



# Holy Cross *Disciple*

MONTHLY NEWSLETTER OF HOLY CROSS  
LUTHERAN CHURCH

MAY 2016

## HOW TO PASS FAITH ON TO YOUR CHILDREN



*I found this revealing article in the archives of the "Lutheran Witness", our Synod's monthly publication. I thought it was important enough that all biological and faith parents should read. It offers encouragement to parents on how they can make an everlasting change for good in the lives of their children. And even know that if your children are adults themselves, parents, you still have a mighty influence on their faith lives. Don't EVER give up on the Lord!*

"Most people who work in the area of youth or young adult ministries are familiar with the massive study of American religious belief and practice known as the National Study of Youth and Religion (NYSR)".

NYSR started by pooling a large and diverse group of American students and parents in the early 1990s. The group was asked questions related to their religious belief and practice. The first wave of questions was administered when the students were roughly junior high or middle school aged, the second high school aged, the third post-high school aged and the fourth post-college aged.

While the raw data is interesting in itself, the hope, at least for those who work with youth, was the revelation of some strategy or some magic pill for keeping young people in the faith. Was any such thing discovered? If you can believe it, the answer is yes!

When it comes to the continued confession of the Christian faith, the most important factor for children is the belief and practice of their

## Church Events

- May 1st– Food Pantry Sunday
- May 2nd– Elders Meeting
- May 3rd– Food Pantry
- May 5th– Stewardship Meeting
- Ascension Worship 7 pm
- May 8th– Mother's Day
- May 9th– Church Council
- May 10th– Community Meal
- May 14th– VBS Site Meeting
- May 15th– SWLC Choral Concert
- May 21 & 22– LWML Convention
- May 30rd– Memorial Day



Cont. page 1

Here are some excerpts of the findings:

“Mothers and fathers who practice what they preach and preach what they practice are far and away the major influence related to adolescents keeping the faith into their 20s.”

“Just 1 percent of teens ages 15 to 17 raised by parents who attached little importance to religion were highly religious in their mid- to late 20s.”

“In contrast, 82 percent of children raised by parents who talked about faith at home, attached great importance to their beliefs and were active in their congregations were themselves religiously active as young adults.”

“The connection is ‘nearly deterministic,’ said University of Notre Dame Sociologist Christian Smith, lead researcher for the study. Other factors such as youth ministry or clergy or service projects or religious schools pale in comparison.”

“There are some powerful ‘cultural scripts’ that discourage parents from taking an active role in the spiritual lives of their teens. Among those scripts: After age 12, the role of parents recedes, and the influence of peers, the media, music and social media take over. Cultural messages that encourage parents to turn their children over to ‘experts.’ In the case of faith formation, many parents consider that to be the responsibility of clergy, Sunday schools and youth groups, Smith said.”

A few brief comments on the findings:

1. When it comes to content, the main thing in any youth ministry has to be real instruction in the faith. It sounds obvious, but the research shows that it is. Fun and games may supplement a youth ministry, but they can never be the only thing in a youth ministry.
2. When it comes to the questions of “Who should teach?” and “When should it begin?” the answers are clear. In addition to what is being received in church, parents need intentionally to teach and practice Christianity in the home and they need to do it from the very beginning. If parents wait until seventh grade to hand young people over to pastors to begin teaching, they will have missed the most important years for Christian formation.”



Johanne Kernahan (*hospice*)

Doris Kracht

Marilyn Long

Joe Bradley

Kathy Ridder

Rita Joyce

Jeanne Simovic

Edna Wendt

Erna Sherman

Barbara Piekosz

Bob Long

Danielle Beukema

John Knoska

Joy Maddox

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**Disciple Newsletter**  
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Email: [hclc@hc-lc.org](mailto:hclc@hc-lc.org)  
**Pastor Chris D. Ongstad**  
Worship-8:00am & 10:30am Sundays



**As they were watching,  
he was lifted up,  
and a cloud took him  
out of their sight.**

**Acts 1.9**

**Ascension Day**

**5th May 2016**


**7pm**

**Worship  
Holy Cross**



# ON MOTHERS DAY.....

- +To those who gave birth this year to their first child—we celebrate with you
- +To those who lost a child this year – we mourn with you
- +To those who are in the trenches with little ones every day and wear the badge of food stains – we appreciate you
- +To those who experienced loss this year through miscarriage, failed adoptions, or running away—we mourn with you
- +To those who walk the hard path of infertility, fraught with pokes, prods, tears, and disappointment – we walk with you. Forgive us when we say foolish things. We don't mean to make this harder than it is.
- +To those who are foster moms, mentor moms, and spiritual moms – we need you
- +To those who have warm and close relationships with your children – we celebrate with you



