

The Connection

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Christ Lutheran Church, Bethesda

June
2009

OUR MISSION STATEMENT

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

OUR VISION STATEMENT

Christ Evangelical Lutheran Church exists to

Welcome people to faith;

Equip people with a faith that works in real life;

Send people into **service** into a hostile and hurting world in Jesus' name.

GREAT COMMANDMENT

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.... Love your neighbor as yourself" (Matthew 22:37-39)

GREAT COMMISSION

"Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." (Matthew 28:19)

Pentecost 2009

The Church in Search of a Holiday!

When the day of Pentecost had come, they were all together in one place. ²And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Acts 2:1-4

We just celebrated Mother's Day and Father's Day is on the horizon. I would like to have you pause for a moment to reflect on the true definition of what makes a holiday, or even a holy day.

Our observance of Memorial Day has morphed into a holiday that marks the beginning of summer living. All the ocean resorts raise their hotel prices beginning Memorial Day weekend as people escape their busy routines for easier living. Memorial Day is known as the time we fire up the grill for a backyard cookout. Rolling Thunder, Vietnam era motorcycle veterans, remind us that Memorial Day is about remembering the nation's veterans.

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IN AND AROUND CELC

WELCOME TO CELC!

New to Christ Evangelical Lutheran Church? Want to know more about our faith community? Please email the church, clc@heartmindsoul.com, to begin receiving our weekly e-newsletter.



HOLY COMMUNION INFORMATION



The sacrament of Holy Communion is offered at both worship services, every Sunday morning. We offer traditional wine and grape juice. Two crystal chalices are used; the grape juice will appear white and the communion wine will appear dark red. If you would like more information about communion, contact Pastor Marv.

THE TABLE MINISTRY

Why The Table and Neighborhood Life? Neighborhood Life responds to a fragmented world—one with declining social ties and lives stretched thin by... demanding work hours, long commutes, jam-packed schedules...

Neighborhood Life is the optimal place for life change similar to the experiences of the early church where spiritual development and outreach happened right where you live... by building genuine friendships with both CELC and non-CELC neighbors; by growing spiritually as a natural part of your everyday life; by responding to the needs of others in your neighborhood and beyond.

Contact Sanna Solem (sannasolem@gmail.com; 301-571-0050); Florence Heacock (301-452-2491; flo-hea@heartmindsoul.com); Larry Goolsby (301-946-6479; goolsbyl@comcast.net).

FAIR TRADE COFFEE

Purchases of Fair Trade coffee provides the means for small farmers to make enough money to support themselves while using the premiums to improve their standard of living.

Here's what's available:

- pillow packets (pre-ground) of Regular (Mind Body Soul) and Decaf (Columbian). Each pillow packet makes one pot (about 64 oz) of coffee (\$2)
- a variety of whole bean and ground regular and decaf coffees (\$7 for 12-oz pkg; \$8 for 16-oz pkg)



To learn more about this coffee, visit www.equalexchange.com. Proceeds from the coffee will be given to support the ministry of Mi Refugio, the school for impoverished children in Guatemala. Please contact Lisa Bente (carpedm28@juno.com).

GREET AND TREAT MINISTRY

Thank you to all who serve in our greet and treat ministry, which provides goodies and smiling faces to greet worshippers each Sunday morning! To sign up, speak to George Wenchel or email him at george.wenchel@verizon.net.



The Church in Search of a Holiday!

(continued from page 1)

Now, you'd think a faith community would be all over the Pentecost holiday (Sunday May 31, 2009). After all, what's not to like? You got your fire, your wind, your speaking in other languages, your birth of one of the great religious movements in history, your built-in holiday Spirit—all the stuff that makes for a memorable event. It even lends itself to great slogans like "Hope you get fired up this Pentecost". But church attendance remains in a normal attendance pattern.

Timothy Merrill describes how the Pentecost celebration in Europe has taken on a popular focus but totally unrelated to Christianity. "Granted, in some parts of the world Pentecost weekend is still deeper in the consciousness of people. In mainland Europe, for example, the Monday after Pentecost is still considered to be a bank holiday or, to put it in American terms, a "three-day weekend." It's one of the last holdovers of Christian culture in Europe, but it likely has more to do with the day off than with any consideration for the Holy Spirit. In 2004, the French government decided to cancel the Pentecost bank holiday as a way to raise more money to fund programs for the elderly, which caused no small amount of protest from working people and resulted in strikes and the shutdown of public transportation in several cities. People took the day off to party, but we're thinking that they

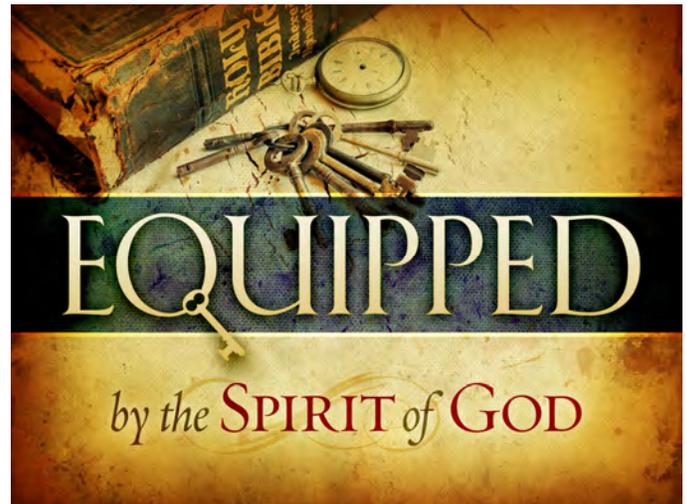
weren't in an upper room waiting for the Spirit to fire up a church-themed birthday party."

