

FEBRUARY  
2023

# United in Faith News

Why are we  
Here?

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



+



+

February



Evangelical Lutheran  
Church in America

From the desk of . . .

*Pastor Carla*

The song "Seasons of Love" from the musical Rent reminds us:

"Five hundred, twenty five thousand, six hundred minutes

Five hundred, twenty five thousand moments so dear

Five hundred, twenty five thousand, six hundred minutes

How do you measure, measure a year?

In daylights, in sunsets

In midnights, in cups of coffee

In inches, in miles

In laughter, in strife

In five hundred, twenty five thousand, six hundred minutes

How do you measure a year in a life?"

As my time at United in Faith comes to a close, I find myself profoundly grateful for all the shared moments of ministry and growth we have shared over these seven (plus) years. Words cannot adequately express the memories and opportunities we have shared together, but I will hold dear to my heart many of the experiences we have shared.

Prayers at hospital bedsides. Potlucks and funeral luncheons in support of grieving families. Bible studies where we learned from each other. Conversations in the pastor's office when we wrestled with theological concepts and how to implement them in our daily lives. Watching kids (my own and others) interact with adults in meaningful and honest ways. Experiencing moments when people from different generations supported and encouraged one another. Talking through hard decisions in council and committee meetings. Seeing God at work through people who carried one another through tough times. Seasons of love, for sure.

As our relationship shifts from being pastor & congregation to being former pastor & former congregation, the ways (and frequency) we interact will change. As I wrote in my farewell letter: "As I leave my role as United in Faith's pastor, I will no longer be available to offer pastoral support. I will step away from

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**

(continued on the next page)

regular contact to make room for congregation members to establish new pastoral relationships and opportunities." As part of the metro Chicago synod staff, I will be cheering on your continued growth and mission, and I am sure that our relationship will inevitably change.

United in Faith is a resilient community of faith that continues to learn and grow from one another. I do not know what new ventures are ahead for you, or what hurdles you will face, but I know that you are stronger than you think and the God who has brought you this far will continue to appear in beautiful and surprising ways. Keep showing up for each other. Hold fast to the calling to which you have been called. Trust the one who has brought you here. United in Faith still has more work to do in order "to be the hands, feet, and voice of God in the world."

In Isaiah 43 (vs. 1-2, 18-19), God promises to be with God's people as they pass through trials and dangers, "But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: 'Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.'" [God says:] "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Until we see each other again, I'll sign off now "with sincere hopes for peace" as I've signed so many of my congregational letters in the past.

May God  
to bless  
guide you  
you to ex-  
the king-  
God in  
life every



continue  
you and  
and help  
perience  
dom of  
your own  
day.

United in Faith Lutheran Church  
Treasurer's Report – December, 2022

	Twelve Months Ended <u>12/31/22</u>
<u>Unrestricted:</u>	
Income (excluding investment activity)	\$ 183,184
Expenditures	<u>272,671</u>
Income over (under) expenditures	(89,487)
Investment Income and changes in market value	<u>(40,647)</u>
Increase (Decrease) in Unrestricted net assets	\$ (130,134)
<u>Educational Endowment:</u>	
Investment Income and changes in market value	(47,279)
Scholarships paid out	<u>(13,500)</u>
Increase (Decrease) in Educational net assets	\$ (60,779)
<u>Harriet Kurz Endowment:</u>	
Thrivent Investment income and changes in market value	(35,149)
ELCA Fund A Investment income and changes in market value	<u>(28,761)</u>
Increase (Decrease) in Harriet Kurz Endowment net assets	\$ (63,910)
<u>Increase (Decrease) in Total net assets</u>	<u>\$ (254,823)</u>

Comments:

2022 income from church operations is lower than spending by \$15,381 in December and lower by \$163,705 YTD without Special Estate Gifts.

Income includes \$74,218 in Special Estate gifts from:

- Anita Perske - \$ 1,727 in January
- Marion Hanson - \$63,695 in February
- Reverend Barthel - \$819 in September
- Dorothy Goos - \$ 7,976 in October

General Investments returned a loss of (\$8,651) for December & a loss of (\$40,647) YTD.  
 Educational Investments returned a loss of (\$9,276) for December & a loss of (\$47,279) YTD.  
 \$3,000 in Scholarships were paid out of the Educational Endowment Fund in January.  
 \$8,000 in Scholarships were paid out of the Educational Endowment Fund in June.  
 \$2,500 in Scholarships were paid out of the Educational Endowment Fund in December  
 Harriet Kurz Endowment returned a gain of (\$7,780) for December & a loss of (\$63,910) YTD.

Total expenses for twelve months are higher than income by \$163,705 but are \$5,841 under budget due to YTD Administrative costs being lower than budget by \$2,856; YTD Building costs being lower than budget by \$2,059 and the YTD Ministry Directors costs being lower than budget by \$6,043.

