

The Connection

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Christ Lutheran Church, Bethesda

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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)

Unbinding the Gospel: Real Life Evangelism

Unbinding the Gospel is a book for leaders in congregations who want to know the facts about the state of evangelism. It is a book for Christians who want a hopeful, powerful, joy-filled way to learn to share their faith. (It's also a book for people who cringe when they hear the "E" word!) Based on thorough research, sparkling with life and practicality, and steeped in spirituality, this workbook for congregational use has been enthusiastically endorsed by 7 heads of denominations, professors of evangelism, and leading experts, and pastors.

Martha Grace Reese, pastor, attorney and author, interviewed over 1200 pastors, lay leaders and new Christians with a wide range of theological beliefs. Her team visited 50 congregations, combed through statistics and conducted a national survey of leaders and new Christians in 150 mainline congregations that are doing the best statistical job of reaching unchurched people.

The research resulted in Unbinding the Gospel and the upcoming Real Life Evangelism Series, which will help our entire congregation

- begin to discover and further develop their faith, and
- to pray and to start to engage in authentic faith sharing.

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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.

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.

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, heartmindsoul.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.

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).

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).

Faith in Action

Christ Lutheran Church is participating in the National Faith in Action Sunday on October 11.

On October 11, Don't Go to Church—Be the Church.

We will gather at 9:15 am for a short send-off service. (Doors open at 8:30 am for a fellowship time of coffee and bagels.)

Then we will go out into the community, participating in servant events between 9:30 and noon. We will gather back at CELC for lunch when we are through serving. We will have a final celebration worship at 12:30.

That's right—we will not have our usually scheduled worship services that Sunday morning. Instead we will be praising and worshipping God by serving him out in the community, sharing God's love in practical ways.

We have the opportunity to choose from many servant projects that day. Some of the projects will be outdoors and some will be indoors. We will also have a couple of projects at the church for those who would prefer. We have something for all ages. Child-care will be available at the church.

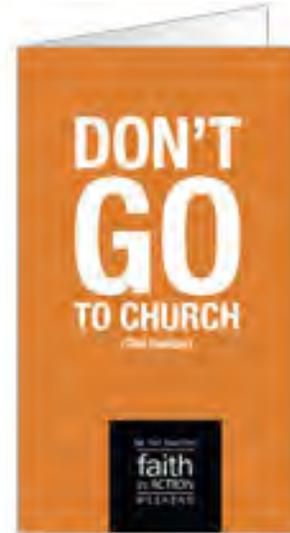
It's been said that the unchurched don't care about what Christians know until they know that Christians care. Faith in Action Sunday helps create an outward focus and a heart for serving—for showing that we care.

Faith in Action provides the opportunity for us to continue our outreach into the community and invite others to work along side with us—our friends, co-workers, and neighbors. Please share with others our plans for October 11—our entire congregation together with our friends can make a difference in people's lives.

Contact Laura North (laura@heartmindsoul.com or 301-652-5160) for more information. Let her know in which project you would like to participate!



Imagine the possibilities on October 11, when the entire CELC community, together with our friends and neighbors, puts our Faith in Action, going out into God's world and serving others!



Schedule for October 11:

8:30 am—Doors open for bagels, coffee, and fellowship

9:15—Send off with song and prayer

9:30—Serve out in the community

12:00—Lunch back at CELC

12:30—Closing celebration—testimony and praise

Servant Events:

Clean up the park after "Ellen's Run"—see page 14 for more information on the run)

Landscape and paint at the women's shelters sponsored by Interfaith Works

Make cards and treasures for The Children's Inn (at the church)

Make sandwiches (at the church) and deliver them to Martha's Table

CELC Celebrates

We need you to participate!

Christ Evangelical Lutheran Church is celebrating its 75th Anniversary this year. We have several ways you can help honor our rich heritage.

- Help plan our celebration events.
- Bring in memorabilia to display on the table in the colonnade.
- Share "What CELC Means to Me." Forms are available in the narthex under the bulletin board and will be mailed to you.
- Submit names of people you would like to get an invitation to our 75th celebration.

- Come to a special worship service on Sunday, December 6, at 10:30 am and stay for a reception. Please RSVP to Laura North (301-652-5160) by November 20.

Check out the table in the colonnade. On display are many photo albums showing the history of our congregation, as well as bulletins, worship books, and picture directories.

