

JANUARY 2024

# The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

## A Resolution... I Think

Happy New Year! I pray you know the many blessings of our Lord as we begin 2024. Have you made a resolution? Do people still make resolutions? Maybe reverse psychology is your thing, so you resolve to stop something, like “stop eating healthy”. The reverse psychology creates hope that your rebellious nature will kick in and you start eating healthy out of spite? Perhaps you were a little more direct and resolved to be more compassionate, learn a new skill, or just not watch as much TV?

At any point some version of pure theological reflection might inter the conversation, it is truly admirable to acknowledge that the best, perhaps the only worthy, resolution is to do one basic thing: STOP SINNING. I mean, every resolution has its source in something that hasn't been done in the best or even perfect manner. So, to stop sinning will essentially do away with the potential that any other misdeed is overlooked. Stop Sinning = Perfect New Year's Resolution. An added bonus, when the season of Lent comes around, there is no reason to give anything up... there's nothing left to give up.

Of course, this is a ridiculous consideration. By trying such a thing, like any other resolution, we will come face-to-face with more ways we aren't perfect. Maybe you will also be haunted by the thought that it's all meaningless. On the other hand, you could get into the mindset that living without sin is achievable and you are actually becoming more perfect. Now, that thought would only be an expression of delusion and a potential source of pride (one of the “deadly sins”)... thus, toppling the proverbial ivory tower.

Now that it is established that becoming perfect is not going to happen by a choice of sole will in a resolution, how do we make sense of it? What's the point of doing any of it at all?

Solomon writes these words in Ecclesiastes 1,

***“14 I saw all the deeds that are done under the sun; and see, all is vanity and a chasing after wind. 15 What is crooked cannot be made straight, and what is lacking cannot be counted.”***

Solomon considers all of the ways that we have sought out to give value or worth, meaning or knowledge to our days; only to determine that seeking such a thing is folly, vexation, and a sorrowful endeavor. How depressing! Surely there has to be something of value in this life. So, where do we find hope beyond our endeavors and the values of trying to make things better?

Many of you might have already answered this question. Simple, “We find it in Jesus.” Like the young child who proclaims the answer during Sunday School or in a children's message, “Jesus!” is the answer. This isn't wrong but applying that in the reality of our days – whether to our own life or in speaking to someone else – it can come across flippant or dismissive. When someone you love shares that they are struggling with some deeply troubling news, it isn't advised that we simply reply to them, “The answer is Jesus.”

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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

Knowing in our heads and by faith that this is where we would find meaning and hope, we also need to consider what that means in every situation. Perhaps a better way to view it could be in considering that Jesus showed in his life, death, and experiences with compassion the way in which God is at work in all things for a purpose. In the meaningless things of life, God provides meaning through directing us to relate our every passing breath to what God's intent is.

How do we know God's intent? We see it in Jesus, in the ways that he went about things, in his teaching, in his loving actions, in the great sacrifice, and in the immeasurable victory over sin, death, and the devil. When we are challenged, there is a place where Jesus can relate and where Jesus will provide what is needed. So, where do our resolutions go from there? How about they go to Jesus?

With this New Year, resolve to consider Jesus in the places where you might feel deficient. Look into the stuff that has been a struggle and seek to find how Jesus is in that. When saddened, overjoyed, tired, energized, discouraged, or hopeful... what is the Holy Spirit directing you to discover in Jesus? Do you not see Jesus in certain places? Ask people who know Jesus to help, there's no shame in this at all.

The only way we can ever experience what being without sin is like is through the one who is without sin, Jesus. In fact, in Jesus we are freely given forgiveness, called righteous by his blood, and made into the spotless children of God in eternity. So, to truly be without sin, or to give up sin, give the sin to Jesus and experience the amazing resolution of giving up sin!

