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Village Nights Are Back!

Fall session of Village Nights began September 16 and continues till November 18. Once again we have many opportunities for all to enjoy.

Schedule

5:45-6:25 pm	Meal served in the Fellowship hall
6:30-6:45 pm	Family Bible Story for families with children from babies to 2nd grades. (This is a new program and will meet in the nursery)
6:30-7:15 pm	Joyful Noises Choir (3rd grade - 6th grade)
6:35-7:30 pm	Small group focusing on the Book of Faith, facilitated by Pastor Beverly Aurand
6:35-7:30 pm	Confirmation Classes for youth in grades 7 & 8
6:35-7:25 pm	Senior High youth gather to plan evening worship
7:35-7:50 pm	Worship lead by youth in sanctuary
7:30-8:30 pm	Chancel Choir meets

As you can see there are activities for all and the meal is always wonderful. What better way to spend a Wednesday night, food, fellowship, music, study, and worship. A perfect way to satisfy your body and soul. Come and see where the crowd is on Wednesday nights.

Lakeside Men's Health Breakfast

A men's health breakfast will be held on Saturday, October 3, 2009 at 8:00am at Hatcher Memorial Baptist Church, 2300 Dumbarton Road. Enjoy breakfast and a presentation on "Prostate Health" by Dr. Anthony M. Sliwinski, MD of Virginia Urology. Despite the prevalence of prostate disease, men often lack awareness about prostate health and are reluctant to seek help. Knowledge is power! Take charge of your health by learning the latest. \$5.00 tickets cover the cost of your meal and are available in the Commons Area every Sunday in September or by contacting Cathy Lantz, Parish Nurse.

You can count on leaving no later than 10:00 am with a stomach full of a healthy breakfast and a mind full of good information!

Sponsored by Lakeside HealthCARE, an ecumenical group of Lakeside parish nurses and health care advocates called to "...serve our community by assessing health needs and providing education, resources and direction to health services."

Questions? Contact Cathy Lantz at 746-4743 or cathy.lantz@comcast.net for more information.



LAMB's Basket

Volunteers are needed to help at the LAMB's Basket.

Any time you give, a few hours, a day or two, Monday – Saturday is greatly appreciated. Can you help?

Pam Pegram and her family would like to thank all of the Christ Lutheran family for their thoughts, prayers, cards and support during her mother's journey home to God.

TRINITY GATHERING

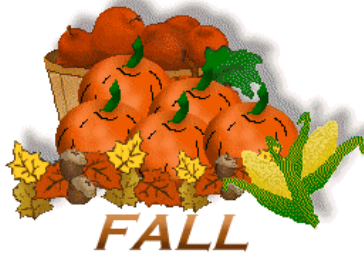
will have its monthly meeting on October 8 at 10:30 AM at **Imperial Plaza, "The Virginia Room"** (ask at gate for directions). Pastor will teach the Bible study, starting at 11 AM. All congregation members are cordially invited to join us. Lunch following the Bible Study is optional. Please call the church office (266-5775) if you plan to attend.

OUR PRAYERS OF

SYMPATHY are for Pam Pegram on the death of her mother on August 22; for Vonnie Tritt on the death of her aunt on August 28; for Gerald Ransone on the death of his mother on August 30; and for the family of Sara Heckel on her death on September 3.

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.



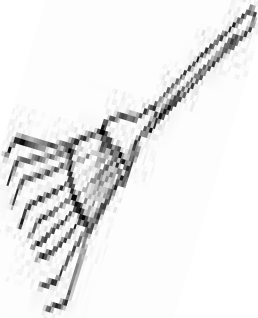
Fall Festival October 24 2:00- 5:30 pm

Christ Lutheran will be hosting a Fall Festival

October 24 and 25, in conjunction with the chili cook-off. This will be a wonderful community event with craft exhibits, 4-H exhibit, games for the children, pumpkin hunting and decorating, great food and fellowship. Come out and enjoy the afternoon, help the little ones hunt for pumpkins, and stay for Trunk or Treat. Decorate the trunk or back of your car for Halloween and have plenty of treats for all the little costume kids. This is a safe and great way for the little ones to enjoy the evening.

If you are interested in exhibiting a craft please contact Susan Nepomuceno or Janet MacAvoy. There is an exhibition form that you need to complete and they are located on the welcome table.

We are looking for helping hands, smiling faces to join the fun at the Fall Festival. If you have an hour or more to spare join the fun and see all the smiling faces. Needed are pop up tents for activities, straw bales for kids to sit on, set up for craft tables, and set up for chili cook off following the fall festival.



Join us for Clean Up Day on October 17 starting at 8:30 a.m.

