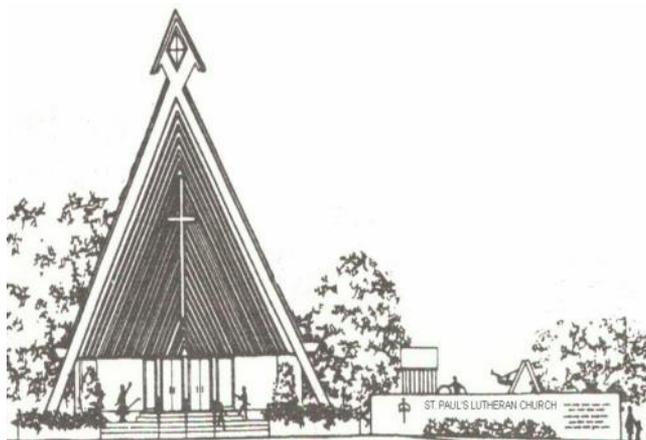


ST. PAUL'S EPISTLE

DECEMBER 2013~JANUARY 2014



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 — Tawni Harrell

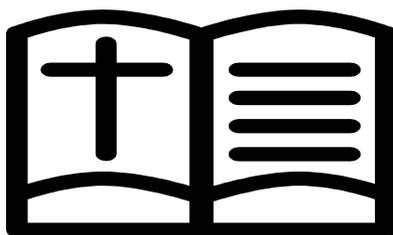
Director of Education and Family Life —

Secretary — Susan Irwin

Business Manager — Ellen Heup

Newsletter Editors — Linda Orvedahl, Kim Williams

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



Pastor's Corner

From the Pastor

"I think I may like Advent better than Christmas." This thought occurred to me the other day as I was getting ready for these next seasons of the church year. "Maybe it's just the hymns," I reasoned. I do love the Advent hymns - maybe even more than the Christmas carols, which I also love.

Then I thought about it some more. Why do I like those Advent hymns? Is it because they're less familiar and not over-played? Maybe. Then again, perhaps the reason I like them is more because of what they say and how they sound. Advent hymns reflect feelings of longing. They mirror life well.

Much of our life is spent in a place of wanting things to be better. It's not that we're complainers (some are, I suppose), it's that we wish there would be less heartache, pain and fear. Even people who seem to have ideal situations - a good marriage, great kids, a job, a wonderful church, etc. - can have feelings of longing for more. I know I do. I long for the church to grow. I long for days with fewer worries. I long for the world to be more at peace. I long for others to be happy and healthy.

Advent leads us to long for better things. And it always delivers - leading us to the joy of Christmas. Still, Christmas is a celebration of something that has already happened. Christ came to forgive our sins and reconcile

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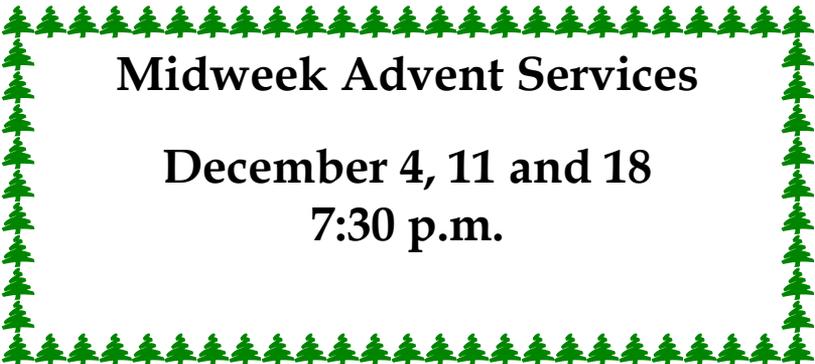
us to God. We know that. Advent deals with the future. It reflects our longing for Christ to come again. When Christ comes again he will usher in the age of heaven, where there will be no more suffering or sorrow. In that age we will be reunited with those who have gone before us- those we miss so much, those who are so much the focus of our longing.

This year at St. Paul's we are offering a seminar for those who are finding the holidays difficult because they are missing a loved one. Titled "Surviving the Holidays" this gathering will take place on Thursday, Dec. 12 from 7 - 9pm. I know it will be helpful for many people. I encourage you all to attend.

At the same time, I believe the season of Advent itself will also be a help to those who are mourning and grieving, just as it will help all of us who long for better days. It may even seem better than Christmas. And that's okay. We know that Christmas will always be important too.

A blessed Advent to all of you, and a merry Christmas as well.

