



Cross & Crownicle

October 2018

Sharing God's Love and Promise of Salvation Through Christ
All Are Welcome!

Volume XXXVII Issue 10

7404 Elevator Road, Roscoe, IL 61073 • 815-623-6853 • info@crosscrown.org • www.crosscrown.org



Summer Fun!

Outdoor Worship

Rally Day

Food Packaging

Fall Fest Parade

Riverboat Cruise

Council Highlights

On September 17th, our council met for their monthly gathering. We were blessed by the presence Mary Cacioppi from *One Body Collaborative*. Mary discussed the latest project from their organization. Compassionate Impacts is an online resource to connect service organizations and Churches across the Greater Rockford Area to turn our random acts of kindness into a larger impact. To learn more about this project visit <http://www.onebodycollaboratives.org/>



One Body Collaboratives

Other Actions

- Stewardship presented a plan for their October campaign.
- We are looking for people to help the Sign Committee.
- Council members committed to supporting 'Truck' or 'Treat on October 28th.
- Council is working with the Youth Committee to develop a strategic plan for hiring a Youth and Outreach Associate Minister.

Stewardship Campaign: Holy Currencies



This year both the Council and Stewardship were inspired by the book *Holy Currencies* by Rev. Dr. Eric H. F. Law. The book talks about the six "currencies" that go into making a healthy and sustainable ministry. During October, we will be blessed by 4 council members sharing their stories of how these currencies have impacted their faith lives.



October 7th: Gracious Leadership -
Keith Irons

October 14th: Wellness -
Angie Henbest

October 21st: Relationships -
Ellen Colletta

October 28th: Time and Place -
John Radtke

Yoga at Cross and Crown

Monday night yoga classes at Cross and Crown are combining mindfulness and exercise designed for all ages and ability levels, from “never taken a yoga class before” to those who have been practicing for years, with ages ranging from “mature” to 90.

Meeting from 5:00 p.m. to 6:00 p.m., the small group is led by Mary Dahlstrand, a long-time yoga instructor and practitioner. Her specialty is Hatha yoga, a term that refers to the teaching physical postures, balances, and stretches. Leg strength and balance have been reported as two of the most important keys to a successful senior experience and overall health and wellness. Poses include strengthening and posture, balance, stretching, and deep breathing.

Cost of the class is \$5.00 each session. All are welcome. For more information, contact Mary Dahlstrand at 815-871-2468.



2018/2019 Confirmation Class is for 5th-8th graders. Confirmation is a fun and interactive learning experience. We meet on Wednesday nights at 6:30 p.m. through the school year and cover Old and New Testament stories along with Small Catechism material. Besides classes we also have fun nights and service trips. Call the church office for more information by talking to Pastor Megan at 815-623-6853.



The Handbell Choir rehearses weekly on Thursdays at 5:30 p.m. to 6:30 p.m. We invite you to join us! No experience is necessary! If you would like to know more about bell choir, please contact Matt Guschl at 217-417-5952 or matt.guschl@gmail.com.

The Chancel Choir rehearses on Thursdays at 7:00 pm. in the Sanctuary of Cross & Crown Church. The choir sings at the 8:30 am service. All are welcome to attend! We would like to start out our year with all sections full and ready to sing the praises of our Lord. Please consider joining us. No experience necessary!

SUNDAY SCHOOL

We invite your child to join us for a fun filled time of learning, prayer, and community service!

Time: 9:45a.m.-10:45a.m.

each Sunday

Ages: Preschool through

4th Grade

Location: Cross and Crown

Educational Wing

We hope to see you soon!





Resilience: Bouncing Back Saturday, October 27th

Resilience: Bouncing Back is the theme for this year's Cross and Crown Women's Retreat.

All women of the church (and guests) are invited to this day-long retreat, which will be held on Saturday, October 27, from 10:00 a.m. - 4:00 p.m.

We will meet at Womanspace, 3333 Maria Linden Dr., in Rockford.

We have a special guest speaker joining us, and we will have an opportunity to walk the beautiful labyrinth at Womanspace.

