

Grace Notes



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

January 2018

Step out of the gray area and into an “all-in” spiritual life

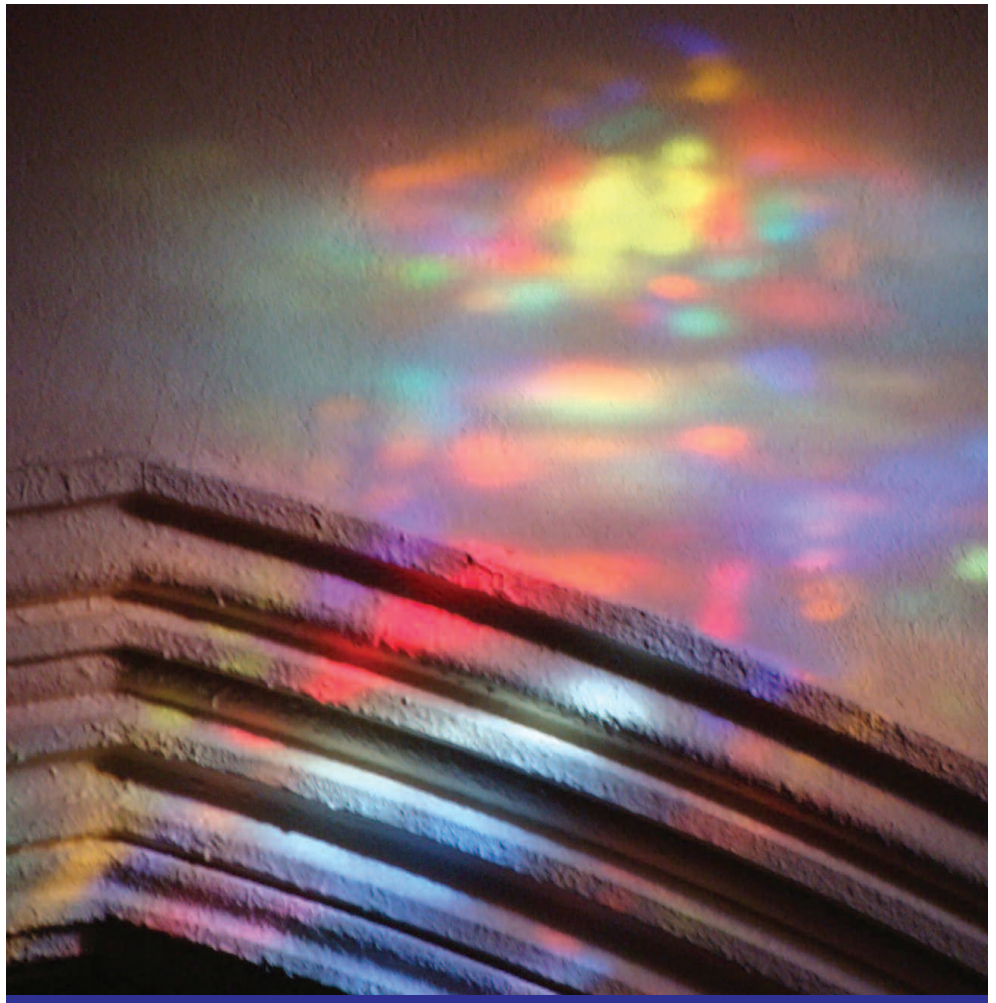
by Pastor Lauren Wegner

Now that I've lived through a Chicago winter, I'm prepared for the gray days that will inevitably arrive in January and February. Last year, some of you heard how much I was struggling with the gray, and you offered tips to help me cope. You introduced me to full-spectrum lights.

Bright flowers appeared outside my office door. All of this worked to cheer my mood. And when summer finally came, I realized why folks up here stick it out through these winters--because summer is so worth it!

But the gray days are hard. No sun. Cold, cold air. Bare, skeletal trees. Something about the gray makes the day feel so. ... blah.

Sometimes we get stuck in the gray area in our spiritual lives, too, and it's just as “blah” as those cold, gray days outside. The gray area is aptly named as it means neither black nor white. Not fully committed. Unsure of where we are. When we think about our faith life and our participation in the community of faith at Grace, many times we might find ourselves in the gray area. We come to worship, but don't stay for education hour. We give money, but not regularly, and it's not a spiritual practice for us. We love what our



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Getting out of the gray to grow in discipleship

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church is doing for our children and youth, but we can't seem to get our kids to participate. We want to be involved in a small group or ministry team, but we have no idea where to start.

Instead of being "all-in," we often find ourselves in the gray area. And we might even be fairly content there. Once the pattern develops, gray begins to feel like the norm.