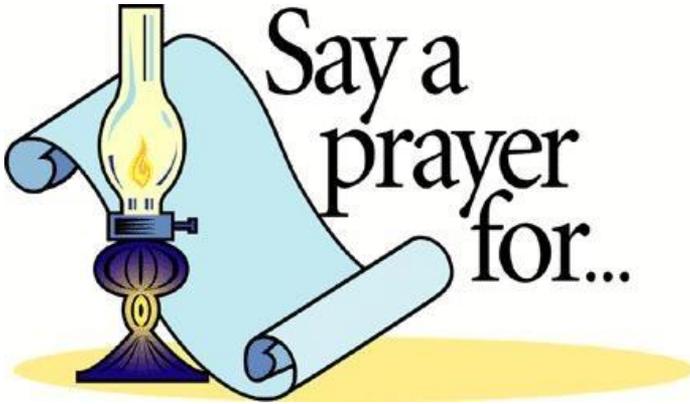
—Pastor Mark Shaltanis



Midweek Advent Services

December 4, 11 and 18

7:30 p.m.



Dennis Shaltanis

Carolyn Cowherd

Selvi Jayantha

Family & friends of Violet Heidemann

Dorothy Stringer

Anita Moorehead

June Frazier

Joe Mills

Dee Sitnik

Maureen Forcier

Peter Frenze

Jack Hartman

St. Paul's Youth Group News

Thank you, members of St. Paul's and St. Paul's Pre-school, for making Operation Christmas Child a big success! Your contributions allowed the St. Paul's Youth Group to pack and ship *eighty gift boxes* filled with stuffed animals, toys, pencils, bracelets, toiletries, and sundries. We were moved by the generosity shown by the St. Paul's Community – from preschool children to our senior members – and can't wait to participate with you in this activity next year.

We want you to know you have given not just material goods to 80 children and their families this Christmas - you have given them a far greater gift: the opportunity to hear about the life-saving love of Jesus. The children initially hear about Jesus when they receive the boxes and also have the opportunity to join in a 12-week discipleship program. Operation Christmas Child reports almost all of the children who go through this program (and many of their families) accept Christ Jesus and continue in a faith walk with Him. Thank you for partnering with us to give so many the opportunity to know Jesus!

Continuing our faith walks has been the theme of the St. Paul's Youth Group this fall. We've been busy in Room 7 this year. An average of 16 or 17 of us (with as many as 24) meet every other Sunday morning during the Sunday School hour, for youth community, including teambuilding games, missions and study of The Word. Feel free to stop by and visit us in our newly redecorated space! We will serve the Chinese Congregation – winners of the Annual Chili Cook-Off – with an upcoming event in the New Year as well.

Our high school teens also went on what we hope to make an annual event, our Circuit-wide High School Retreat. We gathered with three other LCMS churches for a

total of over 40 teens. While away at camp Mar-Lu-Ridge in Maryland, we focused on “Life’s Big Questions, God’s Big Answers”. We had several large group sessions, small group discussions, games and more. We spent time around the campfire and hiked the ridge where the camp is located. Check out some pictures from our fun-filled and faith-building retreat on the bulletin board in the undercroft.

On December 14, we will hold our Youth Christmas party. We will decorate the Sanctuary tree, spend time playing exciting group games, have a White Elephant exchange, and share a meal together as we celebrate the gifts of our congregation, our families, and the most important gift of all – Our Precious Savior, Jesus.

Blessings to you this Christmas Season,
St. Paul’s Youth Group



High School Youth Retreat – 2013

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St. Paul's Lutheran Church

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Special Delivery: 80
Operation Christmas
Child Boxes.

The Keane boys dis-
playing bracelets they
made for the shoe-
boxes.



Fairfax County Fire-
fighters holding Opera-
tion Christmas Child
boxes upon delivery.



- 2 Kerrie Shrewsbury
- 3 Peter Frenze
Nicolai Taranov
- 7 Brenden Harrell
- 8 Chris Spear
- 9 Christopher Huling
- 11 Bo Hann
- 12 Bei Zhang
- 15 Shawn Lynch
- 17 Timofey Taranov
- 18 Dale Amdahl
David Yashar
- 19 Tim Hecht
- 24 Alane O'Neill
- 25 Rachael Seidenschnur
- 26 Maureen Forcier
- 29 Brit Schwoebel
- 30 Bob Juenger
Shaw-hwa Yang
- 31 Brian Fick

