

JUNE 2023

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

FROM PASTOR MATT

Looking at the stresses of our day, it's hard to know when the next big event will happen. Whether those stresses are with our personal, congregational, or societal experiences, one illustration about the "Molten Moment" echoes in my mind. It may or may not resonate with you, I thought I would share this article from Leadership Magazine...

Molten Moments - From the editor Marshall Shelley

Nobody wakes up and starts the day thinking, I hope I find myself in a crisis today. Ever known anyone to write at the top of the personal wish list: "A real crisis"? I didn't think so. Me neither. While no one longs to be in crisis, that's where we often find ourselves, especially as leaders. The crisis can be personal, or it can be organizational: a financial crisis, a painful conflict, a health concern, a crisis of faith, a public failure, a costly loss, a season of grief, a crucial moment of decision, or some other high intensity defining moment.

And in a church, with the number of people we deal with, someone is in crisis almost continually. In fact, as veteran pastor Alan Redpath once observed, "If you're a Christian pastor, you're always in a crisis—either in the middle of one, coming out of one, or going into one." Crisis can become the norm for those of us in church life, not unlike it is for those who work in an emergency room or homeless shelter. But we don't often think of it that way. Too often a crisis catches us by surprise.

On the positive side, crisis moments are often the times God does his best work. Ask almost any mature believer, and they will tell you that they grew more as a person, as a Christian, during seasons of loss, pain, and crisis than they did at any other time.

While no one longs for personal crisis, the saying is true nonetheless: a crisis is too valuable to waste. In one of my favorite PreachingToday.com sermons, Bruce Thielemann calls them "molten moments." He describes work in a foundry and that brief period in which metal has been heated enough to be shaped into something useful. And when things cool, it's too late. Similarly, crisis is a short-term opportunity to do some long-term good.

And in the "Crisis" issue of *Leadership Journal*, John Ortberg writes: "Actually, the wonderful and terrible thing about crisis is that it's the one resource we do not have to fund or staff or program. It just comes.

Continue on page 2

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Weekly Gatherings

SUNDAY WORSHIP

9:15am, in-person and Zoom

ADULT SUNDAY SCHOOL

10:30am, in-person

TUESDAY BIBLE STUDY

10am, in-person

7pm, Zoom

LCLC Staff

PASTOR

MATT HELFRICH
760-855-3382

SECRETARY

CYNTHIA SWAN

CHOIR

DIRECTOR/ORGANIST

DAVID EGGERS

PIANIST

GREG OTT

However, pain does not automatically produce spiritual growth. Ghettos and barrios and abusive homes and trauma wards may produce scarred souls; they can cripple more human spirits than they strengthen. Crisis can lead to soul strength, but not if the soul is starved of other nutrients, and not apart from certain responses."

To develop this theme, we've gathered the stories of various churches and the different kinds of crisis, and crisis response, they encountered. And we'll be featuring them on our website over the next few weeks. You'll learn from the responses of the leaders involved.

In some cases, the crises became a "stress test" of their faith, revealing areas of weakness that needed to be strengthened. In other cases, the crisis was a "proving ground" of faith, revealing the resilience and equilibrium that confidence in God can produce. But what becomes clear in almost every case: The time to prepare for a crisis is before it happens. Jesus' example in the Garden of Gethsemane is instructive. There Jesus does his intense preparation for the upcoming crisis, praying in anguish till "his sweat was like drops of blood falling to the ground." But after that, when Judas arrives and throughout the crisis itself—his arrest, interrogation, trial, and crucifixion—he is steadfast and demonstrates astounding poise. While crisis may not be your favorite leisure activity, it's certain to come. And when it does, we hope that you'll be prepared to face it in faith, knowing that God is at work.

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Articles Due 21st of each
month

Council President

Randy Henning

I want to thank all of you for attending the mid-year congregational meeting. There was great fellowship and it was nice to be able to do a potluck again, the first since Covid. And it was nice to hear our financial status and the plans we have for the future of LCLC. Our ultimate goal is to make this congregation financially sound again and we do that by getting closer to the community we live in and filling up our pews again. This is a broken record, but EVERYONE is a part of that and I encourage you to get involved anywhere and everywhere you can.

I am still looking for people who are willing to become a member of the call committee. Currently, I have two folks who have volunteered and one of them is willing to co-lead the effort. So we need 3 or 4 more to give us what we need to work the process. Please let me know if you are interested.

Finally, God has set us on a path. We need to embrace that path. I want to see LCLC be great again and be financially solid. I want to see a strong youth program again. I want to be able to give much more to the missions we support. All of this is possible, but will take time. Pray for our journey and suggestions are ALWAYS welcome. Together, we will succeed.

