

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

Reflections on reflections...

During the past 5 years I have been reading, listening, and researching to try and learn more about how churches have changed. Some have grown but most have gotten smaller. Most of the time I find that perspectives are either a bit more academic, sometimes analyzing the changes in theology over history or focusing on the effect of sociological trends.

There are reflections on internal practices (prayer, worship, and hospitality) and faith within congregations or denominations. There are external factors (social, political, or economic) that are addressed by one or another author. In all of this, it's very important to understand a few things.

- 1..Each study/reflection shows the findings of a limited focus. It's not the big picture by far.
- 2..Even in reading widely there is no all-encompassing answer or application that we could apply to turn things in a more desirable direction. No silver bullets or foolproof strategy or style.
- 3..The many things we are noticing and asking questions about today are usually the results of events or movements that occurred many years ago. Perhaps even resulting in an institutional personality that isn't even recognized or acknowledged.
- 4..The direction that any church ends up going is a result of how God is working within our world to bring about a more faithful understanding and genuinely loving experience in the lives of everyone in our world.

Considering this, we really can't and don't know many things - we are limited. The more I think about that, the more unsettling it is. I'm reminded of the 2001 Comedy "Zoolander" with Ben Stiller, Owen Wilson, Will Farrell, and Christine Taylor. At one point, the main character, Derek Zoolander, makes a very embarrassing mistake and finds himself rocked to his core of identity. He stumbles out onto the curb, gazes down into the water passing by in the gutter, sees his reflection and asks, "Whom am I?" Surprising enough, his reflection looks back at him and replies, "I don't know." His response, "I guess I have a lot of things to ponder." As comical as it may seem, it can be a meaningful commentary on what happens in difficult situations.

When we learn of events, face different challenges, or attempt to explain unexpected events we can easily fall into a type of autopilot, doing what we have done in the past to explain or confront. When that doesn't work, those challenges and events hopefully help us to realize things aren't the same. Whether we try to grow and learn more to create a new solution, or we accept that we just don't know and get embarrassed or reflect negatively toward our surroundings, no adequate answer appears easily. We ask, "Who am I?"

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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

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Readings from the book of Job and 1 Corinthians seem to make this point clearly. Job 37 says, "God thunders wondrously with his voice; he does great things that we cannot comprehend." Paul writes, "*For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.*" (1 Cor. 1:25). At the center of it we find an expression of mystery, perhaps a thought of identity crisis, a lack of control.

The learned sound more intelligent, the churches with more sound budgets appear desirable, and the influential are regarded as better leaders. All the while most churches look into a common reflection of themselves asking, "Who am I?"; only to hear, "I don't know." And, from the mouth of Derek Zoolander, "I guess I have a lot of things to ponder."

Friends in Christ, ponder these words from the rest of 1 Corinthians 1, "26 Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. 27 But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; 28 God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, 29 so that no one might boast in the presence of God. 30 He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, 31 in order that, as it is written, "Let the one who boasts, boast in the Lord."

WE weren't ever meant to "have it all together", **GOD** has it all together for us. Our shortcomings aren't reflections of our faith or of God disciplining us. They are the same expression of the God who called the humble, the sick, the poor in spirit, the weak, and the lowly. Not of people who had a strong sense of self-identity, but of one that clearly sees their need for God to work on their behalf.

Hear this clearly: **The church's identity is only found in God through Jesus Christ.** Ask, "Who are you?" You are the chosen and redeemed people of God. Put forth in weakness to show the power and eternal wisdom of the God who pulls us out of the pit. That, as the apostle Paul writes, "your faith might rest not on human wisdom but on the power of God." (1 Cor. 2:5). Now, there's "a lot of things to ponder on."

Articles Due 21st of each month

Council President

Randy Henning

Here is hoping the extreme heat we have been having doesn't dampen your enthusiasm for upcoming events. First, I will remind you about the Car Show scheduled for Saturday, September 9. You can find flyers in the copy room at church or send me a note and I can send you an electronic copy. You need to spread it far and wide to everyone you know or to businesses that will post it at their business site. If you have been to one in the past (pre-Covid), you have seen how the community comes out and how great it is to interact with them. We can still use some volunteers, so sign up on the bulletin board in the coat room. It is really a fun day.

