



# The Luther Memorial News - December 2022

## A Reconciling in Christ Congregation

### All Are Welcome!

#### A Word from Pastor Monica



**The Gospel of John 1:1-5:** *In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.*

Beloved friends in Christ, we are precious children of the Light. Our gracious God has given us new life by water, Word and the Holy Spirit, because Jesus, the Light of the World, asks God to forgive humanity, love us unconditionally, and bring us into eternity with the Triune God. And God does. God grants Jesus' dying request, and by raising the crucified Jesus to new life, we who are united to Jesus in baptism will also be raised from death. We are filled with the light of the Holy Spirit's fire, alive in our hearts.

Every day, we walk into the darkness of this weary world, and we witness the countless ways that suffering afflicts God's people. Our task as Christians is to shine the Light of Christ into the darkest corners and into every hard heart, that we may bring all people into God's unconditional love and grace.

I invite you, in this season of Advent, to reflect on the ways you can shine the Light of Christ on those in your midst who suffer; where do you see the lonely; where do you encounter those who hunger for friendship and community? Jesus calls us to testify to God's grace, to invite everyone to join us in the Body of Christ, the great community of believers who care for one another, and who trust in God's baptismal promise to never abandon us, even in death. Jesus is the Light of the World, but Jesus also bestows that same blessing on us, in Matthew 5:14, "You are the light of the world." We are called to shine brightly, as living testimonies to the love of Christ that sustains us and is our hope, our joy and our salvation. Advent peace to you, beloved friends!

Peace to all here, *Pastor Monica*



We hold Marcia Barrow in prayer as she recovers from Covid.

December birthdays and anniversaries will be shared with you in a separate update soon!

Worship assistants have been assigned for 12/4 and 12/11; we still need worship assistants for 12/18 and 12/24.



# From the Luther Memorial Office

## Sign Up to Host Birthday Fellowship!



On the first Sunday of the month, we celebrate the birthdays of our members born in that month. If you would like to host Birthday Fellowship after Sunday worship, please [contact Marcia Barrow](#) in the church office. Hosts are asked to provide food options for persons who are diabetic, vegetarian, and gluten/dairy-free. Instead of the Bunn coffee machine, we will use the church's regular coffee makers, plus an electric kettle for hot water/hot tea. Please use the paper goods stocked in the church kitchen, and notify Marcia if an item needs to be restocked.

## How to Donate to Luther Memorial

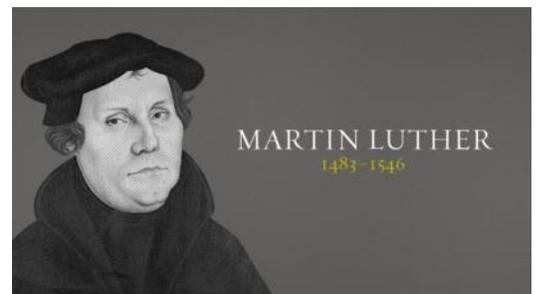
In addition to cash and check, we have more options now available to donate to Luther Memorial. You may donate via PayPal by using the button on the [home page of our website](#) or [using this link](#).



Luther Memorial also now has a Venmo account. Venmo is a digital app that transfers funds from your bank account to any other Venmo account that you designate. Venmo is a subsidiary of PayPal, and offers instant, secure transfers of funds to organizations, businesses and individuals. LMLC's Venmo address is: [@lmlc\\_org](#). To set up your Venmo account, download the Venmo app onto your smart phone or computer, create your Venmo ID and follow the steps to link your bank account. Transactions are easy to do, and you can set up automatic monthly payments. For more information, [contact the church office](#).

## Luther Forum Information & Holiday Schedule

The Luther Forum meets every Sunday at 8:45 am in the Lutheran Campus Center. The forum is using *On Earth As In Heaven: Daily Wisdom for Twenty-First Century Christians*, by N. T. Wright, as its discussion springboard. Wright is one of the most influential Biblical scholars of the past fifty years. *On Earth As In Heaven* is a compilation of excerpts from his many books, edited and organized around the church year. Readings are short enough to be used as daily devotions and the class will focus on the assigned readings for a week - [you may download a copy of the calendar here](#).



We are into the holiday season and LMLC will soon be hosting *To Our House* in the campus center; please note the schedule changes below:

- December 25 - no class (no worship service at LMLC).
- January 1 - no class. (experience has shown that many folks are not around the week after Christmas due to traveling/hosting family).
- January 8 - Class will take place in the Fellowship Hall (*To Our House* will be in the Campus Center).
- January 15 - we plan to be back in the campus center (if cleanup after *To Our House* takes longer than expected, we will be in the Fellowship Hall).

