

Epiphany Evangelical Lutheran Church  
Elmhurst, Illinois



## Pastor Christine Meyer to Serve as Interim Associate Pastor



While Pastor Jennifer Moser is taking leave for bereavement, Pastor Christine Meyer will serve as part-time interim associate pastor.

Pastor Meyer retired in June 2016 after 38 years of ordained ministry. She most recently shared 24 years of ministry at Lutheran Church of the Holy Spirit in Lincolnshire with her husband, Doug Meyer. Pastor Doug remains at Lutheran Church of the Holy Spirit and will join Christine in retirement in a few months. Pastor Meyer is a graduate of Augustana College and the Lutheran School of Theology at Chicago. Prior to serving at Holy Spirit, she was the assistant pastor at two congregations in Chicago and the chaplain/director of pastoral care at Salem Village in Joliet.



## *A Few Thoughts From Pastor Ron*

This month I want to share with you some words of wisdom from my friend, Gem Fadling. Gem and her husband, Alan Fadling, recently founded a ministry called, “Unhurried Living,” which seeks to inspire people to rest deeper, live fuller and lead better. Gem reminds me that most of our interactions with God must come in the midst of busy lives. She offers “22 Simple Ways to Enjoy God’s Presence.”

1. **Show gratitude** – Get out a piece of paper and write down 5-10 things for which you are grateful.
2. **Breathe** –Take a few minutes to focus on your breath. Enjoy the gift God has given you of another breath.
3. **Be Quiet** –Don’t talk. Try not to concentrate on anything. Let your thoughts float by like leaves on a lazy river. You’re not just being quiet. You’re being quiet with God.
4. **Call a Friend** – It’s ok not to go it alone.
5. **Light a Candle** – Light a votive or tea light. Focus on the flame. Watch it flicker. Breathe. Say a prayer for someone.
6. **Say a Breath Prayer** – Pray a short phrase as you inhale and a corresponding phrase as you exhale.
7. **Imagine a Nature Scene** – Imagine yourself in a beautiful location. Picture Jesus alongside you. What would you like to say to him? How does his presence inspire you?
8. **Read Psalm 139** – Read it slowly. Revel in God’s knowledge of you. Be comforted by his thoughts about you. Enjoy his attentive gaze. Say a short prayer of thanks to God for His care.
9. **Stand Up and Stretch** – Lift your hands over your head and reach toward the ceiling one hand at a time. Stand up. Get your arms in the air. Walk around your desk.
10. **Listen to Music** – Have a playlist ready that has songs in it that you love. Choose calming songs, energizing songs, uplifting songs, or touching songs for your list. Choose one and let it take you on an inner journey.
11. **Pray the Jesus Prayer** –It is a simple prayer that can bring a few moments of simple focus on Jesus. Here are a few ways you can pray it: “Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.” Or, “Lord Jesus Christ, have mercy on me.” Or, “Jesus, have mercy.” Close your eyes, breathe deeply and pray. Allow a moment or two of reflection between praying this prayer.

*(continued next page)*

12. **Sip Hot Tea** – Boil the water. Stand there and breathe while the tea brews. Let your heart quiet. Choose a calming herbal tea. As it steeps, feel the soothing warmth of the cup. Add honey and lemon for added refreshment. Enjoy the herbal goodness as it makes its way down your throat

13. **Read Slowly** – Keep a book in your bag or your desk. Take five minutes and read slowly. Not for gathering information, but for inspiration and transformation.

14. **View Art** – If you have an art book, that is great. You can even do a Google search of your favorite artist and find an image online. Don't get sidetracked in your search. Simply find one image and look at it for 3-5 minutes. What does this work of art evoke in you? Do you sense an invitation from God?

15. **Eat a Snack Mindfully** – If you have an orange, peel it slowly, let the citrus aroma awaken your senses. Enjoy the burst of juice as you bite into each section. Or, enjoy a piece of dark chocolate. Enjoy this simple pleasure.

