

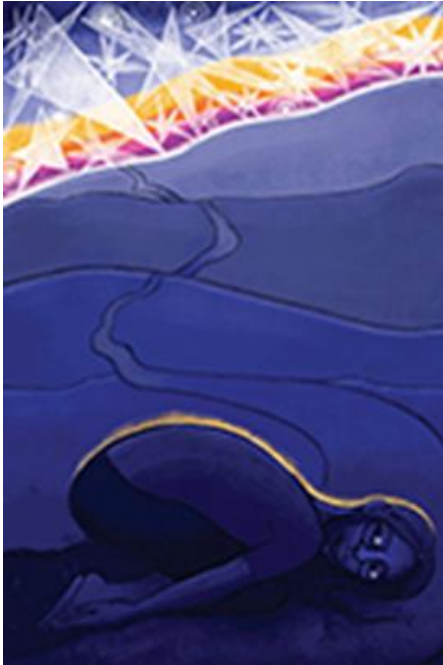


THE MONTHLY NEWSLETTER OF GOOD SHEPHERD LUTHERAN CHURCH, ELCA

The Shepherd's Scroll

Preaching, Teaching, and Reaching in Jesus' Name

FROM THE PASTOR'S DESK:



1For Those in Darkness [Light is Dawning] - Lauren Wright Pittman

Eyes Up!

*¹Arise, shine, for your light has come,
and the glory of the Lord has risen upon you.*

*²For darkness shall cover the earth
and thick darkness the peoples,
but the Lord will arise upon you,
and his glory will appear over you.*

*³Nations shall come to your light
and kings to the brightness of your dawn.*

*⁴Lift up your eyes and look around;
they all gather together; they come to you;*

- Isaiah 60:1-4

For some folks, this phrase, “eyes up!” is all about looking at women in their faces – and not focusing on other body parts. However, I can’t hear this phrase without thinking of choir directors and teachers who encouraged us to look at them instead of having our faces buried in our music or our notebooks. It meant, simply, that they wanted us to look at them because the most important information we needed to receive in that moment was coming from them. And not from the musical score or the words on the textbook page.

In Isaiah 60, the prophet invites the people to “Lift up your eyes and look around.” He speaks to them of hope and a future. He gives them reason to look up, to lift their eyes beyond their current circumstances. They have been forcibly removed from their homeland and scattered as a people; they cannot worship in the temple or make sacrifices as their ancestors did. Their cities and vineyards, all that they worked for generations to build and cultivate, are in ruins or in the hands of others. And there is no end in sight. There is not much reason to “look up”.

In our darkest days, when the news feels like each successive story is outcompeting the previous for grimness or shock-value, when we have to search out good news, when it feels like there's no end in sight, it can be hard for us to "look up" too. Lifting our eyes and looking around feels like the last thing we want to do – because all we'll see is more despair, more cruelty, more pain.

And yet, if we do not look up, if we stay focused inward or on ourselves, we will miss what the Lord is doing, what God wants to show us.

I read recently about a camp counselor who, before heading off on a hike, invited the kids to put their backpacks in a pile. She then told them to close their eyes while she hid a pencil. When they opened their eyes, they immediately started searching the pile of backpacks for the pencil. Eventually, after a hint or two, they find the pencil – tucked behind their camp counselor's ear – in plain sight, if they'd only raised their eyes. The counselor then tells the group the point of the exercise: it is easy to watch the ground when hiking to avoid tripping. But they should also look up and look around and make sure that they take in the beauty of creation.

It's easier sometimes for us to just keep our heads down and mind our own business and get through each day as it comes (I know it is for me – and I fall into this pattern myself). But, unless we lift our heads and look around, we won't see what God is doing, we won't see the beauty that still occurs in this world, we won't see "the helpers" doing all they can to care for others, we won't see places where our talents and skills and time can make a difference, too.

This Epiphany season, this January, I invite you to lift your eyes and look around. Not to focus on the sadness and horror, but to see glimpses of hope and light. After all, the most important information we need to see these days will come from beyond ourselves – not from our phones or televisions – but from our God who wants to show us something truly beautiful. Eyes up, my friends!

