



# The Good News

from  
Christ Episcopal Church

A Monthly Publication To Serve Our Members and Friends

September 2007

Your hospitality and generosity have been much appreciated. We are particularly grateful for all of the work done on the rectory – the newly exposed and refinished wood floors are amazingly beautiful, and Jim Hollingsworth has been diligent (in spite of the rain) in his careful painting of the exterior and refurbishing of the deck. It is once again easy to see the grandeur of the rectory. We look forward to inviting the parish in for a house blessing sometime this fall, after we have finished unpacking.

Also this fall, we will celebrate my installation as your new rector. As of this writing, the date is Saturday 29 September at 5:00 p.m. with a reception to follow. Bishop Scantlebury will preside. Brian Melin, Tina Mathews, and I are working on the details and hope to make this a truly festive event. I hope that many of you will be able to participate in this celebration of new ministry at Christ Church. Watch your weekly bulletin for more details as the event nears.

Also looking ahead, we will kickoff the program year on Sunday 9 September. Sunday School registration will take place after the 9:00 a.m. service. Information about all of our program offerings for both children and adults will be available at that time. Formation for children and adults will begin on the 16<sup>th</sup>. As you finish up your family schedule for the fall, I hope you will remember the importance of ongoing formation for all Christians and block out some time to join your church community in deepening your faith through understanding.

Finally, one of the persistent questions faced by women in ministry is “what should we call you?” As many of you have experienced already, I am very broad church and fairly informal. I am happy with you calling me Eileen. If you are not comfortable with using my first name or if you prefer that your children use a more formal form of address with adults, Reverend or Mother Eileen are just fine. Of course, if you have strong low church leanings, as a former teacher, Mrs. Shanley-Roberts is very familiar and comfortable not to mention guaranteed to get a response (it is also sometimes easier for the kids). Regardless of what you choose to call me, know that I remain yours in Christ.

Eileen+

**Seeking, Serving, and Sharing Christ**

**CHILDREN'S CHAPEL  
SERVICES BEGIN  
SEPTEMBER 9TH**

**On that day pictures will  
be taken for a special  
church poster.**

**This year, we will be look-  
ing forward to awesome  
guests and programs.**

**COME JOIN US ON OUR  
JOURNEY.**

**Much Meaningful Movement on Mu-  
sic Master Machinations**

by *Bill Weber*

Several qualified candidates have expressed interest in the organist/choir director position here. We have posted the opening on various college campuses as well as regional websites. We have auditioned and interviewed one candidate so far and will listen to at least two more before the end of August. Our goal is to have the position filled when the choir resumes their season in September.

Members of the Music Search Committee are Michelle Andersen, Norma Goldman, Charles Schaller, Quentin Schwarz, Katharine Whitney, Bill Weber, and Reverend Shanley-Roberts. Michael and Lindsey Bennett serve as advisory members of the committee, and Marty Goldman is vestry liaison.

All committee members would be happy to answer questions and listen to suggestions on this important project. Please talk to us! If you would like to attend auditions, call Bill Weber: 847-244-1561.

*If you're admitted to the hospital, please notify the church office so that your church family may pray for you. It will also assure a visit by our clergy or one of our Stephen Ministers.*

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## Formation News

What are we doing for Christian Formation/Sunday School this year? In every parish, this is the perennial question. It doesn't seem to matter how organized the coordinator or how well established the curricula, every year in late August or early September, people want to know what we are doing.

Well, at Christ Church, we are going to build on some past successes, reintroduce a program from a number of years ago, and explore some exciting new options for Adults and older Youth.

First, for our 3 to 6 year olds, Norma Goldman has agreed to reintroduce *Catechesis of the Good Shepherd*. She is being encouraged and supported by Pam Moore, member of Christ Church and DRE at St. Matthew's Evanston, who has also agreed to offer a training for Catechists at Christ Church this year, and we are working out the details. Catechesis is an amazing formation program for children, and you will be hearing a lot more about it as we approach the beginning of the program year.

Felicity Dixon and Tanya McLaughlin have done a wonderful job with the rotation workshop model the past several years. They will be meeting with me soon to discuss their ideas for 1<sup>st</sup> through 6<sup>th</sup> grade Sunday school. It does look like we have enough children to form a 1<sup>st</sup>-3<sup>rd</sup> group and a 4<sup>th</sup>-6<sup>th</sup> group. Watch the weekly bulletin for more information for these age groups.

This is a confirmation year for Christ Church. It looks like the confirmation preparation group will include all current 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> graders, as well as any older youth or adults who feel ready to make their adult commitment to the church. Mr. Mark Andersen has agreed to work with this group. They will meet after the 9:00 a.m. service on Sundays and at other times TBA.

The high school group is open to all 10<sup>th</sup> through 12<sup>th</sup> graders as well as any college students who happen to be around on Sunday mornings. Ross Shanley-Roberts has agreed to facilitate this group. Usually, this is a discussion-based program that meets during the regular formation time, but there may be other plans in the works as well.

