

# The Crossroads

## Living Faith

### Lutheran Church

February 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## What is Lent?

*By the sweat of your face you shall eat bread until you return to the ground, for out of it you were taken; you are dust and to dust you shall return. Genesis 3:19*

Lent is a season in the Church's liturgical calendar. It begins on Ash Wednesday (February 18<sup>th</sup> this year) and concludes on Easter Sunday. Lent consists of 40 days. If you are looking at your calendar, you might point out to me that those dates add up to 46 days. However, Sundays are not included in the season of Lent making it, indeed, 40 days.

Lent is a time of preparation for Easter through repentance, prayer, charitable giving and self-denial.

Often people talk about what they are "giving up" for Lent. Usually they give up something that is not really good for them in the first place such as chocolate or fried foods.

I prefer the idea of adding something to our lives for Lent as opposed to giving something up. I would like to encourage you to consider adding something such as more time in prayer, more time reading the Bible, participation in Christian Education events or more frequent attendance at church services. And, just maybe, you could keep up with your new practice even after Lent is over.

We will begin Lent with a joint worship service on Wednesday, February 18<sup>th</sup> at 7:30 p.m. with our friends from Rockville United Church.



The following five Wednesday nights we will hold our traditional *Soup & Scriptures* at 6:00 p.m. in the Fellowship Hall. After eating, we will explore what it means to live out our faith in Jesus Christ. We will be using a series of videos by Pastor Rob Bell. I've previewed these and I think we will have some wonderful discussions. [See article Page 2]

This year I am adding a new aspect to our ministry of addressing hunger in our neighborhood. I was surprised to learn a few years ago that SNAP (food stamps) cannot be used in grocery stores to purchase some of the basic necessities of life. We will be expanding our food pantry to include a few of these items. [See article Page 6]

We will be collecting toothpaste, tooth brushes, dental floss, soap, shampoo, deodorant, sunscreen, hand lotion and lip balm. These will be distributed to the people who need them when they come to us for help with food. A collection basket will be in the narthex.

This expansion of the Pantry Ministry will increase our ministry of showing the love of God through our own love and compassion for our neighbors.

My hope for us this Lent en Season is that we may use this time of preparation to focus on love and compassion for others while reflecting on how much we are loved by God.

Blessings –

**Pastor Shaw**

**Living Faith Lutheran Church:** We are a living presence of God, celebrating as an extended family. We are committed to sharing our faith through joyful worship and Sacrament. We provide opportunities for growth by offering ministries that meet the needs of our members and community.



Join us every Wednesday evening starting on February 25th at 6pm in the Fellowship Hall for a warm bowl of soup, a slice or two of bread, a short video and a discussion about the video. We'd love to see you!

## The Village at Rockville Auxiliary

The members of The Village at Rockville Auxiliary have always provided something extra for residents of The Village at Rockville (formerly The National Lutheran home).

The Auxiliary primarily raises funds through the Spring and Fall Festival events, the Gift Shop and individual donations. Funds have purchased transportation buses, renovation of the Game Room, the Green House addition and library book purchases. Some of their programming contributions include monthly birthday parties, the PAL program, exciting activities and special events.

Memberships are being accepted for 2015 to support the Auxiliary of the Village at Rockville. If you would like to become a member of the Auxiliary, please contact Anne-Marie Turner and give a small monetary contribution to help support various programs for the residents.



Items for the next issue of The Crossroads are due  
**Wednesday, February 18**  
Please email to  
MyLivingFaith@gmail.com

## Motoring to...



I know it may seem early to be thinking about March, but we need to start organizing now. If you have looked at the map in the Narthex, you have seen that the bus has not made it too far along the route to Detroit. We need to raise approximately \$5,000 for our Youth and Chaperones to travel to the 2015 ELCA Youth Gathering in Detroit in July.

Our young folks attending will be Luke Murphy and Jack Murphy. Chaperones will be Noah Lidell, Deborah Murphy and Jim Murphy.

I attended an ELCA Youth Gathering in New Orleans several years ago. I believe with all my heart that these gatherings are life changing events for everyone...youth and adults...who attend. This is one of the most important things we can do as a congregation.

**FUNDRAISING:** We will be holding a pot luck dinner with a **silent auction** on **Saturday March, 14<sup>th</sup> at 5:00 p.m. (snow date March 21)**. We need people to volunteer to help set up and clean up before and after the dinner. And we really need items to auction off that night.

To find items or services, think about asking for donations from the businesses you frequent. We have a letter that you can present to businesses when you ask for donations. Or, perhaps, you have a special talent or service you can offer to have auctioned, such as cooking a meal or donating babysitting services. Be as creative as you can be in thinking about what we could have for the auction!

