

Grace Notes

April 2019



GRACE LUTHERAN CHURCH • 7300 W DIVISION • RIVER FOREST IL 60305 • 708-366-6900 • WWW.GRACERIVERFOREST.ORG



May the Lord make your love increase and
overflow for each other and for everyone else.
I Thessalonians 3:12 (NIV)

Hearts filled to the brim at the cross

by Pastor Lauren Wegner

As my sophomore year of college came to an end in the spring of 2002, I was eager to leave the hot Texas summer to work as a camp counselor at Luther Point Bible Camp in northwest Wisconsin. Immediately upon arrival at camp, I was the “foreigner” among the summer staff; everyone was so curious as to why this Texas girl would have traveled all the way up to Wisconsin for the summer. I was bestowed the nickname “Tex,” and my usage of the phrase “fixin’ to” as well as my refusal to participate in the “pop” or “soda” debate (because it’s all just “Coke,” y’all) sealed my place as a sort of fascinating museum artifact for everyone who spent that summer at Luther Point. I remain close friends with the wonderful Midwesterners I met that summer, and it’s been fun to be closer to them while living here in Chicago.

That summer, I bought a guitar on a whim while in the small town of Ashland, Wisconsin. I quickly learned the chords to all

the camp songs, and these are often still the first songs I play when I get out my guitar. For one, the chords are easy. But more than that, the message and the memories behind the songs still resonate deeply in my heart.

Camps all have their own particular ways of singing camp songs (and every camp believes its way is the right way, of course!). But one song I had never sung before I worked at Luther Point is called “Overflow.” It quickly became one of my favorites:

Let your river run wild and free,
River of your love for me.
Fill my heart and my soul til I overflow.
Overflow,
Let me overflow,
Fill my heart and my soul til I overflow.

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God's overflowing love fills our hearts

Continued from page 1

Short, simple, and sung in a round, the melody and the words would combine in a beautiful chorus of voices around a campfire, or in the camp chapel, or in canoes out on the water. The song also carries with it some powerful imagery of God's love filling our hearts--and continuing to pour out that love even when our hearts are filled to the brim.

This month, we continue to lean into Lent, we journey through Holy Week, and we celebrate the miracle of Christ's resurrection at Easter. Through all of these events, God's love for us is overflowing and spilling out everywhere. It cannot be contained. It goes where it flows. Our hearts are filled to the brim—and then some. The love that God sends to us in Jesus Christ is a love that flows in us, through us, and then from us to others. Because God is overflowing, we are overflowing. And our journey of faith this month offers us the clearest picture of what that overflow looks like: love that flows from a cross and then bursts out of a tomb.

The love that God sends to us in Jesus Christ is a love that flows in us, through us, and then from us to others.

I think of rain and of water a lot in the month of April. Maybe it was growing up in "Tornado Alley, where April brought with it a lot of violent stormy weather. Maybe it's Easter and the showering of life and love that comes with God's victory over death and the

grave. Maybe it's the appearance of buds and flowering plants as they are watered by April showers. Whatever the reason, April reminds me of water, and before I know it, I'm humming "Overflow."

I look forward to singing it with you sometime.

In God's overflowing love,
+Pastor Lauren



Wednesday worship during Lent continues through April 10

In our midweek Lenten services we explore "Lasting Hope," the hope we have in Jesus Christ. Our scripture texts are the psalms assigned for the previous Sunday, paired with texts from the Gospel of John.

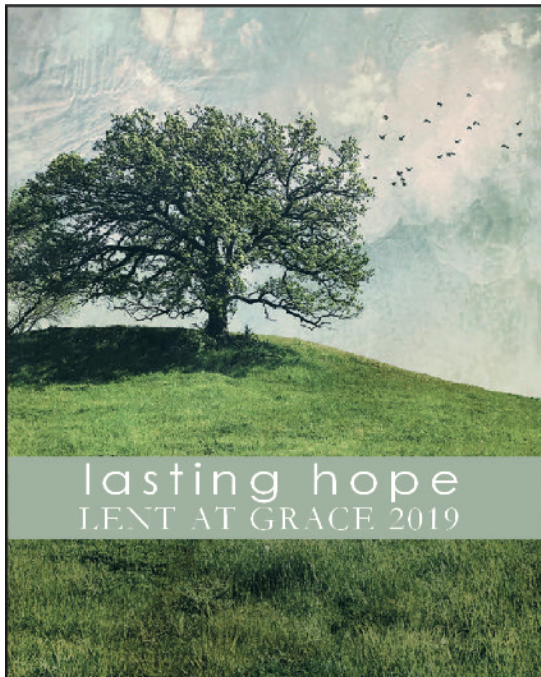
April 3
Jesus, Our Forgiveness

April 10
Jesus, Our Joy

8:30 a.m. Morning Prayer with the school children

11:30 a.m. Morning Prayer with seniors from
Cornerstones Bible Study
Lunch is served on April 3

