



St. Mark Lutheran Church

CrossBeams

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

Inside this issue:

| | |
|--|----|
| Council Corner | 2 |
| B(older) U | 3 |
| Music that Makes Community Retreat | 4 |
| Worship info, Caregiver Support, Senior Lunch Bunch & more | 5 |
| WELCA | 6 |
| Thoughts from the Loft, Book Club & More | 7 |
| Offering of Letters | 8 |
| St. Mark Celebration Event | 9 |
| PADS Update & More | 10 |
| Prayer | 11 |
| Fellowship & more | 12 |
| Adult Education & Choirs | 13 |
| The Chosen | 14 |
| Calendar of Events | 15 |

Volume 62, Issue 9

September, 2023



“God’s work. Our hands.” Sunday



Please join us at The Center after the September 10 worship service to enjoy food & fellowship at our last BBQ for 2023. Following the BBQ, we will put Our Hands to work and assemble school kits for Lutheran World Relief and tie Linus blankets. There will also be the opportunity to work with St. Mark's Social Justice Group as they sponsor an "Offering of Letters" to U.S. Congresspersons and Senators to support the five-year re-authorization of the U.S. Farm Bill so that it builds a healthy, equitable, and sustainable food system that helps people who are "food insecure" (i.e., hungry) in the U.S. and globally. See page 8 for more on "Offering of Letters".

Wear your “God’s Work. Our Hands. Tee-shirt. If you don’t have one yet, a limited number of shirts will be available Sunday, September 3 in the narthex. When they’re gone, they’re gone.





COUNCIL CORNER

The Council has a primary goal this year to pull us all together as one body as we work toward discerning God's will for us. The Council is working for unity among all of St. Mark's ministries so we can move forward with strength and common ministry goals. We continue to have outreach into the community and beyond as a component of the work of all committees. At the regularly scheduled August meeting of the Council, we began with a prayer asking God to look upon us with compassion as we enter this next chapter in the life of St. Mark. We asked God to break

down any walls that may exist between us that could separate us from one another and from God, to unite us in love, and to guide us as we work too discern God's will for us at St. Mark.

Treasurer Marilyn Gosell reported income for July to be \$37,677 while expenses were \$44,595. The July 31 year-to-date deficit total in the General and Benevolence Funds is (\$66,386).

We acknowledged receipt of the \$90,000 Federal Government Covid reimbursement grant and again expressed gratitude to Mary Goodrich for her work in the application process. The check was deposited in the Reserve/Bequest Fund. The Council unanimously authorized using a portion of this fund to give a bonus to our current staff, including our contract maintenance worker. We foresee using the balance of the grant to reimburse the General Fund for what will be our end-of-year budget deficit.

The Council has asked Property Committee chairperson, Paul Post, to investigate and prepare a 10-year long range plan of major repairs and replacement items to assist in developing future General Fund and Capital Fund budgets. By the time you read this report, the repair to the exterior stairs leading to the upper Wille Street entrance should have been completed. That project is to be paid out of the Capital Fund budget which was approved at the February congregational meeting. Though the parsonage is generally in good condition, it is being refreshed and repaired as needed. Several members have been working very hard to accomplish this.

The Winter Farmer's Market has expressed interest in renting space at The Center beginning in December. This is both an outreach to the community as well as a way to bring the community to us, to generate some income, and to highlight our Center as a possible rental venue. Discussions of this possibility are in progress.

Written by Nancy Snell, President, on behalf of the Council: Eve Smith - Vice President & Congregational Care/Inreach, Barb Bloomquist - Secretary & Youth & Family, Marilyn Gosell - Treasurer, Andy Goodrich - Marketing/Communication & PADS representative, Dolores Uddenberg - Worship & Music, Dianne Quast - Adult Education, Paul Post - Property, Kim Perlich - Fellowship & Women's Ministry, Mike Haase - Foundation representative

B(older) U

B(older) U is Back!

Starting at the end of September, B(older) U will be back. Here is a list of activities that are currently scheduled:

Exercise

September 28 – November 1, the Rush Occupational Therapy students will be back leading the Exercise Group. This group will be on Thursdays from 10-11 am. The students will be focusing on balance and core strengthening.

