

TIDINGS



St. Timothy Lutheran Church Newsletter

MARCH 2020

Red's return

A sunny day this time of year has us itching for spring. Winter has gone on long enough. We're tired of coats and eager to see the earth come alive in all its splendor.

Yes, it's still too early to get our hopes up. Snow will cover the ground again. The temperature will dip lower than we like, but never mind. Hope wells from our depths, stirring impatience and anticipation for the first small signs of color and life to appear and wipe away winter gray.

And it happens. A familiar call interrupts a walk along a well-treked path. I hear spring, but cannot yet see it. Nothing in the high branches. The oaks are brown and bare as February can be.

The call sounds again, and I whistle, echoing the call, once, twice, three times, until a confused cardinal replies, likely thinking that's the sickest bird I've ever heard.

But there he is, crimson fire in the low branches, alight against the blue of sky finally clear of winter's gloom. A nearby female cocks her head at my clumsy attempt to enter her world. I'm just glad she has entered mine.

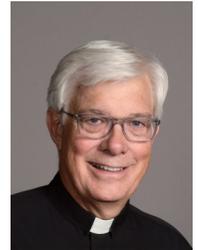
Snows will yet come, ice and bitter winds, too. But the redbirds' return awakens a smile of knowing that hope is not an illusion nor wishful thinking. Their call is the harbinger of tomorrow, the herald of life soon to rise from the cold earth ... once more.

The message of hope is written into the fabric of creation, important to remember as we enter our annual Lenten confrontation with mortality and egoism. The message is clear. Never lose hope. Let it breathe.

The truth of Christ is written in creation's deepest code. Losses come, mortality is inescapable, and we are destined to fail our highest impulses.

But that which falls rises again, that which dies comes to life under the warm glow of a Love who holds each and every one. I know.

The red birds told me.



Pr. David Miller

Monthly Highlights- Mark your calendar

- March 8** Daylight Savings Time begins- Spring forward!
- March 12** Fit4Life exercise classes return—9:00 am
- March 14** Retreat dinner
- March 17** Happy St. Patrick's Day and election day
- March 19** Lunch Bunch celebrates St. Paddy's Day- 12:00 pm
- March 21** Ukrainian Egg Decorating party—1:00 pm
- March 24 & 25** HESED HOUSE



Worship and music

Come join us for dinner and Ignite worship on Wednesday, March 11 starting at 6:30.

We will be hearing the story of David and Goliath told through video and song. It will be a fun, uplifting night of worship!

Did you know the Evangelical Lutheran Church in America (ELCA)....

- Was formed from the merger of three Lutheran Churches in 1988?
- Is led by Presiding Bishop Elizabeth Eaton?
- Is based out of the Lutheran Center in Chicago and functions with the ELCA's 65 synods and nearly 10,000 congregations across the 50 states, Caribbean and U.S. Virgin Islands?
- Works alongside 27 colleges and universities related to the ELCA, 7 seminaries, more than 2,000 schools and early childhood education centers, campus ministries, outdoor ministries, social service agencies, and other agencies and institutions across the country and throughout the world?

Please check out the ELCA's website for more information (www.elca.org).

Social Ministry

Hesed House

Our commitment to Hesed House *is March 24 & 25*
Your time volunteering and donations of food are vital to the success of this ministry. There is no better way to Live the Love of Christ, than to serve your neighbors in their time of need. Thank you for supporting this ministry.

Feed The Need! 2020 Results

2/15 & 2/16 North Central College "6th year host site"
1,049,760 meals produced
2949 children to receive 1 meal a day for a year
5,726 volunteers
135 pallets
4860 boxes

Since 2010, Feed The Need volunteers have packed 7,818,538 meals, enough to feed 21,509 children a meal a day for a year.

In 11 years FTN meals have brought HOPE to the hungry in 14 countries distributed through 16 FMSC partners

Thank you, St Timothy to all who prayed, contributed and participated.

Turning Hunger into Hope!

Bob, Kim, Dick & Mary

Puppy Tails:



My best friend's name is Luna. Luna is a white and tan shepherd mix with big bright eyes, a fluffy tale, and a tongue that hangs out of her mouth. When Luna and I hang out we have so much fun. We go to the dog park together. She comes over to my house sometimes. We play tug of war. We take long naps next to each other.