7:00 p.m. Evening Prayer



Grace Notes is published monthly by Grace Lutheran Church and School, 7300 Division St., River Forest, Ill. It is mailed to Grace members, parents of students at Grace School, and friends of the congregation. The newsletter is online at www.graceriverforest.org. This issue was mailed via U.S. Postal Service Bulk Mail on Friday, March 29, with the hope that it will arrive in your mailbox no later than April 5. Copies are also available at Grace.

Deadlines and submissions. The May issue of Grace Notes will be mailed on Friday, May 3. The deadline for copy is Wednesday, April 24; the issue covers events through the first week of June. Send news to ggotsch@graceriverforest.org. Please limit your submissions to news relating to Grace Lutheran Church and School, its mission, ministries, and the benevolences the congregation supports. Articles should be no longer than 500 words. Submissions may be edited for length, clarity, and relevance.

Holy Week: the busiest, best time of the year

by Pastor Dave Lyle

The Christian faith is centered in the death and resurrection of Jesus Christ. Our faith is focused on his self-giving love throughout the year. Sermons and hymns, scripture and sacraments all bear witness to the cross and the empty tomb as the means by which God has redeemed us. But soon we will enter in that most holy of weeks. We will walk once more with Jesus to the cross of Calvary which, by the power and love of God, is transformed into the Tree of Life.

Palm Sunday

Holy Week begins, of course, on Palm Sunday. As we have done for several years, we will gather in the narthex and atrium to hear the story of Jesus' triumphal entry into Jerusalem. We will wave palms, shout "Hosanna," and mimic the crowded confusion of that parade with our own march into the sanctuary. Palm Sunday is also known as the Sunday of the Passion. The reason is obvious. Shortly after the joyful entry of Jesus, we hear the full tale of Jesus' suffering (passion), this year from Luke's Gospel. The mood has shifted entirely, just as it did in Jerusalem when the crowds turned on Jesus and demanded his death. It is for this reason that this year's palm branches will be dried and burned to make next year's ashes for Ash Wednesday. Our well-intentioned "Hosannas" are replaced by our sinful cries of "Crucify."



Maundy Thursday

Our sin, however, is always met with Jesus' love. This is the great theme of Maundy Thursday, the first of the Triduum, or the Three Days. Maundy means command, or mandate; the day is so named because it was on Thursday that Jesus gave his disciples the command to love one another as he has loved them. Jesus shows this love for them by instituting his Supper, the means by which they will come to understand the sacrifice he is about to make for them. He also washes their feet, showing them that true power always stoops to serve in love. You, too, have the opportunity to have your feet washed during this evening service. At the end of worship, the altar and the chancel are stripped of all appointments and decorations, as Jesus was stripped and humiliated by the soldiers. We depart in darkness with the words of Psalm 22 echoing in our souls: "My God, my God, why have you forsaken me?"



Good Friday

We return to worship on Good Friday. We hear no sermon on this day. The story of this day is told in other ways. We hear the Passion according to St. John, spoken or sung. We watch the light diminish. We see the cross process, the cross on which was hung the salvation of the whole world. We leave again in darkness, in the somber reminder of the death that God's Son was willing to die for us.



And then —

Then, in the evening of the next day we gather for the Great Vigil of Easter. We gather near the graves of the saints in our Memorial Garden, to bless and to light the new year's Paschal Candle. We follow its light to the atrium, where we hear the story of salvation from throughout scripture. We follow its light to the narthex, for either a baptism or a renewal of baptismal vows. We follow its light into the sanctuary. And we sing, "This is the feast of victory for our God. Alleluia!" As we do, I can promise you that I will be weeping at the sheer joy of it all. And in the light of the risen Christ, we will feast upon the very Bread of Life. While the Easter Vigil is not very well attended, it is my favorite service of the year, and I encourage you to come. Plus, we started a new tradition last year. At the close of worship we'll gather in the Fellowship Hall for treats. And champagne! After all, when you've just celebrated the defeat of sin, the devil, and death itself, it's time to pop some corks!



