

Lutheran Lay Fellowship of Metropolitan Washington DC



October 2016 Newsletter

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Opening Devotion -- Augsburg Confession

The Augsburg Confession, also known as the "Augustana" from its Latin name, Confessio Augustana (abbreviated CA), is the primary confession of faith of the Lutheran Church and one of the most important documents of the Lutheran Reformation. The CA was written in both German and Latin and was presented by a number of German rulers and free-cities at the Diet (Assembly) of Augsburg on June 25, 1530.

The CA consists of 28 articles that described what the Lutherans believed, taught and confessed in positive (theses) and negative (antitheses) statements. The theses are 21 Chief Articles of Faith describing the normative principles of Christian faith held by the Lutherans; the antitheses are seven statements describing what they viewed as abuses of the Christian faith present in the Roman church.

The Holy Roman Emperor Charles V had called on the Princes and Free Territories in Germany to explain their religious convictions in an attempt to restore religious and political unity in the Holy Roman Empire and rally support against the Turkish invasion.

The Book of Concord was compiled by a group of theologians led by Jakob Andreae and Martin Chemnitz at the behest of their rulers, who desired an end to the religious controversies in their territories that arose among Lutherans after the death of Martin Luther in 1546. The Augsburg Confession is one of the documents contained in this book.

LLF Tyson Corner Meeting on Thursday, October 20

Lutheran Lay Fellowship helped found the Fellowship Square Foundation to provide housing for low income residents. The close relationship continues to this day. The discussion at this meeting on 10/20/2016 centers on how to strengthen the relationship with resident support through informational programs and assistance in paying for food and medical needs. You are welcome to attend and offer suggestions. Because we are meeting in a restaurant, you may order food off the regular menu and pay individually.

Call for Ushers

Reformation Sunday is observed on the last Sunday in October, this year it will be **October 30, 2016** recalling Martin Luther's posting of 95 theses on the door of the Castle Church in Wittenberg, Germany, on October 31, 1517. The theses were theological issues Luther wished to debate with the hope that the church would reform its practice and preaching to be more consistent with the Word of God as contained in the Bible. The act sparked a movement in history known as the Reformation and laid foundations for the Lutheran tradition. LLF supplies the ushers for this service at the Washington National Cathedral. **If you are interested in serving in this capacity, please contact us.**

<http://www.lutheranlayfellowship.com/menu/contact.asp>

Lutheran Social Services -- Refugee Family Welcome Kits

The items listed below are not only "wishes" but essential for all refugee families as they build their life in the United States. Don't have to time to collect and assemble a welcome kit? Consider making a donation by adding the value of a welcome kit to your "shopping cart" at the link below. LSS will ensure that your gift is designated to the most critical needs of arriving refugee families.

https://lssncaorg.presencehost.net/get_involved/wish-list/refugee_wishlist.html

- **KITCHEN SUPPLIES:** You can provide a fully stocked kitchen with cookware and dishes, enabling a family to prepare healthy meals and share in cultural traditions. Includes set of dishes, silverware, can opener, pots & pans, and mixing bowls.
- **CLEANING KIT:** It may not be fun but it's so important. Cleaning kits ensure hygiene and provide a sense of responsibility--making the space a home. Cleaning kits include trash bags, paper towels, sponges, a mop & broom, all purpose cleaner, trash can and laundry & dish soap.
- **HOME FURNITURE:** The larger pieces are hard to come by but each refugee needs a small dining table, a couch, dresser, and mattress & box spring. A donation of \$100 could provide one of these items for a family or individual.
- **LINEN BASKET:** Make a new home feel comfortable and secure. Linen baskets include pillows, washcloths, hand towels, bath towels, and sheets.
- **GIFT CARD BUNDLE:** A Metro card to help a refugee travel to job interviews and doctor appointments; a Target card to help a family buy clothes and toiletries; and a Giant gift card to provide 3 meals a day for one month.
- **TOILETRY KIT:** Refugee families often arrive with no luggage or material belongings. Toiletries are essential for health and are immediately given to refugees upon their arrival. Kit includes toilet paper, Kleenex, shampoo & conditioner, bath soap, deodorant, toothpaste & toothbrush, brush, and feminine hygiene products.
- **WELCOME HOME KIT:** The little things go a long way to making a house a home. The welcome home kit includes light bulbs, lamps, shower curtains, salt & pepper set, and additional table settings or linens as needed.

Scholarship Update

2017 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 in past years, we will be offering one scholarship to an undergraduate; for 2017 we are also planning on offering an additional scholarship to a Seminary student.

April 15, 2017 Deadline

Scholarship application materials are now available on our website.

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

Cooperation with Fellowship Square

Work continues on ways we can help the Fellowship Square Houses. With your help, LLF might be able to provide Gift Cards for food as well as to pay for medical needs at the pharmacy. Many times transportation is also an issue.

In September, healthy eating habits and shopping on a budget were discussed among representatives of the AARP, LLF and Giant Foods. More information on this subject will be available early next year.

Stay tuned to hear more about closer cooperation between LLF and Fellowship Square and how to donate money to the upcoming effort to provide Gift Cards for distribution to Fellowship Squares residents.

Food Waste -- food lasts longer than we think!

In 1968, treasure hunters discovered a Civil War-era steamboat at the bottom of the Missouri River. Among the items recovered were several intact cans of food. Six years later, scientists opened the cans to find perfectly edible peaches, oysters, and tomatoes. They had stayed unspoiled for over a century. So why do modern canned foods claim to expire in a matter of months?

Here's the truth: Food expiration dates have nothing to do with safety, and are only loosely related to quality. They're the manufacturer's best estimate of when the product is at its freshest or "peak quality." Many foods will still be good to eat days, weeks, or months after those dates, depending on the food.

So, if you've been throwing food out on these dates, you're not alone. According to one industry study, 90 percent of us occasionally throw away food too soon, and over half of us do it regularly. All due to a simple misunderstanding about package dates.

Foods with a "best before" or "use by" date should be safe to eat after the date has passed, but they may no longer be at their very best. This is true for "best by," "best if used by," "enjoy by," and other similar expressions.

There are many reasons behind food waste, but simply buying more than we use is a big one. The good news? Careful grocery shopping saves money right away. Food is the number one thing in America's landfills.

For more information, visit <http://www.SaveTheFood.com>

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.

Three 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 Bethesda - Christ Lutheran Church is located at 8011 Old Georgetown Road in Bethesda. Join Dave Lambert for the "Lunch Bunch" on the second Wednesday of the month.

LLF Tyson Corner - Bob "Sarge" Sargeant invites you to a Northern Virginia meeting at Brio Tuscan Grille in the Tyson Corner Mall.

Meeting Schedule

1st Monday	Oct 3	LLF Wheaton,	11:00-12:30
2nd Wednesday	Oct 12	LLF Bethesda,	12:00-1:30
3rd Thursday,	Oct 20	LLF Tyson Corner,	12:00-1:30
Last Sunday,	Oct 30	Reformation Service,	4:00
1st Monday	Nov 7	LLF Wheaton,	11:00-12:30
2nd Wednesday	Nov 9	LLF Bethesda,	12:00-1:30
3rd Thursday,	Nov 17	LLF Tyson Corner,	12:00-1:30

For updated information see www.LutheranLayFellowship.org and click on "Calendar"