

APRIL 2024

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

Interruptions

Have you ever imagined what it would be like to be a pastor? Let me welcome you into some of my experiences. Often times I get a phone call, or someone drops into my office unexpectedly. Frequently, they start with the words, "I don't want to interrupt what you are working on...but do you have a couple minutes?" or, something like that. I know this is a common courtesy, but I take it very seriously when people say that. The reason I take it seriously is influenced by a devotion that I was reviewing as a possible Advent "freebie". Henri J. Nouwen writes...

God's Creative Ways

*Get yourself up on a high mountain,
O Zion, bearer of good news,
Lift up your voice mightily,
O Jerusalem, bearer of good news;
Lift it up, do not fear.
Say to the cities of Judah,
"Here is your God!" -Is. 40:9*

A FEW YEARS AGO, I MET an old professor at the University of Notre Dame. Looking back on his long life of teaching, he said with a funny twinkle in his eyes: "I have always been complaining that my work was constantly interrupted until I slowly discovered that my interruptions were my work."

That is the great conversation in our life: to recognize and believe that the many unexpected events are not just disturbing interruptions of our projects, but the way in which God molds our hearts and prepares us for his return. Our great temptations are boredom and bitterness. When our good plans are interrupted by poor weather, our peace of mind by inner turmoil, our hope for peace by a new war, our desire for a stable government by a constant changing of the guards, and our desire for immortality by real death, we are tempted to give in to a paralyzing boredom or to strike back in destructive bitterness. But when we believe that patience can make our expectations grow, then fate can be converted into a vocation, wounds into a call for deeper understanding, and sadness into a birthplace of Joy.

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Weekly Gatherings

SUNDAY WORSHIP

9:15am, in-person/Facebook
live

ADULT SUNDAY SCHOOL

10:30am, in-person

TUESDAY BIBLE STUDY

10am, in-person

LCLC Staff

PASTOR

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760-855-3382

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CYNTHIA SWAN

CHOIR

DIRECTOR/ORGANIST

DAVID EGGERS

PIANIST

GREG OTT

After reading this, I realized that my frustration with interruptions wasn't grounded in my determination to serve God. Instead, it was in my own flawed nature and desire to control my environment. I used to say, "One of the primary weapons of the devil is distraction." However, now I have come to realize the devil wasn't the first one to utilize this technique, it was first and perfectly used by God to prepare us for something greater.

When the unpredictable moments in life grab our hearts, our ears, our schedules, and our productivity they can be interrupting with an opportunity to provide spiritual and relational growth. This can also happen when I'm interrupted by someone's unsolicited criticism/recommendation. In these times, I try my hardest not to take offense, remembering to see it as a time to grow and a time to be open to how God is working.

When God interrupted my life with my wife Sarah, I came to know my life-long best friend and wife. When God interrupted my adrenaline-filled, risky, and faithless teenage years with a broken ankle, I was forced to slow down and hear the gospel of Christ. When someone asks for a couple minutes, you're not interrupting me, you are asking me to do what God has given me to do as your pastor.

With that in mind, don't feel like you are imposing when you wander into my office, text, or call me on the phone... unless you interrupt another interruption, but even that can provide an opportunity for growth in whatever way God wants. Prepare your hearts to be interrupted by Christ unexpectedly and you may just meet the Messiah anew!

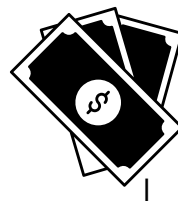
Peace!

Pastor Matt

Articles Due 21st of each
month

PRESIDENT'S REPORT

Randy Henning



TREASURER'S REPORT

February 2024 Treasurer's Report

We are reaching the end of a very special time of year for all Christians, the death and resurrection of our Lord and Saviour, Jesus Christ. This is a time of year when we reflect on what his death means for us and truly shows God's grace and love for all people. As such, it also signals what our responsibilities are and what His expectations of us are. He has love for all people and expects us to do the same. He expects us to do whatever we can to help those in need and be there for those that need us. The Great Rivers Collaborative (GRC) is one way we can help by taking part in events and opportunities the GRC provides. Other than the common services we have had, there hasn't been much interaction on a smaller level. That has to change. Volunteer for things that are open to us from other congregations. We make a much bigger impact when we work together. Secondly, a really good opportunity to help takes place at Atonement on Saturday, July 13. That is the day for our food pack for Feed My Starving Children (FMSC). We can use donations to pay for the ingredients and people to volunteer that day for a 2 hour shift. There are jobs that can be done sitting down, so don't let standing be a reason you don't participate. If you care to donate, make checks out to FMSC and give them to me or drop them in the collection plate. This is a big deal, with a big impact, and selfishly, I have never felt better about anything when the pack was over. So give your support to both of these efforts. God expects it.