The thing is, a long string of gray days can begin to make us question the existence of the warm, bright sun. Similarly, the gray area of faith life can make us question the importance of it and the

brightness it brings to our lives.

We settle into our comfortable routines. We wonder how it would feel to move out of the gray area. We wonder how we ever could.

It's the beginning of a new year and the perfect time to try something new at church. As I

say to our youth, try something new three times before you make a final decision about it. Chances are, by the third time around, you'll either be hooked or, if not, you'll feel confident that you gave it a solid shot. You stepped out of the gray area.

Reflect on your giving of your money and resources. Are you comfortable with it? Are you too comfortable with it, such that you don't notice it? If so, think about stepping out of the gray area. Think and pray about giving something that is noticeable and truly sacrificial.

Think about your family's involvement at Grace. If your children and teens are not involved, have an open conversation with them about why. Then, come have coffee with me and share what you've learned. The pastors and children's ministry staff want to help you live out your baptismal promises to your kids. Help us offer the most accessible and meaningful faith programs for every family.

If you have no idea where your gifts might fit the various ministries at Grace, schedule some time with any of the pastors to talk about your interests and opportunities to make connections. We love to help you grow in faith and discipleship!

The turn of the calendar to a new year always beckons us to reflect and reset. As 2018 begins, it inevitably will bring with it some gray days. The gray does not have to reflect our spiritual life or our participation in our faith community—let's together leave the gray area behind and go all-in!

A long string of gray days can begin to make us question the existence of the warm, bright sun. Similarly, the gray area of faith life can make us question the importance of it and the brightness it brings to our lives.

Some ways to get involved in 2018

- Think about joining the mission team traveling to Slovakia this summer (see p. 7).
- Join the Altar Guild or answer the Health Cabinet's call for volunteers to help with anointing during worship services (see p. 4).
- Make sandwiches at Fraternité Notre Dame on January 15 (see p. 10).
- Help fold, tab and label Grace Notes for mailing. Lots of great conversation with Grace seniors! (See p. 10.)
- Bring the kids (or the grandkids) to Family Fun Friday on January 19 and get to know some new friends.
- Bake muffins, host a waffle bar or bring donuts for our high school youth at Sunday morning Teen Talk gatherings. Talk to Pastor Lauren for details.
- Pick up a copy of Grace's Annual Report at the congregation meeting on January 21 for more ideas.

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, January 5, with the hope that it will arrive in your mailbox no later than January 12. Copies are also available at Grace.

Deadlines and submissions. The February issue of Grace Notes will be mailed on Friday, February 2. The deadline for copy is Wednesday, January 24; the issue covers events through early March. 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.

WORSHIP

Saturday, January 6

EPIPHANY OF OUR LORD

Holy Communion, 4 p.m.

Isaiah 60:1-6, Psalm 72:1-7, 10-14; Ephesians 3:1-12,
Matthew 2:1-11

SUNDAY MORNINGS

January 7

BAPTISM OF OUR LORD

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

Genesis 1:1-5, Psalm 29, Acts 19:1-7, Mark 1:4-117

January 14

SECOND SUNDAY AFTER EPIPHANY

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

1 Samuel 3:1-20, Psalm 139:1-6, 13-18, 1 Corinthians 6:12-20,
John 1:43-51

January 21

THIRD SUNDAY AFTER EPIPHANY

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

Jonah 3:1-5, 10, Psalm 62:5-12, 1 Corinthians 7:29-31, Mark 1:14-20

January 28

FOURTH SUNDAY AFTER EPIPHANY

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

Deuteronomy 18:15-20, Psalm 111, 1 Corinthians 8:1-13, Mark 1:21-28

Sunday, January 28. Prelude begins at 3:45 p.m.

BACH CANTATA VESPERS

Jesu, meine Freude (Jesus, my joy), BWV 227

Kapelle of Concordia University Chicago, guest choir

Charles P. Brown, conducting

Organ prelude: Samuel R. Backman, University of Oklahoma and
Church of the Assumption, Norman, Oklahoma

Homilist: Gordon R. Extension, Rockford, Minnesota

Preview lecture at 3 p.m.: Carl Schalk, Concordia University Chicago

Concordia choir sings Bach motet at Cantata Vespers in January

Bach's motet *Jesu, meine Freude* (Jesus, my joy) takes the place of the cantata in the Bach Cantata Vespers service on January 28. The motet alternates stanzas of a hymn by Johann Franck, best known in English as "Jesus, Priceless Treasure," with settings of a biblical text drawn from Romans 8:1-2 and 9-11 which speaks of Jesus Christ freeing humanity from sin and death. Bach's vivid setting heightens these dramatic contrasts, resulting in a motet with an uncommonly wide dramatic range. It will be sung by Concordia University's Kapelle, directed by Charles Brown. (More information above.)