The class meets in person, but anyone is also welcome to participate via Zoom [using this link](#). If you need to call in use this number: +1 646 931 3860. Please [contact Bill King](#) if you have any questions.



# Events



## December 4 Rainbow Connection Canceled

After some thoughtful conversation, we have decided not to conduct Rainbow Connection in December...our regular meeting would have taken place on Sunday Dec. 4 at 4 pm, but many of our friends are traveling, some are recovering from illness, and it's a hectic time of year.

I want you to know that we hold all our LGBTQIA+ friends and allies in prayer after the tragic shooting in Colorado Springs; Luther Memorial remains committed to offer a safe space for friends and allies to gather, mindful that not everyone endorses our commitment. Please know that we will do everything we can to keep folks safe at Rainbow Connection gatherings.

*~Pastor Monica*



Please see page 5-7 of the newsletter for information about all our Advent and Christmas activities and events, or [visit the Advent & Christmas page on our website!](#) Our full calendar of events for December 2022 is on page 8 of the newsletter.

## Healing Hearts Grief Support Group

If you're grieving the loss of a loved one, whether the loss happened last month or years ago, please join the new Healing Hearts support group at Luther Memorial.

Our first meeting will be on Thursday, December 15, 11:30 am - 12:30 pm in the Fellowship Hall, and will last one hour.

Pastor Monica will open the session with a devotion that speaks to the human struggle with grief, then invite attendees to check in, share feelings and struggles, and pray together. If you cannot attend on December 15th, we will meet again on Thursday, January 19th, 11:30 am -12:30 pm in the Fellowship Hall.

Anyone is welcome, and we encourage you to attend even if you would prefer not to share at this time. You are not alone in your grief journey: we walk with you, and so does Christ Jesus. For more info, [please contact Pastor Monica.](#)



## Mark your calendars for these upcoming events in 2023!



Congregation member Nancy Prichard will lead an art class in the Fellowship Hall on February 2, 9, and 16, 2023. The class is open to anyone, but you must reserve a spot. *See page 4 of the newsletter for more information and [sign up here.](#)*

## Pre-Lenten Art Workshop



Adriaen van Utrecht

**Title:** *Art in the Vanitas Tradition*

**For:** Anyone regardless of artistic ability!

**Dates:** February 2, 9, and 16, 2023, 10:00 – 11:30 am

**Where:** LMLC Fellowship Hall

**Project Overview:** Come join the fun and explore the creative process in this pre-Lenten workshop using a style of art that was popularized by 17<sup>th</sup> century artists in Holland. These Dutch masters depicted objects in their paintings that symbolized the futility of vane pursuits. Think *vanity of vanities* in Ecclesiastes 1:2.

After collecting printed images and actual objects, we will explore how they become symbols as we create a multi-layered artwork.

**All supplies will be provided.** However, it would be helpful if each person could bring a pair of scissors and 2-3 magazines and/or newspapers if you have them.

**Reservations required:** Please [sign up using this link](#).

**Questions:** Nancy Prichard, [bruprich@aol.com](mailto:bruprich@aol.com), (757) 323-2208

## Midweek Advent Worship 2022 Information



The Blacksburg-Radford ELCA Fellowship will hold midweek Advent worship services on Wednesdays during Advent. ***Each week, the host congregation will provide a light supper (soup, salad or sandwiches) at 6 pm; Holden Evening Prayer worship service begins at 7 pm.***

The worship theme for our midweek services is “Conversations with the Advent Angels.” During the reflection time, we will read scripture passages that feature God’s holy messengers as they bring the word of God to God’s people. Each week we will hear the voices of angels as they interact with Zechariah and Elizabeth; Mary, the Mother of Our Lord; and the Angels who announce the Birth of Christ.

**Wednesday, November 30**

**New Mt. Zion Lutheran Church, 2350 Poverty Creek Rd, Blacksburg**

***Conversations with the Angels - Week 1: Promises Fulfilled***

The first service in our series focuses on promises fulfilled as the angel Gabriel tells us about talking to Zechariah and Mary about John the Baptist and baby Jesus. The birth of these two babies fulfills a promise made long ago by God that he would send a Savior we are prepared to see.

**Wednesday, December 7 - Luther Memorial Lutheran Church**

***Conversations with the Angels - Week 2: Prayers Understood***

The second service in the series focuses on prayers understood as the angel Gabriel helps us to see why we do not pray to angels. Jesus is the one we should pray to because he is God made flesh, and truly understands our human condition.

