

Looking Inside Summer 2009

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Discovery Canyon is just around the rim! Mark your calendars and grab your hiking gear.

For more information see page 10.

One Worship Service on June 21 at 10 a.m.

Lakeside Networking 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 June 12 and 26, July 10 and 24, from 8:00am-9:30 am.

For more information contact the church office or check the website.

Upcoming programs for the Fall

Christ Lutheran will be hosting a Fall Festival October 24 and 25, in conjunction with the chili cook-off. There will be craft exhibits, farm animals, games, pumpkin hunting and decorating, great food, and fellowship. There will also be apple butter for sale. If you are interested in exhibiting craft items please pick up the information sheets on the welcome table. Events on October 24 will culminate with Trunk or Treat for the little ones. So come out and spend the afternoon, with friends and family.

October 25 we will have games, pumpkin decorating and chili cook off after second service. So plan to stay and enjoy chili, games and fellowship.

If you would like to join the planning team for this event please contact the church office, Jan Niemeier or Janet MacAvoy. this will be an exciting event.

Words for thought

What do these words mean for you? Is this the way you live out each and every day?

Service for the heart, study for the mind and work for the hands.

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
Pastor 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

Our Congregation Council and Officers

Karl Hade, President	Melony Bosdell
Rakup Richard, Vice President	Frank Greenday
Paul Quel, Treasurer	Faith Hobson
Cindy Williamson, Financial	Jan Niemeier,
Anne Harris, Secretary	Luke Ramsey
Ken Bjelstrand	Jennifer John
Joe Williamson	Kim Yucha

Danielle Bosdell and Beth Williamson, Youth Representatives

Mission Team Captains

Seeking: Harry and Heather	Sharing: Diane Kellogg
Caring: Kay Rilee	Serving: Jim Schnellenger

Church Address: 7809 Woodman Road, Richmond, VA 23228
Church Phone: 804-266-5775 Fax: 266-4070
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)

Remembering Those in 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:

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

Family & Friends Serving Our Country:

Josh Mullins, Michael Rose

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

Vivian and Dale Hupp, Craig Prekup, Jane Pickels, Nate Metheny, Al Driggers, Donna Coffman, 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.

**ANNOUNCING! ANNOUNCING! ANNOUNCING!
YOU ARE PERSONALLY INVITED!**

Our Very Own Kristin Hunsinger

Will Be:

ORDAINED at the Virginia Synod Assembly

8 PM, June 6, 2009

At St. Andrews Roman Catholic Church

631 North Jefferson Street

Roanoke, Virginia

St. Andrews is situated on one of the highest points in Roanoke and is visible from many locations throughout the downtown area. *It is easy to find and the service is open to all, especially you the members of Christ Lutheran Church.* The service is one of the high moments of the synod's life because of the joy of the music, the pageantry of the worship, the clarity of the preaching, the beauty of the building, AND that Kristin will be ordained.

You won't want to miss this important time in the life of our new pastor and in the life of this congregation.

(Please come toward the altar after the service for a group picture.)

INSTALLED As Our Associate Pastor

At Christ Lutheran Church

10 AM, June 21, 2009

The Rev. Jean Bozeman, Preacher
The Rev. Kristin Hunsinger, Presiding
The Rev. Eric Moehring, Liturgist

A Reception will follow the Service

Yes, we will have one service that day so we all can gather as one people to celebrate this important day. So mark your calendar now.

A Pentecost Celebration

The following young people have completed their study of the catechism and will make their “good confession” on Sunday, May 31, at the 10:30 AM service through the Rite of Confirmation:

Sarah Marie Ramsey
Hannah Katherine Yucha

This festival day, 50 days after Easter, is the birthday of the Church. It was on this day that the Holy Spirit entered into the lives of the disciples so that they could proclaim boldly the good news of God’s love through Jesus Christ to all people. This is the time for Sarah and Hannah to affirm their faith and the presence of that Spirit in their lives given to them in their baptism.