Congregation meeting on January 21

There will be a regular meeting of the congregation on Sunday, January 21, after the 11 a.m. worship service. The meeting will include the annual election of officers, members of Church Council, and members of elected boards and committees. The list of nominees is posted online at GraceRiverForest.org. Click on "Congregation meeting" under Recent Church News at the bottom of the home page.

The Annual Report, containing news from boards and committees and Grace staff members, will be available at the meeting.

Worship assistants are needed

Learn more about Altar Guild. You are invited to a social, informational/training session for Grace's Altar Guild, on Saturday January 13, at 1:00 pm, in the Grace lower level Conference Room, immediately following the Winter Farmers Market. Please join us for some mulled cider and light snacks as we share the blessings of the Ministry of Altar Guild at Grace. Learn more about the Altar Guild's ministry of preparing what's needed for administering the sacraments at 8:30 and 11 a.m. Sunday worship services, festival services, weddings and funerals. We are actively recruiting for the 2018 year and welcome anyone interested in finding out more about our mission and practices for the whole community of faith at Grace and beyond. For more information or questions, please contact the Ministry staff at Grace or Roberta Gillespie.

Serve as an anointer. The Health Cabinet is looking for a few more volunteers to serve at the anointing stations in worship services on the first Sunday of each month. Please prayerfully consider this. If interested, contact Sue Ames, Parish Nurse (sames@graceriverforest.org; 708-366-6900 ext. 219).

Concert at Grace

The Millikin University Choir, conducted by Brad Holmes, presents a concert at Grace on Sunday, January 14, at 4 p.m.



ADULT EDUCATION

Adult Education classes meet at 9:45 a.m. on Sunday mornings at Grace.

Classes in the Faithful Learning track meet in the Seminar Room on the lower level.

Classes in the Faithful Living track meet in the 7th grade/German classroom. Go through the Lamb Door next to the elevator, up half a flight of stairs, and turn left into the junior high classroom area.

If you have ideas or suggestions for Adult Ed programming, please contact Ted Anton, chair of the Adult Education Committee (tanton@depaul.edu) or Pastor Dave Wegner (dwegner@graceriverforest.org).

FAITHFUL LEARNING

January 7 and 14

Christians Engaging Israel

David Heim

The term “Israel” refers to a land, a people, a religious tradition, and a nation state. Christians have often struggled to understand how these four realities are distinct yet intertwined. These two classes will consider scriptural and historical texts that can help Christians better engage with contemporary Judaism and better understand the dynamics of contemporary Israel.

January 21 and 28

Ethics of New Gene Editing Technologies

Gayle Woloschak, Adjunct Professor of Religion and Science and Associate Director, Zygon Center for Religion and Science, Lutheran School of Theology at Chicago

This two-part series will examine the ethics of human research and put past and current gene editing technologies in the context of the human research of the past century. The promise and dangers of these technologies will be discussed. Gayle is also Professor of Radiation Oncology at the Northwestern University School of Medicine.

February 4 and 11

Old Testament Theology from an Ethnic Minority Perspective

Danny Carroll, Blanchard Professor of Old Testament, Wheaton College Graduate School

The course is divided into two parts. The first will look at how the Old Testament has been used in negative ways in regards to ethnic minority populations in this country and around the world. The second will explore some recent positive uses of the Old Testament that have arisen from ethnic minority voices.

FAITHFUL LIVING

January 14

LCFS: See the Change

Lutheran Child and Family Services of Illinois

For over 140 years, Lutheran Child and Family Services has supported and nurtured foster families, adoptive families, and teens and young adults coming out of the justice system. This presentation focuses on the impact of these ministries throughout Illinois and on how the financial and volunteering gifts of faith communities such as Grace make an immediate impact in the community around us.

January 21 and 28

The Spirituality of Lent

Pastor Dave Wegner

Giving something up for Lent has been a Christian spiritual practice for a long time. The idea is to remove things or actions that might stand in our way of acknowledging our dependence on God. This practical workshop draws on practices from different denominations and religious orders to explore how Lent can be a fruitful time of experiencing the profound grace and presence of God.

February 4

The Hands, the Brain and God

Jim Kerns

Coming in Adult Education in February

George Kalantzis, Wheaton College, “Color and Gender in the Early Church.”

Ryan Cummings, ELCA Hunger Education, and Franklin Ishida, ELCA Global Mission, “*Why* we feed the hungry, welcome the stranger, care for the sick and the poor.”

SUNDAY BIBLE STUDY

Led by Bob Jandeska the Bible study group meets every Sunday morning at 9:45 a.m. in the Conference Room on the lower level.



