



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:

I WITNESS. I LISTEN. I BREATHE.

A couple of weeks ago, I taught the 4th-6th grade Sunday School class about the name of God – and how God's name, God's holy and unspeakable name, YHWH, can sound like breathing. The word for breath in Hebrew

is *ruach*. And it can mean alternately breath, wind, or spirit. For example, we are told, in Genesis 1, that the divine *ruach* from God moved over the waters at the beginning of the beginning. Is that the divine wind? The divine spirit? Or the divine breath? Or (most likely) all three!

We were also told, a couple of weeks ago in one of the post-resurrection appearances of Jesus, that Jesus breathed on the disciples and gave them the Holy Spirit. Again, in Greek, we find the word *pneuma*. Breath. Wind. Spirit. Later this month, we'll celebrate Pentecost and hear again how the Holy Spirit came upon the disciples with the rush of a mighty wind.

This wind-y, breath-y imagery is resonating with me right now as we (here in the windy plains of Illinois) deal with the blustery and stormy realities that buffet us daily in the news cycle, at the gas pumps, in the grocery store, as we serve families in need, support immigrant neighbors, deal with the ever-present drumbeat of racism, and so much more. Watching the news is exhausting – no matter what political party you support. But we still want (and need) to be informed and to live as responsible citizens, members of the community, and faithful followers of Jesus.

I recently picked up (kind of randomly... Holy Spirit at work?) a new book by Christine Valters Paintner - *Breath Prayer: an ancient practice for the everyday sacred*. She talks about how we can integrate simple breathe in, breathe out prayers in our daily lives – being present and in the presence of God while doing laundry or drinking our morning tea or waiting in traffic. One chapter talks about breath prayers while watching or reading the news. Christine Paintner writes:

We live in a world filled with a relentless outpouring of news from all corners of the globe. It can be overwhelming to take it all in, to know how we are to respond. We can feel helpless. Often the way the news is reported is meant to



divide and disempower us – amplifying extremes, featuring crisis and tragedy. Very little “good news” is reported on.

Of course, we cannot live our lives avoiding all intake of news if we’re to have some sense of the issues affecting us and our communities..... [and] being present as we take in news can be enormously helpful in keeping us from spinning out into numbness or anxiety. We can try to find some balance....

One of the ways she suggests for finding balance – a practice I’ve been trying myself over the last few weeks – is to memorize and say the following breath prayer just before we sit down to listen to the news or to read the news on our phone – and again after we have finished:

Breathe in: *I witness the world’s wounds.*

Breathe out: *I send forth love.*

Breathe in: *I listen*

Breathe out: *for how to respond.*

Just repeat those lines to yourself right now. Breathe in and out. We witness the world’s woundedness. We breathe out love (God’s love, our love, love that heals and changes things, including us). We listen. And we listen not just to absorb or react, but for how we, even in our small ways, might respond. Again, Christine Paintner writes, our response moves us “out of reactivity or overwhelm. I pause and listen for the response called forth from me. Perhaps it is praying for the situation. Maybe it is donating money or writing an email. Maybe it is more direct and active involvement, or maybe simply trusting that the work you are [already] doing is bringing loving-kindness to the world.”

This simple breath prayer helps ground us, helps give us some agency in the midst of the information overload, and centers us in God’s love – love coming to us and through us for the sake of the world. And, amidst the buffeting we receive daily, this breathing of God’s love – in and out, this breathing of the Spirit can help bring balance, can slow us down to be present in a different way.

If you’d like to read Christine’s book for yourself, you can find it at Augsburg Fortress Publishers online and probably through other sites as well. It’s published by Broadleaf Books, copyright 2021.

May the Spirit of God move and inspire you. May the wind of God refresh and re-create you. And may the breath of God breathe love through you to this world.

In Jesus’ love,
Pastor Lynette Chapman

WORSHIP NEWS

May 10 – Blessing for Faithful Women

May 17 – Last Sunday for Sunday School

May 24 – Pentecost!



WHAT DOES IT MEAN TO BECOME A "MEMBER*" OF GOOD SHEPHERD LUTHERAN CHURCH?