Movies

Movies will be resuming on the 4th Thursday of the month at 1:00. The current movies scheduled are:

September 28: Book Club: The Next Chapter starring Jane Fonda, Candice Bergen, Diane Keaton, and Mary Steenburgen

October 26: Get ready for Halloween with Arsenic and Old Lace starring Cary Grant, Peter Lorre, and Raymond Massey

Lunch and Learn

Lunch and Learn will resume on the 2nd Thursday of each month at 11:30 am starting in October. Topics are still being finalized.

If there is a topic for the lunch and learn or movie you would like to suggest, please contact Linda Olson at lolsonotr@gmail.com.

All B(older) U activities take place at The Center in the Assembly Room.



Save the Date
Music that Makes Community
Fall Retreat
November 18-19, 2023

On November 18-19, Paul Vasile, the Executive Director of Music that Makes Community will be here to lead a Music that Makes Community Retreat. This retreat will focus on communal song-sharing designed to deepen spiritual connection, shared leadership, with the potential of transformation within our world.

On Saturday, November 18, participants are invited to join in morning prayer through gathering in song and spirit. In the afternoon, participants can choose to continue learning more about song-sharing or participate in other spiritual/meditative or service activities.

On Sunday, participants are welcome to join us for 10:00 am worship at St. Mark, where we will put what we learned on Saturday into action through worship followed by fellowship and reflection. At 3:00 that day there will be a Community Sing that is open to all, even if they did not attend the retreat.

Our retreat leader is Paul Vasile, a church musician, consultant composer, and teacher who finds his greatest joy in teaching and community-centered ministry. He is currently the Executive Director for Music that Makes Community. If you would like to learn more about Paul and Music that Makes Community, please visit their website: <https://www.musicthatmakescommunity.org/>

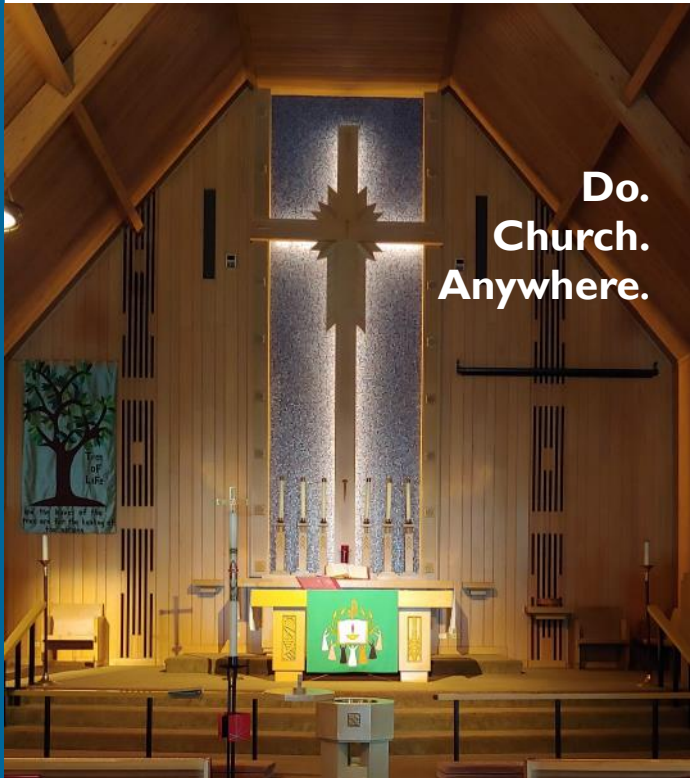
The cost for the retreat will be \$25. This will include all the retreat sessions, a light breakfast and lunch on Saturday. Scholarship support is available, and we do not want the cost to prevent anyone's participation. Note: The cost of this retreat is being supported by a grant St. Mark received from the Chicago Metro Synod of the ELCA.

You do not have to be an accomplished singer to attend, you just need to have an appreciation for music and desire to develop your spiritual connection and the community around you.

More information about registration will be available through the Crossbeams, weekly email blasts, and Sunday bulletins.

We hope you all can join us for this fun, spirit-filled retreat!





**Do.
Church.
Anywhere.**

**Worship with us in person
Sundays at 10am**

**Or Worship online with us
on Facebook Live at 10am**

[https://www.facebook.com/
StMarkLutheranIL/](https://www.facebook.com/StMarkLutheranIL/)

then posted later to our YouTube Channel
[https://tinyurl.com/stmarkmpyoutube.](https://tinyurl.com/stmarkmpyoutube)

We look forward to worshipping with you.