A special thanks to their First Year Confirmation teacher, Frank Greenday, their parents and all those at Christ Church who have been a vital part of their Christian learning and upbringing. We know this support will continue as they assume greater responsibilities in the life of the Church and further their growth in the understanding that God loves them. A reception in their honor will follow the service.

Fall Sunday School

Mark your calendars now for Rally Day – September 13! This will be the kick-off of a new Sunday School Year here at Christ Church. Sunday school in the fall may look a little different than in the past, so please keep your eyes open for more information throughout the summer about new curriculum and classes being offered. If you have any ideas or suggestions, please feel free to contact Pastor Kristin.

Music Notes for June Worship

7 10:30, Orchestra, “Holy Is the Lord” – Schubert/Burgmayer
Chancel Choir, “Sing and Rejoice, O Zion!” – Powell

14 10:30, **Chancel Choir**, “Make Me A Christian, Lord” – Lindh, with flute

21 10:30, **Chancel Choir**, “Spirit, Wind Upon the Waters” – Nelson, with flute

28 10:30, **Quartet**, “There Is A Balm in Gilead” – spiritual

Hymn of the Month: June

581 “You Are Mine”

Text and Music by David Haas, b. 1957

Once again, we have new hymn by David Haas (see the Hymn of the Month for last September). And although it is found in the Vocation & Ministry section of our hymnal, the text seemed to me most appropriate for Ascension and Pentecost.

In the Refrain, Christ is telling us “Do not be afraid, I am with you. I have called you each by name. Come and follow me, I will bring you home; I love you and you are mine.”

Doesn’t this text remind you of Christ’s words: “I will not leave you comfortless.” This text is frequently used at Pentecost, when Christ promised to be with us, through the Holy Spirit, even to the end of time.

Summer Sunday Luncheons – “When we say ____, what we really mean is...”

Summertime is here again! As the heat of the summer is upon us once again, pools are open, and school is out – it is a season of vacations, traveling, and maybe fitting in some relaxation.

As summer pulls us all in many different directions, we are offering a new opportunity to gather 3 times throughout the summer to stay in touch with your church family over food and fellowship. This is also a chance in an informal setting to hear what our church teaches and to define or decode some of the language we use.

Each luncheon will occur following the 10:30 service. There will be some childcare provided after the meal.

June 28 – “When we say GRACE, what we really mean is...”

July 19 – “When we say I BELIEVE, what we really mean is...”

August 23 – “When we say MISSION, what we really mean is...”

We will be looking at what these words mean in the broader church, but also what they mean in the context of our own congregation. So whether you have been a member here all your life or are new to this congregation, Lutheranism, or Christianity this is wonderful chance to gather together and grow in faith during these long summer months!

Groups??

Small groups? What are small groups, do they have to be bible study groups, or can we have groups with focus on service projects, fellowship, networking, etc? Yes, all these are wonderful ways to reach out greet your neighbor, learn new skills, and connect with our community. so let me know what you want to see happen at Christ Lutheran.

JUNE BIRTHDAYS

- | | | |
|----|----------------------|------------------|
| 1 | Julia Dry | Susan Ramsey |
| | Leif Gyllenhoff | 23 Tre Bosdell |
| 3 | Travis Conway | 26 Jon Jester |
| | Sara Heckel | 27 Kim Yucha |
| 4 | Pastor Moehring | Noah Peterson |
| | Paul Melin | Grace Yucha |
| | Austin Lackey | 28 Brandon Lucas |
| 5 | Alma Sondor | 30 Hannah Berg |
| | Marco Faust | |
| | Amber Jingluski | |
| 6 | Brent Kintzer | |
| | Bill Karn | |
| 7 | Dianne Baker | |
| | Marc Belcastro | |
| | Janice Schroeder | |
| 9 | Eva Brenmark | |
| | Alex Lew | |
| | Megan Tripp | |
| 10 | Jeremiah Mullins | |
| 11 | Melissa Coates | |
| 12 | Nancye Brewer | |
| 14 | Audrey Hartsoe | |
| 15 | AnnTurner Barricklow | |
| | Evelyn Byerly | |
| 16 | Eileen Johnson | |
| | Ron Walther | |
| 17 | Alma Eells | |
| 18 | Chris Belcastro | |
| 19 | Sarah Hendrickson | |
| 21 | Norma Jean Schleck | |
| 22 | Matthew Franz | |
| | Gus Remppies | |
| | Vance Nepomuceno | |
| | Hannah Smith | |
| | Catherine Smith | |

