SEPTEMBER 2022

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

ELCA Churchwide Assembly Recap

In a powerful sermon during the closing worship of the 2022 ELCA Churchwide Assembly, Bishop Patricia Davenport invoked our baptismal covenant and calling. She reminded us that embodying the Word begins with our baptism and our response to the covenant God has made. In our affirmation of baptism liturgy we ask:

"Do you intend to continue in the covenant God made with you in holy baptism:

- *to live among God's faithful people,*
- *To hear the word of God and share in the Lord's supper,*
- *To proclaim the good news of God in Christ Jesus through word and deed,*
- *To serve all people (and the world God made) following the example of Jesus,*
- *And to strive for justice and peace in all the earth."*

This is our work as the body of Christ. And, not just the work of rostered leaders and church staff, but of all of us!

These commitments well represent for me what it was like to be a voting member at this assembly. Between voting members, churchwide council and staff, visitors, guests, and volunteers, well over 1,000 of us came together to do the work of the church. The worship services in particular were relevant, timely, and moving.

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Weekly Gatherings

SUNDAY WORSHIP
9:15am, in-person and Zoom

SUNDAY FAITH FORMATION
10:30am, in-person

TUESDAY BIBLE STUDY
10am, in-person
7pm, Zoom

LCLC Staff

PASTOR
REV. MELISSA WOEPPEL

SECRETARY
CYNTHIA SWAN

CHOIR DIRECTOR/ORGANIST
DAVID EGGERS

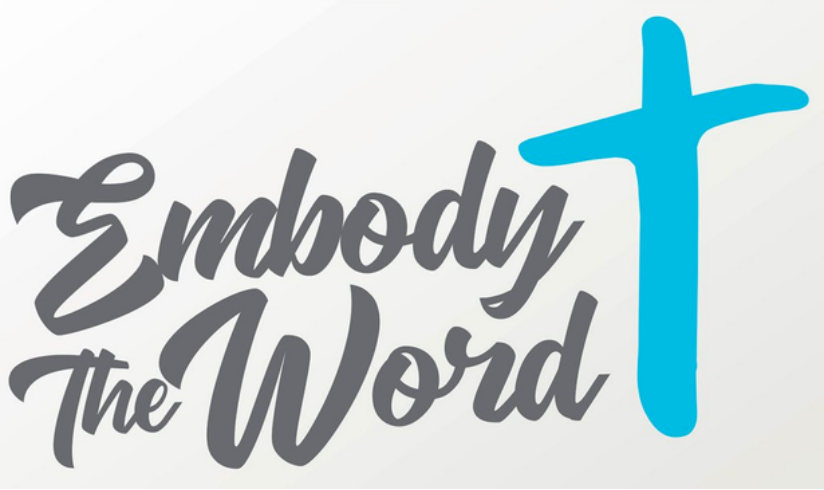
PIANIST
GREG OTT

July Announcements and Articles **Due September 21**

It was an honor and privilege that I was able to assist with communion on Wednesday morning, where I got to communion our own Bp. Candea, Bp. Maas ,who serves my home state of Nebraska, and Bp. Humphrey, who serves Virginia and the location of my internship site. Totally unplanned, and truly special.

We also proclaimed the good news through commitment to action. Together, we deliberated and voted on a number of pressing memorials and resolutions. All of them are important, but I am especially proud of the passage of Memorial A4 – Greenhouse Gas Reduction. Our synod and 16 others memorialized churchwide to commit to the goals that ELCA Advocacy has already been promoting: to act in support of 50% reduction in 2005 U.S. levels of greenhouse gas pollution by 2030 and to achieve net-zero emissions by 2050.

This assembly included some difficult conversations and some honest confession of the sins of racism and colonialism. And we still have work to do to divest ourselves from the grips of white supremacy. But amid the challenge and uncertainty of the future, I remain hopeful. New and young people are showing up. Communities of color are holding us to our commitments to a better way forward. The embodied and enfleshed God is with us, putting to death those things that must die and raising us, the church, to new and abundant life for the sake of the world. Thanks Be!



