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## Nurturing Our Mental Health

by Pastor Chris Neptun

I've collaborated with various leaders and ministry partners of Holy Cross to brainstorm sermon series ideas for the last two years. It's been an incredibly energizing and enjoyable process! I've been surprised by the Holy Spirit guiding us to uncover God's messages through these sessions.

During one of these brainstorming sessions, a theme emerged that strikes a chord with many of us: Mental Health. The pandemic has brought to light the vulnerable need for mental well-being, with anxiety, stress, and depression affecting many of us. It's become clear that at some point in our lives, we will either know someone who is struggling with mental health issues or experience them ourselves. Mental health is an integral part of our human experience.

As Christians, we confess the divine and human nature of Jesus Christ. Because Jesus is fully human, he experiences various emotions, including anger, surprise, disgust, enjoyment, fear, and sadness, each with many feelings. Like us, we know he faced mental stress and the challenges human beings experience. It is comforting to know we are not alone, even in our struggles.

During Lent, we will explore the topic of mental health as we hear and understand "The Seven Last Words of Christ." We'll look at eight passages as part of a sermon series, one passage each week, beginning with the sermon on Ash Wednesday and continuing each Sunday through Easter. Together, we'll explore these words Jesus spoke as he faithfully struggled with betrayal, pain, suffering, and death on the cross.

In addition to the sermon series, we will offer other supporting resources. There will be a weekly devotional to take you further into the last words of Christ. It includes a coloring sheet for each week to use as a contemplative practice. There will also be large coloring posters for each theme. If you or your family want to join in a larger project and color one of them, we will display them at church as we make our way through Lent.

Speakers from several organizations that provide resources and support for mental health have been invited to speak as we gather for Holden Evening Prayer during our midweek Lenten worship services on Wednesday nights starting on February 21 at 7 pm.

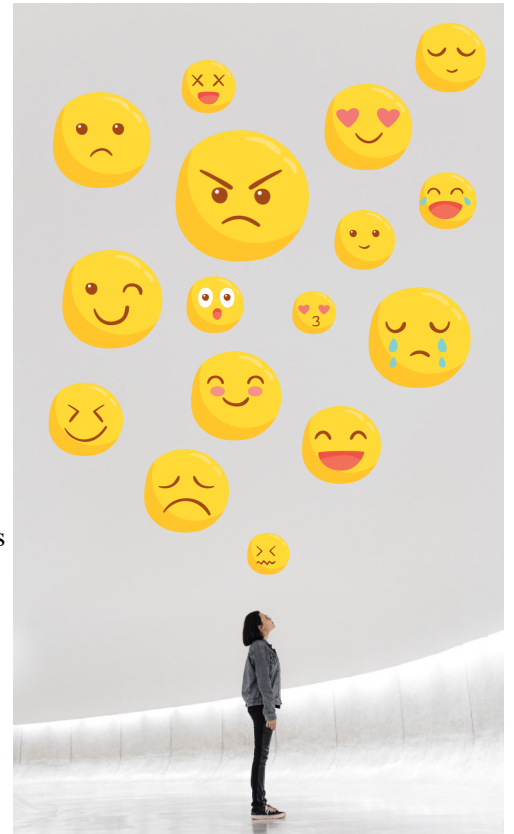
Sunday School students will watch and discuss the Disney Pixar Movie "Inside Out" to talk about the themes of emotions. Turn to the Sunday School column on page 8 to learn more.

Mental health can be a complex topic to discuss, requiring courage and vulnerability. I understand that. I also understand the stigma around mental health and the reluctance to share when struggling with it. In learning more and discussing the struggles we face with anxiety, stress, fear, and other realities in our lives, I hope we can create a safe space to discover resources helpful in reducing the stigma around caring for our mental well-being.

As you enter the season and wilderness of Lent, encountering things you may not understand or be fearful of, hear the words Moses spoke to the people of Israel before they entered the promised land, not knowing what they would encounter. "It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed." (Deuteronomy 31:8 NRSV) Jesus also says to us at the end of the Gospel of Matthew, "...and remember I am with you always, to the end of the age." (Matthew 28:20 - NRSV)

God's peace to you.

*Pastor Chris*



### FEBRUARY WORSHIP SCHEDULE

#### FIRST SATURDAY EVENING

February 3 at 5:30 pm  
Sanctuary

#### SUNDAYS

February 4, 11, 18, 25  
8 & 10 am  
Sanctuary & Livestream

#### ASH WEDNESDAY

February 14 at 7 pm  
Sanctuary & Livestream

#### MIDWEEK LENTEN

Wednesdays  
February 21 & 28 at 7 pm  
Sanctuary & Livestream

# LENT

*The Seven Last Words of Christ*

**ASH**   
*Wednesday*

**February 14 at 7 pm**

Sanctuary & livestream

*Worship with Imposition of Ashes  
& Holy Communion*



## HOLY CROSS LUTHERAN CHURCH

1151 N. SAINT MARY'S ROAD  
LIBERTYVILLE, IL 60048

(847) 367 - 4060

OFFICE@HOLYCROSSCHURCH.ORG

HOLYCROSSCHURCH.ORG

### PASTORS AND CHURCH STAFF

Rev. Christopher P. Neptun, Senior Pastor  
Rev. Dr. Robert A. Davis, Pastor Emeritus  
Sarah Accettura, Administrative Coordinator  
Edwin Andrade, Director of Youth and Family Ministry  
Janet Carr, Congregational Activities  
Carmen & Abel Cervantes, Custodians  
Beth Fashimpaur, Handbell Choir Director  
Deaconess Katie Freund, Director of Early Faith Formation Ministries  
Beth Ann Koenemann, Financial Administrator  
Carrie Mack, Director of Youth Music Ministries  
Steve Oelschlager, Finance, Facilities, and IT  
Ellie Rautenbach, Congregational Communications  
Manny Rivera, Property  
Darrin Rose, Choir Director  
Dale Tippett Jr., Director of Worship Arts  
Paul Vander Weele, Organist

