
October 2018

Grace Notes



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Two offering prayers frame our gratitude

Gratitude is not so much a feeling as it is a disposition, an approach to the world.

by Pastor Dave Lyle

How do we think about the gifts we offer to God? How do we frame our ideas in our prayers on Sunday and in our lives during the week?

Merciful Father, we offer with joy and thanksgiving what you have first given us—our selves, our time, and our possessions, signs of your gracious love. Receive them for the sake of him who offered himself for us, Jesus Christ our Lord.

Sunday after Sunday we pray these words in worship. Joy and thanksgiving, we say. No doubt we often feel the joy and thanksgiving of which we speak. But at other times, perhaps,

not so much. It's hard to feel joy all the time, and it's hard to offer selves, time, and possessions – which is to say, everything we are and everything we have.

As we say in the prayer, we offer to God nothing more than what God has first offered to us. Everything in our lives is a gift. Everything. To give our time, talents, and treasure to God is simply returning what was the Lord's all along. As we pray later in the prayer, we give for the sake of him who offered himself for us, Jesus Christ. Along with everything else, God gave the only Son to us, that we might know life and love through his death and resurrection. Within this greatest of gifts, we offer gifts in return.

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Living with gratitude is a sign of God's kingdom

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Here is a second offering prayer from the Lutheran Book of Worship, one which may be a little less familiar

Blessed are you, O Lord our God, maker of all things.
Through your goodness you have blessed us with these gifts.
With them we offer ourselves to your service and dedicate
our lives to the care and redemption of all that you have
made, for the sake of him who gave himself for us, Jesus
Christ our Lord.

In this prayer we recognize that we give to align our lives with the purposes of God's reign, boldly offering our gifts for "the care and redemption of all that you have made." In other words, we don't give to God or to the church because God needs our gifts. We release our gifts to God so that God's mission of caring and redeeming might grow and flourish for the sake of this world.

If we give only when we feel joyful or thankful, we will be reserved in our giving. If, however, we give to remind ourselves that we have been caught up in God's grace and for God's purposes, our giving will be abundant. Joy will follow, and for that we are grateful. Gratitude is not so much a feeling as it is a

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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, September 28, with the hope that it will arrive in your mailbox no later than October 5. Copies are also available at Grace.

Deadlines and submissions. The November issue of Grace Notes will be mailed on Friday, October 26. The deadline for copy is Wednesday, October 17; the issue covers events through early December. 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.

disposition, an approach to the world. In her recent book, "Grateful: The Transformative Power of Giving Thanks," Diana Butler Bass writes:

Gratitude is defiance of sorts, the defiance of kindness in the face of anger, of connection in the face of division, and of hope in the face of fear. Gratefulness does not acquiesce to evil – it resists evil. That resistance is not that of force or direct confrontation. Gratitude undoes evil by tunneling under its foundations of anger, resentment, and greed. Thus, gratitude strengthens our character and our moral resolve, giving each of us the possibility of living peaceably and justly. It untwists knotted hearts, waking us to a new sense of who we are as individuals and in community. Being thankful is the very essence of what it means to be alive, and to know that life abundantly (pp. 185-86).

As we prepare to make our giving commitments in a few weeks, my prayer is that these worship prayers would guide your giving. Remember the gifts you have received from God; remember the gift of grace through Jesus Christ; remember that our gifts help in the care and redemption of creation. Claim gratitude not because nothing is wrong in this world or in your life, but as your grateful witness against all such things. Live with gratitude as a sign of God's kingdom, which will not be thwarted and in which Jesus Christ is all in all. After all, that's something we cannot help being thankful for.

Fall New Members Class

New Members classes will meet in Pastor Lyle's office on Sundays at 9:45 a.m., September 30–November 18. If you're interested in becoming part of our ministry and deepening your understanding of what it means to be disciples of Jesus Christ, please join us. The course will review basic Christian beliefs while focusing on distinctive Lutheran understandings of our faith. (It's okay to join the class a Sunday or two after it begins.)

Place your Faith Promise in the offering plate on Sunday, October 21



Give thanks to the Lord

– Psalm 118:1

Return your Faith Promise Financial Giving card and your Time and Talent card in the offering plate on Sunday, October 21.

October 21 is Faith Promise Sunday. On this day Grace Church members are invited to place their financial pledge for the upcoming 2019 calendar year in the offering plate. Pledges represent a financial commitment to the mission and ministry of Grace — to the many ways God is at work in the world through us.

