

AMAZING GRACE CONNECTIONS

OUR MISSION: faith | family | community



CONTEMPLATION FOR POST-COVID LIVING

Heading into New life; a new “normal”

MAY 2020

This precious treasure—(the grace of God in Christ is a power within us) - is held in a breakable, fragile container, that is, in our weak bodies. Everyone can see that the glorious power must be from God and is not our own.

8 We are pressed on every side by troubles, but not crushed and broken. We are perplexed because we don't know why things happen as they do, but we don't give up and quit. 9 We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going. 10 These bodies of ours are constantly facing death just as Jesus did; so it is clear to all that it is only the living Christ within who keeps us safe.[d] 2 Corinthian 4:7-10

I get knocked down, (we'll be singing)
but I get up again

You are never gonna keep me down (ooh)

Refrain from Chumba-Wumba's "Tub-thumping" (1997)

Read more on page 3

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MAY 2020 ISSUE



WHAT'S INSIDE

Pastor's Article	3-5
Financial Matters	6
Stewardship	7-8
Articles	9-14
Getting to Know	15
Where to Find Us	16-17

OFFICE HOURS

Monday	1 PM - 4 PM
Tuesday	1 PM - 4 PM
Wednesday	1 PM - 4 PM
Thursday	1 PM - 4 PM
Friday	1 PM - 4 PM

**FOR ARTICLE AND
ANNOUNCEMENT
SUBMISSIONS
CONTACT**

churchsec@graceoflilylake.com

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!

CONSTRUCTING NEW LIVES

Easter People are always converting old into something new

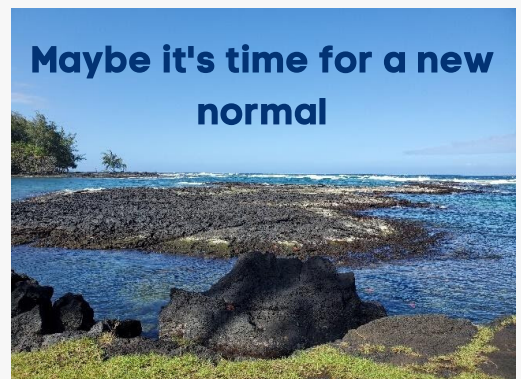
WRITTEN BY PASTOR DAWN ROUCKA

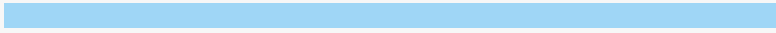
We are all waiting to be released from our homes, as grateful as we are for them, each other and our relative health. But be honest, we long to find the once had freedom we once shared. We long to get on the road, for our kids/ grandkids to go back to school, to get back with our colleagues to do some meaningful work, to get “back to normal.”

What if I told you, there is no “Back to NORMAL”? Kind of like Back to the Future that Michael J Fox’s Marty McFly faced, you just can’t go back to the same place. After Covid19 we are different, we will have to be different. At Grace, we have already made changes to what we do. We cancelled our Spaghetti Dinner, the Spring Rummage Sale, the Egg Hunt and will possibly reformat VBS and even how we gather and do fellowship in our future. Here are predictions quoted from various places about many aspects of our lives that will be temporarily or forever changed:

- Schools will start the day with temperature checks, along with safety checks and may have a staggered year and home learning components.
- Restaurants will require servers and staff to wear masks and may be smaller overall. Reservations may always be required and be hard to get.
- Travel might be curtailed or limited. (But by now everyone has likely “travelled” via their computer screen while still at home to some spectacular places on earth.)
- Sports and concerts and festivals will be cancelled this year, and until we can get a handle on testing. And even then, sporting events or concerts or getting on planes, along with your tickets, might ask for proof of immunity—an identity card or some kind of digital verification via your phone, showing you’ve already recovered from or been vaccinated against the latest virus strains. Think then about the personal changes this would wrought.
- Outside of our homes everyone will wear masks.
- At Grace, we will have to spread out which may mean someone needs to sit in the front.

There are things that will be frustrating and very unwanted about the “new world” we will live in, such as the coming changes likely to affect the poor and the weakest most drastically. Job market will struggle to recover, and some jobs will go away and new will come. People with less access to health care, or who live in more disease-prone areas, will now also be more frequently shut out of places and opportunities. Immigrants, the undocumented, and ex-convicts will face more hurdles to gaining a foothold in society.