### EARLY CHILDHOOD MINISTRY

Samantha (Sam) Cooper-Tuttle, Director  
Roxanne (Rocky) Lamont, Assistant Director  
Tania Zombolo, Assistant Director

### CHURCH COUNCIL

Darin Chartier (*President*), Ralph Freye (*Vice President*),  
Karla Boucek, Wendy Brewer, Lori Fedyk, Karen Karris,  
Gail Kelly, Jeannine Phillips, Joe Taylor, Donna Thomey  
John Villani, Joe Young  
*Secretary*, Kathy Pritts  
*Treasurer*, Lori Fedyk  
*Financial Secretary*, Ryan Young

### VOLUNTEER COORDINATORS

Altar Care: Julie Luczkiv  
Worship Volunteers: Therese Delli Paoli

The Cross Connection, parish newsletter of Holy Cross Lutheran Church, is published monthly and is available online at [HolyCrossChurch.org/newsletters](http://HolyCrossChurch.org/newsletters). Articles should be submitted by the 1st of the month to Janet Carr at [janet@holycrosschurch.org](mailto:janet@holycrosschurch.org)

## Midweek Lenten Worship

Nurturing Our Mental Well-Being  
*Featuring mental health professionals*

**Wednesday, February 21**

7 - 7:30 pm - Sanctuary

The National Alliance on Mental Illness ("NAMI")  
Lake County, IL

**Wednesday, February 28**

7 - 7:30 pm - Sanctuary

CYN Counseling Center of Grayslake

**Wednesday, March 6**

7 - 7:30 pm - Sanctuary

**Wednesday, March 13**

7 - 7:30 pm - Sanctuary

**Wednesday, March 20**

7 - 7:30 pm - Sanctuary

### Maundy Thursday

**March 28 at 7 pm** - Sanctuary & livestream  
*with Holy Communion & First Communion*

### Good Friday

**March 29 at 7 pm** - Sanctuary & livestream

### Easter Eve Festival

**March 30 from 3 - 5 pm**  
Fellowship Area

Get ready for a family-friendly journey like no other this Easter Eve! Take a walk (literally) through Holy Week on the way to the Resurrection. All ages welcome.

### Easter Sunday Worship

**March 31 at 8 & 10 am**  
Sanctuary & Livestream

*The Celebration of the Resurrection  
with Holy Communion.  
Children's Message at 10 am*



## Midweek Lenten Soup Suppers

February 21 & 28, March 6, 13 & 20



During Lent we will offer a family-friendly fellowship opportunity of gathering before our midweek Lenten worship services for a soup supper. **The soup suppers will begin serving at 6 pm and wrap up by 6:45 pm with the midweek Lenten worship services beginning at 7 pm.**

To help provide this fellowship, we invite you to sign up to bring soup of any kind or to help with clean up. You will find a signup form at [bit.ly/2024soup](http://bit.ly/2024soup). Holy Cross will provide the bread and beverages.

We will gather in the fellowship area. Any questions may be directed to the church office at [office@holycrosschurch.org](mailto:office@holycrosschurch.org) or (847) 367-4060. All welcome, please join us!

## Easter Eve Festival

by Deaconess Katie Freund

Last year we made the liturgy of the Easter Vigil come to life for our children and families, and it was AMAZING!



This year we're back at it again. We're going to be taking kids and families on an immersive experience through Holy Week. Our ministry team is so excited to introduce children to these final and seminal days of Christ's ministry on earth.

But, like all of the amazing ministry that happens at Holy Cross, it needs our community's support to bring it to life. So I'm inviting you to join us on this pilgrimage!

We need all kinds of gifts to help us bring this big idea to life. From costumed actors to tour guides, from builders to artistic decorators, from logical thinkers who keep us grounded to creative types who want to help us dream, it's going to take all of us to make this event extra wonderful!

Last year's event was enjoyed by more families than we could have hoped. This year, we're looking for as many as 25 volunteers to assist with various tasks. Let us know if you or your family, friends, or small group would be interested in supporting a room or a special project.

There is so much packed into this sacred time of year, and it's going to come to life with music, theatrical sets, costumed actors, and details using all our senses! We'll unpack it in ways that are appropriate for kids and engaging for all ages.

Jesus was traveling with his disciples, and so on the day of the event, we'll journey in small groups through this immersive experience, moving from Palm Sunday through each day of Holy Week, finishing with the joy of Easter Sunday, Easter breakfast-for-dinner included!

**Easter Eve Festival**  
Saturday, March 30 from 3 - 5 pm

To volunteer either before and/or during the event, please contact Deaconess Katie at (414) 238-3529 (cell) or [deaconesskatie@holycrosschurch.org](mailto:deaconesskatie@holycrosschurch.org)

## Lent for Families

by Deaconess Katie Freund

This Lenten season, our worship will be centered around the seven last words of Christ. We'll focus on these sayings of Jesus from the cross with a sermon series highlighting themes of mental health—one of our most requested sermon series themes.

At Holy Cross, we pride ourselves in meaningful children's ministry because we know our children are full humans who need to know they are loved by God. So when preparing for this Lenten season the big question was how do we include our kids in a way that is developmentally appropriate and accessible.

After a lot of brainstorming, with almost a dozen different people, here's what we came up with...

This Lent our kids in Sunday School will be looking at our emotions and how God loves us in and through all of our feelings. These lessons will use the framework of the familiar Pixar movie "Inside Out" as we follow the lectionary. We'll tie these scripture stories to different emotions each week, and the recurring theme is assuring kids of God's love no matter what they are feeling. (*Head over to Youth Ministry on page 8 to see more!*) But we're offering more for our families than a Lenten theme for Sunday School, we want to highlight our kids and center them in our worship space!

