

Gloria Dei Lutheran Church

Building Faith + Building Community + Building Lives



October 6, 2024

Twentieth Sunday after Pentecost

GATHERING MUSIC

Sometimes I Feel Like a Motherless Child

arr. Eugene Hancock

RINGING OF THE TOWER BELL

GATHERING

WELCOME

You are invited to stand as you are able.

CONFESSION AND FORGIVENESS

In the name of the Father, and of the \pm Son, and of the Holy Spirit.

Amen.

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

Amen.

If we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God who is faithful and just will forgive our sins and cleanse us from all unrighteousness.

Kneel/sit

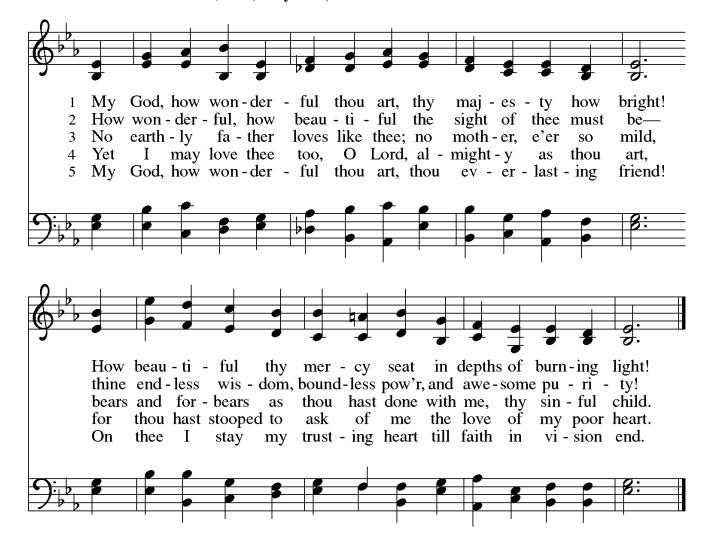
Silence for reflection and self-examination.

Most merciful God,

we confess that we are in bondage to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.

The minister stands and addresses the congregation.

Almighty God, in his mercy, has given his Son to die for us and, for his sake, forgives us all our sins. As a called and ordained minister of the Church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the + Son, and of the Holy Spirit. **Amen.**



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:

Sovereign God, you have created us to live in loving community with one another. Form us for life that is faithful and steadfast, and teach us to trust like little children, that we may reflect the image of your Son, 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 Genesis (2:18-24).

¹⁸The LORD God said, "It is not good that the man should be alone; I will make him a helper as his partner." ¹⁹So out of the ground the LORD God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. ²⁰The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. ²¹So the LORD God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. ²²And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. ²³Then the man said,

"This at last is bone of my bones

and flesh of my flesh;

this one shall be called Woman.

for out of Man this one was taken."

²⁴Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

The Word of the Lord.

Thanks be to God.

The Psalm (8) is read responsively.

¹O Lord our Lord,

how majestic is your name in all the earth!—

²you whose glory is chanted above the heavens out of the mouths of infants and children; you have set up a fortress against your enemies, to silence the foe and avenger.

³When I consider your heavens, the work of your fingers,

the moon and the stars you have set in their courses,

⁴what are mere mortals that you should be mindful of them, human beings that you should care for them?

⁵Yet you have made them little less than divine; with glory and honor you crown them.

⁶You have made them rule over the works of your hands; vou have put all things under their feet:

⁷all flocks and cattle,

even the wild beasts of the field.

8 the birds of the air, the fish of the sea, and whatever passes along the paths of the sea.

⁹O Lord our Lord,

how majestic is your name in all the earth!

A reading from Hebrews (1:1-4; 2:5-12).

¹Long ago God spoke to our ancestors in many and various ways by the prophets, ²but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. ³He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, ⁴having become as much superior to angels as the name he has inherited is more excellent than theirs.

^{2:5}Now God did not subject the coming world, about which we are speaking, to angels. ⁶But someone has testified somewhere,

"What are human beings that you are mindful of them,

or mortals, that you care for them?

⁷You have made them for a little while lower than the angels;

you have crowned them with glory and honor,

⁸subjecting all things under their feet."

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone.

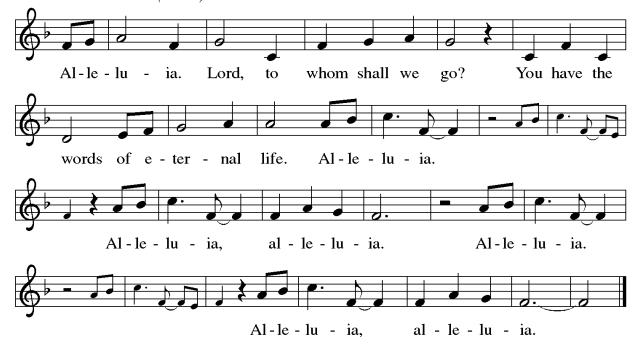
¹⁰It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. ¹¹For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, ¹²saying,

"I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you."

The Word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION (Stand)



HOLY GOSPEL: Mark 10:2-16

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

Congregation sings:



²Some Pharisees came, and to test [Jesus] they asked, "Is it lawful for a man to divorce his wife?" ³He answered them, "What did Moses command you?" ⁴They said, "Moses allowed a man to write a certificate of dismissal and to divorce her." ⁵But Jesus said to them, "Because of your hardness of heart he wrote this commandment for you. ⁶But from the beginning of creation, 'God made them male and female.' ⁷'For this reason a man shall leave his father and mother and be joined to his wife, ⁸and the two shall become one flesh.' So they are no longer two, but one flesh. ⁹Therefore what God has joined together, let no one separate."

¹⁰Then in the house the disciples asked him again about this matter. ¹¹He said to them, "Whoever divorces his wife and marries another commits adultery against her; ¹²and if she divorces her husband and marries another, she commits adultery."

¹³People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. ¹⁴But when Jesus saw this, he was indignant and said to them, "Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. ¹⁵Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." ¹⁶And he took them up in his arms, laid his hands on them, and blessed them.

The gospel of the Lord.

Congregation sings:



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 *Hear us*, O God. Your mercy is great.

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:

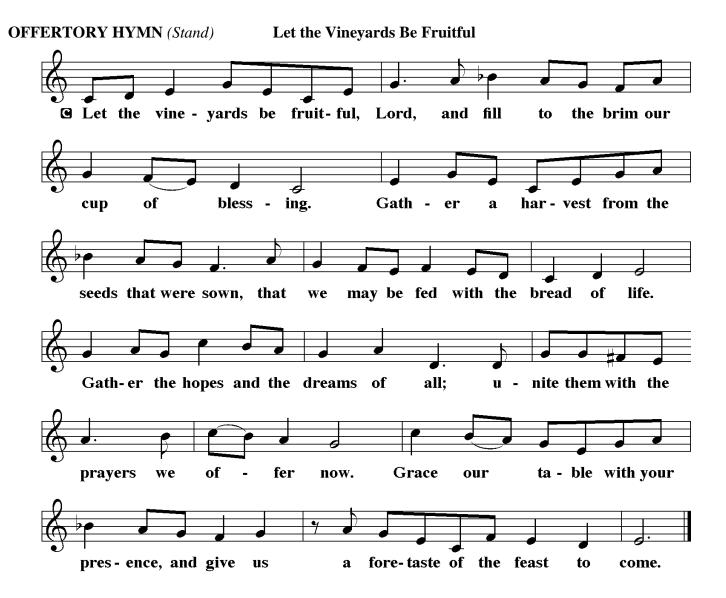
- placing your offering envelope into the offering plate as it is passed.
- mailing to Gloria Dei Lutheran Church, 250 Fox Hill Road, Hampton, Virginia 23669.
- *using the Tithe.ly app: https://get.tithe.ly/download-tithely-app.*
- using the Kiosk in the lobby.
- using online bill pay with your own banking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

For electronic offerings, see back page for QR codes.

MUSICAL MEDITATION

Plaisir d'Amour

Tom Clasen Sandy Dunn



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.

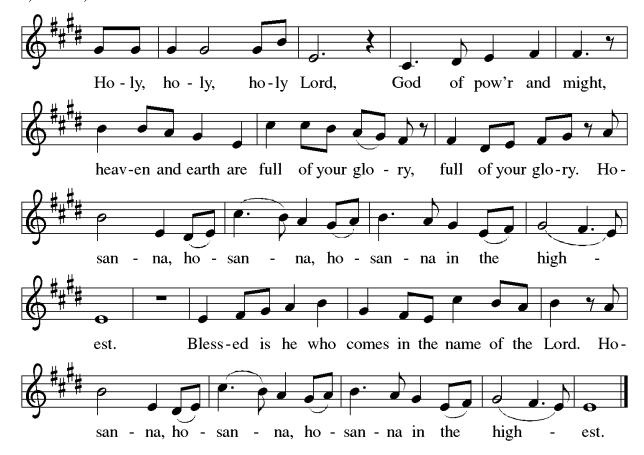
Let us give thanks to the Lord our God. It is right to give our thanks and praise.

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.

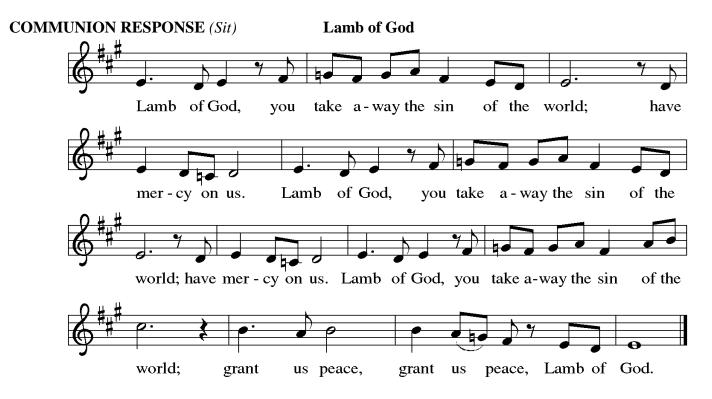
For thine is the kingdom,

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.

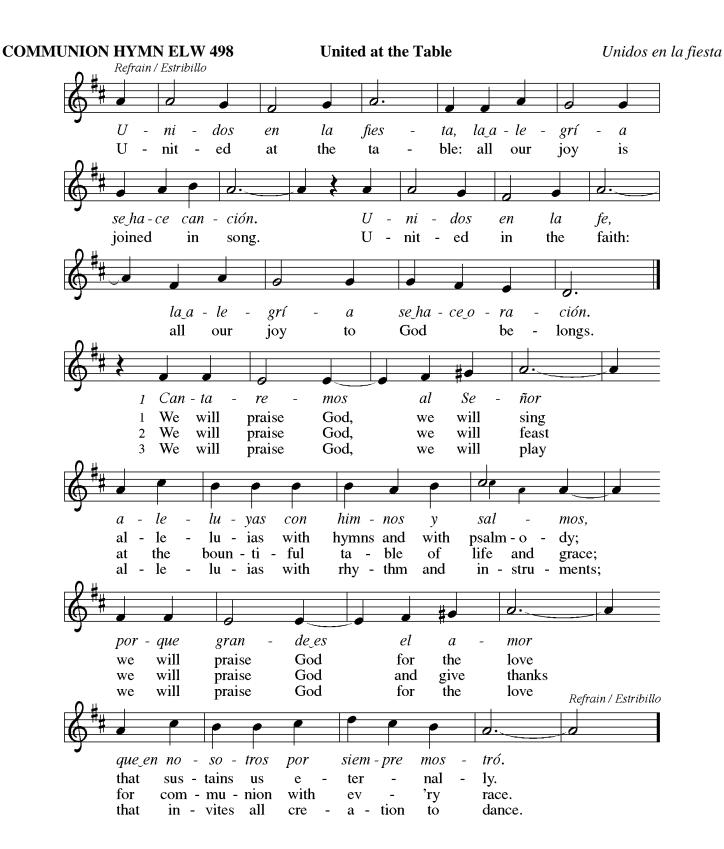
DISTRIBUTION OF COMMUNION

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.**

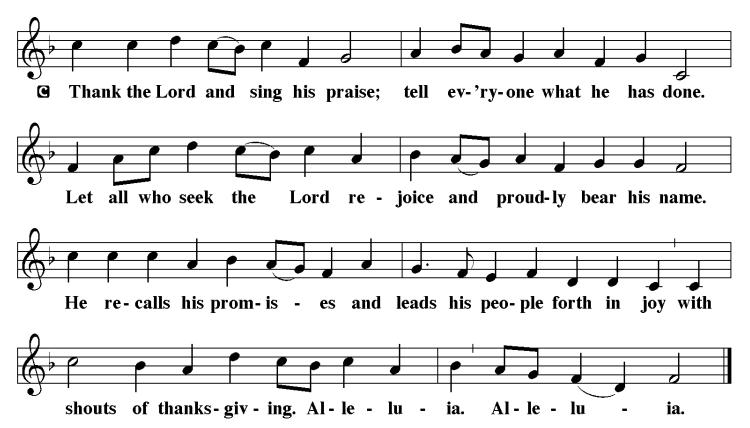
PRAYER AFTER COMMUNION

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.

POST-COMMUNION CANTICLE



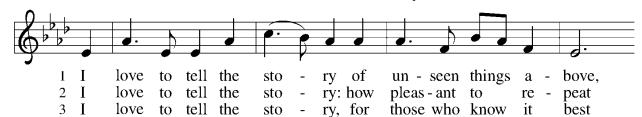
BENEDICTION

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 \pm give you peace.

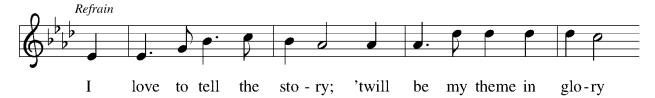
Amen.

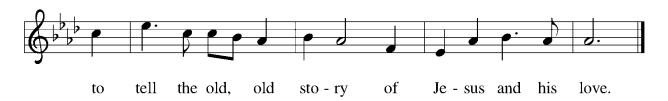












ANNOUNCEMENTS (Sit)

POSTLUDE

Swing Low, Sweet Chariot

arr. Hancock

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 Diane Washburn in memory of her brother and father.

