



## **LUNCHEON MEETING**

**Thursday, December 1, 2011-12:00 noon**

Saint Luke Lutheran Church  
9100 Colesville Road at Dale Drive  
Silver Spring, MD 20910

### **David Robert Lambert**

*"The Most Under-Utilized Church Resource"*

Mr. Lambert has over 35 years experience in the computer industry. He worked for IBM for 22 years and then for Integic Corporation from 1994 to 2005. After earning an Equipping Lay Ministry Certificate in Evangelism from Wesley Theological Seminary in Washington DC, he redirected his career toward full-time ministry. In addition to his studies at seminary, Mr. Lambert was trained at Holy Trinity Brompton Anglican Church in London and at various Alpha Conferences throughout the United States. He currently serves as an Advisor for Alpha USA. He served on the Executive Committee for the DC Festival with Luis Palau and later worked for the Billy Graham Festival held in Baltimore.

In his spare time since leaving IBM in 1993, Mr. Lambert has been deeply involved in the Internet and World Wide Web. He is currently an Internet Service Provider with multiple servers in a climate controlled commercial-grade data center that has backup generators and redundant fiber-optic connections to the backbone of the Internet. He designs and develops websites for a variety of small business and non-profit customers. Many know him simply as "Webmaster Dave".

He has always had an interest in cooking and has organized and prepared church-related meals for over 10 years. Mr. Lambert is known as "Chef Da-Vid" in culinary circles and holds a National Restaurant Association ServSafe® food service manager certificate that is honored in all jurisdictions. He is also a Certified Instructor and Registered Proctor. Chef Da-Vid worships at Christ Evangelical Lutheran Church in Bethesda and lives in Potomac, Montgomery County, Maryland, with his wife, Deborah.

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## **Announcements:**

The birthdays celebrated were Deborah Lambert, 30 Dec and Dave Lambert, 31 Dec. First time attendees were Carolyn Sovinski and Lawrence Cunnings.

The devotion was led by Dave Lambert and focused on Psalm 65:9-14 and on being thankful. He also read a song from the green Lutheran songbook – Now thank we all our God; With heart, hands, and voices; Who wondrous things has done; In whom his world rejoices.

A gift basket was presented to our hosts with fruits, vegetables and gift cards from Safeway and Whole Foods.

Sarge presented a LLF contribution of \$300 to St. Luke's in thanks for hosting us.

Sarge noted that membership renewal forms are available at the sign in table.



Carolyn Sowinski spoke about the Gifts of Hope program (United Lutheran Appeal has merged into it) and encouraged donation through their evolving website

<http://giftsofhopemetrodc.org/donate.html>

Gifts of Hope is an alternative gift-giving program in the congregations of the Metropolitan Washington DC Synod of the Evangelical Lutheran Church in America which helps those in need on a local or international level. Gifts of Hope serves as an intermediary between donors and organizations serving persons in need. Our mission is to maximize funds going to these organizations and to encourage volunteer involvement with them.

Ellie Wegener spoke again encouraging support of their employment group.

Faith Coddling, Fellowship Square, thanked those that brought in gifts for their residence.

Sarge asked for any ideas of ways to care for our members: one voiced at the meeting was to get a van service from the Lutheran Home; another was take time to listen to each other. He then asked for more ideas if they thought of them later.

**In Memorium:** - Louise Anderson, former LLF Executive Committee Member

Sharon Telleen, Louise's older daughter, phoned Rev. David G. Berg in mid-December to tell of Louise's death on December 2, 2011. She had broken a leg and was recovering from that when she acquired congestive heart disease and was placed in hospice care. Four days later she died peacefully. Even in her final hours, Sharon told him that Louise served as a magnet by drawing fellow residents in the extended care facility and a cadre of nursing students together and expressing her faith in the midst of adversity. She longed to receive relief from her Heavenly Father, to see Floyd again and even a dog from years ago.

