

# Grace Notes



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

## Life Abundant



**by Pastor Dave Lyle**

The first Sunday of May is Good Shepherd Sunday. That, of course, is not the official name for the Fourth Sunday of Easter, but that is how it has come to be known. Each year we hear Psalm 23 and a portion of John 10. These readings are filled with images of our Good Shepherd, Jesus Christ. When I reflect upon these readings, I see three themes at play: safety, salvation, and abundance.

We are safe because we are under the care of Jesus, our Shepherd. It is he who allows us to come in and go out and find

pasture. It is Jesus who walks with us through the valley of death toward the celebration of life. We are saved because the Good Shepherd has laid down his life for his sheep – even for you and even for me. We are safe and saved because our entire reality has been reshaped in the form of the cross. The shepherd's mark is upon us and cannot be washed away. In this safety and salvation, we discover the life, eternal and abundant that God shares as a gift with all people.

As people who now live continually in the joyful promise of resurrection, we are called to abundant living. It is appropriate,

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# Safe and saved by our Good Shepherd

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therefore, that the season of Easter is when we often talk about money here at Grace. This year, Good Shepherd Sunday is also Faith Promise Sunday. You will be invited to bring forward your Faith Promise card, indicating your financial giving for the coming year. As God has given us safety, salvation, and abundance through Jesus Christ, so do we in faith seek to respond with abundant generosity. Our hope this year is that the percentage of giving units making a pledge will increase from 51% of the congregation to 60%.

This is also the time of year at Grace when we make our traditional year-end push. Last year, for the first time in several years, we were able to end the fiscal year with a surplus instead of a deficit. As people abundantly blessed by God, I have no doubt that we will do the same this year. But it will only happen if we respond generously.

God continues to do great things at Grace and, indeed, throughout this whole creation. By Christ you are saved. In Christ you are safe. Through Christ you have been blessed abundantly. The Good Shepherd walks with you in all times and seasons. God has a heart for you; God has given you a heart for Grace. Please prayerfully consider how you are being called to share abundantly so that the ministries entrusted to Grace may grow and thrive to Jesus' glory. Thank you for your generous

support of Grace Lutheran Church and School and for the mission of sharing the abundant life of God in Christ.

Our Good Shepherd reminds us, "Where your treasure is, there your heart may be also" (Matthew 6:21). May your hearts continue to be with God at Grace, where you are saved and safe; where you discover the abundance of life in Christ.

Alleluia! Christ is risen!



## Bring your Faith Promise to Grace on Sunday, May 7

A Faith Promise is a commitment of financial support for Grace Lutheran Church. Grace members pledge to provide funds for the church's ministries for the upcoming fiscal year. We follow a practical and faithful approach to planning our budget for the fiscal year, and part of that planning is knowing we can depend on members' faithful giving throughout the year.

Grace members have received Faith Promise cards and information in the mail. Cards are also available in the racks in the atrium, narthex and near the Division Street door. Cards will be collected at both services on Sunday, May 7. You may also return your card to Grace in person during the week, on another Sunday, or by mail.



For where your treasure is,  
there your heart will be also.

- Matthew 6:21

**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, April 28, with the hope that it will arrive in your mailbox no later than May 6. Copies are also available at Grace.

**Deadlines and submissions.** The June issue of Grace Notes will be mailed on Friday, May 26. The deadline for copy is Wednesday, May 17; the issue covers events through mid-July. Please send news to [ggotsch@graceriverforest.org](mailto: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

May 7

## **FOURTH SUNDAY OF EASTER**

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

Acts 2:42-47, Psalm 23, 1 Peter 2:19-25, John 10:1-10

May 14

## **FIFTH SUNDAY OF EASTER**

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

Acts 7:55-60, Psalm 31:1-5, 15-16, 1 Peter 2:2-10, John 14:1-14

May 21

## **SIXTH SUNDAY OF EASTER**

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

Acts 17:22-31, Psalm 66:8-20, 1 Peter 3:13-22, John 14:15-21

Wednesday, May 24

## **ASCENSION EVE**

Holy Communion at 7 p.m.

