

Looking Inside

Page 2
Ash Wednesday
Shrove Tuesday
Sharing our Covenants

Page 3
LAMBS Basket
LAMB'S Basket Quilt
Prayers of Sympathy
Baptisms

Page 4
February Birthdays
News about Lakeside
Churches
Trinity Gathering

Page 5
March Birthdays
CLCY News
RALY Lock In
Lakeside Networking

Page 6
Letter from Pastor Eric
Letter from Pastor Eric &
Donna

Page 7
Message from Bishop
Mauney
CARITAS

Page 8
News from the Parish
Nurse

Page 9
Lakeside Healthcare
Ministry

Page 10
Remembering Those in
Prayer
March Birthdays



2012 LENT IN LAKESIDE

This year our 4 LARCUM traditions (Christ Lutheran, Church of the Epiphany, Episcopal, Lakeside United Methodist & Our Lady of Lourdes Catholic) will again gather to walk together in the cross. The theme will be based on Matthew 25: "As you did it to one of the least of these my sisters and brothers, you did it to me."

DATES:

February 29: A look at the scriptural mandate in Matthew 25 to care for the needs of others.

March 7: How our 4 traditions have fulfilled Jesus' call.

March 14: What this call looks like in our worship.

March 21: How we practice peace and justice.

March 28: We will have an opportunity to do hands-on projects for our community that evening.

EACH WEDNESDAY EVENING WILL:

BE AT: Church of the Epiphany, Episcopal.

Directions (from Christ Church): From Woodman Rd., take Vernon Rd. (*on the right side of Moody Middle School which is across from Christ Church*); go to Hermitage Rd. and turn right; church is down the street on the right, set in the woods.

HAVE A MEAL PROVIDED from 5:45 to 6:30 pm; donations accepted.

HAVE A PROGRAM & WORSHIP from 6:30 - 7:30 pm.

You won't want to miss any of this Lent!



Reminder!

When it does begin to snow, you will want to know which activities at Christ Church are on or off. Please call the church office to either talk to a real person or hear a recording of any church activity cancellations.

Remember: 266-5775



Feb. 22: ASH WEDNESDAY

Noon: Eucharist & Imposition of Ashes

At Christ Lutheran Church

- Pastor Eric Moehring, Preacher

- Pastor Kristin Hunsinger, Presiding

7 PM: Eucharist & Imposition of Ashes

At Lakeside United Methodist Church

Directions (from Christ Church): Make a left from Christ Church parking lot and go to the stop-light (about 1 mile); turn right onto Hilliard Rd.; the church is down the street on the left.

- Pastor Eric Moehring, Preacher

(Sponsored by Christ Lutheran Church, Church of the Epiphany, Episcopal and Lakeside United Methodist Church.)

FEBRUARY 21, SHROVE TUESDAY

**At Christ Lutheran Church
A Real Mardi Gras Experience
From 6 to 7 pm**

Plans are in place for a festive look with decorations, Mardi Gras beads and New Orleans Jazz. So come and get ready for 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 pm, but know that the festivities will continue. (Come for part or all!)

Then don't forget to come out the next day (Noon at Christ Church and 7 pm at Lakeside United Methodist Church) for Ash Wednesday services to receive the ashes and Holy Communion as a moving beginning to the Lenten Season.

Sharing our Covenants with one another throughout the 2012 year!

I love you, Jesus!

Have an intimate relationship with God.

Share the good news with everyone without hesitation.

Give to Lamb's Basket weekly.

Find a job. Get \$ under control.

Pray daily.

Turn off the TV and go to bed early.

Follow the Ten Commandments

Read the Bible everyday; have an intimate relationship with God.

Get more involved in church activities.

Live more simply and lead by example so that others may choose to live a simpler life.

Praise God to everyone I know.

Place family and faith first.

Take better care of myself that I may serve others.

Share the good news with lots of people without any hesitation.



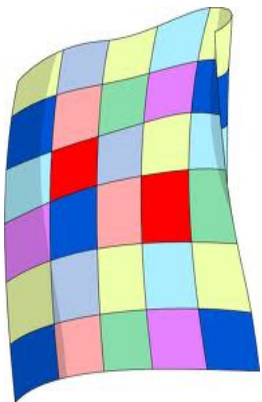
Our grateful thanks to Christ Lutheran's wonderful, dedicated group of LAMB's Basket volunteers for the time they gave helping and to our parishioners who brought food for the LAMB's Basket in 2011. Our church members have good hearts and gave generously. The wagon seems to overflow each Sunday.

