



# The BEACON

The Official Newsletter of Christ Church United Church of Christ, Des Plaines, Illinois  
An Open & Affirming WISE for mental health congregation

Volume I, Issue V

May 2024

## From The Pastor

Dear Beloved Congregation,

In our ongoing faith journey, we are called to strengthen our spiritual lives and support one another. As Paul reminds us in Galatians 6:2, "Carry each other's burdens, and in this way you will fulfill the law of Christ." This call to compassion extends to the physical burdens we face and the emotional and mental ones.

Mental health struggles are a growing concern in our society, and even those who dedicate their lives to serving others, like clergy, are not immune. Like many professions, ministry can be demanding and stressful. While we strive to offer support and guidance, clergy can also face emotional abuse and personal attacks.

This is why fostering a **WISE** (Welcoming, Inclusive, Supportive, Engaged) congregation is crucial for promoting mental health awareness within our church family. Here's how we can live into this ideal:

- **Welcoming:** Let's create a safe space to discuss mental health without judgment. Avoid comments that hint at someone's mental health condition.
- **Inclusive:** Mental health issues can affect anyone. To create a supportive environment, we must show empathy, kindness, and understanding to all individuals, regardless of their background. Remember, there is no shame in asking for help when needed.
- **Supportive:** Offering a listening ear, a kind word, or practical assistance can be very helpful to those experiencing hardship.
- **Engaged:** Connect with resources and support groups within the community. They can offer practical assistance and help you find your way.

By carrying each other's burdens, big and small, we can create a supportive environment where everyone feels seen, heard, and valued. If you or someone you know is struggling with mental health, please know you are not alone.

*Here are some resources that can offer help and support:*

- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The Crisis Text Line: Text HOME to 741741
- The National Suicide Prevention Lifeline: 988 (or 1-800-273-8255)

Together, let's build a WISE congregation that fosters mental health awareness and uplifts one another in times of need.

In God's Love,  
*Rev. Gilbert*

MAY IS MENTAL  
HEALTH  
AWARENESS MONTH  
It's   
not to  
be 

## Growing In The Word of God

For all those who are following the Scripture lessons used during the Sunday Worship Services, here are the May 2024 Common Lectionary readings:

**May 5, Sixth Sunday of Easter:** Acts 10:44-48; 1 John 5:1-6; John 15:9-17

**May 12, Seventh Sunday of Easter:** Acts 1:15-17, 21-26; 1 John 5:9-13; John 17:6-19

**May 19, Pentecost Sunday:** Acts 2:1-21; Rom 8:22-27; John 15:26-27; 16:4-15

**May 26, Trinity Sunday:** Isa 6:1-8; Rom 8:12-17; John 3:1-17



### **Pastor's Office Hours:**

**Sundays:** By Appt before or after worship.

**Mondays:** Phone, Video, or Appt.

**Tuesdays & Wednesdays:** 10 am - 3 pm\*

**Thursdays:** By Appt.

**Sabbath:** Fridays and Saturdays

*\*Can schedule later appointments on a case-by-case basis. For emergencies, call the pastor on his cell: 254-250-9898*

### **Finance Manager's Office Hours:**

**Tuesday - Friday:** 8:30 am-1:30 pm

### **Administrative Assistant's Hours:**

**Tuesday - Friday:** 10 am-3 pm

**STAFF MEETING:** Tuesdays 10 am - 12 pm

*The office phone is not answered.*

## **COMMUNITY BACKPACK PROGRAM**

*Suggested items - please, no glass jars!*

- Single-serve breakfast cereal
- Instant oatmeal packets
- Pancake mix (add water variety)
- Canned red beans
- One-pound bags of rice
- Pasta and pasta sauce (in cans or plastic jars)



- Canned tuna, beef or chicken
- Peanut butter and jelly (in plastic jars)
- Fruit cups, pudding cups, fruit snacks
- Individually wrapped snacks and chips
- Canned pasta (ravioli, beef-a-Roni, stew, or chili)
- Canned soup

### **Giving**

Did you know our church offers online giving and text-to-give? They're easy to use and secure! You can give a gift of support online at <https://bit.ly/ChristChurchUCCGive> or give via text message by texting the amount you would like to give to 847-750-3007.



