



THE VOICE

View from The Pulpit

Jesus ate with people.

It was a pretty big and notable part of his ministry, actually - gathering at tables in peoples' homes for meals. He was criticized for doing it. Because the guest list at these dinner parties wasn't made up of the elite, the fancy, the esteemed, the holy, the upper crust. He ate with the poor and with sinners - with hated tax collectors and "unclean" prostitutes. This ministry of the table was one way that he made his preaching real; one way he made the Kingdom of God present. The Kingdom of God that Jesus proclaimed was a kingdom oriented not by the values of the Roman Empire or the culture but rather the values of God. In God's kingdom there are no rich and poor, there is no hierarchy between women and men, clean and unclean, noble and peasant. All are beloved in the Kingdom of God, according to the table fellowship of Jesus. God dines with sinners. God dwells with sinners. And loves them into righteousness.

It's significant that Jesus's sacramental pledge to remain with us even after his death - the sacrament of Holy Communion - was instituted at a dinner table and takes place in the context of a ritual meal. When we come together on Sunday, the altar is also a table, the bread and the wine are our shared sacred meal. Remembering Jesus. Inviting him into our midst. All are invited to this meal, as in the proclamation of the prophet Isaiah,

Hear, everyone who thirsts;
 come to the waters;
 and you who have no money,
 come, buy and eat!
 Come, buy wine and milk
 without money and without price.

As people met Jesus around 1st Century dinner tables, so too do we meet him at the Eucharistic table. **And** we meet him at our dinner table. Whenever we join together in community around a table and share a meal, God is with us.

And so we are trying out something new here at St. Elisabeth's beginning in February. We will gather on Second Saturdays of the month for a meal together and in the context of that meal we will share Communion at our tables. We aren't "re-enacting" the ministry of Jesus like Civil War re-enactors re-enact historic battles. But we are gathering just like Jesus gathered with those sinners, those beloved friends, throughout his ministry. To feast together. To share in the Supper of our Lord in a new way...and a very old one.

I hope you will join us!

Faithfully,
 The Rev. Adam Spencer, *Rector*

The Warden's Corner

Lent and Lyrics

As we enter the Lenten season, many childhood memories of questions and concerns about what to “give up,” what to take on, what the “rules” are and what the season means come flooding back to me. I always thought of Lent as a time to remember and honor the suffering and sacrifice of Jesus. Life lessons and lyrics from many hymns come to mind as I think about Lent.

Singing the Creed “*Jesus suffered, scourged and scorned and crucified,*” is a good reminder to think about sacrifices I can make in my own life. When I was younger, this involved giving up things I liked or adding hardship to my day, and I was always surprised by how hard it was to maintain those practices during the whole season. Even though I knew it was time limited, there would always be a day or more when I was really upset that I “had” to continue. As I got older and had young children, I did not participate in the giving things up or adding hardship. Sacrifice was a daily theme and I needed no reminders to understand that my life was about service.

Now, when I think of suffering, I think of the mental health effects and the way it makes us less generous, less compassionate, more fearful and less flexible in our thinking. Sadly, suffering and deprivation typically does not bring out our best behavior or our true, authentic, loving selves. There are many ways we can cause our own suffering—by being hard on ourselves or ignoring basic self-care—and none of them are helpful to our ability to connect with, care about, or serve others. There’s a lot of suffering in the self-criticism, perfectionism and thinking errors (all or nothing thinking, generalizing, catastrophizing, jumping to conclusions) most of us carry and often seem to go unquestioned in our modern culture. This reminds me of the lyrics in The Summons, “*Will you love the ‘you’ you hide if I but call your name? Will you quell the fear inside and never be the same?*” The words gently invite a more self-compassionate gaze and a willingness to follow God’s lead.

Every day in my work and family life, I encourage “giving up” unhelpful suffering and turning towards connection, compassion and service. I hope the Lenten season might be an opportunity for us all to strengthen our connections, deepen our compassion and increase our enjoyment of service. There are many ways to do this, you can get really creative about giving up mental habits that constrict our lives, and here are a few examples.

- If you have an internal voice that is judgmental or critical, try replacing it with a neutral narrator or with what you might say to a friend.
- Try turning away from perfectionism by giving up beliefs about who you “should” be or what you “should” have and instead commit to showing up as the person you are, with the qualities you already have. Or give up the hope that’s there’s one, perfect answer and instead commit to being in the moment and doing your best.
- Experiment with prioritizing being rather than doing by practicing silence, deep breathing or mindful movement.
- Perhaps give up evaluating your day in terms of tasks and instead turn towards compassion and connection by asking each day, what have I done to be kind to myself and others? How have I strengthened my relationships? How have I held “*your people in my heart?*” (from the hymn I, the Lord of Sea and Sky)

Doing these things may help you as you reflect, study, and serve during Lent. They may help us all become the singers in the hymn He Came Singing Love, *“He came singing Love and he lived singing love; he died, singing love. He arose in silence. For the love to go on we must make it our song; you and I be the singers.”* We add our unique voices and understanding of the mission.

