

# THE HUB

## CHRIST LUTHERAN'S WEEKLY E-NEWSLETTER

### A HOLY CONNECTION

PASTOR ANNE

A month before the pandemic redefined how our congregation gathers for worship, faith formation, fellowship, and service, I stumbled across an article in Living Lutheran titled, "A Mirror and a Lens: Technology and Spiritual Development." You can read it at this link:

<https://www.livinglutheran.org/2020/02/a-mirror-and-a-lens/>

Back in February, CLC's social media content and website were updated regularly, but we weren't doing the kind of online ministry Rev. Kathy I. Johnson describes in her section of the article. When we were faced with the responsibility and challenge of sheltering in place and safer at home orders, our congregation sensed God's Spirit calling us to do ministry in a new way through the gift of technology. For me the congregation's efforts to expand ministry online are informed in part by this paragraph from Rev. Johnson:

God has reconciled the world to Godself and entrusts the message of reconciliation—the message of the gospel—to us. This message of good news can and should be shared near and far. We have the ability now more than ever before to tell others about God's love for them. Many of us shop, order food, connect with friends and family, read and write online; tweet, post and share online; mourn with those who mourn and laugh with those who laugh online. Given this range of very human activities, it makes sense that, in online spaces, we can meet the same God who came to live as one of us in the person of Jesus Christ.

During the pandemic, I've heard from numerous members who are homebound that they feel a deeper sense of connection to the congregation, because they are now able to worship with us digitally. We also know that neighbors within and well beyond our immediate geographic location are worshipping with us and following us on social media. God is at work reconciling the world with the good news of Jesus Christ.

I want to celebrate God's creative action in the life of our our congregation since March. I give thanks for the outpouring of time, skill, knowledge, and energy of our technology team! Mitch Higgins, Matt Cechman, Peter Kahn, Jason Kaul, and Tim Wilson, and I'm sure there are others, have continued to improve and refine how we gather for worship, fellowship, and study online. When I look back on online worship from mid-March to the service shared online yesterday, the change in the worship experience audio and visual quality is remarkable! I'm excited to hear there is a growing group of audio visual ministers, whose ministry will allow worship to continue to be streamed online. It is our hope that live-streaming worship will be an ongoing ministry of the congregation that continues after the pandemic.

# VOLUNTEERS NEEDED!

-The **Food Pantry** needs 2 volunteers for the 3rd week of the month and 1 volunteer for the 5th week of the month. Identifying these volunteers is an important step before the pantry can select a tentative reopening date.

Serve as an **audio visual minister** on Sundays. The process is simple; no experience needed. We've already established a workflow that is easy, and video monitoring can be done while continuing to worship while seated with your family. Our goal is to gather a group of people that are willing to help on a revolving basis. This would be a new endeavor-- a ministry of helping to spread the Word via the church's website and social media platforms, simply by overseeing the camera equipment. By building a group of volunteers for this new ministry, we can be engaged, but without obligation. The more the merrier. Please email me at [webfandango@gmail.com](mailto:webfandango@gmail.com) to express your interest, or to ask questions. If you're interested in helping to spread the word of God through live-streaming our church services, you'll find this to be an exciting opportunity. Thanks to all who are already helping in this new ministry!

## Christian education opportunities and community fellowship options

**Sabbath Book Study on Tuesdays at 10 AM:** Join Pastor Anne to explore the spiritual discipline of sabbath. Participants are encouraged to purchase the book "Subversive Sabbath: The Surprising Power of Rest in a Nonstop World" by A. J. Swoboda. It's available for purchase on Amazon. Class will not meet on Tuesday, November 24th.

**Scripture Study on Wednesdays at 6:30 PM:** Join Pastor Lou for a liturgical Bible study focused on the following Sunday's Gospel. No preparation is required. Join when you can.

**"Freedom of a Christian at 500" on Thursdays at 10:30 AM:** Join Pastor Lou and learn about this key document of the Protestant faith tradition written by Martin Luther in 1520. You might be surprised how much it speaks to your life today! The text and materials are provided for free. For those that are interested but cannot make it, check our private Facebook group for recordings of each session. Class will not meet on Thursday, November 26th.

**Let's Talk on Sunday's at noon:** Join a faithful group of adult CLC members for conversation and mutual support each week. Key leader: Robert Kravetz.

**At-Home Sunday School for preschool-6th Graders:** Richele Davis, CLC's Director of Christian Education, and our Christian Education Team are creating monthly packets for home use. Families will be provided simple lessons and activities to help our youth engage new Bible stories and apply them to their life. Online content will also be offered. **The November Sunday School packets are available for pick up at your convenience.** Packets are located in a tub at the main doorway (lower level doors by the mailbox). If you are unable to pick up your packet or have any questions, please contact Mrs. Davis. During November, we will explore bible stories of thanksgiving.

**7th/8th Grade Confirmation Class:** Current 7th/8th graders are completing the Old Testament workbooks for confirmation at home. Parents and students, please contact Richele Davis or the Pastors if you have questions.

**High School Sunday School:** Information needed to facilitate ongoing faith discussions has been shared with families by Richele Davis and the Christian Education Team. If any questions, please contact them. Also, don't forget our first Thursday of the month Senior High Bible Study on Zoom, now at 6:30 PM.

**Youth Ministry:** Martha Coleman, Youth Ministry Team Leader, has recently forwarded our fall calendar of online and in-person events for Middle School and High School. If you have not received one, please contact her or Pastor Lou.

# COVID-19 UPDATES & RESOURCES

## Helpful Counseling Resources

Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 1-800-985-5990 is free.

Lutheran Family Services has immediate openings for new patients using their telehealth services. They have expertise helping people of all ages to include family issues. They accept several major insurances, Medicaid, and self-pay. They also offer sliding-scale fee arrangements. Schedule by calling 888-841-4835 or emailing [MentalHealthReferral@lfsva.org](mailto:MentalHealthReferral@lfsva.org) or click here for more information: <https://bit.ly/34Gv12P>

Feeling overwhelmed by COVID-19? The Virginia Department of Health has offered VA C.O.P.E.S. Trained crisis counselors are available seven days a week (Monday through Friday, 9 AM - 9 PM, Saturday & Sunday 5 PM - 9 PM. Call or text 877-349-6428.

Emergency services remain available through the Rappahannock Area Community Services Board at 540-373-6876.

Helpline at Mental Health America of Fredericksburg at 540-371-2704 This is a local community resource line that can match the caller with our local mental health resources including counseling, local tele-psychiatry, and support groups.

National Suicide Prevention Line is 1-800-273-8255 or simply dial 988.

Additional helpful links...

Virginia Department of Health:  
<https://www.facebook.com/VDHgov/>

Virginia Department of Emergency Management:  
<https://www.facebook.com/VAemergency/>

Fredericksburg Government:  
<https://www.facebook.com/FXBGgov/>

Fredericksburg Civic Alerts:  
<https://www.fredericksburgva.gov/CivicAlerts.aspx?AID=938>

If you live in other jurisdictions, please like/follow your local government resources on Facebook or the web. Christ Lutheran will attempt to share practical and spiritual resources from the Lutheran World Federation, ELCA, Virginia Synod, local health systems and other resources on our [public Facebook Page](#) and [private Facebook group](#).