

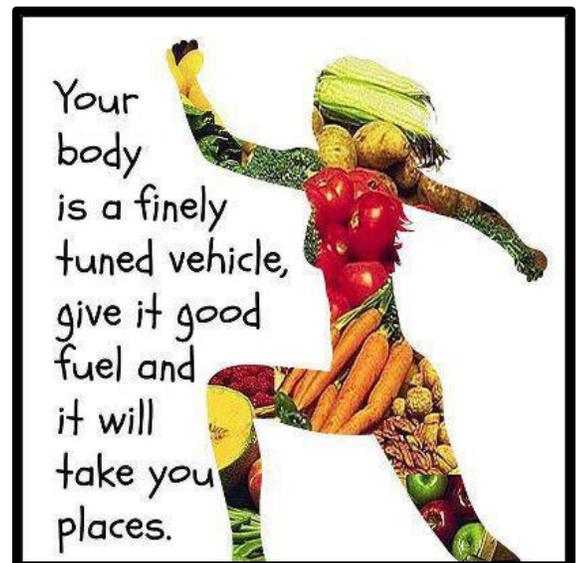
Fast, Cheap, and Easy!

With a catchy title like that you may be wondering what's this about?! In this context, I'm talking about food! Nowadays everyone's got a busy schedule and the last thing people want to do is think about what they have to eat. However; if you want a focused, productive and energized day, you will definitely find value in some tips I will provide in this article. Food is fuel after all! And, we are a product of our choices. Everyone knows if they have a little too much of a treat they feel sluggish, tired, and are less likely to be productive but, when we eat something healthy we feel satisfied and more focused. That feel good feeling is giving our body exactly the nutrition, vitamins, and minerals it needs to operate at its maximum potential. Planning for success doesn't have to be time consuming. In the short time frame of a few commercial breaks you can easily set yourself up for success.

Take action! Categorize and write down on a piece of paper the foods you like that you think are healthy. You've just given yourself a grocery list in the right direction. It's quite easy to plan ahead!

So, when it comes to my **Fast, Cheap** and **Easy** thought, here are a couple of great healthy snack or meal ideas to consider in order to maximize your day! The more natural and less processed the better!

- Veggie or chicken omelet
- Plain Greek yogurt and fresh fruit
- Sprouted wheat bread and natural (nuts only) butter of choice
- Carrots and celery with hummus
- Salad with fresh veggies (tomatoes, cucumbers, peppers, etc.) If you want a crunch, add sunflower or pepita seeds.
- Peaches and cottage cheese
- Banana and string cheese
- Sunflower seeds or pepita seeds
- Energy balls (peanut butter, flax seeds, honey, coconut flakes, cinnamon)
- Tuna pack on wrap with lettuce and tomato
- Vegetable soup, or non-creamy soup.
- Rice cakes with peanut butter (or with yogurt and fruit for crunch)



News & Notes

Holy Week Events



The worship team would like to invite you to two Holy Week Events. First, we will host a soup supper at **6 PM on Maundy Thursday, March 29th**. We will follow dinner with a ritual mirroring Jesus washing the disciples' feet and communion. Please sign up so that we can provide enough soup. Sign-up sheet is in the lobby.

Secondly, **on Good Friday, March 30th, at 7 PM**, there will be a Tenebrae service – also known as a service of shadows. We hope you will be able to join us.



JESUS HAS LEFT THE BUILDING & WE'RE FOLLOWING HIM **will be in the *AFTERNOON*!!**

HOPE UCC's next "Jesus Has Left the Building & We're Following Him" will be **Sunday, April 29**. We will be helping clean the kitchen at First Congregational UCC in Naperville. For this project we will working from **12 p.m. to 3 p.m.**

We will have jobs for all ages and ability levels to participate in! Please put the date and TIME on your calendar! Look for sign-up sheets and more information in the coming weeks!

