

# September 2019 Grace Notes

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## Reflections on 50 years of ordaining women



*Pastor Lauren chats with Grace School 8th grader Anna Scholtens during lunch in the Learning and Media Center*

**by Pastor Lauren Wegner**

“Don’t lose yourself in this process.” These are the words my pastor, Heidi Schwerdtfeger-Jones, told me as I prepared to enter seminary in the process of becoming an ordained minister.

“Don’t try to look or be any different than you are. And keep wearing the high heels.”

Pastor Heidi knew what it was like to be a clergywoman. She knew things I didn’t. Even though her words to me were referencing outward appearance (she is quite the fashionista, and we all admired her heels in every liturgical color!), her

**What gifts do you see, particularly in young women, that God might be nurturing and calling forth into leadership? Don’t shy away from saying something!**

words were about more than fashion. Pastor Heidi knew the way it felt when people’s eyes widen and look you up and down when you say what you do for a living. She knew the tendency to wonder about your leadership style and whether or not you

should change it to be more like the male pastors in order to be taken seriously. She knew that it would be tempting to try to be someone else in this call, and I recalled her words to me many times throughout seminary, even to today.

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# Praising God for the gifts of women in ordained ministry

*Continued from page 1*

This summer at its Churchwide Assembly, the Evangelical Lutheran Church in America celebrated 50 years of the ordination of women to the Ministry of Word and Sacrament. Though I was not present in Milwaukee for the celebratory worship service that included almost 400 clergywomen (ranging in age from mid-20s to 104 years old!), I watched the procession on video and smiled the entire time.

It's not always something I smile about, though. Sometimes being a clergywoman brings tears. Sometimes it brings frustration. While congregations like Grace have been calling women to serve as their pastors for years, there are still many, many churches that won't even consider it. And even when congregations are open to and excited about the opportunity to be led by female clergy, the way we are treated sometimes proves otherwise. A lack of trust in our leadership capabilities, assumptions made about our multiple roles as mothers, wives, and professionals, and sexist or flirtatious comments remind us that the Church still has a long way to go.

Even so, despite the hurdles that continue to cause us pain, I am thoroughly convinced that God has equipped women in unique and wondrous ways to lead Christ's Church. I see it in our young women, from the middle schoolers who boldly and faithfully ask hard questions to the high schoolers who work all day underneath a house on our mission trip. The young women of Grace Church and School are consistently rising up as leaders in our community. In calling female pastors to serve in this place, Grace offers our girls and young women the blessing of witnessing the strong and insightful leadership that women possess. Pastor Kersten and Pastor Faulstich brought immeasurable gifts to Grace, not the least of which was offering their own models of pastoral leadership for our young people to see. I am blessed to be in their "tribe" of women who have served Grace, and I am blessed to serve alongside men who



*ELCA Presiding Bishop Elizabeth Eaton, center right, participates in a service celebrating 50 years of women's ordination during the ELCA Churchwide Assembly on Aug. 9, 2019, in Milwaukee.*

advocate for women and even step aside when needed in order to give women's voices the opportunity to be heard.

How will we as God's people continue to encourage and exhort all women in our community of faith? What gifts do you see, particularly in young women, that God might be nurturing and calling forth into leadership? Don't shy away from saying something—it's because someone in my church said something to me that I'm in ministry today!

For 50 years, women have been leading congregations, presiding at baptisms and Holy Communion, weddings and funerals. For 50 years, women have preached, taught, prayed, and blessed God's people in the particular role of pastoral ministry. For 50 years, we as a Church have been recipients of the gift of women in ministry, and I believe we are better and stronger because of it.

We will continue to process into sanctuaries wearing stoles ... and maybe our high heels, too.

**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](http://www.graceriverforest.org). This issue was mailed via U.S. Postal Service Bulk Mail on Friday, August 30, with the hope that it will arrive in your mailbox no later than September 4. Copies are also available at Grace.

**Deadlines and submissions.** The October issue of Grace Notes will be mailed on Friday, September 27. The deadline for copy is Wednesday, September 18; the issue covers events through the end of October. Send news to [ggotsch@graceriverforest.org](mailto:ggotsch@graceriverforest.org). Please limit 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.



