

January 25, 2026

No matter who you are,
No matter where you are
On life's journey,
You are welcome here.

Please silence cell phones.

Bibles for use during worship are available at each entrance to the Sanctuary. Assisted listening devices and Bluetooth hearing aid guides are in the Narthex. The Nursery and Toddler Room are open for children ages 0-5, from 10 to 11 a.m.

THOUGHT FOR PREPARATION

“There is nothing more harmful for your soul than to hold back and not get moving.” - Soren Kierkegaard

PRELUDE

A Change Is Gonna Come

St. Arbucks Quartet

Sam Cook

I was born by the river
In a little tent
Oh, and just like the river, I've been running
Ever since

It's been a long
A long time coming, but I know
A change gon' come
Oh yes, it will

CHIMES

INTROIT

Alleluia Chancel Choir

WELCOME

Jeff Carlson

* WELCOMING EACH OTHER

* CALL TO WORSHIP

One: We come to God with fears about our nation, our families and the future.

All: ***Follow me, says Jesus, and I will help you bear the load.***

One: We come to Christ all weariness, trying to be all things to all people.

All: ***Follow me, says Jesus, and I will give you rest and focus.***

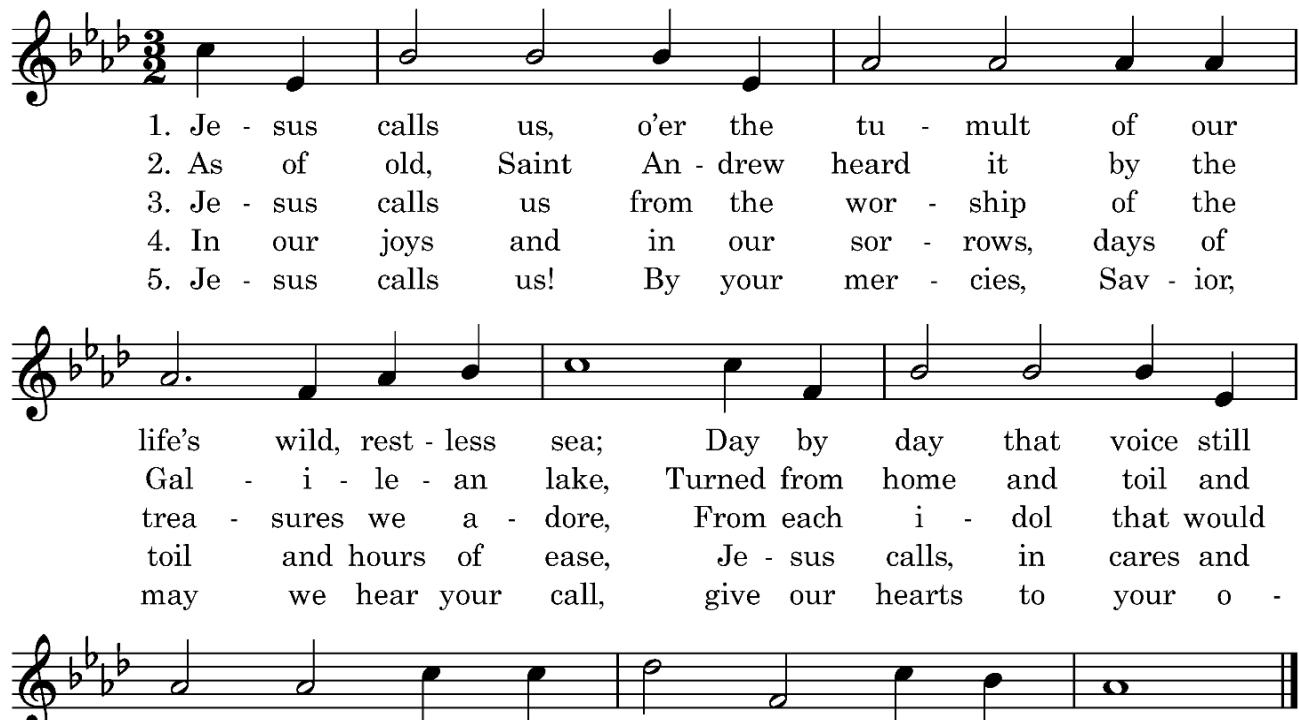
One: We come to church full of regret and self-recrimination, past sins echoing.

All: ***Follow me, says, Jesus and I will set you free.***

* Please stand if you are able to do so.

* HYMN

Jesus Calls Us O'er The Tumult



1. Je - sus calls us, o'er the tu - mult of our
2. As of old, Saint An - drew heard it by the
3. Je - sus calls us from the wor - ship of the
4. In our joys and in our sor - rows, days of
5. Je - sus calls us! By your mer - cies, Sav - ior,

life's wild, rest - less sea; Day by day that voice still
Gal - i - le - an lake, Turned from home and toil and
treas - sures we a - dore, From each i - dol that would
toil and hours of ease, Je - sus calls, in cares and
may we hear your call, give our hearts to your o -

calls us, say - ing, "Chris - tian, fol - low me."
kin - dred, leav - ing all for Je - sus' sake.
keep us, say - ing, "Chris - tian, love me more."
plea - sures, "Chris - tian, love me more than these."
- be - deience, serve and love you best of all.

