
June 2019

Grace Notes



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



"Stepping Stones, River Rothay" cc-by-sa/2.0 - © Chris Heaton - geograph.org.uk/pl/1396422

Summer faith steppingstones

by Pastor Dave Wegner

When we returned home after his last day of school here at Grace our son, Owen, proudly announced that he was officially a first grader and that summer vacation had begun. He just as resolutely asked for my tablet device in order to begin what, in his mind, was an unlimited amount of play time.

"But it's summer vacation now!" he moaned when I declined to yield the tablet.

"Maybe so," I said, "but that doesn't mean we're going to sit around like bumps on a log all summer long."

It is tempting though, to slip into uber-relaxation mode when school ends and summer plans begin. Many of us find many ways to occupy our summer weeks while children are out of school. Camps, vacations, and part-time jobs are just some of the ways we fill those hours and days.

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Faith-building practices for the summer months

Continued from page 1

As you begin or continue to make your summer plans, I encourage you not to neglect faith-building practices. Just because Sunday morning education opportunities have taken a respite or just because you may be away from home on a Sunday morning doesn't mean there aren't wonderful opportunities to continue living into our call to love God, pray for others, and serve as Christ models.

Here are some ideas for individuals and families to continue growing into the Christian faith and life – faith steppingstones throughout the summer:

• **Visit another church while traveling.** Worship within the Lutheran tradition is diverse, worship within the larger Christian tradition even more so. Find a congregation near your vacation spot, search their website for worship times, and go! If you go with family, ask the younger ones what was similar or different from Grace's worship. Children love to pick out patterns – keep a bulletin and compare the order of service with our own.

• **Keep a simple “God Sightings” journal.** Reserving a single page per day, keep note of where you see God at work in your life, in the lives of others, or in the world around you. Younger ones might enjoy drawing in their journal. Adults may appreciate a few moments of reflection before recording their reflections. Try to pick a time of day when you know you will be able to consistently add to your journal.

• **Make a “New School Year Resolution.”** If you can't help but plan the busyness of the fall, then use the summer to discern how you will continue to develop faith in your own life and in the lives of others around you. It's easier to start with what you will do differently when you aren't already in an established pattern. Perhaps you could commit more of your fiscal resources to

generous giving, come to worship and education hours more regularly, add table prayers before meals, read Scripture, pray for coworkers, etc.

• **Schedule intentional moments of silence.** We're often afraid of silence because our minds have tricked us into thinking that silence means we're missing something, or something isn't quite right. It is in silence, though, that we are more likely able to

hear what we need to hear – able to hear what God is saying, how God is directing, how God is comforting, how God is confronting. Experiment with varying lengths of silence. Try different environments – both busy and still. Perhaps reflect upon the silence in your God Sightings journal.

These are just some of the ways one can use the summer to continue a trajectory of faith growth. Summer is, indeed, a natural time to

pull back from many of the things that occupy our time, energy, and resources throughout the school year. In that ebb, though, your pastors encourage you to invest in ways that draw you even deeper into relationship with God and others. The grace and love of God, after all, never stop flowing towards you!

In Light,
Pastor Dave Wegner

P. S. Pastor Lauren has a wealth of resources suitable for individuals and families who desire to incorporate daily faith practices in their lives. She is happy to recommend any of them to you!

Invest in ways that draw you even deeper into relationship with God and others.

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.gracriverforest.org. This issue was mailed via U.S. Postal Service Bulk Mail on Friday, June 7, with the hope that it will arrive in your mailbox no later than June 14. Copies are also available at Grace.

Deadlines and submissions. The August issue of Grace Notes will be mailed on Friday, August 2. The deadline for copy is Wednesday, July 24; the issue covers events through the end of August. Send news to ggotsch@gracriverforest.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.

GLOW stands for Grace Lutheran on Wednesdays

Come and be part of a new summer worship experience

Beginning June 12, we will gather each Wednesday evening during the summer for GLOW — a new opportunity for fellowship and worship at Grace. Join us as we meet outside the Bonnie Brae doors at 6:30 p.m. for ice cream sundaes.

