

JULY  
2021

# United in Faith News

*Why are we  
Here?  
We are to be  
God's  
hands,  
feet and  
voice  
in the  
world.*



*July* 

From the desk of . . .

*Pastor Carla*



**Evangelical Lutheran  
Church in America**

During the pandemic, we had to make some pretty drastic shifts and quickly (we call this a "pivot" now). We moved away from using volunteers on Sunday mornings because we wanted to limit the number of people present at any one time. We limited musicians only to the livestream service, and a number of people learned how to "tune" in to a virtual UIF service on Facebook or YouTube. When we could offer in person services, they were pretty stripped down – shorter, no singing, no volunteer readers. We encouraged people to converse only in the parking lot (or on the phone), for fear of spreading the virus among members. For the sake of the individuals and community, we removed most of the opportunities to serve (in choir, as Sunday school teachers, as ushers, greeters, readers, altar guild). We punted and figured out how to function with as few volunteers as possible.

In July 2021, we find ourselves in a different environment. Though COVID-19 is not in the rear view yet, we know a lot more about the way it is transmitted (almost entirely through breathed aerosols) and we have a new approach because of vaccinations (many of our active UIF participants are vaccinated). We know that proper mask use is highly effective, even among unvaccinated people, as long as some other COVID cautious behaviors are used also (handwashing, distancing when possible). We are still masking for public worship and larger church gatherings at UIF, but we plan on resuming some form of coffee fellowship in September, where masks could be removed to drink coffee, tea, etc. Even now, 11am in person worshippers often chat for a bit before and after in person worship as a way of developing community (there are even some new in person faces). Our virtual coffee hour still exists, but we are finding less people logging onto that ZOOM meeting each Sunday.

The important work of communal, in person worship and fellowship – the praise of the gathered community combined with the shared gifts of the gathered people – is returning. Slowly perhaps, but we are moving closer and closer to a more familiar form of Sunday worship – with our full cadre of musicians, coffee hour, ushers, greeters, readers, and special music (from time to time). Beginning August 8, we will begin to have a musician at our 11am in person services, as we transition toward our Fall Kick-Off. In September, we will have a new Sunday schedule, with our in person worship service being livestreamed. We expect to resume Sunday school after our

(OVER)-->

At  
United in Faith,  
The Guiding  
Principles are:

+

Jesus is  
Lord and  
*Savior*

+

Reflect  
God's *Love*

+

Pray and  
*listen* for God's  
guidance

+

Continue to  
strengthen  
*faith*

+

Include *All*  
in God's  
*work*

+

Meet people  
*where they  
are*

# FROM THE DESK OF PASTOR CARLA, CONTINUED..

September 12<sup>th</sup> Fall Kick-Off Sunday.

However, we cannot resume any of this in person ministry without the people of God engaging their gifts in the important work of God through this congregation. We have children in our congregation for whom we wish to offer Sunday school. We have worshipers to welcome. We could resume using individual communion cups and wafers for in person worship. We have homebound members hoping for communion visits. We have money to be counted.

It is hard to restart a new pattern of attendance and volunteering. After almost a year of "avoiding" in person church, how do you step back into the building (and the groove of being active in person) again? How do you develop a renewed pattern of regular physical attendance at church? And if you have wanted to change where you are engaging your gifts and skills in the work of the church at UIF, now is a great time to evaluate your gifts and passions, as you determine a better fit.

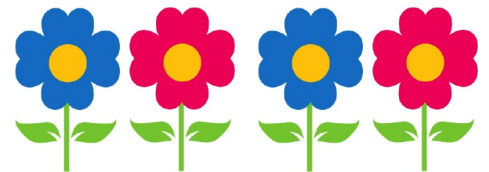
God has been with us. God will be with us. God will guide us individually and as a community of faith in the days ahead. We pray and trust that God is calling you to actively engaging the gifts and skills that you have, as we have more and more in person opportunities to grow in faith together. We pray and trust that God is working in each of us to contribute to the building up of the community. We seek to exercise our own gifts so that we can build up the body of Christ in love, as each part is working properly and growing together.