PRAYER OF CONFESSION

**Forgive our good intentions, Lord.
Forgive our half-baked promises.
Forgive us when we say “yes” to you,
fingers crossed behind our backs,
fooling ourselves as if a promise were an action.
Give us the faith to act.
Let our yes to you be real.
If that is not possible
give us the honesty to say “No”
and the wisdom to
cry out for your mercy.
Amen.**

MOMENT OF SILENT PRAYER

WORDS OF ASSURANCE

*Sunday School students are invited to go to
Bible off Broadway rehearsal with their teachers.*

RESPONSE

Lord, I Want To Be A Christian

v. 1

1. Lord, I want to be a Chris - tian In my heart, in my heart;
2. Lord, I want to be more ho - ly In my heart, in my heart;
3. Lord, I want to be like Je - sus In my heart, in my heart;

Lord, I want to be a Chris - tian In my heart.
Lord, I want to be more ho - ly In my heart.
Lord, I want to be like Je - sus In my heart.

In my heart, In my heart, In my heart,
In my heart, In my heart, In my heart,

Lord, I want to be a Chris - tian In my heart.
Lord, I want to be more ho - ly In my heart.
Lord, I want to be like Je - sus In my heart.

SCRIPTURE

Matthew 4: 12-13 and 20-22

When Jesus heard that John had been arrested, he withdrew to Galilee. From that time Jesus began to proclaim, “Repent, for the kingdom of heaven has come near.” As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, “Follow me, and I will make you fish for people.” Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.

* STATEMENT OF FAITH

**We believe in God who has created and is creating,
who has come to us in Jesus Christ to reconcile and make us new,
who works in us and others by the Holy Spirit.**

**We trust God. God calls us to be the Church,
to celebrate God's presence,
to love and serve others,
to care for creation,
to seek justice and to resist evil,
to proclaim Jesus, crucified and risen, our judge and our hope.**

In life and death, in life beyond death, God is with us.

We are not alone. Thanks be to God!

(adapted from the United Church of Canada)

* RESPONSE

Lord, I Want To Be A Christian
See the previous hymn

vv. 2 & 3

SERMON

"Bring Your True Self"

Matt Fitzgerald

* HYMN

Guide My Feet



1. Guide my feet while I run this race,
2. Hold my hand while I run this race,
3. I'm your child while I run this race,
4. Stand by me while I run this race,
Yes, my God.



while I run this race, guide my feet while I run this race,
while I run this race, hold my hand while I run this race,
while I run this race, I'm your child while I run this race,
while I run this race, stand by me while I run this race,
Yes, my God.



For I don't want to run this race in vain.

OFFERTORY

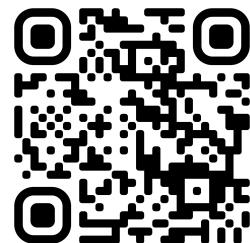
Spaseniye sodelal yesi
(Sung in Old Church Slavonic)
Chancel Choir

Pavel Chesnokov

Salvation is created,
In midst of the earth,
O our God.
Alleluia.
Psalm 74:12

ELECTRONIC OFFERING OPTIONS

*Scan this code with your cell phone camera,
Church Center at spucc.churchcenter.com/giving,
PayPal at spucc.org/paypal, or Zelle to giving@spucc.org.*

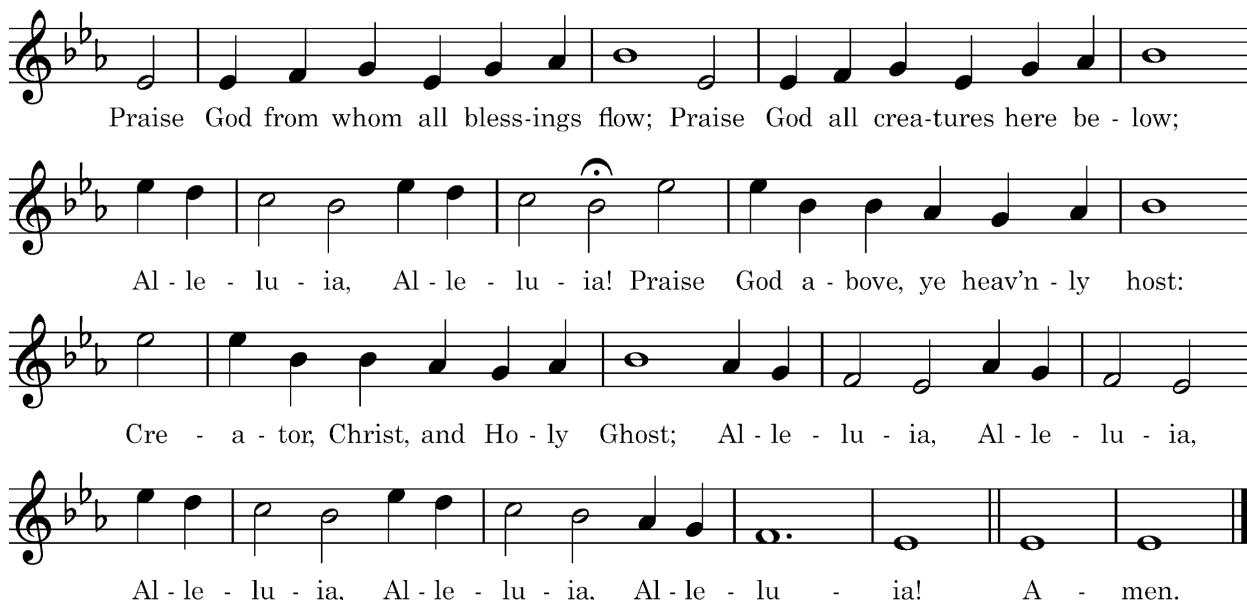


WELCOME CARD

*If you are a visitor, welcome! Thank you for
worshiping with us today!
If you would like to learn more about the church, please
scan the QR code.*



* FESTIVAL DOXOLOGY



Praise God from whom all blessings flow; Praise God all creatures here below;
Al - le - lu - ia, Al - le - lu - ia! Praise God a - bove, ye heav'n - ly host:
Cre - a - tor, Christ, and Ho - ly Ghost; Al - le - lu - ia, Al - le - lu - ia,
Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia! A - men.

