LENT: INTO THE WILDERNESS

Lent, which begins on Ash Wednesday, is Christianity's penitential season. According to the Gospels of Matthew, Mark, and Luke, Jesus was tempted by the devil after forty days and nights of fasting in the Judaean Desert. This occurred after his baptism in the River Jordan. At the end of the forty days, Satan came to Jesus and tried to tempt him. Jesus refused each temptation and Satan departed. Jesus then returned to Galilee to begin his ministry. During this entire time of spiritual battle, Jesus was fasting. Lent remembers Christ's fast during this season – which is preparatory for Easter. The days of intensive fasting and abstinence from certain foods during Lent have faded in many churches. Today, Lent is more often devoted to spiritual reflection.

I have begun to reflect on sermons I have preached recently at GCC. In these intensely polarized times in the life of our nation, I have found myself uncharacteristically "political" in the pulpit. In 25 years of ministry, I can count on one hand how many times this has occurred. Two of these occurrences happened recently. I am usually a stoic and an optimist about the future of the American Experiment. But recent decisions, such as the near closure of the United States Agency for International Development ("USAID") and a seeming reversal in American support for Ukraine hit very close to home for me.

I entered the international development field in 2003 via a USAID-funded collaboration that involved the World Council of Churches in Geneva. The project was to combat HIV and AIDS in the world's poorest countries. By 2007, I was based in London and working for Christian Aid. This meant that my connection to USAID largely ended. Most of my work was with European organizations and United Nations agencies. Yet, USAID indirectly launched my career. I know many fine people who worked for this agency. In 2009, I began working on a project in the former Soviet Union. The main site was Ukraine, but I also worked in Moldova, Belarus, Russia, and Tajikistan. I visited Kyiv (also known as Kiev) many times over a three-year period. This was before Russia annexed Crimea in 2014 and long before its invasion of eastern Ukraine in February 2022. I still have several friends in Ukraine, so this tragic conflict has impacted me. But what does all of this mean in the bigger picture? What is the spiritual component?

The American Catholic theologian Paul J. Griffiths (b. 1955) describes our present world as "the Devastation." Griffiths believes that we live in an inherently sinful world, fallen from grace, as symbolically represented by the expulsion of Adam and Eve from the Garden of Eden. For Griffiths, this world, while it has moments of love, beauty, and joy, is oriented towards sin, death, and evil. This condition will last until the Second Coming of Christ when the Devastation will end. For Griffiths, human beings and human nations will always disappoint us. We are, like Jesus in his forty days and nights, living in the wilderness that is the world itself. All we can do is journey through it. Our earthly life is always in the season of Lent. Easter glory is on the horizon, but it is not yet ours. While we are here, our task as Christians is to manifest within ourselves the principles of the Kingdom of God. This emphatically means we must love those who disagree with us. We must love even those who are, in some way, against us.

There is a quote attributed to the French philosopher Voltaire (1694-1778) that attempts to sum up his ideas on free speech: "I disapprove of what you are saying, but I will defend to the death your right to say it." It is very hard indeed to listen to those who hold opposing views, to not only listen but to seek rapport and maybe reconciliation. But if not, to love that person anyway. This is part of the wilderness that we inhabit during our all too brief visit to this world. As part of my Lenten discipline, I will seek to be in discussion with those who do not share my views and find ways to see in them the image of God that all human beings possess.

I wish you all a holy and meaningful Lent.

See you in church, *Jim*

Rev. Dr. James Matarazzo Senior Minister

SPEAKERS FORUM FEBRUARY

Our February presentation at the Amos Speakers Forum was "Soul-Searching in Suburbia: Glenview and Race Relations in the 1960s," featuring Susan Johns, Glenview History Center president and current GCC moderator. Drawing from her research in the History Center archives as well as from some newly uncovered sources, Susan explored and explained the core social issues related to the rapid growth of Glenview after World War II and into the decades following.



GUN VIOLENCE PREVENTION TALK

On Sunday February 16, FIAT sponsored an update on gun violence prevention. Ghida Neukirch, City Manager for Highland Park, gave a presentation on the shooting which occurred in Highland Park on July 4, 2022. She discussed the steps that were taken immediately following the shooting and lessons learned to provide a safer environment for events going forward.