*"But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love." – Ephesians 4:15-16*

*Pastor Carla*

## A NEW GROUP ARRIVES AT UIF

A Ladies' Discussion Group started at UIF June 7, 2021.



We are a group of ladies who started at Mather's More Than a Café, weekly discussing different topics suggested by the participants. Some of the topics we discuss would be: where would you like to go? how are you keeping your brain active? In this group we don't discuss religion or politics and we are not a gossip group.

When the pandemic came, Mather's closed for good leaving our group in limbo. We have now restarted at UIF. We meet the first three Mondays of the month from 1-3 PM. We welcome any females 60 and over to join us. UIF Covid-19 protocols apply.

For more information contact Dian Hoyem, 773-685-0549, [handdhoyem@sbcglobal.net](mailto:handdhoyem@sbcglobal.net), or just show up. We'd love to have you.

# CARING FOR CREATION – SINGLE USE PLASTICS

The variety of plastic products in our world has increased drastically over the last thirty years. Plastics are a cheap and easy way to package products. But they also have a very detrimental effect on our world, wildlife, and our bodies. These days, there is a big push to eliminate single use plastics. Reduce, reuse, recycle is a good rule of thumb for single use plastics. Wherever possible, reduce the amount of single use plastics you purchase. If you must use a plastic container, try to reuse it over and over before recycling. As a last resort, recycle the plastic item. Recycling is still better than throwing it in the trash (see below).

Left alone, plastics don't really break down; they just break up. Over time, sun and heat slowly turn plastics into smaller and smaller pieces until they eventually become what are known as microplastics. They end up in the water, eaten by wildlife, and inside our bodies. They've even made their way up to the secluded Pyrenees mountain range and down to the bottom of the Mariana Trench. For wildlife, microplastics can be particularly dangerous. Exposure to microplastics, as well as the chemicals that are added to plastics during processing, harm humans' health. Many of the chemicals in plastics are known endocrine disruptors, and research has suggested that human exposure could cause health impacts including hormonal imbalances, reproductive problems like infertility, and even cancer. Plastic is putting a strain on waste management systems, our oceans, and vulnerable communities the world over.

Look at this list and consider what new things you could try to lower your consumption of single-use plastics. No one achieves all of these all the time, but every little bit helps.

## **WHEN SHOPPING:**

- Bring your own reusable (cloth/canvas) bags – or use a cardboard box (cardboard is more easily recyclable than plastic)
- Consider the packaging in your purchase (what recycles and what's landfill)
- Buy as much as possible packaged in glass jars/bottles and then reuse those once empty. (This is a “life hack” well known by previous generations!)
- Buy aluminum cans for soda pop, not 2 liter bottles (seems like less waste in bottle, but the plastic recycling process uses more energy than the aluminum recycling process).
- Bring/reuse your plastic vegetable/fruit bags. Or buy mesh bags and bag your vegetables/fruits in there.

## **IN THE KITCHEN:**

- \* Rather than plastic wrap or aluminum foil, keep food in glass containers with lids (leftoverware).
- \* Buy silicone lids that fit on top of many sized jars, cans, or bottles.
- \* Keep cloth napkins at the table to replace paper napkins (paper napkins have their place, but at your own dinner table it's easy to use cloth napkins – easy to toss in the laundry every day if you need).
- \* Use silicone baking mats instead of foil or parchment when baking.
- \* Use reusable k-cups if you already have a Keurig
- \* Cook your own meals to reduce the use of plastic take out containers (and plastic utensils and plastic cups and plastic straws)

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- \* Use reusable straws – metal or silicone.
- \* Use reusable Ziploc style bags. (Some very high quality ones are really expensive, but Target has a number of really reasonable and sturdy versions.)
- \* Use beeswax wrap instead of saran wrap or foil (beeswrap brand recommended)
- \* Each family member has their own reusable water bottle. (AVOID individual disposable)
- \* Use bento boxes for lunches (with a variety of reusable containers inside).
- \* Cotton rags (even old t-shirts) instead of paper towels for cleaning
- \* Powdered dish detergent (in cardboard box) instead of liquid (in plastic bottle).

