



THE  
**Messenger**

**CHRIST LUTHERAN CHURCH**  
**Washington, DC**

**JOIN US for**

**CLC CELEBRATION and  
DEDICATION**

**November 8, 2009**

**10:00am gather in the fellowship hall  
to dedicate and bless the newly  
renovated spaces**

**10:30am Celebratory worship service**

**A reception follows the worship  
service**

**WITH GOD'S HELP**

*by Pastor Renata Eustis*

As I write, we are in the final push to get everything ready for our Service of Thanksgiving and Dedication on November 8. In so many ways, it is miraculous that we are at this point! Soon after the renovation began, we entered the worst economic recession this country has experienced since the Great Depression. Yet with God's help, we finished on time and on budget. God's help, in this case, took many different forms, including the inspiration, energy and

dedication given to those congregational leaders who managed the financing. It came in the form of leaders who carefully attended to the details of the construction, even at times of great weariness. It also came in the form of a site supervisor and workers who truly appreciated the beauty of this place and wanted to "do it right."

And, undoubtedly there are countless other ways that God's help has come—not only in the past year of construction but throughout this whole process which has gone on at least as long as I've been here—and probably longer. It began with the "Space and Light" committee which morphed into the "Building Spirituality" committee which morphed into "Alive in Christ" and the Visioning committee. The people involved have changed. Yet, with God's help, there have been leaders at each step of the process—those who got it all started, those who kept it going and those who have seen it through.

One of the primary goals of the renovation was to make the building fully accessible on the first floor—which we have done on the inside. Due to financial constraints we needed to postpone the construction of an accessible entrance and rely on our moveable metal ramps. Thanks to a memorial gift by the Heitmuller family, we will be able to build the accessible front entrance, which will include both a ramp and steps, surrounded by beautiful landscaping. (And thanks to the permitting process, this

entrance will most likely be built in the spring, rather than being ready for November 8!) Once again--with God's help, inspiring vision and generosity—we will be able make this building one that really does welcome and include all.

*With God's help.* Every time we are asked to make a commitment or a promise in church—from the promises made at Baptism to the Installation of Church Council members, we do so with these words, “Yes, with God's help.” On November 8, we will dedicate not only our renovated spaces but ourselves, once again, to be used for God's purposes in this time and place. With great thanksgiving for how God has been “our help in ages past,” we can say “yes!” trusting that God will be our help “for years to come.”

## **THE BULLY PULPIT**

*by Vicar Joel Richter*

Recently, I have been able to have pleasant conversations with many people here at Christ Lutheran Church about faith and life, yet a conversation with a close non-Christian and his wife in Washington, D.C. reminded me of an important part of experiencing faith for us. My friend offered me 5 to 10 minutes on the Bully Pulpit to convince him why to be a Christian. For the first minute, I had no clue what to tell him. How do I share my faith? Let alone to someone asking about it. Also, faith isn't something that bullies people. We have all been there from time to time.

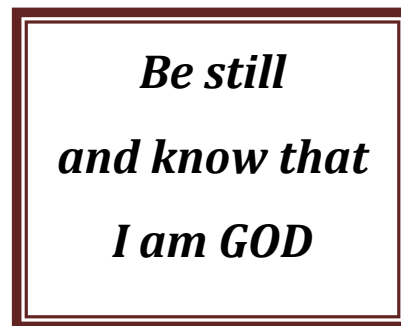
After that minute, I found a quiet voice speaking to me from the Scriptures. It is simple and perfectly stated in Psalm 46:10. “Be still, then, and know that I am God; I will be exalted among the nations; I will be exalted in the earth.” In sharing this deep part of my faith, I found myself again knowing how to approach people to share our faith.

I don't know if you are like me, but often saying that I am a person of faith receives more questions and a few raised eyebrows making it a hassle to share this part of my life. As the Psalmist counsels, the beginning and the heart of faith is to be still, to be

quiet, to listen, and know God's presence around you.