Other habits may be a positive change—less carbon-burning travel, more local supply chains, more walking and biking, time with family and balance to our lives. That and a real hard look at and improvement to our healthcare system. (Not the work of doctors and nurses, but how health is managed by big corporations and pharma). And sure, there will be familiar or similar things. And God still walks with us, God’s love is forever. However, we will be creating a “new normal. ” And I believe that it is a real blessing and opportunity to get to create that NEW NORMAL.

How do we contemplate that, or consider it a new future? We start, as we did at our 125th Anniversary year just last year, by looking back to look ahead. What in our past was working? Contemplate that. Write it down even. Rejoice in it, and then jot down some ideas about how to use it’s energy as we go forward. set those things aside for a time.


For example, we definitely want to carry forward in our community of faith the practices of caring and connection but what can we update or renew? Let us be creative and capable as we have been in the throes of pandemic. Can we find in the new ways we have used during our shut-in time to share the Gospel with our homebound? How can we make the experience richer? How can we reach more people, including those who we would not have thought about before?

Then, consider what in your life, in your home, in your work place, school, community needed to be fixed, made new? Pray deeply about these things. Perhaps you need to seek forgiveness and lament these things. Maybe it was your outlook, your finances, your health, the crazy busy-ness of your family, a lack of time for the important things. Maybe write these things down, but certainly confess them – with God, with another (this is one thing that your Pastor can help with), or at least out loud with yourself. Ask for forgiveness and accept it.

Now is the time to reset, re-calibrate, renew and reinvent your and your family. It can be done, and you can partner with God to be resurrected and made new, made whole. We also can do this in our families, our workplaces and communities. What way forward? What in particular was causing hurt or harm? How can the choices we make going forward benefit the majority rather than a select few?

Yes, we get knocked down, and as Easter people we get up again. Life around us has changed. We cannot change that, or go back. We live into the future, just as first Christians lived into the new normal - death was defeated and love wins!

The world has changed many times, and it is changing again. All of us will have to adapt to a new way of living, working, and forging relationships. Can we find a way, in this moment to create a new normal that benefits all people? Yes, this is tough work, but maybe in the depth of crisis we



can find a way to contemplate and fix the yawning social inequities that make large swaths of their populations so intensely vulnerable.

Our future starts NOW! This is what living as an Easter people means! We are not afraid of the future. We know that God goes with us, holding us, calling us, shaping us. The church can partner with God to be creators of something new. Isaiah tells us, *“You’ll use the ruins of your past to build anew, rebuilding on your basic foundations; you’ll be known as one who can fix anything – restore ruins, rebuild, and renovate, make the community livable again.”* (paraphrased Is. 58:12)

While Isaiah doesn’t give a step-by-step repair guide to fix cracks, restore infrastructure or heal the world’s ills, he does provide encouragement to a troubled nation, maybe even ours. He calls people to be good, to be faithful to God and in the ways they can to fix what is broken for those who are hurting.

Margaret Mead, cultural anthropologist once said, *“Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has.”*

Our churches and faith communities, are the critical mass who have the audacity to believe that we can accomplish things far bigger than what you’d expect from groups our size. We believe that the power behind us is greater than the task ahead. Let us want to be good, to be faithful to God and to fix things that are broken.

fragile yet powerful



\$\$ FINANCIAL MATTERS \$\$



WRITTEN BY TRICIA PAINTER

During this difficult time of social distancing and our church "being closed" , we are thankful for our members and friends that continue to communicate with each other, Pastor Dawn and our Worship Team members who continue to keep us connected in various ways on social media, phone calls, etc. We pray for this continued support of each other in the coming month(s??) I also want to note several highlights on the finances of Grace and my thanks on behalf of Grace:

- In February and March - Thrivent members designated their Choice Dollars to Grace: \$1,230
- Easter offerings received \$2,560
- Gracious thanks and blessings to our members who continue to send in their offerings

FINANCIAL RECAP

March 2020

		2020	2019
	<u>March</u>	<u>Year-to-date</u>	<u>Year-to-date</u>
INCOME	\$19,211.72	\$50,865.00	\$47,442.90
EXPENSES	\$14,880.72	\$52,224.13	\$51,197.31
NET +/-	\$4,331.00	(\$1,359.13)	(\$3,754.41)



- Cara Turner is on the front lines in our healthcare world, and at this time we are not certain when she will be able to have our 1st Qtr statements sent out. We appreciate your patience and understanding in this delay in getting these to you.
- The Vision Team is looking at various options that are available to us in government assistance in payroll or small business loans. As you may be aware, the initial government fund ran out of money within 2 weeks. American Eagle Bank is working on another option or two that is available to us.