So, has Pentecost simply been passed over in favor of more time off in the spring or is there something more at work here? Should we be making a bigger deal out of this day when the Christian movement was stoked by Spirit fire? YES!!! It is, after all, pretty awesome to think about what happened that day and to come into a sanctuary splashed in blazing red. But then again, maybe the whole idea of Pentecost is less about celebrating the past event and, instead, embracing the present reality.

The Pentecost holiday is all about the Holy Spirit and spiritual community. Community is critically important, because when the Holy Spirit came with a sound "like the rush of a violent wind" (v. 2), it came to one group in one house. "Divided tongues, as of fire, appeared among them, and a tongue rested on each of them" (v. 3). If Peter had been in Capernaum, John in Nazareth, James on the Sea of Galilee, Andrew in Cana and the other eight scattered across the country, there would not have been a catching of the Holy Spirit wind. Pentecost was a communal

experience, and it was only because they were together that "all of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability" (v. 4).

Gathering together is a challenge for us today because we have become so individualistic in our prac-



tice of the faith. There was a time when people would routinely take their spiritual search to church, and look to their fellow worshippers, to their pastors, to their religious traditions and to their sacred Scriptures for guidance. How is your connection to the faith community? Are you feeling scattered?

Pentecost is a call to God's people to gather as community and be filled with the fire and wind of the Holy Spirit.

*Blessings,
Pastor Marv*

Children, Youth, and Family Ministry

Pathfinders

Please join us for Pathfinders, our Sunday morning adventure for kids ages 3-7. We gather at 10:20



upstairs for a time of singing, sharing, and learning all about Jesus' love for us!

We will be celebrating the end of the Sunday school year on Sunday, June 7. Please join us upstairs for a fun-filled party, beginning at 10:20.

If you have any questions about CELC's Family Ministry, please contact Laura North, minister of children and families, in the church office at 301-652-5160 or by email at laura@heartmindsoul.com.

Godly Play

Godly Play teaches elementary aged children the art of using religious language—parable, sacred story, silence and liturgical action—helping them become more fully aware of the mystery of God's presence in their lives.

Godly Play is an approach of faith formation and spiritual direction for children that is rooted in the liturgical practice of the Christian faith. It encourages the child's journey of becoming aware of God's presence and the acquisition of religious language. Godly Play is inspired by Biblical storytelling and the Montessori method of education, as interpreted by author, teacher and Episcopal priest, Jerome W. Berryman.

Deborah and Dave Lambert are sharing Godly Play with our older elementary school aged children.

FINK

You are invited to participate in the fun-filled (and frequently educational) Fink sessions every Sunday morning from 10:20 to 11:00 in the sanctuary. We are just starting a series on the Life of Jesus. We will be covering the Last Commandment, Passion, Resurrection and the Great Commission.

We have fun using music, game shows, skits, PowerPoint presentations, and more to open dialogues about faith in a dynamic way.

If your age is between 11 and 111 and you desire to grow, you meet the qualifications to join us on Sundays and become a Fink. If you have any questions, contact Steve North (stevelaورانorth@gmail.com).

Our Sunday morning opportunities will be on summer break until September.

Building stronger families in Christ Jesus... (Building stronger children/teenagers/parents in Christ Jesus...)

- Reaching out with the love of Jesus (evangelism)
- Connecting with other believers (fellowship)
- Growing in faith (discipleship)
- Using our God-given gifts in ministry to other (service)
- Falling more deeply in love with Jesus Christ (worship)