- 1 Hua Zhong Lu
- 7 Melissa Hecht
Carol Juenger
- 8 Tor Eide
- 12 Geraine Armstrong
Juliane Buuck
- 13 Paula Kelso
Barb Perlowski
- 14 Cayla Freedlander
- 16 Paul Du
Gladys Hane
- 19 Viviane Thompson
- 21 Al Kroening
- 24 Betty Hickey
- 25 Jerrold Goldblatt
Kathleen Wang
- 26 Dan Casto
Maj-Britt Frenze
Susan Hecht
Katrina Kelso
- 28 Paige Huling
Aldo Becci
- 31 Alex Dennis
Russell McCants
Norm Williams

The Leisure Group's Visit in October to Historical Sites in Fredericksburg



Eight brave and hardy souls went to Fredericksburg as our October event to tour the Mary Washington House, the Mercer Apothecary, and the Rising Sun Tavern. Had we called off this trip because of the rain, we would have missed a most enjoyable day. After meeting Betty, who took us through the Mary Washington house, we realized that none of us would have had the nerve to tell her we weren't coming. Betty was a wonderfully strong woman, very much as she presented Mary Washington to us ("Close your mouth, Maryanne!").

From Betty we got a good glimpse of what life was like in George Washington's time. This home was beautifully preserved and furnished, with at least one genuine piece belonging to Mrs. Washington in each room, and period pieces, including many from the Washington family, filling the rooms. We got a good look at the adjacent kitchen and walked through the garden which is still planted and cared for each year, following in Mrs. Washington's footsteps.

Next we enjoyed a delicious lunch at Brock's Riverside Grill and had such a good time visiting over our meal that we were quite late to our next two tours.

Late or not, our guides at Mercer's Apothecary were from the Washington Heritage Museums who preserve these historical sites. They, like Betty, wore period clothing and spoke to us as though they were assistants to Dr. Mercer. Our first guide showed us the herbal medicines, allowing us to smell some and look at all. She explained how pills were made, and how water was filtered for use in medicines. And she taught us what the “necessary” was!

Our second guide at Mercer's assured us that no matter what ailment we thought we had, Dr. would surely bleed us – the all purpose remedy. She showed us instruments for bleeding including live leeches kept for demonstration – and the preferred method of bleeding. She also told us that her boss would not only handle typical ailments, but also amputated limbs and pulled teeth. We toured the entire Apothecary which included the history of the Mercer family.

Our last stop was at the Rising Sun Tavern, where the “owner,” Mrs. Fraser, assured us that she ran a good tavern and that none of the ladies would have their virtue compromised. Very few women stayed in taverns in the 18th century since it was mostly politicians and businessmen who traveled. We saw the room where the upper class men were served dinner and drinks, and where they would discuss the issues of the day well into the night. A separate room for women was next door where they were allowed to wash, recover from their 14 hour carriage journey, and have their needs attended to by the serving wenches. Repeatedly Mrs. Fraser told us that her serving wenches were good girls, unlike the girls at the other taverns in town. People could spend the night in upstairs rooms, women – 5 to a bed (though there were rarely many women) and upper class men slept 6 to a bed, sitting up and alternating head to toe. Lower class

men slept as many as 15 to a room on straw mats on the floor.

Mrs. Fraser taught us that many of our common expressions came from that period: "A two-fisted drinker"; "Bottoms up"; "Here's looking at you."; "This fish needs water"; and "Getting off on the wrong foot". She even had a working 18th century mouse trap.

All of us agreed it was a wonderful trip. Our thanks to Luther and Mona Smith, who made the arrangements, and to Trudy Booth for carrying out those plans.

Lois Lehrer



February - March 2014
Newsletter Deadline: January 20

Send submissions to:
stringer.orvedahl@verizon.net
and
kimberwilliams@aim.com



Preschool News - December/January

Simplicity, “the quality of being simple or uncompounded.” (Webster’s Dictionary) Do you find yourself saying things like, “Life used to be much simpler”, or “I long for the time when I don’t have to live my life by a schedule or traffic patterns”. Life is complicated enough without the outside influences that bombard us daily. I do long for a life that is less compounded, but I’m not certain I will achieve success living in Metro Washington, D.C. As I reflect on the Christmas story there are many days I would enjoy leading the solitary life of a Shepherd.

The shepherds lived out in the fields, nothing fancy. They were nomads wandering the fields who made their home in the same field as their flock. They lived in crudely constructed tents and certainly weren’t concerned with their appearance. I’ve often thought (and told many preschoolers) that I am sure they smelled just like their sheep! Historians tell us that many shepherds were sons of farming peasants so they knew that they would never inherit land and experience wealth. So, a shepherd’s focus became the safety and care of their sheep. They had no other agenda. Their job was to be keenly aware of their surroundings. Living a life of simplicity, yes that is what the shepherds were all about!