16. **Take an Unhurried Stroll** – Step away from whatever you're doing and move.

17. **Look Out a Window** – Focus on something far away. Get a different perspective, outside of your four walls. Say a little prayer for yourself. Remember that God is with you.

18. **Write Your Thoughts** – Simply write down everything floating through your brain. It may feel like flies buzzing around in a jar. Take 3 minutes to write your thoughts to get them out of your head. Take another couple of minutes to notice what kind of thoughts were in there.

19. **Color or Draw** – It's good to let your mind wander a bit. Coloring may help reduce anxiety and bring greater focus. Take a quick break and be creative.

20. **Aromatherapy** – Grab an orange and smell the rind. Open a bag of ground coffee and smell the roast. If you use essential oils, breathe in the calming scent. Walk outside, find a flower and enjoy the fragrance.

21. **Smile** – While you are smiling, take a few minutes and make a mental list of people or things for which you are grateful.

22. **Recall a Pleasant Memory** – Take a moment to daydream about a recent vacation, joyful experience, childhood memory, or conversation that you especially enjoyed. Thank God for the gift of that experience.

**“...whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” (Colossians 3:17)**

## Brightest and Best

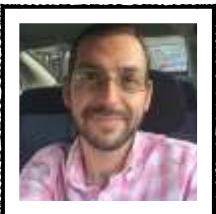
“Brightest and best are the stars” of Epiphany who gave their time, talent, and energy during the Advent and Christmas seasons to prepare our church and to provide opportunities for all of us to share the spirit of Christmas with others. A very sincere thanks is extended to:

- ★ The “stars” who prepared, hung, and then dismantled the greenery of the season to surround us with many of the traditional symbols of Christmas.
- ★ The “stars” who put up, decorated, and later took down and packed away the sanctuary Christmas tree which brightened the chancel area throughout the season.
- ★ The “stars” who set out the outdoor trees and nativity display which spread the good news to our church neighborhood.
- ★ The “stars” who worked on and supported the Men In Mission Christmas Dinner which raised funds so that families in need might have a merrier Christmas.
- ★ The “stars” of the Elmhurst Area Children’s Choir, The New Life Ensemble, and the Glory Ringers who traveled by bus on a snowy afternoon to carry the spirit of Christmas to three neighboring facilities through their music.
- ★ The “stars” who organized and provided gifts through the Tree of Love and Caring to ensure that less fortunate families would experience Christmas joy.
- ★ The “stars” of our Sunday School who told us the story of Christmas through their words and music.
- ★ The “stars” who shared their musical talents throughout the season inspiring us with the wonderful sounds of Christmas.
- ★ The “stars” who placed the glowing luminaria on Christmas Eve to guide our way to worship just as a star did for other worshippers so very long ago.
- ★ The “stars” who provided so many beautiful poinsettia plants which filled the chancel area with brilliant color for our Christmas worship services.
- ★ The “stars” who attended worship services throughout the Advent and Christmas seasons bringing life to all that had been prepared.
- ★ The “stars” who delivered many of the poinsettia plants along with our prayers to our members who were unable to worship with us.

Epiphany “stars” truly shine among the “brightest and best” - it really does “take a congregation.”  
THANK YOU ALL!

-Epiphany Altar Guild

## LYO News



Happy New Year!

After the holidays, LYO resumed on January 8 and we began the new year with storytelling. We've started a new unit in 2017 that I'm calling "Dealing With Life" where we will share stories of actual high school experiences, and then look more closely at the particular stresses and pressures that many teens are facing. I am using chapters from Dale Erlander's Tales of the Pointless People to help connect our various discussions

I am using the MailChimp service for LYO emails. To join the list, email your first & last name to [LYO@epiphanyelmhurst.org](mailto:LYO@epiphanyelmhurst.org). I will also put LYO info in the Announcements and I will be constructing some displays for the Epiphany Center.