# It's time to sign up for a new season of FEAST fellowship

FEAST means “Fellowship, Education And Spirit Together.” Sign up to participate and you’ll be part of a group of 10-12 Grace members who get together regularly for a meal, friendly conversation, and a faith-related discussion.

Groups meet whenever, wherever, however they decide to do so. FEAST is about including everyone. There’s no expectation that everyone in the group will host a gathering. You’ll get to know friends at Grace better and make some new friends as well. Some groups include children. Please indicate on the registration form if you’d like to be involved in a group with families, or with adults only.



**Please sign up for FEAST by Sunday, September 8,** either online at [GraceRiverForest.org](http://GraceRiverForest.org) or at the Grace reception desk.

**At the First Feast potluck on Sunday, September 22, at 4 p.m.** you’ll receive your group assignment, meet other members of your group and make plans for future gatherings. If you are unable to be at First Feast you will receive information about your group assignment within the next few days.

## Family ministry kick-off on September 8

**Blessing of the backpacks.** All children are encouraged to bring their backpacks to worship for the Backpack Blessing on Sunday, September 8. During the children’s sermon, we will pray blessings on our backpacks and all that they symbolize—learning, growth, and new adventures ahead! Children will also receive a blessing charm they can attach to their backpacks to remind them that God goes with them in all they do this year.

**Education hour.** During the Education Hour on Sunday, September 8, we kick off a new year of activities for children and families here at Grace. Children age 3 through kindergarten will meet in the JK classroom (southwest corner of the lower level) and students in grades 1–6 will meet in the gym. Confirmation students (grades 7-8) will meet together in the school’s Learning Center. Parents and Sunday School teachers will gather in Fellowship Hall for some social time and a brief introduction to the 2019-20 year in family ministry at Grace.

## Growing in Faith Together — GIFT

Throughout the coming church year, as seasons change, members of Grace will gather on Sunday mornings during the Education Hour to Grow In Faith Together—GIFT, for short. Come to Fellowship Hall on these special Sundays for activities designed to lead you into a new season of spiritual growth. There will be GIFT activities for children and families, small-group discussion opportunities for adults, plus music, snacks and fellowship for everyone. Here are the dates:

<b>Christ Is Coming</b>	November 24, 2019
<b>Remember Your Baptism</b>	January 12, 2020
<b>Marked by the Cross</b>	February 23, 2020
<b>Given for You</b>	April 5, 2020
<b>Endless Eastertide</b>	April 26, 2020

## Congregation meeting is on September 8, 12:15 p.m.

There will be a regular meeting of the congregation on Sunday, September 8, at 12:15 p.m. in Fellowship Hall. The meeting agenda will include a second vote on proposed revisions to the congregation’s constitution. There will also be a vote on changes to the bylaws; bylaw changes require the approval of a simple majority at one meeting of the congregation.

The bylaw changes involve a re-working of the organizational structure of committees, boards and Church Council. Copies of the proposed changes are available online, at the church office desk near the elevator, and by email from Church Administrative Assistant Karen Christopher ([kchristopher@graceriverforest.org](mailto:kchristopher@graceriverforest.org)).

## Learn about restorative justice at the Community of Congregations Fall Gathering at Grace

The Community of Congregations’ Fall Gathering takes place at Grace this year, on Thursday, September 26, at 7 p.m. in Fellowship Hall. The program is a panel discussion on restorative justice. Restorative justice emphasizes repairing the harm caused by criminal behavior through cooperative processes involving all willing stakeholders. It can lead to transformation of people, relationships and communities.

Panel members for the program include Father Larry Dowling, St. Agatha’s Catholic Church in North Lawndale; Pastor Cy Maynard Fields, New Landmark Missionary Baptist Church, East Garfield Park; the Honorable Timothy C. Evans, Chief Judge, Cook County Circuit Court; Mr. Devell Hill, graduate of the North Lawndale Restorative Justice Community Court program, and Ms. Mazell Sykes, Peace Circle Facilitator and Coordinator.

The Community of Congregations is an interfaith organization serving the greater Oak Park – River Forest area. Grace Church is a member of the Community of Congregations, and Pastor Lyle currently serves on the Board of Directors.