Acts 1:1-11, Psalm 47, Ephesians 1:15-23, Luke 24:44-53

May 28

## **SEVENTH SUNDAY OF EASTER**

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

Acts 1:6-14, Psalm 68:1-10, 32-35, 1 Peter 4:12-14; 5:6-11, John 17:1-11.

## **BACH CANTATA VESPERS**

May 21, organ prelude at 3:45 p.m.

*Lobet Gott in seine Reichen*

Praise God in his kingdoms (Ascension Oratorio), BWV 11

Ben Cieslik, Bethlehem Lutheran Church, Minneapolis, homilist

Florence Jowers, Christ Lutheran Church, Staunton, Virginia, organist

## **Bach Cantata Vespers season ends with the Ascension Oratorio**

J. S. Bach's *Lobet Gott in seinen Reichen* (Praise God in his kingdoms), BWV 11, is also known as the Ascension Oratorio. The text, a compilation of biblical sources, free poetry and chorales, follows the story of the Ascension and the reactions of the disciples. Bach composed the work in 1735, a few months after finishing his Christmas Oratorio. As in the Christmas Oratorio, he arranged music from his earlier secular cantatas, choosing compositions that he thought deserved another hearing.

The Ascension Oratorio will be presented in the final Bach Cantata Vespers service of the 2016-17 season, on Sunday, May 21, at 4 p.m. Florence Jowers of Christ Lutheran Church, Staunton, Virginia, plays the organ prelude at 3:45. Ben Cieslik of Bethlehem Lutheran Church in Minneapolis is the homilist. The Bach Cantata Vespers Choir, soloists and orchestra will perform the cantata. The favorite hymn "O Day Full of Grace" will close the service.



## **More music at Grace**

### **Chicago Choral Artists Music for Nighttime**

Music for the night, featuring Dan Forrest's Three Nocturnes for choir and percussion ensemble.

May 19, 7:30 p.m. at Grace

May 20, 7:30 p.m., Chicago Temple, 77 West Washington Street, Chicago

### **Hymn festival with the Concordia College —New York Touring Choir**

The Tour and Chamber Choir of Concordia College — New York will present a 500th Anniversary of the Reformation Hymn Festival at Grace on Monday, May 22, at 7:30 p.m. Jason Thoms conducts the ensemble, with Jonathan Story, organ, and Jonas Thoms, horn.



# ADULT EDUCATION

Come to Adult Education sessions at 9:45 a.m. on Sunday mornings for thought-provoking presentations and discussions that build faith and fellowship. Look for more information about classes and locations on the signs in the atrium.

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

**May 14**

## **The Grace Memorial Garden**

*Wesley Wilkie, Emeritus Instructor, Theology, Concordia University Chicago*

This talk discusses the history and unique features of Grace's beautiful Memorial Garden, with a focus on remembrance for Mother's Day.

### **Sunday Bible Study**

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

**May 21**

## **Spirit and Therapy**

*Annie O'Connor, Rehabilitation Institute of Chicago; Clinical Manager, River Forest Spine and Sport*

Our world places much emphasis on physical training and fitness, but spiritual training may be even more important to your physical health. When your discipline prioritizes spiritual exercises, it may bring you closer to God and may help you to become more Christ-like in your character and behavior. Come and learn the importance of the balance between spiritual and physical training in your continued walk with God.

## **Syrian Humanitarian Crisis**

*Suzanne Akhras Sahloul, Executive Director, Syrian Community Network*

This talk describes local services that are addressing the challenges of one of the great humanitarian crises of our time. The Syrian Community Network is a nonprofit group organized to support the anticipated influx of Syrian refugees scheduled for resettlement in the Chicago area, building bridges between the newly arrived refugees and local communities.

## **Elders are making plans to help members find rides to church**

Worship is at the center of Grace's faith community. When the Elders reviewed the results of the recent Every Member Visit program, it became apparent that some members need transportation to church on Sunday mornings.

This is an important issue that the Board of Elders will be working on over the summer. In June and July, as a first step, we are asking those members who cannot get to Grace on Sundays because of lack of transportation to call the Grace reception desk (708-366-6900). Let the receptionist know that you cannot get to Grace without transportation.

We will also need members who are willing to help provide transportation on Sunday mornings. We need your help even if you are available only on some Sundays. If you are able to help with this, please call the reception desk in June or July.

