

“Retro” Which Means “Old but Cool”: Dinner Church & Other Faith Practices

by: The Rev. Chasity L. Wiener

As a mom with two children, we watch a multitude of movies. Friday evenings are traditionally “Family Game and Movie Night” and last week we found ourselves with overly-buttered popcorn, snuggled in the “deep couch sit” position with cozy blankets, watching the Disney Pixar flick “Wreck It Ralph” (side note: if you haven’t seen it, I highly recommend it: the movie is about an oversized, lovable video game character—Ralph—who is labeled as a bad guy, but who longs to be a good guy...but I digress). One of my favorite lines comes from Ralph, whose video game *Fix it Felix*, finds new popularity with the current generation of gamers, despite being grossly outdated in technology. Ralph says, “It’s crazy! The gamers say we are ‘retro,’ which I think means, ‘old but cool.’” I laugh at this line every time I watch this movie, because—being born a child in the 70s and growing up in the 80s—these outdated and very pixelated video games, like *Fix it Felix*, were MY video games. And, back then, these games were revolutionary! If my childhood video games are being called “retro” (or borrowing from Ralph’s definition: “old but cool”), does that mean I am old too?

I tell you this story to tell you this story: I sometimes describe some of the practices within the Church (as in the larger Church, not just Holy Communion Lutheran Church) as “old but cool.” It really is humbling that we share much of the liturgy as the earliest disciples of Christ—it is as if these words serve as a bridge to the ancestors of our faith. Some of the practices that we participate on Sunday—such as reading sacred scripture, singing, prayer, communion, marking sacred time, and anointing to name a few—are the same practices of Christ himself!

Perhaps this is why new generations are curiously drawn to the Church, even after generations before them walked away; not because of new worship times or new programs, but because they desire to be reminded of something old, something with a taste of a “retro” beauty in order to experience faith tangibly.

In this season of Lent, let’s experience another “retro” beauty within our faith tradition: dinner church. The early disciples would gather together over a meal. The most famous “dinner church” was over 2000 years ago in the Upper Room, where Jesus and his twelve disciples gathered for the *Last Supper*. And, when Jesus said these sacred words, “Take, this is my body” he gave us our communion liturgy that we celebrate today.

I am so excited to (re)introduce this “old but cool” concept of dinner church on Ash Wednesday, which happens to fall on Valentine’s Day. We will transform the fellowship hall into a sit-down restaurant. We will conduct church in a way that was very much like that Last Supper and then (because it is Ash Wednesday) we will remind each other that “we are dust and to dust we shall return” with the imposition of ashes.

Finally, I want to disclose something on my heart: Lately, I have been telling my colleagues that I feel less like a pastor and more like a doula (a birthing coach) because I sense the Spirit is birthing something new here. We have these large “contractions” of folks coming to our church and then those pangs subside and then again intensify...but, one thing is certain: the Spirit is creating something new. Part of me is wondering that—with more and more folks whose Sabbath is a day other than Sunday—perhaps dinner church is this “old but cool” thing that they desire. I never claim to know the will of God, but I am most certainly listening: will you listen with me and help to discern, too?

Blessings in this Lenten season,

Pastor Chas

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...and so much more!

Ash Wednesday

Get your “ash” in church: Ash Wednesday marks the first day of Lent. Ashes symbolize several aspects of our human existence: ashes suggest cleansing and renewal and were used anciently in the absence of soap; ashes remind us that life is fleeting and are a symbol of our need to confess our sins and ask for forgiveness. Join us for many opportunities to get your ash in church:

Ash Wednesday Worship (February 14):

*Grab your ash at the Fallston Park and Ride on your way to work:
6:45A-8:00am

*Midday Contemplative Worship:
10am

*Because Ash Wednesday falls on St. Valentine’s Day, grab your “date” for a unique worship experience called
“Dinner Church” (meal included): 6:30pm



