



St. Mark Lutheran Church

CrossBeams

A publication of St. Mark Lutheran Church, Mount Prospect, Illinois

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Jesus fed 5,000 with five loaves and two fish, a sign that pointed to him as the bread of life, the bread of heaven come down. For five weeks we will be steeping ourselves in this story, the entire chapter of John 6. Each week we will look at a little more of that chapter and the complexities of Jesus as the Bread of Life. Like a sourdough bread starter gets richer and more complex over time, so will our understanding of this sign.

Over the next weeks, we are going to have some fun with this Bread of Life theme. It only seems right, given that our mission statement is “Nourishing God’s people: body, mind & spirit.” We will have real bread at communion each Sunday, mess that it may be and all. We will have Vacation Bible School for children AND adults, where we explore God’s ways of feeding people (check out the information on page 4). We will have special coffee hour offerings (see page 5). We will focus on collecting food for our Backpack Ministry to get the school year off to a good start. We will be like yeast bread, growing and expanding our understanding of this rich metaphor for God.

Now I’ve just returned from a Young Clergy Women International Conference focused on the theme of **Embodied**, where we considered the importance of our own bodies, and how we are Christ’s body in the world. I’ve realized that we aren’t just focusing on how Jesus is the Bread of Life, of how Jesus feeds us in abundant amazing ways, but also how we become Christ’s body in the world feeding the world. Now we at St. Mark live this mission, our mission well. We feed others through our Backpack Ministry, filling a backpack with food for elementary school students on free or reduced lunch to make it through the weekend. We support both the Church of the Cross Food Pantry and Mount Prospect Food Pantry with food donations as well as monetary donations from our benevolence. We feed PADS guests 3 meals each week October through April, and then feed them dinner once a month over the summer. Funeral lunches feed those who are grieving. We gather around meals over and over again in this community. And then there are all the ways we are metaphorically “fed” body, mind, and spirit, by Bible Study, WOW, Faithwalk, worship, conversation, community, care, and prayer. Whew! We are indeed the body of Christ in the world!

How will you be nourished these next weeks? Perhaps it is in VBS learnings, or worship, or devotions at home, or attending Bible Study (restarting on Wednesdays at 11am). How will you be the embodied body of Christ, nourishing the people of the world? Will you volunteer to help out with VBS, or say yes to baking communion bread or coffee hour snacks? Will you help out with one of our summer suppers, or sign up to help with PADS in the fall? Will you consider how the work you do in your daily life nourishes the people of the world, body, mind or spirit? Will you visit the sick, extend a prayer, offer community? How will you embody Christ the Bread of Life? Here is a secret: all these ways we seek to nourish others end up nourishing ourselves as well, filling us up in unexpected ways as we serve the world.

Friends, Christ is the Bread of Life, and we are Christ’s body in the world, nourishing, sustaining. Taste and see that the Lord is good!

In Christ,
Pastor Christie



Pastor Christie had the opportunity to attend the Young Clergy Women's International Annual Conference in St. Louis, a great time of learning and connecting with other young clergy women. Top left: This group of women serve all over the country and the world. Left middle: Tracy Blackmon joined us to share her experience leading and ministering in the Ferguson area. Left bottom: Each day we worshipped in a variety of traditions, enjoying the sound of women's voices in preaching, singing and presiding. Bottom right: My cohort group and I enjoyed dinner at a Saudi Arabian restaurant, embodying justice by our food choices. Top right: Our keynote speaker was Rev. Dr. Karoline Lewis. She shared many great ideas connecting Christ's embodiment with our own. Here are some ideas I'm still thinking on: What bible story is your story? How does this inform your life, your embodied leadership? How does your theology impact your leadership style? What does salvation look like in everyday life? "The word became flesh. Are you willing to do the same?"



**What's
Happening in
Youth & Family Ministry?**



Bread of Life Vacation Bible School

August 6-10

**Kids aged 0-12: 4:30-6:00 PM
Dinner for all served at 6:00 PM
Adult workshops: 6:30-8:00 PM**

Each day will be filled with fun, games, songs, and stories. Dinner will be served each night at 6 PM. Following dinner, Adult workshops will begin.

Adult workshops include:

Monday: Bread Baking with Deacon Dave: Learn how to make an overnight no-knead loaf and reflect. Suggested Offering \$5.

Tuesday: Wine Making with Rev. David Hulse: Learn the basics of the wine making process and help make and bottle communion wine. Suggested Offering \$10.