The 2017 Annual LYO Ski Trip is planned for February 19 and 20 to Wilderness Resort and Waterpark (Sunday) and Cascade Mountain (Monday). Cost is \$125 with rental equipment, \$95 without renting. The stay includes 3 meals. Please bring \$20-30 for two additional meals. At least 15 skiers are needed to make the trip work.

LYO will be packing food at Feed My Starving Children ([fmsc.org](http://fmsc.org)) on Friday, April 28.

Peace,

Moose

## February Calendar

February 5	9:30 a.m.	Morning LYO
February 12	9:30 a.m.	LYO Breakfast Club
February 13	7:00 - 8:00 p.m.	Youth Ministry Committee
February 26	9:30 a.m.	LYO

## New Member Orientation Sessions and Reception

Those who wish to become members of Epiphany are asked to attend an orientation session prior to joining. The orientation sessions are typically held the week prior to the reception of new members and are held at 10:45 a.m. in the Chapel. New members are received during the 9:30 a.m. worship service. If you would like to become a member of Epiphany, please contact Pastor Ron Feltman at (630) 832-8457 or [ron.feltman@EpiphanyElmhurst.org](mailto:ron.feltman@EpiphanyElmhurst.org). Orientation sessions and new member receptions are scheduled on the following dates:

<b>March 12</b>	Orientation
<b>March 19</b>	Reception
<b>June 11</b>	Orientation
<b>June 18</b>	Reception
<b>August 27</b>	Orientation
<b>September 10</b>	Reception
<b>December 3</b>	Orientation
<b>December 10</b>	Reception

## Upcoming Dates For Baptism Classes

Prior to having their children baptized, parents are asked to attend a baptism class. Dates for baptism will be scheduled at that time. All classes are held at 10:45 a.m. in the Chapel. Please contact Pastor Feltman at (630) 832-8457 or [ron.feltman@EpiphanyElmhurst.org](mailto:ron.feltman@EpiphanyElmhurst.org). Baptism classes will be held on the following dates:

<b>May 7</b>
<b>September 17</b>
<b>November 19</b>

## Sunday School Mission Project

The children are hearing about the new Mission project in Sunday School. We will be asking families to support the Elmhurst-Yorkfield Food Pantry by bringing products that the clients cannot purchase with their food stamps. The pantry now distributes food to clients three days a week during four shifts, 52 weeks a year. Clients range from those who have recently lost their jobs, those who are chronically unemployed, those who are underemployed and elderly retirees living exclusively on modest Social Security checks or other fixed income.

Epiphany can help! We are asking families to send their children with their offering and a product for each of the next several weeks. Church family is welcome to join in the program also.

**February 5** – Bring pet care products.

**February 12** – Bring laundry care products.

Thank you from Barb Odean, Mission Lady

## Epiphany Players

The Epiphany Players are planning their spring production for Sunday, April 30. The event, sponsored by Men In Mission, will consist of a dinner followed by the Readers Theatre performance of the one-act comedy The Great Pandemonium by Pat Cook.

If anyone is interested in showing off his or her acting skills, please contact Phil Darling at (630) 291-0695. A total of four men and five women make up the cast.