# WORSHIP

Sunday, September 1

## **12TH SUNDAY AFTER PENTECOST**

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

Proverbs 25:6-7, Psalm 112, Hebrews 13:1-8, 15-16; Luke 14:1, 7-14

Sunday, September 8

## **13TH SUNDAY AFTER PENTECOST**

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

Deuteronomy 30:15-20, Psalm 1, Philemon 1-21, Luke 14:25-33

Sunday, September 15

## **14TH SUNDAY AFTER PENTECOST**

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

Exodus 32:7-14, Psalm 51:1-10, 1 Timothy 1:12-17, Luke 15:1-10

Sunday, September 22

## **15TH SUNDAY AFTER PENTECOST**

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

Amos 8:4-7, Psalm 113, 1 Timothy 2:1-7, Luke 16:1-13

Sunday, September 29

## **ST. MICHAEL AND ALL ANGELS**

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

Daniel 10:10-14; 12:1-3; Psalm 103:1-5, 20-22; Revelation 12:7-12, Luke 10:17-20

## **What is St. Michael and All Angels about?**

At that time Michael, the great prince, the protector of your people, shall arise. There shall be a time of anguish, such as has never occurred since nations first came into existence. But at that time your people shall be delivered. ... Those who are wise shall shine like the brightness of the sky, and those who lead many to righteousness, like the stars forever and ever. *Daniel 12:1-3*

War broke out in heaven; Michael and his angels fought against the dragon. *Revelation 12:7*

It is easy to be caught up in the drama of these readings for the festival of St. Michael and All Angels: war breaking out in heaven, a time of great anguish on earth, Michael and the angels battling with Satan. In the gospel reading from Luke 10:17-20, even Jesus' disciples—foolish though they may sometimes be—are given authority over demons in the name of Christ. Yet the significance of these readings lies not in the events described but in the power behind them: the death and resurrection of Jesus. The angels are victorious “by the blood of the Lamb and the word of their testimony” (Rev. 12:11), and in Daniel's vision “those who lead many to righteousness” shine “like the stars forever and ever” (Dan. 12:3). Jesus says it best, however, when he warns the seventy not to rejoice in their power over evil but in the certainty of their salvation.

On the Feast of Michael and all Angels, traditionally called Michaelmas, we give thanks for the many ways in which God's loving care watches over us, both directly and indirectly, and we are reminded that the richness and variety of God's creation far exceeds our knowledge of it.

*Adapted from sundaysandseasons.com.*



Sunday, September 29

## **BACH CANTATA VESPERS**

***Man singet mit Freuden vom Sieg, BWV 149***

They sing with joy of victory

**Prelude:** Handel's Concerto Grosso, Op. 6, No. 11 in A Major, HWV 329

**Motet:** R. Deering's *Factum est silentium*

**Homilist:** Mark Allan Powell, Trinity Lutheran Seminary, Columbus, Ohio

**Guest choir:** Kapelle of Concordia University Chicago,  
Charles P. Brown, conducting

**Preview lecture:** Carl F. Schalk, Concordia University Chicago

A reception follows the service.



# 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).

## September 15

### Report from the 2019 Slovakia Mission Team

In late June Grace members and staff again traveled to Martin, Slovakia, to teach VBS at the Center for Christian Education. Hear about their trip and the continuing mission of the CCE to bring Christianity to post-Cold War Slovakia. (*Seminar Room*)

*There is no Adult Ed program on September 22.*

### 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.

## September 29

### “Giving to God”

#### Mark Allan Powell, Professor of New Testament Trinity Lutheran Seminary, Columbus, Ohio

Powell is the author of widely used textbooks on the New Testament for undergraduate and graduate students. He has also written about rock and pop music, contemporary Christian music, and spiritual formation. He comes to Grace on September 29 as the homilist for the afternoon Cantata Vespers and to present a program during the Education Hour on stewardship.

Powell's book *Giving to God: The Bible's Good News about Living a Generous Life* explores how to give *back* to God. Faithful use of our time, talents, and money starts with a deep, satisfying relationship with the God to whom we belong. We can then learn, says Powell, to give gladly and generously out of our heartfelt connection with God. (*Seminar Room*)

# New additions to the Grace Church library

The Grace Church library, near the Division street door, adds new books to its collection throughout the year. Here are some recent additions to the collection.

**Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again**, by Rachel Held Evans. Nelson Books, 2018. [230 EVA]

**By Heart: Conversations With Martin Luther's Small Catechism**, by R. Guy Erwin et al. Augsburg Fortress, 2017. [238.41]

**True You: Letting Go of Your False Self to Uncover the Person God Created**, by Michelle DeRusha. Baker Books, 2019. [248.4 DER]

**Philipp of Hesse: Unlikely Hero of the Reformation**, by John Helmke. Concordia, 2018. [270.6 HEL]

**Tender Lions: The Vital Relationship Between Father and Son**, by Jeff and Brian Becker. Tenth Power, 2019. [277.3 BEC]

**My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver**, by Martin Schreiber. Book Publishing Network, 2017. [362 SCH]

**How to Talk So Kids Will Listen and Listen So Kids Can Talk**, by Adele Faber and Elaine Mazlish. Rawson, Wade Publishers, 1980. [649 FAB]

**The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**, by Daniel J. Siegel and Tena Paine Bryson. Bantam Books, 2012. [649 SIE]

### Religion in Literature books

All of the 2019-2020 Religion in Literature selections are available to all in the church library for reading throughout the year. The reading list for 2019-20 is posted at [GraceRiverForest.org](http://GraceRiverForest.org) > Welcome > Fellowship.

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

# Hope for Grieving Children scales up its ministry

by **Gwen Gotsch**

An orphan—a child who has experienced a significant loss—can be difficult for adults to deal with. While teachers and caregivers struggle to provide for the child's needs for food, shelter, clothing and education, the behavior they see from the child may be labeled lazy, disruptive, even stupid. Reprimands, even punishment may follow.

What is wrong? What are the caregivers not seeing? This was the problem presented to Richard Matteson, a friend to many Grace members, 19 years ago when he went to visit his daughter

Danette Johnson, her husband, Jeff, and their family in Zambia. The Johnsons were working with a mission organization, responding to the AIDS crisis that created thousands and thousands of orphans.

Matteson, a pastor and family therapist, asked a simple question. “Has anyone considered that these children are grieving?”

Pastors, overwhelmed by the demands of caring for so many children asked in return, “What is grief? Tell us about grief.”

That's how the ministry of Hope for Grieving Children was born. Richard Matteson and Danette developed a training program, “How to Love a Grieving Child,” for pastors, housemothers, teachers, social workers and others in Zambia who wanted to acquire the skills they needed to help these children. Participants learn how grief affects children and discover ways to build trust and to speak to a child's “heart needs” instead of just reacting to outward behavior. Housemothers, who care for 10 or 12 orphans, learn to incorporate conversations about feelings into everyday life, to say “I know that you're hurting. Let's figure out what we can do help relieve the pain.”

Danette has led many training programs through the years. She says they soon discovered that many of the students, as they learned about grief and participated in the exercises that were part of the training, recognized that they, too, were grieving and in need of healing. Prayer became an important part of the training program, to help these adults heal so that they could better help others.

Grief and mourning are associated with death, but they are also the way we process other losses: divorce, job loss, a move. It is important to let ourselves process grief and heal, because then, as Danette says, “We have grace on ourselves and on other people, because we begin to see other people with the eyes of Christ. We begin to see out of a place of compassion and understanding. We're not so quick to judge or push someone away because of how they're acting.”

Jeff Johnson, Danette's husband, describes the growth of the HGC training programs. “We discovered somewhat unintentionally that we fit a niche that no one was addressing. Our net kept broadening. [People] would get trained and then they would come up with their own creative ways to bring this content into their own world.”

Jeff and Danette continue to travel to Africa to present trainings, assisted by Cyrus Mfula, Field Director for HGC, his wife, Prisca, and Sibanji Job-Daniels Cholwe, Jr. They are also expanding their ministry by publishing a training workbook for individuals to use

on their own, a “training-the-trainer” manual for program leaders, and a video training program. All of these materials were recently shared digitally with representatives of 20 countries at a meeting of International Needs, a faith-based ministry working with local community leaders around the world.

“Will the material be used exactly the same way as we would do it? Probably not,” says Jeff. “There's all kinds of creative ways

they're planning to use it. It's great to get it into the hands of organizations that we wouldn't necessarily be able to connect with directly.”


Hope for Grieving Children has also begun trainings for people in Zambia who work with refugees from the Congo. According to Jeff, “It's a natural bridge for us to move into this population that realistically has lost everything—they've lost loved ones, they've lost their possessions, they've lost their homes, they've lost almost every part of who they are except their life, and now they find themselves in a camp in a different place.” HGC has done some initial training of workers in refugee camps, and Jeff hopes to do more in this area of ministry.

