



OCTOBER 2025

SHINE: SHare. INspire. Engage.

Monthly Newsletter of
Our Saviour's Lutheran Church

Gathered Up

It's easy to feel lost, afraid and alone these days. To be drawn out of my isolation and to spend time in God's presence, I've been reading John 6:12 as my prayer: "When they were satisfied (after Jesus fed the 5,000), Jesus told his disciples, 'Gather up the fragments left over, so that nothing may be lost.'" Here is my reflection based on the text.

God
won't you
gather up the fragments
of broken hearts
of broken lives
of broken systems

God
why is it
while nothing will be lost to you
all is just crumbs
in this broken world
in my broken heart

In the silence
God whispers
I know
dear one
I hear you

I know
dear one
you don't feel like you used to,
you've been changed
by the hurt
the violence
the sorrow
(continued on p. 2)

In this issue

Pastor's Note
PAGES 1-2

In Focus: Accessibility at
Our Saviour's
PAGES 3-4

Thriving with OSLC:
Emotional Wellness
PAGES 5-6

In Photos: God's Work,
Our Hands
PAGE 7

Celebrations
PAGE 8

OSLC Library Corner
PAGE 8

Caring for Creation
PAGE 9

OSLC Runners Go the
Distance for Charities
PAGE 10

Coming Soon at OSLC
PAGE 11

OUR SAVIOUR'S LUTHERAN CHURCH

815 S. WASHINGTON / 919 S. WASHINGTON / NAPERVILLE, IL 60540

SITE: OURSAVIOURS.COM / EMAIL: INFO@OURSAVIOURS.COM / PHONE: 630-355-2522

Knowing Jesus, Making Jesus Known

(continued from p. 1)

I know
dear one
you've been changed
by isolation
fear
division
political upheaval
systems of oppression

But God,
I have to ask you,
do you know how it feels
to be just crumbs
fragments cast aside

I do,
dear one
I do

In the silence
God whispers
you are not lost to me
none are lost to me

dear one,
when I say to the disciples
"gather up the fragments"
what I mean is
none are lost to me

There on the mountain
with a few fish and five loaves
Jesus makes a miracle
the disciples heed the call
to gather up
the fragments
by the basketful



Baskets of fragments
collected to become
baskets
of God's love
God's mercy
God's grace

Baskets full of grace
So that nothing may be lost

You are not lost
dear one
You are in
the body of Christ

together
we gather up the fragments.
-Pastor Elisabeth

Knowing Jesus, Making Jesus Known

In Focus: Accessibility at Our Saviour's

What do we mean when we talk about accessibility?

What first comes to mind for many folks are features such as ramps and automatic doors to support physical accessibility to facilities. But accessibility goes far beyond ensuring easier access to spaces for those who use mobility-assistance tools.

Here at Our Saviour's, part of Pastor Ben's focus is on considering accessibility through a variety of lenses to help make OSLC more welcoming for all who worship with us, whether in person or online. Jim Bono had the chance to sit down recently with Pastor Ben about this important ministry; here's what Pastor Ben had to say about bolstering accessibility at OSLC.



JB: Why is it so important for churches to be intentional about accessibility?

PBS: The overall idea of accessibility and inclusion are at the heart of the Gospel, because God uses our differences to show love, redemptive power and beauty to the world. At Our Saviour's, we don't think about accessibility because of laws or building codes, but because it is living out the Gospel in a tangible way. There are many examples in the Gospels, particularly when you think of the healing ministry of Jesus. Radical inclusion has been the legacy of the church from its inception; it is not a recent conceptual or political "add-on."

JB: What are some of the different dimensions of accessibility at OSLC?

PBS: Ensuring physical accessibility is important at both campuses. We've modified bathrooms, changed flooring and improved lighting to support this. At the Our Saviour's campus, we are collaborating with Ray Graham Association staff to find grant funding for an elevator in the North wing. There is an existing elevator shaft, but adding an actual elevator would improve accessibility for our congregants as well as the outside groups that use that space. We don't have an estimate yet, but we anticipate that this cost would be in the range of \$150,000 - \$200,000. We are also evaluating automatic door openers for our accessible restrooms at both campuses.

Electronic accessibility is as important as physical access. We started streaming our services during the Covid pandemic, but streaming/recording now has become a regular part of our practice. We have an archive of all of our streamed services on our YouTube channel, which allows those who weren't able to be at a service in person the chance to still watch the service, **(continued on p. 4)**

Knowing Jesus, Making Jesus Known

In Focus: Accessibility at Our Saviour's

and streaming/recording allows us to add captions for any of our congregants with hearing issues. Streaming has also become more important for funeral or memorial services, and some families have reached out to us to record these services as both a keepsake for the family and to allow individuals who cannot directly attend the service to participate remotely.

