



# The KEY

The newsletter of Faith Lutheran Church

May-June 2017

## Balance

Poor balance may be the main reason I've had so many ankle injuries. After one of my various injuries, my doctor told me about studies that determined better balance helps prevent injuries. The better your body is at figuring out which muscles to trigger to keep you upright, the better able it is to correct a misstep and prevent a major injury.

The more I work out with weights, the more I realize this is true. The better balanced I am across both sides of my body, the more weight I can lift and the less likely I am to be injured.

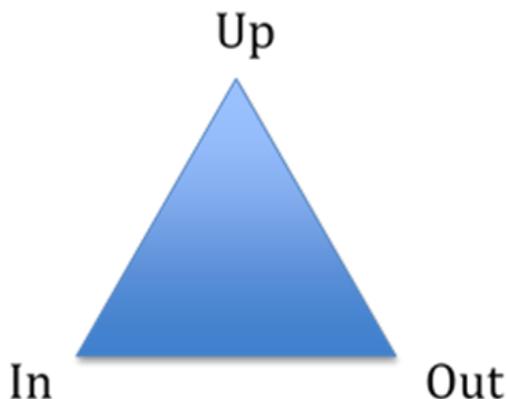
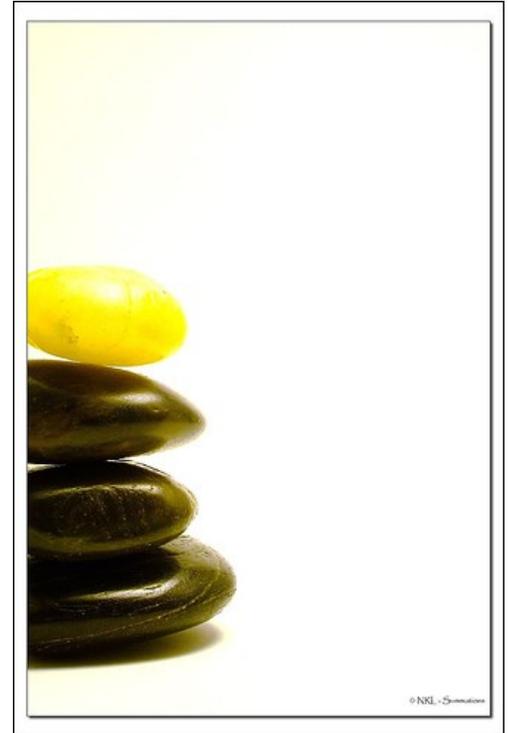
Balance is important. Yet we don't often lead very balanced lives.

We work too much, don't get the rest we need, and choose to eat way too much. Others don't eat enough or don't spend the time they should with their family because they're spending a disproportionate amount of time moving from one thing to the next.

It seems living in such a high stress, high anxiety, constantly-on-the-go area makes it easier to swing out of balance – spending most of our time doing only a handful of things and never fully getting into a rhythm that feeds us. A rhythm that moves us into creation.

I think we know that – so when we try to correct for the imbalances, we swing all the way over to the other side of the pendulum instead of finding ourselves somewhere in the middle.

Our life as disciples, following Jesus, is no different. We are habitually focused on one or two areas of our spiritual lives, almost never balanced, and often overcorrecting to one side or another.



Jesus was consistent and lived out his life in three expressions of relationship:

**Up** – with his Father (God);

**In** – with his chosen followers (other believers); and

**Out** – with the world around him.

*Continues on page 2*

All three were vital to him as ways of connecting with the world around him. He spent an equal amount of time and energy in each of those three areas, always making sure they were in equilibrium.

It is these three areas of relationships that we are also called to spend our time. Both individually and as a congregation, we should spend as much time with God the Father as we do with each other and out with the rest of the world. I suspect we're a bit out of balance and spend more time doing two of these with the third getting shortchanged. Which one do you need to work on?

Over the next couple weeks, we'll be highlighting the three portions of the triangle in our weekly emails. Look for those soon! †

*Pastor Kate*

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## **May Mission of the Month: Good News Jail and Prison Ministry**

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Contact: Jim Talley ([jimtalley@yahoo.com](mailto:jimtalley@yahoo.com))

Faith Lutheran has been a long-time supporter of the Good News Jail and Prison Ministry at the Arlington County Jail. The ministry provides for inmates a variety of religious programs, including one-on-one mentoring, bible studies, religious services, and prayer ministry.

