

November 2023



The Messenger

9777 Grand Avenue • Franklin Park, IL 60131

Phone: 847.455.7013

E-mail: office@rlcfp.org - www.rlcfp.org

Office Hours: 8:30 am - 2:30 pm Monday - Thursday

Sunday Worship: 9:30 am

Pastor Darryl Thompson Powell

Serving Our Neighbors  Sharing Our Blessings!

New Mission! Now What?

In case you haven't noticed (and if you haven't, where have you been?), Resurrection has a new mission statement! Look above this article and you'll see it. This statement is a result of the Vision & Mission team (and its earlier incarnation) spending over two years in prayer and discernment alongside discussions with Pastor CeCee Mills. Although this wasn't the plan when they came up with it, it has been noted that this mission statement could be used almost like a call-and-response:

Serving our neighbors  by Sharing our blessings
Sharing our blessings  by Serving our neighbors

It's a wonderful mission statement. I believe it's a Holy Spirit-inspired mission statement (check out my October 2 video on Facebook, Instagram or Twitter to see why). I'm sure many of you are wondering, "Now what?" Thankfully, the work of the Vision & Mission team is not finished.

Even though it is good, a mission statement by itself is as useless as a screen door on a submarine. That's why this whole process involves developing a mission plan for Resurrection. In other words, we are not only looking at what we believe (faith) but how that is lived out (works). Moving forward, decisions about who we are and what we do as a ministry of God will be made through the lenses of our new mission statement and future mission plan. We may not know what that will look like now, but God knows. As God said through Jeremiah to the exiles long ago:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)

I don't know about you, but I'm excited to know that God does have a plan for us. And I'm looking forward to seeing where that takes us into the future.

-Darryl Thompson Powell, pastor

The Church Council did not meet in October so there are no minutes to share.

Breath of Life at Resurrection Lutheran

If you visit a rehearsal of Resurrection's choir, you'll notice a few changes. Not only is the start time earlier, but choir members are participating in breath work at the beginning of each rehearsal.

"I'm always trying to come up with a few new ideas for choir each year," said Henrietta Atkin, music director at the church. "Last year, we started learning music by listening to YouTube videos."

This year, Atkin wanted to share some of the peace and relaxation she has experienced in her meditation practice. Breath work or breathing exercises are an important part of meditation. They're also an important part of singing well.

"Breath work is important in singing because breathing well is like the gas in the car. You fuel your singing with breath," said Atkin.

Atkin also feels that a relaxed body is important to a great choir sound. The kind of breath work taught in meditation promotes relaxation and wellbeing.

According to a Washington Post article (<https://www.washingtonpost.com/wellness/2023/03/16/breathing-exercises-mood-anxiety-brain/>) breath work for only five minutes a day can improve your mood and reduce anxiety.

One exercise is called "cyclic sighing." This is when participants inhale slowly through the nose twice and exhale slowly through the mouth.

"We do a version of cyclic sighing in choir," said Atkin. "Only we breathe in once, hold the breath for four counts and then exhale through the nose and hold for four counts."

Eyes are usually closed, and the lights are dimmed when choir does these exercises before choir rehearsal. However, Atkin advises that you can do breathing exercises any way that feels comfortable.

And breath work isn't just for choir. Congregations can practice it, too. A good time for the congregation to practice breath work would be during the two-minute centering time during worship, as well as the centering music time

Outreach Food4Life Food Pantry/Clothing Closet News

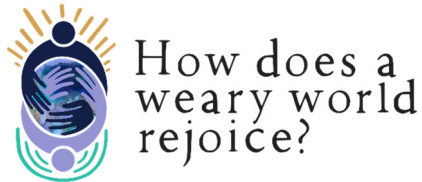
In September the Food Pantry served 90 families consisting of 201 adults and 96 children. We had 33 new guests this month.

We are forever grateful to those who donate food each week. We received donations from 50 donators this month.

Our special item Sunday continues to be very successful, and we thank our members for their generosity. This month we had canned vegetable Sunday. During the month of October, it will be soup Sunday. Everyone's help in keeping our food pantry stocked is greatly appreciated. Due to the increase in the number of guests, it is getting harder to keep the shelves stocked. Any and all donations are greatly appreciated. We rely on our members, friends, and neighbors to keep the food pantry running.

Thank you to our personal shoppers who are helping buy the items that are not donated. Barb and Alan Miralgio and Walter Johnson are the shoppers. We are forever grateful for them.

Our volunteers continue to be dedicated and make our Mondays at the food pantry work. They work very hard in a short period of time to prepare all the donations that we give to our guests. Our team worked a total of 178 total hours in September. Thank you, God, for blessing us with so many people wanting to do your work.



Advent begins December 3!

Our Advent devotional theme is listed above. Plan on being a part of this time of preparation for Christmas!

Vision & Mission Team Updates from Lauren

If you've attended church in October, you've noticed there is a new part in the service, *Straight From the Heart*, where congregation members share their faith stories. It's not always easy to get up and tell others about our personal beliefs, but the goal is that it will get easier- especially when we witness the testimonies of others. In the coming months, the V&M Team will be asking you to share your stories of faith and how God shows up in your life. We each have a unique relationship with God and we each have something to share about it. It's our sincere hope that you will consider sharing your story when asked.

By the time you read this, Pr CeCee Mills will have already visited us, but as I write this, she has not yet been here! Up until Oct 29 only a handful of folks here have had the pleasure of working with her and allowing her to inspire us to dream about our future. I am confident that we have been strengthened and renewed by her visit with us and I am hopeful that her expertise in helping congregations to reaffirm their commitments to working together and opening doors to work with their community will bring us to a place of peace with who we are and what we can accomplish.



Financial Summary September 2023

	September	Year to Date
Income:	\$6,271.97	\$63,113.07
Expenses:	(\$14,097.35)	(\$115,782.32)
Income Shortfall:	(\$7,825.38)	(\$52,669.25)
Loss/Gain Investments:	(\$3,975.30)	\$9,044.51
Total Gain/Shortfall:	(\$11,782.68)	(\$43,624.74)

September results show a loss in our investments of (\$3,957.30). Envelope income was over budget by \$271.97 for the month & over budget \$5,622.95 for the year. Expenses were over budget by (\$1,031.52) for the month & under budget by \$1,810.18 for the year. Our cash position as of 09/30/23 is \$171,999.86 in total cash assets, spread across our investment, Money Market, Operating Accounts and other investments. The stock market was down a little in September. Hopefully it will go up the rest of the year.

God Bless. Be Healthy and Safe.
Wayne Molley, Treasurer



Church Calendar

November 7	Finance Meeting	6:30 pm
November 8	Outreach Meeting	4:30 pm
November 13	Council Meeting	6:00 pm
November 23	Thanksgiving Day	
Mondays	Food Pantry/Clothing Closet	12:00 pm – 3:00 pm
Wednesdays	Bible Study	2:00 pm
	Midweek Services	1:00 pm & 7:30 pm
	Choir Rehearsal	6:00 pm
Thursdays	Al-Anon Meetings	7:30 pm

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In an Emergency

If you have an emergency outside office hours, you may reach **Pastor Darryl at 847-616-0537.**

All Saints' Sunday

All Saints Sunday is a time to remember loved ones who have passed away during the past year. On Sunday November 5, the following members of Resurrection will be remembered and included in our prayers:



Norval Bjerga 1/18/2023
Dave Nelson 2/6/2023
Jack Greinke 4/5/2023
Barbara Henk 8/6/2023