**Saturday, January 13, 9am–1pm
in Grace's gym**

*Shop for a wide range of seasonal, sustainably produced goods
from local farmers and vendors.*

Jams and preserves

Kids' activities

Winter-available produce

Fresh-roasted coffee

Meat and eggs

And more!

**Customers using Link/SNAP benefits will be eligible to receive
up to \$25 in Link Match Coupons to purchase fruits and vegetables.**

Sponsored by Faith in Place, which empowers Illinois people of all faiths to be leaders in caring for the Earth, providing resources to educate, connect, and advocate for healthier communities.

Advocating for healthier communities with Faith in Place

Grace member Katie Maxwell of Faith in Place worked with Mary-Margaret Bartley, Laura Merwin and Kristin Vogen to bring the Indoor Farmers Market to Grace. Here's Katie's Mission Moment from worship services on January 7.

Good Morning! Nearly a decade ago (wow) I graduated from Grace School. You sent me out into the world with God's blessing to work for Jesus.

What does that have to do with why I am standing here today?

The values you taught me:

- to care for the hungry, the sick, the downtrodden
- to find a meaningful vocation and give of my time, talents, and passion.

They are the foundation which underscore my concern for the changing climate and the harmful consequences that affect us all, especially the most vulnerable among us. Food insecurity, exacerbated by climate change, disproportionately affects people around the world who are economically disadvantaged. It probably affects someone you know.

I don't have *the* answer to such a complex problem. But that doesn't stop me from joining the collective solution. In my opinion, a sustainable food system is key to that solution.

In this first year after graduation from St. Olaf College, I committed to a placement with Lutheran Volunteer Corps—a service-year program that provides young adults opportunities to explore their professional goals and equips them with spiritual practices to work in social justice for the long haul.

My placement is at Faith in Place where I am the Winter Farmers Market Coordinator. Our Winter Farmers Market program is one way we partner with faith communities, such as Grace, throughout Illinois to care for the earth and advocate for healthier communities. Our farmers markets promote equitable access to locally/sustainably sourced food, education about healthy food options, and income opportunities for small businesses.

Thanks to great work by Grace volunteers and support from the pastors, *you* can also be part of the solution. Come to the Indoor Farmers Market next Saturday, January 13, 9am to 1pm, in Grace's gym. I hope to see you there!

Benevolence Giving Plan for 2017–18

The Benevolence Committee is excited to share the 2017–18 Benevolence Giving Plan with the congregation. Each of our partner organizations strives to make a difference in people's lives, and your fiscal contributions to Grace continue to empower these ministries.

What's new in 2018?

In response to several natural disasters in recent months and subsequent feedback from congregation members, the committee has allocated benevolence dollars to Lutheran Disaster Response (LDR). Because LDR's administrative costs are subsidized from other sources, 100 percent of all contributions go directly to areas of need around the world. LDR is known for continuing to work during the long haul of recovery: "When the dust settles and the headlines change, we stay to provide ongoing assistance to those in need."

We are also pleased to announce a \$15,000 gift to Harmony Community Church to support their sanctuary renovations. From Pastor James Brooks: "Our vision for spring 2018 is to update our worship space with new flooring and flexible seating that will allow us to use [the sanctuary] during the week for programs that serve our youth. We are most grateful for Grace's support."

Finally, several organizations will receive a larger amount of benevolence support this fiscal year. Part of the new vision for benevolence giving at Grace is ensuring our dollars can make a large impact on ministry and programming.

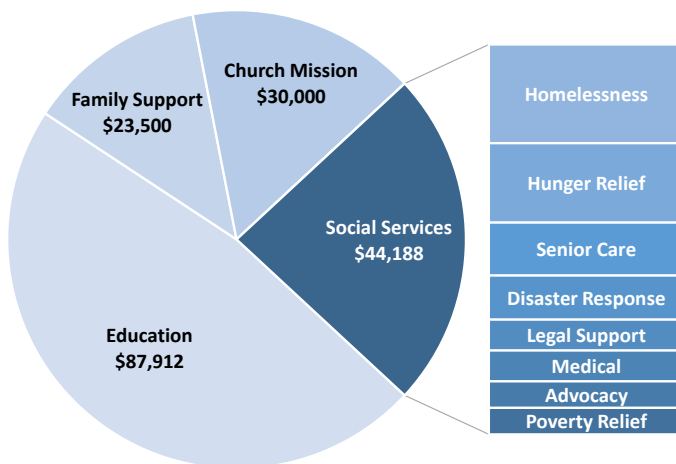
You make the change

These meaningful opportunities for ministry around the world are not funded automatically. Your regular and faithful contributions to Grace are the only way these gifts can be given. If you haven't examined your giving habits lately – this year would be an excellent time to do so. We are embarking on a wide-reaching journey of discipleship and stewardship at Grace. Your gifts matter – so give generously!