Please wear warm comfortable clothes for walking outside (weather permitting) and bring a notebook or paper for journaling. Car pooling is available from the church at 9:30 a.m.

The cost is \$30, which includes lunch, registration, and materials. Scholarships are available. We **must** have your registration turned in to Jan Ethington or to the church by October 19th. For more information, talk to Jan Ethington, 815-389-4050 or Karen Radtke, 815-985-7283.



Health and Diet Presentation

On Sunday, October 7, 2018, Karen Radtke, Holistic Nurse Practitioner & Board Certified Health Coach, will be doing a presentation on health and diet during the adult forum.

The Topic will be: "Paleo, Ketogenic or Mediterranean: Which diet is best?"

She will discuss the pros and cons of these diets, and what we should be eating for optimum health.

Please join us!

Rockford Area Lutheran Ministries

TRIVIA NIGHT

Friday, November 2

Our Savior's Lutheran Church
3300 Rural Street, Rockford
6 pm doors open, 7 pm play begins
\$ 15 per person

Tables of 8 available or sign up individually

www.RockTheGood.com
RalmMail@aol.com 815-962-4279

Pre-registration required

Do you like us on facebook?
www.facebook.com/RockfordAreaLutheran

**Sunday
October 28th**



2 p.m. to 4 p.m.



Please join us on Sunday, October 28, 2018 from 2 p.m. to 4 p.m. for Trunk or Treat. We will have trunks in our back parking lot and light refreshments.

WE NEED YOU. . . To help make this event successful, we need trunks! Please contact the church office at 815-623-6853 or sign up in the narthex to support this event with a trunk.



Letters are going out to all active households with a survey for the Long Range Planning Committee!

Please return completed surveys by the end of the month. Also, plan to join us Sunday mornings on October 14th and 28th between worship services for discussion on the survey and the results.

Adopt a Road 9 a.m. on Saturday, October 13th

Come join us for some roadside beautification! We walk Elevator Road well east of Cross and Crown, clearing both sides of the road. Vests and gloves are provided, along with trash bags! It's a good community project for adults and youth (with parent).



We meet at church by 9am. The time commitment is generally 2 hours with 6-8 volunteers. Let the church office know if you are participating.





Social Concerns Committee – Projects & Cause of the Month

NAMI- National Alliance on Mental Illness (NAMI) Northern Illinois outreach locations are our cause of the month for October. Shelter Care Ministries, Stepping Stones and Rosecrance provide support, housing and homes for those suffering from a mental illness. Needs at all locations include nonfood items that cannot be purchased with the LINK or SNAP (food stamp) programs. For additional ideas contact the organization.

We will be collecting the following for Stepping Stones:

socks for men and women

Pillows

winter gloves

towels and washcloths

twin or full white sheet sets

Thanks for your support! Don't forget Pizza Ranch Night in October!



Remedies Rockford Domestic Abuse Shelter needs:

Items they always need include bus passes, used cellphones and chargers, and personal care items like shampoo, body wash, tampons, and diapers. We will have a barrel in the narthex in September and October.

Did you know? Bus passes can be purchased at the Bus Terminals at 725 N. Lyford Road, Rockford (Across from Cracker Barrel.) or Downtown Rockford (Temporary Location) at the Court & Mulford Streets. Bus pass prices are \$1.50 each, 10 rides for \$15, Student 10 rides \$7.50 or disabled passes 75¢.



