

MARCH 2024

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

Reconciliation

We are already almost halfway through Lent and it appears that spring is coming early. This is a time when I am reviewing the ways God has been working in our congregation and through me as a pastor. Many times, in doing this I risk the chance of becoming overly critical of myself and saddened by ways I wish things were better – like something wasn't complete. Then, in comes the bulbs rising out of the hard earth, trees budding, and the birds starting to sing their spring songs. It's like God is trying to remind us that there is always hope and life just around the corner.

In 2 Corinthians 5:18-21 the apostle Paul writes,

“All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.”

In Greek, the word is καταλλάσσω (katallassō) – “to reestablish proper friendly interpersonal relations after these have been disrupted or broken (the componential features of this series of meanings involve (1) disruption of friendly relations because of (2) presumed or real provocation, (3) overt behavior designed to remove hostility, and (4) restoration of original friendly relations)—‘to reconcile, to make things right with one another, reconciliation...

“...Because of the variety and complexity of the components involved in reconciliation, it is often necessary to use an entire phrase in order to communicate satisfactorily the meanings of the terms in this subdomain. In some languages, however, reconciliation is often spoken of in idiomatic terms, for example, ‘to cause to become friends again,’ ‘to cause to snap fingers again’ (a symbol of friendly interpersonal relations in many parts of Africa), ‘to cause to be one again,’ or ‘to take away the separation.’ A particularly crucial element in terms for reconciliation is the assigning of responsibility for original guilt in causing the estrangement. Some terms, for example, imply that the individual who initiates reconciliation is by doing so admitting [their] guilt in causing the estrangement.

Website: www.lc-livingchrist.org

Office Email: lclc2725@gmail.com

Office Phone: 314-839-0466

Address: 2725 Concord Dr, Florissant, MO 63033

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

Inside this issue:

FROM PASTOR MATT Cover-2
PRESIDENT & TREASURER'S REPORT 3
NURSE NOTE - 4
ANNOUNCEMENTS - 5, 6 & 7
EASTER FIND A WORD - 8
CELEBRATE - 9
WORSHIP ASSISTANTS - 10
CALENDAR - 11

This, of course, provides a completely untenable meaning for reconciliation in speaking of God reconciling people to [God's self] through Christ. In a number of languages the contextual basis for an expression for reconciliation is often found in terms relating to the reconciliation of husbands and wives. Such expressions fit in well with many contexts in the Scriptures, especially in speaking of reconciliation of people to God, since God is frequently referred to as the husband and the believers as the wife."

What an amazing message of how God has worked through Christ to bring us together. This helped with my consideration of self-deprecating thoughts. Reminding me that God's gift and intent are, not only to bring us back together with each other and God, but also to bring us into a right heart and mind with ourself. Be a friend to yourself, snap your fingers, and know that God is making you complete!

Pastor Matt

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

1 Johannes P. Louw and Eugene Albert Nida, Greek-English Lexicon of the New Testament: Based on Semantic Domains (New York: United Bible Societies, 1996), 501. (Emphasis is mine).

Articles Due 21st of each
month

PRESIDENT'S REPORT
Randy Henning



TREASURER'S REPORT

January 2024

As we are in the middle of the Lenten season, we reflect on the goodness and mercy of our Lord and Saviour and what the expectations are for us in doing his will. We consider all the things he has done for us and how we can best serve him to try and in some very small way, repay him for giving his life for us. That means serving him in whatever way we can. That means supporting all efforts that help make this world a better place by helping those that need help. Right now, we are trying to revive the food pack at Atonement for Feed My Starving Children (FSMC). We have been involved with other ELCA congregations in the Great Rivers Collaborative (GRC). We continue to support missions wherever we can. And all of those efforts require ALL of us to be ready to step up and serve. So I ask you to consider doing whatever you can to support those efforts to the extent you can. Certainly, money is an issue for some of these things, but probably of more importance is your time. There is no limitation anywhere that says we have limits on what we give of our time or our financial support. So ask yourselves if you are doing all you can. You know our current financial position and our opportunities with FMSC and GRC. We all have the responsibility to act. And at this time of year, that work can't be over-emphasized. May God lead us and direct us as we continue to do his work.

Category	January Actual	YTD Actual
INCOME	\$8,710	\$8,710
EXPENSES	\$13,550	\$13,550
Congregation Coord	\$0	\$0
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,000	\$1,000
OFFICE	\$190	\$190
OUTREACH	\$0	\$0
PASTOR FUND	\$0	\$0
PROPERTY	\$2,807	\$2,807
STEWARDSHIP	\$0	\$0
SUPPORT	\$2,139	\$2,139
WAGES	\$7,261	\$7,261
WORSHIP	\$153	\$153

Total YTD Income \$ 8,710
 Total YTD Expenses \$ 13,550
 Total YTD Difference -\$ 4,840

The expenses for the month of January were \$13,550 and our income for the month was only \$8,710. The month of January expenses exceeded income by \$4,840! The month of January has typically been a poor month, and we have eleven months to go in the year to make some improvements.