Preschool life is rarely simple and December is quite busy and exciting for the children. We spend the month talking about Christmas and the birth of our Savior Jesus Christ. The teachers will be sharing an Advent lesson once a week with the children and a Bible verse daily. We so much enjoy this opportunity to share the love of Jesus with the little children. The children are also learning about the Christmas story through their music class each week as they prepare for the Preschool's annual Christmas program. If you are able I encourage you to attend this special event on Friday, December 20 at 10:30 am in the sanctuary. As a way to give back to our local community, the Preschool will sponsor a food drive to support the Falls Church Food Pantry during the month of December.

In January the children will be looking forward to learning about the season of winter, winter animals and winter weather. I'm not sure who will be hoping for snow more, the children or the teachers! So don't forget if there is a forecast for snow, please wear your pajamas *inside-out and backwards* and watch the flakes fall from the sky!!!

I am certain that your life is overflowing with many things that just need to be done. However think about taking some time this Christmas season to live your life more simply. Here are a few simple suggestions:

- Instead of watching TV, put together a puzzle and as a family talk about the Christmas story. Why was event chapter of the story important?
- As your family considers what gifts they will give this Christmas, talk about what a gift *really* is.
- Commit to a weekly quiet/prayer time. If you have children, don't forget to ask them to lead prayer.

“God sent all those angels to sing for a raggedy old bunch of shepherds watching their sheep outside Bethlehem. In those days, remember, people used to laugh at shepherds and say that they were smelly and call them other rude names. You see, people thought shepherds were nobodies, just scruffy old riff-raff. But God must have thought shepherds were very important indeed, because they’re the ones he chose to tell the good news to first...The shepherds stamped out their fire, left their sheep, raced down the grassy hill, through the gates of Bethlehem, down the narrow cobble streets, through a courtyard, down some steps, past an inn, round a corner, through a hedge, until at last, they reached...a tumble-down stable. There they saw the Promised Child, Heaven’s Son, the Maker of the Stars...Jesus.” (*the Jesus Storybook Bible*).

Merry Christmas and Happy New Year,

LuAnn Carrig



Creation KALEIDOSCOPE

Make this fun craft to remember what our heavenly Creator made.

What you need:

- Adult help
- Tall chip can with lid
- Hammer and nail
- Acrylic paint; paintbrush
- Water, glitter, white glue
- Colored tissue paper
- Stronger craft glue (not hot glue)
- Star stickers or sequins
- Two 4" x 5" pieces of clear Con-Tact paper
- Scissors; pencil; permanent marker

What you do:

1. In bottom center of can, hammer a hole with a nail. Paint outside of can. Let dry.
2. Add glitter and a little water to white glue. With a clean paintbrush, glue tissue paper to bottom outside of lid.
3. Add stars to sticky side of Con-Tact paper. Place a matching piece on top, sticky sides together.
4. Put craft glue along edge of can opening. Glue Con-Tact paper square over opening. Let dry.
5. Place lid on can, over Con-Tact paper. Turn lid to get kaleidoscope effect.
6. With marker, write "In the beginning ... " on can.

PEACE Wreath

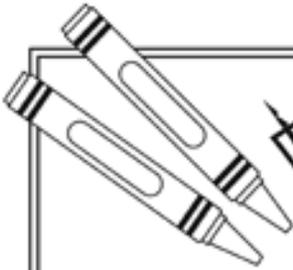
What you need:

- Paint (blue and green)
- Paint brush
- Embroidery hoop
- 24 wooden clothespins
- Scissors
- Craft foam (white, red and green)
- Glue
- 3 white feathers
- Floral wire (two pieces)



What you do:

1. Paint the hoop blue and the clothespins green. When dry, attach clothespins around the hoop.
2. Cut a dove shape (slightly wider than the hoop's diameter) out of white foam. Glue on feathers.
3. Pierce the beak with a scissors tip. Slide a piece of wire through the slit to make an olive branch.
4. From green foam, cut out two leaves. Attach them to each end of the wire.
5. From red foam, cut out the letters P E A C E. Glue them onto clothespins.
6. Place dove in center of hoop. Glue its head and tail to clothespins.
7. Attach wire to the back and hang up your wreath.



PUZZLE

A Child is Born

Jesus received many different names — even before he was born. Isaiah 9:6 (NIV) prophesies about four of these names.

Directions: Unscramble the words on the name tags below. (Hint: The first letter is capitalized.)

MY
NAME IS

gyhMti

dGo

MY NAME IS

lerWnofud

esnruooCl

MY NAME IS

vrelEnsitga

eahFrt

MY
NAME IS

niPcre

_____ of

aPcee



Answers: Mighty God, Wonderful Counselor, Everlasting Father, Prince of Peace