**Wednesday, December 14**

**Shiloh Lutheran Church, 5218 Long Shop Rd., Blacksburg**

***Conversations with the Angels - Week 3: Praises Called For***

The third service in the series focuses on the praises the angels sang to Jesus at various times. Their glad songs serve as examples for us as we welcome the Christ Child into our lives with joy.

**Wednesday, December 21**

**St Michael Lutheran Church, 2308 Merrimac Rd, Blacksburg**

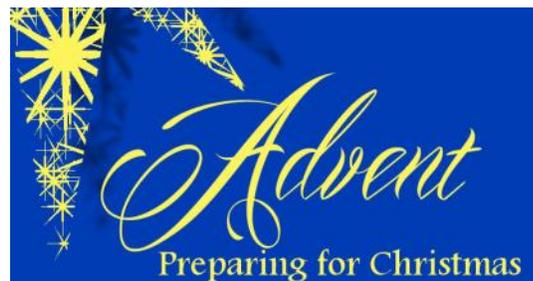
On this midweek service for Advent IV, held on the winter solstice, the longest night of the year, the fellowship will hold a Longest Night service of healing and hope (often called a “Blue Christmas” service) to remember all those who we have lost in 2022.



## Advent Devotion Booklets

Please pick up your daily Advent devotion booklets from the Usher Table as you enter the Sanctuary.

[Click here](#) to access the Virginia Synod Tapestry Team's Litany for Advent: God's Justice for Women, created by Pastor Monica.



### Poinsettia Orders Due to Church Office by December 5th

If you would like to purchase poinsettias to decorate the Luther Memorial sanctuary this Christmas, please [submit your order to Marcia in the church office](#) no later than Monday, December 5th. Poinsettias are \$20 each; when you place your order, please designate if they are in memory of or in honor of a loved one(s). Poinsettias will be placed in the sanctuary on Saturday, December 10, for the Holiday Brass Concert, and left in place through Christmas Eve, at which time you may take them home. We could use a few volunteers to help water the

poinsettias during the weeks they are displayed: they get thirsty and begin to droop! [Please notify Marcia](#) if you can help with this task.

### Christmas Decorating Workday on December 10th!

Please join us to help decorate the Sanctuary and Narthex for Christmas, just in time for our free Holiday Brass concert on Saturday, December 10th. We will meet in the Narthex at 10 am to install and trim our two Christmas trees. Volunteers of all ages are welcome, and Confirmants can earn Service Hours for participating.



## Christmas Season Worship Schedule

**Christmas Eve, December 24, 2022 at 5 pm (Music begins at 4:30 pm)**  
**Candlelight Worship with Holy Communion**

**Christmas Day, December 25, 2022**  
**No Worship Service at Luther Memorial - Merry Christmas!**

**New Year's Day, January 1, 2023 at 10 am**  
**Worship with Holy Communion**

**Baptism of Our Lord, January 8, 2023 at 10 am**  
**Worship with Holy Communion & Distribution of Star Words**

## Holiday Brass Concert on December 10, 2022 at 7:30 pm

The Blacksburg and surrounding communities are invited to attend a Holiday Brass Concert on Saturday evening, December 10, 2022 at 7:30 pm. The Roanoke Symphony Brass Quintet is based with the Roanoke Symphony Orchestra, and is led by Dr. Jay Crone, the principal trombonist with the Roanoke Symphony, a member of Luther Memorial, and a professor of brass/music at Virginia Tech.

Performing as part of the brass ensemble are Brian Strawley and Tom Bithell, trumpet; Abigail Pack, horn; Dr. Jay Crone, trombone; and Brandon Smith, tuba. These talented musicians will be performing a variety of seasonal holiday favorites that the whole family will enjoy.



This is a free concert, but attendees are asked to bring a non-perishable food item to donate to the Blacksburg Interfaith Food Pantry, a joint ministry of over 25 churches in Blacksburg of varying denominations, and a program of New River Community Action, Inc., dedicated to serving families of Blacksburg and McCoy through donations of cash and food.

## Chrismon Display by Nancy Prichard



As part of Luther Memorial's "Art in Advent" series, mixed media Chrismons created by artist and congregation member Nancy Prichard will be on display in the church Narthex through Sunday, January 8<sup>th</sup>, 2023. The exhibit is also open to the public Sunday mornings between 9 am - noon, and by appointment during the business week (please call the church office at 540-951-1000).

*Chrismon*, a word derived from "Christ" and "monogram," describes an interdenominational symbol of Jesus Christ. The first Chrismons were created in 1957 by Frances Kipps Spencer of Ascension Lutheran Church in Danville, Virginia. She wanted to design appropriate liturgical decorations for the church's

Christmas tree. The concept is now used worldwide.

