

MARCH
2021

United in Faith News

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



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



Evangelical Lutheran
Church in America

Are We There Yet?

Whatever we thought the “end” of this pandemic might be, I think most of us are just “done” with the (seemingly) unending season of Corona-tide. It sort of feels like we’ve been in Lent for a whole year. Here we are, rounding the corner on a year of a serious pandemic lifestyle shift. COVID-19 was known before March 2020, but March 2020 was when many cities and states (including Illinois) went into stay-at-home or safer-at-home orders. A year is a long time to live through a persistent and ongoing stressor like COVID.

For almost a whole year, we’ve been dealing with the real threat of COVID-19, while also being deprived of some of our best coping mechanisms (social gatherings, getting together with friends, in person church services, travel). Mental health professionals agree that we are all dealing with some level of “COVID fatigue.” This is in addition to whatever level of depression or anxiety we may already be facing. Every mental health professional I know has had more and more clients in major crises and pain.

COVID fatigue can make us feel comfortable risking our physical health – getting sloppy about the precautions we were really vigilant about in April of last year. We are tired of adapting. Tired of looking around every corner for possible threats to our health and safety. Tired of having to cross the street when I’m out walking so I can keep distance. Tired of masks. Tired of not seeing my friends’ faces. Tired of having to mask up when I visit my parents. Tired of not hugging people I know but don’t live with. Tired of trying to stay distanced from people at the grocery store. Tired of Plexiglas barriers and ZOOM meetings.

St. Paul wrote in Galatians 6:9-10: “So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up. So then, whenever we have an opportunity, let us work for the (OVER)--->

good of all, and especially for those of the family of faith." This might

FROM THE DESK OF PASTOR CARLA, CONTINUED...

be a good mantra for all of us as we approach the reality of COVID fatigue and its ongoing challenge to our lives and livelihood. "Let us not grow weary in doing what is right." "Let us work for the good of all." This is a hard call, to keep doing what is right, even when we are exhausted and overwhelmed.

Nicole Yarmolkevich, in an AMITA Health blog, writes about COVID fatigue and ways that we can combat COVID fatigue. Her advice can easily be adapted for a church-going crowd.

Exercise – even if your exercise is walking the block or going up and down the stairs twice, you can do something. I would use the word "movement" instead of exercise, because almost any movement is better than no movement. In addition, movement can be a great time to pray. Even if it's just washing dishes or folding laundry. Pray a repetitive prayer: "God use me." "Thank you, Lord." "Lord, have mercy."

Practice mindfulness – cultivating an awareness of the present moment. For Christians, mindfulness can equate to an attentiveness to prayer or to God's presence. Stop and pay attention to the task at hand, or direct your focus to your breath.

Express yourself – share how you are feeling (with another person or with God). Keep a prayer journal – just jot down names of people who are on your mind and in your prayers today. Speak your worries and hopes to God (that's a prayer). Or just review your day in your prayers and make a mental note of where you have seen God at work.

Pay attention to what you are watching. This is a very good piece of advice. Watch where you get your information. Watch what level of anxiety you incorporate into your spirit. I think of this as a reminder that if we want our mind to know scripture, we have to read scripture. What you watch, what you read, what you listen to is what you know.

Stay Physically Distant, Not Socially Distant. Sometimes reaching out to someone else can be a powerful way for us to find support as well. Though we can't spend a lot of time physically together, we can talk on the phone or send a card or talk to a neighbor from the front stoop. Some therapists even give recommendations for their clients to engage in volunteer work. Is there someone you can reach out to, just to check in with and remind each other that there is a friendly ear out there in the universe? Some level of socialization, even in unconventional ways, is critical for our mental health and stability.

SERVING IN WORSHIP: *March 2021*

MARCH 3	11:00 AM Mid Week On line Worship	Mid Week Worship Video on Facebook & YouTube
MARCH 7	9:30 AM On line Worship 10:30 AM ZOOM Coffee Hour 11:00 AM In person Worship	12:00 -2:00 Drive Up Communion
MARCH 10	11:00 AM Mid Week On line Worship	Mid Week Worship Video on Facebook & YouTube
MARCH 14	9:30 AM On line Worship 10:30 AM ZOOM Coffee Hour 11:00 AM In person Worship	10:30 AM ZOOM Coffee Hour
MARCH 17	11:00 AM Mid Week On line Worship	Mid Week Worship Video on Facebook & YouTube
MARCH 21	9:30 AM On line Worship 10:30 AM ZOOM Coffee Hour 11:00 AM In person Worship	10:30 AM ZOOM Coffee Hour
MARCH 24	11:00 AM Mid Week On line Worship	Mid Week Worship Video on Facebook & YouTube
MARCH 28	9:30 AM On line Worship 10:30 AM ZOOM Coffee Hour 11:00 AM In person Worship	10:30 AM ZOOM Coffee Hour

MANY THANKS...