When hearing is a concern, the OSLC campus has an assisted hearing device in the rear of the sanctuary. The sanctuary floor is also embedded with a Tele-coil. The T-coil can be linked with a person's hearing aid so that high-quality sound is directly transmitted to the hearing aid. Anyone wanting to explore these options further should see Pr. Ben.

On another technical note, our website has some design updates as of October. The overall structure is similar, but we have made some changes and consolidations to hopefully make it easier for folks both within and outside the congregation to find information they're looking for. Adaptive technologies, such as screen readers for those with low vision, are compatible with the new layout.

Finally, emotional and social accessibility are not discussed as much as physical and electronic accessibility, but they are at the heart of "being church." Our theme of "Life Together" this year is intentional. Our ability to "see" each other, inside and outside of the church, and practice being in community is central to our identity as Christians and to doing God's work of healing and justice.

Whether it's offering groups like Care Moms or The Well, participating in a Pride Parade, the work of our many missions and benevolences, or hosting a blood drive, all of the ways in which we intentionally engage weave together the members of our congregation and link us to the community and the world, as well. This is the work of the church: to see the world and each other in an open-hearted and compassionate way and to meet the world's and each other's needs.





Our Saviour's Lutheran Church - Naperville, IL
@OSLCMedia • 710 subscribers • 807 videos
More about this channel ...more
oursaviours.com
[Subscribe](#)

Watch our worship services online at
youtube.com/@OSLCMedia/streams

Thriving with OSLC: Social Wellness

“Love is patient; love is kind. Love is not jealous, it does not put on airs, and it is not snobbish; it is never rude or self-seeking; it is not prone to anger, nor does it brood over injuries. Love doesn’t rejoice in what is wrong, but rejoices in truth. There is no limit to love’s forbearance, to its trust, its hope, its power to endure.” - 1 Corinthians 13:4-7

Paul’s words in 1 Corinthians 13 describe what love looks like when it is healthy and life-giving. Love that is patient and kind creates space where we can be ourselves without fear.

Sadly, not all relationships reflect this kind of love, and many of us fall short. When we consider social wellness from a Christ-centered perspective, we know that it is more than just spending time with friends or being a part of a group. Social wellness is about creating and maintaining healthy, supportive, and respectful relationships and fostering a sense of connection, belonging, and community for the long term. It is about being kind, patient, respectful and loving even when that feels hard to do.

When we are able to create and maintain Christ-filled, loving relationships, all parties are able to grow, heal and thrive. But what happens when we fall short? What happens when we face painful relationship dynamics such as criticism, manipulation, shame or even abuse? What do we do if we have caused physical, emotional or spiritual harm to others, or when we are the recipient of such harm?

First, I want you to know that if you are in a relationship that feels unsafe, you are not alone. **Healing and safety often begin by reaching out for help**, whether it’s talking to a trusted friend, a counselor, pastor, or a member of a support



*Alexandra Colaianni, LCSW,
OSLC wellness manager.*

organization. It is important to remember that **no one ever deserves to be hurt or mistreated**. Reaching out for help can often be the most difficult and vital step toward safe relationships and healing - it is a step full of love and courage.

As a faith community, we can help by offering listening ears, compassion and connection- not judgment. Safe relationships don’t just happen; they grow and are maintained through trust, respect and care. **(continued on p. 6)**

Thriving with OSLC: Social Wellness

(continued from p. 5) Take time to reflect on your relationships this month:

- Which relationships bring you a sense of safety and peace?
- Are there places where you need to set boundaries and seek support?
- How can you offer patience and kindness to others in ways that builds trust?

Social wellness is not about having a perfect life or a large number of connections - it's about being in relationships where you feel safe, valued and supported. And if you are experiencing harm, there is help and hope. We all deserve to be safe and cared for.

Resources to help strengthen your social wellness:

- 1) Brené Brown's work (books, podcast, TED Talks): great for learning how to build trust and deepen relationships.
- 2) The Gottman Institute (gottman.com): offers free articles and relationship tools for improving communication and conflict resolution in relationships.
- 3) Good Inside (book, podcast, blog, and parenting app) (goodinside.com): Parenting support from clinical psychologist Dr. Becky Kennedy and team.
- 4) Mindful.org: Guided practices for mindfulness, which can help with empathy, listening and staying grounded during difficult conversations.