Each of the mixed media constructions by Prichard, a member of the Luther Memorial congregation, celebrates Christ through symbolism using a contemplative process. Representing events in the church's liturgical calendar, the pieces begin with a cross form representing a specific cultural tradition. Bits of hymns, scripture, and found materials are layered on each cross around a central image that represents an event in the life of Christ.



# December 2022 Calendar Highlights

(Please check our calendar online for the most up-to-date information)

**Thursday, December 1**

7:30 am Men’s Fellowship Bible Study  
 8 am Men’s Bible Study  
 10 am Faith & Life Class

**Sunday, December 4**

8:45 am **Second Sunday in Advent**  
 Luther Forum  
 10 am Worship Service w/ Holy Communion  
 11 am Choir Rehearsal  
 11 am Monthly Birthday Fellowship

**Wednesday, December 7**

6 pm **Luther Memorial Lutheran Church**  
 7 pm Midweek Advent Supper  
 Midweek Advent Worship Service

**Thursday, December 8**

8 am - Men’s Bible Study; 10 am Faith & Life Class

**Saturday, December 10**

10 am Christmas Decorating Workday  
 7:30 pm Holiday Brass Concert

**Sunday, December 11**

8:45 am **Third Sunday in Advent**  
 Luther Forum  
 10 am Worship Service w/ Holy Communion  
 11 am Choir Rehearsal

**Wednesday, December 14**

6 pm **Shiloh Lutheran Church, 5218 Long Shop Rd, Blacksburg, VA**  
 7 pm Midweek Advent Supper  
 Midweek Advent Worship Service

**Thursday, December 15**

8 am Men’s Bible Study  
 10 am Faith & Life Class  
 11:30 am Healing Hearts Grief Support Group

**Sun December 18**

8:45 am **Fourth Sunday in Advent**  
 Luther Forum  
 10 am Worship Service w/ Holy Communion  
 11 am Choir Rehearsal  
 11:30 am Council Member lunch; Meeting begins at noon  
 4 pm Confirmation Class at St. Michael Lutheran Church

**Wednesday, December 21**

6 pm **St. Michael Lutheran Church, 2308 Merrimac Rd, Blacksburg, VA**  
 7 pm Midweek Advent Supper  
 Midweek Advent Worship Service

**Thursday, December 22**

8 am - Men’s Bible Study; 10 am Faith & Life Class

**Saturday, December 24**

4:15 pm Choir Rehearsal  
 5 pm Christmas Eve Worship Service w/ Holy Communion (Music starts 4:30 pm)

**Sunday, December 25**

**Nativity of our Lord - NO WORSHIP SERVICE - MERRY CHRISTMAS!**

**Thursday, December 29**

8 am Men’s Bible Study; 10 am Faith & Life Class



# Confirmation

## Confirmand Service Project

On Sunday November 20, Confirmands from Luther Memorial, St Michael and Our Saviour Lutheran churches packed bags of donated food for the children affected by food insecurity who are enrolled in Micah's Backpack. These bags of food provide six meals for children to take home and eat over the weekend. Thanks Confirmands for helping to feed God's hungry people!



### Confirmand Reminders

Confirmands will gather at St Michael Lutheran on Sunday December 18 from 4-6:30 pm for lessons and fellowship. Please remember that two Sermon Notes assignments are due to Pastor Monica by December 18th. Also, remember to keep up with your Service Hours if you serve as an Acolyte in worship, or if you performed any other task at Luther Memorial. If you have questions about Sermon Notes or Service Hours, please [contact Pastor Monica](#).



# Synod News

## Serving Boldly Award Nominations



In 2020, our very own Sandy Hagman received this award for her work with the Blacksburg Interfaith Food Pantry; it was the first year it was given. Nominations are now open for the 2023 award; the deadline for nominations is March 15, 2023. The next award will be presented during the June 2-23 synod conference (June 9-11, 2023). For more information and to nominate someone online [please click here](#).

## Virginia Synod Tapestry Focus on Human Trafficking

The Synod's Tapestry team advocates for social justice for all God's people, by highlighting a different social justice focus each quarter. Tapestry's fourth quarter focus for 2022 is Women's Justice, as we seek to be aware of the issues and challenges that face women in America, and around the globe. Pastor Monica is a co-chair of Tapestry's emphasis on Women's Justice this year. In December, congregations may use a special [Litany and Prayers on Women's Justice](#) in their Advent worship services, and [study a pre-recorded presentation on Human Trafficking](#) authored by Sylvia Eley, board member of the Virginia Synod Women's Organization. Please [access these and other important resources as we unite together](#) to eradicate the horrific sin of human trafficking and women's injustice.





