

DECEMBER 2022

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

Dear Siblings in Christ,

Pastor Melissa and the Congregation Council have signed a covenant, which helps us understand our relationship with one another as we move forward without her.

When a pastor leaves a congregation or retires, it is not appropriate for them to continue to function in the pastoral role. This is difficult and sometimes painful for us to understand. However, if we remember that part of our calling as the people of God is to care for the body of Christ and not injure different members of it, we might find it easier to accept. For instance, if a pastor does a funeral for Jane because she was so special, why won't the pastor perform a baptism for Joe's family? It's easy to see how hurt feelings would not only affect Joe's feelings toward the former pastor but perhaps also feelings within the body of Christ between Jane's family and Joe's family.

It is important for us to understand that as of December 15th, 2022 Pastor Melissa is no longer our pastor. Her last Sunday service is November 27th, and her last day in the office will be December 2nd. She will pray for our continued and future mission and ministry and for a strong and fruitful partnership with our future pastoral leader.

Therefore Pastor Melissa cannot:

- Come back to perform weddings, funerals, or baptisms;
- Visit the sick and the homebound;
- Continue in any counseling relationship with a parishioner;
- Be involved in any way in the call process (helping with the profile, recommending candidates, commenting on a particular candidate);
- Support or give advice to anyone involved in a congregational disagreement;
- Return to lead worship services (unless down the road he/she/they is/are invited back as a "former pastor" to participate in a special event, such as a church anniversary).

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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

SECRETARY

CYNTHIA SWAN

CHOIR

DIRECTOR/ORGANIST

DAVID EGGERS

PIANIST

GREG OTT

We give thanks to God for the time Pastor Melissa was with us and we pray for her as she now goes forth to serve God and the church in new ways as Campus Pastor at Bethany College in Lindsborg, KS.

We are working with the synod office to find an interim pastor and eventually enter in the call process for a new pastor. We trust that God will send us a new leader who will be called to serve God and the ministry of this congregation for the next stage of our ministry.

In Christ,

Randy Henning

Council President



January Announcements
Due December 21

Advent and Christmas 2022



Every year we enter Advent as a season of expectation and promise. We spend four weeks waiting and watching, with wonder building as we hear of God's expected transformation of the world.

Through this Advent and Christmas season, we are invited into a time of great expectation. We are invited to wrestle with our own expectations of God and God's expectations for us. Where is God calling us to be willingly watchful? Where is God delighting us with unexpected peace? Where is God filling us with unexpected abundance? Where is God meeting us with the divine in our midst?

Sunday Mornings

- **Nov. 27th** - When You Least Expect
 - Pr. Melissa's last Sunday
- **Dec. 4th** - Life Expectancy w/ Pr. Tina Reyes, LuMin
 - Reception w/ Pr. Melissa following worship
- **Dec. 11th** - We are Expecting. w/ Pr. Tina Reyes, LuMin
- **Dec. 18th** - Expect the Unexpected w/ Pr. Callista Isabelle
- **Jan. 1st** - Christmas 1/Epiphany w/ Pr. Stephanie Doeschot

Midweek Services

- **Nov. 30th** - Holden Evening Prayer @ St. Rose, 7pm
- **Dec. 7th** - Holden Evening Prayer @ LCLC, 7pm
- **Dec. 14th** - Holden Evening Prayer @ St. Rose, 7pm

Christmas Services

- **Dec. 24th** Christmas Eve @ 7pm. w/ Pr. Christopher Yanker
- **Dec. 25th** Christmas Day @ 9:15am
 - Lessons and Carols

Decorating for Christmas

Saturday, Dec. 10th, 9am

Sign up on the bulletin board if you plan to participate.

FROM THE PRESIDENT

Randy Henning

For a little while now, our primary focus has been on Pastor Melissa and her acceptance of a call to Bethany College in Lindsborg, KS. And while that is great news for her and we wish her the very best, it puts us in a position to have to find someone to take her place. And the council has voted to present to the congregation Pastor Matt Helfrich as that person. Assuming the congregation approves, we will call him for a one(1) year contract. At the end of that time, we can either enter the official call process to find a permanent pastor or, if we like him, we can extend that call to him to stay here permanently. We will try to set up a meet and greet for the congregation sometime the first part of December.