Secondly, please make sure you highlight Sunday, October 29 on your calendars. That is the day the North County ELCA congregations will get together to meet each other and enjoy fellowship outside our own facility. The service is scheduled for 4:00 p.m. and will be held at Unity in Belnor. All pastors will have a piece of the service, after which we will have dinner. It will probably be a potluck, but stay tuned for when that is finalized. There will also be a presentation about the collaboration of the North County churches, now named the Great Rivers Collaborative (GRC). This is an effort designed to combine the resources of all those churches to create an atmosphere where our combined efforts for God's mission will be more effective as a whole compared to what we can do individually. I strongly encourage all of you to support this effort and lend a hand wherever you can. The pastors and councils can't do this alone. We need your help. So come on October 29 and get to know people from other congregations. It very much could affect the futures of all of these congregations. See you there and at the car show. And may God guide our hands in these efforts.

July 2023

Treasurer's Report

<u>Category</u>	<u>July Actual</u>	<u>YTD Actual</u>
INCOME	\$12,215	\$144,087
EXPENSES	\$13,649	\$109,246
Congregation Coord	\$0	\$300
Cong Vitality Team	\$0	\$150
MISSIONS	\$1,000	\$14,000
OFFICE	\$586	\$2,420
OUTREACH	\$0	\$65
PASTOR FUND	\$0	\$0
PROPERTY	\$3,244	\$23,514
STEWARDSHIP	\$217	\$217
SUPPORT	\$1,985	\$17,789
WAGES	\$6,617	\$50,429
WORSHIP	\$0	\$363

Total YTD Income \$144,087

Total YTD Expenses \$109,246

Total YTD Difference \$34,841

The expenses for the month of July were \$13,649 and our income for the month was \$12,215. While still a deficit, it was only a \$1,434 difference. That is movement in the right direction. Anything you can do to help us meet our expenses would be greatly appreciated!

2023 General Funds paid to missions are as follows:

Central States Synod	\$8,000
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



September Nurse's Note by Cathie Lehr MSN, RN

BRAIN HEALTH

The health care focus for the month of September is self-care. It is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives.

One important aspect of self-care involves focus on brain health.

Focusing on your brain health is one of the best things you can do to improve your concentration, memory, and mental agility; no matter what age you are. Here are a few tips to maintain good brain health:

Good nutrition helps fuel both mind and body

- People who eat a diet rich in omega-3 fatty acids, whole grains, fruits, vegetables, fish, nuts and plant-based proteins are less likely to develop dementia. .
- Maintain normal blood sugar level. Diabetes is an important risk factor for dementia.
- New research has found that older adults who drank two cups of cocoa a day for a month showed improved blood flow on brain scans and better scores on cognitive tests.

Exercise

- Research shows that using your muscles also helps your mind. Additionally, exercise also lowers blood pressure, improves cholesterol levels, promotes blood sugar balance, and reduces mental stress. All of which can help your brain as well as your heart.

Improve your blood pressure

- High blood pressure increases the risk of cognitive decline in old age. Use lifestyle modifications to keep your blood pressure as low as possible.

Improve your cholesterol

- High levels of LDL (bad) cholesterol are associated with an increased risk of dementia.

Avoid alcohol

- Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two drinks a day.

Avoid tobacco in all its forms

Get Mental Stimulation

- Any mental stimulating activity helps to build up your brain.
Experiment with things that require mental dexterity as well as mental effort.
 - Take courses.
 - Have fun with challenging jig saw puzzles.
 - Take a new route. Don't get stuck in a rut when it comes to daily tasks. Be willing to try new ways to do the same things.
 - Listen to music or play a musical instrument. Cranking up some feelgood music can help boost your creative thinking and brain power.
 - Get quality sleep. Your brain doesn't shut off when you go to sleep. Our brains are trying to make sense of all the activities of the day. Those who do not sleep properly will lose the benefit of the day's learning. Adults need between seven and nine hours of sleep each day. If you nap, make it short. Limit nap time to 30 minutes.
 - Try your hand at a game of cards.
 - Learn a new skill. Try a new hobby or craft.
 - Read. Build a vocabulary. Keep a notebook when you read. Write down unfamiliar words then look up the definitions.
 - Focus on relaxation. Daily meditation can calm your body, slow breathing, and reduce stress and anxiety.
 - Connect with others. Building social networks has countless benefits. The more diverse your friends, the more they challenge you to think creatively by providing perspectives that help keep your mind open.
 - Focus on spirituality to bring purpose and a higher sense of peace, hope, and meaning.