Once we have the names of those who need assistance and those who can help, the Board of Elders will study the information and determine how to proceed. We hope to have a plan ready by September. Please make those phone calls so that we can welcome more Grace members to worship on a regular basis.

Gick Schmidt for the Board of Elders

**May is "Usher Get-Acquainted Month."** Grace Ushers will be sponsoring a spring "Usher Get-Acquainted Month" in May where youth, adults and couples can "try out" being an usher for anywhere from one worship service to a month of services. There is no commitment, and if you wish to continue being an usher on an usher team, you may. No experience is necessary; there is on-the-job-training at both 8:30 a.m. and 11 a.m. services. Contact Chief Usher Don Heimbürger to get started. Email him at don@heimburgerhouse.com.

**Congregation meeting on June 4.** There will be a regular meeting of the Grace congregation following the 11 a.m. worship service on Sunday, June 4. The principal piece of business for the June meeting is the presentation of the budget for the fiscal year that starts on July 1, 2017. Please plan to attend.

# Stephen Ministers at Grace offer one-to-one spiritual care in time of need

Stephen Ministers are individuals who have been trained to provide one-to-one care to people experiencing a difficult time in life. Grace Church has had an active Stephen Ministry for more than 20 years, led by trained members of our congregation. On Sunday, May 7, Grace member Cindy Fudala will be commissioned as the newest Stephen Minister Leader here at Grace.

Cindy became a Stephen Minister six years ago. She had been asked to serve in a different leadership capacity here at Grace, but as she considered that position, she happened to learn about Stephen Ministry during a Mission Moment in a worship service. The speaker, Jeff Wood, described the unique role of Stephen Ministers as listeners and caregivers, and “it was like a lightning bolt to my heart,” said Cindy. “I knew this was what I was supposed to do.”

Stephen Ministers undergo 50 hours of training before they are paired with a care receiver. The coursework covers a whole host of topics including confidentiality and appropriate boundaries, as well as many practice sessions. As a Stephen Minister Leader, Cindy has completed significant additional training so that she can lead the Ministry here at Grace and train new Stephen Ministers.



Cindy describes herself as “the kind of person that my friends talk to. I seem to be the one who does the listening and encouraging and praying.”

Stephen Minister training focuses on listening skills. “You really learn to be a good listener, listening to someone pour out their heart.” Cindy describes it as “letting Jesus minister through you. It’s not hard, but it’s not the easiest thing in the world. You’re not there to solve problems. We’re the caregiver. Jesus is the cure-giver. He’s the one that heals.”

A Stephen Minister comes alongside a hurting person and meets with that person on a weekly basis to listen, care, encourage, pray, and provide emotional and spiritual support. This is no small thing. “To be visited by someone who understands what I am experiencing and brings me God’s message of inclusion, love and comfort is a precious gift,” said one care receiver recently, in a message shared with the Stephen Minister community here at Grace. Care receivers

may be experiencing difficulties such as grief, divorce, job loss, chronic or terminal illness, relocation,

loneliness or separation due to military deployment. Men are paired with men; women with women. The relationship between a Stephen Minister and the care receiver is confidential and caring.

Grace’s Stephen Ministers meet as a group twice a month on Monday evenings for supervision, which includes supporting one another, being accountable to one another, and praying together. The training course for Stephen Ministry is held approximately every two years. There will be a new class this fall, and there is always a need for additional Stephen Ministers. If you would like to learn more about becoming a Stephen Minister, please feel free to talk with Cindy (708-227-0814; cindyfudala@comcast.net). Or contact Kathrine Leis (kathy.e.leis@gmail.com; 708-445-0717) for more information.

If you would like to receive care from a Stephen Minister, please talk with one of the pastors.

It’s often said that it’s more blessed to give than to receive. “Somehow we come away so much more blessed by the person,” Cindy says. “You learn from them, too—and grow to love them.”



Cindy Fudala with her husband, Greg

# Church library books about God's creation

*"Let the whole creation cry, 'Glory to the Lord on high.'  
Heaven and earth awake and sing, 'Praise to our Almighty King.'"*

The Easter season continues through the end of May. You'll find books in the church library that celebrate God's creation in many different ways, with pictures and poetry as well as prose. Look for these titles and others on display in the church library and in the cabinet in the atrium. Please ask the person at the reception desk for assistance with checking out books in the glass case.

