

## Lutheran Lay Fellowship of Metropolitan Washington DC



### LUNCHEON MEETING Thursday, August 1, 2013 – 12:00 noon

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

#### Opening

President Bob Sargeant opened the meeting at 12:10. First time visitors included our speaker, and three others. There were four birthdays during July and August. There was one anniversary.

#### Devotions

Pr. David Berg offered a prayer calling for our focusing on centering and priorities rather than distractions.

#### Announcements

Bonnie Priebe announced this year's scholarship recipients. She noted that Dan Bella's illness has precluded his continuing as chair of the committee. She and Larry Schmidt served as the committee. Three scholarships of \$2,000 each awarded to these very qualified applicants:

- Alyssa Kozacek, a member of Shepherd of the Hills, Haymarket. She attends William and Mary and plans to become a doctor.
- Lisl Stach, a member of Our Savior's Way, Ashburn. She attends Roanoke and plans to become a writer.
- Michael Whiteman, a member of Epiphany, Burtonsville. He has been in a dual program at St. Mary's and the University of Maryland, carrying a dual major in Physics and Engineering. He plans to go into Solar Energy.

We were delighted to have Michael and his pastor as our guests at our luncheon on August 1. We wish each of them God's blessings as they continue their studies.

Bob announced that Dan's illness is rather serious.

Ellie announced there is a new executive director of The Employment Center which meets at First Trinity, Washington, DC. The memoir writing group is on Wednesdays at Georgetown Lutheran Church. Travelers are still welcome to join her trip to England.

Carolyn Sowinsky spoke that Gifts of Hope options for this season are being assembled. There is going to be a benefit organ concert at Good Shepherd Lutheran in Gaithersburg, MD on September 19<sup>th</sup> at 7:00. (*see attached flyer*)

Faye Coddling announced that Fellowship Square has signed a Letter of Intent with National Lutheran Homes and Communities for the possibility of their providing management services for Fellowship Square.

Dave Lambert spoke about Via de Cristo, a Lutheran spiritual retreat program. He encouraged people to come to our September Luncheon to learn more about the program.

### **Introduction of Speaker**

David Berg introduced the speaker with a story about an old West horse thief, Remus Star, showing how perspective is in the eye of the beholder, or the one who records the event. Another story related to Jonah, the whale, and a little girl. In introducing our speaker, he noted that her father was at Philadelphia Seminary when he studied there.

The Rev. Dr. Michelle Carlson serves part-time as the Seminary's Director of Lifelong Learning. She is also the pastor at Mt. Zion Lutheran Church in Keymar, MD. Along with being a pastor, she enjoys researching, writing and teaching in a variety of venues in the areas of Religious Education and Congregational Studies. Her Education includes: B.A., Mary Washington College, 1994; M.Div., Lutheran Theological Seminary at Gettysburg, 2001; and Ph.D., Garrett-Evangelical Theological Seminary, 2009. She is the daughter of a pastor and is married to an Old Testament professor.

## Presentation

Dr. Carlson prefaced her presentation by giving her multi-part, rather complex personal and professional life.

She began her presentation by explaining “the Shema” – the Israelite plea, “Hear Oh Lord.” (Deuteronomy 6:4-9) She noted that Martin Luther felt that education should be done in the home not only in schools. She quoted Parker Palmer, author of The Courage to Teach. Teacher, students, and subject all woven together. We are centered in God and thus enabled to step out and learn more than we ever imagined. Barbara Bruce writes about “Our Spiritual Brain.” Is this something I already know, or is this new information?

- Self-directed learning leads to increased involvement.
- Provide intellectual challenge that is neither too difficult nor too easy.
- The brain collects data through all of your senses.
- The brain can process limited amounts of information at a time.
- To get the brain’s attention, change pace.

Applications of brain research:

- A safe environment is key to maximized learning
- The brain is designed to create meaning. If you don’t connect it to something you know, your brain creates new meaning and establishes new connections.
- The brain is sharpened through problem solving. Hence, Sudoku and similar games and exercises.

Reflection time is critical to understanding. Hands-on learning is minds-on learning.

Dale’s Cone of Experience (1960’s) explicates his education theory of learning through a pyramid showing amount of retention per type of educational experience. The more active and the less passive, the more retention.

Lifelong Learning is a commitment to our bodies. Who we are during the week is who we are on Sundays. Who we are relates to whose we are. She related Maslow’s Hierarchy of Needs (1940’s) to the learning process. The “wholeness wheel” or “wellness wheel” was created by an inter-Lutheran team intended to show the connection of social, emotional, physical, financial, vocational, and intellectual well-being. Balance is important.

- Physical well- being is taking care of that body that God created in us. The extremes are either ignoring our need for exercise and good diet and the worship of physical well-being.

- Emotional is when we feel the full range of emotions, each being “OK,” while keeping them in check.
- Social contact on a regular basis is important
- Intellectual – use it or lose it.
- Vocational – having a sense of purpose that is bigger than earning a paycheck. Doing something that speaks to you. Learning and work performance depends on total well-being.
- Spiritual well being –being created anew in Jesus Christ.

Our faith and our communities. Thomas Groome’s Shared Praxis. Christian Religious Education: Sharing Our Story and Vision, 1999. Praxis+ Practice, the use or application of what you learn. Christian education is shared praxis.

