Other Opportunities for Study at Our Saviour’s Lutheran Church

**Women of the ELCA Circles**
Bible Study, Service, and Fellowship
All Circles meet at Our Saviour’s the second week of the month
- September through May
- Sunday, 10:00 am @ OSLC
- Monday, 1:00 pm @ OSLC
- Tuesday, 9:30 am @ OSLC
- Tuesday, 7:00 pm @ OSLC
- Thursday, 9:30 am @ OSLC
- Thursday, 7:00 pm @ OSLC

**Men’s Bible Fellowship**
Bible Study and Fellowship
- September through May
- First and third Saturdays, 7:30 am @ OSLC

**Men’s Bible Study**
Bible Study and Fellowship
- September through May
- Second and fourth Saturdays, 7:30 am @ OSLC

**Celebrate the Journey**
Book Discussion and Fellowship
- September through May
- Second Saturdays, 9:15 am @ OSLC
Our Saviour’s Adult Education classes come in different shapes and sizes! You can taste test a “Small Bites” class, offered in between Sunday worship services (from 10:10 to 10:55am). Or you could be fed during our one-hour “Main Course” classes that are offered on Sunday mornings and during the week.

• Please register for your choice of Main Course Adult Education classes on the Our Saviour’s website: www.oursaviours.org. Look on the home-page, under “What’s New at Our Saviour’s” for registration. Can’t make all of the sessions? Not a problem, please register anyway!

• OR, call the Church Office at 847-255-8700 to sign up.

• Generally, classes with fewer than 5 participants registered the week before the start date are canceled. Instructors need to know the number of participants to properly prepare. Walk-ins are certainly permissible, but we request that you register in advance if possible.

Small Bites Classes:
Sundays, from 10:10 to 10:55am
(There is no need to register for Small Bites classes, just show up!)

January 12
The Holy in Hollywood
When you watch a movie on the big screen, do you ever recognize that there’s more to the story than meets the eye? Pastor Pete (who got his Bachelor’s Degree in Broadcasting and Cinematic Arts) will help us to see the “Holy in Hollywood.” You’ll likely be surprised at how often Biblical images and themes show up in mainstream movies and TV shows. Enjoy popcorn, movie clips and conversation.

January 19
Reading “Between the Lines” of the Parables
Those familiar parables we all think we know still surprise us with new dimensions of our faith. Pastor Paul Melzer will introduce the Main Course “Hear Another Parable” which runs January 26-February 16.

January 26
Super Bowl Snacks Done Differently
Watching the Super Bowl usually involves a “super bunch” of snacking! And often, those snacks are not exactly the healthiest. In this winning Small Bite, hear from Coach Lois Nelson and learn her game plan to remake some game day favorites into healthier versions.

February 2
Listening Post to Prepare for Annual Meeting
Meet with Council Members to share your ideas and get your questions answered before the Annual Meeting on February 9.

February 9
Our Saviour’s Lutheran Church Annual Meeting
**February 16**
**You Can’t Take it with You!**
What legacy will you leave for your children? The church? The World? It’s not too early to make preparations for when you’re gone. Join Jim Valentine, COO, and members of the Endowment Committee, to explore how you can responsibly provide for the loved ones you leave behind. This class is especially designed for those under the age of 50.

**February 16: Wiggle Worship**
Join Pastor Pete for music and stories that are geared toward kids (and kids at heart).

**February 23**
**Music for the Soul**
Vocalist Viola Collins-Brown and Matt Haider, will take us through the musical form of spirituals. We will start with some Negro Spirituals and learn how they lead to the gospel music of today. There will be opportunities for audience participation through hymns as well as moments to just listen.

**March 1**
**Reading Someone Else’s Mail**
Learn from Our Saviour’s Ministry in Context Seminary Students, Cassie and Zach, about studying Paul’s Epistles is like reading some else’s mail. Cassie and Zach will provide interesting information they’ve learned in seminary about the Apostle Paul’s letters.

**March 8**
**Up In Smoke**
A brief history of marijuana legislation, and what the 2020 changes mean for Illinois. No samples!

