

Newsletter

April 2024



**Artist Series—Wayne
Messmer** Pg 19

Trivia Night & Kids Movie
Pg 11

Barnabas Ministry
Pg 12

Small Groups
Pg 10

Shepherd of the Prairie Lutheran Church
Huntley, IL sotp.org 847/669-9448

Photo: Open Mic Night Feb 23, 2024

A Note

From Pastor Mark

Well Easter is over and yet it is not... the Easter Season continues for seven weeks. Some say as well, that "every Sunday is Easter Sunday!"

Ever wonder how the word Easter entered our Christian vocabulary?

The term "Easter" is based on the name of a Saxon goddess of fertility and sunrise who was remembered at the time of spring. This coincided with Passover, which marks the Christian story of Jesus' crucifixion and resurrection.

When the Saxons became Christian, they kept the old name for the season. So, in English, this strange word "Easter" came to identify the most important Christian story in Scripture.

And it's spring, of course ... although today, as I am writing this note, it feels more like early winter.

Of course, the story of Jesus' resurrection isn't just another springtime story. It's a strange story, really, about rising from the dead. In the cycle of life, the dead leave behind children and grandchildren who continue the next generations. The dead don't defy the grave by rising back to life again. Yet this is what the Christian witness tells us.

Jesus, who was killed by crucifixion and buried, is risen from the dead.

Can you think of anything in your life that compelled you to go out and tell the neighbors what happened?

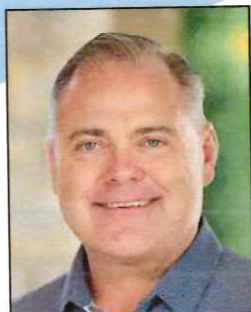
I remember when the Chicago Bears made a block buster trade for a new

quarterback and our son Seth was so excited he ran outside and jumped in snow pile shouting "Cutler is our quarterback!" Or how about a birth? Or a new job or promotion. First chair violin in the orchestra. Does anything come to mind that you just had to tell someone?

Matthew records the story of Jesus' death and resurrection. We imagine the first experiences of confusion, perplexity, and then joy at the empty tomb where Jesus had been buried. And then we wonder if this story has anything to do with us.

Jesus' resurrection is said to be the first glimpse of God's eternal Kingdom of power and glory that overcomes death and the grave. We hear the refrain once again, "O death where is thy victory? O death, where is thy sting?" (I Corinthians 15:55). Easter eggs and chocolate bunnies are okay. But they are nothing compared to the grace, forgiveness, hope, and new life that we celebrate in Jesus' resurrection!

Happy Easter! May this news embolden us to go out, maybe not jump in a snow pile, but be ready to tell why the resurrection matters to us! Death has no hold over us, it is life in Jesus name!



Pastor Mark



Ministry Musings

With Donna

Recently I have been walking with several people through a season of

sadness, and we have certainly had a season of sadness here at SOTP as we have several members die, and some of our members have had loved ones die. I personally have been going through a new season of sadness at the death of my grandson, Payton. One thing I hear often from others is the idea that being sad is somehow a bad thing. Sadness is a very valid and appropriate emotion to feel when we have experienced some type of trauma or loss. That loss could be the death of a loved one, loss of a job, a relationship that has been broken, the loss of physical health, a financial set back, the loss of a pet, a dream that has ended and many other things.

When we experience a loss, we often think that showing our sadness is a sign of weakness. Unfortunately, so many of us believe sadness is weakness. In the past, society, especially our northern European cultures tell us to "chin up", "stand tall", "don't let it get the best of us", "be strong", and "put on a happy face". We think we are doing well when we don't let our emotions show.

But sadness is just as essential an emotion as joy or hope. Granted, sadness is not as pleasurable to go

through as feelings we deem more positive; but sadness is important and even valuable to experience during an appropriate time in our lives.

When you are grieving any kind of loss, it is normal to feel sad, in fact for our mental health, it is necessary to allow ourselves to feel that sadness. Sadness gives us time to slow down, pause and experience our loss for what it is. I believe the only true path to the healing of our heart, mind and spirit after a trauma or loss is to embrace the painful feelings, give ourselves permission to feel them. The pain and sadness that goes alongside loss doesn't just go away because we decide it's time to do so. Grief and sadness often come in waves, like the waves in the ocean. Sometimes the waves are high and mighty, and wind driven, and they knock us down when they hit us. At other times they may be gentler and just tickle our feet as they come in. As time goes on and we begin to heal, the waves that come tend to be more of the gentler kind and there are fewer high and crushing waves.

If you have been dealing with a loss and grief in your life, I would like to invite you to join us at TRANSITIONS, a support group for those going through loss. It doesn't need to be a death; it could be any kind of loss that is causing sadness and grief. We will meet on Tuesdays at 7pm, beginning

(Continued on page 4)

Ministry Musings

With Donna

(Continued from page 3)

on April 2nd, in the church library. This will be a safe place where you can talk about your loss and your grief, or simply sit and listen. Sometimes just being with others experiencing loss

can be very comforting. If you have any questions, please contact me; donna@sotpmail.com or 214-676-1788.

Contact: Donna Kelly
donna@sotpmail.com

Kids Connect—Sundays

Preschool—5th Grade

A graphic for Kids Connect Registration. It features four children's hands with colorful paint on them, arranged in a row. Above the hands, the text "2023-2024 Kids Connect Registration" is written. To the right of the hands, there are colorful puzzle pieces. In the bottom left corner, there is a QR code. In the bottom right corner, there is a blue box with the text "Register: www.bit.ly/SOTPkids23".

2023-2024 Kids Connect Registration

Register:
www.bit.ly/SOTPkids23

Morning Movement

Walking the Halls

A graphic for Morning Movement Walking the Halls. It features a pair of legs walking on a path, with a large archway over them. The archway has the text "Morning Movement" written on it. To the right of the archway, there are several plus signs and the text "Walk the halls at SOTP". Below the archway, there is a QR code. In the bottom right corner, there is a blue box with the text "Come Alone or With Friends" and "www.bit.ly/SOTPwalk Weekdays 7:30-8:30 am".