Again, thank you for your support of Grace of Lily Lake, even if we are "distant".

~ In Peace ~
Tricia Painter

STEWARDSHIP

7 Scientifically Proven Benefits of Gratitude

WRITTEN BY MATEO SOL

SUBMITTED BY JOHN VERNER

Gratitude anchors us to the present moment. And as you may or may not have learned, the present moment is the **ONLY** moment we **EVER** have to find peace and contentment. This may sound obvious, but many of us forget that the past and future cannot bring us happiness because they simply do not exist in the present moment. Gratitude is one of those powerful tools that help us to experience the joy we're constantly longing for.

7 Scientifically Proven Benefits of Gratitude

Scientists, neurologists, and psychologists are all becoming increasingly interested in the field of gratitude. Here is what research reveals about gratitude:

1. More content and less materialistic

It comes as no surprise that materialism (buying things to make us happy) actually makes us unhappy. While the temporary burst of dopamine from buying things gives us the illusion that stuff makes us "happy," that feeling soon wears off. Pretty quickly, we become mentally and emotionally hooked on the belief that material possessions create happiness. Like junkies, we keep buying more and more, which drains our pockets and leaves us feeling empty at the end of the day.

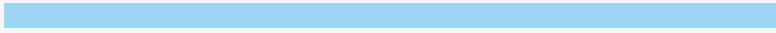
Research has shown that gratitude makes us less materialistic and envious of other people. This ability to be content improves happiness and long-term well-being.

2. More empathetic and forgiving

Gratitude has been shown to increase empathy and our ability to care about other people. When faced with an aggressor, grateful people were shown to be less reactive, more caring, and understanding of the other person.

3. Protects you from stress

Being grateful actually helps to lower physical and psychological stress within the mind and body. Stress is also a major cause of psychosomatic illness (or sickness that originates from psychological distress), meaning that gratitude helps to calm the whole



body. Researchers have also found that gratitude helps us to successfully deal with stress and adversity while we are experiencing it.

4. Helps you to sleep more deeply

Interestingly, being grateful actually helps you to sleep better. A study in 2009 found that gratitude helps to increase the depth and length of sleep. In the words of the researchers, “Gratitude predicted greater subjective sleep quality and sleep duration, and less sleep latency and daytime dysfunction.”

5. Strengthens spirituality


Expressing gratitude also helps us to feel more loved, cared for, and spiritually connected. One study concluded that gratitude builds and strengthens our sense of spirituality, which of course, greatly increases our sense of inner well-being.

6. More fulfilling relationships

Feeling thankful for the people around us has proved to not only promote a sense of belonging and connectedness but also increase our relationship happiness. In the words of one study: “Gratitude may help clients to savor the benefits that they receive from others, thereby extending the emotional benefits that people receive from their positive social interactions with others.” This finding has amazing implications ... it means that by simply finding something to be thankful for, we can overcome issues such as anger and resentment in our social relationships and feel happier around others.

7. Long-term happiness

Researchers have found that being grateful actually increases your happiness and well-being for the long term. When regularly practicing gratitude through journaling, participants in the study experienced an increase of 2% in happiness the first week, 5% after the first month, and 9% after six months – and this was only through practicing gratitude journaling ONCE a week! Imagine how much of an increase in happiness you would experience by journaling daily?



COFFEE, TEA (BYOB) AND THEOLOGY TUESDAY BIBLE STUDY

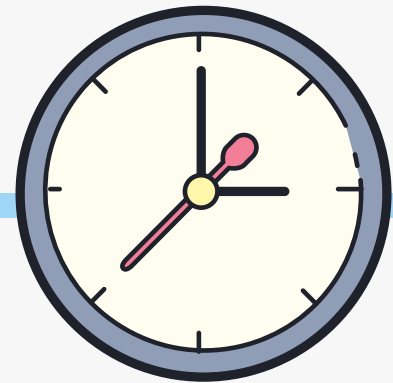


WRITTEN BY DAWN ROUCKA

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, April 7th we began a series, “REJOICE IN THE LORD ALWAYS” focusing on faithful living during life’s ups and downs. What Does it Mean to Rejoice in the Lord? Especially as we are isolated, fearing illness, and seeing death all around? Come talk about rejoice as a choice in God. Bring your Bible.

