

July / August 2016 | Monthly Newsletter of Holy Cross Lutheran

The Disciple

MARK YOUR CALENDAR

7.3

Food Pantry Sunday

7.4

INDEPENDENCE DAY

7.5

Food Pantry

7.11

NEM Meeting

7.12

Community Meal

7.14

Stewardship Meeting

7.17

VBS Staff Installation

7.17—7.21

Vacation Bible School

7.22

VBS/ Congregational Picnic



THE MOST IMPORTANT FREEDOM

Dear friends of Holy Cross, soon we will be celebrating the 4th of July- our nation's independence day dating from 1776. Those employed will enjoy a day off. Those retired may enjoy the gathering of family. 4th of July fireworks could be on our agenda that weekend. We may even think of the freedom our country enjoys and appreciate those who have given their very lives to secure it. But, as Christians, may it burn in our memory and find expression in our lives that the most important freedom that we have and the freedom that will last comes at the expense of the crucified Son of God. Patrick Henry, one of our founding fathers, confessed the same.

Patrick Henry was a famous statesman and orator of colonial Virginia. In 1764 he was elected to the House of Burgesses where he became a champion of the frontier people, supporting their rights against the arrogant exercise of power by the aristocracy.

In 1774 he was a delegate to the First Continental Congress. In 1775, before the Virginia Provincial Convention, which was deeply divided between those who supported England and those who desired freedom, he uttered his most famous words, "Give me liberty or give me death!"

During the Revolutionary War he became commander-in-chief of Virginia's military forces, a member of the

Continued on page 2...

continued

Second Continental Congress, helped draw up the first constitution of the Commonwealth of Virginia, and was largely responsible for drawing up the amendments to our Constitution known as the Bill of Rights.

He became Virginia's first governor, and was re-elected four times. Then he retired from public life, but despite his strong objections the people went ahead and re-elected him Governor for the 5th time. But he meant what he said, so he refused to take the office.

He was offered a seat in the U.S. Senate, and posts as ambassador to Spain and to France. President George Washington asked him to join his cabinet and become Secretary of State, and later wanted to appoint him the Chief Justice of the Supreme Court. But he refused all such honors and recognitions.

Listen to these words from him: "It cannot be emphasized too strongly or too often that this great nation was founded not by religionists, but by Christians - not on religions, but on the Gospel of Jesus Christ."

His Last Will & Testament was filed in the Brookneal County courthouse in Virginia. You read his will and you'll see that he bequeathed everything to his children, just as most people do. But the last paragraph in his will is especially interesting.

He wrote, "I have now given everything I own to my children. There is one more thing I wish I could give them and that is Christ. Because if they have everything I gave them and don't have Christ, they have nothing."

Pastor Chris Ongstad

Disciple Newsletter

Holy Cross Lutheran Church
(LCMS, SELC District)

4041 W. 120th St.

Alsip, IL 60803

708.597.5209

Office: Mon.- Thurs. 8:00am - 12:00pm

Web: www.hc-lc.org

Email: hclc@hc-lc.org

Pastor Chris D. Ongstad

Worship-8:00am & 10:30am Sundays

Adult Bible Class 9:15am



FREEDOM 'TO' NOT 'FROM'

Do we Christians really have to tithe? Are we really under a compulsion to give? Aren't we free? Don't we have a freedom from the law that was purchased for us by Jesus Christ's death and resurrection?

The problem is that our sinful flesh uses our freedom for selfishness. Christ did not die and rise so that we could give less and do less good work in the world. He died and rose to free us from the compulsion of the Law, to free us from a burden we could not bear.

We are missing the point completely if we use the freedom from the Law that Christ won by His passion, crucifixion, and resurrection to give less, or to do less of any good work. Christ set us free to live in His image of faithfulness, generosity, and kindness. We are free from the Law's condemnation so that we can walk in the good works the Lord has prepared for us.

Our freedom is not given to indulge our sinful and selfish flesh. Our freedom was purchased and won by Christ so that we could serve our neighbors — our family, our society, our church.

As a result, much of your freedom is not a freedom from, but a freedom *to* and *for*. You are not free *from* serving your neighbor. You are free *for* service toward your neighbor—willingly and without compulsion. You are not free *from* giving to your church; you are freed *to* give to your local congregation in joy, willingly, and without compulsion.

