

Help Requested for a Refugee in Need

A teenage Eritrean boy arrived in America six months ago. He has no guardian and no family who can care for him. This is through no fault of his making. At a custody hearing on May 24 he will become a part of the state welfare system, if no guardian is found. We are very anxious to prevent that from happening. His case manager says we simply need to find someone who is willing and capable of providing him a home. A guardian will receive some financial support and much guidance from all of us who love and care about this young man. Anyone open to considering providing a home to a wonderful teen should contact Norm Dynneson for more information. normdynneson64@gmail.com or 773-218-8729

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

Edgewater Congregations Together Youth Group

Edgewater Congregations Together Youth Group meets at Immanuel Lutheran Church (1500 W. Elmdale Ave.)

2nd and 4th Wednesdays of the month

Dinner - 6:15 pm

Program - 7:00-8:30 pm

Free Time - 8:30-9:00 pm



Edgewater Congregations Together Youth Group consists of youth in grades 6th-12th from Unity, Immanuel, and Ebenezer Lutheran Churches in the neighborhood of Edgewater. During the school year, they gather

on the second and fourth Wednesdays of the month at Immanuel Lutheran Church for a meal, games, faith discussions, and worship. For more information, contact Pastor Emily at pastoremilyh@gmail.com.

Annual Edgewater Congregations Together Youth-Led Ascension Service

Thursday, May 30, 7:00pm

Light reception will follow worship

Unity Lutheran Church (1212 W. Balmoral Ave.)

A special offering will be collected to support the youth going to Iowa for the youth mission/service and learning trip.

Community Hour

May 12: Mary's role in Lutheran Spirituality

Join Pastor Michael for a conversation about Mary's role in Lutheran spirituality

May 19: End of the Program Year Celebration Picnic

The church will provide hot dogs, veggie dogs, condiments and chips. If you are able please bring a side dish or a dessert to share. Rain or Shine!

June 2: The Justice Committee presents "1000 Paper Cuts, 1000 Feathers: Micro Aggressions, Micro Affirmations"

This project is a continuation of our Anti-Racism initiative as we expand the concept of racism to include a wide range of issues and different groups who are marginalized. Microaggressions has been defined as "brief, everyday exchanges that send denigrating messages to certain individuals because of their group membership". This project is about showing how these comments create and enforce uncomfortable, violent and unsafe realities onto peoples' workplace, home, school, childhood/adolescence/adulthood and public transportation/space environments.

Join us to have a purposeful discussion and for an opportunity to learn and grow while fulfilling Christ's call to "love one another."

Vacation Bible School

WHO: Children ages 5 yrs old - 6th grade from Ebenezer, Immanuel, and Unity Lutheran Churches and from the surrounding community. 3-4 years olds are welcome to attend with an adult.

WHAT: Songs, Bible Stories, Crafts, Snacks, Dance, Friends, Fun!

WHEN: Monday, June 24-Thursday, June 27
12:30pm - Optional FREE lunch
1:00-4:00pm - Program

WHERE: Immanuel Lutheran Church (1500 W. Elmdale Ave.)

HOW: Registration forms will be available the end of May in the Ebenezer and Immanuel Lutheran Church offices. Email your registration form to churchoffice@immanuelchicago.org.

Contact Pastor Emily Heitzman for further information or to sign up at pastoremilyh@gmail.com

VBS Volunteers Needed!

Contact Pastor Emily Heitzman at pastoremilyh@gmail.com if you are interested in learning about volunteer opportunities.



Wellness Screening

The annual Wellness Screening is now beginning. This is a great opportunity to have low cost screening blood tests done thanks to Health Maintenance Institute (HMI) and, if interested, a chance to discuss your results in detail with doctors from Advocate Health Care. The testing will be done at your convenience at any of several Quest Labs from May 1st until June 1st. The follow-up event to learn more about what your results mean will be Saturday, June 15 at 1 p.m. at Immanuel. Here is what you need to do:

To sign-up for the screening call HMI at 847-635-6580 or email psc@hmi.health.

You will receive the necessary form to fill out and return to HMI.

Payment is due before you visit the lab. Once HMI receives your form and payment they will send you a confirmation order and further instructions to visit the lab for your screening.

You will receive results in the mail within 2 weeks after testing.

Bring results with you when you come for the follow-up on Saturday, June 15 at 1 p.m. at Immanuel Lutheran Church, 1500 W. Elmdale, Chicago. A physician will be present to answer questions you may have about your test results. Snacks will be provided!

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

Ebenezer Parents Group

Join us for our next gathering of parents of infants and toddlers on May 19th. We will share parenting joys, frustrations and ideas, as well as offer support to one another. For more information contact Marcia Smith, parish nurse at parishnursemarcia@gmail.com or 773-743-1831.

Esprit



A Support Group for People Recovering from or Supporting Others with Mental Health Issues

We at Ebenezer welcome everyone into our spiritual circle. We know that most everyone has experienced or supported someone with mental health issues. We also recognize that we all need a circle of support in our lives. Ebenezer strives to create a place where all can come, share, listen, learn and be renewed.

We meet the 2nd and 4th Thursdays of each Month!

Please join us at
Ebenezer Lutheran Church
1650 West Foster Avenue, Chicago
7:00pm — 8:30pm
October 11th—May 23, 2019

Group Facilitators:

Ashley Frigerio, Experienced Mental Health Group Facilitator; Certified Mental Health First Aid, USA

Vikki Ward Martin, MA, MDiv; Certified Mental Health First Aid, USA; Family to Family, National Alliance on Mental Illness

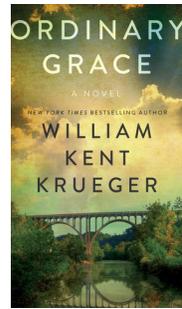
For more information, contact Ashley at 773/428-1521 or ashley.frigerio@gmail.com.

Good News from the Retreat Team

2020 Retreat is moving back to Techny.

Many will be happy to be all in one building and that families with children will be welcome.

Watch for the theme and leader!



Women's Book Group

Women's Book Group meets at 7:00 p.m. in the Education Center Cafe. Come join the conversation!

May 20: *Ordinary Grace* by William Krueger

Edgewater Congregations Together Young Adults Group

Young adults (18 years old through mid-20s) from Unity, Ebenezer, and Immanuel Lutheran churches, as well as others from the community, will be gathering once a month for social events, service projects, and faith and life discussions.



If you are a young adult and would like to connect with other young adults in the area, please contact Pastor Emily Heitzman at pastoremilyh@gmail.com to learn how you can get involved.

Ebenezer Lutheran Church
1650 W. Foster Ave., Chicago IL 60640
Phone (773) 561-8496

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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Pastor Emily Heitzman, Edgewater Congregations Together Youth and Household Minister
pastoremilyh@gmail.com

Jesse Lopez, Sexton
<http://tinycc.EbenezerC3>

Rosalinda Valencia, Adhonet Sahle

Visit us: ebenezerchurch.org and [facebook.com/ebenezerchicago](https://www.facebook.com/ebenezerchicago)

Office Hours

Monday, Wednesday, Friday
10:00 a.m. to 4:00 p.m.

Tuesday and Thursday
10:00 a.m. to 12:00 p.m.