<u>Category</u>	<u>February Actual</u>	<u>YTD Actual</u>
INCOME	\$9,587	\$18,297
EXPENSES	\$13,585	\$27,134
Congregation Coord	\$0	\$0
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,000	\$2,000
OFFICE	\$249	\$439
OUTREACH	\$0	\$0
PASTOR FUND	\$0	\$0
PROPERTY	\$3,062	\$5,869
STEWARDSHIP	\$0	\$0
SUPPORT	\$1,696	\$3,836
WAGES	\$7,261	\$14,523
WORSHIP	\$316	\$468

Total YTD Income \$ 18,297
 Total YTD Expenses \$ 27,134
 Total YTD Difference -\$ 8,837

The expenses for the month of February were \$13,585 and our income for the month was only \$9,587. Our year-to-date expenses of \$27,134 exceed income by \$8,837! Our trend for the first two months of the year must be reversed or we will find ourselves with no way to pay our bills in about two years.

2024 General Funds paid to missions are as follows:

Central States Synod \$ 2,000
 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

National Health Observance for April is Stress Awareness



What is the connecting link between body and mind?

The head-heart-body connection affects everything from your physical health to your mental and emotional well-being. Wellness is more than simply the absence of disease. It is an active process directed toward a healthy, happy, and fulfilling life and includes not only physical but also psychological and emotional dimensions.

This connection is mediated by a complex network of nerves, hormones and neurotransmitters that communicate with each other via the vagus nerve. The vagus nerve runs from the brain to the gut.

Head/brain: The head/brain connection is responsible for cognitive functions, such as thinking, reasoning, learning and memory. It is also where you make decisions and solve problems.

Heart/brain: The heart- brain connection is responsible for emotional functions, such as expressing and regulating emotions, feeling empathy and experiencing courage and confidence. It also plays a role in social interactions and overall behavior.

Gut/brain: The gut-brain connection is responsible for physical functions, such as digestion, absorption and elimination. It is also involved with intuition and immune function.

When your head-heart-body connections are working in harmony, you experience better physical and mental health, increased creativity, improved performance and greater happiness. However, when the connection is out of balance, you can experience a range of problems, including illness, disorders and mental health issues

Head-heart-body connection can be improved by becoming more aware of how your head-heart-and gut are interacting. When presented with a situation, pause and consider which connection is dominant at the time; brain, heart, or gut. Pay attention to bodily sensations and listen to the combined wisdom communicated by your head, heart and gut.

Ask yourself these powerful questions:

1. What is my rational brain telling me?
2. What is my emotional heart telling me?
3. What is my intuition telling me?
4. How can I improve my decision based on the answers to these questions?

By understanding and strengthening the head-heart-gut connection, you can improve your physical, mental and emotional health, improve your energy level and live a happier and more fulfilling life.

The head-heart-body connection is a complex and fascinating system that plays a vital role in our health and well-being. By taking the time to listen to all three sets of information communicated by the brain, heart, and gut, you can make wiser and more fulfilling choices that support your overall well-being

FIFTY PLUS

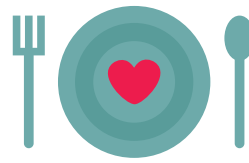
"50+ will be touring a working dairy farm on Wednesday, April 17, at 10:30 am. The farm is Meyer Electric & Farm in Breese, IL.

Sign up sheet is on the bulletin board. Car pooling will be arranged as necessary.

Lunch at Applebee's in Breese, IL following the approximately 1 hour tour."

50+ GROUP

Twenty one Fifty Plus members and 1 guest attended an hour guided tour highlighting soda memorabilia at The Soda Museum in the Historic St. Charles District at 126 N Main St. Charles, MO. Tom Smith, the owner, made the tour very memorable. The museum showcased the evolution of the soda culture from the 1880's to present day. The museum featured many items from Tom's private collection of rare and vintage soda machines. The museum, also, has a lower level that is an arcade filled with dozens of classic video games. After the tour the group had lunch at the Burger Underground restaurant. Another member was able to meet for lunch and all enjoyed a great lunch and fellowship. Many thanks to LeVaughn and Sheila Smart for arranging the tour and restaurant close by.



