



Annunciation of Our Lady

EPISCOPAL CHURCH

The Magnificat

Nov 2017

Annual Giving for 2018



Packets available in the narthex 2018 Annual Giving packets were distributed October 15th at church or mailed to your home. If we missed you somehow, additional packets are in a basket on the narthex communication center. Please prayerfully consider your financial commitment to Annunciation's worship, education, and outreach ministries for the upcoming year, and

return your **pledge** card to the church by **November 5**. Thank you for continuing to **say YES!** to the work God has given us to do

Scout Troop

As you start to think about your holiday decorating, hold off and support our Scout though the purchase of high quality Wreaths and Poinsettias. The Scouts will be in church to sell on **October 29th and November 5th**. Wreaths and Poinsettias will be delivered to church on Nov 26th and Dec 3rd.



Holiday Giving Tree!



Please join us on **November 5th** for a special coffee hour to kick-off our holiday season! Our donations will benefit the HOT Unit/Cancer Ward at Children's Hospital of Milwaukee on behalf of Cory's

Project again this year. Please stop by and choose an angel ornament for any of the many items always needed by the children and young adults there. Since most families suffer financially during this difficult time, gift cards are a great option to support them as well. We are hopeful you will find something that works for you and your budget, and we can make a difference in the lives of those

In This Issue

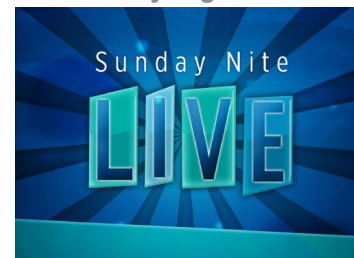
Annual Giving for 2018
Scout Troop..
Holiday Giving Tree!.
Sock Hop
Pie Crust
Cookie Walk
Evening Prayer.
Book Club
FMSC
Support Veterans!
Impacts

Quick Links

[Calendar](#)
[Annunciation Website](#)
[Archived Magnificats](#)
[Archived Sermons](#)

[Episcopal Diocese of Chicago](#)

Sunday Night Live



November 19th , 5 pm

**Full schedule and details
on the website!**

touched by cancer. **We will be accepting donations and unwrapped gifts until Sunday, November 26th.** Please see Andrea Lindblad or Sue Whipple with any questions. Thank you for your ongoing prayers and support.

Thanksgiving Sock Hop



You are invited to a Thanksgiving Sock Hop sponsored by the Midwest Veterans Closet! Come join us Veteran's Day (**Saturday, November 11th**) here at Annunciation **from 12-4**. It is a wonderful opportunity to meet some new friends, (including the oldest living female Marine!), have a delicious meal and share some dance moves!

There is no cost for this event but feel free to bring a dish if you'd like and a donation basket will be available. All participants will receive a pair of patriotic red, white and blue socks! If you have any questions, please see Deb Bill or Sue Whipple.

Pie Crust and Pate a Choux Clinic



Sunday, November 19th 12 - 2:30pm Invite your friends! Bring your pastry struggles and pie crust woes to Annunciation on November 19, 12-2:30pm, and get tips from Rev. Elizabeth on making and rolling a perfect (and foolproof - really!) pie crust, just in time for the holidays.

We'll also learn about how to make pâte à choux pastry the 'stuff' cream puffs and eclairs are made of. (Not a sweets person? Both these pastries can be used in savory applications, too.)

Parish Planning Meeting



November 19th 10 am On Sunday, November 19, there will be ONE service at 9am, followed by our semi-annual (no more than an hour long) Parish Planning meeting, where we plan the events and review the church calendar for the

next 6 months. As always, there will be a special coffee hour hosted by the vestry, and raffle prizes, too! Please plan to attend to learn about upcoming events, and how you can be involved.

Cookie Walk ~ December 10th Yes!



It's true! Our parishioners are awesome! Thank you to all who have answered the call to help defray the cost of supplies for this year's Cookie Walk. Your generosity means every cookie sold becomes 100% profit for Annunciation. Remember to stop by Cookie Walk Central to pick up Baker Forms so you can let us know what delicacies you'll be contributing. There have already been rumblings of some friendly competitions firing up between a few of our bakers! Whose cookies will sell out first this year? Cookie Walk



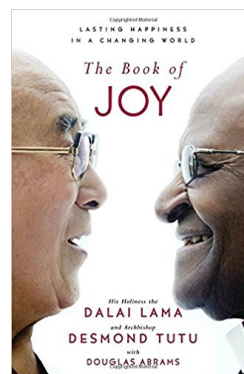
Adult Forum meets between the 8am and 10am services.

