



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:

A Word to Lent – from Rev. Greg Busboom, Bishop, Central/Southern Illinois Synod*

Command and promise. The Lord commands Abram, “Go,” and Abram goes. The Lord promises to bless Abram and the Lord blesses him. It is how the journey begins for Abram and his wife Sarai. Command and promise. Promise and command.

It is how the journey of discipleship begins for each of us as well. Through the water and Word of our baptism into Christ, we are commanded to “Go therefore and make disciples of all nations, baptizing them . . . and teaching them” (Matthew 28:19-20). Through the water and Word of our baptism into Christ, we receive God’s promise to forgive our sins, redeem us from death and the devil, and give us eternal salvation. As Martin Luther writes in The Small Catechism, “Baptism is not simply plain water. Instead, it is water used according to God’s command and connected with God’s word” (Evangelical Lutheran Worship, p. 1164). Command and promise. Promise and command.

It is a good place for us to begin our Lenten journey, returning to where it all begins for us, at the font. At the font, Christ calls us into relationship, commanding us to follow him and promising that we belong to him forever. Everything we do as disciples of Jesus flows out of that singular command and promise. We belong to Christ. Now go.

I am really bad at building things. Whether it happens to be a piece of furniture from IKEA or a fence around my garden or a new Lego creation, something always and inevitably seems to go wrong. When this happens (and it almost always does!), there is oftentimes only one thing I can do. Go back to the beginning and start again. Tear apart the thing I thought I knew how to build and go back to the basics, one step at a time. It can be frustrating. It can be time-consuming. It can seem like I am not making any progress at all, but with a lot of patience and a good bit of stubbornness, things eventually seem to work out, even if imperfectly so.

In many ways, it feels like the things we used to do to be the church together are no longer working. Things that used to get results no longer do. Ministry structures that used to be effective are no longer getting the job done. Ways in which we used to experience community together are no longer cutting it. Even in our individual lives of discipleship to Christ, things feel

different, harder, less sure. The thing we thought we were building is not turning out the way we had hoped. Sound familiar?

The season of Lent which we enter today calls us back to the beginning, to the font, to the basics of Christian discipleship, indeed, to the command and promise of our baptism into Christ. In the Service of Affirmation of Baptism, we are asked, “Do you intend to continue in the covenant God made with you in holy baptism:

- To live among God’s faithful people,
- To hear the word of God and share in the Lord’s supper,
- To proclaim the good news of God in Christ through word and deed,
- To serve all people, following the example of Jesus,
- And, to strive for justice and peace in all the earth?”

When nothing else seems to be working, we return to these five baptismal promises, both as communities of disciples and in our individual lives of discipleship to Jesus. When it feels like everything we once knew and loved is falling apart, these five baptismal promises remind us who we are, what we are called to do, and what faithfulness in Christ’s church looks like. No matter how big or how small our community of disciples may be, these five baptismal promises lived out in our daily lives are the marks of vital Christian community and discipleship in the world.

Command and promise. Promise and command. It is how it all began for Abram and Sarai. It is how the life of discipleship also begins for us, trusting that the promise we have in Christ through the water and Word of our baptism is strong enough to lead us and carry us as we go into the world to do what we have been commanded to do, no matter how hard it may be. “And remember, I am with you always, to the end of the age” (Matthew 19:20).

Now, let us begin + *Bishop Greg*

*Instead of writing something myself this month, I thought it might be nice to hear from our synod’s Bishop. Enjoy! – Pastor Lynette

WORSHIP NEWS

Sunday, March 8 – Bold Women’s Sunday

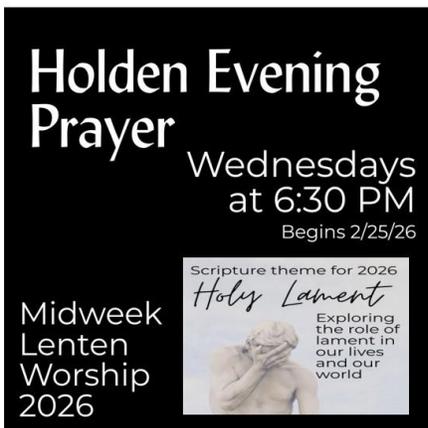
Sunday, March 15 – Communion at the Rail