*In the Beginning, God: Creation, Culture, and the Spiritual Life*, by Marva Dawn (IVP Books, 2009). Theological reflections and personal anecdotes describing a cultural shift from God to humanity in general, explaining a stronger trust in the Genesis creation. [222 DAW]

*Of Earth and Sky: Spiritual Lessons from Nature*, by Thomas Becknell (Augsburg Fortress, 2001). Classic and contemporary selections draw us closer to the Lord of earth and heaven, God's handiwork and patterns for our lives. [242 BEC]

*A Watered Garden: Christian Worship and Earth's Ecology*, by Benjamin M. Stewart (Augsburg Fortress, 2011). Vital connections between elements of worship and care of creation as holy ground. [264 STE]

*A Timbered Choir: The Sabbath Poems 1979-97*, by Wendell Berry (Counterpoint, 1998). Poems inspired by the author's morning walks and meditations. [811 BER]

*Mr g: A Novel About the Creation*, by Alan P. Lightman (Pantheon Books, 2012). Religion in Literature selection from 2012. [FIC LIG]

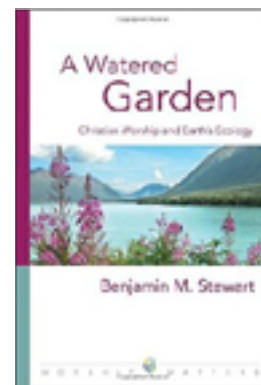
## Picture Books (Not for children only)

*In the Beginning, There Was No Sky: A Story of Creation*, by Walter Wangerin, Jr. (T. Nelson, 1986). Poetic prose weaves the Genesis account into a love story between the God of the universe and a child. [J 231 WAN]

*All Things Bright and Beautiful*, by Cecil Frances Alexander (Morehouse, 2000). This hymn describes the marvels of God's creation. [E 264 ALE]

*For the Beauty of the Earth* by Foliott Sandford Pierpont (Sparkhouse Family, 2017). This well-known hymn helps us celebrate the good things God has given us. [J 264 PIE]

Volunteers staff the library on Sunday mornings. It is open for self-service during the week. All are welcome to check out books.



## Save the date — June 3 — for a lakeside lunch and boat trip with Women at Grace

Women at Grace are planning a sailing outing on Lake Michigan on Saturday, June 3, to benefit the ELCA's International Women Leaders fund. The event begins with an 11:30 a.m. lunch at the Belmont Harbor/Chicago Yacht Club and continues with a 1-2 hour sail along the Chicago skyline aboard "Goodtimes," a beautiful yacht owned and provided for our outing by Christopher Lueking (weather-permitting).

The donation for the day is \$75.00 for both lunch and sailing. (Lunch only will be available for a reduced donation for those who prefer not to sail!) All proceeds from the outing will be matched by Women at Grace and will go directly to the ELCA campaign. Expenses for the luncheon and sail have been underwritten by the Christopher family and Chris Lueking.

Please sign up at the Grace reception desk. Make your check payable to Grace Lutheran Church and School with "Lunch and sail" on the memo line.

The ELCA's International Women Leaders fund supports emerging women leaders in the international community through educational seminars, exchange programs, in-country study programs, and degree programs at ELCA colleges and universities. Read more about it at [goo.gl/G3Bw4a](http://goo.gl/G3Bw4a).





## Rummage Sale Donations

**Bring boxed/bagged donations to the bin in the atrium**

Saturday, May 27	8:30 a.m. – 1 p.m.
Sunday, May 28	8 a.m. – 12:30 p.m.
Tuesday, May 30	9 a.m. – 3 p.m., 5:30 - 8 p.m.
Wednesday, May 31	9 a.m. – 3 p.m., 5:30 - 8 p.m.
Thursday, June 1	9 a.m. – 3 p.m.
Friday, June 2	9 a.m. – 3 p.m., 5:30 - 8 p.m.

