

March 2022

Grace Notes



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



Hudson Kenneth Gadek, son of Joy and Joseph Gadek, was baptized on July 25, 2021.

Springing into Lent by Pastor Troy Medlin

During these 40 days we are intentionally invited into the life that is our baptismal birthright, a life marked by dying to sin and rising again.

I cannot help but notice that the days are getting longer. The sun is hanging around a few more minutes each day. Led by the growing light we are getting ready to begin our 40-day Lenten pilgrimage. On March 2 we will gather for Ash Wednesday worship and enter our “spiritual spring,” as theologian Alexander Shmemann put it.

This spiritual spring of ours happens in a wilderness that is fertile and lush, fed by the flowing waters of our baptism. We are renewed in our faith day by day. On this path we return again and again to that pool of mercy where we are renewed by God’s promises to grow into who we already are, beloved children of God.

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Be on the lookout for signs of life along this Lenten journey

Continued from page 1

Our eucharistic liturgy reminds us that during Lent we “cleanse our hearts and prepare with joy for the paschal feast.” During these 40 days we are intentionally invited into the life that is our baptismal birthright, a life marked by dying to sin and rising again. Death leads to new life. God is always up to something more.

This new life flows like living water from our hearts and spills out in love towards our neighbors. We turn inward just to be turned outward again, from self-obsession to a life of self-giving. In our Lenten wilderness this is no longer a burden but a cross-shaped joy.

One way in which we at Grace will be sharing signs of new life with others during Lent will be by collecting toilet paper and diapers to share with clients of New Moms and the Forest Park and Harmony food pantries. The Social Ministry Committee is leading this project. There will be a bin in the atrium for donations throughout the month of March.

We turn inward just to be turned outward again, from self-obsession to a life of self-giving.

We do not travel through this wilderness alone. By faith we help each other see Easter dawning just over the horizon. We gather during this season around word, sacrament, and community on Sundays and again on Wednesdays for a meal and worship. Together we find signs of life springing up all over the place. Nourished in so many ways we grow together in grace.

Be on the lookout for signs of life all along this journey. On March 20, in the middle of Lent, we will observe the first day of spring. Each day in Lent we will be greeted by the rising sun. Creation itself insists that death will not have the final word. And each Sunday we will hear the word of forgiveness and take our place at the feast of our crucified and risen savior. Yes, feasting, even in Lent. We will encounter grief and hardship in the wilderness. But we can be assured that God is there — the God of Easter who brings life eternal to us and all creation. With this perspective let us *spring into Lent*.

Social Ministry projects serve others

Diaper and toilet paper drive

The Social Ministry Committee will be collecting diapers and toilet paper to be shared with people served by New Moms and area food pantries. Needed are disposable diapers in sizes 2-6 and pull-ups in sizes 2T and 3T. Toilet paper donations must be individually wrapped rolls or packages of 4-6 rolls. (Larger packages are difficult for food pantry clients to handle.)

Lunches for The Night Ministry

Grace will be supplying 100 lunches on March 16 and again on April 20 for people served by The Night Ministry in Chicago. Volunteers are needed to prepare 10 bagged lunches that include a sandwich (turkey and cheese or peanut butter and jelly are preferred), fruit, a snack (chips or fruit/granola bar), and a bottle of water. If you can help, please contact JoEllyn Dorsey at jdorsey32@juno.com or 708-250-1799.

Lunch distribution at The Night Ministry in Chicago



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. This issue was mailed via U.S. Postal Service Bulk Mail on Friday, February 25, with the hope that it will arrive in your mailbox no later than March 4. Copies are also available at Grace.

Deadlines and submissions. The April issue of Grace Notes will be mailed on March 31. The deadline for copy is Wednesday, March 23; the issue covers events through early May. Send news to ggotsch@graceriverforest.org. Please limit submissions to news relating to Grace Lutheran Church and School, its mission, ministries, and the benevolences the congregation supports. Articles should be no longer than 500 words. Submissions may be edited for length, clarity, and relevance.

Lenten worship: Praying the Psalms

by Pastor Dave Lyle

Ash Wednesday is right around the corner. For us at Grace this year, the season of Lent will be a time of prayer. Our focus, in our devotions and in our midweek worship, will be “Praying the Psalms.”

