

JUNE 2024

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

Where did the time go? With ongoing development of technology, we often hear the words convenience, on-demand, or effortless. I remember thinking that putting contact and other information into a digital device would make it so much easier, even faster, to retrieve information from a long list. Then, it became apparent that one can lose a digital device as easily as they can lose a journal or contact booklet. So, the cloud was invented.

The cloud was this unfamiliar place that could make your records easily accessible from any internet connected device, protecting it from being lost. That was amazing! I love it! This changes everything in so many ways! To think that it would become as confusing and even more capable of frustrating us didn't occur. But, the day surely came when the traffic, storage space, and demand exceeded our needs.

To think that all of our photos were stored in photo books or on slides that would all fit in one or two boxes. Now, I have over 2 terabytes of photos and videos and still find myself wanting more space to save these precious memories.

That's just the beginning! With a smartphone, I have over 1,500 books, all the resources of the internet with infinite access to TV shows, Movies, DIY guides, Educational Courses, References, Audio/Video/Photo editing studio software, real-time video calls, security monitoring cameras, and access to dozens of personal and professional calendars, messaging apps, shopping, and so much more... We live in a time of information overload, overstimulation, and instant access constantly.

Then, we read this, "And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone... early in the morning he came walking toward them" (Matthew 14:23, 25). This is just one of several references where time passes and the whereabouts of Jesus are unknown, or it is recorded that he was off praying or spending time away. At times, it even seems like Jesus tries to evade being discovered, only to be tracked down by folks for healing or other needs.

Jesus experienced the demands of his attention on everything from common events to swarms of people struggling to get closer to him. Being inundated by attention-grabbing moments was something very familiar with. At the same time, Jesus also set aside time to withdraw, refresh, and take time for self-care. I'm reminded of this as my family is planning on taking a vacation.

Vacations were always something many would do during my childhood, it was something I thought would just happen forever. Things have changed. As an adult parent, it seems this is not as common as it used to be. Vacation time is often used up for holidays, special events, family crisis, or the demands of trying to simply get things done for life. In addition, vacation travel can also be very expensive... I will only share one thing about that aspect: we are blessed to have generous friends to help with parts of our trip.

Website: www.lc-livingchrist.org

Office Email: lclc2725@gmail.com

Office Phone: 314-839-0466

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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

MATT HELFRICH
760-855-3382

SECRETARY

CYNTHIA SWAN

CHOIR

DIRECTOR/ORGANIST

DAVID EGGERS

PIANIST

GREG OTT

OFFICE HOURS 8:30AM-
12:30PM

Articles Due 21st of each
month

With all of the developments of everything, one of the biggest challenges many people face is the discipline of “unplugging”. From technology, social media, instant access, entertainment, and the expectations related. Yet, Jesus went off alone to pray. To be in a place where his phone wouldn't ring, where advertising images wouldn't pine for his attention, and where the demands wouldn't distract. Seeing these moments of silence, being apart from the daily grind, and not producing some measurable result reminds me that it is crucial for us to stop and let our rest introduce harmony into our existence. After all, there is power in silence, there is value in allowing some incompleteness, and God will be working to bring about what is needed in God's time. On first hearing, it sounded harsh, but after some reflection, it brought about a peace beyond all understanding when I heard these words: “God does not NEED you. God wants you.” Essentially this means, God does not NEED you to accomplish anything, it will all be taken care of perfectly. However, God does WANT to share in the joy of God's work with you as an act of love and communion. It is a calling to be used by God, part of that calling is also to rest, refresh, and recharge. Thank you and don't forget to unplug...

(see Pastor's June schedule on page 8...)

TREASURER'S REPORT

April 2024 Treasurer's Report

PRESIDENT'S REPORT

Randy Henning

When you get this, registration to work a 2-hour shift at the Feed My Starving Children (FMSC) pack event at Atonement on July 13 will be open. You can go on the FMSC website to register. For those of you that need help in doing that, Marilyn Wiley has kindly agreed to have her computer at church each Sunday before the pack and she will help you sign up if you need the help. Get your family and friends involved. Groups are encouraged. We need about 650 volunteers so do what you can. I am always available for any questions or comments you might have and am willing to speak to any group about FMSC if they want more information.