Ingrid Dallaire and Dottie Davis Hofstad are the chairpeople of the 75th Anniversary Committee. Please contact Planning Committee members Dottie (301-598-9657), Ingrid (301-455-6962 or idallaire@aol.com), Richard Cypinski (worship service)



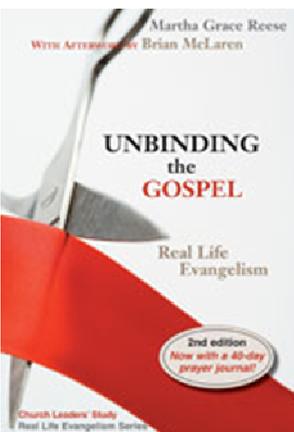
(richard@heartmindsoul.com), Sanna Solem (reception) (sannasolem@gmail.com), or Laura North (laura@heartmindsoul.com).

We have created many memories since 1934 and are creating many more to celebrate in the future.

Join us!

Unbinding the Gospel

(continued from page 1)



Used prayerfully and thoughtfully, the Series will spark fascinating discussions, encourage prayer, and help our congregation reach out to others in a way that fits your personality, theology and faith.

The staff and a small group of leaders in our congregation are about to begin reading and discussing Unbinding the Gospel. Pastor Marv has completed the introductory session offered through the Evangelism team of our local synod. About eight congregations and pastors are going to participate in this new spiritual formation process. The Unbinding the Gospel study doesn't lead to a new program. It is about a spiritual formation process for all people with a hunger to share God's love. During Lent of 2010 the entire congregation will have an opportunity to participate in the 40 Days of Prayer. This is an Unbinding the Gospel prayer journey for the entire congregation.

I ask your prayers for the staff and congregational leaders who begin our Unbinding the Gospel series.

*In Christ,
Pastor Marv*

First Annual 9/11 National Day of Service

On Friday, 9/11/09, the greater community joined with CELC volunteers to offer their services in a way of remembering those tragic events. Our site was one of 50 in the DC area and thousands more around the country that was staffed by volunteers for the day.

Thanks to the organizing committee from Greater DC Cares and Ameri-Corps, who recruited the people and provided much of the supplies, we had over 40 volunteers from Bethesda Cares, Fannie Mae, neighbors and other community members lending a hand on a number of facility projects on our campus. The Washington Post provided press coverage of the event.

The early morning rain did not hold the team back as they completed indoor painting, landscaping, hanging a new door in the Katrina House, removing the old garden shed, cleaning up the parking lot vegetation and many, many more projects.

The work that day also provided a great start to tackle even more fall jobs like painting the colonnade and church doors as well as masonry repairs to the front steps, wall and patio. Thanks again to all those who participated and for your support.

Barry Lemley

James 2:14-18

¹⁴ Dear brothers and sisters, what's the use of saying you have faith if you don't prove it by your actions? ¹⁵ Suppose you see a brother or sister who needs food or clothing, ¹⁶ and you say, "Well, good-bye and God bless you; stay warm and eat well"—but then you don't give that person any food or clothing. What good does that do?

¹⁷ So you see, it isn't enough just to have faith. Faith that doesn't show itself by good deeds is no faith at all— it is dead and useless.

¹⁸ Now someone may argue, "Some people have faith; others have good deeds." I say, "I can't see your faith if you don't have good deeds, but I will show you my faith through my good deeds."

Heritage Theatre

A Touch of the Poet

CELC is pleased to be the new home of The Heritage-O'Neill Theatre Company.

The 2009-2010 season will offer three productions in Luther Hall. Eugene O'Neill's "A Touch of the Poet" will run through October 17: Thursday, Friday, and Saturday evenings at 8:00 pm and Saturday matinees at 2:00 pm.

Visit the website (www.theheritagetheatre.org) for more information on the productions and the Company or phone them at 301-770-9080.

Contact Laura North in the church office (301-652-5160 or laura@heartmindsoul.com) for information on ticket prices.

Taizé Prayer Services

October 19
November 16
December 14
January 18

Mondays, 7:15-8:00 pm
Hospitality Room at CELC

Children, Youth, and Family Ministry

BUZZ

Please join us for BUZZ, our new Sunday morning adventure for kids ages 3-7. Buzz teaches children the timeless truths of the Bible in a way that engages and excites kids!