Chaplain Earl V. Karl has been the full-time chaplain at the jail since 1998 and has an on-going need for volunteers, financial support, and donations of Christian-based paperback books (particularly Bibles and study guides) and holiday greeting cards.

In 2016, Good News reported the following statistics for Arlington County Jail:

- 81 inmates professed their faith
- 198 inmates made recommitments
- 7,237 Bible Lessons took place
- 189 Worship Services were conducted
- 1,450 Bible Studies studies were conducted by volunteers
- 1,864 counseling visitations and mentoring sessions took place



### **Annual Fundraising Banquet**

The banquet is the primary fund raiser for the ministry and consists of a yummy dinner, some short talks (including the Arlington County Sheriff and Chaplain Karl), excellent music, and some very heart-felt testimonies from former inmates who have been positively affected by this ministry. It has always proved to be a wonderful evening.

This year's banquet will be held Thursday, May 4, 6:30 p.m. at Cherrydale Baptist Church (3910 Lorcom Lane in Arlington). Faith will once again sponsor a table.

### **Other Ways to Donate**

You can also donate to the Good News Jail and Prison Ministry by using the special mission offering envelopes in the pews, or by making a donation through our online giving portal, at [www.flcva.org](http://www.flcva.org). You can also contact Chaplain Karl at [earl.karl@goodnewsjail.org](mailto:earl.karl@goodnewsjail.org) to volunteer for one of the Good News ministry programs at the Arlington County Jail. †

## June Mission of the Month: Arlington Free Clinic

Contacts: Katie Brewer ([katie.cardoni.brewer@gmail.com](mailto:katie.cardoni.brewer@gmail.com)), Sarah Holt ([sdholt13@gmail.com](mailto:sdholt13@gmail.com)), Amanda Milam ([amandamilam1@gmail.com](mailto:amandamilam1@gmail.com))

Arlington Free Clinic is a medical facility in our community that poignantly lives out “love your neighbor as yourself” in everything that they do. Their mission, “to provide free, high-quality medical care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers” is as important as ever in today’s health climate.

Getting sick for many of their patients, the most vulnerable Arlingtonians, can cascade almost instantaneously from work missed to no longer being able to support themselves or their families. With an all-encompassing facility like AFC, they can receive care that addresses their whole selves; AFC not only emphasizes preventative care to encourage longer, healthier lives, but they offer services running the gamut from physical to mental treatments.



*A coverage gap still exists even with the ACA in place - 11,000 residents in Arlington alone fall into this category*

The number of Arlington residents that rely on this specialized care has remained steady over the years, with the clinic seeing on average 1600 patients each year since 1994 when it was founded. AFC is home for only a small percentage of those that need the type of care they offer: a coverage gap still exists even with the ACA in place—11,000 residents in Arlington alone fall into this category. Of that number, AFC is able to offer their services through a lottery system conducted each month, through the referral of Virginia Hospital Center providers, and through local shelter reach-outs.

Their patients live on incomes at or below 200% of the Federal Poverty Level and although most patients work, their jobs don’t include access to health insurance. Given this situation, most people tend to seek emergency room care. Although short-term treatments are offered at the emergency room, chronic problems cannot be treated appropriately in such a setting. This leaves patients vulnerable to health complications for the rest of their lives.

AFC prioritizes exceptional business practices by utilizing a Board of Directors, strategic planning sessions, program design with evaluations, fiscal responsibility mindfulness, investments in resource development, volunteer management oversight, and fostering community partnerships to contribute to their success. It is no surprise the Clinic consistently receives awards for their significant contributions to our community. Arlington Free Clinic exists to deliver care within the cultural and social framework that people truly need, while simultaneously addressing their primary care, mental health, and specialty needs.