The psalms are God’s Word given to us that we might learn how to pray to God in God’s own words. The psalms are a rich collection, a prayerbook that moves us through joy, praise, and lament. Part of what makes the psalms so powerful is that they join us with God’s people throughout the world as they rejoice, praise, and lament. It matters not that it’s not our mood or frame of mind at that moment in time. It matters that, together, we are molded by these words from God’s own heart.

Dietrich Bonhoeffer in *The Prayerbook of the Bible* writes that “God wishes to hear us, not in the false and confused language of our heart but in the clear and pure language that God has spoken to us in Jesus Christ.”

Bonhoeffer continues,

[If] we want to read and pray the prayers of the Bible, and especially the psalms, we must not, therefore, first ask what they have to do with us, but what they have to do with Jesus Christ.

Jesus, the eternal Word who inspired the psalmists, also used the psalms in his own prayer life. He lived out their themes of joy and lament. For this reason, our midweek services will pair the psalm for that day’s devotion with a teaching of Jesus from near the end of his life, as recorded by John.

The midweek themes are:

- Lament and hope in times of trouble (March 9)
- Life in the light of God’s Word (March 16)
- Praise of God’s goodness and care (March 23)
- A dwelling place for all generations (March 30)
- Thanksgiving for the salvation of God (April 6)

I hope you’ll join us as we pray the psalms during Lent, in your household devotions each day and as we gather for fellowship and worship on Wednesdays. As Walter Brueggemann writes in *Praying the Psalms*:

The psalms are not used in a vacuum but in a history where we are dying and rising, and in a history where God is at work, ending our life and making a gracious new beginning for us. The psalms move with our experience. They may also take us beyond our own guarded experience into the more poignant pilgrimages of sisters and brothers.

So, sisters and brothers, let us make this journey of prayer together during Lent.



Ash Wednesday, March 2 Services of Holy Communion

8:30 a.m. With the school children
11 a.m. Followed by Cornerstones luncheon
7 p.m. Evening worship

Lent Mid-Week Worship Praying the Psalms

Wednesdays, March 9–April 6

Morning Prayer at 11 a.m.

Lunch is served in Fellowship Hall following the service on March 16 and 30.

Evening Prayer at 7 p.m.

Supper is served in Fellowship Hall at 6 p.m.



Devotions for Lent based on readings from the Psalms and written by Grace members are available in a booklet at Grace. The devotions are being published in two parts. Part 1 covers March 2–22; part 2 for the remaining days in Lent and Holy Week will be available by March 20.

The devotions will also be available daily online at www.habitsofgrace.blog. Scroll to the bottom of the blog page and enter your email address if you would like to receive a daily email with a link to the day’s devotion. If you subscribed to Grace Church’s Lent or Advent 2021 devotions, you’re already set up to receive the 2022 devotions.

WORSHIP

Wednesday, March 2, 11:30 a.m. and 7 p.m..

ASH WEDNESDAY

Joel 2:1-2, 12-17, Psalm 51:1-17, 2 Corinthians 5:20b--6:10,
Matthew 6:1-6, 16-21

Sunday, March 6, 8:30 and 11 a.m.

FIRST SUNDAY IN LENT

Deuteronomy 26:1-11, Psalm 91:1-2, 9-16; Romans 10:8b-13,
Luke 4:1-13

Sunday, March 13, 8:30 and 11 a.m.

SECOND SUNDAY IN LENT

Genesis 15:1-12, 17-18; Psalm 27, Philippians 3:17-4:1,
Luke 13:31-35

Sunday, March 20, 8:30 and 11 a.m.

THIRD SUNDAY IN LENT

Isaiah 55:1-9, Psalm 63:1-8, 1 Corinthians 10:1-13,
Luke 13:1-9

Sunday, March 27, 8:30 and 11 a.m.

FOURTH SUNDAY IN LENT

Joshua 5:9-12, Psalm 32, 2 Corinthians 5:16-21,
Luke 15:1-3, 11b-32

Sunday, April 3, 8:30 and 11 a.m.

FIFTH SUNDAY IN LENT

Isaiah 43:16-21, Psalm 126, Philippians 3:4b-14, John 12:1-8

ADULT ED

Adult Education classes meet at 9:45 a.m. on Sunday mornings in the lower-level Seminar Room and on Zoom. You'll find the Zoom link at GraceRiverForest.org > Faith Formation > Adult Ed. Classes are led by Grace members and guest speakers. If you have suggestions for Adult Ed programming, please contact Ted Anton of the Adult Education Committee (tanton@depaul.edu).