This year, families are invited to participate in helping us decorate our Sanctuary this Lent. Illustrated Ministry has created some lovely and easily accessible posters that reflect the seven last words of Christ on the cross. There's a poster for each week in our sermon series, which means we have seven posters waiting to be colored and we'll display a new one each week of Lent.

**We're looking for people (young and old) to take a poster home for a week to color it, then bring it back to church to be displayed for our community.**



Whether you have artsy highschoolers, are busy with messy preschoolers, or you're an adult household that's up for joining in the fun, we'd love to have you join in.

Contact Deaconess Katie to be sent home with a poster today! Call (414) 238-3529 (cell) or email [deaconesskatie@holycrosschurch.org](mailto:deaconesskatie@holycrosschurch.org)

# Easter Flowers

*to decorate the Sanctuary*



on March 31, 2024

Quantity	Flower Type	Cost	Total
	Single Stem Lily	\$13	
	Begonias	\$13	
	Daffodils	\$13	
	Hyacinths	\$13	
	Daisy Mums	\$13	
	Azaleas	\$25	
	Hydrangea	\$25	
<b>Order Total:</b>			

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Donations will be listed in Easter bulletin as follows:

**Given by**

\_\_\_\_\_

In celebration of

\_\_\_\_\_

or

In memory of

\_\_\_\_\_

\_\_\_\_\_

Please attach payment to this order form **no later than Monday, March 4, 2024** and return to the church office or place in the offering plate. (Checks payable to Holy Cross with "Easter Flowers" in memo line.) Or order online at [bit.ly/EASTERflowers24](http://bit.ly/EASTERflowers24)

Flowers will be available for pick-up after the 10 am worship service on Easter Sunday.



## Helping Hands and Servant Hearts

by Sarah Accettura

Beginning at the start of the Advent season, which is the start of the new liturgical year, Holy Cross has moved to distributing Holy Communion at every service. The ELCA adopted a statement in 1997 called "The Use and the Means of Grace". This document notes, "According to the Apology of the Augsburg Confession, Lutheran congregations celebrate the Holy Communion every Sunday and festival. This confession remains the norm for our practice."

We are therefore inviting additional worship volunteers to serve on the Altar Care Team with simple training being handled by an experienced team member or Pastor Chris or Deaconess Katie.

We are also welcoming volunteers to connect to serving in worship as Communion Assistants. Children of Confirmation age (grades 6-8) and adults are needed to distribute Holy Communion. The tasks are simple and involve holding the plate of wafers and greeting each communicant with the words "The body of Christ given for you." Or the tray of individual cups and greeting each communicant with the words "The blood of Christ shed for you." Or, holding the basket to collect the empty communion cups.

As a worship volunteer, you may schedule yourself or a family member for service times that fit your schedule.

If you have questions about serving in these different roles or if you would like to connect to either team, please contact Sarah Accettura at [office@holycrosschurch.org](mailto:office@holycrosschurch.org) or (847) 367-4060.

### PASTORAL ACTS

FUNERAL

**Ron Ballantini**  
January 27, 2024



### MEMBERSHIP

Are you interested in becoming a member of Holy Cross? To learn more about membership, please contact the church office at [office@holycrosschurch.org](mailto:office@holycrosschurch.org) or (847) 367-4060.

#### NEW MEMBER BREAKFAST

**Saturday, February 10 at 9 am**  
RSVP to the church office by Monday, February 5

#### NEW MEMBER RECEPTION

**Sunday, February 11 during 10 am Worship**

## Early Childhood Registration

by Samantha Cooper-Tuttle  
Director, Early Childhood Ministry

Registration for students aged 2 - 5 years during CrossWays Preschool's 2024/25 school year will open to current families and Holy Cross members starting February 15. Public enrollment will open on March 1. Celebration! Childcare continues to have a waitlist for full time enrollment for ages 6 weeks and up, with limited part-time availability. If you are interested in care at Celebration! Childcare, please call immediately to be added to our waitlist. For additional information, contact Sam Cooper-Tuttle at (847) 367-4367 or email [sam@holycrosschurch.org](mailto:sam@holycrosschurch.org)





Mark your calendars to save the date for the next event in the Around the Cross Concert Series. Free admission. No tickets or reservations are required. View all the concert offerings in the series at [HolyCrossChurch.org/atc](http://HolyCrossChurch.org/atc)

### The Gustavus Choir

**Date:** Friday, February 2  
**Time:** 7:30 pm  
**Dinner with the Choir at 5:30 pm**  
**Location:** Sanctuary

Established in 1932, the nationally renowned Gustavus Choir is the flagship choir in an active and highly integrated choral program that is comprised of nearly 300 students. Members of the choir are selected by audition and represent a broad spectrum of academic and life interests. The choir maintains an extensive annual touring schedule throughout the United States and travels abroad every four years.



### Women's Ministry News

by Beth Ann Koenemann



Everyone who attended the Reel and a Meal event on January 28 had a meaningful discussion led by Deaconess Katie after watching *Women Talking*, sharing a meal, and tying up our "Women Talking" theme from the October 2023 Women's Retreat. Save the dates below for our next events.

### Meal Packing Event



**Date:** Saturday, February 3  
**Time:** 11:30 am  
**Location:** Feed My Starving Children  
 742 E. Park Avenue, Libertyville  
**Cost:** Free



Register at [bit.ly/LIFTMASC24](http://bit.ly/LIFTMASC24)

The women of LIFT, in conjunction with members and friends of Holy Cross, will be packing meals together. This event is not just for women as it is open to the congregation, so bring your friends and/or family—All ages (5+) are welcome and invited to participate in this worthy event. We hope you can join us! Registration is required to attend.

