



## The Kenilworth Union Church

211 Kenilworth Avenue Kenilworth, Illinois 60043 (847)-251-4272  
www.kuc.org

**Dr. Andrew Chaney**  
Senior Minister

**Dr. Gilbert W. Bowen**  
Minister Emeritus

**Rev. Sarah E. Garcia**  
Associate Minister

**Anne S. Faurot**  
Director of Children's Ministries

**Lisa R. Bond**  
Director of Music

### The Service of Worship Sunday, February 19, 2012

8:00 am Communion Service  
9:00 and 10:30 am Worship Services & Sunday School

**Preludes** "Spring Prelude in G" .....F. Mendelssohn

**Call to Worship and the Organ Meditation**

**Doxology** .....No. 592

#### Responsive Reading

*The heavens declare the glory of God.  
The skies proclaim the work of God's hands.  
Day after day they put forth speech.  
Night after night they display knowledge.  
Let us worship God who made us.  
The God of all creation is our refuge and strength!*

**Hymn** "For the Beauty of the Earth" .....No. 473

**Anthem** "The Heavens Are Telling" from *Creation* .....F. J. Haydn  
Chancel Choir

#### Prayer of Affirmation

Creator of the Universe, we raise our voices in prayer to you. In the magnitude of the planets, the stars, and all creation, we are humbled that you created us as well. Teach us to see ourselves not only as being part of your creation, but also as being made in your image. Remind us of that when we feel small and insignificant. Give us a breadth of knowledge and a spirit of love that goes far beyond ourselves and connects with you, that righteousness on earth would shine like stars in the sky proclaiming your glory. Amen.

**First Scripture Lesson** Psalm 19: 1-14

**Sermonette for Youth**

Hymn "Day is Done" .....No. 544

**Pastoral Prayer and The Lord's Prayer**

Offertory *Andante for Organ, K.616* .....W. Mozart

**Hymn of Dedication**

We praise thee, O God, our Redeemer, Creator,  
In grateful devotion our tribute we bring.  
We lay it before thee, we kneel and adore thee,  
We bless thy holy name, glad praises we sing.

Solo *The Lord Is My Light* .....Frances Allitsen  
Kelli Harrington, Soloist

**Second Scripture Lesson** Genesis 1: 14-18

Sermon "God's Cosmos" .....Dr. Andrew Chaney

Hymn "Earth and All Stars" .....No. 458

**Benediction**

Postlude "The Heavens Declare the Glory of God" ...B. Marcello

Tamaron Conseur, M. M.  
Asst. Dir. of Choirs

John Bryant  
Organist

Kelli Harrington, M. M.  
Asst. Dir. of Rejoice and  
Bell Choirs

**USHERS**

8:00 am  
Phillis Dunbar

**GREETERS**  
Linda Kingman  
and  
Jim Graham  
  
Wendy and  
Keith Yamada

**USHERS**

9:00 am  
**Stuart N. Schuldt**  
Mike Flynn  
Newt Marshall  
Dave Hodges  
Rob F. Schuldt II  
Steve Shepherd  
Robert Stephens  
Rich Thompson

**USHERS**

10:30 am  
**John Stiffler**  
Diane Bruce  
Rob Collins  
Peter Hepner  
Steve Hoffman  
Jeff Salmon  
Linda Salmon  
Ronald M. Schutz

**BUS ATTENDANT**

Kitsy Bryant

**ALTAR GUILD**

Bob Cannon  
Bob Emerson

**A Stephen Ministry Congregation**

**ANNOUNCEMENTS**

**ALTAR FLOWERS:** The altar flowers are given in loving memory of Craig Allan Sethness by his family. The flowers in the lavabo are given in loving memory of Margaret Lillard from her family.

**CHILDREN'S MINISTRIES: Jesus Feeds 5,000 (Lambs-4th)** *We have nothing here but five loaves and two fish. And Jesus said, "Bring them to me."* (Matthew 14: 17) The idea of feeding and compassionate nurture was central to Jesus' teachings. Jesus equated one's spiritual

and physical needs with health and wholeness.

**What Was It Like? Bingo (5th & 6th)** Today we will play a game comparing life in Biblical times to life today.

**ASH WEDNESDAY/LENT:** Please join us for an Ash Wednesday worship service at 7:00 pm on February 22 in the Schmidt Chapel. Lent begins on February 22, and ends on April 7, the Saturday before Easter. It is a time of renewed attention to our faith as we

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# ANNOUNCEMENTS

(CONTINUED)

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follow Jesus to the cross. If you would like to discuss Lent with your children, there is information in the Children's Ministries office.

**ZEST FOR LIFE COOKING SCHOOL:** The next adult/child cooking class is on pizza which will be on Friday, March 2, 5-7 pm. Contact [jenburch@comcast.net](mailto:jenburch@comcast.net) for more information.