Morning Movement

Walk the halls at SOTP

Come Alone or With Friends

www.bit.ly/SOTPwalk
Weekdays 7:30-8:30 am

Friends Bible Study *For Women*

Friends Bible Study meets every Monday afternoon from 12:30 -2:30 in the Willow Room at Shepherd of the Prairie Lutheran

Church. The group chooses a book of the Bible and discusses that book for a number of weeks. Currently we are studying two books of the Bible that have women as the central focus, Ruth

and Esther. Please join us at any time; you don't need to wait until a new book of the Bible is starting.

Contact: Linda Dungey
lindajsd88@gmail.com



FRIENDS' (Women's) BIBLE STUDY



Mondays at 12:30 pm

More info: www.bit.ly/SOTPfriends

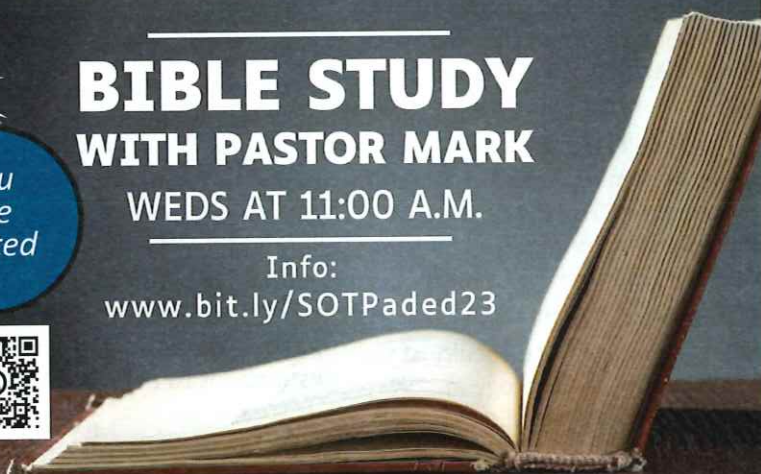
Adult Bible Study *With Pastor Mark*



*You
are
invited*

BIBLE STUDY WITH PASTOR MARK WEDS AT 11:00 A.M.

Info:
www.bit.ly/SOTPaded23



FREE Online Course Through LSTC

FREE ONLINE
Series on
Liturgy and the Natural World

Starting April 7

Sign Up: www.LSTC.EDU/EVENTS

In April 2024, we are delighted to announce that Dr. Benjamin Stewart, who until 2022 served as Gordon A. Braatz Associate Professor of Worship at LSTC, will be leading a session on the relationship between liturgy and nature.

We invite you to join us for an inspiring 4-part series, sponsored by LSTC Learning Communities, that explores the topic of nature and liturgy.

Dr. Stewart will lead this course for 4 **Sundays, beginning April 7 from 6:00 p.m.-7:30 p.m. CST.** Or you can join **Wednesdays beginning April 10 from 7:00 p.m. – 8:30 p.m. CST.**

Rev. Dr. Benjamin M. Stewart serves as Distinguished Affiliate Faculty at the Lutheran School of Theology at Chicago and as Pastor to Emmanuel

Lutheran Church, Two Harbors, Minnesota. A recent migrant to Duluth, Minnesota, Ben is a member of the North American Academy of Liturgy and contributes to its Ecology and Liturgy Seminar. He is author of *A Watered Garden: Christian Worship and Earth's Ecology* (2011).

SESSION SUMMARY

According to the Bible, the universe is like a cosmic choir where stars sing for joy, trees clap their hands, and waters roar hymns of praise. Humans – among the youngest of earth's species – are sometimes like latecomers to choir practice, learning from other creatures how to "join their unending hymn." In this crucial ecological moment, we take a journey to four destinations to help us reimagine our

(Continued on page 7)

FREE Online Course Through LSTC

(Continued from page 6)

communal liturgies and our daily rituals for the life of the world: the whole cosmos; the cycle of night and day; the sacraments; and our bodies themselves as sacred ground.

We encourage all interested members of our community to join us!

Session 1: Trees Clap their Hands, Stars Sing for Joy

Sunday, April 7

Wednesday, April 10

Also sent to view at a later time per request (still register)

How can humans find our appropriate place in the cosmic choir?

Session 2: Each Day is a Gift: Ancient and Contemporary Rituals for Sunrise, Sunset, and Night

Sunday, April 14

Wednesday, April 17

Also sent to view at a later time per request (still register)

Did you know that the oldest Christian

prayer outside the Bible is still sung as day turns to night in the Holden Evening Prayer?

Session 3: A Sacramental World: Baptism and Communion

Sunday, April 21

Wednesday, April 24

Also sent to view at a later time per request (still register)

How can baptism and communion lead us deeper into love for the earth?

Session 4: Earth to Earth: Theology and Spirituality of Green Funeral Practices

Sunday, April 28

Wednesday, May 1

Also sent to view at a later time per request (still register)

What is the green burial movement, and how is it deepening Christian faith and practice related to death — and the life of the world to come?

Register now:

www.LSTC.EDU/EVENTS

Offering Counters Help Needed



OFFERING COUNTERS

We could use a couple of offering counters. We count on Monday morning at 8:00 or 8:30. It usually takes an hour. Once you have a little training

you would sign up for a month of your choice. Some counters think the pay is so good they sign up for several months.

Contact: Ralph Wehnes
ralphwehnes@sbcglobal.net

Collecting Plastic Bags

Building a Bench

UPDATE!!!

As of
03/21/24
SOTP has
collected 451
pounds of
plastic!!!!

Thank you all
for your help
with this
project and
keep it
coming!



There are reminder sheets of what is and is not appropriate to donate, as there have been some items that have been donated (plastic bottles of any kind, newspapers, anything with a do not recycle sign

on it) that do not qualify for this project.

Please pick one up at the Welcome Center Desk.

Contact: Tara Mackey
rtmackey10@yahoo.com

Memory Garden & Memory Walkway

Now that the weather is nicer, why not take a walk the West end of the Church building and visit our Memory Garden and Memory Walkway. There you will see our 72 niche Columbarium and Memory Brick walkway. There are 3 granite benches for you to relax on. Then you can take a walk on the Memory Brick walkway. There are still spots available in the Columbarium, and we will try to get enough orders for additional bricks later this year. For more information, contact Pastor Mark or Pastor Ryan.



