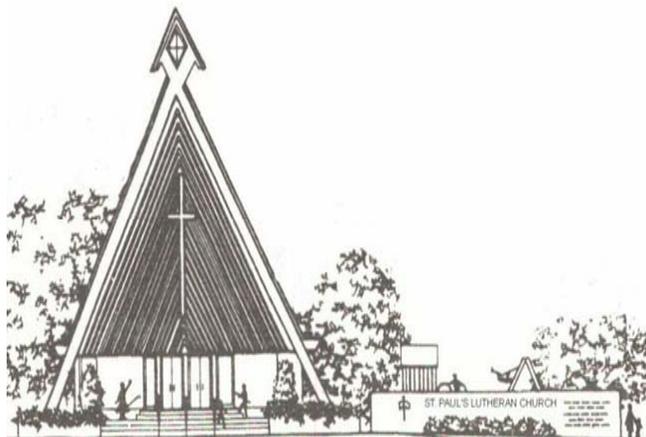


# ST. PAUL'S EPISTLE

FEBRUARY~MARCH 2013



*St. Paul's Lutheran Church*

Office Phone: 703/573-0295      Pastor's Direct Line: 703/573-6008

Sunday services are held at 8:00 and 11:00 a.m.

Worship in Mandarin is held at 9:30 a.m.

Sunday School and adult classes are held at 9:30 a.m.

**Pastor** — The Rev. Mark Shaltanis

**Assistant/Chinese Pastor** — The Rev. Xinhong (Chris) Yang

**Pastoral Assistant** — The Rev. Wayne Lehrer

**Director of Music** — Laurel Benson Brown

**Preschool Director** — LuAnn Carrig

**Director of Youth** — Stacy Blake

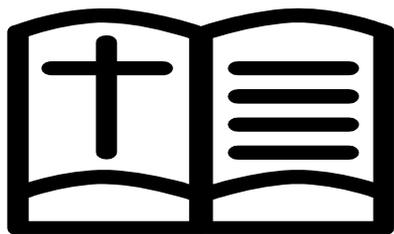
**Director of Education and Family Life** — Melissa Hecht

**Secretary** — Susan Irwin

**Business Manager** — Bill Gratz

**Newsletter Editors** — Marcia Baumgartner,  
Linda Orvedahl, Kim Williams

Church is located at the intersection of  
Route 7 (Leesburg Pike) and Idylwood Road.



# Pastor's Corner

## A Caring Ministry

My family and I have been wonderfully cared for by the members of St. Paul's throughout our 14+ years as a part of the congregation. I'm sure that some of this good care can be attributed to the position I hold in the church, but I'm also certain that much of it is given simply because I'm a part of the membership. St. Paul's is a caring church. I'm convinced of it, and I've heard it from many others too.

That being said, we can always do better. This past year, the Board of Elders and I worked up a program that we feel will help us in this regard. We call it "St. Paul's Caring Ministry." As shown in the graphic we created, there are two roles that we are having our members fill. **Care Coordinators** will be a small group of people who meet periodically for training, support, and prayer, but whose main task will be to work with people in times of need to help them find care through our congregation. **Care Volunteers** will be members who actually provide the acts of caring – giving such things as a ride, a meal, a listening ear, advice, or some yard work. We hope that every member of the congregation will sign up to be a Care Volunteer. The Elders and I will continue to work with this ministry also, and we have identified someone to keep the database of volunteers. We hope to be able to do sign-ups, calendar coordination, and database access through our website sometime soon.

At any given time, our congregation will have both

*Continued on page 4*

*Continued from page 3*

those in need and those who are available to help meet needs. Certainly, within our lifetimes, each of us will find ourselves in both positions. It is a wonderful gift to have the health, ability, and resources to be a caregiver, and it is also a great comfort to know that others care about our needs.

Our church should be the first line of support for all members in our congregation who might be feeling worried, isolated, or overwhelmed because of life-changing events. Some members in our congregation who might need help include our elderly members, families of service members deployed overseas, those in the hospital, those recovering from illness or injury, or those who for any reason ask for some sort of assistance. The pastors of St. Paul's will visit at these times and offer spiritual comfort, but our caregiving as a congregation will be better when all people are involved and when many different needs are being met.