Sunday, March 29 – Palm/Passion Sunday

Thursday, April 2 – Maundy Thursday – worship at 7 PM with Holy Communion and stripping of the altar

Friday, April 3 – Good Friday Tenebrae – service of shadows with special music and adoration of the cross

Sunday, April 5 – Resurrection of our Lord / Easter Sunday – 9 AM worship followed by an Egg Hunt for kids of all ages



Holden Evening Prayer
Wednesdays at 6:30 PM
Begins 2/25/26

Midweek Lenten Worship 2026

Scripture theme for 2026
Holy Lament
Exploring the role of lament in our lives and our world

MIDWEEK LENT 2026 - HOLDEN EVENING PRAYER AND HOLY LAMENT

Along with Holden Evening Prayer, we'll spend time this Lent exploring various kinds of lament found in scripture. Each week we will consider what it means to sit with our grief rather than try to push it aside. We will discover that many faithful believers have wrestled with grief, sorrow, and questions for God about why the innocent suffer. This

timely series understands lament as one of the more faithful things we can do. When we approach God with honesty and humility, and we admit that some things are too big for our hearts to bear, we will find a God who can take our grief and disappointment and transform them into holy joy and renewed hope. We will learn, ultimately, that Jesus' death on the cross—the place to which the season of Lent leads us—is the reason we never mourn as those without hope. **Join us Wednesday evenings at 6:30 PM in the sanctuary.**



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

March 1 - How to Interpret Scripture, Part 1: Learning the Tools. Pastor Roger Digges discusses the skill of reading scripture with an informed and critical eye to help reveal the most meaning.

March 8 - How to Interpret Scripture, Part 2: Approaching in Revelation. Pastor Roger reviews some skills of scriptural interpretation and applies them to one of the New Testament's more difficult books.

March 22 - Heaven, Hell, and Everything In Between. Pastor Lynette discusses what Lutherans believe about heaven and hell, including consideration of our creeds.

Organized by the
New and Renewing
Congregations Team
of C/SIS



GO. *Together!*

2026 Synod Relation-Trip

Make plans today to join in this one-day synod-wide relation trip to the Champaign-Urbana area where we will serve neighbors in need and build relationships across our communities of disciples. Projects include work at Sola Gratia Farm, a bike rodeo with St. Matthew's Lutheran, Urbana, work at a clothing distribution center, painting and building projects at St. Andrew's Campus Center, projects with LSSI, and more! You pick your projects when you register!



9 AM - 4:30 PM
Saturday, April 18,
2026



**Meet at Good Shepherd
Lutheran Church, 2101 S.
Prospect Ave. Champaign**

What to Expect :



Opportunities
to Serve



Relationship
Building



God Sightings!

Cost:

**\$10 / person helps us plan
and provide snacks and water**

General Schedule:

9 AM Meet up at Good Shepherd
10-12 First project of the day
12-1:30 Lunch and travel
1:30-3:30 Second project of the day
3:45 PM Wrap-up at Good Shepherd

Register Today!



**Please register
before March 20.**

- **All projects are within a 5 mile/15 minute drive of Good Shepherd.**
- **Many projects are accessible and open to folks of all ages.**
- **Lunch is on your own. Suggestions will be offered, but the C-U area is full of options.**
- **Refreshments will be available both beginning and end of the day.**

Planned Projects



Morning Projects - 10 AM - Noon

1) Sola Gratia Farm:

4.8 miles (13 min) from Good Shepherd

Projects at Sola Gratia could include seed or seedling starting in the greenhouse or fields, mulching paths at the discovery farm, building/assembling trellises, tree care, or cleaning the wash-pack area. Work at the farm might be muddy and some will be outdoors or in unheated areas. Dress appropriately. Participants should be at least 16 years old.