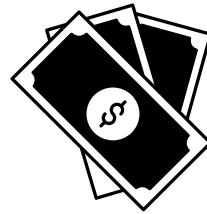
Articles Due 21st of each  
month

# PRESIDENT'S REPORT

## JANUARY, 2024

As we move into 2024, we welcome Sheila Smart as a new member of our church council. And we thank those returning for another term and the whole council, for their work in the past and their dedication, commitment, and passion to continue the work of Living Christ. And I thank them personally for everything and for helping to shape the future going forward. Again, and this is a broken record, everyone's support and prayers are needed to deal with the work God has put us here to do, as well as trying desperately to improve our financial position. As always, any suggestions on either topic are welcome. At any rate, the next bunch of months, things are likely to change. The Great Rivers Collaborative (GRC) will be cranking up more activity, all of which will be aimed at improving and making for effective the work we do in line with what God has asked us to do. I encourage all of you to take part in events/special occasions that take place at Living Christ or any of the other GRC member churches. Be of help where you can, with your focus being on the event or special occasion and not on the church that may be leading the effort. It is important to remember that we are one family in Christ, not 7. The more we work together, the more we accomplish. So, look forward to 2024 and make a New Year's resolution to make 2024 a banner year for Living Christ.

# November 2023 Treasurer's Report



Category

November

Actual YTD	Actual	
INCOME	\$8,917	\$187,616
EXPENSES	\$16,215	\$169,575
Congregation	\$0	\$450
Cong Vitality Team	\$0	\$150
MISSIONS	\$1,000	\$19,000
OFFICE	\$154	\$3,410
OUTREACH	\$0	\$65
PASTOR FUND	\$0	\$250
PROPERTY	\$6,430	\$42,281
STEWARDSHIP	\$0	\$217
SUPPORT	\$1,649	\$24,484
WAGES	\$6,981	\$78,743
WORSHIP	\$0	\$524

Total YTD Income \$ 187,616

Total YTD Expenses \$ 169,575

Total YTD Difference \$ 18,041

The expenses for the month of November were \$16,215 and our income for the month was only \$8,917. The deficit for the month of November was \$7,298, our largest deficit of the year. We still hold hope for a generous December offering. 2023 General Funds paid to missions are as follows:

Central States Synod \$ 9,500

Local Missions \$ 9,500

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

Thanks.

Dave Endorf, Treasurer

dave.endorf@gmail.com

502-612-3518



## January Nurse's Note: Cathie Lehr MSN, RN

### Post-Holiday Blues

The holiday season is usually a joyous occasion. Soon after all the celebrating, thoughts of Christmas being over and getting back to the old routine may instigate feeling blah for many people. What is it about Christmas that makes people feel this way?

Post-holiday blues usually refer to the short-lived mental distress, anxiety, and sadness that arises after the holidays. It is common after all of the hoopla, preparation and celebration, with the Christmas season for people to experience a letdown that is often temporary.

Decorating, planning, and organizing fun-filled events with family and friends surround traditions and activities intended to fulfill a goal of having a good Christmas. The problem with this goal is that after these goals are achieved, people are left feeling emotionally flat and experience post-holiday blahs.

The blahs are the feeling of being between loving life and depression. You aren't sad, you aren't happy. You just are. You exist. You may feel low, feel joyless, feel aimless, feel stuck, and barely muddling through life. You're not depressed exactly, but not excited for life. You're not falling apart but not functioning on all cylinders. If post-holiday blues are long-lasting and not addressed, it can lead to depression.

#### Ways to cope with post-holiday blahs:

- Name your feelings. Recognize that you are experiencing feeling empty and blah. This is an important step that allows you to accept and honor what you're feeling as well as determine how you can move forward.
- Set Goals – Begin discovering your purpose. Think about what brings you joy or what you think will bring joy. Setting goals and striving towards them is a basic human need. Focus on your "best possible self". Imagine yourself in which everything has turned out as you wanted. Think about positive activities that could produce change and implement plans to experience joy, seek something different, and achieve your goals.
- Practice Gratitude – Thank God for your family and friends. Focusing on the positive aspects of your life and what you're grateful for can help shift your perspective and reduce negative emotions.
- Commit yourself to a healthy lifestyle – Seek appropriate healthcare. Take all medications as prescribed. Plan and practice healthy food choices. Participate in healthy fitness routines appropriate for your physical abilities. Get adequate sleep. Plan rest periods, including naps, as needed. Limit alcohol consumption.
- Ask for help - You do not need to have a diagnosable mental health condition to see a therapist. In fact, it may be best to see someone before you reach a more urgent mental health state. Maybe therapy isn't for you, but you can still reach out to supportive loved ones. Humans are social animals, introverts and extroverts alike. We need and crave human connection.