GAME SHOW PALOOZA

GameShow is right around the corner! Saturday, April 14; doors open 6:30 p.m. at the American Legion Hall in Downers Grove. Tables are \$200 for eight people. If you haven't gotten your registration in yet, click [HERE](#) for the form and payment can be sent to HOPE UCC. If you don't have a full table and you would like to play, there is a sign-up board at HOPE, or email the office with your info and Gail will get it on the board. We'll do some matchmaking, because we really want everyone to attend. If you have a complete raffle basket, please bring it to church. If you have a silent auction item, also bring it, or if it's a service of sorts email to janetrota@gmail.com. Please include who, what, where, when, and how and very importantly, value of item.

Thanks everyone! We're headed into the home stretch. Hope you're working on your table themes and planning those snacks!



A PADS Thank you!

Thank you so much to everyone who contributed to our grilled turkey dinner for our PADS homeless guests!! It was greatly enjoyed by all!! We served 38 guests and a dozen volunteers. We even received an ovation from our guests and volunteers. Special thanks go to Linda James, Barb Zigterman, Barbara Roethel, Jolene Fiscella, Jackie Pierce Becky McCabe, Mary Kroening, Erin Cooley, Trott and Jeanne, Mark Geiger, Bill Zigterman, Les Pierce, Alma Coros and Jane Dempsey! Without everyone's assistance, HOPE could not have accomplished this!! THANK YOU!!! THANK YOU!!! THANK YOU!!!



Kids Quest Challenge

57 Cents

On February 11, the message of Kids Quest was Mark 12: 41-44, which is the story of the widow who gave two copper coins to her synagogue. Although

comparatively small in value, this was a huge sacrifice for her, because it represented a gift of everything she had to give.

We also heard the story of Hattie, a young girl who could not attend Sunday School at her church because the church was too small to accommodate all of the children who wanted to attend. Upon Hattie's death at the age of 8, her mother gave the pastor of the church 57 cents that Hattie had saved for use toward a new Sunday School building. The pastor took the 57 cents back to his congregation, and Hattie's story so inspired the people of the church that they soon raised enough money to build a new building with plenty of room for all of the children.

These stories are particularly appropriate as we enter the season of Lent. Lent is a time when many people decide to give up something of personal value – to sacrifice something – to better connect with the sacrifice Jesus made for all of us. Other people decide to take on something new as a way of carrying forward Jesus' message of service to others. Getting our own inspiration from Hattie's story, during Kids Quest we decided to try to bridge both the sacrifice and the service. And we need your help. We would like each HOPE family to consider setting aside 57 cents per day during Lent (40 days plus 6 Sundays) in collection boxes the kids made during the Quest time. Boxes are available at the entrance to the worship area for anyone who did not get one on February 11. On Easter Sunday, we will gather the collections as contributions toward HOPE's missions. The Kids Quest kids will offer recommendations to the Missions Ministry for how to use the funds that are raised.

Your sacrifice of 57 cents per day – or whatever lesser amount you can afford – between now and Easter Sunday will translate into service for our community. Please consider participating in this Kids Quest effort.

Concerned Citizens on the Move!

Concerned Citizens - a group of HOPERS who meet to discuss politics and issues - has decided to join the **March for Our Lives on March 24th, Saturday in Downers Grove**. The march begins at 11 a.m. at Downers Grove North High School, 4436 Main St, Downers Grove. We will be meeting for breakfast at 9:30 a.m. before the march at The Baked Apple, [1224 Ogden Ave, Downers Grove, IL 60515](https://www.bakedapple.com/). If you are interested in joining us, please let Becky McCabe know.

Details

The survivors of the Florida school shooting are organizing a march in DC for Saturday, March 24th. Friends Who March & The Brady Campaign are organizing a sister march in Downers Grove.

We will gather at the Downers Grove North High School Main Street Parking Lot at 11 a.m. The March will begin promptly at noon. We will march down Main Street to the Main Street Train Station. **WE WILL NOT CROSS THE TRACKS**. We ask for you to then either walk on the sidewalks back to your vehicle or arrange a pickup at the end location.

