

Weekly Cornerstone

FEBRUARY 6TH, 2022



GRACE AND PEACE LUTHERAN CHURCH

7611 N KNOXVILLE AVE,

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WWW.GRACEANDPEACELUTHERAN.ORG

It's so important to make sure you take good care of your body, mind, and soul every day, not just when you get sick. Learning how to eat right, reduce stress, exercise regularly, and take a time-out when you need it are touchstones of self-care and can help you stay healthy, happy, and resilient.

1. Get good sleep
2. Trust your gut
3. Exercise daily
4. Eat right
5. Learn how to say no sometimes
6. Get outside
7. Spend time with your pet
8. Get organized
9. Cook a good meal
10. Sit down with a good book
11. Take time for yourself
12. Unplug



FEBRUARY

Jim Claude, Ronald Groth,
Lauren Huskins, Cheryl Rauhaus,
Hannah Shirven, Lana Staelens

MARCH

Ken Armstrong, Barbara Purple,
Addisyn Smet, Brian Smith,
Gary Smith, Laura Tomblin

*Happy
Birthday*



We are invited to a Trivia Contest!

Where: St Paul Lutheran Church
Bishoff Room (basement)
Parking in back or side of building

When: Saturday March 12th; 2 -4

Teams up to 8 people

We are asking for donations of cleaning products for the East Bluff Center. Your team can either make a cash donation or bring one cleaning item for each member of your team.

Bring your own lunch, snacks and drinks to be enjoyed during the contest.

PASTOR MARY
BEENKEN

Organist & Choir Director

Richard Popp

Visual Worship Leader

Mary Whitledge

Audio Director

Terry Goff

Counter

Roberta Dietrich

Head Usher

Jim Claude

Thank You
for Making
Our Service

Women of the ELCA

Hello to the Women of Grace and Peace !

The news of the month is about the Biennial Convention. Yes, we are a part of the C/SIS (Central Southern Illinois Synod of the ELCA). Mark your calendars for April 1-2.

Grace Lutheran Church in Springfield will be our host on April 1-2, 2022 for our Biennial Convention. The Fall Biennial Convention, which was scheduled in October 2021, was voted by our synodical Women of the ELCA board to be postponed to the spring mainly due to Covid-19 concerns. Please look at our video:

<https://1drv.ms/v/s!AtOPYvIkh1uFhyUCAu8ixZUxq5M4?e=PtIhtX> for greetings from our synodical board President, Jean Scherer, and Vice-President, Pat Casper and greetings from Bishop Roth. You can also see this video on the Grace YouTube sight: Grace Lutheran Church Springfield IL

We are looking forward to seeing you all in the spring and hopefully to go to some Lincoln sites prior to the convention. Grace Lutheran Church is located within the Lincoln Home National Historic Site. The Abraham Lincoln Presidential Museum is just blocks away as well as the renovated Governor's Mansion and many other Lincoln sites.

Please be looking for more information on our website welca-csis.org or our synod's website csis-elca about the Biennial Convention. We will be voting for officers as well enjoying Lincoln sites and fellowship with other women this spring. We can't wait to see you.



Coffee Hour may be on hold this month but there is plenty of time to sign up for March! Look for the new 2022 coffee hour sign up sheet in the Great Room!

"On Pause" This Month Due to Covid:

50's+
Ladies do Lunch
Nurturing Thursdays
Coffee Hour



THRIVENT MEMBERS

Don't forget to call into Thrivent to get your "Choice Dollars" assigned to Grace and Peace.

Let's begin, shall we?

Today I enjoyed a nice cup of coffee and had a great conversation with an enjoyable young man named Nathan Johnson. We meet at a coffee shop on a very cold day.

Nathan was raised by two lovely parents in Quincy, Massachusetts. Due to his parents moving he grew up in Iowa. I might add both parents were Pastors, eventually serving at the same church. Nathan was one of four children. He has two brothers and one sister, whom he remains in contact with. His sister is currently attending the seminary, while his mother remains a Pastor in Mason City, Iowa. Nathan's father is no longer a Pastor and maintains several rental businesses.

Growing up there were many memories of vacationing with his family at their grandfather's cabin in Minnesota. During his high school years, Nathan missed many days of school due to terrible migraines but was able to graduate with a decent GPA. After high school, he chooses to attend college towards a history degree specializing in the Modern Middle East. While in college he studied abroad in Turkey. He was fortunate enough to spend a few semesters on a college campus, in Istanbul, Turkey.