Psalm 118:1 reminds us, “O, give thanks to the Lord for he is good, his steadfast love endures forever!” Stewardship of our resources is our grateful response to God’s good news for us. Out of love and gratitude, faith and trust, we make an intentional choice to use our resources to support God’s kingdom.

Whether it’s your first year of making a Faith Promise or another year in a lifetime of faithful stewardship, please consider your pledge with prayer and thanksgiving. And, as you are able,

consider increasing your annual giving. Your pledge helps to sustain our church, our vision and our benevolence partners beyond our doors.

In early October you will receive a Faith Promise packet in the mail from the Stewardship Committee. A Faith Promise card is enclosed for you to use in making your commitment. You may place it in the offering plate on Sunday, October 21, or on another Sunday, or mail it back to Grace.

The packet also includes a Time and Talent card that asks you to consider where you would like to be more involved here at Grace. Please return that as well, as you explore how you are called to serve in the church and the community.

We are grateful for your faithful partnership in God’s ministry at Grace Church, as we share the good news of Christ’s love with each other and our neighbors.

The Stewardship Committee
Alice Bruening, Candice Hill Buchbinder
Randy Keller, Scott Schwar

Would setting up a recurring gift at Grace’s online giving site help you be a more faithful giver?

Many church members find that electronic giving is a convenient way to support the ministries of our congregation. Click on Giving at the top of the page at GraceRiverForest.org to set up a regular gift to Grace Church.

First Feast Potluck Sunday, October 14, 4 p.m.

FEAST gatherings for 2018-19 kick off with a potluck in Fellowship Hall on Sunday, October 14, at 4 p.m. If you signed up for a FEAST group, you’ll soon receive an email with information about what to bring for the meal that day. At the potluck you will find out who else is in your group and as you share a meal together, you will be able to make plans for future get-togethers.

If you are unable to attend the potluck, you’ll receive your group assignment by email during the following week.



WORSHIP

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

Sunday, September 30

19TH SUNDAY AFTER PENTECOST

Numbers 11:4-6, 10-16, 24-29; Psalm 19:7-14, James 5:13-20, Mark 9:38-50

Sunday, October 7

19TH SUNDAY AFTER PENTECOST

Genesis 2:18-24, Psalm 8, Hebrews 1:1-4, 2:5-12; Mark 10:2-16

Sunday, October 14

19TH SUNDAY AFTER PENTECOST

Amos 5:6-7, 10-15, Psalm 90:12-17, Hebrews 4:12-16, Mark 10:17-31

Sunday, October 21

19TH SUNDAY AFTER PENTECOST

Isaiah 53:4-12, Psalm 91:9-16, Hebrews 5:1-10, Mark 10:35-45

Sunday, October 28

REFORMATION SUNDAY

Jeremiah 31:31-34, Psalm 46, Romans 3:19-28, John 8:31-36

Sunday, October 28

BACH CANTATA VESPERS

Gott der Herr ist Sonn und Schild, BWV 79

God the Lord is sun and shield

Prelude: Bach's Orchestral Suite No. 3 in D Major, BWV 1068

Homilist: Nancy M. Raabe, Holy Trinity Lutheran Church, Marshall, Wis.

Preview Lecture: Mark P. Bangert, Lutheran School of Theology at Chicago

October Cantata celebrates the festival of the Reformation

The cantata for the Bach Cantata Vespers service on Sunday, October 28, is a festive one, composed for Reformation Day. The text of the opening chorus comes from Psalm 84:11:

For the Lord God is a sun and shield;
he bestows favor and honor.

No good thing does the Lord withhold
from those who walk uprightly.

The orchestral accompaniment includes horns and timpani, which also provide the accompaniment to a stanza of "Now Thank We All Our God" in the middle of the cantata. It's a familiar movement, heard often outside of the cantata. The choir will sing a setting of that hymn text by 17th century German composer Heinrich Schütz as the motet for the service.

The homilist is Pastor Nancy Raabe of Madison, Wisconsin, an author, worship leader, and composer of church music. The instrumental prelude at 3:45 p.m. is Bach's Orchestral Suite No. 3 in D Major, BWV 1068

Concerts at Grace

Chicago Choral Artists, Sunday, October 21, 4 p.m.

"**Eternity Incarnate.**" A cappella music by Rene Clausen ("Tonight Eternity Alone"), Samuel Barber ("Reincarnations"), Irving Fine ("The Hour-Glass") and Corigliano, Whitacre, Holst and Argento. \$25/adults, \$20/seniors, \$10/students.