Caregiver Support Group

Are you doing the important and challenging work of providing care for a loved one? Are you looking for mutual support in the midst of that? Join our Caregiver Support Group meeting **Tuesday, September 5** at noon in the Great Room. Bring your own lunch. Questions? Contact the church office.

SOCIAL JUSTICE

Social Justice Group Meeting on October 8 at 3-4:15pm

The Social Justice Group will meet on Sunday, October 8, from 3 to 4:15 p.m. in the Great Room. We will take up the threefold program of education, moral deliberation and advocacy. All are welcome. If you have questions, please direct them to Les Weber, l.jweber@sbcglobal.net



Senior Lunch Bunch

(or anyone else who would like to join us)

**Thursday, September 21 at 1pm
Hacienda El Sombrero**

1100 S. Elmhurst Rd., Mount Prospect

**RSVP to Marilyn by
Monday, September 18**
847-508-5512 or gosell94@astound.net

Women of the ELCA

UPCOMING EVENTS:

Last Chance for JUST LOVE

Join ELCA women from all around the country for the 2023 Women of the ELCA Triennial Gathering in Phoenix, AZ, from September 21-24. Information and registration is all online at welcatg.org.



WOMEN OF THE ELCA GATHERING
SEPTEMBER 21-24, 2023 | PHOENIX
WELCATG.ORG



Thankoffering Sunday Sunday, September 24 10am worship

Quilts will be displayed in the sanctuary. Thankofferings will be collected. This year, as in the past two years, the money collected will be given to Lutheran World Relief (LWR) to assist in the payment of shipping costs for the quilts, school kits and health kits. During the Lenten season, we will collect donations (in-kind and monetary) for Health kits.

Women's Bible Study

Deacon Pat Gerber will lead us through this 7-session video study of Priscilla Shirer's *The Armor of God*. We will meet on the 4th Monday of each month at 7pm in the Great Room, starting Monday, September 25. There will be no session in December. Join us as we reap the benefits of this bible study:

- equip us to get serious, specific and strategic in our discipline of prayer
- turn challenges and discouragement into opportunities for prayer
- grow spiritually as we dig deeper into Scripture and expand our understanding of prayer
- develop and implement practical, purposeful prayer strategies.

The Study Guide is available for \$15. Contact Kim Perlich to reserve your copy TODAY!



2023 Metro Chicago Synodical Women's Convention **Click [here](#) for flyer**

"The Holy Spirit in Our Lives"
October 14, 2023, 8:30am – 2:30pm
Pilgrim Lutheran Church
4300 N. Winchester Ave.
Chicago, IL 60613

Thoughts from the Loft

A hymn that has become a favorite of mine these last few years is #793 (Be Thou My Vision). The tune name for this hymn is *Slane*. The text is Irish (8th century) and the tune is Irish as well. I think it is always interesting when hymns from Ireland make their way into North

American hymnals such as ELW. In "Be Thou My Vision", we are reminded by the text writer that the Ruler of us all is our vision in the good and bad. As we sing in the last verse "Heart of my own heart, whatever befall, still be my vision, O Ruler of all." May this hymn and so many others guide us this month as we celebrate a new program year.

Peace in Christ,
Tim



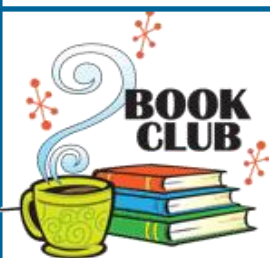
**Fair Trade items
will be on sale Sunday, September 24
Coffee, chocolate, olive oil, and more**



Quilters (knotters) will meet at 9:00am on these upcoming dates in the Quilting room (second floor of the Education wing):

**Wednesday, September 20 &
Tuesday, September 26**

For more information, please contact Lynn Istwan at 847-253-1715 and leave a message.



BOOK CLUB

The St. Mark Book Club meets on the 4th Monday of each month at 1pm in the Great Room. We read a variety of books and all are welcome to join us! Here is the 2023 reading list.

Questions??? Contact Nancy Snell at 847-431-9116.

2023 Book Selections

September 25 - Foster by Claire Keegan

October 23 - An Elephant in My Kitchen by Francoise Malby-Anthony

November -To be announced

Offering of Letters is an Act of Christian Citizenship

On Sunday, September 10, members and friends of St. Mark will have an opportunity to advocate to their elected Congressional representatives on behalf of hungry people in the United States and globally. As part of “God’s Work. Our Hands.” Sunday, an Offering of Letters will be one of the service activities available. Printed letters will be available to be signed and envelopes addressed.