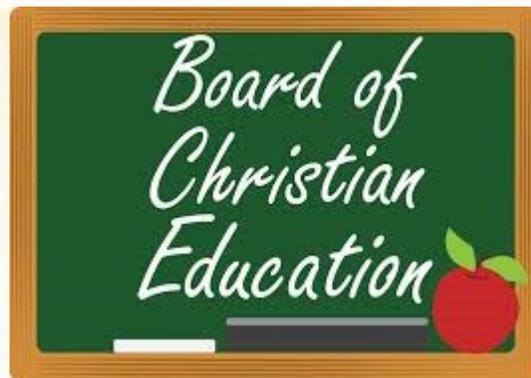
The reason you are free to serve, the reason you are free to give is because of Jesus Christ and the forgiveness of sin He won for you on the cross, which He delivers to you in the Gospel and the sacraments. That is our motivation. "For God so loved the world, that He gave His only-begotten Son, that whoever believes in Him will not perish but have eternal life" (John 3:16). And since God loves us in this way, by giving us His only-begotten Son so that we do not perish, we also love one another in this way, by giving what we have so that our neighbor does not perish.

If the God who has provided the sacrifice for your eternal salvation, the God who delivers that salvation to you in Holy Baptism, the God who continues to forgive you and show you His faithfulness, if that same God is the one who also promises to give you daily bread and take care of your earthly life, you can trust in Him, even in giving. After all, Jesus Christ is proof that God loves you and will take care of you.

In Our Thoughts & Prayers



Johanne Kernahan (*hospice*)
Edna Wendt
Erna Sherman
Doris Kracht
Marilyn Long
Joe Bradley
Kathy Ridder
Rita Joyce (*Manor Care East*)
Jeanne Simovic
John Knoska
Barbara Piekosz
Bob Long
Danielle Beukema
Joy Maddox



By: Pauline Griffin

Summer is a wonderful time of year for me and probably for most of you. Most people take their vacations during the summer months to enjoy God's beautiful world or just take time to stress out from your everyday life of work and/or school.

Our bodies, our minds, and our Spirit need time to rejuvenate. Summer is a good time to do this.

Our bodies need rest, and if we don't take vacations we still need to find time to rest from our labors by doing something that we enjoy.

Our minds need rest almost for the same reason as our bodies do. There are so many stressful things that come up in our lives that our minds get too overloaded. So, we need to focus on things that could bring some peace to our overloaded minds.

Our Spirit? Yes, our Spirit also needs rejuvenation. Taking time to evaluate our spiritual life is just as important as taking care of our bodies and minds.

I'm not a doctor, psychologist or a minister so I can't tell you the best way to accomplish any of the above, sorry, but I do know that whatever we do we can't take God out of any of our activities.

Whatever we decide to do we need to take time to Worship, to pray, to attend Bible Study, read the Scriptures daily making sure we don't take time away from our Lord and Savior.

COUNCIL MINUTES

HIGHLITES OF HOLY CROSS LUTHERAN CHURCH COUNCIL MINUTES

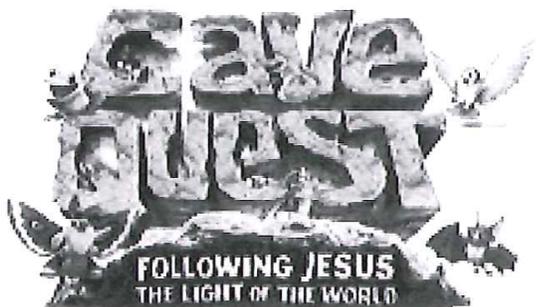
MAY 9, 2016

- * May 9, 2016 Holy Cross Lutheran Church Council meeting opened at 7:35PM with prayer.
- * A motion was made and approved to accept the April minutes with a correction that the offering envelopes had a picture on the cover that contains the envelopes (not a box).
- * **TREASURER'S REPORT**– The General Fund is low. The deficit is \$4,191.05 for the first 4 months of 2016. A motion was made and approved to accept the Treasurer's Report.
- * **EVANGELISM REPORT**– Greg is now the Chairman. Pastor Boway is coming October 16 from Fort Wayne, IN. He will preach at both services.
- * **EDUCATION REPORT**– The last day for Sunday School is May 22, resuming September 11.
- * **STEWARDSHIP/FINANCE REPORT**– The new program is called "Make it Simple."
- * **COMMUNITY MEALS**– Backpacks are still being put together for the Homeless.
- * **CHRISTIAN EDUCATION**– The Southwest Chorus Concert is this Sunday at our church.