Easter Sunday

The next morning, of course, is Easter. And you know all about that. Brass and bonnets and lilies and children everywhere. But most of all, a man named Jesus who is God; who was dead but now is alive. Alleluia! Alleluia! Alleluia!

I hope to see you a lot during Holy Week. It's the busiest, best time of the year. The events of that week, and of the Three Days in particular, are the reason we're here at all. Jesus' death and resurrection stand at the center of everything.

Thanks be to God!

WORSHIP

Sunday, April 7

FIFTH SUNDAY IN LENT

Holy Communion at 8:30 and 11 a.m.

Isaiah 43:16-21, Psalm 126, Philippians 3:4b-14, John 12:1-8

Sunday, April 14

SUNDAY OF THE PASSION

Holy Communion at 8:30 and 11 a.m.

Isaiah 50:4-9a, Psalm 31:9-16, Philippians 2:5-11, Luke 23:1-49

Monday – Wednesday, April 15–17

HOLY WEEK

Responsive Prayer with the school children, 8:30 a.m.

THE THREE DAYS

MAUNDY THURSDAY, April 18

Holy Communion at 8:30 a.m. and 7 p.m.

Exodus 12:1-14, Psalm 116:1-2, 12-19, 1 Corinthians 11:23-26, John 13:1-17, 31-35

GOOD FRIDAY, April 19

Adoration of the Cross at 8:30 a.m., noon and 7 p.m.

Isaiah 52:13-53:12, Psalm 22, Hebrews 10:16-25, John 18:1-19:42

The St. John Passion is sung in a setting by Carl Schalk at noon and 7 p.m.

EASTER VIGIL, April 20, 7 p.m.

Old Testament readings, Romans 6:3-11, John 20:1-18

EASTER SUNDAY

RESURRECTION OF OUR LORD, April 21

Holy Communion at 8:30 and 11 a.m.

Acts 10:34-43, Psalm 118:1-2, 14-24, 1 Corinthians 15:1-11, Luke 24:1-12

Sunday, April 28

SECOND SUNDAY OF EASTER

Holy Communion at 8:30 a.m., 11:30 a.m., and 7 p.m.

Acts 5:27-32, Psalm 118:14-29, Revelation 1:4-8, John 20:19-31

Sunday, April 28, 3:45 p.m.

BACH CANTATA VESPERS

Christ lag in Todesbanden, BWV 4

Christ lay in death's bonds

Organ prelude: Daniel Schwandt, South Bend, Indiana

Homilist: Laura Voelkert Weant, Bethany Lutheran Church, Boone, North Carolina

Preview Lecture: Carl F. Schalk, Concordia University Chicago

Kontras Quartet plays Haydn's Seven Last Words of Christ at Grace on Monday, April 15

The Kontras Quartet will again play Joseph Haydn's meditations on Christ's words from the cross in a concert in Grace's sanctuary at 7:30 p.m. on Monday of Holy Week. The music is paired with spoken meditations delivered by Grace Lutheran clergy and other community leaders from around Chicago. There will be a free will offering.

Bach Cantata Vespers on April 28

Christ lag in Todesbanden, BWV 4, the cantata that will be performed in the Bach Cantata Vespers service on April 28, was composed in 1707 for Easter Sunday, when J. S. Bach was 22 years old. He revised it and performed it again in the 1720s in Leipzig. It is based on Martin Luther's hymn of the same name; each of the seven movements uses a stanza of Luther's hymn in a variation on the chorale tune. Learn more about the cantata at Carl Schalk's preview lecture beginning at 3 p.m. that afternoon.

Choral concerts at Grace in April

Oak Park Concert Chorale, directed by Paul Lindblad, presents a concert titled "Jubilate" at Grace on Sunday, April 7, at 4 p.m. The program includes a new canticle by Michael Wolniakowski, as well as *The Orkney Psalms* by Carl Schalk. Jill Baumgaertner will be reading her texts for this piece, with Pastor Costello at the organ. Tickets (\$12–20) at the door or at oakparkconcertchorale.org.

The spring concert of **Chicago Chorale Artists** on April 14, 4 p.m., at Grace features Arvo Pärt's *Berliner Messe* and Zoltan Kodaly's *Missa Brevis*, with guest organist Michael Giuliani. Michael D. Costello directs. Tickets at chicagochoralartists.org or at the door.