What is an “Offering of Letters”? You could call it another way of practicing Christian stewardship—the stewardship of being a Christian citizen—by communicating via mail with federal representatives. Each year the bi-partisan Christian advocacy organization Bread for the World sponsors this activity to encourage the U.S. government to use its enormous capacity to address hunger on a scale far beyond what churches could do by themselves. This year’s effort is more significant than the average year because the U.S. Farm Bill is up for reauthorization, something that occurs only every five years. Bread for the World is supported by the ELCA’s World Hunger program.

The Offering of Letters seeks to influence several things in the 2023 Farm Bill:

1. *Protect SNAP from further restrictions.* SNAP is the Supplemental Nutrition Assistance Program, formerly Food Stamps. In Illinois, SNAP by itself lifts 285,000 people above the poverty line, including 139,000 children, each year on average. Some people would like to cut or make harmful changes to SNAP’s Thrifty Food Plan which is the cost of groceries needed for a healthy diet for a family of four. In 2021, the Thrifty Food Plan was updated (since 2006) resulting in a modest increase in SNAP benefits.
2. *Increase funding for fresh produce within SNAP benefits through the Gus Schumacher Nutrition Incentive Program (GusNIP).* This program provides grants to projects that help low-income consumers access and purchase fresh fruits and vegetables.
3. *Reduce food waste by cosponsoring the Food Date Labeling Act, H.R. 3159/S. 1484.* This Act will establish a “Best if used by” system. It will standardize and clarify food date labels to reduce food waste. With the exception of baby formula, date labels on food are not federally regulated or standardized. This act will save consumers money and prevent over half a million tons of food waste from entering landfills each year.
4. *Reauthorize the Food for Peace global nutrition program at no less than its current level of \$2.5 billion annually and allow additional flexibility.* In the past, U.S. food assistance was entirely shipped from the U.S. This was costly, delayed addressing hunger, and did not benefit local farmers overseas. Over time, Bread for the World and other advocates have persuaded Congress to allow more food to be purchased locally overseas. In 2020, 59 percent of U.S. emergency food was purchased locally and regionally. This is the flexibility being advocated for.

If you will not be present in person for “God’s Work. Our Hands.” Sunday and are interested in sending a letter to your elected representatives, the letters can be emailed to you to sign, address, and drop in the mail. Please email Les Weber (l-jweber@sbcglobal.net) to request a copy.

The St. Mark Social Justice Group is sponsoring this Offering of Letters.



ST. MARK CELEBRATION EVENT

WE HAVE A LOT TO CELEBRATE!

77 YEARS OF WORSHIP AND SERVICE

65 YEARS OF PRE-SCHOOL ENRICHMENT

35 YEARS HOSTING THE PADS PROGRAM

SATURDAY OCTOBER 21, 2023

JOIN US AT THE ST. MARK CENTER

205 S. WILLE STREET

MOUNT PROSPECT, IL 60056

5:00 ~ DOORS OPEN, MUSIC BY TIM SPELBRING, BEER AND WINE AVAILABLE, CHECK OUT THE SILENT AUCTION AND RAFFLE ITEMS.

6:00 ~ CATERED BUFFET DINNER FROM TOSCANA ITALIAN-AMERICAN RESTAURANT, MUSIC BY SIDEMEN QUARTET.

7:00 ~ DESSERT AND PROGRAM.

8:00 ~ MUSIC BY SIDEMEN LITTLE BIG BAND.

10:00 ~ SILENT AUCTION AND RAFFLE WINNERS ANNOUNCED.

|| \$50.00 PER PERSON. ||

**PURCHASE YOUR TICKETS ON SUNDAYS IN THE NARTHEX
THROUGH 10-15-23 OR WHILE SUPPLIES LAST.**

**CALL 847-255-8963 FOR MORE INFORMATION
OR TO ARRANGE TICKETS BY MAIL.**

**TICKETS CAN BE PURCHASED ELECTRONICALLY VIA PAYPAL OR
ZELLE USING STMARKMP@STMARKMP.ORG AND NOTING
CELEBRATION EVENT IN THE MEMO.**



PADS UPDATE

St Mark will be reopening as a PADS shelter site beginning Monday October 2. This will mark 35 years of St Mark and our church and community partners providing this support to our homeless neighbors. This is an important part of our mission to show love and compassion to others.