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.

REBECCA CIRCLE NEWS

WRITTEN BY KATHY HOOEY

Due to the “social distancing” efforts of Grace Lutheran and the whole country, we have chosen to cancel the April Rebecca Circle meeting and all meetings until further notice. BUT PLEASE, watch your email and your “snail mail” for updates and information from your Rebecca family at Grace! Please feel free to call Jan Docherty at 815-901-0910 or Kathy Hooey at 630-341-2293 with any questions. Even just to stay in contact! Our prayers and blessings to you all.

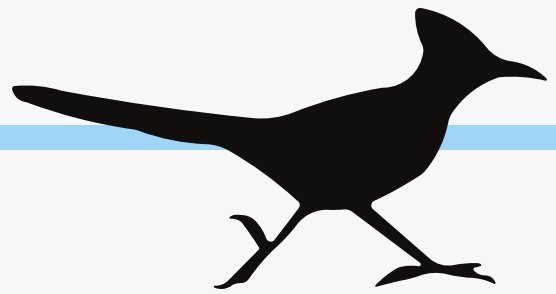
PASTORAL CARE AND MENTAL HEALTH SUPPORT

WRITTEN BY DAWN ROUCKA

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!



GRACE ROADRUNNERS



WRITTEN BY DAWN ROOT

Dear Grace Roadrunners,

It is with a heavy heart that the Roadrunner Planning Committee has decided to cancel our trip this year to Niagara Falls. As we watch the news about the Covid-19 pandemic we don't know what the 'new normal' will look like for the remainder of the year.

We have a great trip planned for next year to Niagara Falls September 20-25, 2021!

We hope to have a potluck at Grace Lutheran Church on Sunday, October 18th at noon, so we can reconnect with each other. More information will be sent about this gathering closer to the date.

Stay safe and well so we can travel together in 2021!

The Roadrunner Planning Committee

Pat & Lee Eineke, Suzanne Girsch, Karen North, Dawn Root & Sharon Sabin

SPRING RUMMAGE SALE



WRITTEN BY TRICIA PAINTER

like many other events due to our current COVID situations, the Spring Rummage sale has been cancelled. I know that many of you have held onto your donations for the sale and we are so fortunate to have many of you do this!

Unfortunately, at this time, we cannot accept any items to be brought to the church until the Autumn (proposed!) sale. Possibly in May or June, there are a few ideas that I may be able to work on with you, i.e., taking pictures of larger pieces of furniture that you have, advertise with on-line sites. Or you can possibly discuss clothing donations with Cathy Whiteside – if and when we have an outlet. At this time, I don't believe drop off donations can even be made at Salvation Army or Fellowship Redeemer (clothing). ~

We will all work through this together ~ In the meantime, keep yourselves well ~

In Peace, Tricia Painter 708-624-0400 trishe60@gmail.com

FOOD HELP



WRITTEN BY DOTTIE MANTSCH

Campton Hills help with food and meals is available.

For those in need of dinners and food contact Chief Millar of the Campton Hills Police Dept. 630-584-4242smillar@villageofcamptonhills.org

COVID CONGREGATIONAL CHALLENGE



WRITTEN BY DAWN ROUCKA

Get to know our Website and our Facebook page! Get to our Social Media and engage with us! There will be prizes available for those meet the challenge!

<https://graceoflilylake.com/>
[Grace's Facebook](#)

WHEN WILL WE RESTART IN-PERSON WORSHIP?

WRITTEN BY DAWN ROUCKA

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 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. Hopefully, the synod office will be able to give guidelines to help us evaluate the situation and make recommendations.

The 18-page federal document on reopening in phases can be found <https://www.whitehouse.gov/openingamerica/> and a summary of the three phases of the federal guidelines is available through Pastor Dawn.

Before proceeding to these phases, the document says the following gating criteria should be met, in order to mitigate against resurgence and protect the most vulnerable.