Our theme (since we are going to Detroit) will be **A Night of Motown Music!** It should be a night of fun and a way to show our young people just how much we support and care about them.

## Pastor Shaw



## ***Certain realities in life can only be seen through eyes cleansed by tears,***

Pope Francis said January 19 after listening to Glyzelle Palomar, who used to live on the streets but now has a home thanks to the foundation for street children Pope Francis had visited in Manila January 16.

The realities of life described by young people, especially the tearful question of a 12-year-old girl about why God allows suffering, led Pope Francis to set aside the text he had prepared for a meeting January 18 with the young people of the Philippines.



Pope Francis hugs Glyzelle Palomar (CNS/Paul Haring)

## **Staying Fed**

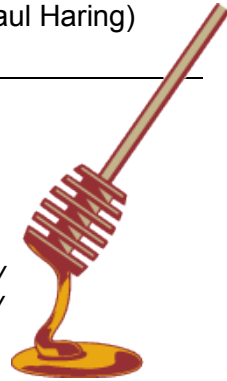
—Heidi Mann

*How sweet are your words to my taste, sweeter than honey to my mouth!* (Psalm 119:103, NRSV).

Recently, I was confronted with this question: If you fed yourself with food the way you feed yourself with God's Word, would you still be alive? It gave me pause.

Do I eat *enough* spiritually? — feast regularly enough on Scripture to keep up my energy and the health of my soul? Do I eat *nutritiously*? — take in a balanced meal of law and gospel, comfort and commandments, prophecy and promise? Do I pass up spiritual *junk food*? — set aside empty calories that lead to disease, in order to hunger for what truly gives life? Do I drink enough *Living Water* to avoid faith dehydration? And once in a while, do I *splurge on dessert*? — savor the sweetness and joy of belonging at God's table?

What abundance God sets before us. May we never skip a "meal"!



## **LFLC ON-GOING EVENTS**

**Men's Breakfast:** the Men of Living Faith breakfast is held the first **Saturday of each month at 8am** at the IHOP on Rockville Pike. Men of all ages are welcome! For more information, contact Marty Grimes at 301-424-5083.

**Adult Sunday School:** each **Sunday, at 9:15am in the Old Library**. Steve Corbin will continue with his discussion of *Where is the Holy Land...?* Through February 15th. Then Pastor Shaw will start a Lenten discussion.

**Together to Eat and Discuss (T.E.D.):** *suspended during the Lenten Season. During Lent, join us each Wednesday for Soup & Scriptures.* T.E.D. will resume in April—meeting the **first and third Wednesdays** of each month at **6:00 pm in the Fellowship Hall**. Bring a dish to share and join us in lively discussions.

**Mary Martha Circle:** The Mary-Martha Circle meets the **first Thursday of each month at 10am in the Conference Room**.

**Quilters:** The Living Faith Lutheran Women (LFLW) Quilters meet the **second and fourth Thursdays of each month at 9am in the Fellowship Hall** to make patchwork quilts for Lutheran World Relief. For more information, please contact Anne-Marie Turner.

**Choir Practice:** each **Wednesday, at 7:30 p.m. in the Fellowship Hall**

**LFLC Council:** The next meeting is currently scheduled for **Sunday, February 15 at 12pm in the Conference Room**.

## **FEBRUARY BIRTHDAYS**

2	John Shelly	20	Don Bokelman
7	JoAnn Shelly	28	Dieter Bolhoff
10	Cali McCord	28	Helen Trimmer
19	Steve Turner	29	Joan Pumphrey
20	Donnaruth Bjorson		

# CALENDAR



**Living Faith**  
LUTHERAN CHURCH  
God's Vision - Our Mission

1605 Veirs Mill Road  
Rockville, MD 20851  
Tel: 301-424-8622  
www.MyLivingFaith.org

Conf Rm = Conference Room  
Edu. Wing = Education Wing  
FH = Fellowship Hall  
LFLC = Living Faith Lutheran Church

# February 2015

	11Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8-9pm AA Mtg., Old Kitchen	2	3	4 6pm <i>Together to Eat &amp; Discuss</i> , FH 7:30pm Choir Rehearsal, FH	5 10am Mary-Martha Circle, Conference Room 6pm AyO Practice, FH	6 7pm Chamber	7 8am Men of LFLC, IHOP
	8 8-9pm AA Mtg., Old Kitchen	9 9:30am Rug Braiders, FH 7-8pm Al-anon & Al-teen, Edu Wing	10	11 7:30pm Choir Rehearsal, FH	12 9:30-12pm Quilters, FH 6pm AyO Practice, FH	13 8am-5pm Life Line Screening, FH 7pm Chamber Orchestra, FH	14
	15 12pm Council Mtg. 8-9pm AA Mtg., Old Kitchen	16 9:30am Rug Braiders, FH 7-8pm Al-anon & Al-teen, Edu Wing	17 6pm AyO Practice, FH	18 ASH WEDNESDAY 7:30pm Worship Service, Sanct	19 6pm Girl Scouts, FH	20 7pm Chamber Orchestra, FH	21
	22 8-9pm AA Mtg., Old Kitchen	23 9:30am Rug Braiders, FH 7-8pm Al-anon & Al-teen, Edu Wing	24	25 6pm <i>Soup &amp; Scripture</i> , FH 7:30pm Choir Rehearsal, FH	26 9:30-12pm Quilters, FH 6pm AyO Practice, FH	27 7pm Chamber Orchestra, FH	28