The next Council Meeting is June 13, at 7:30PM.
The meeting adjourned at 9:09PM with prayer.



August Calendar and Servant list will be printed the last week of July.



2016 Vacation Bible School Registration Form

Holy Cross Lutheran Church
(708) 597-5209
4041 W. 120th St.
Alsip, IL 60803

July 17-21, 2016
5:45 - 8:30 PM
"Cave Quest"

Parents' Information

Parents Name:			
Address (Street):			
Address (City, State, Zip):			
Home Phone:		Cell Phone:	
Email:		Family Church:	

Childrens' Information

Child 1 Name:		Birthdate:		Grade in Fall:	
Child 2 Name:				Grade in Fall:	
				Grade in Fall:	

Special Needs (Allergies of all kinds):

**AUTHORIZED ADULTS to pick up your child(ren) from VBS.
WHEN PICKING UP CHILD(REN) PLEASE BE PREPARED to show identification.**

Name:		Phone:	
Name2:		Phone2:	
Phone3:			

EMERGENCY CONTACT

Relationship: Phone:

How did you find out about our VBS?

Photography Waiver

I give permission for my children to be photographed by a staff member of Holy Cross and the pictures may be used for church and VBS publicity and may be posted on the church website. Childrens' names won't be used.

NOTE:

A PARENT OR LEGAL GUARDIAN MUST BE PRESENT TO SIGN THIS PRE-REGISTRATION FORM ON THE FIRST DAY OF VACATION BIBLE SCHOOL.

_____ Date _____ Signature _____

*How shall I make a return to
the Lord for all the good
He has done for me?*

PSALM 116:12

MAKE IT SIMPLE

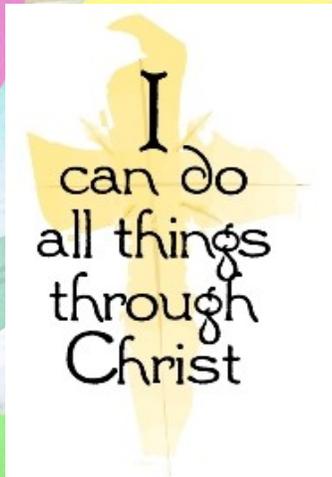
This year our congregation will be participating in a stewardship program entitled “**MAKE IT SIMPLE.**” The MAKE IT SIMPLE theme will be the focus for our worship services Sunday, September 11 through Sunday, October 9th. The concluding worship service will include an opportunity for each household to bring forward to the altar their Commitment Card indicating their intent for financial support for the ministry of our congregation for 2017.

The theme for MAKE IT SIMPLE provides important opportunities for study, reflection, and discussion about the choices we make in our daily lives in these times. The MAKE IT SIMPLE stewardship program includes small group gatherings, children’s messages, and themed worship. We invite and encourage you and your family to participate in the MAKE IT SIMPLE activities.

The main component of “Make it Simple” are small group gatherings. Currently we are planning three opportunities for these gatherings for each of the four weeks and you can choose whichever small group works best for you. The three will be held, Sundays at 9:15 am in the church conference room, Mondays at 4:30 pm at the Griffin home and Tuesdays at 7:00 pm at the church conference room.

More details will follow in the Sunday News and Notes and the September church newsletter.

In Jesus,
Your Stewardship Committee



I
can do
all things
through
Christ



“Teaching to Obey Rather Than to Know”

By Mike Ruhl, Center for U.S. Missions in Irvine, California, www.centerforusmissions.org.

This article is from the November 12, 2004, Mission Moments newsletter from the Center for U.S. Missions.

In recent research and writing, missiologist Milfred Minatrea assembles a fresh and challenging portrait of the missional congregation. A missional congregation is a reproducing community of authentic disciples, being equipped as missionaries sent by God, to live and proclaim His kingdom in their world. Such a congregation views "mission" as a matter of being and doing, not simply "sending, praying and supporting." Mission is participative, not simply representative. In fact, mission is the essence of its very existence, not simply one expression of a diverse ministry.

In his book *Shaped by God's Heart--The Passion and Practices of Missional Churches*, Minatrea identifies nine "essential practices" of the missional congregation. Earlier Mission Moments summarized the first two essential practices, High Threshold Membership and Be Real, Not Religious.