Cross+Gen* worship begins on the front lawn at 7 p.m. with FAITH5*, songs of praise, scripture, and a message. Bring chairs or blankets to sit on if you'd rather not sit in the grass or directly on the sidewalk. We will conclude by 7:30 p.m. (In case of inclement weather, we will gather inside the atrium.)

GLOW is all about comfort — come as you are! GLOW is also all about Jesus, who calls us to shine our light. Come on your own, or bring your whole family, or invite your next door neighbor! And if you're running late, come whenever you can get here — there will be plenty of ice cream and plenty of music, prayer, and fellowship.

See you on June 12!



* **Cross+Gen** is a model that engages young and old in faith conversation and deepened relationships.

* **FAITH5** is a devotional resource and practice, which is being used in ministry team meetings, FEAST groups, youth group, and other gatherings at Grace.

Give at the end of the fiscal year to support the abundant work of God here at Grace Church



Summer has finally arrived and ministry at Grace is in full swing. Twenty-three amazing eighth graders just graduated from Grace and are now sent on into the world of high school as disciples for Jesus Christ. Another successful rummage sale is in the books. Our Pentecost worship services were led by our youth. But we're not done! This week we will celebrate our first GLOW gathering.

Our older members have a number of great outings coming up. And plans are in the works to create a grief group to support those who mourn the death of a loved one. There is much that God is doing in and through our community of faith in these long summer days.

Of course, the beginning of summer at Grace also means that it is time to focus on our finances. The fiscal year ends on June 30, and we have a lot of work to do if we're going to end the year without a deficit. I believe that we can do this, because our giving isn't really about avoiding a deficit. It's about supporting

FINANCIAL UPDATE

Grace Lutheran Church General Fund

Church budgeted contributions

July 1, 2018 – June 5, 2019 \$ 2,004,100
(\$40,900 per week)

Church actual contributions

July 1, 2018 – June 5, 2019 \$ 1,549,000
(Last year at this time: \$1,731,000)

Church giving is \$455,100 below budget
and \$182,000 behind last year.

The deficit as of June 5 was \$220,000.

the abundant work of God in our midst. The ministries mentioned above are just a few of the reasons to support Grace. I encourage you to joyfully reflect on your own story at Grace and give a gift that will help us continue the work to which Jesus has called us.

In Christ,
Pastor Lyle

WORSHIP

Sunday, June 9

DAY OF PENTECOST

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

Acts 2:1-21, Psalm 104:24-34, 35b; Romans 8:14-17, John 14:8-17, 25-27

Sunday, June 16

THE HOLY TRINITY

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

Proverbs 8:1-4, 22-31, Psalm 8, Romans 5:1-5, John 16:12-15

Sunday, June 23

SECOND SUNDAY AFTER PENTECOST

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

Isaiah 65:1-9, Psalm 22:19-28, Galatians 3:23-29, Luke 8:26-39

Sunday, June 30

THIRD SUNDAY AFTER PENTECOST

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

1 Kings 19:15-16, 19-21, Psalm 16, Galatians 5:1, 13-25; Luke 9:51-62

Sunday, July 7

FOURTH SUNDAY AFTER PENTECOST

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

Isaiah 66:10-14, Psalm 66:1-9, Galatians 6:1-16, Luke 10:1-11, 16-20

Sunday, July 14

FIFTH SUNDAY AFTER PENTECOST

Holy Communion at 7 p.m.

Deuteronomy 30:9-14, Psalm 25:1-10, Colossians 1:1-14, Luke 10:25-37

Sunday, July 21

SIXTH SUNDAY AFTER PENTECOST

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

Genesis 18:1-10a, Psalm 15, Colossians 1:15-28, Luke 10:38-42

Sunday, July 28

SEVENTH SUNDAY AFTER PENTECOST

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

Genesis 18:20-32, Psalm 138, Colossians 2:6-19, Luke 11:1-13

Sunday, August 4

EIGHTH SUNDAY AFTER PENTECOST

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

Ecclesiastes 1:2, 12-14; 2:18-23, Psalm 49:1-12, Colossians 3:1-11, Luke 12:13-21

Adult Education classes in summer

Grace's pastors are planning several Adult Ed sessions during the summer. Read about the June 23 class below, and watch the Sunday Is Coming weekly email and the Weekly Announcements on Sunday mornings for details about additional presentations.