### Sunday Schedule

9:30am: Living Faith Lutheran Church  
Adult Sunday School  
10:30am: Living Faith Lutheran Church  
Worship Service

12:15-3:15pm:  
Evangelical Church of the Alpha and Omega  
Worship Service

3:45-5:45pm: Indonesian Christian Fellowship Church  
Worship Service

6-8pm Iglesia Jesus es Dios  
Worship Service

**THOSE WHO SERVE US**

<b>Those Serving: February 2015</b>				
	<b>February 1</b>	<b>February 8</b>	<b>February 15</b>	<b>February 22</b>
<b>Acolyte</b>	Grayson McCord	<i>See Pastor Shaw</i>		
<b>Altar Flowers</b>	<i>Sign-up on bulletin board in Narthex</i>	Anne-Marie Turner		
<b>Altar Guild</b>	Irmella Ballard and Anne-Marie Turner			
<b>Coffee Host(s)</b>	<i>Sign-up on bulletin board in Narthex</i>			
<b>Communion Assistant</b>	Richard Tomkinson	Mike Lidell	Tony Lightner	Steve Corbin
<b>Counter(s) / Bank Deposit</b>	Jeff Griffin			
<b>Greeter(s)</b>	<i>Sign-up on bulletin board in Narthex</i>			
<b>Lector</b>	Ed Bartholme	Steve Ballard	Richard Tomkinson	Steve Corbin
<b>Sound System</b>	Jeff Griffin	Jen Emerson	Eigil Madsen	Tony Lightner
<b>Ushers</b>	Steve Ballard; Ed Bartholme; and Sam Boyd			
<b>Cooking for Chase</b>	February 16th, 2-6pm: Dieter & Barbara Bolhoff (LFLC Kitchen)			

# Personal-Care Closet to Start at Living Faith

In addition to non-perishables for the Food Pantry, we are now accepting personal items, and toiletries because there are...

## Things You Cannot Buy With Food Stamps

Like the Food Pantry, the Personal-Care Closet will be accessible to anyone in need of these items.

1. **Toothpaste, toothbrush, dental floss.** Don't tell your dentist that dental floss is a luxury item, but the fact is that people without dental insurance are often the ones least likely to be able to afford these items. There are people who won't replace a toothbrush until they can find a freebie, because money is that tight. Toothpaste is another challenge. We all need clean teeth to be successful in school, work and society, not just because of bad breath but because dental health is critical to our well-being.
2. **Soap.** How do you survive without soap? If pushed, you could forego shampoo and just wash yourself entirely with soap. You could wash clothes with soap (not a good idea), and you could wash dishes with soap (also not a good idea). But how do you function, must less flourish, without access to soap?
3. **Deodorant.** Luxury? Ask the person who works next to someone who doesn't use deodorant. And then ask the person if they made a conscious choice or just didn't have it. No, don't ask them, because that's embarrassing for them.

4. **Hair-care products.** No one should be forced to use soap to wash their hair. To function and flourish in our society, you need to have clean and well-maintained hair. This is about each person having access to the fundamental tools they need to maintain their hair in the way that they desire in order to function in society, like shampoo and conditioner.
5. **Lotion, sunscreen, lip balm, etc.** These might be considered luxuries. But what if you work outside all day? Then What about a jar of petroleum jelly to protect your lips and other spots? Rough, chapped hands can make it really hard to type all day or clean yet another bathroom at work.

When you go shopping, maybe pick up an extra item or two. If there is a two-for-one sale and you only need one, give the second one to the pantry/closet. Dollar stores have a variety of items—some are 2 for \$1. You can also donate unopened travel-size items from hotels.