APRIL LUNCH BUNCH

The April Lunch Bunch will meet **April 11** at Bandana Bar-B-Q at 8234 N. Lindbergh Blvd, Florissant at 11:30am. For reservations please notify Joyce Meyer at 314-374-4135 or jameyer46@charter.net. All are welcome!



Girl Scout Troop 994 and Living Christ

have completed at least twelve quilts for Lutheran World Relief!

Quilt-Making/Service Days are 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, April 5 & 12 @ 9:00-11:00 a.m.



If you are interested in becoming part of the leadership team for the July 12-13 mobile pack at Atonement, Signup will be open May 15. Contact Randy Henning with any questions or comments. Thanks!!



What is your favorite thing about Easter? I've shared in the past that when I was a child (the middle of three sisters), my mother always made us new dresses to wear on Easter Sunday. We would go to church all decked out in new dresses, hats, purses, and even gloves! It all felt so special. The church was decorated with flowers, and the pews were full. We got all dressed up and took pictures. After church, we got to hunt for Easter eggs and our Easter baskets were full of wonderful surprises. I still remember the year I got an album with songs from the Monkeys. (If you are old enough, you will understand the references!) I loved Easter!



I still love Easter even though I no longer get a new dress to wear or an Easter basket to find, but because Easter proclaims the most powerful, the most special, the most exciting message we can ever hear – Alleluia, Christ is Risen, Christ is Risen Indeed, Alleluia. No matter the hate and violence (which Jesus experienced on the cross), no matter the despair and betrayals, no matter the seemingly hopelessness of a situation (dead and lying in a tomb), God is not defeated. God is not done loving the world. God is not giving up, giving in until there is life, new life for all of God's creation. The world, our human sinfulness, did its best to silence God's love incarnate in Christ. The resurrection is God's loud shout – NO to fear and hate and YES to love and life. Brian Wren captures the message so well in the hymn, *Christ is Risen! Shout Hosanna!*

*Christ is risen! Shout Hosanna! Celebrate this day of days!
Christ is risen! Hush in wonder: all creation is amazed.
In the desert all surrounding, see, a spreading tree has grown.
Healing leaves of grace abounding bring a taste of love unknown.*

*Christ is risen! Raise your spirits from the caverns of despair.
Walk with gladness in the morning. See what love can do and dare.
Drink the wine of resurrection, not a servant but a friend.
Jesus is our strong companion. Joy and peace shall never end.*

*Christ is risen! Earth and heaven nevermore shall be the same.
Break the bread of new creation where the world is still in pain.
Tell its grim, demonic chorus: "Christ is risen. Get you gone!"
God the First and Last is with us. Sing Hosanna, everyone!*

There are lots of voices shouting at us and around us these days. It is time for us as the church to start shouting back – Hosanna! Christ is Risen! Love is the way to heal the world. So you grim, demonic choruses that continue to spread fear and hate, indifference and intolerance – **Get you gone!**

Love is here to stay.



Rev. Susan Candea, Bishop
Central States Synod, ELCA

SAVE THE DATE

2025 ELCA
CHURCHWIDE ASSEMBLY
July 28 - August 2
Phoenix, Arizona

Devotional: Prayer for Open Hearts and Minds

January 10, 2024

by *Quentin Bernhard, Lutheran Advocacy Ministry Pennsylvania* [\[about the author\]](#)



Praying for our leaders, especially those in elected office, came up in conversation during a fall 2023 meeting of the Lutheran Advocacy Ministry in Pennsylvania (LAMPa) Policy Council. Several people mentioned that it was difficult for members of congregations to do this in front of their fellow churchgoers, especially when it involved naming specific leaders and offices. Mere mention of an elected official's name can elicit a sharp response, especially in our times of political polarization. It is at play in our expressly political institutions as well as in our families, our communities and our church.