An Important Stewardship Reminder

In the first four months of this year we experienced a series of breakdowns in our heating & air conditioning systems that cost over \$19,400. This along with the usual seasonally related utility costs have depleted our Reserve Fund. This will make it difficult to pay our bills during the summer months when the weekly offerings are traditionally lower.

We urge everyone to make every attempt possible to keep their offerings up-to-date for the rest of year. And if you are able, consider increasing your contributions beyond your pledged amount to help Christ Lutheran Church solidly recover from this unexpected expense. Thank you.

JULY BIRTHDAYS

1	Carole Anne Mitas Garrett Jones	16	Paul Renly Edith Ingraham
2	Diane Ransone	17	Joanne Tripp
3	Joan Flynn Jim Ingraham		Alison Smith Harry Heckel
4	Charlie Hade	18	Betty Jo Gilliland
5	Al Bosdell	19	Hunter Pickels
	Kristin Hunsinger		Alyssa Santuk
6	Jane Hade	20	Vivian Hupp
	Gerhard Kulow		Joseph Santuk
	Jane Rolfes	22	Patrick Bahen
	Craig Prekup		Billy Hockman
	Jacob Gyllenhoff		Carolyn Bost
7	John Byerly		Chuck Bost
8	Karl Hade	23	Amy Matson
	Donna Moehring	24	Michelle Coates
	Kirk Conway		Matthew Mawyer
	Zach Jung	25	Adam Triplett
	Cheryl Buncy	26	Ryan Nepomuceno
9	Elinor Mansueti	28	Susan Hockman
	Richard Souser		Derieck Melin
10	Beth Williamson	29	Jessica Adkins
	Lauren Dry	30	Robert Light
	Maryann Hoffman		Michael Jenkins
11	Lindsay Smith		Kaitlyn Flynn
	Eric Carlsen	31	Marty Ring
12	Katherine Hendricks		Wayne Pierce
13	Maria Prince		
14	Yvonne Olphin Anna Dunker		
15	Margaret Lindsay Patty Franz Bruce Matson		

Congratulations to our high school graduates:

Lauren Dry graduates from *Hanover High School* on June 13 and will attend *Virginia Tech*. Rachel Faust will graduate from *Patrick Henry High School* on June 13 and will attend *Westminster Choir College* in Princeton, NJ. Sarah Hendrickson graduates on June 10 from *Deep Run High School* and will go to *NC State*, where she will also be on the All Girl Competition Cheering Squad. Brooks Jung will graduate from *Collegiate School* on June 5 and will be attending *Wake Forest University*. Emma Lantz graduates from *Hanover High School* on June 13 and will attend *J. Sargeant Reynolds*. Corey Lawrence will graduate from *Godwin High School* on June 9 and will be attending *Roanoke College*. Alex Lew graduates from *Midlothian High School* on June 9 and will go to *George Mason University*. Jeremiah Mullins will graduate from *Deep Run High School* on June 10 and will enter the Army in July. Caroline Nepomuceno graduates from *Patrick Henry High School* on June 13 and will attend *Virginia Tech, College of Agriculture*. Melissa Ramsey will graduate from *Patrick Henry High School* on June 13 and will be attending *Roanoke College*. Stephen Reynolds will graduate from *Hermitage High School* on June 9 and will go to *Chowan University* in North Carolina. (Stephen will also be playing football for *Chowan*.) Martin Richard graduates on June 10 from *Deep Run High School* and will attend the *University of VA*. Alyssa Santuk will be graduating from *Atlee High School* on June 13 and will attend *Old Dominion University*. Daniel Walther graduates on June 13 from *Hanover High School* and is still deciding on which college to attend. Beth Williamson graduates from *Patrick Henry High School* on June 13 and will attend *James Madison University* in the *Health Science College*.

