



## Christ Lutheran Church Sunday Schedule

9 a.m. Contemporary Worship with Communion

10:15 a.m. Education Hour: Pathfinders for Children & Teens, Alpha "Challenging Lifestyles" Bible study on the Beatitudes, Alpha "Questions of Life" course, Prayer Ministry Team meets.

11:15 a.m. Traditional Worship with Communion

6 p.m. — 8 p.m. Senior High Youth Meet! (Come hungry!)

### CHRIST LUTHERAN CHURCH

301-652-5160 (Fax) 301-652-2301  
Website: <http://www.heartmindsoul.com>  
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**The Rev. Marvin Tollefson**  
*Pastor*

**Jennifer Tessneer**  
*Minister of Family & Community Care*

**Richard Czepinski**  
*Minister of Music*

**Niina Tang**  
*Administrator*

**Florence Heacock**  
*Small Groups Minister*

#### Church Council

Barry Lemley, president  
Robert Dalzell, vice president  
Larry Goolsby, secretary  
Chee Kin Tang, treasurer

Lisa Bente, Martin Brockman, Dottie Davis, Catherine Johnson, Maura Miller, George Wenchel, Elke Womack, Marta Woodward.

### Mission of The Chronicle

*To communicate about disciple-making events & opportunities ... all for the glory of God and to grow His Kingdom.*

Please contribute to The Chronicle! Let's share all the exciting ways God is at work here at Christ Lutheran! Questions? Please call Jennifer Tessneer at 301-652-5160, ext. 5.

### Next Chronicle Deadline

Submissions for the March issue of The Chronicle are due by 5 p.m. on Friday, Feb. 18. Please drop them off in the box on Jennifer's office door or e-mail them to: [jenniferclc@heartmindsoul.com](mailto:jenniferclc@heartmindsoul.com)



**New to CLC? Want to know more about our faith community? Please email [clc@heartmindsoul.com](mailto:clc@heartmindsoul.com) to begin receiving our weekly e-newsletter and/or weekly family ministry e-newsletter.**

# THE CHRONICLE

Volume 71,  
Issue 2

Reach Up, Reach Out & Grow

February  
2005

WE WELCOME YOU!

### OUR MISSION STATEMENT

The mission of Christ Lutheran Church is to make disciples of Jesus Christ; to transform all people into fully devoted followers of Jesus Christ.

### OUR VISION STATEMENT

Our vision is to be a community of believers making and baptizing disciples so that Christ's forgiveness and healing can be accomplished in the world.

We are a community of believers because God wants us to be something together and represent God with our unified diversity. Our vision is to further God's Kingdom in our midst.

### LENT 2005: EXTREME LIFE MAKEOVER

"But what about you?" he asked. "Who do you say I am?" Simon Peter answered, "You are the Christ, the Son of the living God." (Matthew 16:15-16)

Before he was killed by the Nazis 60 years ago this April, Dietrich Bonhoeffer struggled with a question that still challenges us today: Who is Jesus Christ?

If we are to learn what God promises and what he fulfills, we must persevere in quiet meditation on the life, sayings, deeds, suffering and death of Jesus. "It is certain that we may always live close to God and in the light of his presence, and that such living is an entirely new life for us; that nothing is impossible for us, because all things are possible with God." (Dietrich Bonhoeffer, Letters and Papers from Prison, 391)



Ordinary people wondering how on earth to be faithful Christians have this rather simple prescription: Focus on Jesus. Listen to his teachings, examine his life, notice his relationships, hear his questions and follow his invitation to be his disciple.

From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. (Ephesians 4:16)

For Dietrich Bonhoeffer, it was a personal encounter with Jesus Christ that was necessary to discover a lived faith and not merely abstract belief in God. The more common notion of abstract belief in our day does

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### FEBRUARY CHRONICLE HIGHLIGHTS

<i>Updates &amp; Reminders</i>	<i>Special Events</i>	<i>Family Ministry</i>	<i>Small Groups</i>	<i>CELC Council</i>	<i>February Calendar</i>
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# Updates & Reminders

## CELC's Prayer Team is Ready to Lift Up Your Prayer Requests!

If you have a prayer request to be added to the prayer list, please contact Niina Tang at 301-468-7006 or niinatang@yahoo.com.



