

AUGUST 2023

# The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

"No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it." -1 Corinthians 10:13

Things are different. At some point they changed. Perhaps it was while I was driving, sleeping, mowing the lawn, or any number of other "common" things we might do. During those simple, time consuming, rhythms-of-life activities that cycle through our days – something started to slowly creep from a different direction.

At first it seemed like a small glimmer on the top of hill in the distance, not really causing too much notice. But, as life continued on, it started to grow more noticeable and less subtle. Eventually more of them appeared. The newer ones started to grow and build momentum toward me. As they grew closer, it became clear that they really hadn't been growing, they had just come into clearer view, for whatever cause or reason. Not only were they seeming larger, closer, and clearer; it was also occurring to me that somebody needs to deal with these soon.

Maybe you have experienced this kind of moment at some point. Perhaps it caused you to jump to action. Or, in the case of many people, it triggered a sense of anxiety or panic. When the things of life change, maybe not appearing as obvious as we wish they would, they can sneak up on us unexpectedly. Next thing you know, we are presented with all kinds of felt demands, required action, and we may feel like there's not enough time or energy to take care of all of it.

Moments like this are sometimes met with more avoidance, escape, or more procrastination. Sometimes they are explained away as "not mine to deal with". Or, the thought of not being qualified could also come to mind. Trust me, I've been there.

The past few years have shown me and my loved ones way too many of these situations. Earlier I shared about how things had changed, yet in these experiences it has occurred that nothing unexpected happened. It is only because I categorized them that way (unexpected), that they took me off guard. So, I've learned to expect what I may not be readily prepared for. What kinds of things are you not prepared for? When you list those things, what can be done to deal with them in a less urgent way? We ask the same questions about our education, our work or retirement, our preparations for travel as we plan out our path. There are always unexpected things, but we are much more ready if we think them through ahead of time. Don't forget: when you are tested, God will provide the strength, the direction, what is needed for you to endure.

*CONTINUE ON PG. 2*

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Find us on Facebook - Lutheran Church of the Living Christ ELCA

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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

One prayer that helps me to reorient myself with God is  
from this song by artist Jenn Johnson -

Let me be filled with kindness and compassion for the one.  
The one for whom you loved and gave your son. For  
humanity, increase my love.

Help me to love with open arms like you do. A love that  
erases all the lines and sees the truth. Oh, that when they  
look in my eyes, they would see you. Even in just a smile,  
they would feel the father's love.

Oh, how He loves us. From the homeless to the famous and  
in between. You formed us, you made us carefully. 'Cause in  
the end, we're all your children.

Let all my life tell of who you are. And the wonder of your  
never-ending love. Your wonderful and such a good father.  
Help me to love with open arms like you do. A love that  
erases all the lines and sees the truth. Oh, that when they  
look in my eyes, they would see you. Even in just a smile,  
they would feel the father's love.

Peace,  
Pastor Matt



Articles Due 21st of each  
month

# Treasurer's Report

## June 2023 Treasurer's Report

### Living Christ Word Find



CHURCH SERMON  
CONCORD STEWARDSHIP  
COUNCIL  
ELCA  
GIVING  
LOVE  
LUTHERAN  
MEMBERS  
OUTREACH  
SALVATION

Category	June Actual	YTD Actual
INCOME	\$10,214	\$131,872
EXPENSES	\$15,481	\$95,815
Congregation Coord	\$150	\$300
Cong Vitality Team	\$50	\$150
MISSIONS	\$1,500	\$13,000
OFFICE	\$164	\$1,833
OUTREACH	\$0	\$65
PASTOR FUND	\$0	\$0
PROPERTY	\$3,382	\$20,270
STEWARDSHIP	\$0	\$217
SUPPORT	\$2,362	\$15,804
WAGES	\$7,717	\$43,813
WORSHIP	\$56	\$363
Total YTD Income	\$ 131,872	
Total YTD Expenses	\$ 95,815	
Total YTD Difference	\$ 36,057	

