not, and will never give up on you. God will be with you

always. God does not necessarily cause bad things to happen to us, but God can use all things for our good, as we trust in him. God will not give up on you, and if you put your trust in Jesus, he will not disappoint!

God will use all that we have been through to make us into people of more compassion, grace, and love. God will use our past to help us bring healing to others, just as he works healing in us. As Lutherans we do not run away from the cross, from suffering, just like Jesus did not. And just like Jesus, we do not stay there, but we move forward into resurrection light and life.

During this season of Easter we continue to trust in Jesus, our Savior, our healer, our brother and friend. May the power of his resurrection life give you hope and faith each day, to walk in his example of love for all people.

God will not disappoint us, because...
Jesus is risen! He is risen indeed!
Alleluia!

Thanks be to God, Amen.

-Nathaniel D. Allen, Pastor

Volunteers Needed for VBS



Sign-up on the rolling board to help with
Vacation Bible School.
No experience necessary!

COUNCIL CORNER



2025 Congregational Council:

President:
Kathleen Preston

V. President:
Monica Farias

Secretary:
Sandy Johnson

Financial Officer:
TBA

Worship, Stewardship & Evangelism Minister:
Pearl Mann

Education, Family & Fellowship Minister:
Lindsay Heddon

Property Minister:
Rick Stone

Lay Minister:
Mike Day

Community Minister:
Christian Bakken

Pastor Nate Allen

Council Corner—Special Congregational Meeting

After church on April 13 and 27, we held informational listening sessions to discuss upcoming plans related to mission development at St. Paul. We have been working with Pastor Tom Goellrich in his role as Pacifica Synod’s Director of Evangelism and Mission to develop a plan that would allow us to call a Mission Development Pastor to St. Paul. This new ministry role would primarily be focused on Hispanic ministry and young adult ministry outreach. The ELCA and Pacifica Synod have funding available to support this ministry that our congregation has an opportunity to apply for if we decide to move forward in support of this mission development.

Following the constitutional provisions (C10.02 and C10.03) of our congregation, a specially called congregational meeting of the voting members of St. Paul Lutheran Church, Fullerton, California, will be held on May 18, 2025, at 10:30 a.m., directly following the 9:30 a.m. worship service.

The purpose of the meeting is to vote on supporting the submission of the mission development proposal to the Pacifica Synod and ELCA offices to apply for grant funding that would allow our congregation to call a Mission Development Pastor.

We have surpassed our insulated tumbler fundraiser goal to upgrade our digital sign! Thank you to all who contributed. The sign has been delivered, and installation is coming soon!

Our annual Bingo fundraiser on Friday, May 2, is fast approaching, with donations directed to support our youth and the salary of our Intern Pastor, Perla Flores. Additional opportunities to engage with and support our community will be announced in the bulletin, weekly emails, and newsletter.

Blessings,
Kathleen Preston

thank you

Thanks to everyone who helped at April's Work Day. Special thanks to Pastor Nate, Chris Heddon, Lydia Enriquez, Janet Wolf, Tom Pankow and Dawn Stone.

Thanks also to Pastor Shin and many members of the Good Village Church for their help in cleaning up our campus.

– Rick Stone

May Outreach Challenge

Christmas in May? Join our Monthly Outreach Challenge by helping us collect Balls, Jump Ropes, Yo-Yos, and Playdough for Operation Christmas Child. A basket will be placed in the Narthex for your items. For those that would prefer to make a monetary donation, please label the memo line of your check with "OCC"; funds will be used to offset the cost of postage (usually around \$10 per box). See below for a note from Samaritan's Purse along with countries where boxes were sent in 2024.

"Through the partnership of churches like yours, **11,927,439** shoebox gifts were collected in the US. This is 1,875,869 shoeboxes more than last year. That means...there were 11,927,439 opportunities to share the

message of Jesus with children around the world! Gift-filled shoeboxes from Orange County were shipped to: Mongolia, Philippines, Thailand, Madagascar, Mexico, Vanuatu (a Pacific Island), Cook Islands, Benin, and Papua New Guinea."

As a follow up to our March Outreach Challenge, a congregation member has initiated a Thrivent Action Team to kick off this monthly challenge. The Thrivent Action Team funds will be used to supplement our donations. Thank you all for your support of this worthy cause. Please reach out to Karen Allen or Christian Bakken with any questions or if you would like more information.