Kindness is free.  
Let's sprinkle that stuff everywhere!



SUNDAY CHURCH MINISTRIES

|        | Liturgist/Lector  | Council Greeter | Streaming Coordinator |
|--------|-------------------|-----------------|-----------------------|
| May 5  | Putz-Cheng Family | Mandy O'Donnell | John Skibbe           |
| May 12 | Jessica Busse     | Bob Neil        | Mandy O'Donnell       |
| May 19 | Kyle Speer        | Judy Rosedale   | John Skibbe           |
| May 26 | Laura Hallberg    | Laura Hallberg  | Mandy O'Donnell       |



Ushers

|        |                                                      |
|--------|------------------------------------------------------|
| May 5  | Rita Barth, Gary Smith, Cathy Wiesner, George Bielat |
| May 12 | Jan Storm, Donna Boyko, Alice Barnhart, Julie Radman |
| May 19 | Rita Barth, Gary Smith, Cathy Wiesner, George Bielat |
| May 26 | Jan Storm, Donna Boyko, Alice Barnhart, Julie Radman |

**NOTABLES:** The Notables will meet again to prepare for the coming busy season. As always, in Wobbe Hall from 10:30 am to 12:30 pm. Contact Kyle Speer for more details.



988  
SUICIDE  
& CRISIS  
LIFELINE

988  
LÍNEA DE  
PREVENCIÓN  
DEL SUICIDIO  
Y CRISIS

LAST MONTH'S AVERAGE  
ATTENDANCE:  
43±



Welcome  
NEW MEMBER!

Monica  
Kulaga



## **Lets Get Involved!**

### **FAITH FORWARD ADVENTURES**



Faith Forward Adventures: Growing in Faith Together is a welcoming and supportive environment where children can learn and grow in their faith. We strive to create an inclusive atmosphere where all children feel valued and are encouraged to ask questions and participate. The program is a dedicated space to help kids develop a deeper understanding of God's love and the principles of Christianity through engaging activities and meaningful discussions. Each Sunday should be a fun and meaningful experience for all. Join us on this exciting journey of faith and discovery! **May 19 at 9:30 am.**



**CIRCLE OF FRIENDS:** Friendly reminder that all are welcome to join the first Thursday of each month, summer included, to come and enjoy fellowship. At noon, with coffee and tea provided, bring your lunch. **May 2, in Wobbe Hall, 12:00 pm - 2:00 pm.**

**GET IT TOGETHER:** Come, chat, and have some coffee! The third Wednesday of each month. The next meeting will be on **May 15, 10:00 am - 12:00 pm.**

**MISSION COMMITTEE:** On the first Sunday of every month, we collect food for the Self-Help Closet and Pantry of Des Plaines. The Red Barrels will be in the narthex. **Please, no expired food;** here are a few suggestions:

- Pasta sauce (plain)
- Flour
- Sugar
- Instant coffee
- Breakfast cereal (chocolate if possible)
- New or like-new clean bed linens and towels
- Men's stretch boxer briefs
- Women's, girls, boys, children all sizes underwear
- Toddler underwear (3-5)
- Maxi pads and tampons
- Women's Depends (size M)
- Ensure, Boost, Glucerna (generic ok)
- Clean, dozen size empty egg cartons
- New socks - women's & children's
- Body wash
- Shampoo
- Dish soap
- Laundry detergent
- Dog food (canned and dry)
- Cooking oil
- Juice (large bottles or boxed)
- Canned dinners (hash, chili, pasta)
- Ketchup
- Mayo
- Mustard
- Canned fruit
- White rice
- Peanut butter
- Jelly or jam



Thank you everyone for all your help.

Thank you Everyone!



for providing so many beautiful flowers for our Easter cross this year. Our Easter tradition continues to grow thanks to all of you.





# FAITH FORWARD

Christ Church  
U.C.C. speaks...