**See the weekly bulletin for neighboring locations  
for Mid-Week Lenten Service.**



# ✝ **UPCOMING ANNUAL MEETING** ✝

## **UNITED IN FAITH LUTHERAN CHURCH**



# **ANNUAL MEETING**

## **SUNDAY, FEBRUARY 12, 2023**

### **11:00 A.M. in person**



February 7  
February 20  
February 21

Samantha Cecala  
Joyce Csapo  
Jackie Bratland

Thank you to those of you who turned in a written faith promise! As mid-January, we received 10 forms, which is a significant decrease from last year's 15 promises. There's still time to turn in your faith promise forms. We encourage every family unit to complete a faith promise form as a way for you to be deliberate about giving your time, talents, and treasure. Additional forms are available on the table near the sanctuary if you need one.



Three new Get Started in Messy Church training are coming soon.! Registration now open for March 11 in Chicago led by Ronda Bower. Registration is also open for our next online training is April 18-20 with Johannah Myers and Leyla Wagner. Roberta travels to Freehold, NJ on April 29th. Registration will open soon.

**March 11th from 9 am to 3 pm at United in Faith Lutheran church in Chicago, IL**

**HEARING ASSIST DEVICES:** We now have Hearing Assist Devices available. 4 receivers with headsets. They are on the table at the back of the sanctuary (near the sound system). Turn it on and increase/decrease the volume as needed during the service. We hope they help people engage more fully in worship!



# HEART MONTH

February is American Heart Month and an opportunity to focus on our cardiovascular health. Many of you may have a very personal experience with cardiovascular disease. Almost all of us know someone who faces challenges to their cardiovascular health and there is good reason for our familiarity with this issue. Heart attack and other cardiovascular diseases rank as the number one cause of death among Americans.

Friday, February 3<sup>rd</sup>, is National Wear Red Day. On this day, many people wear red or the American Heart Association's little "red dress pin" to bring awareness to the issue of heart disease and stroke particularly in women. The website [www.goredforwomen.org](http://www.goredforwomen.org) provides a wealth of information regarding the unique characteristics of women and cardiovascular disease. The following Myths and Facts are taken from the website:

**Myth:** Heart disease is for men, and cancer is the real threat for women

**Fact:** Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease is the cause of one out of every three deaths. That's roughly one death each minute.

**Myth:** Heart disease is for old people

**Fact:** Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease risks by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

**Myth:** Heart disease doesn't affect women who are fit

**Fact:** Even if you're a yoga-loving, marathon-running workout fiend, your risk for heart disease isn't completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits. You can be thin and have high cholesterol. The American Heart Association recommends you start getting your cholesterol checked at age 20, or earlier, if your family has a history of heart disease. And while you're at it, be sure to keep an eye on your blood pressure at your next check-up.

**Myth:** I don't have any symptoms

**Fact:** Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they're often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, feeling lightheaded or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

**Myth:** Heart disease runs in my family, so there's nothing I can do about it

**Fact:** Although women with a family history of heart disease are at higher risk, there's plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy. Because of healthy choices and knowing the signs, more than 670,000 of women have been saved from heart disease, and 300 fewer are dying per day.

Another resource with extensive information is [www.heart.org](http://www.heart.org). Included on the webpage is a short video on how to perform hands-only CPR, a potentially life-saving action during a cardiac emergency. The CDC also provides a great deal of information on their site, [American Heart Month Toolkits 2022 | cdc.gov](http://AmericanHeartMonthToolkits2022.cdc.gov) including the impact Covid-19 has had on heart health.

Our hearts sustain our lives 24/7 and we can show them a little love this Valentine's Day by making

## SEEKING: HONEST Questions For Deeper Faith LENT 2023 at United in Faith



About the Lenten theme (*words for worship, artwork, Lenten devotional booklet, Lenten devotional cards, and an intention-setting worksheet for the beginning of Lent*)

The lectionary for Year A offers us **many stories of Jesus encountering people who are seeking**: Nicodemus comes to him in the veil of night, he approaches a Samaritan woman at a well, he heals a man born without sight. In these stories, each person is **seeking a new beginning, a different life, a deeper faith**. What unfolds is an exchange filled with questions and exploration. Often, an unveiling occurs—assumptions are disrupted, a new perspective is revealed, mystery grows. And so, we've crafted a Lenten series founded on questions. Many of our weekly questions feel restorative ("Can these bones live?"). Some feel like a charge or challenge ("Who will you listen to?"). Some questions are hopeful and curious ("How do we begin again?"). Our questions won't necessarily lead to answers, but they can help us find clarity and a new perspective. Ultimately, we pray they lead to a new beginning, a restoration, **a wider grace**.