Fall Kick-off

September 11th

"God's work. Our hands." Sunday is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America — one church, freed in Christ to serve and love our neighbor. We gather for worship and service to witness to the work of God among us. Our worship this day will also included the dedication of new vestments and our framed mission and purpose statement.

Service Projects

- Care Kits for those in need; Coordinator - Kathy and Dave Endorf
  - Packing together following worship on 9/11. All materials provided.
- Comfort Kits for First Responders; Coordinator - Laurie Brown
  - Collecting donations to include non-perishable items such as granola bars, candy bars, fruit cups, small bags of chips, trail mix, peanuts.
  - Packing together following worship on 9/11
- Volunteer with the Feed the Need (FMSC) pack; Coordinator - Randy Henning
  - September 8 - 11, at Kennedy Recreational Center, 6050 Wells Rd., St. Louis, MO 63128.

Adult Forum/Faith Formation Returns

As we transition into the fall, stick around after worship each week for conversation and education. Our reading and discussion of ELCA Social Statements will continue in this time slot. We will also have opportunities to hear from mission partners and more.

FROM THE PRESIDENT

Randy Henning

First of all, a reminder. There are still two(2) packing events left for Feed My Starving Children, both in September. The first is put on by Good Shepherd in Manchester and being held this year at the Kennedy Recreation Complex in South St. Louis on Wells Road. It runs from Thursday, September 8 thru Sunday, September 11. It is being called Feed the Need STL. The second is at Gateway Christian Church off Old Des Peres Road in West County. The dates for that are Wednesday, September 21 thru Sunday, September 25. In both cases the goal is to pack 1,000,000 meals for which they will each need over 3000 volunteers to get it done. Both groups had folks that helped us at our Atonement pack, so I would certainly appreciate anyone working who can. A schedule of shifts for both events are on the FMSC table in the upper hallway, as well as how to register . If you have questions or comments, feel free to give me a call.

Remember, we are helping to prevent starvation among the children of this world.

Secondly, our work on strategies continues. I encourage you to accept an invitation to help out, if asked. I am currently working on putting a team together to address how we communicate with our community. It doesn't do us any good to plan community events if we don't have effective ways of letting the community know what is going on. This will include a more extensive use of the internet, associations with other community groups like HOA's, etc., print media, and even use of radio and tv where possible. If you would like to help me with this aspect of community involvement, please let me know. This is a very critical piece of making sure LCLC is here for a long time into the future. I will appreciate any volunteers that are willing to spend some time setting up this strategy and methods to carry it out. As always, may God lead us in the right direction and bless the effort.

Treasurer's Report

July 2022 Treasurer's Report

Category	July Actual	YTD Actual
INCOME	$11,872	$88,135
EXPENSES	$13,676	$99,868
Congregation Coord	$0	$600
Cong Vitality Team	$0	$0
EDUCATION	$0	$200
MEMBER CARE	$0	$0
MISSIONS	$1,500	$9,000
OFFICE	$477	$2,226
OUTREACH	$0	$0
PASTOR FUND	$0	$0
PROPERTY	$3,027	$23,608
STEWARDSHIP	$0	$184
SUPPORT	$1,572	$15,401
WAGES	$6,892	$47,490
WORSHIP	$209	$1,160

Total YTD Income $ 88,135
Total YTD Expenses $ 99,868
Total YTD Difference - $11,733

Actual Income of $88,135 thru July is $11,733 LESS than actual expenses of $99,868.
We still have 5 months left this year to catch up.

2022 General Funds paid to missions are as follows:
Central States Synod $ 3,500
Local Missions $ 5,500

If you have any questions, please feel free to call or email me.
Thanks.

Dave Endorf, Treasurer
dave.endorf@gmail.com
314-867-2289

HYPOGLYCEMIA – Low Blood Sugar - Nurse's Note by Cathie Lehr RN, MSN

Your blood glucose level is one of the most important health readings in your body. Also known as blood sugar, blood glucose provides the fuel your body needs to power the brain, heart and muscles. Glucose comes from the foods you eat, but some is produced by the liver and used as needed. If blood glucose doesn't move into your cells to provide energy, it could lead to a buildup of glucose in the bloodstream, that is known as diabetes. On the other hand, if your blood glucose level drops too low between meals, this causes hypoglycemia, which is a potentially dangerous health condition.

Normal Blood Glucose Levels:
Ideal blood glucose level depends on several factors, including age, medications taken and medical history. If you do not have any form of diabetes, your normal fasting blood sugar level should range from 80-99 mg/dL, with a potential increase up to 140 mg/dL right after eating. If you have been diagnosed with diabetes, your acceptable fasting blood sugar level could be higher.

Blood Glucose Levels with Hypoglycemia:
A blood glucose level less than 70 mg/dl is considered mild hypoglycemia. Moderate hypoglycemia is defined as a blood glucose level less than 54 mg/dL,. If not treated, mild or moderate low blood sugar can progress and become severe. Severe hypoglycemia is a life - threatening emergency situation and requires immediate medical attention.

Causes of Hypoglycemia:
People who have diabetes are more prone to experiencing hypoglycemia.
Non-diabetic patients with normal liver function will rarely experience hypoglycemia.
There are many reasons for low blood sugar, including:

- Taking too much insulin or using the wrong insulin
- Incorrect timing of when insulin is taken
- Type and amount of food eaten (missing a meal, increased snacks, drinking alcohol, etc.)
- Unexpected changes in schedule
- The amount and timing of physical activity

Symptoms of Hypoglycemia:

- Nervousness or irritability
- Shaking or trembling
- Skin cool to touch with sweating
- Nausea
- Dizziness or lightheadedness
- Having difficulty walking or seeing clearly
- Faster heart rate
- Acting strange or confused

With severe hypoglycemia people may have seizures or become unresponsive.

Treatment:
Proper education and management of diabetes is the key for prevention of hypoglycemia. Mild to moderate hypoglycemia can be treated by giving a carbohydrate source (such as fruit juice, graham crackers or glucose tablets) if the person is awake and able to swallow. Symptoms should begin to improve within 15 minutes. Consider emergency medical treatment if symptoms do not improve within 30 minutes. In the event of severe hypoglycemia symptoms immediately obtain emergency medical treatment

Tuesday Bible Study

This fall, Pr. Melissa Woeppel and Pr. Kristen Koch will lead a conference wide Bible study on Genesis at 7pm via Zoom on Tuesdays, beginning Sept. 13th. We will use our usual Tuesday Bible Study link. Additionally, Pr. Melissa will present the same information for an in-person study on Tuesdays at 10am.

Over the course of the study we will explore: The First Sin; Cain and Abel; The Great Flood; Call of Abram; Ishmael and Hagar; Jacob Wrestles; and Joseph.

EXERCISE CLASS will resume Sept 6 Tuesday & Thursday at 11am.

It is time to begin planning the **2022 Trunk or Treat** in conjunction with the Wedgwood HOA. Lots of jobs are available for anyone who is interested. Contact Marilyn Wiley if you would like to be a part of a fun neighborhood activity. 314-223-7155.

FIFTY PLUS NEWS

September 21 12:00 PM

Enjoy a scenic drive up the river road to Pere Marquette Lodge for lunch on Wednesday, September 21. We will be ordering off the menu in the restaurant dining room at the Lodge. The sign-up sheet for lunch and car pool will be posted on the bulletin board. Hope to see you there!

LADIES LUNCH BUNCH

This month, the Ladies Lunch Bunch will meet at The Cracker Barrel, 10915 New Hall's Ferry Rd., at 11:30 on Thursday, September 8. If you plan to come, please let Judy Holmes know at mickey.holmes@att.net or 314-355-1125. ALL are welcome!

Eighteen ladies and two gentlemen gathered last month for lunch at Hendels on August 11. A good time was had by all!!

Blessing of the Animals

Save the date for an animal blessing on the afternoon of Oct. 2nd, time and details TBA. Many churches hold this kind of celebration in honor of St. Francis of Assisi who is known as the patron saint of animals and the natural environment. His feast day is Oct. 4th.

News from around the community and ELCA

Central States Synod
Evangelical Lutheran Church in America
God's work. Our hands.

Fall Conference Gathering

What does it mean to be the church today, and to keep the central things central while adjusting to new landscape of our society? The Eastern Missouri Conference Gathering for rostered ministers, SAMs, PMAs and lay members will be **Sept. 18th, 3-6pm at Holy Cross, Creve Coeur.**

Tower Grove Pride

In partnership with other ELCA congregations in the Eastern Missouri Conference, Living Christ will be joining 6 other congregations to be a sign of love and support at Tower Grove Pride on **Sept. 24th and 25th.** More details TBA. If you'd like to be involved or provide financial support, contact Pastor Melissa, Kathy Endorf, or Laurie Brown.

Missouri Faith Voices

The law passed under HB 1878 now requires Missouri voters to show valid ID or vote a provisional ballot on Election Day, which may or may not be counted.

Change to Voter ID Laws

After August 28th, 2022, voters must show a non-expired Missouri DMV or Federal ID to vote. Voter registration cards, student IDs, and utility bills or government documents verifying proof of address can no longer be shown at the polls to get a ballot.

If you want to vote in November but don't have a non-expired Missouri ID, now is the time to get your documents in order. If you or someone you know is in this position, talk to Pastor Melissa for more information.

Additionally, Missouri Faith Voices, the NAACP, and the Missouri Voter Protection Coalition are bringing forth litigation as this law unduly burdens senior citizens, people with disabilities, people who are poor, and the unhoused.

Sending a special thank you and recognition to Glenn Mueller, Jann Mueller, Joyce Meyer, Marilyn Wiley and Cathie Lehr for their commitment and service to clean our church since Bob Fayman retired almost 2 years ago.

PASTOR ANNIVERSARY

Celebrating Pastor Melissa beginning her 4th year with LCLC. Thank you so much for sharing your passion of God's love. We are blessed with your leadership and prayers.

Habitat Happenings

BY BOB FAYMAN

A lot going on at the end of August into September, which means new pictures and construction locations.

- Lookaway = Phase 1 beginning with the house presently shown on the bulletin board, will be joined by 5 more houses beginning in September. Excavations will be dug one-a-day.

This project is located on the bluffs above River View Drive, where we built 7 houses in 2016.

- Gate District = Phase 1 (5 houses) Close by late September with Dedication of all 5 at the same time.

Plans for a Phase 2 will be released soon. These houses are to the East of Cardinal Glennon Children Hospital.

- KMOV 2022 = "Home-4-the-Holidays" will be located in U-City. Details will follow shortly. Dedication is scheduled for November 21.

All pictures will be posted on the large Bulletin Board in the coat room before the Santurary doors.

St. Louis Diaper Bank

With inflation many families are struggling just to pay for food and gas. We can help the most vulnerable by donating diapers and pull ups of all sizes for infants and toddlers. We will also be accepting cash so that we can make a cash donation and they can buy the products most needed. For questions please talk with Laurie Brown, Doris Stoehner or Kathy Endorf.

Celebrate September!