SOTP Logowear



SHEPHERD OF THE PRAIRIE
LUTHERAN CHURCH

Online Apparel Store

www.bit.ly/SOTPlgowear

in some places, it asks about "players." The company we are using provides services to a lot of sports teams so that is why that word is there. Please skip any request to enter "player" info.

Shepherd of the Prairie has an online apparel store!

Our online store is available all the time moving forward so feel free to browse here as well:

www.bit.ly/SOTPlgowear

While on the site, you may see that

SHIPPING All purchases help SOTP provide our outreach t-shirts for events like parades and events in the community.

Contact: Matt Morrison
matt@sotpmail.com

Food Drive

April 7



SHEPHERD OF THE PRAIRIE HOSTS

GRAFTON PANTRY FOOD DRIVE

10805 MAIN ST. HUNTLEY

MONTHLY 1ST SUNDAY

8:30 - 11AM

Collecting in Car Outside Main Office Entrance

Those from the Food Pantry want to relay their thanks for your generosity through the Christmas season. Just a reminder that

help is needed year-round and not just for the holidays.

Contact: Annette Petersen
petersenannette12@gmail.com

Small Groups

The Heartbeat of SOTP



What are small groups?

Gatherings of 4-12 people for learning, sharing, fellowship, service and more. Jesus had many disciples or followers, but he had his special small group of 12. As his apprentices, they learned to live and serve as he did.

7s GROUPS

- Monday 1pm at SOTP
Annette Petersen
petersenannette12@gmail.com
Study: THE CHOSEN
- Thursday 6:30pm
(Group is Full)
Jim & Kim Stancl's home
kstancl@comcast.net
Study: THE CHOSEN
- Thursday 7pm
Steve & Carol Legel's home
sjvet@yahoo.com
STUDY: THE CHOSEN
- Thursday 6pm –at SOTP
Donna Kelly
donna@sotpmail.com

FRIENDS BIBLE STUDY

- A study for women of all ages
Mondays at 12:30 pm
Linda Dungey
lindajsd88@gmail.com

NEXT STEP FELLOWSHIP

- Join with other Seniors for fellowship activities or outings.
Fourth Saturday of each month
10am
Phyllis Thompson
phyllisthompson@aol.com

BOOK CLUB

- Come join the fun as we enter into new adventures through books!
First Thursday of each month-
at SOTP– Candace Beck,
candybeck48@gmail.com

HOLY SMOKERS

(Group is full)

- Men's Bible Study Group meets
Tuesday 7pm via Zoom

COFFEE FELLOWSHIPS

- Women's Coffee Fellowship—
Friday 10am –McDonalds in front
of Walmart in Huntley
- Men's Coffee Fellowship—
Tuesday 8:30am -McDonalds in
front of Walmart n Huntley

*For more information on small groups,
contact: Donna Kelly at
donna@sotpmail.com*

Trivia Night FUNdraiser!

& Kids Movie Night



Trivia Night Fundraiser for Youth Mission Fund on **Friday, April 12th at 6:00 pm**

- Trivia hosted by SoundBlessed
- Silent Auction to Include Cubs Tickets, White Sox Tickets, Autographed Sports Memorabilia, Dinners, Wellness Products, Golf Package, Luggage, and More!
- Snacks Served by Youth of SOTP
- We will be providing water - if you would like something else to drink, please bring your own non-alcoholic beverage with you.

- We are excited to be offering a **Movie Night** for children of participants - please register them when you sign up so we know how many to plan for.

Schedule for this evening:

- 6:00 pm Arrival, check-in and snacks
- 7:00 pm Trivia

If you're not able to attend but would still like to donate to the Youth Mission Fund, register here - there is an option for that.

Sign Up or donate now by going to:
www.bit.ly/SOTPTrivia2024

Contact: Pastor Ryan Mackey
pastorryan@sotpmail.com

Barnabas Ministry

Caring People Needed



TRAINING
SATURDAY
May 4
10am - 1pm

For current
Barnabas Ministers
& those interested in
information

*Caring for
our fellow
members.*

More information
& sign up:
**[www.bit.ly/
SOTPbarnabas0424](http://www.bit.ly/SOTPbarnabas0424)**

One of the ways we care for our these brothers and sisters in Christ is through our SOTP Barnabas Caregiving Ministry. This is a ministry of love and listening for our shut-ins; those who are in their homes, in care facilities or in the hospital.

Our Barnabas Ministers make in person visits where possible about once a month and take communion to our care receivers. In addition, we conduct 4 services each month at various area care facilities. When we cannot visit in person, we make phone calls to catch up and see that all is good.

We would like to invite you to come and find out more about this exciting ministry. No special requirements, other than a caring heart and a listening ear are needed. We are

hosting a training session **on Saturday, May 4th from 9 to 1pm**. Come and see what Barnabas is all about and if this is a good ministry fit for you. You can register for the training at **www.bit.ly/SOTPbarnabas0424**, on the Church Center App, the SOTP website, or at the registration kiosk in the welcome area.

For more information, please contact Donna Kelly by email or through the church office, 847-669-9448.

*Contact: Donna Kelly
donna@sotpmail.com*

Golf for Humanity

Fundraiser

A promotional poster for the 'Golf for Humanity' fundraiser. The background is a bright, sunny golf course with a green fairway and a blue sky. In the foreground, a golf club (driver) and a white golf ball are on the grass. On the left, there is a QR code. The text is arranged in a clean, modern layout with various fonts and colors (blue, green, yellow, black) to draw attention.

GOLF
FOR HUMANITY
Friday, May 31
11am

 **FUNDRAISER**
Habitat
for Humanity®
of Northern Fox Valley

**Whisper Creek
Golf Course**
**Dinner, Golf,
Silent Auction,
Raffle & More!**

INFO & REGISTRATION : www.bit.ly/HABITATgolf24



Golf for Humanity - because everyone deserves a place to live. Have a great day PLUS you will be supporting

HABITAT FOR HUMANITY/NFV New Hope Partnership

SOTP is part of the New Hope partnership with several other local churches who joined together to build homes for the needy.

We hope to raise money to sponsor another home.

- 11:00 am Check-in, Range Time
- 12:45 pm Kickoff
- 1:00 pm Shotgun Scramble Start (on course beverage service)
- 6:00 pm Buffet with Cash Bar

Closest to Pin Men & Women
Longest Putt Men & Women
Hole in One Prizes
50/50 Raffle

Silent Auction at Dinner

Proper Golf Attire (no jeans, t-shirts or gym shorts).
Collard shirt for gentlemen.