**Bring donations directly to the gym**

Saturday, June 3	8:30 a.m. – 1 p.m.
Sunday, June 4	2 – 5 p.m.
Monday, June 5	9 a.m. – 3 p.m., 5:30 – 8 p.m.
Tuesday, June 6	9 a.m. – 3 p.m., 5:30 – 8 p.m.
Wednesday, June 7	9 a.m. – 3 p.m., 5:30 – 8 p.m.

**Call Julie Modrich at Grace to schedule large item pick-up on Saturday, June 3.** Click on the link at [graceriverforest.org](http://graceriverforest.org) to volunteer.

## YOUTH FUNDRAISER

Friday, June 9, 9 a.m.–6 p.m.

Saturday, June 10, 8 a.m. – 1 p.m.

## Register now for Vacation Bible School

*Step back in time with the Apostle Paul and experience what life was like in first-century Rome!*

Monday–Friday, June 12–16

8:30 a.m. – noon

For children age 3 through current 5th graders

Drop-off starts at 8 a.m.

Extended day available until 5 p.m.

**Confirmation Intensive for current 6th and 7th graders**

Monday–Thursday, June 12–15, 5:30–8:30 p.m.



**Volunteer at VBS.** This year's Vacation Bible School features lots of fun craft projects and learning activities. Teens and adults are welcome to join the fun. Email Julie Modrich ([jmodrich@graceriverforest.org](mailto:jmodrich@graceriverforest.org)) if you'd like to help out.

**Can you donate any of the following?** Bring items to the bin in the atrium: empty paper towel rolls; old flat sheets, any size, especially white, cream or earth tones; fabric remnants or scarves in earth tones; used throw pillows; used large beach towels.



# Passionate, fruitful, frustrating conversations on racism

More than 90 people who participated in the Lenten book discussion groups on ‘Waking Up White’ came to a potluck at Grace on Sunday, April 23, to talk

about their experience and consider what’s next.

Pastor Dave Wegner opened the table discussions with a quote from Christian activist Shane Claiborne:

Everything in our society teaches us to move away from suffering, to move out of neighborhoods where there is high crime, to move away from people who don’t look like us. But the gospel calls us to something altogether different. We are to laugh at fear, to lean into suffering, to open ourselves to the stranger. ... With [Jesus’] coming we learn that the most dangerous place for Christians to be is in comfort and safety, detached from the suffering of others.\*

(Common Prayer: A Liturgy for Ordinary Radicals, by Shane Claiborne, Jonathan Wilson-Hartgrove, and Enuma Okoro. Zondervan, 2010.)

Group participants had a chance to reconnect with one another over dinner. They were asked to reflect on what had shifted in their daily lives as a result of their conversations about racism, and many stories were shared. After dinner the groups were scrambled and people sat in new groups of 8-10 people from different discussion book studies. The discussion questions for this part of the evening looked into the future: How might this experience impact the way Grace does ministry now? What will support us here at Grace as we live out our Christ-principles in the light of what we’ve learned about racism? Who/what do we listen to or hear from next?

Notes from these discussions and from the evaluations completed by book group participants will be used as we move forward in ministry. Several individuals and groups have already lifted up a variety of learning and advocacy opportunities in which Grace members can engage right now. (See the box at right for upcoming events in our area.)

In the meantime, here are some closing thoughts, again from Pastor Dave Wegner:

These small group discussions and this time tonight is not about some “endgame” at Grace. There may be a thousand directions from which we could go from here. And of course, this may frustrate some of you hoping for a clear-cut plan of action for our congregation. Good. Use that. Use that passion and fervor and get connected to the many ways

organizations we support already make a difference, already work for social justice, equity, and equality....

In my mind, the goal of these small groups has already been accomplished: they happened. We began open and honest conversations about racism. And I believe we have not, and will not finish them. Born out of these conversations has been an increased sense of freedom and courage to unleash a

Gospel-laden, truthful conversation about racism here and in the community around us. I’ve already seen it. Maybe you have too.

So there may be many things that happen next. Speaking for the pastors and the Faith Perspective Team, we intend to continue providing ways for us to remember and engage our Christ-principles with regards to social justice. To do that, we will spend time in Scripture – we will dig deep into the life and ministry of Jesus, a life often lived, ministry often done on the fringe. We will let the uncomfortable, frustrating, irritated, revelatory, passionate, hopeful energy gained during these small group discussions propel us into a renewed sense of that for which we choose to live — the principles of God’s expansive, invitational, mysterious, and unending love.