Like the characters in our Lenten scriptures, we are also seeking many things: clarity, connection, wonder, justice, balance. We are seeking our calling, the sacred, and how to live as a disciple. Throughout the turbulence of the past few years, many of us are asking big questions about our lives and our faith. If you are returning to church, you are probably returning with more questions and a critical lens. We hope this series will help us unpack some of those big questions in ways that are honest and faithful. Throughout this season, we hope you will continually ask yourself: **what am I seeking? What is God seeking?**

This Lent, we invite you to engage in the spiritual practice of **seeking**. We encourage you to stay curious, open, and nimble. We hope you will soften your assumptions and expand your perspectives. We pray that these questions will **create a safe space to explore**—to be

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b> 9:00am Coffee Hour 10:00am Worship in person and livestreamed 11:00am Council Forum	<b>30</b> 9:00am Food Pantry 1:00pm Ladies Discussion Group	<b>31</b> 10:00am Golden Rebels Bingo 6:00pm Brownies/Daisy 7:00pm Girl Scouts	<b>1</b> 8:00am Girl Scout Service Unit 286	<b>2</b> 9:00am Food Pantry 10:00am Golden Rebels Bingo	<b>3</b> 6:30pm AA	<b>4</b> 9:30am Al-Anon 10:00am NLOB Regular Work Day 4:00pm Survivors of Incest
<b>5</b> 9:00am Coffee Hour 10:00am Worship in person and livestreamed	<b>6</b> 9:00am Food Pantry 1:00pm Ladies Discussion Group	<b>7</b> 10:00am Golden Rebels Bingo 6:00pm Brownies/Daisy 7:00pm Girl Scouts	<b>8</b>	<b>9</b> 9:00am Food Pantry 10:00am Golden Rebels Bingo	<b>10</b> 6:30pm AA	<b>11</b> 9:30am Al-Anon 4:00pm Survivors of Incest
<b>12</b> 9:00am Coffee Hour 10:00am Worship in person and livestreamed 11:00am ANNUAL MEETING	<b>13</b> 9:00am Food Pantry 1:00pm Ladies Discussion Group	<b>14</b> 10:00am Golden Rebels Bingo 6:00pm Brownies/Daisy 7:00pm Girl Scouts	<b>15</b>	<b>16</b> 9:00am Food Pantry 10:00am Golden Rebels Bingo	<b>17</b> 6:30pm AA	<b>18</b> 9:30am Al-Anon 4:00pm Survivors of Incest
<b>19</b> 9:00am Coffee Hour 10:00am Worship in person and livestreamed	<b>20</b> 9:00am Food Pantry 1:00pm Ladies Discussion Group	<b>21</b> 10:00am Golden Rebels Bingo 6:00pm Brownies/Daisy 7:00pm Church Council Meeting 7:00pm Girl Scouts	<b>22</b> 11:00am ASH WEDNESDAY SERVICE 7:00pm ASH WEDNESDAY SERVICE	<b>23</b> 9:00am Food Pantry 10:00am Golden Rebels Bingo	<b>24</b> 6:30pm AA	<b>25</b> 9:30am Al-Anon 4:00pm Survivors of Incest
<b>26</b> 9:00am Coffee Hour 10:00am Worship in person and livestreamed	<b>27</b> 9:00am Food Pantry	<b>28</b> 10:00am Golden Rebels Bingo 6:00pm Brownies/Daisy 7:00pm Girl Scouts	<b>1</b>	<b>2</b> 9:00am Food Pantry 10:00am Golden Rebels Bingo	<b>3</b> 6:30pm AA	<b>4</b> 9:30am Al-Anon 10:00am NLOB Regular Work Day 4:00pm Survivors of Incest



# February

**Worship Schedule**




<b>Feb. 5th</b> <i>Epiphany 5</i>	9:00 AM coffee hour 10:00 AM Worship live and on line
<b>Feb. 12th</b> <i>Epiphany 6</i>	9:00 AM coffee hours 10:00 AM Worship live and on line 11:00 AM ANNUAL MEETING
<b>Feb. 19th</b> <i>Transfiguration</i>	9:00 AM coffee hour 10:00 AM Worship live and on line
<b>Feb. 22nd</b> <i>Ash Wednesday</i>	11:00 AM MID-WEEK SERVICE 7:00 PM MID-WEEK SERVICE <b>BOTH SERVICE AT UNITED IN FAITH</b>
<b>Feb. 26th</b>	9:00 AM coffee hour 10:00 AM Worship live and on line

UNITED IN FAITH LUTHERAN CHURCH  
 6525 West Irving Park Road  
 Chicago, IL 60634



**Rev. Carla Thompson Powell**  
 Pastor  
 Email: revctp@unitedinfaith.org

Phone: **773.283.2326**  
 Jeanne Rice, Church Administrator  
 Email: UIFAdmin@unitedinfaith.org

**On the Web** at: [www.unitedinfaith.org](http://www.unitedinfaith.org)  
[Twitter](#): UIFLC | [Facebook](#): UIFLC | [Instagram](#): UIFLC