Organ recital, Monday, October 22, 8 p.m.

"Lutheran Chorale Works for the End Times and Advent," with Tom Mueller, Concordia University, Irvine, California. Part of Concordia University's annual Lectures in Church Music. Free.

Festival concert and hymn-sing at Concordia

Sunday, October 21, 8 p.m. in the Chapel of Our Lord.

Music Commissioned by Nancy and William Raabe, with The Kapelle of Concordia University Chicago, Charles Brown, conductor, and Steven Wentz, organ. Part of Concordia University's annual Lectures in Church Music. Free.



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).

LEARNING FAITHFULLY

Seminar Room

October 7

Faith and the Native American Experience

Gordon Straw

This class, the second of a two-class series, will explore some of the theological themes that are important to Native Christians, along with the history of the Christian Church with Native nations and individuals, with a particular focus on Lutheran Christians and Native communities. Together, theology and history paint an interesting picture of how communities who have little in common with Western European ways of thinking and being have adopted the Christian faith. *Gordon Straw holds the Cornelsen Chair of Spiritual Formation at the Lutheran School of Theology at Chicago.*

October 14 and 21

The Reformation as a Resource

Anna Johnson

The first session, “The Reformation as a Contemporary Resource,” will retrieve three powerful Reformation-era emphases that deepen faith today: the priesthood of all believers, the theology of the cross, and the joy of Christian life. The second session, “The Reformation as a Cautionary Tale,” will discuss three elements of the Reformation that present problems for Christian life today: the emphasis on following one’s conscience; the division of the church; and strained relations with Jews and Muslims. *Anna Johnson teaches theology at Garrett Evangelical Theological Seminary in Evanston.*

October 28

Reformation on October “32”

Mary Streufert

The party hats are put away. The Luther memorabilia gathers a little dust. On October 31, 2017, and on nearly every day leading up to it, Lutherans around the world observed and celebrated the 500th anniversary of the Protestant Reformation. We focused on Martin Luther’s words and his actions—which altered faith and the world. But what does reformation mean for us on October “32”—in the time after October 31, 2017? In this session we will explore some possibilities of what Luther’s insights mean in church and society in this century. What is a Lutheran witness today? *Mary J. Streufert, Ph.D., is the director of the ELCA Justice for Women program in the Office of the Presiding Bishop and is a member of Grace.*

LIVING FAITHFULLY

7th grade/German classroom

October 7

Food, Faith, and Community

Terra Brockman

A fifth-generation farmer in central Illinois who is committed to biodiverse, sustainable agriculture will discuss the connections between land, food, faith, and community, and how we can become more responsible members of creation through our daily food choices. *Terra Brockman, whose writing has appeared in the Chicago Tribune and the Christian Century, is founder of the Land Connection, which encourages sustainable agriculture.*

October 14

Continuing the Conversation on Racism

Michele Mbekeani-Wiley

Michelle Mbekeani-Wiley grew up in Oak Park and earned a law degree at the University of Chicago. She has worked at the Shriver Center on Poverty Law as a staff attorney in the area of community justice and was involved in the passage of new legislation in Illinois that mandates training for officers who work with young people. She will speak about her journey from her childhood in Oak Park to her work today. Grace member John Bouman will also report briefly on the work of the Shriver Center where he serves as President.

Sunday Bible Study

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

Study Romans with Pastor Lyle on Monday evenings

Paul's Epistle to the Romans is the apostle's *magnum opus*. Written to Christians he had not yet met in a city he had not yet visited, the letter deals with the big words and concepts of the Christian life: faith, righteousness, law, justification, and grace. Paul explores how, in the face of humanity's faithlessness, God remained faithful. Like many others, Martin Luther's understanding of the gospel was transformed by this letter, particularly in the great transition in Romans 3:21-22: "But now, apart from law, the righteousness of God has been disclosed, and is attested by the law and the prophets, the righteousness of God through faith in Jesus Christ for all who believe."

I invite you to join me for "By Faith: The Righteousness of God in the Book of Romans," a six-week class beginning Monday, October 15. The class will meet for six consecutive Mondays, from 7:00 to 8:15 p.m. There is no cost to attend and no materials to buy. Just bring yourself and your Bible. I do ask that you register for the class so that we know how many to expect and that you try to attend as many of the classes as you can. Sign up online at GraceRiverForest.org or at the Grace reception desk.