October Birthdays

- 1 Mauri Hade
Bobby Rolfes
Anne Harris
- 2 Allison Dry
Mary Teeter
Mari Julienne
- 4 Bob Rolfes
Emily Karn
Toni Walther
- 5 Maille Murray
- 6 Tinky Keen
- 8 Derek Meyer
- 9 Gladys Progner
Journee Smith
Scott Moore
- 10 Lisa Peterson
Katelyn Meintzer
- 12 Cheryl Matson
John Michael
Jingluski, Jr.
- 13 Betty Magann
- 15 Kris Horn
- 16 Bethanie Kintzer
- 17 Kellie Kelley
- 18 Danielle Butler
- 20 Linda Pickels
- 21 T. C. Jones IV
Kayley Greenday
- 22 Stephen Baker
Gregory Price
Jack McAfee
- 23 Andrew Souser
- 26 Connor Glendenning
Trenton Hizer
- 27 Tim Moehring
Elizabeth Belcastro
- 31 Stephen Ingraham
Rakup Richard





Chili Cook Off October 25

CLC annual chili cook off will take place October 25 after the second service. So cooks young and old bring on your best chili for all to sample, and enjoy. We will be judging on the following categories:

- Traditional chili with beans
- Traditional without beans
- Vegetarian chili
- Best soup, non chili entry
- Best youth entry
- Best adult entry
- Best family friendly entry (from family/kids table)

We will also have kid friendly foods and special kid table for those who are not chili fans. Corn bread and muffins, and cookies will be available provided by our youth. Chili cook off funds will be used by our youth to purchase items for Safe Harbor Shelter for victims of domestic violence.

Also enjoy activities from fall festival and craft show. We have many talented artists.

Apple butter will be available for purchase, with funds supporting our annual mission trips.

Fall Stewardship: Just Around the Corner

Christ Lutheran Church's Fall Stewardship Campaign will begin October 11 at both services with a Temple Talk at worship, the first of three "Points of Light" offered by members of our congregation.

Soon you will receive a letter from a member of the church asking for you to prayerfully consider pledging to Christ Lutheran Church.

Even in this time of economic hardship for many in our nation, we still acknowledge that we are all so blessed. God has given us Jesus Christ, the Light and Hope of the world; God has given us our faith to journey in that Lord. God has given us blessings and opportunities to live well and to make sure that we together serve God's world. For these reasons we are bold to call upon our members to pledge a portion, even an increased portion, of the financial gifts received from God, those "first fruits of the harvest."

It is suggested that you send your pledge back to the church in the self-addressed stamped envelope for the Financial Secretary. These will be dedicated at worship on November 1. Now is the time for prayer and commitment.

Dear People of Christ,

This has been a very busy summer for all of us. (And “busy” is not supposed to be an adjective for summer!) But we do try and get all that we can into the longer days of summer.

A part of the “busy” of this summer was the ELCA Churchwide Assembly in Minneapolis, Minnesota. In all honesty, most of the focus of this assembly by the news media and so many others has been on the Human Sexuality Social Statement and the resolutions regarding gay clergy. But just as the ELCA is more than a single issue denomination, the assembly was much more than a single issue gathering.

Yet given the realities of the above mentioned focus and the questions, doubts and sometimes dismay from it, Pastor Kristin and I have decided to hold two forums on the subject. The first will be on Thursday, October 8 from 7:00 pm to 8:30 pm; the second will be on Sunday, October 11 from about Noon to 1:45 pm (a quick lunch will precede it).

These forums will not be a time for each of us to “make our stand.” They will afford the opportunity to clarify and to share as the Body of Christ for the building up of our congregation’s spirit and mission.

I encourage each of you to attend.

In Nomine Jesu,

Pastor Eric

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. This is open to all so if you know of someone who would benefit please pass on information about upcoming meetings. This is truly a Lakeside and Richmond community group. Upcoming meeting dates are October 2, 16 and 30; November 13 and 20, from 8:00 am to 9:30 am. For more information contact the church office or check the website.

Additions to our Prayer Garden

All for the common good! That's what often happens here at Christ Church. Something is begun and then added to...and then added again and again for the common good.

The Prayer Garden began as one Eagle Scout project and then another and another. Merritt Draney was the first to form the garden, develop a simple path and build the very sturdy bench; Derieck Melin built the fence and the cross to make it the focal point and added plants. Ryan Kelley brought it to its present form by developing a schematic, reshaping the pathway with stones, strengthening the focal point, and adding more plants. All the work was done to the glory of God.

Ernest Boldin then supplied the large engraved stone with the words, "Lambs of Your Own Flock" in memory of his wife, Ann. This was to recognize that it is also a resting place for the ashes of several members: Betty Bottoms, Ann Boldin, Bob Hobson and Nancy Carey. Anyone in our church has this same opportunity. A stone with the name, birth date, and date of death is then placed there.