## FIFTY PLUS NEWS

### FIFTY PLUS PLANNING MEETING FOR 2024

Fifty Plus will meet Wednesday, January 17 at 10:30 a.m. in the lower level to plan the activities for 2024. The \$10.00 are due at the planning meeting.

Please bring a sandwich and beverage for your lunch after the planning session. Coffee and dessert will be provided. If you wish to play games after lunch, please bring games. A sign up sheet will be posted.

### FIFTY PLUS DECEMBER CHRISTMAS LUNCHEON

Twenty nine members and guests of Fifty Plus gathered on December 20 for our Annual Catered Christmas Luncheon. This year it was fully catered by Tornatore's Catering. After the luncheon, we exchanged gifts and guessed how many pieces of candy in a jar. Then Bill Kaepfel played the piano and we sang Christmas Carols.

We collected \$15.00 for the USO. We want to thank Glenn and Jann Mueller and Joyce Meyer for arranging the Luncheon and we want to thank our set up and clean up crew of Joyce Meyer, Marilyn Wiley, Cathie Lehr and Sheila Smart. Everyone enjoyed the delicious food and went home with a gift.



### "Girls Scouts & Living Christ quilt making

for Lutheran World Relief has been cancelled for December 16th and has been rescheduled for Thursday, January 25, 2024, 6:30-8:00 p.m. Any questions, please speak with Kathy Endorf."

## LUNCH BUNCH



The Lunch Bunch will meet January 11 at 11:30 at The Longhorn Steakhouse at 2317 N. Hwy. 67 63033. For reservations contact Judy Holmes at mickey.holmes@att.net or 314-355-1125 OR Joyce Meyer at jameyer46@charter.net or 314-374-4135. All are welcome.

### LUNCH BUNCH MET AT CUGINO'S IN DECEMBER

Eight ladies and one charming gentleman met at Cugino's December 14 for a nice Christmas lunch and good conversation. It was a pleasant break in the busy Holiday Season.

### 2024 CONTRIBUTION ENVELOPES

are available for pick up from the table in the hallway.

## LSTC Learning Communities: Theological Intersectionality for the Twenty-First Century Church

Starting Sunday, January 7 or  
Wednesday, January 10



Lutheran School of  
Theology at Chicago



Dear Friends,

We're just a little over one week away from the commencement of "Theological Intersectionality for the Twenty-First Century Church" with Dr. Linda E. Thomas. This is a friendly reminder to secure your spot for this insightful 4-week series.

Dr. Thomas will guide us through a profound exploration of the concept of Intersectionality and its application in addressing systemic violence. Whether you're a student, community member, faith leader, or academic, this series promises valuable insights and engaging discussions.

To join us for this series, which is offered at no cost to participants, simply register at  
[www.lstc.edu](http://www.lstc.edu)

Don't miss this opportunity to expand your understanding and contribute to creating a more just society.

We look forward to seeing you there!

Best regards,  
LSTC Learning Communities

# NEW YEAR'S WORD SEARCH

## New Year's Word Search

J A N U A R Y F R I E N A C E  
F R I E N D S Y A S R I L A H  
N E Y S E R T I E M O W B L C  
B S I L Y F A E N E I Y A E O  
N O C R N V N V E Y D L B N U  
A L D C L O C K L T I E Y D N  
R U V E W M I D N I G H T A T  
V T O A S T W S N O L Y I R D  
G I A N I N G S E V E U A R O  
C O N F E T T I T M I N G S W  
R N O L C E L E B R A T I O N  
A J A N U E L V E I M K E R A  
Y P A R T Y H A A P Y S E V W  
N E W Y E A R C L O K S O R Y  
S H A P P Y E B A L L R E S O