2024 General Funds paid to missions are as follows:

Central States Synod \$ 1,000
 Local Missions \$ 0

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
March is National Nutrition Month

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

FRUITS
Eat plenty of fruits of all colors.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
© Harvard University

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publishing
www.health.harvard.edu

openfit 70 Healthy Foods

<h3 style="text-align: center; border-bottom: 1px solid black; margin-bottom: 5px;">Fruits</h3> <ul style="list-style-type: none"> Apples Avocados Bananas Blueberries Cherries Grapefruit Lemon/Lime Strawberries Oranges <h3 style="text-align: center; border-bottom: 1px solid black; margin-bottom: 5px;">Vegetables</h3> <ul style="list-style-type: none"> Asparagus Bell Pepper Beans Beets Broccoli Brussels Sprouts Butternut Squash Carrots Cauliflower Cucumbers Dark Leafy Greens Green Beans Jalapenos Kale Mushrooms Onions/Garlic Peas Potatoes Sea Veggies Spaghetti Squash Sweet Potato Tomatoes Zucchini & Summer Squash <h3 style="text-align: center; border-bottom: 1px solid black; margin-bottom: 5px;">Liquids</h3> <ul style="list-style-type: none"> Almond Milk Olive Oil Vinegar Water 	<h3 style="text-align: center; border-bottom: 1px solid black; margin-bottom: 5px;">Animal Products</h3> <ul style="list-style-type: none"> Chicken Breast Salmon Cottage Cheese Shrimp/Shellfish Eggs Tilapia Greek Yogurt Ricotta Cheese <h3 style="text-align: center; border-bottom: 1px solid black; margin-bottom: 5px;">Nuts, Grains, & Seeds</h3> <ul style="list-style-type: none"> Almonds Peanuts Barley Pumpkin Seeds Brown Rice Quinoa Buckwheat Sunflower Seeds Cashews Walnuts Chia Seeds Whole Grains Flax Seeds Lentils Oatmeal <h3 style="text-align: center; border-bottom: 1px solid black; margin-bottom: 5px;">Spices</h3> <ul style="list-style-type: none"> Basil, Parsley, & Fresh Herbs Paprika, Cumin, & Other Spices Ginger Turmeric <h3 style="text-align: center; border-bottom: 1px solid black; margin-bottom: 5px;">Other</h3> <ul style="list-style-type: none"> Dark Chocolate Tempeh Nutritional Yeast Tofu
---	---

GOOD CARBS VS BAD CARBS

<div style="background-color: #008000; color: white; border-radius: 50%; padding: 10px; text-align: center; font-weight: bold; font-size: 1.5em;">GOOD CARBS</div> <ul style="list-style-type: none"> <i>Fresh fruits</i> <i>Fresh vegetables</i> <i>Beans</i> <i>Legumes</i> <i>Peas</i> <i>Lentils</i> <i>Brown rice</i> <i>Pure oats</i> <i>Pumpkin seeds</i> <i>Sweet potatoes</i> <i>Almonds</i> <i>Walnuts</i> <i>Hazelnuts</i> <i>Whole grains</i> <i>Quinoa</i> 	<div style="background-color: #800000; color: white; border-radius: 50%; padding: 10px; text-align: center; font-weight: bold; font-size: 1.5em;">BAD CARBS</div> <ul style="list-style-type: none"> <i>Fruits juice</i> <i>Soda or pop</i> <i>Cookies</i> <i>Pastries</i> <i>Cakes</i> <i>White bread</i> <i>Ice cream</i> <i>Frozen yogurt</i> <i>Chocolates/candy</i> <i>Desserts</i> <i>Potato chips</i> <i>French fries</i> <i>Cakes</i> <i>Cookies</i> <i>All Cereals</i>
--	--

timeshood

FIFTY PLUS

February 21 at 10:30

The 50 plus members met on February 21 in the lower level to enjoy pizza, salad, dessert, bingo and fellowship!

Thanks to Jann and Glenn Mueller, John and Joyce Meyer and Cathie Lehr for setting up tables, decorations, bingo calling and delivering the pizzas! Donations of \$102 was collected for USO.

50+ GROUP

The 50+ Group will tour the Soda Museum at 126 N. Main Street in St. Charles, MO on Thursday, March 14. We will carpool from church leaving at 10:15 a.m. for a 45 minute guided tour starting at 11:00 a.m. The cost is \$10.00 per person payable at the Museum. There is street parking. This is a new private museum and should be very interesting and educational and fun. After the tour, we will eat lunch at the Burger Underground located at 142 N. Main Street (just two doors down from the Museum). A sign up sheet will be posted . We always have an enjoyable time and always welcome new people. Please note the date change.