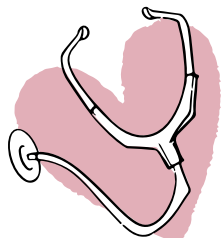
And a word about our financial situation. As you know, we are experiencing large deficits each month. Unless our congregation doubles in size quickly, that trend will continue. As such, your council is looking at the alternatives when we run out of money. Options are selling the property and maybe leasing it back. We are looking at possibly merging with another congregation, sharing a pastor, leasing out space to other concerns, etc. The point is, we are preparing to try and save the ministries of LCLC and the fellowship we enjoy, albeit in maybe a different form. Obviously, if we can raise money or get bigger contributions from our members, we might be able to delay the inevitable for awhile. But understand one thing. LCLC in the future WILL look different. Keep your chins up and let's not lose what we have here in the process. We ask for your prayers and support in these difficult financial times. We WILL get through it and be stronger than ever.

Category

	April	
	Actual	YTD Actual
INCOME	\$9,194	\$42,448
EXPENSES	\$14,197	\$56,898
Congregation Coord	\$0	\$150
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,000	\$4,500
OFFICE	\$125	\$1,231
OUTREACH	\$0	\$0
PASTOR FUND	\$0	\$0
PROPERTY	\$3,593	\$12,922
STEWARDSHIP	\$0	\$0
SUPPORT	\$2,013	\$7,482
WAGES	\$7,467	\$30,074
WORSHIP	\$0	\$540
Total YTD Income	\$ 42,448	
Total YTD Expenses	\$ 56,898	
Total YTD Difference	-\$ 14,450	

The expenses for the month of April were \$14,197 and the income for the month was only 9,194. This month had expenses \$5,003 more than income! The year-to-date expenses of \$56,898 exceed year-to-date income of \$42,448 by \$14,449. For the first four months of the year our deficit is now averaging just over \$3,600 per month, or about \$43,000 by the end of the year. We still have 8 months left this year to help make up the shortfall, but within about two years, status quo might mean our cash position will be zero. 2024 General Funds paid to missions are as follows:
Central States Synod \$ 2,000
Outreach/Local Missions \$ 2,500
If you have any questions, please feel free to call or email me. Thanks.

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



NURSE NOTE

Trouble remembering? “Where did I leave my (car keys, glasses, teeth)?” Can’t remember the name of an acquaintance? Call children by the wrong name? Have to wait a moment for a memory to pop up?

You may be experiencing MCI: mild cognitive impairment. Normal memory loss comes with aging; we don’t move as well or think as well as we used to. This does not rise to dementia or Alzheimer’s disease.

Sometimes the problem is distraction. Take a second and focus; erase the other thoughts. Make a habit of putting that wallet, keys, glasses in the same place, even if it means walking to the appropriate spot. Mom said: “a place for everything and everything in its place.”

You can help your brain function well by what you eat. There is a MIND Diet that has proven benefit (Brain & Life neurology magazine). It is a modified mediterranean diet. Specifics:

Eat three meals and snacks.

Eat every day: three servings of whole grains; use olive oil

Eat every week: one green salad; one serving vegetables; one serving nuts (walnuts best); one glass red wine or dark grape juice 5 oz

AVOID: only one tbsp butter; NO margarine

LIMIT: pastries and sweets: less than 5 servings a week

red meats: less than 4 servings a week

cheese: one or no servings per week

fried or fast food: one or less serving per week

GREENS: spinach, kale, collards, chard, mustard, turnip, dandelion, endive, romaine

VEGGIES: asparagus, broccoli, brussels sprouts, cabbage, carrots, cauliflower, eggplant, green beans, mushrooms, onions, okra, snow peas, squash, bell peppers, sweet potatoes, tomatoes, tomato juice

NUTS: walnuts, peanuts, almonds, cashews, pistachios, nut butter

BEANS: black, pinto, cannellini, garbanzo, kidney, lima, navy, lentils, tofu, edamame, hummus, soy yogurt

WHOLE GRAINS: whole grain bread, brown rice, whole grain pasta, wild rice, quinoa, barley, bulgar, farro, oats, whole grain cereal

FISH: (one or more a week 3-5 oz, not fried) salmon, tuna, tilapia, cod, mahi mahi, halibut

POULTRY: (2 servings a week 3-5oz) skinless chicken or turkey breast

OIL: (2 tbsp a day) extra virgin olive oil

Resource: <https://www.rush.edu/news/diet-may-help-prevent-alzheimers>

Bill Kaepfel

FIFTY PLUS FIFTY PLUS JUNE PICNIC

Fifty Plus will meet on June 19 at 11:30 am in the lower level at LCLC. Brats, hot dogs, hamburgers, sides, desserts and drinks all for the price of \$5.00 will be on the menu. The Black Jack Fire Department will be coming to talk about home safety. A signup sheet will be posted in June.