2) Bike Rodeo at St. Matthew Lutheran Church, Urbana (ELCA):

4.4 miles (12 min) from Good Shepherd

St. Matthew's neighborhood is diverse and beautiful, with lots of children. Volunteers would help St. Matthew run a bike rodeo with give-aways, helmet checks, safety course, and more.

3) empty tomb: 301 N. 4th St., Champaign

3.3 miles (12 min) from Good Shepherd

People of any age or ability are invited to sort and prepare clothing donations. Weather permitting, interested folks may also assist with outdoor yard work around the facility.

4) Morning Service Session with LSSI: Supporting Children in Foster Care

At Good Shepherd

Families are invited to participate in a hands-on service activity supporting children in foster care. Each family is encouraged to bring a favorite children's book (for any age level) to donate. Together, we will decorate bookmarks, create friendship bracelets, and assemble hygiene kits to accompany the book gifts.

Afternoon Projects - 1:30-3:30 PM



5) Sola Gratia Farm:

4.8 miles (13 min) from Good Shepherd

See above! Projects at Sola Gratia might be muddy and some will be outdoors or in unheated areas. Dress appropriately. Participants should be over 16 years old.

6) Afternoon Service Session with LSSI: Supporting Seniors

At Good Shepherd

Families are invited to take part in a creative and meaningful service activity benefiting seniors. Participants will paint a flower pot and/or mug and create a handwritten card to share a message of care and encouragement.

7) St. Andrew's Campus Ministry: 909 S. Wright St., Champaign

2.9 miles (13 min) from Good Shepherd

St. Andrew's is in a brand new building! But there is still some painting and furniture assembly that needs to be done. There might also be a mural to be painted to beautify the space! Painting supplies and tools provided.



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.



CANCER PRAYER & SUPPORT GROUP

Thursday, March 26
6PM
Small Group Gathering Room



GSLC PIECE MAKERS

Tuesdays
Noon-3PM

GSLC Quilt Room

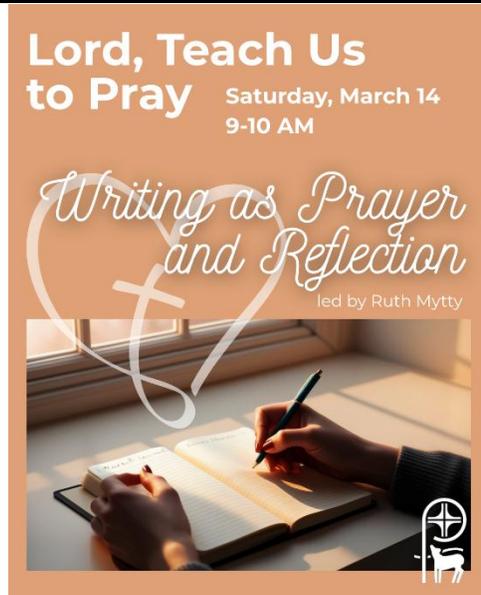
No experience necessary.

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!

FELLOWSHIP EVENTS



LORD, TEACH US TO PRAY
SECOND SATURDAY SERIES
Saturday, March 14, 9AM

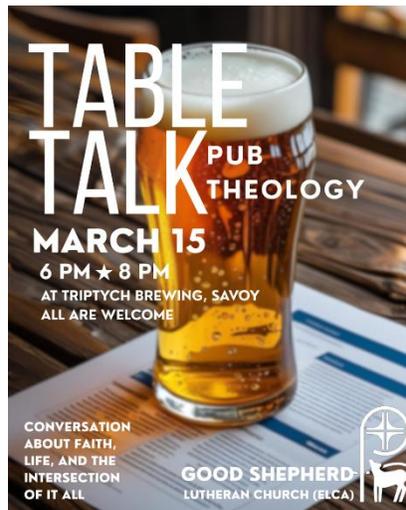


TABLE TALK PUB THEOLOGY

Sunday, March 15
6-8PM
Triptych Brewing Savoy

Every month, we discuss new questions. Here are some that are on the list for March!