Classes meet at 9:45 a.m. on Sunday mornings in the Seminar Room. 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).

June 23

"Grace With God"

Erika Lyle describes her experience as a founding teacher in the Slovakia Lutheran mission and shares some key moments and mentors from her path to faith.

Ongoing

Sunday Bible Study

Led by Bob Jandeska, the Bible study group meets on Sunday mornings during the summer in the Conference Room on the lower level. The group will not meet on June 30 or July 7.



Who the Spirit is, what the Spirit does

Book review by Pastor Dave Lyle

Holy Spirit: Creative Power in Our Lives, by Lois Malcolm. Augsburg Fortress, 2009.

“Who is the Holy Spirit? Have you experienced the Spirit in your life and in the world around you?” With these two questions, one for the head and one for the heart, Dr. Lois Malcolm begins her brief but profound study of the third person of the Holy Trinity. Malcolm, our homilist in May for Bach Cantata Vespers, knows that many of us are at a loss for words when theology turns to the Holy Spirit. Fortunately, Malcolm is not at a loss for words. She leads her readers first through who the Spirit is, and then turns to what the Spirit does.

Malcolm briefly rehearses early Christian conversations that correctly insisted on identifying the God of Jesus as the same God revealed in the Hebrew Scriptures. Thus, the Holy Spirit that was poured out at Pentecost is the same breath of life that calls us into being and compels us to work for justice and peace.

This Spirit is the same Spirit that is at work in Jesus’ life and ministry, and that is sent by Jesus to continue his work in the world. “What the Spirit gave

Jesus,” Malcolm writes, “was a profound sense of his intimacy with God.” The Spirit then works to draw us even more fully into the “us” of Jesus’ relationship with his Father, even as the Spirit also moves us more fully into relationship with one another.

The Holy Spirit continues the work of the crucified Christ to create faith, love, and hope. Malcolm changes Paul’s ordering of these three, and does so with

purpose. God creates faith in us through Jesus, who gives his life on the cross, taking our death and giving us in exchange the life-giving Spirit. The Spirit gifts us abundantly, that we might share God’s love. And the Spirit gives hope that transcends our circumstances: “Confident in God’s love for us, we can have the courage to face whatever it is that we are facing, confident that whether we live or whether we die, we are in God’s hands.” The Spirit enables us to see beyond this life and death to the world where there is only life.

Malcolm’s genius is rooted in the knowledge that talking about the Holy Spirit means talking in the Spirit about the love of the Father shown forth through the Son. As such, this little book is really a comprehensive systematic study of the Triune God at work in the world. It is not without personal touches, either, as Malcolm recounts her mother’s encounter with the

Spirit while imprisoned in a concentration camp in China during World War II, and reflects how the Spirit continued to permeate her mother’s life despite the grip

of Alzheimer’s.

Each chapter includes questions for reflection or discussion. This book is part of Augsburg Fortress’s “Lutheran Voices” series; many other titles from this series are available in the church library. I hope you’ll check out this volume, as it will help you get a glimpse of God’s Holy Spirit at work in your life and in the world around you.

The Spirit enables us to see beyond this life and death to the world where there is only life.



Look for “*Holy Spirit: Creative Power in Our Lives*” and other books from the *Lutheran Voices* series on display in the atrium cabinet and in the library during June. The *Lutheran Voices* series covers a wide variety of topics, including the Bible, the sacraments, vocation, and social justice issues.

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.

Summer mission trips

Teaching VBS in Slovakia

This year's Slovakia Mission Team includes 28 people, most of them members of Grace. They'll be traveling to Martin, Slovakia, to teach Vacation Bible School, July 1-5, at the Center for Christian Education (CCE). The group includes Pastor Dave Lyle and Children's Ministry Coordinator Julie Modrich. They'll be commissioned in worship on Sunday, June 23. Working with Slovak partners, they'll bring good news about God's faithfulness to 200 children while making new friends and deepening the connections between Grace Lutheran Church and the CCE. Two high-school age young women from the CCE will return to Chicago with the group for a one-month exchange program at Grace.