### MP3

MEN of  
 PURPOSE  
 PRINCIPLE  
 PRAYER

**MP3: Men of Purpose, Principle, & Prayer**  
**Date:** Monday, February 26  
**Time:** 6 - 8:30 pm  
**Location:** Fellowship Area  
**Cost:** Free. RSVP at [bit.ly/MP322624](http://bit.ly/MP322624)

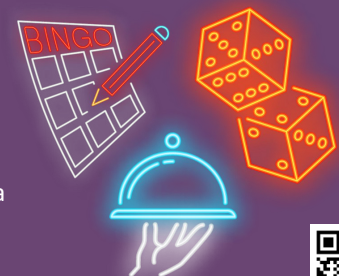


*Men of Purpose, Principle & Prayer* is one of our men's ministries at Holy Cross. In 2024, we will meet on select Monday evenings for fellowship, food, and conversation. The evenings begin with fellowship at 6 pm and conclude by 8:30 pm.

In February, we will have a recap and look ahead of our theme "SACRED moments". In 2023 we discussed the components: **S** for sanctuary/refuge/safe place; **A** for ancient philosophies/lessons passed on from previous mentors; and, **C** for ceremony/milestone moments/rites/traditions. In 2024 we will finish with **R** for relational (April 15), **E** for emptiness (June 17) and **D** for deeper (September date to be announced later).

Men (21+) please mark your calendars and plan to join in the journey. Please RSVP to help us plan for food.

### Bingo, Bunco, and Bites



**Date:** Friday, April 26  
**Time:** 6:30 - 9 pm  
**Location:** Fellowship Area  
**Cost:** Free

RSVP: [bit.ly/LIFTbbb](http://bit.ly/LIFTbbb)



Please join us! We will be playing Bingo and Bunco and sharing our favorite appetizer "bites" with each other. Bunco (and Bingo) will be taught—no prior experience is necessary. Please bring your favorite appetizer to share. If you would like to come but would prefer not to drive at night, please let Beth Ann know at (847) 997-9937 and we will make arrangements for a ride. We hope you will join us for Bingo, Bunco, & Bites, it is sure to be a blast! Please RSVP to help us plan for the evening.

**MEN'S BREAKFAST GROUP**

TUESDAYS, FEBRUARY 6, 13, 20 &amp; 27 AT 7 - 8 AM

LOCATION: THE LIBERTY RESTAURANT, 419 S. MILWAUKEE AVE, LIBERTYVILLE

Begin the day with coffee, breakfast, fellowship, and thought-provoking and stimulating conversation. All men are welcome to join us.

Questions? Contact Pastor Chris at [pastorchris@holycrosschurch.org](mailto:pastorchris@holycrosschurch.org)

**SATURDAY MEN'S GROUP**

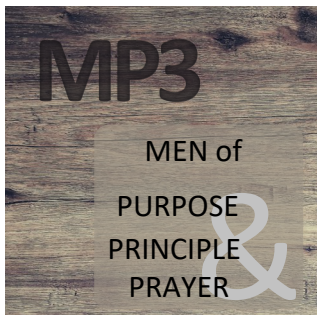
SATURDAYS, FEBRUARY 10 &amp; 24 AT 7 - 8:30 AM

LOCATION: IN-PERSON (ROOM 208) OR VIA ZOOM

 [holycrosschurch.zoom.us/j/301891517](https://holycrosschurch.zoom.us/j/301891517)

We will be continuing discussion of 'A' is for Alabaster: A Preacher's Alphabet, by Anna Carter Florence, the Peter Marshall Professor of Preaching at Columbia Theological Seminary in Decatur, Georgia. She is an ordained minister in the Presbyterian Church (USA) and holds degrees from Yale University and Princeton Theological Seminary (M.Div. and Ph.D.). This new book brings winsome insight to an array of characters and stories in the Bible—some celebrated and some overlooked. Copies are available on the welcome center in the Fellowship Area. Please join us.

Questions? Contact Pastor Chris at [pastorchris@holycrosschurch.org](mailto:pastorchris@holycrosschurch.org)

**MP3: MEN OF PURPOSE, PRINCIPLE, & PRAYER**

MONDAY, FEBRUARY 26

6 - 8:30 PM

IN-PERSON, FELLOWSHIP AREA

THEME: SACRED MOMENTS

COST: FREE

To help us plan for food, please RSVP at [bit.ly/MP322624](http://bit.ly/MP322624)

Men (21+) are invited to attend for an evening of fellowship, food, music, and conversation. See page 5 for additional details. Questions? Contact Pastor Chris at [pastorchris@holycrosschurch.org](mailto:pastorchris@holycrosschurch.org)

**HELP TURN HUNGER INTO HOPE BY PACKING MEALS**

DATE: SATURDAY, FEBRUARY 3 FROM 11:30 AM - 1:15 PM (SEE PAGE 10 FOR FUTURE DATES)

LOCATION: 742 E PARK AVE, LIBERTYVILLE

Volunteers age 5 and over and any ability levels can make a difference, as standing, heavy lifting, and seated jobs are all needed to pack and ship meals. You're invited to join Emily Young and other volunteers on one or more days ahead to serve together!

To sign up for one or more group packing sessions, please contact Emily Young at [emily.young@allstate.com](mailto:emily.young@allstate.com)

**BOOK CLUB**

THURSDAY, FEBRUARY 22 AT 7 PM

VIA ZOOM

 [holycrosschurch.zoom.us/j/94321824417](https://holycrosschurch.zoom.us/j/94321824417)

In February we will discuss *The Train to Crystal City* by Jan Jarboe Russell. FDR's secret prisoner exchange program and America's only family internment camp during World War II... Focusing on a little-known event in American history that has long been kept quiet, a dramatic account exposes a secret FDR-approved American internment camp in Texas during World War II where hundreds of prisoners were exchanged for other Americans behind enemy lines in Japan and Germany.