Treasurer's Report

April 2023 Treasurer's Report

<u>Category</u>	<u>April Actual</u>	<u>YTD Actual</u>
INCOME	\$76,045	\$107,505
EXPENSES	\$19,645	\$61,906
Congregation Coord	\$0	\$150
Cong Vitality Team	\$0	\$0
MISSIONS	\$7,000	\$10,500
OFFICE	\$169	\$1,320
OUTREACH	\$0	\$0
PASTOR FUND	\$0	\$0
PROPERTY	\$3,290	\$12,735
STEWARDSHIP	\$0	\$0
SUPPORT	\$1,908	\$7,978
WAGES	\$7,279	\$28,916
WORSHIP	\$0	\$308

Total YTD Income \$107,505
Total YTD Expenses \$61,906
Total YTD Difference \$45,599

The expenses for the month of April were \$19,645 and because of the \$65,000 gift received from Christ the King Church our income for the month was \$76,045!! Income is \$45,599 Greater than expenses! The trend of the first three months has been reversed, but it is now up to us to work toward long term sustainability.

2023 General Funds paid to missions are as follows:

Central States Synod \$5,500
Local Missions \$5,000

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*

NURSE NOTE

JUNE 2023

What's something everybody has sometime, and nobody wants any time? Medically speaking,
PAIN.

And it can come in lots of different kinds, with lots of different things that can be done for relief...
Pain is your body's way of telling you "something's wrong and needs attention."

KINDS OF PAIN:

ACUTE: sudden onset; from injury, surgery, burn, dental work, childbirth

CHRONIC: persistent long term; diabetes, cancer, arthritis, poor circulation, back pain, headache

NEUROPATHIC: nerve damage, shingles; burning, shooting, sharp, shocking, sensitivity

NOCICEPTIVE: injury: often joint (elbow, knee, toe); throbbing, achy, sharp

GETTING HELP: telling the doctor about your pain...

The doctor will ask:

Where does it hurt? What kind of hurt? When did it start? How long does it last? What makes it better?

What makes it worse? Did you take medicine, and did it help?

You will be asked to rate your pain on a scale of 1-10: 1=hardly feel it; 5=uncomfortable;

10=having a baby (men: broke two legs and one arm)

GETTING RELIEF

There are a great many ways to get pain relief...

MENTAL CONTROL: for mild pain, distraction helps. The brain can focus on only so much. Examples: You have a mild headache but go to work anyway; You watch a great movie (Time Bandits).

ICE/HEAT PACK: apply 20 minutes on, 20 minutes off.

MEDICINES: **PILL** – Tylenol (don't drink alcohol). **NSAIDS** Aspirin, Motrin, Aleve; by Rx Meloxicam, Celebrex (If taken long term, can cause ulcers and kidney problem). **OPIOIDS:** hydrocodone, oxycodone, morphine (usually short term after surgery, risk of addiction). **NEW:** Suboxone; acts like opioids but no "high" and less risk of addiction. **SKIN:** lidocaine cream, hydrocortisone cream, voltaren cream, calamine lotion.

NOTE: other pills you can get without prescription such as CBD oil (derived from hemp) and other "natural" preparations. These have no scientific study for effectiveness, only anecdotal. They might help, might not.

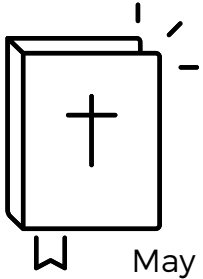
THERAPIES: depending on the problem, you may get relief from: Physical Therapy, massage therapy, acupuncture or acupressure, meditation, yoga. **ESWT** (Shock Wave Therapy) is relatively new but can be effective for a range of problems. **TENS** (transcutaneous electrical nerve stimulation) can mask pain. Some problems (especially joint and nerve) can be relieved by injections of medications.

CAVEAT: everyone's response is individual; what works for one may not help another.

Your PCP (Primary Care Physician) is the first resource for evaluating and managing your pain problem. Next up is a Pain Management Clinic staffed by anesthesiologists who specialize in treating all sorts of pain problems.

On another topic...

SUNBURN We're getting into summer. Gardening, swimming at the beach (pool, Florida, Carolinas, not California). Use SPF50 sunscreen. Use sunscreen for the children and grandchildren.



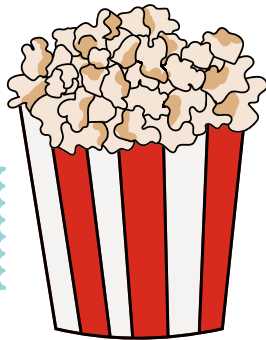
Bible Study 7:00pm

May 16 was the last evening bible study for the summer. We will continue the 10:00am class.