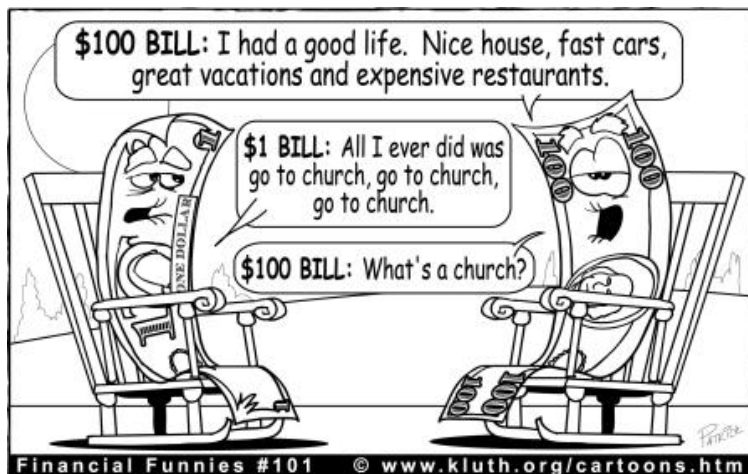
The expenses for the month of June were \$15,481 and our income for the month was only \$10,214. While income for the year is \$36,057 greater than expenses, excluding the month of April, we are averaging a deficit of \$4,065 per month for the other five months.

2023 General Funds paid to missions are as follows:

Central States Synod	\$ 7,000
Local Missions	\$ 6,000

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

Dave Endorf, Treasurer  
dave.endorf@gmail.com  
502-612-3518





**Nurse's Note: Cathie Lehr MSN, RN**  
**1 and 2 and 3 and.....Fitness**

Changes in strength, swiftness, stamina, and ability to coordinate movements of the body occur with age. Additionally, the capacity for muscles to undergo repair also diminishes with age.

Cardiovascular exercise refers to workout activities that increase your heart rate for anywhere between 10 and 30 minutes. Cardio exercises are important for your overall health and they are an excellent means of improving stamina, controlling blood pressure levels, boosting energy, and strengthening bones. Before starting a new cardio workout, always check with your Health Care Provider about participating in strenuous cardio activities.

**How can you improve your strength, coordination, and health in the comfort of your home?**

**Get into a fitness work-out routine with some of these low-impact exercises designed to strengthen body muscles and get your heart rate elevated**

**Chair Dance:**

Every time a TV commercial appears, move your legs, move your arms, stretch your body. Pretend you have happy feet dancing the Jitterbug, the Jive, the Swing, or Do Si Do to the right and Do Si Do to the left.

Make your movements as comfortable as possible. The object is to get your muscles moving and become consistently active and limber as possible.

**Chair Squats:**

There are two ways you can do effective chair squats:

The first way is to simply stand in front of the chair and lower yourself down onto it like you normally do when you are sitting in a chair. Then, stand back up and do it again. To help keep yourself balanced, you can keep your arms out in front of you. Repeat this as many times as comfortable.

Alternatively, you can also stand behind the chair and hold onto the back of it for balance. Keeping your feet flat on the ground, slowly lower yourself down into a squatting position while keeping your back straight. Repeat this movement several times as comfortable.

**Strength Exercises:**

Stand a little farther than an arm's length away from the wall. While facing the wall, lean your body forward and place your palms flat against the wall, about shoulder-width apart. Bend your elbows as you slowly lower your upper body towards the wall, count to five, and then slowly push yourself back until your arms are straight once again.

**Leg Exercises:**

Sitting in a chair with your back upright and feet placed firmly on the ground, lift one leg until the knee is straight and hold for three to five seconds. Return your leg to the starting position, and then do the same motion with the other leg. Repeat between five to eight times.

Another leg exercise is simply marching in place. Lift one leg off the floor, bending your knee as high as possible while maintaining comfort. Lift each leg alternately. Repeat between five to eight times.

## OUTREACH

On Sunday, August 6, 2023, Living Christ will welcome Janel Uelk from Lydia's House.

Lydia's Houses' mission is to provide domestic violence survivors and their children a safe place to heal, a voice for justice, and an opportunity for better and sustainable lives.

Janel Uelk will join us for church and give a presentation and discussion during the Adult Education time. Join us to learn more about Lydia's House, their mission and ministry.

## BACK TO SCHOOL

Living Christ is in the middle of collecting school supplies, back packs, and many other items like clothing for young students in and around the area served by God's Helping Hand Ministry.

