



St. Mark Lutheran Church

# CrossBeams

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

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Volume 60, Issue 4

April, 2021

## EASTER 2021



## Pastor's Corner



*The journey of a thousand miles begins with one step. Although we may not know where the road will lead, we know that love will always guide our feet. The journey of a thousand miles begins with one step.*

This song has been our theme song for these past weeks as we've delved into the *Way of Love*. Each week we took on a practice of a Jesus-centered life: TURN, LEARN, PRAY, BLESS, REST, WORSHIP, GO. Each practice a step on this journey of living our faith in our daily lives. As we meet the resurrected Christ in Easter, we focus our attention on that final practice: GO! The journey begins with one step, but we have to take that step, we have to Go!

This practice calls us to "Cross boundaries, listen deeply and live like Jesus." "As Jesus went to the highways and byways, he sends us beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. We go to become Beloved Community, a people reconciled in love with God and one another." (<https://www.episcopalchurch.org/way-of-love/go/>) This practice recognizes that God is out there, on the move as you will hear in this year's Easter sermon, and calling us to come out, to meet God out in the world.

This is not an easy practice. In fact, it is a practice that will take a lifetime to work on. We will take this season of Easter to focus our attention on this one practice, to see what we learn from the post-resurrection appearances of Jesus that help us discern what going might look like in our lives. Will it include offering forgiveness? If so, to whom? Will it look like living as children of God and recognizing others as children of God? Certainly so. Will it mean being a living witness to Jesus life, death and resurrection? How will we do that? How will we lay down our lives for those we love? How does abiding in Jesus help us to go? How does the Holy Spirit give us strength to do this work of going? These are some of the questions we will ask in this season, ways we will discern how God is calling us and equipping us specifically to go into our lives as witnesses of Jesus love.

Living this practice has many different ways of being made manifest. It might include working to engage the people you disagree with in your life in conversation with openness. It might look like taking on the justice work of anti-racism. It might look like discerning what injustice in the world tugs most at your heart strings and figuring out how you can serve and make a difference to right that injustice. It might mean showing up to listen to those who are hungry, sick, lonely, in prison, or in need. It might mean joining the justice work already happening in our community. It might mean listening with respect and learning from a culture that is different than our own. It will most certainly mean trying something new, trusting God to guide us.

As we set out on this journey of a thousand miles, what is one step that you might take in your life? Where and how is God calling you to go? Where is God already at work and how might you join God in that work? I pray we go out with love.

Peace in Christ,  
Pastor Christie



**Do.  
Church.  
Anywhere.**

Live on Facebook  
Sundays at 10am

Worship posted on  
Facebook  
and YouTube  
later

### Worship online with us.

Visit our Facebook page <https://www.facebook.com/StMarkLutheranLL/> as well as our YouTube Channel <https://tinyurl.com/stmarkmpyoutube>.

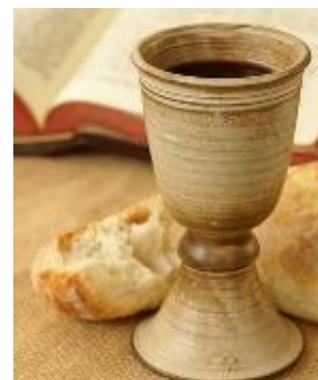
### Worship in the Sanctuary

We continue worship in person in the sanctuary during April. Each Sunday will continue to have limited seats available for reservation for the 10am service. You can reserve your seat at: <https://stmarkmpworship421.eventbrite.com> or by calling the church office at 847.253.0631. An online option will still be provided every Sunday via our Facebook page ([www.facebook.com/StMarkLutheranLL](http://www.facebook.com/StMarkLutheranLL)) and YouTube Channel (<https://tinyurl.com/stmarkmpyoutube>). Safety protocols will be followed, masks required, and worship will be adapted to ensure your safety. We look forward to worshipping with you.



### Holy Communion

Holy Communion is celebrated each week at worship. Individual Communion cups, for your use at home, with wine or juice and bread, are available for pickup or local delivery. Gluten free options are also available. Please contact the Church Office by email at [stmarkmp@stmarkmp.org](mailto:stmarkmp@stmarkmp.org) or by phone at 847-253-0631 to order yours.