**We began open and honest conversations about racism.**

**And I believe we have not, and will not finish them.**

## Learning and Advocacy Opportunities

### First Tuesday Film Club: “I Am Not Your Negro”

Lake Theatre, Oak Park. May 2, at 10 a.m., 12 and 7 p.m. Filmmaker Raoul Peck uses “Remember This House,” James Baldwin’s unfinished final manuscript, to examine race issues in contemporary America.

### Gospel Music Concert to Stop Gun Violence

with Dexter Walker and Zion Movement presented by Waging Peace. Saturday, May 6, 7 p.m. First United Church of Christ, 848 Lake Street, Oak Park. Free-will offering to benefit Build Chicago.

### Michelle Alexander and Naomi Klein in Conversation

May 9, 7 p.m., Auditorium Theatre, Chicago. Michelle Alexander is the author of “The New Jim Crow.” Call 312-341-2300 for ticket information.

### “Excuse me, your privilege is showing”

**Saturday, May 27, 1:00pm**  
Discussion hosted by Cheree Moore at Grace Episcopal Church, 637 S. Dearborn, Chicago. All women are welcome, no matter where you live.



# Tips to Help You Get Active

Sue Ames, Parish Nurse

You know that physical activity is good for you. Being active may help you look and feel better, both now and in the future. So what's stopping you? May is National Physical Fitness and Sports Month, a great time to get started.

## Why should I be physically active?

Regular physical activity may improve your health in many ways. Research shows that people who are overweight, active, and fit live longer than people who are not overweight but are inactive and unfit. Being more active may help you control your weight. Regular physical activity may also help prevent or delay type 2 diabetes, heart disease, high blood pressure, and stroke. If you have one of these health problems, physical activity may improve your condition. Regular physical activity may also improve your quality of life right now. Become more active and enjoy the benefits of a healthier lifestyle, like a happier mood, more energy, and a stronger body.

## How much physical activity do I need?

If you are a healthy adult, U.S. Government guidelines advise that you do these activities on a regular basis:

- Aerobic activities, like walking fast, jogging, or dancing. Aim for at least 30 minutes on most days of the week. To get more benefits, lose weight, or keep off weight you have lost, you may need more. Aim for 60 to 90 minutes per day. Try to be active for at least 10 minutes at a time without any breaks.
- Strengthening activities, or activities that make you push or pull against something (for example, lifting weights, doing sit-ups, using exercise bands). Aim for at least 2 days a week.

If you have a health problem like heart disease, high blood pressure, or diabetes, ask your doctor about the types and amounts of physical activity that are right for you. In most cases, you do not need to talk to your provider before starting an activity like walking.

Recent studies suggest that sitting down for long periods of time may lead to health problems, like diabetes, heart disease, and stroke. This was found even among people who are active at other times of the day. If you must spend a lot of time sitting down, take breaks to stand up and move around every 30 minutes, if possible.

## How can I start to be active?

**Pick an activity you enjoy.** If you do not like the exercise you are doing, it is hard to keep it up. List the activities you would like to do, like walking, joining a sports league, exercising with a video, dancing, biking, or taking a class at a fitness or community center. If you are already active, what types of activity can you add? Select an activity that sounds like fun and try it out

**Start slow and add a little more at a time.** The idea of doing 30 to 60 minutes of activity each day may seem like too

much at first. Start by being active 10 minutes on 5 days each week. Every few weeks, add 5 to 10 minutes until you are getting at least 30 minutes of activity most days.

## Set a goal, make a plan, and add it to your calendar.

Set short-term goals that are specific and that you can track. For example, instead of saying "I'm going to be more active this week," set a goal of walking 30 minutes a day, 3 days a week. Think of the days and times you could do the activity, such as first thing in the morning, during lunch break from work, after dinner, or on Saturday afternoon. Look at your calendar or planner to find the days and times that work best, and commit to those plans.

## Here are some ways to add physical activity to your daily routine.

Remember, every little bit counts.

