

Looking Inside

Page 2
February Birthdays
Shrove Tuesday

Page 3
From the Parish Nurse

Page 4
Letter from Pastor Eric

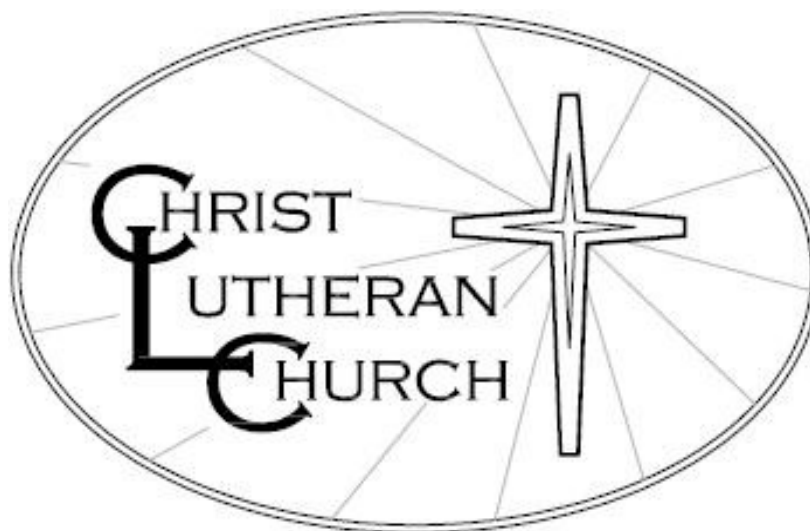
Page 5
Youth News

Page 6
Potluck and Annual Meeting

Page 7
Valentine Dinner & Dance
Pastor Kristin's Korner

Page 8
Music Notes
CARITAS

Page 9
Remembering Those in
Prayer



Lakeside Networking and Support Group

Our focus is employment networking, learning about community resources, tips for internet job searches, updates on upcoming employment events, and mutual support. Our outreach is for all who are experiencing changes in their employment status as well as those who may have employment opportunities to offer. Upcoming meeting dates are February 5 & 19, March 5 & 19, from 8:00am-9:30am.

Please check the website for changes due to inclement weather.

River View prints by Billy Hockman are for sale \$10.00 and funds raised will be used by the Lakeside Networking & Support group. Please see Susan Nepomuceno, Katy Vess or Billy Hockman to purchase prints. They are wonderful gifts for all. Print is available to view in the Commons area.

To find out more about our group and meet members find us at Lakeside networking & Support in the LinkedIn Group directory at www.Linkedin.com

Village Nights

Meals begin 5:45 pm -6:30 pm
Small Group study 6:35-7:30 pm
Confirmation Classes 6:35-7:30 pm
High School Youth gathering 6:35-7:30 pm
Worship 7:35-7:55pm
Joyful Noises Choir 6:30- 7:00pm
Adult Choir 7:00-8:30pm

FEBRUARY BIRTHDAYS

1 Kailee Lesko
Clara Haseley
2 Richard Tripp
3 Gene Foltz
Laura Greenday
4 Scott Meyer
Sophia Havard
5 Kyle Lawrence
6 Cynthia St. John
Carole O'Brien
8 Sherri Santuk
Hunter Barlow
Emily Berg
10 Katy Vess
Chris Peterman
11 Mike Ransone
Carol Pilgrim
12 Paul Quel
Laurie Snyder
13 Katherine Magann
Russ Johnson
Jeff Harris
14 Eleanor Hemenway
15 Doug Conway
Chip Harris
17 Kenneth Bjelstrand
Helen Burns
Samantha Horn
19 Gisele Kulow
Linda Moore
Carol Jones
22 Amy Small
Meghan Marchetti
Cyndi Marchetti
Jennifer Berg
23 Jeff Pegram
Heidi Zurlippe
Allison Maier
24 Winnie Swartz
Brenda Litten
25 Joseph Faudale, III
Brenda Boldin
26 Sarah Vaughan
28 Audrey Light
Cindy Williamson
29 Kristen Pilgrim
Steve Charlson

2

Dear Christ's People,

Christmas and Epiphany are about the giving of God's Light and new life to the whole world through the baby Jesus.

How gracious God is in giving! And how gracious you all are! Like the Wise Men who came with gold, frankincense and myrrh, you gave to us such wonderful gifts. We can but offer our humble thanks to all of you for your presence and prayers in 2010, for your many personal Christmas cards that were a joy to open and read each day of the the Advent Season, for the gifts that would just appear, and for your congregational gift. Your generosity abounds!