First, do you have to become a member in order to be part of GSLC? No! You can worship and serve, learn and grow, without actually becoming a member. Becoming a member is just one way that we publicly say, "This is my community, too. I am part of what God is doing in this place." On one hand, becoming a member is a legal designation. Good Shepherd, like most churches, is a 501c3 non-profit religious organization.

That organization is governed by our Constitution, which says that members elect the Council (think Board of Directors), approve the budget, and vote on major decisions like buying and selling property. In an ELCA church, the members also vote on calling rostered leaders like Pastors and Deacons. In our constitution, members are folks who have made a formal commitment to Good Shepherd, worship God in this place, and support the ministry financially.

On the other hand, becoming a member is a faith commitment to share this part of your Christian journey, your joys and sorrows, your talents and passions, etc. with this particular group of people. It falls somewhere between joining a book club and adopting a pet. Like a book club, you can come and bring your own

ideas and thoughts, you can stay as long as you like, you are asked to respect other's thoughts and experiences, and you can leave whenever you want. But there's also a hope that you'll grow, share parts of yourself, support others, and end up better or at least different than when you started.

But, also, like adopting a pet, there are responsibilities to share to keep that pet healthy and growing. And, like bringing a new animal into our home, we know that there will be easier times and harder times, that sticking with it and admitting our mistakes or offering forgiveness when they disappoint us is part of the deal.

In short, joining a church is a joy and a challenge. There's the possibility for new community and deeper connections; there's the opportunity for responsibility and leadership; there's the expectation of showing up and sticking with it and helping to make it a life-giving community not just for ourselves, but for everyone involved. Note: The only belief members are asked to confess is the Apostles' Creed.

It's good to learn about the particularities of Lutheran Christianity, but diversity and questions are always welcome. If you've never been baptized, the pastor will talk to you about being baptized into the Christian faith as you join the congregation.

We will be welcoming new members into the congregation in May.

Please talk to Pastor Lynette if you would like more information or would like to be part of the group.

*By the way, membership isn't like Sam's Club.... It's an old anatomical reference to being a 'member' of the body – although we are part of the Body of Christ!



ADULT FORUM

Sunday mornings
10:15AM
GSLC Choir Room

May 3 – Lesser-known Leaders of the Early Church: The Women- Led by Pastor Lynette

May 10 – Introducing Palestine

Join us for a discussion with Dua Aldasouqi. She's a local expert on Palestine, its history, and concerns. Professionally, she is a Registered Dietitian Nutritionist and also classically trained in the Islamic sciences from Qalam Seminary. She combines these two passions in her work at her website: *A Muslim Dietitian*.

SYNOD/ELCA NEWS

GET ACTION ALERTS FROM ELCA ADVOCACY

Including information about ongoing threats to Christians in Palestine. This is a good way for folks in our community to stay informed about issues we can impact in various ways.

Sign up using this link:

<https://act.elca.org/page/93847/action/1?chain>

or visit **ELCA.org** for information about advocacy efforts around the world.

If you'd like more information about this ministry of the ELCA, you can talk to Al Mytty.

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, May 28
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!

FELLOWSHIP EVENTS



Feeling Creative?
Paint With Me Party

Sign Up in the Narthex, using the QR code or by emailing: katrina@gslc-cu.org

Saturday, May 2nd 2:00 p.m.
\$15 per person

Lord, Teach Us to Pray

Saturday, May 9
9-10 AM

Centering Prayer

led by Beth Rogers, of Beloved Inclusive Catholic Community, CU



cultivate an interior silence and a deepening relationship with God

Centering Prayer is a method of Christian silent prayer that helps us to cultivate an interior silence and a deepening relationship with God. It is a discipline that moves beyond prayer as conversation to simply being present with God, beyond thoughts, words, and emotion, opening ourselves to the opportunity for God to work within us.