## Save the Date!

Men – In – Mission Pancake Breakfast

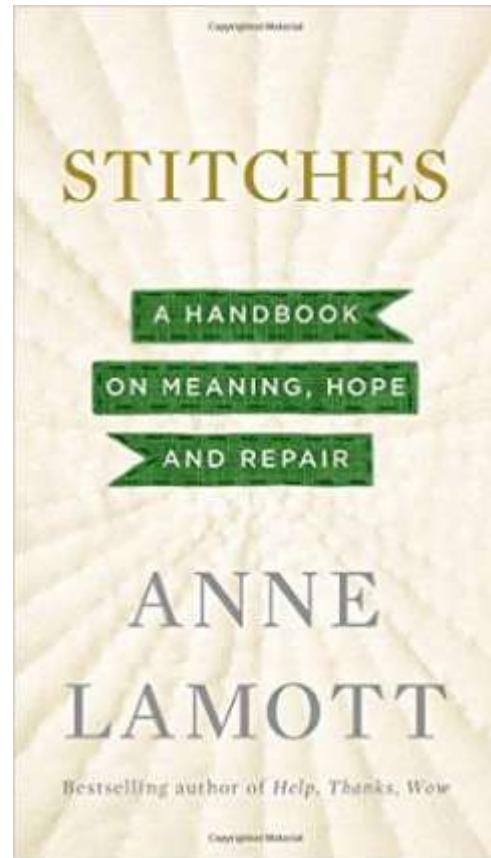
**Saturday, April 8, 2017**

8:00 – 10:00 AM

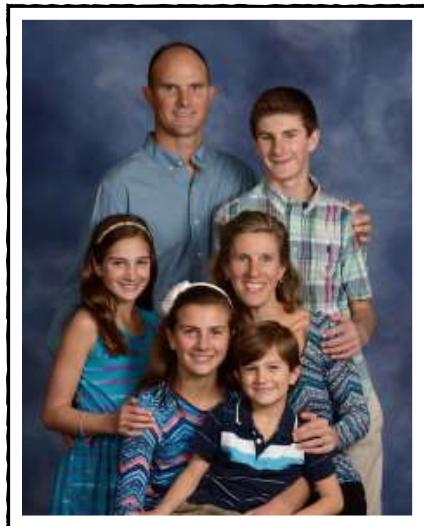
## Check It Out

"It is not now and never was in anybody's best interest for you to be a seeker," confides Anne Lamott. Nevertheless, humans do wonder: what is truth, and why do bad things happen, and what is supposed to be done? *Stitches: A Handbook on Meaning, Hope, and Repair* is a reflective memoir of advice. "I know God enjoys hearing my take on how best we should all proceed, as I'm always full of useful advice." This is particularly true before 10:00 P.M. There are a few core ideas that one can take from this book and hold onto through bright chaos or black loneliness. Its primary strength is the comfort it gives to those who seek or question: others also hurt or seek. "It's much better to wake up now in deep regret, desperate not to waste more of your life . . . . Because you will have finally awakened." Like her book *Help, Thanks, Wow*, this book can be checked out for FREE!

--Assistant Librarian, Teri



PEACE • LIGHT • LOVE



From our new home!  
2986 Pignatelli Crescent  
Mt Pleasant, SC 29464

With love,  
The Ripperdas

## The Poetry of Pastor Jim Nichols

When Pastor Jim Nichols preached at Epiphany on January 7 and 8, his sermon was organized around the following poem. Pastor Nichols and his wife, Mary, came to know Greg and Jennifer Moser when Greg was in the hospital in Columbia, South Carolina. He and Mary came to Elmhurst for Greg's funeral and was invited to preach that weekend by Pastor Feltman. Pastor Nichols used this poem to reflect on the contrast of images of Greg's illness and death and the images of hope in Advent and Christmas. It is published in his book of poetry and art, *A Pilgrim's Way: Poetry, Art, and Other Writings*.

### REJOICE BELOVED ONES

James H. Nichols

EMMANUEL STILL COMES...IN...

People unprepared  
Places unexpected  
Plans pre-empted  
Possibilities unnoticed  
Promises forgotten.

### THUS

Troubled world—is manger.  
Spiritual refugees—become parents.  
Grief—the birth pangs of healing.  
Compassion—the travail of loving.  
Repentance—the burning cry.

### THEN

Tragedy generates community.  
Woundedness begets prayer.  
Reflection brings forth thanksgiving.  
Grace spawns vision.  
Hope bears life.

### THERE

Nativity! At celestial zero with glorias!  
Jesus, Emmanuel, Savior—  
Who is, who was, and who is to come!  
Yesterday—Today—Forever!  
Amen.