FIFTY PLUS TO TOUR BUTTERFLY HOUSE SEPTEMBER 20

The Fifty Plus group will tour the Sophia M. Sachs Butterfly House on Wednesday, Sept. 20, at 11:00. The Butterfly House is located at 15050 Faust Park in Chesterfield. A group rate of \$4.00 per person can be obtained if there are at least 15 people. Our hosts, Sheila and LeVaughn Smart, plan to write a check for the group, so please pay the \$4.00 in advance to the Smarts, Judy Holmes, or Joyce Wolf. The sign-up sheet will be posted on the bulletin board by September 3.

There will be carpooling from church, leaving at 10:15. The tour will begin at 11:00 and last about an hour. Following the tour, the group will go to the Mellow Mushroom Restaurant at 15525 Olive Blvd. for lunch. All are welcome.

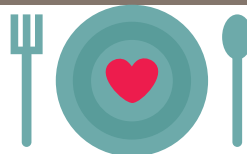
CVT

will meet on Sept. 11 @
6:30pm



SAVE THE DATE

Trunk or Treat – Saturday, October 28.
Planning to begin soon. See Marilyn Wiley for more information.



LUNCH BUNCH

The September Lunch Bunch will meet at 11:30 Thursday, Sept. 14, at Chimi's Fresh Mex in Florissant Meadows Shopping Center, 520 N. Hwy 67 63131 (Lindbergh). For reservations contact Judy Holmes at 314-355-1125 or mickey.holmes@att.net. All are welcome.

AUGUST LUNCH BUNCH MET AT OLIVE GARDEN

Eleven ladies and two gentlemen of the Lunch Bunch met at the Olive Garden on August 10 for a tasty meal and good conversation.

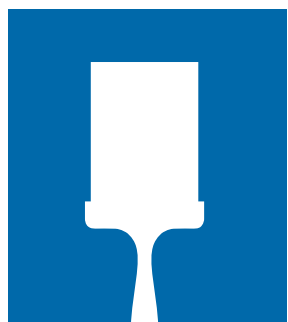


**WALTER HAYNES MEMORIAL CAR SHOW
and NEIGHBORHOOD FUN DAY
September 9 10am-4pm**

CELEBRATING 10 YEARS



“God’s work. Our hands.”



Join us for a day of service!

SEPTEMBER 10, 2023

Our congregation will soon engage in service work right here in our community. We are one of over 8,700 congregations participating in “God’s work. Our hands.” day of service. Across the country, thousands of members will engage in service work to make a positive change in our communities, build and deepen relationships and share God’s love. Join us as we do God’s work with our hands!



Sharing in Mission and Ministry – Great Rivers Collaborative

The Holy Spirit guides our congregation to perform amazing mission and ministry using the resources with which we have been blessed. Recently, leaders from several area ELCA churches gathered to discuss how the gifts within individual congregations could be used in conjunction with gifts in other congregations to provide even greater mission and ministry.

From these conversations, the Great Rivers Collaborative (GRC) was formed.

The GRC member congregations are Atonement, Living Christ, Good Shepherd, Shepherd of the Hills, St. Philips, Unity, and Zion. The GRC Committee already has several ideas and will share them with you soon. We encourage you to participate as you are able in upcoming GRC events! Our first event will be a combined Reformation Service at Unity on the afternoon of October 29th. Watch for more details in announcements and The Communicator.

If you have questions or ideas, please contact Randy Henning or Laurie Brown.

*Atonement
Lutheran Church*

HEALTH AND WELLNESS FAIR

Saturday September 23
FROM 9AM-1PM
ATONEMENT LUTHERAN CHURCH
1285 North New Florissant Road
Fellowship Hall

Community Event
- FLU SHOTS
- COVID SHOTS
GIVEN BY WALGREENS
(INSURANCE CARDS
REQUIRED)

COME AND JOIN US
FOR HEALTHCARE
INFORMATION
AND RESOURCES
FROM A VARIETY
OF VENDORS

BLOOD DRIVE
sponsored by impact life
REGISTER AT bloodcenter.org/impactlife

FOR MORE INFO:
CALL Joyce at
(314) 740-2137

VENDOR GIVE AWAY ITEMS

Made with PosterMyWall.com

THANK
YOU

thank
you

THANK
YOU!

Great news to all who helped with money and donations to God's Helping Hands ministry and Partnership. Your money was turned into providing;

29 ... Back Packs.

9 ...Uniform Shirts.

12 ...Bright new T shirts.

5 ...\$20. Walmart Gift Cards, for uniforms.

\$50. ...in School Supplies.

111 pairs ... New Socks.

4 ...Large bags of clothing
for the Community
GiveAway on the 19th.