*In Nomine Jesu,
Pastor Eric and Donna*

FEBRUARY 16, SHROVE TUESDAY "A REAL MARDI GRAS EXPERIENCE"

This year Christ Church will add some more zest to an already great and zesty meal prepared by the men of our church. Plans are in place for a festive look with Mardi Gras beads, decorations and New Orleans Jazz.

So prepare for the Season of Lent with good food (pancakes, sausage and all the fixings), good fun, good conversation, and good music! Serving begins at 6 pm and concludes at 7:00 pm. (Come for part or all!)

And don't forget to then come out the next day (Noon at Christ Church; 7 pm at Church of the Epiphany, Episcopal) for Ash Wednesday services to receive the ashes and Holy Communion as a good beginning to the Lenten Season.

IF YOUR BIRTHDAY doesn't appear on the monthly list for the *Parish News*, it's because we don't have a record of it! If yours is missing, give us a call (266-5775) or email Katy At bearskaty@aol.com so we can include you in the newsletter.



From the Parish Nurse....Women and Heart Disease

There is a misconception that cancer, especially breast cancer, is the greatest health risk for women. In reality, heart disease kills more women than all forms of cancer put together. Part of the problem is that heart disease can be displayed differently in women than in men so it becomes difficult to recognize in women if the observer doesn't know the difference in symptoms.

The classic symptoms for heart attack are severe chest pain, a squeezing sensation in the chest, pain radiating down the left arm or profuse sweating. Up to 50% of women who suffer heart attacks have symptoms that are considered atypical. These include shortness of breath, indigestion, pain in the jaw, shoulder, or back, sudden nausea or vomiting, unexplained fatigue, fainting, or even dizziness. Anytime a female experiences these symptoms, she should seek medical attention by calling 911.

Since indigestion is one of the symptoms of heart attack, how do you determine when it is heart related and when it is the hot peppers you just ate? Since heartburn is not life-threatening, pay attention to other symptoms you may be having. Are you experiencing sweating, heart palpitations, or shortness of breath? If so, it could be heart-related and you should see a physician right away. Heartburn will generally occur after a heavy meal and is quickly relieved with antacids. If you have any question at all, call 911; it's better to find the episode is a false alarm rather than be surprised by a heart attack.

You have heard of cholesterol levels but do you know what they mean? LDL is the 'bad cholesterol' and stands for 'low density lipoprotein cholesterol.' It builds up on the walls of your arteries and can cause cardiac problems. To lessen your risk of heart disease, your LDL should be below 100. 'High density lipoprotein cholesterol' or HDL is the good kind because it keeps the LDL from building up in your arteries. For women, HDL should be above 40. Triglycerides are fats and the higher the number the greater the risk of disease. This number should be less than 150. Total cholesterol is the combination of LDL and HDL found in your bloodstream and should be less than 200. To keep these numbers under control, watch your diet and limit fatty foods.

To decrease your risk for heart disease it is important to maintain a healthy weight and to promote good circulation. Exercise can do that and should be part of your daily life. The optimum amount of exercise is 30-60 minutes of moderate exercise most days of the week. If it is difficult to carve out that much time, break it down into 10-15 minute sessions to get the same benefit. The most economical exercise is walking since the only cost is a good pair of walking shoes.

You can take action to prevent or reduce your risk of heart disease by keeping your life balanced and making sure that self-care is as important as meeting other responsibilities. Call 1-800-AHA-USA1 or visit americanheart.org or nhlbi.nih.gov to learn more about heart healthy living and how heart disease is different in women. A healthy heart is probably the nicest gift you could give yourself and your loved ones. *"Guard your heart above all else, for it determines the course of your life."* (Proverbs 4:23 NLT)

---- Cathy

Excerpted from Seasons of Wholeness Monthly Themes & Programming For Faith Community Ministry, Volume VI, IPNRC, 2009.

Dear Christ's People,

In December we got a snowstorm that by Richmond standards was horrendous; we had to cancel worship. I wondered if we could afford getting the parking lot cleared; others had the same question. Paul and Richard had it scraped in anticipation of Christmas Eve. Thank you.

It made me think: What would have happened if we couldn't afford to clear the parking lot for Christmas Eve? What would it have been for you and so many visitors who did come? Go to another church I guess.