*Please indicate if you want the prayer to be confidential (prayer group only) or on the list inserted in the bulletin. We would also appreciate feedback on the prayers to see how God is moving at CELC. Prayer lists are available in the Narthex.*

— Niina Tang



Please email normal ministry announcements in PowerPoint to marv@heartmindsoul.com by 5 p.m. on the Wednesday before the “announcement” should be made. We will run a continuous “loop” of announcements before and after worship. If you don't know how to use PowerPoint, contact one of the staff and we will teach you.

**NOTE:** Two slides maximum. We will publish them “as is” so please proofread before you send.

You are welcome to publicize your ministry/event in the weekly e-newsletter and youth & family ministry e-newsletter, Week Ahead and Chronicle. We encourage you to come to worship early to greet and talk to people about your ministry/event.

## Small Groups 2005 Conference at McLean Bible Church



“Florence I and attended this seminar and all I can say is **‘WOW!’** If this is given again next year you should not miss it.”

*Please read more of this article by Sanna Solem on Insert page 2!*

CELC is working on the web site, and we would like to include photos of the church's various ministries. Please let us know whether we have permission to use pictures of you and your family by signing the photo release form available in the Narthex and returning it to the main office (or putting it in the collection plate). If you got this month's Chronicle by email, the photo form is attached. Thanks!!!



## Sunday Morning Announcements

If you would like to share a witness (story) of how God is at work in your life, please speak to Pastor Marv in advance.

# CLC Council

## Extreme Life Makeover

*Continued from page 1*

not and will not compel persons to risk everything for the sake of the call of God. Abstract belief is a



form of religion that has no connection to the transforming power of Jesus Christ.

Setting one's mind and heart on following Jesus might strike some as being too simplistic, especially in light of our intellectual abilities and involvement in complex economic and political matters. Yet it is precisely this straightforward allegiance to Jesus Christ and full dependence on him that we must pursue in our lives. Jesus Christ alone transforms our lives and brings to us an extreme life makeover.

In place of a decisive commitment to pattern one's life after Jesus, we could settle for vague religious principles or dogmatic statements that could be easily recited without requiring any personal allegiance to their truthfulness. When there is nothing personal at stake in what one believes, belief is easily abandoned or corrupted when threats against it arise.

If we don't have a personal commitment to Jesus, then the church has no personal stake in its profession of Jesus Christ. Ideas about Jesus are not the same as personal allegiance to Jesus. The difference is crucial for those who seek to be faithful disciples.

In his commentary on the Sermon on the Mount, The Cost of Discipleship, Bonhoeffer wrote, “Christianity without the living Jesus Christ remains

necessarily a Christianity without discipleship, and a Christianity without discipleship is always a Christianity without Jesus Christ .... And a Christianity of that kind is nothing more or less than the end of discipleship. In such a religion, there is trust in God, but no following of Christ” (page 64).

“Don't you realize that whatever you choose to obey becomes your master? You can choose sin, which leads to death, or you can choose to obey God and receive his approval. Thank God! Once you were slaves of sin, but now you have obeyed with all your heart the new teaching God has given you. Now you are free from sin, your old master, and you have become slaves to your new master, righteousness.” (Romans 6:16-18)

Still, is any of this possible for the ordinary Christian — the butcher, baker and candlestick maker, the homemaker and businessman, the plumber and politician, let alone the family? The answer is YES! Join us during Lent for mid-week Bible study on Wednesdays and Sunday morning worship to explore the Extreme Life Makeover that can be found only in Jesus Christ!

The church council at the recommendation of staff has voted to launch a three year emphasis on reaching families and inviting people to make a personal commitment to Jesus Christ. We will share with the entire congregation this call from Jesus Christ to invite families into a living relationship with Him.