ADULT EDUCATION

Adult Education classes meet at 9:45 a.m. on Sunday mornings. Classes are led by Grace members as well as guest speakers. If you have ideas or suggestions for Adult Ed programming, please contact Ted Anton of the Adult Education Committee (tanton@depaul.edu) or Pastor Dave Wegner (dwegner@graceriverforest.org).

There are no Adult Ed Classes on Palm Sunday, April 14, and on Easter Sunday, April 21.

April 7

“Sustainability — What, Why, How?”

Pam Todd, Ed Mason, Sandy Lentz

What does this commonly heard term really mean? Why does our faith’s direction to care for creation impel us to act? How can we as individuals make a difference? Three Grace master gardeners offer their perspectives. (*Seminar Room*)

April 28 and May 5

“Teen Angst and Other Problems: Typical or Troubled?”

Susan Scherer

In these two sessions, pediatric psychiatrist Susan Scherer will discuss mental health issues in children and adolescents, including common psychiatric problems of youth, warning

signs, and when and how to get help. She will present information about different types of therapies and providers, support and advocacy groups, and barriers to care. In the second session she will be joined by Ellie Borgstrom, Community Education Coordinator from West Suburban National Alliance on Mental Illness (NAMI), who will speak about “Ending the Silence.” Both teens and adults will benefit from these sessions. (*Seminar Room*)

Sunday Bible Study

Led by Bob Jandeska, the Bible study group meets on Sunday mornings at 9:45 in the Conference Room on the lower level.

Easter reading from the church library

Our Lenten journey culminates in Holy Week and Easter worship. Resources from the church library can help you prepare for these important worship experiences and guide you as you return to the stories and images of Christ’s resurrection after Easter Sunday.

The Mystery of Easter, by Dietrich Bonhoeffer. Crossroad, 1997. [232.96 BON]

The Women of Easter: Encounter the Savior with Mary of Bethany, Mary of Nazareth, Mary Magdalene, by Liz Curtis Higgs. WaterBrook, 2017. [232.9 HIG]

Martin Luther’s Easter Book, ed. by Roland Bainton. Augsburg Fortress, 1997. [232.96 MAR]

Bread and Wine: Readings for Lent and Easter. Orbis Books, 2005. Meditations from a wide spectrum of classic and contemporary writers. [234.34 BRE]

The Three-Day Feast: Maundy Thursday, Good Friday, Easter, by Gail Ramshaw. Augsburg Fortress, 2004. [242.34 RAM]

Not for children only

The Very First Easter, by Paul L. Maier. Concordia, 1999. [E 394.2 MAI]

He is Alive! A Picture Book of the Last Week of Jesus’ Life and His Resurrection, by Helen Haidle. Zonderkidz, 2001. [E 232.96 HAI]

Peter’s First Easter, by Walter Wangerin. [told from Simon Peter’s viewpoint] Zonderkidz, 2000. [J 232.96 WAN]

The Legend of the Easter Robin, by Dandi Daley Mackall. Zonderkidz, 2010. [E FIC MAC]

Look for these titles and more in the library display in the atrium and in the church library. Please ask the person at the reception desk for assistance with books in the atrium case. Volunteers staff the library on Sunday mornings. It is open for self-service during the week. All are welcome to check out books.

Thanks to last fall's Gala, Harmony Community Church is moving toward expanding its ministry

by Sue Foran

Last October's gala fundraiser for Harmony Community Church, hosted at Grace, raised \$250,000 for the church's ministry in the North Lawndale community. Tremendous progress has been made since the fall. Here's an update on Harmony's stewardship of the resources provided by the gala.

Sanctuary project

A significant portion of the funds raised at the gala are being used to pay for the renovation of Harmony's sanctuary into a more flexible space that can be used for worship on Sunday and for other activities throughout the week. After months of planning and meetings, a projected construction timeline has been agreed upon for this project, with a start date at the end of June. Eastlake Studios, headed by Grace member Tom Zurowski, is partnering with Harmony to create the designs and the plans, coordinate the cumbersome city permit process, and work with the various construction contractors. Grace member John Lattyak has graciously offered to be the liaison between Harmony and Eastlake Studios and will oversee the project.

Food pantry

Renovation work has been completed on the walls in the area of the building used for the food pantry and for fellowship, thanks to Grace volunteers John Lattyak, Tom Ewert, Scott Street and Dick Calhoun. Designated funds from the Gala paid for materials involved in installing new plywood and trim around the perimeter to protect the walls.