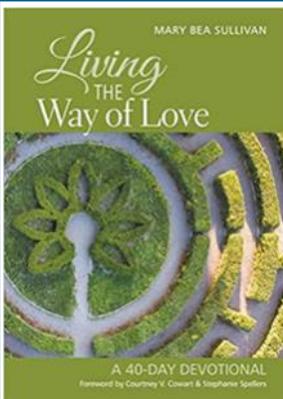


# THE WAY OF LOVE

## *Practices for Jesus-Centered Life*

**Midweek Way of Love Gatherings:** Wednesdays April 14 & 21 at 7pm over Zoom to discuss the Way of Love practices of Worship and Go.

Access the meeting: <https://tinyurl.com/stmarkmpmidweeklent> or [www.zoom.com](http://www.zoom.com) Meeting ID: 823 7807 6750



### The Way of Love keeps going!

Join us in reading Living the Way of Love, a daily devotional over the 40 Days from Easter to the Ascension (Sunday, April 4-Thursday, May 14). We are alive together with Christ— let our lives shout the good news as we practice The Way of Love. Interested in purchasing a copy? Contact the church office. Suggested donation of \$5. Kindle version available on Amazon.com.

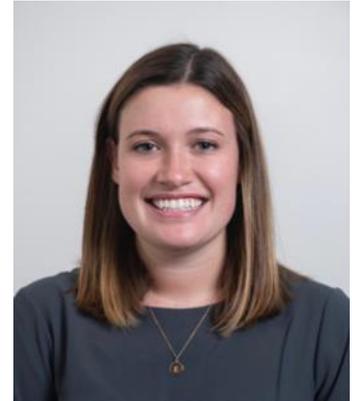
## St. Mark Foundation Educational Gift Applications

Are you a graduating high school senior? Are you pursuing further education such as college? If you have not previously received a scholarship or gift from the Foundation, we invite you to apply for a St. Mark Foundation Educational Gift. We will award a one-time gift to each student who has graduated high school and is pursuing further education. Applications will be available on the St. Mark website, [www.stmarkmp.org](http://www.stmarkmp.org), on Monday, April 12. Applications are due on Friday, May 14, 2021 by 12:00 noon. Completed applications can be emailed to the church office at [stmarkmp@stmarkmp.org](mailto:stmarkmp@stmarkmp.org).



## St. Mark Welcomes Occupational Therapy Student for Fieldwork among us!

This summer St. Mark will welcome Eleanor (Ellie) Sweeney, a third-year occupational therapy doctoral student from Rush University to do her fieldwork among us. Dr. Linda Olson, St. Mark member and Chair of the Occupational Therapy Department at Rush, connected us with this opportunity to pave new ground in connecting occupational therapy and life in the parish. Initial conversations with Ellie have been great and we are excited to have her among us to share her knowledge, gifts and resources to help us care for one another. Ellie and Pastor Christie connected for a conversation so that we could learn more about her and this opportunity.



Ellie, we are excited to welcome you to St. Mark. Tell us a little bit about yourself.

*I'm excited to get started at St. Mark! Thank you so much for warmly welcoming me into your community. I'm a third-year occupational therapy doctoral student at Rush University. I grew up in Evanston, IL in a big, Catholic family. I went to Catholic elementary school and to Loyola Academy in Wilmette for high school. I got my B.S. in Rehabilitation Psychology from the University of Wisconsin-Madison in 2018. I've been interested in occupational therapy since high school when my mom introduced it to me. She is a physical therapist and one of my sisters also ended up being an OT-so I guess it just runs in our genes! Since beginning at Rush, I've had the opportunity to be involved in a variety of different research, volunteer, and clinical experiences. Some experiences that stand out include being a "cuddler" volunteer in the neonatal intensive care unit, conducting research on young adults with autism, and being the vice president of the occupational therapy honor society. Just recently, I finished up a three-month clinical rotation at Rush University Medical Center on the cardiac intensive care unit. When I'm not doing schoolwork, I love playing with and walking my two dogs, traveling (pre-pandemic), baking, and spending time with my friends and family.*

What can we anticipate from your time with us?