The funeral was on Tuesday, December 20 at Augustana Lutheran Church, 2100 New Hampshire Avenue at V Street, one block east of 16th Street. An announcement of her passing will be made at the January 5th meeting.

**Presentation:**

*"The Most Under-Utilized Church Resource"*  
by David Robert Lambert

Dave showed the attached slides which included his background as webmaster, lay speaker, evangelist and chef. He is a local resource for the Alpha Course which is an evangelistic tool used by many churches. He has been to Saddleback Church (Rick Warren) and worked for the Billy Graham and Luis Palau evangelical events in the area. He showed a chart where the most under-utilized church resource was deemed to be their kitchen during the week.



*Sarge Sargeant and Dave Lambert*

He attends Christ Evangelical Lutheran Church in Bethesda (small congregation with a big heart) which started in the State Theater in 1934 as the Lutheran Mission in Bethesda. The GGT (Graceful Growing Together) non-profit mission is to support the church by remaining in downtown Bethesda. They are trying to transform their presence into more of a community center which will require razing the current edifice.

There is no culture in the world that spends less on food and more on medicine than the US. We are the first generation where our children are expected to have a shorter life span.

He passed out an anonymous random survey the results of which will be shared with the USDA and/or FDA. The new symbol for good food choices is a plate outline from [www.choosemyplate.gov](http://www.choosemyplate.gov). He showed the 2010 Dietary Guidelines for Americans.

Hazard Analysis Critical Control Point (HACCP) is needed if your church is doing a culinary arts program and he covered its seven principles which help you think about things that could go wrong and ways to minimize the risk. A licensed kitchen is licensed by the county, inspected for health safety, food provided to the public. A public event is anyone that is open to the public and advertised. Any kind of food can be brought to a private event. Only items from an approved source can be brought to a public event (licensed caterer, restaurant or grocery store) or must be prepared on site in an approved kitchen with a certified food service manager present.

You can become certified by taking a course successfully and registering with the county. Plans for the GGT Culinary Arts Initiative include a professional track; a family track; and time-share kitchen rentals.

Respectfully submitted,

Rodney Smith

Today's reading is from Psalm 65:9-14.

<sup>9</sup> You care for the land and water it;  
you enrich it abundantly.

The streams of God are filled with water  
to provide the people with grain,  
for so you have ordained it.

<sup>10</sup> You drench its furrows and level its ridges;  
you soften it with showers and bless its crops.

<sup>11</sup> You crown the year with your bounty,  
and your carts overflow with abundance.

<sup>12</sup> The grasslands of the wilderness overflow;  
the hills are clothed with gladness.

<sup>13</sup> The meadows are covered with flocks  
and the valleys are mantled with grain;  
they shout for joy and sing.

Thanksgiving was last week so I'll give you a few examples of thankfulness.

People who are truly thankful don't complain, they find a reason to be grateful.

Matthew Henry, who wrote a commentary on every book of the Bible, was once robbed. The thieves took everything of value that he had.

Later that evening he wrote in his diary these words,

"I am thankful that during these years I have never been robbed before. Also, even though they took my money, they did not take my life. Although they took all I had, it was not much. Finally, I am grateful that it was I who was robbed, not I who robbed."

Billy Graham turned 93 this month. He said that he is thankful to the Lord that not long before his birthday, he was able to complete a book he had been working on for some time.

(pause)

A school teacher asked her first graders to draw a picture of something they were thankful for.

She thought of how little these children from poor neighborhoods actually had to be thankful for.

She reasoned that most of them would no doubt draw pictures of turkeys on tables with lots of other food.

She was surprised with the picture that Douglas handed in. It was the picture of a human hand, poorly drawn. But whose hand?

The other children tried to guess. One said it was the hand of God because He brings the food to us. Another said it was the hand of a farmer because he raises and grows the food.

Finally, when the others were back at their work, the teacher bent over Douglas' desk and asked whose hand it was.