**March 15**
**Cooking with Dave Esau**
Dave Esau has many years experience as a chef in several well-known restaurants. He will offer some cooking tips, a recipe and cooking demonstration at the Winter Farmers’ Market. Dave owns a catering business and small luncheon restaurant, Dave’s Specialty Foods, in Mt. Prospect where he offers cooking lessons throughout the year."

**March 22 – No “Small Bites” class during Spring Break**

**March 29**
**How and Why to Build Inter-Religious Relationships**
In his 2019 Reformation Sermon, Pastor Pete announced that in 2020, Our Saviour’s will be hosting an Interfaith Reformation Celebration. Come learn about the ELCA’s Policy Statement called “A Declaration of Inter-Religious Commitment” which inspired Our Saviour’s leaders to organize an Interfaith Reformation Worship Service. Learn why Inter-Religious relationships are so important, and brainstorm ideas for the upcoming Reformation Celebration.

**April 5 – No “Small Bites” class on Palm Sunday**
**April 12 – No “Small Bites” class on Easter Sunday**

**April 19**
**Viator House – Immigrant Youth Seeking Asylum in the U.S.**
What happens to young men seeking asylum who have to leave Children’s Detention when 18? Hear Brother Michael Gosch, a Viatorian brother, co-founder of Viator House along with Father Corey Brost, explain their ministry. Learn how they provide compassionate accompaniment of these young immigrants seeking legal relief while learning to live in our culture and continue their education. Viator House is currently home to 25 participants where they receive housing, food, clothing and comprehensive case management services. With the help of many volunteers, the program has been very successful. Find out what volunteer possibilities are available.

**April 26**
**Acti-v8 Your Brain - A Brain Health Initiative**
Learn about local research on Alzheimer’s disease being conducted by Great Lakes Clinical Trials in cooperation with the Lutheran Home. There will also be an introduction to The Eight Pillars of Brain Health class by Steve Satek, President and Founder.
May 3
Butterfly Garden
Come learn about the garden that is being created at Our Saviour’s by the Green Team and the Landscape Team to attract butterflies and other pollinators. Kathy Hendricksen and others will discuss the types of plants that attract beautiful butterflies and how you can create a habitat in your own yard.

May 10 – No “Small Bites” class on Mother’s Day

May 17
Norwegian Constitution Day Celebration
How do Norwegians celebrate Syttende Mai (May 17th)? You might be surprised. Hear about Norwegian traditions like rosemaling, lutefisk and others. There is always something new to learn about Oslo, Bergen, Stavanger and Lillehammer, the home of the 1994 Winter Olympics.

May 24 – No “Small Bites” class on Memorial Day weekend

May 3
Pentecost Pride
Every year on Pentecost, we hear in the book of Acts, “All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.” On Pentecost Sunday, Pastor Pete will lead a class celebrating how with the help of the Holy Spirit, a diversity of voices has been lifted up in the Lutheran church throughout the past 50 years (women, people of color, LGBTQIA+). We’ll celebrate the things we can be proud of on Pentecost, and reflect together on where the Holy Spirit is leading the church into the future.

June 7 – Buffalo Grove Pride Parade

June 14 – Meet and Greet guest speaker Mikah Meyer
Sunday Morning Adult Education Main Courses
11:00am

Gospel Politics
January 12 and 19, 11:00am
Who would Jesus vote for? What party would he belong to? Are these even the proper questions to ask? In a thought-provoking video, Dr. Amy-Jill Levine, a New Testament scholar, tackles the issue of how we can view politics in light of the gospel. Member Jodie Draut will present the video and facilitate discussion about it.

Hear Another Parable
January 26, February 2, 9, 16, 11:00am
Parable scholar Joachim Jeremias suggests that “we stand right before Jesus when reading his parables.” Parables constitute 35% of everything Jesus is reported to have said in the synoptic gospels. In this four week study, associate member and retired UCC pastor Paul Meltzer will help us engage with some of these familiar stories as Jesus disturbs our easy readings of them and challenges us to look at life with fresh insight. As a supplement to our discussion you can order Short Stories by Jesus; The Enigmatic Parables of a Controversial Rabbi by Amy-Jill Levine from Amazon ($10).