*Charm is deceptive,  
and beauty is fleeting; but a  
woman who fears the Lord  
is to be praised.*

- +To those who lost their mothers this year – we grieve with you
- +To those who experienced abuse at the hands of your own mother – we pray with you for healing
- +To those who lived through driving tests, medical tests, and the overall testing of motherhood – we are better for having you in our midst
- +To those who will have emptier nests in the upcoming year – we grieve and rejoice with you
- +And to those who are pregnant with new life, both expected and surprising –we anticipate with you.

We Love you!

Your Family at Holy Cross





# Lets Celebrate

## MAY BIRTHDAYS

Jim Bahr (1)  
Carole Vrshek (3)  
John Rheinwald (6)  
Pat Minet (6)  
Samuel Meilahn (14)  
Bob Schulz (23)  
Tom Joyce (27)  
Charles Lux (27)  
Bruce McGlin (30)  
Glen Love (30)

## MAY BAPTISMAL ANNIVERSARIES

Erna Sherman (9)  
Jennifer Wedster (13)  
Marye Meyer (25)  
Pam Rutkowski (31)

## MAY WEDDING ANNIVERSARIES

Robert & Marilyn Long (4)  
George & Marye Meyer (15)



**IMPORTANT!**  
**PLEASE READ**

We thought our problems of the ants had been solved. But unfortunately they are back.



## PLEASE NO BEVERAGES OR FOOD OF ANY KIND IN THE SANCTUARY.

Parents if you bring snacks for your little ones, please be aware of any that may drop on the floor. Could you please kindly pick it up? Thank you!



## STEWARDSHIP IN THE GOSPEL

By: Patricia Minet

In the gospel, we have been given something of tremendous value. It is the pearl of great price for which we are willing to give up all other things.

Since the gospel message itself is a gift, we can ask ourselves what we are doing with this gift. This is something that Jesus Christ owns and we have been given a stewardship responsibility in. This gift, like all other spiritual gifts, is not given to us to hoard or hide. It gives us a benefit, but it is not for our benefit alone. We have been called into the church to participate in sharing the gospel. The great commission is given not just to the apostles, but to all disciples of Jesus Christ.

Are we faithful stewards of the gospel message? Or are we hiding it, keeping it to ourselves in such a way that it cannot bear fruit? Jesus told parables about that kind of behavior.

This does not mean that you have to preach to strangers or even to your co-workers and neighbors. Not everyone has a gift for that. But remember what Peter wrote: "In your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have" ([1 Peter 3:15](#)).

If someone asks you why you believe in Jesus Christ, are you prepared to give an answer? You should be. Give your answer — or at least be prepared to. Sit down and write it out. See if you can say it in one minute. That's all the attention span that many people have. It doesn't have to be anything "profound" — just a reason that *you* believe.

If your life is bringing glory and honor to God, if you are not offending the people around you, then







## VBS 2016 Planning Committee members:

Joyce Ongstad, VBS Superintendent

Pam Rutkowski, Finance & Materials Coordinator

Pastor Chris Ongstad, Advisor to the Planning Committee

Planning for **Vacation Bible School 2016** is well underway. The VBS planning committee had its first meeting in January. We've had five meetings since, in order to recruit coordinators, site leaders, and then plan with them. The theme for this year's VBS, if you have not already heard, is "**Cave Quest: Following Jesus the Light of the World.**" The dates for VBS are set for Sunday, July 17, through Thursday, July 21, 2016. The following Holy Cross members have graciously agreed to serve and have already been busy with planning and preparations:

- Decoration Crew Members: Martha Stevens, Terry Vrshek, and Julie Wedster
- Publicity Coordinator: Billie Salzman
- Registration Coordinator: Jennifer Love
- Cave Quest Spotlight Director and VBS technician coordinator: Mike Meilahn
- Imagination/Kidvid Cinema Site Leader: Ivy Bradley
- Deep Bible Quest Site Leader: Pam Rutkowski
- Spelunker Sports & Game Site Leader: Julie Wedster
- Cavern Café Site Leader: Martha Stevens.