Register, sponsor or make a donation now www.bit.ly/HABITATgolf24

Silent Auction Donations:

Please consider donating a prize to the silent auction! Gift cards of any style or denomination, tickets to local sporting or concert events, sports memorabilia and golf related items. Donors will be recognized during the event!

Donations contact: Joe Sinnaeve
847/204-4891

jsinnaeve@sbcglobal.net

SOTP Mission Team Contact:

Sandy Hupert

Kids Academy

Kindergarten—12th Grade



This program will provide workshops, classes and lessons in all sorts of areas. The SOTP Kids' Academy will offer various enrichment classes for kindergarten—12th grade. The Academy is bringing together adults in our church with talents and passions that they are passing on to the younger members. Some classes will have a small fee to offset the cost of supplies.

- 4/4/24, (Thursday) / 4:30-6:00 pm / Paper & Yarn Animals / 2nd—5th grade
- 4/25/24 (Thursday) / 4:30 - 6:00 pm / Watercolor Painting with Julie K / Kindergarten —2nd grade

See all classes & sign up at www.bit.ly/SOTPkidsac24 now, space limited)

Contact:

Amy Stech amc_stech@yahoo.com

Gentle Exercise

May 11th 11a-12p Fellowship Hall

Join us for an afternoon of gentle exercise with instructor Danae Molitor, a multi certified instructor specializing in senior/active adult classes as she guides us through a class that is beneficial to anyone at any age - no matter your age, fitness

level, or limitations.

More information and sign up via sotp.org or the Church Center App will be available toward the middle of April.

Contact: Tara Mackey
rtmackey10@yahoo.com

Holy Spirit 101

With Pastor Bill



come?

What does this Holy Spirit do?

Is this Holy Spirit the same as the Spirit of Jesus?

Or is the Holy Spirit a thing that stands apart?

Is the Holy Spirit in the Old Testament or only in the New?

We say it every Sunday: "I believe in the Holy Spirit..." It's part of our confession of faith--an important part! But what do we mean?

Who is this Holy Spirit?

Or, what is the Holy Spirit?

From where does this Holy Spirit

We'll explore these and other questions in our next "101 Saturday Series"

On **Saturday, April 6, 10:00-2:00.**

Be sure to sign up at www.bit.ly/SOTPholy24! And do it today!

Contact: Pastor Bill Waxenberg
bwaxenberg@gmail.com

Next Step Fellowship

For All Seniors



Cards (Make or Play) : Sat, April 27, 10am

NEXT STEP FELLOWSHIP

Fellowship Group for ALL Seniors

Limited Spaces for Card Making



Info & Sign Up: www.bit.ly/SOTPnext0424

SOTP Booth Needs You

Huntley Expo 2024

Come help spread the good word about SOTP at the 2024 Huntley Business Expo at the Huntley Park District Saturday, April 20th. Expo is open from 9am - 3pm



HUNTLEY BUSINESS

EXPO

2024

SATURDAY / APRIL 20
8:30-NOON -OR- NOON-3:30

Information & Sign Up:
www.bit.ly/SOTPexpo24

SOTP Booth Needs You!

Volunteers Needed

SHEPHERD OF THE PRAIRIE
LUTHERAN CHURCH

- Set up/ first shift: 8:30 - Noon (set up booth with game/swag/pamphlets/ helping man the booth, talking to people and playing games)
- Second shift/take down: Noon - 3:30 (helping man the booth, talking to people and playing games/take down booth)

The Community Outreach team would love to have your help handing out new SOTP swag and interacting with the Huntley community.

Sign up for a time slot now at
www.bit.ly/SOTPexpo24

Contact: Tara Mackey
rtmackey10@yahoo.com

Adventure Club

Resumes April 3



4TH & 5TH GRADERS

Join us
Wednesdays
at
5pm

Adventure CLUB

Info & Register:
www.bit.ly/SOTPadv2324

Estate Planning

thrivent



Scan to learn more.

Who needs an estate plan? You.

Discover essential factors
in building your estate
plan.

No matter your wealth or status, you have an estate. And all estates have something in common— you can't take it with you when you die. Join us for a free workshop, Prepare Wisely: Estate Strategy Essentials.

- Explore assets— whether they be financial or physical
- Understand beneficiaries— family or organizations you care about.
- Gain tools to help put your plans into action.

These sessions are hosted by Matt Drafall, FIC, CA Insurance 4231948 and John W Drafall, LUTCF*, FIC

Sunday, May 19, 2024

10:45 a.m.
Shepherd of the Prairie

Sunday, May 19, 2024

12:00 p.m.
Shepherd of the Prairie

Vacation Bible School Volunteer Registration Open

**ALL
NEW
VBS
2024**



**START
the
PARTY**

Celebrate the Good News

**Volunteer
Registration**

**SAVE
THE
DATE!
JULY
8-12**

VOLUNTEER SIGN UP OPEN: www.bit.ly/SOTPVBS24vol

Ministry Night

You Are Invited!

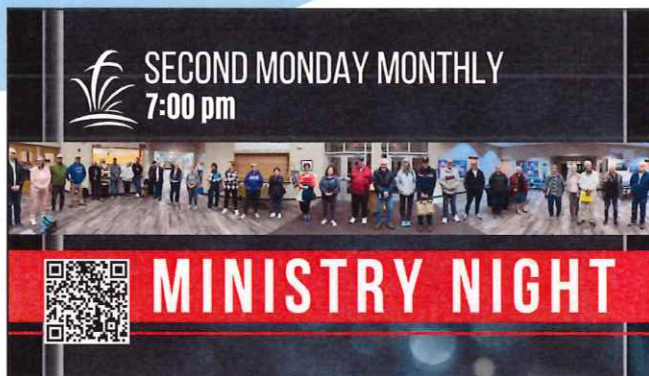
Monday, April 8th,
come and see how
you might get plugged
into to helping on one
of those teams ·

- ⇒ Community Outreach Team
- ⇒ Children/Youth and Family Team
- ⇒ Mission Team Property Team
- ⇒ Stewardship Team
- ⇒ Worship Planning Team

Everyone is welcome to visit Ministry Night, whether you are brand new or

longtime members, or just want to know more about SOTP ministry opportunities.