... Developing families of faith

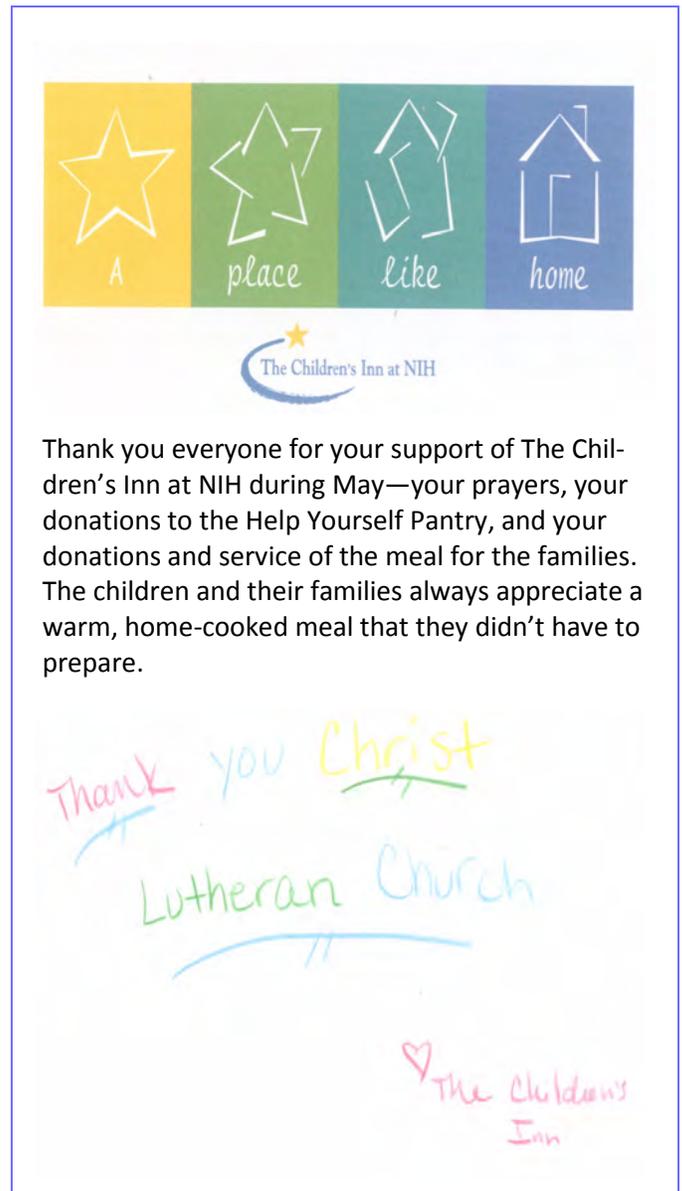
Enjoying Your Child's World

One way to honor our children is to enjoy them with their own interests in mind. You may think that's pretty easy. After all, you've been enjoying your children for years. But many parents, after careful examination, discover that they're enjoying themselves and inviting their children to join in. Often parents determine the conversation topics, the entertainment choices, or the outing destinations. Parents make choices they think will please their children, but in reality, they're loving their children in ways that they themselves would like to be loved.

One day when my (Scott) children were young, I told them that they could each have a half hour of my time during which I would play whatever they wanted. Melissa, at four years old, chose playing with dolls. I never realized how long a half hour was! We must have explored everything that one doll could say to another. I also learned that dressing a doll is like trying to put an octopus in a string bag. You just get one part in and something else falls off. I realized then that I often choose to enjoy my children according to my own needs and interests instead of theirs.

Do you know your child's favorite color, foods, or friends? Many children are willing to join in with their parents' plans and the family ends up having a lot of fun together. But focusing on a child's interests and topics of conversation can be a good way to show honor. This is especially important with teens. Listening to their music, allowing them to teach you how to play a computer game, or just having a discussion about something they like offers connecting points that parent/child relationships need. The skill of enjoying children according to their needs and interests is one way of honoring kids and expressing to them that they're valuable.

This tip comes from the book, Say Goodbye to Whining, Complaining, and Bad Attitudes, In You and Your Kids by Dr Scott Turansky and Joanne Miller, RN, BSN.



Thank you everyone for your support of The Children's Inn at NIH during May—your prayers, your donations to the Help Yourself Pantry, and your donations and service of the meal for the families. The children and their families always appreciate a warm, home-cooked meal that they didn't have to prepare.

Thank you Christ
Lutheran Church
The Children's Inn

Young Adult Ministry

Join us for our Bible study on Hebrews on Sunday, June 7 and June 21. We meet in the Family Ministry Room, 10:30-11:10 am. No advance reading is required. We meet on the first and third Sundays.

If you have any questions or ideas for the Young Adults ministry, please contact Lisa (lisasteck@gmail.com) or Rebecca (rsg1107@aol.com).

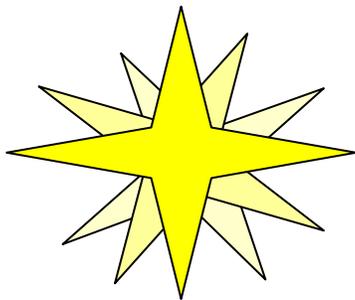
75th Anniversary

CELC Celebrates: 1934-2009

It seems like just yesterday, but just 75 years ago Christ Evangelical Lutheran Church of Bethesda-Chevy Chase was born. There have been many memories since then and many more to celebrate in the future.

To help honor our rich heritage, a 75th Anniversary Committee is be-

ing formed, Ingrid Dallaire and Dottie Davis Hofstad are co-chairing our celebration. If you would like to plan/participate in our celebration events or have ideas /memorabilia, contact Dottie (301-598-9657) or Ingrid (301-455-6962 or idallaire@aol.com). Stay tuned for a planning meeting.