### **Sing & Play Rock and Cave Quest Closing Site Leader: Pastor Chris Ongstad**

The Planning Committee is in the process of recruiting additional staff to serve as Crew Leaders for the children, as well as assistants to the site leaders, and coordinators. We are in particular need of more volunteers to assist in registration. If you are able, and would like to serve during VBS, and have not yet voiced your desire by completing the VBS Survey that was distributed in February and March, please speak to Joyce Ongstad.

All Site Leaders will be meeting on Saturday, May 14, at 1:00 for training and planning. An additional Staff Training for Crew Leaders and Assistants is set for Saturday, June 25, 2016. The entire VBS staff will be installed at both services on Sunday, July 17, 2016.

**PLEASE WATCH THE WEEKLY NEWS AND NOTES IN THE HOLY CROSS SUNDAY BULLETIN EACH WEEK FOR ADDITIONAL WAYS IN WHICH YOU MAY HELP IN OUR PREPARATIONS FOR CAVE QUEST VBS 2016!**





# Upcoming Events

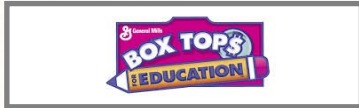


**SPONSORED BY LWML** movie night will be held on Friday May 27, at 6:30PM. Donation is \$5.00. A light supper will be served. Plan ahead; invite your family and friends. Tickets will be on sale soon. Men, women, and children are all welcome. Proceeds from this event are designated to Lutheran Indian Ministries.



## REFRESHMENTS AND HELP NEEDED

Southwest Lutheran Chorus will be having their Spring Concert here on Sunday, May 15 at 3:00 p.m. Following the concert, refreshments will be served. If you would like to donate any of the needed items or can help set up or clean up afterwards, please sign the sheet on the bulletin board. Thank you for any help you can give.



**SOCIAL MINISTRY** is now saving "Box Tops for Education" which are on most General Mills products and a few others. Campbell soup labels also have education labels. We are also asking for pop/pull tabs. These items are being collected to benefit St. Paul Lutheran School, in Oak Lawn. There will be a sign-up sheet for volunteers to visit nursing homes and shut-ins. More info later. If you have any

## women of faith

**LWML MEETING** will be held on Saturday April 30 at 1:00pm. Your help is much needed to finalize plans for Movie Night. Looking forward to your attendance. Thank You



**THE DINNER CLUB** will meet on Saturday, May 21 at 5:00 p.m. the Dinner Club will be going to A. Fusion Restaurant located at 4601 Lincoln Highway in Matteson. This restaurant features Chinese, Japanese, and Thai cuisine. They also have a Hibachi grill and a sushi buffet. They now steam their food and use less oil and no MSG. If you would like to go, please sign up on the sheet on the bulletin board. See Dorothy Lux for more infor-

## WOMEN'S GUILD AND THRIVENT FINANCIAL SPRING RUMMAGE SALE

Holy Trinity Lutheran Church  
8659 S. Sayre Ave.  
Burbank, IL 60459  
(708) 598-8070

Friday May 6th 9-3 pm  
Saturday May 7th 9-noon.

It's that time of year to clean out those closets, attics, basements and garages. Get rid of the clutter and help our church at the same time by donating your items to the Spring Rummage Sale. Items may be dropped off at the church beginning Sunday May 1st between services and Tuesday – Friday 1 - 5 pm and Thursday from 1 to 7 pm.

**Please, no TV's or computers.**



**VBS 2016 DECORATING CREW** is in need of the following items as soon as possible. If you have any of these items to donate, place them in the designated containers in the fellowship hall. If you

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Master Supply List

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RINSED OUT 2-LITER, 1 1/2 LITER, 1-LITER PLASTIC BOTTLES WITH LIDS INCLUDED

**(NO INDIVIDUAL PLASTIC DRINKING BOTTLES)**



### *Stress Matters*

May 2016

Stress is in every aspect of our lives. Sometimes when we are stressed, we may hear someone say, “It’s all in your head.” Research has shown that it is not all in our heads. In fact, if stress is left untreated it can create life-threatening problems such as diabetes, cancer, heart disease, depression and a whole host of other assaults upon our bodies. It’s estimated that as many as 90% of all doctor appointments are the result of stress. **So what is this thing called stress?**

Stress is any change that requires us to adapt. It is the wear and tear our bodies go through to adapt to those changes. Stress can come from a good change in life such as a wedding or a child’s birth. Stress is often more recognizable in negative things that happen, such as the loss of a job, an accident or a death. Stress is a very normal part of our daily lives. What is critical is our reaction to that stress, which will determine how much of a negative effect it will have on our bodies.