Adult formation is also under discussion. I have a number of ideas for the adult forum that occurs after the 9:00 a.m. service. I have also discussed with several people the possibility of a mid-week offering, and if there is sufficient parish interest, it will become a reality. If you have suggestions or interests you would like to see addressed during the forum or mid-week, please let me know. A schedule of forum topics for the fall should be available during Sunday school registration on 9 September.

As always, we could use more adult help with Sunday school. If I haven't approached you already, please prayerfully consider if God might be calling you to this ministry.

Eileen+

**Acolyte Training:** We will hold our first Acolyte training of the year on Tuesday 18 September 7:00 P.M. Come refine your skills, learn new positions and liturgical functions, or just find out what everyone is doing this year. We will also be getting information from you to make the schedule for this year. We may even have food. Acolyting is open to any youth or adult in fifth grade or older. If you can't make this training, rest assured, there will be another one in November.

Eileen+

## The Good News

Hello Christ Church family,

It has been a very busy time for me managing family, work, church life, and finding time to take care of myself. Sometimes I don't know which "hat" I am wearing, and I find it hard to shift from work, to family, and then to church (not necessarily in that order). The thing that makes it easier for me is trying to enjoy everything I am doing and being conscious of God's joy and love.

Reverend Rebecca's sermon Sunday reminded us that where we spend our money is what we treasure. I have been thinking about that for 2 days now and even discussed it with my wife Norma. We talked about how we spend our money and what we treasure. I am trying to do this without judging myself but just noticing how I use my money. I find it revealing to see what I value.

I have also been examining how I spend my time. I am trying to do this as an observer of how I live rather than being a judge and jury. I find it amazing how off balance my life can be at times. I find myself spending too much time unproductively at work avoiding something else that I should be doing or spending too much time playing or even being at church when I should be somewhere else.

All I know is that I am glad to be alive so I can experience this discernment of how I am living my life, and I am glad that my friends, my church, and my lord are walking by my side as I go.

Peace,

Marty Goldman



**Thanks** so much to all who purchased Pampered Chef products in May. We did get a check from the company for \$95.40 for Relay for Life! So everyone got handy things and Relay received some extra money.

Julie Lundquist

**The Christ Church Relay For Life** team raised \$7552.40 so far—more is pending. This qualifies the team for the Gold Level. The Relay was held in June at Bevier Park. We had quite a good turnout of people from the church. The team members were: Kathy Brown, Mona Brown, Jenifer Dishner, Shirley Figeas, Lucy Fonseca, Walter Givler, Hendris Grenier, Margo Hagen, Jan Hairrell, Matt & Ryan LaForge, Julie Lundquist, Jackie Minogue, Lora Bentze, Carol and Steve Niemi, Chad and Suzanne Niemi, Jason Niemi, Janis Pearce, Donna Schelfaut, Michele Smith, Kelinda Wilcox, Kevin and Melissa Williams, Tyler and Ethan Williams, Mic and Tina Mathews. There were so many more that came out to walk or support us. Tina Mathews headed up the team. She gave out pins to participants at the Aug. 5 service. She also gave special thanks to Karen and Pete Lukas for providing the flowers for the survivors to carry and toss into the lake during the survivor lap. The Relay overall raised \$125,000 (\$14,000 over their goal). This is the first time in the 8 years of the Greater Waukegan Relay that we hit our goal.  
Janis Pearce



**Thanks** to all those volunteers who gave their time and efforts to help raise \$483.00 in parking revenue for "Scoopin Genesee" this past month. It is only about half what was raised last year but welcome just the same.

Also a big thank you to all who helped in preparing the rectory for Rev. Eileen and family. That facility was sparkling when they arrived. The gardens are weeded and Memorial Hall continues to be brighter each day. All of this has been done with monetary gifts from many parishioners and elbow grease from many more. Thanks girls and guys. I'm proud to be a member of this congregation.

Walt Givler

### To those of us who are seventy and over,

I would like to call your attention to a little known change in the Income Tax Code that will be expiring at the end of this year. There is a golden opportunity to avoid income taxes and at the same time help strengthen the church's finances. It will require some research on your part before you take any action, but the favorable tax-break expires on December 31, 2007.

For the rest of this year, those over seventy and a half can donate proceeds from an IRA directly to a charity and owe no money in federal taxes. There are some limits on both income and the amounts that can be contributed.

I have a recent article from the Chicago Tribune financial section that goes into some detail. I will provide a copy to anyone who is interested. I encourage you to discuss this with your financial/tax advisor.  
Walt Givler

### St. Margaret's Guild will begin their new year on Thursday, September 27th.

The session will begin with Morning Prayer in the Lady Chapel at 10:30 p.m. We will then adjourn to Memorial Hall for the business meeting and discussion of plans for the coming year. A luncheon prepared by the officers will follow.

Jane Dowden

It's summer and there is still time to get moving if you have not done so. Consider starting an exercise program now and continuing it. It takes 21 days for an activity to become a habit. Make exercise a habit and reap the benefits.