Yours in faith,
Pastor Lyle



Paul the Apostle, by Rembrandt

Stephen Ministers provide one-on-one Christian care for people going through tough times



On the first Sunday of every month two Stephen Ministers are available at a table in the atrium to talk with worshipers about Stephen Ministry, to answer questions or listen to cares and concerns. Stephen Ministers are congregation members who have completed extensive training,

provided by Stephen Leaders, in order to offer high-quality, one-to-one Christian care to people going through tough times. Stephen Ministry congregations such as Grace use the Stephen Series system to equip and empower these lay caregivers to provide high-quality, confidential, Christ-centered care to people who are hurting.

On these "Spiritual Care Sundays" in the atrium, you may have the opportunity to talk with a familiar face from Stephen Ministry or to meet one of the four new Stephen Ministers who completed their training earlier this year: Diana Sicuro, Tom Kay, Ruth Rehwaldt, and Laura Becker. A Stephen Minister usually provides care to one person at a time, meeting with that person regularly for about an hour. Twice a month, Stephen Ministers gather with their Stephen Leaders for supervision and continuing education.

Care receivers are people struggling through a difficult time in life—experiencing grief, divorce, job loss, chronic or

terminal illness, loneliness, or some other life crisis. The relationship between a care receiver and a Stephen Minister is confidential. Men are matched with men; women with women.

If you feel that you might benefit from a caring relationship with a Stephen Minister, or if you would simply like to know more about the process, please talk with one of the following Stephen Leaders: Pastor Dave Wegner (708-366-6900, ext. 208, dwegner@gracriverforest.org), Linda Bernard (773-259-4720; lm_bernard@hotmail.com), Bob Jandeska (708-771-6369; kbjandeska@sbcglobal.net), or Merrily Smith (630-530-4284, merrilyannsmith@gmail.com).

Hope for Grieving Children benefit



Hope For Grieving Children—Africa equips pastors, leaders and caregivers in Africa and elsewhere with the knowledge and skills needed to address the grief and suffering of children and individuals traumatized by parental loss. Hear more about the growing outreach of the organization at the annual benefit on Saturday, November 10, 6:30-9:30 p.m., hosted this year at Grace. Tickets (\$100) are available from Ellie Schnack (708-514-8186, kinderellie@gmail.com) or Tony Stephens (708-848-4641).

Purchase tickets by Sunday, October 7, for the October 13 gala supporting the ministries of Harmony Community Church

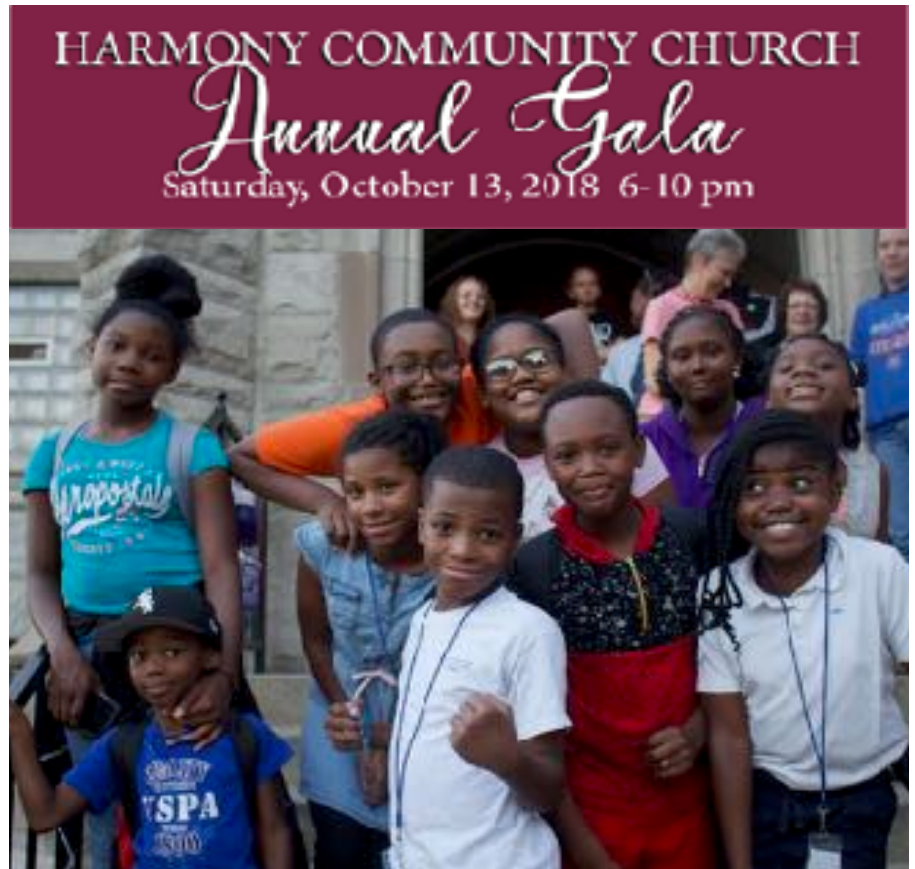
Harmony Community Church's annual fundraising gala is being hosted at Grace on Saturday evening, October 13, beginning at 6 p.m.