So how do we identify stress and evaluate how we are managing it? If you experience any of the following symptoms, it may be a sign that you’re suffering from being overly stressed. Anxiety, being tired after a night’s sleep, changes in appetite, headaches, stomach aches and ulcers are just some of the problems that might signify that you are stressed. It is important to pay attention to what you do with this information so that stress does not damage your body.

Next, educate yourself about stress. There are a number of resources available dealing with this topic. Take time to put into practice things you can do to reduce stress such as eat healthy, listen to soft music, exercise, share your thoughts and feelings with your spouse or a trusted friend and keep your surroundings comfortable. Remember to take deep breaths rather than fast, shallow ones.

**The key: Find what works best for you and do it regularly.**

**You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope**



LCFS offers counseling at the following locations: Northern Illinois Crown Point at Immanuel Lutheran Church, Belvidere Grace Lutheran School, River Forest

Central Illinois Trinity Lutheran School, Bloomington LCFS office, Decatur LCFS office, Springfield

Southern Illinois LCFS office, Belleville LCFS office, Mt. Vernon LCFS office, Sparta

To schedule a first-time appointment, call 800-363-LCFS (5237) or visit [www.lcfs.org](http://www.lcfs.org) for additional information.





The methods of evangelism today must be different than they once were because people today are different than they once were. I believe that's the message Josh McDowell shares with us in his enlightening article, "Reaching a Post-modern Generation". If we fail as a church to recognize this difference we will only be speaking to the walls.

Below you will find what Josh McDowell suggests for effective evangelism to the "postmodern" generation and it can be condensed into one word, "Authenticity." This is condensed from a message Josh McDowell preached at an Assemblies of God gathering.

"How do we reach a post-modern generation? The apostle Paul in 1 Thessalonians 2:2 made a statement that is appropriate for today: "But even after we had suffered before and were spitefully treated at Philippi, as you know, we were bold in our God to speak to you the gospel of God in much conflict" (NKJV).

If you think you've faced conflict in the past, fasten your seat belts. Conflict is going to come out of three crises.

We have a generation who has lost its ability to discern right from wrong because it has lost the truth about the person, character, and nature of God.

### **A CULTURAL CRISIS**

We are the first generation in 300 years to go through a distinct cultural change. Francis Sheaffer once stated: "We no longer live in a Judeo-Christian culture; we live in post-Judeo-Christian culture." But we no longer live in a post-Judeo-Christian culture; we live in an anti-Judeo-Christian culture.

I am thankful for the Assemblies of God. For years you have trained missionaries to go to other cultures and to bridge that culture. But unless we train people to bridge this new culture, we will be ineffective.

### **CRISIS OF TRUTH**

Jesus said, "I am the way, the truth, and the life." But the young people in your congregation do not understand truth the way you do.

In our post-modern culture, there has been a total change in the concept of truth. We were trained to discover truth. But in post-modernism there is no objective truth. And truth is not to be discovered; truth is to be created. Whatever you think is true, is true. It doesn't matter what an author wrote in a book. Whatever it says to you is just as true as what the author wrote.

When people say, "Perception is everything," what they mean is this: Whatever you perceived to happen is just as true as what actually happened. That is why people can rewrite history.

Young people also exclaim, "Don't impose your values on me; let me determine what is right and wrong for me." Furthermore, the number one reason today why people think Christianity is false is because it claims to be true and it declares that all other religions are false.

Many pastors don't preach doctrine because they claim it's divisive. You talk about truth, and it is divisive. Instead pastors say, "We have a lot of praise and worship."

But I respond, "If you don't talk about doctrine, how do you know who you are worshipping?" You don't. We need to teach truth, or we will be worshipping the figment of our imagination.



*cont.*

So I would share the evidence for the resurrection of Jesus Christ. I would shoot down every argument this person had. Two hours later, I would ask, "Would you like to trust Christ as Savior?"

He would respond, "Yes."

Today I sit down with young people and present the evidence, showing that Christ is God.

I ask, "Do you want to accept Christ?"

"Nah."

Why? Truth is not the issue any more.

I often ask young people, "Do you believe lying is wrong?"

"Yes," they reply.

"Why?" I ask.

"I don't know," they answer.

I have called 209 Christian young people to the front of their churches. I ask, "If there is a situation where if you lied, you would avoid the consequences, would you lie?"

Of these 209 young people, 204 immediately said, "Yes." Of the other 5, one young lady said she would pray about it. A young man said, "That's a tough one, but I don't think I would."