# Council Corner

## November 2022 Council Meeting Summary

Council Members: John Anstrom, Elaine Belay, Teresa Cassell, Jay Crone, Andy Hansbrough, Carolyn Howard, Gail King, Linda Libey, Karl Pedersen, Ed Vigen

\* **Welcome to our new council members** who were elected at our annual meeting: Diane Catley, Aaron Conklin, Carla Liversedge, and Ray Riggan. Thank you for your willingness to serve in this important way!

\* **Thank you for your support of the 2023 Annual Ministry Funding Plan!** We are excited by the opportunities for ministry that were funded by your vote at our annual meeting on November 13.

\* **Work continues in the spaces used by the Little Hokie Hangout.** While they were on break Thanksgiving week, walls were being painted and the new hot water heating system installed. The rest of the new flooring will be installed over winter break when the Little Hokie Hangout will be closed for 2 weeks. Volunteers will be needed to move the furniture so this work can be completed.

\* **Organ repairs have begun.** Some pipes needing significant repairs have been removed and sent to the "pipe shop." Please consider donating to the LMLC Organ Fund to help with these important repairs and upgrades that need to be done to protect our beautiful instrument.

\* **A second Strategic Planning Retreat for council and committee chairs** was held on November 13. You will be hearing about ideas generated at this meeting and asked to participate by sharing YOUR ideas.

### Thank you from Students

*We recently received a lovely thank you from Ms. Barrow of the [Friends of Bay Minette](#) organization and wanted to share with you!*

Good Morning Ms. Barrow and Reverend Weber, I wanted to send some positive feedback- I was teaching an environmental science lesson to some elementary students and when they were doing a web quest on sustainability they ended up on the [LMLC Creation Care](#) webpage. They thought I should let you know that we were using it and found some great information so thanks :)

They also decided it would be nice of us to return the favor, so I had them pick out a good resource for us to share with you! Part of their project was learning about steps we can take as individuals to be more eco-friendly, and they picked out a great guide to green shopping.... "[Guide to Green Shopping](#)". It has great info on sustainable shopping and buying green & buying local, so they thought it'd be a helpful link for you to add to your Creation Care page they found... would you be able to? They'd be so proud and I'd love to show them their suggestion :) If it's not too much trouble we'd really appreciate it. Thank you both so much again and have a wonderful Thanksgiving. **(N.B. you can now find this resource on our Creation Care page!)**

### Thank you from the Women's Resource Center (September Change for Change)

Dear Friends, Thank you for your gift of \$553.05. As we pause to mark 45 years of service to victims of sexual and domestic violence, we recognize that this work would be impossible without support like yours. At a time when many people feel unheard and alone, your gift is an exercise in hearing and joining together in mission. With your support, we will continue to be a safe haven for survivors of sexual and domestic violence, as we work daily to incite safety.

*Together towards peace, Laura Beth Weaver, Executive Director,  
Women's Resource Center, Radford*



# The Well Campus Ministry

## An Update from Council About The Well Campus Ministry

With the resignation of Pastor Libby Pfaff as The Well campus pastor, Council voted to initiate a call process for a new campus pastor, beginning January 1, 2023. This will require the formation of a Call Committee, which will work through the Virginia Synod office to identify and interview suitable candidates. In addition, the Call Committee will speak to Well students, LMLC members and area leaders to discern how the Holy Spirit is leading us to best serve the students of The Well, based on many significant changes in student life due to the global pandemic.

LMLC's commitment to campus ministry remains strong and viable, particularly as young people increasingly report mental health challenges due to pandemic stressors. Pastor Monica will provide pastoral support to Well students, but if you would like to volunteer to assist with student activities or service projects, please let her know.

Pastor Libby's resignation was prompted by the vote of Christ Lutheran-Radford to close, effective 12/31/22. Christ Lutheran will turn over their property and financial assets to the Virginia Synod; Pastor Libby will serve a full-time call to the VA Synod Council to develop new ministry on the Christ Lutheran site, based on Radford community needs. We hold Pastor Libby in prayer as she works to discern God's plan for the Christ Lutheran facility. We also hold our siblings at Christ Lutheran Church in prayer, as they honor the congregation's legacy of worship, service and fellowship.