Guiding Star Child Development Center

Hello CELC partners,

Summer is around the corner and both centers are full steam ahead with our awesome summer camp program! The children are eagerly looking forward to the fun field trips and of course their favorite summer past time—water play!



Speaking of summer, Guiding Star recently was approved for Student Service Learning (SSL) by Montgomery County Public Schools. Both centers currently have a summer volunteer opportunity notice that shows up

with that approval noted on the website, www.montgomerycountymd.gov/volunteer. This was inspired by the wonderful experience I had hosting two local high school students in April for Career Day (sponsored by the Bethesda Chevy Chase Chamber of Commerce). The two young ladies exhibited such great energy and enthusiasm while interacting with the children! I look forward to the contribution these young people will bring to our centers!

That's all for now... keeping it short and sweet.

*Blessings,
Sylvia*



Young Adults

Conversation—Young Adult Discipleship

Those interested in learning more about singles and young adults and those wanting to help their congregations connect with the young adults in their neighborhoods are invited to join us on Saturday, June 6, 10:30-noon in the hospitality room.

Hear from young adults—both some who attend church and others who do not—and learn about features of the “Millennial generation.”

Join the conversation with Rev. Amy Sevimli, Assistant to the Bishop of the Metropolitan Washington, DC Synod of the ELCA And Meme McNairy, Regional Director of ALPHA/USA, Associate of Young Adults at Truro Church, Fairfax.



The Rev. Amy Thompson Sevimli took office as assistant to the bishop of the Metropolitan Washington, D.C. Synod of the ELCA on January 1,

2008. Prior to this, she served as Associate Pastor at Resurrection Lutheran Church in Arlington, Virginia. Among the synod activities in which Sevimli has participated are the Singles and Young Adults Team of the Division for Congregational Life, Church Vocations Committee of the Division for Ministry, Reference and Council Committee and Lutheran-Episcopal Coordinating Committee. She has participated in Lutheran-Jewish Dialogue and continues to serve as a Dis-

cernment Advocate with Project Connect, an initiative of the Eastern Cluster of Seminaries.

Meme McNairy attended Asbury College, and is from London. She is the new Truro Church associate for Young Adults, and the ALPHA USA/Washington DC, Regional Director.



Contact Florence Heacock, minister of small groups, for more information (flohea@heartmind-soul.com).

Martha's Table

We have the wonderful opportunity to serve dinner to the homeless through Martha's Table in Washington, DC. On the third Saturday of every month, a group of volunteers serves soup, sandwiches, dessert, and drinks to dozens of men, women, and children out of a mobile soup kitchen van provided by Martha's Table.

Please prayerfully consider committing three hours of your time in the upcoming months. If you are already participating in this ministry, spread the word to your friends and co-workers about your experience. In addition to members of our CELC community, we've also had co-workers and friends join us. We carpool from Christ Lutheran, leaving the church no later than 4:00 pm and returning sometime around 7:00 pm. We meet in the small parking lot off of Glenbrook Road, on the side of the church building.

Steve North is a trained driver; please consider becoming a back-up driver for us. We also need you to ride along and help serve the food. Please sign up on the Service Opportunities bulletin board in the narthex or contact Steve North (stevelaورانorth@gmail.com).



Men's Ministry

We meet first and third Saturday of the month—come join us at 9:00 am at Church for better understanding the Bible in fellowship with friends.

At this writing we enjoy the glories of spring in the Washington area—glorious dogwood, azaleas, rhododendron and bright sunshine all speak of joyous new life and hope. At the same time we are stressed over the lagging economy, losses of jobs, international security crises and too much evidence in our own community of the needy and homeless. When people wonder where to turn for guidance and support, too often they neglect the church—or the church neglects them. We read how many in the world around us seek spiritual support but have doubts about commitments to concepts or doctrines that they do not understand. When we reach out to the spiritual seekers to offer help or support we need to remind them that we who have chosen “to believe” are also constantly searching



for better understanding. We never understand it all, but the quest brings better understanding and strength, which make the quest itself a road to hope and strength.

In the Men's Ministry our recent Saturday morning sessions have been based on books of Mark, Daniel, and Exodus. The lessons have brought us insights into how to deal with frustrations, develop healthy habits of body and mind, and living in balance—work, play and worship in due proportion. Remember the humorous but too true line—“We too often work at our play, worship our work and play at our religion.”

Our next studies will be dealing with managing self control, not giving up on commitments and staying consistent and persistent in our beliefs and faith. We will be reading from the books of Numbers and Joshua.

In addition to our Saturday morning meetings members of the Men's Ministry have been participating in the CELC prayer retreat and the spring clean-up Saturdays.

We welcome all men to our “friends in fellowship”. Remember the time: first and third Saturday of the month at 9:00 am at church. For more information please contact Ray Albright (rj.albright2@verizon.net or 301-656-5695) or Richard Czypinski (240-505-9509 or richard@heartmindsoul.com).