Now another piece to strengthen the look of the Prayer Garden has been added. It is a fence that purposefully draws our attention to this important area of our property that has often gone unnoticed. It was placed there in memory of Nancy Carey by her family.

Soon another addition will be made to enhance the Garden. It is an arbor to draw our attention to the entrance. The hope is that with the fence and the arbor, you and others might walk in to read a book, eat a lunch or simply quietly enjoy this beautiful, restful place.

Thanks to all who have contributed to making this garden the special place that it is. This also includes the many Confirmation students who each spring and fall clear the leaves, and Diane Bentz and Carol Pilgrim who continue to serve as ministry leaders and designers of this garden and the several other green areas at our church.

Pastor Kristin's Korner

Thank you to all of those who helped to make Rally Day a huge success. We have many exciting things happening in Sunday school this year, with new programs for almost every age. There are classes and opportunities for everyone. If you can not find something that interests you, please talk to Pastor Kristin about upcoming topics.

Fellowship is just as much a part of Christian life as education, for we are a family. So our first Sunday school **Fellowship Breakfast** will be on November 1. This will be a chance everyone to gather in fellowship over breakfast and hopefully talk with someone in this community that you may not have had a chance to talk with before this breakfast. We will be asking people to sit at tables by their birthdays and joining in dialogue and conversation. There will be optional discussion questions on the table as we join in a form of Table Talk. Youth and children will also be involved in this, but will have their own tables set up in the central classrooms where their will also be crafts and activities once they finish eating.

Youth Group

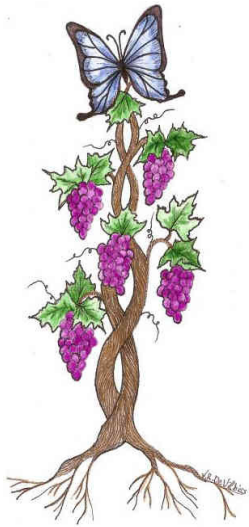
The youth group is now in full swing. There are chances for fellowship, for Bible study, for laughter, and for learning – many of these at the same time. Often I have heard people talk about youth as the future of the church, but I believe the youth are part of the church now and youth group is a small group ministry that helps youth learn more about the church and how they are and can be involved.

We have two weekly youth group activities. The first is Sunday school where there are classes for every age. The second is Village Nights where the senior high youth have Bible study over the Sunday readings from the previous week and then plan a brief closing worship service.

Here are other important upcoming youth group dates:
October 8 – Lost & Found registration deadline (Lost & Found is the synod gathering for grades 7-8.)
October 11 – meet at Glen Allen Golf for Putt-putt at 3pm. Cost for a round of mini-golf is \$7/person.
October 25 – Fall Festival is from 2:00-5:30.
November 7 – RALY kickoff event at Ashland Berry Farm from 4-8pm. More details to come.

To Our Friends and family of Christ Lutheran Church, we thank you for all your special kindness during the loss of our mother. All the fook, cards, visits and phone calls were very comforting for all our family during our time of sadness. Thank you for remembering our mother. She always loved our church family.

Thank you,
Diane and Gerald
John and Ellen



Sharing the Faith: Roots and Wings

October is a beautiful month with changing leaves, cooler weather and fall festivals! Take time this month to be with your family and share your values and faith.

Rituals and Traditions

Make an annual tradition of visiting a pumpkin farm or an apple orchard.

October is National Breast Cancer Awareness Month. Wear a pink ribbon to show your support for this cause. Consider donating money for cancer research in honor/memory of someone who has/had cancer.

Worship and Prayer

From ReadyClickGrow! Your Family (www.readyclickgrowyourfamily.com):

Ask each person in your family to remove an item from their pocket, wallet or purse. It could be a picture, a credit card, keys, just about anything. Ask the person holding the item to say a prayer related to that item. So, for example, the one holding car keys may pray for safety while driving; the credit card for worries over money. Such objects help focus prayers and help us to look at everyday objects as faith tools.

How would you pray with a cell phone? Or a pen? Or pocket lint?!?!

Family Service

Rake leaves or clean up the yard for an elderly neighbor or church member.

If you know of an elderly person who can no longer see well enough to read, find out if they would like your family to read stories to them. Then schedule it and do it!

Caring Conversation

Go for a walk and collect colorful leaves. Make leaf rubbings when you get home. Or, make fall wreaths out of paper plates and leaves. Top with a raffia bow. Share with one another what your favorite part of autumn is.

Look at pictures of your family and try to make a family tree. See how far back you can go.

Consider an Ecumenical Experience!

On December 4 and 5, 2009 (a Friday and Saturday), beginning at 6 pm, in Charlottesville, there will be a LARCUM (Lutheran/Anglican/Roman Catholic/United Methodist) Conference open to everyone. The title is “*Ecumenical Advance: From Convergence to Consensus... Whither Communion?*” This timely and provocative experience will be led by Sr. Dr. Lorelei F. Fuchs, a gifted speaker who can bring the message home in a clear and entertaining way. Conference cost (not including housing) is only \$35.