- 1) ICE BREAKER: What is your favorite Winter Olympics event to watch? If you could suddenly be given the skills to be a Winter Olympian in any event, which would it be?

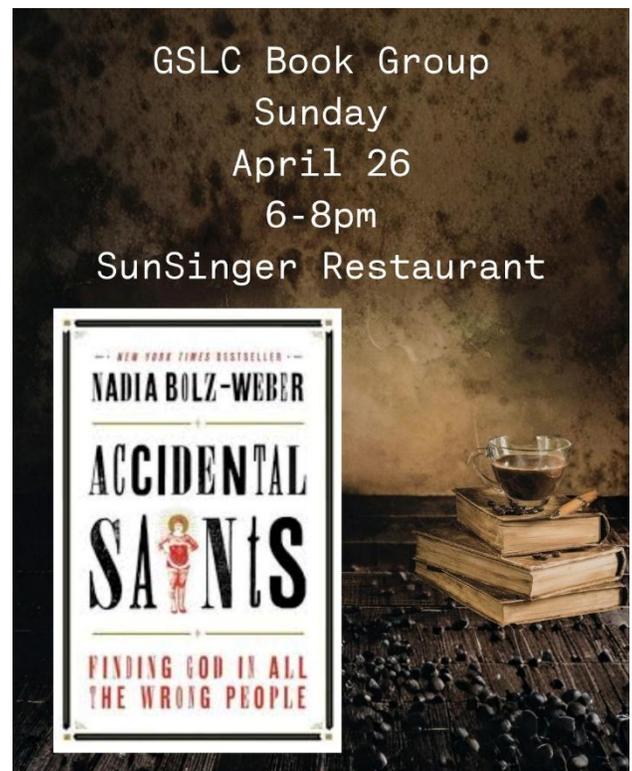
- 2) **Mark 6:49-50** says, "But when they saw him walking on the lake, they thought he was a ghost. They cried out, because they all saw him and were terrified. Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid."" **How do you read stories like this**, which have Jesus doing something that defies the laws of physics and nature? **Does it matter to you if Jesus literally walked on water**, or if this was a story that grew over time, or was intentionally symbolic or metaphorical?
- 3) **Researchers from the University of Montreal and Italy's National Research Council recruited 12 monks of the Thai Forest Tradition at a Buddhist monastery outside Rome.** In a laboratory, scientists analyzed the brain activity of these meditation practitioners using magnetoencephalography (MEG), technology capable of recording with great precision the brain's electrical signals. What they found is that **meditation isn't thinking about nothing, but actually is a state of heightened cerebral activity that profoundly alters brain dynamics.** What they found reinforces that meditation is a mind-altering, dynamic state that promotes focus, learning, and well-being. **Does this surprise you? What is your experience with meditation? Does this make you want to try to practice meditation more or less? How would you compare meditation to prayer?**



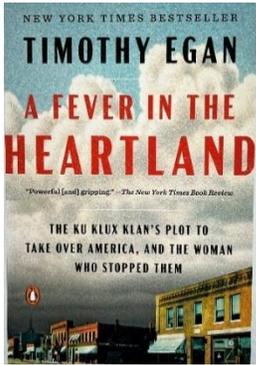
PALM SUNDAY BRUNCH

Brunch will be served in Fellowship Hall following the Palm Sunday Service on March 29.

Please join us for food and fun!