March 6

"From Atheism to Faith"

Jason Hill, DePaul University

A West Indian immigrant discussing his faith journey and challenging, thoughtful prescriptions from his new book on race in America, "What Do White Americans Owe Black People: Racial Justice in the Age of Post-Oppression."

March 13

"Empathy"

Jim Kerns, retired professor of anatomy at Rush University Medical Center

Where does empathy come from? What is the brain's role in empathy? How can we improve on its expression?

March 20 and 27

"Early Christian Leaders in North Africa"

Michael Graves, Wheaton College

An introduction to the early years of the church in North Africa and the region's influence on the development of the Christian faith.



March 27, 3:45 p.m.

Wo Gott der Herr nicht bei uns hält, BWV 178

Where the Lord God does not abide with us

Homilist Myron F. McCoy, First United Methodist Church at the Chicago Temple

Prelude Vivaldi: Concerto for 4 violins in B minor, RV 580;
Hillert: Prelude to Evening Prayer

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

Motet: Schütz: *Ich hasse die Flattergeister* (from *Der Schwanengesang*), SWV 489

Sarah Ponder, mezzo soprano ; Klaus Georg, tenor; Douglas Anderson, baritone

Bach Cantata Vespers Chorus and Orchestra, Grace Cantor Michael D. Costello, conducting

Meet Dave Pfeiffer, Grace's new Facilities Manager

Our new Facilities Manager, Dave Pfeiffer, brings a lot of experience with building maintenance to Grace, along with a friendly attitude and a habit of asking questions—including the all-important why. He has worked as a ramp safety supervisor for Southwest Airlines and has managed both residential and office buildings.

Dave had been planning to stay at a new job with a company in DesPlaines when the opportunity at Grace came up. Dave and his wife, Andrea, who is a Grace member, live nearby; she has spent time working in Grace Garden at the corner of Bonnie Brae and Division. It was Rich Brooks, the former Facilities Manager, who mentioned the job opening to Andrea and asked if she thought Dave would be interested. He was.

It's a job with a lot of scope, encompassing both church and school, separately and together. So far Grace feels like a good fit, Dave says, not because he knows everything about how the building should run, but "because there are so many answers I don't know. I'm not even sure of the right question to ask, but whoever I ask either gives me a good answer or points me in the right direction."

He knows that it's important to build relationships with the people at Grace. "They're a big part of what goes on here. Tell me where you want it and how you want me to do it, and I'll do it."

At Southwest Airlines, Dave was on a team that traveled to different airports, looking for ways to make things run better and more efficiently for both customers and employees. His efficiency training from that time sticks in his brain, so that he's always analyzing, looking for a better way.

"I'm very sensitive to how things have always been done traditionally, but I'm not one to just accept that 'we've always done it that way.' ... Why did you always do it that way? I'm like that four-year-old" he says, "who will keep asking why, why." He finds that the people you're asking often have good answers, though they may not know it.



Peter Modrich, Facilities Assistant, will work with Dave Pfeiffer, Grace's new Facilities Manager.

Jay DeVries, the Facilities Assistant, worked with Dave in his first week at Grace, as he began to learn about the building and all the things that happen here. But since Jay was leaving for a new full-time job at Walther Academy in Melrose Park, one of Dave's first on-the-job decisions was to hire Peter Modrich as Facilities Assistant. Peter was baptized and confirmed at Grace, along with his three siblings. His mother, Julie, is the Children's Ministry Coordinator. Peter, who is 22 years old, had been working on the late-afternoon cleaning crew, and Jim McClanahan in the business office agreed with Dave that Peter would be a great addition to the facilities team.

"Peter's a huge resource for me. ... We'll learn from each other. He can teach me about this building. I'll teach him the maintenance things that I know. It's a two-way street."

"I'm pretty sure I'm going to enjoy this," says Dave. "There are such good people. My job is to fit in with that and do my job well."