Knowing that God calls us to serve one another, our goals for St. Paul's Caring Ministry are

1. To offer some kind of short-term help or expression of care to every member or friend who is experiencing a difficult time.
2. To have a very high percentage of members within the congregation sign up as Care Volunteers and use their gifts to help others.
3. To use trained Care Coordinators and helpful technology to effectively coordinate and expand our care.

May God bless our efforts of caring to His glory!

—Pastor Mark Shaltanis



## **Leisure Group**

The Leisure Group enjoyed another Christmas luncheon at Marco Polo's in Vienna, only this year we were served at our tables instead of having a buffet.



We played two Christmas trivia games and Bingo. The winners received great prizes, and one winner received a door prize. After games, we sang Christmas carols under Pastor Mark's direction.



*Notice how excited Pastor Yang was when he won first prize in Christmas Trivia questions!*



*Here are some more winners. Don't they look happy!*

Our tentative plans are to have a meeting in February (on Valentine's Day) and then go to the Idylwood Grill for lunch. In March, we are tentatively planning to go to Sight and Sound Theater to see *Noah* or to the Allenberry Theater to see another play. Both are in Pennsylvania. Lunch will be included in the trip. Invite your friends!

Other tentative events include trips to theaters or movies and historical places in Fairfax. After all, filling our delicate organs of digestion should take a backseat to improving our minds once in a while! We are looking for a different place this year for our Christmas lunch. Will it be Le Chateau Fleur de Restaurante, Le Orangerie, Overture or le overture, Au Poivre, or Jack's Bistro? Maybe not one of those – maybe something even better!

*Be sure to watch the Sunday inserts for details so you won't miss any deadlines!*

## **Angels with Four Paws**

Three days after the tragic Sandy Hook Elementary School shooting in Newtown, Connecticut, a team of golden retrievers and their handlers arrived. They were invited by Pastor Rob Morris and the Congregation of Christ the King Lutheran Church. As you may know, a six-year-old girl who attended church there was killed, and the grandson of a former pastor was at the school during the shooting.

These K-9 Parish Comfort Dogs are part of Lutheran Church Charities, which is a recognized service organization of the Lutheran Church–Missouri Synod. The dogs have served in the aftermath of other disaster situations, such as the tornado in Joplin, Missouri, and Hurricane Sandy.

Since arriving in Newtown, the dogs have attended memorial services, church services, and vigils. They have spent time with children and their parents as well as public servants (police, fire, and rescue). They visit malls, schools, restaurants, and other public locations comforting the bereaved community and helping it heal.

Their presence has had results. A boy who was in school on the day of the shooting had been unable to speak with anyone about the terrible events he witnessed. But he was finally able to talk about it to a dog. Students, teachers, and residents have asked for the comfort dogs to stay longer than was originally planned. When the children returned to school in early January, the dogs were there to greet them. Each dog has its own Facebook page and Twitter and email accounts so people can find and keep in touch with a particular dog.



# Prayer Requests

*Joe Mills*

*Dee Sitnik*

*Maureen Forcier*

*Ed & Gladys  
Hane*

*Peter Frenze*

*Hal Skean*

*Jack Hartman*

*Millie Sullivan*



April-May 2013  
Newsletter Deadline:  
March 24

Send submissions to  
*m.baumgartner@cox.net*  
*stringer.orvedahl@verizon.net*  
*kimberwilliams@aim.com*

## February Birthdays

- 2 Gail Burton  
June Frazier
- 3 Maria Muller
- 4 Zachary Pfeil  
Elise Yashar
- 6 Eric Wang
- 9 Kristen Armstrong
- 11 Gayl Hann  
Leslie Kay
- 12 Mark Hann
- 15 Chris Freedlander  
Jessica Shrewsbury  
Mona Smith  
Xiang Wang
- 16 Lorraine Lee
- 17 David Yang
- 18 Nathan Cvrk  
Merle Weitz
- 19 Stephanie Poore
- 21 Betty Mills
- 23 Ruth Franke
- 24 Michael Behrens



Happy Birthday!