A third essential practice of the missional congregation is teaching to obey rather than to know. Christians are reminded and instructed about what Christians do, not simply what they are. The goal of biblical instruction is obedience to God, rather than just the transmission of information and accumulation of knowledge.

The saints and ministry staff of the missional congregation demonstrate a high commitment to the study of the Word of God. A variety of teaching methods produce not just information, but transformation. Scripture teaching equips the saints for active participation in God's mission. It has a definite action outcome which facilitates active obedience to the great Gospel-imperative, the Great Commission. Such an orientation does not diminish the value or validity of theological reflection, for what is known of God is enhanced by obedience, especially as disciples observe the impact of the Word of God on people engaged in spiritual pilgrimage.

By the way, Minatrea's research indicates also that missional communities often help their members to obey the Scriptures through emphasis placed on classical Christian disciplines, such as meditation, prayer, fasting, solitude, submission, service, and simplicity. Although the disciplines hold no special power or grace in and of themselves, a hunger and thirst for righteousness and holy lifestyle can be cultivated by the Holy Spirit working through the Word of God in the context of the spiritual disciplines.

Such research challenges some of our traditional approaches to biblical education and discipleship training. Perhaps we are in need of such a challenge. And perhaps we need to be reminded of the ancient quip: Is it not significant that the history of the first century church is called the Book of Acts, not the Book of Truths?



Chicagoland Lutheran Muslim Mission Association

كنيسة السلام في شيكاغو

June 10, 2016,

Dear Salam Supporter.

Watching our world change in the spring brings excitement. Seeing Muslims get to know Jesus and watch their lives change brings joy and excitement. Recently we were able to see Jesus in action in a woman named Banar, a single mom.

Banar came from Baghdad, Iraq, in 2010, with great expectations. As a bride, wed to an American Iraqi she thought that she would find love, peace, and happiness in America. She left her war-torn country behind only to be treated like a slave, or a piece of property. Her husband and his family made fun of her, as she struggled to express herself in public knowing very little English. They were abusive to her. She said "I felt that I was a stranger in a foreign land, facing an unknown gloomy future," She was told that if she gave birth to a baby that would change her husband's heart and give her some worth in the eyes of his relatives. However the abuse did not stop so she divorced her husband.

Facing life alone, in America, proved to be more difficult than she thought. Banar struggled with the basic needs in life. She had no friends. "In a male-dominated community, Iraqis blamed me for all the problems with my ex and his relatives," Banar groaned. She found herself lonely, rejected, and hopeless. Going back to Iraq as a divorced woman, she knew that her destiny could be death in an honor killing.

By the grace of God her neighbor invited her to Salam. After two years of attending Salam she said, "I am reconciled with God, and reconciled with the world. Jesus is walking with me, and giving me comfort, amid all the trouble. The Word of God is my guide. I am not afraid,"

"I was blind, but now I see," Banar stated. "My hate towards my ex has turned into forgiveness. My fear of the future has been transformed into hope and trust in Jesus Christ," she added.

It is your support that enabled Salam to make a difference in Banar's life. We pray that you will continue to support us so that we can continue to share Jesus and watch Him change lives.

In His name,

Hesham Shehab

Sharing the love of Christ with Middle Easterners

21W500 Butterfield Road, Lombard, IL 60148

331.645.0650

HICHAM.CHEHAB@gmail.com

Birthdays & Anniversaries

JULY BIRTHDAYS

Ashley Bahr (1)
 Mike Meilahn (7)
 Ryan Rummery (10)
 Rita Joyce (12)
 Adeline Vrshek (12)
 Natalie Cameron (15)
 Robert Hammond (16)
 Noah Beukema (22)
 John Knoska (23)
 Tom Griffin (26)
 Barb Piekosz (26)
 Hunter Damm (27)
 Jason Wedster (29)

JULY BAPTISMAL ANNIVERSARIES

Bob Long (1)
 Ivy Bradley (1)
 Carole Vrshek (2)
 Charles Lux (10)
 Ken Pollack (16)
 Tom Griffin (27)
 Glen Love (27)

JULY WEDDING ANNIVERSARIES

George & Pat Minet (1)
 Bill & Jennifer Love (11)
 Mike & Judy Meilahn (22)
 Ron & Julie Wedster (25)

AUGUST BIRTHDAYS

Billie Salzman (1)
 Sue Boltz (2)
 Alisa Bahr (8)
 Greg Beukema (14)
 Pastor Chris (21)
 Megan Love (24)