* HYMN

I Will Lift The Cloud Of Night

1. I will lift the cloud of night be - fore you, what is
2. With an ev - er - last - ing love I'll love you, though with
3. Al - though Sa - tan in a rage would tear you, and with
4. I will lift the cloud of night be - fore you, I will

wrong I'll make it right be - fore you, all your bat - tles I will
tri - als I will test and prove you, still there's noth - ing that can
ev - ery win - ning art would snare you, yet from youth to your old
make the crook - ed straight be - fore you, I will spread my wings pro -

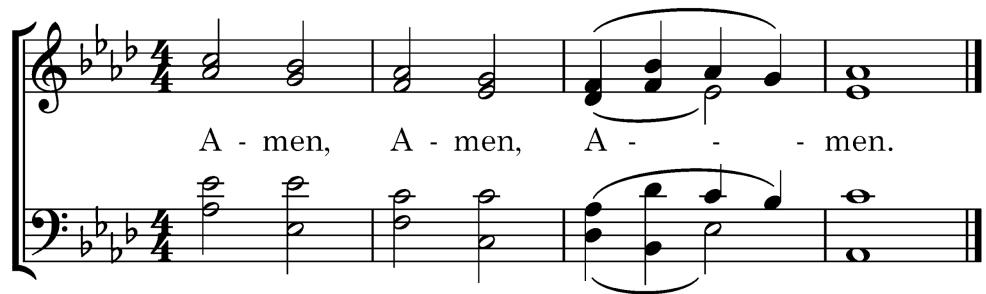
fight be - fore you, and the high place I'll bring down.
hurt or move you; and the high place I'll bring down.
age I'll bear you and the high place I'll bring down.
-tect - ing o'er you; and the high place I'll bring down.

Refrain

When you walk and lose the way I'll lead you; on the
pro - duce of the land I'll feed you; And a home with - in my heart I'll
deed you; and the high place I'll bring down.

* BENEDICTION

* BENEDICTION RESPONSE



Musical notation for the Benediction Response. The music is in 4/4 time, key signature is B-flat major (two flats). The melody is in soprano voice, and the bassoon provides harmonic support. The lyrics are: A - men, A - men, A - - - men.

POSTLUDE

Concerto in a minor—I, BWV 593

J. S. Bach/A. Vivaldi

Kevin Dzierzawski, organ

TODAY'S WORSHIP LEADERS

Clergy: Jeff Carlson, Matt Fitzgerald

Music Director: Kurt R. Hansen

Organist: Kevin Dzierzawski

St. Arbucks Quartet: Brendan Henry, piano; Alex Austin, bass; Matt Plaskota, drums; Kris Hansen, trumpet & vocals

Head Usher: Beatrice Jaji

Ushers: David Baker, Fred Pearson

Greeters: Douglas Dunham, Mercedes Ridao

Gatekeeper: Dodd Brown

Camera Operators: Nana Addadzi-Koom, Jim Alrutz, Marie Ankenman, Bob Ball, Brian Hafner, Trevor Hafner

Custodian: Ramiro Gonzalez

Would you like to donate altar flowers? Sign up here: tinyurl.com/4w6fu5js.

BORN THIS WEEK IN JANUARY

We give thanks for your life at St. Pauls. A perfect way to celebrate is by giving one dollar for each year of your life to our Birthday Fund, which supports A Just Harvest.

Jan. 25 Michael Sanders, Wendelin Dunlap

Jan. 26 Dan Martin, Harrison Rogers

Jan. 28 Candi Huber, David Duvall, Dennis Kmetz, Magnolia DeMonte, Ryan DuPont

Jan. 30 Carrie Gleason, Jana O'Brien, Melissa Plaskota

Jan. 31 Lisa Rowley, Vanya Weglarz

ST. PAULS PRAYS

Please clip this page and pray for those who are named below. To have your prayer request included, simply ask a pastor in person, on the phone or by email.

You may also share your request at tinyurl.com/3j6sayku.

Our practice is to run each prayer request for four weeks and then remove it.

If you would like to continue a prayer request after four weeks, let a pastor know.

- The Arsenault family following the deaths of two extended family members.
- Ninon Landaverry-Freeman's siblings, Sonja and John.
- Jenny Benefield's brother, Dicky, his daughter, Catherine, and their family, as they are both facing potentially serious health problems and surgery.
- The family and friends of Kevin O'Brien. Kevin's memorial service is Saturday, January 24th, at 10 a.m.
- The family of Susan Strattner, Ann Ferroni's sister, at her death.
- Matt Nickerson and Pastor Liz at the death of Matt's father, Jan. 1.
- Diane Biegert - hip replacement surgery on January 16.
- Tara Stephenson, who is recovering from surgery.
- Ember Sophia, who was born with a serious brain injury, and her parents, Alex and Liza.
- Angie, struggling to recover from multiple surgeries.
- Alicia Braun and her family on the death of her father, Joseph Kroenert.
- Families undergoing treatments for infertility.
- Prayers for Rick Sensenbrenner's mother, Marie, as she navigates various health conditions.
- Peace for all of God's children.
- Donn Schimp and his family as Donn continues cancer treatment.
- Dianne Witkowski, as she deals with cancer chemotherapy.