Ministry Partner

Bethesda Rehab & Senior Care	\$6,000
Cabrini Green Legal Aid Clinic	\$3,500
Center for Christian Education (Martin, Slovakia)	\$47,724
Chicago Cornerstone Academy	\$3,688
Concordia Place	\$2,000
Concordia University	\$2,500
ELCA World Hunger	\$4,000
ELCJHL Schools (Palestine)	\$3,000
Global Ministries in Papua New Guinea	\$2,500
Harmony Church Sanctuary Renovation	\$15,000
Harmony Community Church Food Pantry	\$2,000
Hope for Grieving Children - Africa	\$9,000
Housing Forward	\$4,188
Kidz Express	\$5,000
Lutheran Child & Family Services of Illinois	\$7,500
Lutheran Disaster Response	\$5,000
Lutheran School of Theology Chicago	\$5,000
Lutheran Social Services of Illinois	\$4,000
Lutheran Volunteer Corps	\$3,000
Metropolitan Chicago Synod	\$4,000
Navajo Lutheran Mission	\$2,000
New Moms	\$2,000
Oak Park River Forest Food Pantry	\$3,000
Opportunity International	\$3,000
Selian Hospital, Tanzania	\$3,500
The Lithuanian Church in Diaspora	\$3,500
The Night Ministry	\$3,000
Valparaiso University	\$4,000
Walther Christian Academy	\$20,000
Wheat Ridge Ministries	\$3,000
Total Allocated	\$185,600

2017-2018 Benevolence Giving
Focus Areas



Financial news at the end of 2017

Our congregation enters the second half of the 2017-18 budget year in far better financial shape than we were in at the beginning of December. In an email to the congregation during the week before Christmas, Pastor Lyle expressed the “impossible” hope that we would enter 2018 with a budget deficit of no more than \$100,000, and we have met and exceeded that goal, thanks to generous Christmas season gifts from Grace members.

Grace Lutheran Church General Fund

Church budgeted contributions

July 1–Dec. 31, 2017 \$ \$1,026,000 (\$38,000 per week)

Church actual contributions

July 1–Dec. 31, 2017 \$ 1,066,000 (Last year at this time, \$911,000)

Church giving is now \$40,000 above budget and \$155,000 ahead of last year at this time.

Day Full of Grace

Your gifts empower the ministry of Grace Church throughout all 365 days of the calendar year, from Sunday to Sunday and season to season. What do those ministry days, supported by members’ contributions, look like? Later this month we’ll be looking more closely at how financial gifts make a daily impact on the ministry and operations of Grace Lutheran Church and School, with a stewardship focus called “Day Full of Grace.”

Watch for more information soon on how your gifts impact the daily witness to the good news of Jesus Christ here at Grace.

Grace Church hosts Slovak dinner benefit on January 27

Grace Church hosts its annual Slovak dinner on Saturday, January 27, benefiting the Center for Christian Education (CCE) in Martin, Slovakia. Beginning at 5:30 pm, the evening will include an authentic Slovak dinner, a cash bar, entertainment, and a raffle of exciting items. Leaders from the CCE will present a 2017 update of their ministry.

The cost is \$50 per person. Event proceeds will benefit CCE’s Lutheran High School. To reserve your space and pay online, visit GraceRiverForest.org and click on Slovak Dinner. Tickets will also be available for purchase in the atrium between services on January 14 and 21.

Founded in 1998, the Center for Christian Education brings the Gospel to the people of Slovakia, who endured four decades of Communist rule aimed at eliminating organized religion. CCE operates a Christian day school and numerous community outreach programs.

Its Lutheran Academy provides accredited, Christ-centered education from preschool through high school. English is taught in all grades. Its five-year bilingual Lutheran High School equips graduates for university study in a global world. CCE’s 2003 charter class of first-graders will graduate from the high school in June 2018. The Lutheran Academy’s enrollment stands at more than 700 students. Ranked one of Slovakia’s top ten schools, it is widely considered the best school in Martin, a community of 55,000.

CCE’s outreach programs, led by American volunteers, include Vacation Bible School, youth camps for middle-school and junior-high students, peer ministry for high-school students, and

English as a Foreign Language classes. Grace Church’s mission teams traveled to Martin in 2016 and 2017 to teach VBS to 200 children. A Grace VBS team will return in July 2018.

Since 2013, the Lutheran High School has occupied space in a three-story building once home to a publisher of Communist propaganda. Significant renovation has been needed to make this building functional for education. The ongoing work of a professional building crew is supplemented by school parents and by “builder group” mission trips organized by U.S. partner churches. Several Grace members have participated in these builder group mission trips. Proceeds from Grace’s Slovakia fundraiser will help continue the renovation effort.