Spring Cleaning

A second spring clean-up day is planned for Saturday, June 13. beginning at 9:00 am.

Jobs for all skill levels are available, including light yard work, cleaning, painting, moving—something for all!

Please sign up on the clip board in the narthex or contact Barry Lemley (barry_celcor@msn.com) for more information.



Small Group Ministries

Small Groups are spiritual communities where people share their thoughts, feelings, struggles, and joys, while applying Biblical principles in their lives. Small Groups grow in trusting relationships, and participants agree what is shared will remain confidential and differences of opinions are respected. Small Groups are spiritual communities where life transformation occurs through the love and Word of God, Jesus Christ, and the Holy Spirit, in relationships with His people.



“Challenging Lifestyles”—A dynamic Sunday morning experience for those wishing to learn, experience the lifestyle of Jesus Christ in the 21st Century “challenging lifestyles.” A Biblical, prayerful, spiritual, nurturing, and supportive fellowship. Sundays, 10:15 am in



The Upper Room. Contact Larry Goolsby (goolsbycl@comcast.net; 301-946-6479)

“Head-to-Heart (FINK)” —Anyone from 11 to 111. Biblical/interactive teaching with brain-based teaching and changes to the heart. Sundays, 10:15 am in the Sanctuary. Contact Steve North (301-871-8161; steve@sycamore.us)

“Questions of Life” —A course on Christianity for new, returning, and mature believers, with prayer, a DVD/workbook, discussion, fellowship and a meal. Contact Florence Heacock (301-452-2491; flohea@heartmindsoul.com).

“Women’s Healing Ministry” —A 12-step, Christian recovery ministry based on the Beatitudes that uses eight principles as well as fellowship and God’s healing power to help heal hurts and overcome personal defects and replace them with life’s abundance. Sunday nights, 3:00-5:00 pm, The Upper Room. Contact: Florence Heacock (flohea@heartmindsoul; 301-452-2491)



“The Table Ministry”—1st Century table experience, around the Table of Christ. Build genuine friendships in and out of CELC, grow spiritually on every day basis, and respond to the needs of others. Three-session series, with meal, in Host Homes. Contact: Florence Heacock (301-452-2491; flohea@heartmindsoul.com)

“Men’s Master Builders” meets for breakfast and in-depth Bible study with a focus on men’s issues at 9:00 am on the 1st and 3rd Saturdays of the month in the Hospitality Room. Contact Steve Peth (sptopeka@earthlink.net; 301-564-1232) or Tim Bradley (301-977-0906; tbradley4001@yahoo.com)



“Young Adults” meet for Bible study, dinners, service projects, and other activities. Contact Lisa (lisasteck@gmail.com) or Rebecca (rsg1107@aol.com).

“THRIVE” for women seeking in-depth Bible study, meets September-July, 9:00-10:30 am on the 1st and 3rd Saturdays of each month. Breakfast included. Contact Sanna Solem (sannasolem@gmail.com; 301-571-0050)

“Martha Circle,” a Bible study based on material provided by the Women of the ELCA, meets at 10:00 am on the 3rd Tuesday of each month. Contact Mary Merrick (301-571-7212)

“Rachel Circle,” a Bible study based on material provided by the Women of the ELCA, meets at 7:30 pm on the 2nd Tuesday of each month. Contact: Alice Daniel (301-949-4688)

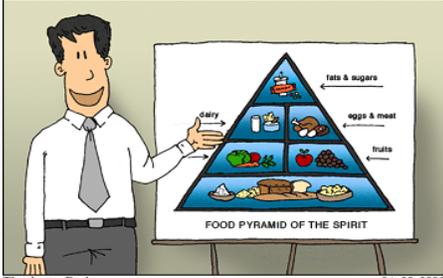
Prayer Room I is open for prayer from 8:15 am to noon on Sundays. Prayer Room II is open for prayer throughout the week. Contact Paula Mathis (mathispaula@cs.com) or Laura North (laura@heartmindsoul.com)

Reasons to Join a Small Group:

- You will understand the Bible better in a small group.
- You will begin to really feel like part of God’s family.
- Prayer will become more meaningful to you.
- You will be able to handle times of crisis, change, and stress better.
- You will have a natural way to share Christ with friends, relatives, and work associates.
- You will develop leadership skills you never knew you had!
- You will deepen your understanding of worship.
- You will have fellowship, laughter, and fun

Self-Control—Fruit of the Spirit

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Thanks to Becky

04-20-2009

WE'VE ALWAYS ADVOCATED THE BENEFITS OF THE FRUITS OF THE SPIRIT, BUT THERE IS SO MUCH MORE ...

In the list of the nine *fruits of the spirit*, **self-control** is the ninth. The word “self-control” is not often heard or written about in our world today. Yet, it is

a significant and profound *fruit of the spirit* for every adult and child to know and understand.

These past months, you have been reading of the teachings of the “Fruits of the Spirit” found in Galatians 5:22-25: “22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things! 24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. 25 Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.