Lenten Theme: Embodied during Midweek Services

by: The Rev. Chasity L. Wiener

I am very excited to announce that our theme for Lent this year is called, “Embodied!” How appropriate, since it seems to be a short jump from Christmas (when the God incarnate, the God *in body* form was born to us) to Easter (Christ’s bodily resurrection). As a creature in God’s vast creation, I think we sometimes forget that worship is not a “thing” to do on our checklist of tasks, but rather worship is an *experience for the senses*. Even today, we encounter God in embodied ways: we taste the holy meal, we hear the word, and we feel the spirit presence among us, for example. And, we know through sacred scripture, people encountered Jesus in their human flesh! This Lent, let us rekindle those senses and consider together who we are and how we encounter an incarnate God.

Like the last few years, we will have workshops that will also help us with the theme. This year we have made additional partnership in the community who will host interactive workshops for our body, mind, and spirit (specifically, yoga and meditation, dealing with stress, Tai Chi and breathing, to name a few). These workshops begin at 6P (with a soup meal) and worship begins at 7P (note the earlier time than in years before). The full schedule will soon be published on the website. See you there!

Sunday School News

by: Larry Phillips

The New Year of 2018 has rung in and another year begins its journey. Easter is early this year, April 1st, with Lent beginning Wednesday, February 14th and ending Thursday, March 29th.

The winter lectionary will be complete Sunday, Feb. 11, 2018 - Transfiguration Sunday. As we complete the winter lectionary you will begin to see some changes in the 10:15 AM Church service. Confirmants will begin participating as lectors. Our older Sunday school students will also participate by taking the collection. As our students learn the message of Christ's love and salvation through story telling in our Sunday school program, HCLC also wants to educate our students in service. Service can be performed in many ways, reading and taking collection, is a start in our students education on performing acts of service.

As a parting note, February is also known as the "Month of Love". I am sure that this is a ploy by Hallmark® to buy a Valentine's card for your loved one. However, as Christians, we should all know that Love is not celebrated one day out of the year, but every day of our lives. One of my favorite Bible passages is the one that was read 49 years ago on my wedding day; 1 Corinthians 13: 4-8: "Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.

As a Christian, we should always remember and celebrate that Love never ends.

Grocery Collection

We will be collecting groceries to benefit The Sharing Table on Sunday, February 11th and 18th, and will be deliver them, along with the casseroles, on Saturday, February 24th. A list of requested items can be found below. If anyone would like to participate but finds it difficult to shop, we will be happy to shop for you.

- vegetables (canned 14-15 oz. size) all kinds • canned soup (all sizes, all kinds) • canned fruit (14-15 oz. size) all kinds • dry beans/dry rice (bags) • applesauce (cans and jars) • canned pasta (15 oz.) • spaghetti 1 lb. box • spaghetti sauce • boxed pasta, potatoes, and rice • canned tuna (5 oz.) • beef stew(24 oz.) • chicken (12-13 oz.) • tuna (12- 13 oz.) • spam (12 oz.) • pork & beans (14-15 oz. or larger) • cereal • oatmeal • pancake mix • syrup • peanut butter • jelly • macaroni & cheese • jello • pudding • cake mix • icing • Hamburger Helper • stuffing • bottle of fruit juice (64 oz.).

The Sharing Table

by: Pastor Chas

It is our turn to host for The Sharing Table, a local soup kitchen for Harford County residents. On February 24, we will serve anywhere from 75 to 125 people or more (approximate), and volunteers are needed to cook and serve (one or both) at The Sharing Table in Edgewood. The Sharing Table takes place at Prince of Peace Catholic Church on Willoughby Beach Road.