Our February volunteer days are: Wednesday, February 1 (Christ Lutheran is the only church scheduled for this day), Tuesday, February 14 and Tuesday, February 28.

Our March volunteer days are: Wednesday, March 21 (Christ Lutheran is the only church scheduled for this day) and Tuesday, March 27.

Time: 9:30 - 1:00. Any day or any time you can help stock shelves, bag bread, veggies & fruit, help patrons, etc, is greatly appreciated.

Please keep the LAMB's Basket on your grocery list and bring a can or 2 of vegetables, pasta sauce, pasta, tuna, soup, peanut butter, jelly, on Sundays, for the needy in our area.



LAMB's Basket Quilt

A big thank you to all who participated in the to LAMB's Basket Quilt raffle.

The LAMB's Basket family of churches raised over \$2000 in ticket sales and donations and Thrivent is adding \$1600 in matching

funds.

The drawing was held December 2nd. Pam Pegram won the quilt.

Women's Bible Study

All women of the congregation are invited to a monthly Bible study. Our next meetings are Thursday, February 16 and Thursday, March 15 at 10am. We will be looking at some of the people in 1st and 2nd Samuel.

On November 27, 2011, We Received the Following New Member: Amy Peterman from Peace Lutheran Church in Alexandria, Virginia.

Our Prayers of Sympathy are for Pastor Moehring on the death of his brother on December 4.

BAPTISM

"Through Baptism God has made these new sisters and brothers members of the priesthood we all share in Christ Jesus..."

December 4 Abigail Dawn Easton
Avery Cooper Small

**January 8.....KaRahn Nasir Gaymon
Ka'rynne Nashae Gaymon
Kamryn NaShawn Gaymon**

"We welcome you into the Lord's Family. We receive you as fellow members of the body of Christ and workers with us in the Kingdom of God."

Congratulations to Vance Nepomuceno on his graduation from Virginia Tech on December 16. Vance has a BS in Wildlife Sciences.

EXCITING NEWS ABOUT OUR LAKESIDE CHURCHES

Our 4 Lakeside LARCUM (Lutheran/Anglican/Roman Catholic/ United Methodist) churches have the honor this year of hosting the State LARCUM Conference, November 30 - December 1. Each congregation will have the opportunity to have a portion of the conference on their site.

A special pre-conference event will be the gathering of all of the bishops of the LARCUM traditions in Virginia here in Lakeside on Thursday afternoon through Friday noon to meet together and with their Ecumenical Officers/Representatives for worship, planning and relationship building conversation. They then plan to have a part in the conference.

At the pre-conference event in 2011 held in Waynesboro, our Lakeside LARCUM group was chosen with 5 other areas to serve as developing models for what communities all over Virginia can do to strengthen ties with other churches and serve the Lord of the Church. (Note the article in this edition titled, "2012 Lent in Lakeside," as an example of our efforts.) The bishops also develop-ed a joint statement (the first of its kind in Virginia) that was issued during the Week of Prayer for Christian Unity in January. This can be found in the article, "A Message from Bishop Mauney."

Pastor Moehring, Ecumenical Representative of the VA Synod, is pleased to showcase our progress as an ecumenical group for over 23 years at this upcoming event. Please contact him by the end of February if you wish to be a part of the local LARCUM planning group. Make sure you mark your calendars so our church can be full partners in welcoming fellow Christians from across the state.

FEBRUARY BIRTHDAYS

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

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.

TRINITY GATHERING

will have its monthly meeting at 10:30 AM (Feb. 90) at Imperial Plaza, "The Virginia Room" (ask at gate for directions). Pastor Moehring will teach the Bible study, starting at 11 AM.

CLCY News and Events

Youth Host CARITAS Dinner – February 12, 4:30-7:30

Part of the annual tradition of hosting CARITAS at CLC is that the youth host dinner one evening. Fried chicken will be provided as the main course. Youth are asked to sign up (sheet outside Pastor Kristin's office) to bring a side dish (vegetable, potato, etc), rolls, fruit, or desert to feed 40-45 people. Youth will set up, prepare, serve, and clean up after the meal.