Wednesday: Seed Saving and Starting with Mike LoRusso: An introduction to the practice of saving seeds and starting them in the early spring. Participants will harvest seeds and go through the basics of starting them next year. No Suggested Offering.

Thursday: Fair Trade & Wine Tasting with Peter Lund and Rev. Carl Anderson: Join us for an introduction to Fair Trad products and Lutheran World Relief projects. Enjoy a selection of wines and snacks to help the learning process! Suggested Offering \$10.

Friday: PADs Volunteer Fair and Summer Supper Meal Prep with the PADs Leadership Team: Join us to learn about all the ways you can help with the PADs program. From folding linens, preparing food, welcoming guests, set up, and clean up - there is a job for everyone. Afterward we'll have a great time getting the next Summer Supper meal ready for Monday evening. No Suggested Offering.

Contact Deacon Dave to register: dwebb@stmarkmp.org. Childcare will be provided from 6:20-8PM.

Bread is Gold: Bread of Life 2018

By: Deacon David Webb

Chef Massimo Bottura is famous for many things: his exuberant attitude, his post-modernist take on food, his restaurant Osteria Francescana which was voted the World's Best Restaurant, and most recently for "Bread is Gold." "Bread is Gold" is a cookbook, a famous dish, and a large scale dining project that Bottura has been championing for the last few years.

"Bread is Gold" started as a memory that became a dish at Osteria Francescana. Massimo and his brothers would fight over pieces of stale bread every morning. Bread they would then dip in café au lait. Massimo was known in his family for being particularly zealous for this simple breakfast (with lots of sugar added of course). After his culinary success, Massimo's mother was known to lament that her son, the famous chef, was such a lover of stale bread, sugar, milk, and coffee. The memory sparked the idea for a dish that communicated the nostalgia and passion of Massimo's childhood, the joy of simple dishes, and the heartwarming flavors of comfort food. The dish was delicious, but patrons of the restaurant could not be convinced to order it, until Massimo decided to dust it in edible gold. After that the dish was a complete success and became known as: "Bread is Gold."

The memory that became a dish further inspired Bottura to revolutionize the way we think about food, feeding those who are in need, food waste, and the way we cook for others. At the 2015 World Expo in Milan, instead of hosting cooking demonstrations and lectures Bottura and many of his international culinary friends set up a permanent restaurant with the Roman Catholic charity Ambrosiana Caritas. The restaurant or "refettorio" was responsible for feeding those without the resources to find a meal using the food that was discarded at the expo. The title of the expo was: "Feeding the Planet." Bottura and friends gathered the leftover and unused food from food stalls and vendors at the expo each day and prepared lunch for 150 school children from under resourced neighborhoods. Then each night Bottura and his award winning chef friends would cook dinner for as many as 200 guests from local homeless shelters. The restaurant: Refettorio Ambrosiano is still going strong in Milan. They serve three course dinners in an immaculate communal dining room decorated with artwork from 5 of Italy's most famous artists. Guests are connected to social services, dine on world class meals, and for the space of a meal they are given back their humanity. They are not given the leftovers in a dingy soup kitchen. They are fed golden bread or the "Bread of Life," if you are talking the gospel.

This August, as we celebrate the "Bread of Life" season we will explore these themes of golden bread, meals that make community, food that can return us to our humanity, the practice of sharing food with others as a way to invite Jesus' presence, and the power of ordinary stale bread becoming the flesh and blood of God.

Join us for Bread of Life coffee hour with a toast & jam bar each week and...

August 5—Julie Moldenhauer's zucchini & banana breads

August 12-Jim Eddy's Continental Bakery Swedish Flop

August 19-Cinnamon Rolls from Laverne Dalbke, Carol Floros, the St. Lazarus Bakery and more...

August 26-Barb Bloomquist's Apple Cake



Thoughts from the Loft

Did you know there are various traditions of organ building? They actually go back centuries. There is a German tradition, with organs built by the name Silbermann. These organs support the music of Bach. There is a Dutch tradition with organs that support Dutch Psalm singing. This is a slow, stately way of singing hymns in Holland. There is an Italian tradition of organ building. These organs have pipes that produce sounds more imitative of the human voice. There is a Spanish tradition that produces subtly sweet sounds. In America there is a tradition of organ building that intentionally imitates an orchestra and its various colors. The organ at St. Mark is more eclectic, bringing all of these traditions together. While it is not a huge instrument by many standards, it supports many types of organ history and literature. What a blessing!