The Extreme Life Makeover that many are looking for is found only in Jesus Christ and Him crucified. These are exciting times to be the church! Join us for Lent and renew your personal commitment to Jesus Christ!



***The church will have Wednesday dinner, devotions and worship during Lent. We are asking small groups and individuals to provide the meals. To serve in this way, please contact Marta Woodward at 301-592-8282.***

# Small Group Ministries

We warmly invite you to participate in these spiritual, faith-based opportunities. Unless another contact is listed, please call Florence Heacock, small groups minister, for details at 301-652-5160.



**Small Group Facilitators Bible Study** meets throughout the year.

**“Challenging Lifestyles,”** based on the Beatitudes, meets at 10:15 a.m. Sundays. Contact Larry Goolsby at 301-946-6479.

## Adult

**“Questions of Life,”** a course on the basics of Christianity for new, returning and mature Christians, meets at 10:15 a.m. on Sundays. Contact Jim Harken at 240-350-6027. A second course meets at 6:45 p.m. on Wednesdays. Contact Robert Dalzell at 301-657-9031.

**Coed Home Group,** for in-depth Bible study, meets at 7:30 p.m. on the first and third Fridays of each month. Contact Niina or Chee Kin Tang at 301-468-7006.

**“Celebrate Recovery”** uses eight recovery principles to help heal hurts and overcome personal problems. CR meets from 7 to 9 p.m. on Mondays. Contact Roger Clough at 301-251-8694.

**Men’s Master Builders,** meets for in-depth Bible study with a focus on men’s issues, at 9 a.m. on the first and third Saturday of each month. Contact Richard Czepinski at 301-652-5160 or Robert Dalzell at 301-657-9031.

**“A Life Worth Living,”** based on the book of Philippians, starts soon. Contact Florence Heacock at 301-652-5160.

**Graceful Growing Together (GGT),** CLC’s stewardship initiative, uses prayer, Bible study, faith, love, fellowship, and gifts to continue to experience spiritual growth and fulfill the vision that God has given our church for the future.

**Teddy Bear Ministry** is a ministry of love, caring, and healing.

## Women



**Martha Circle,** a Bible study on material provided by the Women of the ELCA, meets at 10 a.m. on the third Tuesday of each month. Contact Dottie Davis at 301-598-9657 or Wilma Christ at 301-320-5127.

**Rachel Circle,** a Bible study based on material provided by the Women of the ELCA, meets at 7:30 p.m. on the second Tuesday of each month. Contact Jackie Clapp at 301-933-4164.

**THRIVE,** for women seeking in-depth Bible study, meets from 7:30 a.m. to 9 a.m. on the first and third Saturday of each month. Contact Sanna Solem at 301-571-0050.

**Young Women’s Small Group,** for women in their 20s and early 30s, meets from 7 p.m. to 9 p.m. every Wednesday! Contact Jennifer Tessner at 240-426-8598.

**Women’s Home Group,** for women seeking in-depth Bible study, meets from 7:30 to 9 p.m. on the second Thursday of each month. Contact Ingrid Dallaire at 301-654-6962 or Ellen Schneider at 301-656-6419.



## PRAYER

“... Pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.” (1 Thes. 5:17)

**Prayer Ministry** meets at 10:15 a.m. on Sundays in Prayer Room I (second floor). Contact Paula Mathis at 301-540-7391 or Niina Tang at 301-468-7006.

Prayer Room I is open for prayer from 8:15 a.m.– Noon on Sundays. Prayer Room II is open for prayer Monday — Saturday.