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.

Congratulations to our college graduates:

Dagmar Carlsen received her Post-Baccalaureate Certificate in Teaching from *The University of Richmond* on May 9. Julie Dankel graduated from *James Madison University* on May 9 and has already begun working on her Masters Degree in elementary education. Greg Faust graduates from *VCU* with a BA in Philosophy. Jeff Hendrickson graduated from *NC State* on December 17 with a BS degree in Business Management. Kyle Lawrence graduated from *Roanoke College* on May 2 with a BA in History. (Kyle also won *The Brian Keith Award*, which is awarded annually as a prize for the history student who has shown leadership and service within the Roanoke College Student Historical Society.) Derek Meyer graduated from *Virginia Tech* on December 19 with a BS degree in Civil Engineering. Katie Reynolds will graduate from *Randolph-Macon College* on May 30.

Continued from page 17-From the Parish Nurse

“Psalm 46 reminds us that God is our refuge and strength, a very present help in trouble. But we need to do our part too. By preparing for unexpected events, we free ourselves to be a “present help” to others in need.” (S. Sharkey, “*Are You Ready?*” , The Lutheran, Aug. 2007, pg. 33)

Have a safe, restful and happy summer. If I can be of help to you in any way ---information, support, a blood pressure check --- please let me know.

--- Cathy

For wisdom will come into your heart, And knowledge will be pleasant to your soul; Prudence will watch over you; And understanding will guard you. (Proverbs 2:10-11)

AUGUST BIRTHDAYS

1	Sam Jester	12	Anita Ramsey
	Robyn Murray		Diane Kellogg
	Michael Horne		Rick Buncy
2	Bobby Mawyer	13	Jillian Dankel
3	Margie Werner	14	Lucas Melin
	Daphne Remppies		Dwayne Mills
	Michael Tomillon	15	Bob Bocclair
4	Suzanne Slingerland		Sandra Bocclair
	Julie Dankel		Kevin Hade
	Brian Solada		Victoria Ellis
5	Emily Mills	16	Judy Butler
6	Walter Olphin		Hope Harman
	Eleanor Schneider		Rob Barricklow
7	Scott St. John	20	Brett Lawrence
8	Amanda Edwards	22	Megan Kuebler
	Mary Warren	24	Howard Hudgins
	Barricklow		Diane Marlowe
9	Katie Mawyer		Doug Hendrickson
10	Jennifer Berg	25	Barbara Burns
	Erin Pegram	29	Tom Dry
11	Joseph Yucha	30	Chris Dry
			Hannah Rolfes
		31	Sara Hudgins

TRINITY GATHERING will have its last monthly meeting until the fall on June 11 at 10:30 AM at **Imperial Plaza, “The Virginia Room”** (ask at gate for directions). Pastor 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 Elizabeth Carbaugh (266-4577) if you plan to attend.

OUR PRAYERS OF SYMPATHY are for Jay Lantz on the death of his father on April 27; and for Paul Melin on the death of his brother-in-law on April 30.

Dear People of Christ,

During a Children's Sermon I received this note from one of our precious children, "Why I like Church! I like church because we meet new people and we learn about God and Jesus and I just have fun."

That about sums it all up for me! How about you?

"Church" is about relationships. It is all of you meeting and greeting new and not-so-new people.

Often people have asked me about you (yes, you) when you miss worship to make sure everything is all right. I encourage each of you when you wonder about someone to give them a call. It's so wonderful for them to know that you really care.

And I just love seeing people meet "new people" in that gathering place we call the "Commons Area." It's a place where we truly all gather in common: Sinners in need of God's redeeming; searchers; believers. But maybe we should also call it the "Meet New People Place" to remind us that this is a main reason why people like church and want to come back.

