

Volume 69 Issue 6

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Free will is your availability to
make choices from your divine
source within.



AUGUST NEWSLETTER 2020

From Rev. Zina Jacque



Choices. With less than 100 days before our national elections, you and I have choices. Among the most important of our choices is the choice to refuse to let our various positions along the political spectrum move us out of our central role as Christians. You and I, have a higher calling on our lives than anything dictated by a political affiliation, family history, or the personal likes or dislikes of an individual candidate.

As Christians we hear the voice of Jesus entreating us to be in prayer for all of creation, even our enemies (Matthew 5:44). We know we are called to work together for the good of the poor and the alienated (Matthew 25). We are also enjoined to be one in spirit and in unity with other Christians around the world (John 17).

Yes, we have choices. And I would encourage each of us to choose to focus on those things that our faith calls us to do, to do justice, to love mercy and to walk humbly with our God (Micah 6:8).

Each Sunday, as we gather in our sanctuary, we do exactly that as we pray the Lord's Prayer. Led by our children we say, "Thy Kingdom come, thy will be done, on earth, as it is in heaven." In essence, when we speak these words in a humble position of prayer, we are saying, God the things you decree, the way you would have us go, the hope that you have for your creation; these are the things that we want and we ask you to bring them into being in this time, in this place, to all people on earth.

When you and I pray, "thy Kingdom come" we are praying for the restoration of all that has been lost as humanity has turned away from the words of God, made known to us in Jesus. When we pray, *thy kingdom come* (N.B., the Kingdom is not a place but a way of living and being) we are praying for a restored earth where creation is respected and cared for. We are praying for a world where there is enough for everyone.

You and I have choices in this political season and every day of our lives. I pray that we will each participate in our national right to vote and in all of the days afterward not as Republicans, Libertarians, Democrats, Independents or members of the Green Party, but as men and women who seek to see God's Kingdom come and who work for the very same.

Choices, thank God for free will and choices. Now let us together pray, Lord, help us listen and use our choices so that your Kingdom may indeed come, on earth as it is in heaven.

Pastor - Rev. Dr. Zina Jacque
Musician - Natalia Revinski
Christian Educator—Dr. Samira El-Yasir

Church Secretary - Sandra Mytys
Moderator - Jayne Majzan

The Power of Change



How many times have we heard it: Change is good. Change is necessary. However, our dilemma is this: we hate change and love it at the same time ~ what we really want is for things to remain the same but get better.

It is my firm belief that change ~ while inevitable ~ is hard every step of the way.

So how do we learn to embrace change?

According to the wise folks at developingoodhabits.com, you must:

- **Keep still.** Don't fight it. Let change happen. By keeping still, you give yourself the opportunity to see the next step you must make, giving priority to what you feel is important. It does not literally mean to just sit and do nothing.
- **Accept that the change is here to stay.** Often, when change occurs in our lives, we rebel against new ideas. This is human nature. Quiet your mind to the instant urge to view change negatively.
- **Feel your growing strength.** It is good to know that you are the one who will benefit the most from change. Track how you've become stronger physically and emotionally through the change that you've gone through or are still going through.

Learn to appreciate what is given to you. When you recognize all the good that has come into your life through change, you no longer have to be afraid of it.

While we continue to experience the changes that "the new normal" brings, I thought it might be an interesting to consider the following:

Here are some of the things that HAVE NOT changed at CCB:

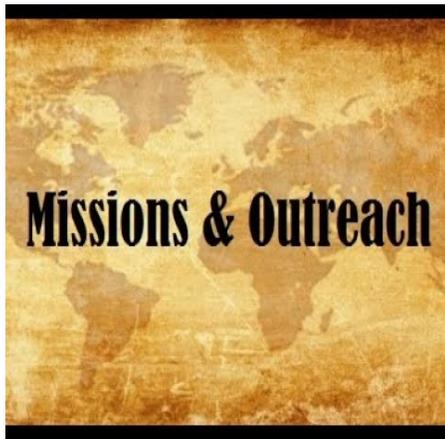
1. Our spirit! Pastor Zina continues to support this congregation as we move through these uncertain times.
2. Our love for one another! Whether in-person or online, we continue to be there in friendship and support for each other.
3. The music! Natalia's playing each week is like a wonderful salve, supplying our members with spiritual sustenance that truly fills the soul.
4. Our Council! Now I know I'm biased, but I've seen how hard our Council members work – not just each Sunday, but throughout the week – keeping our building safe and sound for our congregation and for the community.