AUGUST BAPTISMAL ANNIVERSARIES

Rita Joyce (1)
 Jeanne Simovic (3)
 Mike Meilahn (4)
 Charles Bradley (7)
 Ashley Bahr (9)
 Carly Potts (15)
 John Knoska (18)
 Donna Meilahn (21)
 Jason Wedster (21)
 Scott Vrshek (27)
 Noah Beukema (28)
 Barb Piekosz (29)
 Adeline Vrshek (30)

AUGUST WEDDING ANNIVERSARIES

Pastor Chris & Joyce Ongstad (5)
 Kristian & Amanda Hammond (9)



The Altar Guild is looking for interested women of the congregation to help us out with setting up communion and keeping the Altar pleasing for our Lord and Savior. We try to rotate monthly service and work in pairs. Anyone who is interested please contact Carole Vrshek. Thank you for your consideration and service to The Lord.!

Vacation Bible School



It's COMING !! Cave Quest VACATION BIBLE SCHOOL Sunday, July 17th through Thursday, July 21st. Here at Holy Cross Lutheran Church 5:45 - 8:30 pm. We will have stories, videos, games snacks. Singing and learning how "God loves us even if we are different". PLEASE join us. Register your children online at www.hc-lc.org or use the registration sheet included with this newsletter.



Social Ministry is now saving "Box Tops for Education" which are on most General Mills products and a few others. Campbell soup labels also have education labels. We are also asking for pop/pull tabs. These items are being collected to benefit St. Paul Lutheran School, in Oak Lawn. There will be a sign-up sheet for volunteers to visit nursing homes and shut-ins. More info later. If you have any questions please call Joan @ 708/597-9477 or 708/270/7622.



The Church's Parking Lot is in need of repair. The trustees have received bids to patch the parking lot and to remove the current parking lot and repave it. To accumulate funds donated by church members, a Parking Lot Fund has been set up by the Treasurer. Thrivent is donating \$500 toward the parking lot repairs. Will you please help donate today?

"Freely you have received, freely give." Matthew 10:8



YBS/CONGREGATIONAL PICNIC

Come join our congregation on Friday July 22 at 6:00pm for free food, games, and fellowship to help celebrate yet another successful VBS year.



There was a full house again for Community Meal. Many, many Thanks go to everyone who helps with the Community Meal. Can't tell you how much you all are appreciated!

Thank you Lord for giving us the privilege of sharing your love and doing it to your glory.

Portion Perception

By Susan Wilczynski RD, LDN



Summer is here again! The winter coats come off but the winter weight stays on. It's hard to stay lean in a society where food is available anytime, anywhere: book stores, hardware stores, gas stations, even some clothing stores. We oftentimes don't realize how much goes in our mouths; remember those 5 samples you had at Costco? Neither did I...We are structured to eat when food is available. A 2002 article published in The American Journal of Clinical Nutrition, studied portion size and its effect on amount of consumption. The study found a 30% increase in intake when people were given a larger proportion of food compared to a smaller portion with no significant change in rating of hunger and fullness. This suggests, when offered bigger portions, we eat more but are just as satisfied when eating a smaller portion.

Tip: Serve yourself if you can. A general rule is a portion size of meat is the size of your palm. Make your plate one palm for meat, one palm for carbohydrates, two palms for non-starchy veggies. If served a large portion, remember you don't have to finish it all. Cut or separate the food on your plate to portions that are more appropriate so you can visualize the proper portions.

Another study, published in the 2003, in The Journal of Consumer Research, found that length and width of bowls and glasses affect how much we put in our bowls and glasses. Adults, children, and professional bartenders poured 20-30% more in short, wide glasses than tall, narrow glasses but they wrongly believed that tall glasses held more. Our eyes deceive us .

Tip: Choose glasses and bowls that are tall and narrow or you can always get out the measuring cups to meter out a certain volume. Paying greater attention to portion size and depth perception of glasses and bowls, or choosing a tall, narrow glass or bowl could help reduce food and beverage intake while maintaining satiety. This could help with weight loss as well as weight maintenance. We eat with our eyes but let's also eat with our brains.

Rolls BJ, Morris EL, Roe LS, Spake A. Portion size of food affects energy intake in normal-weight and overweight men and women. The American Journal of Clinical Nutrition. February 22, 2002;76:1207-13.