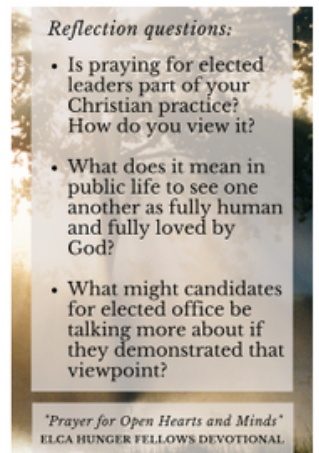
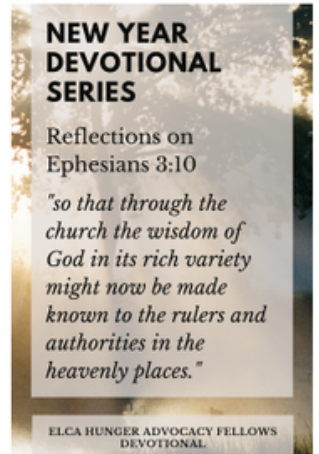
This polarization, and how to begin to depolarize both ourselves and our interpersonal relationships, was the topic of a LAMPa fall workshop on depolarization as an act of discipleship in a democracy. While the conversation did not linger on prayers for elected leaders and the role of

these prayers in worship, it did bring to the surface the challenges we all face in embracing others in their fullness and complexity – across our sense of division, brokenness, and different understandings of our values. That fullness and complexity is at the heart of our common humanity and yet is so often overlooked in our world. This happens in part because of polarization but also because of the harms and injustices of colonialism, white supremacy and other dehumanizing modes of oppression.

For me, praying for elected officials and candidates—and for all our leaders and community members, regardless of title or status—is a call for them to bring open hearts and minds, to open to the “mystery” of God, and to be open to be changed by it through Christ. It is also an act of hope, that peace and justice might be made real and that the Spirit of wisdom and revelation will allow our leaders to see our neighbors as they really are, fully human and fully loved by God.

Caring about what our leaders do, and acting on that care, is an expression of our love for our neighbors and our faith in a future, transformed by Christ, that we are part of bringing about. When officials and candidates belittle our neighbors here and around the world, consider them deserving of unending bombardments and military assaults, and name them as threats to the United States and its supposed way of life, often defined in Christian nationalist terms, we fall short of seeing that humanity.

Our prayers are important. And our actions make our witness known to our leaders—as disciples and agents of change for God's world.



ABOUT THE AUTHOR: Quentin Bernhard (he/him), ELCA Hunger Advocacy Fellow, is serving with Lutheran Advocacy Ministry in Pennsylvania (LAMPa) – an ELCA state public policy office – with Penn. roots and global perspective. After graduating from Muhlenberg College where he majored in history and political science and minored in Spanish, Bernhard spent a year in Senegal through ELCA Young Adults in Global Mission. He has worked with community and advocacy organizations including the Allentown School District Foundation, the Lehigh Valley Zoo and the Climate Action Campaign, and is a member of New Life Evangelical Lutheran Church in New Tripoli, Penn.

Christianity and the Tao That Tells Itself

David Clay / 3.11.24

In *Nacho Libre*, that comedic triumph from 2006, Jack Black portrays a Catholic friar who spends his days cooking for the residents of a Mexican orphanage and his nights in the ring as a luchador. Early in the film, an emaciated street thief named Steven mugs Nacho; after the two battle each other, the friar recruits his attacker as a tag-team partner. Steven adopts the fitting moniker “Esqueleto” (“Skeleton”).

There is a problem, however. Esqueleto has never received baptism, deeply scandalizing his devout partner. “I don’t believe in God,” Steven proclaims with evident disdain, “I believe in Science.” His devotion to Science does not preclude him from suggesting various folk remedies to their lack of success in the ring (e.g., magic eagle eggs), but Nacho suspects that his comrade’s unbelief is really to blame. In a theologically dubious – but hilarious – move, Nacho forcibly baptizes Esqueleto before one of their matches. Esqueleto’s conversion, unsolicited as it was, appears genuine enough; later, when their fearsome final opponent strolls into the ring, it is the former devotee of Science who suggests praying to the Lord for help.

Although he demonstrates no familiarity with any scientific learning at any point in the film, (pre-baptized) Esqueleto nevertheless appears guilty of espousing “scientism.” Usually a pejorative label, scientism in its strongest form is the notion that scientific methods are the only genuine path to knowledge. More commonly, it refers to the attitude that confidence in our truth claims is, or should be, proportional to their scientific rigor. The further we move from statements that can be investigated by the hard sciences, the squishier our language becomes, and the less certain we can be that we are saying anything meaningful. Any talk about the fundamental nature of reality, or the meaning of life, or God, should be treated with extra suspicion.