We are currently reaching out to our past volunteers to seek their help for the coming season.

If you have not volunteered in the past but are interested in helping this year, please contact Mike Mokate – 847-846-6576 or mike.mokate56@gmail.com.

We are especially in need of help for these areas:

Second shift (10:45pm Monday – 3:00am Tuesday) – working with a partner, you welcome any guests who are arriving late in the evening, help guests with any support that they need during the night and make the bag lunches which are distributed to the guests in the morning.

Third shift (2:45am – 7:00 Tuesday) – working with a partner, you awaken the guests at the times they have requested, prepare and serve a simple breakfast and assist in closing the site by 7:00am.

On the 4th Monday of each month, members of St Mark work together to provide the evening meal. Each donor will be asked to prepare a recipe to contribute to the dinner meal or donate milk, juice, dessert, or other items needed for the meal. Members of other churches and community groups provide the dinner meal for the other weeks of each month.

If you can assist our efforts in one of these ways, your help would be greatly appreciated.



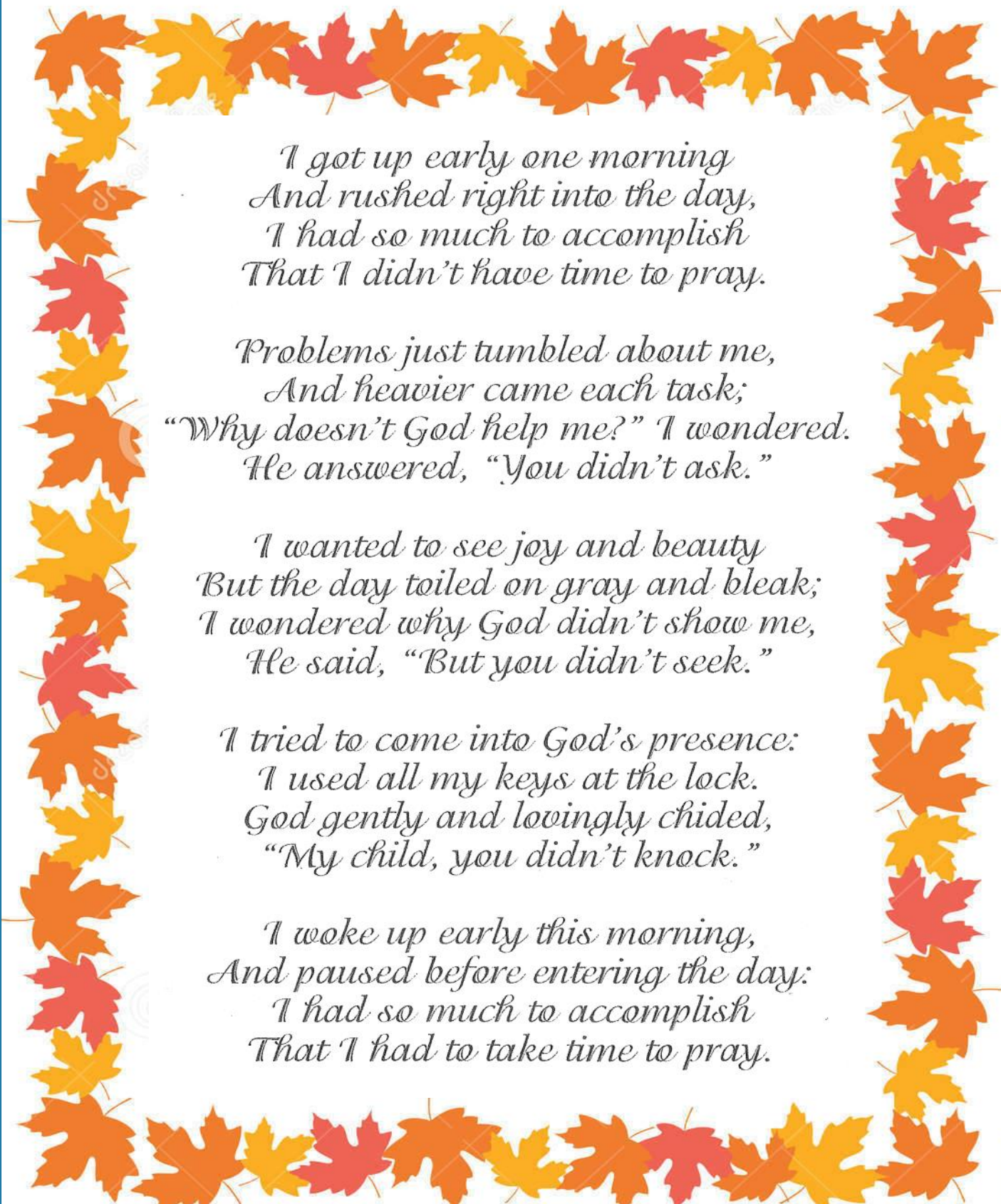
There is a **NEED** for ushers on Sunday services and offering counters following worship on Sundays.