— Christian Bakken



BINGO NIGHT

**FRIDAY
MAY 2, 2025**

*5:30 p.m. Hors d'oeuvres and Silent auction
Underwriting Opportunities*

*6:30 p.m. Dinner
and Dessert*

7:30 p.m. Bingo for Adults and Youth Movie Night

*Progressive cash prizes
will be awarded
to Bingo winners.*

714-879-8290



STEPHEN MINISTRY PAGE

Currently we have 7 Stephen Ministers and 4 Leaders. Currently Serving in 8 Caring Relationships

Bear one another's burdens, and in this way you will fulfill the law of Christ Galatians 6:2

Want A Simple Way to Find Calm and Boost Your Well-Being?

Unlock a portable sanctuary within through breath prayer. This ancient practice combines conscious breathing with a short, heartfelt prayer, naturally calming your body and centering your mind.

Feel stress melt away with each exhale as you create a mindful connection to the present.

Here are a few to try:

Breath in: My body is...

Breath out: a living sacrifice. (Romans 12: 1-2)

Breath in: Do not be conformed...

Breath out: be transformed by renewing your mind. (Romans 12: 1-2)

Breath in: Do not forget my teaching...

breath out: my heart keeps your commands. (Proverbs 3: 1)

Breath in: Trust in the Lord...

Breath out: with all my heart. (Proverbs 3: 6)

Discover how this simple act can lower stress, sharpen focus, and bring a sense of inner peace, anytime, anywhere. Why not explore breath prayer for yourself today?

You can even try making your own breath prayers using your favorite scripture or a meaningful saying.

More on breath prayer:<https://www.youtube.com/watch?v=u8xZDPEKWzw>

In Christ's peace,
Sarah

New Time for Gospel Brew

Beginning **Wednesday, May 7**, Gospel Brew will no longer meet on Sundays. Instead, we're shifting to a **new midweek time—Wednesdays at 5:30 p.m. in the Parish Hall.**

We hope this new schedule offers a refreshing midweek opportunity to pause, reflect, and connect with God and community. Expect the same warm atmosphere, great music, and meaningful worship—just on a new day and time.

Spring Bible Study—Imago Dei

On May 7th we will begin our four-week *Imago Dei* Spring Bible Study at 7pm. I highly encourage you to be a part of this Bible study as we work together to deepen our understanding of “bearing the image of God” on earth.

The concept *Imago Dei* comes from the latin version translating to “the image of God.” This is a theological term that describes the relationship between humanity and God. The origin of the *Imago Dei* comes from Genesis 1:27, “So God created humans in his image, the image of God he created them; male and female he created them.” Although humans were created distinctly from the rest of creation with our

unique abilities that help us commune with God and have free will, being created in the image of God doesn’t exactly mean that. Being created in the Image of God is a statement and responsibility given to us by God. Together we will further discuss the concept of the *Imago Dei*, historical ways in which the church has undercut the *Imago Dei*, the Ethics of Love and Christian Liberation Theology.

We hope you are able to join us and don’t forget to sign up!

Blessings,

Perla Flores, Intern Pastor



Music Camp and Vacation Bible School—Same Week, Extended



We’re thrilled to announce that this summer, our Vacation Bible School (VBS) and Youth Music Camp will be combined into one amazing week of fun, faith, and music! Not only will we be offering both programs at the same time, but we’re also extending the hours to make this a more exciting and enriching experience for everyone involved!

Both camps will run during the same week, from June 16 - 20. We’ll start the day early and wrap up later, giving kids the opportunity to fully engage in both faith-building activities and music-making.

Hours: VBS: (Pre-K– 8th): 9 a.m. - 12 noon
7th & 8th Graders will be our youth volunteers for VBS.

Lunch: 12 - 12:30 p.m.

Youth Music Camp (2nd - 8th Grades): 12:30 p.m. - 3:00 p.m.



HEALTH MINISTRY PAGE

Let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth,* whom you crucified, whom God raised from the dead.
 Acts of the Apostles 4.10

Cardiopulmonary Resuscitation (CPR) Update

The effectiveness of CPR procedures and techniques are constantly being studied and improved. New guidelines were published in *Circulation* (<http://doi.org/10.1161/CIR.0000000000001288>) on December 10, 2024. This article is not a quick read, it is 187 pages long! The International Liaison Committee on Resuscitation (ILCOR) is a scientific advisory body to the American Heart Association. These two organizations determine the standards of care for cardiac arrest and resuscitation in the United States.

What's New?

Optimal Surface for Performing CPR: CPR teams are encouraged to place patients on firm surfaces only if it does not delay initiation of CPR. Hospital beds may have a CPR mode which stiffens the bed surface when a button is pushed to activate this feature.