Summer reading program

Preparation for the summer intensive reading program is underway. Assessments have begun to determine which students are most in need of the summer remedial tutoring program. This one-on-one tutoring program runs four days a week for six weeks and is designed to increase students' reading proficiency and comprehension. This ministry is funded via designated donations from the 2018 gala.



Grace members John Lattyak and Dick Calhoun, along with Odice Anderson, worked on the upgrade to the food pantry space (above) at Harmony Community Church in North Lawndale.



Tuesday night tutoring

We have over 30 students attending Tuesday night tutoring! If you have any interest in serving as a tutor, we could sure use you!

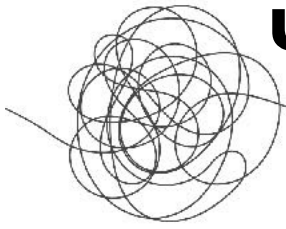
Harmony Community Cares

A new not-for-profit 501(c)(3) organization called Harmony Community Cares is being established to help the church expand the scope of their community programs, including student tutoring and the food pantry. The non-profit's board of directors includes Grace members Diane Carioscio, Sue Foran, Jennifer Mindrum, Deb Schmidt-Rogers, and Dave Zyer. Melissa DeVries of Hoogendorn and Talbot, LLP, has graciously provided assistance in this process.

Volunteer opportunities at Harmony

The Harmony Food Pantry always welcomes new volunteers on Wednesdays from 8 a.m.–2:00 p.m. If you are willing and able, please reach out to Diane Carioscio at diane.carioscio@gmail.com

Tuesday Night Tutoring. No experience necessary. Your presence matters most! For more information reach out to Susie Calhoun at msusie.calhoun@gmail.com or Sue Foran at susanforan4@gmail.com.



Untying Knots: Polarization in America

Workshop led by Mike McGillicuddy, LCSW

Saturday, April 13, 9 a.m. – 1:30 p.m.

Fellowship Hall

In our world today, many of us are feeling the pain of division. It seems that discussions turn into arguments as we see people divided into different sides, often along the lines of religious and political affiliations. Many of us feel stuck in the argument without a clear path forward. In this workshop we will explore the causes of polarization and how to move past it to meaningful dialogue that builds relationships with others, increases understanding, and moves the conversation forward. We will also explore how our spiritual traditions can support us in this work.

- Register online at GraceRiverForest.org, or in person at the Grace reception desk.
- You'll learn about the sociology and psychology of polarization and have opportunities to practice skills for better listening and more meaningful conversations.
- All are welcome — invite a friend from the community!
- There is no charge for the workshop.
- There will be a freewill offering to cover the cost of lunch.

This is the third in a series of presentations at Grace by Mike McGillicuddy. The first was an Adult Ed session on February 10, the second was at the Leadership Workshop on February 23. This workshop includes more background from the social science research on polarization as well as more opportunities to practice a variety of listening skills.

Don't miss this opportunity to discover concrete ways that you can build bridges in your daily interactions with others.



Register now for Vacation Bible School June 17–21, 8:30–11:30 a.m.

Register online at GraceRiverForest.org

For children age 3 through current 4th-graders
By June 1 \$35/child, \$65/family
After June 1 \$45/child, \$85/family
Additional fee for afternoon program
\$20/child/day, \$175/family/week

Have you ever wondered...

...what it was like to live in Bible times?

...if that guy in the den of lions really survived?

...how the three friends lived through the fire?

Join us in Babylon where we'll explore what life was like for Daniel and his friends, captives in a strange land. You'll visit with Daniel, craft cool projects in the Marketplace, laugh as you play Bible-time games, dance to lively Bible songs, and sample tasty tidbits of interesting food.



Prayer shawls and prayer squares touch many with peace and healing

by **Kathryn Jandeska**

Knitting needles and crochet hooks give new meaning to the psalmist's words "Prosper the work of our hands" (Psalm 90:17).

It was in 2004 that Grace member and parish nurse MaryBeth Buschmann was inspired to initiate the making of prayer shawls as instruments of peace and healing. Undergoing medical treatment, MaryBeth had received a prayer shawl from a fellow nurse and was deeply moved. "It meant so much to me to receive it," she said.

MaryBeth brought her idea to a meeting of the Grace Church Health Cabinet. "Can we do this?" she asked them. (MaryBeth had already begun knitting a prayer shawl for a fellow Grace member.) The Health Cabinet's response was enthusiastic: several committee members volunteered to knit or crochet shawls. Once the finished shawls began showing up to be blessed during worship services, the creative impulse spread to others in the parish.

By 2012, knitters and crocheters were turning their talents to additional items of comfort: blankets and caps for premature infants residing in neonatal intensive care units. These items, too, increased parishioner awareness as they were blessed during worship.

This increased visibility became the impetus for Margaret Burke to establish an informal knitting group at church—a monthly gathering that took the form of a "drop-in center" in the Grace library where people could sit companionably and enjoy the fellowship of yarn.

"We have a faithful group of people who come each month, plus others who are there as their schedules permit," Margaret says. "They may be knitters or crocheters. They may be working on a prayer shawl, prayer squares, or even their own projects. Some of us are Grace members and some are not."

The fellowship takes place on the third Tuesday of the month, 1-2:30 p.m. (In April, the group will meet on the second Tuesday, April 9, rather than the next week which is Holy Week.)

Attendees typically range in experience and skill level at every meeting, Margaret says. "Even a person who teaches knitting classes has joined us."

Notices in the Weekly Announcements have drawn new members to the Tuesday meetings, Margaret adds. Newcomers and visitors are always welcome.

"These women love a challenge!" Margaret remarks. Inspired by an idea from Pastor Dave Wegner, they have taken on a group project: creating prayer squares in liturgical colors. A set includes five squares, one each in green, blue, purple, red, and white, reflecting the five main colors of the church year.

"These are perfect for daily devotions," notes Margaret. "Our group is working on the sets right now, and they should be ready for gift-giving soon."

Several other Grace members contribute to the prayer-shawl ministry by producing prayer shawls or prayer squares at home. One prayer-shawl champion is Eunice Spurgat, who has knitted since childhood. Eunice says she's made a prayer shawl for every member of her large family and estimates she produces three shawls a

month. "Some of the shawls I've made and given away have motivated other churches to start their own prayer-shawl ministry."

Prayer shawls and prayer squares have traveled all over the globe.



Prayer shawls

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Martha Rohlfling's specialty is prayer squares: she turns out five a day. "I give Martha the yarn, and she gives me a supply of prayer squares," Eunice says. And, she adds, she uses prayer squares as a vehicle to witness to others about her faith.

"I always bring my knitting when I'm in a doctor's waiting room," explains Eunice. "One time, a little boy showed great interest in what I was doing. He finally asked me, 'What's that?' and I told him. I asked him—and his mother—'Do you pray?' and when the mother said yes, I gave the little boy a prayer square. He hugged me so long."

"It's not anything I force on anyone," she continues. "I always ask, 'Do you pray?' and if the person says 'yes,' I give them a prayer square. You just never know how it may change a person's life when you give them a prayer square or tell them 'I'll pray for you.'"

Some of Eunice's most productive knitting hours are spent in front of the television, watching sports or news. When the media recently reported the rescue of Wisconsin teen Jayme Closs (who had been abducted from her home in October 2018), she said, "My heart broke for her." Eunice phoned a Lutheran church in the girl's hometown to offer a prayer shawl. The church secretary who answered the phone told Eunice that, coincidentally, her own granddaughter was Jayme's best friend. The woman volunteered to deliver Eunice's gift of shawls to Jayme and her friend along with a supply of prayer squares for Jayme's family.

Prayer shawls and prayer squares have traveled all over the globe, says MaryBeth. "We have had people request them for loved ones overseas. We've sent prayer squares to Slovakia with a Grace mission team."

The making of the prayer shawls, prayer squares, and infant blankets and caps are a labor of love—and they are given away at no cost. "But," says Margaret, "we are happy to accept donations of yarn!"

How to give a shawl or prayer squares

A prayer shawl makes a perfect gift for anyone facing a challenge, whether it's a health crisis, a job search, or some other need. Does your loved one live far away? The shawls can be mailed easily in a large padded envelope.

Prayer squares have become highly popular and Margaret estimates that Grace needle workers have made more than 2,000 of them. Think about tucking one inside a greeting card; they're appropriate for any occasion, such as a birthday, a get-well or sympathy message, or simply a "thinking of you" card. A set of prayer squares in liturgical colors makes a great gift for anyone, but particularly for a seminarian or newly ordained pastor, a confirmand, a shut-in, or as a "goodbye" gift for someone moving away.

Prayer shawls and prayer squares will be available at the Health Cabinet table in the atrium on April 7. Or visit Grace on a weekday and a receptionist can help you obtain a prayer shawl from the collection.

Prayer squares are always available in the church library, in a basket on the coffee table.