DAY LIGHT SAVINGS

Sunday, March 10, 2024, 2:00:00 am clocks are turned **forward 1 hour** to Sunday, March 10, 2024, 3:00:00 am local daylight time instead. Sunrise and sunset will be about 1 hour later on Mar 10, 2024 than the day before.



MARCH LUNCH BUNCH

Lunch Bunch will meet on March 7 at Irma Jean's Restaurant at 2109 Charbonier Rd. in Florissant at 11:30 am. For reservations please contact Joyce Meyer at 314-374-4135 or jameyer46@charter.net. Judy Holmes is looking forward to returning to lunch bunch.

FEBRUARY LUNCH BUNCH

A group of six gentlemen and 12 ladies met at Ferguson Brewery for lunch on February 8. We gathered at one long table and enjoyed a good meal, service and lively conversation.



Easter Egg Hunt

Easter egg hunt is scheduled for Saturday, **March 23 at 10 am**. Doughnuts, coffee, and juice will be provided for participants. The Congregation Vitality Team is requesting donations of candy or small toys to place in the eggs. Please contact Cathie Lehr with questions. Thanks.



Girl Scout Troop 994 and Living Christ have completed at least twelve quilts for Lutheran World Relief!

Quilt-Making/Service Days are Thursday, March 21 @ 6:30-8:00 p.m., and Thursday, April 25 @ 6:30-8:00 p.m. There is a sign-up sheet on the information board.

Create Days (cutting out, assembling, & sewing quilt tops) are: Fridays, March 8 & 15 @ 9:00-11:00 a.m.; then Fridays, April 5 & 12 @ 9:00-11:00 a.m.

Girl Scout Sunday at Living Christ-March 10, 2024.

Girl Scout Troop 994 will be joining Living Christ for worship on Sunday, March 10 at 9:15 a.m.

The Girl Scouts would like to share their experiences of learning how to sew and to work on the quilts for Lutheran World Relief as their yearly service project. All of the completed quilts will be on display for worship and will be blessed. After worship, there will be a reception to meet all of the Girl Scouts and their families.



SAFETY

Please make sure as you are leaving the church that the doors are **CLOSED & LOCKED!**



BOB FAYMAN MEMORIAL

Bob's Memorial will be Saturday, March 16 @ LCLC. Visitation @ noon Celebration of Life @ 1:00pm.

COUNCIL BULLETS

- Easter Egg Hunt - Saturday, March 23, 10:00 am - noon in collaboration with Wedgwood HOA. Donuts and coffee will be served.
- Wednesdays during Lent - Pastor Matt will show an episode of "The Chosen" at noon. Bring your lunch and stay for discussion.
- FMSC informational meeting - March 3, 2:00 pm at LCLC. Pack in July. Anyone is invited to participate in leadership or packing. Invite family, friends, and give widest dissemination possible.



There will be an information session for **Feed My Starving Children** on Sunday, March 3, at 2:00 p.m. at Living Christ. If you are interested in maybe becoming part of the leadership team for the July 12-13 mobile pack at Atonement, come and see what it is all about. Contact Randy Henning with any questions or comments. Thanks!!
Randy

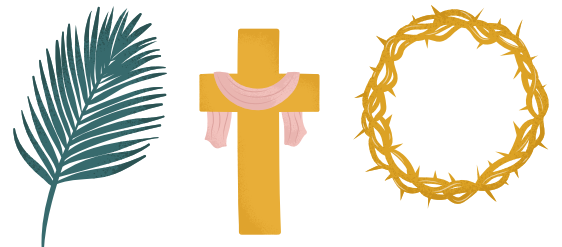
Outreach - St. Louis Crisis Nursery - For the Month of February, Living Christ raised almost \$400 for the St. Louis Crisis Nursery! Thank you for supporting this important ministry for children and their families!

Chat with Pastor Matt - Pastor is wanting to meet in-person with everyone connected to our congregation in the next month. If you are available to meet for a short time, at church or other, please sign up for a time on the sheet in the great room. If you would like to chat over lunch, note that in your sign up. Contact Pastor Matt to schedule other times.



FACEBOOK LIVE

For those of us who cannot attend worship in person, we can now join via Facebook. Membership in Facebook is not required. In the address line, type lc-livingchrist.org to access the church website. Follow the directions provided.