*I'm planning on leading an 8-week occupational therapy group for members of the congregation who are aged 65 and up. This group will involve different topics each week, with an overarching focus on promoting social engagement and wellness. Some topics that I plan to introduce include joint protection, fall prevention, grief and loss, coping strategies for memory loss, strategies to promote caregiver wellness, and rebuilding routines in the context of the COVID-19 pandemic. I will also be available to provide day-to-day services for all members of the congregation. This may involve home visits for home modification/accessibility recommendations, individual occupational therapy consultation services, assessing the environmental accessibility of St. Mark church, and helping design more inclusive and accessible church services to meet the unique needs of all the members of the community. I'm also open to collaborating with you all and welcome any ideas you may have for how I can best serve you during my time at St. Mark.*

That sounds awesome! We will benefit so much from your presence with us. What will you be hoping to learn from these things?

*I'm hoping to learn how involvement in an occupational therapy group can influence participant wellness and social engagement. Overall, I want to learn how occupational therapy can operate within a faith-based community. This is a space that is new for OT, so I'm hoping that it will provide a foundation for our profession to get more involved in communities like St. Mark.*

When will you be starting and how can we connect with you?

*I'll be starting this experience on May 10<sup>th</sup>! You can connect with me via email at [eleanor\\_sweeney@rush.edu](mailto:eleanor_sweeney@rush.edu). I would love to hear your thoughts and ideas for my time at St. Mark. I look forward to getting started!*

Ellie, we look forward to welcoming you in May!



The St. Mark Church Council met virtually via Zoom on March 16th, here are some topics discussed during the meeting:

The council continues to monitor progression of the current pandemic recovery phase as outlined by the state of Illinois. We are happy to report considerable interest in Sunday morning service with attendance at the maximum allowed. Members can reserve a space by clicking the link in the St. Mark Enewsletter or by calling the church office. St. Mark will continue to follow Synod and state guidelines for the safety of all members.

Council members engaged in discussion regarding the imposed lockdown and its effect on church operations and the well being of the membership. The council is concerned about outreach and inclusion of church members over the past year. We will continue to put forth ideas and tailor outreach to all members to the best of our ability and resources. The council welcomes any ideas members may have.

The council wishes to express our thanks to outgoing members : Jill Permanian, who was our president for 2020, Janet Adams, who was co-chair of Outreach with Jill Permanian, and Paul Post, chair of the Property committee. New Council members include Milli Cady, Andy Goodrich, Henriette Hukporti, Laura Jakubowski and Abby Sorum. Most of the executive board was determined after some discussion, with Dave Okon named as president, Kevin Lang remaining as vice president, and Doug Trezise continuing as treasurer. A secretary will be appointed at the next meeting.

As always, if you have any matters or concerns to bring before the council, please contact any council member or call the church office.

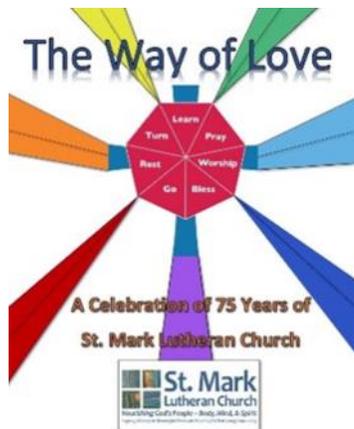
Look for additional information on these topics and more in the weekly St. Mark Enewsletter. To sign up for the enewsletter, visit our website—[www.stmarkmp.org](http://www.stmarkmp.org)—or call or email the church office. (847-253-0631, [stmarkmp@stmarkmp.org](mailto:stmarkmp@stmarkmp.org))

## Thoughts from the Loft



The Easter season is upon us! It may be hard to silence our voices if worshipping in person. If you are worshipping at home, it may be hard to sing alone or with only your family. Whatever the case, our voices can still rejoice in a Savior who has risen to save us from the power of the devil. We are Christ's servants in our music making. May that music fill your life with joy this Easter and in the month to come.

Peace,  
Tim



## The Way of Love A Celebration of 75 Years of St. Mark

The anniversary committee has been busy planning for our celebration over the summer and on September 12. Over the summer we are planning to recognize and give thanks for the many ministries that have served St. Mark over the past 75 years. We would also like to recognize and celebrate the milestone moments in your lives. If you or your children were married, baptized, and/or confirmed at St. Mark we invite you to send pictures to [stmark75thanniversary@gmail.com](mailto:stmark75thanniversary@gmail.com) so we can include them in worship over the summer. When submitting, please indicate if it's ok to use these pictures on social media.