The Center for Christian Education is a regular benevolence of Grace Church.

Did you know about these Grace connections with the CCE?

Many Americans have taught at CCE. **Erika Lyle** was CCE’s first American teacher, instructing the charter class of 19 first graders.

Former Grace School teacher **Benjamin Chandler** has taught at the Lutheran Academy since 2012.

Grace’s 2018 VBS Mission Team is forming now.

For details, see the brochures in the pamphlet racks or contact Pastor Lyle or Julie Modrich.

Explore other lands, other lives in memoirs from the church library

Winter armchair travel begins with a good book. Here are some memoirs and personal stories from the church library. Some are new, some not, but all are good reads. Look for many more titles in the display case in the atrium and on the shelves of the church library.

The library is open and staffed on Sunday mornings. Stop by, have a cookie, and browse the collection. The library is also open for self-service during the week. All are welcome to check out books.

The Summer of the Great Grandmother, by Madeline L'Engle. Seabury Press, 1979. A memoir of a much-loved parent. [248 LEN]

Seeking Allah, Finding Jesus: A Devout Muslim Encounters Christianity, by Nabeel Qureshi. Zondervan, 2014. [248.2 QUR]

My Fundamentalist Education: A Memoir of Divine Girlhood, by Christine Rosen. Public Affairs. 2005. [277 ROS]

Open Secrets: A Spiritual Journey Through a Country Church, by Richard Lischer. Doubleday, 2001. [284.1 LIS]

Simple Gifts: A Memoir of a Shaker Village, by June Sprigg. Alfred Knopf, 1998. [289 SPR]

God Grew Tired of Us: A Memoir, by John Bul Dau. National Geographic, 2008. A memoir about the Sudanese Civil War and the author's emigration to America. [305 DAU]

Teta, Mother and Me: Three Generations of Arab Women, by Jean Said Makdisi. W. W. Norton, 2005. [305.48 MAK]

40 Days Alone in Thailand: Jesus, the Buddha, Thai Culture and My Self, by Tom Holmes. Chauncey Press, 2014. [958.3 HOL]

Waiting for Snow in Havana: Confessions of a Cuban Boy, by Carlos Eire. Free Press, 2004. Religion in Literature selection in 2014. [972.91 EIR]



Get started writing your own memoir

On Tuesday, January 30, at 1 p.m., join writing teacher and River Forest Township Senior Outreach Coordinator Cathaleen Roach for a fun ninety-minute exploration of memoir writing and the process of "getting started." Cathaleen will lead participants thru a series of carefully calibrated (and short!) memory and writing exercises that will help you excavate memories and get you started on writing about them. By the end of the program you will have a template to use for further memory writing, as well as a sense of what effective and interesting memoir writing is all about. The program takes place in the church library. It's free, but please register in advance with Sue Ames, Parish Nurse: sames@graceriverforest.org; phone 708-366-6900 ext. 219. Or sign up at the front desk.

New member class

Grace Church's new member class is led by the pastors and is intended for all those interested in becoming part of our ministry and in deepening their understanding of what it means to be a disciple of Jesus. Classes meet between services, at 9:45 a.m. on Sunday mornings in Pastor Lyle's office. A new session of classes begins on February 18 and runs through April 15. If you would like more information, please email Karen Christopher (kchristopher@graceriverforest.org).

Conversation on grief

Stephen Ministers are hosting a conversation about dying, death and grief on Monday, January 8, at 7:30 p.m. Pastor Dave Wegner will provide some background information, but most of the time will be spent in open discussion. Everyone is welcome to attend.

Stephen Ministers are individuals who have been trained to provide one-to-one care to people experiencing a difficult time in life. If you would like to be assigned a Stephen Minister, please talk with one of the pastors.

Cholesterol: Check, change, control for a healthier New Year

by Sue Ames, Parish Nurse

I remember my Grandma used to say often, “I don’t think I can eat that, I’m watching my cholesterol.” She believed that her high cholesterol started when she was a child working at her father’s sweet shop in Wisconsin (the Dairy State) where ice cream was plentiful and her favorite treat. My childhood takeaway from her was that ice cream was bad for cholesterol. But there’s a lot more to know. Since then I have learned a lot more about cholesterol health, and would like to share some of the things I have learned with you.

High cholesterol is one of the major controllable risk factors for coronary artery disease, heart attack, and stroke. The American Heart Association suggests remembering three things when it comes to your cholesterol health: check, change and control.

Check your knowledge about cholesterol

Cholesterol is a small waxy fat particle (lipid) that circulates in the blood. It is produced in the liver and is the most common steroid in the body. It is not “bad”—your body needs it.