Northern Mental Illness Awareness Week 2018 Illinois

The Art of Healing Gallery: *October 5th & 6th*

Stepping Stones of Rockford, 706 N. Main St, Rockford, IL 61103/4-9 pm; 5-9 pm

Faces of Mental Illness Program: *October 9th*

Nordolf Center, 118 N. Main St., Rockford, IL 61101/6-8:30pm

Pizza Ranch Tip Night: *October 10th*

Pizza Ranch, 4797 Bluestem Rd, Roscoe, IL 61073/5-8 pm

Shelter Care Ministries' Jubilee Center Harvest Fest: *October 11th*

Emmanuel Episcopal Church, 412 N. Church St, Rockford, IL 61103/5-8 pm

Rally for Mental Health: *October 12th*

Veterans Memorial Hall, 211 N. Main St., Rockford, IL 61101/12-1:30 pm



**CROSS AND CROWN
PRESCHOOL**

Follow, Learn and Grow

Pitter Patter

Preschool is officially under way with 20 students in the A.M. session and 8 students in the P.M. session! Tell your friends and neighbors about us . . . We have “room for fun and learning,” in the afternoon class. The combined Open House/Parents Night went well. We continue to be receptive to new ways to streamline the process for our busy families. We also look forward to starting the Preschool Parents’ Group soon.

The children began their first weeks with “All About Me,” to get acquainted and then a unit about apples. They have started some sight words and are concentrating on the letter A, as well as name recognition.

A *Tupperware* fundraiser has been underway and ended on September 24th. We have our first in-house field trip coming up on October 10th with *Hoo Haven* and an optional field trip October 12th at the Apple Hut. We will be inviting the parents to celebrate Halloween with treats and some songs! Picture day will be October 18th to capture our happy smiles and bright eyes!

We have so many kind people to thank as our school year begins. Our work day was held August 23rd. Thank you to Liz Monahan for pulling weeds on the playground and for volunteering to be “Book Mom” for the school year. Violet Bane helped with the sand boxes. Becky Hendrickson’s friend, Danielle Blatchford, who is teacher qualified, has been volunteering in the classroom, along with preparing the classroom for the school year and Open House. Becky Hendrickson and her husband created a colorful new sign for preschool as well as power washed the privacy fence leading in to the preschool entrance.

Thank you to Brittany Jacobs for her time served on our preschool committee, providing input and serving as treasurer. We congratulate your family on the birth of your baby girl, Alivia Brooke Jacobs, on Thursday, September 13th!

Thank you to our generous congregation members who donated supplies and monetary gifts. We were able to purchase a brand new multi-purpose reading center for the classroom. The kids are enjoying it as well as the other donations of Play-Doh and low rider tricycle. We are in need of a new out-door playhouse, kinetic sand and tempera paint in a variety of colors and a few bags of sand to fill one the sandboxes on their playground.

Preschool committee welcomes Bridget Monett aboard as a parent representative and chair person for the Preschool Parents Group. Preschool committee meets just a few times a year as needed, please consider joining us to make plans for the little ones!

It is because of your continued interest, volunteerism, ideas, creativity, donations and support that our preschool just keeps getting better and better! You allow us to keep giving the best of everything to our children.