Women of the **ELCA**

## 32<sup>nd</sup> Annual Lutheran/Catholic Women's Morning of Dialogue and Prayer "Women Together in Service"

Saturday, April 17

**In person at**  
St. Bartholomew Catholic Church  
3601 N. Lavergne, Chicago

**Please wear a mask and  
follow seating restrictions.**

8:30 am registration opens (**NO coffee hour**)  
9:30 am program (keynote speaker and prayer service)  
12:00 pm lunch (box lunch provided to eat in an outdoor garden, weather permitting, or take home)

**Cost \$20**

Checks payable to Metro Chicago SWO  
Send to Sandie Schlauch  
7803 Palma Ln., Morton Grove, IL 60053

**Registration deadline: April 10**

include your street address,  
phone # and/or email address,  
name of congregation,  
sandwich choice – ham, turkey, or beef,  
need for gluten free, dairy free or vegetarian meal

Questions - contact Gail Radtke  
847-956-4414

[purplelady@email.com](mailto:purplelady@email.com)

(indicate "L/C event" on subject line)

## "Tuesdays at 12" Continues

All are invited to join  
ELCA women across the country  
in a time for prayer  
for our families, friends, communities, country, and our world.  
Anyone can participate  
no matter where you are  
at 12 noon on Tuesdays.

## Healing Spaces

By Deacon David Webb

Definitely. You may feel tired, stressed, or forgetful. You may be losing sleep, experiencing high blood pressure, unexpected anger or grief. You may be like thousands of other people right now going through much worse in extreme grief, loneliness, anxiety, or other health crises. Those things are very real right now and I am 100% here to make sure you get the care and healing you need. I want you to know that there is nothing wrong with you. This is not your fault. The rest of the world does not have it all together. The rest of us are experiencing these things too.



Lately, I've been doing continuing education work around nervous system regulation, trauma, and creating classroom spaces that can hold us as we come back together and heal as community. The National Board of Behavioral Health estimates that 70% of Americans have experienced at least one traumatic event (something that was too much, too fast, too soon) in their lives. That is 224 million people. That was probably before the pandemic, this season of social change, and new rounds of gun violence. Friends, it's not just us. We're going through a great deal and it is taking its toll on us.

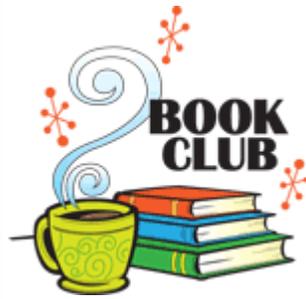
As vaccination numbers rise and hopefully coronavirus numbers decline (though it looks like it's going to be more of a roller coaster), we're finding new ways to be together in person and take a deep breath together and slowly do the work of healing together. After Easter we'll have some opportunities for worship, fellowship, and being with people you care about and care about you.

In the meantime, I'll share this conversation Krista Tippett had with Dr. Christine Runyan titled: "What's Happening in our Nervous Systems?" <https://onbeing.org/programs/christine-runyan-whats-happening-in-our-nervous-systems/>

Dr. Runyan offers several different practices in the interview that you can do at home. I'll highlight this one she talks through in the interview so you can see how simple and transformative this work is... "with your feet on the floor so that your legs are uncrossed, and your feet are fully making contact with the Earth, maybe pressing down through the heel, pressing through the balls of the feet, feeling a little of that sensation coming up through the legs, and feeling yourself in your seat, being held."

If you're interested in learning more or you are in need of anything, I'd love to chat.





**The Book Club** meets on the 4th Monday of each month at 1:00pm. Currently we are meeting on Zoom. We'd love to have you

join us! Contact Nancy Snell at 847-431-9116 if you have any questions or to get the link to connect on Zoom.