The festivities begin in Grace's atrium, with appetizers and a cash bar, including Kinslahger beer and a special signature cocktail. Dinner follows in Fellowship Hall, prepared by Grace cooks Donna Mindrum, Donna Serpico, and Diana Sicuro. The menu includes a choice of London broil, Cornish hen, or vegetarian lasagna, accompanied by roasted seasonal vegetables, fingerling potatoes, and fruit cobbler. There will be a live auction seeking bids on a 7-night stay in a brand-new vacation home in Montana, a yacht cruise on Lake Michigan, and dinner for 10 with James and Jackie Brooks, hosted by Doug and Ann Anderson.

Harmony has developed an extensive ministry wish list focused on the needs of children and families in the North Lawndale community: "Be Safe, Be Healthy, Be Educated." Donations to the Fund-A-Need paddle raise auction will go to support existing programs such as Harmony Kidz tutoring, the summer reading-intensive program, summer camp for kids in Wisconsin, neighborhood peace marches (which include a meal), and the Harmony Food Pantry. Donations will also fund new programs such as a grief support group for mothers, safe haven programs for school holidays, and a Sunday nursery and "children's church." Funds will also be used for the sanctuary renovation that will provide space for Harmony's ministries seven days a week.

Buy your tickets for the gala in the Grace atrium on Sunday mornings, September 30 and October 7. Or click on the link at GraceRiverForest.org to purchase tickets or make a donation.

Invite friends and neighbors to join you at the gala, as we seek to widen the tent of support for Harmony's mission. If you would like to sponsor a table, underwrite expenses for the gala, or contribute in another way, please contact Sue Foran (sforan4@comcast.net) or Connie Zyer (cruschz@aol.com).



To purchase tickets or make a donation, click on the link at GraceRiverForest.org.

Or buy your tickets in the Grace atrium on Sunday morning, October 7.

God is
up to
something new...
and this
changes
Everything



Save these dates for upcoming Women @ Grace events

Thursday, November 15, 6:30 p.m. “Building Bridges” with the Bouman brothers. Come enjoy wine and cheese and interesting conversation as Women @ Grace host an informal evening with Steve, John and Mark Bouman on Thursday, November 15, at 6:30 p.m. in the Seminar Room. The Boumans grew up at Grace and went on to careers in the church, law, and the environment. Pastor Steve serves on the staff of the ELCA and is the author of many books and articles, John is the President of the Shriver Center on Poverty Law, and Mark is the Chicago Region Program Director at the Field Museum. They’ll talk about the work they do, why they do it and the themes, such as race and poverty, that are common to their different areas of interest.

Saturday, February 3, Women’s Retreat. Pastor Phyllis Kersten and Louise Williams will lead Bible study and discussion on the topic “Bold Women” for participants from Grace Church and Harmony Community Church.

Join us! Women@Grace hope that you will join them for these and other activities in the coming months, including fundraisers for Grace benevolences. The Women @ Grace Steering Committee would love to see more women of all ages become involved in guiding the group into the future. If you have an idea for an outing or an event that you would enjoy attending (or planning!) or would like to be part of the committee, please call Nancy Wohlford at 708-899-3121, or e-mail her at nancygeorgew@gmail.com.

New books on the Reformation in the church library

The October Adult Ed schedule shows that Lutherans remain interested in the Reformation, even after the 500th anniversary celebration has ended. The books and DVD listed below are the newest additions to the Grace Church library’s collection of resources about the Reformation. These and more items will be on display in the atrium bookcase and in the library in October.