Peace!
Tim



**Friday, August 17
7pm in the Great Room**

Continuing the Smorgasbord of Crafts

1. Come & make a fleece blanket for Project Linus or Ronald McDonald House. Fleece will be provided. Free Will offering collected to cover the cost of material. The blankets will be donated to these charities.
2. Come & cut fabric squares that will be used by the St. Mark quilters for the LWR quilts. OR
3. Bring your own personal craft to work on!

Come and join the FUN & FELLOWSHIP!

(Recommended for 6th grade through adult)

Holy Family Teacher & Staff Appreciation Luncheon

Friday, August 24, 2018, 1:30 pm

Please join us for a delicious lunch and friendly conversation with the teachers and staff of Holy Family School. Meet the new school principal and 35 or so teachers and staff at the Greek Island Restaurant. Cost is \$21 per person.

Transportation is provided. Contact the Ernsts or the Elders for more information.





August 1 through September 9

LWR kit supply collection
Narthex

Wed. & Tues. August 15 & 28 9:00 am

LWR Quilting
2nd floor education wing

Sunday, September 16

"God's Work, Our Hands" Sunday

Sunday, October 7 1:00 pm

Bunco for Breast Cancer
Center



Quilting Resumes!

Join the ladies who work on those beautiful quilts for Lutheran World Relief. This month they will meet on: **Wednesday, August 15**

Tuesday, August 28



SAVE THE DATE -
Sunday,
October 7
Bunco for Breast
Cancer
fundraiser
DON'T MISS IT!!

ST. MARK WOMEN OF THE ELCA LUTHERAN WORLD RELIEF SERVICE PROGRAM

As in the past, the Women of St.

Mark are asking for the help of our entire congregation in the collection of items needed to prepare SCHOOL KITS AND PERSONAL CARE KITS for Lutheran World Relief. As stores

seem to be placing school supplies on sale earlier each year, we are providing this list of items that will be needed so you can take advantage of sale prices this summer. PLEASE NOTE: WE CAN ONLY USE THE EXACT ITEMS THAT ARE REQUESTED BY LWR. All items must be in by September 9.

The congregation is invited to assist in assembling the kits at the annual "God's Work, Our Hands" day of service on September 16.

ALL DONATIONS CAN BE PLACED IN THE COLLECTION BOXES LOCATED IN THE NARTHEX.

PERSONAL CARE KIT ITEMS

Bath Towels (dark color recommended)

Bath size bars of soap

Hair combs with wide teeth

Tooth Brushes

Nail clippers with file attached

SCHOOL KIT ITEMS

70 sheet spiral notebooks of ruled paper

Blunt scissors

12 inch ruler with centimeters on the other edge

Pencil sharpeners

Boxes of 16 or 24 crayons

Unsharpened Pencils #2

Ballpoint pens (no gel ink)

Pink Erasers

We are able to purchase some of these items in bulk at a more reasonable cost. If you prefer to contribute funds toward the purchase of these items, please place your gift in a pew envelope marked for WELCA Kits.





Tastefully Simple Fundraiser

Thank you to all who have been supporting our youth through this fundraiser. The next tasting will be Sunday, August 26.

REFUGEE SUMMERFEST
August 18
From 11am-3pm
At Lutheran Church of Martha & Mary



REFUGEE MINISTRY

Join us for a great chance to meet our Refugee Family the Alnajars, learn about future refugee ministry projects, and meet members of the ministry team. Food will be available all afternoon. Grilled chicken and beverages will be provided. Participants are asked to sign up to bring a dessert or side dish. Contact Deacon David.

LET'S DO LUNCH



Interested in learning more about St. Mark? Come to the Membership Inquiry Lunch, Sunday, August 12 after 10am worship. We will gather in the Great Room to get to know one another and learn more about the community here at St. Mark. Interested? Contact Pastor Christie at cwebb@stmarkmp.org.



SHOPPING CART BRIGADE RESULTS 2018

Walking with members and friends of the St. Mark Lutheran Church and St. Raymond Catholic Church, this year the shopping cart brigade pushed 8 carts and collected 304 food items and \$160 in cash. Special thanks to Eric Jakubowski and his family -- especially Zachary and Izzie -- for the loan of the mini fire truck and ice cream truck which brought us greater attention and gave us a larger presence in the parade. Thanks to the churches and the community for their continued support of this project!

Save the Date

Join us for
"God's work. Our hands."

A dedicated day of service in our community.