Out of 209, only 3 said, "No."

Then I took those 209 plus another 104 a step further. I asked, "Do you believe lying is wrong?" Three hundred and ten immediately said, "Yes."

You see, in this new culture, there is almost zero correlation in young people between belief and behavior. Ninety-eight and one-half percent said they would lie; ninety-eight and one-half percent said lying is wrong. This is one of the biggest heartaches of youth ministers, even in their most spiritual kids. Young people will hear a talk on sex, and they come to the altar where they repent and weep. And 30 minutes later one of these young people is in bed with his girlfriend and doesn't even tie his behavior to his belief.

I then asked these 313 kids, "Why is lying wrong?"

Most replied, "Because my parents taught me it was wrong."

Think about it. If you say something is wrong because your parents taught it is wrong, you just justified every evil atrocity in history. You justify the holocaust and killing of 6 million Jewish people because your Nazi parents taught it was right.

Then I ask, "How did your parents teach you?" Almost 50 percent of these Christian kids couldn't go beyond that. Fifty-five percent said, "Because the Bible says lying is wrong."

I further asked, "Why does the Bible say lying is wrong?" Only three could answer.

We have raised a generation of kids living in legalism. Commandments—even the Ten Commandments—do not contain the moral authority to establish why something is right or wrong. They merely state that something is right or wrong.

Young people need to understand why things are right and wrong. The Bible states that lying is wrong because the person, character, and nature of God is truth. Killing is wrong because God is life; hatred is wrong because God is



cont.

## CRISIS OF TOLERANCE

Tolerance is the number one virtue in 85 percent of the cultures of the world today. But the concept of tolerance has gone through a complete change. For you and me, it means "to bear or to put up with someone or something not especially liked." But today, tolerance means, "All values, beliefs, lifestyles, and claims to truth are equal." Aram Hair, the philosopher, put it this way: "Tolerance is a belief that others' views and opinions are as true as your own."

Christians have become the most intolerant people on earth because we say Jesus Christ is "the Way, the Truth, and the Life." Everything you preach flies in the face of the number one virtue in culture.

Until about 7 years ago, I would make a statement about the deity of Christ, the Resurrection, the existence of God, and I would be heckled or challenged on the substance of what I said. Now when I make a statement about the deity of Christ, the Resurrection, and the reliability of Scripture people respond: "What right do you have to say that? What right do you have to judge anyone's moral life?" Today truth is not even an issue. In fact, the most quoted verse today, even by Christian young people is, "Judge not, that ye be not judged."

## THE ANSWER

What do we do? The apostle Paul in 1 Thessalonians 2:7,8 made a profound statement: "*But we were gentle among you, just as a nursing mother cherishes her own children. Affectionately longing for you, we were well pleased to impart to you not only the gospel of God, but also our own lives*"(NKJV).

Please get this: "**To impart to you not only the gospel of God, but also our own lives.**" They won that generation by not just imparting the gospel, but imparting their own lives. In winning this generation, we need to do the same thing. We need to impart our own lives along with the gospel.

Post-modernists believe there is no one worldview—such as the Christian worldview—that is true for everyone. Until about 5-8 years ago, the appeal of Christians to young people concerning these worldviews was this: Adopt the Christian worldview because it is true. That won't work anymore because young people believe all truth is equal.

If you say your worldview is better than another worldview, you are called intolerant and a bigot. But how do we get young people to want the Christian worldview and want to know Jesus Christ personally?

Eighty percent of young people who become Christians today do not become Christians because Christianity is true. They become Christians because it is the best thing that has come along. If we do not take them into the truth of God's Word, as soon as something they think is better comes along, you won't see them in your youth group.

How do we become plausible, that we might become credible? By being salt and light and by imparting our lives.

We need to develop community. We are ministering to one of the most hurting generations in history—young people who have experienced fractured homes and relationships. The church that can create the New Testament koinonia found in John 13-17—a love for each other—will be the church that will be packed out. This will be the foundation for evangelism.

We need to have compassion. Compassion is one of the greatest means we have in reaching people for Christ. Christian compassion shows young people that we and the gospel are credible. Any church that is not reaching out to the widows, the fatherless, the homeless, and the poor is out of God's will.

We need to value the environment. In today's generation the environment is one of the most critical factors. One of the best ways to impact young people is to show a concern for God's creation. This will give us credibility to teach them about Jesus Christ.