***The Campus Center at Luther Memorial is open to all Virginia Tech students for studying and laundry, and snacks are provided.***



## Music at Luther Memorial



### From Amy Cowan, Choir Director

December will be a busy and gratifying month for music-making at LMLC! We will enjoy advent offerings from Jillian Donahue, our Student Vocalist, and welcome flute players Kirsten Economou and Patricia Perez to join us for Holden Evening Prayer and special music at our December 7th mid-week service. Come join us that evening for supper at 6 and the service at 7! Jay Crone and his Roanoke Symphony colleagues will present a Holiday Brass program on Dec 10 at 7pm. You can also hear Brian Thorsett, tenor, and many of our favorite in-house musicians at the

Christmas Eve Service at 5 pm, with pre-service music beginning at 4:30 pm.

Choir will take a break from Christmas Day until the New Year, and will be back on January 8. If you have any questions or would like to join the choir for this season, [please email Amy!](#)



# Social Ministries

## To Our House Returns to LMLC

After two years at other venues, To Our House, the New River Valley hypothermia movable shelter, returns to our campus. However, we will not be hosting our traditional two weeks around Thanksgiving. Instead, ***we will be serving the first two weeks of January.***



On the morning of Saturday December 31, we will accept the bedding supplies (tents, air mattresses, and linens) and do the set up at the Well. We will not entertain the guests that evening. We will begin providing meals and volunteers January 2.

There are many ways you may participate in this ministry:

**SET UP:** December 31 from 8:00 am - ? Receive items from the volunteers who hosted the previous week. Rearrange Campus Center furniture and set up small tents and bedding within them.

**MEALS:** Breakfast items will be purchased out of church funds. Gift cards will cover lunch. Please consider preparing a homemade evening meal and serving it. If you would like to prepare a meal but are unable to serve it, please indicate that in the comments. Possibly the evening volunteer may be able to serve it. Dinner at 5:30 pm. After the meal, please clean the area.

**EVENING VOLUNTEER:** One person an evening is needed to help make the guests feel welcomed, to help clean up from dinner, perhaps you may need to serve the meal, and to help the TOH staff if needed. Arrive at 5:00 pm. Leave 8:30 pm.

**OVERNIGHT VOLUNTEER:** Spend the night. You may sleep through most of it in a back room. Serve a quick breakfast at 5:30 am. Clean up. Arrive around 9:00 pm. Leave around 6:00 am.

**LAUNDRY:** Linens and towels will need to be laundered about 4 times. A large amount will need to be done at the very end of our weeks.

**PACK UP AND CLEAN UP:** Saturday Jan 14 early morning. All supplies need to be packed up and delivered to Glade Church. Campus Center needs to be cleaned and furniture returned to original positions.

Many ways to serve! Please contact me with your questions or comments.

Thank you for all that you do and considering doing more!

Wava Vigen [wavaburg@gmail.com](mailto:wavaburg@gmail.com) Tel: 571-276-5079

[Sign Up Here!](#)

### ***Only a Few Days Left to Support Christmas Outreach***

Each year, Luther Memorial's Christmas Outreach provides financial support for families whose children attend Valley Interfaith Child Care Center (VICCC). The goal and mission of VICCC is to provide high-quality affordable, educational, and nurturing care for young children (ages 6 weeks to 5) of income-eligible working families in the New River Valley, as they strive to become self-sufficient. VICCC operates a licensed nonprofit childcare center that provided high-quality care at a subsidized price that our families can afford. Instead of providing financial assistance to the center, LMLC's Christmas Outreach focuses on the families.

This year we hope to help at least 20 families. We will provide financial assistance to each family, and with the increase in cost of food, gas and other products, our support will help these families enjoy a Merry Christmas. Our goal is to raise \$8,500 this year by December 5, to provide each family \$425 in financial support, plus two months of books to VICCC and a gift bag for each child in the center. ***Thank you for your support of Christmas Outreach!***

## December Change for Change - Annual Epiphany Diaper Drive



This year Luther Memorial will be collection diapers for the [Montgomery County Baby Shop](#). The Montgomery County Baby Shop is a free service sponsored by [St. Paul United Methodist Church](#) in Christiansburg and [Blacksburg Presbyterian Church](#) in Blacksburg to help expecting mothers, parents, and others care for young children.

We will be collecting diapers through **Sunday, January 8<sup>th</sup>**. They need all sizes of baby diapers - infants and toddlers. You can also donate wet wipes. Please leave your donations near the Food Pantry wagon in the Narthex. Diapers will be delivered following Epiphany Sunday. They will happily accept any size of course, but have a particular need for these sizes at this time: diapers size newborn, 4, & 5. Pull-ups size 2T/3T (boy), 3T/4T boy and girl, and 4T/5T boy and girl.