### **St. Mark Book Club**

#### **2021 Updated Reading List**

APRIL - **The Night of Miracles** by Elizabeth Berg

MAY - **The Dutch House** by Ann Patchett

JUNE - **A Time for Mercy** by John Grisham

JULY - **The Island of Sea Women** by Lisa See

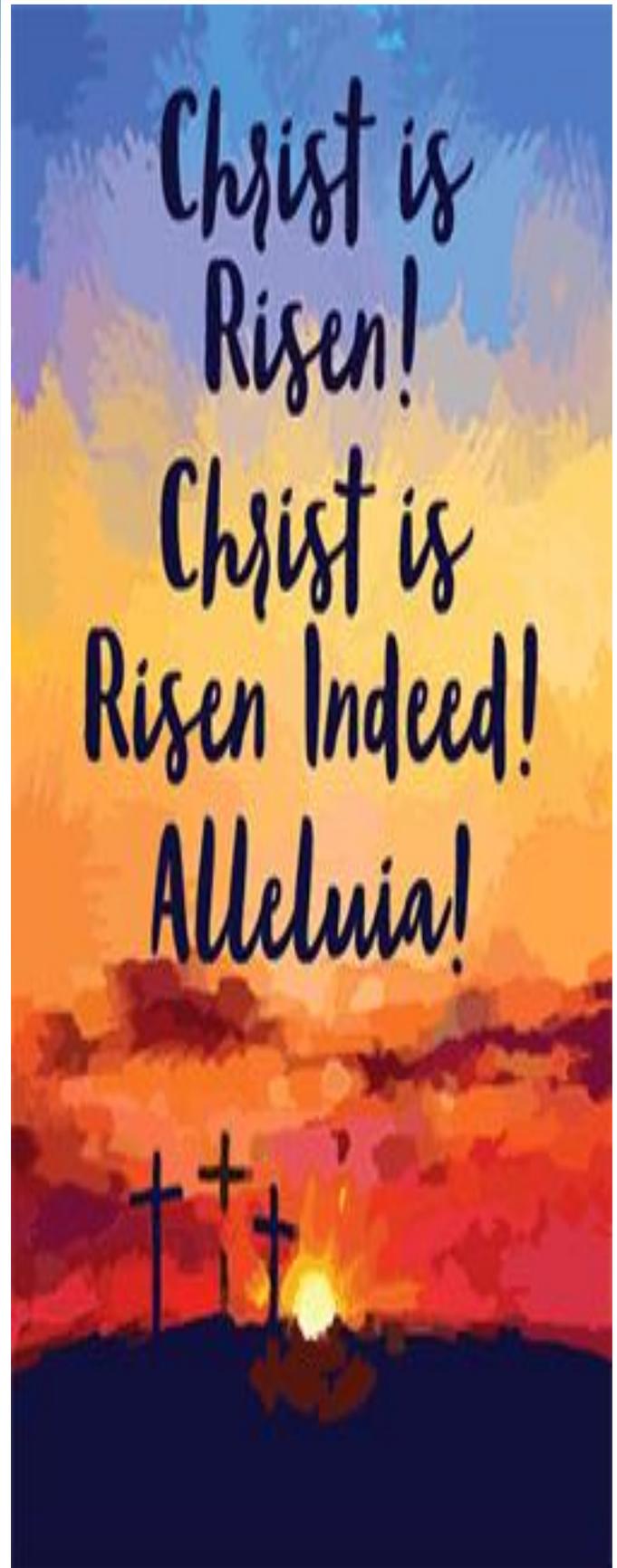
AUG - **Summer of '69** by Elin Hilderbrand

SEPTEMBER - **The Exiles** by Christina Baker Kline



**April Market Dates: Saturday, April 10 & Saturday, April 24**

St. Mark is partnering with the Mt. Prospect Lion's Club to bring a Winter Farmer's Market. The Winter Farmer's Market will take place in the Center on the second and fourth Saturdays of the month from 9am-12:30pm, November through May.



Each year, Holy Family Ministries raises funds to enable west side children to attend our programs through our Spring Event. While we cannot gather together in person, we can still come together in support of our students. The following provides information on how you can attend our virtual event from the comfort of your home. For additional information, please contact Cynthia Schmidt, Director of Outreach, at [cschmidt@hfm.org](mailto:cschmidt@hfm.org).