*continues on page 4*

Members of the Arlington community are part of the vital lifeline to AFC that keeps it running so well. **The Clinic *always* needs licensed medical providers and Spanish speakers to interpret for patients during appointments with the doctor.** Their patients also rely on the clinic for distribution of basic toiletries and volunteer coordinators are currently asking for donations of **toothpaste, toothbrushes, floss, mouthwash, body wash/soap, shampoo, conditioner, deodorant, lotion, sunscreen, and pill boxes.**

Beyond monetary donations, offering your time and talent to AFC in these ways ensures it remains the vibrant, compassionate place that it is. †

## Summer Mission Trip to Cristo Rey

Contact: Brad Ney (cornelllaw@yahoo.com; 202 664-6169)

We are planning an inter-generational mission trip to Cristo Rey Lutheran Church in El Paso, Texas the week of July 1-8. The trip is open to all age groups, including families with children, youth, young adults, XYZers and everyone in between. Past mission trips to Cristo Rey have included worship time with our fellow Lutheran congregation at Cristo Rey, working with children in the after-school program at Cristo Rey, a visit to Dr. Juana Mendoza's free clinic in Juarez, Mexico, and a visit to U.S. immigration facilities on the border. Since we'll be visiting over the Fourth of July holiday, we'll also have the opportunity to celebrate the holiday with members of the community.

For families making the trips with children, we will provide alternative programming for certain elements of the trip that children can't attend (e.g., the detention center visit).

The trip provides an opportunity to challenge, inspire and deepen our understanding of border conditions through the lenses of our faith, with an emphasis on shared learning, experience, work, and prayer with members of the border community. It also provides us with an opportunity to see firsthand the impact our mission partner congregation makes with community programs for children and youth, wellness, outreach, and outreach and fellowship. †

## Garden Update: Spring is here!

Contact: Carrie Beyer (cbeyer@comcast.net)

The Plot Against Hunger that Faith sponsors for AFAC, each year is doing well. In the back garden, confirmation students planted onions, potatoes, and peas. In the Jackson Street plots, there are peppers and kohlrabi that are starting to look productive. Each year Faith plants these gardens to grow fresh vegetables for the Arlington Food Assistance Center. We always need help with planting, weeding, harvesting and delivering the food to AFAC. This year we have need of help planting 4 smaller raised beds in the back gardens. We also could use a hand replacing blueberry bushes that were planted last year and did not make it through the winter.

We could use some help putting in raspberry plants and bigger blueberry plants that will do better in their first years. If you would like to help please contact Carrie Beyer. Stay tuned for more information about upcoming events. †



## Faith's New Logo: A Conversation with Jimi Rose

Since Easter Sunday, Faith Lutheran has begun to proudly display its new logo – a simpler, cleaner design to complement the more elaborate emblem we already had. The new logo was designed by Jimi Rose, who has become deeply involved in the congregation since moving to Arlington last September.

We sat down with Jimi to learn more about what the logo, and Faith, mean to him.

### **So, why did we need a new logo for the church?**

The church has a good emblem but it doesn't serve all the purposes for a church in digital age.

### **How would you describe the new logo in your own words?**

It's a blending of sacred geometry and the Ichthys [Jesus fish] with the cross. It's kind of a visual riddle or challenge. I like things to stand on their own but also hold a mystery.

The logo is circular to show togetherness and repetition. It enforces the idea that church is not just a service, but a community of people. That's why people come here from all around the D.C. area.

### **What was the design process like?**

I felt spoiled because I'd been going to church here for several months and already had a good feeling for the church as a whole – the congregation, the administration, and the pastors.

I also tapped into my personal childhood experience with Minnesota Lutherans. My education – in confirmation classes, for example- taught me that symbols are powerful. The story behind the Jesus fish was always powerful to me.

### **Can you tell me more about that story?**

Originally, the Jesus fish was a secret sign between two people who met on the road. That's why the fish is hidden in our logo, so that someone who is Christian but not a member of the church can also recognize it.

Companies like Fedex often hide things in their logos. I always liked the stories behind fonts, logos, and companies- the simple fact that everything we look at had a design and a story behind it.

### **What kind of church identity do you and the pastors want to promote?**

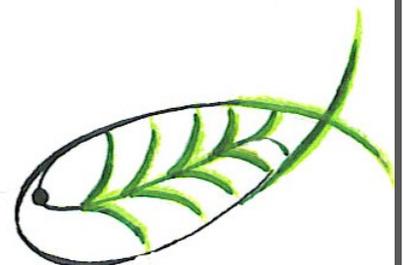
It's more than just the logo- the whole visual identity of the church should be clear, concise, and confident. It's communication without words.

The church has many ways of communicating: the Key, the sermons, one-on-one talks with the pastors. And also the visual identity in signage, in print, and in digital forms. All those things should do justice to this great church. †

### **Did you know?**

The fish symbol was used by the Greeks, Romans, and other pagan groups before it was adopted by early Christians. This made it ideal as a secret symbol among believers who feared religious persecution.

One explanation of the symbol's meaning for Christians is that it served as an abbreviated profession of faith. In Greek, the letters which spell out the word *ichthys* (fish) are also the initial letters in the phrase, "Jesus Christ, Son of God, Saviour."



## Activities for Babies, Toddlers, and their Parents!

Contact: Sara Grawe ([saragrawe@gmail.com](mailto:saragrawe@gmail.com)); Rachel Ackmann ([rachelackmann5@gmail.com](mailto:rachelackmann5@gmail.com))

### Play Group

The Babies and Toddler Playgroup will be meeting the 2nd Saturday of every month from 1-3pm for a Family Event and on alternating Wednesdays and Fridays during the week.

- Wednesday, May 10th from 1-3pm at Butler Holmes Park
- Saturday, May 13th from 1-3pm at Butler Holmes Park (Bring the whole family!)
- Friday, May 19th from 10am-12pm at Westover Park
- Wednesday, May 24th from 1-3pm at Butler Holmes Park
- Friday, June 2nd from 10am-12pm at Westover Park
- Saturday, June 10th from 1-3pm Butler Holmes Park (Bring the whole family!)

Contact Sara Grawe with questions, or if you would like to be added to our email list.

### Bible Story Time

- **Sunday, May 7th & June 4th**
- **9:35-10:05 AM**
- **In the nursery**



Our toddlers and babies might not be ready for Sunday School, but they can enjoy hearing stories about God and God's people, learn to pray, and begin to grasp that they are beloved children of God.

We are starting a monthly story time for babies and toddlers up to 3 years old, with at least one parent or caregiver present with each child. Each session will include some group time hearing a bible story, singing and praying, and time for caregivers to spend one on one time with their children doing activities related to the story of the day.

After story time, participants are welcome to join the 9:30 worship service for communion, the children's message, and the closing song and blessing (other Sunday School children come back to worship then, too).

A team of volunteers will take turns leading Story Time--if you are interested in helping or if you have questions, please contact Rachel Ackmann.†

## Save the Date: Safe at Home Kickball Tournament

**Saturday August 5, 2017**

If you are interested in joining our FLCVA-sponsored team, contact Kris Finney (703-408-5900 or [kfinney15@aol.com](mailto:kfinney15@aol.com)) or one of the Pastors.†



## Got Bucks? - Update

Contact: Anne Forney ([annemarieforney@gmail.com](mailto:annemarieforney@gmail.com))



Thank you to all who participated in the "got bucks?" event in March. Over \$300 was collected! We now have an offering cup at the coffee station, so please continue to drop a couple "bucks" to support the coffee hour and ultimately the general budget. Special thanks to Sue, Carolyn, Sara, Alex, Carol and Michelle.

I would also like to recognize Cindy, Iris, Bruce, Julie, Hillary, Patty, Anne, Paulette, Fred, Dan, Carolyn and Chris for their continued commitment to making coffee hour happen on a weekly basis. Your efforts have not gone unnoticed!

## Vacation Bible School Volunteers Needed!

Contacts: Jody Manning ([business@flcva.org](mailto:business@flcva.org)), Mary Quattlebaum ([maryqbaum@gmail.com](mailto:maryqbaum@gmail.com))

At this year's VBS, kids will discover that God made them for a purpose! There will be memorable Bible-learning activities, catchy songs, teamwork-building games, yummy treats, one-of-a-kind Bible adventures, and Sciency-Fun Gizmos that kids will take home and play with all summer long. **But none of this can happen without an energetic team of volunteers!**

VBS will take place July 24–28, 9:30 a.m. to 12:30 p.m. We're looking for people who can help teach Bible stories, lead the children in making crafts, prepare snacks, play games, and ensure the safety of the 80-or-so youngsters who typically sign up for VBS. If you can make yourself available to help out, please complete a registration on our VBS website!

Online volunteer registration can be found at:

[www.myvbs.org/FLCVA/](http://www.myvbs.org/FLCVA/)

## VBS 2017 Theme: Maker Fun Factory

At this year's VBS, kids will discover that they're lovingly crafted by God. Interactive adventures help curious kids to become hands-on inventors and experience God-the ultimate Maker-in new and wildly creative ways!



Maker Fun Factory follows the philosophy of R.E.A.L. learning (Relational, Experiential, Applicable, Learner-Based). This philosophy engages kids in the lesson, no matter their learning style, as well as helps them apply basic Bible principles to their lives. The goal is for children to interact with the lesson as much as possible in order for them to remember and apply the principles they are learning. †



## Upcoming Events in Brief

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- **First Friday Families of Faith Potluck**  
**May 5 and June 2, 2017 @ 5:30 p.m.**  
A potluck dinner in the Fellowship Hall on the first Friday of each month. Whether you're a family of 1, 2, or 7, all are welcome! A signup with further details can be found at: [www.flcva.org/members/signup/](http://www.flcva.org/members/signup/)
- **Joint Young Adult / Middle Adult Game Day**  
**Saturday, June 3, 3:00-6:00 PM; 6:00-9:00 PM**  
The Young Adults and Middle Adults will cohost a family-friendly game afternoon at the church from 3:00—6:00 PM, followed by a game evening at the parsonage (Pastor Kate's house) from 6:00—9:00 PM.
- **Young Adult Group**  
**Saturday, May 6 at 5:00 PM: Derby Day Party**  
Come enjoy spending time together while watching the Derby! Bring a potluck dish to share.  
**Saturday, May 13 at 9:40 AM: Buzzard Rock North Hike**  
We'll meet at church and car pool to the George Washington National Forest for a four mile light-moderate hike that has castle wall-like cliffs and magnificent views of the Shenandoah River and Valley below. After the hike, we have the option of visiting nearby Woodstock Brewhouse, which has an award winning barbecue take over their kitchen on the weekends. Please contact Greg Mantell ([greg@sharptel.com](mailto:greg@sharptel.com)) for more information or to sign up.
- **eXtra Years of Zest (XYZ)**  
**Tuesday, May 2nd—Van leaves at 11:00 a.m.**  
Lunch at Tuscarora Mill in Leesburg  
**Tuesday, May 16th—Van leaves at 11:30 a.m.**  
Lunch at Legal Seafood at Tysons  
**Tuesday, May 30th—Van leaves at 11:30 a.m.**  
Lunch at Carriage House on Lee Highway  
**Tuesday, June 6th—Van leaves at 11:30 a.m.**  
Lunch at Chart House in Alexandria  
**Tuesday, June 20th at 11:30 a.m.**  
Annual XYZ Picnic  
**Saturday, June 24th—Van leaves at 10:00 a.m.**  
Winchester for Shenandoah Summer Musical Theatre's production of *Oklahoma*. Lunch at IJ Canns American Grille.
- **Meals on Wheels**  
**Monday, May 22 and Monday, June 26**  
Contact Bruce & Kay Flatin to be added to the list of substitutes: [bruceandkayflatin@me.com](mailto:bruceandkayflatin@me.com)
- **Faith Volunteers at the Arlington HSC**  
**Sunday, June 4th from 5:30—7:00 p.m.**  
Volunteer days require 2-3 volunteers to serve the evening meal, monitor the clothing room, or assist staff with other tasks. Contact: Ginny Paulus: [virginia.paulus@gmail.com](mailto:virginia.paulus@gmail.com)
- **Bagged Meal Preparation and Distribution**  
**Saturday, May 13 and Saturday, June 10, 1:30 p.m. / 5:30p.m.**  
Contact Paul Wengert at his new email address: [sandwich@wmalumni.com](mailto:sandwich@wmalumni.com)
- **Sunday School**  
Classes will end for the summer after Sunday, June 11th.†

## Discipleship Small Group

Contact: Pastor Kate ([pastorkate@flcva.org](mailto:pastorkate@flcva.org))

New to the Lutheran tradition? Want to grow deeper in your faith? Forgot what you learned all those years ago in confirmation?

If any of these fit you, then you may want to join a discipleship small group. Pastor Kate is starting small groups for those who want to explore more of the basics of the Lutheran tradition and learn to walk closer to God. The groups would meet once or twice a month as schedules allow.

Please see Pastor Kate or sign up at: [www.flcva.org/members/signup/](http://www.flcva.org/members/signup/) †

## Beginner Yoga Workshop at Faith

Ashtanga Nation has been offering yoga classes at Faith Lutheran Church since January and is holding a Beginner Yoga Workshop on Saturday, June 10, from 11:30 to 1:00. All members of the Faith community (and beyond) are invited to attend. Cost is \$60 and includes a 2-week unlimited class pass. Bring a friend and discover the benefits of yoga!



Here's a short description about the style of yoga that is taught:

The Ashtanga or Mysore method allows the teacher to work with students individually in a group so that every one has an experience tailored to their personal need. Students can arrive at any time during the scheduled 2.5 hour block of time and leave when they have finished their practice.

For more information about the workshop, please contact Jody Manning in the church office at [business@flcva.org](mailto:business@flcva.org), or visit [www.ashtanganation.com](http://www.ashtanganation.com). †

# Bike to WORSHIP

SUNDAY, MAY 21ST



### May is National Bike Month!

This month is full of opportunities to go green, get active, and hit the bike path!

- May 6** Rockville "Tour de Cookie"
- May 15** Bike to Work Week (Crystal City)
- May 19** **National Bike to Work Day**
- May 13** NOVA Tour de Cure (for diabetes)
- May 20** Tour de DCPL (DC Public Libraries)

For more Bike Month activities, check out the May calendar at [www.bikearlington.com](http://www.bikearlington.com)

Take advantage of Faith's new bike rack, and try biking to worship! We will also have a blessing of the bikes and bike rack. Look for more details in upcoming bulletins! †

## Property and Rejuvenating Faith Updates

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Contact: Jody Manning ([business@flcva.org](mailto:business@flcva.org))

### Cleanup Day

The Property Team held a successful Cleanup Day on April 1, with several volunteers helping to clean out and mulch flower beds. Additional work that day included sanding, painting and re-covering cushions for 5 old chairs, which are now located in the coffee area. A huge thank you to all who participated!

### Signage

A few years ago, Faith's Mission Design Team recommended improved and uniform signage as a part of the Rejuvenating Faith program. More than interior 65 signs have been installed to identify rooms and direct members and visitors alike to various parts of the facility. Exterior signs installed so far include the street number above the preschool entrance, street address signs posted on two sides of the building that are visible from Jackson Street, and three parking signs. Additional exterior directional signage is in progress and will be completed by the summer.

### Security

Exterior cameras were installed a few months ago at the Undercroft and kitchen entrances. Interior cameras have now been installed in the Fellowship Hall, Undercroft, and Undercroft Hallway with additional cameras scheduled for installation soon in the Loft, Circle Room, and Preschool hallway.

### Miscellaneous Rejuvenating Faith items

Juan Ulloa, Faith's longtime custodian and caretaker, has been very busy the past few months! He installed roller shades to replace the old window blinds in the Breezeway and the Sanctuary. He assembled and installed a bike rack under the Breezeway. He hung new clocks in the kitchen, coffee alcove, and Conference Room. He recently painted the stairwell going from the preschool up to the Loft and will paint the railings and stairs in the next few weeks. He also has transformed the preschool hallway by painting it white, which has brightened and refreshed the entire space. We are so grateful for his presence on our staff and his care of Faith's facilities!

### Outreach Through Animals

A doggie station has been installed (by Juan, of course) in the upper parking lot to welcome neighborhood canines (who have long frequented the lot) and encourage their humans to pick up pet waste. Neighbor feedback has been positive, so much so that the Arlington Heights Dog Club made a donation to Faith covering the entire cost of the pet waste station and supplies for several months!†



## HVAC Update

In February, Faith's Council voted to engage Arium AE, an architectural and engineering firm based in Columbia, MD, to conduct an architectural survey of the building. The firm conducted the field survey in March and April, provided its initial report, and continues to work to determine the exact specifications of heating and cooling equipment that Faith will need. We expect to receive this information soon, at which point we will quickly seek proposals for the necessary equipment and upgrades. Watch in the coming weeks for additional details in the Sunday and weekly email announcements.

In the meantime, our current HVAC contractor, AMSI, successfully switched the building over from heating to cooling just in time for the mini heatwave that occurred Easter weekend. Some minor repairs were made the first week in May to an air conditioning drain pipe on the Fellowship Hall side of the building, but for now, thankfully, all systems are in working order. †

Easter  
2017

Photos by Milton Schoch



# Faith Lutheran Church

www.flcva.org

# MAY 2017

## Regular Sunday Schedule

**8:00am** Worship with Holy Communion  
**9:30am** Worship with Holy Communion  
**9:15am** Sunday School  
**11:00am** Worship with Holy Communion

## ABBREVIATIONS:

- XYZ - eXtra Years of Zest (seniors)
- YAG - Young Adult Gathering
- MAG—Middle Adult Group
- FLP—Faith Lutheran Preschool

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 11:00 am—XYZ Lunch	3 7 pm—Faith Small Group 7:45 pm—Choir Rehearsal	4 10 am—Bible Study	5 <i>Pastor Kate's Day Off</i> 5:30 First Friday Family Potluck	6 5 pm YAG Derby Day
7 <b>4th Sunday of Easter</b> <i>New Member Sunday</i>  Traditional worship: 8 & 11 Contemporary worship 9:30  Sunday School: 9:15 Story Time: 9:35	8 <i>Pastor Yvette's Day Off</i>  10:30 am Mothers of North Arlington 1:00 pm Lydia Circle	9	10 1 pm—Babies and Toddlers Playgroup  7:45 pm—Choir Rehearsal	11 10 am—Bible Study	12 <i>Pastor Kate's Day Off</i>	13 9:40 am - Young Adult Hike 1 pm - Bagged Meal Prep 1 pm - Babies and Toddlers Group 5:30 pm - Bagged meals distribution
14 <b>5th Sunday of Easter</b> <i>Mother's Day</i>  <i>Temple Talk: Good News Jail &amp; Prison Ministry</i>  Traditional worship: 8 & 11 Contemporary worship 9:30 Sunday School: 9:15	15 <i>Pastor Yvette's Day Off</i>  7:30 pm –Stephen Ministry	16 11:30 am—XYZ Lunch	17 7 pm—Faith Small Group  7:45 pm—Choir Rehearsal	18 10 am—Bible Study  7 pm—Council Meeting	19 <i>Pastor Kate's Day Off</i>  10 am—Babies and Toddlers Playgroup	20
21 <b>6th Sunday of Easter</b> <i>Bike to Church Sunday</i>  Traditional worship: 8 & 11 Contemporary worship 9:30 Sunday School: 9:15  3:00 pm—Confirmation	22 <i>Pastor Yvette's Day Off</i>  11 am—Meals on Wheels	23	24 1 pm—Babies and Toddlers Playgroup	25 10 am—Bible Study	26 <i>Pastor Kate's Day Off</i>	27
28 <b>7th Sunday of Easter</b>  Traditional worship: 8 & 11 Contemporary worship 9:30  No Sunday School today	<b>FLP Closed</b>  <b>29 Memorial Day</b>  <b>Church Office Closed</b>	30 11:30 am—XYZ Lunch	31 7:45 pm—Choir Rehearsal			

# Faith Lutheran Church

www.flcva.org

# JUNE 2017

## ABBREVIATIONS:

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- YAG - Young Adult Gathering
- MAG—Middle Adult Group
- FLP—Faith Lutheran Preschool

### Regular Sunday Schedule

**8:00am** Worship with Holy Communion  
**9:30am** Worship with Holy Communion  
**9:15am** Sunday School  
**11:00am** Worship with Holy Communion