Our love of Jesus Christ! Whether we're meeting in the Sanctuary, out in the lovely church garden, or online, I believe if we hold tight to our love of God, we will not only manage this crisis, we will bloom and become stronger to face whatever challenges we may find in the coming months.

Be well, embrace the changes and feel the comfort of what remains the same and I'll "see" you at our final virtual Council meeting on Tuesday, August 25th at 7:00 p.m.

Jayne

"If you don't like something, change it. If you can't change it, change your attitude."– Maya Angelou



WHAT WE DO:

The Missions and Outreach Committee of Community Church of Barrington has the responsibility of allocating CCB's benevolence funds. Each quarter CCB contributes ten percent (10%) of its total quarterly income (received from pledges, contributions, gifts and loose offerings) to causes outside of the church and to those in need. These benevolence funds are divided among local, regional, national and worldwide causes. It is the Committee's privilege to research and select charitable organizations and projects to be the recipients of CCB's offerings. The arms of CCB's caring and compassion reach far and wide.

The Missions Committee met on August 3, 2020, to select recipients for CCB's second-quarter benevolence funds. The amount of \$5,314.22 was available for distribution, of which **\$5,300** was disbursed to the following organizations:

ABC Metro (quarterly)	\$600
ABC United (quarterly)	\$300
Barrington Back to School Giving Day (headphones)	\$500
By the Hand (Chicago)	\$1,000
Starfish Youth Program (Chicago)	\$500
Night Ministry (Chicago)	\$1,000
Family Matters (NW Chicago)	\$700
NAMI (local chapter, mental health awareness)	\$700

In view of the continued crises of the pandemic, as well as the social unrest in our communities, the Committee gave special consideration to organizations that strive to be peacemakers, support at-risk minority children, those active in racial reconciliation, and those who focus on interfaith or bridge-building programs.

Please note that # 4 above (By the Hand) was the suggestion of one of CCB's congregants. It is a Christian-based 501(c) organization that works with preschool through college age youth providing resources and encouragement to minority children in the toughest of neighborhoods. Their motto: "Kids are the solution." If you have a suggestion for a recipient of CCB funding, please contact Glee Huddlestun, Missions/Outreach Chair. We are most grateful for your input and eager to make distributions that honor CCB's church family.

Concerning Outreach, Carol Marsh has coordinated the collection of 121 girls' tops, 24 winter caps and two pair of gloves for donation from CCB to Barrington's Back to School Giving Day. Great job, Carol!

Backpacks were not collected this year due to the District's remote learning decision; however, there was a need expressed for headphones and said request was honored by Missions' \$500 donation noted above.

At present, CCB is not calling for fresh produce donations for the Barrington Food Pantry. We will consult with the Pantry in early fall.

Glee Huddlestun, Chair

I'M AN OWL

Pastor Zina



Friends, I am delighted to share with you that the Barrington Area Chamber of Commerce has chosen me as one of four 2020 Outstanding Women Leaders (OWL). I appreciate CCB's permission to serve beyond the walls of our church. Your gracious support of me has allowed me to receive this honor.

Thank you and please know how deeply I appreciate you and my role as pastor of this amazing Church.

Barrington Area Chamber of Commerce Announces Outstanding Women Leaders OWL Recipients for 2020

(Barrington, IL – 8/12/2020) – The Barrington Area Chamber of Commerce (BACC) and Women's Biz Net (WBN) will honor local women leaders during their Outstanding Women Leaders (OWL) Awards Luncheon on September 24, 2020 at Biltmore Country Club, 160 Biltmore Dr. in North Barrington.

“There are women among us who serve as role models, breaking barriers and setting the bar high for their accomplishments professionally and to the community,” said BACC President/CEO Suzanne Corr. “We developed the OWL awards to thank those amazing women leaders who make a tremendous impact on the lives of others. These are important stories that others should hear.”

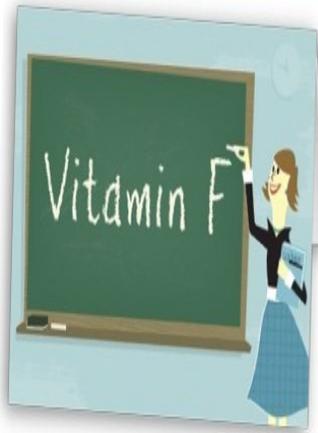
This is the third OWL Awards ceremony hosted by BACC. Recipients are recognized in the following categories: Professional Excellence, Community Impact, Nonprofit Leadership, Mentorship and Education.