Repairing homes in Appalachia

At the end of July, fifteen high school youth (including the two visiting students from the CCE) and seven adults will travel to rural Eastern Kentucky for a week of service through Appalachia Service Project. ASP is a Christian ministry that inspires hope and service through volunteer home repair and replacement in Central Appalachia – an area particularly impacted by poverty and unemployment. Every year, each ASP center throughout the region prayerfully selects ten homes on which to work using the gifts and skills of volunteers that come from around the country. These homes are often in need of significant repair and upkeep in order that they may end up warmer, safer, and drier – ASP's vision.

Grace youth and adults will spend each day of the trip working on various projects at each home site. Projects in the past have ranged from simple repair of handrails in stairways to the construction of an ADA compliant wheelchair ramp from scratch. In the evenings we will gather with other volunteer groups for fellowship and devotions.

Service to others is always impactful to those who participate – especially when the mission field is so different from our own backyards. We give thanks to God who beckons us into different corners of the world so that we might meet Christ in new faces and unusual situations. We also covet your prayers for travelling mercies and meaningful reflection during and following the trip.



High school youth welcomed new 8th grade confirmands into Youth Group at the annual Door-to-Door Dinner on May 4.

Pastor Lyle receives award from Cornerstone Counseling of Chicago

On May 23, Senior Pastor Dave Lyle received Cornerstone Counseling Center of Chicago's Integration of Faith and Practice Award. "It has my name on it," he said, "but it's really an award for Grace, not for me. Grace is blessed to have such a strong ministry partner."

Cornerstone Counseling is a faith-based, not-for-profit mental health agency that provides accessible counseling and personal development services to individuals of all ages, couples, and families. Grace Church is one of the Center's satellite locations; therapists see clients one day a week at Grace. To learn more, or to schedule an appointment, visit chicagocounseling.org, or phone 312-573-8860.



It's almost time for Vacation Bible School

June 17-21, 8:30-11:30 a.m.
Optional afternoon program 11:30-5 p.m.

For children age 3 through rising 5th graders.
Register online at GraceRiverForest.org
\$45/child, \$85/family

Additional fee for afternoon program
\$20/child/day, \$175/family/week

Stephen Minister training begins in September

Learn more about Stephen Ministry at a gathering in August

Stephen Ministers are laypeople—Christian men and women—trained to provide one-to-one care to people experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, relocation, or separation due to military deployment. Stephen Ministers come from all walks of life. Their commonality? A passion for bringing Christ's love and care to people during a time of need.

Stephen Ministers are trained by their congregation's Stephen Leaders. The training they receive in the congregation equips them to provide high-quality care to people who are hurting.

Stephen Ministers have cared for over one-and-a-half million people in one-to-one caring relationships—and they have touched countless more with compassionate understanding and encouragement.

Might God be calling you?

If you sense that God might be calling you to serve as a Stephen Minister, the first step is to find out more about getting involved. Come to the "After-Party" (see box at right) and find out all you might want to know about becoming a Stephen Minister.

Stephen Minister training is an engaging, energizing experience that includes a mixture of lecture, video, group discussion, skill practice, and spiritual growth activities.

Here's what Stephen Ministers have said that about their training:

- Stephen Minister training teaches principles and skills that equip you to provide high-quality, Christ-centered emotional and spiritual care to others.
- You gain insight into the thoughts, feelings, and actions of people who are hurting.
- You develop relational and caring skills you can apply to all aspects of your life.
- You deepen your faith as the Holy Spirit fashions you into a Christ-centered caregiver.
- You feel a special bond with those in your class—experiencing real Christian community.

A new session of Stephen Ministry training at Grace starts on Monday, September 9 and will wrap up at the end of January. Training materials are provided by the church. If you'd like to know more, contact one of the Stephen Ministry leaders listed in the box above, or come to the "After Party."