Blessings for Light,
Pr. Lynette Chapman

WORSHIP NEWS

January 4 – Epiphany Celebration

**January 11 – Baptism of our Lord –
including Holy Baptism and an opportunity
for all to remember their baptism**

January 25 – Name-tag Sunday



Join our handbell ringers!
Questions? Contact Leon Harrell



ADULT FORUM
Sunday mornings at 10:15AM
GSLC Choir Room

SMALL GROUPS @ GSLC



DWELLING TOGETHER

2nd-5th Sundays
10:15AM

Sit down for a chat, a conversation about a Bible passage, mutual support & prayer in the Small Group Room near the Library. Led by Sue Plisch.



GSLC PIECE MAKERS

Tuesdays
Noon-3PM

GSLC Quilt Room

No experience necessary. Most of our time is spent sorting, cutting, and ironing fabric. Jobs for every skill level! All are welcome! Contact Lois McConomy or Jodi Davis for more info.



Join the men for coffee time!
All men are welcome!



CANCER PRAYER & SUPPORT GROUP
Thursday, January 22 @ 6PM
GSLC Small Group Gathering Room

LIVE NATIVITY



GOOD SHEPHERD LUTHERAN CHURCH
2101 S. Prospect, Champaign, IL - 217/352-1732 - www.gslc-cu.org



FELLOWSHIP EVENTS



GOOD SHEPHERD
LUTHERAN CHURCH

Lord, Teach us to Pray **SATURDAY PRAYER EXPERIENCES**

SCHEDULE:

Saturday, January 10th - Lectio Divina "Sacred Reading"
Saturday, February 14th - Praying with our Senses
Saturday, March 14th - Breath Prayers or the Lord's Prayer
Saturday, April 11th - Happy Easter! No session.
Saturday, May 9th - Centering Prayer
Saturday, June 13th - Journaling Prayer



WHERE?

Good Shepherd
Choir Room or
Small Group
Room

WHEN?

9-10 AM

Attend any or all
sessions. No
registration
necessary.

LORD. TEACH US TO PRAY SECOND SATURDAY SERIES

The dictionary defines prayer as an address to God in word or thought. Who taught you to pray? For most of us, we learned to pray as children, perhaps kneeling beside our bed at night. Or we learned sitting on the lap of one of our parents. We probably learned the simple prayer, "Now I lay me down to sleep . . ." As we got older we most likely learned the Lord's Prayer through hearing it at home and at church.

Now, besides praying with our friends and neighbors on Sunday morning and at other worship times, we have developed other times and places for praying. We pray in thanksgiving for a beautiful day or the birth of a new baby. We pray in contrition,

asking God's forgiveness and help in overcoming our shortcomings. We pray in praise of a loving and provident God. Perhaps, though, there is a longing for a deeper prayer life.

Beginning in January, on the second Saturday of each month, presentations on various prayer forms will be available. The sessions will be free and no registration is required. You can come to any or all of the presentations.

The sessions will be approximately an hour long and will introduce you to new ways to approach prayer.

The January 10th session will be on the topic of Lectio Divina "Holy Reading". Future presentations will cover sensory prayer, praying the Lord's Prayer more deeply, centering prayer, and journaling prayer. Watch the bulletin and Shout Out for details each month.

May you find the spiritual practices
that offer you a doorway into
the heart of God.

Jan L. Richardson


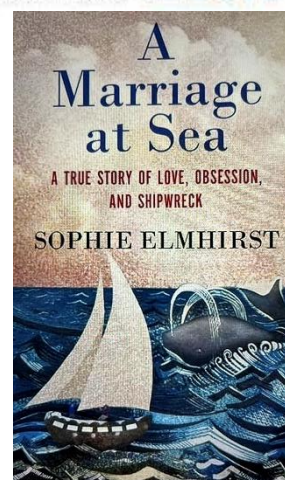


Table Talk Pub Theology Group

Next gathering:
Sunday, January 18
6 PM
Triptych Brewing, Savoy

conversation about faith and life, current events,
and more.
no preparation necessary.
all are welcome.