A Mathematician Reads the Newspaper
February 23 – March 8, 11:00am
“A recent study said”...”a survey showed”...often, in reporting news stories, data is included. But should we accept this data at face value? In a way that even those who think math is scary will enjoy, this class. Members Jill Lisius and Matt Guidera, will look at how this data reporting is often misleading. They will give you information that can help you better analyze everyday news stories.

Sunday Morning Adult Education Main Courses
11:00am

40 Days Lenten Bible Study
March 15, 22 and 29, 11:00am
Lent is a time of reflection and prayer, and also a season of hope in the work God is doing in the world, even in the most challenging times. Join in study and prayer as we journey with our neighbors in hope for a just world in which all are fed. Using the 40 Days study guide prepared by ELCA World Hunger, this Bible study will center on the Scripture texts of our Sunday Lenten worship. Pastor Heidtke and retired Bishop Wayne Miller will lead the class and study guides will be provided.

Viator House: Immigrant Youth Seeking Asylum in the U.S.
April 19
(Beginning with the Small Bite at 10:10am and continuing at 11:00am)
What happens to young men seeking asylum who have to leave Children's Detention when 18? Hear Brother Michael Gosch, a Viatorian brother, co-founder of Viator House along with Father Corey Brost, explain their ministry. Learn how they provide compassionate accompaniment of these young immigrants seeking legal relief while learning to live in our culture and continue their education. Viator House is currently home to 25 participants where they receive housing, food, clothing and comprehensive case management services. With the help of many volunteers, the program has been very successful. Find out what volunteer possibilities are available.

50 – 40 – 10
April 26, May 3, and 17, 11:00am
In 2019 and 2020 we celebrate 50 years of Lutheran women being ordained in the United States, 40 years of women of color being ordained, and 10 years of LGBTQIA+ individuals being able to serve freely. In this three-part series, learn about these significant milestones from the Our Saviour’s pastoral staff.
Weekday / Evening Adult Ed Main Courses

Make the Census Count!
Thursday, February 6, 7:00 – 8:00pm
Join us as Regan Sonnabend, VP Marketing and Communications for the YWCA helps us learn about the 2020 Census, with a focus on some of the communities most in danger of being undercounted, like seniors, what that means, and how we can help. Regan’s responsibilities include educating about the upcoming census.

Relationship Longevity...
Making it through life’s challenges together
Tuesday, February 11, 10:00 – 11:30am
(Held at Wheeling Township - 1616 N. Arlington Heights Road)
What’s the secret to making any relationship (whether marriage or friendship) last through life’s many challenges? Laughter and respect are certainly at the top of the list! Join us for an interesting and engaging look at ways to help a relationship “go the distance.” Pastor Pete will offer insightful real-life examples and encouraging suggestions.

Weekday / Evening Adult Ed Main Courses

Mental Health Series
Taking Care of You and Taking Care of Others - Dealing with Depression
Wednesday, January 22, 7:00 – 8:00pm
Depression is a growing concern for adults. What can you do to prevent the blues? Brian Reynolds, Lutheran Home Community Outreach Liaison, will discuss helpful hints to get you through the toughest times. Depression increases the risk of suicide and older adults may develop vascular depression. Many things can contribute to or cause depression such as medications, medical illnesses and others. We will learn about them the treatment of depression and how to help those around us.

Mental Health Series
Talk Saves Lives: An Introduction to Suicide Prevention
Wednesday, January 29, 7:00 – 8:00pm
This community-based presentation will cover the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide from suicide survivors Ann Gulotta and Erika Barber from the American Foundation for Suicide Prevention. Learn what suicide is, who it affects, what we know about it, and how together we can help prevent it.