# Special Events & Information



## Lent 2005: Extreme Life Makeover

**Our focus during Lent this year is to engage the congregation in reaching out to all the families and communities God gifts us with and calls us into. As well, we are challenged to revisit and recommit ourselves to living out God’s five purposes in those families and communities.**

**Wednesday and Sunday Bible-based teaching and practical application!**

**6 p.m. Wednesday Lenten Dinner & Devotions  
7 p.m. Wednesday Worship**

**Week 1 — Introduction**

**Week 2 — Kin**

**Week 3 — Spiritual Community & CELC Family**

**Week 4 — Neighborhood & Local Community**

**Week 5 — World Community & Universal Church**

**Week 6 — Conclusion & Action**



## Mark Your Calendars!

CELC is preparing a new pictorial directory! Please mark your calendar now to have your family’s picture taken on March 3, 4 or 5. Please see the sign-up sheet in the Narthex starting this Sunday!

## CELC’s mission is to make disciples, but how in the world do I do it?



Join us as we try to figure it out! 10 a.m. to 2 p.m. Thursday, March 3. “How to Make Disciples” and “How to be a Disciple-Making Church” at Lutheran Church of the Redeemer in Damascus, MD. This is NOT a conference — it’s a relaxed gathering of church leaders who compare ideas, talk about what’s working and what’s not working in their ministries, pray and read the Bible together, and encourage one another. This opportunity is free and open to anyone. Please speak to one of the staff for details.

## What a Winter it’s Been!



We now have had two snowy (and icy) Sundays in a row, and what an adventure they have provided! Thanks to everyone for his or her patience and understanding when we canceled church on Sunday, Jan. 23. And we thank all those who braved the cold and ventured out this past Sunday, Jan. 30 to come worship God! It was a glorious morning.

Though church was canceled on Jan. 23, God had other plans (surprise, surprise) for several members of our congregation who did not know about the cancellation and showed up for the 9 a.m. service. Rick Day led an impromptu worship service with singing, Bible reading and prayer. Special thanks to Rick, Rusty Hill and George Wenchel for their willingness to step up and lead as the Spirit was directing them. Thanks as well to those who greeted visitors – yes, there were some! God was glorified!



# Family Ministry

CELC's family ministry exists to **REACH** families with the love of Jesus and **CONNECT** them with other believers so they can **GROW** in faith, use their God-given gifts in **MINISTRY** to others, and fall more deeply in **LOVE** with Jesus Christ.

- ◆ Reach  
(Evangelism)
- ◆ Connect  
(Fellowship)
- ◆ Grow  
(Discipleship)
- ◆ Ministry  
(Service)
- ◆ Love  
(Worship)

## Running on Empty: Bringing Balance into Our Busy Lives



Sometimes it seems as if the best phrase to describe our busy lives is "rush, rush, rush." Johnny Parker, a Christian counselor, director of the Relationship Fitness Group and father of three, gave a fantastic talk on this topic at the Greater Washington Christian Education Association (GWCEA) conference (Jan. 28 and 29). The entire conference was a fantastic time of teaching, growing and spiritual renewal.

In his session "Running on Empty — Bringing Balance into My Busy Life," Parker reminded participants of the importance of putting our relationship with Jesus first in our lives. Drawing from the Biblical story of Mary and Martha (Luke 10:38-42), Parker said, "Sitting at Jesus' feet will always lead to serving," but serving does not always lead to sitting at Jesus' feet. In other words, if we don't make time with Jesus (in Bible reading and prayer) a first priority each day, we can easily fall into the trap of hustling and bustling with the best of intentions yet getting off track and hurting ourselves and our families in the process.

Parker said the belief that "more is better" often leads to people's lives being out of alignment. Putting off experiencing the

**At 90 years old, how would I define a successful life? What am I doing intentionally to get there? Intention is the key!**

joys of life until one's "to do" list is finished also causes imbalance. Other signs of imbalance are:

- Anger and resentment dominate your serving. (Martha) (Proverbs 4:23)
- Rushing becomes the norm; Jesus walked everywhere — including on water!
- You stop laughing — Jesus said to have faith like a child, and children LAUGH! (Proverbs 17:22)
- You feel ungrateful in relationships; you stop say-

- ing "thank you." (1 Corinthians 13)
- Life is missing its joy.