*More information about the Baby Shop:* They give supplies to residents of Montgomery County, Christiansburg, Blacksburg, and Radford who receive any sort of social services or government assistance such as CHIP, SNAP, EBT, rent assistance, or Medicaid. They also help refugee families and foreign student families. Clients may visit every 8 weeks. They currently have about 300 families, and serve from 30 to 80 families each month. Each child receives 4 complete outfits of clothing, shoes, toys, books, and many extras each visit. **They also give diapers, diaper rash ointment, baby wash, lotion, and wipes.** Clients may receive one large piece of equipment like a car seat, crib, swing, etc. every 6 months. They serve women during their last trimester of pregnancy with all sorts of layette items.



# God's work. Our hands.

We give thanks for your generosity, which made the following gifts possible to persons in our community during November:

- 100 pounds of food donated to Micah's Mini-Pantry off Tom's Creek Road (after our special e-mail plea on November 23rd, we were blessed with cases of canned meat, mac & cheese mix, peanut butter and tuna... THANK YOU to all who donated!)
- 58 pounds of food donated to the Blacksburg Interfaith Food Pantry
- 500 boxes of Mac & Cheese for BIFP's Thanksgiving Dinner bags
- \$175 in Kroger cards for food, medicine and gas
- \$450 in assistance to individuals to pay car insurance and past-due utility bills
- *We will provide the Change for Change total for Christmas Outreach in a few weeks when the campaign has closed!*

## Help Stock the Pantries in December!



Please pick up your copy of the 2023 Pantry Donation Calendar in the Narthex, [click here to access it online](#), or print the copy found on page 15 of this newsletter) and help us feed God's hungry people! Thank you!

**NOTE:** Please remember to put items for the Food Pantry in the blue wagon and items for Micah's Mini Pantry on the black rolling service cart. Thank you.

### Blacksburg Interfaith Food Pantry

The preferred donations for the month of December are Boxed Macaroni and Cheese – Everyone loves cheese!



### Micah's Mini Pantry



With cold weather coming and with prices rising, students are more in need of help! Please consider adding a few items for the Mini-Pantry to your grocery cart every time you shop. The preferred donations for the month of December are Soups, Stews, & Chili (all great on a cold winter evening!), Protein Bars, Granola Bars.

## Food Insecurity in the Blacksburg Area and at Virginia Tech

- In October 2019, the Food Security Task Force — including a Virginia Tech study — conducted research that showed 29 percent of undergraduates and 35 percent of graduate students have low food access. ([Source: WFRX](#))
- 63% of Virginia Tech students are international graduate students. Many of the international students might be coming with a family, or the very least a spouse and may have issues with food access and basic needs. ([Source: Collegiate Times](#))
- The food insecurity rate in Montgomery County, Virginia is 10.5%. ([Source: Feeding America](#))
- According to the Virginia Food Desert Study Report, without access to healthy food, residents face difficulty in making nutritious food choices and have a higher rate of nutrition-related chronic diseases. ([Source: Virginia Cooperative Extension](#))

# Stock the Pantries Calendar 2023



Each month consider donating the suggested items to keep **Micah's Mini Pantry (MMP)** and Blacksburg Interfaith Food Pantry (**BIFP**) shelves full.