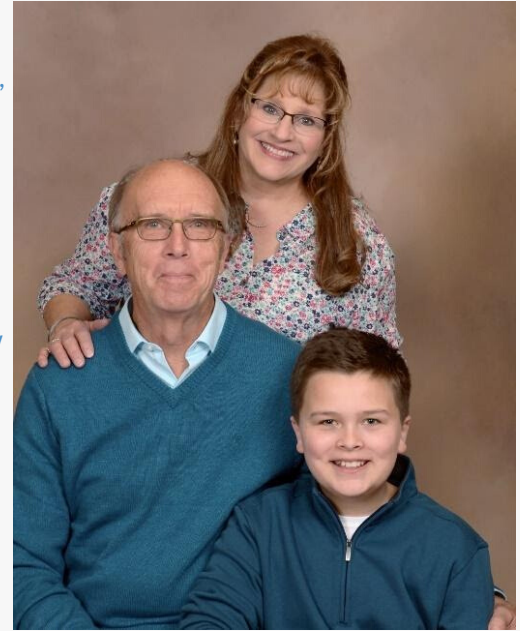
- 14-days of declining symptoms
- 14-days of declining cases
- Hospitals able to treat all patients without crisis care
- Robust testing program in place for at-risk healthcare workers, including emerging antibody testing

GETTING TO KNOW THE MARK & HEIDI ANDERSON FAMILY

Our marriage in 1984 brought together a family of Swedish-German farmers, and a Polish-German family of Bakers. We both followed in our family's professions till this day.

Mark has lived in the St. Charles/Wasco area his whole life. My (Heidi's) family moved 12 times by the time we met and were married!

Mark was born in 1953 in old St. Charles Delnor Hospital. He lived and grew up on "the family farm" on Brown Road, with his 3 siblings, where his mother still lives. Primarily a Dairy farm, they also did hay and grain, and boarded horses. Mark is a 3rd generation farmer and 3rd generation, lifelong member of Grace Lutheran Church of Lily Lake. Mark has served on the Church Council/Vision Team, the special committee for raising funds for the church addition, the Stewardship Committee, and the first road sign committee. He has ushered, lectured and is a communion assistant. Mark enjoys driving the tractor for the hayride for Graces' October-Family Fest! God and Grace Lutheran are deeply rooted in Mark's life.



After graduating St. Charles HS, Mark attended Millikin University and went to work for International Harvester. But his heart brought him back to farming crops of the earth. He continues to grow and harvest hay for our living and will be growing organic soybeans this year. He also helps a farmer friend plant and harvest corn and soybean, and another farmer friend bale straw. Mark was a "Snow-Bird" for Kane County Trans. for 7 years, driving a snowplow and trimming trees, roadwork, cleanup, inventory, work on the trucks, and doing any job needed.

I (Heidi) was born in old Geneva Community Hospital but lived in Villa Park until 6 years old. Then we moved to Montana on a small ranch bordering Glacier National Park. All 7 of us kids had to pitch in with the chores. There were a few milking cows, cattle, pigs, chickens, horses, bunnies, a very large vegetable garden, wild berry picking, canning, and fishing. My parents read from the bible and we had family church on the ranch. We went to a 4-room schoolhouse, with 3 grades per room.

After a few moves, we eventually moved back to Illinois and Grandpa Z moved in with us. It was interesting, as he only spoke Polish, and now 9 children. We opened "Magic Oven Bakery" in St. Charles in 1976, where 6 siblings and I worked. We attended St. John Neumann Catholic church. Mark and I were married at Grace in 1984. I have been a Sunday school & VBS teacher, usher, nominating team, and love to help with all Grace Activities. Mark and I are fortunate to have 4 children and 3 grandchildren. (Reid 34+Alicia have 2 sons), (Christen 31+John have a son), (Nolan 28+Ashley), and Nathan 13. They have been the joy of our life. When our children were younger, they were always with us, whether in the tractor or at the bakery, or at church. And we are grateful that they are still close to us, living within a 20-minute drive.... except Nathan, of course! Who is still lighting up our lives at home!

By Mark & Heidi Anderson 4-15-2020

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 MAY 15, 2020

**YOUR ARTICLE WILL APPEAR IN OUR
JUNE EDITION!**

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

