

Lutheran Lay Fellowship of Metropolitan Washington DC



January/February 2018 Newsletter

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Opening Devotion — Epiphanytide

Christmas is not just a single day in December 25th. The Christmas season, Christmastide is a period beginning on Christmas Day. The season continues until the day before the Epiphany, which is celebrated either on January 6 or on the Sunday between January 2 and January 8.

Also, Epiphany is not just the day the Magi came on January 6th, the end of the Christmas season. The Epiphany is an ancient Christian feast day and is significant in a number of ways. In the East, where it originated, the Epiphany celebrates the baptism of Jesus by John the Baptist in the River Jordan. It also celebrates Jesus' birth. Lutherans celebrate an Epiphany season, "Time after Epiphany" or Epiphanytide, that lasts until the day before Ash Wednesday.

The length of the season of Epiphany varies and is determined by working backwards through the season of Lent from the moveable date for the celebration of Easter. The last Sunday before Ash Wednesday is celebrated as the Transfiguration of our Lord. This year, Ash Wednesday falls on the Feast of Saint Valentine, February 14.

Almighty God, by your Holy Spirit you have made us one with your saints in heaven and on earth: Grant that in our earthly pilgrimage we may always be supported by this fellowship of love and prayer, and know ourselves to be surrounded by their witness to your power and mercy. We ask this for the sake of Jesus Christ, in whom all our intercessions are acceptable through the Spirit, and who lives and reigns for ever and ever. Amen.

[Source: Book of Common Prayer, Collects: Contemporary, The Common of Saints, p.250](#)

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

[Source: Book of Common Prayer, Collects: Contemporary, Ash Wednesday, p.217](#)

Membership Renewal

If you do not receive a membership renewal form in the mail, you may download the membership application form from our website. Please send to the LLF Treasurer, John Corkill, at the address at the bottom of the form, not Dave Lambert who sends out the newsletters. New members are always welcome to join!

<http://www.lutheranlayfellowship.com/info/MembershipApplicationForm.pdf>

2018 Scholarships

One of the five objectives of the LLF is "to initiate and support worthy projects of a religious, charitable, and educational nature." The promotion and encouragement of the pursuit of degree oriented education among Lutheran students is the purpose of the LLF scholarship program. As was done last year, we will be offering one scholarship to an undergraduate and one scholarship to a Seminary student.

For more information and to download a Scholarship Application, go to

<http://www.lutheranlayfellowship.org/scholarship/>

Fellowship Square News

Resident Service Coordinators Discuss Programs for Residents

Dave Lambert, LLF VP of Programs, has been in contact with Resident Service Coordinators (RSC's) at each of the FS Fellowship Houses and the Giant Nutritionists who cover the areas where these buildings are located.

House Managers have been meeting with LLF for quite a while now. On January 18th, all four RSC's met with LLF and Rachel Johnson, FS Program Manager; these meetings will continue on a regular basis. The next House Managers meeting is February 15th and the Resident Service Coordinators will meet again on March 15th.

Cassandra Hawkins, RSC at Hunters Woods, reported that in January the "Eating for Diabetes" class of twenty-five residents explored practical and delicious ways to manage diabetes. They learned how to balance carbs and protein for improved blood sugar control. They absolutely loved their instructor, Giant Nutritionist Natalie Kannan.

Garima Apan, RSC at Lake Anne, arranged for Natalie Kannan to come and teach "Mindful Eating" on January 4th. Forty-five residents learned tips and tricks to help become more aware of how their environment influences eating habits. This session was not about WHAT to eat, it was about HOW to eat. Residents asked questions in the end and requested the team of translators at Lake Anne to translate her presentation into different languages. Natalie's seminar was a success! Another class is scheduled for February 14th when residents will celebrate Valentines day and learn the importance of a heart-healthy diet.

Lynda Thomas, RSC at Largo Landing, reports that on January 11th thirty residents attended Giant Nutritionist Leslie Jefferson's class "Healthy Food Choices and Habits for the New Year". Residents really enjoyed the seminar and are looking forward to having Leslie back again!

Kathleen Harding, RSC at Lake Ridge, says that the Giant Nutritionist Lindsay Pugliese is scheduled to come on March 8th to teach the first class at this location. Kathleen and Lindsay will then plan future Giant Food programs if the residents respond to this first opportunity. Based on the good January experiences at the other three Fellowship Houses, this will surely be the case.

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.

Two 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 Tyson Corner - Bob "Sarge" Sargeant invites you to Northern Virginia meetings at Brio Tuscan Grille in the Tyson Corner Mall. There will be no regular Tyson Corner meeting in December.

The January and March meetings will feature the Fellowship House RSC's.

The February meeting will feature the Fellowship House Managers.

Meeting Schedule

1st Monday	Jan 8*	LLF Wheaton	11:00-12:30pm
3rd Thursday	Jan 18	LLF Tyson Corner	12:00-1:30pm
1st Monday	Feb 5	LLF Wheaton	11:00-12:30pm
3rd Thursday	Feb 15	LLF Tyson Corner	12:00-1:30pm
1st Monday	Mar 5	LLF Wheaton	11:00-12:30pm
3rd Thursday	Mar 15	LLF Tyson Corner	12:00-1:30pm

(*) change in date due to the New Years Day holiday.