This season for us is a time of planned stillness. As we approach the next few months of rest time, we can listen to the Psalmist and be still. In being still, I am able to experience the multiple layers of God's exaltation in this congregation and church building. Are you, as I am, continually amazed by the beauty of this building, seeing the ornate stained glass, listening to the beautiful organ music, or enjoying a short stop off for prayer in the chapel? Unlike me, you can see the transformed beauty since I have no mental reference to the former space.

God is exalted even beyond this worship space. God's is exalted in your work in the world. Let's take time to be still and know God's presence.



## **THE FACTS ABOUT H1N1**

*By Karin Klingman*

“With influenza, all you have to do is breathe in while somebody else is breathing out.”

The facts are straightforward: The H1N1 flu virus is no more virulent (thankfully) for most people (except pregnant women), than our usual seasonal influenza varieties. We are having an epidemic because it's different enough from previous strains that most people are susceptible to infection. Younger people are more affected, since they have the least lifetime experience to wide varieties of influenza and so are the least immune. More people will get seriously ill simply because more people will be infected. Influenza activity reported to CDC is now higher than what is seen at the peak of the season (January and February) in

most years. This is a very early and rapid increase in cases. It's going to be a long winter of influenza.

As in any crisis there are misperceptions:

1) The vaccine is experimental. Not true, this vaccine was made the same way all influenza vaccines are produced. If H1N1 had appeared a few weeks earlier this past spring, it would have been put into the seasonal flu vaccine. Both CDC and NIH have programs to monitor the safety of the H1N1 vaccine as it is deployed.

2) I don't need the vaccination because it's good to get the flu every so often. While exercise is good for your body, it's not likely that your immune system needs it; it gets a work out from the moment your brush your teeth in the morning till the evening when you are washing your dishes. Realize too that while you are exercising your immune system, you are spreading your illness to others. And it's a numbers game (an Influenza Russian Roulette) whether you'll recover or get sicker if you do get ill.

3) The vaccine won't be available in time to help us so why bother standing in line. Yes, timing is crucial. Right now, the U.S. epidemic is more widespread than usual seasonal influenza at its peak activity. It is not known if deploying the vaccine later than expected will stem the epidemic because the overall course of the epidemic is unknown.

#### **What we can do:**

We can try to avoid getting ill and get the vaccine when it becomes available because widespread uptake of the vaccine will prevent infections and deaths. There are simple, effective things all of us can do: social distancing if you are ill, frequent hand washing, and covering your coughs and sneezes. These maneuvers seem mundane, and "in the middle of a crisis you [feel that you] have to do something and it's certainly an American characteristic that we have to do something even if it's wrong." So try to keep a perspective on your urges to do something.

The bottom line is we have to be both practical and sophisticated in our approach.

Other epidemics will emerge (as we know from recent West Nile, anthrax, now influenza events), they always do. They will tax our personal and societal ability to respond. We must use common sense, follow the advice of the public health officials, and always consider the effects of our individual and collective actions on the people around us, especially on those who are most vulnerable.

(Quotes are from Dr. Alfred Crosby, a historian who wrote "1918: America's Forgotten Pandemic").

## **FACTS ABOUT HAND SANITIZERS**

Lots of people ask about hand sanitizers. They work nearly as well (or as well) as plain soap and water in decontaminating your hands from influenza. Sanitizers are best used when you can't get to soap and water. Sanitizers contain either ethyl (the drinking variety) alcohol or isopropyl (rubbing or wood) alcohol with or without another disinfectant called chlorhexidine. Look for brands that contain more than 60% alcohol (less is much less effective). The addition of chlorhexidine doesn't add much to the killing activity as far as flu goes. Remember that hand sanitizers won't clean dirt or grime off of your hands. (You still need soap and water for that.) They don't kill all kinds of germs, like *E. coli* and *Norovirus*. And they also kill the normal bacterial flora on your skin. Keep them away from young children, as these can be poisonous to them if ingested. And they are flammable (so don't use them while cooking or smoking).

## **NOMINATING COMMITTEE SELECTED**

*By Mack Ott*

The work of the nominating committee chaired by Sheila Bell with Ann Marie Nelson rounding out the team is almost complete. With God's help, there will be a full slate of candidates when we vote on November 15.