**SPRING NEW MEMBER CLASSES:** New member classes will be held on February 26 and March 4 at the 9:00 am service. A New Member Minister's Hour with Dr. Chaney will be March 11 at 4 pm and new members will be received on March 18 at the 9 am service. Please call the church office at (847) 251-4272.

**THE GREATEST TALENT & ART SHOW ON EARTH,** Sunday, 3:00 pm, Feb. 26, The Kenilworth Club. The cost is \$20 per family with children and \$8 per individual. To sign up to perform your talent or tell a joke, show your art work or be part of the committee, contact Sallie Smith, [slsy2k@yahoo.com](mailto:slsy2k@yahoo.com).

**THE KNITTING MINISTRY:** On Sunday, February 26, the Knitting Ministry will display the prayer shawls and lap robes they have knit, in the Culbertson Room after the 9:00 and 10:30 services.

They have given over 100 prayer shawls to those in need of comfort and prayers and at least 75 lap robes to our veterans who are in wheel chairs. Please contact Martha Hoza or Bonnie McColl for more information.

**THANK YOU TO SUNDAY SCHOOL "TABLES FOR EIGHT" HOSTS AND HOSTESSES:** Thank you to the following families for hosting the Sunday School Parent Dinners on February 11 which were attended by 130 parents: Greg & Annette Beitel, Jay & Amy Courage, James & Susan Elliott, Aleks & Kirsten Engel, John & Jill Fix, Alan & Kathryn Freemond, Theresa Germand, Ken & Julianna Harris, Adam & Jessica LeFebvre, Michael & Laura McColl, Lance & Nancy O'Donnell, John & Rosalyn Podjasek, Pete & Julie Ruck, Jeff & Linda Salmon.

**FAMILY SERVICE PROJECT, SATURDAY, MARCH 10:** Please join us as we head to Chicago to serve the children of Holy Family Ministries. The event is for children in 3-8th grade and their parents. For more information and to RSVP, please contact Laurel Lien at [llien@kuc.org](mailto:llien@kuc.org).

**CONFIRMATION SUNDAY IS MARCH 11:** Join us for an inspiring event at 10:30 am when we formally welcome our confirmands into the KUC church family. Family and friends are invited to stay for a confirmation student-led worship service in the sanctuary at 11:45 am. The celebration will culminate with cake in the Culbertson Room.

**SOUP KITCHEN SIGN-UP:** Church Families, please sign up in the Culbertson Room on March 11 to shop and serve dinner at A Just Harvest Soup Kitchen in Evanston. Questions: contact Margy Werd at [thewerdfamily@comcast.net](mailto:thewerdfamily@comcast.net).

**EMPTY NESTER EVENT:** Casual dinner and program with Mike Leonard, author of *The Ride of Our Lives* and feature correspondent for *NBC Today*, Sunday, March 18, 6-8 pm at KUC. The cost is \$25 per person, and friends are welcome. For more information, please email Margaret Hart, [margaret.hart@comcast.net](mailto:margaret.hart@comcast.net).

**SAVE THE DATE!** On May 4, 2012, Kenilworth Union Church will host its 13th Annual Outreach Benefit, "Community Ties." The event will take place at Michigan Shores Club at 6:00 pm. Please join us for the kick-off party at Little Ricky's on Thursday, March 1, beginning at 6:30 pm.

### Preaching Schedule

Feb. 22-Ash Wednesday  
Feb. 26-Dr. Chaney  
Mar. 4-Dr. Chaney  
Mar. 11-Dr. Chaney

Please turn off all electronic devices while attending services. Thank you.

*The Care Guild Leader for February is Sally Schneiders. To let us know where help is needed, or to volunteer, please call the Care Guild number at (847) 853-3534 or email [careguild@kuc.org](mailto:careguild@kuc.org).*

Dr. Gilbert W. Bowen " Out of Anxiety into Life"

## Philippians 4: 4-9

Reflect for a moment on this perennial reality, Creatures of this earth, that we are, limited in strength and knowledge, vulnerable, prey to all kinds of danger and dying, anxiety and fear have always been near to brain and body at any time.

Indeed, civilization can be seen as one great campaign against our creatureliness, our frailty, our vulnerability, an age-old struggle to house and heal, to hold off the ravages of time, effort to understand and master the world around us, bring under control the threats natural and human. And to the degree that we have been successful in rising above our animal limits, we can only be grateful and, I trust, in our time determined to preserve and advance this noble human endeavor.

But has it reduced our anxiety, softened our worry? Are we less prone to the troubled heart and mind than our ancestors down on the farm, or wherever they were? Indeed, a case can now be made that we live in an age of anxiety unlike any before ours. Think of the worries, the reasons for panic that our vaunted civilization has brought us.