Stephen Minister "After Party"

Thursday, August 22, 6:30-8 p.m.

at the Lattyak home

400 N. Harvey Avenue, Oak Park

Drinks and appetizers will be served.

To RSVP, text or call:

Loretta Lattyak **708-267-8890**

Kathrine Leis **708-805-1304**

Linda Bernard **773-259-4720**

The "After People"

People often ask, "What exactly is a Stephen Minister?" One way to put it is that Stephen Ministers are the **After People.**



Stephen Ministers are there:

... **after** the phone call you hoped you'd never get.

... **after** the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.

... **after** the relationship falls apart and the bottom falls out of your life.

... **after** the doctor says, "I'm sorry, but there's nothing more we can do."

... **after** the nursing home director shakes your hand and says, "Welcome to your new home."

... **after** the last child honks the horn, waves, and drives away—and the house suddenly seems empty.

... **after** the gavel comes down, the handcuffs go on, and your loved one is led away.

... **after** the baby arrives, demanding more of you than you ever dreamed possible.

... **after** you find a pink slip with your final paycheck.

... **after** your family and friends have heard your story one too many times, but you still need to talk it out.

Stephen Ministers are the After People. They are ready to come alongside you—or your friends, neighbors, coworkers, or relatives—and provide comfort and support for as long *after* as needed.

If you feel that having a Stephen Minister would be helpful to you, please talk with one of the pastors.

June is Men's Health Month

Ideas and resources from the Parish Nurse

Many men focus on their jobs and families but don't pay enough attention to staying healthy. In fact, a recent study showed that men are 24% less likely than women to have seen a doctor over the past year. This means that many men are not getting the preventative health care that can make a huge difference in the length and quality of their lives.

The top causes of death for men are heart disease, cancer (with prostate, lung and colorectal being the most common) and accidents. To some degree, all are favorably impacted by making good choices.

June is Men's Health Month, a time for celebrating men and encouraging them to lead healthy lives. Here are some things that men can do to protect their health:

- Reduce stress by developing a strong work-life balance and getting mental health support when needed.
- Make appointments with health care professionals and discuss concerns and lifestyle goals.
- Quit smoking, get enough sleep and moderate alcohol use.
- Develop a healthy eating and exercise plan.
- Stay up-to-date on vaccinations.
- Develop a relationship with a physician. Regular doctor's visits allow both patient and doctor to monitor blood pressure, weight, blood sugar, mental health and other body systems. Having a consistent record of these numbers and concerns can help health professionals identify potential problems while they can be most effectively treated.

Men who haven't seen a doctor in a while might think about booking an appointment in June. It's a perfect time to get serious about health.

How faith communities, families and friends can promote men's health

Many men are deeply involved with their families and their faith communities. This means that congregations and individuals can do a lot to promote men's health.

- Wives, mothers, daughters and friends can play an important role in encouraging men to get regular checkups and make healthy lifestyle changes.
- Encourage men to incorporate health concerns into their spiritual practices. Prayer, meditation and works of charity can reduce stress and improve life satisfaction.

*Dear God,
I'm thankful for the men in my life.
Care for them and guide them as they
go through their days and give them
the wisdom needed to care for
themselves. Amen.*

- Encourage men to get real about their mental health. Men sometimes feel embarrassed about reaching out for support. Learn about stress, depression, anxiety and other mental health issues and develop positive strategies for getting treatment.

Resources: Advocatehealth.com • Men's Health Network: menshealthnetwork.org • Centers for Disease Control: cdc.gov/men • Men's Health Month: menshealthmonth.org

Adapted from a bulletin insert published by Advocate Health Care's Office for Mission & Spiritual Care at <https://www.advocatehealth.com/about-us/faith-at-advocate/office-for-mission-spiritual-care/congregational-health-partnerships/bulletin-inserts>.

Look for more information about Men's Health at the Health Cabinet table in the atrium on June 16

Pat Gulik our Parish Nurse, is at Grace on the first and third Sundays mornings of every month. Look for her in the atrium between services. She is in her office at Grace Monday through Wednesday. Contact her at 708-366-6900 ext. 219 or pgulik@graceriverforest.org.