**But there is hope!** Parker suggested that each one of us ask ourselves the questions "At 90 years old, how would I define a successful life?" and "What am I doing intentionally to get there?" *Intention* is the key!

**"This is the day the Lord has made; let us rejoice and be glad in it." (Psalm 118:24)**

He also suggested that each of us focus on the following seven critical areas for balance:

- **Faith** — How do I intentionally "remain" in Jesus? What do I do to get away from the distractions of life so I can focus on my faith? (John 15:4)
- **Friends** — Who around me energizes my life? Do I make time for those people?
- **Family** — How am I doing with my family? Am I becoming the kind of husband, wife, father, mother, man, woman, friend that God wants me to be?
- **Finances** — Am I being a good steward of the gifts God has given me? (Spending, saving, giving, etc.)
- **Fitness** — How am I taking care of God's temple — my body? (1 Corinthians 6:19)
- **Firm** — How am I doing at work? Is my relationship with Jesus informing my work life?
- **Fun** — Am I intentional about having fun?

May you experience the blessings that come from a personal relationship with Jesus Christ, and may He guide you into a balanced and joy-filled life!

**For more information on the GWCEA conference, please speak to Jennifer Tessneer or Erica Sprague.**

Attention all middle schoolers and high schoolers!!!

## ACQUIRE THE FIRE

is coming to Baltimore  
April 29 — 30 !!!

- Hang out with other Christian teens!
- Worship with KJ-52, Kutless and some of the hottest Christian bands!
- Experience drama designed the help you relate the Bible to your life!

Please see Jennifer for registration information. Registration due by Sunday, Feb. 27.

Please read more at [www.acquirethefire.com](http://www.acquirethefire.com)

Please email [jennifercl@heartmindsoul.com](mailto:jennifercl@heartmindsoul.com) to begin receiving our weekly family ministry e-newsletter. This newsletter provides opportunities to serve, resources to equip & encourage, updates & reminders, and praise & prayer requests.



## ATTENTION PARENTS! Want to learn more about GODLY PARENTING?

Please also visit Jennifer Tessneer's office and the parent resources board outside her office (first floor) for lots of free information and inspiration! Books, games, activities to equip you as your children's primary faith teacher. You are welcome to check out these resources!



## Opportunities for Families, Youth & Children

**Making Disciples Confirmation Ministry** is for children and teens ages 12 and up and adults who are ready to take a focused journey towards reaffirming their faith and recommitting their lives to Jesus Christ. Making Disciples meets weekly through the school year. Time TBD.

**Pathfinders Sunday Morning Adventure for Children & Teens** is CELC's Sunday school for ages 3-18. Pathfinders meets from 10:15 a.m. to 11:15 a.m. every Sunday in the second-floor education wing. Parents are welcome to accompany young children.

**Senior High Youth** meet from 6 p.m. to 8 p.m. every Sunday in the second-floor youth room for fun, friendship and Bible Study. Come hungry!

**Third Degree**, CELC's alternative worship service geared toward teens and young adults, is at 5 p.m. on the first and third Sunday of each month in Luther Hall (basement). Join us for cutting-edge media and music you can feel!!!

**For details or to volunteer with children & youth, please call Jennifer Tessneer at 301-652-5160.**

## Family Ministry Contacts

Questions about family ministry? Please speak to ...

### Youth & Family Ministry Committee

- Lisa Bente, council representative
- Eileen Dalzell, parent representative
- Laurie Heinecke, elementary Pathfinders (Sunday School) teacher
- Rachel King, youth group leader
- Erica Sprague, youth group leader
- Jennifer Tessneer, minister of family & community care
- George Wenchel, council representative
- Mark Woodward, youth Pathfinders (Sunday School) teacher

### Youth Contacts

- Ian "You Can Call Me Hank" Dalzell
- Jonathan "Sleepy" Hoang
- Jaymes Lunsford
- Jeremy Lunsford
- Daniel & Jack Smith