January	February	March
<p><b>Condiments (BIFP)</b> – Mayonnaise, Ketchup, Mustard or Salad Dressing are helpful condiments for rounding out a meal.</p>  <p><b>Individual Oatmeal Packets and Canned Vegetables (MMP)</b> – Pull tabs make for easy access.</p> 	<p><b>Souper Bowl Sunday (BIFP)</b> – The Pantry always needs Hearty Soups such as Progresso, Chili, or Chunky soups.</p>  <p><b>Peanut Butter &amp; Jelly and Ravioli, SpaghettiOs (MMP)</b> – Plastic containers are safer.</p> 	<p><b>Pancake Mix &amp; Syrup (BIFP)</b> – Pancakes with butter and syrup make a filling meal.</p>  <p><b>Canned Pasta (i.e., Ravioli, SpaghettiOs or Mac &amp; Cheese Cups (MMP)</b> - Quick and hardy meals. Pull tabs are appreciated.</p> 
April	May	June
<p><b>Peanut Butter / Jelly (BIFP)</b> - Always good comfort food.</p>  <p><b>Toothbrushes, Toothpaste, Dental Floss, Deodorant, Shampoo, Conditioner, Liquid Hand Soap (MMP)</b> – These products are important to good health.</p> 	<p><b>Canned Fruit (BIFP)</b> – (in juice, low sugar) makes for a balanced diet.</p>  <p><b>Individual Fruit Cups, Snack Crackers, &amp; Juice Boxes (MMP)</b> – Great on the go meal.</p> 	<p><b>Canned Vegetables (low sodium) (BIFP)</b> – Veggies are good for the heart. Don't forget the greens such as turnip or spinach.</p>  <p><b>Flavored Rice Pouches, Ramen Noodles (MMP)</b> – With additional protein makes a filling meal.</p> 
July	August	September
<p><b>Grounded Coffee or Tea Bags (BIFP)</b> – All of us enjoy a cup of coffee or tea in the morning.</p>  <p><b>Tuna Pouches, Canned Fruit (MMP)</b> – Fruit in juice is preferable and a pull-tab top.</p> 	<p><b>Canned Chicken, Tuna or Beef Stew (BIFP)</b> – provides protein for a filling meal.</p>  <p><b>Peanut Butter &amp; Jelly, Juice boxes (MMP)</b> – Plastic Containers are preferred.</p> 	<p><b>Hamburger Helper, Tuna Helper, Chicken Helper (BIFP)</b> – Helps to expand hamburger, chicken, or tuna into a meal.</p>  <p><b>Boxed Pasta, Pasta Sauce (MMP)</b> – Pasta sauce in cans or plastic are preferable.</p> 
October	November	December
<p><b>Instant Mashed Potatoes (BIFP)</b> Filling and a great addition to recipes.</p>  <p><b>Dish Soap, Sponges, Clorox Wipes, Multi-Surface Cleaner (MMP)</b> – Needed for healthy living.</p> 	<p><b>Spaghetti Sauce &amp; Noodles (BIFP)</b> Always a staple in providing a cheap but filling meal.</p>  <p><b>Canned Chicken, Tuna Pouches (MMP)</b> – Great sources of protein.</p> 	<p><b>Boxed Macaroni and Cheese (BIFP)</b> Everyone loves cheese!</p>  <p><b>Soups, Stews, &amp; Chili, Protein Bars, Granola Bars (MMP)</b> – Great on a cold evening.</p> 



The holidays can be a difficult time for many of us. The Social Ministry Committee would like to make you aware of free help available at [www.smartrecovery.org](http://www.smartrecovery.org)

SMART Recovery is a fresh approach to addiction recovery, helping more than one million people each year – including individuals working to recover, and the family members of loved ones who need help. SMART Recovery hosts confidential, anonymous online and in-person meetings around the world. You can find 24/7 support through online meetings, chat and forums at [www.smartrecovery.org/community](http://www.smartrecovery.org/community). You can also find specialized meetings and resources for a variety of communities, including Family & Friends, veterans and first responders, women, LGBTQ+ and more.

The Social Ministry Committee would also like to remind you that Pastor Monica is a certified Spiritual Director and is available to help you.

### Caring for One Another this Winter



As we move into the winter months, health experts are worried that cases of COVID-19, the flu, and respiratory syncytial virus (RSV) could surge, causing a 'triple-demic.' In light of this possibility and as we continue to work to protect the most vulnerable among us, the Office of the Bishop encourages everyone to be fully vaccinated and to stay home from school, work, or church if you are showing any symptoms of illness.

To check the current COVID-19 levels in your area and see recommendations for how to respond, go to: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

To learn more about influenza prevention and treatment, go to: <https://www.cdc.gov/Flu/Index.htm>

To learn more about RSV, go to: <https://www.cdc.gov/rsv/index.html>

To access the Virginia Department of Health Weekly Influenza Activity Report, go to: <https://www.vdh.virginia.gov/content/uploads/sites/3/2019/12/Weekly-Influenza-Activity-Report.pdf>



# Resources

***Here are a few resources to help guide you as you continue your faith journey!***

- Evangelical Lutheran Church in America (ELCA) <https://elca.org/>
- Virginia Synod ELCA <https://vasynod.org/>
- Reconciling in Christ <https://www.reconcilingworks.org/>
- Living Lutheran Magazine <https://www.livinglutheran.org/>
- ELCA Daily Bible Readings <https://elca.org/Faith/DailyBible/>
- Luther Seminary God Pause Daily Devotion <https://www.luthersem.edu/godpause/>



The Luther Memorial Lutheran Church newsletter is published monthly. Articles, story ideas, and comments can be emailed to [luther@lmlc.org](mailto:luther@lmlc.org). **Deadline for the January 2023 issue is December 26th.** Please [contact the church office](#) with any questions.



## Evangelical Lutheran Church in America

God's work. Our hands.



*A community committed to making Christ's disciples,  
dedicated to worship, study, and prayer while serving all in need.*  
**A congregation of the Evangelical Lutheran Church in America (ELCA)  
A Reconciling in Christ Community**

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