Contact: Donna Kelly
donna@sotpmail.com



Saturday Ushers

Help Needed



If you attend Saturday Night 5:00 pm church service, you might recognize a face or two. This picture is a group of the Saturday ushers, excluding Pastor Ryan, who faithfully serve on Saturday's. Many also serve as Communion Stewards. Some were

missing because of work or on vacation. If you are interested in serving on Saturday's, contact Lead Usher Barb Hoppensteadt.

Contact: Barb Hoppensteadt
hoppen@sbcglobal.net

The Artist Series Presents

The Wayne Messmer Quartet

One of Chicago's most celebrated voices, Wayne Messmer brings his outstanding group of fellow musicians for a concert at Shepherd of the

Prairie Lutheran Church on **Friday, April 19, 2024 from 7:00 to 8:30pm.**

Sponsored by the SOTP Artist Series, the public is invited to hear this entertaining performance. No tickets are required and freewill donations are gratefully accepted.

Messmer is equally comfortable in singing jazz classics to standards and Broadway favorites. His versatile vocal stylings, impeccable phrasing,



SHEPHERD OF THE PRAIRIE
LUTHERAN CHURCH
ARTIST SERIES
presents

FREE
Donations
Appreciated

THE WAYNE MESSMER QUARTET
Friday, April 19, 2024
7:00 PM
10805 Main St.
Huntley

and unique interpretations have won the praises of audiences for years in a variety of concert venues.

Joining Messmer on stage are veteran performers, pianist Chris White, bassist Scott Mason, and Dick Daugherty, on sax, flute and clarinet.

Visit the church website at www.bit.ly/SOTPARTIST for further information on the Artist Series or email at artistseries@sotpmail.com

Prairie Point Quilters

Welcome to Spring! The quilters have been busy working and finishing quilts. We had to take off a couple meetings due to weather and a funeral, but we have finished 39 quilts. Thank you to the lady who bought us scissors! We appreciate your support. We have several quilts that need to be tied if anyone wants

to help us. I'm working on the other side of the room, but those tiers sure have a lot of fun! Lots of laughs come from that side of the room. We also have treats each time we meet.

We meet the 1st & 3rd Tuesday of each month at 9 until about 11:30.

Contact: Bev Kenny
krkbjk@comcast.net

April Wellness

From the SOTP Wellness Team

Fresh fruits and vegetables are a great quick food choice since they are loaded with important nutrients.

Test your knowledge of the nutritional benefits of fruits and vegetables

True or False: Eating cabbage can help reduce the risk of some cancers.

TRUE: The National Institute of Health recommends eating cabbage, as well as other cruciferous vegetables such as broccoli, cauliflower and kale to reduce the risks of certain type of cancer.

True or False: A chili pepper has more vitamin C than an orange.

TRUE: One fresh chili pepper contains almost 40 percent more vitamin c than an orange.

True or False: Calcium cannot be found in vegetables.

FALSE: Broccoli, bok choy, and dark leafy greens (kale, mustard, and turnip greens) are all good sources of calcium.

True or False: Fresh fruits and vegetables contain almost no sodium.

TRUE: Almost all fresh fruits and vegetables are naturally low in sodium.

True or False: The amount of water used in cooking vegetables won't affect their nutritional content.

FALSE: When cooking vegetables, use as little water as possible to avoid losing nutrients in the cooking liquid.



True or False: The deeper the color of the vegetable, the more beta-carotene it contains.

TRUE: The more beta-carotene in a food, the richer its yellow, orange, or green color. Eating foods rich in beta-carotene may reduce the risk of some forms of cancer.

True or False: Fresh fruits and vegetables are composed mostly of water.

TRUE: An average apple is 85 percent water plus vitamins, minerals, and complex carbohydrates.

Shop for produce and other perishables once or twice a week so you have enough to get you through the week. Keep fruits and vegetables on hand for low-fat, low-calorie snack options.

Fruit and Veggie Recipes:

Apple and Peanut Butter Dip

Sometimes you want something sweet. This is the perfect dish for that moment. It's not only sweet but it also has protein and fiber.

Ingredients:

(Continued on page 21)

April Wellness

From the SOTP Wellness Team

(Continued from page 20)

2/3 cup low-fat vanilla Greek yogurt
¼ cup powdered peanut butter
1 apple

Mix the yogurt and peanut butter powder together. Serve with the sliced apple

Zucchini Pizza Bites

Ingredients:

1 medium zucchini sliced
½ cup marinara sauce
½ cup shredded mozzarella
½ tsp Italian seasoning

Preheat the oven to 450. Line a baking sheet with parchment paper. Slice the zucchini in to ¼ inch slices. Place onto the prepared baking sheet. Evenly distribute the marinara sauce and mozzarella on top of each zucchini slice, and then sprinkle on the Italian seasoning. Cook for 5 minutes, or until the cheese becomes bubbly.

*Contact: Jamie Patel
at jamie.patel@nm.org*

New Member Gathering

Learn About Us

A graphic for a New Member Gathering. It features a blue background with white geometric patterns on the right. On the left, there's a magnifying glass over a document with the word 'information' visible. Below the magnifying glass is a QR code. To the right of the magnifying glass, the text 'NEW MEMBER GATHERING' is written in large, bold, yellow letters. Below that, in smaller white letters, it says 'FIND OUT MORE ABOUT OUR CHURCH'. Then, 'SUNDAY MAY 5 3:00 PM' is written in large, bold, yellow letters. At the bottom, the URL 'www.bit.ly/SOTPNMG0524' is written in white. The top left corner has a small logo with a stylized 'f' and some yellow triangles.

**NEW
MEMBER
GATHERING**

FIND OUT MORE
ABOUT OUR CHURCH

**SUNDAY
MAY 5
3:00 PM**

www.bit.ly/SOTPNMG0524

Altar Flowers

Please consider signing up to donate flowers to brighten up the sanctuary. Each arrangement will be \$52.

The bouquets are delivered from the florist for the weekend worship services. The flowers are yours to keep after the Sunday services or you can pick them up on the Monday following. The church is open from 9:00 a.m. to 2:00 p.m.

