AMAZING GRACE CONNECTIONS

OUR MISSION: faith | family | community



COMMENCEMENT AT CORONA COLLEGE

Getting Schooled by COVID 19

JUNE 2020

School may have been cut short last year, and still be up in the air for the Fall, but the lessons learned there for all ages will definitely be applied as we graduate to the next phases of the 2020 pandemic.

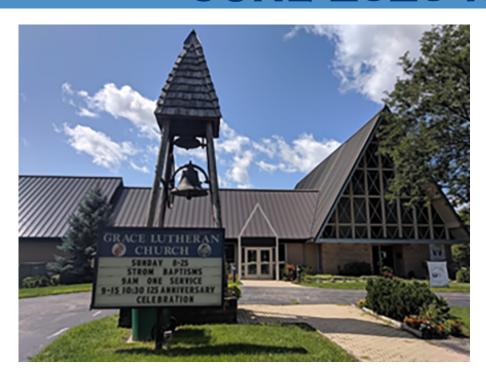
"I give you sound learning, so do not forsake my teaching. For if you follow it, you will live. Get wisdom, get understanding; do not forget my words or turn from them." Proverbs 4:2, 4-5

"When someone who is conceited gets his punishment, even an unthinking person learns a lesson. One who is wise will learn from what he is taught." Proverbs 21:11

What has this pandemic taught us? And what still do we need to learn as a Church and as a community?

AMAZING GRACE CONNECTIONS

JUNE 2020 ISSUE



Welcome to Amazing Grace Connections, Grace Lutheran Church of Lily Lake's newsletter!

For article submissions and announcements, please email your submission to churchsec@graceoflilylake.com by the 15th of each month to be included in the next newsletter!

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FOR ARTICLE AND ANNOUNCEMENT SUBMISSIONS CONTACT

churchsec@graceoflilylake.com

CONTINUING COURSES IN CALCULATION AND CALESTHENICS

WRITTEN BY PASTOR DAWN ROUCKA

Many of us have already finished school, yet we know that to stop learning is not an option. We continue to learn life lessons and make up or remedial classes all our lives. Although not many of us can yet appreciate all we have learned and experienced this winter and spring at Corona College. What a gamut of lessons we have had to learn and endure. From the ABC's of bacterial science, practicing work-life balance, and "bell curve" distributions to how history repeats itself, science matters, mask sewing 101 and the politics of socal science. We have experienced the hard lessons of economic failures, reoccuring bankruptcies and debt in our lifetime. We have accumulated a knowledge of what is or isn't essential. Many have learned to fly while building the proverbial plane. Some have figured out the difficulty to home-schooling. Many have suffered the stigma of being isolated and alone. Many students were stifled in their growth, matriculations and advancements. Others unable to celebrate their achievements.

We certainly have figured out the math of calculating 6-10 feet on the fly, or found creative ways to keep the proper healthy distance. We have cultivated a new interest in science and the how, and from where, new vaccines may come and how long they will have to be safety tested. We have new vocabularies – "Zooming", "social distancing", "anti-bodies". We have developed new appreciations for teachers, testing and postive outcomes. The creative arts of sewing/mask making, cooking and making your own fun have come back into vogue. We all have probably completed some series on Netflix and maybe even mastered the cable shortcuts or figured out our remote.

But we are not graduates, let alone professors yet of the Covid-19 Corona pandemic. I would even venture to say that some of us have found we have failing grades insome subjects. We still have not learned to fact check well. We have not learned our history lessons. We continue to allow partisan politics to plague our nation and not learn that it is "We the People" who can create a more perfect union. We have a lot of work to do to upgrade our curricula in ethics, economics and social sciences. And we have a failing grades in diversity, the politics of health, imagination and common decency.

I am curious what lessons you have learned? And what you will now become a student of? Or have you gotten over it and become a dropout?

There have been things I have dropped out of – putting on make-up and worrying over my appearance as much. Even the daily meditations on my FaceBook page have dropped out. But I have become a student of streaming our church services, stage lighting technology, social media navigation, the art of building community and ways to show compassion and help from a distance. Personally, I have not yet busted through

my fear of staying healthy or eating healthy every day. But I have found a new connection to gardening, birding and cooking.