- 24 Justin Wang
- 25 Lara Schwoebel
- 26 Rachel Hecht  
Jim Hickey
- 28 Holly Hecht

## March Birthdays

- 2 Alex Jacquez  
Sara Rollins
- 3 Fred Frank
- 5 Jacob Shrewsbury  
Alexander Yuan
- 6 Bev Wellington
- 7 Jill Hecht
- 10 Jennifer Jahn
- 11 Tamara Brown
- 12 Arlo Janssen  
Jenn Spurgat
- 13 Arndt Laemmerzähl
- 15 Trudy Booth
- 16 John Dagley
- 17 Lisa Brinkmann  
Jason Kruse  
Matt Provance
- 20 Tom Feng  
Ross Jewell
- 23 Yi Tang
- 25 Hannah Hecht
- 26 Donna Ainsfield  
Karin Frenze  
Brandon Huling
- 28 Wayne Lehrer
- 29 Yayun Zhang

## **Preschool News, February–March 2013**



As I write this article, we are beginning our registration process for fall 2013. Yikes, where does time go? With each new year come new beginnings for the Preschool. When we begin receiving inquiry telephone calls and emails from prospective families, I am always curious to hear exactly what they are looking for in a preschool for their child. Do they believe that academics are the most important component in the world of preschool education, or do they want their child to play and become more social? I must admit that I do get anxious about whether or not we will fill our Preschool 100 percent as the registration process takes place. Every year, however, God gently reminds me that He will call those families – and children – who need to be at St. Paul's Lutheran Preschool. He knows long before we who will enter the doors!

The children always return from Christmas break with enthusiasm and eagerness to reconnect with friends and teachers. It is amazing how our youngest children mature so much while they are away for just two short weeks. So onward and upward we go on the path of learning in the Preschool.

During February, the children will learn about loving one another, feelings, Valentine's Day, and our presidents. In March, we will explore wind and weather, dinosaurs, and Easter. Each week the children attend chapel, and over these two months the children will hear about how Jesus calmed the storm, how Jesus heals, how Jesus fed the 5,000, how Jesus was tempted, and how Jesus walked on water.

Some exciting special events are on the horizon for the children as well. In February, they will experience a visit from KD Puppets and hear the stories "Jack and the Beanstalk" and "Three Billy Goats Gruff." In March, the children will hear all about reptiles and see up close and personal an alligator and, we hope, an Albino python named Sunshine. In February, the teaching staff will attend the state conference of the Virginia Association for the Education of Young Children, which will be held in Reston this year. They too will be learning a lot over the next month or so!

So as you can see, we are busy doing the mission and ministry that you support. We wait with anticipation what God will bring in the coming school year, but until then, "Lord, I know that You have plans for my life, and I seek to follow Your will. Show me Your purposes, Lord, and let me lean upon Your strength and Your word. When I am headstrong, Lord, forgive me and lead me back to your path that I might do Your work and share Your message today and every day. Amen." (*Prayers of a Dedicated Teacher*, Jim Gallery.)

It's a beautiful thing when a career and a passion come together. Thanks for allowing me this journey.

God's Instrument,  
LuAnn Carrig  
Director

## **Help Needed for Area Senior Citizens Being Served by Shepherd's Center of McLean-Arlington-Falls Church**

The first Shepherd's Center was created in 1972 by a Methodist minister in Kansas City, Missouri, who was concerned about an aging population and what would be needed to allow seniors to age safely in their own homes. He knew there needed to be a support system for them to do that and thus created the first Shepherd's Center. The Shepherd's Center of McLean-Arlington-Falls Church is the newest center and is providing services requested by area seniors.