The 2020 Class of OWL recipients are: Mary Roesch, RN, BSN, Chief Nursing Officer of Advocate Good Shepherd Hospital, OWL Recipient for Professional Excellence; Rebecca Darr President/CEO of Wings Program, Inc., the OWL Recipient for Non-profit Leadership; Darby Hills of Barrington Children's Charities, the OWL Recipient for Community Impact; and Reverend Dr. Zina Jacque of the Community Church of Barrington, the OWL Recipient for Mentorship and Education.

“You can't measure the impact these amazing women leaders have made on our communities, touching the lives of so many.” Corr said. “During the OWL program you will hear their inspirational stories.”

This year the OWL Awards Ceremony will be a hybrid event. An in-person luncheon honoring the recipients and hearing their personal stories will have very limited seating and is now sold out. There will also be a \$15 ticket to receive a link to watch the program and awards presentation live on September 24. To register for tickets, visit www.BarringtonChamber.com. WBN programming benefits the BACC Lauren Brown Memorial Scholarship Fund.

VITAMIN F



March 16th – August 15th, one hundred and fifty-three days. That's how long we were apart, unable to join together in person, for worship. There were so many things that were lost during those times; hugs and smiles, the sound of our voices raised in song and in laughter, coffee hour and the sound of our prayers being lifted, together, to the God we love. One hundred and fifty-three days apart from our siblings in Christ, our family and our friends, away from our much-needed Vitamin F.

Vitamin F? Yes, there really is a Vitamin F. If you look it up on a list of vitamins you will find that the medical Vitamin F is found in essential fatty acids and is necessary for the normal growth and development of healthy cells. Without it, no one can flourish or live a well-balanced life.

But, when I think of Community Church, the Vitamin F that comes to my mind for me is the vitamin that comes from being with family and friends. The list of health benefits from our *new Vitamin F* has been established by science, also. Two studies have shown that strong social connections slash one's risk for depression and stroke and boost one's odds for tip-top well-being by a factor of **five**. In fact, regular doses of Vitamin Friendship can make your body's age younger by a factor of 2 -30 (yes, 30!) years. The effects of friendship act as a cushion against stress, taming inflammation, lowering your risk for a heart attack by up to 50% (compared with people who have few social connections), and exert a still-mysterious ability to simply sustain life. Friendship is a great gift to each of us and it is a source of life-giving strength.

During the Covid-19 crisis, we have had to adjust the way we celebrate our friendships. But, in this strange and challenging time, those same friendships have come to mean so much more. So today, this newsletter includes an invitation to send a word of "hello" to a friend. Tell them you have missed them. Make plans to get together or to share a phone call. Tell them how much you appreciate them.

And, if you feel able to return to worship, join us on Sundays at 10 AM (until September 13th, when we will meet at 10:30 am). We look forward to seeing you and receiving an extra dose of Vitamin F in the exchange of smiles, elbow bumps, prayer, worship and just being together. And, as you return to worship, know we have taken every precaution to clean the church, provide masks and hand sanitizer, and to invite lovely ushers to take your temperature upon arrival. And, eventually, once we have a vaccine, we will be able to take in full doses of that vital Vitamin F. Can't wait to see you, can't wait to share a bit of much needed Vitamin F.

Blessings all, Pastor Zina

The Creation of ***a thousand forests***
is in ***one acorn.***

-Ralph Waldo Emerson



Over the last several months, I have thought about how one kind act or one that is not kind, has been shaping much of our world. With those thoughts I remembered the simple acorn and its lesson for how we as humans can influence many, echoing the quote above.

Sometimes we may forget how much of an impact our love and sharing in the ups and downs of life have on people in our lives. One word, one smile, or one kind gesture, can bring a ray of hope into an otherwise dark day.

Check out Acts 9:36-41 for an amazing story about a remarkable woman who just might rock your world. Dorcas, also called Tabitha, helped the poor and cared for the sick. She made such an impact on her community that when she got sick and died, people wouldn't merely settle for a tearful earthly goodbye. They called on Peter, who came to where she was. Hearing the many prayers of His children, God used Peter to raise Dorcas from the dead that day. Many people started a relationship with Jesus through this mighty act of God!

Because of Jesus' sacrifice, the idea of compassionately giving to meet the needs of others should be deeply etched into our hearts. Whether it's the tearful hugs of compassion meant to comfort in times of loss, or the adrenaline-charged high-fives in celebration of overcoming one of the hurricanes of life, or just a simple note or call in the day to another, when people reach out in compassion toward other people, something special happens. I have seen it throughout the COVID pandemic with our congregation and youth and children.