RALY Hunger Rumble Lock-in – February 24, 7:00pm – February 25, 1:30pm

Our annual Hunger Rumble lock-in will be at Epiphany Lutheran this year and is open to grades 7-12. Youth are invited and encouraged to fast (not eat) starting after lunch on Friday until lunch on Saturday when we will break the fast together following worship. If this is not possible because of health reasons or for athletic events, we invite youth to participate to whatever extent they are able. At the lock-in youth will learn more about fasting and other Lenten practices as well as participate in a service project. There will also be Bible study, games, worship, and plenty of time for fellowship. Youth are asked to bring fruit juice and water to share. Cost (unless otherwise announced) will be \$5. Please sign up with Pastor Kristin by Sunday, February 18.

Lakeside Networking and Support Group continues to reach out to those in the community who are seeking employment and or job training. Our mission is to share our experiences, resources, and encouragement as we navigate the challenging journey of employment changes. The group meets in the library on the following dates: February 10 and 24 and March 9 and 23 from 8:00 am to 9:30 am.

By supporting our neighbors we continue to spread the Good News of Christ's love. We encourage you to share this ministry with those in our community who are facing employment challenges.

Dear Christ Lutheran Church,

I wanted to thank you all very much for praying for me, and keeping me on the prayer list for so long. I appreciate it more than words can express. My last appointment was encouraging, so I will continue to pray that things will get better. Thank you again, and Merry Christmas.

Love,
Jessica Zimmerman

Dear Christ's People,

I want to share something very important and personal to me.

My younger brother Mark worked with furniture. I can only refinish furniture; he was a master restorer. Mark was able to actually sign and date what he would restore because he could duplicate the stain, the finish and the style of the original craftsman of some very old pieces of furniture. He was proud of his work.

At Mark's funeral service the pastor spoke of his ability as a restorer. Then he talked about God and how God has the ability to restore us. I have held on to that image of God; I want to pass that image of God on to you.

Think of it. God can take what is ill, lonely, broken, empty, hurt or confused in you and restore you to wholeness! Whatever happens to you, however you come out of what happens to you, God is there for you, to heal you, make you useful again, bring a life back into you again.

It is only for us to recognize God's masterful ways, to give over our worry and our heartache to God.

You know that a broken chair cannot fix itself any more than you or I can fix our selves by ourselves. It is God's work; it is only for us to give ourselves up to God who is the master restorer. Jesus said, *"Come to me all who are over-burdened and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."*

That's one reason why I now include the following in each Sunday's bulletin: *"Whoever you are, and wherever you are in your spiritual journey, you are welcome here."* Here is a place where we can discover and understand who we are, where we are and whose we are. Here is a place where we can give ourselves to God, the master restorer.

In Nomine Jesu,
Pastor Eric

Dear Christ's People,

This has been a difficult year for many in our congregation. That is true in the Moe-hring family as well. In April Donna's mother died and in early December my younger brother died. Each time we held on to the resurrection, knowing that because of our Lord's own dying and rising, death does not have the last say.

So the times of Christmas and Epiphany have been especially important for us. It is a time to remember the incarnation, the truth that God has come to us in the person of Jesus born in a manger in Bethlehem to very human people by the names of Mary and Joseph. We are reminded that God is truly with us.

For our family, God has been with us in so many ways because you have been with us. There has been truly incarnation in your prayers, cards, presence and words of sympathy and support so graciously lavished upon us.

We have been humbled this year because of your generosity of love, support, ministry and gifts of remembrance, including your congregational gift to us.

For all of this we are thankful to God and to you.

*n Nomine Jesu,
Pastor Eric and Donna*

A MESSAGE FROM BISHOP MAUNEY

Dear Sisters and Brothers,

At the LARCUM event, December 1-3, 2011, the Bishops drafted the following joint statement together and decided that we would send this out for the Week of Prayer for Christian Unity:

As Christians united in the one Lord Jesus Christ, sharing one Baptism, receiving the same Scriptures, professing the same creeds, while recognizing the differences in our expressions and practices of faith, We are united in affirming efforts throughout the commonwealth to foster deeper understanding of our various traditions

We applaud ecumenical Bible Study, participation in joint worship services.

We encourage the sharing of resources to address human need, hunger, homelessness, illness and poverty.