Solar panels, conservation efforts yield savings on Grace's electric bill

Grace Church's investments in renewable energy and energy efficiency are making a significant difference in our electric bills. The solar panels installed on the roof in the fall of 2019 saved almost \$5,000 in electricity costs in 2021 and an additional \$3,000 in ComEd delivery fees and taxes. This amounts to a total annual savings of about \$8,000, reducing our electrical bill 13.5% compared to pre-solar times. In addition the building's total consumption of electricity dropped by 15.8% in 2021, thanks to improvements in the heating and air conditioning systems and the installation of LED lightbulbs.

According to Jim McClanahan, Director of Administration and Finance, reports that with annual savings estimated at \$13,500 per year, Grace's recent investment of \$160,000 in energy efficiency will pay for itself in approximately 12 years.

Interested in lower your bills and conserving energy at home? Faith in Place offers information and resources at faithinplace.org/climate-change-energy



Children's Ministry projects

Many gatherings sponsored by Grace's Children's Ministry feature craft projects. In February, Sunday School students and kids who attended a Friday-night middle school party made gifts to share with older members of Grace. They used tissue paper and Mod Podge to decorate glass votive holders and used markers to decorate wooden hearts. The lights inside the votives and the hearts decorating the gift bags are reminders of the light and love of Christ that we share with one another.



Rummage sale planned for June

There will be a rummage sale here at Grace again in June 2022. Sale days are Friday and Saturday, June 10 and 11.

Rummage sale donations can be dropped off here at Grace beginning Saturday, June 4.

Vacation Bible School 2022

Kids from preschool through current 4th graders can look forward to a week of fun at Vacation Bible School this June, with five mornings full of stories, songs, crafts and games "Celebrating God's Greatness."

Registration opens in March. Click on the link at GraceRiverForest.org or in emails from Grace.

The VBS fee is \$45/child, or \$85/family.

Save the dates for Vacation Bible School
June 13 - 17

**A southwest adventure
for children age 3 through 4th grade!**

This year's Distinguished Alumni Award recipient studies human flourishing

At this year's Graceful Evening the Distinguished Alumni Award will be presented to Tyler J. VanderWeele, PhD, a 1993 graduate of Grace Lutheran School. Currently he is the John L. Loeb and Frances Lehman Loeb Professor of Epidemiology in the Departments of Epidemiology and Biostatistics at the Harvard T.H. Chan School of Public Health.

Dr. VanderWeele holds degrees from the University of Oxford, the University of Pennsylvania, and Harvard University in mathematics, philosophy, theology, finance, and biostatistics. His research focuses on methodology in the biomedical and social sciences, particularly on how we distinguish between association (where one variable provides information about another) and causation (one variable causes another). He has also done extensive work in the areas of perinatal, psychiatric and genetic epidemiology, the social sciences, and the study of religion and health.

VanderWeele serves as the Director of the Human Flourishing Program at Harvard and as Co-Director of Harvard's Initiative on Health, Religion, and Spirituality. He has published numerous articles on flourishing, the idea that human well-being consists of doing well in a broad range of areas: happiness and life satisfaction, mental and physical health, meaning and

VanderWeele has published numerous articles on flourishing, the idea that human well-being consists of doing well in a broad range of areas.

purpose, character and virtue, and close social relationships. He has also studied relationships between religion and health.

VanderWeele is married and he and his wife, Lisa, have two children, Jonathan, age 6, and Catherine, age 3. His hobbies include reading, piano, classical and choral music, tennis, skiing, food, and wine.



VanderWeele's message responding to the news of his selection as the Distinguished Alumni Award recipient for 2022, acknowledged the role of Grace Lutheran School in his life:

I am very happy to accept, and feel very honored indeed. Grace Lutheran School unquestionably played a very important role in my life and in my academic, social, and spiritual development. I am very grateful for the school and for all of the teachers that I had.

He will accept the award via video, since he cannot be present in person. His parents, who still reside in Oak Park, will be Graceful Evening guests.

GRACEFUL EVENING

**March 12, 2022, 5:30 p.m.
19th Century Club
178 Forest Avenue, Oak Park**

You don't have to be at the event to participate in the silent auction. Register at graceful2022.givesmart.com to follow the auction and bid on your phone. If you have questions about Graceful Evening, please email gracefulevening@graceriverforest.org

Read food labels to find out more about what you eat

March is National Nutrition Month. Here's some handy information about how to read nutrition labels. adapted from a hand-out published by the Academy of Nutrition and Dietetics. I'll have more information for you at the Health Cabinet table in the atrium on Sunday, March 6. Pat Gulik

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels can help you:

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
- Compare similar foods to find out which one is lower in calories.
- Look for foods that are lower in saturated fat, trans fat, sodium, and added sugars.