Sessions are held in the adult forum room, just off the parish hall, near the kitchen. Everyone is welcome to attend, and no advance preparation is needed; just come with an open mind and a willingness to participate in lively discussion!

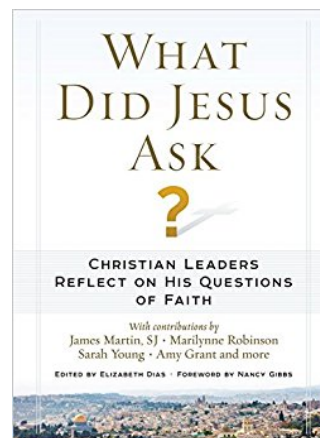
[2017 Adult Forum](#)

Rector's Study Groups

The Rector's Study Groups meet **Wednesday** at **10am** in the adult forum room, and the **Thursday** evening at **7pm** in the church office. This fall's book will be, *The Book of Joy: Lasting Happiness in a Changing World* by the Dalai Lama and Anglican Archbishop Desmond Tutu.



New Book ~ Rector's Study Groups **November 15th / 16th** The Wednesday morning and Thursday evening study groups will be starting a new book November 15/16 "What did Jesus ask?" Christian leaders reflect on his questions of faith (Edited by Elizabeth Dias). A schedule of reading will be available soon!



For more information, or if you have questions, please contact

Central on the new communication wall has all the information you need. Check it out often for forms and updated information. Have questions or thoughts? Talk with Samantha Robison or Susan Schrunk.

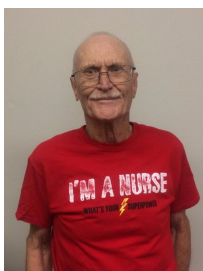
Evening Prayer



Evening Prayer....Vespers, also called Evening Prayer, is part of the Liturgy of the Hours, also known as the Divine Office. Through this prayer, the people of God sanctify the day and offer prayers of intercession for the needs of the world. Beginning on Wednesday, November 1st we will be gathering in our chapel to pray the Evening Prayer together at **7pm**. All are welcome to join us on the **first Wednesday of each month** as we come together to give thanks for the day just past and make an evening sacrifice of praise to God. Please see Deb Bill or Sue Whipple with any questions. Hope to see you!

NOTES FROM THE NURSE

Dale Sanders



SUPERCARGE

When the going gets tough, how do we get going again? Here are 5 easy steps you can take every day to ensure your energy economy ends up in the positive column, so you can do more things that feed your soul.

1. Go to bed and get up at the same time everyday. We no longer rely on the predictable sun; so its up to us to go to bed and wake up at consistent times so sleep and waking hormonal and neural processes learn when to do their thing. The more consistent we are, the more efficient the process works. The better we sleep, the more we recuperate our energy.
2. Move More! When you move, you aid in driving blood circulation, which gets more oxygen and glucose to the brain and energy-producing "engines" of the cells. Even something as simple as standing up can create energy. Every day- do 20 minutes of something that elevates your heart rate.- running, dancing, swimming, hiking, or anything else you enjoy doing.
3. Eat small meals frequently. The brain uses blood sugar as its food. When it doesn't have enough, you get tired. Start each day with a good breakfast and use snacks every 3 or 4 hours to prevent being so hungry at lunch and dinner.
4. Stop Multitasking! Instead of trying to do multiple tasks at once create a clear time frame to focus on ONE thing. If you have to keep up with multiple demands you may need to create short time "chunks". This way you can do one thing well, then move on to the next.

Rev. Elizabeth.

Book Club 2017



Book Club West
Mon, November 6, 7pm - 9pm
Where: Celebusk

Book Club East
Mon, November 20, 6pm - 8pm
Where: Potestas Pizza

Lunch Bunch



Date:
Wednesday, Nov 22nd
Time: 1:00pm-2:00pm

Location: Lunch gathering for women of the parish at 1 pm. Location will rotate and date will be 4th Wed of each month. For reservations contact Jane Schaefer at 224-372-7940 or at cs.js@comcast.net



Appalachia Service Project:

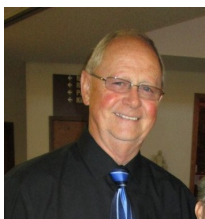


Appalachia Service Project:
 In April 2018, Annunciation will embark on its fourth trip to Appalachia, to work with other Appalachia Service Project (ASP) volunteers to help make damaged/sub-standard homes "warmer, safer, drier" (ASP's tagline). If you think you might be interested in

5. Gratitude. When your fight-or-flight brain takes over for long periods of time, you squander your energy levels. Something as simple as taking 5 minutes a day to write down a list of things you are thankful for, can calm things down. Realizing that there are positive things in your life can boost your mood, energy and even performance.