This anti-metaphysical bent has probably been around forever, but it gets particularly sharp (and famous) expression in the philosophical movement known as Logical Positivism, which originated in the 1920’s. As is the case with any philosophical school, there was much variation and disagreement amongst its adherents about the particulars, but the Positivists’ main idea was that any meaningful statement is either a truth of logic or else empirically verifiable (at least in principle). The consequences of such a view are profound. All the venerable old propositions about God, the meaning of life, the immortality of the soul, the nature of universals – in short, any statement that purports to deal with the metaphysical – is not so much false as it is meaningless. From a cognitive standpoint, these propositions fail to say anything.

By 1960, Logical Positivism had run aground on technical issues regarding what, exactly, counts as “verification” or “confirmation.” Long before, the movement had suffered repudiation from the enigmatic Ludwig Wittgenstein, whose 1921 *Tractatus Logico-Philosophicus* had served as a major source of inspiration for the movement. Wittgenstein’s book, which he began writing as a soldier in the Austrian army during World War I, is widely regarded as a landmark in philosophy, and even more widely regarded as hard to understand. Very simply, the *Tractatus* seeks to draw an indelible line between what can and cannot be meaningfully said by human language.

continue reading Mockingbird 3-11-24 issue

Celebrate April!

Birthdays & Anniversaries



Birthdays

Marjorie	BECKER	4
Chris	WILSON	6
Noah	PARKER	9
Eugene	KELLER	12
Christine	MEYER	12
DeDe	KAVANAUGH	13
Sarah	HELFRICH	26
Irene	DESMOND	30



Wedding Anniversaries

Rodney and Maureen	Buchek	3rd	54yrs
Dave and Toby	Barnes	6th	61yrs
Levaughn and Sheila	Smart	9th	41yrs
Mark and Susan	Beins	17th	13yrs

COUNCIL BULLETS

- **FMSC pack will be at Atonement on July 12 -13. Leadership team volunteers are needed in addition to packers. Sign up will be open beginning on May 15. Spread the word as widely as possible and invite other groups or organizations.**
- **The Council has authorized an amount NTE \$1500 to purchase a computer to be dedicated to live streaming of worship services. You can contribute through special donations (cash or check specifically marked) or “noisy collection” for the next four weeks.**
- **A property clean-up day will be scheduled sometime this spring.**
- **An 8th grade football team will be using our ball field for practice on Tuesdays and Thursday (6:00 – 8:00 pm) and Saturdays (10:00 am – noon).**

April Worship Assistants

APRIL 7, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Donna Glennie
Live Streaming: Gary & Laurie Brown
Musician: Greg Ott
Ushers: Levaughn & Sheila Smart
Greeter: Kathy Endorf
Altar Guild: Cathie Lehr & Joyce Meyer

APRIL 14, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepffel
Lector: Terry Calderwood
Live Streaming: Rod Wallace
Musician: David Eggers
Ushers: Dave Endorf & Randy Henning
Greeter: Joyce Meyer
Altar Guild: Karen Haynes & Sheila Smart

APRIL 21, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Gary Brown
Live Streaming: Erle Craig
Musician: Greg Ott
Ushers: Jim & Doris Stoechner
Greeter: Jeanne Calderwood
Altar Guild: Joyce Wolf & Ann Schultz

APRIL 28, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Laurie Brown
Live Streaming: Gary & Laurie Brown
Musician: David Eggers
Ushers: Gloria Broderick & Cathie Lehr
Greeter: Gloria Broderick
Altar Guild: Altar Guild: Doris S, Bill K & Marilyn W.

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

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		2 10am Bible Study 11am Exercise Class	3	4 11am Exercise Class 6pm Bells	5 9am Create Days/Girl Scouts	6
	8 6:00pm CVT 7:00pm Council	9 10am Bible Class 11am Exercise Class	10	11 11am Exercise Class 11:30am Lunch Bunch 6pm Bells 6:30pm Girl Scouts	12 9am Create Days/Girl Scouts	13 10am Girl Scouts
7 8am Vocal Choir 9:15am Worship 11:03amAdult Ed 11am True Vine Church	15 6:00 pm CVT 7:00 pm Council	16 10am Bible Class 11am Exercise Class	17 50+ Dairy Farm	18 11am Exercise Class 6pm Bells 7pm NCOTC- Dog Club	19	20 10am Girl Scouts
14 8am Vocal Choir 9:15am Worship 10:30amAdult Ed 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 10am AAUW Spring Luncheon
21 8am Vocal Choir 9:15am Worship 10:30am Adult Ed 11am True Vine Church 2pm GRC	29	30 10am Bible Class 11am Exercise Class				
28 8am Vocal Choir 9:15am Worship 10:30am Adult Ed 11am True Vine Church						

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

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