Oh, and we still have so much to learn in managing and mitigating not just this virus, but all the fallout and spread from its evil genius. As we get ready to matriculate to phase 3 of the Illinois plan to return to "normalcy", please remember we are all changed and advanced by this pandemic and there really is no going back to what was. We will create new normals, however.

And there are still a lot of mathematics to be calculated and or hoops to jump. Especially for us in the church. It has become a political football for



sure, but I pledge to stick to the science and what is religiously and ethically right for our community. The whole community. Born out of love for God and neighbor.

The leadership and I are meeting prior to June 1st to continue talking about how Grace graduates to the next phases of Corona class and contagion management. Hopefully, it will be complete and we will articulate the plan very soon. Please stay tune for that.

Below are some of the lessons we still get to learn, the re-entry calculations to be made and the formulation of our own rigorous calisthenics program.

RELIGION – The building is not the church, WE are the CHURCH and we are essential to our community and society. How can we be Jesus for each other and our community?

MYTHOLOGY - Medical professionals are the real super heros; along with teachers, scientists and those holding out hope.

DRAMA - We would like to observe but not participate in this for a while.

SOCIAL STUDIES – We must learn to be kind to one another, to find joy in simple things, and to not let fear diminish our minds or our capacity to care.

BIOLOGY - Washing our hands is incredibly important.

SPELLING - EP-I-DEM-I-OL-OGY

HISTORY - When influenza struck the US in 1918, different cities responded in different ways. Some were able to learn from the mistakes of those that had been hit first. Cities that implemented stringent controls, including school closures, bans on public gathering, and other forms of isolation or quarantine, slowed the course of the epidemic and reduced total mortality. Will we learn from history or repeat it?

ECONOMICS – We are in this together and need to care for one another. Give and share where you can. Divide what you've got so there is more to go around (This is God's math).

INTERNATIONAL RELATIONS – Other countries can teach us, the good of USA, a lot. Are we patient and humble enough to learn? Can we exercise some diplomacy and hospitality to all nationalities, and become aware of our prejudices and bias?

CALISTHENICS – We need to set a new training program, including: Learning to hold our tongues as we stretch our minds and our patience. Exercising tolerance and compassion. Strengthening our resolve to learn from this and practice everyday. Also, understanding that politics is not a sport, or a reality show, it is about real people who need to really work as a team to make the world go 'round. And we need to exercise our right to vote.

We have to exercise our patience in getting back together. Some will be ready; others not as much. Some will wear masks for themselves and for others; others will feel stretched to be asked. What weight can you bear? How will you spot others? What training do we need as a church to better develop our responsive muscles to help our community? Are you willing to forgo Holy Communion from your diet for a time? Will you be ready to not give singing in public a workout? What hoops are you willing to jump for helping another person?

I invite you to share what you have learned or perhaps still need to from this crash course in novel corona. It is in this sharing we can instruct each other and get each other through the program.

Perhaps we can be as energetic in training ourselves to learn all there is to learn about ourselves so we can master the many over the one and one vs. many complex; and be doctors of developing discipleship. Maybe next time we can even be Professors of pandemic management.

Let us commence the contagious caring and community building as our career from our collegiate courses at Corona College.

O God, we thank you for the lessons we are learning both willingly and unwillingly from this pandemic. We thank you for your Church, which helps us see reality, know hope, build trust in you and others, provides safety and security and reminds us that we are loved. Continue to grow and teach us. Give us strength and peace to be good students and disciples.

We pray for students everywhere that they grow in you and in life. We pray for those who school years were cancelled, graduations gutted, proms put off and friends forced away, give them courage, hope and strength and good teachers along the way. Help us all find ways to be following the plan you have for our lives. In Jesus' name we pray. Amen





Better your health and well-being - keep a journal

WRITTEN BY JOHN VERNER

Better your health and well-being - keep a journal

Christians are called to be caretakers – *stewards*, the careful and responsible management of something entrusted to one's care – of all God's gifts. These gifts include our bodies. God created humankind in God's Image as a bodily being (Gen. 2:7) and declared that it was very good (Gen. 1:31). Christ came in the flesh (John 1:14) and in Him the fullness of God dwelled. Christians, in whom Christ has promised to dwell within, know that "YOUR BODY is a temple of the Holy Spirit, who is in you, whom you have received from God?" (1 Corinthians 6:19) and that they are called to "offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship" (Romans 12:1). Therefore, our bodies have purpose.