Women of the **ELCA** 



WELCA BOOK CLUB

Thursday
January 8, 9:30AM
GSLC Choir Room

A Marriage at Sea
By Sophie Elmhirst

This book tells the true story of a couple that survived four months floating in the middle of the ocean. In June 1972, they set sail and for a year all went well until deep in the Pacific a whale knocked a hole in their boat, and it sank beneath the waves.

Their resourcefulness is incredible and it is fascinating to read about how they faced this potentially deadly challenge.

Questions, contact Jan Nuss.

February book: *The Aviator's Wife* by
Melanie Benjamin

Good Shepherd's
Sunday

BOOK GROUP

- Meet ups quarterly
- Discover new books
- Stretch your mind and heart

Next Book: **The False White Gospel** by Jim Wallis

Discussion Time/Place :
January 25, 6 PM
SunSinger Restaurant,
Champaign

GSLC'S BOOK GROUP
Sunday, January 25, 6PM
SunSinger Restaurant



We use studies from *Gather Magazine*.



Thank You to the cookie bakers and deliverers in December. We delivered to 18 of our 80 and older church members that enjoyed the 'baked with love' cookies!

COMMUNITY OUTREACH



LSSI FOSTER CARE CHRISTMAS

Thank you to everyone who donated to the foster kids this year! We will have an update from LSSI in the February Scroll.



GOD SQUAD YOUTH GROUP

Watch the Shout Out for more info.

7th-12th graders



YOUTH CLUB

Watch the Shout Out for more info.

3rd-6th graders



CONGREGATIONAL SKI-TRIP

If you are interested in participating in a congregational ski trip in January, please contact Susan Hinrichs at shinrich@ieee.org. We're trying to determine the level of interest as we plan.

BROOMBALL OR ICE-SKATING

We are currently making plans for ice skating and/or broomball in early January. Watch the weekly Shout Out for details!

SOCIAL STATEMENT ADOPTED BY THE ELCA

“Faith and Civic Life: Seeing the Well-being of All”
is the Social Statement adopted by the ELCA on August 1, 2025. It can be found here:
<https://resources.elca.org/faith-and-society/faith-and-civic-life-seeking-the-well-being-of-all/>

The document can be a source of understanding and guidance. GSLC will be conducting a short educational program on this Social Statement covering some topics such as:

- What is the purpose of the document? Does it have any meaning and weight?
- How does it guide or enhance GSLC ministries and education?
- How does it call us to advocacy at the personal, congregational, community, synodal, and church-wide levels?
- What is the ELCA process for developing and updating Social Statements?

For more information contact Al Mytty at amytty1950@gmail.com.



MENTAL HEALTH FROM A CHRISTIAN PERSPECTIVE

Humans are spiritual, mental, physical, and social beings; mental health affects all areas (Luke 2:52, 3 John 1:2). Mental health challenges are real human experiences, even for believers, but the Bible provides a framework for understanding them as part of a fallen world and points to God as the ultimate source of comfort, healing, and wholeness through Christ. Some examples, but not all, are:

- 1) **DEPRESSION:** Affects more than 280 million people worldwide. Symptoms vary from sadness to suicidal and rage.

- 2) **SLEEP DISORDERS:** Such as sleep apnea, and restless leg syndrome, impact physical health and in certain cases mood disturbances.
- 3) **POSTPARTUM DEPRESSION:** One in eight women experience this which poses a risk to both the mother's and baby's health and quality of life.
- 4) **ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD):** May cause above normal levels of hyperactivity and impulsive behaviors.
- 5) **POST TRAUMATIC STRESS DISORDER (PTSD):** Can result from experiencing or witnessing a traumatic event such as a serious accident, a terrorist attack, rape, or another assault.
- 6) **SCHIZOPHRENIA:** This is a chronic type of brain disorder that affects how a person thinks, feels, and behaves. There appears to be no cure for this, however medications can reduce symptoms.
- 7) **OBSESSIVE-COMPULSIVE DISORDER (OCD):** Is considered an anxiety disorder and is marked by recurring thoughts which can cause repetitive behaviors and can begin anytime.

Hopefully this information gives you a better understanding and acceptance of how important Mental Health is in this country. The goal is to see your Primary Care Provider or an appropriate Specialist if you have questions or concerns.