Wansink B, Van Ittersum K. Bottoms Up: The Influence of Elongation on Pouring and Consumption Volume. The Journal of Consumer Research. December 2003;30:455-463.

SERVANTS IN WORSHIP - July, 2016

DATE	TIME	USHER	COMMUNION ASSISTANT	LECTOR	ALTAR GUILD	COUNTER	GREETER	PROJECTIONIST
3	8:00 am	Martha Stevens	-----	-----	Martha Stevens	Dorothy Lux Doris Kracht	Judy Meilahn	Mike Meilahn
	10:30 am	Jim Bahr	-----	-----	Carole Vrshek		Carole Vrshek	Theresa Boltz
10	8:00 am	Martha Stevens	-----	-----	Martha Stevens	Pam Rutkowski Marye Meyer	Judy Meilahn	Mike Meilahn
	10:30 am	Jim Bahr	Tom Griffin	Liz Wilczynski	Carole Vrshek		Carole Vrshek	Theresa Boltz
17	8:00 am	Martha Stevens	Jim Boltz	Donna Judd	Martha Stevens	Pauline Griffin Nancy Fehser	Judy Meilahn	Mike Meilahn
	10:30 am	Jim Bahr	-----	Sue Wilczynski	Carole Vrshek		Carole Vrshek	Theresa Boltz
24	8:00 am	Martha Stevens	-----	-----	Martha Stevens	Donna Meilahn Faith Schultz	Judy Meilahn	Mike Meilahn
	10:30 am	Jim Bahr	Jim Bahr	Aimee Wilczynski	Carole Vrshek		Carole Vrshek	Theresa Boltz
31	8:00 am	Martha Stevens	-----	-----	Martha Stevens	Terry & Carole Vrshek	Judy Meilahn	Mike Meilahn
	10:30 am	Jim Bahr	-----	Pam Rutkowski	Carole Vrshek		Carole Vrshek	Theresa Boltz

Thank you for all you do for Christ and His Church!

Only God can turn
a MESS into a
message, a TEST into a
testimony, a TRIAL into
a triumph, a VICTIM
into a victory.

July, 2016

Church Office Hours: Monday through Thursday 8:00 am - 12:00 pm, 708.597.5209 hclc@hc-lc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Ashley Bahr (b) PASTOR ON VACATION	2 10:30AM Food Pantry 2:00PM Musicians PASTOR ON VACATION
3 FOOD PANTRY SUNDAY 8:00AM Worship/Traditional 10:30AM Worship/Contemporary PASTOR ON VACATION	INDEPENDENCE DAY PASTOR ON VACATION	5 4:30PM Food Pantry PASTOR ON VACATION	6	7 9:00AM Senior's Group Gathering Mike Meilahn (b)	8 Pastor's Day Off	9 10:30AM Food Pantry 2:00PM Musicians
10 8:00AM Worship/Traditional 9:15AM Adult Bible Study 10:30AM Worship/Contemporary/(C) Ryan Rummery (b)	11 9:00AM NEM Meeting	12 4:30PM Community Meal Rita Joyce (b) Adeline Vrshek (b)	13	14 9:00AM Senior's Group Gathering 12:30PM Stewardship Meeting	15 Pastor's Day Off Natalie Cameron (b)	16 10:30AM Food Pantry 12:00PM Foley/Zemgulis Wedding 2:00PM Musicians Robert Hammond (b)
17	18	19	20	21	22 6:00PM VBS/Congregational Picnic Noah Beukema (b)	23 8:30AM Bd. of Education 10:30AM Food Pantry 2:00PM Musicians John Knoska (b)
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #e0e0e0; display: inline-block;"> VBS </div>						
8:00AM Worship/Traditional/(C) 9:15AM Adult Bible Study 10:30AM Worship/Contemporary VBS Staff Installation				9:00AM Senior's Group Gathering		
24 8:00AM Worship/Traditional 9:15AM Adult Bible Study 10:30AM Worship/Contemporary/©	25 PASTOR ON VACATION	26 Tom Griffin (b) Barb Piekosz (b) PASTOR ON VACATION	27 Hunter Damm (b) PASTOR ON VACATION	28 PASTOR ON VACATION	29 Jason Wedster (b) PASTOR ON VACATION	30 10:30AM Food Pantry 2:00PM Musicians PASTOR ON VACATION
31 8:00AM Worship/Traditional 10:30AM Worship/Contemporary PASTOR ON VACATION						