Cholesterol:

- Helps build the structure of cell membranes.
- Helps in formation of bile which is essential for fat metabolism.
- Helps in formation of hormones like estrogen, testosterone, adrenal hormones.
- Helps in formation of vitamin D.

The liver produces all the cholesterol the body needs, but a diet that includes a high intake of foods that come from animals and are high in saturated fat and *trans* fat (i.e., full-fat dairy products, meats, and poultry) can cause the liver to make more cholesterol than it otherwise would. Some tropical oils, such as palm oil, palm kernel oil and coconut oil, which are often found in baked goods, can also trigger your liver to make more cholesterol.

Cholesterol together with other substances can form thick, hard deposits in the arteries that narrow them and make them less flexible, a condition called atherosclerosis (“hardening of the arteries”). If a clot forms and blocks a narrowed artery, a heart attack or stroke can result.

What does “bad” and “good” cholesterol mean? There are two types of cholesterol. LDL (low-density lipoprotein) is the “bad” kind (I think of it as “lousy” because of the L). HDL (high-density lipoprotein) is the “good” kind (think of it as “healthy” because of the H). Too much of the bad kind or not enough of the good kind increases the chances that cholesterol will start to slowly build up on the inner walls of the arteries that feed the heart and brain. I like this analogy from the American Heart Association for how cholesterol works:

Think of LDL cholesterol as being like a family member who carries stuff all through the house and drops it along the way....HDL cholesterol is like someone who picks up the

dropped stuff and puts it away. This (good!) person helps keep the house from becoming impassable.

Change your priorities, get a cholesterol test

Your doctor may order a lipid profile blood test, which requires 9–12 hours of no food, beverages or medications prior to the test. Normally the blood test is performed every 5 years. It measures HDL, LDL, and triglycerides, the most common type of fat in the body, which stores excess energy from your diet. When doctors evaluate the results of the blood test, cholesterol levels are considered in context with other risk factors for heart disease and stroke. These include age, sex, family history, smoking, diabetes, and high blood pressure.

Control your cholesterol levels

High cholesterol, also known as hyperlipidemia, usually has no symptoms, but ignorance isn’t bliss. It can be deadly. Lifestyle changes can help to promote healthy cholesterol levels.

- Eat a heart-healthy diet, for example, the DASH (Dietary Approaches to Stop Hypertension) diet. See dashdiet.org.
- Exercise regularly. Forty minutes of moderate exercise 3-4 times a week will lower cholesterol and high blood pressure. A sedentary lifestyle lowers HDL cholesterol.
- Quit smoking and avoid second-hand smoke. (Smoking lowers HDL cholesterol.)
- Lose weight. A 10 percent weight loss goes a long way toward lowering or reversing your cholesterol risk.
- Limit saturated fats (mostly from animal fat, dairy products and tropical oils) and trans fats (partially hydrogenated oils found mostly in fried food and baked goods). Instead choose foods with polyunsaturated and monounsaturated fats, such as salmon, trout, herring, avocado, olives, walnuts, and liquid vegetable oils such as soybean, corn, safflower, canola, olive and sunflower.

In addition to lifestyle changes, medication may be needed to treat unhealthy cholesterol levels. Work with your doctor to find the right cholesterol medication for you. Statins are most commonly prescribed, because they are the only cholesterol-lowering drug class that has been directly associated with reducing risk of heart attack. Statins work in the liver to prevent cholesterol formation. Talk with your doctor and/or pharmacist for information on indications, dose, frequency and side effects.

Make heart health and healthier cholesterol levels one of your 2018 goals. Happy New Year!

For more information:

American Heart Association’s Healthy for Good website at healthyforgood.heart.org.

Search “high cholesterol” or “cholesterol test” at mayoclinic.org.

GRACE NEWS

SANDWICH-MAKING AT FRATERNITÉ. Grace members will be packing lunches at Fraternité Notre Dame, 502 N. Central, on Monday, January 15, at 7 p.m. Contact Kate Hogenson to arrange a ride.

KNITTING/CROCHETING GROUP meets on January 16 at 1 p.m. in the church library.

LECTIO DIVINA meets on Monday, January 22, from 10 to 11:30 a.m. in the church library. Contact MaryBeth Buschmann for more information.

RETIRED LEADERS AND OTHERS meet on Tuesday, January 9, 10 a.m., in the church library. Tom Johnson, pastor of First St. Paul's Lutheran Church in Chicago, presents on "The LCMS Today." Guests are welcome.

GRACE NOTES MAILING CREW will be at work on the February newsletter on Thursday, February 1, at 9:30 a.m. They welcome more help with folding, tabbing, and labeling.