Support for those in unsafe relationships:

- National Domestic Violence Hotline: Call 1-800-799-7233 or text "START" to 88788 (24/7, confidential).
- Family shelter service of Metropolitan Family Services DuPage: local resource for those experiencing domestic violence. 24-hour hotline: 630-469-5650
- A Safe Place: offers a 24/7 confidential helpline, counseling for teen survivors, legal protection options and education about teen dating violence in Illinois.

My prayer for you this month and in the coming days is for the God of connection to help us listen well, care deeply and build relationships that reflect the love of Jesus Christ. May we feel ready and steady to bring kindness and hope wherever we go, spread the healing message of the Divine Spirit and model the never-ending love of our Lord. Amen.

Congregational wellness manager Alexandra Colaianni is a licensed clinical social worker and the founder of Modern Balance Integrative Therapy in Naperville. In her new role at Our Saviour's, she develops and leads special programs and activities around mental, physical and community wellness.

In Photos: God's Work, Our Hands

The weekend of Sept. 13-14, Our Saviour's packed more than 250 care kits to be delivered to area cancer patients by local organization Bringing Joy and more than 500 infant-care kits to be distributed to families in need by Lutheran World Relief. Thank you for an outstanding weekend of doing God's work with our hands!



Knowing Jesus, Making Jesus Known

OSLC Library Corner



For the month of October, Sunday Schoolers are learning about prayer. Jesus teaches us that prayer isn't just a quiet time alone with God; sometimes prayer means persistently working for justice to make changes for the better so that all people are treated with respect, dignity and fairness. Find books and other resources on prayer in the library throughout this month!

Looking for a specific title? Check its availability by searching our digital card catalog at 17036.rmwebopac.com/!

Oct. Celebrations

Birthdays (80+)

Jim Bala
Darlene Brejc
Sandra Carrington
Ruth Hild
Pamela Krocke
Steven Martinich
Marilyn Miller
Nancy Peterson
Barbara Procida
Rich Rose
Denis Stefango
Lee Thomsen
Peter Vojtik
Barbara Weisensee

*Blessings to you on
your special day!*

Church Member Anniversaries (45+)

Martin Beirne	Bob Lacher	Dianne Rogness
Judy Bell	Cliff & Jo Lundeen	Jill Ryan
Darlene Brejc	Tina McAninch	Julie Rypka
Duane & Bonnie Haas	Phyllis Nash	Daniel Thompson
Carl Huether	Ann Nestander	Gretchen Wheaton
Christopher Karch	Gail Olley	Joyce Zimmerman
Karen Karch	Marvel Jean Riley	

Caring for Creation

Keep those scraps out of the trash this October! The Food Scrap Composting Program run by the city of Naperville has been extended through Dec. 12!

Commercial composting converts food scraps into nutrient-rich compost, which can improve soil health, and less food waste gets sent to landfills.

You can participate! Collect food scraps at home in a bin with a sealing lid.

- fruits and vegetables (including peels, cores, rinds)
- pasta, bread, crackers, and cereals
- coffee grounds
- eggshells
- small amounts of cooked food (cheese, yogurt)



Bring your food scraps to one of the drop off locations, and empty contents into the compost carts. This program accepts **ONLY** food scraps: no bags, containers or packaging, and no yard waste.

Where & when:

CNG Station at 1720 W. Jefferson St. ***or*** the city-owned parking lot at 91st Street and Wolf's Crossing Road. Both sites are open 24/7 until Dec. 12.

For more information, see naperville.il.us/services/garbage-and-recycling/food-scrap-compost/

Also, the clothing & textile recycling pilot is now a permanent offering!

Accepted items: clothing items of all kinds, accessories (handbags, belts, baseball hats), paired shoes, sheets, bedding, pillowcases, towels and other household/tabletop textiles.

Not accepted: heavily soiled and/or wet items, pillows, pet beds, curtains
Items should be bagged or boxed but not tied or taped closed. Please ensure all textiles are dry and remove all hangers and any sharp objects.

Where & when:

Naperville Environmental Collection Campus
156 Fort Hill Dr.

Monday-Friday, 7 a.m. - 3 p.m., no appointment necessary.

For more information, see naperville.il.us/services/garbage-and-recycling/clothing-and-textile-recycling/

Knowing Jesus, Making Jesus Known

OSLC Runners Go the Distance for Charities



On Sunday, Oct. 12, two members of the Our Saviour's community will toe the starting line at the Bank of America Chicago Marathon in support of charities that are near to their heart.

Michele Larson (*pictured, at right*), a member of the OSLC Children, Youth & Family Ministries board, is running in support of the American Cancer Society in honor of the many individuals and families she knows whose lives have been impacted by cancer. She also runs in memory of her grandmother, who passed from colon cancer. Michele writes of her grandmother: "She was a Cuban immigrant, a single mother and a fighter. She faced unimaginable hardship and heartbreak in her life. I run in her honor, and in honor of every person impacted by cancer."