Women ^{of the} ELCA



WELCA BOOK CLUB

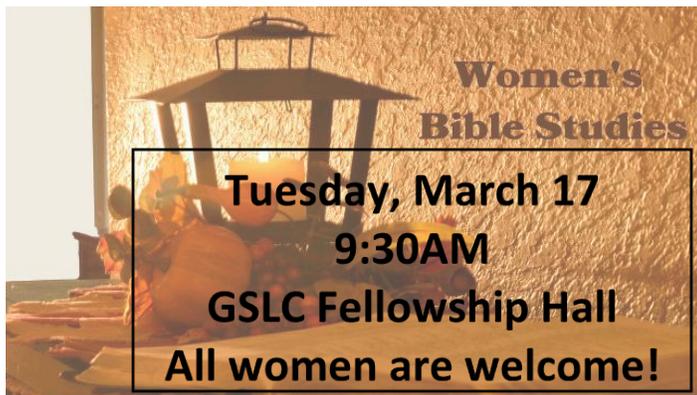
Thursday
March 12, 9:30AM
GSLC Choir Room

A Fever in the Heartland
By Timothy Egan

This novel is a historical thriller that tells the riveting story of the Klu Klux Klan's rise to power in the 1920's, the cunning con man who drove that phenomenal rise, and the woman, Madge Obrtholzer, who stopped them.

Indiana was a strong hold where the clan effectively controlled the state's political system and is the setting of this book.

Contact Jan Nuss with questions.



We use studies from *Gather Magazine*.
Extra copies available in the hallway near the restrooms.

IT'S TIME TO BUY LWR PERSONAL CARE SUPPLIES

We will once again in May have a brunch and meet to assemble Personal Care Kits for Lutheran World Relief.

We have a large box in the narthex for your donations.

We cannot use worn towels, **all items should be new.** Walmart for towels and Dollar Tree for toenail clippers have been the best places. Yes, this is early for our shopping list, but it does give us plenty of time to purchase the needed supplies.

Here is what we need for each kit:



1 bath towel, dark color, not a bath sheet



toenail clippers



toothbrush, soft bristles



sturdy comb

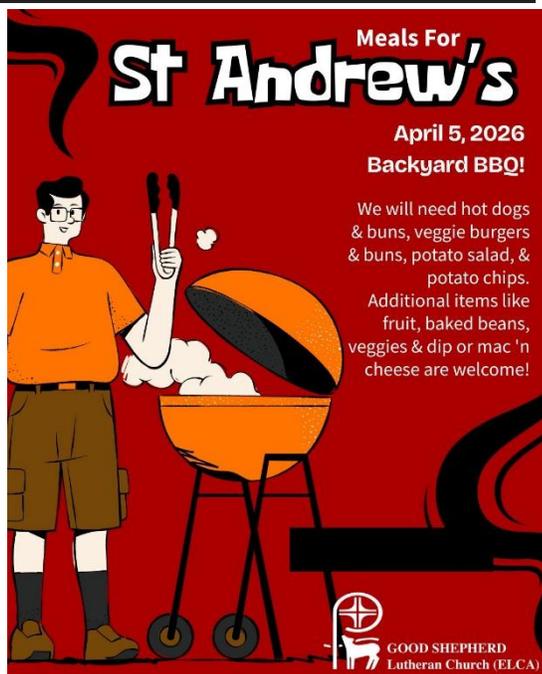


2 bars of soap, 4 ounces each, individually wrapped (not boxed)

We try not to send materials in cardboard or heavy packaging to save on postage expenses. We will take off all packaging and stickers before we wrap the supplies for each kit together. If you prefer to donate cash so we can purchase these items, please donate to WELCA for LWR or Personal Care Kits. Thank you for purchasing these items. The need is always great.

For questions contact Gail Block.

COMMUNITY OUTREACH



**Meals For
St Andrew's**

**April 5, 2026
Backyard BBQ!**

We will need hot dogs & buns, veggie burgers & buns, potato salad, & potato chips. Additional items like fruit, baked beans, veggies & dip or mac 'n cheese are welcome!