Mental Health Series
PTSD – Symptoms, Warning Signs and Treatments
Wednesday, February 5, 7:00 – 8:00pm
PTSD is becoming a more well-known and studied diagnosis throughout the world and it’s definition of “traumatic events” has been extended to experiences beyond that of war or combat veterans. Skylar Nagy, Lead Counselor Amita Behavioral Health will help us learn how to be able to recognize PTSD symptoms and warning signs, and know the common events that can result in PTSD. She will also discuss those who are most at risk of experiencing PTSD symptoms, the impact of trauma on the brain, and effective treatments for individuals suffering from PTSD.
Weekday / Evening Adult Ed Main Courses

Language, Faith, and Fighting  
Wednesday, February 12, 7:00 – 9:00pm  
As Lutherans, how do we disagree with each other? Are there better ways to argue the issues we care about from a faith perspective? How do we do that? Facilitated by members Betty Birner, Mary Beth Canty and Jodie Draut, people known to argue, who care passionately about language and how we use it, and also care passionately about issues.

Marijuana - How is it Impacting us?  
Tuesdays, February 18 and 25, 7:00 – 8:00pm  
In this two-part class member, Mary Beth Canty will highlight marijuana legislation and impacts in other states. She will also discuss the various ways Illinois communities plan to use the marijuana-related tax revenues as they arise. We will also discuss ways to discuss marijuana (and other substances) with your children.

Weekday / Evening Adult Ed Main Courses

Change Your Life: One Bite at a Time  
Wednesday, February 19, 7:00 – 8:30pm  
Hear about simple steps to take to reduce inflammation in your body by incorporating foods that are filled with antioxidants! Member Karen Leider will help us learn how to reduce the foods that increase risk of disease, and become the CEO of our health!

Entering the Passion of Jesus:  
A Beginner’s Guide to Holy Week  
Wednesdays, March 4 – April 1, 6:00 – 7:00pm  
Deepen and enrich your Lenten journey with this class. The book “Entering the Passion of Jesus: A Beginner’s Guide to Holy Week” by Amy-Jill Levine will guide us through the history and literature surrounding the last days of Jesus’ life. This class will meet before each Lenten service. You can find the book on Amazon or abebooks.com. Please read the Introduction and Chapter One for the first class. Member Kathleen Morkert will facilitate our discussion.
Life-Giving Small Groups
Wednesdays, April 15, 22, 29 and May 6, 7:00 – 8:00pm
As Christians we are called to community, where we walk alongside each other in good and bad times. We encourage each other to grow in faith together and to serve side by side. While there are a variety of manifestations of Christian community in the church, small groups can be a vital way for individuals to find meaningful connection. Our Saviour’s member, Mark Fasick, will facilitate this four-part course to train those who would like to deepen their understanding of Christian Life community and hone their skills in leading small groups. We’ll discuss God’s plan for community, essential elements of small groups, leading a Bible Study or book discussion, and stages of group development. Participants may include those already leading any kind of fellowship, ministry group, or committee, or anyone who is willing to consider being part of a new small group.

Forms of Parental Alienation
Thursday, April 16, 7:00 – 8:30pm
Member Sue Katte has arranged a community screening of a brand-new documentary, “Erasing Family,” followed by a Q & A session facilitated by a panel. Erasing family bonds after divorce or separation is a leading cause of preventable childhood trauma. Through emotionally compelling, true-life stories, the film provides a road map of reconnection for parents and young people in families fractured by high-conflict divorce. The goal of this film is to make separation and divorce healthier for children, while providing support and encouragement for “erased” parents who have been alienated from their children.

Acti-v8 Your Brain - A Brain Health Initiative
Thursdays, May 7, 14 and 21, 7:00 – 8:00pm
Steve Satek, President and Founder of Great Lakes Clinical Trials will present information on this national brain health initiative developed by the Global Alzheimer’s Platform Foundation. We will learn about life-style measures that can be taken to minimize problems resulting from cognitive change. The 8 Pillars of brain health will be discussed as well as connections with other local Alzheimer’s disease clinical research sites. Come and learn about the characteristics of a healthy brain!

The Search for God
Tuesdays, May 12 and 19, 1:00 – 2:00pm
From the ancient Greeks and Mayans, to the leading religions of today, millions of people, throughout time, have been on a quest to find their Creator. Matt Haider, Our Saviour’s Director of Music, will help us look into world religions including Buddhism, Islam, Judaism, and Hinduism. Are the basic principles behind all these religions that different? What do we have in common? What are our differences? Come and find out!