

The Unifier



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Greetings Brothers and Sisters in Christ,

We have begun our Lenten Journey. I hope you have picked up your Lenten Devotional. I am always looking for articles that will deepen our Lenten experience. The article below was published by Loyola Press. Blessings, Pastor Joan

How to Find Time in Your Day For Lent

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of spiritual awareness and service into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day.

The three foundational practices of Lent are prayer, fasting, and almsgiving. Here's how to think about them in a new way:

Praying Daily

If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favor, you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the Catholic Church's call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, your self more centered, and your Spirit more aware of God's presence.

A Different Type of Fasting

There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumors? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call to fasting and abstinence. In the book, [Praying Lent](#), the authors offer suggestions on different ways to fast during Lent.

Give of Yourself

Daily life also offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles—give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

So no matter how busy your are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning.



Dear Friends and Family,

I grew up in Grayslake attending another church in town. Although my faith developed strong and deep, I always longed to have a church like the UPC as I witnessed many of my friends thriving here. I grew to know God, Christ and the Holy Spirit in my old church, but I have grown spiritually in this one.

As adults with a young family, my husband and I visited the UPC. From day one we knew this place is special. The rest, as they say, is history! I have always attended church. Some were large and glitzy while some were small and musty plus many kinds were in between. At a very large church the ushers almost hurt themselves greeting us, but we felt isolated. At a very small church the entire congregation of 35 almost hurt themselves greeting us, but we were overwhelmed.

Reflecting on the uniqueness of the UPC over the last few days, I thought it time for me to share why this place is just that extraordinary. The UPC is AUTHENTIC. There are no hidden agendas. The people are true to who God made them, and they accept others as is, as well. The people here really are kind, thoughtful and hospitable. The UPC is GENEROUS. Those that can, give, and give generously. The number of local, domestic and international missions this church is committed to is amazing! To name just two, our PADS program is a community commitment spearheaded by our volunteers who work tirelessly to serve around 45 homeless men a week. Feed My Starving Children is a weekly and monthly commitment of various members of this church where food is packed to actually save the starving! Even our Sunday School children participate in mission the 4th Sunday of each month. (Last month, while donning chef's hats and aprons, they packed 82 soup mixes for a local food pantry.)

Here at the UPC it is hard to get lost. We know and care for one another. Bonds of friendship are formed and hospitality is the default behavior of our members!

The UPC is a church of OPPORTUNITY. Do you want to give back to the community through service? Choose one of our many missions. Do you want to sing with a choir? Join one of ours! Are you hungry for the Word of God? Join an adult Christian education class like Disciple or one we offer on Sunday mornings. Do you need prayer? Tell a member of PUSH or our Pastor and your concern will be lifted up! We'll check in on you, too! Are you a parent raising your children in the faith? Our children's and youth programs increase biblical literacy and open hearts to the love of Jesus. Your children are never a number here. We know them, we love them, and we pray for them and you.

I pray God will continue to bless this amazing church with His love, guidance and incredible members! Together, WE MAKE A DIFFERENCE!



Carol R-R



Join the fun!

- WHAT?** The Annual UPC **Easter Party and Egg Hunt** hosted by the Children's Ministry Committee...
- WHEN?** **Saturday, March 31st from 2 to 3pm**
- WHO?** UPC children through the 6th grade are invited! Bring an Easter basket to the UPC Parlor and join us! Friends are welcome, too!
- WHAT?** We will begin with story time promptly at 2pm after which the hunt will take place.
After the egg hunt there will be refreshments in Fellowship Hall.



Adult Education

2018 UPC WINTER/Spring
 Sunday Adult Education at
 9:15 a.m.

Dates	Class	Loca- tion
Febru- ary 18- March 25, 2018	Lenten Study: <i>The Call, The Life and Message of the Apostle Paul</i>	103/106
April 8- May 13, 2018	Bible Study: <i>Moses, In the Footsteps of the Reluctant Prophet</i>	106
April 8- May 13, 2018	Topical Study: <i>When God's People Pray</i>	103



United Protestant Church Women's Christian Fellowship March

~ CIRCLE MEETINGS~

"Welcoming all women 18 to 108!!! Come Join Us!!

**Watch the church bulletin, Tuesday Newsday emails, & the *UNIFIER* for other notifications. WCF Brochures are on the rack by the Mission Table.

Tues., Mar. 6	7:30 p.m.	Small Meeting Room at UPC	Catherine Vick
Wed. Mar. 7	12:30 p.m.	Church Parlor	Sue Schmidt
Thurs. Mar. 1	11:30 p.m.	Whitney St. Restaurant	Marie Frandsen Diana Thompson
Tues. , Mar. 13	5:30 p.m.	Hillside Restaurant	Carol Roselli-Rasmussen
Sun., Mar. 18	11:30 a.m.	Church Parlor	Jasmine Walker

Luncheon & Silent Auction!!

