

My Favorite Part of Aurora Pride

Maybe the crowd was my favorite part. It's a bold claim from this homebody introvert, but to be surrounded by that much joy, that much love, that much community was a blessing, introvert or not.

Maybe the beautiful day was my favorite part: the mixed clouds and sunshine, the rainbows and sequins and satin and fishnet juxtaposing the grey and brown brick downtown, the river churning all green and brown and white as we marched.

Maybe it was how fulfilled I felt afterward, having personally witnessed the four attributes we seek for spiritual enrichment playing out before me. Pride was nothing if not a day of community building, personal transformation, world transformation, and worship.

But no.

My favorite part – the thing that I can't stop thinking about, the thing that has me looking through pictures from the parade, reading social media posts from that day, remembering every little detail – was seeing my HOPE family bloom around me.

Your smiles that day, your boundless joy, your excitement, those are still resounding with me days later. The joy we felt to share HOPE not only within our sacred space but out in the world was palpable, a beautiful thing I will remember all year long.

I'd say I hope you had a wonderful time, but I know you did. I saw it in you as we marched and waved and cheered. And what a gift it was to me to see it.

Erin Cooley
HOPE UCC Ministry Council Moderator



News & Notes

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.

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!



Sharing Joys & Concerns

Please keep these people & events in your prayers:

- † Please pray for safe travels for me to Atlanta to meet my new boss. (Erin C.)
- † Let us pray for a safe and joyous pride parade today. Happy Pride Month! (Mark G.)
- † Prayers needed for the family and friends of Mark M., my State Farm agent, who died this past week. He was in perfect health. So, enjoy your life to the fullest. (Mark G.)
- † Prayers for comfort, peace and awareness of the love surrounding Jackie T., spending her final days in hospice. (Zillmer Family)



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

Please join us for a discussion of the "Clobber Passages". These are the passages in the bible that are often used to beat up the LGBT community. What does the bible say about being LGBT?

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 18, by 12 p.m.**

Announcements for Sunday due by Wednesday of each week.

Thanks!

UPCOMING EVENTS @ HOPE UCC

<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>
<p>July 14, 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>July 16, 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 17, Wednesday</p> 	<p>Explore Your Faith Breakfast (7:30 a.m.) Meets at Quincy's Restaurant, 1112 E. Ogden Avenue, Naperville.</p>
<p>July 18, 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>

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.