Danette has also written a book about grief, titled “Unstuck: How to Grieve and Find New Footing.” It has, she says, “a bit more ‘first world’ context.” It's a tangible and personal resource designed to speak to readers, one-on-one. Copies (\$17) are available at [hopeforgrievingchildren.org](http://hopeforgrievingchildren.org), and proceeds from the book support the ministry.

## Hope for Grieving Children fundraiser is November 16 at Grace

The annual fundraiser for Hope for Grieving Children will be hosted at Grace again this fall, on Saturday evening, November 16. More information about tickets will be available in a few weeks. If you are interested in supporting the event as a sponsor, please contact Tony Stephens (708-848-4641; [tonystephens@sbcglobal.net](mailto:tonystephens@sbcglobal.net)).

# Harmony Gala raises funds for ministry in North Lawndale



**HARMONY COMMUNITY CHURCH ANNUAL GALA**

**Saturday, October 26 at 6pm**

Hosted at: Grace Lutheran Church  
7300 W Division, River Forest, IL

*God is up to something... and anything is possible!*

**KEYNOTE SPEAKER:**  
**John Bouman,**  
Pres. of The Shriver Center on Poverty Law

**Sr Pastor James Brooks**  
Harmony Community Church

For tickets & to make a donation: <https://HCCGALA19.givesmart.com>

Grace member John Bouman will be the keynote speaker at the Harmony Community Church Gala, hosted at Grace on September 26. The event raises funds for Harmony's ministry to the impoverished North Lawndale community.

John is the president of the Shriver Center for Poverty Law, which works to ensure justice, every day, for everyone. John's career as an advocate for social justice actually began in North Lawndale, at the Legal Assistance Foundation of Chicago, where he supervised public benefits advocacy.

## Tuesday night tutors and cooks

The Tuesday night turning begins again at Harmony Community Church on Tuesday, September 10, 6:30 p.m. Tutors meet with elementary-age students every week for one hour of academics followed by a hot, healthy meal prepared by Grace and Harmony members. Gated parking is available on the south side of the church at 1908 S. Millard in Chicago. The program needs adult tutors as well as volunteers willing to prepare a healthy meal once or twice a year. Contact Susie Calhoun ([msusiecalhoun@gmail.com](mailto:msusiecalhoun@gmail.com)) or Sue Foran ([susanforan4@gmail.com](mailto:susanforan4@gmail.com)).

## Sponsors and table hosts help boost the Harmony Gala's fundraising

Can you help get the Gala fundraising off to a solid start, as an event sponsor, or as a table host, bringing in guests and friends? Sue Foran (708-267-1620) or Connie Zyer (708-366-4600) would be happy to hear from you. They're also looking for a videographer to help put together a presentation on Harmony for the gala, as well as volunteers, especially for the clean-up crew! Come and be a part of the amazing Gala energy!

## Come to Grace's Oktoberfest

**Sunday, October 6, 4–7 p.m.**

**Traditional German food • Wine and beer  
German oompah band and sing-along • Laterne parade  
Silent auction • Erzgebirge booth • And more!**

### Tickets

Adults (12 and up)	\$15 in advance, \$20 at the door
Children (age 5–11)	\$8 in advance, \$10 at the door
Children under 5	Free

Please purchase advance tickets by Friday, October 4.

The ticket price includes all food and beverages.

**Tickets are available online at [GraceRiverForest.org](http://GraceRiverForest.org), in the atrium on Sunday mornings, at the reception desk during the week, and at the door.**

## Volunteer

The folks behind the scenes at Oktoberfest have a great time preparing for and hosting the event. If you'd like to help out, contact Dan Krout (708-524-0399, evenings) or Don Heimburger (708-771-2468, evenings).



# Warning signs of Alzheimer's

Diagnostic guidelines issued by the Alzheimer's Association and the National Institute on Aging focus on early detection of this neurological disorder. The list of symptoms goes beyond memory impairment to include spatial cognition problems, impaired reasoning and difficulty expressing oneself with words. With early detection of Alzheimer's, it's possible to avoid potential problems and conflicts and anticipate needs for care. Here are symptoms to be aware of.