Ushers: Greet and hand out bulletins and Welcome Cards, collect the offering and assist directing people during communion.

Offering Counters: Help count the offering following worship.

If interested in becoming an usher or Offering Counter, please contact Jack Adams at 847-804-2403 or jkey27@gmail.com.





*I got up early one morning
And rushed right into the day,
I had so much to accomplish
That I didn't have time to pray.*

*Problems just tumbled about me,
And heavier came each task;
"Why doesn't God help me?" I wondered.
He answered, "You didn't ask."*

*I wanted to see joy and beauty
But the day toiled on gray and bleak;
I wondered why God didn't show me,
He said, "But you didn't seek."*

*I tried to come into God's presence:
I used all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."*

*I woke up early this morning,
And paused before entering the day:
I had so much to accomplish
That I had to take time to pray.*



October Nibblers
Saturday, October 2
Watch for details to come



Sundays @ The Center

Family, Faith, Friends, and Community

Sunday, September 24
4:00 pm

Worship, Activities & Dinner
Join us for the fun!
All ages welcome



BUNCO FOR BREAST CANCER
***Tickets now on sale Sundays in the
narthex***

Sunday, October 1, 2023
at the St. Mark Center

Doors open at 11:30am

Bunco begins at 1pm

\$25 per ticket thru September 10;

\$30 per ticket after that

Make checks payable to BCRF (Breast
Cancer Research Foundation)

Must be 18 years old to play

Contact Janice Serafini 847-394-5854 for
ticket information

THANK YOU

Just a little note....The flowers are beautiful!
 Thank you so much.

Mel & Vera Miller

Thank you for the flowers for my birthday. They
 are beautiful. I appreciate them so much. It was
 such a surprise.

Marion Motykie



Sunday Adult Education Forums for Fall Offer a Variety of Topics

After an August break, the Adult Education Forums will resume beginning Sunday, September 17.

For the Fall, the forums will continue the monthly pattern of last year. Two Sundays each month, articles from the *Living Lutheran* will be discussed, including the one titled "I'm a Lutheran" in which an individual from across the U.S. or Caribbean is introduced. On another Sunday, a guest "Good Neighbor" from the Mt. Prospect community will share something of interest. And on the final Sunday, the preacher for the service will lead a discussion of the sermon he or she preached. The forums begin between 11 and 11:15 a.m. in the Great Room and conclude between 12 and 12:15 p.m.

On Sunday, September 17, Linda Olson will kick off the Fall forums by looking at the "I'm a Lutheran" article in *Living Lutheran*. Copies of the article will be available. It is not required that the article be read in advance.

The forum on Sunday, September 24, will take a deeper look at the sermon that will be preached that Sunday by Deacon Pat Gerber. Deacon Pat will lead the discussion of the sermon.

On Sunday, October 8, "Good Neighbors" from the Mt. Prospect Senior Center will join us to discuss services offered by the village.

If you have not been attending the Adult Forums, why should you consider doing so? No matter how old we are, Christian education enables us to grow in our faith and, in turn, our faith equips us for Christ's mission in society.



Choirs are starting up again!

Rehearsals begin Thursday, September 7. The Bell Choir will rehearse at 6:30pm, and the Vocal Choir will rehearse at 7pm. Please contact Music Director, Tim Spelbring, if you have any questions.
All are welcome!



COME AND SEE

The amazing story of Jesus and His Apostles continues...

The SEASON TWO CHOSEN®

The revolution grows, but not without resistance.

Season Two of The Chosen focuses on the beginning of Jesus' public ministry and what happens as word of His ministry begins to spread.

GET USED TO DIFFERENT.