We commit ourselves to seeking a deepening of Christian faith and service to meeting for four days in 2012 in prayer for one another, Bible Study, working against childhood hunger and child trafficking, and finding ways to improve our ongoing communication and meeting time among us.

We invite other religious leaders and persons of faith to join in this common call.

Bishop Frank DiLorenzo, Richmond Diocese, Roman Catholic

Bishop Paul Loverde, Arlington Diocese, Roman Catholic

Bishop Charlene Kammerer, Virginia Conference of the United Methodist Church

Bishop Shannon Johnston, The Episcopal Diocese of Virginia

Bishop David Jones, The Episcopal Diocese of Virginia

Bishop Ted Gulick, The Episcopal Diocese of Virginia

Bishop Holly Hollerith, The Episcopal Diocese of Southern VA

Bishop Neff Powell, The Episcopal Diocese of Southwestern VA

Bishop Richard Graham, Metro-Washington, DC Synod, ELCA

Bishop James F. Mauney, Virginia Synod, ELCA

CARITAS, 2012

From February 11—18, our church will again be a host to 32 to 35 homeless men. These men will arrive each evening about 6:30 and leave the next morning at 5:30.

It takes many people many hours to furnish a hot dinner, a bag breakfast and a bag lunch each day and to provide a welcoming environment for these men.

Such a project takes a lot of teamwork and lots of hands joyfully working to make it happen. Come and experience CARITAL 2012! You can make bag breakfasts or lunches. You can get a group together to prepare a hot supper. You can bring snacks (chips, cookies, etc.); boxed drinks; desserts; fruit. You can help set up or take down cots in the fellowship hall; you can stay overnight (you do not supervise guests, just be our church's representative for the night); you can join our guests for dinner. You can share your hobby with our guests or come up with your own idea of a way to participate. Please let me tell you more about any specific way you want to help.

Thanks for all you do for this important mission of our church. Call the church office or Tinky if you are able to help. 262-4292 Home or 901-4738 Cell

From the Parish Nurse....

Sleep is essential to your well-being. It is necessary for the body to recharge its batteries, heal its wounds, rest the spirit, and regroup for another day. Sleep is important for every age but the best amount for healthy, active minds and bodies will differ. Infants need to sleep an average of 16 hours a day to keep up with the body's demands as it grows. Preschool children often need 11 hours a day. School age children work best at 10 hours with teens somewhere around 9 hours and adults between 7 and 8. Are you getting enough sleep?

Many things can cause a poor night's sleep: excessive napping, physical ailments, poor sleep habits, excessive worrying, or even hormonal changes. Many of these conditions can be remedied through behavior change or medical treatment. If sleep problems occur more than three times in a week, consider seeing a doctor to determine if the problem might be medical in nature. Conditions like restless legs or hot flashes can be addressed medically. Continued sleeplessness and fatigue may cause additional risks for high blood pressure, cardio-vascular problems, weight gain, or depression.

Sleep apnea, a repetitious stop and start in bedtime breathing, will cause chronic fatigue which then impacts clarity of thinking and levels of activity. A variety of issues such as weight, snoring, alcohol intake, or physical make-up may cause this condition. If you are consistently tired after a long night's sleep you may not be getting sufficient oxygen during sleep. Consider seeing a physician as this treatable condition is a risk for high blood pressure and cardiovascular problems

"The bed is too short to stretch out on, the blanket too narrow to wrap around you." Isaiah 28:20 NIV Whether related to stress, illness, or just a long day, people often have difficulty falling asleep. Sleep is also impacted by the mattress you have. You spend approximately one third of your life in bed so make sure it supports you well and can give you a restful night. Establish a bedtime routine that prepares you and your mind for sleep. The room should be dark, a comfortable temperature, and quiet to allow the mind to relax. A light snack of carbohydrates (yogurt, apple, cheese, or granola) before bed may help you sleep but heavy spicy foods, alcohol, or caffeine will keep you awake. Remember a bedtime prayer for additional comfort and relaxation. What is your routine?

"I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety." Psalms 4:8 NIV Without good sleep you will experience fatigue, moodiness, irritability, poor memory, decreased dexterity, decreased energy level, and possibly depression and other physical problems. Spiritually, sleep is important for active minds and good dispositions. Work with God's spiritual presence and His gift of medicine to achieve a restful night.