Start with the servings per container and serving size.

- Look here for both the number of servings in the package and the serving size (the amount for one serving).
- Remember to compare your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check out the total calories.

- Find out how many calories are in a single serving.

Let the Percent Daily Values be your guide.

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day.
- Remember: percent DV are for the entire day— not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- 5 percent or less is low — try to aim low in saturated fat, trans fat, cholesterol, and sodium.
- 20 percent or more is high— try to aim high in vitamins, minerals and dietary fiber.

Limit saturated fat, trans fat, sodium and added sugars. Eating less of these may help reduce your risk for heart disease, high blood pressure and cancer:

- Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fat.

- Limit trans fats to as low as possible.
- Limit sodium to less than 2,300 mg daily (for adults and children 14 years and older).
- Limit added sugars to less than 10% of total calories daily.

Get enough vitamins, minerals and fiber

- Eat more dietary fiber, vitamin D, calcium, and potassium to maintain good health and help reduce your risk of certain health problems such as osteoporosis.
- Remember to aim high for % DV of these nutrients.

Additional nutrients

- Carbohydrates — There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits, vegetables, and low-fat milk and yogurt.
- Proteins — Aim for a variety, including seafood, poultry, lean meats, eggs, beans and peas, nuts, seeds, and soy products.

Check the ingredient list

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

What health claims on food labels really mean

The FDA has strict guidelines on how certain label terms can be used. The FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce the risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, dietary fiber and some cancers, saturated fat and heart disease or high blood pressure and sodium.

Common claims seen on food packages and what they mean

- **Low calorie** — Less than 40 calories per serving.
- **Low cholesterol** —20 mg or less of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** — 25% less of the specified nutrient or calories than the usual product.
- **Good source of** — Provides at least 10% of the DV of a particular nutrient per serving.
- **Calorie free** — Less than 5 calories per serving.
- **Fat free / sugar free** — Less than 1/2 gram of fat or sugar per serving.
- **Low sodium** —140 mg or less of sodium per serving.
- **High in (or excellent source of)** — Provides 20% or more of the DV of a specified nutrient per serving.

FELLOWSHIP

Grace Notes mailing crew

This newsletter crew will be at work again on Thursday, March 30, 9:30 a.m. in the church library. Contact Marlene Hallman (708-562-5476), or just come!

Cornerstones

Bible study for seniors on Wednesdays. Treats and fellowship at 9:30 a.m. and Bible study with the pastors at 10 a.m. There is worship at 11 a.m. on Wednesdays in Lent. Lunch is served in Fellowship Hall on March 2, 16 and 30.

Theology on Tap

Come for community and monthly conversations about faith and life. The next gathering is on March 24. Email Pastor Troy (tmedlin@graceriverforest.org) for more information.

Moms of Littles

Mothers with children of any and all ages, infants through teens, meet at 6:30 p.m. at Grace on the first and third Thursday of the month for community and support. Contact Sabrina Maggio (sabrina.maggio713@gmail.com) for updates.

Dads of Grace

Join Pastor Lyle and other dads on March 28 at 7:30 p.m. for an evening of fellowship. Email Pastor Lyle for the particulars (dlyle@graceriverforest.org).

Men of Grace

The Men of Grace group meets at Grace on the last Saturday of the month, 9 a.m. Email Pastor Troy for more information (tmedlin@graceriverforest.org).

Yoga

Weekly yoga classes with Ackli Howell resume on Thursday, March 3, 6:30–7:30 p.m. in Fellowship Hall. Bring your own yoga mat and a blanket or large towel. Please wear a mask; the instructor requires proof of vaccination. There is no fee for the class, but a good will offering will be appreciated. Questions? Please call Ackli at 708-516-2701.

Religion in Literature

Religion in Literature will meet March 18 to discuss John Hersey's "Hiroshima," led by Barbara Hofmaier. The book was originally published in 1946, but we would like everyone (if possible) to read one of the editions (1985, 1989, 2010) with chapter 5, "The Aftermath," which Hersey added after his return to Hiroshima 40 years later. Two copies are available in the church library. Contact jill.baumgaertner@wheaton.edu to be added to the email list for this group.