Lecture: Breaking the Stigma: How  
Can the Church Stay Relevant in  
Today's World of Mental Health  
Advocacy and Awareness

**GET TICKETS**

<https://bit.ly/FaithForwardCCUCC2>

PERMISSION TO USE A LIBRARY MEETING ROOM DOES NOT IMPLY  
LIBRARY ENDORSEMENT OF THE AIMS, VIEWS, POLICIES, OR ACTIVITIES OF  
ANY GROUP OR ORGANIZATION NOR IS THE LIBRARY A SPONSOR OF THE  
EVENT OR REPRESENTING AN INDIVIDUAL OR ORGANIZATION.



Speaker  
Rev. Jon Gilbert  
Martinez

**MAY 16, 2024  
7:00 PM  
DES PLAINES LIBRARY**





**Lux Cantorum Chicago presents:**

# *Sacred Classics*

***Centuries of sacred choral music revealing the human spirit's profound connection to the divine...***

Works of Bach, Barber, Brahms, Bruckner, des Prez, Händel, Haydn, Hogan, Janowski, Mendelssohn, Mozart, Thompson, Vaughan Williams & more



**Friday, May 3, 2024 7:30pm**

**Fourth Presbyterian Church's Buchanan Chapel**

**126 East Chestnut St. Chicago, IL**

**Sunday, May 5, 2024 4:00pm**

**Sts Peter & Paul Lutheran Church**

**250 Woodside Dr. Riverside, IL**

**Saturday, May 11, 2024 7:30pm**

**Pilgrim Congregational Church**

**460 Lake St. Oak Park, IL**

***Admission: \$25 in advance, \$30 at the door, students under 12 free***

***For tickets and information visit: [LuxCantorum.org](http://LuxCantorum.org)***

***Dr. Wilbert O. Watkins, Artistic Director & Conductor***

***Philip Kendall, Asst. Conductor***

***Kyle Stephens, Accompanist***



**SAT. JUNE 1, 2024 | 3-7 PM**

**MAINE WEST HIGH SCHOOL**

**D WING PARKING LOT | FREE ADMISSION**



**A FESTIVAL TO CELEBRATE THE JOY  
THAT COMES FROM EMBRACING WHO YOU ARE.**

**INCLUDING: GAMES AND CRAFTS, LIVE ENTERTAINMENT,  
FAMILY FRIENDLY DRAG SHOW, LOCAL LGBTQIA+ SUPPORT ORGANIZATIONS,  
QUEER HISTORY EXHIBITS, FREE FOOD AND MORE!**

**ALL ARE WELCOME - CHILDREN THROUGH ADULTS**

**THANKS TO OUR SPONSORS:**



**FOR MORE INFO, VISIT: [SITES.GOOGLE.COM/MAINE207.ORG/MW-GSA](https://sites.google.com/maine207.org/mw-gsa)**



## Guest Speaker: Rev. Dr. Robert Campbell



Rev. Dr. Bob Campbell is an ordained United Methodist pastor, a licensed clinical psychologist, and the Co-Director of the Willow Wellness Center in Park Ridge, Illinois. He focuses his practice on individuals who have experienced trauma or have serious medical diagnoses. Dr. Campbell was Associate Chief of Staff and Chief of Mental Health at the Birmingham, Alabama, VA Medical Center. He has managed and consulted with substance abuse treatment programs in Wisconsin and Alabama. He has degrees from Harvard College, The Amos Tuck School of Business at Dartmouth, Garrett-Evangelical Theological Seminary, and Adler University. Bob is married to Dr. Lisa Campbell and has one adult son, Perry. You can often find him somewhere in Mexico, trying to improve his Spanish.

### LIME GREEN BUTTERFLY

represents our Welcoming, Inclusive, Supportive, & Engaged (WISE) Covenant for mental health awareness.

### RAINBOW

represents our Open & Affirming (ONA) Covenant for LGBTQ+ Community.