**1. Memory loss that disrupts daily life.** One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same question over and over again, or increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things the person used to handle on their own. *What's a typical age-related change?* Sometimes forgetting names or appointments, but remembering them later.

**2. Challenges in planning or solving problems.** Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. *What's a typical age-related change?* Making occasional errors when managing finances or household bills.

**3. Difficulty completing familiar tasks.** People living with Alzheimer's disease often find it hard to complete routine tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. *What's a typical age-related change?* Occasionally needing help to use microwave settings or to record a TV show.

**4. Confusion with time or place.** People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. *What's a typical age-related change?* Getting confused about the day of the week, but figuring it out later.

**5. Trouble understanding visual images and spatial relationships.** For some people, vision problems are a sign of Alzheimer's. They may also have problems judging distance and determining color or contrast, causing issues with driving. *What's a typical age-related change?* Vision changes related to cataracts.

**6. New problems with words in speaking or writing.** People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue, or repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name. *What's a typical age-related change?* Sometimes having trouble finding the right word.

**7. Misplacing things and losing the ability to retrace steps.** A person living with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses. *What's a typical age-related change?* Misplacing things from time to time and retracing steps to find them.

**8. Decreased or poor judgment.** Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, or pay less attention to grooming or keeping themselves clean. *What's a typical age-related change?* Making a bad decision once in a while, like neglecting to change the oil in the car.

**9. Withdrawal from work or social activities.** A person living with Alzheimer's may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity. *What's a typical age-related change?* Sometimes feeling uninterested in family or social obligations.

**10. Changes in mood and personality.** Individuals living with Alzheimer's may experience mood and personality changes. They may be easily upset at home, at work, with friends or when out of their comfort zone. *What's a typical age-related change?* Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

**What to do next?** If you're concerned that you or someone you know is displaying any of these signs, take action:

*Talk to someone you trust.* It can be helpful to confide in a friend or family member. For tips on how to have a conversation, visit [alz.org/memoryconcerns](http://alz.org/memoryconcerns).

*See a doctor.* Get a full medical evaluation to determine if it's Alzheimer's or something else. Early diagnosis gives you a chance to plan for the future, access support services and explore medication that may address some symptoms for a time. Visit [alz.org/evaluatememory](http://alz.org/evaluatememory) to learn what an evaluation may include.

*Get support and information.* Call the Alzheimer's Association 24/7 Helpline at 800-272-3900. Or visit [alz.org/10signs](http://alz.org/10signs) for more information and resources about Alzheimer's, early detection, and what to do when you notice these signs in yourself or in others.

## Health Cabinet table in the atrium

Look for more information about early signs of Alzheimer's at the Health Cabinet Table in the atrium on the first and third Sundays of the month. You can also talk with Pat Gulik, our Parish Nurse. Pat is in her office at Grace Monday through Wednesday.



# Women@Grace are planning fall activities — all are invited

## Wine and cheese and poetry

Women@Grace are hosting a Wine and Cheese evening on Monday, September 30, 7 p.m. in the Seminar Room. Poet Jill Baumgaertner is the speaker, sharing work inspired by her faith and her life as a member of Grace Church. All are welcome at Women@Grace events—including men!

## Theatre matinee — save the date!


Women @ Grace are sponsoring a theatre outing on Wednesday, October 23, 1:30 p.m. to see “The Color Purple” at Drury Lane Theatre, Oakbrook Terrace. Tickets are \$40 (\$10 off the regular ticket price). Sign up and pay at the reception desk.

## You are invited to Wednesday Morning Prayer and lunch

Are you free during the day? Come to Grace for Wednesday Morning Prayer, usually on the third Wednesday of the month. The worship service is followed by lunch in Fellowship Hall, prepared by the Cornerstone Cooks. You don’t have to be a senior citizen to enjoy the great food — all are welcome at this mid-day, mid-month time of worship and fellowship. You’ll be on your way by 1 p.m., refreshed by God’s word, by song, by friendly conversation, and by a good meal!