Now I am thinking: How will it go this year? Already we passed a budget that was painful and not very helpful. It will affect us greatly by cutting out much of what we have come to take for granted. Examples? No ASP Mission Trip this year; getting the word out about our church and offering us a well-supplied Welcome Table that lets others see what we do will be hampered or gone; lessened property upkeep; and the successful Fall Festival that reached out so well into our community may be no more.

Christ Church has been blessed with a vital ministry and a vibrant people. To get there, time and again we in essence risked all to reach all in need of Jesus. We have moved so close to a place where we can live out fully the words, "All Are Welcome." I have been mindful of the Holy Spirit at work and proud of this and the fact that it has led us to call Pastor Kristin. It has shown our commitment to do God's work here. But we must not allow ourselves to slip back in programming or staffing for a moment.

What can you do? Here is a beginning list:

1. Prayer, pray, pray; faith, faith, faith; care, care, care.
2. Come to worship regularly. Recently we ran out of bulletins. Now that does lift spirits!
3. Come to Sunday School & Village Nights to strengthen your spirit.
4. Talk to someone about your church; bring someone to church.
5. Missed finishing your 2009 giving? Do so now.
6. Not committed yet to giving in 2010? Do so now.
7. Volunteer and commit to doing the work joyfully and well.

God only knows where this will lead us. My prayer is we will go to where the heart of this church is: Caring, Welcoming, and Faithful to Jesus.

In Nomine Jesu,

Pastor Eric

February Youth Activities (Grades 7-12)

Saturday, February 6

Souper Bowl of Caring Service Blitz at Lamb's Basket – 9:00am-11:00am

Youth Sunday rehearsal – 11:15am-12:30pm at church

Sunday, February 7

Youth Sunday & collect for Souper Bowl of Caring

Sunday, February 21

5:30pm-8:00pm – Youth prepare & serve dinner for CARITAS

Friday, February 26 – Saturday, February 27

6:15pm-1:30pm Hunger Rumbings Lock-in at Christ the King (grades 9-12)

5:00pm-9:00am Confirmation Lock-in at Christ (grades 7-8)

Souper Bowl of Caring, February 7

More than 20 years ago, the Souper Bowl of Caring began with a simple prayer, from a single youth group, “Lord, as we enjoy the Super Bowl football game, help us to be mindful of those without even a bowl of soup to eat.” Since that day, more than \$60 million has been raised for local charities across the country through the Souper Bowl of Caring. It has become a powerful movement, transforming Super Bowl weekend into a weekend of giving and serving. This year our youth will be participating in a service blitz on Saturday, spending two hours cleaning up Lamb's Basket. All food donations will be delivered to LAMB's Basket on February 6. On Sunday youth will be collecting monetary donations for St. Joseph's Villa at the door.

CLUB 456

CLUB 456 is a new opportunity here at Christ Lutheran for 4th-6th graders to have their own youth programming and activities. Often this age falls through the cracks, feeling they are too old to spend time with younger elementary youth but not quite ready for our senior high youth group. We will use this spring and summer as a time for planning and developing with families and youth of this age. Hopefully by this fall CLUB 456 will be a vital ministry offering Bible Studies, games, service projects, and fellowship for both youth in this age group and their families. Please see Pastor Kristin if you are interested in helping with CLUB 456 or if you just want more information.

7th Day

Seventh Day is a Virginia synod retreat for youth in grades 5 and 6 held at Eagle Eyrie in Lynchburg, VA from March 13-14. Parents are welcome but not required to attend with their children. The cost is \$55 per participant if Pastor Kristin receives the registration on or before February 7. After that the cost is \$65 and the final registration deadline is February 21. Please talk to Pastor Kristin for more information or visit the Virginia Synod Website, www.vasynod.org under youth activities for registration information. Further scholarship assistance is available.

February 14 Potluck Breakfast & Annual Meeting

February 14, along with being Valentine's Day, is also the festival of Transfiguration. It is a day when we climb the mountain and stand alongside the disciples to see Jesus' in all of his glory before descending and journeying through Lent toward the cross and resurrection.

There will be no Sunday School classes on February 14. Instead, there will be a potluck breakfast in the fellowship hall between the services from 9:25-10:25. Please come, bring your favorite breakfast dish, and join in conversation with members who attend both worship services. There will be questions and conversation starters on the tables. Children's tables will be set up in the central classroom with crafts and activities for the hour.