### **IN THE BATHROOM**

- ◆ If you have to use plastic hand soap dispensers, buy large refills rather than new single dispensers. (Or liquid hand soap refills packed in aluminum instead of plastic from Grove Collaborative. Grove also offers a glass liquid soap dispenser, but this would work with any dispenser. CleanCult offers non-plastic packaging as well for their liquid soap refills.)
- ◆ Toilet paper – you can buy TP with recycled materials in it. Or you can order from whogivesacrap.com (recycled or bamboo and wrapped in paper so there is zero plastic).
- ◆ Reusable cotton rounds that can be machine washed instead of disposable cotton balls.
- ◆ Silk dental floss (sometimes sold in reusable glass container).
- ◆ Use bar soap for washing your body (preferably packaged in paper/cardboard).
- ◆ Shampoo and conditioner bars instead of plastic bottles (can be a big adjustment). I buy at the health food store (alongside other hand soaps), but some of my friends recommend Grove Collective or Earthlingo or Lush USA. Even Aveda has their own bar.
- ◆ Shower cleaner – Grove Collective sells shower cleaner concentrate in glass bottles to refill a refillable glass spray bottle.

### **FOR LAUNDRY:**

- + Use laundry detergent sheets. (Earth Breeze comes highly recommended.)  
If you just can't get away from the laundry pods, you can still order from Dropps (without a big plastic jug). Dropps also has dishwasher detergent sold the same way.
- + Use wool dryer balls instead of fabric softener sheets. If you like scents in your clean clothes, put a few drops of essential oils on the dryer balls before running dryer.

### **AT A RESTAURANT:**

- ⇒ Ask for no straws (you can do this when doing drive through, take out, or dine in).
- ⇒ Bring your own reusable take home food containers.
- ⇒ Bring your own take home containers (this may feel funny, but it's a real earth saver.)

### **OTHER:**

- Rain barrels for garden and lawn watering.
- Hard plastic (washable/reusable) plates, bowls, cups, utensils for picnics, camping, etc.

## DIACONAL INTERNSHIP TO START IN AUGUST

In August, Jason Schultz will begin his diaconal internship at United in Faith as part of his seminary education (master's degree). He is going through the candidacy process to become a deacon (a rostered lay minister). From August 2021 through January 2022, he will work with United in Faith – using his gifts, skills, and passions for ministry to develop himself as a future deacon in the ELCA. This is different from pastoral ministry students we have had before. Watch for a formal introduction in the August newsletter.

These rostered leaders (deacons) are called through the ELCA to serve congregations as well as through other officially called ministries. Deacons are also called Word & Service ministers (whereas clergy are Word & Sacrament ministers). The ELCA continues to seek to honor the significance of deacons serving at the intersection of church and world, bringing a sharper focus to the ways the church responds to the needs of people.



## All Creation Sings

*a liturgy and song supplement in the Evangelical Lutheran Worship resource family.*  
[United in Faith has purchased a few copies to be used for choir or small group singing.]

### *All Creation Sings includes:*

Two liturgies of Holy Communion with new musical settings

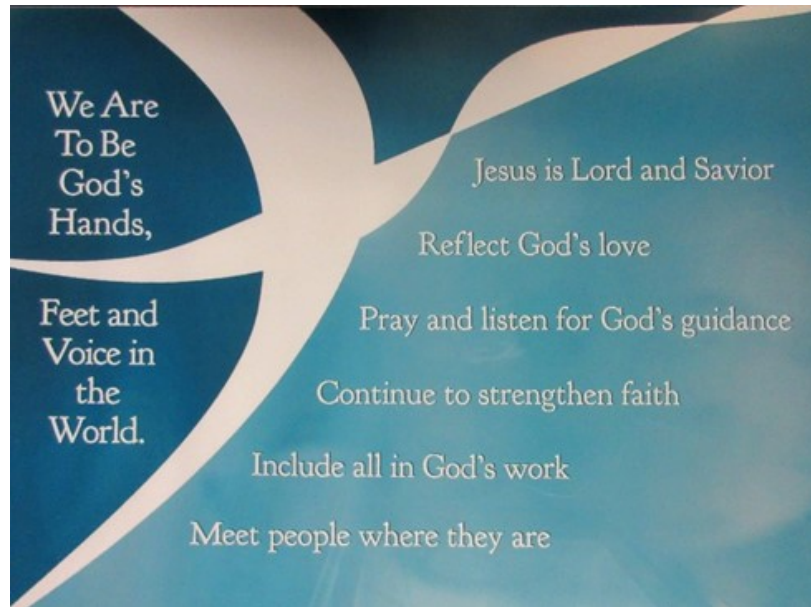
A Service of Word and Prayer designed especially for contemplative worship