## Sympathy to the Family of Dave Granback

Many of you will remember Dave and Doris Granback and their children Karen, Jeanne, and Don. We have received word that Dave died on Monday, January 2, at Don's home in Eau Claire, Wisconsin.

*Karen wrote on her Facebook page: Thank you friends and family for your comforting and kind words for me and my family. We know Dad/Gramps/Grampie is happy in heaven with Mom, and we are grateful for the past year which has brought the whole family closer. Our whole family has been blessed. We are honoring his wishes to be cremated, and later when it warms up (he never did like the cold) a memorial celebration of his life will be held in Illinois where most of the friends and family reside.*

We are thankful for what the Granbacks have meant to Epiphany and ask that you remember them in your prayers.



## Thank You

Grateful appreciation for the many cards, visits, flowers, and prayers while I was in the hospital and recovering at home. My church family is great!

-Bob Sutherland

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To My Dear Church Family:

Thank you so very much for the love and support you have given to me, not to mention the delicious food.

-Dolores Barney

## February Birthdays

- |    |  |    |   |
|----|--|----|---|
| 1  | Amy VanDenBrook, Cooper Hurst, Alana Persenico                                     | 16 | Debi Woerner, Daniel Kunesh, Layne Medema                                     |
| 2  | Mike Nolen, Olivia Hall, Avery Berg  | 17 | Tom Connolly, Donna Demchuk, Annalise Haarstad, Madeline Brown, Adrea Brown   |
| 3  | Randy Wiegel, William Phillips   | 18 | William Friberg, Dee Schram, Amy Pilny  |
| 4  | Judy Samuelian, Lisa Michalski, Sophie Ward  | 19 | Kristin Thielbar  |
| 5  | Brenda Albarello, Lauren Gould, Katie Grainge                                      | 20 | David Cartwright, Marjorie Ganser   |
| 6  | Emily Beerhalter, Jonathon Beerhalter, Joseph Sutherland, Sarah Vesely             | 21 | John Tanis, Jack Jones, Colleen Sawosko, David Kociak, Isabella Zepeda        |
| 7  | Robert Scheuerman, Beverly Keller, William Schwarz, Jeff Banasek, Mackenzie Gulley | 22 | Lito Toreja   |
| 9  | Doug Davies, Jason Addante, Natalie Heinle, Jabob Roucka                           | 23 | Barbara Rimington   |
| 10 | Wesley Odean, Carolyn Kroll, Avery Nuzum   | 24 | Brady Hallongren, Colleen Pyne, Matthew Josephs                               |
| 11 | Melinda Josephs, Angela Bordelon   | 25 | Renee Bordelon, Drew Medema   |
| 12 | Martin Larsen, Jr., Jennifer Allen, Anders Caster                                  | 26 | Margie Gotsch, Jonathon Thielbar, Seth Lancaster, Abigail Pilny               |
| 13 | Kie Hammerle, James O'Malley, Riley Callahan, Brenton Russo, Jack Jones            | 27 | Edward Gabrielsen, Gregory Hradil, Timothy Hradil, Kale Brody                 |
| 14 | Charles Gonzalez, Jackson Armstrong  | 28 | Gerald Mooshool, David Koehler, Theresa Doering, Isabella Cook, William Sauer |
| 15 | Violet Arbor, Susan Phillips   |    |   |

## February Anniversaries

- |    |                             |    |                           |
|----|-----------------------------|----|---------------------------|
| 12 | Greg and Arlene Taylor      | 15 | Linda and Steven Stratton |
| 14 | Robert and Martha Haley     | 17 | Randy and Darlene Johnson |
|    | Roy and Joan Schroeder, Sr. | 22 | Paul and Theresa Doering  |
|    | Seth and Anna Lancaster     | 24 | Robert and Bonnie Smith   |

## In Our Prayers

**Our members:** Todd Becker, Wayne Bell, Judith Billingsley, Nancy Bode, Marie Buford, Sienna Dudley, Bill Friberg, Babette Halen, Martha Haely, Josie Heard, Joyce Hill, Ella Hruby, Catherine Knapp, Gena Medema, Bob Sutherland, Marlene Tegmeyer, Barry Vaughn, Sr.