Working together toward health of body, mind and spirit

by Pat Gulik RN, Parish Nurse

My first month here at Grace has been a time filled with learning and joy. The learning has included getting to know how things work around here (including who is in charge of what), going to meetings, getting on board with the technology, making home and hospital visits, and meeting people and learning their names. (So many names!) What I've found is that this is a very active, committed congregation, and getting to know the members has brought me great joy.

My goal is to continue the ministry of health, healing and wholeness that already exists here at Grace. This is what a Parish Nurse (or Faith Community Nurse, in the current lingo) is called to do. Health encompasses not just your physical body, but your mind and spirit, too. I would love to talk or meet individually with anyone who would like to get together.

Participating in group activities—things like the Walking Program, the YMCA Healthy Aging program, the flu clinic, group outings and health related topics during the Adult Education hour—also contributes to our overall health. The plan is that these activities will continue, so look for more information in the coming weeks and months. I'm also looking for your input about what other types of activities are of interest to you.

So please let me know what you'd like to do or learn.

You can call or email me, or talk to me in church on the first or third Sundays or at the Health Cabinet table in the Atrium.

Let's work together toward health - body, mind and spirit.

Health Cabinet table in the atrium on Sundays

Third Sunday of the month *except* in April, when the Health Cabinet table is scheduled for April 7.

- Get your blood pressure checked
- Find information on health-related topics
- Pick up a prayer shawl or prayer squares
- Talk with Pat Gulik, our Parish Nurse

GRACE NEWS

KNITTING/CROCHETING GROUP meets on Tuesday, April 9, at 1 p.m. in the church library. Beginners are welcome.

RETIRED LEADERS AND OTHERS meet on Tuesday, April 9, at 10 a.m., in the Church Library. David Heim, editor of *The Christian Century*, will speak on "Journalism Today: Real and Fake News." Guests are welcome.

GRACE NOTES MAILING CREW will be at work on the May newsletter on Thursday, May 2, at 9:30 a.m. in the Church Library. They welcome more helpers.

CORNERSTONES fellowship and Bible study for seniors meets on Wednesdays in the church library, with treats and conversation at 10 and Bible study with the pastors at 10:30. There is Lenten Morning Prayer on April 3 and 10, with lunch on April 3. Cornerstones will not meet on April 17.

RELIGION IN LITERATURE. The book group meets next on Friday, April 26, 8 p.m., to discuss Mary Wollstonecraft Shelley's "Frankenstein," led by David Heim. Mary Margaret Bartley and Stewart Clarke (5915 W. Race Ave., Chicago) are the hosts. All are welcome. A copy of the book is available in the church library.

YOGA, taught by Ackli Howell, meets on Thursday evenings, 6:30–7:30 p.m., in Fellowship Hall. Newcomers are welcome! Bring a mat and a towel (preferably a beach towel), and wear comfortable clothing. Call Ackli if you have questions. There is no yoga on April 18, during Holy Week.

MOMS OF LITTLES. Moms of Littles will meet on Thursday, April 4, from 6:30–8 p.m. in the Youth Room. Contact Pastor Lauren for more information (lwegner@graceriverforest.org).

SANDWICH-MAKING AT FRATERNITÉ. Grace members will be making lunches at Fraternité Notre Dame, 502 N. Central, on Monday, April 15, at 7 p.m. Contact Kate Hogenson with questions or to arrange a ride (hogenson@msn.com; 708-445-9687).

FINDING HOPE: SUPPORT FOR CHRONIC ILLNESS. Finding Hope is an informal monthly gathering that provides support, fellowship and education for people experiencing all types of chronic illness. Attend every month or as your schedule allows. The group meets on April 12, and on the second Friday of every month, 10–11 a.m., in the church library.

BUILDING CLOSED

Grace's building will be closed on Easter Monday, April 29.

See "West Side Story" with Women@Grace

Join friends from Women @ Grace on Friday, May 17, 7 p.m. for a performance of "West Side Story" at Lyric Opera. Group-rate tickets are available at four different prices. Purchase your tickets by April 7 at the Grace reception desk, where you'll find more information on ticket pricing and seat locations. Make checks payable to Grace Lutheran Church.

PRAYERS

WE PRAY for all who mourn the death of John Orchard, longtime member of Grace who died on March 18.

PRAYER LIST. The weekly Prayer List can be found in the worship bulletin on Sunday. Contact Karen Christopher (kchristopher@graceriverforest.org; 708-366-6900 ext 207) to be included on the published prayer list.