Prayer, Support, Mental Health Resources

Even when you walk through the valley of shadows, God is with you. Help is available for every kind of issue. Contact one of the pastors today for support, referrals, and information that can help you and your loved ones.

UPCOMING EVENTS

TODAY – FILL THE SILLS

It's cold outside so let's bring in the heat for the Common Pantry. In addition to needing rice, beans and proteins, there is a great need for spices, seasonings, condiments, cooking oils, ingredients for baking and coffee. The Pantry is so grateful for our support. Thank you for your participation.

TODAY – BIBLE OFF BROADWAY REHEARSALS - 9:30 a.m., Social Hall

Bible Off Broadway is coming on February 1, 2026! If you have kids age 3 through high school, remember that January's church school program is Bible Off Broadway rehearsals! Starting January 4, bring your kids to the Social Hall by 9:30 a.m. sharp each Sunday for the rehearsal kickoff. Whether on stage or behind the scenes, we'll have something for every young person to do and enjoy. Please fill out the BOB Parent Survey at www.surveymonkey.com/r/QDF538W so we know what your child would like to do!

TODAY – MOMS' GROUP - Third Thursday 9:15 a.m., Sunday 11:30 a.m.

Pastor Liz is looking forward to a meaningful discussion with you! Come meet other moms, make new friends, learn from each other, get advice, pray, and get renewed! Each month has a relevant theme on an issue you face as a mom. Free professional childcare is available. Babies can stay with their moms. RSVP to lnickerson@spucc.org.

JANUARY 26 – GAME NIGHT FOR GROWN-UPS - 6–8 p.m., OMR

Join us for a laid-back evening of games, conversation, and connection—designed for adults who want to unwind, laugh, and enjoy good company. Whether you love board games, card games, or simply hanging out and chatting, you're welcome here.

Bring a favorite game to share—or jump in with games on hand like Pictionary, Jenga, or Sorry. Snacks are encouraged but not required; feel free to bring something to share if you'd like.

This is a drop-in, drop-out evening, so come when you can and stay as long as you'd like. Register at this link: tinyurl.com/ypuwptae Questions? Text Wendelin (Lin) at (773) 304-6734 or email wendelin@wendelindunlap.com.

JANUARY 27 – FOOD FOR THE SOUL: MUSIC AND WORSHIP HISTORY – PERSONAL HISTORY AND INTERFACE - 12–1:30 p.m., Social Hall

Program provided by Kurt Hansen, Music Director. Adults of all ages are invited. Childcare provided.

JANUARY 27 – MOM AND ME - LITTLE STARS MUSIC CLASS - 10:30–11:30 a.m., Nursery - Babies 0-2 and their parent/caregiver are invited to an 8-week Kindermusik-like class led by Ms. Suzanne, one of our beloved Little Lights teachers. Church members receive a discount! Sign up here: tinyurl.com/425d5jwu.

JANUARY 28 - WEDNESDAY BIBLE STUDY 2 PETER - Noon, Zoom

What did it mean for the early Christians to follow Jesus in the midst of a violent world empire? How were they to live as an alternative community that looked like Jesus and not like Rome? These are questions they faced and that we also face in our post-Christian world. This winter we're studying 1 & 2 Peter, small books that wrestle with these big questions. Led by Jeff Carlson, we meet every Wednesday over Zoom for about 40 minutes. Sign up here: tinyurl.com/y3w7fkpw.

JANUARY 28 - COOKIES FOR A CAUSE (BAKE YOUR FAVORITE COOKIES AT HOME NOW!) - 5:30 p.m., Kitchen

Join the St. Paul's cookie bakers for dinner, socializing, and cookie making on Wednesday, January 28. Meet us in the kitchen at 5:30 p.m. (or when you can). We eat dinner around 6:30 p.m. Cookies will be donated to A Just Harvest and the Lincoln Park Community Shelter. If you can't attend but want to contribute, drop off cookies labeled with your name and "MARCIA" at the church by Wednesday, January 28. To reserve a spot or find out what supplies are needed, contact Marcia Volk at marcia@volkonline.com or (773) 307-6866, or Gloria Joseph at glrjoseph@yahoo.com.

JANUARY 29 - YOGA FOR ALL - 6-7 p.m., OMR

Yoga is a community building practice. We begin with a brief meditation, often taking inspiration from the weekly sermon. We practice a breath to movement flow from the chair, with options to modify for standing and/or mat work when possible. Yoga connects body and mind, and functions to support the Vagal nerve, restoring calmness and our sense of safety and security.

We offer this practice freely, and encourage you to make a \$10 to \$20 donation to the Migrant Legal Fund. Sign up via this link: tinyurl.com/4cpmednw

FEBRUARY 1 - NEW MEMBER CLASS - 11:15 a.m., Room 211

Join pastors, members and others curious about St. Pauls for our New Member Class. Together, we'll talk about faith and our community and we'd love for you to be part of the conversation! We'll meet after worship and childcare will be provided as needed. See upcoming dates here: spucc.org/new_member_classes.