We need to have strong marriages and families. The number one desire in 15- to 17-year-olds is a happy marriage and a happy home life. Our marriages and families will also give us plausibility.

Pastor, what is your reputation in your church? Do you love your wife and spend time with your children? If not, you had better evaluate your lifestyle. You can preach all you want; but if young people do not see the truth of Jesus Christ transformed in your marriage, they will not listen to the truth.

The most powerful platform to influence young people today is as a father. Your relationship with your children is one of the most powerful things you have in reaching this next generation. It will be hard for any pastor who does not spend time with his/her children to be effective in ministry to the upcoming generation. Pastor, to reach this next generation you need to teach the truth. You need to live the truth.

But we have to impart our lives through community, through our marriages, through our children, and through compassion to reach this gen-



**HIGHLITES OF HOLY CROSS LUTHERAN CHURCH**

**March 14, 2016**

A motion was made and approved to accept the February minutes.

**PASTOR'S REPORT**– The Alsip Expo was last Saturday and our church had a booth. There will be a Professional Church Workers Conference in Racine, WI April 18-20.

**TREASURER'S REPORT**– The General Fund is low, the other funds are good. The Food Pantry has a total of \$4,026.69. A motion was made and approved to accept the Treasurer's report.

**EVANGELISM REPORT**– About 500 flyers were passed out to the Southeast section of Alsip inviting neighbors to the Easter and Holy Week services.

**EDUCATION REPORT**– 31 children attended the Easter Egg Hunt, there were a lot of volunteers and the Fellowship Hall was filled.

**TRUSTEES REPORT**– Ceiling tiles were replaced. The Fellowship Hall floor will be thoroughly cleaned on Tuesday.

**SOCIAL MINISTRY REPORT**– The surplus food from the Saturday Food Pantry is now going to "Together We Cope."

**COMMUNITY MEAL REPORT**– 28 people and 7 workers attended.

**CHRISTIAN ORGANIZATION REPORT**– The next Dinner Club will be at Granite City Food & Brewery in Orland Park.

**ELECTIONS REPORT**– A motion was made and approved to accept the slate of board nominations and present them to the Voters on Palm Sunday.

**HIGHLITES OF THE HOLY CROSS LUTHERAN CHURCH VOTERS' MEETING MINUTES**

**January 24, 2016**

The meeting opened at 12 Noon after the late service with prayer.

**2016 BUDGET**– Tom explained the budget and answered questions. A motion was made and approved to accept the budget as presented.

**MEMBERSHIP CHANGES**– Voters were informed that Ken and Mona Dempsey were released from membership as requested.

**EASTER SERVICE**– It was announced that there will be one Service on Easter morning at 9am.

**LENTEN SERVICES**– will start at 7pm, as will Maundy Thursday and Good Friday.

The meeting adjourned at 12:25pm with prayer.

*The next Voters' meeting is March 20. The next Council*



## EATING HABITS

Susan Wilczynski RD, LDN

Parents or caregivers have a profound impact on your relationship to food.

For example, a 2015 study published in *The American Journal of Clinical Nutrition* found that children between the ages of three and five were more likely to be stress eaters when their parents used food as a reward system.



Also, in the journal *Obesity*, a study reported that families who frequently eat in the kitchen or at a dining room table had significantly lower BMI (body mass index) compared to families who ate elsewhere (i.e. in front the television). Furthermore, remaining at the dinner table until everyone is finished eating is associated with a lower BMI for boys.

To be clear, establishing eating habits is very complex and they are not solely shaped by your caregivers. Other factors shaping eating habits could be economic, geographical, stress, genetics, and other role models.

What is important is to be *mindful* of why you eat the way you do. By being aware of eating habits and considering the root of these behaviors, you can be more conscientious and make deliberate choices.

I encourage you to answer these three important questions:

Who had the biggest impact on your food habits growing up?

Name one positive and one challenging impact this person had on the way you eat.

What habit that you acquired from this person would you like to transform and/or do more frequently?

By being aware of the root of bad habits, you can make change easier. Embrace your good habits and celebrate them. Take your answers and use them mindfully today.

Be present when eating. Let go of the past. Make a change for the good.

Farrow CV, Haycraft E, and Blissett JM. Teaching our children when to eat: how parental feeding practices inform the development of emotional eating—a longitudinal experimental design. *The American Journal of Clinical Nutrition*. 2015.