Try one or all of these things to refill your energy tank and live an extraordinary life! (Adapted from an article by the American Council on Exercise)

From Our Vestry



Vestry Liason Buildings and Grounds
Tony Waynick

My three year term on the vestry is up in January of 2018. These three years have seen many improvements in our church building and have gone by very fast.

The Building and Grounds committee have been very productive and busy. Some of these projects were accomplished as part of our Capital Campaign. They have helped take down the dividing wall in Strang Hall. We assisted Mike Bill with demolishing the front doors. This made way for the installation of new Handicap Doors. A new information wall was installed in the Narthex, as was a name tag cabinet in Strang Hall. A new Privacy/ Information wall was installed in Strang Hall. It was done with the expertise of Pat Donegan as architect and Mike Bill as electrician and builder. We were helped doing the framework and drywall, by Steve Kulbis and Dave Schrunk. The work by our fellow Buildings and Grounds work group, saved the church a lot of money from the Capital Campaign. Money for labor was only spent to hire a contractor to tape, mud, and paint the drywall. Pat Donegan did a fantastic job on all the wood work and finishing, with help from me.

It's always a good time at the annual Picnic, with Buildings and Grounds helping set-up, cooking and cleanup. Bill Hagen was really missed this year!

Dan Whipple joined me this year as Co- liason of Buildings and Grounds. He will be a great asset to an already group of great guys! If anyone is reading this and wonders where they can help!! Here is your opportunity!

Lastly, I would like to say a special thank you to Reverend Elizabeth, Carol Anderson, and Deb Gallinger. They encouraged me to stay on the Vestry that first year during Linda's illness.

The vestry needs you. Don't be afraid to serve. The rewards is great. If you are asked to serve, give it a lot of consideration. It taught me about the "Time, talent and treasure" of our Vestry members.

Thank You

From Our Rector

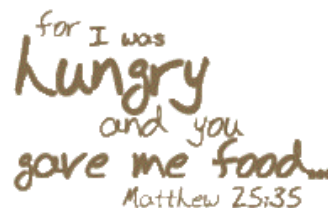
Elizabeth Molitors

It's been a long time since I traveled by car with a little kid on a long, cross-country ride, but I still remember coming up with travel

joining this effort, please talk to Rev. Elizabeth or Mike Bill (3 year veterans) or any of the other Annunciation volunteers who have gone on previous trips (Deb Bill, Cindy Hibbard, Lisa Kleine, Cindy and Geoff Pullinger, Dave Schrunk, Tony Waynick, Dan Whipple). They'll tell you that not only is the work satisfying and appreciated, but it's also a great opportunity to connect with other volunteers, and homeowners with life experiences very different than what we experience suburban Chicago. (It's also great fun, too!!) Trip dates are April 14 thru April 22, and we'll be traveling to Jonesville, Virginia. Cost is \$325 + transportation costs (last year we chipped in to rent a 10 person van and trailer).

Outreach Opportunities

Feed My Starving Children



If you would like to be a part of this ministry of feeding the hungry please join us. Mark your Calendars ... Here are the Saturday dates,

9:00 am to 11:00 am

+Nov 25, 2017

Last Saturday every Month

God's Peace and Blessings!
text/call @ 847-340-3253
Lindalutter@hotmail.com



Pads



games. You know, those games like I-spy (...with my little eye something beginning with the letter _____), or the license plate game (how many states' plates have you seen?), or the cow game (different points for various colors of cows, horses, sheep).

When we're little - or with little kids - we do this kind of counting to pass the time. When we grow up, we still count, but we count different things for different reasons. We count

the grams of sodium or fat in our diet to keep track of our health. We count the dollars in our pension or IRA accounts to keep track of our financial situation, and when we think we can afford to retire. We count the days until a child is about to leave for college (or how many more tuition payments we have to make) as a measure of their independence and when our transition into an empty-nest household will finally happen.

In the church we count, as well: the number of people who come to worship or get communion at home or at Sunrise Assisted Living or pray with a prayer minister. We count our income and we count our expenses (and pray that the former is enough to satisfy the latter). We count the number of hungry people we feed with PADS dinners and the number of children who won't starve because they receive a nutritious, shelf-stable meal from Feed My Starving Children.

We do this kind of counting in the church often for really practical reasons, i.e. when I'm trying to figure out how many bulletins to print for Maundy Thursday or Christmas Eve, I look back at last year's numbers to help make an educated guess.