Rescuing the Gospel: The Story and Significance of the Reformation, by Erwin W. Lutzer. Baker Books, 2016. [270.6 LUT]

A Reformation Sourcebook: Documents From an Age of Debate, ed. Michael W. Bruening. University of Toronto, 2017. [270.6 REF]

The Mother of the Reformation: The Amazing Life and Story of Katharine Luther, by Ernest Kroger, tr. Maark E. DeGarmeaux. Concordia, 2013. [284.1 KRO]

Martin Luther: The Man Who Rediscovered God and Changed the World. by Eric Mataxas. Viking, 2017. [284.1 MET]

Finding Hope: Chronic health condition support group makes plans to carry on

A chronic health condition is defined as an injury, illness or condition which may be expected to be of long duration without any reasonably predictable date of termination, and which may be marked by reoccurrences requiring continuous or periodic care as necessary. Some examples are diabetes, heart disease, asthma, COPD, multiple sclerosis, fibromyalgia, arthritis, Parkinson’s disease, Alzheimer’s disease, Addison’s Disease, AIDS, Crohn’s disease, celiac disease, lupus, Lyme disease, colitis, cancer, muscular dystrophy, stroke, and scleroderma, to name a few.

Planning meeting on Friday, November 9. Finding Hope is an uplifting support group for people struggling with chronic health conditions. The group has met at Grace for over 30 years, but it is currently on hiatus. Planning is in the works for the group to restart soon. Organizers are looking for others who may be interested in joining the group as well as for people interested in helping with the planning. For more information please contact Judie McDonnell (708-356-6071; judie.mcdonnell@att.net), Merrily Smith (630-530-4284; merrilyannsmith@gmail.com), or John Roberts (708-288-7788). The next planning meeting is Friday, November 9, 10–11:30 a.m., in the church library.

October 31, 1517: Martin Luther and the Day That Changed the World, by Martin E. Marty. Paraclete Press, 2016. [284.10 MAR]

Brand Luther: How an Unheralded Monk Turned His Small Town into a Center of Publishing, Made Himself the Most Famous Man in Europe, and Started the Protestant Revolution, by Andrew Pettegree. Penguin Press, 2015. [284 PET]

Frederick the Wise: Seen and Unseen Lives of Martin Luther’s Protector, by Sam Wellman. Concordia, 2015. [943 WEL]

Luther and the Reformation. Rick Steves’ Europe. 2017. [DVD 284.1 LUT]

You can search the library collection online? Go to GraceRiverForest.org > Welcome > Learn and scroll down to the bottom of the page for the catalog link.

The library is open and staffed on Sunday mornings. Stop by—for a cookie or for suggestions on what to read! The library is also open for self-service during the week.

Sue Ames says good-bye

by Sue Ames, Parish Nurse

It is with sadness that I will be leaving the Parish Nurse position here at Grace Lutheran Church and School, but home is where my heart is now.

I was reading a book called “Healing Words for Healing People,” by Deborah Patterson, and ran across this prayer by Marian Wright Edelman, the founder and president of the Children’s Defense Fund. The prayer was originally from her book “Guide My Feet”:

Lord, help me to sort out what I should do first, second, and third today and to not try to do everything at once and nothing well. Give me the wisdom to delegate what I can and to order the things I can’t delegate, and to say no when I need to, and the sense to know when to go home.

It has been made clear to me that it is time for me to go home. I had not planned on retiring so soon, but circumstances in life change, causing plans to change as God directs our path one step at a time. I’m so glad God directed my path to Grace two years ago. I am thankful I got to spend time on the steps of this holy place, to experience the love, kindness, insight, and caring expressed by this congregation.

Spending time is an interesting thought. We only have so much time in a day and we can spend it in so many different ways. I am so glad that I have gotten to spend time with you. The investment has given back ten-fold! It has been a privilege and honor to share both joyful and sorrowful time together. I am the richer from it. I have grown from knowing you, my eyes have been opened to a larger world that needs us all to do our part as a follower of Christ. You have demonstrated that to me, your walk matches your talk. Thank you!

In going home I am looking forward to spending time coming alongside my mom, my husband, my girls and their



families with full-time presence and focus. I am also looking forward to sitting at Jesus’ feet and listening. I have been a restless sitter and listener, caught up in the busyness of life. Being more a “Martha type-A” person, inside I’m a “Mary wannabe.” Sitting and listening will take some practice. I’m looking forward to having time to work on that. Part of my heart will stay at Grace, the ministry, the pastors, the music, the beauty of this place and its people. You and this church are beloved to me. You send out the fragrance of Christ to those around you. Thank you for sharing your time, talents and love with me.

Starting in October, you will know where to find me — come visit me at home! My heart and door will always be open to you. Blessings to you all! *Shalom!*

Resources in the Parish Nurse Office

Are you in need of resources on medical problems, healthcare, caregiving, wellness, spirituality? You can access these resources by checking with one of the pastors.