*You are invited to*  
*Spring Forward 2021*

in celebration and support of the children of Holy Family

Join us for a virtual program and share in the joy  
and inspiration of our students and families.  
As they *Reach for the Stars* YOU can help lift them up!

**Saturday, April 24, 2021**

**"Virtual Doors" open at 6:45 P.M.**  
**Program begins at 7:00 P.M.**

Register online with your email address at  
[hfm.org/SpringForward/](https://hfm.org/SpringForward/)  
for access to all event info  
The program is free so register now

For questions please contact us at [events@hfm.org](mailto:events@hfm.org)

*Double Your Impact*

Thanks to God working through our Holy Family "Family",  
we are able to offer a generous \$100,000 challenge gift  
matching dollar for dollar every gift that is made!



# 2021

**\*All In-Person Activities are limited in size or are online until further notice.\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				<b>MAUNDY THURSDAY</b> 7pm Worship in the Sanctuary & Live on Facebook Later posted to YouTube	<b>GOOD FRIDAY</b> 7pm Worship in the Sanctuary & Live on Facebook Later posted to YouTube	5pm Easter Worship in the Sanctuary
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>EASTER</b> Way of Love: GO 10am Worship in the Sanctuary 11:30 Worship Outside in the Garden Easter Parade to follow						9am Winter Farmers Market
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>2nd Sunday of Easter</b> 10am Worship in the Sanctuary & Live on Facebook & Live on Facebook Later posted OnLine on YouTube		7pm Worship & Music	5pm WOW (In Person) 7 pm Midweek Way of Love on Zoom	4:30pm FaithWalk on Zoom		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>3rd Sunday of Easter</b> 10am Worship in the Sanctuary & Live on Facebook & Live on Facebook Later posted OnLine on YouTube	1pm Book Club	7pm Church Council	5pm WOW (In Person) 7 pm Midweek Way of Love on Zoom	4:30pm FaithWalk (In Person)		9am Winter Farmers Market
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>4th Sunday of Easter</b> 10am Worship in the Sanctuary & Live on Facebook & Live on Facebook Later posted OnLine on YouTube			5pm WOW (In Person)	4:30pm FaithWalk (In Person)		

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

April 2021

God's  
work.  
Our  
hands.



### 2021-22 Church Council

Dave Okon, President  
Kevin Lang, Vice President  
Doug Trezise, Treasurer

Bob Allgaier  
Milli Cady  
Andy Goodrich  
Judy Fell  
Henriette Hukporti  
Laura Jakubowski  
Diane Luper  
Abby Sorum  
Susan Supergan  
Julie Wenzel

## St. Mark Lutheran Church

847/253-0631

Fax: 847/253-5387

Email: [stmarkmp@stmarkmp.org](mailto:stmarkmp@stmarkmp.org)

Website: [stmarkmp.org](http://stmarkmp.org)

### Staff

Pastor	Rev. Christie Webb	<a href="mailto:cwebb@stmarkmp.org">cwebb@stmarkmp.org</a>
Music Director	Timothy Spelbring	<a href="mailto:tspelbring@stmarkmp.org">tspelbring@stmarkmp.org</a>
Parish Administrator	Nancy Hundley	<a href="mailto:nhundley@stmarkmp.org">nhundley@stmarkmp.org</a>
Office Administrator	Jill Galyon	<a href="mailto:jgalyon@stmarkmp.org">jgalyon@stmarkmp.org</a>
Youth & Family Ministry	Deacon David Webb	<a href="mailto:dwebb@stmarkmp.org">dwebb@stmarkmp.org</a>

### Sunday Worship (See inside this issue for the latest updates)

Online: Check our Facebook page or our YouTube Channel

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

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

### Youth Christian Education

WOW: Wednesdays 5:00-5:45pm

FaithWalk: Thursdays 4:30-5:30pm

### Adult Christian Education

MidWeek Discussion Wednesdays on Zoom. Contact the church office to connect.

### Church Office Hours

By Appointment only

## St. Mark Preschool & Enrichment Center

847/873-1110

Web: [stmarkpreschoolcares.org](http://stmarkpreschoolcares.org)

Preschool Director	Barb Zediker	<a href="mailto:bzediker@stmarkmp.org">bzediker@stmarkmp.org</a>
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