Buzz helps children know, love, and follow Jesus in a fun way:

Buzz Bond connects children with each other; *God's Sightings* teach children that God is at work in their lives; *Bible Buzz* engages the kids with God's Word; *Buzz in Action* helps children see how to live out what they learn; *Let's Pray* gets children praying in creative, heart-shaping ways; and *Faith Buzz at Home* carries the lesson home to share with parents.

We gather at 10:20 upstairs for a time of singing, sharing, and learning all about Jesus' love for us!

Laura North, minister of children and families (301-652-5160 or laura@heartmindsoul.com) will be "buzzing" with the children.

Godly Play

Godly Play teaches elementary aged children (grades 2-5) 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 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).

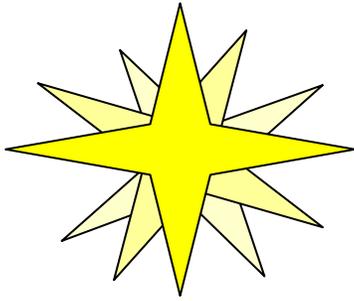


Building stronger families in Christ Jesus... ***(Building stronger children/teenagers/parents in Christ Jesus...)***

- 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



Guiding Star Child Development Center

Dear CELC Family,

Well the school year is off to a great start! We are currently doing a unit called "All About Me!" The children have been busy learning about each other and what makes each one of them unique and special. They have been doing fun crafts like drawing life-size pictures of themselves and making pictures of their homes. The Pre-school students have also been busy learning about the color orange and the number 3. Our pre-school students are doing exciting activities which are helping to prepare them for their future kindergarten success!

I am happy to announce that Guiding Star I, which is located on Wil-

son Lane, received their new playground equipment and it looks great! The children love the equipment especially the swings! Thanks so much for the generous donations from parents that helped us get this awesome equipment! Now we need to work on getting some new playground equipment for the Joy House at Guiding Star II, which is the Old Georgetown location. Donations will be greatly appreciated. Also due to our annual materials fee we were able to purchase a lot of new materials and brand new trikes, which the kids are loving!

Guiding Star has really grown over the last month and we have enrolled lots of new students. We are also doing tours weekly and

we know are numbers will increase even more over the next several months. Due to our recent growth we are in need of qualified teachers. So if you know any qualified early childhood educators please tell them to contact Sylvia at 301-229-3004 or you can also reach me at 301-656-9003. We are looking for great teachers who love working with young children.

I think that is all for right now but be on the look out for more exciting news from Guiding Star next month!!

Sincerely,

Yokechia Holmes
Director of Guiding Star II

Children, Youth, and Family Ministry

Pumpkin Painting Party

Moms with Young Children—Please join us on Saturday, October 24, 10:00 am-noon. We will be gathering in the hospitality room for a Pumpkin Painting Party!

This is a great fall event for Moms to get together and share with each other and at the same time have fun painting with our children. Childcare will be available for the infants.



Be sure the children have something to protect their clothing from paint! We will provide the pumpkins and the paint.

Questions? Contact Laura North, Minister of Children and Families (laura@heartmindsoul.com or 301-652-5160).

Community Volunteer Opportunities

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 in the upcoming months. If you are already participating in this ministry, spread the word to your friends and co-workers about your experience. 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).

Interfaith Clothing Center

Join us at the Interfaith Clothing Center, 751 Twinbrook Parkway, Rockville, MD 20851, 11:00 am-1:00 pm, followed by lunch, on Saturdays: October 17, November 21, and December 12. The Interfaith Clothing Center serves about 14,000 individuals every year. Clients come from all corners of the County and are young and old, male and female, single and married, and span all races and religions. They are working poor, homeless, disabled, immigrants, parolees, and seniors. To volunteer, contact Deborah Lambert (301-983-5034) or Florence (flohea@heartmindsoul.com).

Thanksgiving Backpack Ministry

Thanksgiving Backpack Ministry is a support ministry for the homeless in Bethesda. We provide backpacks for those who are part of the lunch program sponsored by Bethesda Cares and hosted by CELC. All backpacks and supplies to be stuffed into the backpack need to be to CELC by or before 6:00 pm on Tuesday, November 24. For more information, contact Sanna Solem (sannasolem@gmail.com).



Gleaning



Fall is here and crops need to be harvested so His people can eat. Society of St. Andrew is celebrating 30 years of ministry to the nation's hungry. Since its founding in 1979, the SoSA has worked to fulfill the mandate of the Gospel in our lives by striving to adhere to the words of I John 3:18: "Dear children, let us stop just saying we love each other, let us really show it by our actions."