Brochures from the National Institute on Aging. Titles include: Dietary Supplements, Lewy Body Dementia, Beware of Health Scams, End of Life: Helping with Comfort Care, Fatigue: More than being Tired, Getting Your Affairs in Order, High Blood Pressure, Long Distance Caregiving, Shingles, Shots for Safety, Taking Care of Your Teeth and Mouth, What’s on Your Plate, Talking With Your Doctor: A Guide for Older People, Menopause, Online Health Information: Can You Trust It?, Prostate Problems, Older Adults and Alcohol, Pain: You Can Get Help, Exercise and Physical Activity: Getting Fit for Life, Depression, Healthy Eating Over Fifty, Stroke.

Booklets on grief, caregiving, cancer.

My Choice, My Voice folders for Grace members on end of life planning,

DVDs on memory, addiction, domestic violence, heart disease, Parkinson’s disease.

Magazines: The Church Health Reader

Devotion books of all kinds

Health Ministry News

Free senior fitness classes. As part of a continuing collaboration, the West Cook YMCA is offering fitness classes at Grace for regular Grace Church attendees. The free classes are part of a Healthy Aging program funded by a grant.

October 9 through December 13

Fellowship Hall

Come in comfortable clothes and supportive shoes.

Tuesdays, 1-2 p.m. Improving Balance

Thursdays 1-2 p.m. Cardiovascular fitness and strength-building

Register by calling the Grace reception desk. For more specific questions about these classes, call Kristen McGlynn, Director of Healthy Living, West Cook YMCA, 708-434-0208.

Flu shots, Sunday, October 21, 9 – 11 a.m. Flu and pneumonia shots will be available in the gym for ages 10 and up, provided by Walgreens. Wear short-sleeve clothing and bring your insurance card.

GRACE NEWS

KNITTING/CROCHETING GROUP will meet at 1 p.m. in the church library on Tuesday, October 16. Beginners are welcome.

LECTIO DIVINA meets on Monday, October 22, from 10 to 11:30 a.m. in the church library. Contact MaryBeth Buschmann for more information (marybeth1942@sbcglobal.net).

RETIRED LEADERS AND OTHERS meet on Tuesday, October 9, at 10 a.m., in the Church Library. Len Berghaus will talk about “The Evolution of the Church Organ.” Guests are welcome.

GRACE NOTES MAILING CREW will be at work on the November newsletter on Thursday, October 25, at 9:30 a.m. They welcome more helpers.

CORNERSTONES fellowship and Bible study meets on Wednesdays in the church library, with treats and conversation at 10 and Bible study with the pastors at 10:30. There is a service of Morning Prayer at 11:30 a.m. on October 17, followed by lunch; there’s a hymn sing on October 24. All are welcome!

RELIGION IN LITERATURE. The book group meets at 8 p.m. on October 19 to discuss of Zora Neale Hurston’s *Their Eyes Were Watching God*. Amy Merrick leads the discussion. Linda and Bryan Bernard host (1840 N. New England Ave., Chicago).

YOGA, taught by Ackli Howell, meets on Thursday evenings, 6:30–7:30 p.m., in Fellowship Hall. Newcomers are welcome! Bring a mat and a towel (preferably a beach towel), and wear comfortable clothing. Call Ackli if you have questions (708-366-4487).

MOMS OF LITTLES. The Moms of Littles group meets at 6:30 p.m. on Wednesdays, October 3 and 17, in the Youth Room, 6:30-8 p.m. All moms of little ones are welcome to join us as we explore topics around motherhood, womanhood, and faith. Contact Pastor Lauren for more information (lwegner@graceriverforest.org).

SANDWICH-MAKING AT FRATERNITÉ. On the third Monday of every month Grace members car pool over to Fraternité Notre Dame, 502 N. Central, to pack lunches for homeless people. It takes about an hour and kids as young as first grade can participate, accompanied by a parent. The next lunch-packing date is Monday, October 15, at 7 p.m. Contact Kate Hogenson with questions or to arrange a ride (hogenson@msn.com; 708-445-9687).

Looking ahead to November

Social Ministry’s fall food drive is scheduled for October 28 through November 11. Bring non-perishable food items to the bin in the atrium. They’ll be shared with local food pantries, including the Oak Park River Forest Food Pantry and the Harmony Community Church Food Pantry. Other Social Ministry projects coming in November include the Christmas Giving Tree, with tags for gifts to purchase for distribution by local service agencies and a toiletries collection for kits to be shared with homeless teens and adults.