As you might remember, or for the edification our new members, we all cook the same recipe (this is NOT a pot-luck) to serve. If you need the recipe, please email or call Hailea in the church office. We make the recipe, fully cooked, in advance of February 24. **You can also deliver the fully cooked recipe to our church refrigerator the week of February 19 if you are only able to volunteer to cook (call Hailea Cole for availability). If you are helping to serve, then just report directly with the food to the Sharing Table at Prince of Peace Catholic Church in Edgewood (Willoughby Road). We warm all casseroles on site.**



Virtual Bible Study

by Pastor Chas

Virtual bible study will resume after Lent! Luther was a visionary in using new media that was available to him, so in the spirit of the reformation, let's use this new media that is available to us to study the word of God! We can connect through "virtual meeting" spaces that bridge the miles that separate us without leaving the comforts of our homes!



Holy Stitches

by Susan Hood

Gladys Merrifield gathered together a group of women together to turn donated fabric into usable quilts in 2009. In 2015, Debbie Burke renamed the group the “Holy Stitches.” To this day everything the group uses is donated. Beverly Budnick keeps us supplied with batting. People bring us old sheets for backing and leftover fabric which Donna Campbell and Mae Corbin turn into beautiful, colorful quilt tops. Joanne Cross, Pat Sadler, Diane Romain, Carol Miller, Charlotte Butler, Arlene Weber, and Barbara Barbour cut backing, tie quilts and Susan Hood finishes the edges. The quilts have gone to Lutheran World Relief, homeless in the woods, Anna's House, Harford Family House, several raffles to benefit the church and many other places.



Many Thanks!

by Nancy Campbell

I wish to thank my church family for your thoughts, prayers and comforting cards upon the death of my brother, Jerry. He loved visiting Holy Communion and remarked many times about your warmth, smiles and inviting manner. The prayer shawl Pastor Chas gave Jerry, offered great peace within him. It now covers him eternally. Thank you Pastor Chas and Pastor Dick for the love and support given to Jerry, my family and me. We are grateful for your comforting ways and words.

Love, Nancy Campbell



The Time of Lent

by Pastor Dick

With the ending of the time after the Epiphany is the time of Lent. Beginning with Ash Wednesday until Easter Eve, Lent becomes the time of preparation for the celebrating of Easter. Some people might be surprised that Lent is not a time of gloom and sadness! Rather, it is a time to look at our lives and ask ourselves, “How can the joy of the resurrection become more and more evident in my life?”

Among the hymns in our hymnal is # 328 “Restore in us, O God.” The emphasis of this hymn is that we ask God to accomplish in us those things which will make us more open to the leading of God’s Spirit by the way we act, think, and live. Notice, the focus is on the actions of God. These actions do make a difference in our living only if we open ourselves up to the Holy Spirit’s leading and guiding us.

O Spirit, wake in us the wonder of your power;
from fruitless fear unfurl our lives like springtime bud and flower.

Perhaps it is meaningful to remember that “Lent” means “springtime”. This is the time for the sprouting of the seeds and unfurling of leaves for the abundance of summertime. What better picture then this: that our lives blossom and grow because of the sunshine of Easter?

Bring us, O Christ, to share the fullness of your joy;
baptize us in the risen life that death cannot destroy.

May you have a joy filled Lent as you prepare to rejoice in the great thing that God has done for all people through the resurrection of our Lord.

Thank You!

by Howard Seeger

I would like to extend my most sincere thanks and appreciation to all the members of my Holy Communion Family for the wonderful outpouring of their prayers, “get well” cards, wishes and calls while I have been home recuperating from my various health issues. The power of prayer truly works wonders and I thank you all for your prayers during this time.

I would especially like to thank Pastor Chas for her visits and prayers during this time. She has truly been my rock and my staff through these times.

Once again, my thanks to everyone for their caring and support.

Yours in Christ,
Howard Seeger

Thank You

Worship in Lent

by Pastor Bob Ridenour

Lent is a season of the church (Christian) year. It is the 40 days (not counting Sundays) prior to Easter. It begins on Ash Wednesday, and ends the day before Easter.

Lent is a season of prayer and repentance, a season of quietness and self examination in preparation for the joy of Easter. The liturgical color of lent is a deep purple, the color symbolizing repentance.