Sunday, March 11 !!

Bidding after 10:30 service

Lunch at 11:45

Mark your calendar & notify Rose Pech about the service or item you'll donate. [See article in this UNIFIER with details.](#)

COMING IN APRIL!!!

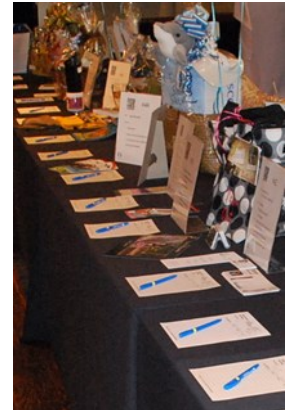
WCF BRUNCH & BOOK REVIEW

Saturday, April 14, 10:30 - 12:00

Mark your calendar & watch for more information!

BUNCO!!! Saturday, February 10, had to be cancelled. Watch for our next scheduled BUNCO afternoon coming in October!

Come to the Luncheon & Silent Auction Sunday, March 11!!! Have lunch for only **\$5 a person** while you & your family/friends check out & bid on the services & items displayed in **Fellowship Hall immediately following the 10:30 worship service**



Notify Rose Pech of what you plan to donate or contact her with any questions: rose4nonna@hotmail.com or 847-356-3577.

Items can be brought to the church basement

the morning of March 11. They may be delivered in advance IF prior arrangements are made with Rose:

Donations can include handyman services, housecleaning, home-baked goods, transportation, theater or event tickets, gift cards, gift baskets, sports memorabilia, handcrafted items, house sitting, pet care, yard work, and more. No furniture or rummage sale type items can be accepted. To make donations, contact Rose or put a completed form into the WCF mailbox. Forms are on the mission table in the Narthex.

Proceeds will go to WCF's ministry outreach to UPC, our parent denominations, and the world.

UPC PADS UPDATE

PLEASE join us in praying that God touches the hearts of adults & youth with the gift of helping who will volunteer at UPC PADS for the remainder of this season and for next season!!!

Since our last article, a 2nd shift volunteer (11pm to 3am) had to resign due to a work schedule change. PLEASE consider volunteering for the first Thursday of April...just one night!

UPC PADS Onsite Volunteers STILL Needed:

All shifts have openings on March 29/30: see listing below.

Substitutes who can be trained to fill in **when their schedules allow** so our regular volunteers don't have to work more than once a month. Please spread the word for volunteers who could work one of the following shifts on a Thursday night/Friday morning when they're available.

1st shift: 5:30 to 11 p.m.

2nd shift: 11 p.m. to 1 a.m. or 3 a.m.

3rd shift: 3 or 4:30 a.m. to 7 a.m.

General Site Cleanup: 4:45 to 7 a.m.

Morning Kitchen Cleanup: 6 to 7:30 a.m.

Representatives from PADS Lake County, UPC leadership, and our UPC PADS Site will be meeting on March 7 to discuss our roles as partners helping people experiencing homelessness in Lake County along with ways of improving our communication and effectiveness. If you have any questions/suggestions you'd like to have discussed, please share them by using the contact info at the end of this article.

To make donations to UPC PADS, please see our wish list for all items needed. Contact Mary Zorc 847-223-1378 before making any clothing donations.

For information: Rose Pech, pads_at_upc@hotmail.com or 847-356-3577

Greeters

March

Date	8:15	10:30
March 4	Bill Churchill	Rick Burg Alice Broadhurst
March 11	volunteer needed	Felix Flok Wende Fry
March 18	Ken and Sarah Press	Joyce and Terry Norton
March 25	Darwin Schwaderer Kim Schwaderer	Rose Pech Laurel Bruggen

April

Date	8:15	10:30
April 1	Jay and Lil Eldridge	volunteers needed
April 8	Cynthia Lee	Joe and Sue Hobson
April 15	Orrell Ruth	Matt and Alicia Martinez
April 22	Rosanne Taylor	William Pfeil and Judy Ruhnke
April 29	Judy Ziegler	Dian Weinkauf

May

May 6	Darwin Schwaderer Kim Schwaderer	John and Judy Plotner
May 13	Bill Churchill	William and Dot Betke
May 20	Ken and Sarah Press	Rick Burg Rose Pech
May 27	Chuck and Phyllis Martin	Barb and Craig Fischel