APRIL 17 50+ outing Meyer Electric & Farm

Eleven members (and one guest) of the 50+ club visited Meyer Electric and Farm in Breese, Illinois for an informative tour. It is a working farm and our guide demonstrated how the robotic milking system works. We visited the calf barn and learned about the newest born calves in their individual shelters. Following the tour, we enjoyed lunch at Applebee's in Breese and all made our way safely home.

May 50 Plus Activity

Members of the 50 Plus Club will visit the Missouri Botanical Garden, 4344 Shaw Blvd.

St. Louis 63110 on Wednesday May 15.

Admission is free to residents of St. Louis city and county on Wednesdays before noon.

Proof of residency is required. For all other seniors, age 65 and over, a \$16 admission price will apply. Thirty-minute narrated tram tours depart hourly. The fee for the tram ride is \$5 per person. Lunch will follow at Rigazzi's on the hill, 4945 Dagget 63110. A sign-up sheet is posted on the bulletin board in the cloak room area. Please sign up and indicate if you want to car pool.



JUNE LUNCH BUNCH

The June Lunch Bunch will dine at Las Fuentes at 680 N Hwy 67 in the Florissant Square Shopping Center. We will gather at 11:30 am on June 13 and everyone is welcome. For reservations contact Joyce Meyer at 314-374-4135 or email jameyer46@charter.net.

MAY LUNCH BUNCH

Lunch Bunch dined at Red Lobster located at 12235 St. Charles Rock Road on May 9 at 11:30 am. Chris, the general manager, arranged for a room to accommodate the 16 attendees. Brittni, our server was excellent. It was a pleasant experience.



CREATE DAYS

Create Days-Friday, June 7, 9:00-11:00, to sew quilt tops, backs and put layers together (and maybe tie quilts) for LWR.

BELL CHOIR NEEDS YOU!!

Your bell choir has a problem. We have a lot of music that requires 10 bell ringers. Can't do with only six. We have some music for 6 ringers, but we will be losing one member this summer. How about YOU joining the bell choir next September? You don't have to read music, just be able to shake a wrist or two and count to six. Need to know by the end of June so we can plan for the fall. Talk, call, message to me if you have questions::

Bill Kaepfel kaepfel@sbcglobal.net - 314-378-6308

Fund Raisers

Mother's Day Bake Sale brought in a total of **\$339**. This amount will pay our internet/phone bill for 2 ½ months! Thank you to those who donated items, who purchased items and who made a free will donation. You helped made this a huge success!

Yard Sale on Saturday, June 22. In conjunction with Wedgewood Subdivision, Living Christ will host our own yard sale along with a book sale and grilled hot dogs. Please price your items and know that the proceeds will go towards paying bills at LCLC. Bring your yard sale items to the Great Room beginning June 15. Saturday, June 15 from 3:00 – 6:00 pm the church will be open for drop off of items and help with pricing , if needed.

We also ask for help in setting up and taking down on June 22. A sign up sheet is on the bulletin board. If you are donating items to be sold, please volunteer an hour of your time on that day, anytime from 6:00 am-1:00 pm.

Thank you!

Fall Craft Sale in October, before and after church. What is your special talent? Sewing? Quilting? Knitting? Crocheting? Embroidery? Tied throws? Wood working? Baking? Canning? Donations of items will be sold with funds raised going towards paying church expenses.

Any questions can be directed to Jeanne Calderwood, 314-307-4391

COUNCIL BULLETS

- Pastor Matt will be on vacation from June 12 -26. Pastoral coverage is being arranged.
- A community garage sale is on Saturday, June 22 in conjunction with Wedgewood HOA. Tents and tables will be available. Volunteers are needed to help set up, clean up, etc.
- The next GRC meeting is on June 2.
- FMSC pack is on Saturday, July 13 at Atonement. Registration is open beginning on June 1 at fmisc.org. Flyers are available on the FMSC table for distribution as widely as possible.
- Synod Assembly is on June 6-8 in Olathe, Kansas. Looking for 2 delegates from the congregation. Expenses will be covered.
- Mid-year congregation meeting is on Sunday, June 30 following worship. Pot luck lunch will be served.
- Volunteers are needed to help remove and cut up the large tree on the lower level. See Glenn Mueller for more information.

