



PENTECOST

Confirmation and New Members on

May 20

We gather for the festival of Pentecost on May 20th. We'll celebrate the confirmations of Joe Johnson and Vivian Milter and welcome new member into the community. Plan to attend!

Community Hour Schedule

Community Hour is usually from 11:30 a.m. to 12:30 p.m. on Sundays in the Education Center. Childcare is available!

May 6 with the Mental Health Team:

Dr. Sherrie All will be our guest. Sherrie All, PhD is a Licensed



Clinical Psychologist specializing in neuropsychology, cognitive rehabilitation and brain health. She owns the Chicago Center for Cognitive Wellness, a group neuropsychology practice offering assessment and treatment services for people affected by cognitive issues with locations in downtown Evanston and downtown



Chicago. In addition to running her practice, Dr. All has developed programs for training providers cognitive rehabilitation skills and educating the public on brain healthy behaviors. She is also working to open a holistic wellness center for people with mild cognitive declines and their families. She is a

leader in the field of brain health and coaches individuals on ways to lower their personal risk for dementia.

Senior Programs

Senior Senior Luncheon:

Thursday, May 17, 12:00

p.m. We will meet in the Cafe (below the sanctuary)

for our gathering in May. As usual we will eat lunch, then instead of discussing a topic we will talk about what discussion topics and events we would like to have after our summer break. Our Parish Nurse Marcia will do blood pressures and Ralph will anoint and offer prayers.

Senior Poetry Group: Monday, May 21, 12:00 p.m. We will meet one week earlier this month for our poetry discussion in the Cafe (below the sanctuary) this month.

This time we will be looking at 2 poems our leader Ralph has written. Bring a sandwich and join us for a great discussion. Ralph will bring Dessert.



Women's Book Group



The women's book group meets at Ebenezer on the following dates for conversation at 7:15 p.m. Join in!

May 21: *Britt Marie Was Here* by Fredrik Bakman

June 18: *The Tea Girl of Hummingbird Lane* by Lisa See

Ebenezer Supports Refugees



Ebenezer's support group works with newly arrived refugees in the Rogers Park and Edgewater area. Sponsoring agencies offer a minimum of initial help when families first arrive.

Ebenezer's group works to fill the gap until families are self-supporting. To see a list of items needed, go to the list on SignUpGenius (www.signupgenius.com); or, visit ebenezerchurch.org and select the link for "serve." Look for Ebenezer Refugee Support. Check back periodically. The list is updated as families' needs change. Cash donations can be made out to Ebenezer Lutheran Church with the notation of Refugee Fund on the memo line. Questions? Jackie Wood at jacquelinewood@hotmail.com, text at 773-484-3923. or call Norm Dynneson at 773-218-8729, normdynneson64@gmail.com

Annual Wellness Screening



The annual Wellness Screening is approaching. This year the testing will be done at your convenience at any of several Quest Labs beginning in May and continuing until June 9th. The follow-up event for discussing your results will be Saturday, June 23 at 10 a.m. at Ebenezer.

The basic screening test includes a lipid and chemistry profile and a complete blood count for \$54. Additional tests are available: thyroid profile, vitamin D, PSA (prostate specific antigen,) CRP (C-reactive protein,) hemoglobin A1C and ColoCare (take-home colon cancer test.) This is a great opportunity to have low cost screening tests done thanks to Health Maintenance Institute (HMI) and a chance to discuss your results in detail with doctors from Advocate Health Care.

Here is what you need to do:

- Contact Allison at HMI at 847-635-6580 or allison@hmihealth.com.

She will get the needed paperwork to you and enter you in the Quest Lab system. Allison will discuss ways to submit your payment.

- Have screening tests done at Quest no later than June 9.
- Receive results in the mail within 2 weeks after testing.
- Bring results with you when you come for the follow-up on Saturday, June 23, 10:00 a.m. at Ebenezer Lutheran Church, 1650 W. Foster, Chicago. Breakfast will be provided!

Questions? Contact Marcia Smith at 773-743-1831 or parishnursemarcia@gmail.com.

Edgewater Congregations Together Youth Group!



Youth-Led Ascension Day Service:

Thursday, May 10, 7:00pm; Light reception will follow the service at Unity Lutheran Church ([1212 W. Balmoral Ave.](http://www.1212W.BalmoralAve.com)) Join us for our annual Ascension Day service, which is powerful service led entirely by our youth group and confirmation

students. Special offering will help send our youth to the ELCA Youth Gathering in Houston this summer.

Ebenezer Lutheran Church 1650 W. Foster Ave., Chicago IL 60640

Phone (773) 561-8496 office@ebenezerchurch.org

Communication Deadlines: Wednesday at noon for bulletin and e-news; 15th of each month for the next month's *Messenger*.

Staff:

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Rosalinda Valencia, Diego Avila, and Robel Yemane

Office Hours: Monday-Thursday 10 a.m. - 3 p.m.;

Closed Fridays.

Visit us: ebenezerchurch.org and

[facebook.com/ebezerchicago](https://www.facebook.com/ebezerchicago)

Vacation Bible School

A joint VBS (Ebenezer, Immanuel, and Unity Lutheran Churches) will be held at Immanuel Lutheran Church (1500 W. Elmdale Ave.)

Mon., June 25-Thurs., June 28; 1:00-4:00 p.m. 12:30 p.m. – free lunch (provided by Catholic Charities)

AGES: 5 yrs-6th grade, 3-4yrs may come with an adult

Bible Stories! Songs! Dance! Crafts! Games! Service Projects!

To Register, contact: churchoffice@immanuelchicago.org

Contact Pastor Emily Heitzman at

pastoremilys@gmail.com if you are interested in

learning about volunteer opportunities.

Community Hour Offerings

Ebenezer's leaders are already looking ahead to the fall for another year of community hour programs. Have some ideas? Would you like to help shape the direction of the offerings?

Pastor Michael and Ann H. Hicks will be planning a forum soon to solicit your ideas. What the e-news and weekly bulletin for more information!