[Wansink B1, van Kleef E. Obesity \(Silver Spring\)](#). 2014 May;22(5):E91-5. doi: 10.1002/oby.20629. Epub 2013 Dec 19. Dinner rituals that correlate with child and adult BMI.



## CARING FOR A LOVED ONE WITH DEMENTIA

By Aimee Wilczynski (L.C.P.C.)



Have you ever walked into a room to get something and then you completely forget what it was you were supposed to get? It happens to all of us at one time or another and sometimes we joke that we must have Dementia, but when is memory loss something to be concerned about? Some memory loss is normal as we age, but there are specific symptoms that occur together that may indicate a bigger problem. As the population ages, more and more people are getting diagnosed with Dementia. If a loved one is diagnosed with Dementia, it not only impacts them, it also impacts the family and caregiver.

The World Health Organization estimates that 47.5 million people are diagnosed with Dementia. Dementia is a general term used to describe a decline in mental functioning that is severe enough to interfere with daily life ([m.alz.org/what-is-dementia.asp](http://m.alz.org/what-is-dementia.asp).) When someone is diagnosed with Dementia, they demonstrate a decline in memory, ability to communicate, ability to use language and difficulty focusing and paying attention. People who suffer from Dementia may also exhibit a decline in their reasoning and judgement as well as their visual perception. Dementia is a progressive illness that only becomes more and more severe after initial diagnosis. People who have Dementia often require a higher level of care as their symptoms worsen as it can be very difficult to properly care for and keep a Dementia patient safe in their home without constant care and monitoring.

When a loved one is diagnosed with Dementia, it not only impacts the patient, it also impacts the family system. The person everyone came to rely upon is now a shell of who they once were. Seeing someone decline mentally can be a traumatizing experience and it is important to seek support. When we are a caregiver to someone who has Dementia, the impact can be an extremely stressful experience. Our loved one becomes very dependent on us to assist them with daily living tasks. As we support our family member who is suffering from Dementia, the stages of their decline can impact our ability to care for them. The stages of caregiving are related to the stage of Dementia the family member is in. Stages of Dementia are; early, middle and late. During the early stages of Dementia, loved ones often live at home and during late stages they often require living in a nursing home or require nursing support at home.

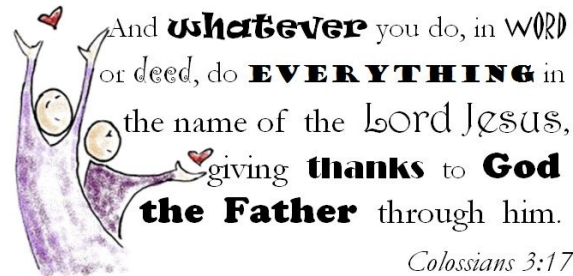
Since the impact of caregiving is very stressful on the caregiver, it is important to engage in self-care. Seeking outside support from a support group or a support message board can be very helpful to caregivers. Simply call 800-272-3099 to locate resources in your area. Taking time to relax and socialize is also important. Seeking outside help to watch your loved one while you attend social activities or simply take a walk is helpful when you need to take some time for yourself. It is not selfish to need some time away from the daily responsibilities of caring for a loved one. You can be a better caregiver if you also make sure you are being taken care of. Seek support from your family or other loved ones if you need help. Often times, people are willing to help, all you have to do is ask.

Dementia impacts family and loved ones as they watch the decline of someone they love. Caring for a loved one who is suffering from Dementia can be very stressful, however, many people report it can also be a rewarding experience. Ensuring your loved one is safe and cared for is the goal when helping someone who has Dementia, but making sure you are mentally healthy is also very important. Taking time for yourself and seeking support is