And yet while she is my best friend, we are very different. I have black fur, and she has white. I'm scared of hard wood slippery floors, and she walks over them without a second thought. Luna suffers from separation anxiety and must take medication to relieve her panic, and I love my long lonely afternoons as the sun beams fall on my face and I nap the day away. Luna spends hours just laying in the snow. My paws get really cold and I want to come inside quickly. Luna sleeps in a crate, and I sleep sprawled out on my bed. Luna gobbles her food up right away, and I take my time eating it whenever I feel like it. We are very different dogs, and we are best friends.

But you know what? Our differences make our friendship work. We don't have to look alike or bark alike to get along. Humans are always talking about what makes them different. But to me, do you like dog treats? Do you want to be my friend? That's what counts the most. No matter who you are. I, Connie, want to be your friend.

Youth Ministries



Sunday School

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3/1/20 – Adam & Eve

3/8/20 – Jesus & Nicodemus

3/15/20 – Woman at the Well (*1st Communion Class)

3/22/20 – Samuel Anoints Davie (*1st Communion Class)

3/29/20 – **NO SUNDAY SCHOOL** (Spring Break)

LOGOS

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3/4/20 – Unit 6: Nativity

3/11/20 – LOGOS & Confirmation Family Dinner/Worship

3/18/20 – Unit 6: Consecration

3/25/20 – Unit 6: Herod

VBS

Start getting ready for VBS (June 22nd-26th, 9am-12pm) Our theme will be *Rocky Railway: Jesus' Power Pulls Us Through*, We'll climb aboard for mountains of fun!

On this faith-filled adventure, kids will discover that trusting Jesus pulls us through life's ups and downs. Keep an eye out for registration and volunteer sign-up beginning Palm Sunday weekend, both at St. Timothy and online.

1st Holy Communion

If you have a child in 2nd grade (or older), who has not started receiving Holy Communion, be sure to sign them up! There are **two required classes** for both a parent/guardian AND your child, which will take place during Sunday School (9 to 10 am) **on 3/15 and 3/22**.

You can sign up at the Children's Ministry table at St. Timothy, or email Lindsay Casten at lcasten@sttimothy.lutheran.com, to find out the information needed.

Confirmation

We will meet the following Wednesdays in March: 4th, 11th, 18th, and 25th. The 11th will be our dinner and worship night. Our class begins at 6:30pm on each Wednesday, but Confirmands are invited at 6:15 for sermon notes.

Save the date- May 1 and 2 - trip to LOMC

High School

Sun 8: Rock Climbing

Small Group (15 or 22)

March 29: Off for spring Break

Council Meeting—Highlights February 18, 2020

Church Council is very grateful for all that attended and provided input at the Annual Congregational Meeting on January 26th. Many thanks to the staff and the congregation for all of the wonderful ministries of Saint Timothy and a special thank you to Derek Howell for preparing a video that highlights the programs and ministries of 2019.

Highlights from the meeting:

- The transition of pastoral roles as gone extremely well. It has been a seamless and mutually affirming transition.
- The 2020 Congregational Budget was passed
- We ended the year strong financially and are in good financial position going into 2020
- The Faith Community Nurse Position (Kim Runge) was added to proposed budget for 2020
- Four new Council members were approved by the congregation:
Rachael Frigo, Julie Loos, Kristina Osowski and Neil Pedersen

HEALTH CORNER

Did you donate?

St. Timothy, in conjunction with Versiti Blood Center, recently hosted a blood drive. I am happy to say we added 15 pints of whole blood to their stores to be used by those in need. St. Timothy regularly hosts a blood drive and I wanted to share with you some facts about regular blood donation and how you benefit.

Blood transfusions are often required in cases where patients have experienced trauma such as a car accident or a severe injury, and they are sometimes needed for individuals who are giving birth or having major surgery. One out of every seven hospital patients will need a blood transfusion, and regular transfusions may be required for patient with conditions such as anemia, cancer and kidney disease.

The World Health Organization (WHO) described blood donation as “the most precious gift anyone can give to another person.” Every pint of blood donated can save up to three lives, and individuals who donate are typically eligible to donate every fifty-six days (eight weeks).