Then remember that she wrote, "We learn about God and Jesus" at church. What a testimony to the educational ministry of Christ Lutheran Church! Have you ever wondered if teaching at church has an impact? Search no more! In Sunday School, Junior Church, Vacation Bible School, Children's Sermon and at so many other venues of church, children of all ages learn about this awesome God.

Finally, don't kid yourself. Church is a place to "just have fun." There was a time when that was not the case. Some of us are old enough to remember. My hope is that as our new generations come up in church they may remember the joy of being at church. I know this will insure their staying in church where past generations have left.

In Nomine Jesu,

Continued from page 16-From the Parish Nurse

Do you have a completed Family Emergency Health Information Sheet and Emergency Contact form? (See me for a copy or download a copy from www.pandemicflu.gov)

What can you do to stay healthy?

Knowing the facts is the best preparation. Check with your doctor and identify other sources you can count on for reliable information. Call 1-800-CDC-INFO for more information or check out www.pandemicflu.gov, www.cdc.gov or www.vdh.virginia.gov --- these are all sources for what I'm sharing with you here.

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Cough or sneeze into your upper sleeve if you don't have a tissue.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your nose, mouth or eyes. Germs spread that way.
- Stay home if you get sick.
- Follow public health advice regarding school closures, avoiding crowds and social distancing.

It is always a good idea to practice good health habits. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and beans. Drink lots of water and go easy on salt, sugar, alcohol, and saturated fat. Exercise on a regular basis and get plenty of rest. Find healthy ways to deal with stress and anxiety.

Has there been an overreaction to the H1N1 flu? G. Gunderson at Emory University says, "Some people are saying this was way overblown. What we should say is that people did exactly the right thing. They took it extremely seriously and they moved quickly... our experience tells us never to take our eye off a new virus." (*The H1N1 flu: Overreaction or abundance of caution?* By Mary Jacobs, from the *United Methodist Reporter*, May 8, 2009) It is probably prudent to recall that the virus that caused millions of deaths in the 1918 pandemic was relatively mild when it first appeared in the spring, but it came back with a vengeance in the fall.

Summer approaches! The gloominess of winter, the damp, chilly spring and the often confusing news about H1N1 flu and pandemic flu seem to be dissipating as we look toward summer fun. *But how worried should you be about pandemic flu?*

First things first. Let's look at some definitions. *Pandemic* means a global disease outbreak. A flu pandemic occurs when a new flu virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time.

What's happening now? There are currently cases of human infection with H1N1 throughout the world, including the U.S. Health professionals are concerned about the possibility that this virus could become a pandemic for the following reasons:

- It is a never-before seen combination of human, swine and avian flu viruses.
- It is being spread from human to human.
- The age group most affected is health, young adults (unlike seasonal flu.)

Like other influenza viruses, it continues to evolve.

You can prepare for an influenza pandemic now. Remember, this planning can be useful in other types of emergencies, too, such as power outages and disasters! This *checklist* may help you gather needed information and resources:

- Store a two-week supply of water and food for your family and your pets.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs, and first aid and health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick or what will be needed to care for them in your home.
-

Fall Festival

ARTISTS AND CRAFTERS INVITED: We are already planning our 2009 Christ Lutheran Church Fall Festival which will be held October 24th and 25th! We will have two full weekend days of fun and will be adding a Donation Arts and Crafts table with a juried show. Ribbons will be awarded for 1st, 2nd, and 3rd place work. If you place, this can be considered a prize in a community art show for your future credentials. So, if you are working on bazaar items, or just working in your favorite medium, please consider donating 1 – 5 (or more) of these to our table. Let us know which one of the items you are donating should be entered in the judging. Judges will be VCUHS Arts in the Hospital staff. There will be 5 categories: Overall Show, Textiles, Woodcrafts, Painting and Printmaking, Youth entry, for a total of 15 ribbons and certificates. While your donated items will be sold with proceeds going to Christ Lutheran Church Youth charitable activities, you may leave a business card so that persons wishing to follow up with you about acquiring more of your work will have contact information. Call Jan Niemeier, 677 0046, or Janet McAvoy, 798 7568, for questions or to donate items.