But we also count to help understand impact: what effect does the body of Christ in the form of Annunciation Episcopal Church have on the world around us. What and how are we doing in living up to Jesus' invitation to care for each other, especially the most vulnerable? For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in...(Matthew 25:35)

Yet for all the value that counting provides, sometimes the things we do in obedience to God can't be counted or measured. What's the value of listening to someone's story, or sharing their joy, or commiserating with their sorrow? What effect did your kindness to that stranger have on their life, and the lives of those around them? You may never know.

I remember a time, while serving at another church, when I gave a sermon that I wasn't particularly pleased with; I considered it kind of 'meh' - nothing to write home about. But after I preached at the 8am service, a gentleman I'd never seen before came forward to ask for prayer at the altar rail, during the church's monthly healing service. He told me how much my sermon had meant to him, how a certain phrase or idea had brought him comfort and clarity in a time of pain in his life. He didn't go into detail, I didn't find out his name, and he left right after communion. I never saw him again. Reflecting on it later, I wondered whether he was the one I was supposed to be preaching for that day. He was my impact statement for the day, even though he numbered only one. I wished I could have known more about him, understood his pain better, maybe helped him in some way, but that, evidently, wasn't my task for that day.



PADS ~ Hot Meal Program Friday, November 17th

On the menu - Turkey Meatloaf, Au Gratin Potatoes, Mixed Vegetable, Applesauce and Biscuits. Look for opportunities to support November's meal posted on Communication Board.

Support Our Veterans!



UPDATE Thank you so much for your continued generosity in response to our "Toast Our Vets" Sunday. As of now, we have collected 54 toasters/toaster ovens and \$1000.00 in cash donations!

The Midwest Veteran's Closet continues to support all veterans at no cost and although there continue to be many needs, jeans are among the most requested items. We have made a container available for donations of any new or used jeans of all sizes for men, women and children. More information about the Vet's Closet is available on our communication center or feel free to see Dale, Miriam or Sue with any questions. Please remember our veterans in your prayers and when making future donations.

Capital Campaign Impact

During the preparation of the 2018 budget, and Pat Donegan suggested that we review the past three years' costs for the utilities and use the average as our 2018 budget estimate for these line

Sometimes we're called to do things that can clearly be measured and counted; other times, we're called just to sow seeds, without understanding the how and who and how much of a yield those seeds have born/will bear. Sometimes we're able to make a straight line connection between our God-prompted efforts and some tangible result; other times we work by the dim light of faith, with no guarantee or even knowledge of how things will turn out.

Will this thing I do in the name of God or in obedience to God bring about positive results? Are the things I do in the name of faith useful and beneficial to someone else? Sometimes we can see and measure the impact, other times we're left in the uncertain dark. You and I may never know; but that's what God asks of us anyway. As Paul said of his own ministry, writing to the Corinthians, "I planted the seed, Apollos watered, but God gives the growth."

Be faithful, be seed planters. And by all means, count what happens, if you can. But don't let the absence of certainty be a barrier in going out to do the work in God's world on behalf of God's beloved people.

From Our Deacon



Linda Lutter

The room had the wonderful faint smell of incense ... and was lit with candles ... the room was our chapel and a group of parishioners were gathered there for Evening Prayer. The moment I walked into the chapel my heart was opened and cried out for the rich words of prayer and praise of Evening Prayer. There were times during the service I didn't even want to speak ... I wanted to sit back and listen and let the words penetrate my being and fill me with only the loving words that talk about our Lord God and our life with Jesus. This service reminded me of what a glorious Prayer Book we have, and although I use it quite frequently, I forget to dive into it and find the hidden treasures of the Prayers and Thanksgivings (page 814) for all occasions and moods. May I suggest we all take time out to explore our Prayer Book. In our Sunday bulletin inserts there have been parts of our Prayer Book to give us all a flavor of what you can find. It is a great book that can be a great help when you need the words and they just don't come ... it is also filled with a lot of information about our faith (page 845). And for those history buffs out there you will find many pages of the Historical Documents of the Church (page 863). Go ahead ... take some time and familiarize yourself with our Prayer Book ... I am sure that there is a way you can borrow one to take home so you can spend some time looking it over. Perhaps that could be a good Advent adventure ... praying a different prayer daily. Enjoy the book!