Finding Hope

This support group for people with chronic illness meets on the second Friday of the month at 10 a.m. The next meeting is on February 11. Contact Judie McDonnell (judie.mcdonnell@att.net) for more information.

Retired Leaders

This group of retired Christian men and women in former leadership positions in the church or community meets March 8, 10am, in the church library and on Zoom. The presenter will be David Pope, discussing the Oak Park Residence Corporation's work on racial and ethnic diversity.

Moms of High School Teens and Young Adults

The new fellowship group Moms of High School Teens and Young Adults fosters community among women whose children are growing up into adulthood. Everyone is welcome at group gatherings, as we encourage and support one another in faith and life, serve together at Grace Church, and enjoy one another's company at social events. Watch for news about upcoming monthly activities.

THANK YOU

Dear Grace Friends,

Thank you so much for all the support, encouragement, prayers, cards, kind words and amazing stories that you have shared with us as we celebrated the life of Jerry Koenig. We truly appreciate all your love and care. Grace was home to Jerry because of all of you!

Love from the Koenig Family

PRAYERS

The weekly **Prayer List** can be found in the worship bulletin on Sunday. Contact Esther Armstrong (708-366-6900 ext 207; earmstrong@graceriverforest.org) to be included on the published prayer list. Contact Kathy Lucht (kathy.lucht@gmail.com) or Kathy Garness (KMGfinearts@comcast.net) with confidential prayer chain requests.

WE CELEBRATE with Adina Klein and Nathan Krout, married on February 19.

Building hours

Monday through Friday, 7:30 a.m. to 5 p.m. During Grace School's spring break (March 28–April 1), the building will be open from 8:30 a.m. to 3:30 p.m. Also open weekday evenings and Saturday mornings for scheduled activities.

Sundays, 8 a.m. to 12:30 p.m., and for scheduled activities in the afternoon and evening.

Please continue to wear a mask when you come to Grace during the school day and for worship services.

Pastors' emergency phone

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

Hearty thanks from Harmony!



Thank you so much to all who participated in creating the bags that went to the seniors that participate in the Harmony Food Pantry Senior Delivery Program! That includes all who donated food and personal items, the teens and the confirmands who filled the bags, and the Sunday School children that colored notes and sent words of encouragement to be included in the bags.

It was greatly appreciated. Mady, one of our seniors said it best in a text she sent:

Regarding my food bag: Yes, the contents of the bag clearly sent a message of love and thoughtfulness! Thank you! 💕

Experiencing moments of frustration and lack luster is momentarily forgotten; closed in a bag of careful consideration and benevolence has made my morning a wonderful delight! Thank you with all my heart! 💕💕💕

Enrollment season continues at Grace Lutheran School

Grace School is now accepting applications for the 2022-23 school year. There are openings at every grade level, and of course, admissions director Tina Baird is especially interested in filling early childhood classes for three, four, and five-year-olds.

If you are interested in enrolling a child in early childhood or elementary programs at Grace, now is the time to schedule a visit. Please call the school office (708-366-6901) for more information. Learn more about the school at the website GraceSchoolRF.org.

Share the good news about Grace School

Word of mouth is the best kind of advertising for Grace Lutheran School. If you know families in the area with young children who may be looking for a preschool or a Christian elementary school, tell them about Grace!

Grace Lutheran School Faith ■ Academics ■ Character



Early Childhood age 3 to 5

- All-day kindergarten
- Half-day and full-day programs for 3- and 4-year olds
- We learn about God's love!

Elementary grades 1-8

- Caring, experienced teachers
- Challenging curriculum
- Support for individual learning needs
- Music, art, and sports teams
- Before and after-school care available

Learn more at GraceSchoolRF.org

**GRACE
LUTHERAN
CHURCH
& SCHOOL**

Schedule a visit

Call 708-366-6901

Or email Tina Baird

(tbaird@graceriverforest.org)

Biographies of accomplished Black Americans brought to you by the fourth grade

Black History Month at Grace School this year included special assignments in many grades. In fourth grade, teacher Ruthi Brucato assigned a biography project. Students wrote about accomplished Black Americans. Their choices ranged from authors to sports figures, artists, activists, and even a rock climber. Here are some of their reports.