So, two dates to remember having to do with this whole thing. On Sunday, December 4, after worship, we will have a reception for Pastor Melissa to thank her for everything she has done for us, something that was no small task. I invite you to try to attend our worship service that day and show your gratitude for her presence here and being the spiritual leader she was.

Then one week later on Sunday, December 11, we will have a congregational meeting after worship to vote on Pastor Matt becoming interim pastor here and giving the council approval to negotiate a compensation package for him. Our meet and greet session with him will be before that, if it can be arranged. You will hear more about the details of how we reached the decision to bring him in at the meeting on the 11th. Please try to attend in person or make sure you make yourself known if you are attending via zoom. I look forward to starting this next phase in the life of Living Christ.

Treasurer's Report

October 2022 Treasurer's Report

<u>Category</u>	<u>October Actual</u>	<u>YTD Actual</u>
INCOME	\$12,592	\$127,239
EXPENSES	\$13,737	\$144,596
Congregation Coord	\$0	\$900
Cong Vitality Team	\$180	\$180
EDUCATION	\$0	\$300
MISSIONS	\$1,000	\$12,500
OFFICE	\$268	\$2,831
OUTREACH	\$0	\$0
PASTOR FUND	\$0	\$200
PROPERTY	\$3,782	\$36,588
STEWARDSHIP	\$0	\$184
SUPPORT	\$1,999	\$22,358
WAGES	\$6,508	\$67,137
WORSHIP	\$0	\$1,419

Total YTD Income \$ 127,239
 Total YTD Expenses \$ 144,596
 Total YTD Difference - \$ 17,357

The expenses for the month of October were \$13,737 and the income for the month was \$12,592. This makes our YTD actual income of \$127,239 about \$17,357 LESS than our actual YTD expenses of \$144,596.

2022 General Funds paid to missions are as follows:

Central States Synod \$ 6,000
 Local Missions \$ 6,500

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

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



NURSE NOTE

by Bill Kaepfel



Three most important organs keep working while you sleep: your brain, your lungs, and your **heart**. The rest can kinda relax for the time being...

The hardest working muscle is the **HEART** [24 hours a day, 7 days a week, 52 weeks a year). Here are some thoughts...(Harvard Heart Letter).

Four myths:

1 – **Fish oil supplements can help prevent heart disease.** In the 1970's, scientists found that people whose diets featured lots of fatty fish had low rates of heart disease. Omega-3 fatty acids ease inflammation and prevent blood clots. BUT: fish oil supplements vs placebo showed no benefit in numerous trials. Save your money. Eat fish*.

2 – **It's okay to have high blood pressure over age 65.** Your artery walls get stiffer and your heart pumps harder. BP tends to rise. Also, you may have plaque in blood vessels. Aim for BP of 120-130 systolic (first number). That reduces risk of strokes and heart attacks. So, check your BP and tell your md and take your medicines as ordered.

3 – **Family history of hearts disease means you are at risk.** Maybe...but keeping track of your blood pressure and following a healthy diet can make all the difference in your risk. Lifestyle and diet mean more than family history. Ask your doctor to check your cholesterol (I'm guessing they do with annual exam.)

4 – **Only women get unusual heart attach symptoms.** (My mom had a "silent" heart attack, but she – a nurse – didn't like "bothering" doctors.) Besides the sudden chest pain, there can be other signs of a heart attack: nausea, vomiting, dizziness, jaw or shoulder pain. Any unusual symptoms warrant a call to the md or a visit to the ER.

ALSO: There's a nasty flu going around: RSV (respiratory syncytial virus), especially hard on little people and older folks. Child ICU's are full.

*Best fish: mackerel, salmon, sardines, trout, herring. Bake: lemon & butter.

Bible Study Invitation

Holy Trinity Lutheran Church invites the EMC churches to our Bible study, Faithful - Christmas through the eyes of Joseph by Adam Hamilton. This is a four week study beginning Tuesday, November 22 at 6:30pm via Zoom. Participants are asked to purchase the book (at Cokesbury it is \$13). Participants will have a short reading prior to each meeting. At the meeting we will watch a short video followed by discussion. Each session will last about 1.5 hours.

Meeting ID: 703 164 9775
Passcode: r1HDde



OUTREACH FOR DECEMBER

The Saint Louis Crisis Nursery will be our special outreach program for December. The Crisis Nursery helps prevent child abuse by giving parents a safe place for their children during stressful situations. They serve children from infancy to about age 12. The ages most served are between 1 and 5. The North location is on the campus of Christian Hospital NE. The hospital provides all meals and snacks as well as medical physical examinations. Their needs are across the board from socks, underwear, shoes, clothes of all sizes, age, and ethnic-appropriate books, and diapers/pullups.

FIFTY PLUS NEWS

Christmas Luncheon



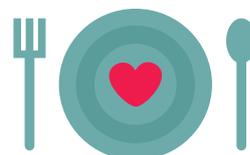
The Fifty Plus Club will meet Wednesday, December 21, in the lower level social hall at church for our annual Christmas Luncheon. We will gather at 11:30 for some trivia prior to the meal. The meal is again being catered by Krause Katering and Kakes. There is no charge for members. Cost is \$15 for nonmembers. The sign-up sheet will be posted by Sunday, December 4. The deadline for signing up is December 18.

50 PLUS NOVEMBER MEETING

Nineteen 50 Plus members met November 16 in the Lower Level Social Hall to play Bingo and enjoy a pizza lunch. There were prizes for bingo and some were luckier than others

Thank you to Glenn Mueller for calling bingo and overseeing luncheon arrangements.

LADIES LUNCH BUNCH



The Ladies Lunch Bunch will meet Thursday, December 8, at 11:30 at Ferguson Brewing Co., 418 S. Florissant Rd. in Ferguson. For reservations contact Judy Holmes at 314-355-1125 or mickey.holmes@att.net. All are welcome.

On November 10, 13 ladies and one gentleman enjoyed good food and good conversation at Pirrone's Pizzeria.

Giving Report

In order for your contributions to be counted in 2022, please have them to the church by December 29. Thanks, Jeanne Calderwood, Financial Secretary

News from around the community and ELCA

Farewell & Godspeed

Our prayers and support go with **Elizabeth Carr**, who will begin her internship at Immanuel Lutheran Church in Forest City, Iowa on December 1st. Her new mailing address is:

Elizabeth Carr
114 1/2 N Clark St, Apt 1
Forest City, IA 50436

We also say farewell to **Pastor Melissa and Bryan** as she begins her new call Jan. 1st. As of December 9th, their new mailing address will be:

Melissa Woepffel & Bryan Miles
210 S Cherry St
Lindsborg, KS 67456



We celebrated Elizabeth at our annual meeting and shared a cake in her honor.



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

Upcoming Events

Council Retreat

- Jan. 28th @ Holy Cross, Creve Couer
- Presentations from Pr. Dave Whetter
 - Breakout sessions by office/position

EMC Academy

- April 22nd @ Trinity, Manchester
- Keynote speaker Vance Blackfox, ELCA director for Indigenous ministries and tribal relations
 - Workshops with the justice ministries of the Central States Synod



THANK
YOU

thank
you

THANK
YOU!

LCLC collected 20 complete Baskets that went to God's Helping Hand ministry on the 16th. GHH collected baskets for 82 families. In partnership with Antioch Baptist Church, they were able to deliver baskets to 132 families!

Other food we collected in the shopping care also went to the food pantry at Antioch.

Thanks and God's Blessing for ALL Of you who have once again shown your generosity in helping fill a need !!! - Bob Fayman

We give thanks for your support of LuMin St. Louis Campus Ministry with your generous gift of \$500.00. Your gift helps LuMin St. Louis continue to engage all university students in St. Louis as we build community, deepen our faith, open our hearts and minds, and go out to the world in service.

We invite you to visit us in person as you are able or online. Thank you again for your support.