- On June 16 she'll have additional information and handouts available relating to men's health issues and other topics.
- Check out the Health Cabinet bulletin board outside the church library for additional resources.

Also at the Health Cabinet table:

- Get your blood pressure checked.
- Pick up a prayer shawl or prayer squares for yourself or to share with others.

Summer activities for seniors and friends

Join Grace's seniors on summer outings in June, July and August — all are welcome! You'll find more information and sign-up sheets for all these activities at the Grace reception desk. (If you're unable to sign up on Sunday morning, call the desk (708-366-6900) during business hours, Monday through Friday.

Morton Arboretum, Wednesday, June 26, 9:45 a.m.

It's too late to sign up for this one. If you've already signed up for the outing, please plan to be at Grace at 9:45 a.m. that day.

Architecture Boat Tour, Wednesday, July 24, 9:45 a.m.

A 90-minute tour of Chicago's world-famous architecture from the water. The trip includes bus transportation to downtown. We will return to Grace for lunch. Sign up and pay (\$25) by July 14.

Lunch and Love Songs at White Fence Farm,

Wednesday, August 7, 10:30 a.m.

A world-famous chicken dinner, followed by a musical show. Sign up and pay (\$25) by July 7. We need a minimum of 10 people.

Lunch and Learn, July 10 and August 21

Wellness presentations at Grace from West Suburban YMCA staff followed by lunch (\$5).

Register at the reception desk.

Questions? Call or email Pat Gulik (708-366-6900; pgulik@gracriverforest.org)

Welcome these new members to Grace



These people were received into membership at Grace Church on Sunday, April 28. Look for them on Sunday mornings this summer and continue to welcome them into our community of faith here at Grace Lutheran Church. **Top row (left to right):** Jake Just, Marilyn Fall, Joann Hutchinson, Cynthia Hill. **Bottom row:** Virginia Walker, Elizabeth Asher, Carole Walther, Tom Thomas.

Another New Members class will begin in the fall. Contact Karen Christopher in the church office for more information.

GRACE NEWS

KNITTING/CROCHETING GROUP meets on Tuesday, June 18, and Tuesday, July 16, at 1 p.m. in the church library. Beginners are welcome.

RETIRED LEADERS AND OTHERS meet on Tuesday, June 11, at 10 a.m., in the Church Library and again on July 9. Rich Bimler, author of “Joyfully Aging: A Christian’s Guide,” is the speaker on June 11. Guests are welcome.

GRACE NOTES MAILING CREW welcomes helpers as they work on the August newsletter on Thursday, August 1, at 9:30 a.m. in the Church Library.

CORNERSTONES fellowship and Bible study will resume in the fall, but members of Cornerstones and others will get together during the summer for outings and Lunch and Learn sessions. See page 8.

RELIGION IN LITERATURE. The book group will meet in September to discuss “Long Walk to Freedom: The Autobiography of Nelson Mandela.” Watch for details on the date and place.

YOGA, taught by Ackli Howell, is on hiatus for the summer.

MOMS OF LITTLES will gather for a mid-summer potluck brunch on Saturday, July 27, at 10 a.m. at the home of Kelsey Flahive, 1514 Bonnie Brae, River Forest. Contact Pastor Lauren (lwegner@graceriverforest.org) with any questions. Moms of Littles will resume regular meetings on the 1st and 3rd Wednesdays of each month, beginning Wednesday, Aug 21 at 6:30 p.m. in the Youth Room at Grace.

SANDWICH-MAKING AT FRATERNITÉ. Grace members will be making lunches at Fraternité Notre Dame, 502 N. Central, on Monday, June 17, and Monday, July 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 June 14, and on the second Friday of every month, 10–11 a.m., in the church library. At the July 12 meeting, there will be a speaker on exercise for people with neurologic disorders.

Summer Weekday Building Hours

Monday	8:30 a.m. – 3:30 p.m.
Tuesday	8:30 a.m. – 3:30 p.m. 6:00 p.m. – 9:00 p.m. <i>for scheduled meetings</i>
Wednesday	8:30 a.m. – 3:30 p.m.
Thursday	8:30 a.m. – 9:00 p.m.
Friday	8:30 a.m. – 2:30 p.m.