Gleaning America's Fields, Feeding America's Hungry! Society of St. Andrew, 3383 Sweet Hollow Road, Big Island, VA 24526, 1-800-333-4597, <http://www.endhunger.org>.

CELC contacts: Dave Lambert (301-983-5034) or Florence Heacock (flohea@heartmindsoul.com).

Annual Community Festival



Food, fun, fellowship, wonderful weather, and music by CELC's Praise Band all contributed to a great time at our seventh annual Community Festival. Thanks to all who helped make it a success by sharing food, time, talent, and by inviting friends and neighbors!



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. First and third Sundays, 3:30-5:30 pm, The Upper Room. Contact: Florence Heacock (flohea@heartmindsoul.com; 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

Prayer and Silence



Where are prayer, silence, Taize, reconciliation, forgiveness, humility, and grace in the 21st Century? During the coming months in The Connection and through the PrayerLife Ministry Team, you will be provided teachings and informa-

tion for your study, understanding, and spiritual growth for a deeper and richer “prayerlife,” together, through which the Holy Spirit will nourish you in knowledge, understanding, action, and lifestyle of silence, reconciliation, forgiveness, humility, and grace.

How to Pray

- Pray with your spirit and your mind—
1 Corinthians 4:14-15
- Be alert, clear-minded, self-controlled—
Ephesians 6:18; 1 Peter 4:17
- Stay in scripture—John 15:7-8; Proverbs 28:9
- Be devoted to it—Colossians 4:12; Romans 12:12;
Daniel 6:11
- Pray earnestly—James 5:17-18
- Be persistent—Luke 11:8-10; 18:1
- Be specific—Mark 10:51-52
- Ask in Jesus' name with right motives—
John 14:13-14; 16:23-24; James 4:2-3.
- Be humble—2 Chronicles 33:12-13; Daniel 9:3;
Hebrews 5:7

Atmosphere of Prayer

- Stop all activity—Psalm 46:10
- Find a place of solitude—Acts 10:9;
Matthew 14:23; Mark 1:35; Luke 5:16
- If you cannot find a place of solitude, make one—
2 Kings 4:33; Acts 9:40; Matthew 6:6
- Nature's solitude aids in prayer—Acts 16:13; 21:5;
Luke 6:12

Leviticus 6:12-13 says, “Meanwhile, the fire on the altar must be kept burning; it must never go out. Each morning the priest will add fresh wood to the fire and arrange the daily whole burnt offering on it. He must then burn the fat of the peace offerings on top of this daily whole burnt offering. Remember, the fire must be kept burning on the altar at all times. It must never go out.”

While the previous offerings and sacrifices were ones that the people did, the section from 6:8-7:38 deals with priestly procedure. The burnt offering was presented in the morning and evening for the whole nation (see Exodus 29:38-43). The holy fire on the altar had to keep burning because God had started it. This represented God’s eternal presence in the sacrificial system. It showed the people that only by God’s gracious favor could their sacrifices be acceptable. God’s fire is present in each believer’s life today. He lights the fire when the Holy Spirit comes to live in us, and he tends it so we will grow in grace as we walk with him. When we are aware that God lives in us, we have confidence to come to him for forgiveness and restoration. We can carry out our work with strength and enthusiasm.

With a focused, intentional prayerlife, to keep His fire burning in you, God does light the fire for the Holy Spirit to live in you—so you will obtain His knowledge and ways to grow and experience grace as you walk with Him.

Moravians were the first Protestants. Their movement was 60 years before Martin Luther began his reformation, 100 years before the establishment of the Anglican Church, and nearly 200 years before the origin of Baptists, as we know them. After several hundred years of persecution, the Moravians fled southern Germany and settled in what is now the Czech Republic. In such close quarters, the Moravians began to turn on each other in quarrelling, gossip, slander, offense, and bad feeling. The unity of all the body of believers was beginning to unravel. Zinzendorf cried out to God for direction to save the Moravians. The Lord directed him to this passage and commanded him, “The fire on the altar must burn continuously, it must not go out.” While Zinzendorf prayed, God worked, and brought a great revival of repentance among the Moravians. In the midst of revival, Zinzendorf presented Leviticus 6:13 to the congregation, and they established “Hernhut,” The Lord’s Watch, a 24-hour prayer meeting that lasted for 120 years.

In the 21st Century, we constantly hear the phrase, “an instantaneous society.” Just for 120 seconds, take a

(continued on page 12)

Challenging Lifestyles Taizé Prayer Services

CELC's fall season is here, and with it a new round of rich offerings to our church community. First, the Challenging Lifestyles group meets every Sunday at 10:15 (between the services) in the Upper Room for our meaningful and varied discussions of how we meet life's everyday challenges—and many that are well beyond the day-to-day routine—using the Bible's teachings, prayer, and support for each other. For the next few months we will be focusing on forgiveness and reconciliation and how these two very important concepts are so central to much that we do in our lives and to understanding conflicts in the world at large. Some of us have watched the powerful DVD "The Power of Forgiveness," and we have plans to show this movie again in the near future. We will also be using

other study materials related to these topics.

The most important feature of Challenging Lifestyles is that each Sunday we are also open to the concerns that participants bring to the session, or to issues raised by the church's weekly Bible passages, and we freely follow any new issues or concerns as needed to serve the group's needs for that moment. We think that this combination of following a general theme, coupled with the flexibility to attend to specific and individual issues as they may occur, makes for a very helpful, interesting, and supportive time together each Sunday. We are open to all and urge you to check us out.

Second, we have also started back with our monthly Taizé prayer and

meditation services (see schedule on page 5). A Taizé service is a simple time of worship with silent prayer, meditation, and songs with a brief scripture reading and message by the service leader. Many of us find it helpful in disengaging from the day's frustrations and fast pace, and a healing experience for the mind and soul. We invite you to join us at these services and experience this important means of enriching your spiritual journey and prayer life.

Please feel free to contact me at lgoolsby@aphsa.org or Florence Heacock at flohea@heartmind-soul.com if you have any questions or suggestions.

Larry Goolsby

Prayer and Silence

(continued from page 11)

step back in "silence" and try to begin to comprehend a 24-hour prayer meeting lasting for 120 years, a few generations participating. Could we, as a faith community in Bethesda, MD, hold one 24-hour prayer meeting once a month, once every four months, once every six months, once a year?

During the month of October, the following are three Psalm passages for a time of prayer and silence:

- Wait for the Lord; be strong and he shall comfort your heart; wait patiently for the Lord. (Psalm 27:17)
- God is our refuge and strength, a very present help in trouble. (Psalm 46:1)
- Be still, and know that I am God. (Psalm 46:10)

Florence Heacock. Minister of Small Groups



Thrive Women



God's world and people are experiencing challenging times, but staying close to His Word, in prayer, experiencing delicious food, warm, fun, and loving fellowship, and being together with others, going out to do outreach in the community, our lives and lifestyles are blessed each day, and certainly equips each of us to weather and live the many challenges and joys.

To quote from one of the women, "This is my first year in Thrive. Being in this group has enriched my life. I have enjoyed all aspects of our fellowship—the Bible Studies, sharing, companionship, laughter, caring, and fun. Thank you to all." Thank you, Ingrid, as we are truly blessed you are with us.

The THRIVE women's bible study and small group experience all of the above. This past year, we have been studying the women of the Bible, wherein we have learned that the women of the Bible lived very much as women of the 21st Century, or you could say the women of the 21st Century in many ways have been and do experience life as many of the women of the bible—just in a different time in history. In a former church, we had made and sold Christmas ornament bulbs, and on the bulbs was written the phrase: "Generations change, but God remains". He remains steadfast, always there for us, every generation, listening to us, waiting for us to hear and listen to Him, to come unto Him. We women in THRIVE do study and help each other to hear and listen to Him, and to study and learn the teachings of Jesus— we do it together in community.

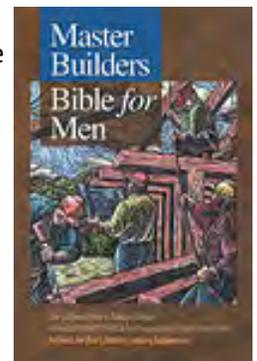
We meet the first and third Saturdays of each month, September through June, with a social event in July, and no session in August, as many are busy with many activities. If you are reading this and would like to talk with someone in THRIVE, have questions, and/or would like to join us on a Saturday, please contact Sanna Solem (sannasolem@gmail.com or 301-571-0050).

Men's Ministry

We meet first and third Saturday morning each month. Come join us at 9:00 am at Church for better understanding of the Bible through discussion and fellowship with friends.