Thank you for your generous in-kind donations for use at Phil's Friends.

These donations were given on 01/07/2021 and are detailed below:

19 puzzle books, 10 lip balms, 22 toothbrushes, 10 toothpastes, 10 Biotene, 12 playing cards, 10 blankets, 15 fuzzy socks.

Phil's Friends is a 501 (C)3 nonprofit organization. Per IRS Regulations, your gift is tax deductible to the full extent of the law. Our tax ID is 20-3087488.

Friends like you enable Phil's Friends to bring HOPE through care packages, encouraging cards and hospital visits. When the words "you have cancer" are delivered, lives are turned upside down. Phil's Friends shares three words "We Bring Hope" and we bring hope with your help. Thank you for this tangible expression of support for Phil's Friends and the people that we serve.



BOOK DISCUSSION "FOR THE LOVE"



"For The Love" by Jen Hatmaker

Wednesdays at 7pm on March 3, 10, 17, & 24

During four sessions, we'll discuss and share about "For The Love" (by Jen Hatmaker). This book is subtitled: "fighting for grace in a world of impossible standards." While the spiritual insights in the book may be relevant for many groups of people, Jen primarily writes for and to moms of young children.

Meeting on ZOOM: use this link <https://us02web.zoom.us/j/87331957703?pwd=RkFUSkJKZpYi83WWpWeVJtVG5wQT09>

Week 1 (March 3) - Your Very Own Self (chapter 1-8)

Week 2 (March 10) - All These People Who Live In Your House (chapter 9-14)

Week 3 (March 17) - Friends, Neighbors, Strangers, and Enemies (chapter 15-20)

Week 4 (March 24) - Church, Church People, Not-Church People, and God (chapter 21-26)

From the back cover: "Beloved author Jen Hatmaker is convinced life can be lovely and fun and courageous and kind. But she knows how the squeeze of life can make us competitive and judgmental, how we can lose love for others and then for ourselves. In [this book], she reveals how to:

- *break free of guilt and shame by dismantling the unattainable Pinterest life
- *engage our culture's controversial issues with a grace-first approach
- *be liberated to love and release the burden of always being right
- *identify the tools we already have to develop real-life, all-in, know-my-junk-but-love-me-anyway friendships
- *manage our impossible standards for parenting and marriage by accepting the standard of 'mostly good'
- *laugh our butts off"

IN PERSON SERVICE RE-STARTS

Psalm 122:1

"I was glad when they said to me, "Let us go to the house of the LORD!"

Beginning on Sunday, March 7, we will re-start an In-Person 11am worship service. The basic structure will be a similar format to the 9:30am livestreamed Sunday service, with less music. We will probably sing two songs (along with recorded music).

You will be asked to sign in when you arrive (along with a temperature scan), in case contact tracing is needed. We will all wear masks, maintain physical distance, and be seated in "quarantine groups" (those who are in the same household seated together).

At this time, there will be no food or coffee offered. (Bathrooms are recommended for use by one person at a time only.)

Some people may still choose to participate virtual only, but the UIF council felt that we were ready to re-introduce some form of In Person worship for those who would like to participate in person at this point.

United in Faith Lutheran Welcome Statement

United in Faith **openly welcomes and values every person who walks through our doors**, regardless of race, nationality and ethnic origin, age, gender, sexual orientation and gender identity, marital status, social and economic situation, ability, cultural reality, and need.

Further, United in Faith supports efforts to share with all: God's gifts of love, acceptance, & grace; invites all people, **uniquely created by God**, to **experience the word of God, communion, & promise of the risen Christ**; and encourages all people to participate fully in the ministries of



Dear UIF building user,

We are writing to you to communicate UIF's pandemic protocols for meeting in our building beginning March 2021. In March, we will be gradually reopening for in person worship and for outside groups. There are many precautions and concerns that we want to share with you.

Log, Temperature Checks: Each group will keep a log of who attends each time they are in the UIF building. Each person in attendance will have a temperature check. We expect your group to provide your own thermometer for checking temperatures. You do not need to keep a record of their temperature, but anyone whose temperature registers above 100 degrees must be asked to leave (CDC guidelines). This log will be used if needed to contact trace COVID exposure.