More than seventy-five new prayers and liturgical forms for diverse occasions and circumstances

Approximately 200 hymns and songs, many of them newly created over the last fifteen years, supporting the church year and a wide range of topics

Hand in hand with *Evangelical Lutheran Worship*, this supplement invites us to expand our prayer and song, joining our voices with the praise, and sighs, of the whole creation God so marvelously made.

## Phase 5, CDC guidelines, and our community of faith



If you've been around United in Faith at all (in person or on our website), you've certainly seen this image reflecting both our mission statement (we are to be God's hands, feet, and voice in the world) and guiding principles. These are more than just values that we hold, but principles that guide decisions and plans we make as a congregation.

These days, we are doing a lot of re-engaging together as a congregation. We are moving into new spaces together – both in person and in new ways. We are re-negotiating rules and guidelines to keep us all safe and welcome. We are trying to decide how to make decisions that keep all the participants of our community of faith safe.

Last month, United in Faith's council (sort of like a board of directors for the church) discussed how to reflect the newest CDC recommendations (saying that vaccinated people do not need to mask most of the time) while also maintaining these important guiding principles. How can we strengthen faith? How will we include all in God's work? How do we meet people where they are? How should we use the information we have now about COVID-19 to make decisions for the whole community of faith?

Many (maybe most) of our adult members at United in Faith are vaccinated. But not everyone is vaccinated. For some it is a choice not to be vaccinated (or not to be vaccinated yet), for others it may even be a medical decision made with their doctor. Children under the age of 12 are not even eligible for the vaccine yet. If we want to make sure our worship space is safe for families with young kids or those whose vaccination status we don't know, we have to consider masking for awhile longer to keep the unvaccinated people safer.

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Medically speaking, the unvaccinated participants of our community are more at risk than the vaccinated participants. Some people assume that kids will not be negatively impacted by the virus. The fact is that some children have died from the virus and we have no idea of the long-term impact on the others. Because of our love for every member of the community and our desire to include all in God's work, we need to maintain some common sense pandemic guidelines (like masking and physical distancing during public worship services) for now. We are safer than ever, but we are not out of the woods yet.

In the next couple months, some more familiar elements of worship will restart. We will be restarting volunteer roles like assisting minister and usher; we will be resuming music at in person worship; we will be approaching the altar to receive communion; we may even add a few more chairs into the sanctuary. As Illinois continues in Phase 5, where almost all COVID restrictions are lifted, it would be easy to charge ahead "back to normal" without considering who we are excluding or leaving behind, without thinking about who are the most vulnerable in this moment.

In the next months, we will keep sorting out how to re-engage in person as a community of faith, but please remember that some will need to take this re-engagement at their own pace. Neither you nor I can make those decisions for another person (nor should we). It is our job to figure out how to make our public spaces as welcoming and as safe as we can.

In some ways, this in-between time we are in (done with restrictions, but not with the pandemic) feels harder to navigate as a group than our stay-at-home order time was. The guidelines shift and move as vaccinations increase, but the virus isn't gone. Don't lose sight of the importance of strengthening one another's faith through continuing our loving communication of care and concern for those who have not yet "come back."

*Pastor Carla*

## CONGRATULATIONS TO OWEN DEVINE

Congratulations to Owen Devine for receiving his Eagle Scout badge on June 26 here at United in Faith.