Our discussion host will be Susan Williamson. If you have any questions, please email Felicia Brandt at [felicia.s.brandt@gmail.com](mailto:felicia.s.brandt@gmail.com)

**STRENGTH & CORE**

MONDAYS, FEBRUARY 5, 12, 19 &amp; 25 AT 6 PM

LOCATION: CELEBRATION! CHILDCARE ATRIUM

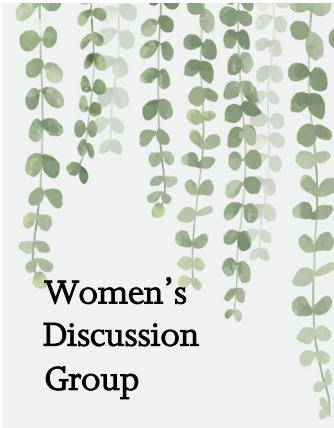
To join this exercise group, please contact Jodi Zombolo at (224) 595-8573.

**HOLY CROSS CHOIR**

REHEARSALS: TUESDAYS, FEBRUARY 6, 13, 20 &amp; 27 AT 7 PM

LOCATION: SANCTUARY

We welcome singers of all ages to join the choir. For more information about joining, and to be added to the choir email list, contact Choir Director, Darrin Rose at [darrin@holycrosschurch.org](mailto:darrin@holycrosschurch.org)



**WOMEN'S DISCUSSION GROUP**  
TUESDAYS, FEBRUARY 13 & 27 AT 9:30 AM  
LOCATION: ROOM 208

*The Women's Discussion Group at Holy Cross meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month.*

The ongoing discussion topics are being taken from 'A' is for Alabaster: A Preacher's Alphabet by Anna Carter Florence, the Peter Marshall Professor of Preaching at Columbia Theological Seminary in Decatur, Georgia. She is an ordained minister in the Presbyterian Church (USA) and holds degrees from Yale University and Princeton Theological Seminary (M.Div. and Ph.D.). Before joining the Columbia faculty in 1998, Dr. Florence served as an associate pastor for youth and young adults at Westminster Presbyterian Church in Minneapolis.

Copies of the book are available on the welcome center in the Fellowship Area. All women welcome. Contact Pastor Chris at [pastorchris@holycrosschurch.org](mailto:pastorchris@holycrosschurch.org) with any questions.

**GROUNDING IN GRACE: FRIDAY NIGHT WOMEN'S GROUP  
GAME NIGHT**  
FRIDAY, FEBRUARY 16 FROM 6:30 - 9:30 PM  
LOCATION: FELLOWSHIP AREA  
RSVP: [bit.ly/GIGgames](http://bit.ly/GIGgames)



*Grounding in Grace is a social opportunity for women of faith to connect together in fellowship.*

Please join us for a night of games and conversation. There will be a variety of games available, as well as the opportunity to learn Euchre. Pizza and beverages will be provided—feel free to bring a snack to share if you'd like, but it's not required. Contact Terry at [terryberger.08@gmail.com](mailto:terryberger.08@gmail.com) with questions or to be added to the Grounding in Grace Messenger group.



**PROJECT HEALING WATERS (PHW) FLY FISHING NORTH CHICAGO**  
*NO SESSIONS SCHEDULED FOR FEBRUARY*

We always welcome more volunteers to help with hospitality. If you would like to help in this way, please contact [office@holycrosschurch.org](mailto:office@holycrosschurch.org)



**QUILTING GROUP**  
WEDNESDAYS, FEBRUARY 7, 14, 21 & 28 FROM 9 AM - 12 PM  
LOCATION: ROOM 404

We gather on Wednesdays to sew as a group. Completed quilts are donated to COOL Ministries for families residing in the Family Housing program or to Project Linus, an organization that provides blankets to comfort children who are seriously injured, traumatized, or in need.

Questions? Contact Deb Sherrock at [debs695@aol.com](mailto:debs695@aol.com) or (630) 267-7802.



**COMMON THREADS**  
MONDAY, FEBRUARY 12 AT 1 PM  
LOCATION: FELLOWSHIP AREA

We meet on the second Monday of most months to knit, crochet and visit. No prior crafting experience necessary. Each blanket or shawl created is dedicated at a worship service and then presented to the prayer recipient. These pieces offer the healing power of prayer, crafted as an expression of God's love. Request a prayer blanket or shawl for a loved one by contacting the church office at [office@holycrosschurch.org](mailto:office@holycrosschurch.org) Questions? Contact Judy Luplow at (847) 367-0242.



**HANDBELL CHOIR**  
REHEARSALS: THURSDAYS, FEBRUARY 1, 8 & 15 AT 7 PM  
LOCATION: BASEMENT  
PERFORM DURING WORSHIP: MARCH DATE TBD

We welcome all to join the Holy Cross Handbell Choir. If you can read music, you are in! Rehearsals are in the church basement on the first three Thursdays of each month.

Questions? Contact Beth Fashimpaur at [elizabeth.malecha@gmail.com](mailto:elizabeth.malecha@gmail.com)

# Sunday School

by Deaconess Katie Freund

Here is the remaining spring schedule leading into Lent:

**February 4:** There will be crafts and a game of charades to help us learn about four friends who cut a hole in a roof to help someone get to Jesus.

**February 11:** The symbol of a butterfly will help us understand the Transfiguration of Jesus up on the mountaintop.

**February 18:** Presidents Day - No Sunday School

## GOD LOVES YOU... INSIDE OUT

This Lent our kids will be looking at our emotions and how God loves us in and through all of our feelings. We're using the framework of the familiar Pixar movie "Inside Out" to remind kids of God's love for them, inside and out. Come join us as we follow the lectionary stories and tie them to different emotions each week. The recurring theme is assuring kids of God's love no matter what they are feeling.

Our first week tells the story of Peter being embarrassed in front of all the other disciples, and our message is that no matter how embarrassed we feel sometimes God is never "disgusted" with us.