There are several ways to place an order for altar flowers. You can do so online here, you can also order the flowers on the church website or you can contact Diane on dem910@outlook.com. Payments can be made by credit/debit card or check/cash.

When you order the flowers, you will need to provide your name, the date



you would like them, your phone number, and for whom the flowers are dedicated to or in memory of. You will receive a special offering envelope for the payment in the mail if you choose to pay by check or cash. If you have any questions, please call Diane Mollis 224-654-6677.

Thank you for contributing to beautify the altar during our services at Shepherd of the Prairie.

Contact: Diane Mollis
dem910@outlook.com

T-coil Hearing Aid? Use our Loop System

Ask your hearing care professional how. Some hearing aids are set up where they might have an app on your cellphone that says "telecoil mode", and you'll activate that. You might have the ability to adjust the volume up and turn down for the microphone level. But again, talk to your hearing care professional, they

should be able to show you all those options, and then play around with it, when you're in church.

Contact: your hearing aid professional



Grief Journey

Journey Through Loss



GRIEF JOURNEY GROUP

**TUESDAY MORNINGS
10AM**

Info: www.bit.ly/SOTPgrief



Transitions

Journey Through Loss



TRANSITIONS A JOURNEY THROUGH LOSS

**STARTING
APRIL 2**

**TUESDAYS
7:00 PM**

More Info: www.bit.ly/SOTPtrans



Are you going through a deep loss:
death of a loved one; job loss; loss of a
relationship; empty nesting; divorce;
loss of health; loss of purpose?

Beginning Tuesday April 2nd, a new
loss support group will begin. We will

meet in the church Library from 7 to
8pm.

If you would like more information
please contact Donna Kelly,
donna@sotpmail.com or through the
church office, 847-669-9448.

Regularly Scheduled



SUNDAYS

1st Sunday Monthly Food Drive for
Grafton Food Pantry,
8:30-11am

9:00 am Traditional Worship

9:00 am Kids Connect

10:15 am Adult Education
with Pastor Roy

10:45 am Contemporary Worship

10:45 am Kids Connect

1:00 pm FBW

MONDAYS

7:30-8:30 am Morning Movement
(Walking—Starting Jan 8)

9:00 am (3rd Mon) Gazebo Valor
Quilts

10:30 am FBW

12:30 pm Friends (Women's Bible
Study)

6:30 pm Boy Scouts Troop 200

7:00 pm (2nd Mon) Ministry Night

7:00 pm (3rd Mon) Council Meeting

TUESDAYS

7:30-8:30 am Morning Movement
(Walking—Starting Jan 8)

8:00 am Men's Coffee at McD's by
Huntley Walmart

8:30 am Staff Meeting

9:00 am (1st & 3rd Tues), Prairie
Pointe Quilters

9:00 am Little Lambs Preschool

9:15 am AL-ANON Meeting

10:00 am Grief Journey Meeting

6:30 pm (1st Tues), Scout Troop 200
Committee

6:30 pm (1st Tues), Boy Scouts
Patrol Leader's Council

7:00 pm Transitions Journey Through
Loss

7:00 pm Bells

7:00 pm Cub Scouts, Tigers

7:00 pm FBW

7:00 pm AL-ANON Meeting

WEDNESDAYS

7:30-8:30 am Morning Movement
(Walking—Starting Jan 8)

9:00 am Little Lambs Preschool

10:30 am Women's FBW

11:00 am Bible Study with Pastor
Mark

5:00 pm Adventure Club

5:45 pm Dinner Church (Lent)

6:30 pm Confirmation

6:30 pm High School Youth

7:00 pm Adult Choir

THURSDAYS

7:30-8:30 am Morning Movement
(Walking—Starting Jan 8)

9:00 am Little Lambs Preschool

9:00 am (2nd Thurs), Prayer
Shawl Ministry

10:00 am (2nd Thurs), Barnabas

1:00 pm (1st Thurs) Book Club

6:30 pm (2nd Thurs), Lions Club

7:00 pm Cub Scouts

Times Vary Volunteers at Habitat for
Humanity ReStore

FRIDAYS

7:30-8:30 am Morning Movement
(Walking—Starting Jan 8)

9:00 am Little Lambs Preschool

10:00 am Women's Coffee at McD's
by Huntley Walmart

10:30 am FBW

SATURDAYS

5:00 pm Worship

Upcoming Events



TUESDAY, APRIL 2 <<NEW>>

Transitions (A Journey Through Loss) Evening Meeting, 7pm
[More Info page 23](#)

WEDNESDAY, APRIL 3 Adventure Club Resumes, 5PM (4th & 5th grd)
www.bit.ly/SOTPadv2324

WEDNESDAY, APRIL 3 Adult Bible Study with Pastor Mark Resumes, 11AM

THURSDAY, APRIL 4
Kids' Academy-Paper & Yarn Animals, 4:30 pm (K-3rd grd)
www.bit.ly/SOTPkidsA24

SATURDAY, APRIL 6 Holy Spirit 101, 10am www.bit.ly/SOTPholy24

SUNDAY, APRIL 7 Free Online 4-Part Education Program—Liturgy and the Natural World
www.LSTC.EDU/EVENTS

FRIDAY, APRIL 12
Trivia Night Youth Fundraiser, 6pm www.bit.ly/SOTPtrivia2024

FRIDAY, APRIL 19 Artist Series Presents The Wayne Messmer Quartet, 7pm

SATURDAY, APRIL 20 Huntley Expo SOTP Booth Help Needed
www.bit.ly/SOTPexpo24

THURSDAY, APRIL 25 Kids' Academy-Watercolor Art, 5pm
www.bit.ly/SOTPkidsA24

SATURDAY, APRIL 27 Next Step Fellowship for ALL Seniors—Making Cards &/or Playing Cards, 10am www.bit.ly/SOTPkidsac24

SATURDAY, MAY 4
Barnabas Minister Training, 10am
www.bit.ly/SOTPbarnabas0424

SUNDAY, MAY 5
New Member Gathering, 3pm
www.bit.ly/SOTPNMG0524

FRIDAY, MAY 31 Golf For Humanity, Habitat for Humanity Fundraiser www.bit.ly/HABITATgolf24