Easter is a celebration of resurrection, of the new and joyous life that God gives us through Christ. In order to receive this gift of a new and resurrected life, and a new world, it is important, even vital, for us to cast away (give up) as much of our old sinful life as possible. We will never be able to do this alone, or even in large part. We need Christ. So we have these six weeks to begin the process of turning our lives around so that Christ can complete this repentance with his risen presence.

Our worship in Lent is subdued. In it we reflect upon the ways we are failing to follow the Lord. We do our best to turn from pride and prejudice, from war and violence, from blaming victims for their plight, from apathy toward the needs of others, from turning our backs on God and following other false “gods,” and on and on. We begin again to place our trust in Christ.

Traveling? Not Feeling Well? Can't Come to Church? Holy Communion Comes to YOU!

People get sick. People travel. We understand that and try to find new ways that you can still remain connected with our community. While you are away, join any service by watching our webcam at webcam.HolyCommunionFallston.org

This is an innovative way to connect the gifts of technology to practical faith. However, this gift of technology comes with its own limitations, in that, this webcam can never fully create the sense of community that one is part by actually being in the pews. The webcam is on for all services and only shows the front portion of the sanctuary. The webcam works on most devices (smartphones, tablets, PCs, iPhones®, and iPads®). It does not work on Amazon Kindle Fire® tablets.

Let us know if you are watching our services.

Please send comments or issues relating to the broadcast to webcam@HolyCommunionFallston.org



Youth News

by Penny Sadler-Vocke, Youth Leader

Family Movie Night

The Youth and Family Think Tank will present a family fun movie night on Friday, February 16th, 6-11pm. We will offer concessions and hot dogs, and you can BYOJB (Bring your own juice box). There will be 2 movies offered, the first will be rated "G" for the little ones, the second will be for the older kids and adults (a recent Marvel favorite). So, come as a family, bring your pjs and blankets to relax, and enjoy. To RSVP see the sign-up sheet at the Youth Table in the Narthex.



Calling all Youth from 3rd grade through high school!

Youth Groups are back in full swing for 3rd grade, 4-6th grade, and our high school youth. These groups will meet as one group for a meal and opening prayer, then they will split up into age appropriate groups for a bible study and crafts. The monthly gatherings will be held one Sunday per month from 12:00-1:30 pm per the following schedule:

February – 18th (Since the younger folks cannot take place in the famine yet, I figured we would maybe do a mini-fast, just not have food for that event to help them dial in on hunger)

March 25th

April 22nd

May 18th – End of Year Picnic

Hope to see you there!

Looking ahead to VBS

As we are looking ahead to our 2018 VBS planning, we have identified a few questions that we would first like to ask you before moving forward. Please weigh in with your opinions or concerns, as they may apply to your planning, either for youth participation or as a volunteer. Please either reach out by phone, 443-845-7557, or by email Youth@HolyCommunionFallston.org. Thank you!



1. How many days will work best for you and your family? 4 or 5 days
2. Is Sunday a good VBS beginning day for your family? Yes/No
3. Which summer week is best for your family?
June - Week of 24th
July - Week of 15th
August - Week of 12th

Easter Candy Sale

The Houston Youth will be selling Easter Candy again this year. Candy will be on sale every Sunday's from February 11-25, and delivery will be Sunday, March 25th (Palm Sunday) between services in the fellowship hall.



The 30 Hour Famine

The 30 Hour Famine is February 23-25. The 30 Hour Famine is right around the corner (February 23-February 25)! If you would like to stand in solidarity and raise awareness for the 25,000 kids under the age of 5 who will die from preventable causes like hunger, poverty, and disease, please consider joining us for the 30 Hour Famine! We sleep over at the church, fast, and serve the hungry at our local soup kitchen. There are so many fun surprises and opportunities to grow in faith (and truly, it is loads of fun!).