The **Annual Meeting** will be on February 14 during the potluck breakfast at 9:45 in the fellowship hall. This is the first time we will be holding the meeting between the two worship services during the Sunday School hour. The hope is that this will allow members who attend either worship service an easier opportunity to attend as well as providing a time of food and fellowship.

Pastor Kristin's Korner

I can't believe that I have already been here for 10 months. Sometimes I feel like I have just arrived and other times I feel like I have been here for much longer. Throughout this past year though I have felt graciously welcomed into this family and still cherish every minute of my time here. I have been blessed to both mourn and rejoice with you throughout this year.

Now that I have been through almost a full year of ministry here, I feel much more comfortable with the *business* of the congregation. I know where the hospitals are, I feel more comfortable with the schedules of the different seasons, and I am beginning to learn many of the unwritten traditions of this congregation. However, I know I still have much more to learn about the **people** of Christ Lutheran.

So I think it is appropriate that I share with all of you one of my goals for 2010 and invite you to help me with it. One of my goals is to visit with as many individuals and families of this congregational family as I can over the next year. I look forward to getting to know your help in achieving this goal and in getting to know the people of this congregation better over the next year.

CONGRATULATIONS to AnnMarie Price on completing her studies and passing the board to become a Registered Nurse.

Anyone who still needs a Chrismon from Christmas, please contact Jane Dry at 550-1140 or festegirl@comcast.net

TRINITY GATHERING will have its monthly meeting on February 11 at 10:30 AM at **Imperial Plaza, "The Virginia Room"** (ask at gate for directions). Pastor Moehring will teach the Bible study, starting at 11 AM. All congregation members are cordially invited to join us. Lunch following the Bible Study is optional. Please call the church office (266-5775) if you plan to attend.



**SWEETIE “PIE”
DINNER & DANCE**

Saturday, February 6th
6:00 to 9:00 p.m.
Christ Lutheran Church

Celebrate Valentine’s Day with your SWEETIE or anyone special or come STAG and bring a PIE for the Bake-Off! Enjoy a romantic dinner, dancing under the disco ball, yummy treats provided by YOU (prizes awarded to the best treats) & a photo booth. For a canned good donation, you can request that *special* song to dance to with your SWEETIE (bring the CD, too)

RSVP by February 3rd to Rebecca.barricklow@cbre.com

Tickets are \$6 per person or a maximum of \$25 per family. Cash or check will be accepted at the door. Advanced Reservations are REQUIRED for this event.

This event is a COOL Christians production.

We still need some help with decorations & cooking. We are going to have 5 "dining rooms" (aka Sunday School classrooms) where dinner will be served in and we would like to have 2 more volunteers to decorate the rooms. An award & \$25 gift card to Home Goods will be given to the most creatively decorated dining room. You can pick from any of the Sunday School rooms to decorate. We are also looking for food servers & cooks. Any youth volunteers can receive volunteer hours for helping out. The servers will need to be at church at 5:30 wearing black pants & white tops.

We will also be having a bake off which will have prizes awarded for best sweets. Anyone can bring a sweet to compete in this competition and then we will enjoy the sweets while dancing in the Fellowship Hall.

We are hoping to make this an annual event for everyone to enjoy fun, fellowship, food & dancing. Please be an ambassador for our church and invite your friends to join us! If you are interested in helping, please let me know or if you want to buy tickets, please see me!



***Want to sing for a Palm Sunday
afternoon concert and Easter morning?***

If you would like to sing with the Chancel Choir for Palm Sunday and Easter, but cannot commit to the choir all year, now is your chance.

We invite you to come to rehearsals beginning in February, when we will be preparing a beautiful Palm Sunday afternoon concert to be held right here at Christ Church, with other singers from nearby churches. And of course, our glorious Easter morning services!

Rehearsals during Lent are Wednesdays 7:45-9 p.m. in the Music Room downstairs.

Linda Keener, Music Director

C.A.R.I.T.A.S.

Congregations Around Richmond Involved to Assure Shelter

Christ Lutheran will be hosting CARITAS February 20 to the 27th. CARITAS was founded in the early 1980's to respond to the huge unmet need to provide shelter to homeless adults in the cold winter months. Look for the sign-up sheets, we will need people to prepare bag breakfast and lunch, prepare and serve dinner, do laundry, set up and take down cots and provide transportation to showers. If you have any questions see Tinky Keen or Cindy Williamson.