As you have noticed in the "advertising" there is a partnering of Antioch Baptist Church, St. Philips Lutheran Church, Restorative Justice, and hopefully St.James AME Church, combining to reach out to those in the Neighborhood.

Also, happy to welcome back long-time Anonymous Donors to help us out with money donations and prayers. The last day to donate is **August 14.**



The August Lunch Bunch will meet on Thursday, August 10, at 11:30am at the Olive Garden at 3552 Pennridge Dr. in Bridgeton 63044. For reservations contact Joyce Meyer at 314-838-3741. or at [jameyer46@charter.net](mailto:jameyer46@charter.net) All are welcome.

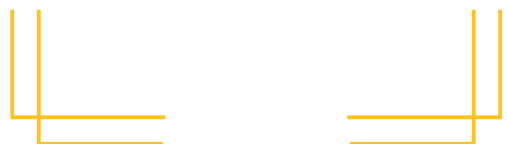
## JULY LUNCH BUNCH MET AT FERGUSON BREW

Fifteen ladies, including one guest, and three gentlemen met for lunch on July 13 at Ferguson Brew Co. Excellent food and lively conversation was enjoyed by all.



## CONGREGATIONAL MEETING

following worship August 20th



## GARAGE SALE, July 29

Those items that did not sell at the yard sale, July 29, are in the lower level of the church. All yard sale items remaining downstairs after August 15 will be donated to a charity organization. Please take any of your items you do not wish to be donated.



# SAVE THE DATE

*Lutheran Church of the  
Living Christ*  
CAR SHOW NEW AND USED  
*Car Show*



9 SEPTEMBER | 10 AM - 4 PM  
2725 CONCORD DR., FLORISSANT, MO

[WWW.LC-LIVINGCHRIST.COM](http://WWW.LC-LIVINGCHRIST.COM)



## **Council President**

### ***Randy Henning***

I want to follow up with what I mentioned in last month's report. Since we are entering a time of critical activity for our congregation to see what we will look like in our near and distant future, I don't want any of you to be surprised. Anyway, two things to mention. We had our meeting with 4 other North County ELCA congregations and one from St. Louis city. The discussion centered around the lack of attendance on Sundays for each of us (generally 40 or less each Sunday) and how that decreases what we can do. That also involved a discussion of financial situations, etc. Pastor David Whetter from the synod office led the discussion. We discussed our limitations because of these factors that keep us from doing God's work to the extent we would like to. The essence of the conversation was that we needed to start doing things together, not individually. If in a few years we see we can't all survive even with this effort, mergers, etc. might be called for. And if that should come about, we want to be familiar with each other, so doing that isn't just a matter of some folks moving to a place where they don't know anybody. So look for things in the near future to help us get to know each other, maybe a service for all congregations, get together for all congregations, a common calendar, etc. Laurie Brown and I volunteered to facilitate the future sessions, the first of which will be August 6. Hang in there. We will keep you well informed on what is going on.

Secondly, we will be holding another council retreat on Saturday, August 19 (tentative) to discuss our situation at Living Christ and how we interface with the effort mentioned above. We will discuss the Congregational Vitality survey, a class that Dave Endorf and I attended on the state of religion in the U.S. today, and the North County ELCA team formed above. We will make sure that our efforts are in sync with the other congregations to make sure we can be as effective as possible in spreading God's Word and doing what he expects us to do. In both these cases, please be patient and if you have any questions or concerns going forward, please feel free to contact me. We all pray for a productive and long future.

THANK  
YOU

thank  
you

THANK  
YOU!

***You Truly Make The Difference  
for Us, And We Are Extremely  
Grateful!***

***St. Louis Area Diaper Bank***

A Special Thank you for  
those who has already  
contributed to the Back to  
School Drive. The last day  
to contribute is August 14

Bob Fayman

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## ***Habitat Happenings***

BY BOB FAYMAN

All efforts are shifting to FarAway ( on the bluffs above Riverview Drive in North St. Louis City) to complete 7 new model houses. The extreme heat/humidity is taking it's toll even on the experienced workers.

New projects ( primarily rehabs ) will be reported on as work begins.

Questions: Please see Bob-the-Builder.