Our Fall Festival Celebration will extend over 2 days this year, with fun for families, children, youth, and adults. On Saturday activities will begin at 1 p.m. and include games, face-painting, apple bobbing, and making of straw filled harvest people. We will also have pumpkin painting, a Science Table with hands on experiments, food, and music. The afternoon will finish with a Trunk or Treat for children ages 0 – 10 years, from 4:30 till 5:30. The Donation Craft Table will be displayed for the full two days. Sunday, after 10:30 service, we will hold the Annual Larry Bain Chili Cook-Off, a cake walk, face-painting and apple bobbing, with the final awards for artists and crafts persons represented by the work on the Donation Craft Table.

FLOODING IN SOUTHERN WEST VIRGINIA:
How we can help our neighbors

We have been informed by our friends at Lutheran Disaster Response (LDR) that there is great need for help in southern West Virginia. Counties in southern WV affected by recent flooding are Mingo (hardest hit), Wyoming, Logan, McDowell, Boone, and Raleigh. ***Our own mission teams have worked with Appalachian Service Project (ASP) in some of these counties.*** Initial estimates from FEMA and state assessment teams include 2,500-3,000 structures damaged, 2,300 homes without water/electricity, over 40 mudslides, and many roads caved in making access to homes in hollows inaccessible.

What you can do now:

When disasters such as flooding strikes a community, relief efforts arrive through many agencies. Here's a way to effectively contribute to these efforts. **One+Plus kits** are designed to fill the gaps in existing disaster relief efforts. The guiding example is this: Many times when relief efforts pour in, there is plenty of canned food for distribution, but no one has a can opener. The LDR network is already at work offering One+Plus kits and will make arrangements for these supplies to go Southern WV.

One+Plus Contents (pack contents in a waterproof box---a shoebox-size Tupperware or Rubbermaid-type container will do)

A sturdy can opener
Dishcloth/tea towel
Scrub sponge
Scotch tape
Sharpie pen
Small sewing kit

Continued on page 9

Youth News

This summer our youth will be active, traveling to Appalachia, New Orleans, and participating in other regional events. Please keep us in your prayers as we travel, pray, learn, and serve together.

Virginia Synod Youth Assembly – June 5-7

Kairos – June 21-26

ASP Mission Trip – July 5-11

ELCA National Youth Gathering – July 21-26

Keep an eye on the bulletin, the website, and your email for other events and gatherings that will be happening over the summer!

Junior High Servant Event

For rising 7-9 graders: This year the synod is offering a junior high servant event from August 2-7. Youth will participate as a group from their own congregation along with groups from other congregations working on a service project in Southwestern Virginia. There will also be time for recreation and large group gatherings for faith and fellowship. The cost is \$100. Registration deadline is June 14. Please talk to Pastor Kristin for more information or if you are interested.

Youth News

Littlest Lutherans will have our June program in the Fellowship Hall on Friday, June 5th at 6:00 p.m. The mommies & children will meet there for pizza & a special Father's Day gift. The daddies will meet at the Short Pump BW3's Restaurant during this time for fun, food & fellowship. If you are interested in coming, please call or email Rebecca Barricklow at 360-8190 or Rebecca.barricklow@cbre.com. Our event in July will be held on Friday, July 3rd at church and August's event will be held Friday, August 7th. If you are interested in heading up either program, please let Rebecca Barricklow know. Littlest Lutheran is a program for families of children age 0 to 6 years old. If you would like more information about the Littlest Lutherans, please contact Rebecca Barricklow at 360-8190 or email at Rebecca.barricklow@cbre.com.

Cool Christians will have out June program at Crump Park (3400 Mountain Road) on Sunday, June 14th after church. If you are interested in joining this group, please contact Rebecca Barricklow at 360-8190 or email at Rebecca.barricklow@cbre.com.



Discovery Canyon is just around the rim! Mark your calendars and grab your hiking gear. This is a week planned of rockin' music, energy-packed games, and amazing Bible stories. Stop by the Discovery Canyon display table in the Commons and sign up to attend or volunteer. CD's are available so you can start learning the tunes. Registration forms are also available on our website www.christlutheran.org. If you have any questions, please contact Rebecca Barricklow at 360-8190 or email at Rebecca.barricklow@cbre.com.