SESSIONS

(1.5-2.0 hours)

Wednesdays

Sept 27-Nov 15, 2023

9:00am

**St. Raymond
Community Room**

Thursdays

**Sept 28-Nov 16, 2023
(except All Souls Day)**

7:00pm

**St. Raymond
Community Room**



REGISTRATION

Click on this flyer to register online. To register by phone, call the Parish Ministry Office Front Desk 847-253-8600

QUESTIONS

Contact Kathi Szott
katsz928@yahoo.com

QRCode



Watching Season One is recommended,
but not required. All are welcome!

See Jesus through the eyes of those who knew Him.



2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--------------------|---|--------------------------------------|---|
| | | | | | 1 | 2 7:30am Forrest BB 9am Layman BB 6pm Nibblers |
| 3 14th Sunday after Pentecost 10am Worship in the Sanctuary & Live on Facebook Later posted on YouTube | 4 LABOR DAY OFFICE CLOSED | 5 9am Preschool Gym 12pm Caregiver Support | 6 | 7 6:30pm Bell Choir 7pm Vocal Choir | 8 9am Preschool Gym | 9 7:30am Forrest BB 9am Layman BB GWOH set-up |
| 10 15th Sunday after Pentecost GOD'S WORK. OUR HANDS. SUNDAY 10am Worship in the Sanctuary & Live on Facebook Later posted on YouTube 11am GWOH BBQ & Service Projects | 11 | 12 9am Preschool Gym 7pm Worship & Music | 13 | 14 6:30pm Bell Choir 7pm Vocal Choir | 15 9am Preschool Gym | 16 7:30am Forrest BB 9am Layman BB 4pm Preschool Fall Fest |
| 17 16th Sunday after Pentecost 10am Worship in the Sanctuary & Live on Facebook Later posted on YouTube 11am Adult Forum | 18 | 19 9am Preschool Gym 7pm Church Council | 20 9am Quilting | 21 1pm Sr Lunch Bunch 6:30pm Bell Choir 7pm Vocal Choir | 22 9am Preschool Gym | 23 7:30am Forrest BB 9am Layman BB |
| 24 17th Sunday after Pentecost THANKOFFERING SUNDAY 10am Worship in the Sanctuary & Live on Facebook Later posted on YouTube Fair Trade Items on Sale 11am Adult Forum 4pm Sundays at the Center | 25 1pm Book Club 7pm Women's Bible Study 7pm PADS Orientation Meeting | 26 9am Preschool Gym 9am Quilting | 27 | 28 10am Rush OT Exercise Group 1pm B(older) U Movie 6pm Bunco for Breast Cancer set-up begins 6:30pm Bell Choir 7pm Vocal Choir | 29 Bunco for Breast Cancer set-up | 30 Bunco for Breast Cancer set-up |

St. Mark Lutheran Church
200 South Wille Street
Mount Prospect, Illinois
60056-3121

September 2023

God's
work.

Our
hands.



Evangelical Lutheran
Church in America
www.elca.org

2023-24

Church Council

Nancy Snell, President
Eve Smith, VP
Marilyn Gosell, Treasurer
Barb Bloomquist, Secretary

Andy Goodrich
Mike Haase
Kim Perlich
Paul Post
Dianne Quast
Kai Saito
Dolores Uddenberg

St. Mark Lutheran Church

847/253-0631

Fax: 847/253-5387

Email: stmarkmp@stmarkmp.org

Website: stmarkmp.org

Staff

Music Director
Parish Administrator
Office Administrator

Timothy Spelbring
Nancy Hundley
Jill Galyon

tspelbring@stmarkmp.org
nhundley@stmarkmp.org
jgalyon@stmarkmp.org

**Sunday Worship: 10am In person and on Facebook Live
then posted later to YouTube**

Online: Check our Facebook page or our YouTube Channel

Facebook page: <https://www.facebook.com/StMarkLutheranIL/>

YouTube Channel: <https://tinyurl.com/stmarkmpyoutube>.

Youth Christian Education - Programming under Construction

Adult Christian Education

On a break—resumes on September 17, 2023

Church Office Hours

M-Th 8:30am-4:30pm, F 8:30am-12noon

Call ahead to be sure someone will be available to greet you.

St. Mark Preschool & Enrichment Center

847/873-1110

Website: stmarkpreschoolcares.org

Preschool Director

Allison Finnegan

afinnegan@stmarkpreschoolmp.org



St. Mark
Lutheran Church

Nourishing God's People ~ Body, Mind, & Spirit

Inspiring Worship • Meaningful Ministry • Deepening Faith • Caring Community