After graduation, he took a year off and worked in Northern Minnesota. Following that break, the opportunity came to work for President Obama's re-election campaign in Boulder, Colorado. This interest brought him to Washington Dc towards the political field. While attending a Lutheran Church he was encouraged to attend the Seminary. Soon he enrolled in the Lutheran Seminary at St Paul, Minnesota. It was there he meet a young woman named Mary Beenken who also was attending the seminary. Nathan and Mary were married in his fourth year of school.

Eventually, they moved to Vancouver for his wife's internship. During this time, Nathan worked at a VA Hospital as a resident Chaplin gaining many experiences. For his internship, he chooses a Lutheran church in Des Moines, Iowa which is a megachurch in the downtown area. His wife was away in Germany doing her post-graduate preaching fellowship. It was her fellowship that gave them both 6 weeks abroad traveling throughout Guatemala and parts of India.

With the internships over, Nathan and his wife returned to Minnesota and eventually Iowa waiting for their assignments. During this time, he worked for his father's business. His wife, Mary was called to Grace and Peace Lutheran Church in Peoria, Illinois. Nathan was interviewed at several parishes before being called to St. John's Lutheran Church in Toluca, Illinois. Nathan worked for St. John's for approximately a year and a half before realizing this was not a match and resigned. Currently, he works at a variety of jobs and lends a helping hand when needed. We are very, very fortunate, at Grace and Peace, to have Nathan's involvement in our church.

Once again, I thoroughly enjoyed meeting such a great young person. I hope you all enjoyed this experience as much as I did.

Diane Page -



If you wish to submit a request to travel through the prayer chain, please contact the church office at 693-8428



OUR CURRENT AT HOME MEMBERS

Sharon Bontz
Bob Kamin
Sherry Thorn
Joan Winter
Richard Noren
Bonnie Valentine

ILLNESS AND NEEDS OF OUR MEMBERS

Nan Goff – Health concerns
Glenn Theinert – Recovery from surgery
Chris Mitchell–Health concerns
Andrew and Cheriz–Devon’s case
Lana Staelens–Recovery, accurate diagnosis
Jim Claude–Recovery from surgery
Richard Noren-Recovery from stroke
Ann Joyce– Healing
Michelle Jones-Recovery from Covid
Roberta Dietrich– Recovery from stroke

Our Friends and Our Family Concerns

Theo and Westin -(twin grandchildren of Vicki Bittner's cousin)-Complications from premature birth
Todd-Friend of Carol Martino-Recovery
Sherry-Co-Worker of Evelyn Biegler-Health Issues
Kathaleen (Kitty) Harcharik-(Diane Page’s Mother)
Taylor B (friend of the community)-Healing peace

Please Pray for the Congregational Ministries of our Active Members and Frequent Attenders...

Bob Kamin
Pam Kovach
Andrew Loebach, Cheriz Kunkel & Devon
The Livingstons – Scott, Natalie, Tinsley, Liam & Lauren Huskins
Lorentz Family –Craig, Rhonda, Austin & Winston

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 MEN'S BREAKFAST	3 Zoom BIBLE STUDY 930AM	4	5
6 9AM Worship	7 Endowment Meeting 630PM	8 EXECUTIVE COUNCIL MEETING 430PM Miriam Circle 2PM	9 MEN'S BREAKFAST Worship & Music 6PM ZOOM	10 Zoom BIBLE STUDY 930AM	11	12
13 9AM Worship	14 HAPPY Valentine's DAY Evangelism & Community Action Meeting 6PM	15 CHURCH COUNCIL MEETING 630PM	16 MEN'S BREAKFAST	17 Zoom BIBLE STUDY 930AM	18	19
20 9AM Worship	21 PRESIDENT'S DAY	22	23 MEN'S BREAKFAST Stewardship Meeting 6PM	24 Zoom BIBLE STUDY 930AM	25	26
27 9AM Worship	28					

***PASTOR BEENKEN'S IN OFFICE MONDAY–THURSDAY
OR BY APPOINTMENT**

**Church Office Hours 9AM-2PM or email
admin@graceandpeacelutheran.org**