"Why, its your hand, teacher," he mumbled.

Then she recalled that frequently at recess she had taken Douglas, a scrubby, forlorn child, by the hand. She did it with many of the children and never thought much about it. But Douglas did.

You see, she refreshed his spirit and he never forgot it.

What are you thankful for?

(pause)

Be thankful for the taxes you pay because it means you are employed.

Be thankful for the clothes that fit a little too snug because it means you have enough to eat.

Be thankful for your shadow who watches you work because it means you are out in the sunshine.

Be thankful for a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means you have a home.

Be thankful for the spot you find at the far end of the parking lot because it means you are capable of walking.

Be thankful for your huge heating bill because it means you are warm in the winter.

Be thankful for all the complaining you hear about our government because it means we have freedom of speech.

Be thankful for the sirens of the Rescue Squad because it means that you can hear, and they are off helping somebody.

Be thankful for the piles of laundry and ironing because it means your loved ones are nearby.

Be thankful for the alarm that goes off in the early morning hours because it means that you're alive.

Be thankful for weariness and aching muscles at the end of the day because it means you have been productive.

*(pause)*

Too often our gratitude is dependent upon the circumstances of life. A beautiful hymn was written by Martin Rinkhart during the thirty-year war to help us look beyond our circumstances and see the hand of God.

Rinkhart was a pastor in Saxony, Germany as the turbulent years of the war dragged on. For a time he was the only pastor in his town.

His pastoral duties caused him to preside at nearly 4,500 burials in 1637 alone. In the context of this sad situation and these unfavorable circumstances he penned the words to Now Thank We All Our God. It is a hymn of unconditional gratitude to God.

*(green hymnal #534)*

Now thank we all our God  
With heart, hands, and voices  
Who wondrous things has done  
In whom his world rejoices

Thankful people don't have to have everything  
going their way to rejoice.

*(pause)*

Let us pray.

Almighty and gracious Father, thank you for this day and for this gathering of your faithful people.

We give you thanks for the fruits of the earth in their season and for the labors of those who harvest and prepare them.

Make us, we pray, faithful stewards of your great bounty.

Bless this food and us to thy service, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

## The Most Under-Utilized Church Resource

David Robert Lambert

Lutheran Lay Fellowship  
December 1, 2011

## Introduction

### Question:

What is the most under-utilized resource in a church?

### Answer:

Its kitchen during the week.

*Thomas D. Paulsen, Rear ADM, US Navy (Retired)*

2

## Background

- Webmaster
- Lay Speaker
- Evangelist
- Chef



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3

## Church History

### Christ Evangelical Lutheran Church

- State Theater, 1934  
Lutheran Mission of Bethesda
- Garrett House Chapel, 1938
- Current Sanctuary, 1953
- Luther Hall Education Wing, 1955



CELG and our GGT non-profit, through the new Culinary Arts Initiative, are in a unique position to help our community.

4

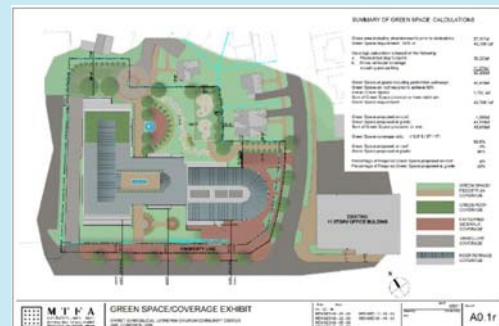
## GGT Non-Profit Mission

Support CELC by remaining in downtown Bethesda to ...