GOOD SHEPHERD
Lutheran Church (ELCA)

ST. ANDREW'S LUTHERAN CAMPUS CENTER MEALS

St. Andrew's is in their new building and we are no longer limited to crockpot meals! Good Shepherd will continue to provide meals for 10-15 people on the **first Sunday of the month, and we are committed to April 5 and May 3.** If you are interested in providing food contact Agatha. She can pick up items at Good Shepherd or stop by your house, if that is more convenient!

*April Menu – Backyard BBQ!

-Hot dogs, veggie burgers, buns, potato salad, potato chips, fruit, baked beans, veggies & dip, mac n' cheese, etc.

*May Menu - Breakfast for dinner!

-Ingredients to make waffles/pancakes, syrup, eggs, butter, bacon/sausage, fruit, milk, juice, etc.

Contact Agatha Barnes with any questions.



Interfaith Alliance Build Kick-off Blessing

**Sunday, March 29th - 3pm
1112 W. Church St. Urbana**

Join us as we gather in unity to bless the home, the future homeowners, and the many hands that will build together. This Interfaith Kick-Off Blessing will bring together faith traditions from across our community to celebrate partnership, shared purpose, and the spirit of service and connection.

Let's begin this build grounded in hope, compassion, and the joy of building together.



**HABITAT FOR HUMANITY
INTERFAITH ALLIANCE BUILD**
Sunday, March 29, 3PM
Join them for a kick-off blessing!

YOUTH NEWS



GAME NIGHT

Family Board Game Night
Friday, March 6th
5-8 pm at GSLC

GOOD SHEPHERD
Lutheran Church (ELCA)

**FAMILY FUN
BOARD GAME NIGHT**
Friday, March 6, 5-8PM
@ GSLC



GOD SQUAD YOUTH GROUP

6th-12th graders

Saturday, March 7
6-8PM

Bowling – Youth and Families Arrowhead Lanes, Champaign

Join us for a fun evening of bowling! No cost for youth; Pizza provided, bring snacks to share and your own beverages.



We are requesting donations of individually wrapped candy and plastic eggs for our Easter Egg Hunt. There will be a basket in the Narthex for your donations.



CANCER PREVENTION

Cancer Prevention Research shows that more than 40% of the 2 million cases of cancer diagnosed yearly can be attributed to preventable causes: smoking, excess body weight, physical inactivity, excessive exposure to the sun, among others.

This means that steps such as (1) quitting smoking (or never starting), (2) maintaining a healthy weight, (3) exercising regularly, (4) protecting your skin from the sun, and (5) getting vaccinated against pathogens that cause certain cancers can dramatically reduce your risk of cancer in many cases.

For example, nationwide initiatives aimed at reducing tobacco use have led to [declines in smoking](#) from 42.4% of U.S. adults in 1965 to 11.6% in 2022. Still, [nearly 19% of all cancer cases and 30% of cancer-related deaths](#) are caused by smoking cigarettes, including [80% to 90% of lung cancer deaths](#).

At the San Antonio Breast Cancer Symposium 2025, they examined the science behind how alcohol consumption and obesity are connected to breast cancer risk, and the impact modifying behavior can have in decreasing risk. For example, people who reduced their drinking from two to one per day had an 8% lower risk of breast cancer than those who continued to drink heavily.

In the US, many reductions in cancer morbidity and mortality have been achieved through implementation of effective public education and policy initiatives.

Sandy Reifsteck RN, FCN, MS Ed, Lutheran Faith Community Nurse Association (FCNA)

Someone You
Should Know!



Jodi

LIVE
LOVE
Volunteer
Spotlight



GOOD SHEPHERD
Lutheran Church (ELCA)

Jodi Davis

How long have you been a part of Good Shepherd?

My husband and I joined Good Shepherd in November of 1995. That makes 30 years!!!

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

Discipleship is taking up your cross daily and following Jesus. To me this is a lifelong, intentional process of learning, obeying and serving others.

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

I love to cook for large family gatherings. I also enjoy golf, playing mahjong and needlepoint.

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?