- Naming the present action.
- Sharing our stories. Be imaginative, use your energy when relating the story.
- Encounter the story.
- Dialogue about our stories and the Story (the Christian tradition, catechism, God’s story). Expressing and hearing.
- Connecting the vision and Vision – the vision of the Kingdom, God breaking into our world.

Dr. Carlson has provided her Power Point slides for posting. (*see attached*)  
The story continues.

Pastor Berg dismissed us with a benedictory prayer at 2:00

# Organ Concert

Free  
Admission



Free Will Offering  
supports  
Gifts of Hope

## Faith, Hope, and Love

With International Organist  
Martin Kueckes

The Music of Bach, Widor, & Frescobaldi

Thursday, September 19, 2013 7:00 pm

Good Shepherd Lutheran Church  
16420 S. Westland Drive,  
Gaithersburg, MD  
Directions: [www.goserve.net](http://www.goserve.net)



[www.giftsofhopemetrodcc.org](http://www.giftsofhopemetrodcc.org)

## Lifelong Learning: Loving the Lord with all Your Heart, Soul and Might

Rev. Dr. Michelle Holley Carlson  
Director of Lifelong Learning, Lutheran Theological Seminary at Gettysburg  
ELCA Pastor, Mt. Zion "Haugh's" Lutheran Church, Ladiesburg, MD

## The Shema

<sup>4</sup>Hear, O Israel: The LORD is our God, the LORD alone.  
<sup>5</sup>You shall love the LORD your God with all your heart, and with all your soul, and with all your might.  
<sup>6</sup>Keep these words that I am commanding you today in your heart.  
<sup>7</sup>Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise.  
<sup>8</sup>Bind them as a sign on your hand, fix them as an emblem on your forehead,  
<sup>9</sup>and write them on the doorposts of your house and on your gates.

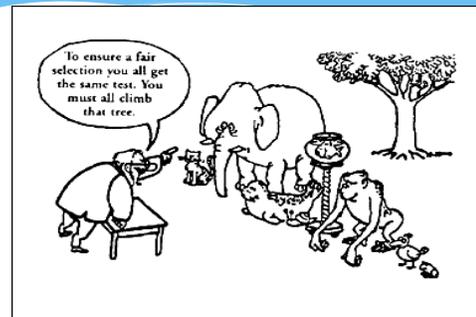
(Deuteronomy 6:4-9)

## The Courage to Teach (and learn...)

**"The courage to teach is the courage to keep one's heart open in those very moments when the heart is asked to hold more than it is able so that the teacher and students and subject can be woven into the fabric of community that learning, and living, require."**

— Parker Palmer, *The Courage to Teach*

## Lifelong Learning: A Commitment to Honor our Brains



## Our Spiritual Brain

by Barbara Bruce



One of the decisions the brain makes within seconds of an experience is, does this connect with something I already know, or is it new information?

## Our Spiritual Brain

- \* Self-directed learning leads to increased involvement.
- \* Provide intellectual challenge that is not too difficult or too easy.
- \* The brain collects data through all of your senses.
- \* The brain can process limited amounts of information at a time.
- \* To get the brain's attention, change pace.

## Our Spiritual Brain

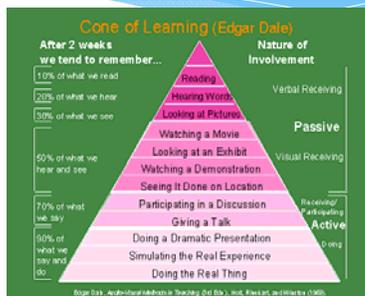
- \* Applications of brain research:
  - \* **A safe environment is key to maximized learning.**
  - \* **The brain is designed to create meaning.**
    - \* Your brain makes “meaning” of your experience. You either connect it to something you already know, or your brain begins the process of creating new meaning and establishes new connections.
  - \* **The brain is sharpened through problem solving.**

## Our Spiritual Brain

- \* Reflection time is critical to understanding.
- \* Hands-on learning is minds-on learning.



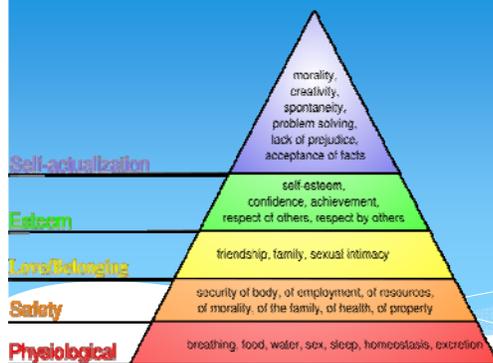
## Dale's Cone of Experience (1960's)



## Lifelong Learning: A Commitment to Our Bodies



## Abraham Maslow's Hierarchy of Needs (Early 1940's)



## The Other Six Days: Lifelong Learning that seeks to speak to the whole person



Lifelong Learning:  
A Commitment to Our Faith and  
Our Communities



## Thomas Groome's Shared Praxis

*Christian Religious Education: Sharing Our Story and  
Vision, San Francisco: Jossey-Bass, 1999.*

### Thomas Groome – Shared Praxis

**First Movement:**

Naming a Present Activity

**Second Movement:**

Sharing our stories

**Third Movement:**

Encountering the Story

**Fourth Movement:**

Dialogue about our stories and the Story

**Fifth Movement:**

Connecting vision and Vision  
(in-breaking kingdom of God)