Announcing the Seminex Hymnfest

Friday, June 14, 2024, 7 pm
Lutheran Church of the Atonement
1285 N New Florissant Rd, Florissant, MO 63031

On February 19, 1974, the vast majority of the students and faculty walked away from the campus of Concordia Seminary, St. Louis, believing that, in faithfulness to the Gospel and in faithfulness to the Church, their/our only option was to continue ministerial education under new auspices. We established what came to be known as Concordia Seminary-in-Exile and, later, as Christ Seminary-Seminex.

To celebrate the 50th Anniversary of the founding of Seminex, a local planning committee, together with the Lutheran School of Theology at Chicago, is preparing a hymn festival to be held on Friday, June 14, at the Lutheran Church of the Atonement in Florissant, the site of several hymn festivals and other Seminex-related special events.

We hope you'll join us for this special celebration! For more information, visit <https://lstc.edu/event/st-louis-hymn-fest/>



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!!

BREAKFAST

On the last Sunday of each month, the Breakfast Club will prepare a morning breakfast prior to worship service. Please join us Sunday June 30 for fellowship and exquisite dining. Keep a look-out for the sign up sheet. Thanks. Cathie

CHOIRS NEED YOU!!

Choir are recessed for the summer. We will be planning for the fall, and we need members. Bell choir needs five new members to use the music we have on file. Vocal choir would welcome more sopranos, altos, tenors and basses.

Contact David Eggers (vocal) or Bill Kaepfel (bells).



The Welcome Committee will MEET THE NEIGHBORS on Saturday, June 1 @ 10:30am. Please see the sign up sheet on the bulletin board.

Mid-year congregation meeting is on Sunday, June 30 following worship. Pot luck lunch will be served. Please plan to attend

Pastor's June Dates

- June 1 – 10:30-11:45 AM – Welcoming Teams Invitation Day
- June 2 – 2 PM – Great Rivers Collaborative Meeting
- June 6-8 – Central States Synod Assembly, Olathe, KS
- June 10 – 7PM – Church Council
- June 12-26 – Pastor on Vacation

Pastor's Office Hours

Sun. - 8:15 – 11 AM

Mon. – 1-4 PM (Visitation on request), 7PM – Church Council (2nd Mon.)

Tues. – 10 AM – 3:30 PM

Wed. – 10 AM – 4 PM

Thurs. - 10 AM – 4 PM

Frid. - Pastor's Day off – (Please contact in case of crisis)

Sat. - 10-2 (Visitation by appointment)

2024 Synod Assembly Agenda

Thursday – June 6

2:00 - 6:00 p.m. Voting Member check-in

2:00- 6:00 p.m. Display tables open

4:00 p.m. Voting Member Orientation

5:30 p.m. Dinner - St. Mark's Lutheran Church

7:00 p.m. Opening Worship - St. Mark's Lutheran Church

21155 College Blvd, Olathe, KS 66061

Friday – June 7

8:00 a.m. Voting Member check-in

8:30 a.m. Plenary I

12:00 p.m. Lunch

1:30 p.m. Plenary II

6:30 p.m. Dinner & Anniversary Banquet

Saturday, June 8

8:30 a.m. Plenary III

10:30 a.m. Closing Worship

11:30 a.m. Assembly concludes



Celebrate June!

Birthdays & Anniversaries

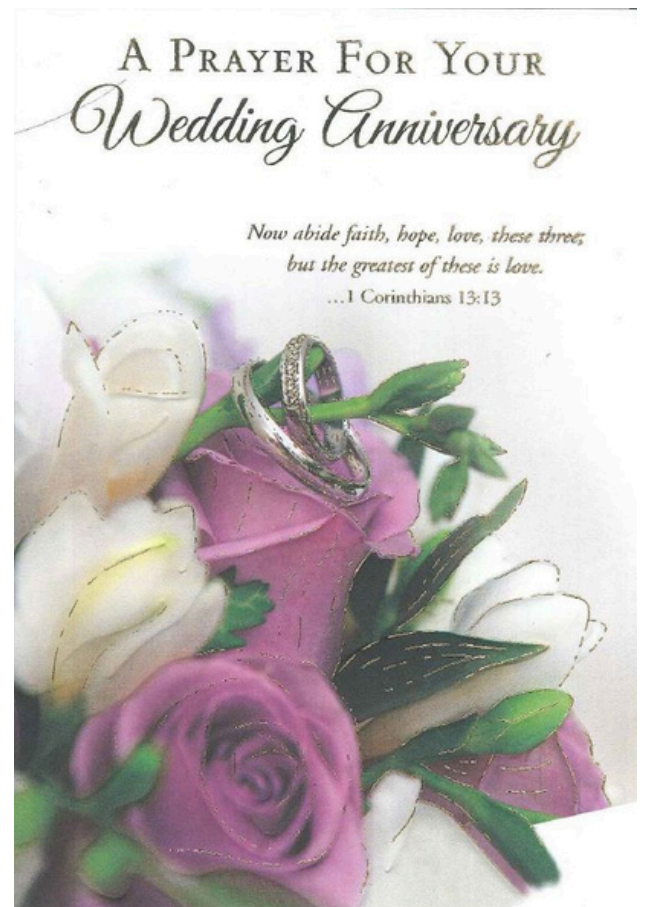
Birthdays

Paige	HELFRICH	1
John	KEEVEN	1
Karen	HAYNES	4
Bryan	CLIFFORD, SR	6
Sharon	PERKO- DAVIS	18
Glenn	MUELLER	26
Jonathan	SMART	27
Elizabeth	CARR	30

Wedding Anniversaries



Patrick and Linda	Finnessey	3rd	55yrs
David and JoAnn	Ott	8th	67yrs
Terry and Jeanne	Calderwood	13th	9yrs
Randy and Carolynn	Henning	21st	55yrs



June Worship Assistants

June 2, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepffel
Lector: Terry Calderwood
Live Streaming: Gary & Laurie Brown
Musician: David Eggers
Ushers: Jim & Doris Stoechner
Greeter: Marilyn Wiley
Altar Guild: Doris Stoechner & Bill Kaepffel & Marilyn Wiley

June 9, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Bill Kaepffel
Live Streaming: Rod Wallace
Musician: Greg Ott
Ushers: Gloria Broderick & Cathie Lehr
Greeter: Kathy Endorf
Altar Guild: Maureen Buchek & Marjoie Becker

June 16, 2024

Preaching/Presiding: Ethan Feistner -Executive Director - Camp Tomah Shinga
Assisting Minister: Randy Henning
Lector: Dave Endorf
Live Streaming: Erle Craig
Musician:
Ushers: Jann & Glenn Mueller
Greeter: Joyce Meyer
Altar Guild: Cathie Lehr & Joyce Meyer

June 23, 2024

Preaching/Presiding:
Assisting Minister: Bill Kaepffel
Lector: Angela Bennett
Live Streaming: Gary & Laurie Brown
Musician:
Ushers: Glenn Albers & Ann Schultz
Greeter: Jeanne Calderwood
Altar Guild: Karen Haynes & Sheila Smart

June 30, 2024

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Randy Henning
Live Streaming: Rod Wallace
Musician:
Ushers: Levaughn & Sheila Smart
Greeter: Gloria Broderick
Altar Guild: Joyce Wolf & Ann Schultz

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

JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1 10:30am Meet the Neighbors
2 9:15am Worship 10:30am Adult Ed 11am True Vine Church 2pm GRC Meeting	3	4 10am Bible Class 11am Exercise Class	5	6 SENOD ASSEMBLY 11am Exercise Class 11:30am Lunch Bunch	7 SENOD ASSEMBLY 9am Create Day	8 SENOD ASSEMBLY 10am Deanna Gunn's Wedding
9 9:15am Worship 10:30am Adult Ed 11am True Vine Church	10 6:00 pm CVT 7:00 pm Council	11 10am Bible Class 11am Exercise Class	12	13 11am Exercise Class 11:30am Lunch Bunch 7pm NCOTC- (LL) 7pm Jost Estates HOA (UL)	14	15 11am True Vine graduation
16 FATHERS DAY 9:15am Worship 10:30am Adult Ed 11am True Vine Church	17	18 10am Bible Class 11am Exercise Class	19 11:30am 50 plus picnic	20 11am Exercise Class	21	22 8am Wedgewood Community Rummage Sale
23 9:15am Worship 10:30am Adult Ed 11am True Vine Church 30	24	25 10am Bible Class 11am Exercise Class	26	27 11am Exercise Class	28	29
10:30am Congregational Meeting/Breakfast						

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