The service that I do through Good Shepherd today looks very different from my work in the past. I am grateful that I have had the opportunity to serve in such a variety of ways! I started serving in the nursery and teaching Sunday School. I then spent many years helping with various WELCA events and projects and a variety of other committees. Today I enjoy participating in the Peacemakers Quilting Group, doing food deliveries and serving on the Storybook Project.

An added bonus is seeing God at work in the community and the fellowship opportunities that all of these service projects bring.

What is one thing you're deeply grateful for right now?

I am deeply grateful for my growing family and time spent with them, especially at our lakehouse in Michigan. Thankful for my church family and the many friendships, old and new!

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

It is fulfilling to me to serve alongside the people I worship with. I feel confident that God has put these opportunities in my life and I receive the added bonus of growing in faith with other believers. It is wonderful to witness God working in the community alongside other members of Good Shepherd.

Why are you a part of this congregation?

We have felt at home at Good Shepherd since the very first time we visited. Bob Espeseth was a greeter the day we visited. He had been one of my favorite professors! Raising our kids at Good Shepherd brought us lifelong family friendships. Participating in Women's bible study and serving in WELCA for many years allowed me to develop relationships with women of all generations that I consider lifelong prayer warriors and friends. We travel on most weekends now and I often worship online from our lakehouse in Michigan. Seeing everyone online is not the same as worship and fellowship in person, but it helps me feel connected when I am not here in person. I am thankful for new opportunities to serve at Good Shepherd even if we travel on weekends. Volunteering with the food pantry, food deliveries, Meals on Wheels, Peacemakers Quilt Group and Storybook Project, (and even changing the church sign!), have allowed me to stay connected and serve our community and world.

What is a favorite memory you have here at GSLC?

Favorite memories include: My children's baptisms, Vacation Bible School, El Salvador Mission trip, apple pie making days!

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

Rebecca Nef-Heffernan, Kara Greer





WELCOME NEW MEMBERS
Skip Eissfeldt & Denise Novak

MESSY CHURCH



CU AT HOME ONE WINTER NIGHT



FASTNACHT PANCAKE BREAKFAST









MARCH SERVING SCHEDULE

	3/1/2026	3/8/2026	3/15/2026	3/22/2026	3/29/2026
Acolyte	Levi Todd	Andrew Todd	VOLUNTEER NEEDED	VOLUNTEER NEEDED	Jake Brucker
Communion Assistants	Marla Todd	Rebecca Nef-Heffernan	Susan Hinrichs	Lois McConomy	Dean Olson
	Dan Corkery	Susan Barreto	Samantha Fisher	Carol Steinman	Mary Szyszka
	Tori Corkery	Lucas Barreto	Becky Cook	Joe Chamley	Gail Block
Reader	Nancy Holm	Agatha Barnes	Ash Waller	Steve McConomy	Nancy Olson
Chancel Care	Tori Corkery	Samantha Fisher	Samantha Fisher	Carol Steinman	Carol Steinman
Nursery	Susan Barreto	Marla Todd	Carol Manley	Jenelle Keene	Carol Manley
Usher	Susan Hinrichs	Dean Olson	Nicole Paul	Nancy Olson	Agatha Barnes
Flower Delivery	Jenelle Keene	Agatha Barnes	Dean Olson	Lois McConomy	Rick & Cindy Marrs
LiveStream	Darrell Hoemann	Darrell Hoemann	Darrell Hoemann	Darrell Hoemann	Darrell Hoemann
Coffee/Donuts	Becky Fisher, Samantha Fisher, Nancy Olson	Sally Widholm	Kim McFarland & Becky Fisher	Don Block & Nancy Olson	Patty Hart & Lisa Young
Food Delivery	Ash & June Waller	Dean Olson & Bob Clark	Doris Snyder & Carol Manley	Rick & Cindy Marrs	Shelly Cekander
Food Packing	Mary Szyszka	N/A	N/A	Mary Szyszka	Patty Hart