Thankfully, there are a variety of Lenten practices we can use to grow closer to God during this season—prayer, reflection, trying new habits, giving up harmful habits, etc. I'm grateful, as the Punjabi Eucharist lyrics remind us, that Jesus sacrificed for us all, *“Take the bread I break, and gladly share. I'll be broken, lifting burdens you can't bear. Remember me. I'm with you everywhere”* and the congregation responds, *“And as servants we'll offer your love.”* We'll offer that love to ourselves and each other, exactly as our mission statement reflects, with our shared “commitment to radiate God's love within and beyond our red doors.” May we be inspired to discover lots ways to offer love during this season!

--Robin Lake, *Warden*

Ash Wednesday

We enter the Lenten season on Wednesday, **February 14** with two services of Holy Communion with the Imposition of Ashes - our usual **7:00 PM** service here at Saint Elisabeth's and a joint service at **NOON** with our Better Together partners at Trinity Church in Highland Park.



Stations of the Cross and Fish Fry



Last year's first ever Better Together Fish Fry was such a resounding success that we're doing it again on **Friday, March 8!** Join our partner congregations at **6:00 PM** at Trinity (425 Laurel Ave in Highland Park) for Stations of the Cross, followed by a delicious **fish fry at 7:00 PM.** Adam will lead the Stations of the Cross and Walter will sing.

A Quiet Morning in Lent

On **Saturday morning, March 2 from 9:00 am – Noon** join Saint Elisabeth's rector Adam Spencer, Associate for Spiritual Wellness Elizabeth Clemmitt, and her spiritual direction colleague Deborah DeManno from Saint Lawrence, Libertyville, and Saint Augustine's in Wilmette as they offer an array of spiritual practices and quiet activities that will help still our minds and soothe our souls. Opportunities for spiritual direction, prayer, healing, confession and more will be available at this mini-retreat morning.



LGBTQ



The LGBTQ team is busy planning a day of Transgender/Nonbinary awareness this spring. The official name for this celebration is International Transgender Day of Visibility. Created by a Michigan activist in 2009, this event traditionally takes place on March 31. However, since Easter Sunday falls on March 31, we are looking for another date. Details to follow! Rest assured, no matter the date, there will be a festive coffee hour to celebrate this special occasion. We hope you will join us!

Soup Kitchen, More Than Just Soup

Since last spring I've been assisting John Tuohy with our Thursday meals at The Interfaith Soup Kitchen in Evanston.

For anyone that's not familiar, for 30 years St. Elisabeth's has been involved in feeding the homeless at The First United Methodist Church of Evanston. We are in charge of serving dinner every other month on the second Thursday of the month. (next date, March 14) There is a meal offered every Thursday of the year at The First United Methodist Church of Evanston.

In addition to cooking and serving a meal we also pack and hand out approximately 75 sack lunches for the diners to take with them to eat the following day.

If you've been curious about soup kitchen but never signed up to help please, consider joining us this year. We're seeing the numbers start to climb post-COVID-19 and we could use your help! It's a ministry that you can get involved in and serve six times a year... big impact but *not* a big time commitment.

As I mentioned in the title, it's not just about the soup/food. Shopping for supplies, making sandwiches in St. E's kitchen and working together at the Methodist church gives us an opportunity to be together in the service of others and, hopefully, bring a smile to our customers' faces.

Susan Newcomb



New Sunday Forum Format



Beginning Sunday, February 4, we will gather weekly at Coffee Hour after the 10:00 AM service in the Guild Room. We will discuss the day's readings, sermon, liturgy, music and whatever else is on folks' minds. These conversations will be facilitated by the Rector. On select Sundays, we will continue to have guest speakers and teachers on various topics.

Sunday School

Sunday School for Children is held upstairs **after the 10:00 AM every Sunday.** Children of all ages are invited to come learn about the Bible and have some fun with our Director of Children's Formation Abigail Pribble.