Birthdays & Anniversaries

Birthdays

Virginia	RIEDISSER	9
Bryan	MILES	10
Laurie	BROWN	11
Doris	STOEHNER	11
Stella	ENGE	13
Cora	WALLACE	14
Glen	ALBERS	15
Lindell	CARR	16
Rebecca	SILVEY	16
Corbin	DAY	16
Bob	FAYMAN	16
Marilyn	PERRY	16
Gloria	BRODERICK	17
Charlie	DASHO	19
Donna	DASHO	20

Wedding Anniversaries

Bryan & Donna	Clifford	6th	19yrs
Jenna & Matt	Besserman	19th	13yrs

Baptismal Anniversaries

Chappell	Dolores 4th
Enge	Stella
Finnessey	Linda
Calderwood	Jeanne 19th
Wolf	Joyce 24th

Council Bullets

- Yearly organ tuning will be done by Wick's Organ LLC ($620.00).
- Conference Gathering at Holy Cross Lutheran Church , Creve Coeur, September 18, 3 – 6 pm. All are invited and encouraged to attend. Bishop Candea will be there.
- Impact Life will be at LCLC on November 19 for a blood drive. No appointment is necessary.

September Worship Assistants

September 4, 2022
Preaching/Presiding: Pastor Melissa
Assisting Minister: Elizabeth Carr
Lector: Jeanne Calderwood
Zoom and Slides: Rod Wallace
Musician: Greg Ott
Ushers: Jim & Doris Stoehner
Greeter: Jeanne Calderwood

September 11, 2022 God's Work Our Hands
Preaching/Presiding: Pastor Melissa
Assisting Minister: Angela Bennett
Lector: Laurie Brown
Zoom and Slides: Erle Craig
Musician: David Eggers
Ushers: Dave Endorf & Randy Henning
Greeter: Judy Holmes

September 18, 2022
Preaching/Presiding: Pastor Melissa
Assisting Minister: Randy Henning
Lector: Terry Calderwood
Zoom and Slides: Elizabeth Carr
Musician: Greg Ott
Ushers: Cathie Lehn & Marilyn Wiley
Greeter: Kathy Endorf

September 25, 2022
Preaching/Presiding: Pastor Melissa
Assisting Minister: Angela Bennett
Lector: Gary Brown
Zoom and Slides: Bryan Miles
Musician: David Eggers
Ushers: Glenn & Jann Mueller
Greeter: Jeanne Calderwood

*****If you are unable to serve on your assigned date, please swap with someone or find a replacement*****

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 5:30pm Noble Guard 2
4 9:15am Worship In-person & Zoom	5 *LABOR DAY* *Office Closed* 5pm Noble Guard 1	6 10am Bible Study 11am Exercise Class 7pm Bible Study (Zoom)	7 6:30pm Girl Scouts	8 11:00am Exercise Class 11:30am Church Ladies Lunch @ Cracker Barrel	19	10 5:30pm Noble Guard 2
11 *God's Work Our Hands* 9:15am Worship in-person & Zoom 10:30am Service Projects	12 5pm Noble Guard 1 7pm Council	13 10am Bible Study 11am Exercise Class 6:30 HOA Meetings 7pm Bible Study (Zoom)	14	15 11am Exercise Class 6:30pm NCOTC	16	17 5:30pm Noble Guard 2
18 9:15am Worship In-person & Zoom 10:30am Churchwide Assembly Report 3pm Conference Gathering	19 5pm Noble Guard 1	20 10am Bible Study 11am Exercise Class 7pm Bible Study (ZOOM)	21 50+ Event 6:30pm Girl Scouts	22 11am Exercise Class	23	24*Tower Grove Pride* 10am Girl Scouts 5:30pm Noble Guard 2
25 9:15am Worship In-person & Zoom 10:30am Social Statement Discussion *Tower Grove Pride*	26 5pm Noble Guard 1	27 10am Bible Study 11am Exercise Class 7pm Bible Study (ZOOM)	28	29 11am Exercise Class	30 9am MFV Clergy Breakfast	

Zoom links for events can be found on our website:
www.lc-livingchrist.org/calendar