Ida B. Wells-Barnett by Shelby Beals

Born on July 16, 1862 in Holly Springs, Mississippi, Ida B. Wells was the oldest of eight children. She had a strong will that would help with taking care of her siblings. When Ida was sixteen, a Yellow Fever Epidemic struck through Holly Springs. Lots of people got the disease and died. Sadly Ida's parents and a baby brother died from the Yellow Fever Epidemic.

Neighbors were complaining about Ida's siblings not having a guardian. Ida was sick of everybody bickering about the children, so she stood up and said that she would be taking care of them. Everyone didn't think that Ida could handle it but she managed. ...

Ida was also an activist and a journalist. Ida was also one of the founders of the National Association of the Advancement for Colored People. Sadly, Ida died in 1931. Ida was full of determination, strong beliefs, and dedication. One lesson that I learned from her is to be persistent and to not give up....Learning about Ida has changed me because I know I should keep moving even when it gets hard.

Stevie Wonder by Anders Lyle

Stevie Wonder is an amazing person....His early life was difficult. He was born six weeks early, causing him to become blind. But little Stevie did not let that stop him. Wonder can do things that people that can see can't do.

Wonder had an early gift for music. He taught himself how to play harmonica, piano, and drums all before the age of ten. In 1961, when Stevie was eleven years old, he went to Motown Records to audition for the company. The man who founded Motown, Berry Gordy, heard Wonder. He was amazed. People convinced Mr. Gordy that Stevie could be a star. Though Stevie was under eighteen, Mr. Gordy couldn't send him away. Stevie's first album, "The Jazz Soul of Little Stevie," was released in 1962, when Wonder was twelve years old.

One of Wonder's main accomplishments was making music while blind. Another big accomplishment was winning twenty-five Grammys! ... His most popular song is "I Just Called to Say I Love You." He has many more hits. Wonder also helped make Martin Luther King Jr.'s birthday a holiday. He inspired many people that anyone can do anything, even if they have a disability.

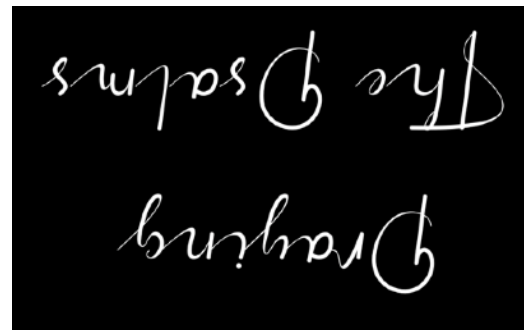
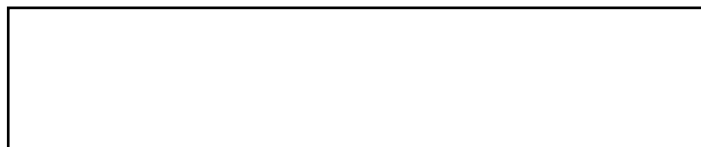
Charles Crenshaw by Avery Tan

Who was Charles Crenshaw? Charles Crenshaw was the first African-American to summit Mt. McKinley, which in 1980 was changed to Denali, which in Indian is "The Great One." Mt. Denali is the biggest mountain in North America. Let's learn more about the amazing Charles Crenshaw!

His birthday is September 11, 1971. He grew up in Arkansas and his dad was a tailor and they didn't have much money. When he was 18 he joined the army with his brother Milton at the start of World War 2. He joined the Tuskegee Airmen. Charles was brave, persistent and adventurous....After the war he got the GI Bill and went to Morehouse College and the University of Chicago and got his masters degree in engineering.

He started rock climbing when he was 40 years old. He was invited to summit Mt. McKinley with 17 others....It took one month to summit Mt. Denali but he didn't give up. Mt. Denali was a big deal. It is 6,190 meters tall or 20,310 feet. Now believe this ... he was 42 years old! I know that is MIND-BLOWING!

Now reader, make connections. I'll go first. I am a rock climber. I have goals and I practice. Think about your answer. Have you been changed? I sure have. Now I feel more motivated to do more and do better every time I climb.



*For God alone my soul waits in silence,
for my hope is from him.
He alone is my rock and my salvation, my fortress;
I shall not be shaken.*

Psalms 62:5-6

Daily devotions for Lent 2022, written by members of Grace.

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