We spend much of our brief lives tending to our bodies through sleep, food and physical activity. Too often we ignore our mind, through sharpening or learning. Scripture also calls us to tend to this part of the gift. (Romans 12:2, Philp 2:5)

Are you looking to better your overall health and well-being? Studies show keeping a journal helps.

Reduces Stress. An overabundance of stress can be damaging to your physical, mental, and emotional health. It is proven. Journaling is an incredible stress management tool, a good-for-you habit that lessens impact of physical stressors on your health. In fact, a study showed that expressive writing (like journaling) for only 15 to 20 minutes a day three to five times over the course of a four-month period was enough to lower blood pressure and improve liver functionality. Plus, writing about stressful experiences can help you manage them in a healthy way. Try establishing journaling as a pre-bedtime meditation habit to help you unwind and de-stress.

Improves Immune Function. Believe it or not, expressive writing can strengthen your immunity and decrease your risk of illness. Those who journal boast improved immune system functioning (it strengthens immune cells!) as well as lessened symptoms of asthma and rheumatoid arthritis. Expressive writing has been shown to improve liver and lung function and combat certain diseases; it has even been reported to help the wounded heal faster.

Keeps Memory Sharp. Journaling helps keep your brain in tip-top shape. Not only does it boost memory and comprehension, it also increases working memory capacity, which may reflect improved cognitive processing.

Boosts Mood. Want more sunshine in your life? Try journaling. A unique social and behavior outcome of journaling is this: it can improve your mood and give you a greater sense of overall emotional well-being and happiness.

Strengthens Emotional Functions. Related to mood is how journaling benefits overall emotional health: As journaling habits are developed, benefits become long-term, meaning that diarists become more in tune with their health by connecting with inner needs and desires. Journaling evokes mindfulness and helps writers remain present while keeping perspective. It presents an opportunity for emotional catharsis and helps the brain regulate emotions. It provides a greater sense of confidence and self-identity. Journaling can help in the management of personal adversity and change and emphasize important patterns and growth in life. Research even shows that expressive writing can help individuals develop more structured, adaptive, and integrated schemes about themselves, others, and the world. What's more, journaling unlocks and engages right-brained creativity, which gives you access to your full brainpower.

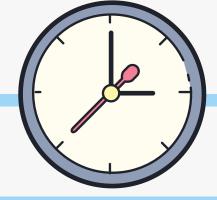
Truly, journaling fosters growth and health. Be a good steward; take good care of you.

VBS ANNOUNCEMENT

WRITTEN BY TWYLA STROM

As we all know, this has not been a typical year and as Grace's VBS Leader, it has not been easy to figure out how to still have VBS this year. Luckily, I have a great team of George Theros and Marty Bradley and we have been weeding through different online options, as we know we cannot hold VBS like usual. This year we will be holding a three-day VBS that will be Virtual. This will be for all ages to enjoy and if all goes well, we will be rolling "BOLT" out on June 23 – 25th. Lessons will include the Parable of the Sower and the Seed, Jesus Walks on Water, and Jesus Chooses his Disciples. Stay tuned for more information!

OFFICE HOURS



WRITTEN BY CHEYENNE WATKINS

Due to the lockdown/quarantine, church secretary Cheyenne Watkins will not be in office at the church. However, she is still able to work from home on anything Grace related.

The new "office hours" are Monday-Friday 1PM-4PM. Please email chruchsec@graceoflilylake,com if you need to get in touch or have anything to be worked on. Additionally, Cheyenne will be at the church office every Wednesday from 1 PM to 4 PM and will be checking phone messages there.