## SERVANTS IN WORSHIP -MAY, 2016

DATE	TIME	USHER	COMMUNION ASSISTANT	LECTOR	ALTAR GUILD	COUNTER	GREETER	PROJECTIONIST
1	8:00 am ----- 10:30 am	Jim Boltz ----- Bob Schulz	J. Boltz -----	Donna Judd ----- Donna Meilahn	Barb Piekosz ----- Jeanne Simovic	Donna Meilan Faith Schulz	Sue Boltz ----- Liz Wilczynski	Mike Meilahn ----- Theresa Boltz
5	7:00pm	Jim Bahr	TBA		Barb Piekosz Jeanne Simovic	Terry & Carole Vrshek	Donna Judd	Mike Meilahn
8	8:00 am ----- 10:30 am	Jim Boltz ----- Bob Schulz	----- Ron Wedster	----- Liz Wilczynski	Barb Piekosz ----- Jeanne Simovic	Pam Rutkowski Marye Meyer	Sue Boltz ----- Liz Wilczynski	Mike Meilahn ----- Theresa Boltz
15	8:00 am ----- 10:30 am	Jim Boltz ----- Bob Schulz	Jim Boltz -----	Donna Judd ----- Sue Wilczynski	Barb Piekosz ----- Jeanne Simovic	Pauline Griffin Nancy Fehser	Sue Boltz ----- Liz Wilczynski	Mike Meilahn ----- Theresa Boltz
22	8:00 am ----- 10:30 am	Jim Boltz ----- Bob Schulz	----- Jim Bahr	----- Pam Rutkowski	Barb Piekosz ----- Jeanne Simovic	Donna Meilahn Faith Schulz	Sue Boltz ----- Liz Wilczynski	Mike Meilahn ----- Theresa Boltz
29	8:00 am ----- 10:30 am	Jim Boltz ----- Bob Schulz	-----	----- Aimee Wilczynski	Barb Piekosz ----- Jeanne Simovic	Terry & Carole Vrshek	Sue Boltz ----- Liz Wilczynski	Mike Meilahn ----- Theresa Boltz

***Thank you for all you do for Christ and His Church!***





May, 2016

Church Office Hours: Monday through Thursday 8:00 am - 12:00 pm, 708.597.5209 [hclc@hc-lc.org](mailto:hclc@hc-lc.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 FOOD PANTRY SUNDAY</b> 8:00AM Worship/Traditional (C) 9:15AM Sunday School/Bible Class 10:30AM Worship/Contemporary	<b>2</b> 11:00AM Adult Conf. Class 4:30PM Womens' Bible Study 7:30PM Southwest Chorus Practice 7:30PM Elders Meeting	<b>3</b> 4:30PM Food Pantry 7:00PM LifeLight Bible Study	<b>4</b>	<b>5 ASCENSION DAY</b> 8:00am Stewardship Meeting 9:00AM Senior's Group Gathering 7:00pm Worship	<b>6</b> Pastor's Day Off	<b>7</b> 10:30AM Food Pantry 2:00PM Musicians
<b>8 MOTHERS DAY</b> 8:00AM Worship/Traditional 9:15AM Sunday School/Bible Class 10:30AM Worship/Contemporary (C)	<b>9</b> 11:00AM Adult Conf. Class 4:30PM Womens' Bible Study 7:30PM Southwest Chorus Practice 7:30PM Church Council	<b>10</b> 4:30PM Community Meal 7:00PM LifeLight Bible Study	<b>11</b>	<b>12</b> 9:00AM Senior's Group Gathering	<b>13</b> Pastor's Day Off	<b>14</b> 10:30AM Food Pantry 1:00PM VBS Site Leader Training Meeting 2:00PM Musicians
<b>15 PENTECOST</b> 8:00AM Worship/Traditional (C) 9:15AM Sunday School/Bible Class 10:30AM Worship/Contemporary 3:00PM SWLC Chorus Concert	<b>16</b> 11:00AM Adult Conf. Class 4:30PM Womens' Bible Study 7:30PM Southwest Chorus Practice	<b>17</b> 7:00PM LifeLight Bible Study	<b>18</b>	<b>19</b> 9:00AM Senior's Group Gathering	<b>20</b> Pastor's Day Off  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>LWML Convention, Tampa, FL</b> </div>	<b>21</b> 10:30AM Food Pantry 2:00PM Musicians
<b>22 TRINITY SUNDAY</b> 8:00AM Worship/Traditional 9:15AM Sunday School/Bible Class 10:30AM Worship/Contemporary © LWML Convention, Tampa, FL	<b>23</b> 11:00AM Adult Conf. Class 4:30PM Womens' Bible Study 7:30PM Southwest Chorus Practice	<b>24</b> 7:00PM LifeLight Bible Study	<b>25</b>	<b>26</b> 9:00AM Senior's Group Gathering	<b>27</b> Pastor's Day Off	<b>28</b> 8:30AM Bd. of Education 10:30AM Food Pantry 2:00PM Musicians
<b>29</b> 8:00AM Worship/Traditional 9:15AM Sunday School/Bible Class 10:30AM Worship/Contemporary	<b>30 MEMORIAL DAY</b> 11:00AM Adult Conf. Class 4:30PM Womens' Bible Study 7:30PM Southwest Chorus Practice	<b>31</b> 7:00PM LifeLight Bible Study				

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