Christy LaFave Grace (*pictured, left*), Our Saviour's communications manager, is running for the National Kidney Foundation in honor of her husband, Joe, who was diagnosed with a form of chronic kidney disease in 2011. On Jan. 31, 2024, Christy donated a kidney and Joe received a kidney transplant as part of a chain donation at UChicago's Duchossois Center for Advanced Medicine. Christy is running to raise awareness of kidney disease and the need for living kidney donors.

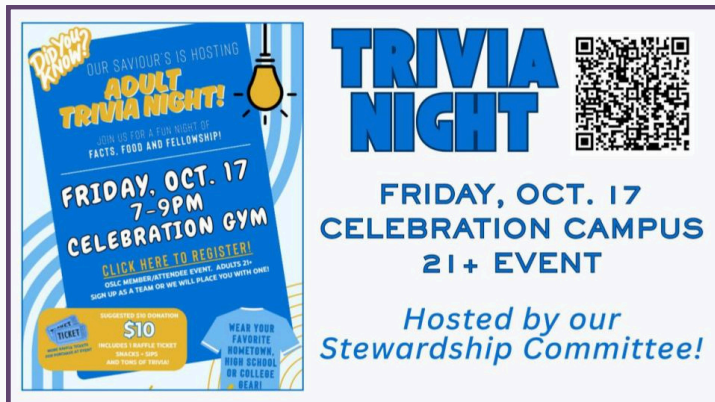
This will be Michele's first Chicago Marathon and Christy's sixth. Both runners, who have students at Prairie Elementary and Elmwood Elementary, respectively, also competed in the Naperville Women's Half-Marathon in April. After logging hundreds of miles along the Riverwalk trail and elsewhere this summer and fall, they're looking forward to finishing 26.2 miles in support of the life-changing work of the charities for which they're running.

If you'd like to donate to Michele's runner page and the American Cancer Society, visit https://secure.acsevents.org/site/TR/DetermiNation/DNCY25NOR?px=60265496&pg=personal&fr_id=109969

If you'd like to donate to Christy's runner page and the National Kidney Foundation, visit <https://p2p.onecause.com/teamkidneychimarathon2025/christy-grace>

For more info on the race and how to watch live, visit chicagomarathon.com.

Coming Soon at OSLC



Stewardship with a twist

No one who's part of a church necessarily loves annual stewardship campaigns - pastors, stewardship committee members and congregants alike recognize that. But that doesn't mean there's not fun to be had - and this year, the creative members of Our Saviour's stewardship committee are putting a trivia twist on the annual campaign.

On Friday, Oct. 17, all OSLC adults ages 21+ are invited to a night of friendly team-trivia competition at Celebration Campus, with bites and beverages, special prizes and more. As teams test their mettle with general-knowledge questions as well as Our Saviour's trivia, committee members will share recent highlights from our Life Together as a congregation and offer a look at ways in which we might expand Our Saviour's reach within and outside of our faith community.

Tickets are \$10/person and can be purchased online via our News & Events page at oursaviours.com/home/news-events. See you Oct. 17!

Thanks to Jim Bono and Kam Kniss

Save the Date for Special Happenings:

A poster for the 'SURGE CONFIRMATION SERVICE PROJECT' featuring 300 hygiene kits. It includes the Our Saviours logo and a list of items to bring.

Help Surge collect items needed to make hygiene kits - bring in the following by Oct. 12:

- small soap bars (3-4 oz)
- travel-size shampoo, toothpaste
- toothbrushes
- feminine hygiene items
- small washcloth

A poster for a flu shot on Oct. 14 from 9-11:30 A.M. at OS Campus. It includes an illustration of a syringe and a bandage.

Get a Flu Shot Oct. 14
9-11:30 A.M., OS CAMPUS

COVID-19 and shingles vaccines also expected to be available

A poster for the 'OSLC CHILI COOK-OFF' on Wednesday, Oct. 22, from 5:30-6:30 PM at Nelson-Niemi Fellowship Hall. It features a chili pepper and a bowl of chili.

OSLC CHILI COOK-OFF
WEDNESDAY, OCT. 22
5:30-6:30 PM
NELSON-NIEMI FELLOWSHIP HALL

WINNER BY PEOPLE'S CHOICE!
\$5.00 PER 10 VOTES
TO SUPPORT CHILDREN, YOUTH & FAMILY MINISTRIES

TO ENTER: