

# Gloria Dei Lutheran Church

Building Faith + Building Community + Building Lives

# October 13, 2024

# **Twenty-first Sunday after Pentecost**

## GATHERING MUSIC

My Lord, What a Morning

Eugene Hancock

**RINGING OF THE TOWER BELL** 

# GATHERING

#### WELCOME

You are invited to stand as you are able.

### **CONFESSION AND FORGIVENESS**

All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins. Blessed be the holy Trinity, + one God, the God of manna, the God of miracles, the God of mercy. Amen.

Drawn to Christ and seeking God's abundance, let us confess our sin.

We kneel or sit.

Silence is kept for reflection.

God, our provider,

help us. It is hard to believe there is enough to share. We question your ways when they differ from the ways of the world in which we live. We turn to our own understanding rather than trusting in you. We take offense at your teachings and your ways. Turn us again to you. Where else can we turn? Share with us the words of eternal life and feed us for life in the world. Amen.

Beloved people of God: in Jesus, the manna from heaven, you are fed and nourished. By Jesus, the worker of miracles, there is always more than enough. Through Jesus, + the bread of life, you are shown God's mercy: you are forgiven and loved into abundant life. **Amen.** 



ENTRANCE HYMN ELW 619 (Stand) I Know That My Redeemer Lives!

Duke Street



8 He lives, all glory to his name! He lives, my Savior, still the same; what joy this blest assurance gives: I know that my Redeemer lives!

#### GREETING

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.** 

#### **KYRIE**



#### **CANTICLE OF PRAISE**



# THE WORD

#### PRAYER OF THE DAY

Let us pray together:

Almighty and ever-living God, increase in us your gift of faith, that, forsaking what lies behind and reaching out to what lies ahead, we may follow the way of your commandments and receive the crown of everlasting joy, through Jesus Christ, our Savior and Lord. Amen.

Congregation sits. Children are invited to come forward during the song and sit on the chancel steps.

#### WORD FOR THE CHILDREN

Jesus Loves Me

Jesus loves me, this I know For the Bible tells me so Little ones to him belong, They are weak, but he is strong! Yes, Jesus loves me, Yes, Jesus loves me, Yes, Jesus loves me, for the Bible tells me so.

#### READINGS

A reading from Amos (5:6-7, 10-15).

<sup>6</sup>Seek the Lord and live, or he will break out against the house of Joseph like fire, and it will devour Bethel, with no one to quench it. <sup>7</sup>Ah, you that turn justice to wormwood, and bring righteousness to the ground! <sup>10</sup>They hate the one who reproves in the gate, and they abhor the one who speaks the truth. <sup>11</sup>Therefore because you trample on the poor and take from them levies of grain, you have built houses of hewn stone, but you shall not live in them; you have planted pleasant vineyards, but you shall not drink their wine. <sup>12</sup>For I know how many are your transgressions, and how great are your sins you who afflict the righteous, who take a bribe, and push aside the needy in the gate. <sup>13</sup>Therefore the prudent will keep silent in such a time; for it is an evil time. <sup>14</sup>Seek good and not evil, that you may live; and so the Lord, the God of hosts, will be with you, just as you have said. <sup>15</sup>Hate evil and love good, and establish justice in the gate; it may be that the Lord, the God of hosts, will be gracious to the remnant of Joseph.

The Word of the Lord. **Thanks be to God.** 

The Psalm (90:12-17) is read responsively.

<sup>12</sup>So teach us to number our days that we may apply our hearts to wisdom.

<sup>13</sup>Return, O Lord; how long will you tarry? Be gracious to your servants.
<sup>14</sup>Satisfy us by your steadfast love in the morning; so shall we rejoice and be glad all our days.
<sup>15</sup>Make us glad as many days as you afflicted us

and as many years as we suffered adversity.

<sup>16</sup>Show your servants your works,

and your splendor to their children.

<sup>17</sup>May the graciousness of the Lord our God be upon us; prosper the work of our hands; prosper our handiwork.

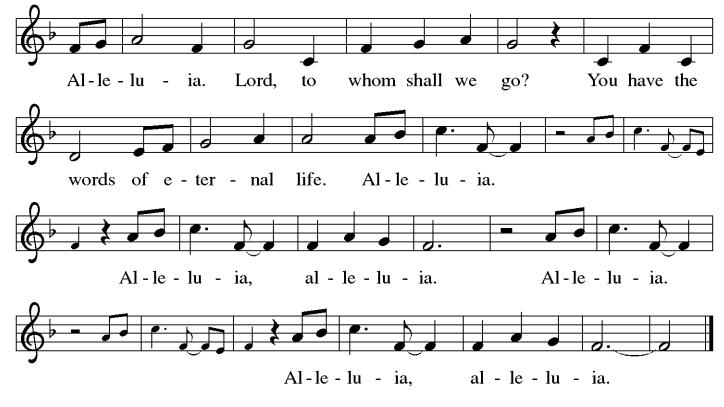
A reading from Hebrews (4:12-16).

<sup>12</sup>Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. <sup>13</sup>And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

<sup>14</sup>Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. <sup>15</sup>For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. <sup>16</sup>Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

The Word of the Lord. **Thanks be to God.** 

#### GOSPEL ACCLAMATION (Stand)



#### HOLY GOSPEL: Mark 10:17-31

The Holy Gospel according to Saint Mark, the tenth chapter.

Congregation sings:



<sup>17</sup>As [Jesus] was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" <sup>18</sup>Jesus said to him, "Why do you call me good? No one is good but God alone. <sup>19</sup>You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.'" <sup>20</sup>He said to him, "Teacher, I have kept all these since my youth." <sup>21</sup>Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me." <sup>22</sup>When he heard this, he was shocked and went away grieving, for he had many possessions.

<sup>23</sup>Then Jesus looked around and said to his disciples, "How hard it will be for those who have wealth to enter the kingdom of God!" <sup>24</sup>And the disciples were perplexed at these words. But Jesus said to them again, "Children, how hard it is to enter the kingdom of God! <sup>25</sup>It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God." <sup>26</sup>They were greatly astounded and said to one another, "Then who can be saved?" <sup>27</sup>Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible."

<sup>28</sup>Peter began to say to him, "Look, we have left everything and followed you." <sup>29</sup>Jesus said, "Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, <sup>30</sup>who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields, with persecutions—and in the age to come eternal life. <sup>31</sup>But many who are first will be last, and the last will be first."

The gospel of the Lord.

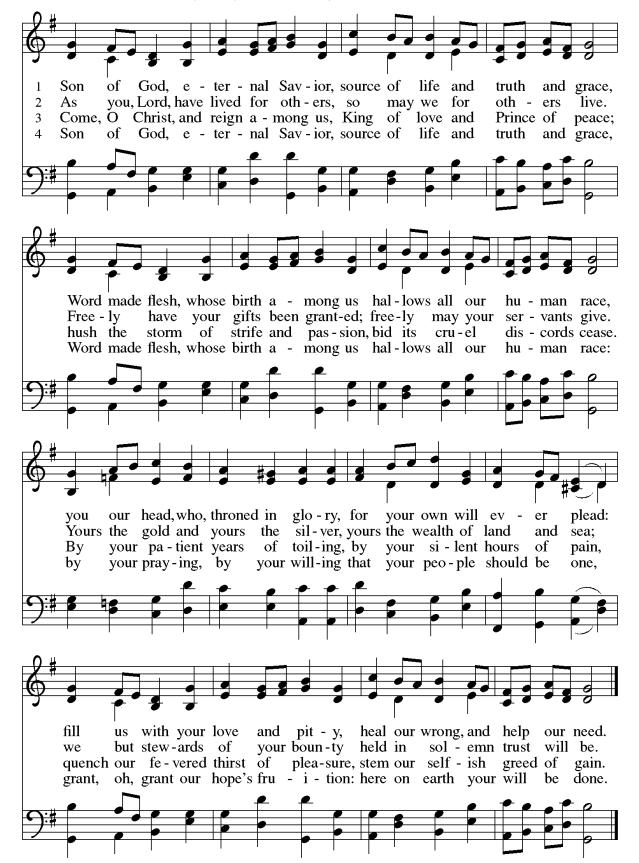


SERMON (Sit)

Pastor David Hindman

Silence is kept for reflection.

Thank you to Pastor David M. Hindman for serving today as our Pastor Dave is away. Pastor Hindman is a retired United Methodist clergyperson living in Williamsburg. While he served in several parish settings, most of his ministry took place in higher education settings, specifically for 22 years as the United Methodist campus minister at The College of William and Mary, and for five years as lead pastor at Duncan Memorial United Methodist Church on the campus of his alma mater, Randolph-Macon College in Ashland. In addition to his studies at R-MC, he has graduate degrees from Union Presbyterian Seminary in Richmond. He and his wife, Teri, enjoy time with their children, grandchildren, and dogs.



#### **APOSTLES' CREED**

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead.\* On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic\*\* church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

> \*Or, "he descended into hell," another translation of this text in widespread use. \*\*Lower case "c" means universal.

#### THE PRAYERS

You are invited to either sit or kneel.

The response to each prayer will be God of grace, hear our prayer.

# THE MEAL

#### **SHARING OF THE PEACE** (Stand)

The peace of Christ be with you always. And also with you.

#### **OFFERING** (Sit)

Support the mission and ministry of Gloria Dei by giving your financial tithes and offerings by:

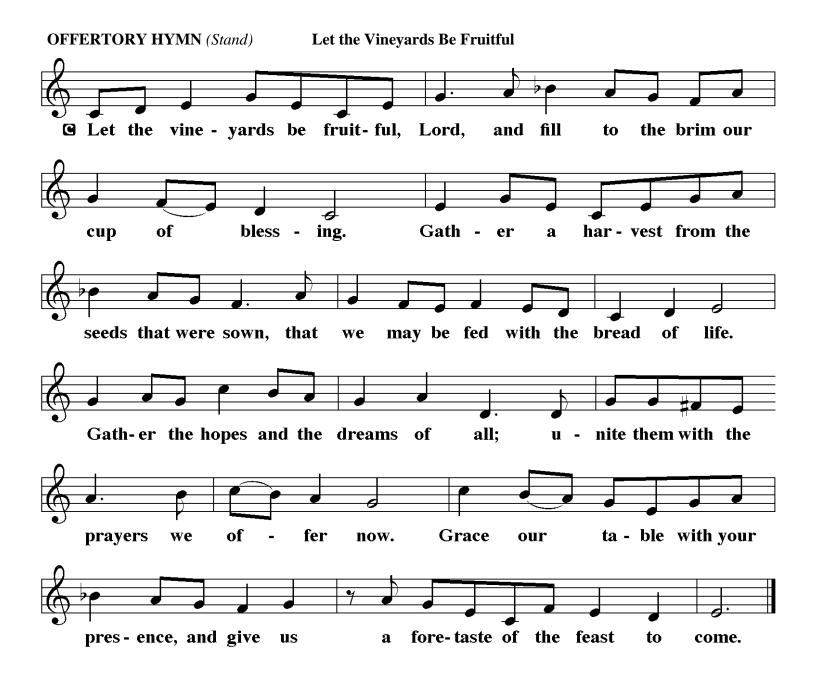
- placing your offering envelope into the offering plate as it is passed.
- mailing to Gloria Dei Lutheran Church, 250 Fox Hill Road, Hampton, Virginia 23669.
- *using the Tithe.ly app: https://get.tithe.ly/download-tithely-app.*
- using the Kiosk in the lobby.
- using online bill pay with your own banking institution, using your envelope number as your account number.

For electronic offerings, see back page for QR codes.

#### **MUSICAL MEDITATION**

#### Lo, How a Rose

Johannes Brahms



#### **OFFERING PRAYER**

Let us pray together: Blessed are you, O God, source of every gift of your creation. By these gifts and with our lives, help us to serve one another and all in need, through Jesus Christ, our Savior and Lord. Amen.

#### **GREAT THANKSGIVING**

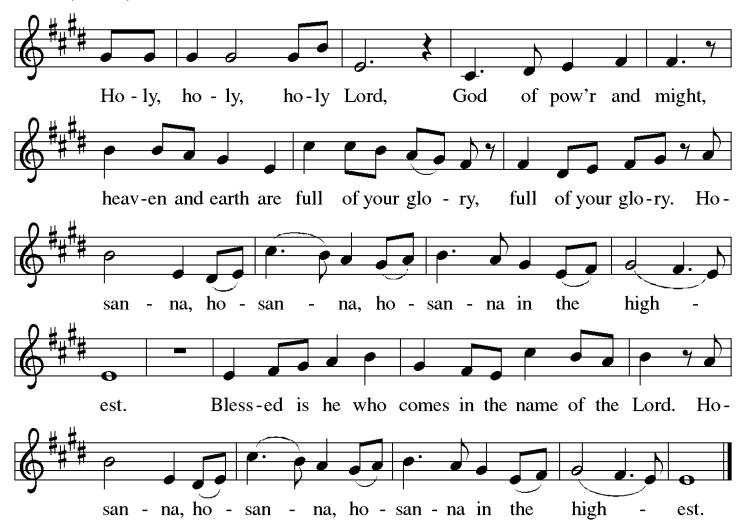
The Lord be with you. And also with you.

Lift up your hearts. **We lift them to the Lord.** 

Let us give thanks to the Lord our God. It is right to give our thanks and praise.

#### PREFACE

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior Jesus Christ; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn: HOLY, HOLY, HOLY



#### **EUCHARISTIC PRAYER**

You are indeed holy, almighty and merciful God. You are most holy, and great is the majesty of your glory.

You so loved the world that you gave your only Son, so that everyone who believes in him may not perish but have eternal life.

We give you thanks for his coming into the world to fulfill for us your holy will and to accomplish all things for our salvation.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

For as often as we eat of this bread and drink from this cup, we proclaim the Lord's death until he comes.

Congregation sings:



Remembering, therefore, his salutary command,

his life-giving passion and death, his glorious resurrection and ascension,

and the promise of his coming again,

we give thanks to you, O Lord God Almighty,

not as we ought but as we are able;

we ask you mercifully to accept our praise and thanksgiving

and with your Word and Holy Spirit to bless us, your servants,

and these your own gifts of bread and wine,

so that we and all who share in the body and blood of Christ

may be filled with heavenly blessing and grace,

and, receiving the forgiveness of sin,

may be formed to live as your holy people

and be given our inheritance with all your saints.

To you, O God, Father, Son, and Holy Spirit, be all honor and glory in your holy church, now and forever.

Congregation sings:



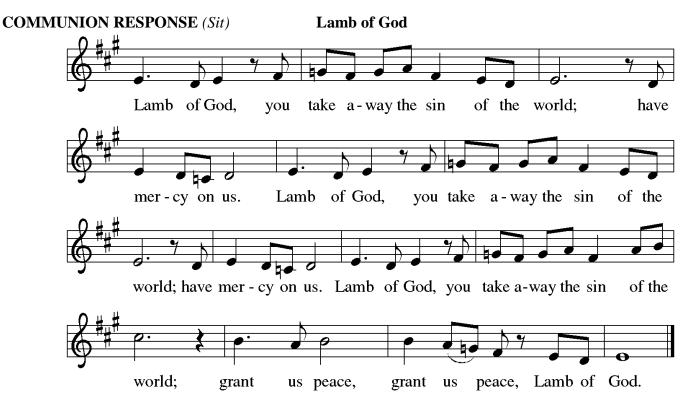
#### LORD'S PRAYER

Lord, remember us in your kingdom and teach us to pray.

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

#### INVITATION TO COMMUNION

Come to the banquet, for all is now ready.



We believe that in the Eucharist our Lord Jesus Christ

offers us His gifts of love and forgiveness. All are welcome to share in Communion. If you would like to receive communion by common cup instead of individual cups of wine or grape juice, after you consume your wafer, hold your hands out (palms up), just like you did for your wafer.

#### **DISTRIBUTION OF COMMUNION**

The body of Christ, given for you. The blood of Christ, shed for you. **Amen.** 



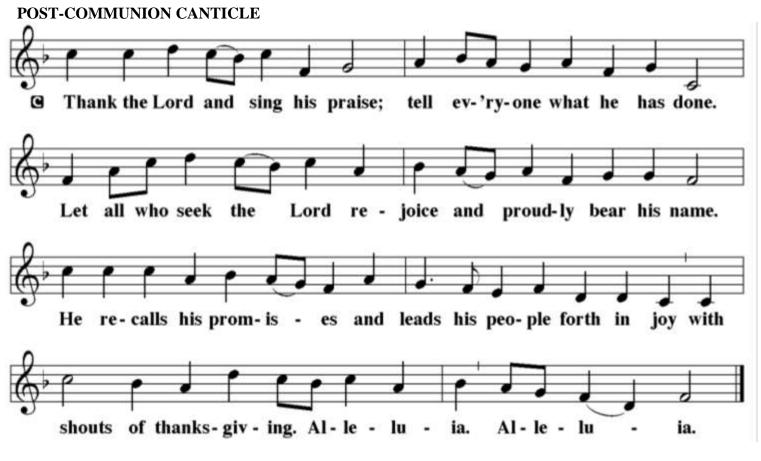
# SENDING

#### BLESSING AFTER THE MEAL (Stand)

The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. Amen.

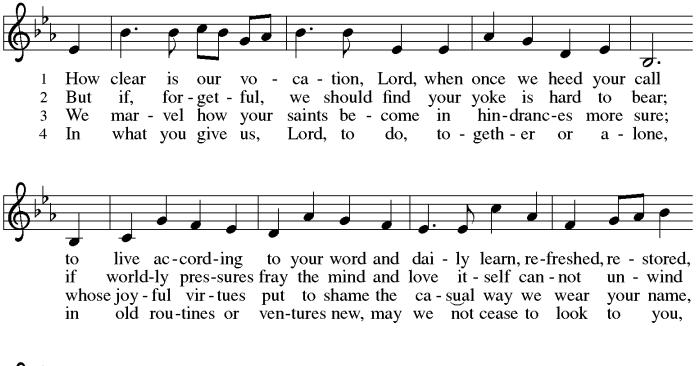
#### PRAYER AFTER COMMUNION

Let us pray together: Holy God, you have welcomed us to this meal and fed us with dignity at your table. Send us now to welcome others and to be at peace with one another, through Jesus Christ our Lord. Amen.



#### BENEDICTION

The Lord bless you and keep you. The Lord's face shine on you with grace and mercy. The Lord look upon you with favor and + give you peace. **Amen.**  **SENDING HYMN ELW 580** 





#### ANNOUNCEMENTS (Sit)

#### POSTLUDE

#### We Are Climbing Jacob's Ladder

Please take this time to ponder what Christ may be calling you/us to do through today's prayers, readings, sermons, and hymns as we listen to the Postlude. \*\*If you are particularly moved by the Postlude, please hold your applause and congratulate the musician in person after worship.\*\*

#### DISMISSAL

Go in peace. Serve the Lord. **Thanks be to God.** 



# **GLORIA DEI WEEKLY**

250 Fox Hill Road, Hampton, Virginia 23669-1793 Telephone (757) 851-2838 FAX (757) 850-3935

www.gloriadeilutheranchurch.net e-mail: GDLC@gloriadei.net

Peninsula Pastoral Counseling Center, (757) 873-2273, peninsulapastoral.org

Permission to stream and print today's music is obtained through One License, #A-730790 and CCLI, #11514371.

The flowers today are given to the Glory of God by Rick and Lynn Graves in celebration of our grandson, Anderson's, 18th birthday.

CHILDREN'S BULLETINS are available for each Sunday's service on the table in the Atrium. PARENTS, if you would like your child to have a coloring book and colored pencils during worship, please ask an usher. RESTROOMS are located in the Atrium.

INDIVIDUAL HEARING AIDS are available from the ushers. Please return them to an usher after the service.

# #1—Serving Today

CROSS AND CROWN:	MacKenna Behan, Dallam Brown, Wade Brown
GREETER:	Michelle Robertson
LAY ASSISTANT:	Sarah Olsen
READER:	Dan Singer
TECHNICAL TEAM:	Barry Hutchison, Derry Mace, Mike Riley, Aaron Sutherland, Jenny Sutherland
USHERS:	Brown Cornwell, Josh Lowman

# #2—All Saints Sunday

Loved ones who have died in the past year will be remembered on All Saints' Sunday, November 3. You may add the name(s) of your loved ones who have died in the past year to the All Saints' list by writing their name on the list located on the table in the Narthex as you enter or leave the Nave. You may also call, 757-851-2838, or email, psipes@gloriadei.net, **by 12:00 noon on Tuesday, October 29**. We will remember your loved ones with the lighting of a candle, and they will be included in the prayers. You are also invited to remember your loved ones with an offering to the Memorial Fund.

# #3—Community Bible Study

Our weekly Community Bible Study, is held at H.E.L.P., 329 Buckroe Avenue, on **Wednesdays at noon.** All are invited to attend. This is a great opportunity for us to learn the needs of our community and help us to become more outreach-oriented.

# #4—Fellowship Bible Study

You are invited to join us in Bible study every Tuesday at 10:00 a.m. We are meeting in the Simeon Center and using the Augsburg Adult Bible Study Series. This is a small group study, where you will find fellowship and a relaxed atmosphere. For information, email Sharon L. Padula at slpadula1@gmail.com.

# #5—Daylight Saving Time

Please set your clocks back one hour on Saturday, November 2, before you go to bed, as daylight saving time ends at 2:00 a.m. on **Sunday**, **November 3**.

## #6—Evangelism Summit

#### Evangelism 101

After worship on **Sunday**, **November 3**, **2024**, 11:00 a.m. – 12:00 p.m., Pastor John Wertz, Assistant to the Bishop, will be presenting a summit on evangelism. We will meet in the Simeon Center and everyone is expected to come.

## #7—Wear Red for Reformation Sunday

Why do Lutherans wear red on Reformation Day?

On **Sunday, October 27**, the day we are celebrating the festival of the Reformation, the clergy wear RED vestments to signify the work of the Spirit. It is also a custom in many churches for the people in the congregation to wear RED for Reformation as well.

# #8—Zooming on Over to YouTube

We are excited to make our worship more accessible to those who want to worship with us at Gloria Dei who are not physically able to be with us in the nave. Zoom has served us well, but it limits folks to participate at the same time we worship in person. Facebook allowed those who used it to go back and watch it, but fewer and fewer people have or use a Facebook account. YouTube is available to anyone with the internet to worship with us – broadening our field. Statistics show, people looking to join a church are worshipping online before coming on campus. With YouTube, we will be placing the front door of our building into everyone's home.

If you are unable to physically be with us in the Nave, you will go to the link below or scan the QR code below with your smartphone to worship with us by way of YouTube. You can worship live, or at a more convenient time.

Use this link:

https://www.youtube.com/@gloriadeilutheranchurchhampton

OR

Scan this QR code with your smartphone:



# #9—Cereal Offering on Sunday Mornings

Running late? Short on time? We will have milk and a small selection of cereals available before worship each Sunday morning. Please visit the Coffee Bar for available cereal choices.

# #10—Our Love and Prayers go out to...

If you have any prayer requests during the week, you may email psipes@gloriadei.net, or call the church office, 757-851-2838.

**Our members:** Judy Wagner St. Pierre, Buzz Hamilton, Vickie Roark, Abby Hella, Joann Morrison, Russ Morrison, Madeleine Etheridge, Dorie Scherer, Sharon Rose, Joan Ehlers, Tommy Vanorsdale, Donna Vanorsdale, Ernie Atkins, Chris Tucker, Craig Ruhl, Debbi Ortiz, Susan Krebs, Roger Ward, Marna Mayo, Wivi Pelt-Detlie, Bill Siefers, Max Vanpelt, Nancy Monroe, Bill Monroe, Bill Swanson, Joan Hudgins, Emily Urban, Jill Ruhl

All names below will remain on the prayer list for the current month. Should you wish your loved one to remain on this list for another month, please call the church office the first week of each month to have them added.

#### Prayers for our families and friends:

Joe Grist, cousin of Leonard Mayo Pete Squires, friend of Leonard Mayo Lane Yarrington, grandson of Sherri Yarrington (GDLS employee) Lonnie Slaughter, of Slaughter Tree Farm, friend of Gloria Dei All those affected by Hurricane Helene Cyndee Hayden, friend of Peggy Todd Mike and Roni Hull, grandparents of Amelia Venable Sheri Yarrington, GDLS employee Nedra Clark, friend of Sharon Bennett Chuck Gravley, friend of Sharon Bennett Jane Barefoot, GDLS employee Michelle Nisbet, GDLS employee Larry Mullins, friend of the Fullens Siggi Williams, friend of the Fullens and Atkins Charlotte Tyeryar, mother of Pam Hess Rick Thomas, nephew of Carol Godley Bernard Allen family, friends of Jim and Jeane Fullen Julia Mutch, friend of Jim and Jeane Fullen Jude (GDLS student) and Monte (GDLS parent) Kuligowski Erin Weigel, friend of the Pfahls Marc Schaub, brother of Kim Miller Corie Amell, niece of Julie Hutchison Mike May, brother of Deborah Walker, GDLS employee Sheila May, mother of Deborah Walker, GDLS employee Tom Vanorsdale, husband of Donna Vanorsdale

#### #11—Little Library

Our Little Library, located at the middle set of doors, gets a lot of action from parents as they are dropping off or picking up their children. We are asking that you please consider donating any children's books by placing them on the back counter at the Information Desk. These books will be used to refill when the Little Library gets low on books. Thank you for your generosity.

#### #12—Birthdays

- 13 Anderson Rice
- 14 Sophia Williams
- 16 Cate Bayles, Susan Grimm, James Green
- 18 Casey Payne
- 19 Nicholas Griese

# #13—Members and friends serving in the military who have asked for our prayers:

Husband of Tamara Bogy Ian Bogy, USN Mark Bradford, USN Husband of Marilyn Bradford Colin Chambers, USA Friend of Mike Canny Ryan Curtis, USAF Son of Lynn and Cathy Curtis Daughter-in-law of Lynn and Cathy Curtis Crystal Curtis, USAF Son-in-law of Bill and Carolyn Swanson John Demitraszek, USMC Friend of the Venables Matthew Dudek, USA Tyler Green, USAF Son-in-law of Judy Wagner St. Pierre Son of Vivian Griese Nicholas Griese, USAF Megan Haskell, USA Granddaughter of Buzz and Anita Hamilton Jack Jones, USA Family friend of Mike Canny Dylan Kremp, USMC Member of Gloria Dei Kerri Masters, USA Member of Gloria Dei W. Allan Monroe, MSC Son of Bill and Nancy Monroe Matthew Morse, USMC Son of Kevin Morse Troy Newton, USN Friend of Laura and Berto Lopez Son of Judy Wagner St. Pierre Marc St. Pierre, USMC Paul St. Pierre, II, USCG/FSO Son of Judy Wagner St. Pierre Son of Mark and Marilyn Bradford Bradley Rollyson, USMC Steve Swanson, USN Son of Bill and Carolyn Swanson Nick Tavarez, USN Grandson-in-law of Donna and Tom Vanorsdale J.P. Venable, III, USAF Member of Gloria Dei Richard Williams, USAF Husband of Stephanie Williams and Son of Joan Ehlers

### #14—Next Week at Gloria Dei

Today TWENTY-FIR 9:30 a.m. W	ST SUNDAY AFTER PENTECOST			
10:45 a.m. P	rayer Shawl Ministry			
	ople's Day - Church Office Closed			
6:00 p.m. Pa	ack Meeting			
7:00 p.m. Ti	roop 10 Meeting			
W	/ELCA Book Club			
Tuesday 10:00 a.m. Fe	ellowship Bible Study			
Wednesday 12:00 p.m. C	ommunity Bible Study			
5:45 p.m. W	/onderful Wednesday			
Saturday 2:00 p.m. S	haffer Funeral			
Next Sunday TWENTY-SECOND SUNDAY AFTER PENTECOST				
9:30 a.m. <b>W</b>	/ORSHIP			
9:00 a.m. B	lood Drive			
11:00 a.m. E	xAdCom			
C	hoir Rehearsal			
2:00 p.m. Ti	runk or Treat			

#### #15—Anniversaries

October

- 1 Bo and Amiee Lomax
- 5 Brian and Sara Yohn

# #16—Trunk or Treat - Volunteers Needed!

Girl Scout Troop 1041 will once again host a Trunk or Treat for the community on Sunday, October 20, and they need your help.

- 1. Sign up to host a decorated car and hand out candy
- 2. Help at a craft table or game stations (great job for Youth Groups!)
- 3. Donations of candy a box will be located by the fireplace

If you would like to help, please contact vicki.oneill@ymail.com.

# #17—H.E.L.P. Donations

Please, join us in filling up the red wagon to feed the hungry in our community. The following are items on their most needed list:

- Peanut Butter
- \* Crackers
- Mac & Cheese
- \* Shelf-stable milk
- \* Canned veggies-corn, beans, green beans

- soap
- Canned or Boxed Potatoes
- \* Toilet Paper
- \* Juice (individual size)

## #18—WELCA Book Group

The book group of Gloria Dei meets on the second Monday of the month. A book is selected by the hostess and read by all. Discussion then follows about the content of the book. If you have any questions, please contact Rita Foringer at rforinger@verizon.net.

On **Monday, October 14**, we will gather at the home of Mary Mace, 106 Towler Dr., Hampton, at 7:00 p.m. As always, please let Mary know if you'll be there. We'll be reading, "*The Magnificent Lives of Marjorie Post*," by Allison Pataki.

# #19—Wonderful Wednesdays

0 1 1 1 1	We are excited to offer this program to all students in <b>Grades K-12.</b>			
BIBLEST				
1st Session	2nd Session	3rd Session	4th Session	Please scan this
Oct. 2, 9 & 16	Oct. 30 Nov. 6, 13, 20 Dec. 4 & 11	Jan. 8, 15, 22, 29 Feb. 5 & 12	Apr. 23, 30 May 7, 14, 21 & 28	QR Code to register your child.

# #20—Fit For Heaven Live Workshop



Sunday, November 10, 2024 2:00 p.m.

The Fit For Heaven Workshop is an interactive experience designed to help believers grasp the fundamental concepts of a biblical approach to health and fitness. During this workshop on **November 10**, attendees learn the five pillars of the Kingdom Fit Blueprint: Biblical Nutrition, Meaningful Movement, Stress Management, Passionate Support, and Commitment to God. With each pillar presented, FIT Church founder and author Matthew Gay will provide a proven strategy for implementation. This workshop has inspired and convicted many believers to create a healthy life in Christ while moving them into clear action with practical information for real-life application. Participants should come prepared to move, ask questions, and be challenged in empowering ways. Of those who attend, one person will be randomly selected to win the FIT for Heaven 12-week Program!

#### The goals of this workshop are to:

- Establish a clear connection between following Christ and living a healthy life.
- Provide clear and actionable steps for attendees to build healthier bodies and lifestyles.
- Demonstrate the freedom and fulfillment in a Christ-centered health journey.
- Offer clarity to those confused about some aspect of their health journey.
- Determine the next steps with those who are ready to take them.
- Distribute tools and resources to put the teaching of the workshop into action.

Those who desire to attend should RSVP to Peggy in the Church Office, psipes@gloriadei.net. Please invite others to join you.

The Fit Church book will be available for purchase, and those who desire the Fit for Heaven program can sign up during the workshop.

More information can be found here: https://www.fitchurchunited.com/workshop.

# #21—Women of Gloria Dei

Christmas Bow Making Round 2

Sunday, November 3 1:00 p.m.– 3:00 p.m.

It's time to update our Christmas bows. Come join us for an afternoon of fun, fellowship, and bow making.







# Be the change. Help change a life. Give blood.



# Blood Drive Gloria Dei Lutheran Church

Fellowship Hall 250 Fox Hill Road Hampton, VA 23669

# Sunday, October 20, 2024 9:00 a.m. to 2:00 p.m.

Please visit RedCrossBlood.org and enter: GloriaDei to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Treat yourself! Come to give in Oct. for a \$10 Gift Card by email. See rcblood.org/treat



1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

# QR Codes for Online Giving

If you would like to give electronically, you can do so by scanning one of the QR codes below.



PayPal



Venmo