Holy Week 2023

- | | |
|------------------------|--------------------------|
| Easter Egg Hunt | March 23 @ 10am |
| Palm Sunday | March 24 @ 9:15am |
| Maudy Thursday | March 28 @ 7pm |
| Good Friday | March 29 @ 7pm |
| Easter Sunday | March 31 @ 9:15am |



**FILL THE SANCTUARY WITH
EASTER LILIES**

If you would like to place one or more Lily or flowers in the church sanctuary this Easter season, there will be a form in the bulletins beginning March 10th
Deadline is March 24.

Easter Word Search

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

APOSTLES
CROWN
LAMB
PRAYER
RESURRECTION
SON

CHURCH
FAITH
MARY
REDEMPTION
RISEN
SUNDAY

CROSS
JESUS
MIRACLE
REJOICE
SAVIOR
TOMB



Celebrate March!

Birthdays & Anniversaries



Birthdays

Maureen	BUCHK	4
Ava	HELFRICH	20
Elisabeth	NEFF	22
Pr. Matt	HELFRICH	22
Sheila	SMART	24
William	KAEPPPEL	29

Wedding Anniversaries



Tom / Beth	Wilson	8th	44 years
------------	--------	-----	----------



© 1996 David Hartbaugh. More at LeadershipJournal.net/Cartoons

"Welcome to our church—even though you're sitting in our family pew . . ."

March Worship Assistants

March 3, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Donna Glennie
Live Streaming: Erle Craig
Musician: Greg Ott
Ushers: Ann Schultz & Glen Albers
Greeter: Joyce Meyer
Altar Guild: Doris Stoehner, Bill Kaepfel & Marilyn Wiley

March 10, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Bill Kaepfel
Live Streaming: Gary & Laurie Brown
Musician: David Eggers
Ushers: Levaughn & Sheila Smart
Greeter: Jeanne Calderwood
Altar Guild: Maureen Buchek & Marjorie Becker

March 17, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Terry Calderwood
Live Streaming: Rod Wallace
Musician: Greg Ott
Ushers: Jim Stoehner & Doris Stoehner
Greeter: Gloria Broderick
Altar Guild: Cathie Lehr & Joyce Meyer

March 24, 2024 Palm Sunday

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Gary Brown
Live Streaming: Erle Craig
Musician: David Eggers
Ushers: Dave Endorf & Randy Henning
Greeter: Levaughn & Sheila Smart
Altar Guild: Karen Haynes & Sheila Smart

March 28, 2024 Maundy Thursday

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Laurie Brown
Live Streaming: Gary & Laurie Brown
Musician: David Eggers
Ushers: Gloria Broderick & Cathie Lehr
Greeter: Jim Stoehner
Altar Guild: Joyce Wolf & Ann Schultz

March 29, 2024 Good Friday

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Dave Endorf
Live Streaming: Rod Wallace
Musician: Greg Ott
Ushers: Jann & Glenn Mueller
Greeter: Jann Mueller
Altar Guild: Doris Stoehner, Bill Kaepfel & Marilyn Wiley

March 31, 2024 Easter Sunday

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Angela Bennett
Live Streaming: Erle Craig
Musician: David & Greg
Ushers: Glen Albers & Ann Schultz
Greeter: Marilyn Wiley
Altar Guild: Maureen Buchek & Marjorie Becker

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

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1 9am Create Days/Girl Scouts	2 10am Girl Scouts 5:30pm Martial Arts
3 8am Vocal Choir 9:15am Worship 11:03am Adult Ed 11am True Vine Church	4 10am Mutual Ministry	5 10am Bible Class 11am Exercise Class 6:30pm Wedgewood HOA	6	7 11am Exercise Class 11:30am Lunch Bunch 6pm Bells 6:30pm Girl Scouts	8 9am Create Days/Girl Scouts	9 10am Girl Scouts 5:30pm Martial Arts
10 8am Vocal Choir 9:15am Worship 10:30am Adult Ed 11am True Vine Church	11 6:00 pm CVT 7:00 pm Council	12 10am Bible Class 11am Exercise Class	13	14 10:15am 50+ Coca Cola trip 11am Exercise Class 6pm Bells 6:30pm Girl Scouts	15 9am Create Days/Girl Scouts	16 10am Girl Scouts 12pm Bob Fayman Memorial 5:30pm Martial Arts
17 PALM SUNDAY 9:15am Worship 10:30am Adult Ed 11am True Vine Church 2pm GRC	18	19 10am Bible Class 11am Exercise Class	20	21 11am Exercise Class 6pm Bells 7pm NCOTC	22	23 10am Easter Egg Hunt 5:30pm Martial Arts
24 8am Vocal Choir 9:15am Worship 10:30am Adult Ed 11am True Vine Church	25	26 NO Bible Class NO Exercise Class	27	28 7pm Maundy Thursday NO Exercise Class	29 7pm Good Friday	30 5:30pm Martial Arts
31 EASTER						

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