CONGRATULATIONS to Bobby Rolfes who graduated from VCU with a BA in Philosophy on December 11; and to Carolyn Morris who graduated from VCU on December 11 with a double major in World Studies and Religion.

OUR PRAYERS OF SYMPATHY are for Sheryl Barlow on the death of her father on December 12; for Jane Hade on the death of her brother-in-law on December 26; for Linda Pickels on the death of her uncle on December 26; for Linda Mahovtas on the death of her step-brother on December 29; for the family of Doc Ramsey on his death on January 1; the family of Phyllis Senechal on her death on January 18; and for Paul Quel on the death of his mother on January 6.

LAMB's Basket needs food each week. All Clients receive Rice, Canned Vegetable, Fruit, Macaroni & Cheese, Pasta & Spaghetti Sauce.

Also needed are: Soups, jelly & Diapers (next step up from infant). Please add one or two of these items to your grocery list.

Remembering Those in Need of Prayer

An important ministry at Christ Lutheran Church is remembering people in prayer. But so often the person and the name of the one who submitted the person get lost in the months that pass. Though God is not bound by our naming and remembering, it is important that the Church be a good steward of each person's name. Because we want to be intentional about our congregation's prayer life, we offer the following:

The bulletin now carries the names of persons who have been recently submitted.

The newsletter contains our homebound members, those family and friends serving our country, and friends and relatives in need of long term prayers.

And, you may place names of anyone under the stone on the altar at any time. These will be left there for about 1 month.

Please remember: you need to continue to be an intentional steward of the person's name you submit. Keep pastor and the church office "in the loop" as conditions change; make sure we all can celebrate the "prayers answered" by taking that person's name off the prayer lists.

Our Homebound:

Eva Brenmark, Bessie Grogg, Virginia Harris, Audrey Hartsoe, Katherine Magann, Carroll and Janice Schroeder, Margie Werner

Family & Friends Serving Our Country:

Michael & Heather Brenmark, Todd Burns, Pamela Charlson, Josh Mullins, Jeremiah Mullins, Michael Rose,

Members, Friends & Relatives in Need of Long Term Prayers:

Spencer Carlsen, Vivian and Dale Hupp, Craig Prekup, Jane Pickels, Nate Metheny, Al Driggers, Donna Coffman, Alice and Bob Lucan, Angie Smith, Betty Charette, Wayne Hatchel, DC Cheatham, Charlotte Eller, Jennifer Chun, Jon Jones, Michael Stinson, Megan Leuty, Brian Litten, Serena Lambert, Nick Franca, Nicholas Charlesbois, Jack Brown, Kai Davis, Eli Horn, Taylor Love, Drew Kryszinski, Krysten Collins, Chloe Shiver, Kieran Hathaway.

CHRIST LUTHERAN CHURCH MISSION STATEMENT

Brothers and sister graced with the Cross of Jesus Christ
joyously drawn together by the Good News into a ministry of
seeking, sharing, caring and serving

The People of Christ Luther Church, Ministers

The Reverend Eric J. Moehring, Pastor
The Reverend Kristin Hunsinger, Associate Pastor
Linda Keener, Music Director
Cathy Lantz, Parish Nurse
Susan Nepomuceno, Discipleship Coordinator
Katy Vess, Administrative Assistant
Melony Bosdell, Youth Director
Heather Heckel, Web Master
Carol Jones, Newsletter Editor

Congregational Officers and Council Members

Jennifer John, President	Melony Bosdell
Rob Barricklow, Vice President	Frank Greenday
Paul Quel, Treasuer	Faith Hobson
Cindy Williamson, Financial	Joe Williamson
Danielle Bosdell	Luke Ramsey
Lori Faudale	Trenton Hizer
James Pickels	John Jung

Mission Team Captains

Seeking: Harry and Heather Heckel **Serving:** Jim Schnellenberger

Caring: Kay Rilee **Sharing:** Diane Kellogg

Sunday Schedule

Worship: 8:15 AM
Sunday School: 9:25 AM
Worship: 10:30 AM (Nursery available)

Church Address: 7809 Woodman Road,
Richmond, VA 23228
Church Phone: 804-266-5775 Fax: 266-4979
Church Web Page: christlutheran.org
Church Office Hours: Monday-Friday, 9 AM-5 PM
LAMB's Basket: Tues., Thurs. & Fri., 10 AM-1PM (565-8007)