We want student groups to take the baton as this is their march. They will lead the march & can organize marchers. This does not mean that adults can't march as well. It is open to all.



Do you have a reflection to share with the Soaring Team or just want to share your gratitude for their hard work?

Email: soaringteam@sharehope.org

Sharing Joys & Concerns

Please keep these people & events in your prayers:

- † Let us pray for my sister, Rosa, and her husband, Oli, as they go through the process of purchasing their first home. Pray that everything goes well for them at their closing. (Martha & Glenda)
- † Prayers for Michael F., and his two kids. His wife and their mother passed away after a 27-day battle with cancer. Mike is a former student and colleague. (Mike M.)
- † Please say prayers for my 98-year-old grandmother, who is back in hospital with pneumonia. (Michael H.)
- † Let us pray for Jennifer A., who was diagnosed with breast cancer and will need a double mastectomy. (Michael & Terry F.)
- † Prayers for D, our friend, who found out she's blessed with three babies to come and may God keep them safe and fully developed until they come out to play with us. (Carrie & Antoinette)
- † Let us pray for my friends, Shawn and his husband Frank, who are celebrating their 29-year anniversary. Congratulations! (Mark G.)
- † Please cover our daughter. Let symptoms subside, and amount to nothing serious.
- † Let us pray for our country! Please vote on Tuesday! Politicians work for us – not the president!
- † Prayers for the Williams family, as it seems that we are in the midst of a storm. (Courtney)
- ☉ Greetings from Barb & Dick Anderson, who are part of a new progressive church start within their church in Denton, Texas. As founding members of HOPE UCC, they've had lots of practice! (Mary K.)
- ☉ Joy! My sister finished her last radiation treatment! She will still have more chemo, but his is progress!! (Barb Z.)



Celebrating Birthdays

03/22 Dee Zillmer
03/22 Janelle Manderino
04/10 Les Pierce
04/12 Harper Revoldt
04/12 Quinn Revoldt
04/13 Anthony Lieggi
04/17 Tony Ozzauto

If we've missed your birthday, please email
HOPE's Office Manager at
HOPE@shareHOPE.org.

HOPE LIBRARY

You may reserve items (books, videos or tapes) by calling HOPE's Office Manager at (630-922-0470) during office hours; by checking them out at HOPE UCC any time it is open; or by calling **Les & Jackie Pierce**, HOPE Librarians, at (630) 369-0485.

HOPE'S Leadership

Pastor	Lucas King
Moderator	Mike Manderino
Des. Moderator	Erin Cooley
Past Moderator	Becky McCabe
Treasurer	Les Pierce
Secretary	Julie Hapke
Registrar	Jane Trotta
Community Life	Shannon Lane
Education	Marie Higgins
Pastor-Parish	Tim Higgins/Jay Hruska
Marketing & Communications	Jenn Revoldt
Missions	Jolene Fiscella
Resource & Operations	Nick Dempsey
Worship	Mary Kroening
Librarians	Les & Jackie Pierce
Photo Archive	Anna Ahonen
Webmaster	Jenn Revoldt

Quest

ADULT QUEST – 9 a.m. @ HOPE UCC

"Come join us as we explore a variety of topics that impact our lives.
Bring some ideas that you would like to discuss."

~ **Les Pierce** - Adult Quest Facilitator

KID'S QUEST – Sundays during Worship

HOPE United Church of Christ

1701 Quincy Avenue, Suite 27
Naperville, IL 60540-6684

The Reverend Lucas King

Pastor Lucas' Cell – 720-378-2858
Pastor Lucas' Email – pastor@sharehope.org

Office Phone – 630-922-0470
Office Email – hope@sharehope.org
Website – www.sharehope.org

Office Hours:

Tuesday - Thursday - 9 a.m. to 2 p.m.

**Deadline for additions or corrections to the next issue of
HOPE Happenings is March 28, by 2 p.m.**

Announcements for Sunday due by Wednesday of each week.

Thanks!