The Apostle Paul understood the struggle to maintain self-control. “I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out” (Romans 7:18). Paul goes on to say that the only way he can overcome is through the Holy Spirit—to let God work in him to overcome his sinful nature. Each one of us should pray that the Holy Spirit will help us, our children and grandchildren, in the same way. “God help me, my children and grandchildren, appropriate Your power and practice self-control.”

1 Peter 3:8-9 instructs each person: Lord, help me, my children and grandchildren, live in harmony with others, to be sympathetic, loving as brothers, compassionate and humble, not repaying evil with evil or insult with insult, but with blessing, because to this they were called so that they may inherit a blessing.

People demonstrate great differences in the level of **self-control**. It can be affected because of illness and

past experiences, and it can be improved through the course of life. Many religions have teachings about self-control. In the Christian context, Paul describes self-control in the epistle to the Galatians (5:22-23) as one of the fruits of the Spirit. In the epistle addressed to Titus (2:5-6) he promotes the kind of living that reflects right teaching and to exercise self-control. The Apostle Peter describes an increase in self-control as fundamental to the salvation of a Christian in 2 Peter 1:5-8: “So make every effort to apply the benefits of these promises to your life. Then your faith will produce a life of moral excellence. A life of moral excellence leads to knowing God better. Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. Godliness leads to love for other Christians, and finally you will grow to have genuine love for everyone. The more you grow like this, the more you will become productive and useful in your knowledge of our Lord Jesus Christ.”

“A man without self-control is as defenseless as a city with broken-down walls” (Proverbs 25:28). Even though city walls restricted the inhabitants’ movements, people were happy to have them. Without walls (boundaries), they would have been vulnerable to attack by any passing group of marauders. Self-control limits us, to be sure, but it is necessary. An out-of-control life is open to all sorts of attacks by the enemy. Think of self-control as a wall for defense and protection.



Prayer from James 1:19-20: “My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. Your anger can never make things right in God’s sight.” Lord, help me, my children and grandchildren, be slow to speak and slow to become angry, for a

person’s anger does not bring about the righteous life that God desires. Help me to live a life as instructed in the Fruits of the Spirit. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control (Galatians 5:22-23).

Florence D. Heacock, Minister of Small Groups

THE ALPHA INVITATION

This Fall 2009, there will be around 130 area churches running the ALPHA course! In September, at CELC, the course will run for 10 weeks and includes a retreat weekend.

Why not take this opportunity to explore the meaning of life? Whether you are new to the Christian faith or just want to brush up on the basics, this is the course for you, with fellowship and meal. If you have never attended an Alpha course, be praying and thinking if you would like to attend yourself, or invite a friend or non-church member who may be interested in attending with you.

More than 13 million people worldwide have now attended an Alpha course, an opportunity to explore the

Imagine if every person in your community knew they were invited to a warm, friendly, engaging introductory Alpha dinner . . .



meaning of life, running in tens of thousands of churches of all denominations and at universities, in prisons, and on military bases across the world.

At an Alpha course, people explore the Christian faith in a relaxed setting over 10 thought-provoking weekly sessions, with a day or weekend away. It is low-key, friendly and fun—and is supported by all the main Christian denominations. Why not take this opportunity to explore the meaning of life?

For information, contact Dave Lambert (301-983-5034), Larry Goolsby (lgoolsby@aphsa.org), Sanna Solem (301-571-0050), or Florence Heacock (flohea@heartmindsoul.com).

Interfaith Clothing Center

Eight members of CELC had a great time serving our community on Saturday, May 2, with an outreach event at the Interfaith Clothing Center in Rockville. From 11:00 am until 1:00 pm, we assisted those donating clothing, inspected and sorted clothes, hung and placed clothing on the racks, and assisted clients. After the service project, we adjourned for a fellowship luncheon at Clyde's Tower Oaks. People had such a good time, some stayed and talked till nearly 3:00 pm!

Come help us serve our community on June 20, 11:00—1:00 pm. We will take the summer off, but

are scheduling additional dates starting on September 19. Please RSVP to Florence Heacock (flohea@heartmindsoul.com) or Dee Lambert (301-983-5034) or sign up on the bulletin board in the Narthex if you will be donating clothing, serving at the center, and/or going to lunch with us.



A Trip to the Mountaintop

On Saturday morning, May 16, a group of CELC members assembled at Mar-Lu-Ridge, the beautiful mountaintop camp and retreat center about an hour's drive northwest of Bethesda. The occasion was the CELC Spring Retreat, and the subject for this year's edition was prayer life. Those of us who participated came away with a much deeper appreciation of prayer in our faith journeys and a better understanding of this key element of our faith. We engaged in many activities while there, but they blended together seamlessly into a memorable event.