Sodium and Heart Disease

by Barb Huber

Most Americans eat too much sodium; too much sodium can increase your blood pressure and cause you to retain extra fluid. The average American consumes 3400 mg sodium each day. The recommended amount is 1500 mg to 2300 mg each day. If you already have heart disease the recommendation is 1500 mg.

Where does all this salt come from? Sodium is a preservative and is found in almost all packaged and processed foods. Store and restaurant foods contain high levels of sodium. Salt is used for cooking and added to the plate at the table. Yum! Salt adds great flavor and people like it; they like it a lot.

What is sodium? Sodium is a preservative that inhibits growth of food borne pathogens (bacteria).

Sodium added to food adds flavor, binds ingredients and acts as a stabilizer. In reality much more salt is used in manufacturing foods than is necessary to achieve the same results. The government is currently working with food manufacturers to decrease the amount of salt added to prepared and packaged foods. Seventy five percent of the sodium consumed in the American diet is added during manufacturing. Common foods high in sodium include tomato sauce, soups, condiments, canned foods and prepared mixes.

High daily intake of sodium has been linked to high blood pressure, heart disease and strokes. Limiting your intake of sodium can prevent and control blood pressure. Sodium is an essential nutrient used in body functions but very little is needed for daily replacement.

What can you do to reduce your personal sodium daily consumption? Choose fresh and frozen foods. If using canned foods choose the ones without added salt. Select unsalted nuts and seeds. Limit salty snacks like potato chips and pretzels. Avoid adding salt when preparing home cooked meals. Select low fat milk and reduced sodium cheeses. Learn to use no salt spices and herbs to add flavor to foods. Do not use salt at the table (grab the pepper mill instead). Salt is an acquired taste; limiting salt will require approximately two months to adjust your taste preference.

With blessings, Barb Huber RN, FCHN, CSRN



Member Spotlight

by Greg Hess

What brought you to HCLC?

"I was raised in Harford County and attended church regularly until I went to college. However, church was not part of my life in my 20s. When my wife and I began having children we decided to begin attending church again. We both felt it was a very positive experience for us growing up and wanted our children to have the same experience and an opportunity to learn about God. We began by sending our oldest son, Ben, to VBS and then started attending services with my aunt and uncle, Margaret and Dave Frieman."

What do you see as your gifts to serve God, God's people, and the church?

"The greatest gift that I have to serve God and his people is my experience, strength, and hope. My experience allows me to relate to people with similar experiences. The strength I have in my faith helps me to show there is hope no matter what situation one may be confronted with. In one's darkest hour God provides hope and strength.."



Favorite ice cream flavor?

"Definitely black raspberry"

What is something people may be surprised to know about you?

"People might be surprised to learn I have sparkalophobia, which is characterized by an intense fear of glitter. Glitter is the worst."

What bible verse is meaningful to you?

"I can't really say I have a favorite Bible verse. I've read and studied the gospels more than any other part of the Bible. The prayer I say most often is the serenity prayer although it is not in the Bible. I also have fond memories of trying to memorize the Apostles Creed when I was a young kid so I could say it in church just like my parents."

How do you serve at HCLC?

"I do not currently serve at HCLC. We joined the church in December. I look forward to helping in any way that I can, but right now having three young children keeps me pretty busy!"

Lovin' Life Seniors

by Nancy Campbell

Our goal is to offer friendship and support to one another through social events. Please join us! Invite your friends! Our 2018 schedule and sign-up sheets for upcoming events are posted on the senior's bulletin board in the hallway. Please read the Sunday bulletins and Bread and Wine for any changes to the schedule below. All activities take place on 2nd Tuesdays of the month unless otherwise noted.