Please keep in your prayers the family and friends of Darryl May, who died Tuesday, January 24. A funeral service was held at Epiphany on Saturday, January 28.

Our prayers and sympathy go out to Genevieve Scaro and family upon the death of her brother, Robert Wendell, on January 21.

**Our friends:** Skip Anderson (son-in-law of Mary Hanson), Emma Barz, (friend of the Redfearn family), Eli James Becker (grandson of Gwen and Richard Becker), Bill and Virginia Bonham (Bill Friberg's brother-in-law and sister-in-law), Evelyn Boutin (Lito Toreja's sister), Laverne Budris (Lisa Budris' mother), Judy Elenbaas (friend of the Kellers), Elizabeth Engfer (daughter of Marjorie and Bill Thiel), Charles Fahrenwald (Wayne and Joan Bell's grandson), Marge Flemming (friend of Pat Hidle), Gwen Gorman (daughter of Glen and Elsa Heinemann), Keith Groenwald (former member), Owen Thomas Gross (grandson of Gary and Sue Gross), Andy Hamblin (Jan Davis' son, Helen Evensen's grandson), Lorna Hansen (Amy Rimington's mother), Jan Harms (Jen Mann's mother), Christa Johnson (friend of the Hedricks), John Johnson (Janet Rudhman's brother), Robert Kampf (friend of Daryl Bartelson), Kevorak Kahvedsian (friend of the Haidles), Glen Kelley (friend of the Haidles), Bob Krzyzewski (Lila Peters' brother-in-law), Lindsay Larson (Andrea Redfearn's niece), Greg Lechowski (friend of Joe Schram), Bill Lentine (father of Trisha Graham), Lora Corey Marut (friend of Linda Stratton), Harriet Mason (friend of Sandra Vaughn), Karen McCaa (sister of Amy Pilny), Betsy McKeever (Kristin Hall's aunt), Evan Thomas Mevis (Ruth Blair's grandson), Marie Mueller (mother of Keelie Witzel), Gail Nerison, Nancy O'Leary and Family (Sue Mooshoul's sister), Mary Overbeck (friend of Karen and Larry Bircher), Patti Paul (friend of Curt Clifford), Betty Patch (Lori Trimble's mom), Barbara Phelps (Wayne Phelps' mother), Joe Pilny (David Pilny's father), John Rossi, Eva Salems (Lila Peters' sister), The Seeck Family (family of Jackie Darling's sister), Marge Swanson (Shirley Swanson's mother), Pat Swanson (Shirley Swanson's sister-in-law), Joan Sturino (sister of Dawn Sanders), Bea Tanis (John Tanis' mother), Bill Tarnow (friend of Joe Schram), Irma Tena (friend of the Johnson family), Matt Toole (friend of Phyllis Field), John VanFleet (friend of the Tengroths), Jeff Vidt (Sue Kostecki's brother), Diane Viise (family of Annette and Bill Edwards), Eric Von Schaumburg (husband of Lindsay Rudhman), David Wells (son-in-law of Elsa and Glen Heinemann), Cathy Wendell and Gina Rapaz (in-law and niece of Genevieve Scaro), Lori Wood (friend of Pastor Moser), Mark Zuzek (Michelle Crowley's brother-in-law)

### STAFF DIRECTORY

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Thank you to everyone who submits articles to The Star. Articles submitted are subject to review by the editor. Any significant revisions will be discussed with the author of the article. You may email contributions to: [info@EpiphanyElmhurst.org](mailto:info@EpiphanyElmhurst.org)  
Deadlines for submissions for the March edition are due Friday, February 17.