GAME NIGHT

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

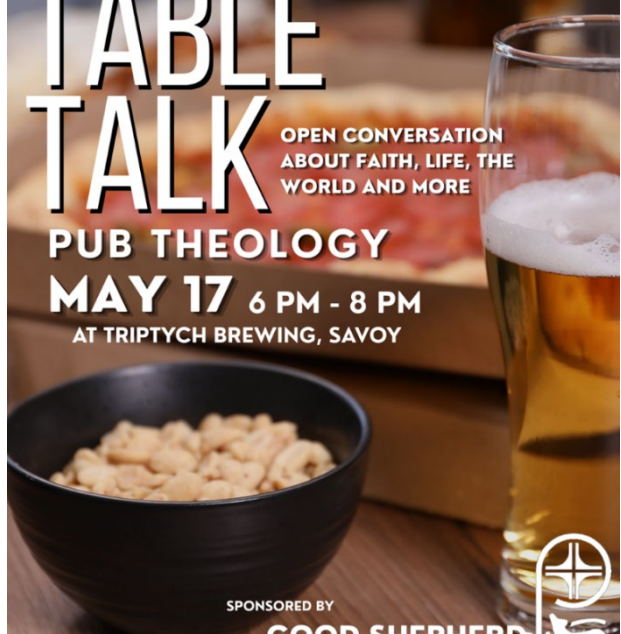


TABLE TALK

OPEN CONVERSATION ABOUT FAITH, LIFE, THE WORLD AND MORE

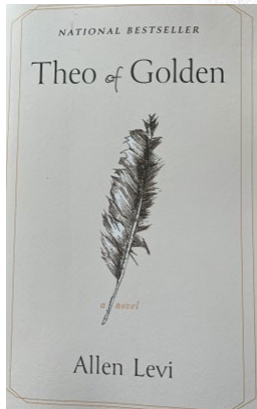
PUB THEOLOGY

MAY 17 6 PM - 8 PM
AT TRIPTYCH BREWING, SAVOY



SPONSORED BY
GOOD SHEPHERD LUTHERAN CHURCH (ELCA)

Women of the ELCA



WELCA BOOK CLUB

Thursday

May 14, 9:30AM

GSLC Choir Room

Theo of Golden

By Allen Levi

An endearing novel of a curious old man, Theo, who quietly moves into a southern city and for reasons unknown to anyone but himself. He begins purchasing pencil portraits from the walls of the coffeehouse and returning them to their “rightful owners”. With each exchange, a story is told, a friendship is born, and a life altered. Contact Jan Nuss with questions.

Book for June: *Wayward Girls*
by Susan Wiggs

LWR PERSONAL CARE SUPPLIES

Items still being collected for the Personal Care Kits for Lutheran World Relief. **We have a large box in the narthex for your donations; all items should be new.**

Needed 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)

To save on postage expenses we remove all packaging and stickers before we wrap each kit together. If you prefer to donate cash to purchase these items, please donate to WELCA for LWR or Personal Care Kits. For questions contact Gail Block.



GOOD SHEPHERD

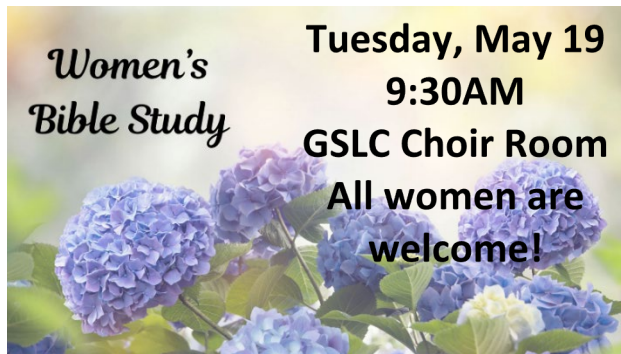
WOMEN'S SPRING BRUNCH

On May 16, the women of Good Shepherd will gather in our Fellowship Hall for the annual Spring Brunch from **9:30-11:00AM**. After enjoying time for food and conversation, we will assemble the Lutheran World Relief Personal Care Kits.

We're hoping to pack 100 kits. Continue bringing dark bath towels, toothbrushes, toenail clippers, combs and bars of soap to the large box in the narthex until the brunch.

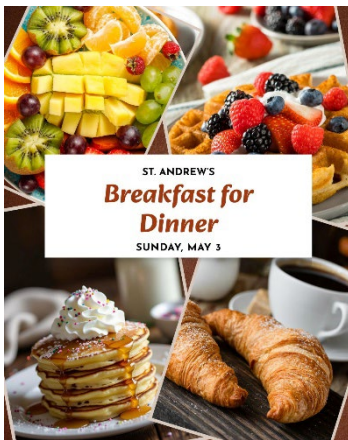
Contact Gail Block if you are able to help set up all the toiletries at 11AM Friday, May 15

We also need volunteers to bring egg casseroles, fruit, pastries, and juice.