Among the free services provided by this Shepherd's Center are transportation to and from medical appointments, companion shopping to the grocery store, pharmacy and other miscellaneous errands, friendly callers to homebound individuals for reassurance, friendly talks on a regular basis, and handy helpers with minor home repairs, chore assistance, and yard work. The center also hosts Lunch 'n' Life events, which are luncheons held at various locations in McLean, Arlington, and Falls Church. The luncheons host guest speakers or have musical entertainment.

In the past several months, the center's client base has increased dramatically to almost 400 seniors, and it is growing every day, especially in

the southern part of the service area (south Arlington and the lower half of Falls Church). In addition, the center is in the process of a major expansion that will provide a greater variety of services to seniors, and more volunteers are needed to assist with those programs.

Our greatest need now is to recruit new volunteers to take clients to and from medical appointments. *Please* make a New Year's resolution to volunteer by calling the Shepherd's Center at 703/506-2199.



# HOSANNA BANNER

Offer Jesus our King praises by making this banner for Palm Sunday.

## What you need:

- 6 sheets of green construction paper (8" x 11")
- Pencil
- Scissors
- 7 sheets of pastel-colored paper
- Rubber cement or glue
- 7 sheets of white cardstock (8" x 8")
- Hole punch
- Thin ribbon



## What you do:

1. Fold the stack of green paper in half. Draw a palm branch on one of the folded sides and cut out all 12 branches.
2. On the pastel-colored paper, draw and cut out block letters to spell the word *Hosanna* — one letter per sheet. Then glue each letter onto a sheet of white paper.
3. Punch one hole in the top of each palm branch and two holes in each letter square (top left and top right corners).
4. Thread the ribbon through a palm branch, letter, palm branch, letter, etc. Tie a knot after each hole to keep the pieces from sliding.



# Crayon Heart

Make heart-shaped crayons as a reminder that the things of God should be written on our hearts.

## What you need:

- An adult to help
- Oven
- Oven mitt
- Heart-shaped silicon mold (available at craft stores)
- Old crayons

## What you do:

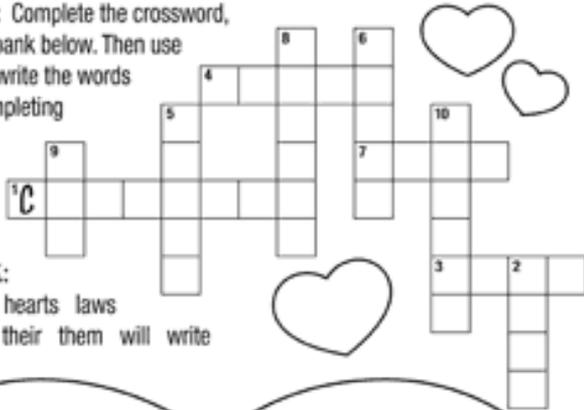
1. Heat oven to 230 degrees.
2. Remove paper wrappers from crayons. (This is easier if you soak crayons in cool water first.)
3. Break crayons into small pieces. Place pieces into heart-shaped mold, filling them about two-thirds full.
4. Bake for 15 minutes or until crayons have completely melted.
5. When the heart-shaped crayons are cool, remove them from the mold.



# ON THEIR HEARTS

*God made a special promise about a relationship he wants to have with people who love him.*

**DIRECTIONS:** Complete the crossword, using the numbers to write the words in the heart, completing God's promise.



**WORD BANK:**

covenant God hearts laws  
minds people their them will write

"This is the 1) \_\_\_\_\_ ... I 2) \_\_\_\_\_  
 put my 3) \_\_\_\_\_ in 4) \_\_\_\_\_ 5) \_\_\_\_\_ and  
 6) \_\_\_\_\_ 7) \_\_\_\_\_ on 4) \_\_\_\_\_ 8) \_\_\_\_\_  
 I 2) \_\_\_\_\_ be 4) \_\_\_\_\_ 9) \_\_\_\_\_,  
 and they 2) \_\_\_\_\_ be my  
 10) \_\_\_\_\_."

**HEBREWS 8:10, NIV**

Answer: "This is the covenant ... I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people."  
 Hebrews 8:10, NIV