Prior to the conference, The Rev. Dr. Christopher M. Agnew will speak at convocation about the development of the Episcopal Church in Virginia. This will begin on Friday at Noon.

For more information and registration, pick up a form on the Welcome Table and/or see Pastor Moehring.

Hymn of the Month: October

469 “By Your Hand You Feed Your People”

Tune name: *Camrose*

Text: Susan Briehl, b. 1952

Music: Marty Haugen, b. 1950

This is another communion hymn that is new to our new hymnal. It speaks of our “becoming what we receive” – Christ’s own body. It speaks of satisfying our deepest needs, but it doesn’t stop there. It asks God to send us out into the world to the hungry and lost.

And isn’t that the result of true worship? That we are filled with the Spirit, which empowers us and urges us to go and tell? To give? To help our broken world?

By now you are probably very familiar with the music of Marty Haugen. He is the composer of the setting of the liturgy we have been using since we received the new hymnal. He also wrote other favorites, such as “Healer of Our Every Ill” and “All Are Welcome.” He has composed and recorded over 250 pieces of music.

BRING YOUR INSTRUMENTS....

Let's do another orchestra presentation! If you play an instrument that can be played in an orchestra or band, bring it and meet after 10:30 worship on October 4 to get the music and run through it.

Linda Keener, Music Director



From the Parish Nurse....

October is “*Talk about Prescriptions*” Month and according to the National Council on Patient Information and Education (www.learnaboutrx.org), here are some important ways to get the most from your medicines:

- Talk to your doctor, pharmacist or health care provider to understand why a certain medication is recommended and what side effects to watch for.
- Know what you and your family are taking. Know when, how and how long to use medications. What are medications supposed to do and when should you expect results?
- Read and re-read the label. Always double check that you have the correct medication for the right person. Avoid interactions by knowing what other medications, dietary supplements, food and/or beverages might cause problems if used with the prescription. Ask your children and family how medications are making them feel.

Look for more information about medication safety around the church in October.

What can you do to stay healthy this flu season? Distilling the facts:

- Knowing the facts is the best preparation. Check with your doctor and identify other sources you can count on for reliable information, such as www.cdc.gov or www.vdh.virginia.gov.
- Get vaccinated for the seasonal flu. Follow recommendations about who should receive the H1N1 vaccine when it becomes available.
- Cover your mouth and nose with a tissue when you cough or sneeze. Cough or sneeze into your upper sleeve if you don't have a tissue.
- Wash your hands often with soap and water or alcohol-based cleaners, especially after you cough or sneeze. Avoid touching your nose, mouth or eyes.
- 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: eat a well balanced diet, drink lots of water and go easy on salt, sugar, alcohol and saturated fats. Exercise regularly and get plenty of rest. Find healthy ways to deal with stress and anxiety.

Please contact me for more information on these issues or if there are other ways I can be of help to you.

--- *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)

Women of the ELCA
Richmond Conference – Fall Gathering 2009

Date: Saturday, November 14, 2009

Place: Lakeside Lutheran Church,
2427 Eaton Ferry Rd, Littleton NC 27850

Phone: 252.586.6778

Website: www.lakesidelutheran.com

Registration: Beginning at 10:00 AM

Program: Dramatic presentation by KATIE LUTHER, better known
as Katharina von Bora Luther

Lunch: A soup lunch will be provided.

OVERNIGHT: We would enjoy hosting anyone who would like to
be an overnight guest at the home of one of our members and attend
our special Lakeside ThankOffering Worship Service on Sun-
day morning.

RSVP 252.257.9258 to make reservations. We'd love to have you!

DIRECTIONS: South on I-95. After passing the Virginia/North Caro-
lina State Line, take the FIRST Exit to the right (St. Road #48). Go right
on #48 to a STOP LIGHT in GASTON. At the Stop Light in Gaston,
turn right onto St. Road #46. Go approximately 13 miles. WATCH for
Lake Gaston sign. At the Lake Gaston sign, turn LEFT onto River Road
(St. Road #1214) Stay on River Road (also Eaton Ferry Road) to Lake-
side Lutheran Church on the right, approximately 15 miles.

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:

Josh Mullins, Michael Rose, Jeremiah Mullins

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
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 for 2009

Karl Hade, President	Melony Bosdell
Rakup Richard, Vice President	Frank Greenday
Paul Quel, Treasuer	Faith Hobson
Cindy Williamson, Financial	Joe Williamson
Anne Harris, Secretary	Luke Ramsey
Ken Bjelstrand	Jennifer John
Patty Franz	
Danielle Bosdell and Beth Williamson , Youth	

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)