Blessings, *Beckie Johnson*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>5:00 pm Yoga 7:00 pm GS Leaders Mtg</p>	<p>2</p> <p>6:00 pm Girl Scouts 6:00 pm BASICS Bible Study (Sophia's)</p>	<p>3</p> <p>6:30 pm Confirmation</p>	<p>4</p> <p>5:30 pm Bell Choir Rehearsal 7:00 pm Chancel Choir</p>	<p>5</p> <p>8:00 am - 3pm Classical Conversations 6:00 p.m. Girl Scouts Overnight</p>	<p>6</p>
<p>7</p> <p>8:30 am Traditional Worship 9:30 am Community Time 11:00 am Cont. Worship 12:00 pm Spirit Singers Rehearsal</p>	<p>8</p> <p>Columbus Day 5:00 pm Yoga</p>	<p>9</p> <p>10:00 am Quilting Group 6:00 pm BASICS Bible Study (Sophia's)</p>	<p>10</p> <p>6:30 pm Confirmation</p>	<p>11</p> <p>11:30 am OWLS Mtg 5:30 pm Bell Choir Rehearsal 7:00 pm Chancel Choir</p>	<p>12</p> <p>8:00 am - 3pm Classical Conversations</p>	<p>13</p>
<p>14</p> <p>8:30 am Traditional Worship 9:30 am Community Time 11:00 am Cont. Worship 12:00 pm Spirit Singers Rehearsal</p>	<p>15</p> <p>3:00 pm Worship & Music 5:00 pm Yoga</p>	<p>16</p> <p>11:15 am Communion at Northpointe 6:00 pm BASICS Bible Study (Sophia's) 6:00 pm Girl Scouts 6:30 pm Committee Night</p>	<p>17</p> <p>6:30 pm Confirmation</p>	<p>18</p> <p>Newsletter Articles Due to Office 5:30 pm Bell Choir Rehearsal 7:00 pm Chancel Choir</p>	<p>19</p> <p>8 am - 3pm Classical Conversations</p>	<p>20</p>
<p>21</p> <p>8:30 am Traditional Worship 9:30 am Blood Pressure Screening 9:30 am Community Time 11:00 am Cont. Worship 12:00 pm Spirit Singers Rehearsal</p>	<p>22</p> <p>5:00 pm Yoga 5:30 pm Girl Scouts 6:30 pm Council Mtg</p>	<p>23</p> <p>10 am Quilting Group 6:00 pm BASICS Bible Study (Sophia's)</p>	<p>24</p> <p>Volunteers Assemble Newsletter 6:30 pm Confirmation 6:30 pm Thrivent Workshop</p>	<p>25</p> <p>5:30 pm Bell Choir Rehearsal 7:00 pm Chancel Choir</p>	<p>26</p> <p>8 am - 3pm Classical Conversations</p>	<p>27</p> <p>10 am - 4 pm Women's Retreat</p>
<p>28</p> <p>8:30 am Traditional Worship 9:30 am Community Time 11:00 am Cont. Worship 12:00 pm Spirit Singers Rehearsal</p> <p> 2 pm - 4 pm</p>	<p>29</p> <p>5:00 pm Yoga</p>	<p>30</p> <p>6:00 pm BASICS Bible Study (Sophia's)</p>	<p>31</p> <p> Happy Halloween</p>			



Andrew Jensen	10/3	Judy Larson	10/12	Cole Brandt	10/19
Tria Gustafson	10/4	Terri Schubert	10/12	Gary Powalish	10/21
Russ Albert	10/5	Joe Colletta	10/13	Carina Tonak	10/21
Brittany Becker	10/5	Courtney Paus	10/13	Barbara Larson	10/25
Makena Hermann	10/5	Sue Chaney	10/14	Carlee Bane	10/29
Lindsay Hess	10/5	Tyler Syverson	10/14	Caroline Benzel	10/29
Linda Korth	10/6	Addyson Jones	10/16	Isabelle Myers	10/30
Kimberly Benzel	10/7	Sharon Olson	10/16	George Bane	10/31
Jim Lally	10/10	Larry Bauer	10/18	Brian Homann	10/31



October Anniversaries

John & Karen Radtke	10/12	Rick & Deb Peterson	10/19
Ralph & Pam Prescott	10/15	Keith & Sara Dexter	10/19
Kevin & Julie Lewis	10/17	Jeremy & Bridget Paul	10/20
Steve & Terri Schubert	10/17	Johnathon & Kayt Snowdon	10/20
Michael & Kathy Lichte	10/18		

B.A.S.I.C.S. Bible Study

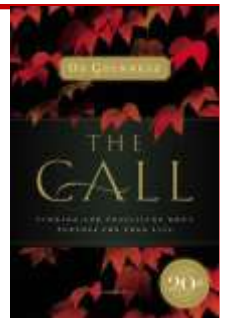
Our 3 years of Bible and Brew has been replaced with a new bible study called B.A.S.I.C.S. (Brothers and Sisters in Christ—searching, studying, sharing and serving.)

We will meet on Tuesdays from 6-7:30 p.m. at Sophia’s beginning September 18th. Dinner is optional.

Our study will begin with us sharing a book titled: “The Call” Finding and Fulfilling God’s Purpose in Your Life by Os Guinness. We will use the Revised and Expanded 20th Anniversary Edition 2018.

If you are interested in attending, please let the church office or Larry Bauer 815-382-1022 know. We will need to have adequate space for everyone. You will need to order your book. Amazon and Barnes and Noble are both good options for ordering.