Although Owen is part of a Scout Troupe that meets at a different location, you can see his hard work all around United in Faith.

Yes, it is true, Owen built all of our hand sanitizer stations and drew and implemented the floor plan for the chairs in the sanctuary. He proceeded to put the chairs at a safe social distance for all of us to enjoy at Sunday morning worship.

Again, congratulations Owen on a job well done!





# Vacation Bible School

## August 2nd - 6th

### from 10:00 am until 2:00 pm

It's time to get ready for **COMPASSION CAMP!**

Summer is officially here and that means VBS is right around the corner! Last year we explored what it means to be a neighbor. We practiced being good neighbors by having a socially distant VBS. That was really important for our children to be safe and for them to see that they can be good neighbors any time! We don't have to be at church, we can share God's love everywhere, even at home!

This year we are so excited to be **IN PERSON** and exploring what, exactly, is **COMPASSION!** It's a hard thing to nail down, so I asked some of the sages of UIF.

Here is what they said:

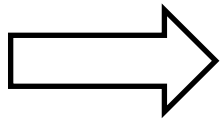
- "Kindness and sharing"
- "Gentleness with one another"
- "To be nice to someone"
- "To hold the door open for someone"
- "To share a toy"



Wow! We have some wise kids!

Each day at VBS we are going to learn a Bible story that shows us a new way to practice compassion. We will have crafts, games, service projects, and even yoga. By the end of the week, we will be experts!

To make VBS as safe as possible for our youth, we are making a few changes:



- Begin each day at 10:00am and pick up at 2:00pm
- No morning snack (please eat a healthy breakfast!)
- Lunch will be served
- Masks required for all children and volunteers

Invite your family, friends, kids, grandkids, neighbors, and people you pass on the sidewalk to join us for a fun and inspiring week of Compassion Camp!

([www.unitedinfaith.org](http://www.unitedinfaith.org)) Click Here to Register

(While there is no registration deadline, please show compassion for your VBS leaders by registering by July 25.)



# Join Marty Devine for a Cybersafety for Older Adults program Wednesday, June 30 at 7pm on ZOOM

*Did you know individuals over the age of 60 are more likely to be targeted by cybercriminals?*  
To promote awareness of this threat, a team of passionate cybersecurity employees at Allstate developed a program for older adults to help them navigate the internet safely and with confidence.

Our interactive training will go over common email and telephone scams pertaining to fraud, identity protection, as well as general cybersecurity awareness, like password protection and privacy settings.

*What does a training session involve?*

The one-hour training session is highly interactive and delivered to a group of older adults by one or two presenters from Allstate and includes conversation, interactive elements and video.

*What does the training cover?*

1. Fraud and identity protection
2. Email and telephone scams involving phishing
3. General cybersecurity awareness on topics like password protection and privacy settings

*What happens after the session?*

At the end of the session each participant will receive a cyber safety guide with key topics covered in the training to use as a reference resource at home.

You can register by emailing: [ALLSTATECYBERSAFETY@ALLSTATE.COM](mailto:ALLSTATECYBERSAFETY@ALLSTATE.COM) but registration is not required.

Use ZOOM link <https://allstate.zoom.us/j/97671589031?pwd=QjYyNk1NaDRtM09RcTBpOTBKQT09&from=addon>

Or call in: 312 626 6799

Meeting ID: 976 7158 9031

Passcode: 078678



## YOU CAN HELP!

Throughout the summer, we will be gathering donations for Trinidad Lutheran Church (in the Humboldt Park neighborhood). They serve a neighborhood that includes homeless individuals (individually wrapped and easier to transport items are very useful). Pastor Carla will arrange a donation delivery when we have a carload gathered. Items can be dropped off at the table at church labeled Trinidad Lutheran.

### HOW YOU CAN HELP

#### Hygiene Kit items:

- Disposable masks
- hand sanitizer (small individual bottles better)
- toothbrushes
- toothpaste
- socks
- deodorant
- feminine sanitary products
- snacks (chips, cookies, protein bars)
- water bottles



### **Many Thanks ...**

The Egner family would like to thank the members of United in Faith for their heartfelt expressions of sympathy, flowers, and remembrances of Rick Egner.