### Lenten Schedule:

**February 25:** Mark 8:31-38 - **DISGUST**

**March 3:** John 2:13-22 - **ANGER**

**March 10:** John 3:14-21 - **FEAR**

**March 17:** John 12:20-33 - **SADNESS**

**March 24:** Palm Sunday - No Sunday School

**March 31:** Easter - **JOY**

If you haven't registered your child(ren) aged 3 - 5th grade for Sunday School, please use this link: [bit.ly/sundayschool2324](http://bit.ly/sundayschool2324)



## Spring Shepherds

We are truly blessed with a vibrant community, and we're continuing to ask parents to come join us for a few Sundays this spring as Shepherds. We have great kids, fun games, and clever crafts with all the supplies provided.

The spring Sunday School season will continue through April 28. Some people can give a single Sunday, others sign up for a whole month at a time. Whatever works for your schedule, we'd love to have you join us as we shepherd kids on their journey through Lent.

Sign up at this link: [bit.ly/shepherdsF23](http://bit.ly/shepherdsF23)



## CONFIRMATION

by Deaconess Katie Freund

Last fall we kicked off our new confirmation program for students in 6th - 8th grade, or older students that are yet to be Confirmed. Each session is a self-contained series of six classes from start to finish. For those students planning to participate in the spring session, attendance at all six weekly sessions and the orientation session is mandatory. Parents are required to attend the orientation session.

### Spring 2024 Session Dates:

**Registration & Orientation:** Sunday, February 4, 5 - 6 pm.

*Mandatory attendance for parents and students.*

**Sessions 1 - 6:** Sundays, February 11, 18 & 25, March 3, 10 & 17, 5 - 8 pm, dinner provided.

**Affirmation of Baptism:** Sunday, March 24 at 10 am worship

The spring session schedule and more details can be viewed online at [HolyCrossChurch.org/confirmation](http://HolyCrossChurch.org/confirmation)

Questions? Contact Deaconess Katie at [deaconesskatie@holycrosschurch.org](mailto:deaconesskatie@holycrosschurch.org)

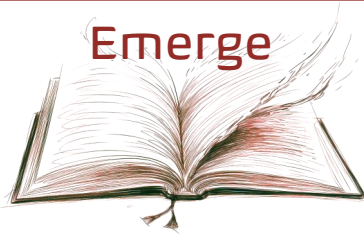
## Invite Event Recap

by Edwin Andrade

I'll tell you what we love to do and it's a ball...Whirlyball! It's a cheesy dad-joke, believe me, I know. At any rate, the middle and high school youth groups had a blast! The students enjoyed themselves and I almost hurt myself. The winning team even received a trophy. If you have any questions about the Emerge Middle School Youth Group, or the Crossroads High School Youth Group, please email Edwin at [edwin@holycrosschurch.org](mailto:edwin@holycrosschurch.org)







**Middle School Youth Group**

Fueling Curiosity, Nurturing Faith

Here's what's coming up for our **weekly events** in February. Each week will be focused on one of the following types of events:

- INVITE:** Join us for a fun event or outing and *INVITE* a friend!
- NURTURE:** These are faith-formation events. We'll check in, explore a Bible story and pray.
- SERVE:** We'll roll up our sleeves for a service project.

Here are some dates to mark on your calendar:

- Saturday, February 3, 11:30 am - 1:15 pm - **Serve Event**  
Feed My Starving Children (Libertyville location)
- Sunday, February 11 - *No meeting*
- Sunday, February 18, 10 - 10:45 am - **Nurture Event**  
Faith Formation (Room 208)
- Sunday, February 25, Time TBD - **Invite Event**  
Combined event with Joy Lutheran, Gurnee

As always, we'll share some snacks, check in with each other and with God! Friends are always welcome at any event!

View more information at [HolyCrossChurch.org/emerge](http://HolyCrossChurch.org/emerge)

**Join us at the 2024 ELCA Youth Gathering**

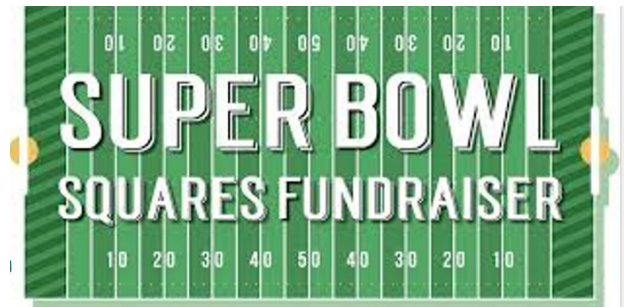
Every three years, thousands of high school youth and their adult leaders from across the Evangelical Lutheran Church in America gather for a week of faith formation known as the ELCA Youth Gathering. Through days spent in interactive learning, worship, Bible study, service and fellowship, young people grow in faith and are challenged and inspired to live their faith in their daily lives.

**The 2024 ELCA Youth Gathering will take place July 14 - 21 in New Orleans, Louisiana for youth currently in grades 8 - 12. We have a few spots remaining and we would love for additional students to join us. The deadline to register is February 29.**

For any questions or to register, please reach out to Edwin Andrade at [edwin@holycrosschurch.org](mailto:edwin@holycrosschurch.org) or (520) 370-9572.



**ELCA Youth Gathering Fundraiser Event**  
by Edwin Andrade



Get ready for an unforgettable Super Bowl experience with Crossroads Youth Group's Super Bowl Squares Fundraiser! Join the excitement and support our youth by participating in this thrilling game of chance. Every square you buy contributes to offsetting costs for students traveling to the ELCA Youth Gathering this summer.

Squares will be available for purchase on **Sunday, February 4 and Sunday, February 11** following the 8 and 10 am worship services. Squares will be \$25 each with cash prizes awarded at the end of the first quarter, at the half, at the end of the third quarter and the Grand Prize will be awarded to a winner for the final score!