CHILI COOK-OFF

Our Chili Cook-Off Fundraiser was a success! With 12 delicious chilis in the competition, Shane Bill claimed victory for the second year in a row. Thanks to your generosity, we raised over \$1,500 to support our teens on their Mission Trip this summer. A huge thank you to everyone who came out for this fun and meaningful event!



CONFIRMATION BAKE SALE

The 7th and 8th grade confirmation students put on a wonderful bake sale after church on Sunday February 23 to raise money For the Red Cross California Wildfires Fund. The students (and parents!) outdid themselves with so many delicious treats from cookies and brownies to lemon bars, pumpkin bread, and beautifully decorated cupcakes just to name a few. Thanks to generous GCC members and visitors the bake sale raised almost \$700! The students really enjoyed putting on the event and feel good about being able to help support those in California still suffering from the recent fires. Thank you again.



Community... in Christ

GETTING INVOLVED

VOLUNTEER FOR WINTER LUNCH SERVICE AT A JUST HARVEST

A Just Harvest is accepting volunteers once again to serve lunch from 11-2:30. Their mission is to fight poverty and hunger in the Rogers Park and greater Chicago community by providing nutritious meals daily while cultivating community and economic development and organizing across racial, cultural and socioeconomic lines in order to create a more just society. This winter, A Just Harvest needs teams of 2-4 people to serve lunch at their site in Rogers Park. GCC volunteers will work on the following dates: Sunday March 2, or Wednesday March 19. A team could be made up of GCC members, a member with friends or relatives, a family team, a Women's Association chapter team, or youth 12 years and older accompanied by an adult supervisor/driver.

If you are interested in making up a team or being part of a team, please contact Betsy Martin at betsywisemartin@att.net. The Outreach Team will sign you up for a date that fits your schedule and will send you all the information you need to volunteer. If you would like to car pool with another GCC member, the Outreach Team will arrange that.

STUDY BUDDIES DINNERS AT GLENVIEW/NORTHBROOK YOUTH SERVICES

The Glenview/Northbrook Youth Services Study Buddies program provides a meal to 70-80 1st through 8th graders on Monday and Wednesday throughout the school year. Groups of 4-8 volunteers prepare and serve a meal from 5:30-7:30. It is a well-organized activity. Meals can be made or purchased ahead and heated up in their kitchen. A few of GCC Women's Association chapters have participated in this wonderful service activity.



GIVE BACK. GET INVOLVED!

Are you looking for ways to get involved but aren't sure what opportunities match your interests or talents? Do you have ideas about how to help GCC grow or how to improve how we do things? Whether you are looking to dip your toe in and try something short and sweet or you want to dive in and get involved in church leadership, we'd love to hear from you. We are currently working to fill our church leadership positions for the 2025-2026 church year. Please contact Laura Heyser today! lcheyser@comcast.net or 847.772.2844.



There can be no pence without justice, and there can be no justice without pence

Concert for Peace 11

Sunday, March 16, 2025

3:00 PM

1000 Elm Street Glenview, IL www.gccucc.org

Join Katherine Hughes, Kevin Kizer, Jade Maze, members of the Glenview Community Church Chancel Choir, members of the First Congregational Church of Wilmette Choir, The Joyful Ringers, and many others as they explore themes of peace through music. Featuring original pieces by Fred Simon and Ken Haebich.

A free-will donation will be collected to benefit Building Peaceful Bridges www.buildingpeacefulbridges.org



GETTING INVOLVED

HEALTHY HINTS

Welcome to "Healthy Hints" for March. These days, we hear a lot about the "Microbiome." Let's talk about what is it, why it is important and five nutritional tips on keeping it healthy.

The Gut Microbiome is a community of over a trillion micro-organisms that live within your digestive tract. It is a superhighway of secondary messengers, receptors, and nerves and is connected to many pathways, physiological processes, and body systems. It sounds counter-intuitive, but the more "good bacteria," viruses and fungi you have in your digestion tract, the better for your overall health.

The reason it is important is because your Gut Microbiome influences everything from mood and cognition to immune function and skin health. When your Gut Microbiome is in balance, the rest of your health follows with it. When it is NOT in balance, it can lead to digestive issues, autoimmune disorders and obesity.