FEBRUARY 9 - LABYRINTH WALK- 2-3 p.m., Gym

The Chartres Cathedral-inspired labyrinth painted on our gym floor offers an opportunity for quiet "walking meditation," and we will soon be able to take advantage of this experience on a regular basis. The labyrinth will be available on the second Monday evening of each month between 7 and 8 PM, and the third Thursday afternoon of the month between 2 and 3 PM. Registration not required but helpful: tinyurl.com/57z6psvm

FEBRUARY 17 - BUDGET INPUT OPPORTUNITY - 7 p.m., Online

St. Pauls' Giving and Finance Ministry develops an annual operating budget for Council review. The Congregation approves the budget during its annual meeting, scheduled this year on March 8. Congregation members have an opportunity to review the draft budget and provide input during a virtual meeting on Tuesday February 17 at 7:00 pm. Please register for this event in Church Center at tinyurl.com/4r9c6e8e. Contact St. Pauls' treasurer Allen Heinemann via Church Center with questions or feedback.

ANNOUNCEMENTS

ILIAS AND ODYSSEY READING GROUP

Start the new year with an old story! We'll read and discuss these two foundational classics over four months. Any translation of The Iliad and The Odyssey is fine; Emily Wilson's are recommended but not required. Monthly discussions will be over Zoom the second Tuesday of the month, beginning March 10 at 7pm through June 9. Questions? contact Emily Emily.cromwell3@gmail.com. Sign up to participate here: tinyurl.com/358yh848

BLAST FROM THE PAST

Bible Off Broadway (BOB) has a long history at St Pauls. From 1976-78 church school kids joined actors at Body Politic Theater to learn how to act out Bible stories. 1979 and 80 saw the first shows at church, done with kids from Lincoln Park Presbyterian. The 1981 and 82 productions during Lent. In 1983 the first January production took place, Noah. Under the guidance of Sharon Phillips, Bible Story Theater (BST) became a grand production and found a permanent place in the hearts of generations of kids, parents and spectators. This year is our 49th year since this all started.

JOINT UCC - DISCIPLES STATEMENT ON VENEZUELA ISSUED

The United Church of Christ and the Disciples of Christ denominations issued a Joint Statement on the "Venezuela Takeover by the United States." The joint statement condemns recent military actions of the US regarding Venezuela and calls for "restraint, respect for sovereignty, and renewed commitment to peaceful, multilateral engagement." Per the UCC Justice and Peace Action Network, the UCC is a "just peace" denomination that stands for "diplomacy over domination, cooperation over coercion, and peace over war."

PALESTINE STUDY GROUP

We resume our study with 2025 National Book Award winner Omar El Akkad's *One Day, Everyone Will Always Have Been Against This*.

In this accessible and powerful work, a novelist interrogates the role of media, universities, law, politics, and culture in the destruction of Gaza.

Our first discussion of chapters 1-3 will be Sunday, January 25th @ 5:00pm via Zoom. Contact David Burnett at burnett.db@gmail.com or join the group via Church Center.

THEOLOGY AND POETRY IN A YEAR

What does it mean to say God is in control? What does Jesus accomplish? How should I live as a Christian? What kind of authority does the bible have? Led by Pastor Matt, this group is for those who want a clear understanding of Christianity. REGISTER HERE: tinyurl.com/2hhd7bfe Rather than reading the work of a theologian, we will read eight poems a month, then meet over Zoom for a monthly class, for one year. Each set of poems will speak to a key Christian doctrine. You don't need to love (or even like) poems to join this lively, powerful program. At the end of the year, you'll understand Christianity better than ever, and may be transformed in other ways. Meetings will be in the evening, standing date TBD.

INTERGENERATIONAL ORCHESTRA – MUSICIANS WANTED

Our Intergenerational Orchestra will again perform in worship on March 8, 2026. Orchestra members include pre-teens, teenagers and adults of all ages and abilities. We especially encourage young people and new members to participate! The orchestra is open to anyone who plays an orchestral string instrument or a woodwind, brass or percussion instrument. Rehearsals are on Sundays immediately after church for an hour, on 2/15, 2/22, and 3/1. Contact Mark Mosley at (773) 732-0625 or mwmosley@gmail.com to learn more. Join us as we "Make a Joyful Sound in the City!"

OPPORTUNITIES FOR INVOLVEMENT WITH CHURCH GOVERNANCE

Have you been looking for an opportunity to become more involved in the St. Pauls community? The Nominating Committee is beginning to fill vacancies on the Church Council and our Standing Ministries. Every Ministry has vacancies to fill with terms beginning in March 2026. You can learn about the Council and Ministries at spucc.org/Governance. To be considered for a position, please reach out to Nominating Committee Chair Jan Bail at JanBail@me.com or (773) 472-5678.

JUMPSTART GYM – NOW THROUGH MARCH 19

Little ones are invited to start off winter 2026 with morning play time together! Parents/Caregivers supervise their children in an open-ended environment. Take advantage of our beautiful full-sized gym while it's cold outside and you need a place to get those wiggles out and socialize! Jumpstart Gym is open Thursday mornings from 9-9:45 a.m. \$75/family. Register here: tinyurl.com/78dxekpu. Reach out to Erin Fitzgerald at littlelights@spucc.org if you have any questions.

CHURCH SCHOOL REGISTRATION

Please register your K-6th Sunday School students, 7th and 8th grade Confirmation students, and High School class members by scanning this QR code.



