

Lutheran Lay Fellowship of Metropolitan Washington DC



October/November 2017 Newsletter

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Opening Devotion — What Martin Luther said about giving thanks

How the head of the family is to teach members of his household to offer blessing and thanksgiving at meals

The Table Blessing

The children and members of the household shall go to the table reverently, fold their hands, and say:

The eyes of all look to You, [O LORD,] and You give them their food at the proper time. You open Your hand and satisfy the desires of every living thing. (Psalm 145: 15–16)

Then shall be said the Lord's Prayer and the following:

Lord God, heavenly Father, bless us and these Your gifts which we receive from Your bountiful goodness, through Jesus Christ, our Lord. Amen.

Thanksgiving

Also, after eating, they shall, in like manner, reverently and with folded hands say:

Give thanks to the LORD, for He is good. His love endures forever. [He] gives food to every creature. He provides food for the cattle and for the young ravens when they call. His pleasure is not in the strength of the horse, nor His delight in the legs of a man; the LORD delights in those who fear Him, who put their hope in His unfailing love.
(Psalm. 136:1, 25; 147:9–11)

Then shall be said the Lord's Prayer and the following:

We thank You, Lord God, heavenly Father, for all Your benefits, through Jesus Christ, our Lord, who lives and reigns with You and the Holy Spirit forever and ever. Amen.

Source: The Small Catechism, Daily Prayers, Table Blessing and Thanksgiving at Meals, (Book of Concord paragraphs 6-11), 1529

Holy Spirit Mass on October 22

Holy Spirit Mass commemorates the 500th Anniversary of the Reformation and the progress that Roman Catholics and Lutherans have made in overcoming the obstacles that once divided them.

<https://metrodcelca.org/events/holy-spirit-mass-with-national-lutheran-choir/>

Reserve your FREE concert ticket

<https://www.eventbrite.com/e/holy-spirit-mass-a-world-premiere-tickets-35519956145>

Reformation Service RSVP's requested by October 22

We welcome all to join us at Washington National Cathedral for a festive worship service as we commemorate the 500th anniversary of the Reformation. On October 29, as in past years on the last Sunday in October, members of the Lutheran Lay Fellowship will serve as ushers. The Rev. Elizabeth A. Eaton, ELCA presiding bishop will preach, the Roanoke College Choir will sing and Holy Communion will be shared.

<https://metrodcelca.org/events/reformation-sunday-worship/>

If you are interested in serving as an usher, please contact us at info@LutheranLayFellowship.org

If you do not RSVP, you are absolutely welcome to worship! However, RSVPs received by Oct. 22 are greatly appreciated – indicating the # of people attending and transportation methods.

<https://docs.google.com/forms/d/e/1FAIpQLSeFqyVNOuGiFka3q1WgFkOn6Gwyi5h3LLivA8VZd8z2FqL33A/viewform>

Fellowship Square News

Executive Director and House Managers Discuss Programs for Residents

At the May 18 LLF meeting in Tyson Corner, the FSF House Managers discussed programs that would be of most interest to their residents. This conversation continued on August 31 and will continue on November 16.

Nutrition Education and Grocery Store Tours, by Giant Foods

<https://giantfood.com/live-well/health-and-wellness/nutritionists/>

- Grocery Store Tour
- Label Reading for Health
- Healthy Eating on a Budget
- Spice Up Your Life
- Eating for Diabetes
- Heart Healthy Eating
- Meal Planning for 1 or 2

Fraud Awareness, an AARP Seminar

<http://www.aarp.org/money/scams-fraud/info-2017/fraud-protection-ultimate-guide.html>

Wellness Training for Caregivers, an AARP Seminar

<http://www.aarp.org/home-family/caregiving/>

Brain Health and Wellness, an AARP Seminar

<http://www.aarp.org/health/brain-health/>

Each Fellowship House has a Resident Advisory Committee. A Fellowship Square Program Committee is in the process of being formed. Stay tuned for more information!

Caring & Sharing

Do you have news to share?

Is there something in your life or in the life of your congregation you would like to share with other members of the Lutheran Lay Fellowship to be published in a future LLF Newsletter? Have you been on a mission trip or taken a special vacation? Is your church doing something new and different that might be of interest to other congregations?

Send articles to webmaster@LutheranLayFellowship.org.

Three LLF Meetings a Month

LLF Wheaton - The Executive Committee meets on the first Monday of the month at Panera Bread in the Wheaton Mall. All are welcome. Organizer: John Corkill

LLF Bethesda - Christ Lutheran Church is located at 8011 Old Georgetown Road in Bethesda. Join Dave Lambert for the "Lunch Bunch" on the second Wednesday of the month.

LLF Tyson Corner - Bob "Sarge" Sargeant invites you to Northern Virginia meetings at Brio Tuscan Grille in the Tyson Corner Mall. There will be no meetings in September or October. Come instead to one of the Martin Luther movie nights.

Meeting Schedule

Reformation Sun	Oct 29	National Cathedral	4:00pm, music at 3:00
1st Monday	Nov 6	LLF Wheaton	11:00-12:30pm
2nd Wednesday	Nov 8	LLF Bethesda	12:00-1:30pm
3rd Thursday	Nov 16	LLF Tyson Corner	12:00-1:30pm
1st Monday	Dec 4	LLF Wheaton	11:00-12:30pm

For updated information see www.LutheranLayFellowship.org and click on "Calendar"