Pastor Tina Reyes
Campus Pastor,
LuMin St.Louis

We thank the community of Living Christ for the love, the kindness, and the support shown to us and our family during our time among you. We are grateful for the ways our ministry has been accepted. As we leave, we carry with us all that we have learned here. We trust that our time together and our parting are pleasing to God.

With deep gratitude and love,

Pastor Melissa Woeppel
and Bryan Miles

Habitat Happenings

BY BOB FAYMAN

Home 4 The Holidays

All construction during November was concentrated on a House in University City and neighborhood where we had built 4 houses back in 2016 ... as a matter of fact in the same block!

Sponsored by KMOV, Channel 4, with the objective of starting and finishing the house in time to dedicate the house on November 21st. Many hours of work by Habitat's Construction Volunteers, along with Plumbing, Electrical, HeatingVenting and. Air-conditioning Contractors, and the Carpenters Union. What is known as a Blitz Build to have the family able to move in before Christmas this year.

Pictures are on the large Bulletin Board.

Celebrate December!

Birthdays & Anniversaries

Birthdays



Kaylan	KAEPPPEL	2
Greg	OTT	3
Lindsay	HENNING	7
Mark	BEINS	17
Gary	BROWN	19
Randy	SCHULTZ	26

Wedding Anniversaries



Erle and Margie	Craig	28	54
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Baptismal Anniversaries

Wallace-Blight	Sara	12	31
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Council Bullets

- Beginning on November 13, new communion practices will begin. Individual congregation members can choose to continue to use pre-packaged elements or come forward for communion.
- A farewell reception for Pastor Melissa will be on December 4 following worship.
- Altar Guild will be resuming their duties. Contact Maureen if you are interested in serving.
- Assistant ministers are needed. Contact Randy if you are interested in serving.

December Worship Assistants

December 4, 2022 Advent 2

Preaching/Presiding: Pr. Tina Reyes

Assisting Minister: Randy Henning

Lector: Laurie Brown

Zoom and Slides: Laurie/Gary Brown

Musician: David Eggers

Ushers: Jim & Doris Stoechner

Greeter: Judy Holmes

December 11, 2022 Advent 3

Preaching/Presiding: Pr. Tina Reyes

Assisting Minister: Angela Bennett

Lector: Terry Calderwood

Zoom and Slides: Erle Craig

Musician: Greg Ott

Ushers: Dave Endorf & Randy Henning

Greeter: Kathy Endorf

December 18, 2022 Advent 4

Preaching/Presiding: Pr. Callista Isabelle

Assisting Minister: Randy Henning

Lector: Gary Brown

Zoom and Slides: Rod Wallace

Musician: David Eggers

Ushers: Cathie Lehr & Marilyn Wiley

Greeter: Jeanne Calderwood

December 24, 2022 Christmas Eve

Preaching/Presiding: Pr. Chris Yanker

Assisting Minister: Angela Bennett

Lector: Jeanne Calderwood

Zoom and Slides: Laurie/Gary Brown

Musician: David Eggers and Greg Ott

Ushers: Glen Albers & Ann Schultz

Greeter: Judy Holmes

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

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 9:15am Worship In-person & Zoom 10:30a Reception for Pastor Melissa 11am True Vine Church	5 5pm Noble Guard 1 7pm CVT	6 11am Exercise Class	7 7:pm Midweek @ LCLC	8 11am Exercise Class 11:30am Ladies Bunch Lunch (see pg 6)	9	10 5:30pm Noble Guard 2
11 9:15am Worship in-person & Zoom 10:30am Congregational Meeting 11am True Vine Church	12 5pm Noble Guard 1 7pm Council	13 11am Exercise Class	14 6:30pm Girl Scouts 7pm Midweek @ St. Rose	15 11am Exercise Class	16	17 10am Girl Scouts 5:30pm Noble Guard 2
18 9:15am Worship In-person & Zoom 11am True Vine Church	19 5pm Noble Guard 1	20 11am Exercise Class	21	22	23	24 <i>Christmas Eve</i> 7pm Worship
25 CHRISTMAS DAY 9:15am Christmas Worship 11am True Vine Church	26 5pm Noble Guard 1 -	27	28	29	30	31 <i>New Years Eve</i>

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