All women are encouraged to pick up a free copy of "GATHER" magazine from the hallway near the nursery.

COMMUNITY OUTREACH



ST. ANDREW'S LUTHERAN CAMPUS CENTER MEALS

BREAKFAST FOR DINNER – FINAL STUDENT MEAL BEFORE FINALS!

Help provide our last meal of the semester for students as they prepare for finals! We're serving a fun and comforting Breakfast for Dinner and welcome a variety of breakfast favorites.

All items should be brought by *Noon on Sunday, May 3* and dropped off in the GSLC kitchen. Vegetarian options are especially appreciated to ensure all students are accommodated. Suggested items:

- Pancakes, waffles, or French toast
- Eggs or egg bakes (meat-free options welcome)
- Breakfast potatoes or hash browns
- Fruit, yogurt, or granola
- Pastries or breakfast breads

Contact Agatha Barnes with any questions.



HABITAT FOR HUMANITY INTERFAITH ALLIANCE BUILD

Good Shepherd is blessed to participate in the Interfaith Alliance of Champaign County and Habitat for Humanity of Champaign County to build a home for a local family.

Volunteers are needed to help build and also provide food to those who are building the home. Construction started on Saturday, April 11th and runs through Saturday, July 11th. If you have house framing, painting, trimming, or landscaping skills, or if you would like to assist those builders, please check out the dates and sign up at:

<https://forms.gle/DW94kaLs49wvPZQF6>

The Outreach Committee has arranged to provide food for the builders on Saturday, May 30th. If you would like to help with this effort, please contact Carol Steinman. Some members have contacted her already, but many hands make light work.

At a recent Blessing of the construction site, the new family and many community faith partners were in attendance. All were moved by the anticipated gift this family will receive. What a joy it is to help a family in some small way with owning their own home.



Interfaith Alliance Build Kick-off Blessing

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



GOD SQUAD YOUTH GROUP

6th-12th graders

Saturday, May 16
4-6PM



YOUTH NEWS

SUNDAY SCHOOL SCHEDULE FOR MAY

Sunday's Cool! Join us each Sunday as we encounter the Bible in creative ways! If you'd like to get involved in teaching or helping in a classroom, please talk to Katrina Widholm. If you already are a teacher and can fill in any of the gaps listed below, please do so on the bulletin board near the library.

Date	Holy Moly (Pre-K - 3rd)	Connect! (3rd-6th)	Jr/Sr. High (7th-12th)
3-May	Open	Open	Pr Lynette
10-May	Open	Open	Pr Lynette
17-May	Messy Church / See-you-next-year party!		



LEADERSHIP LAB 2026
For teens AND adults!
JUNE 22-27, 2026
Augustana College
Rock Island, IL

What IS Lab?

PARTICIPANTS experiment and practice leadership for church and community while encountering an intense, transformational Faith experience.

What is the cost? \$420 per person (cost increases on 4/15), but Good Shepherd has funds to help with this cost.

Discounts Available (1 per registration):

-1 FREE Adult Registration with the purchase of 5 student registrations

-10% discount for anyone who attended Leadership Lab 2025 (\$378/person)

-25% discount for participants from churches participating in Leadership Lab for the first time or have not attended in more than 5 years. (\$315/person)

What is included in the cost?

- Rooming in a college dorm room
- Breakfast, Lunch, and Dinner for the week
- T-Shirt

Learn more or register at

<https://leadershiplab.net/>

If you're interested in being part of a Good Shepherd group, talk to Pastor Lynette.



**CAN I STRENGTHEN MY BRAIN
LATER IN LIFE?**

Do not wait till "later in life" – do it now!!!

EXERCISE - Any type of activity, but start now, no matter what your age! Walking, dancing, swimming, gardening, tai chi. Keep moving no matter the age. Also helps to keep your brain alive. Try to get 20 minutes per day.

FOOD - Research on older adults who watch their diets had a 53 percent lower risk of developing Alzheimer's disease. Why not start when you are much younger to eat leafy greens, salmon, walnuts, and flax seed.