Flooding in Southern West Virginia Continued from page 8

Optional materials to fill the box

Utility candles Package of sterile wipes
Wooden matches Duct tape
Pencils/pens Pair of rubber gloves
Pencil sharpener Fingernail clippers
Spiral notebook Feminine products
Rubber bands Clothes pins
Paper clips Your own comforting touches
Pair of scissors

If you wish to contribute a One+Plus Kit, please assemble it and bring it to church as soon as possible in June. If you are interested in participating in relief work in West Virginia, let us know. And remember that even if you can't go or send something, you can certainly PRAY. Questions?

Contact Cathy Lantz (cathy.lantz@comcast.net or 746-4743) or Susan Nepomuceno (skymaxx@gmail.com or 227-3731)

NEWSLETTER BY E-MAIL

Starting in the Fall of 2009, you will be offered a choice of receiving the monthly Parish News either by US Postage (as it is now) or delivered to your e-mail inbox. Look for opportunities to sign up for the e-mail delivery over the summer months.

If you have any questions please contact me, Carol Jones, at cjones48@clearwire.net.

Sharing the Faith: Roots and Wings

During June we move into the long “green” season of the church, those Sundays after Pentecost called “Ordinary Time” where we focus on our mission as disciples of Jesus. We enjoy warmer, sunnier weather, the end of the school year, graduations and Father’s Day. Start off your summer by sharing your faith in the ordinary events of everyday life!

Caring Conversation

Write a letter to dad sharing your favorite memories, your favorite things to do together, what you admire about him, what he has taught you and sharing some of the things you’d like to do with him.

Plan a picnic with your children. Let them help decide when and where it will be, who will come, what kind of food to bring. Help them think about what activities or games they will play and what they will do if it rains. At the picnic, read John 6:1-13. Talk about what it might have been like to be with the crowd on that day. Share what your favorite part of this passage is and what confuses you most. What does this tell you about Jesus? About the disciples? About yourself?

Worship and Prayer

As the end of the school year approaches, keep in your daily prayers those who are graduating. Pray that God will give them guidance and direction as they set out on new paths, and that they will always know how precious they are in the sight of the Lord.

Try a new table grace during the summer months. Make up your own or use one of these:

We thank, Lord, for happy hearts,
For rain and sunny weather.
We thank you, Lord, for this food,
And that today we are together. Amen.

O God of wonder, the whole earth is full of your glory.
We give you thanks for the gifts of summer and the blessings
of this meal.
Teach us to share what we have received, for you are the giver
of all good things.
We ask this through Christ our Lord. Amen.

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Family Service

Hold a sunscreen drive for children in a homeless shelter. (You could also collect sunglasses and flip flops!)

Participate as a family in a walk or run for a charity.

Rituals and Traditions

Plan a “guy’s day” for Dad, doing activities that Dad especially enjoys. Go fishing or on a hike, enjoy a day of golf or a bike ride, go to a ball game or Dad’s favorite restaurant. Take a trip to a train museum, the airport to watch planes land and take off, or go to a movie of his choice.

Try out some new games when you travel:

Building Words: Passengers decide on a word to "build" together. Look for the letters in roadside signs. Find each of the letters, in order, until the word is complete. Rotate who chooses a word, or let the person who spots the last letter of a word choose the next word to build.

Spotting Signs: Encourage your kids to look for signs on the road. Give each passenger one or more specific signs to look out for. Stop, yield, and one-way signs are among the most common, but you can also create a point system to give extra credit for unusual signs.

License-Plate Math: Kids can practice adding the numbers on license plates. Younger kids can try to spot numbers, in sequence, from 0 to 9.

Creating "What I See" Stories: Encourage your children to develop a "round robin" story, where each person adds a few sentences based on something observed through the window.

<http://vasynodroots.org/inserts.htm>