## A LETTER FROM ANGOULEME

By David Blakemore



I want to bring you up to date on the lives of Estelle, Ope and Ethanael Odebode, who live in Angouleme, France.

Ope, the oldest child of Zacchaeus and Christiana Odebo and a long time member of Christ Church, moved to France several years ago. This decision resulted from his marriage to Estelle, a native of the Lyon area whom he met in Washington when Estelle was on an internship. On June 14, 2009, their family was expanded with the arrival of Ethanael.

Both mom and dad have been able to devote a great deal of time to welcoming their son, who now weighs 7 kilos. As a French government employee, Estelle is enjoying six months of paid maternity leave. And Ope's work as an electrical contractor has allowed him to take breaks between jobs to devote his attention to Ethanael. The wonders of the webcam have enabled me to keep up with Ope and Estelle. As the accompanying picture shows, Ethanael is a handsome and alert little guy. His grandparents have met him via webcam as well. We hope that the family will be able to visit Washington, and of course Christ Lutheran Church, in the near future.

### SILENT AUCTION FUN

The 2009 Silent Auction dates were October 25 and November 1 during coffee hour. The Silent Auction always promises for year-round fun and events. The donations are varied and unique, and, personally contrived and given. Winners will enjoy gifts of cooking, knitting, baking, raking, sewing, sitting, corking, fluting and so more. At that

moment when you think we have popped the cork on creativity, along comes a wee one with the auction item of making greeting cards for you or making pot holders. Proceeds from the Silent Auction are used for a special purchase item for the CLC campus.

Look for the final tally on how much was earned in this year's auction and a hint at what the money will be used for in the December *Messenger*.



### THEOLOGICAL BOOK CLUB: READING AND SHARING TOGETHER

Adult Forum on Sunday November 15 at 9:15 am will feature a discussion of The Great Emergence by Phyllis Tickle. This book discusses changes that the Christian Church has seen and will continue to experience and is an important read to help us keep our eyes open to how the church can serve a changing world. Talk to Pastor Renata if you would like to borrow the book. Even those who haven't read the book will find this discussion provocative.

### OTHER CHRISTIAN EDUCATION NEWS

The CLC **elementary age Sunday school** (**Fred Mills**, teacher) has started the year making real-world connections with faith using the **-Taking Root:Hunger Causes,Hunger Hopes** -curriculum from the ELCA. Starting with biblical texts such as the "As you have done to the least of these, you have done to me " Gospel passage, and the Good Samaritan parable, the lessons use a range of projects and activities to create awareness of economic disparities in our world, and ideas for Christian responses. We also want to connect with people in the congregation who are involved in non-profits for hunger or other types of development aid and support.

The Atrium (teacher, **Linda Ott**) is back! For children 6 years and under, we explore

our Christian faith and God's love using the **Catechesis of the Good Shepherd**, a Montessori based program that allows for children to explore God's love and service to God through work activities, story boxes, and exposure to the liturgy and what we do in worship. Children are presented a Biblical reading or parable along with an accompanying box or activity, then invited to explore the Bible lesson on their own. There are similar presentations for work activities such as pouring, flower arranging, tracing, sewing, and folding. In addition, they are presented preparation for worship, the liturgical colors, and gestures and words that they will see and hear in worship.



## THE EAR OF CHRIST

We asked parents to share what their children would be for Halloween this year and this is what we learned. The response was just great and the exchanges back and forth among the parents was fun indeed.

Becky Roberts sent in news that **Isaiah** is a cheetah; **Caleb** a zebra; **Naomi** a ladybug. Becky says that she still can't locate Isaiah's mask in the boxes—the family moved into their new house in Takoma Park in October. Happy new home!

Jennifer Sharp-Theiss chimed in with **Lily** and **Maya** dressing as matching Super Girls and **Sam** is a dinosaur.

Tiffany Ricci Gidney reported that **Calvin** is a Superhero and **Eleanor** is a Pretty witch. No doubt Calvin has been eating his super hero fried rice that won him awards at the Iron Chef cookoff CLC held last summer!