Sunday, September 16



Thanks so much to my St. Mark family for all the cards, calls, good wishes, altar flowers and pastoral visits during my recent recuperation from surgery. It is wonderful to now be back to worship with you!

Gail Radtke

Thank You Notes

Thank you for the cards, visits, calls, flowers and calls from Pastor Christie. St. Mark you are the greatest.

Dorothy Bergman

Dear St. Mark friends, Thank you for the lovely church flowers for our anniversary and my birthday. They were very special as you are special to us.

Jerry & Nancy Clauser

Dear members of St. Mark, We thank you so much for the beautiful altar flowers celebrating our wedding anniversary, and delivered to us by Tonya Adamek. We really are enjoying them as we remember our special day, sixty four years ago.

Gratefully, Joanne & Carl Lund



Bible Study is back!!
Join us Wednesdays at 11am in the Great Room.



SUMMER BARBEQUES ARE BACK!

Join us for another Summer BBQ on Sunday, August 19 following 10am worship. See you at the Center for Food, Fun & Fellowship!

BACKPACK MINISTRY

It won't be long before the children will be heading back to school and St. Mark starts up our Backpack Food Ministry program again. Your donations now will help us stock the pantry for the start of the school year. Below is the list of needed food. Place food in RED baskets around church. Cash donations are appreciated as well. Thanks for your support!



Backpack Ministry Needs:

Single serve cereal boxes	Chicken pouches
Oatmeal in individual packets	Macaroni and cheese
Cereal bars	Canned soup
Raisins in small boxes	Canned fruit
Granola bars	Fruit cups
Individual Jell-O cups	Canned vegetables
Peanut Butter/Jelly	Juice boxes
Canned spaghetti/ravioli	Shelf ready milk
Canned beef stew/chili	Pudding cups
Boxes of "Helper" meals	Cookies in individual packets
Canned tuna	No Glass Jars or
Vienna sausages	Microwavable items please.



What have you been doing this summer?



Evan went to Boy Scout Camp at Camp Napowan in Wild Rose, WI.

Thomas went to the beach in Delaware with his family.



Kalla (daughter of Jill Galyon, Granddaughter of Nancy & Jerry Clauer) married Jordan Boekhoff, who she met at the 2009 ELCA Youth Gathering in New Orleans.



God Gave Me You



A CORD OF
three strands
IS NOT
easily broken



The Blazek/Fell families welcomed Adaline to the family—Daughter of Tim Blazek & Sheena Arnolts, Granddaughter of Sharon & Kevin Blazek, Niece of Becca & Nathan (& Kim) Blazek and Great Granddaughter of Judy Fell.

ECCLESIASTES 4:12



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 am Volleyball 11 am Bible Study	1 6 pm Basketball	2	3 6:30 pm Nibblers
5 8 am Worship 10 am Worship	6 4:30 pm VBS (children) 6:00 pm Dinner 6:30 pm VBS (adults)	7 11 am Private Event 4:30 pm VBS (children) 6 pm Basketball 6 pm Dinner 6:30 pm VBS (adults)	8 9:30 am Volleyball 11 am Bible Study 4:30 pm VBS (children) 6:00 pm Dinner 6:30 pm VBS (adults)	9 4:30 pm VBS (children) 6 pm Basketball 6 pm Dinner 6:30 pm VBS (adults)	10 4:30 pm VBS (children) 6:00 pm Dinner 6:30 pm VBS (adults)	11
12 8 am Worship 10 am Worship 11:15 am Membership Inquiry Lunch	13 1 pm Book Club 6:30 pm Summer Suppers	14 6 pm Basketball 7 pm Worship/Music	15 9 am Quilting 9:30 am Volleyball 11 am Bible Study 5 pm Basketball	16 3:30 pm Basketball 6 pm Basketball	17 7 pm Craft Connection	18 11 am Refugee Summerfest
19 8 am Worship 10 am Worship 11:15 am Summer BBQ	20	21 6 pm Basketball 7 pm Church Council	22 9:30 am Volleyball 11 am Bible Study 5 pm Basketball	23 3:30 pm Basketball 6 pm Basketball	24 1:30 pm Holy Family School Teacher & Staff Appreciation Lunch	25
26 8 am Worship 10 am Worship 8:30-11:30 am Tastefully Simple Tasting	27	28 9 am Quilting 6 pm Basketball 6 pm Preschool Orientation	29 9:30 am Volleyball 11 am Bible Study 5 pm Basketball	30 3:30 pm Basketball 6 pm Basketball	31	