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

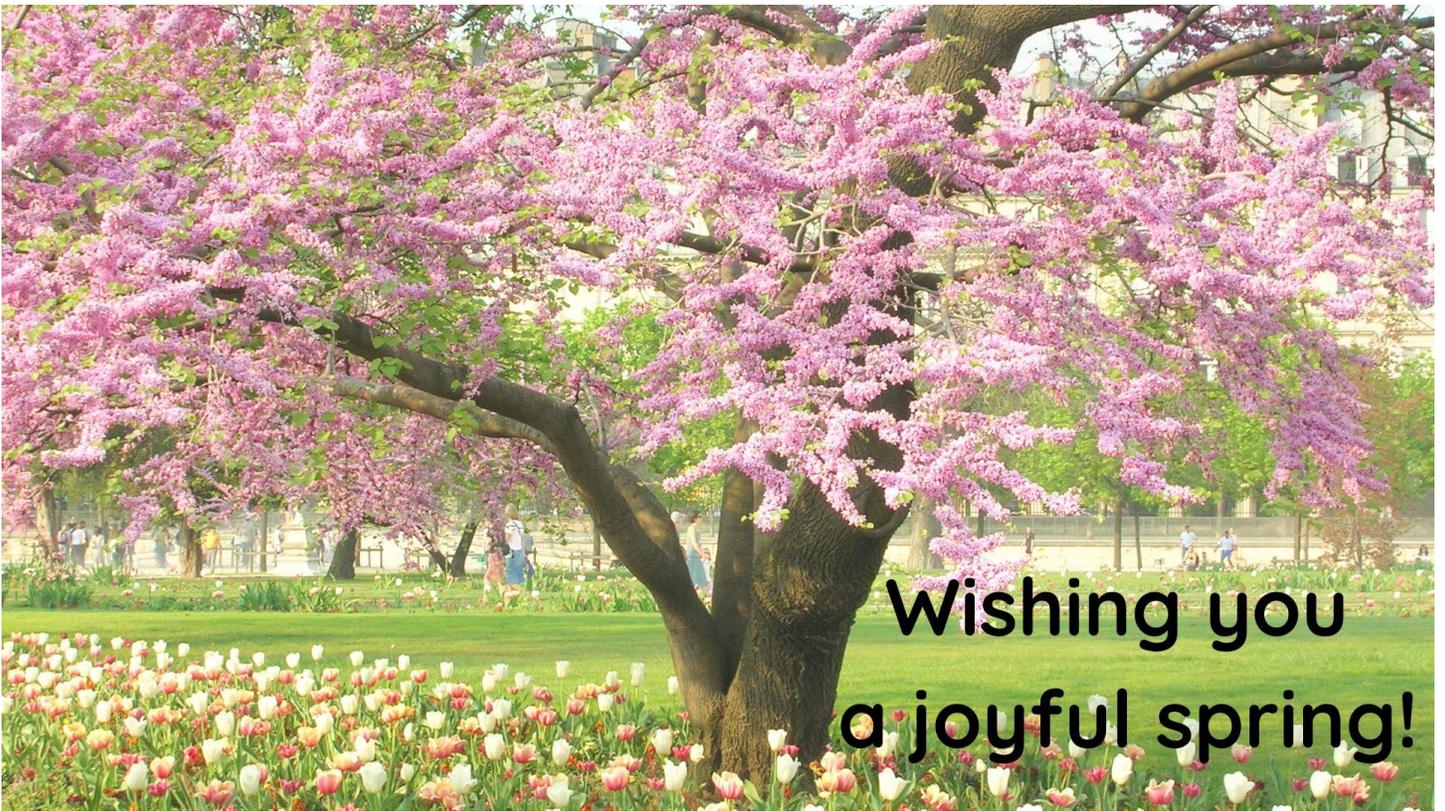
Monday – Thursday 8:00AM-3:00PM

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.***



**Wishing you
a joyful spring!**