- (i) connect with the community
- (ii) enrich people's lives
- (iii) innovate by offering new services
- (iv) impact the quality of life of the less fortunate

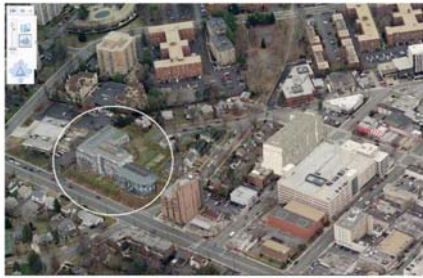
5

## CELG & GGT Future



6

## CELC & GGT Future



MTFA BUILDING CONTEXT VIEW FROM 300 GEORGETOWN ROAD  
DATE: 10/20/10  
SCALE: 1" = 100'  
PROJECT: CELC & GGT Future  
DRAWN BY: [illegible]  
CHECKED BY: [illegible]  
DATE: 10/20/10  
A4.7r

7

## CELC & GGT Future



8

## Food Day Overview



9

## Introduction

There's no culture in the world that spends less on food and more on medicine than the United States.

For the first time in history, our children's generation is expected to have a shorter lifespan than our own.

*Food Day 2011*

10

## Dietary Quiz

- Anonymous Random Survey
- Results shared with the USDA and/or FDA.
- Do not discuss your answers with others; we are looking for your own understanding of the material.



11

## Dietary Quiz

- 1) The USDA considers obesity to be:
  - a) of little concern
  - b) a minor problem
  - c) of moderate concern
  - d) a very large problem
  - e) a crisis of epidemic proportions



12

## Dietary Quiz

2) Name the 5 basic food groups:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_



13

## Dietary Quiz

3) It is best to choose fat-free or low-fat milk, yogurt, and cheese.

- a) True
- b) False



14

## Dietary Quiz

4) Most diet recommendations are based on a:

- a) 200 calorie diet
- b) 1,200 calorie diet
- c) 2,000 calorie diet
- d) 2,100 calorie diet
- e) 3,000 calorie diet

Nutrition Facts	
Serving Size 4 ounces (113g)	
Servings Per Container About 12	
Amount Per Serving	
Calories	130
Calories from Fat	20
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	10%
Trans Fat 0g	0%
<b>Cholesterol 15g</b>	<b>30%</b>
Sodium 10g	20%
<b>Total Protein 10g</b>	<b>20%</b>
<b>Total Carbohydrate 20g</b>	<b>40%</b>
Dietary Fiber 1g	2%
Sugar 1g	2%
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Calcium</b>	<b>0%</b>
<b>Iron</b>	<b>0%</b>



15

## Dietary Quiz

5) Which of the following is not considered a dairy product?

- a) Cheese
- b) Milk
- c) Yogurt
- d) Calcium-fortified soy beverage
- e) None of the above



16

## Dietary Quiz

6) You should have 6 oz. of grains each day of which at least half are whole grains.

- a) True
- b) False



17

## Dietary Quiz

7) For protein foods like meat, your daily allotment should be:

- a) a quarter-pounder
- b) 5 1/2 oz.
- c) 8 oz.
- d) 12 oz.
- e) None of the above



18



### Dietary Quiz

8) Each day you should have more fruits than vegetables.

- a) True
- b) False



19

### Dietary Quiz

9) Fish should be cooked to a temperature of 145 °F

- a) True
- b) False



20

### Dietary Quiz

10) Chicken, ground turkey, casseroles, and leftovers should be cooked to a temperature of 165 °F

- a) True
- b) False



21

### Dietary Quiz

11) Physical activity means movement of the body that uses energy.

- a) True
- b) False



22

### Dietary Quiz

12) Which of the following is not a vigorous physical activity?

- a) Running/jogging (5 miles per hour)
- b) Golf (walking and carrying clubs)
- c) Bicycling (more than 10 miles per hour)
- d) Swimming (freestyle laps)
- e) Basketball (competitive)



23

### Dietary Quiz

13) Which of the following is not a moderate physical activity?

- a) Walking briskly (about 3½ mph)
- b) Bicycling (less than 10 mph)
- c) Dancing
- d) Basketball (competitive)
- e) Canoeing



24

## Dietary Quiz

14) Only vigorous intensity activities count toward meeting your physical activity needs.