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

COFFEE CREATORS: Sandy Dunn, Kevin Morse,

CROSS AND CROWN: Jeremiah Green, Ruth Hutchison, Thomas Kipper, Hayley O'Neill,

GREETER: Debbi Ortiz LAY ASSISTANT: Peggy Todd READER: Debbi Ortiz

TECHNICAL TEAM: Barry Hutchison, Derry Mace, Mike Riley, Aaron Sutherland, Jenny Sutherland

USHERS: John Campbell, Jason Green

#2—Congregational Sympathy

Gloria Dei congregation expresses its sympathy to the family of Donald "Don" Dair, upon his death in Gloucester, Virginia, on Wednesday, September 25, 2024. Don was the father of Tami and Ernie Atkins, grandfather of Dean and Jennifer Epps, and great-grandfather of Randolph and Lola Atkins. There will be a private funeral worship and burial at a later date for the family. Condolences may be sent to 22 Eagle Point Road, Hampton, Virginia 23669.

#3—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.

#4—Thank You

To the Congregation of Gloria Dei,

Thank you all for the cards and prayers for our family upon the death of my brother, Henry Jurgens, Jr. It shows how caring our congregation is. God bless you all.

Nancy, Bob, and Erik Haberman

#5—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.

We will be ending our monthly contract with Zoom at the end of this month (September). So, on **Sunday, October 6,** 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 (especially if you are driving and need to pay attention to the road).

Use this link:

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

OR

Scan this QR code with your smartphone:



#6—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.

#7—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:

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 Tyervar, 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

#8—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.

#9—Community Bible Study

Our weekly Community Bible Study, is held at H.E.L.P., 329 Buckroe Avenue, on Wednesdays at noon. Please know that we will not be meeting on October 9. 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.

#10—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.

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

Husband of Tamara Bogy lan 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 Matthew Dudek, USA Friend of the Venables Tyler Green, USAF Son-in-law of Judy Wagner St. Pierre Nicholas Griese, USAF Son of Vivian Griese 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 Marc St. Pierre, USMC Son of Judy Wagner St. Pierre 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

#12—Next Week at Gloria Dei

Today TWENTIETH SUNDAY AFTER PENTECOST
9:30 a.m. WORSHIP
10:45 a.m. WELCA Christmas Bow Making
Choir Rehearsal
Monday 6:00 p.m. Girl Scout Meeting
Pack Meeting
7:00 p.m. Troop 10 Meeting
Tuesday 10:00 a.m. Fellowship Bible Study
Wednesday 5:45 p.m. Wonderful Wednesday
Friday 6:00 p.m. Junior Youth Lock-In
Next Sunday TWENTY-FIRST SUNDAY AFTER PENTECOST
9:30 a.m. WORSHIP
10:45 a.m. Prayer Shawl Ministry

#13—Birthdays

- 7 Lisa Dadez, Dolores Davis, Carol Moody
- Clinton Wells
- Eli Murphy, Kendall Etheridge, Bayden Dadez, Rowan Etheridge 9
- 10 Andrea Cerone, Rosie Murray
- Jessica Green, Gwyn Gridley 11
- 13 Anderson Rice

#14—H.E.L.P. Donations—UPDATED

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)

#15—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.

#16—WELCA (Women of the ELCA)



Ladies, Let's "Tie One On"! As you may have noticed, the bows used to decorate the church to celebrate Christmas have been around for a while. It's time to give them a facelift and create new ones. So **today**, **October 6**, **from 1:00 p.m. – 3:00 p.m.**, we will get together to do just that. We'll gather in the Simeon Center. All supplies will be provided as well as instructions and special bow makers for those of us who are bow-making challenged. Mark your calendars, and come join us.

#17—Wonderful Wednesdays



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 We are excited to offer this program to all students in **Grades K-12**.



Please scan this QR Code to register your child.

#18—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.

#19—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.

BBQ Drive Thru



Saturday, October 26, 2024 3:00 p.m. - 6:00 p.m.

> Gloria Dei Lutheran Church 250 Fox Hill Rd., Hampton, VA Rain or Shine

Adult Menu cost \$12

Pulled Pork Sandwich

Cole Slaw, Baked Beans,

Chips, and Dessert

<u>Childrens Menu</u> cost \$6

Hot Dog, Baked Beans,
Chips, and a Goodie Bag







ALL LUTHERAN WOMEN'S RETREAT

RETREAT

A CUP OF UNCONDITIONAL LOVE

NOVEMBER 7-9, 2024

REGISTRATION DEADLINE OCTOBER 11
HOTEL DEADLINE OCTOBER 14

Hilton Garden Inn Innsbrook, Glen Allen, VA
To register: alwretreat.org

Bring a favorite mug or teacup to use for





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.

Tithe.ly



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Venmo