Mask, Face Covering: We are requiring that everyone inside the building wear a face covering throughout the meeting/event. For now, this also includes those who have been fully vaccinated.

Building schedule: We are still working out the schedule of all groups within the building. We will try to limit the use of the building to one group at a time.

Bathroom, kitchen: While in the building, please maintain 6 feet (or more) distance from others. Bathrooms can be used – one person at a time – but will not be disinfected between uses. No food can be served (and kitchen is closed).

Notification of positive COVID result: If a person who has attended your group in the United in Faith building in the last ten days tests positive for COVID, you must notify United in Faith's church office so that we can determine whether follow up is needed with any of our members or other building users who may have been exposed.

Please call Jeanne, our church administrator, with any questions you may have (773-283-2326, uifadmin@unitedinfaith.org). Thank you for your patience and help in this.

With sincere hopes for peace,



March 7

March 8

March 10

March 10

March 13

March 13

March 15

March 17

March 19

March 21

March 24

March 25

March 31

Zoe Barsaloux

Rickey Roberts

Jacquelin Hook

Diane Denz

Rick Egner

Harold Hoyem

Julie O'Donnell Lozich

Susan Wilfong

Dian Hoyem

Dion Powell

Janeen Devine

Ray Good

Rich Guzik



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 AM Food Pantry	2 3:00 PM Bulletin Announcements Due 7:15 PM Women's AA – ZOOM meeting	3 11:00 AM Virtual MID WEEK LENTEN WORSHIP	4 9:00 AM Food Pantry	5 6:30 PM Men's AA - Fellowship Hall	6 9:30 AM Al-Anon – meeting 4:00 PM Survivors of Incest Anonymous – meeting
7 9:30 AM On-Line Worship Service 10:30 AM Coffee Hour on ZOOM 11:00 AM In person Worship Service	8 9:00 AM Food Pantry	9 3:00 PM Bulletin Announcements Due 7:15 PM Women's AA – meeting	10 11:00 AM Virtual MID WEEK LENTEN WORSHIP	11 9:00 AM Food Pantry	12 6:30 PM Men's AA - Fellowship Hall	13 9:30 AM Al-Anon – meeting 4:00 PM Survivors of Incest Anonymous – meeting
14 9:30 AM On-Line Worship Service 10:30 AM Coffee Hour on ZOOM 11:00 AM In person Worship Service	15 9:00 AM Food Pantry	16 3:00 PM Bulletin Announcements Due 7:00 PM Church Council Meeting - ZOOM meeting 7:15 PM Women's AA – meeting	17 9:00 AM APRIL NEWSLETTER ARTICLES DUE 11:00 AM Virtual MID WEEK LENTEN WORSHIP	18 9:00 AM Food Pantry	19 6:30 PM Men's AA - Fellowship Hall	20 9:30 AM Al-Anon – meeting 4:00 PM Survivors of Incest Anonymous – meeting
21 9:30 AM On-Line Worship Service 10:30 AM Coffee Hour on ZOOM 11:00 AM In person Worship Service	22 9:00 AM Food Pantry	23 3:00 PM Bulletin Announcements Due 7:15 PM Women's AA – meeting	24 11:00 AM Virtual MID WEEK LENTEN WORSHIP	25 9:00 AM Food Pantry	26 6:30 PM Men's AA - Fellowship Hall	27 9:30 AM Al-Anon – meeting 4:00 PM Survivors of Incest Anonymous – meeting
28 9:30 AM On-Line Worship Service 10:30 AM Coffee Hour on ZOOM 11:00 AM In person Worship Service	29 9:00 AM Food Pantry	30 3:00 PM Bulletin Announcements Due 7:15 PM Women's AA – meeting	31	1 MAUNDY THURSDAY Worship Service TBD 9:00 AM Food Pantry	2 Office closed GOOD FRIDAY Worship Service TBD 6:30 PM Men's AA - Fellowship Hall	3 9:30 AM Al-Anon - meeting 4:00 PM Survivors of Incest Anonymous - Meeting

March

Worship SCHEDULE

March

Mar. 3rd, 10th, 17th and 24th - Wednesday Midweek Lenten Services	11:00 AM on line Mid-Day Service
Mar. 29th - Passion/Palm Sunday	9:30 AM on line Worship Service
April 1st - Maundy Thursday	11:00 AM on line Mid-Day Service
April 2 - Good Friday	11:00 AM on line Mid-Day Service
April 4th - Easter Resurrection Sunday	9:30 AM on line EASTER/RESURRECTION SERVICE



**The Office is currently only open on
WEDNESDAYS from 10:00 am until 3:00 pm**

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Pastor

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