

Pride Sunday @ HOPE UCC

This Sunday will be a bit different than usual. Here's the important information that you should know:

- 9am: Adult Quest and music rehearsal. Adult Quest theme: The First Pride was a Riot
- 10am: Worship as usual starting at 10am at church, but in an abbreviated form
- 10:45am: Parade walkers carpool over to downtown Aurora for the parade. We will be taking as few cars as possible as parking will be busy downtown Aurora.
 - We will have printed maps for where to park. RED STAR marks best lots to park in.
 - Our unit will be lining up for the parade near the corner of Benton Street and Water Street.



Things to know for walking in the parade...

What to bring:

- Sunscreen, hats, sunglasses, and whatever else you need to prevent sun injuries
- We will have a cooler of bottles of water, but please bring your own too
- Supportive signs and rainbow paraphernalia - we will have handouts to give to folks along the parade route
- A heart full of love

What to leave at home:

- Politically themed, crude or rude paraphernalia
- Pets - due to the liability risk, the potential harm that could befall a pet in such a crowded situation, and the lack of access to water and emergency veterinary care

What to wear:

- Your HOPE t-shirt (if you need to buy one please do so BEFORE worship on Sunday)
- Comfy walking shoes
- Weather appropriate clothing (Right now it looks like it'll be overcast and in the high 70's during the parade with a chance of showers in the afternoon)

What to do:

- Smile, cheer, walk, shake hands, offer hugs, share love!
- Pass out treats, information, and gifts to the crowd

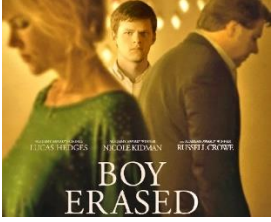
What not to do:

- Engage in ANY way with protestors or those bringing negativity. Protestors are just looking to syphon off and steal energy - don't give it to them. Your energy is better spent showering folks with love.

If you have any questions, please don't hesitate to ask Pastor Lucas. Thanks!

News & Notes

Movie Night @ HOPE UCC



Come join us at HOPE UCC on **Friday night, June 7**, for movie night! As we kickoff the weekend of Aurora Pride, we'll be showing "**BOY ERASED**" (Rated NC-17), a true story of a son of a small-town Baptist pastor and how he must overcome the fallout after being outed. The film deals with his relationship with his family and ensuing struggle with attending a conversion therapy program.

Please stay for some conversation after the movie to try and work through the ups and downs.

The movie will begin at 7 p.m. and popcorn will be provided. Please BYOB.

Cookbook Fundraiser

Have you ever wondered how Jeanne & Trott make Corn Chowder taste so good?! Or what is in Dave's winning Chili?! Or what makes Linda's "Christmas Crack" so addictive?! Have you ever asked, "Who made THAT?" and "Where's the recipe?" at a HOPE UCC potluck?! Well the craving ends here with a chance for HOPERS to share their culinary greatness!



Over the next several months, we will be collecting recipes from the congregation... Each month will have its own theme... The intent is to compile these recipes and construct a cookbook to be sold as a fundraiser for HOPE UCC and its missions - and just in time for Christmas 2019!

Grills are being fired up, and Father's Day is coming! For the month of June, "**Side Dishes**" will be the theme! You might know of a tasty potato salad to go with those hot dogs and hamburgers! You may have a perfect veggie side pairing, or fancy rice dish to accompany that occasional steak! Please bring your favorite crowd-pleasing recipes to church on any Sunday in June, or submit via email to Dee Zillmer, deeliriousone@aol.com THANK YOU! Excited to "share the table" one step further!



Jesus Has Left the Building, and We're Following Him

HOPE UCC needs you! On **June 30**, come help deep-clean our HOPE home, so that we can continue to do amazing things in our Ministries. If you happen to have a carpet cleaner that we can borrow, please contact Nick Dempsey at (630) 235-3042 or PNDempsey@aol.com. After our cleaning session (which will be from 9 a.m. to noon), we'll head out for lunch together. We hope you can make it!

Save the Date!

This year's Annual HOPE Picnic will be held on **August 18** at the Herrick Lake West Picnic Shelter. **Please save the date!** HOPE's picnics are always a lot of fun for everyone! More details to come.



Sharing Joys & Concerns

Please keep these people & events in your prayers:

- † Please pray for Faith United Church of Christ in Hammond, Indiana, after the church was heavily vandalized recently. (Zach)
- † Let us pray that our congress and senators will pass stricter gun laws with an emphasis on mental health treatment to avoid tragedies like Virginia Beach. (Zach)
- † Please pray for healing as my asthma is flaring. I'm not able to make it through the night without needing my inhaler, which is frustrating and a little scary. (Parker)
- ☺ I am so thankful that my transition into my new job has been very smooth. (Shannon)
- ☺ Blessings for our goddaughter, Christine and her fiancé, Seth, who are getting married next weekend. (Marie & Tim)



Celebrating Birthdays

06/20 Melody Ellsworth
06/24 Marie Higgins
06/25 Jonathan Chambers
06/28 Barbara Roethel

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	Erin Cooley
Des. Moderator	Dan Keil
Past Moderator	Mike Manderino
Treasurer	Les Pierce
Des. Treasurer	Lela Lauricha
Secretary	Barbara Roethel
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

Adult Christian Education

KID'S QUEST – Sundays during Worship

HOPE UCC's Christian Education for children. Teaching kids about Community, Scripture, Values and Service through participatory learning.