- a) True
- b) False



25

## Dietary Quiz

15) What graphic symbol does the USDA use to communicate healthy food choices?

- a) Triangle
- b) Circular plate
- c) Food pyramid
- d) Rectangle
- e) None of the above



25

## ChooseMyPlate.gov



27

## 2010 Dietary Guidelines for Americans

### Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

### Foods to Reduce

- Compare sodium (salt) in foods
- Drink water instead of sugary drinks

28

## Where do Restaurants shop?



29

## Where do Restaurants shop?



5 gal. Soy Sauce



100 lbs. Rice

30

## HACCP



Hazard Analysis Critical Control Point

31

## HACCP 7 Principles

- Principle 1:** Conduct a hazard analysis
- Principle 2:** Identify critical control points
- Principle 3:** Establish critical limits for each critical control point
- Principle 4:** Establish critical control point monitoring requirements
- Principle 5:** Establish corrective actions
- Principle 6:** Establish procedures for ensuring the HACCP system is working
- Principle 7:** Establish record keeping procedures



32

## What is a Licensed Kitchen?

- Licensed by the County Health Department
- Inspected for food safety
- Safety of food provided to the public
- Same as any Restaurant in the County

33

## Kitchen Problems



34

## What is a Public Event?

- General Public is Invited
- Whether or not a fee is charged
- Advertised with flyers, banners, newspaper articles, radio or television announcements or on the Internet

35

## What are the Exceptions to a Public Event?

- Private parties
- Events restricted to organization members
- Other events that restrict the general public from attending.

36

### What food can be brought to a Private Event?

- Food from a Store
- Food from a Restaurant
- Food Prepared or Cooked at Home

37

### What food can be brought to a Public Event?

#### Items from Approved Sources Only

- unopened bottled water or soda
- bagged ice from the store
- licensed caterer, restaurant or grocery store

*Under no circumstances will food be allowed from unapproved sources, including but not limited to food prepared or cooked at home.*

38

### How can you contribute to a Public Event?

- Bring Raw Ingredients
- Prepare or Cook in the Licensed Kitchen

*BUT... you must have a Certified Food Service Manager on duty*

39

### For More Information

Annotated Code of Maryland (COMAR)  
Title 10  
Department of Health and Mental Hygiene  
Subtitle 15 Food  
Chapter 03 Food Service Facilities

<http://www.dsd.state.md.us/comar/>

40

### How do you become certified?

Approved course, such as ServSafe® from the National Restaurant Association



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41

### GGT Culinary Arts Initiative

- Professional Track
- Family Track
- Time-Share Kitchen Rentals

*Learning to cook nutritious meals is an untapped life skill.*

42

# UNEMPLOYED?

IT HAPPENS TO ALL OF US

## **The Capitol Hill Career Support Group**

Offers Helpful, Compassionate &  
Practical Sharing



Every Monday Evening 7:00 - 8:30 pm  
First Trinity Lutheran Church  
309 E Street, NW, Washington, DC 20001

At front of church, door on left, ring bell on left.  
Come up two flights to library to join group.

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[www.angelfire.com](http://www.angelfire.com) .

# MEMOIR WRITING



**Group forming:**

**October 20 at 7:00p.m.**

**Georgetown Lutheran  
Church**

**1556 Wisconsin  
Avenue N.W.**

## **MEMOIR WRITING GROUP**

What is your story? A group of people is forming who want to work on their memoirs. Whether you wish to write essays, short stories, or a book about the incidents of your life, you are welcome. This group will be led by Ellie Wegener, journalist and author, to guide writers along the way. The first gathering to meet and organize will be October 20, 2011 at 7:00pm in the fellowship hall. Everyone is welcome. All you need is the desire to write. Bring your laptop or a tablet and pen.

Questions: Call Ellie Wegener at: 703-790-1469  
Call Kay Swift at: 202-337-9070