The family of Marion Hansen expresses their thanks to the members of United in Faith for the care and concern for Marion.

Please pray for Doris Jacobson as she continues to battle health issues.

### **and some good news...**

Annette Cameron is out and about and doing very well. She continues to be one busy lady at the Danish Home. Do not be discouraged if you call her and she doesn't pick up the phone. It just means she is at one of her many activities.



July 1

July 8

July 9

July 12

July 16

July 19

July 29

July 30

Scott Schultz

Gayle Guzik

Adrienne Childress

Conrad Quillin

Dennis Vogel

Colleen Haas

Carolyn Doughty

Dawn Kuswik



# July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 AM Food Pantry	2 6:30 PM Men's AA - Fellowship Hall	3 9:30 AM Al-Anon - ZOOM meeting 4:00 PM Survivors of Incest Anonymous - ZOOM Meeting
4 9:30 AM On Line Worship 10:30 AM Coffee Hour on ZOOM 11:00 AM In Person Worship	5 INDEPENDENCE DAY - Office closed	6 3:00 PM Bulletin Announcements Due	7	8 9:00 AM Food Pantry	9 6:30 PM Men's AA - Fellowship Hall	10 9:30 AM Al-Anon - In person at UIF 4:00 PM Survivors of Incest Anonymous - ZOOM Meeting
11 9:30 AM On Line Worship 10:30 AM Coffee Hour on ZOOM 11:00 AM In Person Worship	12 9:00 AM Food Pantry 1:00 PM Ladies Discussion Group	13 3:00 PM Bulletin Announcements Due	14	15 9:00 AM Food Pantry	16 6:30 PM Men's AA - Fellowship Hall	17 9:30 AM Al-Anon - In person at UIF 4:00 PM Survivors of Incest Anonymous - ZOOM Meeting
18 9:30 AM On Line Worship 10:30 AM Coffee Hour on ZOOM 11:00 AM In Person Worship	19 9:00 AM Food Pantry 1:00 PM Ladies Discussion Group	20 3:00 PM Bulletin Announcements Due 7:00 PM Church Council Meeting - Choir Room	21	22 9:00 AM Food Pantry	23 6:30 PM Men's AA - Fellowship Hall	24 9:30 AM Al-Anon - In person at UIF 4:00 PM Survivors of Incest Anonymous - ZOOM Meeting
25 9:30 AM On Line Worship 10:30 AM Coffee Hour on ZOOM 11:00 AM In Person Worship	26 9:00 AM Food Pantry 7:00 PM Ministry Directors - ZOOM meeting	27 3:00 PM Bulletin Announcements Due	28	29 9:00 AM Food Pantry	30 6:30 PM Men's AA - Fellowship Hall	31 9:30 AM Al-Anon - In person at UIF 4:00 PM Survivors of Incest Anonymous - ZOOM Meeting



**JULY**

Continue to check the website at [www.unitedinfaith.org](http://www.unitedinfaith.org) for updates

<b>JULY 4</b> Pentecost 5	<b>9:30 AM ON-LINE Service</b> <b>10:30 AM ZOOM Coffee Hour</b> <b>11:00 AM In Person Worship</b>
<b>JULY 11</b> Pentecost 6	<b>9:30 AM ON-LINE Service</b> <b>10:30 AM ZOOM Coffee Hour</b> <b>11:00 AM In Person Worship</b>
<b>JULY 18</b> Pentecost 7	<b>9:30 AM ON-LINE Service</b> <b>10:30 AM ZOOM Coffee Hour</b> <b>11:00 AM In Person Worship</b>
<b>JULY 25</b> Pentecost 8	<b>9:30 AM ON-LINE Service</b> <b>10:30 AM ZOOM Coffee Hour</b> <b>11:00 AM In Person Worship</b>

UNITED IN FAITH LUTHERAN CHURCH  
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**Rev. Carla Thompson Powell**

Pastor

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