### LIME GREEN AND BUTTERFLIES: SYMBOLS OF MENTAL HEALTH AWARENESS

The vibrant color **lime green** has become a recognized symbol for mental health awareness. It represents **hope, growth, and new beginnings**. This hopeful and energetic color reflects the possibility of positive change and a brighter future for those struggling with mental health challenges.

**Butterflies** are another powerful symbol in mental health awareness campaigns. They represent **transformation, resilience, and beauty emerging from struggle**. Just as a caterpillar transforms into a beautiful butterfly, individuals can overcome mental health challenges and experience personal growth. The delicate nature of butterflies also serves as a reminder to treat mental health with care and compassion.



## Christ Church Council Minutes – March 13, 2024

### ROLL CALL 7:03 pm

All Council Members present, plus Finance Manager & Pastor (ex-officio)

### FINANCIAL REPORT

Assets are the highest we have had to date.

Fiscal year now begins on March 1<sup>st</sup> (*per the vote at the annual meeting*) so the year has just started;  
Finance Manager provided January and February 2024 to close out the “last year.”

*Motion and second made to approve the financial report as provided – the council approved.*

### COMMITTEE REPORTS

Missions: As reported during our annual meeting, The Mission Committee agreed to lend a \$55K loan to “A Just Harvest”. The loan was repaid on February 15, 2024.

Trust Fund: Now part of the Finance Committee. It was confirmed at the February 25 Annual Meeting.

Finance: The Finance Committee will meet on Sunday March 24, 2024.

Outreach: The Outreach Committee has developed a calendar of events for 2024.

- Included are 3 Faith Forward events – 2 at the Des Plaines Public Library and 1 at Lake Opeka, where we will share thoughtful information and fun with our community.
- We will continue with the plastic recycling events and earn a bench for our property.
- In the Fall, we hope to host a Cross-Cultural Training Day [presented by Exodus at the church which will include anyone in the nearby communities.
- In December we will hold the 3<sup>rd</sup> annual Community Sing Along.
- We are also planning to support the Empty Bowls event at Oakton Community College.
- With the support of our congregation, we will continue to reestablish Christ Church in our community and bring people to our church.

### Outreach Calendar 2024

- February 4 Plastic recycling reward and progress
- 11 New Member Mugs
- April 13 Community Clean up at Chippewa Woods 11 – 1 pm
- 18 Faith Forward CCUCC Speaks at Des Plaines Library 7 – 8 pm
- May 16 Faith Forward CCUCC Speaks at Desplaines Library 7 – 8 pm
- June 19 Faith Forward Music presentation at Lake Park Optimist Pavilion 6:45 – 7:45 pm
- August 4 Outdoor Worship Service and Clean up at Lake Park
- Sept. 8 Rally Day and Music at the Back Lot
- Oct. 19 Des Plaines Plastic Recycling Project celebration and Potluck
- Dec. 5 3<sup>rd</sup> annual Des Plaines Community Sing Along
- 7 Empty Bowls event at Oakton Community College

### Building

- The hanging lights outside the front door need to be removed immediately – they need to be repaired or replaced as they are a fire hazard. The plan is to replace them with flood lights. The cost estimate is \$1,700.
- The staircase/ladder to the loft of the organ pipes is broken and needs to be repaired. There is a smoke detector up there that needs to be looked at by the fire inspector, and currently, it is unsafe to get up there.
- There is also a smoke detector in the storage closet in the basement. Currently it is locked, and we need the key. A remedy is in the works.

### NEW BUSINESS

Cleaning: New Custodian – Tommie Jordan – starts on 3/17/24.

Holidays off time: Motion to provide the staff with the weekdays following Christmas day off as paid days off (they will work on Monday if Christmas falls on a weekday – Monday is usually the day off). The motion was seconded and approved by the council.

Finance Committee/Financial Church Secretary: The committee received the job descriptions and will appoint officers at their next meeting.