PRAYER CHAIN. Contact Kathy Lucht (kathy.lucht@gmail.com) or Kathy Garness (708-366-7584; KMGfinearts@comcast.net) with confidential prayer chain requests.

ALTAR FLOWERS

Use the sign-up sheet at the reception desk in the atrium to donate flowers to remember a loved one or commemorate a special birthday or anniversary. (There are no flowers in the chancel during Lent.)

Easter Sunday, April 21 —Easter flowers are given in memory of Marcia Forgue by her husband, Dennis. After the 11:00 worship service, the flowers are available to take to loved ones or homebound members.

IN CELEBRATION

We celebrate with Emily Hart Marotz, daughter of Tyler and Elizabeth Marotz, who will be baptized on April 28.

PASTORS' EMERGENCY PHONE

Call 708-689-3032 for emergency pastoral care on weekends, or when the Grace building is closed.

FINANCIAL UPDATE

Grace Lutheran Church General Fund

Church budgeted contributions

July 1, 2018 – March 26, 2019 \$1,595,100
(\$40,900 per week)

Church actual contributions

July 1, 2018 – March 26, 2019 \$1,220,000
(Last year at this time: \$1,424,000)

Church giving is \$375,100 below budget
and \$204,000 behind last year.

The deficit as of February 27 was \$206,000.

Make your mark in the Legacy Walk



Grace Lutheran School students have streamed from these doors out to the playground for decades, crossing a stretch of asphalt soon to be renamed — and repaved — as the Legacy Walk.

This summer the cracked concrete by the building door that leads to the playground will be replaced with 4-by-8-inch pavers, engraved with

messages from the Grace Church and School community. For \$150/paver, you can buy a paver and have it engraved with a one-to-three line message. Remember a loved one, celebrate an alum, thank a teacher, or mark a milestone — whatever you might want to say in three lines of 13 characters each.

The order form is available at GraceRiverForest.org, or pick it up at the school office desk at Grace. Return completed forms to the school office, or email them to office@graceriverforest.org. Include a check payable to Grace Lutheran Church and School, or make your payment online.

Proceeds from the Legacy Walk benefit Grace Lutheran School. Don't wait too long — the new walk will be laid in the summer of 2019!

Children and Family Ministry News

Family Sunday in Fellowship Hall. Grace members of all ages are invited to a Family Sunday in Fellowship Hall on Palm Sunday, April 14, between services. Pastor Lauren will lead a presentation involving the fourth graders who recently attended the Communion Retreat. See the chalices they created as well as the garments that tell the story of their lives as baptized children of God. You can also assemble a Holy Week devotional project to take home and use from Palm Sunday through Easter.

Confirmation Witness Service. This year's Confirmation class will present their witness statements and projects at a special worship service on Saturday, May 4, 7 p.m. Come see the many ways the seven confirmands in this year's class are witnessing to their maturing faith in Christ.

These students will renew their baptismal vows in the rite of confirmation on Sunday, May 5, at the 11 a.m. worship service. Come and share this special day with them and their families.

Invite families to visit Grace School

Let people know about the great education available at Grace Lutheran School! Word of mouth is the single most important way that people learn about the excellent instruction and caring environment here at Grace.

- If you know parents looking for a preschool, tell them about Grace's new all-day programs for children ages 3–5.
- Parents with children entering grades 1–8 will be interested in the school's challenging curriculum and supportive teachers.

Prospective families are welcome to drop by on a First Look Friday to tour the school and get their questions answered. Or they may call the school office to schedule a visit and an interview with principal Bill Koehne (708-366-6901).

**First Look Fridays
at Grace Lutheran School
Drop by for a tour!**

**April 12, May 10
8:30–10:30am**

**Call 708-366-6901 for more
information.**

**GRACEFUL
EVENING**
MARCH 16, 2019

Thank you!

Graceful Evening, the dinner-auction benefit for Grace School, raised nearly \$80,000 for the school's operating budget and special projects. Thank you to everyone who came to the event and to all who donated. Your support helps to ensure that Grace Lutheran School can continue to offer a high-quality Christian education to children from preschool through eighth grade.

Family Fun Friday

April 5, 6-8 p.m.

- Open gym and crafts for kids K-6
- Fellowship for parents
- Pizza and salad supper for all.

Please register online at GraceRiverForest.org by
midnight on April 4.
Younger siblings are welcome.
Suggested donation: \$5/person or \$20/family