2018 CALENDAR

Tuesday, February 13 at noon

Mamie's Restaurant—Beard's Hill Aberdeen

Tuesday, March 13 at noon

5-10 Johnny's—Bel Air

Tuesday, April 10 at noon

Olive Tree—Aberdeen

Tuesday, May 8 at noon

Fisherman's Catch—Forest Hill Bowling Lanes

Tuesday, June 12 at noon

Steel Fish Restaurant—Bel Air

Tuesday, July 10 at noon

Madonna Seafood—Rte. 23

Tuesday, August 14 at noon

Friendly Farm—Upperco

Tuesday, September 11 at noon

Crab Feast at church

Tuesday, October 9 at noon

Wargo's Restaurant—Jarrettsville, Rte. 23

Tuesday, November 13 at noon

Silver Spring Mining Restaurant-Bel Air, Rte. 1

Tuesday, December 11 at noon

Union Hotel—Port Deposit or Manor Tavern--
Monkton

We welcome new ideas as well as new members. If interested contact: Nancy Campbell 410-836-7688; Frances Gosnell 410-893-4622; Jeanette Hastings 410-893-7590; Pat Kellermann 410-679-4624; Ellen Priebe 410-679-8655.

“Good Grief” Group

The “Good Grief” group will hold their next meet
Wednesday, February 21st at
6:00 at the church.



February Birthdays



02-01 - Christopher Vocke

02-03 – Philip Ghassemieh

02-03 – Lisa Hickson

02-03 - Krystal O'Leary

02-04 - Jean Tacka-Shaw

02-06 – Christopher Otten

02-06 – Barbara Ridenour

02-08 – Kim Thompson

02-09 - Heather Rudolph

02-10 - Daniel Ebsworth

02-12 - Jeff Hoffmann

02-12 - Karen Wiley

02-14 - Doug Mueller

02-15 – Ron Mickley

02-16 - Amanda Appel

02-20 - Len Burrier

02-23 - Rachel Jones

02-24 – Bruce Amrein

02-24 - Carol Welch

02-25 - Diane Romain

02-26 - Wayne Parris

02-28 - Dustin Kisner

02-28 – Abigayle Taylor

Happy
Birthday

Do you have a **February** birthday but do not see your name printed here? That means we do not have your complete information on file. Please contact Hailea in the church office to update your information.

Men's group

The new Men's Group will hold their first meeting Friday, February 2 at the Mickley's home (356 Tufton Circle Fallston, behind the Walmart. Their phone number is 301-498-1451 if anyone needs help with directions) at 7:00pm. This meeting will be a get-to-know-each-other opportunity, as well as a time to discuss the direction the group will take. Please see/call Ron Mickley if you are interested in attending.



HOLY COMMUNION LUTHERAN CHURCH



Pastor —The Reverend Chasity L. Wiener



Council Member—Dave Frieman



Council Member - Arlene Hildebrandt - **President**



Council Member - Kelly Clavell - **Secretary**



Fred Hildebrandt - **Treasurer** (appointed)



Council Member - Jon Perkins



Council Member - Marcia Mickley

Council Member - Ron Mickley - **Vice-President**

Be sure to check out our calendar for important dates, including the start of Sunday School and new opportunities to grow in faith.



Council Member - Debbie Mueller -



Council Member - Bruce Amrein



Council Member - Bertha Deck



Council Member - Doug Mueller



Council Member - Eric Thompson



NEWS from

Holy Communion Lutheran Church

February 2018

“REACHING OUT TO SHARE CHRIST’S LOVE”

Holy Communion Lutheran Church

Is a growing community
of faith that exists to provide
the Fallston Community with
a variety of opportunities
for special development in:

WORSHIP

REACHING OUT

LEARNING

WITNESS

Come and be part of our Christian worship!

Holy Communion Lutheran Church
P. O. Box 55
621 Old Fallston Road
Fallston, Maryland 21047-0055
443-299-6134
HolyCommunionLC@comcast.net
HolyCommunionFallston.org

Sign up to receive the synod e-letter.

Go to demdsynod.org and follow the links to the e-letter.

You learn about free concerts, trips, activities and job possibilities.

Worship Services

8:30am - Traditional Service

10:15am - Contemporary Service

10:15am - Sunday School

“REACHING OUT TO SHARE CHRIST’S LOVE!”