Lucia Vrankova Rist said **Luki** is a Star Wars Clone Trooper and added that Luki calls it a Robot; and **Nina** is supposed to be a Lion Cub.

Rhea Ballard Thrower announced Aye! Me buckos -- **Greyson** is a pirate.

The McLaughlin-Eustis children are set to appear as **Sarah** the Piglet, **May** the hippie, and **Clare** the Olympic medalist soccer player.



The Cheston-Harris children are trick-or-treating as **Sadie** the gingerbread girl and **Jill** the boom box!



**Anita Josie Herring** reported that **Joshua Herring** is an army commando soldier. **Joshua** received great news that he made the Murch basketball team. He is just thrilled and we are so proud of him.

More pictures will be on the Sunday School blog accessed from the CLC website in early November.

**Nate Olson**, ABD, successfully defended his dissertation proposal and now just needs to actually write his dissertation to receive his PhD in philosophy at Georgetown. His dissertation will explore what the ethical bases are for the responsibilities people are often thought to have for fellow group members, such as family and ethnic group

members. He'd be happy to share more with you about it.

**Ann Marie Nelson** has arrived at Muhimbili University of Health and Allied Sciences (MUHAS) in Dar es Salaam, Tanzania where she is working the Department of Pathology doing an evaluation of HIV/AIDS diagnostic capacity. Over the weekend she went to Zanzibar - her cousin was running a malaria conference there - which she enjoyed very much. She returns to Uganda mid November and back to DC in early December. Jambo.



**Fred Mills**, Marine Core Marathon (MCM) Runner for 8 consecutive years, reports: I'm very grateful to the congregation for the generous support that enabled me to more than meet my fundraising goal for Organization for Autism Research (OAR) in the 2009 Marine Corps Marathon on October 25th. Half of my donors were from CLC. Buoyed by this good will, as well as the beautiful fall weather and having found time for harder training than usual, I was able to improve my finishing time to 4 hours and 38 minutes, 25 minutes faster than the previous two years. **Beth and I** then enjoyed the reception at the OAR finishers' tent, where we met the director and other members whom I'd talked to but hadn't met during the fundraising. Now I'm looking forward (with wild optimism!) to the possibility of maintaining the pace for the first 18 miles of the MCM during the entire Suntrust DC marathon in March.

**June Ryan**, **Lois Ryan's** mother, suffered a freakish fall where she fractured her skull and took quite a tumble down concrete stairs. The blessings to count in this

encounter are that she was not alone when it happened and in the tumble did not break any other bones except that fractured skull. She is on the mend and would be glad to receive cards and greetings. Send mail to June Ryan, Box 1584, Rocky Point, New York 11778.



## LOOKING AHEAD

**November 3** Committee Night dinner first at 6:30pm, then Phil Hirsch will join us for this meeting

**November 4** Contemplative prayer at 7:30am-8:00am

**November 7** Mattias Manuel Kraemer-Elisa Milos-Montes family wedding

**November 8** Celebration of blessing and dedication

### November 15

@ **9:15am** - Combined Theological Book Group and Adult Forum

@ **10:15am** - Former Vicar Christine May will be preaching – CLC is neutral site for a potential call church to see and hear her in the pulpit

@ **6:30pm – 8pm** - Confirmation class

**We continue to grow the website so visit now and often.**

**The Messenger and the church calendar are available online at [www.ChristLutheran-DC.org](http://www.ChristLutheran-DC.org)**

**Look for Christ Lutheran Church group on Facebook.**

## OCTOBER TREASURER'S REPORT

*By Artie Harris*

	<u>Operating Profit/Loss Through October (33% thru FY '10)</u>			
	<u>October</u>	<u>July-Oct</u>	<u>FY Budget</u>	<u>% of Budget</u>
Income w/o AIC & YS	\$15,061	\$70,877	\$248,800	28%
AIC Income	\$8,070	\$59,040	\$106,152	56%
Yard Sale Income	(\$26)	\$29,257	\$33,000	89%
Total Expenses	<u>(\$34,029)</u>	<u>(\$138,226)</u>	<u>(\$435,417)</u>	32%
Net Income	(\$10,924)	\$20,948	(\$47,465)	