**Here's how it works:**

- 🏈 Purchase one or more square(s) on the game board at \$25 each
- 🏈 Each square represents a potential score combination in the Big Game.
- 🏈 As the game progresses, if the last digit of the scores matches your square, you WIN!

**Payouts:**

- 1st quarter: \$100
- 2nd quarter: \$100
- 3rd quarter: \$100
- Final score: \$500

Claim your prize or donate it back to the youth traveling to New Orleans to attend the Youth Gathering! Winners will be contacted following the results of the Super Bowl.



**HIGH SCHOOL YOUTH GROUP**

Hey Crossroads! Here's what's coming up for our **weekly events** beginning in February. Each week will be focused on one of the following types of events:

- INVITE:** Join us for a fun event or outing and *INVITE* a friend!
- NURTURE:** These are faith formation events. We'll check in, explore a Bible story and pray.
- SERVE:** We'll roll up our sleeves for a service project.

Here are some dates to mark on your calendar:

- Saturday, February 3, 11:30 am - 1:15 pm - **Serve Event**  
Feed My Starving Children (Libertyville location)
- Sunday, February 11 - *No meeting*
- Sunday, February 18, 11 am - 12 pm - **Nurture Event**  
Faith Formation (Room 208)
- Sunday, February 25, Time TBD - **Invite Event**  
Combined event with Joy Lutheran, Gurnee

As always, we'll share some snacks, check in with each other and with God! Friends are always welcome at any event!

For more information about the Crossroads High School Youth Group, visit [HolyCrossChurch.org/crossroads](http://HolyCrossChurch.org/crossroads)

## Let's Show PADS Some Love in February!

by Peg Chartier



As the winter rolls on, the PADS Ministry Team at Holy Cross remains committed to providing 50 warm meals every 2nd and 5th Monday to the clients staying at the Super 8 motel in Mundelein. Since there is no 5th Monday in February or March, meals will only be provided on February 13 and March 12. We welcome anyone who would like to join us. You can provide meal items, or help package, or deliver these meals. The time commitment is very small. To join the PADS team, contact the church office at [office@holycrosschurch.org](mailto:office@holycrosschurch.org) or (847) 367-4060.

The greater need remains in the stocking of the PADS pantry being housed at First Presbyterian in Libertyville. High protein, shelf stable meals such as those made by Hormel remain top of the list. Fruit cups, mac and cheese cups, any kid friendly shelf stable items, noodle cups, tuna, snack mixes, drink boxes and cases of water are all wonderful contributions. We have a donation bin placed outside the church office, clearly marked for PADS, next to the COOL Ministries donation bins. We welcome larger bulk items you can purchase at Sams or Costco as well. All we ask is that meal items be microwavable, self-contained (in cups), and not condensed. **Will you consider showing the love next time you go to the store?**

I would like to share the love with each and every one of you who have given of your time, talents and funds to keep the PADS ministry going here at Holy Cross. The needs keep evolving in this new season for PADS of Lake County and a huge thank you to everyone supporting and evolving with us.

As always, your monetary contributions are appreciated, enabling us to buy food pantry items and other miscellaneous requests that we receive from PADS throughout the year. Please visit [donate.holycrosschurch.org](http://donate.holycrosschurch.org) or use the QR code to support the PADS ministry at Holy Cross.



## COOL Ministries

by Jill McKeon



This past year COOL Ministries has seen record numbers of people in need. In 2023, COOL provided nearly 70,000 individuals with just under 1,000,000 meals and over 800,000 lbs of food. COOL also provided shelter and comprehensive case management for 16 families, including 21 adults and 36 children. Holy Cross contributions assisted in making all of this possible. Holy Cross members contributed with Christmas gifts for all the families, extra donations in the month of November for the veterans, and continuously made donations of money and food throughout the year. THANK YOU!

A few suggested items for food donations include: pasta, mac and cheese, peanut butter, canned fruit, canned vegetables, canned meat, cereal, oatmeal, and soup.

Alternatively, you may donate online by visiting [donate.holycrosschurch.org](http://donate.holycrosschurch.org) or by scanning the code to the right. Thank you for your generous support.



If you ever have any questions, please feel free to reach out to me, Jill McKeon at [jill.mckeon@att.net](mailto:jill.mckeon@att.net) or (847) 331-7908.

## Help Turn Hunger Into Hope

by Emily Young



Our Feed My Starving Children (FMSC) ministry is back in action, with monthly packing sessions for our congregation and guests! FMSC provides a fantastic ad hoc volunteer and fellowship opportunity for people of all ages! Please join us for any of the upcoming packing sessions listed below and participate in one of three volunteer activities—whether you prefer to sit, stand, or move around, you will be in good company with our rotating group of volunteers. Please contact Emily Young at [emily.young@allstate.com](mailto:emily.young@allstate.com) if you'd like to join us for an upcoming session. New to Feed My Starving Children? Learn more about their mission at [fmsc.org](http://fmsc.org)

### Upcoming Meal Packing Dates

Location: 742 E Park Ave, Libertyville

- Saturday, February 3 from 11:30 am - 1:15 pm
- Thursday, March 7 from 9 - 10:45 am
- Friday, April 2 from 5 - 6:30 pm

## Grief Support



Willow House provides free grief support groups to families who have lost a spouse/child and are actively parenting children ages 3 - 28. They also offer a Survivors of Suicide loss group (this group includes people with varying relationships to the person they lost to suicide). All family members are required to complete an intake process before attending a group. Willow House is available for consultation, as well as to offer additional resources depending on the individual/family's needs. For details on specific programming, meeting dates and more information about Willow House, visit [willowhouse.org](http://willowhouse.org) or email [info@willowhouse.org](mailto:info@willowhouse.org)



# February

## Thursday, February 1

7 pm Handbell Choir Rehearsal, 402

## Friday, February 2

5:30 pm Dinner with the Gustavus Choir, Fellowship Area

7:30 pm Around the Cross Concert Series: The Gustavus Choir, Sanctuary

## Saturday, February 3

11:30 am Congregational and LIFT Meal Packing Session at Feed My Starving Children, Libertyville