When someone is hurting, offer them a kind word, a gentle pat on the shoulder, an email, a FaceTime moment, and a prayer. When you see someone experience victory in some way, celebrate with them with a visible happiness and excitement. High-fives are not reserved just for sports!

Your actions can add an extra boost of joy and comfort to the hearts of the people you encounter along the journey. Take on the compassion of Dorcas and go be Jesus to the world today.

Here's an idea. Keep the camera app on your phone ready as you go through your day. When you see a place or situation where you can show compassion or give a piece of joy then do so. Then after you've shown genuine compassion, take a picture or a brief video talking about how it makes you feel to truly show kindness and compassion to someone. Share it if you dare!

On the journey with you. Dr. Sami

GARDEN CHATS

Thank you to all that took time to meet, chat, pray, cry, and laugh with me in the CCB garden and other lovely locations in July. Just as we met in a beautiful place that is loved and cared for by so many of our members and friends, know that each flower, bush and weed is beautiful just as every part of the lives we live are loved by God. After those chats I just had to share this story from Becky Mansfield about *God's Perfect Flower*. After you read it, do visit our garden and know that you are a perfect flower as well.

"God sent an angel to find the perfect flower. The angel started on his mission. He went to all the fanciest gardens all around the world and he kept bringing back the most rare and most beautiful flowers that he could find. God would look at each flower that he brought back and say, "Nope. That's not it." And God would send the angel back to find an even more perfect flower.

Then one day, when the angel was searching for yet another beautiful, fabulous garden, he passed by a field of dandelions. Uncut and left to grow...not in a fancy garden just in a field. They looked just like a carpet of sunshine. It was the first time the angel had noticed the little yellow flowers because he had spent all of his time in the fancy gardens. The dandelions weren't in those fancy gardens. They were everywhere else- in fields, near roads, in backyards, in forests... they were growing everywhere in abundance. They were different sizes and grew back quickly, even if they were cut. The angel noticed how hard people were working to destroy these dandelions, but no matter how hard they tried, the dandelions kept coming back-they couldn't get rid of them. Well, the angel decided to take the dandelion back to Heaven and he was going to tell God all that he had learned about that little yellow flower...they came back, they grew in abundance. After God listened, he replied, "So is this why you have brought the dandelion as the perfect flower?" The angel answered: "No, not really, that's not the real reason," "Then why?" asked God. "Well", said the angel: "I chose the dandelion because of all the other places that I found it."

"In the pocket of a mother's apron. In the necklaces and headbands worn by the neighborhood children. In the pocket of a little league outfielder. In the dirty hands of a two year-old...roots and all. And proudly displayed on the dining room table in a fruit jar. God, this is the perfect flower because it grows everywhere, costs nothing, and no one minds if the children pick them." May we each be like the dandelions- giving of our gifts, talents, and time freely, not expecting anything in return...and passing along our inner beauty and our strong faith to our children and those we meet along the way. May we each get a handful of God's perfect flowers today.

PRECIOUS ITEMS

The other day while I was praying for the children and youth in the church by name, when my eyes fell upon one particular young adult's name I was reminded of something precious shared with me.

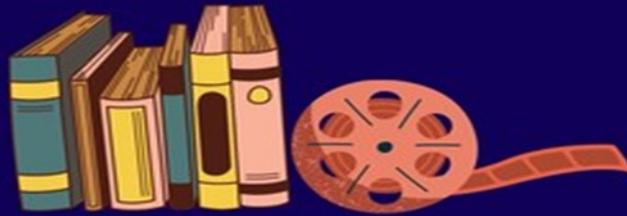
Several years ago, one of our youth, now a young adult, came to me with a family Bible, one that was important and precious to them. Also with this Bible was a wooden box with some personal religious things in it. I was asked to keep the box safe as there was much going on in this young adult's life and safety of the items was key. I tell this brief story because each week when we worship or meet via Facebook, or Zoom, or in person, I pray that each of us will feel safe in bringing sacred and personal things to God and to our little church knowing they will be cared for, prayed for, loved, and safe. May we continue to care for each other and see each other as God sees us as precious, loved, and safe in His care.

Praying, picking dandelions, and loving God with you all, Dr. Samira El-Yasir



JOURNEY TOWARD AWARENESS AND UNDERSTANDING OF RACISM

THROUGH FILM & TEXT



Sept. 2020 - June 2021
3rd Wednesdays 7-9 PM

INTERESTED?