## Suggested Items for Food Pantry & Personal-Care Closet

◆ Plastic or Paper Bags

- ◆ Breakfast Cereals (hot/cold, instant)
- ◆ Breakfast Bars (protein, granola, fruit, cereal)
- ◆ Fruit Juice (canned, boxes, pouches)
- ◆ Pasta (sealed box or bag)
- ◆ Meat Gravy (canned only; no glass jars)
- ◆ Condiments (ketchup, mustard, mayo, relish)
- ◆ Tomatoes (canned: sauce, paste, puree)
- ◆ Soup (canned, just-add-water, box/bag)
- ◆ Pasta or Rice (sealed box or bag)
- ◆ Peanut Butter (no glass jars)
- ◆ Jam or Jelly (no glass jars)
- ◆ Canned Vegetables (any kind)
- ◆ Canned Fruit; Fruit Cups
- ◆ Cooking Oil (spray or plastic bottle; no glass)
- ◆ Baby Food
- ◆ Baby Formula
- ◆ Deodorant
- ◆ Soap
- ◆ Hand/Body Lotion
- ◆ Hand Sanitizer
- ◆ Toothpaste
- ◆ Tooth brushes (singles)
- ◆ Dental Floss
- ◆ Mouthwash (no glass containers)
- ◆ Shampoo (Traditional and Dry/Powder)
- ◆ Conditioner
- ◆ Hair Combs
- ◆ Hair Brushes
- ◆ Hair Care Accessories
- ◆ Lip Balm
- ◆ Sunscreen

## Being Faithful during Cold and Flu Season

Colds and flu are typically associated with the cold weather, but it pays to be prepared anytime. Here are some tips to help keep you healthy when colds and flu strike.

### Practice Good Hand Hygiene

Statistics show that good hand hygiene is a first line of defense against germs. Wash your hands thoroughly:

- ☞ before handling or eating food
- ☞ after coughing or sneezing
- ☞ before and after visiting with the ill, particularly if you are providing Communion, laying on of hands, or other liturgical acts involving touch
- ☞ after shaking hands and touching shared objects
- ☞ after using the washroom
- ☞ after changing diapers
- ☞ whenever your hands are visibly dirty

### Pass the Peace, not the Germs

In one church, the Pastor announced, "Our passing the peace this season will be a little different. Instead of hugs and handshakes, we invite you to share the spiritual gifts of the season: Hope, Peace, Joy, and Love.

"If you want to share the gift of hope, put your hand above your eyes and look beyond the here and now to the hope of tomorrow.

If you want to share the spiritual gift of peace, make the peace sign (two fingers in a V).

If you want to share the gift of joy, do a high five, shouting "yes" but not touching.

And if you want to share the gift of love, simply put your hand over your heart.

Remember, you can be verbal, but no handshakes and no hugging."

The result was a an explosion of Spirit, laughter, and joy as doing the "old things in the context of a new time and circumstance" gave rebirth to the Spirit and involvement in worshipping God in and through community.



## Upcoming Events for Community Ministries of Rockville (CMR)

### Benefit Concert

**Sunday, February 8th at 4:00pm**

A benefit concert by the Rockville Singers will be held on Sunday, February 8 at 4 pm at Unitarian Universalist Congregation of Rockville. The concert, to be performed by three groups, the Rockville Chorus, the Heart of Maryland Sweet Adeline Chorus and the Rockville Singers, will offer an eclectic program that will include classical pieces,, Broadway numbers, and a wide variety of "oldies but goodies." The purpose of the concert is to raise funds to support CMR's critically important Rockville Emergency Assistance Program (REAP).

The concert will include light refreshments afterwards. Free will offerings will be requested and welcomed.

Location: Unitarian Universalist Congregation of Rockville, 100 Welsh Park Drive, Rockville 20850

### Village Concept Meeting

**Thursday, February 26th at 9:30am**

Join us for the continuing discussion of creating a "village" in Rockville to help seniors age in place.. If interested, contact Ann Seltz at [ann.seltz@gmail.com](mailto:ann.seltz@gmail.com).

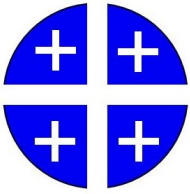
Location: Multipurpose Room, CMR, 1010 Grandin Avenue, Rockville 20851

### Jazz Vespers

**Sunday, March 15th; 5:00pm to 6:00pm**

Join us for a beautiful Jazz Vespers Service at Christ Episcopal Church. All free will offerings to benefit Community Ministries of Rockville.

Location: Christ Episcopal Church, 107 S. Washington St., Rockville, MD 20850



# Living Faith

LUTHERAN CHURCH

God's Vision - Our Mission

## Living Faith Lutheran Church

1605 Veirs Mill Road  
Rockville, MD 20851

## Meditation OF THE MONTH

Make us true servants to all those in need,  
Filles with compassion in thought, word, and deed;  
Loving our neighbor, whatever the cost,  
Feeding the hungry and finding the lost.

Lord, make us healers of body and mind;  
Give us your power to bring sight to the blind;  
Love to the loveless and gladness for pain,  
Filling all hearts with th joy of your name.

— From *One Worship*

### Living Faith Lutheran Church (ELCA)

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