One purpose of our retreats is to get away from everyday demands and distractions, and while Mar-Lu-Ridge can do this at any time of the year, this particular morning achieved that goal with unusual completeness. The morning was overcast when we started out, but by the time we got to the top of the ridge and the rustic chapel building, the mountain was completely enveloped in a thick fog. When we looked out the chapel's front plate glass windows, we could see only the large cross and a few trees at the edge of the drop-off. The sensation was one of being at exactly the right time and place for an examination of prayer and getting in touch with God's presence.

Our program included a varied but closely related mix of discussion, music and other worship, reading, and of course prayer. We started with Rob Bell's DVD "Breathe,"



which is always worth another viewing no matter how many times you've seen it, and is an excellent discourse on how God's spirit is in us, just like our breath. We moved on from there to some honest discussion on how prayer is difficult for many of us, some ways that we approach and listen to God, praying with scripture, and some practical examples of faith at work. This last segment included some walks along the camp trails for those who wanted to do so. All our activities were woven together by Richard Czypinski's wonderfully appropriate songs and guitar music, including a number of taizé music selections, and the excellent food provided by Mar-Lu-Ridge (breakfast) and the retreat participants (lunch).

Two special highlights were when Lisa Bente read a devotion titled "Prayer Locker" from the book *Steal Away: Devotions for Baseball Fans*, compiled by Hugh Poland. Lisa is an avid baseball enthusiast,

and perfectly illustrated how prayer can be a part of any activity we're participating in, including sports and other pastimes. (For more about this book, see http://www.judsonpress.com/product.cfm?product_id=7526.)

The second special highlight was in the praying with scriptures, Sanna Solem prepared us for "meditations in nature" with a song and reading of meditative, nature poems written by Emily Dickinson, Thomas Paine, and others for attendees to take with them on their "meditations in nature" walk.

One of our participants, Ingrid Dal-laire, summed up our feelings about the day this way: "What a wonderful opportunity to come together, nurture our souls, and refresh. Mar-Lu Ridge is a wonderful setting to be with each other, learn, share, and grow in God's word and presence." We join Ingrid in thanking all who made this possible, especially our leaders Pastor Marv, Florence Heacock, and Richard. Lisa Bente, Larry Goolsby, Dee and Dave Lambert, and Sanna Solem were also part of the planning team. We also give thanks to God for the retreat, for Mar-Lu-Ridge, and for the privilege of this meaningful day together. — *Larry Goolsby*

The Power of Forgiveness

Coming soon to CELC: The "Power of Forgiveness" explores recent research into the psychological and physical effects of forgiveness on individuals and within relationships under a wide variety of conditions and translates it into a popular, accessible documentary film for national public television. This includes feature stories on the Amish, the 9/11 tragedy and peace-building in Northern Ireland, along with interviews with renowned Buddhist teacher Thich Nhat Hanh, Nobel Laureate Elie Wiesel, best-selling authors Thomas Moore and Marianne Williamson and others. The film also explores the role forgiveness holds in



various faiths traditions. It provides an honest look at the intensity of anger and grief that human nature is heir to. We see in the film that there are transgressions people find themselves unwilling or unable to forgive. Through character-driven stories the film shows the role forgiveness can play in alleviating anger and grief and the physical, mental and spiritual benefits that come with it.

From Northern Ireland to Beirut to Ground Zero, featuring Elie Wiesel, Thich Nhat Hanh, Thomas Moore, Marianne Williamson, James Forbes and others, *The Power of Forgiveness* explores the challenges and reveals how forgiveness can transform your life.

For more information, contact Florence Heacock, Minister of Small Groups (flohea@heartmindsoul.com or 301-452-2491).

"We tend to talk about justice far more often in every community that's been in turmoil and we rarely talk about forgiveness and mercy."
- Robert Enright

A Movie... A Marriage... A Movement



"Marriage Enrichment" Movie Night, with a light meal, showing *Fireproof*, is coming to CELC. The date and time are to be announced soon.

Churches are using this movie to help strengthen marriages and couple in the church and the community. *Fireproof* is an unprecedented opportunity to communicate God's design for relationships.

Fireproof is an entertaining and challenging reminder of what it takes to win in marriage. Dr. Gary Smalley, best-selling author and marriage champion, says *Fireproof* is "amazing! Action-packed, heart-warming, and a great resource to help strengthen and affirm marriages!"

For more information on the couples movie night and the Marriage Enrichment Course, please contact Dee and Dave Lambert (301-983-5034).

"PrayerLife"

Taize PrayerLife Gatherings
Thursday Evenings 7:15-8:00 pm

June 11
July 9

Christ Evangelical Lutheran Church
Hospitality Room

CELC on Facebook

CELC is on Facebook! We have an official Facebook page to help spread the word about our church and get out the news about all the great things happening here. Anyone can view the page— just copy this link <<http://www.facebook.com/pages/Bethesda-MD/Christ-Lutheran-Church/20291809087>> or go to our website, heartmind-soul.com and follow the link on the homepage. If you have a Facebook account, become a fan of the church's page! That way you can easily access the page from your own account and stay connected.