# Celebrate August!

## *Birthdays & Anniversaries*



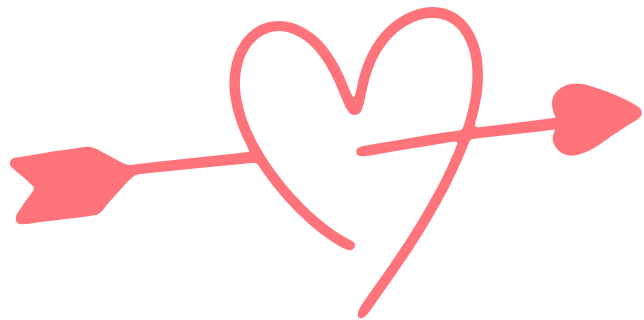
### Birthdays

Shirley	BEINS	1
Kathy	ENDORF	1
James	STOEHNER	8
Rod	WALLACE	8
Nancy	KAEPPEL	13
Dave	WILSON	18
Dave	BARNES	20
Denise	CHAPPELL	21
Bryan	CLIFFORD, JR	26

### Wedding Anniversaries



William and Nancy Kaeppel 9th 64 years



## Council Bullets

- Communion to shut-ins - A list of volunteers to serve communion to shut-ins is being prepared. Instructions will be provided by Pastor Matt. Contact Pastor Matt if you are interested in serving communion to shut ins.
- Car Show - The Car Show is coming up on September 9. Contact Karen Haynes or Cathie Lehr if you are interested in helping with planning or volunteering.
- Pledge sheets - Completed pledge sheets are due on August 6 (return to Jeanne Calderwood or the office).
- Lending Library - The Lending Library is in the final stages of construction and will be placed on LCLC property soon. Book donations of all types are being collected.
- Favorite hymns - You may submit a list of favorite hymns that you would like to be considered for signing during worship. Submit requests to Marilyn Wiley.

# *August Worship Assistants*

## **August 6, 2023**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Angela Bennett  
Lector: Gary Brown  
Zoom Slides: Erle Craig  
Musician: Greg Ott  
Ushers: Gloria Broderick & Cathie Lehr  
Greeter: Kathy Endorg  
Altar Guild: Cathie Lehr & Joyce Meyer

## **August 13, 2023**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Randy Henning  
Lector: Laurie Brown  
Zoom Slides: Gary & Laurie Brown  
Musician: Greg Ott  
Ushers: Jann & Glenn Mueller  
Greeter: Joyce Meyer  
Altar Guild: Karen Haynes & Sheila Smart

## **August 20, 2023**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Angela Bennett  
Lector: Dave Endorf  
Zoom Slides: Rod Wallace  
Musician: David Eggers  
Ushers: Glenn Albers & Ann Schultz  
Greeter: Jeanne Calderwood  
Altar Guild: Joyce Wolf & Ann Schultz

## **August 27, 2023**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Randy Henning  
Lector: Terry Calderwood  
Zoom & Slides: Erle Craig  
Musician: David Eggers  
Ushers: Levaughn & Sheila Smart  
Greeter: Gloria Broderick  
Altar Guild: Doris Stoechner, Marilyn Wiley & Bill Kaepfel

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

# AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10am Bible Class 11am Exercise Class	2	3 11am Exercise Class	4	5
6 9:15am Worship 10:30am Lydia's House 11:00am True Vine LAST DAY TO TURN IN STEWARDSHIP FORM	7 5pm Noble Guard 1 6pm CVT	8 10am Bible Class 11am Exercise Class 6:30pm Wedgewood	9	10 11am Exercise Class 11:30am Lunch Bunch at Ferguson Brew	11 5:00pm Private Party LL	12
13 9:15am Worship 10:30am Adult Ed 11am True Vine Church	14 5pm Noble Guard 1 7pm Council	15 10am Bible Class 11am Exercise Class	16	17 11am Exercise Class 7pm NCOTC	18	19
20 9:15am Worship 10:30am CONGREGATIONAL MEETING 11am True Vine Church	21 5pm Noble Guard 1	22 10:00am Bible Class 11am Exercise Class	23	24 11am Exercise Class	25	26
26 9:15am Worship 10:30am Adult Ed 11am True Vine	27 5pm Noble Guard 1	28 10am Bible Class 11am Exercise Class	29	30 11am Exercise Class	31	

Zoom links for events can be found on our website:  
[www.lc-livingchrist.org/calendar](http://www.lc-livingchrist.org/calendar)

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