The American College of Sports Medicine and the American Heart Association have recently updated their recommendations for physical activity for adults. Physical inactivity, and all the consequences of it, still remain a major public health issue.

Key points of the new recommendations are:

- All healthy adults aged 18-65 years need moderate-intensity aerobic physical activity for a minimum of 30 minutes on 5 days/week **OR** vigorous-intensity aerobic activity for a minimum of 20 minutes on 3 days each week. Moderate aerobic activity ( example, brisk walking) means you should have a noticeable increase in your heart rate. Vigorous-intensity (example jogging), means you should have rapid breathing and a greater increase in your heart rate than with moderate activity.
- Combining these activities is acceptable (for example, walking briskly or other activity that increases the heart rate for 30 minutes 2 times/week and then jogging 20 minutes or other activity on each of 2 other days. Bouts of 10 minutes or more of moderate-intensity aerobic activity can be accumulated toward the 30 minute minimum).
- Light intensity activities of daily living (self care, washing dishes, taking the garbage out) don't count.
- More activity than the recommended is better. More activity reduces the risk of inactivity-related chronic disease.
- Muscle strengthening and endurance activities should be done at least 2 days/week.
- For those older than 65 years, and those 50-64 with chronic health conditions that impair their ability to engage in physical activity, aerobic exercise, muscle strength training, stretching and exercise to improve balance are important. A gradual stepwise approach should be used. Consult with your healthcare provider to design a specific plan that considers your health condition.

Keep in mind that these are guidelines and not meant to apply to everyone. However, even those with medical conditions are likely to benefit from increasing their activity level. It is important to talk with your health care provider about how you can incorporate increased activity into your day.

- Jan Hairrell

# The Good News

## The Reredos at Christ Church

By Bill Ashley

The beautiful wooden structure behind and above the blue Vermont granite altar is a reredos (rē'rdos). On one side, a carved standing wooden figure of Moses holds the Ten Commandments. Due to a mistranslation by Jerome, Moses has horns protruding from his head. Jerome mistranslated "rays of light" as "horns" leading to this misconception. On the opposite side, a carved standing wooden figure of John the Baptist holds a Baptismal Shell in his right hand. Under his left arm, he holds a book and a lamb pierced with a spear (point accidentally broken off) representing Jesus as the Lamb of God reclining on the Book of Life. Placed on top of the reredos is a Celtic cross. Many stylized representations of a lily called a fleur-de-lis, adopted as a symbol of Royalty in France, and as such, symbolic of the Virgin Mary, Queen of Heaven, adorns the reredos.

The Besley family donated the reredos, in memory of William (1808-1897) Besley and Mary, his wife (1810-1891). We do not know the actual year the reredos was installed but we have a picture that shows the reredos was not there in 1888 and another picture shows it was there in 1913 but without the side panels. A third picture shows the reredos plus the side panels with the Bishop's chair on one side and the Credence Table on the opposite side in 1930.

Dean Ganster states that William Besley served as Christ Church's Senior Warden for a total of 39 years. Senior Warden Besley read the instrument of donation at the consecration of the new church on January 31, 1889. He continued to serve until the year of his death in 1897. We thank the Besley family for their gracious gift of the reredos.

## Outdoor Service?

Sunday, August 05 was scheduled to be our third outdoor service this summer, but the excessive rains overnight prohibited that. We still had the service at 10:00, but it was in the main church. It was the first service with our new rector, Eileen, and everything went perfectly. During the announcements, Marty Goldman told a story about playing miniature golf with Fr. Moon and their grandchildren. And after their grandchildren were gone, they invited Eileen's children to go with them. It was a nice story about welcoming them to the church family. Marty had Eileen's family, Ross, Emily, and Abigail come up to officially welcome them. Eileen thanked everyone for helping to welcome them to the church and with finding things in Waukegan. Tina Mathews had an announcement about the Relay For Life results (see article elsewhere in this newsletter). Marty read a letter of thanks to the parish from Father Charlie for the cross he was given as a farewell gift. The service music was performed on guitar by Pete Lukas. It was a wonderful addition. Thanks, Pete!

After the service, we still had a picnic, but it was in Memorial Hall. The food was grilled outside and it was nice enough for the kids to play some games that various parishioners brought to add to the fun of the day. There was such an excellent spread of food. I overheard Ross say something about so much to choose from. I told him "Welcome to Christ Church!" (We do put on a good meal.)

Thanks to all who planned, set up, cooked, and cleaned up. It was really a wonderful day. I hope it showed the Shanley-Roberts family just what kind of place this church is and who we are.

Janis Pearce

PARISH OFFICE

Phone: (847)662-7081

Office Hours: Monday to Thursday

Hours: 8:30a.m.-1:00p.m.

SUNDAY SERVICES

7:30 a.m.

Holy Eucharist, Rite I

9:00 a.m.

Family Eucharist

10:30 a.m.

Adult Forum

**The deadline for the October newsletter is Monday September 10.**

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