5 SPECIFICS ON GUT-HEALTHY FOODS

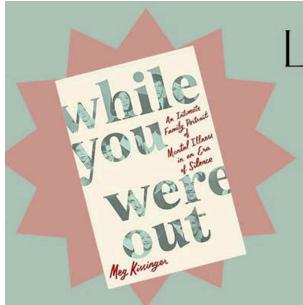
- ·Incorporate Dietary Diversity: Vary the types and colors of fruits and vegetables you choose to eat each week.
- •Make Dietary Fiber Key: Eat fiber-rich foods like broccoli, brussels sprouts, beans/legumes, and root vegetables.
- •Enjoy Omega-3s and Monounsaturated Fats: Some examples are salmon, sardines, walnuts, avocados and olive oil.
- ·"Crowd Out" less gut-friendly options: Replace alcohol and highly processed foods with water and whole, fresh protein and vegetables.
- ·Consider adding Fermented Foods: Unpasteurized sauerkraut, kimchi, tempeh, and kombucha can add to the diversity of gut organisms in your Microbiome.

DID YOU KNOW?

For evolutionary reasons, our bodies thrive when consuming locally-grown and raised food. A great place to find this is at a Farmers Market. Evanston has an Indoor Farmers Market at the Emmanuel Lutheran Church, 616 Lake Street, Evanston, IL 60201 from 8:30 am to 11:00 am on March 5, 19 and April 2. Glenview also has a Farmer's Market that starts in June at Wagner Farm.

This article was adapted from "Five Tips to Help Cultivate a Healthy Microbiome" from the HCTP at the Institute for Integrative Nutrition (IIN).

For all questions or complimentary Health Coaching, please contact Laura O'Mera, Integrative Nutrition Health Coach at 847.814.1565, laura@bramhall.health or visit www.bramhall.health.



LENTEN BOOK STUDY

Join Rev. Abigail and Congregational Life Ministry!

Monday nights at 6:30 from March 3rd- April 14th.

Buy yourself a copy of the book and read the first two chapters for our first session on March 3rd.

Can't make it every week?
No worries! Read along and join us when you are able.



TRIP DETAILS

Where: Louisville, KY

When: June 8-13

Who: High School Students

(entering 9th-graduating

seniors.) Cost: \$700

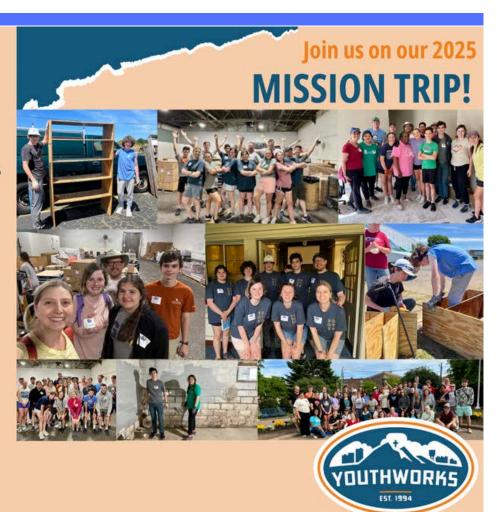
Registration Deadline:

March 1st~ Verbal Commitment and \$100 Deposit due.

April 1st ~ Remaining \$600

due.

Contact: Pastor Abigail (abigail.lutz@gccucc.org)



Palm Sunday: April 13 at 10a.m.

Maundy Thursday: April 17 at 7 p.m.

Good Friday: April 18 at 7 p.m.

Easter Sunday: April 20 ~ Services at 9 a.m. and 11 a.m. with an Easter egg hunt in between!

"Second Easter": Sun. April 27 at 10 a.m. Featuring Music of Bob Dylan!



board game night! SAT. MARCH 8TH

5pm-7pm

Bring a dish to share and some games to play!



FIND YOUR COMMUNITY CHURCH

1000 Elm Street

Glenview, IL 60025-2897 Phone:

(847) 724-2210 Web: gccucc.org

Facebook: facebook.com/

GlenviewCommunityChurch/

SENIOR MINISTER

Rev. Dr. James Matarazzo, Jr.

BROADCASTER DEADLINES

March 2025: February 21 April 2025: March 21 May 2025: April 21 June 2025: May 23





The Judean Desert and the Dead Sea from the Highest Point of the Mount of Olives, 1902 by John Fulleylove

Nonprofit Organization US

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