Instructions from Dispatch Services: Retrieve an Automated External Defibrillators (AED). Instruction language to include "Push ~2 inches/5 cm". Adding video to the emergency call also improves instructions given by dispatchers.

AEDs: Use of real-time audiovisual feedback and prompt devices during CPR ensures high quality CPR delivery and resuscitation care. AED equipment provides prompts.

Change in Sequence: Instead of ABC (Airway, Breathing, Chest

Compressions), CAB is preferred for adults (Chest Compressions, Airway, Breathing).

Hands-Only CPR: Allows more people to take action during a cardiac emergency.

High-Quality Chest Compressions: Depth of at least 2 inches, and a rate of 100-120 compressions per minute (The song, *Staying Alive* by the Bee Gees is too slow).

Early CPR & Use of an AED improves survival rates. You can make a difference!

Addendum from the St. Paul Health Ministry Team:

Bystander Support: If CPR is in progress, listen and watch for emergency services to arrive and direct them to the scene. Provide privacy for the patient by holding up towels, blankets, or jackets. Ask people not to film or take photos with their phones to provide confidentiality to those who are involved. Finally, find or contact the family to offer comfort and prayers.

Maintain Current CPR Certification: A CPR Interactive class (sponsored by Hoag) will be held on Sunday, May 18, 2025, 11 AM – 2 PM in the Parish Hall. Lunch will be provided. Please sign-up or contact Isabel to be added to the list of participants. We have openings for 20-25 people.

— Dawn Stone



Stewardship Update

Congregational giving in March was \$5,000 less than March of last year due to timing. Expenses for March were \$7,000 more than last year due to higher staffing levels and increased benefits (\$6,000) and the timing of certain expenses (\$1,000).

Year-to-Date Congregational giving through March was \$9,000 higher than March of last year due to the receipt of a large gift this February. Year-to-Date Expenses for March were \$23,000 more than last year due to higher staffing levels and increased benefits (\$18,000), increased water usage due to leaks (\$4,000), and higher spending (\$1,000) in other areas.

	<u>Mar.</u> <u>2025</u>	<u>Mar.</u> <u>2024</u>	<u>Total Year</u> <u>2025</u>	<u>Total Year</u> <u>2024</u>
Congregation Offerings	\$ 29,942	\$ 35,210	\$ 94,933	\$ 85,786
Other Income	\$ 6,586	\$ 5,150	\$ 16,648	\$ 18,549
Expense Offsets	\$ 687	\$ 1,219	\$ 1,294	\$ 1,892
TOTAL REVENUE	\$ 37,215	\$ 41,579	\$ 112,875	\$ 106,227
TOTAL EXPENSES	\$ 42,524	\$ 35,825	\$ 133,144	\$ 109,526
NET SURPLUS/(DEFICIT)	\$ (5,309)	\$ 5,754	\$ (20,269)	\$ (3,299)

Thank you for your continuing financial support of our ministry and mission.
 — —Bill Jennings, Treasurer

WELCA Update

Christ is Risen! Allelujah!! This joyful refrain of Easter is, in fact, our daily refrain. As believers in Jesus Christ as the Son of God, we know that God did not send his Son into the world to condemn the world, but in order that the world might be saved through him (John 3:16). I am beyond grateful that Jesus thought me worthy enough to die for my sin. How amazing is it that Christ paid that penalty for sin—and that His death was not final! Easter reminds us that death could not hold Jesus; He has demonstrated that there is life everlasting through Him.

WELCA celebrates Jesus' love for us in striving to mirror him through service and in relationship with each other.

For Easter, WELCA members supported the Wednesday night Lenten Dinners, Youth Easter Egg Hunt and the decorating of the floral cross. Thanks to all for your help. Special thanks to Shirley Strom who served as our creative director for the floral cross which, of course, was gorgeous!

Our thanks also to those who faithfully serve at memorial receptions; your willingness to serve and the kindness you

display during those events are perfect depictions of Christ's love and compassion in action.

WELCA continues to spearhead activities to bring us all together for fun and fellowship. Thanks to Pearl Mann, Diane Collins and Barbara Meyer we have an outing on May 3rd to San Juan Capistrano via MetroLink. Meet at the Fullerton train station by 9:00 a.m. to purchase your train ticket; \$10 is the

cost for an all day MetroLink ticket. We will take the 9:16 a.m. train to San Juan Capistrano where we can explore, shop and enjoy lunch. Anyone interested in visiting the mission can do so while we're there. We will depart San Juan Capistrano on the 2:15 p.m. train to arrive in Fullerton at 2:56 p.m. If you have any questions,

reach out to Diane or Barbara.