11:30 am Emerge Middle School Youth Group & Crossroads High School Youth Group, FMSC in Libertyville

5:30 pm First Saturday Evening Worship with Holy Communion, Sanctuary

## Sunday, February 4

8 am Worship with Holy Communion, Sanctuary & livestream

9:45 am Sunday School, Celebration! Childcare Atrium

10 am Worship with Holy Communion, Sanctuary & livestream

5 pm Confirmation Registration & Orientation, Fellowship Area

## Monday, February 5

6 pm Strength & Core, Celebration! Childcare atrium

6:30 pm Willow House, Fellowship Area

## Tuesday, February 6

7 am Men's Breakfast Group, The Liberty Restaurant

4 pm Red Rose Choirs, 402

7 pm Choir Rehearsal, Sanctuary

## Wednesday, February 7

9 am Quilting Group, 404

4 pm Red Rose Choirs, 402

7 pm Church Council, 208

## Thursday, February 8

7 pm Handbell Choir Rehearsal, 402

## Saturday, February 10

7 am Saturday Morning Men's Group, 208

9 am New Member Breakfast, Fellowship Area

## Sunday, February 11

8 am Worship with Holy Communion, Sanctuary & livestream

9 am Fellowship Coffee Hour, Fellowship Area

9:45 am Sunday School, Celebration! Childcare Atrium

10 am Worship with Holy Communion, Sanctuary & livestream with Reception of New Members

5 pm Confirmation, Fellowship Area

## Monday, February 12

1 pm Common Threads, Fellowship Area

6 pm Strength & Core, Celebration! Childcare atrium

7 pm BSA Troop 194 Meeting, 402

## Tuesday, February 13

7 am Men's Breakfast Group, The Liberty Restaurant

9:30 am Women's Discussion Group, 208

4 pm Red Rose Choirs, 402

7 pm Choir Rehearsal, Sanctuary

## Wednesday, February 14

9 am Quilting Group, 404

9 am Young Life Capernaum Meeting, 403

4 pm Red Rose Choirs, 402

7 pm Ash Wednesday Worship with Holy Communion, Sanctuary

## Thursday, February 15

7 pm Handbell Choir Rehearsal, 402

## Friday, February 16

6:30 pm Grounded in Grace Game Night, Fellowship Area

## Sunday, February 18

### No Sunday School

8 am Worship with Holy Communion, Sanctuary & livestream Sunday School, Celebration! Childcare Atrium

10 am Worship with Holy Communion, Sanctuary & livestream

10 am Emerge Middle School Youth Group, 208

11 am Crossroads High School Youth Group, 208

5 pm Confirmation, Fellowship Area

## Monday, February 19

6 pm Strength & Core, Celebration! Childcare atrium

7 pm BSA Troop 194 Meeting, 402

## Tuesday, February 20

7 am Men's Breakfast Group, The Liberty Restaurant

4 pm Red Rose Choirs, 402

7 pm Choir Rehearsal, Sanctuary

## Wednesday, February 21

9 am Quilting Group, 404

4 pm Red Rose Choirs, 402

6 pm Midweek Lenten Soup Supper, Fellowship Area

7 pm Midweek Lenten Worship, Sanctuary

## Thursday, February 22

7 pm Book Club, Zoom

## Saturday, February 24

7 am Saturday Morning Men's Group, 208

## Sunday, February 25

8 am Worship with Holy Communion, Sanctuary & livestream

9:45 am Sunday School, Celebration! Childcare Atrium

10 am Worship with Holy Communion, Sanctuary & livestream

5 pm Confirmation, Fellowship Area

TBD Emerge Middle School Youth Group and Crossroads High School Youth Group event with Joy Lutheran

## Monday, February 26

6 pm Strength & Core, Celebration! Childcare atrium

6 pm MP3, Fellowship Area

7 pm BSA Troop 194 Meeting, 402

## Tuesday, February 27

7 am Men's Breakfast Group, The Liberty Restaurant

9:30 am Women's Discussion Group, 208

4 pm Red Rose Choirs, 402

7 pm Choir Rehearsal, Sanctuary

## Wednesday, February 28

9 am Quilting Group, 404

4 pm Red Rose Choirs, 402

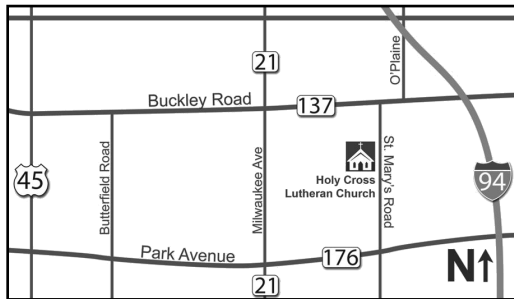
6 pm Midweek Lenten Soup Supper, Fellowship Area

7 pm Midweek Lenten Worship, Sanctuary

**HOLY CROSS LUTHERAN CHURCH**  
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**The Gustavus Choir**  
 Date: Friday, February 2  
 Time: 7:30 pm  
 Dinner with the Choir at 5:30 pm  
 Location: Sanctuary

Holy Cross will welcome the nationally renowned Gustavus Choir for dinner and a performance.

*See page 5 for more.*



**February 21 - February 28 - March 6 - March 13 - March 20**  
 6 - 6:45 pm

*Details on page 3.*



**ASH**   
 Wednesday

February 14 at 7 pm  
 Worship with imposition of Ashes  
 & Holy Communion

**Midweek Lenten Worship**

Nurturing Our Mental Well-Being  
 Worship at 7 pm

February 21 & 28, March 6, 13, 20

**Mundy Thursday, March 28**

*with Holy Communion & First Communion*

**Good Friday, March 29**

*Details on page 2.*