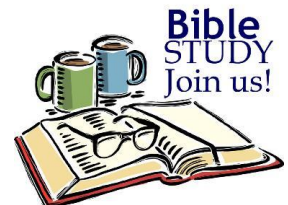
Christianity 101: Faith for Adults



Saturday, February 24 & 25: *Topic: Loss & Grief;* St. Lawrence and Grace Lutheran are hosting a weekend of education and exploration around the topics of loss and grief, facilitated by Jessica Field, MPS, Spiritual Wellness Coach. Whether or not you're currently involved with Confirmation, **EVERYONE** is invited to attend – anyone who has been touched by loss directly or indirectly, or who wants to talk to their children about loss. Childcare will be available during the Saturday workshops. See the flyer included on the insert for more details

St. Elisabeth's Bible Study

Our parish Bible Study group meets weekly in person, on **Fridays at 11:00 AM** in the Guild Room. We will be reading through entire books of the Bible – currently we are reading the Gospel of Mark. Come join us!



Adam Preaching at St. Thomas Fifth Avenue

Adam has been invited to preach at his former parish in New York City, St. Thomas Fifth Avenue, on Sunday, March 10 as part of the Lenten portion of their Bicentennial year celebration. Adam will be preaching at the 4:00 PM Choral Evensong service (3:00 PM Central time!) which will be webcast on the St. Thomas website. Walter will host a viewing of the live stream of the service in the Guild Room at St. Elisabeth's at **3:00 PM, Sunday March 10**, for anyone interested in watching with friends.

Parishioner Duke Baur wins National Arts Award



New Trier High School recently celebrated that Duke Baur was awarded a **2024 YoungArts award** winner, joining nearly 700 of the most accomplished young performing, literary, and visual artists in the country. He was named a winner in the jazz discipline for demonstrating exceptional technique, a strong sense of artistry, and an extraordinary commitment to developing their crafts. Also known as the National Foundation for the Advancement of Artists, YoungArts is the arts advocacy entity for the United States Department of Education.

He is one of only four students in Illinois to be chosen in the jazz division. In addition to a monetary award, YoungArts winners gain access to a lifetime of arts-specific professional development, funding, and performance opportunities, and a network of inter-generational artists to connect, create, and collaborate with.

“My time at New Trier certainly has made a great impact on receiving this award,” Baur said. “The performance opportunities, inspiring peers, and caring teachers make this place incredibly important to me and certainly crucial to my development as both a musician and student.”

As YoungArts winners who plan to continue studying music in college, Duke joins a distinguished group of accomplished artists, including Timothée Chalamet, Jon Batiste, Viola Davis, Amanda Gorman, Jonathan Adler, and Chris Young. More about YoungArts and their mission to identify exceptional young artists, amplify their potential, and invest in their creative freedom can be found at youngarts.org/about/.

Second Saturdays

Community - Bring along the entire family and invite friends to share this first "Second Saturday" **simple service of Holy Communion around the dinner table**. Singles, couples, empty-nesters, families with children of all ages – **All are welcome** to join fun, fellowship, and tasty food with our faith community. And be prepared to enjoy some short, catchy, familiar hymns that many have been requesting!



Celebration - It just so happens that this first ever Second Saturday falls at the same time several multicultural celebrations are also taking place, so expect to see some signs of the Lunar New Year, Mardi Gras, and St. Valentine's Day! Bring your own decorations if you wish. There will also be materials for **creating Valentines and decorating Mite Boxes** for the coming season of Lent. Love is in the air!

Compassion – During the season of Epiphany, we have been reminded of the Love of God being shown forth in the life and ministry of Jesus. As we move toward spring and lengthening days, we enter the season of Lent, beginning on Ash Wednesday, February 14th. This is our opportunity to practice continuing that Light and Love of Jesus as we reach out to serve others. A special focus again this Lent will be collecting thank offerings in our mite boxes to **share with the Venezuelan refugees** we are supporting as they move into their own homes and pursue job opportunities. Mark Tilton will have some stories to share to help us learn more about these courageous people.

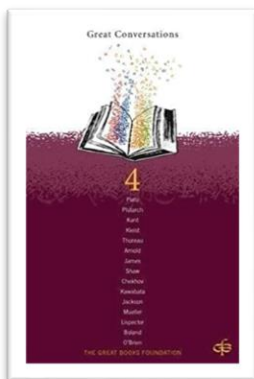
Susan Whipple has prepared a beautiful sign-up poster that is on the bulletin board in the hallway. Please add your names there, email office@steglencoe.com, or call 847-835-1410.

Fred Johnston is inviting anyone who wants to continue celebrating after the potluck supper to join him at Ravinia Brewing – a favorite spot he describes as "family-friendly." Please let Fred know in advance so he can reserve a table(s). frederickjohnston@gmail.com.