Regular blood donors can reduce the risk of developing high levels of iron in an individual’s body which can accumulate in the liver and other body organs. Regular blood donation helps reduce cellular damage throughout your body caused by processes of inflammation and may help reduce heart attack risk.

Every individual who gives blood receives a free blood test and has a mandatory health screening to ensure they are healthy enough to donate. The exam can identify risk factors such as high blood pressure, infection and certain diseases the individual may be unaware of, and it can detect issues that can be indicative of a serious underlying medical condition that include HIV, hepatitis B, West Nile virus, hepatitis C, syphilis, and Trypanosoma cruzi. Your blood test will also identify what type blood you have; A, B, AB or O and your Rh factor.

The American Red Cross recommends donors must meet the minimum requirements of being at least sixteen years old and weigh at least 110 pounds. The body replaces the volume of donated blood within forty-eight hours.

Individuals who donate blood experience the mental health benefit of knowing they have helped another person. Blood cannot be manufactured, and donation is the only method of providing blood that can be used in transfusions for patients in need. Only 7% of people in the U.S. have the universal blood type O negative. The Red Cross holds about 500 blood drives every day and nearly 21 million blood products are transfused each year. Red blood cells must be used within 42 days (or less) from the time of donation.

I pray you will choose to donate in order to help yourself and someone else.

Kim Runge RN

Resources: Healthprep, American Red Cross, Mayo Clinic

Around St. Timothy

Library Notes: Books worth checking out:

Happiness by Randy Alcorn (Section LI-5) Christians are supposed to be happy. In fact, we are supposed to radiate joy, peace, and contentment that is so unmistakable and so attractive that others are naturally drawn to us because they want what we have. And yet, in today's culture, the vast majority of Christians are perceived as angry, judgmental people who don't seem to derive any joy from life whatsoever. So why aren't we happy? This well researched volume includes lots of Biblical references. This book was a 2017 ECPA Christian Book Award Finalist.

Take Your Best Shot by Austin Gutwein (Young Adult Section) is a message of Christian hope that anyone can use his passion to help others. It starts with nine year old Austin watching a video that moves him to shoot basketball to raise money for African AIDS orphans. He encourages readers to find a need and use their passion to meet it.

Green Team News

A BIG THANK YOU! A vanload of holiday lights was taken to SCARCE for recycling. Thanks for caring for our earth by keeping them out of the landfill.

GOOD NEWS! SCARCE is moving to a new and larger facility. Their new location will be:
800 S. Rohlwing Rd. (Rt. 53) Addison, IL 60101 (3 miles north of their current location) **Opening is March 14, 2020.**

NOTE: While they are moving, we will put all our recycling collections ON HOLD. We will let you know what items and when to bring them to church.

Speaking of Donations...

We are always so appreciative of the congregation's generosity, but **PLEASE CALL** before you bring items to church for donation to check if items are needed and can be used. Our storage space is **VERY** limited and all areas of the building, including Fellowship Hall and Cornerstone are in use every-day.

When items are simply dropped off, we often have to throw them in the dumpster, because we have no space for them. Far better for them to be donated to an organization more equipped to handle household items.

Thank you again for your desire to share and understanding.

Prayers

We invite you to lift up members of our congregation in prayer. Each week, a number of families will be listed in *Tidbits* and prayed for during worship. The following are on the prayer list for MARCH

DiTola	Brita	Nick	Luciana	Christian		
D'Marco	Sherry	David Blaszak				
Doguim	Jorge	Melissa	Laura			
Driscoll	Kevin	Karrie	Kelsey	Kaylee	Keegan	
Dulemba	Joe	Janice				
Erickson	Chris		Matthew Delga-	James Delgado		
Everhart	Bruce	Jann				
Fangmann	Karen					
Felstrup	Paul	Mary Jo	Rebecca	Tim	David	
Folisi	Ken	Carol				
Folisi	Kerrie					
Franke	John					
Franke	Stephen	Libby Kling-	Aidan	Carolynn		
Frazier	Pat					
Freedlund	Alan	Char	Sam	Lauryn	Joseph	Lucas
Frego	Matt	Laura	Eleanore	Alese	Evelyn	
Frigo	Rachael	Ken	Macken			
Fuess	Stuart	Kay Argo-Fuess	Josh			
Garcia	Maria		Sarai Sansone			