From Our Sr. Warden

Deb Gallinger

As I approach the end of my term as senior warden I am beginning to contemplate what I will do with all of the time I will suddenly have on my hands. There are plenty of things to do around the house - the housekeeping may be done more quickly and more often. I may finally get those photo books done and I can start breaking into the stack of jigsaw puzzles I receive each Christmas.

items. For the natural gas utility this is what we found:

In 2014, our furnaces were experiencing failure on a regular basis. The service company informed us that the furnaces were dangerous, and they would no longer service them. Many spaces in the church, the women's restroom among them, were experiencing a serious lack of heat and often the building was extremely warm in the summer. The natural gas costs for 2014 were \$6,400.

In 2015, we kicked off the capital campaign and replaced the HVAC system that summer. The natural gas costs for 2015 were \$3,700.

In 2016, the first full year with the new HVAC system, the natural gas costs were \$2,259.

The year to date (through September 30) natural gas costs for 2017 are approximately \$1,900.

For 2018 it is logical that we will estimate natural gas costs approximately equal to the 2015 costs of \$2,259.

So by initiating a capital campaign with the primary goal of replacing the HVAC system, we have managed to reduce our heating costs by nearly 2/3.

But more likely I will continue to stay actively involved around the church, where I feel loved and supported by everyone at Annunciation. It is my fervent hope and prayer that everyone else feels the same way, and after listening to others, including some of our newest members, I recognize that we are a warm, welcoming and compassionate community of believers. We are energetic, enthusiastic and optimistic. We identify ourselves as a congregation of Yes! I believe that depiction is eminently true. Our worship is creative, awe-inspiring and joyful. We are exceedingly generous when we learn of ways to help those less fortunate and in need in the community. We welcome warmly new people to the church, and our love of food and hospitality results in friendly and lively coffee hours and fellowship events. Our book studies and adult forums provoke thoughtful conversations and friendly banter. We have a great deal happening at Annunciation and so it seems easy for me to find ways to contribute. At this point I am planning to be involved in the financial aspects of the parish, documenting and simplifying our processes and policies. I also hope to use my project management experience to help the outreach committee with the organization of outreach efforts. And along with this I will still attend church each week, contribute my pledge, deliver food from Starbucks, knit prayer shawls, attend book study and adult forum, read books for the book club and continue to welcome newcomers to this wonderful, joyful, generous and committed spiritual community known as Annunciation Episcopal Church.



From Our Jr. Warden

Mike Bill



I wanted to share an experience I had recently at the Church. I had a meeting with our ceiling contractor for the parish hall capital campaign renovations. The meeting was to discuss their availability to start that project and to be completed by December 1 of this year.

Unfortunately, their schedule would not allow them to start until second week of December so we had to reschedule the construction until the new year 2018. The meeting was at 6:00 AM and we were done by 6:30 AM, I had another project to look at for my consulting but that was not until 8:00 AM and that was in Libertyville so I decided to go into the dark Sanctuary and pray.

The Sanctuary was dimly lit by the green glow of the exit signs and the single flickering light of the Sanctuary candle next to the tabernacle. As an electrician and lighting designer we use the term lumen as a measurement of light that we will need to light an area to a pre-tabulated value for the activity that will be performed in that area. Lumen is the measurement of light that goes thru several geometry models, for layman's terms one lumen is equal to one candela and a candela is the light of an average wax tapered candle measure from one foot. The sun delivers 100,000 lumens per square meter. That's a lot of candles. For those of us that saw the total eclipse of the sun on August 21, 2017 we can relate to what it feels like at the eclipse. Meanwhile, back to the Sanctuary, not much could be seen. As the minutes went on and the outside started to get the pre-dawn light the stained-glass windows were beautiful and colors were never more vibrant, slowly you could make out the cross but not the Crucifixion, then Jesus appeared, and the floor

and chairs appeared. This was quite a light show and I recommend it to anyone that would like to see it, let me know and we can pray in the dark and wait for the show.

The one candela (our sanctuary candle) is always lit except for Good Friday evening service until the Easter Vigil. The chant as I remember, "The Light of Christ" has come into the world, at Christmas Vigil: and The Light of Christ thanks be to God, at Easter with the lighting of the Pascal Candle. The sanctuary candle is our proof and faith that Christ is always with us.

We are blessed in having such a beautiful tradition in our faith of Christ and this half of an hour made my day and made life easier that day. That candle has been on fire for over 2000 years somewhere in remembrance of God's Son, and God's sun that he created has been lit since creation.

- Yours in Christ

See you on Sundays!

Annunciation of Our Lady Episcopal Church, 5725 Stearns School Road, Gurnee, IL 60031

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by rector@annunciationgurnee.org in collaboration with

Constant Contact 

Try it free today