THANK YOU ALL

Bob Fayman

Habitat Happenings

BY BOB FAYMAN

All new pictures are on the big Bulletin Board.

Each of the 7 new houses at Lookaway, on the bluffs above Riverview Drive are shown. The exceptions are foundations only, for houses 5 and 6.

Work continues each week, even in the hot and humid weather.

Questions: talk to Bob-the-Builder

Celebrate September!

Birthdays & Anniversaries



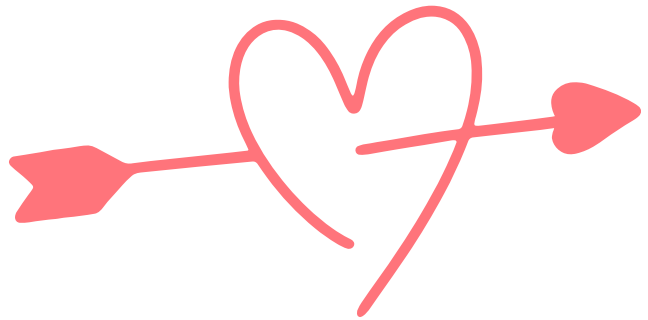
Birthdays

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
Gloria	BRODERICK	17
Charlie	DASHO	19

Wedding Anniversaries



Jenna and Matt Besserman 19th 14years



Council Bullets

- Car Show – September 9, 10am – 4pm. Sign up sheets are on the bulletin board (2-hr shifts). See Karen Haynes or Cathie Lehr for more information.
- Trunk or Treat – Saturday, October 28. Planning to begin soon. See Marilyn Wiley for more information.
- Great Rivers Collaborative – A joint service on Sunday, October 29 at 4pm is being planned at Atonement with a pot luck meal and a presentation following. Contact Randy if you are willing to help with the meal set up and planning.
- Electronic sign – The sign damaged in the recent storm will be repaired in the near future.

September Worship Assistants

September 3, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Gary Brown
Zoom: Gary & Laurie Brown
Musician: Greg Ott
Ushers: Randy Henning/Dave Endorf
Greeter: Levaughn & Sheila Smart
Altar Guild: Maureen Buchek & Marjorie Becker

September 10, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Laurie Brown
Zoom: Rod Wallace
Musician: David Eggers
Ushers: Jim/Doris Stoechner
Greeter: Judy Holmes
Altar Guild: Cathie Lehr & Joyce Meyer

September 17, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Dave Endorf
Zoom: Erle Craig
Musician: Greg Ott
Usher: Gloria Broderick/Cathie Lehr
Greeter: Jann Mueller
Altar Guild: Karen Haynes & Sheila Smart

September 24, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Angela Bennett
Zoom: Gary & Laurie Brown
Musician: David Eggers
Usher: Glenn & Jann Mueller
Greeter: Kathy Endorf
Altar Guild: Joyce Wolf & Ann Schultz

*****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
<p>3 9:15am Worship 11:03am Adult Ed 11:00am True Vine Church</p>	<p>4 LABOR DAY OFFICE CLOSED</p>	<p>5 10am Bible Class NO Exercise Class</p>	<p>6</p>	<p>7 NO Exercise Class</p>	<p>1</p>	<p>2</p>
<p>10 GOD'S WORK OUR HANDS 8am Vocal Choir 9:15am Worship 10:30am Adult Ed 11am True Vine Church</p>	<p>11 5pm Noble Guard 1 6:30p CVT 7pm Council</p>	<p>12 10am Bible Class 11am Exercise Class 6:30pm Wedgewood</p>	<p>13</p>	<p>14 11am Exercise Class 11:30am Lunch Bunch at Chimi's Fresh Mex 6pm Bells</p>	<p>15</p>	<p>16</p>
<p>17 8am Vocal Choir 9:15am Worship 11:03am Adult Ed 11am True Vine Church</p>	<p>18 5pm Noble Guard 1</p>	<p>19 10:00am Bible Class 11am Exercise Class</p>	<p>20 10:15am 50+ Butterfly House</p>	<p>21 11am Exercise Class 6pm Bells 7pm NCOTC</p>	<p>22</p>	<p>23</p>
<p>24 8am Vocal Choir 9:15am Worship 10:30am Adult Ed 11am True Vine</p>	<p>25 5pm Noble Guard</p>	<p>26 10am Bible Class 11am Exercise Class</p>	<p>27</p>	<p>28 11am Exercise Class 6pm Bells</p>	<p>29</p>	<p>30</p>

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

Lutheran Church of the Living Christ
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