We hope to see you at our Tuesday Bible study, where we each will use this time to reconnect with our “Call” from Jesus to “Follow Me”.



Serving the Lord - October 2018

	<i>Sunday October 7th 8:30 a.m.</i>	<i>Sunday October 7th 11:00 a.m.</i>	<i>Sunday October 14th 8:30 a.m.</i>	<i>Sunday October 14th 11:00 a.m.</i>
Greeter	Leanne & Jerry Upward	Joan Cavil	Milly & Howard Van Valzah	Cheryl Metcalf
Ushers	Joe & Ann Chamberlain	Mark Cavil	Billy & Sally Clemons	Mike Metcalf
Assisting Minister	Ellen Colletta		Loren Sass	
Message for Children	Jan Ethington →		Larry Bauer →	
Lector	Kristin Frank	Louise Glon	Julie Lewis	Mike Metcalf
PowerPoint Operator	Jan Ethington	Cassie Hartje	Joe Colletta	Cassie Hartje
Communion Setup	Cindy Powalish →			
Communion Assistants	Kristin Frank Amy Sorenson	Louise Glon	Terri & Steve Schubert	Jim Lacey
Communion Bread	Ann Chamberlain		Mary Walters	
Coffee Host /Clean up	Building & Grounds →			
Bread Delivery	Ann Chamberlain →		Terri Schubert →	
Offering Caretaker	Bill Frank	Steve Shoudy	Howard Van Valzah	Mike Metcalf
Indoor Plant Care	Hilde Magnuson →			



Just a reminder . . . If you are unable to serve on the date assigned, please find a replacement and contact the church office of the changes for the bulletin. Thank you for serving.

Serving the Lord - October 2018

	<i>Sunday October 21st 8:30 a.m.</i>	<i>Sunday October 21st 11:00 a.m.</i>	<i>Sunday October 28th 8:30 a.m.</i>	<i>Sunday October 28th 11:00 a.m.</i>
Greeter	Pam & Ralph Prescott	Debbie Paus	Duke & Vicki Sims	Greg Loken
Ushers	Cindy & Gary Powalish	Steve Shoudy	Eileen & John Herring	Tyler Bauer
Assisting Minister	Ben Vaughan		Isabelle Myers	
Message for Children	Mitch Olson →		Dean Snowdon →	
Lector	Joe Colletta	Cassie Hartje	Ralph Prescott	Cassie Hartje
PowerPoint Operator	Steve Schubert	Cassie Hartje	Ralph Prescott	Cassie Hartje
Communion Setup	Cindy Powalish →			
Communion Assistants	Pam & Ralph Prescott	Steve Shoudy	Dean & Cindy Snowdon	Cindy Loken
Communion Bread	Joe Colletta		Cindy Snowdon	
Coffee Host / Clean up	Building & Grounds →			
Bread Delivery	Debbie Paus →		Vicki Sims →	
Offering Caretaker	Gary Powalish	Steve Shoudy	Dean Snowdon	Mike Metcalf
Indoor Plant Care	Hilde Magnuson →			



If you have recently moved, changed your phone number or email address, please let the church office know so we can keep your information current.



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Quilters meet 2nd and 4th Tuesdays of the month. We start around 10 a.m., eat lunch here and finish up about 2 p.m. No experience needed, it's a great time for fun and fellowship. We donate the quilts to local charities.



Blood pressure screening will be offered on the 3rd Sunday of the month in one of the classrooms during community time.



Invite a friend!

Have you seen our new calling cards for Cross and Crown? Calling cards are available in the Narthex for you to share. Simply take a few and invite a friend.

Sometimes we find ourselves sharing our faith stories with others who may not have a home church...use a calling card, invite them to come join us at worship!

Cross and Crown Staff

Rev. Megan Vaughan, Pastor; Kathy Hull, Office Administrator; Dr. Mitchell Olson, Director of Music and Organist; Dr. Matt Guschl, Hand Bell Director; Deb Dunnavan, Assistant Organist; Violet Bane, Custodian