### PASTOR REPORT:

Worship & Arts: Regular Worship services – Six (6) One with Communion

Christian Education: Lenten Study Series – Three (3) Sessions

Pastoral Care:

- Pastoral contact (pastoral care-related calls/texts, emails, in-person visits, greeting cards) = 65±
- Welcomed Six (6) New Members
- Funerals – Two (2)

Administrative/Personnel:

- Staff Meeting – Five (5) (*should have said "not"* including six (6) short mtgs w/maintenance technician on Sundays)
- Worked on annual meeting.
- Continue to manage all social media.
- One committee meeting.
- Maranatha Contract Renewal Meeting.
- Meeting with Attorney.
- Conduct preliminary interviews for Custodian position (61 applications). Bldgs. Chair & Council President interviewed with me.
- Both Maintenance & Church Admin. Asst. had their 90-day reviews.

Wider UCC & Community:

- Des Plaines Clergy Meeting (St. Martin Episcopal, Trinity ELCA, & First UMC)
- Pantry Board Meeting
- Tuthill Commission Meeting (Illinois Conference of the UCC)

**Motion to adjourn at 7:56 pm**

## Financial Report

10:50 AM

04/26/24

Accrual Basis

### Christ Church UCC Statement of Financial Activity March 1 through April 26, 2024

|                         | Mar 24     | Apr 1 - 26, 24 | TOTAL      |
|-------------------------|------------|----------------|------------|
| Ordinary Income/Expense |            |                |            |
| Income                  |            |                |            |
| General Fund            | 9,845.85   | 3,246.90       | 13,092.75  |
| Total Income            | 9,845.85   | 3,246.90       | 13,092.75  |
| Expense                 | 23,472.72  | 2,942.14       | 26,414.86  |
| Net Ordinary Income     | -13,626.87 | 304.76         | -13,322.11 |
| Net Income              | -13,626.87 | 304.76         | -13,322.11 |

### Who reports to who?



# 1 in 5

## U.S. adults

experience mental illness  
each year

## and only

# half

of them receive treatment.

# 1 in 20

## U.S. adults

experience a serious  
mental illness each year

## and only

# 2/3

receive treatment.

# 1 in 6

## U.S. youth

experience a mental health  
condition each year

## and only

# half

of them receive treatment.

# 50%

of all lifetime mental illness begins by

## age 14

and

# 75%

## by age 24



**TRINITY COMMUNITY LUNCHEON:** Trinity Lutheran Church of Des Plaines offers a monthly drive-through community lunch on the second Saturday of each month. **On May 11th, from 11:00 am to 12:30 pm**, all are also welcome to bring their meal inside for fellowship.



# Memorials/Honors for April

In memory of Jean Branding on her birthday, *by Jack Branding*

In memory of Don Meseth, *by Marion Meseth*

In loving memory of my husband Don on our anniversary, 5/3, *by Charlene Dohse*



*Happy Anniversary*

- |                       |                       |
|-----------------------|-----------------------|
| 3 - Janet Blume       | 20 - Bud Hudson       |
| 4 - Roy Sove          | 21 - Barbara Dopp     |
| 6 - Judy Rosedale     | 24 - Lucille Kelso    |
| 7 - Peter Rosedale    | 29 - Richard Hagedorn |
| 10 - Carole McConnell | 30 - Alexa Vasquez    |
| 16 - Joann Schindler  |                       |



**POTLUCK:** Come and bring a dish for the potluck dinner. The dinner will be at 6:00 pm on **Wednesday, May 8, 2024**. The theme is *Take Me Out to the Ball Game*. There will be hotdogs and sausages. Join us for fellowship.

**Christ Church Book Club:** Join our Christ Church Book Club on Wednesday, June 5 at 1:00pm to discuss the book "The Last Thing He Said To Me" by Laura Dave. We hope you can join us.