BABY  
BALL  
CALENDAR  
CELEBRATION  
CLOCK  
CONFETTI  
COUNTDOWN  
EVE

FAMILY  
FRIENDS  
HAPPY  
JANUARY  
MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY

RESOLUTION  
TOAST



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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



# Celebrate January!

## *Birthdays & Anniversaries*



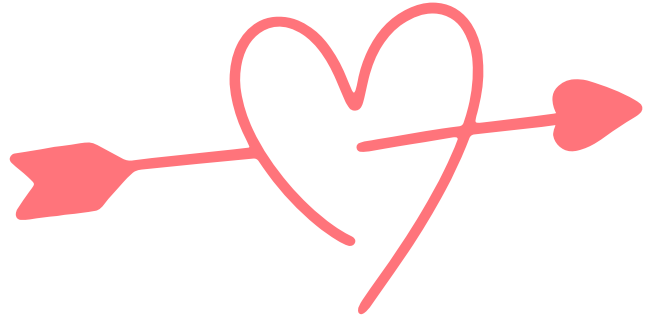
### Birthdays

Kathy	CARR	2
Marilyn	WILEY	2
Beth	WILSON	4
Marie	JOHNSON	5
Trisha	SCHULTZ	20
Carol	HOOGLAND	21
Nancy	BUTH	22
Carolynn	HENNING	23

### Wedding Anniversaries



Glen and Beverly	Albers	31 st	65years
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# *January Worship Assistants*

## **January 7, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Bill Kaepfel  
Lector: Gary Brown  
Live Streaming: Gary & Laurie Brown  
Musician: David Eggers  
Ushers: Gloria Broderick & Cathie Lehr  
Greeter: Kathy Endorf  
Altar Guild: Cathie Lehr & Joyce Meyer

## **January 14, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Angela Bennett  
Lector: Laurie Brown  
Live Streaming: Erle Craig  
Musician: Greg Ott  
Ushers: Jann & Glen Mueller  
Greeter: Joyce Meyer  
Altar Guild: Karen Haynes & Sheila Smart

## **January 21, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Randy Henning  
Lector: Dave Endorf  
Live Streaming: Rod Wallace  
Musician: David Eggers  
Ushers: Glenn Albers & Ann Schultz  
Greeter: Jeanne Calderwood  
Altar Guild: Joyce Wolf & Ann Schultz

## **January 28, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Bill Kaepfel  
Lector: Angela Bennett  
Live Streaming: Gary & Laurie Brown  
Musician: Greg Ott  
Ushers: LeVaughn & Sheila Smart  
Greeter: Gloria Broderick  
Altar Guild: Doris Stoehner & Bill Kappel

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

# JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
		2 No Exercise NO Bible Study	3	4 NO Exercise NO Bells	5	6 10am Girl Scouts 5:30pm Martial Arts
	1					
7 8am Vocal Choir 9:15am Worship 10:30amAdult Ed 11am True Vine Church	8 6:30 cvt 7:00pm Council	9 10:am Bible Class 11am Exercise Class 6:30pm Wedgewood	10 5pm Worship Committee meeting	11 11am Exercise Class 11:30am Lunch Bunch 6pm Bells 6:30pm Girl Scouts	12	13 9am CRC Retreat 5:30pm Martial Arts
14 8am Vocal Choir 9:15am Worship 10:30amAdult Ed 11am True Vine Church	15 <b>Martin Luther King Day office Closed</b>	16 10am Bible Class 11am Exercise Class	17 10:30am 50+ Planning Meeting	18 11am Exercise Class 11:30am Lunch Bunch 6pm Bells 7pm NCOTC	19	20 5:30pm Martial Arts
21 8am Vocal Choir 9:15am Worship 11am True Vine Church	22	23 10am Bible Class 11am Exercise Class	24	25 11am Exercise Class 6pm Bells 6:30pm Girl Scouts	26	27 5:30pm Martial Arts
28 8am Vocal Choir 9:15am Worship 10:30am Adult Ed 11am True Vine Church	29	30 11am Exercise Class 7pm Fox Lake trustees	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**