We just had a great discussion at our last session about forgiveness and reconciliation led by Larry Goolsby. We take turns leading the morning sessions and everyone readily participates with resulting great different insights. Reading Matthew 18: 21-35 about the unmerciful servant set the stage to begin our exchange of views. Here are some ideas from our discussion that I would like to share.

Did you receive forgiveness from someone recently? Did you forgive someone else? Don't forget you can also forgive yourself when you know you are wrong. After all, If God can forgive us all our errors we should be able to forgive ourselves.



But what is genuine, sincere forgiveness? If we are not contrite and acknowledge our errors, can we be really forgiven? Does that apply to others who may say the words to you, "I am sorry" or "I forgive you," but it is clear to your perception that their words are far from sincere?

And then are there horrible crimes or other offenses that are "unforgivable". What about murder and the Holocaust? If we have difficulty forgiving those events can we at least commit to "trying to forgive them". We cannot pretend to have the power of God who may be the only one who can forgive such sins.

Is it fair to say merely "forgive and forget"? Have you had someone say to you, "Forget it, move on", when you were hurt by their action and expect some form of apology if you are to forgive them? If we really forgive we should be able to move on and not dwell on the

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Men's Ministry

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issue. Tormenting yourself with an issue can create greater self-damage, so we need to forgive in the interests of our own health.

Recently in the Men's Group we also read from Luke and Samuel. We found new insights from the parable of the Prodigal Son and about reconciliation from Absalom's reconciliation with King David after Absalom had killed David's son Amnon. We look forward to readings in Genesis where we will learn more about reconciliation and reuniting with loved ones.

We welcome all men to our "friends in fellowship." Remember the time: first and third Saturday of the month (October 3 and 17) at 9:00 am at church. For more information please contact Ray Albright (301-656-5695 or rj.albright2@verizon.net) or Richard Czypinski (240-505-9505 or Richard@heartmindsoul.com).

Ray Albright



Our prayer list...

Prayer Corner



Chris Almont; John Cole; Laura & Brandon Burns; Jo Schaeffer; Irma Ristau; Darlene Erickson; Cheryl Davis; Anne Goeltz; Ching Yee; Jarrel Holmes; Helen Schuetze; Oscar Line; Nate Kenney; 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; 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.

Fourth Annual Ellen's Run

On October 11, hundreds will gather at Candy Cane City Pavilion in Chevy Chase to participate in "Ellen's Run." This annual event is held in memory of Ellen Vala Schneider. Ellen was a long-time member of

CELC and a board member of the Mental Health Association and a community volunteer. Ellen's Run benefits the Mental Health Association and the Bethesda-Chevy Chase High School Community Scholarship Fund.

This year's event will feature a 5K race and 3K walk. Dogs on leashes are welcome on the walk but are not permitted with runners. The event will kick off at 9:00 am with the run and walk.

A celebratory brunch for all attendees follows the run.

For more information, go to www.ellensrunonline.org. Online registration is available.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2009</h1> <p><i>Please see page 10 of this newsletter or the Sunday morning bulletin for small group ministry opportunities available throughout the week!</i></p>				1 Choir 8:00 pm	2	3 Womens's and Men's Groups 9:00-10:30 am
4 9:15 Contemporary 11:15 Traditional	5	6	7	8 Choir 8:00 pm	9	10
11 Put Your FAITH IN ACTION DON'T GO TO CHURC—BE THE CHURCH 9:15-1:30	12	13 Rachel Circle 7:30 pm	14	15 Choir 8:00 pm	16	17 Womens's and Men's Groups 9:00-10:30 am <i>Interfaith Clothing Center 11:00-1:00</i> Martha's Table 4:00-7:30 pm
18 9:15 & 11:15 Worship 10:15 Rally Day Connection Deadline 5 pm	19 Taize Prayer Service 7:15-8:00 pm	20 Martha Circle 10:00 am	21 Council 7:00 pm	22 Choir 8:00 pm	23	24 Moms With Young Children Pumpkin Painting 10:00 am-Noon
25 9:15 & 11:15 Worship 10:15 Christian Ed	26	27	28	29 Choir 8:00 pm	30	31

Christ Evangelical Lutheran Church

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Pastor

Laura North
*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 Arzac, 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.

November Connection Deadline

Submissions for the November issue of The Connection are due by 5:00 pm on **Tuesday, October 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.*