Please let me know if I can be of help to you.

-- Cathy

Excerpted from: Seasons for Wholeness: Monthly Themes and Programming for Parish Health Ministry, vol. VI, International Parish Nurse Resource Center, 2009 and www.mayoclinic.com

News from Lakeside HealthCARE Ministry.....

Lakeside HeathCARE (LHC) Ministry consists of Parish Nurses and health care advocates from seven Lakeside churches. Our ministry is increasing in busy-ness and in community presence. I hope you will read the LHC 2011 annual report so that you can become acquainted with the work of this ministry.

Last year, LHC and the Lakeside Clergy began discussions about the possibility of *establishing a free clinic to serve the uninsured in our Lakeside community*. We feel God is leading us in this direction and have already begun to learn from the experiences of those in the Richmond area who are active in offering free health services to the needy.

Where are we now with this huge undertaking? Rev Mary Thorpe (Church of the Epiphany Episcopal) and Deacon Bob Griffin (Our Lady of Lourdes) are heading up a *start up team* which will address developing a free clinic mission statement and screening protocols, identifying a medical director, volunteer coordinator and location, establishing a 501(3) status, locating equipment and supplies, developing partnerships with existing health systems, and many more details. We are already blessed to have a group of physicians who are willing to serve.

We will be *starting small and slow*, probably in one of our church buildings....and are *looking for volunteers who would have a heart to serve in a clinic setting*. While skills are helpful....social workers, nurses, pharmacists, physicians, phlebotomists are needed...we also need folks who would enjoy greeting or helping with organizational issues. *We are trying to identify the resources within our Lakeside congregations. We are not asking for a commitment from you now but would love to know if you are interested in learning more.* Please contact Cathy Lantz, parish nurse, at 746-4743 or cathy.lantz@comcast.net. I'd love to talk to you about this!

Look at every path closely and deliberately;
Try it as many times as you think necessary.
Then ask yourself, and yourself alone, just one question:

Does this path have a heart?
If it does, the path is good.
If it does not, it is of no use.

- Carlos Castaneda

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, Virginia Harris, Audrey Hartsoe, Katherine Magann, Janice Schroeder, Margie Werner

Family & Friends Serving Our Country:

Michael & Heather Brenmark, Pamela Charlson, Jeri Evans, Matthew Mawyer, John A. Mitas III, Josh Mullins, Jeremiah Mullins, Michael Rose, Jonathan Sherquist.

Members, Friends & Relatives in Need of Long Term Prayers: Spencer Carlsen, Vivian and Dale Hupp, Jane Pickels, Nate Metheny, Al Driggers, Donna Coffman, Alice and Bob Lucan, Angie Smith, Wayne Hatchel, Charlotte Eller, Judy Eaton, Diane Ray, Mr. Sheble, Ronnie Williams, Jennifer Chun, Jon Jones, 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.

MARCH BIRTHDAYS

2	Faith Hobson
3	Bob Slingerland Mary Peterson Lynn Coates
4	Kendall Snyder
6	Jeane Kobes
7	Simron Richard
8	Suzanne Conway Laurie Bost Daniel Walther
9	Mike Rydel
10	John Jung
11	Jay St. John Roxanne Melin
13	Vonnie Tritt KaRahn Gaymon
14	Ken Miller Connie Lesko
15	Linda Mahovtas Don Jones Joseph Jingluski
16	Will Newman
17	John Jingluski
18	Alex Kelley Chad Foltz Andrew Mills
19	Rebecca Barricklow Linda Keener
21	Teda Tep Katie Reynolds Brenda Barnes
22	John Mahovtas Leslie Jingluski
24	Trey Rydel Tyler Rydel
25	Elizabeth Carbaugh Jack Hockman
28	Jason Moyer Jeff Hendrickson Cathy Lantz Stephanie Feaser Donna Burns
31	Carol Mawyer

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 Lutheran Church, Ministers

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

Congregational Officers and Council Members

John Jung, President	Dennis Burns
Brenda Barnes, Vice President	Mike Rydel
Paul Quel, Treasuer	Joe Santuk
Cindy Williamson, Financial	Lynne McAfee
Jane Dry, Secretary of Council	Diane Kellogg
George Springer	Heather Heckel
James Pickels	Sarah Vaughan
Mason Carbaugh	

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)