Over the past few months, I have been blessed to work with the men and women of St. Michael's Church (Episcopal), Barrington. Together we have developed a year-long book and film/discussion series. We invite all who are interested to join us in a **Journey Toward Awareness and Understanding of Racism**

Each month we will watch the listed film or read the books on our own. Each will offer a view of racism in the United States. Then, we will join in on a guided conversation about the film/book.

The conversations will be via Zoom and will address themes related to racism, white privilege, and living in today's racial climate, with a goal of working towards understanding and ending racism. All are urged to bring your questions and themes to the discussion, and be prepared to stretch your thinking and doing.

Hopefully, our discussions will help reshape our view of the world and give us ways to support systemic changes and to repair historical injustice.

Questions? Or need help getting access to the films/books?
Email peacellen123@gmail.com for more information.

Blessings all,
Pastor Zina

SCHEDULE

September 16 *13th* (Film: available on Netflix)

October 21 *Stamped: Racism, Antiracism, and You* (Book: by Ibram X. Kendi and Jason Reynolds)

November 18 *The Hate U Give* (Film/Book: by Angie Thomas; available on most streaming platforms)

December 16 *I'm Still Here: Black Dignity in a World Made for Whiteness* (Book: by Austin Channing Brown)

January 20 *Just Mercy* (Film/Book: by Bryan Stevenson; available on most streaming platforms)

February 17 *Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think and Do* (Book: by Jennifer L. Eberhardt)

March 17 *When They See Us* (TV mini-series: available on Netflix)

April 21 *Waking Up White and Finding Myself in the Story of Race* (Book: by Debby Irving)

May 19 *Fences* (Film/Play: available on most streaming platforms)

June 16 *White Fragility: Why It's So Hard for White People to Talk about Racism* (Book: by Robin Diangelo)

September 2020 Birthdays

9-02	Barb Pratscher	9-08	Levi Palomo
9-04	Virginia Newman	9-17	Kira Krug
9-05	Beth Goldstein	9-20	Elaine Menes
9-05	Hazel Coester	9-20	Edi Normann
9-06	Theo Papadimitriou	9-22	Margaret Akerstrom
9-07	Michael Campe		

Anniversaries

9-6 Art and Lynn Rice 9-9 Cindy and Tom Alton
9-15 Brian and Christy Davis Anniversary

A BACK TO SCHOOL PRAYER



This is the day You have made, and though it does not look like we thought it would look, we will still rejoice and trust You. Help us to see the good in each day. Remind us you are ever with us. Fill our lives with moments of laughter and lightheartedness, even in these extremely trying times. Be with us all.

In this moment we lift up a special prayer for each student, teacher, administrator, and all who serve to educate. We ask you to protect, strengthen, and guide every day.

Help teachers to have confidence in their craft. They were meant to teach, educate, coach, counsel, and lead. They are needed, appreciated, and loved. Their work and their efforts are never in vain. Lord, when they are burdened, lift them. When they are weary, give them rest. Sustain them through these days.

Help our students see past this moment toward a future bright with Your presence. When they miss their friends, cheer them. When they want to give up, encourage them. When they are sad, brighten their paths.

Bless parents who seek to make each day the best it can possibly be. Hold them, especially, in the palm of your hand.

Our God, we cannot see into the future, but we do not need to because You hold the future in your hands. Speak peace to our hearts and walk with us each step of the way, we pray. Amen

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Barb Pratscher B'Day MORe—Noon	3 Al-Anon	4 Ginny Newman B'Day	5
6 Worship 10:00 Theo Papadimitriou B'Day Art & Lynn Rice Anniv.	7 Labor Day Michael Campe B'Day	8 Deacon's Meeting Levi Palomo B'Day	9 MORe—Noon Women Who Breakfast Cindy & Tom Alton Anniv.	10 Al-Anon	11	12 Men's Fellowship
13 Worship 10:30 Youth Call 1:00	14	15 Brian & Christy Davis Anniv.	16 MORe—Noon	17 Al-Anon G.R.O.W. Kira Krug B'Day	18	19
20 Worship 10:30 Youth Call 1:00 Elaine Menes B'Day Edi Normann B'Day	21	22 Council Meeting Margaret Akerstrom B'Day	23 MORe—Noon	24 Al-Anon	25	26 Men's Fellowship
27 173 Anniversary Annual Meeting Youth Call 1:00 Worship 10:30	28	29	30 MORe—Noon			

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