- Do 10 minutes of exercise at a time. Spread these bursts of activity out throughout the day.
- Add a daily 15-minute walk during your lunch break or after dinner.
- Switch it up. Try a new activity each day like dancing or planting a garden to find out what you enjoy most.
- Make it social. Involve your family and friends in physical activity to have fun, spend quality time together, and stay on track. Train together with a friend for a charity event. Join a class or sports league. No matter what age your kids are, find an activity you can do together. Dance to music, take a walk, run around the park, or play basketball or soccer.
- Use videos. Work out to fitness videos or DVDs. Check out a different DVD from the library each week for variety.
- Enlist support. List the people — partner, sibling, parent, kids, or friends — who can support your efforts to be physically active. Give them ideas about how they can help, like praising your efforts, watching your kids, or working out with you.

*Adapted from resource information from National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institute of Health.*

## Health-Wise Wellness Class

**May 23, 1-2:30 p.m., in the church library**

Join Parish Nurse Sue Ames for this month's topic, "tWise Ways to Be Active." Call or email Sue to sign up (708-366-6900 ext 219; sames@graceriverforest.org).

## Wheel or Walk to Worship

**For summer family fun and wellness**

June 11, July 9, August 14 (second Sunday of the month). Park your wheels in the gym. Pastoral Blessing of the Bikes at 9:45 a.m. Watch the Weekly Announcements for details.

## GRACE NEWS

**SANDWICH-MAKING AT FRATERNITÉ.** Grace members will be packing lunches at Fraternité Notre Dame, 502 N. Central, on Monday, May 15, at 7 p.m. These lunches are given to people in need in the Austin community. Children and teens are welcome with their parents. Contact Kate Hogenson to arrange a ride.

**KNITTING/CROCHETING GROUP** meets on Tuesday, May 16, 1–2:30 p.m. in the church library. Contact Margaret Burke (mrburke42@gmail.com) for more information.

**LECTIO DIVINA** meets on Monday, May 22, from 10 to 11:30 a.m. in the church library. Contact MaryBeth Buschmann (312-802-5493; marybeth1942@sbcglobal.net).

**RETIRED LEADERS AND OTHERS** meet on May 9, 10 a.m., in the church library for a presentation from Mark Bangert on the theology of J. S. Bach. Guests are welcome.

**GRACE NOTES MAILING CREW.** A lively crew of volunteers led by Marlene Hallman gathers monthly in the church library to prepare Grace Notes for mailing. They will be at work on the June newsletter on Thursday, May 25, at 9:30 a.m. They welcome more helpers!

**CORNERSTONES BIBLE STUDY.** Older adults meet in the church library on Wednesdays through May 24. Come for food and fellowship at 10 a.m. and Bible study with the pastors at 10:30. On May 17 there is a service of Morning Prayer at 11:30 a.m. followed by a luncheon. The annual end-of-the-year picnic is on June 7 at 11:30 a.m. in the atrium.

**ROMEOS AND JULIETS** are on hiatus while they reorganize.

**FINDING HOPE,** the chronic illness support group, meets at Grace at 7:15 p.m. on Tuesday, May 2, at 7:15 p.m.

**RELIGION IN LITERATURE.** The book discussion group meets on Friday, May 19, 8 p.m., to discuss Daniel Defoe's "Robinson Crusoe." John Menet leads the discussion. Hosts are Karen and Bill Clapp. A copy of the book is available in the church library. All are welcome.

**REEL TALK,** the film discussion group, meets on Friday, May 12, at 6 p.m. in the church library to watch "Les Misérables."

## PRAYERS

**WE PRAY** for all who mourn the death of Ernie Tiemann. There will be a memorial service at Grace on Saturday, May 20, at 11 a.m.

**WE PRAY** for all who mourn the death of Roselyn Gieschen. There will be a memorial service at Grace on Saturday, May 13, at 11 a.m., with a reception following the service in Fellowship Hall.

**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 May:

**May 7** — Joe and Eileen Maggio, in thanksgiving for their 45th wedding anniversary.

**May 28** — In honor of Bill and Marion Brown's 60th wedding anniversary, from their children and grandchildren

## 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 or send a text.

## HIGH SCHOOL YOUTH

**HIGH SCHOOL YOUTH DINNER GATHERINGS.** High School Youth meet weekly on Sunday evenings for dinner at the homes of youth group members. Youth may either meet at the host's home at 5 p.m. or at church at 4:45 p.m. to carpool with adult leaders. Contact Pastor Lauren for more information (lwegner@graceriverforest.org) or if you are interested in hosting the youth group at your home!