Winter Farmers Market on Saturday, November 10. Grace’s Green Team is again hosting a Winter Farmers Market in cooperation with Faith in Place. Save the date!

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.

IN CELEBRATION

WE CELEBRATE with Audrey Wayne and Michael Jacobsen who will be married on October 27.

ALTAR FLOWERS

Donate flowers to remember a loved one or commemorate a special birthday or anniversary. Use the sign-up sheet at the reception desk in the atrium.

October 28 — from Audrey Wayne and Michael Jacobsen in celebration of their wedding on October 27.

THANK YOU

A hearty thank you to all those congregation members, parents, youth, teachers, staff, cooks and cook helpers, decoration helpers, band members and other musicians, silent auction contributors and workers, and others who helped in any way with the very successful Grace Oktoberfest 2018.

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 – September 26, 2018 \$ 531,700
(\$40,900 per week)

Church actual contributions

July 1 – August 29, 2018 \$ 289,400
(Last year at this time: \$ 324,100)

Church giving is \$242,300 below budget and \$34,700 behind last year.

Students Walk With Grace on October 5



Younger students walked with their big kid chapel partners at the beginning of the 2017 Walk With Grace.



Again this fall Grace School students will Walk With Grace in a walkathon raising money for their school. The big day is Friday, October 5, and the fundraising goal is \$20,000.

Students walk varying distances based on their grade level, from one mile for preschoolers to six miles for junior high students. At the end of the walk, there are games and activities for all in the gym—plus early dismissal at lunchtime.

A tithe (10 percent) of the money raised will be donated to World Vision, which is also the recipient of this year's school chapel offerings. The 8th grade class chose World Vision for special attention this year because of its focus on improving the lives of children and families who live in poverty. Eighth graders' all-school leadership role includes educating younger students about the organization and its projects.

As students ask friends and family to support the Walk, they're especially focused on the money raised for World Vision which will buy animals to provide both food and income for rural families. (Perhaps you've noticed the bulletin board opposite the school office with its silhouettes of farm animals. Learn more at worldvision.org.)

Grace students are also putting together International Hygiene Kits for World Vision to distribute. These kits provide critical items that promote good health and sanitation during times of disaster and displacement, as well as in difficult circumstances of poverty. Grace students will assemble 200 kits during the week before the Walk.

Proceeds from Walk With Grace support the operating budget of Grace School. The walkathon is one of three major fundraisers for the school. The Annual Fund for Grace School and A Graceful Evening also help to fund Grace School's annual budget.

School kids send letters to vets

Do you know someone who would enjoy getting a letter from a Grace School student thanking him or her for serving in our country's armed forces? Grace School's special education coordinator Kristine Washburn is gathering names and addresses for her annual letter-writing project with Grace students, timed so that letters arrive around Veterans Day on November 11. Email names and addresses to her by Monday, November 5, at kwashburn@graceriverforest.org. Or leave a note for her at the reception desk. Thank you for your help!

Family Fun Friday

October 26, 6–8 p.m.

Family-friendly dinner, creative crafts, open gym and fellowship for families with children age PK-6th grade. (Younger siblings are welcome, too!) RSVP online at GraceRiverForest.org by Thursday evening, October 25.

More Family Fun Fridays — save the dates!

November 30

March 1, Mardi Gras

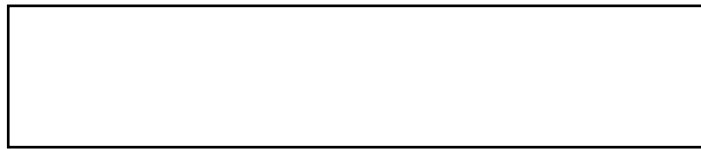
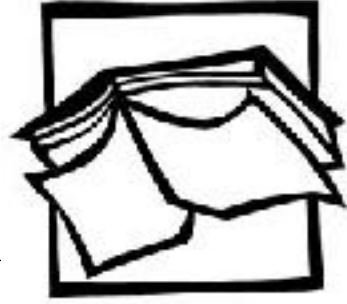
January 11

April 5

February 1, Chili Cook-Off

**“By Faith: The Righteousness of
God in the Book of Romans”
Bible study with Pastor Lyle
Monday evenings
October 15–November 19
7–8:15 p.m.**

Read more on page 6. Sign up online.



7300 Division St.
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