WEEKEND OF JULY 6 & 7 Kickoff to Christmas in July for World Hunger

JULY 8-12 Vacation Bible School, 9am Volunteer Registration:
www.bit.ly/SOTPVBS24vol

SUNDAY, AUGUST 11 New Member Gathering, 3pm

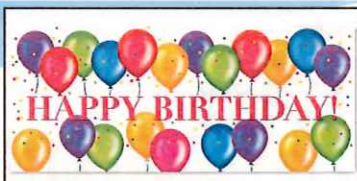
SUNDAY, AUGUST 18
Annual Church Picnic, Noon

SATURDAY, OCTOBER 26
Trunk or Treat, 3pm

SUNDAY, NOVEMBER 10 New Member Gathering, 3pm

Birthdays

April



1-Apr Pattie Bueschel	12-Apr Andrew Ressler	19-Apr Luke Palermo
2-Apr Mary Tabatt	Elloise Torkelson	20-Apr Troy Fleener
3-Apr Robin Anderson	13-Apr Suzanne Alpert	Zachary Ulmer
Kristen Bala	Delainey Black	21-Apr Noah Sparks
Dave Frederickson	Jack Conti	22-Apr Dean Dobrolinsky
4-Apr Amy Casablanca	Andrew Padget	Allison McCann
Samaira Minz	14-Apr William Black	Dan Wentzloff
Penny Shaw	Catherine Johnson	23-Apr Kyle Frendreis
5-Apr Ivan Frake	Marc Piskule	Matthew Kann
Ben Kindle	Cecilia Ramey	Lucas Monson
Mary Lee Rishel	15-Apr Kathleen Bloomfield	Jeff Roberts
Marilyn Wilhelm	Kim Frendreis	Jeff Stangle
6-Apr Jessica Monahan	Jianna Trevino	24-Apr Doris Pizzillo
Kay Schumacher	Wylder Weston	25-Apr Carol Didricksen
Janet Suski	16-Apr Jill Behm	Carol Larson
7-Apr Lynn Moran	Linda Dungey	Kane Luedtke
Larry Scimeca	Jennifer Huston	Robert Mollis
8-Apr Lindsay Sparks	Priyanka Minz	26-Apr Janice Burseth
9-Apr Edward Cuttle	Dennis Schwartz	Wayne Grayczyk
Mitchell Flanagan	Roberta Seroni	Rebecca Hennessy
Carol Forsythe	Lila Stegge	Jill Lamb
Judy Krawczyk	Charlotte Symbol	Jamison Mathiesen
Cole Raines	17-Apr Dan Hollow	Kelvin Walker
Addison Raistrick	Seth McCulloch	27-Apr Andrew Brown
Dave Ressler	Kathy McGuine	Ronald Elam
10-Apr Camden Dean	18-Apr John Boehler	Evelyn Farnam
Tom Koegel	Marcie Schlachta	28-Apr Walter Roth
Donald Kundich	Caitlyn Stech	29-Apr Leah Walker
Kerry Miller	Alan Torkelson	30-Apr Ken Lemke
12-Apr Colton Allegretti	Fred Wilhelm	
Frank Cesario	19-Apr Angela Crase	





**GOD'S
WORK, OUR
HANDS**

Get Involved

Ways to Serve

Are you looking for ways to use your talents and participate in our church family?

Here are some ideas and who to contact for more information for each one:

- AARRK Garden – Ronda Shoemaker
rondapatton313@gmail.com
- Adult Choir—Jane McMullen, jane@sotpmail.com
- Adventure Club—Jill Gillming
jill@soapmail.com
- Annual Church Picnic – Sharon Little
skl55little@mac.com
- Assisting Minister (9am) – Donna Kelly—donna@sotpmail.com
- Artist Series – Jane McMullen
jane@sotpmail.com
- A/V Team – Matt Morrison—
matt@sotpmail.com
- Barnabas Ministry—Donna Kelly
donna@sotpmail.com
- Bell Choir (Adult) —Jane McMullen,
jane@sotpmail.com
- Bell Choir (Kids & Youth) – Jane McMullen, jane@sotpmail.com
- Communion Assistants—Donna Kelly, donna@sotpmail.com
- Communion Set Up & Take Down—
Judie Symbal, judie.symbal@att.net
- Community Outreach—Tara Mackey, rtmackey10@yahoo.com
- Counters—Ralph Wehnes,
ralphwehnes@sbcglobal.net
- Crafting Gifts for Sr. Citizens & Homeless Blankets—Alice Hallett, agrndmom3@gmail.com
- Greeters—Elaine Gillam,
suggillam@aol.com
- Habitat for Humanity – Sandy Hupert sandyhupert@gmail.com
- Kids Academy—Amy Stech
amc_stech@yahoo.com
- Kids Connect—Jill Gillming
jill@sotpmail.com
- Mission Team – Sandy Hupert
sandyhupert@gmail.com
- Newsletter Mailing Prep—Michelle Rankin, michelle@sotpmail.com Sign up at: www.bit.ly/SOTPfolders
- Next Step Fellowship (Single Seniors Fellowship) – Dave Stangle, dstangle.ds@gmail.com or Phyllis Thomson, phyllisthompson@aol.com
- Prairie Crafters – Lori Paeth
- Property Team—Mark Frendreis, SOTpproperty@gmail.com
- Prairie Quilters—Bev Kenny
krkbjk@comcast.net
- Prayer Shawls—Jeanne Henley,
cjhenley2003@yahoo.com
- Public Relations—Matt Morrison,
matt@sotpmail.com
- Readers—Donna Kelly,
donna@sotpmail.com
- Ushers—Ed Cuttle
edschn28@comcast.net
- Vacation Bible School – Jill Gillming
jill@sotpmail.com
- Welcome Center—Tara Mackey,
rtmackey10@yahoo.com
- Worship Band (Singing & Instrumental)—Jeff Moore,
jeff@sotpmail.com