- Daytime hours will be extended June 17-21 to accommodate the VBS afternoon program.
- During June the building will reopen from 6:30 – 9:00 p.m. as needed for scheduled meetings and events.
- Closed July 4 and 5.

PRAYERS

WE PRAY for all who mourn the death of Grace (Beth) Reyes.

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.

IN CELEBRATION

WE CELEBRATE with John Gavin Arseniadis, son of Megan and Rob Arseniadis, baptized on June 9, and with Logan Adrien Dodge, son of Melissa and Kevin Dodge, to be baptized on June 30.

WE CELEBRATE with Jean Hatmaker and Anthony Bulthuis, who will be married on June 15, and with Hannah Stephens and Miles Chumley, to be married on August 3.

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.

June 16 — from Jean Hatmaker and Anthony Bulthuis in celebration of their wedding.

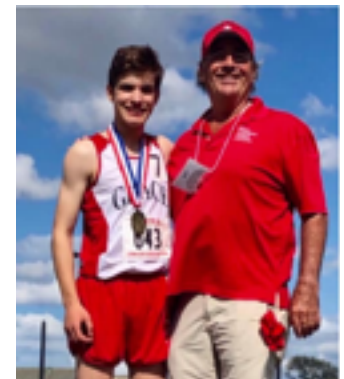
PASTORS' EMERGENCY PHONE

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

Update your info

Have you gotten rid of your landline? Changed your email? Do your grown-up-and-graduated children have new addresses? Please let Grace Church know so that we can stay in touch. Send changes and corrections to Karen Christopher in the church office (kchristopher@graceriverforest.org), or call 708-366-6900.

Girls track team wins state track meet



The girls track team at Grace Lutheran School in River Forest took first place in the Lutheran Sports Association's state track meet at Concordia University on May 18 and 19. Led by 8th grader Zawadi Brown, the Grace girls finished with 90 points, 34 points ahead of their closest competitor. The meet included teams from 57 Lutheran schools throughout the state of Illinois. Zawadi, who will attend Fenwick High School in the fall, collected four blue ribbons at the meet, taking first place in the 100, 200 and 400 meter races and in the 4x400 relay. Grace girls placed second in both the 4x100 and 4x200 meter relays. Seventh grader Aaliyah Thurman took first in the long jump; 7th grader Anna Scholtens took sixth place in the 1600 meter race.

Grace Lutheran School's track team competed at the Lutheran Sports Association state meet in May. The girls team brought home the first place trophy, led by 8th grader Zawadi Brown (upper right) who took first place in the 100, 200, and 400 meter races. Eighth grader Owen Augustine, pictured with Coach Rich Brooks, took first place in the boys 1600 meter race.

Eighth grader Owen Augustine finished first in the boys 1600 meter race, setting a new Grace School record. The boys team finished 8th overall.

More than 80 Grace Lutheran students in grades 3 through 8 competed in track and field this spring, inspired by the unflagging encouragement of Coach Rich Brooks, assisted by junior high teacher Brian Schultz and Glen Steiner.

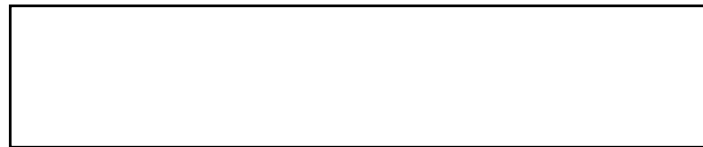
Grace Lutheran School is still accepting applications for the 2019-20 school year

- Half-day and full-day program options for children age 3–4.
- New all-day kindergarten program.
- Rigorous academics in grades 1-8 challenge students to grow in knowledge and character.
- Caring environment grounded in faith. Our students know that they are beloved children of God!

Call the school office for more information or to schedule a visit (708-366-6901).



Please Save the Date!
Harmony Community Church
Annual Gala
Saturday, October 26, 6:00 pm
at Grace Lutheran Church
Keynote speaker
John Bouman
Sargent Shriver Center on Poverty Law



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