Sandy Reifsteck RN, FCN, MS Ed
Faith Community Nurse (Parish Nurse)
Good Shepherd Lutheran Church
Champaign, IL

Someone You Should Know!



Gail

LIVE LOVE Volunteer Spotlight



**GOOD SHEPHERD
Lutheran Church (ELCA)**

How long have you been a part of Good Shepherd?
40 years this December.

Finish the sentence: Discipleship is..... Or Following Jesus means.....

Sharing the love of Jesus through word and deed.

What are you passionate about? How did you discover that passion?

Faith, family and friends.

When our daughter Erin was diagnosed with a fatal cancer, I examined what was truly important in my life. Faith tops all.

You were recommended by a member of GSLC. Does that surprise you? What should people know about the community service work/work that you do?

I have been active throughout my 40 years at Good Shepherd. I regard this congregation as my faith family. I have taught Sunday School and sung in choir for multiple years. I have gone on service trips to Biloxi, MS and El Salvador. I am actively involved with WELCA since retiring from teaching. I drove people to appointments for Faith in Action and now drive food for Empty Tomb.

What is one thing you're deeply grateful for right now?
My health. I have taken it for granted.

What about your work (volunteer or paid) is the most fulfilling to you?

Sharing God's love with others.

Why are you a part of this congregation?

I love the Faith and fellowship we share here. "I know that my Redeemer lives. What comfort this sweet sentence gives."

What is a favorite memory you have here at GSLC?

There are so many, but the best was when Good Shepherd had a fundraiser to help Erin when her insurance company was denying her medical claims.

Who do you think we should know more about here at Good Shepherd? Who would you recommend that we interview/talk to?

Laurie Johnson

Nancy Holm

JANUARY SERVING SCHEDULE

	1/4/2026	1/11/2026	1/18/2026	1/25/2026
Acolyte	Jake Brucker	Logan Young	Declan O'Connell	Levi Todd
Communion Assistants	Jenelle Keene	Rebecca Nef- Heffernan	Mary Szyszka	Nancy Holm
	Dylan Keene	Susan Barreto	Carol Steinman	Becky Cook
	Ash Waller	Lucas Barreto	Cinda Brucker	John Todd
Reader	Lois McConomy	Gail Block	Nancy Holm	Marla Todd
Chancel Care	Tori Corkery	Tori Corkery	Beth Followell	Beth Followell
Nursery	Amy Chamley	Marla Todd	Samantha Fisher	Lisa Young
Usher	Nancy McCowen	Andrew Todd	Dan Corkery	Patty Hart
Flower Delivery	Patty Hart	Gail Block	Dean Olson	Laurie Johnson
Live Stream	Darrell Hoemann	Jeff Young	Jeff Young	Jeff Young
Coffee/Donuts	Don Block, Samantha Fisher, Becky Fisher, Patty Hart	Kim McFarland & Nancy Olson	Sally Widholm & Lisa Young	Don Block & Kim McFarland
Food Delivery	Rick & Cindy Marrs	Agatha Barnes	Don & Gail Block	Jodi Davis & Vickie Wilson
Food Packing	Patty Hart	Mary Szyszka	N/A	N/A

If you are interested in serving as a volunteer on Sunday mornings, please contact Traci in the church office at staff@gslc-cu.org to be added to our volunteer list.



Pastor	Lynette Chapman
Parish Admin. Asst.	Traci Shepherd
Treasurer	Bob Clark
Keyboardist	Leon Harrell
Custodian	Dennis Lage
Bookkeeper	Dana VanDeveer Jones
Program Assistant	Katrina Widholm
Parish Nurses	Sandy Reifsteck
	Elizabeth Kakoma
	Celeste Coverdill

OFFICE HOURS

Monday – Thursday 8:00AM-3:00PM

Friday 8:00AM-Noon

Deadline for Scroll is the 15th of every month.

Bulletin / Announcement / Shout Out Deadline is Wednesday at noon each week.

***If you would like to receive a printed copy of the Scroll, please contact Traci at staff@qslc-cu.org.
Paper copies are also available at the church.***