### Dates for worship and lunch this fall

September 18	November 20
October 16	December 4 and 11



**Flu Shot Clinic at Grace**  
**Sunday, October 13**  
**9 a.m. — 11 a.m.**  
**Grace gym**  
**Flu and pneumonia vaccines will be available.**

Pick up a flyer at the Health Cabinet table in the atrium during September for more specific information about vaccines. Check with your doctor about which vaccines are appropriate for you. Vaccines are provided by Walgreens. Please bring your insurance and/or Medicare information so that Walgreens can bill your insurance. You may wish to check with your insurance ahead of time to find out if the vaccine is covered.

# “Consider Abraham”

by Pastor Dave Kluge

“Being a Christian is easy. All you have to do is believe!”

With these words he brushed off my invitation to visit our worship services. His remark, however, told me that he had no idea what it meant to be a Christian, a person of faith. Faith is not easy.

In Galatians 3:6-9 the Apostle Paul encourages us to “consider Abraham...the person of faith.” It is precisely this we shall do in a study of Abraham in the book of Genesis. We shall discover that he, like ourselves, struggled with faith/life issues in his relationship with our Lord.

You are invited to take part in the formative meeting of the Abraham Study Group on Saturday, September 21, at 10 a.m., with Pastor Dave Kluge in the conference room at Grace. We’ll decide on our meeting schedule and place and if time allows, talk a bit about Abraham.

Questions? Contact me at 708-447-9350 or fatherdtk@comcast.net.

*David Kluge is a Grace Member and a retired pastor.*

## New Member class begins October 6

The fall class for new members begins October 6 and runs through November 24. It’s an opportunity to discuss Lutheran theology, learn more about Grace Church, and meet new friends. The class meets in Pastor Lyle’s office during the Sunday Education Hour, 9:45–10:45 a.m. Talk with one of the pastors if you’re interested, or contact Karen Christopher in the church office (708-366-6900, ext 207; kchristopher@gracecreekforest.org).

## Everyday Grace project is collecting favorite Bible verses



Many of us have a treasured passage from the Bible that we look to for encouragement, guidance, comfort, and strength. Everyday Grace is a project collecting these favorite verses to share. Will you join in by submitting a verse that

is meaningful to you?

Please include your name and a brief description of how this verse speaks to you. Cards are available at the front desk or you can email your verse and any questions to EverydayGrace2020@gmail.com. Your verse, your name, and your encouragement will be shared with others in delivering Everyday Grace to people near and far. If you prefer to be anonymous, that’s OK! Just let us know!

## GRACE NEWS

**KNITTING/CROCHETING GROUP** meets on Tuesday, September 17, at 1 p.m. in the church library. Come and work on prayer shawls or prayer squares, or bring your own project. All are welcome, including beginners!

**RETIRED LEADERS AND OTHERS** meet on Tuesday, September 10 at 10 a.m. Chris Berger speaks on the "State of the Church." Guests are welcome.

**GRACE NOTES MAILING CREW** welcomes helpers as they work on the October newsletter on Thursday, September 26, at 9:30 a.m. in the church library.

**CORNERSTONES** fellowship and Bible study resumes on Wednesday, September 4. Come for snacks and fellowship at 10 a.m. followed by Bible study led by the pastors at 10:30. On September 18, Morning Prayer at 11:30 is followed by lunch, served in Fellowship Hall. All are welcome at the luncheon, prepared by Cornerstone Cooks.

**RELIGION IN LITERATURE.** The book group meets on September 13 at 8 p.m. Bill Clapp will lead the discussion of "Long Walk to Freedom: The Autobiography of Nelson Mandela." Linda and Bryan Bernard (1840 N. New England, Chicago) host. The reading list for 2019-20 is posted at GraceRiverForest.org > Welcome > Fellowship.

**YOGA CLASSES**, taught by Ackli Howell, will resume on Thursday, September 5, 6:30 p.m. New participants are always welcome!

**MOMS OF LITTLES** meet on the 1st and 3rd Wednesdays of each month, including September 4 and 18, 6:30 p.m., in the Youth Room at Grace. Contact Pastor Lauren for more information (lwegner@graceriverforest.org; 708-366-6900 ext 264).

**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 the second Friday of every month, 10-11 a.m., in the church library. The September 13 meeting includes a guest speaker who will talk about exercise for people with neurologic disorders.

## PRAYERS

**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.

## 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 – August 27, 2019 \$ 326,000  
(\$40,800 per week)

**Church actual contributions**

July 1 – August 27, 2019 \$ 204,000  
(Last year at this time: \$189,000)

Church giving is \$122,000 below budget  
and \$15,000 ahead of last year.