STAY & PLAY - 10-11:30 a.m., Rainbow Room 104

You're invited to Stay & Play, a friendly group for parents/caregivers with babies/toddlers to meet and build community together. This drop-in group meets on Friday mornings from 10:00-11:30 a.m. We provide the space to socialize and play. This is a wonderful way to ease into our Little Lights program. By acclimating to the classroom ahead of time, children are ready for classes as they enter preschool age. There is no fee, but a \$5 donation per group is appreciated! Space is limited - please complete this one-time registration tinyurl.com/3umxj6y8.

NEW! OPT-IN TO TEXTING FROM ST. PAULS

Want to receive reminders and announcements via text?
Simply scan the QR code and fill out the form!



YOUTH CHOIRS

Does your child like to sing? Sign them up for one of our youth choirs! We rehearse Sunday mornings: Kinderchapel Singers (preschool) 9:50-10 a.m., Social Hall. Children's Choir (K-3rd) 9:30-9:55 a.m., Chapel. Paul's People (4-8th) 9:30-9:55 a.m., Parlor. Reach out to Tom Clancy (KS) tm.ferrin@gmail.com, Breanna Coe (CC) breannacoe@gmail.com, or Kecia Waldschmidt (PP) keciagerman@hotmail.com for more information. Come make a joyful sound in the city with us!

CHILDREN/YOUTH MINISTRY VOLUNTEERS NEEDED

There are many ways you can serve as a volunteer with the children and youth ministry at events, with Sunday School, and in the nursery. If you love nurturing children, this is a fun way to make a difference! Volunteers complete a background check and always serve in pairs of two, following our child safety policy. Whether you can help for a few hours a month or on a regular basis, your time and kindness will make a meaningful impact. Sign up for a Sunday nursery childcare slot here: tinyurl.com/2j5dy6fp or contact Pastor Liz at lnickerson@spucc.org to learn more about other opportunities to help.

VOLUNTEER AS A SOCIAL HOUR HOST

Visiting a new church can feel intimidating—especially walking into Social Hour without knowing anyone. We're looking for volunteers to serve as Social Hour hosts. The role is simple: be on the lookout for people you don't know, greet them, and help them feel welcome. They might be new to St. Pauls or simply someone you haven't yet met. Either way, you'll brighten their day and make new friends. You can volunteer once a month, once a quarter, or whenever it works for you. Sign up to host on an upcoming Sunday here: tinyurl.com/3f384fcm.

ST. PAULS MIGRANT HOUSING PROJECT LEGAL FUND

St. Pauls housed five Venezuelan migrant families in our building over the past two years. Today, nearly every single member of these families has achieved legal status, helping to safeguard their presence in Chicago for the time being and allowing them to work. Such legal aid is costly and ongoing. In a time of wild anxiety and uncertainty for these new friends, you can help make a difference for our migrant families by supporting our legal aid fund. If you'd like to make a donation, please choose "Migrant Housing Project - Legal Fund" from the drop-down menu on our giving page: spucc.churchcenter.com/giving.

HAVE SOME ODD JOBS? WE'VE GOT SOME WILLING WORKERS!

As they continue to work at supporting themselves financially, members of our migrant family friends would love to work for you. They are available for such tasks as house cleaning, handyman repairs, moving items, painting, deck-staining, demolition & clean-up, and carpentry on things like deck and dry-wall. We have been assigning work at a rate of \$25/hour and ask that the jobs be a minimum of 3-4 hours. You can find out more by contacting our Migrant Housing Project Coordinator David Brown at dbrown@harrington-brown.com.

"HEALING HEARTS" PET SUPPORT GROUP: ST. PAULS PET LOSS COMMUNITY

Are you struggling with losing a beloved furry friend/companion/animal assistant? Losing a pet can be one of the most heart-wrenching experiences in life. At Saint Pauls, we understand the deep bond you shared with your beloved pet/family member and we're here to offer support, understanding and a virtual shoulder to lean on. To join, visit tinyurl.com/healing-hearts-support. We meet on the fourth Tuesday of every month from 7-8 p.m. Age 18+ only, 30 participants maximum.

LITTLE LIGHTS ENROLLMENT

Preschool ages welcome: We have spots open in our Early Childhood Education classes. Flexible options available. We model and facilitate problem-solving strategies, build empathy and develop self-regulation skills. Through hands-on learning and play, children will benefit from structured socialization and gain a greater sense of themselves within our St. Pauls community. If you are interested in learning more, visit our website at littlelightslp.org or contact Erin Fitzgerald at erin.fitzgerald@spucc.org.

LOSS AND GRIEVING DISCUSSION GROUP

We've all lost someone we loved. Whether you lost someone you loved last month, last year, or five years ago, you can still grieve that loss. Grief changes, but it never goes away. Would you be interested in sharing stories with others who are in similar situations? We're not therapists, just your friends and neighbors who are also grieving and would like to share our ideas and learn how others are coping. We're planning to start a grief support group at St. Pauls, but we need to make sure there's interest. Please contact Pam Woll at pamelawoll3333@gmail.com if you think this might benefit you.

CREATION CORNER by Green Team

Whey Provides Way More...

It used to be current thinking that red meat was the best source of protein, containing all 20 amino acids necessary to support human health and avoid muscle loss.

This myth has been empirically debunked: it turns out all plants, including nuts and mushrooms, contain all 20 proteins. In fact, buckwheat, quinoa and soy have amino acids in similar proportions to red meat.

For those who are elderly, post surgery or super busy, it also turns out that whey powder is a concentrated source of protein, easily added to many dishes and smoothies. Or, if you do not cook, a chicken and bean burrito will meet your daily protein needs.