CORNERSTONES BIBLE STUDY. Come for treats and conversation at 10 a.m. on Wednesdays, followed by Bible study at 10:30. Cornerstones includes Morning Prayer and a luncheon on January 17. There's an Epiphany hymn sing on January 24.

FINDING HOPE, the chronic illness support group, meets at Grace at 7:15 p.m. on Tuesday, February 6.

RELIGION IN LITERATURE. The book discussion group meets on January 19 at 8 p.m. to discuss "The Diary of a Young Girl," by Anne Frank. Barbara Hofmaier will lead the discussion, and Bill and Karen Clapp are the hosts.

YOGA, led by Ackli Howell, meets at Grace on Thursday evenings at 6:30 p.m. Classes resume on January 11. Bring a yoga mat and a blanket or beach towel to sit on. Dress comfortably for movement.

Do you use your church envelopes?

Church envelopes are a reminder to support Grace Church's ministry with regular offerings during worship services. But if you no longer use your envelopes (perhaps you give electronically or simply put a check in the offering plate), we can stop sending them to you. Grace Church will save some money, and you can stop wondering what to do with packs of envelopes you no longer use.

To stop receiving offering envelopes, call or email Jim McClanahan in the Business Office (708-366-6900, ext 202; jmcclanahan@graceriverforest.org).

Should you need them, offering envelopes are always available in the racks in the narthex and at the Division Street door.

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

Sign up at the reception desk to donate flowers to remember a loved one or commemorate a special birthday or anniversary. Flower donations in December:

PASTORAL CARE

Call 708-689-3032 for emergency pastoral care on weekends, or when the Grace building is closed. Please include a return phone number if you leave a message

BUILDING CLOSED

Grace will be closed on Monday, January 15, for Martin Luther King Jr. Day.



Sponsorships

Gold \$2,500

Includes a full table at the event and a full-page ad in the program.

Silver \$1,000

Includes two tickets to the event and a full-page ad in the program.

Supporter \$250-\$999

Includes a full-page ad in the program.

Advertise in the program

Full page \$200

Half page \$125

Quarter page \$ 75

Donate an auction item:

Tickets, gift certificates, unique experiences, private parties, classes — we welcome your donations!

For more information contact the event chairs at agracefulevening@gmail.com.

Support Grace School at A Graceful Evening

A Graceful Evening is the biggest fundraiser of the year for Grace School. Last year A Graceful Evening raised over \$85,000, which supported the school's operating budget and paid for the purchase of new choir robes, instruments and other arts materials for all eleven classes.

The evening includes a cocktail hour, sit-down dinner, the presentation of the Distinguished Alumni Award, and an informal after-party. Support the event with an ad in the program book, a sponsorship or the donation of an auction item. Watch for more information in the mail soon.

Fun times ahead at Trivia Night for A Graceful Evening

Last year's Trivia Night for A Graceful Evening was great fun, as teams of Grace Church members competed with school parents. Trivia Night returns this year on Friday, February 2, from 6:30–9 p.m. Anyone age 21 and over is welcome. Organize a team of four ahead of time, or join a team that night. There will be prizes for the winning team. The event raises funds for Grace School.

Admission is \$10 per person, plus one bottle of wine worth \$20 or more or two beer bombers per couple / teammates. The wine will be part of the Wine Pull at A Graceful Evening, the beer part of an auction item.

Please RSVP by January 29 to Eileen Maggio in the school office (office@graceriverforest.org) with your name and the names of your teammates (if applicable). If you have questions, please contact Becky Morgan.

Family Fun Friday

January 19, 6–8 p.m.

Pizza supper, hot chocolate, open gym, and a Craft Recap for the families of Grace Church and School

We're opening up the craft closet and getting out the supplies from past projects. Make something we've made before, or put things together in new ways!

Click on the link at www.GraceRiverForest.org to register by midnight on Thursday, January 18, to register. Suggested donation: \$5/person, or \$20/family.



Family Fun in February

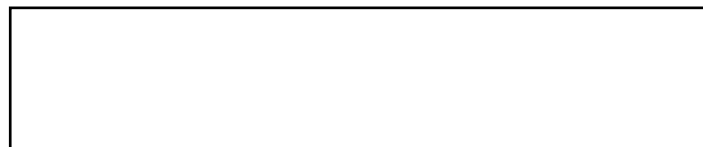
All are invited to the **Mardi Gras** celebration on Tuesday, February 13, 6–7:30.

Come for supper. Make a mask. Fun and fellowship for all ages.



**Saturday, January 13, 9am–1pm
in Grace's gym**

*Seasonal, sustainably produced goods
from local farmers and vendors.*



7300 Division St.
River Forest, IL 60305

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