TAGGING GRACE OF LILY LAKE LUTHERAN ON FACEBOOK

Many of you have wonderful and creative ideas for ministry that would be worth sharing with all of us: things that we can initiate at our own at home for the good of others. And still others have gifts that can be shared: music or humor or a positive saying or thought that would be uplifting. We invite all of you who desire to do so, to share your stories, ideas and gifts via our Grace of Lily Lake Lutheran Church Facebook page. Here's how: Would you like to "tag" Grace Lutheran on your Facebook post? It is very simple, just include "@Grace of Lily lake" in the body of your text!

COFFEE, TEA (BYOB) AND THEOLOGY TUESDAY BIBLE STUDY



Join us for Coffee, Tea and Theology on Tuesday mornings from 9:00 Am – 9:45 AM on Zoom. Let Pastor know you are interested and she will give you the "secret" code to get in.

On Tuesday, June 2nd we began a new series, "A Church is Born! A study of the Book of Acts" focusing on the early Christians and their struggle to find their way as a new Church through all of life's ups and downs. Pastor will send an outline and study questions for each week. Bring your Bible.

LOOKING FOR ALL FAITH STORY SHARERS

During Lent we were planning on hearing Faith Stories from those around us. We would like to do that throughout the summer. And it has gotten easier too. We will now be doing them all by recording. You can record your story and send it to us, or we can schedule to meet – socially distant, of course – at the Grace pavilion and record it. Set this up with George or Pastor.

PASTORAL CARE AND MENTAL HEALTH SUPPORT



Grace wants to assist to those in need during this difficult time. Is someone you know and love ill, hospitalized or just in need of some help or company? We will be offering outreach, resources, prayers and inspirational support to help cope during this time. Contact the church 630-365-6751 or Pastor Dawn at Pastor@graceoflilylake.com All inquiries will be confidential, always!

DEVOTATIONAL BOOKLETS

We have daily devotional booklets from 1517 Media available for those who would like one.

Since the church is currently closed, please email churchsec@graceoflilylake.com to arrange to get one. We can set up a time for you to pick it up in the church foyer or we can send it directly to your house.

You can also call the church if you'd like one. Phone messages are checked once a week on Wednesday afternoons.



Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

Stay at home.

Limit all your nonessential travels.

Unless you're going out for food, medicines or other essentials.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

Check your temperature at least two times a day.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

and bathroom as well.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.



GRACE EXPECTATIONS/ACTIONS FOR JUNE 2020

Dear Grace family and friends,

Our Vision statement asserts we want to share God's GRACE with the WHOLE community. Leaders of the Vision and Worship Team have met keeping this in mind as our State and area ready ourselves to move into Phase 3 of the worldwide Corona Virus pandemic. We seek to do what is best for our whole community even if it means erring on the side of caution. We have taken into account the Synod's and ELCA's guidance, as well as local, state and federal recommendations and other best practices. Phase 2 in IL recommended that: we should refrain from all on-site gatherings, minimal traffic onsite allowed across week with a log and proper cleaning kept, all should be masked, people keep proper social distance, and those who fit in vulnerable categories should be kept safe. All activities will be conducted remotely.

As we move **into Phase 3** (as of June 1), it is recommended by Synod and ELCA, that groups no larger than 10 persons may gather, including churches. All other aspects from phase 2 should continue to be followed. We intend to follow this recommendation.