COME JOIN US ON THE 10th and every Second Sunday

St. E's Book Group

How Do You See yourself?



"To what extent is our sense of self shaped by family stories, history and myth?" is one of the questions the St. E Book Group will discuss at the monthly meeting on at **noon on February 13** in the parish guild room. The essay Lava Cameo, written by the contemporary Irish poet Eavan Boland, examines themes of grieving and identity. It is a part of a larger work, her autobiography **Object Lessons**, which was published in 1995. An acknowledged feminist, Boland does not consider herself a feminist poet, rather she tries to reconcile a poet's life to a woman's life. It should be an interesting discussion. You are invited to join the discussion. The essay can be found in The Great Books Foundation's anthology **Great Conversations 4**. A loaner copy is available in the office. Please direct questions to Joyce Newcomb at joyceRnewcomb@gmail.com.

Loss & Grief:

a weekend of education and exploration

Hosted by St. Lawrence Episcopal and Grace Lutheran Churches
with Jessica Field, MPS, Spiritual Wellness Coach
Learn more about Jessica at YourSpiritualWellnessCoach.com/about-jessica

All are invited to attend workshops and prayer stations.
This weekend is for everyone, of any or no religion.
Childcare available during Saturday workshops.

Sign up by Feb 19.

Adult Session sign up: <http://tinyurl.com/yc53rez9>

Kids and Youth Session sign up: <http://tinyurl.com/ya9hckwp>

Sat, Feb 24, Workshops @ Grace Lutheran, 501 Valley Park Dr.

Adult session: 10-11:30a.m

During this workshop, we will discuss all types of loss, you will learn about the different names for grief and how they manifest, you will be given a chance to explore your relationship with grief, understand accompanying emotions, get insight into how to live with grief, and you will learn how to help your grieving child.

Kids and Youth Session (parents welcome): 4:30-6p.m., with dinner at 6p.m.

In this hands-on and playful session, kids and teens will be able to express and better understand their emotions, learn about losses and normalize grief, have a spiritual reflection that touches on hope and love, and participate in an art project that illustrates how our shattered hearts can come together to make something beautiful.

Sun, Feb 25, Prayer Stations @ St. Lawrence, 125 W Church St, 4:30-5:30p.m.

A contemplative place for the whole community to use art, music, and the senses to express prayers creatively. Rotate around the stations as you feel moved, or stay at one station. We will close as a community at one hour's time.

Hosts:

StLawrenceChurch.org and GraceLutheranLibertyville.org



January 18, 2024

Dear Christmas Basket Coordinators –

Thank you for making ReVive's 102nd Christmas Basket Program an enormous success! This year, we served over 1020 families. That's 100 more families than last year.

Enclosed are the Thank You cards from your very appreciative families. As you can see, many people put their heart and soul into finding just the right card and expressing their deep gratitude for the time, effort, and money you and your organization invest to give them a bountiful Christmas. Whether their message of thanks is long or short, all of our recipients are truly grateful.

Erwin and I look forward to working with you again next year to bring another season of joy to Chicago's most vulnerable residents. As always, please let us know if you have any suggestions for improving the program.

Looking forward to another great year!

A handwritten signature in black ink, appearing to read "Heidel".

Heidel Graham
Christmas Basket Coordinator

Saint Elisabeth's Calendar

Regular Weekly Schedule

Sundays

8:00 AM – Spoken Eucharist Rite I

9:00 AM – Choir Rehearsal

10:00 AM – Choral Eucharist Rite II

11:00 AM – Coffee Hour, Forum & Sunday School

Mondays

8:00 PM – AA Group

Wednesdays

7:15 PM – Boy Scout Troop #28

Thursdays

7:30 AM – Spoken Eucharist Rite II

7:00 PM – Choir Rehearsal

Fridays

11:00 AM – Bible Study

Saturdays

5:00 PM – AA Group

Special Events

Sunday, February 11

5:30 PM Taizé Service at Christ Church Winnetka

Tuesday, February 13

12:00 Noon St. E's Book Group

7:15 PM Vestry Meeting

Wednesday, February 14

12:00 Noon Ash Wednesday at Trinity

7:00 PM Ash Wednesday at St. Elisabeth's

Saturday, February 24

4:30 PM Confirmation Class at St. Lawrence

Friday, March 8

6:00 PM Stations of the Cross at Trinity

7:00 PM Fish Fry following service at Trinity

St. Elisabeth's Episcopal Church

556 Vernon Avenue, Glencoe, Illinois 60022

847-835-0458

www.steglencoe.org