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 June 11, by 12 p.m.**

Announcements for Sunday due by Wednesday of each week.

Thanks!

UPCOMING EVENTS @ HOPE UCC

<p>June 7, Friday</p> 	<p>Movie Night @ HOPE UCC! (7 p.m.) We'll be showing "BOY ERASED" Please stay for some conversation after the movie to try and work through the ups and downs. Popcorn will be provided. Please BYOB.</p>
<p>June 9, Sunday</p> 	<p>Aurora Pride Festival (Following Sunday Worship) (Please see front page article for more information.)</p>
<p>June 9, 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>June 12, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>June 18, Tuesday</p> 	<p>Evening Explore Your Faith (7 p.m.) Meets at HOPE UCC, Naperville, on the first and third Tuesday of each month.</p>
<p>June 19, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>June 20, Thursday</p> 	<p>Women Out to Lunch (Noon) Join the women of HOPE on the third Thursday of each month. Lively conversation, great food & warm fellowship is waiting for you at Giordano's Restaurant at 119 S. Main Street, in downtown Naperville. Parking is available in the lot across from the restaurant or the Van Buren Parking Building.</p>
<p>June 23, Sunday</p> 	<p>Strengthen the Church – UCC Special Offering (During Worship)</p>
<p>June 23, 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>June 26, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>June 30, Sunday</p> 	<p>Jesus Has Left the Building and We're Following Him HOPE UCC needs you! On June 30, come help deep-clean our HOPE home, so that we can continue to do amazing things in our Ministries. Please let Nick Dempsey know if you have a carpet cleaner that we may borrow for the day. After our cleaning session (which will be from 9 a.m. to noon), we'll head out for lunch together. We hope you can make it!</p>
<p>July 2, Tuesday</p> 	<p>Evening Explore Your Faith (7 p.m.) Meets at HOPE UCC, Naperville, on the first and third Tuesday of each month.</p>
<p>July 3, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>July 4, Thursday</p> 	<p>HOPE UCC Office Closed for Independence Day</p>
<p>July 10, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>

COMMUNITY ANNOUNCEMENTS

(This is the spot to share your personal announcements.
Submit items to the HOPE UCC Office by Tuesday, 2 p.m.)

A Community Mental Health Day

Understanding, Hope, and Healing

Tuesday, June 25, 2019

9am-2:30pm

All Ages Invited. Free.

OSC, 156 E Washington, Oswego

Call to register, 630-554-5602

Child and Elder care will be available for attendees. Please indicate this need when registering.

In today's world we are inundated with opportunities that cause us stress, from the rollercoaster of emotions that watching the news or social media produces, to worrying about people within our own network of family, friends and neighbors who are struggling with mental or cognitive wellness or a developmental disability.

Through this great community conference opportunity, attendees can learn about and understand conditions that effect mental, cognitive or developmental health, as well as learn about pathways for hope and healing when navigating care and resilience.

The conference will have 4 break-out sessions where attendees can choose their desired topic of interest within the themes of Understanding, Hope and Healing. This event is for all ages, call to register, 630-554-5602.

Lunch provided thanks to Linden-Oaks Behavioral Health.

Welcome: 9-9:15am

Keynote: 9:15-10:15am

What's Understandable is Preventable

Dr. Heidi Podjasek and Elizabeth Palatine, SD308

The keynote will look into how ACEs impacts the physical and mental health of our community across the lifespan. Adverse Childhood Experiences (ACEs) like poverty, abuse, parents with addiction, and other childhood traumas can lead to Chronic Toxic Stress.

With chronic toxic stress, the body pumps out adrenaline and cortisol continuously. Over time, the constant presence of adrenaline and cortisol keep blood pressure and glucose levels high, which can lead to type 2 diabetes and can also increase cholesterol.

Too much cortisol can lead to osteoporosis, arthritis, gastrointestinal disease, depression, anorexia nervosa, Cushing's syndrome, hyperthyroidism and the shrinkage of lymph nodes, leading to the inability to ward off infections. There is also research indicating a high ACE score has also been linked to Alzheimer's disease.

This wear and tear on the body is the main reason why the lifespan of people with an ACE score of six or higher is likely to be shortened by 20 years. (www.acestoohigh.com)

So let's learn about how to understand ACEs in order to help ourselves and others reach their full potential.