SLEEP - This is essential for memory and the removal of metabolic waste from your brain. Ideally, you should be aiming for 7-9 hours each night. Without it you will not be able to give your brain enough time to clean and organize itself.

CURIOSITY - Research shows us that lifelong learning projects are very important. Try learning a new language. What about painting or playing music? These challenge and engage the brain's ability to rewire and even strengthen itself.

CONNECTION - It is so important to stay engaged with friends and the community. Church friends and activities also can help you to buffer against brain decline that can follow as you grow older.

(Adapted from the AARP Journal and age adjusted to include all adults)

Sandy Reifsteck RN, MS Ed, Faith Community Nurse Good Shepherd Lutheran Church, Champaign, Illinois.

BOOK SALE

Saturday, May 9, 8:00AM-1:00PM

Sunday, May 10, Noon-5:00PM

@ St. Matthew's Lutheran Church

2200 S. Philo Rd., Urbana

Paperbacks, Hard Cover Books,

Non-Fiction, Children's Books

You're welcome to donate books for our sale anytime between May 4-8.

Questions, contact Jill Quisenberry at 217-840-2097.

Plant Sale! at Sola Gratia Farm



About Our Plant Sale

We invite you to shop our spring 2026 plant selection, which features Sola-grown fruit, veggie, and herb starts for your garden. We're also excited to offer a larger selection of Sola organically-grown flowers this year!

Our annual plant sale is a key fundraiser for us. Shopping with Sola supports our mission to provide fresh vegetables to local families year-round.

Our knowledgeable staff is available to offer recommendations and gardening advice for a successful growing season.

FEATURING:

- ▶ Annual Fruits
- ▶ Perennial Fruits
- ▶ Annual Vegetables
- ▶ Herbs
- ▶ Annual & Perennial Flowers



Scan here to
preview our crop
list!



Spring Plant Sale
MAY 8-10 & 15-17
9:00 AM - 5:00 PM
2200 Philo Rd. Urbana, IL

Gladly accepting cash, card, check, and LINK payments.



217-378-0340



solagratiacsa.com/events



info@solagratiacsa.com



Spring is here!
Time to join our mowing team!

Psalm 72:6 says, "May [God] be like rain falling on a mown field, like showers watering the earth."

The Property Committee is calling for volunteers to add to the mowing team. We are looking for a few more volunteers to fill out our schedule and fill a few open spots. No experience necessary - minimal training needed! See Traci, Joe Chamley, Jeff Young or Bob Clark.

MAY SERVING SCHEDULE

	5/3/2026	5/10/2026	5/17/2026	5/24/2026	5/31/2026
Acolyte	Declan O'Connell	Donovan Dewing	Jake Brucker	Logan Young	Andrew Todd
Communion Assistants	Nancy McCowen	Dean Olson	Nancy Holm	Dan Corkery	Becky Cook
	Tim O'Connell	Joe Chamley	Jenelle Keene	Becky Fisher	Susan Barreto
	Agatha Barnes	Marla Todd	Ash Waller	Nancy Olson	Lucas Barreto
Reader	Nancy Olson	John Todd	June Waller	Tori Corkery	Lois McConomy
Chancel Care	Beth Followell	Sue Plisch & Alex Dewing	Sue Plisch & Alex Dewing	Tori Corkery	Tori Corkery
Nursery	Amy Chamley	Susan Barreto	Carol Manley & Lisa Young	Samantha Fisher	Jenelle Keene
Usher	Becky Fisher	Don Block	Sue Plisch & Alex Dewing	Nicole Paul	Rebecca Nef-Heffernan
Flower Delivery	Agatha Barnes	Gail Block	Patty Hart	Dean Olson	Jenelle Keene
LiveStream	Darrell Hoemann	Darrell Hoemann	Jeff Young	Jeff Young	Jeff Young
Coffee/Donuts	Kim McFarland & Nancy Olson	Don Block & Laurie Johnson	Sally Widholm & Kim McFarland	Kim McFarland & Laurie Johnson	Don Block & Lisa Young
Food Delivery	Patty Hart	Agatha Barnes	Deb Swanson	Ruth Meyer	Shelly Cekander
Food Packing	N/A	Mary Szyszka	Mary Szyszka	Carol Steinman	Lisa Young

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@gslc-cu.org.
Paper copies are also available at the church.***