GRACE EXPECTATIONS/ACTIONS FOR JUNE 2020

- We ask that no one enter the building at this time without informing Nick Rex, Pastor or Cathy Whiteside of the need and providing date at least one month in advance. We are also requesting that anyone authorized to enter, either upper or lower areas, sign the info sheet on clipboard nearby. We are asking for name, date/time of enter/exit.
- We are therefore continuing Live-streaming/ recording our service and put up on YouTube for viewing by 9 AM Sunday mornings. If you need assistance in finding these offerings, please check our website or call Pastor or other leadership.
 Numbers are listed below.
- Our Fellowship hour, meetings and educational opportunities will be by Zoom, and special invitation
- VBS is being planned for an at home, online 3 day experience run June 23 25th. Watch for more information and plan to join us for a youth and adult BOLT VBS program.
- Pastor continues to meet for prayer on Fridays via Zoom, and is taking appointments for pastoral care, and is always available in case of an emergency. Call or text at 847-331-0373 or email pastor@graceoflilylake.com to get or share info with Pastor Dawn
- We are in the process of upgrading our website and service access, hopefully making it easier to engage in Grace activities while we continue to keep ourselves and our neighbors safe. Keep watch for info!
- We continue to receive and distribute food for the food pantry. We are working to keep the Little Library stocked with snack items, with overflow in our entry way. After a few days, items not picked up are taken to the Elburn Food Pantry.
- We are in need of people willing, and able, to be part of a cleaning crew that would clean targeted areas following any small group gatherings at Grace.
- If a cleaning crew can be established we are looking to allow small groups (10 or less) to use the lower portion of Grace's facility if we can receive and establish a calendar that leaves us time to properly and safely prepare the space to keep everyone safe.
- We are inviting you to share your ideas for Grace to continuing to reach out in love to our neighbors and community do you know of individuals or groups needing masks? Can we offer an online support group? Do you know of anyone needing specific help? What ideas do you know of that we can meet?
- Keep informed by regularly checking our website until we establish our new Grace app.
- We are working to strengthen a phone tree through our term of social distancing. If needed, we may ask that you contact the name of the person you were issued by Pastor's letter to share immediate or emergency info.

WHEN WILL WE RESTART IN-PERSON WORSHIP?

The decision to begin worshipping in person again is one that will be made by pastor, Vision Team and Worship Team together, with careful consideration of the following:

- Legally binding orders
- The safety of the community and congregation
- Recommendations from health officials
- Recommendations from the synod office
- Following federal guidelines for a three-phased reopening

Large gatherings, such as churches, are the most dangerous venue for a community-wide viral outbreak. We don't want to be the cause of a resurgence. If one life is lost, in the congregation, or community, it is not worth it. In-person worship will likely resume at different times in different places. Resuming in -person worship will happen in phases. Illinois is beginning Phase 3 which is currently recommending no more than 10 people gathered together in one place, using precautions such as masks and social distancing.

The ELCA, Synod, as well as National Council of Churches are recommending churches not gather until possibly as early as Fall. Below, in a separate article, please find an outline of questions we have to ask and answer, and work we have to plan for and accomplish prior to being able to return for face-to-face meetings at Grace.

Please be in touch with the leadership if you have questions, concerns or suggestions about moving into the next phases and respecting our love of God and neighbor in all we do.

GETTING TO KNOW MARILYN AND BUD WISE

I was born on July 13, 1937 to Signe and Carl Kanstrup --both parents were born in Denmark and immigrated to the U.S. in 1920. I have family in Denmark--have traveled to Denmark to see them and several of the Danish family have been to the U.S. to visit.

I attended country schools -many with classes of 4 to 6 students. In some ways this was an advantage since we listened to classes of every grade. As a farmer my dad moved us several times. First Grade in Bartlett, 2nd Grade and 3rd Grade in Antioch, 4th Grade and part of 5th Grade in Barrington. We moved to Elburn in 5th Grade and graduated from Elburn H.S. in 1955 --missed being second in the class by .05 of a point!!!



There was a boy named Bud Wise in my classes from 5th Grade through High School. We started dating the summer after graduation and married in June 1956. Exceptionally good decision --we are each other's best friend as well as spouse. We have three children --Carla lives next to us now, a retired high school teacher. We are so fortunate to have her so close. Our daughter, Dianne, died at age 15 --we will always miss her and someday will meet her in heaven. Our son, Doug and his wife live in Wisconsin. Our grandson, Douglas lives in Chicago and Daniel lives in Wisconsin. We are looking forward to great grandchildren but none "on the way" yet!!

Bud was born in Missouri and moved to the Elburn area when he was in grade school.

Bud and I enjoy traveling --have been to Denmark, England, Germany, Austria and enjoyed each trip. Also have been on (I think) 18 cruises to the Caribbean Islands and what a great trip each has been! Also, many vacations all over the states, many as the children were growing up and loved the traveling.

We joined Grace Lutheran Church when our children were in school. I helped with Funeral Lunches and taught the Kindergarten Sunday School class.