Air travel, seems to me, to typify the predicament. Flight is a marvel of little over half a century. It has enabled us to do and see what our forebearers could only dream of. But for all it has expedited travel and made the world smaller and business better, is it not harder on the nervous system than more primitive forms of movement. With all its delays and hassles, not to mention the uncertainty of trusting your very life into the hands of those unseen ones riding in the front end of that aluminum sausage, wondering whether the captain had a fight with his wife the night before. Buggies did not fall out of the sky. Broadway's George Kaufmann once said, "I like terra firma - the more firma, the less terra."

And auto travel is scarcely less stressful, even more dangerous in fact, what with road rage and drunk driving and winter weather. Took a safe driving course with my wife recently. Not that we needed it, rather because we can use the premium reduction that comes with it. One participant suggested that the way to be a safe driver is to assume that everyone else out there is crazy or drunk. Ever occur to us that a mere hundred years ago, the designated driver was the horse.

And we know about the possibility

of illnesses our grandparents never dreamt of. The television ads tell us every night about all the troubles of body and mind we must watch out for, and the pills we must buy to save us. We who have children or grandchildren worry now about the internet and the cell phone. We send our kids to schools where we can no longer guarantee their safety or their conduct. Someone the other day defined a neoconservative as a liberal whose daughter has turned thirteen.

And indeed for many the possibility of owning a home, earning a living, raising a family has become more confusing and uncertain in this world where there are no experts who seem to agree about what is going on and what we ought to do about it. A survey of the so-called Generation X surfaces such comments as these. "I fear failure most of all." "I fear that I will never have a full-time job again. I worry that I will be found increasingly useless and irrelevant." "I fear that I will never know what it is to command respect." "I fear that I will never know what it is to live without fear, to wake in relative contentment and simplicity, without depression raging in the corners of my mind."

In a current issue of *Atlantic Monthly*, an employer opines that the current business climate looks like nothing so much as plain fear. One assembly line worker says that she is holding on to her job by her finger-nails. The result is pervasive anxiety. One man says that some days the whole scene seems like being a deep sea diver who is walking around on the ocean floor in his diving suit, above him is the mother ship to which he is connected by an air-hose-his lifeline. Suddenly he hears a cry coming over his intercom: "Come up at once. The ship is sinking."

If ever an age seemed, for all its mastery of environment and psyche, designed to generate and sustain anxiety, ours is. Surely it is no accident that so many of our diseases are related to mental and emotional dis-ease. Our effectiveness and efficiency, our capacity to focus on the needs of others, including family affected.

As we never, even with all our technical wizardry, achieve anything like absolute control and security, there lurks ever in the background of our brain the recognition that we remain, for all our efforts, made of neurons and skin. And the result of this recognition is an underground anxiety that

depletes our health and undermines our hope.

The poet caught us well. "This is the age of the half-read page, the quick hash and the mad dash. This is the age of the bright night with the nerves tight and the plane hop with a brief stop. This is the Age of the lamp tan in a short span, the brain strain and the heart pain, and the catnaps till the spring snaps and the funs done."

So much for the good news. So how do we deal with all this, our anxieties, the pervasiveness of fear all around. First of all, by facing them. Notice how the old Biblical faith is up front about that. It is all over the old book. "No one shall make you afraid. Do not be afraid of anyone. You need have no fear of them. Be strong and courageous. Do not be afraid. Do not fear or be dismayed. You will not fear the terror of the night. Do not be alarmed. Be not afraid of their faces. Arise and be not afraid. Do not worry about your life. Do not be anxious about tomorrow. Let not your heart be troubled, neither let it be afraid."

Clearly this old story sees fear and anxiety as front and central in the task and challenge of our living, our laboring, our loving.

If there is anything new about the scene, it is the emergence of

cultures and character types who have managed to submerge anxiety to the point where we are not aware of it and what it is doing to us.

To a greater degree than past generations, we moderns have developed an array of diversions that enable us to submerge our anxieties.. What the late Neil Postman, Professor of Communication at New York University, a few years ago called, "Amusing Ourselves To Death." Sit for hours before the tube, or the internet, or go to scary movies or an exciting ball game or engage extreme sports ourselves. Anything to take our mind off reality, provide us with escape.

Now, nothing wrong with trying to manage a measure of control or going mindless a bit. But the problem with all our diversions is that they are temporary, only allow us to forget our worries for a time. And even if we don't feel scared, are not breaking out in sweat, some anxiety may well be eating away at us inside.

"Have no anxiety." writes the apostle to his friends from his prison cell in Rome. "Have no anxiety. In prayer with thanksgiving, make your needs known to God...not because God needs to know them but because you do." Dennis Gersten, M.D. asks, "Where is the fear in your body? What are the fearful thoughts and images? Just observe...allowing the fear to

arise, change and dissolve. Embrace your fear. For the experience of embracing the fear, immersing oneself in the fear, allows for the beginnings of transformation of the fear."