Continued prayers for UPC members and friends/relatives of members: Jerry Beck (son of Ruth and Al Beck), Harry Carnes, Patricia Cartwright (friend of Karen Caviness, recovering from lung cancer surgery), Christian and Seth, Darlene (in hospital in Florida – sister of Marcia Ruth), Valerie Elwood (passing of her mother from cancer), Desiree Craig (friend of Karen Caviness), Charles Fuller (father of Jamie Fuller), Steve Gates (friend of Cyndi Ryckman), Judy Hendrickson (mother of Laura Hendrickson), Karen Hord (inoperable cancer, mother of a friend of Sarah Grubbs), Charles Madsen (brother of Karen Caviness), Skip Madsen (nephew of Karen Caviness), Mary Mason (sister of Loretta Dodson), Gloria Meier (sister-in-law of Ann Thompson), Marjorie Miller, Bill Patton (father of Pastor Joane), Jodi Pech, Stephen Peregrin (leukemia, son of Greg Peregrin), Ken Pidgeon (knee replacement, brother of Bobbie Weichman), John Reinhart (final stage of heart failure, friend of Darlene George Craig), Orrell Ruth, Kim Schwaderer, Jim Smith (stroke), Larry Smith (battling depression, friend of Laurie Bethmann), Stephen (26 year old friend of Lil Eldridge who is battling cancer), and Carol Zeloof (cousin of Brian Batteiger).

Long term prayers: Marno Benande, David Boccaleoni (brother of Rose Pech), Mary Brase (sister of Rose Pech), Julie Brown (hospice, grandmother of Brad Walker), Karen Caviness, Barry Craig, Pat Curnow, Joshua Duran (cousin of Jasmine Walker), Carla Flok, Elaine Francis, Brad Fuller (stroke, brother of Jamie Fuller), Gerard Gray (cousin of Rose Pech), Susan Green, Vivian Gwaltney, Carl Heiler, Tucker Hupp (grandson of the Lockhart's), Jae, Rick Juern (cousin of Judy Ziegler), Jean Korell, Dorothy Kuckla, Vivian Kuzelka, Edna Munsinger, Tom Nellessen (hospice, brother of Margie Scheibler), Pat Nowak, (waiting for a kidney, sister-in-law of Joann Baraksa), Don Piester (brother-in-law of Darwin Schwaderer), Chester Pinkowski (relative of Maureen Daly), Susan Reed (sister of Rick Burg), Sandra Richard, Judy Ruhnke, Marcia Ruth, Rosie Schick & family (friend of Linda Batteiger), Elsie Shaheen (cancer, cousin of Judy Ziegler), Robert Stewart, Bobbie Weichman, and Betty Vares.

Please keep in your prayers the following individuals who are currently serving their country: Andrew Vick (son of Cathy and Don Vick), Derek Robb, Abraham Lam Yuen, Justin Krumes (brother of Melissa Becker), Bob Sisco (brother of Lexie Craig), Dennis Jackson (friend of Lexie Craig), Philip Norton (grandson of Joyce and Terry Norton), and Duneley Rochino.

The UPC Youth are excited to announce that they are expanding their mission project of Operation Christmas Child (OCC) to also serve Operation Christmas Hope (OCH). Operation Christmas Hope is another “shoebox ministry” in which congregations pack shoeboxes with essential items, school supplies, and gifts for children in need.

What is the difference between OCC and OCH? OCC sends boxes to children in need in impoverished countries all around the world and OCH sends boxes to children right here in the United States who are displaced from their homes due to homelessness, domestic violence, or other negative situations.

What does this mean for us as a congregation? The youth will continue to collect the same items for shoeboxes (hygiene items, toys, books, school supplies, etc.) and will host an all-church packing party in November. We will then bless the boxes during worship services and drop them off at a collection site. Starting this fall, we will be alternating each year between OCC and OCH collection sites. 2018 will be our first year donating boxes to OCH and in 2019, we will again donate our boxes to OCC. Thank you for your continued support of the youth group and their missions!

To Access UPC's On Line Calendar, click below:

[http://
www.mychurchevents.com/
calendar/calendar.aspx?
ci=L6F0H2O9G1F0O9L6I3](http://www.mychurchevents.com/calendar/calendar.aspx?ci=L6F0H2O9G1F0O9L6I3)

Contact Us

United Protestant Church
54 S. Whitney Street
Grayslake, IL 60030 Phone:
847-223-8131
E-mail: upc@upcgl.org

Interim Pastor: Joan Seaton
815-222-7849

Church Office Hours:
Monday through Thursday
10 a.m. to 2 p.m.

Address Service
Requested

Grounded | Empowered | Transformed

United Protestant Church of Grayslake
54 S. Whitney Street
Grayslake, IL 60030