UPCOMING EVENTS @ HOPE UCC

<p>March 24, Saturday</p> 	<p>Concerned Citizens @ The Baked Apple, Downers Grove (9:30 a.m.) Please see article for more information.</p>
<p>March 25, Sunday</p> 	<p>Palm Sunday Worship @ HOPE UCC (10 a.m.)</p>
<p>March 25, Sunday</p> 	<p>The Landing (Youth Ministry) @ HOPE UCC (11:30 a.m.- 1:30 p.m.)</p>
<p>March 25, Sunday</p> 	<p>Rainbow Faith @ HOPE UCC (1-3 p.m.) HOPE's ministry to support those in the LGBTQ+ community who are looking for a place to wonder and explore their faith. Find out more at: www.meetup.com/Rainbow-Faith-LGBTQ-Christians/ If you have questions, would like to participate or support this ministry, please contact Pastor Lucas.</p>
<p>March 28, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>March 29, Thursday</p> 	<p>Maundy Thursday Soup Supper @ HOPE UCC (6 p.m.) Sign up in the HOPE UCC Lobby. Please see article for more information.</p>
<p>March 30, Friday</p> 	<p>Good Friday Tenebrae Service @ HOPE UCC (7 p.m.) Please see article for more information.</p>
<p>April 1, Sunday</p> 	<p>Easter Sunday Worship Service @ HOPE UCC (10 a.m.)</p>
<p>April 3, Tuesday</p> 	<p>Evening Explore Your Faith (7 p.m.) Meets at Hruska's residence, Naperville, on the first and third Tuesday of each month.</p>
<p>April 4, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>April 8, Sunday</p> 	<p>The Landing (Youth Ministry) @ HOPE UCC (11:30 a.m.- 1:30 p.m.)</p>
<p>April 8, Sunday</p> 	<p>Rainbow Faith @ HOPE UCC (1-3 p.m.) HOPE's ministry to support those in the LGBTQ+ community who are looking for a place to wonder and explore their faith. Find out more at: www.meetup.com/Rainbow-Faith-LGBTQ-Christians/ If you have questions, would like to participate or support this ministry, please contact Pastor Lucas.</p>
<p>April 11, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>April 14, Saturday</p> 	<p>Game Show Palooza! (6:30 p.m.) Please see article for more information!</p>

SATURDAY, APRIL 14, 2018

DOORS OPEN at 6:30 pm

GAMES BEGIN at 7:00 pm

AMERICAN LEGION HALL POST 80

4000 Saratoga Avenue

Downers Grove, IL

**Teams of 8 players (21 and older only)
will compete in a mash up of classic
game shows!**

The cost of a table (team) of 8 players is \$200.

So invite your friends, family and co-workers and put together
a team to compete against other HOPE teams!

- Theme your table to promote camaraderie.
- Bring snacks for your table to keep your energy up!
- Beer, wine, cocktails, soda and water will be available for purchase.
- Raffles and a great Silent Auction along with fun and fellowship!!!

**Please turn your registration
form with full payment in by
SUNDAY, APRIL 8, 2018**

GAME SHOW PALOOZA!

A FABULOUS FUNDRAISER

to support the Life and Ministry
of HOPE UNITED CHURCH OF CHRIST

There are only 28 tables available so be sure to secure your spot today!

HOPE UCC GameShow - Palooza Registration Form

Name: _____

Team Captain (contact person): _____

Address: _____

City, State, Zip: _____

Phone Number: _____

E-mail: _____

Full Team Registration/8 people (\$200.00)

I have _____ people (at \$25.00/person)
I need some help to compete my team.

Can't make the event but would like to
give a donation.

Total enclosed \$ _____

**Please return this form (WITH FULL PAYMENT) by APRIL 8th to Jeanne or Trott at Worship or
mail with checks payable to: HOPE UCC at 1701 Quincy Ave., Suite 27, Naperville, IL 60540.**

**HOPE
UNITED CHURCH
OF CHRIST**