LUNCH BUNCH FOR JUNE

The Lunch Bunch will meet Thursday, June 8, at 11:30 at Bandana's 8234 Lindbergh (by Schnucks) 63031. Judy Holmes is on vacation, so make reservations with Joyce Meyer, jameyer46@charter.net, or 314-838-3741. All are welcome.



MOVIE UNDER THE STARS

June 9 @ 8:00pm

Please join us on the lower level outside!
Please bring a friend and lawn chair.



BLOOD PRESSURE CHECK

will be every 1 Sunday of the month



REPORT ON MAY LUNCH BUNCH

Fourteen ladies and three gentlemen gathered at Cugino's for lunch on May 11. The good food and good conversation were enjoyed by all.

FIFTY PLUS NEWS

FIFTY PLUS JUNE PICNIC - NOTE CHANGE OF DATE

Due to the host's vacation plans, the Fifty Plus picnic will be held on the FOURTH Wednesday of the month--June 28. We will gather at 11:00 for a time of trivia in the cool lower level of the church. At noon, host Glenn Mueller will have a feast of hot dogs, brats, and hamburgers with all the fixins, including potato salad, coleslaw and dessert. All will be provided; no need to bring anything but yourself.

This event is no-cost for members and \$10 for non-members. Dues are also \$10, so just join and you can come. All are welcome. Sign up on the sheet which will be on the bulletin board by June 4.



On May 16, the 50+ Club spent a pleasant afternoon at the Fairmount Race Track in Collinsville, IL. We had lunch and then watched the horse races. The weather was perfect and the horses were exciting to watch. We had a winner or two. We thank Erle and Margie Craig for organizing the event. Getting together and enjoying each other's company and going to places that we may not normally go is what makes 50+ so special. We invite everyone to join us. We are always looking for new and different places and things to do.



DeeDee Kavanaugh would love to hear from church members. You can write to her at:

St. Claire Rehab Center.
1035 St. Claire Plaza.
St. Claire, MO . 63077.



What does it mean to be the church? What is the purpose of the church? How are we called to be the church? In these changing and challenging times, we really do need to come together to learn and listen to one another.

This year we are extending this theme: The Church – What's Church Got To Do With It, through multiple gatherings.

Fall Theological Conference

This year we will be gathering in a new location!

- [Embassy Suites](#), Olathe, KS
- **October 10-12, 2023.**

Mark your calendars now, more information will be available soon after synod assembly.

Online Learning Opportunities

What does it mean to be a congregation, what does it mean to be the synod, and what does it mean to be Churchwide? **Clergy and lay are invited to join** us for one of these online webinars to explore our roles and obligations to one another as the church.

- Sat., Sept. 9, 10:30 a.m.
- Thurs., Sept. 14, 6:30 p.m.
- Tues., Sept. 19, 6:30 p.m.

Zoom links will be made available on the synod website.

Conference Gatherings

Rostered leaders, Synod Authorized Ministers, and Parish Ministry Associates are invited to gather by conference for conversation, a meal, and renewal of ordination.

- **Western KS Conference**
Oct. 23 – Hays, KS
- **Border Conference**
Oct. 24 – Kansas City
- **Osage Conference**
Oct. 26 – Cole Camp, MO
- **Eastern MO Conference**
Oct. 30 – St. Louis, MO
- **Central KS Conference**
Nov. 2 – Salina, KS

Synod Assembly Regional Gathering



The Central States Synod Assembly will be held virtually this year. Those who are looking for an opportunity to connect in-person with other members of ELCA congregations are invited to gather together at Bethany College.

Breakfast, lunch, and dinner will be provided, along with refreshments throughout the day. Following the close of the Assembly, Bethany College will provide a teach-in with a faculty member. More details TBA!

Email Pastor Melissa Woeppel to register: woeppelem@bethanylib.edu

**Saturday, June 3, 2023
9:00 a.m.**

Bethany College
Mabee Welcome Center
& Bud Pearson Chapel
335 E Swensson St
Lindsborg, KS 67456

Assembly Offering

As part of our gathering each year, we receive Synod Assembly offerings from congregations and individuals to help fund ministries that are carried out in and through the Evangelical Lutheran Church in America (ELCA) and our synod. This year's Synod Assembly offering will be dedicated to the Campus Ministry Team of the Central States Synod. The Central States Synod has four active campus ministries:

THANK
YOU

thank
you

THANK
YOU!

THANKS!