**HIGH SCHOOL LOCK-IN.** High School youth come to Grace on Friday, May 5, for a whole night of fun and fellowship! We will gather at church at 6 p.m. for an evening that includes a trip to an escape room, outdoor worship at midnight, and plenty of time to simply hang out with friends. Contact Pastor Lauren (lwegner@graceriverforest.org) to RSVP.

Grace School JK through 4th grade present

# Oh, Jonah!

2017

## A Whale of a Tale

Friday, May 12  
9:15 am & 7 pm  
Grace gym • Freewill offering

Join Grace School's students from junior kindergarten through fourth grade for a musical presentation of the story of Jonah. Yes, of course, there's a whale, along with a host of other creatures who live under the sea, plus sailors, angels, the singing and dancing sinners of Ninevah, and Jonah's back-up crew. As the opening song says, it's "a whale of a tale." Guests are welcome at the 9:15 a.m. performance on Friday, May 12, as well as at the 7 p.m. evening show. Performances are in the Grace gym. Come learn how the prophet Jonah, with all his failings, is "a lot like you and me."

## News from Grace School

### **SCAMP day camp for children age 3-5.**

Grace School is once again offering a summer day camp experience for preschoolers age 3-5, taught by Grace kindergarten teacher Jackie Johnson. The two-week program runs from June 19-30, Monday through Friday, 9 a.m. to noon. Campers must be 3 years old by June 1 and potty-trained. The daily routine includes time for indoor and outdoor play, science and language exploration, arts and crafts, songs, and special events. Download the registration form by clicking on School at [gracriverforest.org](http://gracriverforest.org), or call Eileen Maggio in the school office for more information (708-366-6901). The fee for the two-week program is \$150.

**Enrollment for 2017-18.** If you are interested in enrolling a student in Grace School, or if you would like to know more about preschool, junior and senior kindergarten and elementary programs at Grace, please call the school office (708-366-6901) and set up an appointment to tour the school and meet with principal Bill Koehne.

## Students "Walk With Grace" to support their school



Grace School's final fundraising event of the school year is Walk With Grace, an all-school walkathon on Friday, May 26. Students ask friends and family members for monetary pledges. Classes walk varying routes and distances based on their grade level. Preschoolers walk a mile; junior high students walk six.

As the students walk through River Forest, they'll be collecting non-perishable food donations from homes along the route. The food is then distributed to local food pantries.

At the end of the walk there is lunch and a special all-school celebration as well as prizes for families raising the most money or having the most donations. Last year 26 families raised \$250 or more. This year's walkathon goal is \$25,000.

### **How to support Walk With Grace**

**Ask your favorite Grace student** about making a monetary pledge in his or her support.

**Sponsor a prize.** Walkathon organizers are looking for prizes: family-friendly fun such as tickets for laser tag, indoor mini golf, Sky Zone, the Navy Pier ferris wheel, Brookfield Zoo; or Target, Toys R Us, iTunes and Game Stop gift cards. To sponsor or donate a prize, contact Jen Brayton.

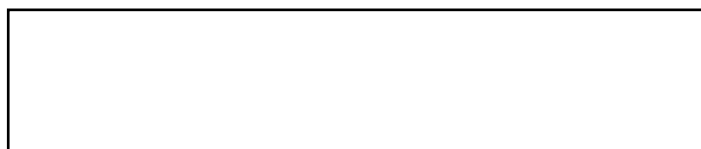
**Contribute to the food drive** by bringing your non-perishable food donations to Grace Church before May 26.

# Faith Promise Sunday is May 7

## *How you are being called to share abundantly?*

Your financial support ensures that the ministries entrusted to Grace Church and School grow and thrive to Jesus' glory. Please prayerfully consider your pledge for the 2017-18 fiscal year, and return your Faith Promise card to Grace in the offering plate on May 7.

**Thank you for your generous gifts and pledges!**



7300 Division St.  
River Forest, IL 60305

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