## Men's Lunch:

Next meeting is Monday, **May 13th at 11:45 am.**

Sunrise Grill: 1930 E Touhy Ave,  
Des Plaines, IL 60018



## Women's Breakfast:

Next meeting is Tuesday, **May 14th at 9:00 am.**

Sunrise Grill: 1930 E Touhy Ave,  
Des Plaines, IL 60018

## COMING UP IN MAY

| <u>Date</u>   | <u>Event</u>                                                       | <u>Where</u>                    | <u>Time</u>         |
|---------------|--------------------------------------------------------------------|---------------------------------|---------------------|
| <b>May 2</b>  | Circle of Friends                                                  | Wobbe Hall                      | 12:00 pm - 2:00 pm  |
| <b>May 4</b>  | CMA Spring Meeting                                                 | The Church of the Good Shepherd | 9:00 am - 3:00 pm   |
| <b>May 5</b>  | Outreach Committee Meeting                                         | Lounge                          | 10:45 am            |
| <b>May 8</b>  | Office Opens Late                                                  | -                               | 3:00 pm             |
|               | Potluck                                                            | Wobbe Hall                      | 6:00 pm             |
|               | Council Meeting                                                    | Lounge                          | 7:00 pm             |
| <b>May 12</b> | Mother's Day                                                       | -                               | -                   |
| <b>May 13</b> | Men's Lunch                                                        | Sunrise Grill                   | 11:45 am            |
| <b>May 14</b> | Women's Breakfast                                                  | Sunrise Grill                   | 9:00 am             |
| <b>May 15</b> | Get It Together                                                    | Wobbe Hall                      | 10:00 am - 12:00 pm |
| <b>May 16</b> | Faith Forward: Christ Church U.C.C. Lecture                        | Des Plaines Library             | 7:00 pm             |
| <b>May 19</b> | Faith Forward Adventures                                           | Wobbe Hall                      | 9:30 am             |
|               | Pentecost/ Mental Health Sunday/<br>Strengthen the Church Offering | Sanctuary                       | 9:30am              |
|               | Memory Lane Caregivers Support Group                               | Lounge                          | 11:00 am            |
| <b>May 26</b> | Finance Committee Meeting                                          | Lounge                          | 10:45 am            |
| <b>June 1</b> | Pride Fest Celebration                                             | Maine West High School          | 3:00 - 7:00 pm      |



**Plastic Recycling Challenge:** Christ Church started a plastic recycling challenge in October. The goal was to collect 500 pounds of plastics! We are at 700+ lbs!  
**Keep bringing your plastic!**

*"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul." - 3 John 1:2*

*Please keep the church office informed when you hear of someone needing prayers. During the month of **April**, our thoughts and prayers were with:*

William "Bill" Shipp\*  
 Marion Meseth\*  
 John Nix  
 Dawn Mashek  
 Linda Steckel\*  
 Ally Enter  
 John Hangey  
 Al Angsten

Jean Henschke\*  
 Marilyn McCown  
 Dorothy Zemke\*  
 Kelly Roberts  
 Helen Harney  
 Marianne Wolf  
 Marilyn Hoover\*  
 Sue Prunty

Hope & Bruce Tschappat\*  
 Roy Sove\*  
 Dolores Tomsheck\*  
 LaVerne Thackaberry\*  
 Tammy Fredrickson  
 Cindy Georgoulis  
**Homebound\***  
 Palestinian and Israeli citizens



**Christ Church  
United Church of Christ**

1492 Henry Avenue  
Des Plaines, IL 60016  
847-297-4230

**christchurchuccdesplaines.org**

**Facebook & Instagram:**

@christchurchuccdesplaines

**Rev. Jon Gilbert Martinez, Pastor**  
gilbert@christchurchuccdesplaines.org

**Jezze Patterson, Administrative Assistant**  
jezze@christchurchuccdesplaines.org

**Kyle Speer, Finance Manager & Music Coordinator**  
kyle@christchurchuccdesplaines.org

**Hana Fujisaki, Church Organist**

**Leslie Thomas, Church Pianist**

**Tommie Jordan, Custodian**

**Emanuel Alvarez, Maintenance Technician**

**The Beacon** is the official newsletter of Christ Church United Church of Christ. Edited by church staff. Published monthly, August through June.

**Sign-up for our Email List**

<https://bit.ly/CCUCCSubscribe>

**988  
Suicide and Crisis  
Lifeline**  
Call or Text