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10am—Bible Study	2 10 am—Babies and Toddler Playgroup  5:30 pm—First Friday Potluck	3 Young Adult / Middle Adult Game Day  3-6 pm Family Games 6-9 pm Game Evening
<b>4 Day of Pentecost</b> <i>Refugee Sunday</i>  Traditional worship: 8 & 11 Contemporary worship 9:30 Sunday School: 9:15 Story Time: 9:35  5:30 pm—Faith Volunteers at the Arlington HSC	<b>5</b> <i>Pastor Yvette's Day Off</i>  7:30 pm –Stephen Ministry	<b>6</b>  11:30 am—XYZ Lunch  6:30 pm—Arlington Foster Care Information Session	<b>7</b>  7:00 pm—Faith Small Group	<b>8</b>  10am—Bible Study	<b>9</b> <i>Pastor Kate's Day Off</i>	<b>10</b>  11:30 am—Beginner Yoga Workshop 1 pm - Bagged Meal Prep 1 pm - Babies and Toddlers Group 5:30 pm - Bagged meals distribution
<b>11</b> <b>1st Sunday After Pentecost</b> Traditional worship: 8 & 11 Contemporary worship 9:30 Sunday School: 9:15 <i>Last day of Sunday School</i>  12:15 pm—Confirmation BBQ	<b>12</b> <i>Pastor Yvette's Day Off</i>  10:30 am—MONA	<b>13</b>	<b>14</b>	<b>FLP Last Day</b>  <b>15</b> 10:00 am—Bible Study 7:00 pm—Council Meeting	<b>16</b> <i>Pastor Kate's Day Off</i>  <b>July/August Newsletter Deadline</b>	<b>17</b>
<b>18</b> <b>2nd Sunday After Pentecost</b> Traditional worship: 8 & 11 Contemporary worship 9:30	<b>19</b> <i>Pastor Yvette's Day Off</i>  7:30 pm –Stephen Ministry	<b>20</b> 11:30 am—XYZ Annual Picnic	<b>21</b>  7 pm—Faith Small Group	<b>22</b>  10am—Bible Study	<b>23</b> <i>Pastor Kate's Day Off</i>	<b>24</b>  10 am—XYZ Trip to See Oklahoma
<b>25</b> <b>3rd Sunday After Pentecost</b> <i>Recognition of High School Seniors</i>  Traditional worship: 8 & 11 Contemporary worship 9:30  3:00 pm—Confirmation	<b>26</b> <i>Pastor Yvette's Day Off</i>  11 am—Meals on Wheels	<b>27</b>	<b>28</b>	<b>29</b>  10am—Bible Study	<b>30</b> <i>Pastor Kate's Day Off</i>	

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## May and June Lectionary

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### May 7

*Fourth Sunday of Easter*  
Acts 2:42-47  
Psalm 23 (1)  
1 Peter 2:19-25  
John 10:1-10

### May 14

*Fifth Sunday of Easter*  
Readings Acts 7:55-60 Psalm  
31:1-5, 15-16 (5) 1 Peter 2:2-  
10 John 14:1-14

### May 21

*Sixth Sunday of Easter*  
Acts 17:22-31  
Psalm 66:8-20 (8)  
1 Peter 3:13-22  
John 14:15-21

### May 28

*Seventh Sunday of Easter*  
Acts 1:6-14  
Psalm 68:1-10, 32-35 (4)  
1 Peter 4:12-14; 5:6  
11 John 17:1-11

### June 4

*Day of Pentecost*  
Acts 2:1-21  
Numbers 11:24-30  
Psalm 104:24-34 (30)  
1 Corinthians 12:3b-13  
Acts 2:1-21 John 20:19-23  
John 7:37-39

### June 11

*The Holy Trinity*  
*1st Sunday after Pentecost*  
Genesis 1:1--2:4a  
Psalm 8  
2 Corinthians 13:11-13  
Matthew 28:16-20

### June 18

*2nd Sunday after Pentecost*  
Exodus 19:2-8a  
Psalm 100  
Romans 5:1-8  
Matthew 9:35--10:8 [9-23]  
*Alt.* Genesis 21:8-21  
*Alt.* Psalm 86:1-10, 16-17

### June 25

*3rd Sunday after Pentecost*  
Jeremiah 20:7-13  
Psalm 69:7-10 [11-15] 16-18  
Romans 6:1b-11  
Matthew 10:24-39  
*Alt.* Genesis 21:8-21  
*Alt.* Psalm 86:1-10, 16-17

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## Faith Lutheran Church

3313 Arlington Blvd., Arlington, VA 22201

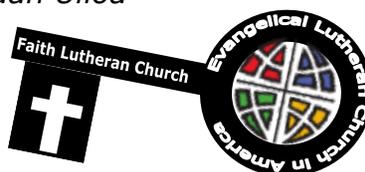
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*Faith Lutheran Church is a congregation of the Evangelical Lutheran Church in America.*

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**Submit your items for the next issue (July/August) by June 16.**

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