Involvement Schedule

April 2024



		April 6 & 7	April 13 & 14	April 20 & 21	April 27 & 28
Acolyte	SUN 9:00 AM		Miranda Hoeft		
	SUN 10:45 AM	Zach Powe	Julia Hoving	Zachary Serpe	Noah McCabe
Communion Bread	SAT & EXTRA	Linda Wright & Theresa Cox			
	SUN	Chris Nack	Alice Dabelow	Nancy Ottinger	Jill Brown
Counters	MON	Donna Turner, Diana Murphy & Marilyn Wilhelm			
Greeters <i>Interested in Serving Here?</i> Contact: Elaine Gillam suggillam @aol.com	SUN 9:00 AM	Ken & Linda Rotter	Eileen Gerald Terry Halpin	Dottie Bobzin Candace Beck	Laura Attaway Cyndi Monson
	SUN 10:45 AM	Carolyn & Bob Malm			
Ushers <i>Interested in Serving Here?</i> Contact: Ed Cuttle edschn28@ comcast.net	SAT 5:00 PM	Karen Eckert Lynn Meyer	Tom Cox Therese Cox	Carol Hartman Peggy Lynn Loiselle	Barb Hoppensteadt Steve Murphy
	SUN 9:00 AM	WALTER LEMKE Art Ryden Tim Bueschel Jeff Stangle Julian Stangle Kappel's [A]	JACK CONTI Cheryl Rotermund Jeff Ottens Vik Bekeris Carol Engstrom [A]	NANCY WILSON Wayne Schmidt Arja Kasper Dan Wentzlof Mike Malczewski [A]	RALPH WEHNES Jerry & Pat Darow Stan Crissman George Attaway Ed & Carolyn Cuttle
	SUN 10:45 AM	BOB MCDUFFEE Annika Yndestad Vik Bekeris	MARK FRENDREIS Sandy Stewart Jessica Panella	DOUG NAGEL Don Koerner Judy Petrooulos	BOB MOLLIS Diane Mollis Krystal Smith

Follow Us



FOLLOW US ON
facebook



Follow us on
Instagram

@shepherdoftheprairie



**SHEPHERD
OF THE PRAIRIE**
LUTHERAN CHURCH

SHEPHERD OF THE PRAIRIE LUTHERAN CHURCH

@sotpmedia10805 40 subscribers 107 videos

Statement of Purpose >

shepherdoftheprairie.com

And NEW
Follow us on



@sotpmedia10805



Stay Connected

Do you receive
our email communications?

- Daily Devotionals (Food for the soul)
- Weekly Friday Flourish (Church info)
- Monthly Newsletter (More detailed information)
- Weekly Videos from our pastors

To start receiving any (or all) of the above, please e-mail
your request to Michelle Rankin at
michelle@SOTPmail.com

Treasurer's Report

SHEPHERD OF THE PRAIRIE LUTHERAN CHURCH

TREASURER'S REPORT SUMMARY FOR THE PERIOD ENDING FEBRUARY 29, 2024

UNRESTRICTED GENERAL FUND

	MONTHLY ACTUAL	MONTHLY BUDGET	MONTHLY ACTUAL VS. MONTHLY BUDGET	YEAR TO DATE ACTUAL	YEAR TO DATE BUDGET	YTD ACTUAL VS. YTD BUDGET
February 1, 2024 Beginning Balance	\$ 400,001.84					
Monthly Income	67,101.75	68,354.00	\$ (1,252.25)	173,882.43	173,418.00	\$ 464.43
Monthly Expenses	76,262.85	77,430.00	\$ (1,167.15)	153,995.21	154,860.00	\$ (864.79)
Income vs. Expenditures	(9,161.10)	(9,076.00)		19,887.22	18,558.00	
February 29, 2024 Ending Balance	\$ 390,840.74					
Average Monthly Expenses (Budgeted)	\$ 80,500.00					
Approx. Months Covered by Fund Balance	4.86					

MORTGAGE SERVICE FUND

	MONTHLY ACTUAL	MONTHLY BUDGET	MONTHLY ACTUAL VS. MONTHLY BUDGET	YEAR TO DATE ACTUAL	YEAR TO DATE BUDGET	YTD ACTUAL VS. YTD BUDGET
February 1, 2024 Beginning Balance	\$ 55,719.41					
Monthly Income	14,622.87	18,807.00	\$ (4,184.13)	46,020.54	37,614.00	\$ 8,406.54
Monthly Expenses	18,807.00	18,807.00	\$ -	37,614.00	37,614.00	\$ -
Income vs. Expenditures	(4,184.13)	-		8,406.54	-	
February 29, 2024 Ending Balance	\$ 51,535.28					
Average Monthly Expenses	\$ 18,807.00					
Approx. Months Covered by Fund Balance	2.74					

Respectfully submitted,

George Attaway, Treasurer

faith and
finances



SOTP Staff

Jane McMullen

*Traditional Music &
Worship Director
jane@sotpmail.com*

Jeff Moore

*Contemporary Music Director
jeff@sotpmail.com*

Matt Morrison

*Operations Manager
matt@sotpmail.com*

Michelle Rankin

*Operations and
Communications Assistant
michelle@sotpmail.com*

Dave Shotick

*Accounting Administrator
accounting@sotpmail.com*

Pastor Mark Boster

*Senior Pastor
pastormark@sotpmail.com*

Pastor Ryan Mackey

*Pastor
pastorryan@sotpmail.com*

Kendra Coots

*Assistant Teacher—
Little Lambs Preschool
kendra@sotpmail.com*

Jill Gillming

*Director of Children and
Family Ministry
jill@sotpmail.com
LittleLambs@sotpmail.com*

Donna Kelly

*Director of Connections
Ministry
donna@sotpmail.com*

Church Council

Bob Mollis, President

Kathy McGuine, Vice President

George Attaway, Treasurer

Christa Serpe, Secretary

Mike Luecht

Ellen Nissen

Jim Puls

Sara Wolf

Shepherd of the Prairie Lutheran Church
is a congregation of the
Evangelical Lutheran Church in America.

"A Growing Church, For Growing People"

For information, please call (847) 669-9448
or go to our website at sotp.org

WORSHIP SCHEDULE

Saturday 5:00 pm

**Sunday 9:00 am Traditional
& 10:45 am Contemporary**

*Worship with us in person
or online at sotp.org
and Facebook Live*

Shepherd of the Prairie
Lutheran Church
10805 Main Street
Huntley, IL 60142



NONPROFIT
ORG
U. S. POSTAGE
PAID
HUNTLEY, IL
PERMIT NO. 16



Follow us on Instagram & Facebook
[@shepherdoftheprairie](https://www.instagram.com/shepherdoftheprairie)