Surface the fear. And spot the attitude behind the fear. What do our anxieties say about reality. They tell us, do they not, that sooner or later life will undoubtedly turn sour, dark, unfortunate, tragic. Sooner or later we will lose, fail, be miserable, slip away. Isn't that what our anxieties keep intimating.

But what if that is not the truth. "And now my friends, all that is true, all that is noble, all that is just and pure, all that is lovable and attractive, whatever is excellent and admirable - fill all your thoughts with these things. And the peace of God will be with you."

Sounds like an affirmation of optimism. Picked up a German news magazine on a flight home recently, to find that the very extensive cover story was about serious research on the subject.

To wit that the hopeful are more successful, have more friends, take better care of themselves, live longer. And interestingly the best

known researcher acknowledges that he is basically a pessimist.

Why? The Apostle is not simply begging here for some kind of thought exercise, mind control. Keep your mind on good stuff and the bad won't bother you. He is talking about attention to the truth that there are realities that win out in life. Because of the resurrection faith born with Jesus, we know that God really is near and therefore in some ultimate sense life always turns out all right. even if at times it is all wrong, scary, troubled, disappointing. Ultimately life will be all right.

Peter Berger, a sociologist, made this concrete by reflecting on a mother comforting her child: "A child wakes up in the night, perhaps from a bad dream...beset by nameless threats. At such a moment the contours of trusted reality are blurred or invisible and in the terror of incipient chaos the child cries out for his mother...It is she (and in many cases she alone) who has the power to banish the chaos and restore the benign shape of the world... She will speak or sing to the child, and the content of this communication will invariably be the same - 'Don't be afraid - everything is in order, everything is all right.' If all goes well, the child will be reassured, his trust in reality recovered..."

Then Berger asks the real question, "Is the mother lying to the child?" Everything is in order, everything is all right - this is the basic formula of

maternal and parental reassurance. Not just this particular anxiety, not just this particular pain – but everything is all right. The formula can, without in any way violating it, be translated into a statement of cosmic scope – “Have trust in being.” And if we are to believe the child psychologists...this is an experience that is absolutely essential to the process of becoming a human person.

Yet, mother’s words can only be justified within a religious frame of reference. For in this frame of reference the natural world within which we are born, love, and die is not the only world, but only the foreground of another world in which love is not annihilated in death, and in which, therefore, trust in the power of love to banish chaos is justified. Mother’s role is not based on a loving lie. On the contrary, it is a witness to the ultimate truth of man’s situation in reality. Everything will be all right.”

This is the good news that an old gospel presses upon us. But this is more than just gospel and gift, this word. It is also challenge and task. Spot what our anxiety is saying so that we may fight it with the truth about life. What are the things we fill our minds with if we are not careful? The interminable television debates. The latest local brutalities. The bombs in Bombay elsewhere. The kidnappings and hijackings. All the agonies and ugliness that fills the newspaper and screen. Fill your minds day in and day out with these and then expect the fear to subside and anxiety to soften and hope to win out. Good luck. Or rather, here is another diversion which can save us from discouragement and despair these things induce. Finding discipline and place in our minds and hearts for the good, the true, the gifts of God past and present. God is near. The reality that life is not in our control, does not mean it is out of control. God is near. And we can trust him with minds and lives. Must trust him in our heart of hearts.

It is such a worn cliché, one almost hesitates to say it one more time. But it is the answer that comes at us again and again out of this old faith. The call for the daily discipline in which, having done all we are able, we turn our lives over to God, trust them to his power and love. Fill your minds with this.

Surrender of our cares to another word. This inner movement of trust in another word is the only reality that enables us to take back our life with each new day, go out into it once more, live it effectively and caringly and with joy. No matter what

comes, yes, even death. In fact it is only as we slowly but surely learn to trust this word even there, that we are able to trust here on a fine morning in the midst of life. So trust does not come as a package we can tuck away. Not a passing warm glow or settled complacency. Not easy but a daily confrontation with the higher realities of life and a deliberate inner move into confidence in God and his love that can sustain us all the way to the end..

The late Rosalind Russell, noted for her many film portrayals of witty, sophisticated career-women, also experienced many triumphs on the Broadway Stage. But friends who knew her thought her greatest triumph was her gallant fight against arthritis and cancer, a struggle which she carried out to the very end with a remarkable sense of gratitude and joy and peace. After her death in 1976, they found this poem tucked away in her prayer book: Trust Him when dark doubts assail thee, Trust Him when your faith is small, Trust Him when simply to trust Him is the hardest thing of all.”

An old man named Paul sits in a Roman prison under the shadow of impending execution and writes to dear friends, “Have no anxiety. God is near...always.” Fill all your thoughts...with these....

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