Facebook has quickly grown in popularity

over the last few years, starting as a site for college students and expanding into a networking site accessible to anyone. People from all over the world and of all different ages now use Facebook to stay in touch with friends, plan events, share pictures, and explore whatever interests them. CELC is using the page as another way to stay connected with the congregation and community by sharing information about our mission and vision, upcoming events, and to help people connect to others also attending CELC. The Page will also help spread the news to people from outside our immediate community about the church and ways for them to become involved.

Check out the Page and help us spread the good news about Jesus using a great new tool! Thanks to Sarah North for setting this up.

Our prayer list...

Prayer Corner



Jo Schaeffer; Irma Ristau; Darlene Erickson; Cheryl Davis; Anne Goeltz; Ching Yee; Kechia and Jarrel Holmes and family; Liz Collins; Helen Schuetze; Greg Mathis; Oscar Line; Nate Kenney; Lyla Tollefson; David Kappes; Dennis Kerksick; Jonathan England; Lilly and Paul Dymond; Daniel Smith; Joe Naughton; Danny Strunk; Megan Condon; Christine Weeks; Dr. Matthew and Nancy Sleeth; Ruby Yoshioka; the young men of Nick's Place; Terry and Jane Seaks; the ministry of the Mi

Refugio school in Guatemala; the children undergoing treatment at The Children's Inn at the National Institutes of Health and their families and caregivers; the Chikumbuso Women and Orphans Project in Zambia.

Mentors Needed

Friends in Action, a program of Interfaith Works, invites you to "Touch a Life"—make a difference in the life of a family, strengthen families and build community, and plant seeds of hope for brighter futures. Be a mentor.

Friends in Action has families who greatly need your support and are in great need of mentors. There are no special skills required to be a mentor, just a caring heart and a few hours a month for at least one year. Friends in Action is looking for teams of mentors (3-10 people) to work with families in your community as they work toward their independence. Teams provide friendship, mentoring, advocacy, tutoring, and more. With the support of comprehensive case management and mentors, these families move from poverty to prosperity.

Please open your hearts to a new friendship that will plant seeds of hope for brighter futures. Spanish speaking mentors are needed.

For additional information, please contact Monica Barberis-Young, director of Friends in Action (Mbarberis-young@iworksmc.org or 301-315-1103).



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------------------------------|--|--|------------------------|--|
| | 1 | 2 | 3 | 4 | Praise Band 6:30 pm | 5 6 Men's & Women's Groups 9:00-10:30 <i>Small Group Ministers—10:30</i> |
| 7 9:15 Contemporary 10:15 Christian Ed 11:15 Traditional | 8 | 9 Rachel Circle 7:30 pm | 10 | 11 Praise Band 6:30 pm <i>Taize PrayerLife 7:15-8:00 pm</i> | 12 | 13 <i>Property Clean-Up 9:00</i> |
| 14 9:15 & 11:15 Worship 10:15 Christian Ed | 15 | 16 Martha Circle 10:00 am | 17 <i>Council 7:00 pm</i> | 18 Praise Band 6:30 pm | 19 | 20 Women's & Men's Groups 9:00-10:30 <i>Interfaith Clothing 11-1 Martha's Table Connection Deadline 5 pm</i> |
| 21 9:15 & 11:15 Worship 10:15 Christian Ed | 22 | 23 | 24 | 25 Praise Band 6:30 pm | 26 | 27 |
| 28 9:15 & 11:15 Worship 10:15 Christian Ed | 29 | 30 | <h2 style="color: purple;">June 2009</h2> <p style="color: purple;"><i>Please see page 9 of this newsletter or the Sunday morning bulletin for small group ministry opportunities available throughout the week!</i></p> | | | |

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*Minister of Children & Families
Office Administrator*

Richard Czypinski
Minister of Music

Ji-Na Kim
Organist

Florence Heacock
Minister of Small Groups

W. Karunaratne
Administrator of Finance

Church Council

June Bradley, president
Joan Williams, vice president
Larry Goolsby, secretary

Marielle Arsac, Ingrid Dallaire,
Rebecca Gambler, Paula Mathis,
Barry McVicker, Suzanne Parrott,
Thomas Schulze, Tim Smith,
and Lisa Stechschulte



SUNDAY MORNINGS

- 9:15 am** Contemporary Worship
with Communion in the Sanctuary
- 10:15 am** Christian Education/Faith Formation
for children and adults
(see details inside newsletter)
- 11:15 am** Traditional Worship with Communion
in the Sanctuary

Mission of The Connection

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

Please contribute to The Connection! Let's share all the exciting ways God is at work here at Christ Lutheran Church! Questions? Please call Laura North at 301-652-5160 or email laura@heartmindsoul.com.

July Connection Deadline

Submissions for the July issue of The Connection are due by 5:00 pm on **Saturday, June 20**. Please email them to laura@heartmindsoul.com or drop them off in Laura's office.

*New to CELC? Want to know more about our faith community?
Please email clc@heartmindsoul.com
to begin receiving The Connection and also our weekly e-newsletter.*