On Sunday, June 8, we will celebrate WELCA with a Thankoffering Service featuring Pastor Judi Miller. A patio reception will follow the service, giving all an opportunity to chat with Pastor Judi.

Blessings,
Karen



**Women
of the
ELCA**

**April
2025**

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Ephesians 2: 8-9

YOUTH GROUP News

Youth and Family News...

Thank you to all who donated candy and eggs, and especially WELCA for the monetary donation, for our annual Easter Egg Hunt on 4/19.

The generosity never fails to amaze me, and is so greatly appreciated. To the many hands who volunteered to make this event run smoothly, my gratitude. We had many new and returning smiling faces, over 1000 eggs, face painting, food, and an exciting visit from the

Easter Bunny! Thank you also to the Health Ministries team for arranging the really fun planting station, where the children were able to decorate compostable pots and plant tomatoes and berries.

All of your contributions resulted in making some kids very happy!

— Monica Farias




IN OUR


Thoughts and Prayers

**STRENGTH, HEALING, COMFORT,
MERCY, PRAISE AND
THANKSGIVING**—For the people of
every land and nation.

HEALING

Ning Amante
Dee Ermes
Natalie Reggio
Karen Legel
Sandy Roberts
Ronald Likes
Jack Sorter
Doug & Shirley Strom
David & Noelle Wallace
Marge Shaw—*Mother of Todd Shaw*
Greg Richardson—*Son of Leslie
Richardson*
Clay Baxter—*Friend of Martha Huff*
Melissa Utsuki—*Friend of Monica Farias*
Johanna—*Friend of a member*
Lauren—*Friend of Barbara Meyer*
Janet—*Mom of Renee Christensen*
Phil - *Friend of the Nygard Family*
Noelle Nygard Wallace
Dale Smythe—*Brother of Scott Smythe*
Kanoa
Chris Jean—*Friend of Bill Meyer*
Baby Rowan and parents—*Friend of
Carole Reiner*

Ayla—*Carole & Stain Reiner's
granddaughter*
Carol Dahl—*Friend of Annette Nygard*
Linda
Kathy & Mick Wallace
Brian Wallace—*Brother of David Wallace*
Bobbie Stone
Zoe Kam— *Friend of Monica Farias*
Gary—*George Montgomery's sister's
husband*
Mike Fillmore—*Carole Reiner's friend*

STRENGTH AND HEALING

Tom Peters,
Graham Stark — *Father of Lawrence Stark*
Al Cracchiolo — *Friend of Carol Pankow*
Dawn Beckner - *Friend of Mike Day*
Jim Siegfried - *Friend of Sue Bedell*
Bobbie Godeke—*Friend of Martha Huff*
Marjorie Legel
Jim & Sandy Roberts

COMFORT

Pat McKinley—*on the death of his wife
Barbara McKinley*
Bill Salpaka—*on the death of his wife
Virginia Salpaka*
Dawn Stone & Family - *on the death of
her mother Virginia Salpaka*



Don't forget our
homebound and
those in extended
care facilities

Ning Amante
211 E. Panorama Ct.
Brea, CA 92821-3443
714-332-8318

Dee Ermes
2525 N. Brea Blvd. #118
Fullerton, CA 92835
714-256-7050

Janeen Ostby
1261 Montevideo Ave.
Placentia, CA 92870-
3908

Leslie Richardson
Park Vista AL
2527 Brea Blvd. #228
Fullerton, CA 92835-
8083
714-256-5859



Family Fun Day
Round 1
Arcade

ARCADE GAME

May 4 @ 12pm
 1600 S Azusa Ave
 City of Industry, CA 91748

NEXTMOVE
 REAL ESTATE
RAY FERNANDEZ

Any homes I sell as a direct referral from someone at St Paul,

I WILL DONATE \$1,000 BACK TO THE CHURCH

562.400.7004
 Ray@NextMoveCA.com | NextMoveCA.com
 DRE# 01895143



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SUBSCRIBE TO OUR
YouTube
 CHANNEL

On Instagram, search "stpaulfullertonca" and click the "follow" button.

SUNDAY WORSHIP SERVICE

9:30 a.m. — In-Person Worship & Live Stream on Facebook

The. Rev. Nathaniel D. Allen
 Perla Flores, Intern Pastor / Youth and Family Coordinator
 W. Chris Winn, Director of Music
 Isabel Cazares, Office Administrator

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Give Online Here



A Stephen Ministry
 Congregation



Evangelical Lutheran Church in America
 God's work. Our hands.