Have slowed down a little as we are hitting our middle 80's but continue to enjoy each other and our life in Elburn -- Hope to travel again when this "pandemic" ends.



Rev. Dr. Linda Kersten, age 76, passed away Sunday, May 24, 2020, at Tower Hill Healthcare Center in South Elgin, Illinois.

She was born August 29, 1943 in Oceanside, New York, the daughter of Howard and Eleanore (Engelke) West.

Linda grew up in various communities on Long Island, taking piano lessons and singing in church choirs from an early age. Linda married Arnold M. Walker, Jr. and moved to northwestern Wisconsin in September 1961. They spent five years in Siren, Wisconsin where Linda taught piano lessons, directed children's choirs, and gave birth to three children: Peggy Sue, Paul Arne, and Peter Lee. In 1966, Arne accepted a call to Grace Lutheran, Lily Lake, Illinois. They raised their children in Lily Lake, adding Mark David in 1969. Linda continued teaching piano lessons and began her quest for education at Elgin Community College, graduating in 1978. During those years, Linda sang women's barbershop and was a substitute organist. In December 1981, Linda graduated from Northern Illinois University. She continued her education, eventually earning her doctorate in Adult and Continuing Education. Linda was remarried to Orv Kersten in November 1987. Linda continued her education at the Lutheran School of Theology at Chicago and was ordained in August 1996, at Zion Lutheran Church in Rockford. She served parishes in Freeport, Sterling, Estherville, IA, and Janesville, WI, before retiring in January 2007. Linda enjoyed spending time with her children and grandchildren. She loved life and had a compassionate heart. She loved to share her gifts of music, speaking, and writing. She will be dearly missed.

Linda is survived by her children: Peggy Hatch, Paul (Joy) Walker, Pete Walker, and Mark (Rebecca) Walker; grandchildren Thomas and Peter, Anne Scott and Jillian, Charlene and Allison, and Michael, Sam, and Aaron; step-children Becky (David) Myroth, Brett Kersten and Elizabeth, Laura (Brock) Sanderson, Grant Kersten, and Tara Kersten; step-grandchildren Jacob, Paige, and Brooke Myroth, and Trent, Talon, and Trace Mencias; siblings Christine (Douglas) Dobert and Mark (Carol) West; and many other dear relatives and friends.

Linda was preceded in death by her parents, her husband Orville "Orv" Kersten, her daughter-in-law Camille Walker, and her step-son Brad Kersten.

A Memorial Service for Linda will be held privately at Geneva Lutheran Church, 301 S. 3rd Street, Geneva, Illinois, with Pastor Trudy Stoffel officiating. The service will be streamed on the Geneva Lutheran YouTube Channel https://www.youtube.com/channel/UCVI_Q8psMau-NToD1RHfMVw

Burial will be private.

In lieu of flowers, donations may be made for Parkinson's research at The Michael J. Fox Foundation, P.O. Box 5014, Hagerstown, Maryland, 21741-5014 or online at https://www.michaeljfox.org/donate.

Arrangements are being handled by Malone Funeral Home, Geneva.

For information: 630-232-8233 or www.malonefh.com.

LOOKING FOR WHERE TO FIND US?

WORSHIP – on Zoom or Youtube or Facebook Live – check weekly eblast for weekly particulars

FELLOWSHIP – on Zoom - check weekly eblast for weekly particulars

BIBLE STUDY – Zoom each Tuesday at 9 AM. Currently, studying Philippians

PRAYER - By appointment with Pastor Dawn 847-331-0373 or reach through Pastor@graceoflilylake.com or each Friday morning with and for others through Zoom meeting - contact Pastor for details.

LOOKING FOR SOMETHING ELSE?

While we are apart and you have a need or a question, here is where to go: Financial questions or how to give – Tricia Painter
Building questions – Kurt redemann
Other questions - churchsec@graceoflilylake.com

DO YOU WANT YOUR ARTICLE IN THE NEWSLETTER?

SUBMIT BY JUNE 15, 2020

YOUR ARTICLE WILL APPEAR IN OUR JULY EDITION!

Submit by emailing your article to churchsec@graceoflilylake.com. All submissions welcome. Share your voice with us!

