

Grace Church and School Picnic Today

The annual Grace Church and School picnic is today! Join us after the worship service for food, fellowship and fun in Fellowship Hall. You can enjoy the gathering even if you didn't register. All are welcome!

Faith Formation

Our 2023-2024 Faith Formation program begins on Sunday, September 17 with Sunday School, Confirmation, Teen Talk and Bible Study. Adult Education resumes September 24. This year's Adult Education schedule is also available online at www.GraceRiverForest.org/FaithFormation/AdultEducation.

No Bible Study on Sunday, September 10

We will not be gathering this morning due to the picnic. The next session is September 17, at 8:45 a.m. in the conference room. We will study *God's Law is Love* by Augsburg Fortress. Participant Guides are available at the front desk, and everyone is invited! If you have questions, contact Julie Hinz at jhinz@graceriverforest.org.

New Member Class

If you are interested in becoming a Grace Lutheran Church member or simply learning more about this community of faith, we have the perfect opportunity. New member classes begin October 15. We will meet at 11:15 a.m. each Sunday to talk about what it means to be Lutheran and get to know one another. If you are interested or have questions, contact Julie Hinz at jhinz@graceriverforest.org

Last Sunday's Attendance: 205

Harmony Welcome Back Party

Harmony Community Church is hosting a Welcome Back Party on Tuesday, September 12, at 6:30 p.m. at Harmony Church (1908 S. Millard Ave., Chicago, IL 60623.) Families, tutors and instructors will be present and Grace families (especially students, tutors and partners) are invited to participate! This is a great opportunity for fellowship before the start of the tutoring sessions (September 19) and Community Arts (September 21.) You can also register your child for tutoring sessions or classes during the event. For more information, go to harmonycommunitycares.org/kids or contact Sue Foran at susanforan4@gmail.com.

The Loss of a Spouse Seminar

On September 17, we will be offering “The Loss of a Spouse” seminar from noon to 2:00 pm in the Grace church library. The seminar is co-sponsored by Grace Lutheran Church and St. Giles Catholic Church of Oak Park. This practical, hope-inspiring seminar uses a biblical perspective and features video interviews with top Christian experts on grief and recovery as well as personal testimonies from widowed men and women. Attendees will receive a booklet filled with practical tips, encouraging words, insights from Scripture, journaling ideas, and exercises for daily help in their life ahead. The event is free, and a light lunch will be served at the beginning of the meeting. To register, email gracechurch@graceriverforest.org or call 708-366-6900. For more information, contact facilitator Linda Bernard at 773-259-4720. All are welcome.

GriefShare Seminar Series

A new offering of the 13-week GriefShare seminar series begins on Thursday, September 21. The sessions will be held on Thursdays from September 21 to December 28, from 9:00 to 11:00 a.m. in the church library. Your bereavement experience may be recent or not so recent. Whether you are grieving the loss of a spouse, child, parent, sibling, grandchild, other family member, or a friend, and no matter what the cause of your loved one’s death, you will find encouragement, comfort, and help by being with others who understand what you are feeling. To register, go to GriefShare.org, click on Find a Group, and use the River Forest zip code (60305) to locate our group; call 708-366-6900; or email gracechurch@graceriverforest.org. All are welcome. See the GriefShare schedule below.

- September 21: Is This Normal?
- September 28: Your Grief Journey (meeting in the conference room)
- October 5: Loneliness & Sadness
- October 12: Self-Care
- October 19: Fearful & Overwhelmed
- October 26: Anger (meeting in the conference room)
- November 2: Regrets
- November 9: Grief & Your Household
- November 16: Grief & Your Friendships
- November 23: no meeting (Thanksgiving)
- November 30: Questions for God
- December 7: Stuck in Grief
- December 14: Hope & Resilience
- December 21 *or* December 28 (TBD): What Do I Live For Now?

Fellowship Groups

Yoga with Ackli

Yoga classes with Ackli are held from 6:30 to 7:30 p.m. in Fellowship Hall. Everyone is welcome. You do not need prior yoga experience! Classes are gentle and we focus on alignment for strength and flexibility. Bring a yoga mat and a beach towel or blanket with you to class. Please dress in clothing that you can comfortably move around in. If you have questions about class or yoga in general, please call Ackli at 708-516-2701.

Cornerstones

This group for seniors meets Wednesday mornings for fellowship at 10:00 a.m. and Bible study at 10:30 a.m. in the Church Library. The next fellowship with Bible study is on September 13. Contact Esther Armstrong with any questions at earmstrong@gracriverforest.org.

Moms of High School Teens and Young Adults

This new fellowship group fosters community among women whose children are growing up into adulthood. Contact Jessica Bullock (jesbullock23@gmail.com) to be added to the group email list.

Knitting Group

The knitting group meets on the third Tuesday of every month in the Church Library. The next meeting is on September 12, 1:00–2:30 p.m. Beginners are welcome! Contact Karen Eckstein (ecksteinkaren2@gmail.com) with questions.

Theology on Tap

Come for community and monthly conversations about faith and life. The next meeting is September 22, at 7:00 p.m. at One Lake Brewing Company. Email Pastor Troy (tmedlin@gracriverforest.org) for details or to be added to the email list.

Religion in Literature

The Religion in Literature group will meet September 15, 7:30 p.m. to discuss Dostoevsky's *Crime and Punishment*, led by Steve Peterson. Two copies are available for checkout in the church library. Linda and Bryan Bernard will host in their home at 1840 N New England Ave., Chicago. To be added to the email list, please contact jill.baumgaertner@wheaton.edu. All are welcome!

Retired Leaders

The Retired Leaders group meets monthly for presentations on a variety of topics. The next meeting is on September 12, 10:00 a.m. in the church library. Pastor Karl Reko will speak on cross-cultural experiences in mission in a presentation titled "Mission: Then and Now." The group includes retired pastors and individuals from other vocations. All are welcome!

Moms of Littles

Mothers of children age infants through teens meet in person on the first and third Thursdays of the month, 6:30 p.m. Contact Sabrina Maggio (sabrina.maggio713@gmail.com) to be added to the email list or learn more about the group's updated meeting schedule.

Dads of Grace

The dads of Grace gather offsite for evenings of fellowship once a month. Email Pastor Dave Lyle for more information (dlyle@graceriverforest.org).

Men of Grace

The Men of Grace group meets on the fourth Saturday of the month at 9 a.m., in the youth center. The next meeting is September 23. Email Pastor Troy for more information (tmedlin@graceriverforest.org.)

Finding Hope

The support group for people with chronic illness meets on the second Friday of the month. The next meeting is October 13, at 10:00 a.m. in the church library. Contact Judie McDonnell (judie.mcdonnell@att.net) for more information or if you need to arrange a ride. <https://graceriverforest.org/blog/grace-links/>



New Books in the Library

This month the church library is featuring some books new to the collection, as well as several from the many available about Johann Sebastian Bach and Bach Cantatas. All are on display either in the atrium case or in the library, waiting to be checked out. You can find the list of the library's new books at

<https://graceriverforest.org/blog/grace-links/>