STEPHEN MINISTRY AT ST. PAULS

Our Stephen Ministers are here for you if you are going through a tough time. Extensively trained in compassionate Christian caregiving, Stephen Ministers are matched confidentially with someone in our congregation who is going through a crisis, such as the death of a loved one, a diagnosis, a divorce, a job loss, etc. They meet with you once a week for an hour to offer support through listening, companionship and prayer. If you wonder whether having a Stephen Minister might be helpful for you, please speak with Pastor Jeff, jcarlson@spucc.org. Every one of us could benefit from a Stephen Minister at some point in our lives.

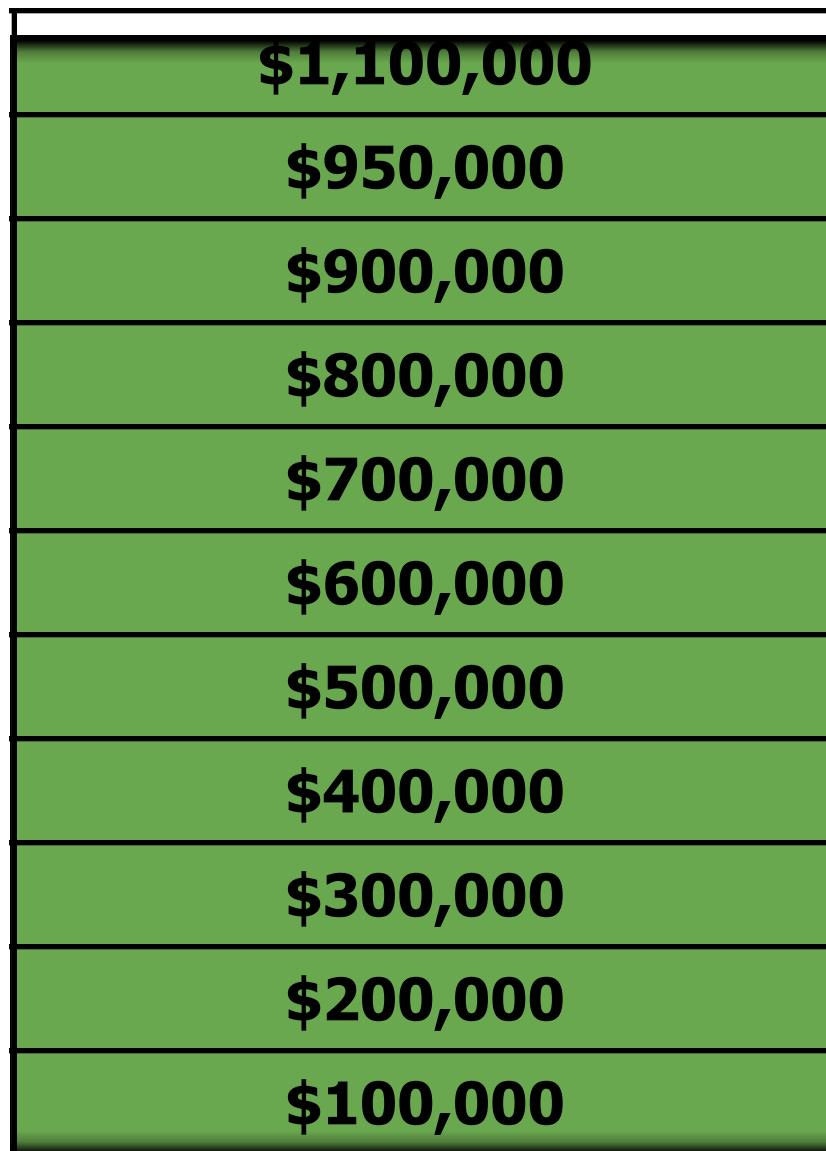
St. Pauls UCC

Giving Campaign 2026

October 12, 2025 – January 11, 2026

Total: \$1,088,025.48

Total households pledged: 221

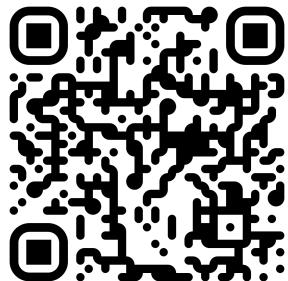


What More Are We Building?

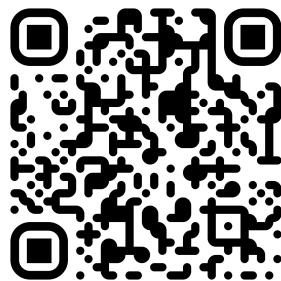
WANT TO GET INVOLVED?

Scan the QR codes to discover ways to connect with others.

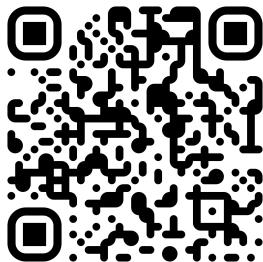
JOIN A GROUP



VOLUNTEER OPPORTUNITIES



SUBMIT AN ANNOUNCEMENT



For St. Pauls sponsored events, please fill out the new form **by 10 a.m. on Wednesdays for publication in the Friday email and next Sunday bulletin**. Share personal announcements/events on our Facebook group page, St. Pauls Together. Please limit announcements to **100 words**. Thank you!

TODAY'S MUSIC

Singer-songwriter Sam Cooke (1941-1964) composed ***A Change Is Gonna Come*** in 1963. It was released on his album *Ain't That Good News* in February 1964. The song was inspired by events in Cooke's life, notably when he, his wife, and friends were turned away from a whites-only hotel in Louisiana. Sadly, Cooke was shot and killed at a motel in December of 1964 in an incident that now would have raised questions regarding race vs. protection of property.