Your gift of \$500.00 will make an immediate difference in the lives of abused women and children we serve at Lydia's House. Many of our women come to Lydia's House full of fear and uncertainty about the future. At Lydia's House we give women and children the time and resources necessary to rebuild their lives in the wake of domestic violence. Lydia's house will continue to work in faith to end violence by being a place of healing and a voice of hope for abused women and their children. With the help of donations from supporters like you we will continue to be a bridge to freedom for the women and children who seek to escape violent homes.

Gratefully,

Karen Kirk
President & CEO
Lydia's House

THANKS!

**to all who were thinking of me
sent prayers and cards after
my knee surgery.**

**Doing good now and can
see you at church!**

Nancy Kaepfel

Habitat Happenings

BY BOB FAYMAN

LOOKAWAY = Construction of the six new houses on the bluffs above Riverview Drive are all above ground in various stages of completion. More pictures to come each week, so check the big Bulletin board when you are in church.

Questions ... See Bob-the-Builder 😊

Celebrate June!

Birthdays & Anniversaries



Birthdays

John	KEEVEN	1
Karen	HAYNES	1
Bryan	CLIFFORD, SR	6
Shandi	FINNESSEY	9
Sharon	PERKO-DAVIS	18
Glenn	MUELLER	26
Jonathan	SMART	27
Samantha	BUCK	29
Elizabeth	CARR	30

Wedding Anniversaries



Patrick and Linda	Finnessey	3	54
Bob and Elaine	Orton	3	51
David and JoAnn	Ott	8	66
Terry and Jeanne	Calderwood	13	8
Pastor Matt & Sarah	Helfrich	20	3
Randy and Carolyn	Henning	21	54

Council Bullets

- The Congregational Vitality Survey has been sent to all members by email. If you do not receive email, please contact Pastor Matt or Cynthia for alternate method of delivery.
- Movie Night with Wedgwood – Friday, June 9. Details to follow.
- Community Garage Sale with Wedgwood – Saturday, July 29. Details to follow.
- Congregation members are encouraged to bring concerns/suggestions/ideas to any member of Council.

President – Randy Henning

Maureen Buchek

Joyce Meyer

Vice President – Laurie Brown

Jeanne Calderwood

Glenn Mueller

Treasurer – Dave Endorf

Karen Haynes

Gary Schultz

Secretary – Marilyn Wiley

Cathie Lehr

Rod Wallace

June Worship Assistants

June 4, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Bill Kaepffel
Zoom & Slides: Rod Wallace
Musician: David Eggers
Ushers: Levaughn & Sheila Smart
Greeter: Jann Mueller
Altar Guild: Karen Haynes & Sheila Smart

June 11, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Terry Calderwood
Zoom & Slides: Gary & Laurie Brown
Musician: Gregg Ott
Ushers: Jim & Doris Stoehner
Greeter: Kathy Endorf
Altar Guild: Joyce Wolf & Ann Schultz

June 18, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepffel
Lector: Gary Brown
Zoom & Slides: Erle Craig
Musician: David Eggers
Ushers: Randy Henning & Dave Endorf
Greeter: Joyce Meyer
Altar Guild: Doris Stoehner, Marilyn Wiley & Bill Kaepffel

June 25, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Dave Endorf
Zoom & Slides: Rod Wallace
Musician: Greg Ott
Ushers: Gloria Broderick & Cathie Lehr
Greeter: Jeanne Calderwood
Altar Guild: Maureen Buchek & Marjorie Becker

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

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 5:30pm Noble Guard 2
4 Blood Pressure check 9:15am Worship 10:30am Adult Ed 11:00am True Vine	5 5pm Noble Guard 1 7pm CVT	6 10am Bible Class 11am Exercise Class	7	8 11am Exercise Class 11:30am Bunch Lunch	9 8pm Movie Under the Stars	10 5:30pm Noble Guard 2
11 9:15am Worship 10:30am Adult Ed 11am True Vine Church	12 5pm Noble Guard 1 7pm Council	13 10am Bible Class 11am Exercise Class	14	15 11am Exercise Class 7pm NCOTC (LL)	16	17 5:30pm Noble Guard 2
18 9:15am Worship 10:30am Adult Ed 11am True Vine Church	19 5pm Noble Guard 1	20 10:00am Bible Class 11am Exercise Class	21	22 11am Exercise Class	23	24 5:30pm Noble Guard 2
25 9:15am Worship 10:30am Adult Ed 11am True Vine Church	26 5pm Noble Guard 1 —	27 10am Bible Class 11am Exercise Class	28 50+ Picnic (LL)	29 11am Exercise Class	30	

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

Lutheran Church of the Living Christ
2725 Concord Drive
Florissant, MO 63033