The deficit as of August 27 was \$126,000.

## Green Team Summit at The Field Museum

You are invited to join Faith in Place and people of diverse faiths from across Illinois on Saturday, September 14th from 10 a.m. to 5 p.m. at The Field Museum in Chicago to learn how to take better care of the Earth! You'll receive the tools, resources, and inspiration you need to spark meaningful change in your community. Hear speakers and attend workshops on how to take action on climate justice!

This event is free. Lunch is \$5 (scholarships are available). You and your family will receive free general admission access to The Field Museum. Workshops are available for youth ages 13 and older. To register, please visit: [www.faithinplace.org/get-involved/register](http://www.faithinplace.org/get-involved/register).

Volunteers are needed to help out before, during and after the Summit. Volunteers receive free lunch, free admission to the museum, a \$10 Target gift card and a t-shirt. You can volunteer at the registration link above.

Questions? Contact Katie Maxwell (katie@faithinplace.org).



# A new school year begins at Grace Lutheran School

It's hard to believe that the start of another school year has arrived.

I love the new beginning of a school year. This is the time when we are able to celebrate our returning students and welcome our new families. From opening day pictures, our first weekly chapel worship, and the rededication of Grace School teachers in our Sunday service...the blessings for the new school year are bountiful.

This month we welcomed 54 new students to Grace Lutheran School from 34 new families. Our total enrollment stands at 207, an increase over last year and a reminder of how important it is for us to continue sharing the story of Grace Lutheran School and inviting families through our doors. We invite them to see for themselves how we are preparing our students for lives of discipleship through a Christ-centered, academically excellent education.

Part of the enrollment process is getting to know the prospective families. I have been curious about why they selected our school. Several parents have told me, "We knew Grace was the place for our family after visiting."

Many went on to share how learning about Grace's strong academics, meeting the dedicated and talented teachers and staff, and seeing the nurturing environment where our students are growing intellectually and spiritually made them confident in discerning Grace was their family's place.

We are thankful for our flourishing school community. If you know families who might be interested in Grace School, please invite them to give us a call or to attend our Open House in January.

Jenn Beasley, Director of Enrollment and Marketing  
Grace Lutheran School



## FAMILY FUN FRIDAY

**September 27, 6-8 pm**

Church and School Families  
Kindergarten - 5th grade

- Play games in open gym
- Paint Kindness Rocks
- Pizza, salad, treats and lemonade
- Enjoy the company of other families
- Younger siblings welcome.

**Free will offering for meal and project.** Suggested donation \$5/each or \$20/family.

**Please register by midnight on Thursday, September 26, at [graceliverforest.org](http://graceliverforest.org).**



## GAME NIGHT FOR GRADES 6-8

**September 27, 6-8:30 pm**

Pizza, snacks, desserts and games in the Youth Room

## Thank you, Fund-A-Need donors

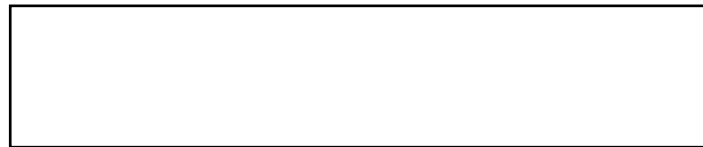
The Fund-A-Need paddle raise at Graceful Evening 2019 focused on improvements to play equipment at Grace School. We have now have an outdoor drinking fountain, installed in time for the beginning of the school year.

The new Gaga Ball Pit is now a popular recess destination, and inside the gym, you can see brand new Grace Viking padding on the walls. Take a look! Thank you to everyone who supported Graceful Evening 2019!



## Walk With Grace

The annual walkathon, Walk With Grace, is scheduled for Friday, October 4. The Walk is one of the three major fundraisers (along with Graceful Evening and The Annual Fund for Grace School) that supports Christian education at Grace Lutheran School. Talk with principal Bill Koehne if you'd like to be a Walk sponsor.



Tickets online at [GraceRiverForest.org](http://GraceRiverForest.org)

Silent auction • *Erzgebirge* booth • And more!  
parade

German oompah band and sing-along • *Latene*  
Traditional German food • Wine and beer

**Sunday, October 6, 4-7 p.m.**