Our Introit, ***Alleluia***, is by Henry Purcell (1659-1695). Purcell was one of the great English Baroque composers. He spent his entire short life in London. His father was a musician and singer in the king's court. After his father's death, Henry was raised and encouraged musically by his uncle. Among his famous works are the opera *Dido and Aeneas*. His music is used in film scores and most popular work is his Canon in C.

The text of ***Jesus Calls Us O'er The Tumult*** was written in 1852 by Cecil Frances Alexander (1818-1895). She was born in Ireland and as a child began to write poetry. In 1850 she married an Anglican priest, who later became the Bishop of Ireland. With her sister, she founded a school for the deaf, and spent her life working for the disadvantaged and downtrodden. The tune, ***GALILEE***. Was composed in 1887 by Willian Herbert Jude (1851-1922). He was born in Suffolk, England and by age 8, he was composing music for school plays. In addition to composing, he also became a famous organist, playing dedicatory recitals over 1000 new instruments.

Lord, I Want To Be A Christian is another in a long line of great African-American spirituals. Neither the tune or text are attributed. The origin may go as far back as 1750. The first publication to include it was *Folk Songs Of The American Negro* (1907) compiled by brothers Frederick (no dates) and John (1871-1925) Work. John Work was also the music director of the famous Fisk Jubilee Singers.

Guide My Feet is another uplifting spiritual from the African-American tradition. It is one of the many songs that was sung during marches in the civil rights movement in the 1960's. The believer asks God to guide them on the path of life.

Spaseniye sodelal Op. 25, No. 5 was composed by Pavel Chesnokov (1877-1944). He was one of the most prolific composers of the Moscow Synodal School. These "hymns" were based on Russian Orthodox chant melodies. Old Church Slavonic is the language of the Russian Orthodox Church and liturgy. It has the same relationship to modern Russian as Latin, the traditional language of the Catholic

Church and liturgy, does to Italian. **A note for this time** - The Russian Orthodox Church was said to be founded by St. Andrew, one of the 12 disciples, when he journeyed from Greece to what became Kiiv, Ukraine but was then known as *Kiyvan Rus'* (land of the Rus').

I Will Lift The Cloud Of Night was composed and text also written by Charles P. Jones (1865-1949) in 1910. The tune is the composer's last name, JONES. The Reverend Jones was an African American and founder of the Church of Christ. He composed over 1,000 gospel hymns, both music and texts.

Johann Sebastian Bach (1685-1750) had such respect for the music of Antonio Vivaldi (1678-1741), that he hand copied some of his music into his personal library. They never met. This work, **Concerto in a minor BWV 593**, which Vivaldi wrote in 1710 for strings, Bach transcribed and arranged for organ in 1713 or 1714. The *Allegro* has a wonderful bright dancing quality.

Special Music Theme 2025-2026

Joyful Sounds

Enjoy another year of special music during worship services.

Mark these dates in your calendar!

Sunday, March 15, 2026 - Lenten Cantata

***Jesu meine Freude* - Bach**

June 13, 2026 - 7 p.m.

***Gospel Mass* - Robert Ray**

A benefit for the National Gospel Music Museum with Pilgrim Baptist Church, UCAN and St. Sabina Church.

Greater Harvest Missionary Baptist Church

5141 South State Street

Chicago, IL

ABOUT ST. PAULS

Making a Joyful Sound in the City!

St. Pauls UCC has a vibrant history in the city of Chicago. Founded in 1843, we are one of the city's oldest churches. In 1989, we became one of America's first congregations to declare ourselves "Open and Affirming" of LGBTQ+ people.

From founding Chicago's largest provider of social services to at-risk children to starting a home for the elderly, from housing protestors at the 1968 Democratic Convention to hosting Lincoln Park's first MLK day march against violence on Chicago's streets, we are proud to make a joyful sound in the city.

Most important, during the past 180 years we are glad to have introduced thousands of children and adults to the amazing, inclusive, life changing, uplifting love of God. We do so in worship that is traditional, but far from conventional.

Senior Pastor Matt Fitzgerald, mfitzgerald@spucc.org

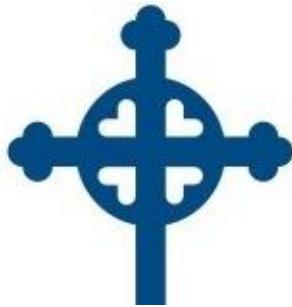
Associate Pastor Jeff Carlson, jcarlson@spucc.org

Associate Pastor Liz Nickerson, lnickerson@spucc.org

For a complete list of St. Pauls Staff, Governance, and Lay Leadership
Please visit www.spucc.org/contact

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2335 N Orchard St. | Chicago, IL 60614
(773) 348-3829 www.spucc.org

Free Parking is available Sundays from 9 a.m. - 1 p.m.
at the Lincoln Common Parking Garage, 2316 N. Lincoln Ave.
Parking validation is available in the Narthex.



WELCOME TO SAINT PAULS UCC!

Welcome to those whose hearts are on fire with faith,
and to those who bring their doubt inside our doors.

Welcome to our first time guests and
our longtime members.

Welcome to single people, tiny children,
grandparents and families of all configurations.

Welcome to those who rejoice and to those who grieve.

Welcome to LGBTQ+ people.

Welcome to each and to everyone.

We are blessed by your presence and
we are glad you are here.