

SEPTEMBER 2024

# The Communicator



MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

## **Safe Churches Don't Change the World** (Intended as a peptalk from Pastor Matt)

Wait, aren't we supposed to be a safe place? Of course we are! Church is a place where people should work to provide a place that is safe from physical, mental, emotional, social, and spiritual harm. When author Sam Rainer says, "Safe churches don't change the world."<sup>\*</sup> He is specifically referring to the way Jesus' followers are commissioned, even commanded, to change the world through the sharing of the gospel.

Sam references Acts 17:6, following Paul and Silas proclaiming Jesus as the Messiah, the Judean people in Thessalonica formed a mob to find Paul and Silas. In describing the message of the early missionaries, the mob said, "These people who have been turning the world upside down have come here also...!" Turning the world upside down! That's what the message of the Messiah does, it changes everything.

"You become an Acts 17:6 church by first being an Acts 4:20 church", Sam explains. Acts 4:20 describes what happens after Peter and John are captured, when Peter proclaims to the leaders of Israel,

*"This Jesus is 'the stone that was rejected by you, the builders; it has become the cornerstone.'<sup>12</sup> There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved."*

After hearing this, the rulers ordered Peter and John to stop preaching and teaching in Jesus' name. Peter and John replied to the rulers, "for we cannot keep from speaking about what we have seen and heard." When the followers of Jesus cannot stop speaking about what they know and believe, it has a world-changing result.

As Jesus' followers, we are called to follow Jesus. It seems the word "follow" doesn't have the same understanding these days. When Jesus first said it, people dropped everything and left what they were doing immediately (Matt. 4:18-20, Mark 2:14). With Jesus in the flesh, it seems people take on this "followership" to a higher level. Take a few minutes to reflect alone or with another person.

- How have the "Jesus followers" in today's church, responded to Jesus' call to follow?
- How is that different from the way the first disciples responded?
- What would the church look like if Jesus was the gravitational center of your life?

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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  
314-914-4776

### SECRETARY

CYNTHIA SWAN

### CHOIR

### DIRECTOR/ORGANIST

DAVID EGGERS

### PIANIST

GREG OTT

**OFFICE HOURS** 8:30AM-  
12:30PM

**Articles Due 21st of each  
month**

When I consider these questions, the image is that of a different expression of being the church. In some ways it's exciting to think of ministry in these ways. In other moments, it feels very difficult to wrap my mind around the contrasts presented. It's easy to get lost in thinking or talking about what could be. The imagination might wander or feelings of being insufficient creep in, discouraging me and others from acting.

Remember, Jesus didn't only call upon his followers to listen, consider, or ponder on the Word. Jesus acted and told his followers to act as well. When the discouraging thoughts or fear crept in, he simply said "do not be afraid." After that he acted to take away the fear by commanding the winds to stop, the illness to leave, and demons to be cast out.

Not stopping there, Jesus also gave the Holy Spirit to act in these ways through his followers. This is where the world started to turn upside down. When his followers could no longer keep from speaking about what they had seen and heard.

So, what is it you have seen and heard about Jesus? If you were told to longer share that with anyone, would you be able to stop?

Be encouraged, Jesus says, *"So make up your minds not to prepare your defense in advance; 15 for I will give you words and a wisdom that none of your opponents will be able to withstand or contradict" – Luke 21:14-15. Along with saying this, the Bible is full of events where God shows up to make things work for good. "Trust in the Lord with all your heart, and do not rely on your own insight. 6 In all your ways acknowledge him, and he will make straight your paths" – Prov. 3:5-6.*

\* Rainer, Sam. The Church Revitalization Checklist, Tyndale Publishers, 2021.

# PRESIDENT'S REPORT

## Randy Henning



## July 2024 Treasurer's Report

The council and more specifically, the strategy team, continue to look at options for Living Christ moving forward. We have had further discussions and have suggested some things we can do. Those will be made known to you on Sunday, September 15, when I will address what the council has approved moving forward on. And I can't stress enough. Whatever that plan is will require EVERYONE'S total and complete support. Young, old, male, female, etc., it doesn't matter. The mission of LCLC has not changed. The form of that mission probably will change and it will be up to each of us to support those changes with focus, enthusiasm, commitment, and most definitely, your time. So be ready. The rode ahead is NOT easy, but our faith will be our guiding light.

Part of what I mentioned above means taking part in events, both LCLC and GRC, whenever you can. We still need volunteers to help with the car show on September 7. We want to get much closer to the community we serve and that is a great way to do that. Secondly, the response to helpers for God's Work, Our Hands Sunday on September 8 has been pretty bleak. We HAVE to start working together, because our future depends on cooperation and support from and for the other congregations in the North County area. There are sign-up sheets on the bulletin board in the coat room for both events. I would expect those blank spaces to fill up. I guess that is it for this month. Again, support, passion, focus, new ideas, are always welcome. I would love to hear from you as to your thoughts on anything pertaining to LCLC and/or GRC and how we keep our mission alive, whatever form that takes. And as always, God is with us.

<u>Category</u>	<u>July Actual</u>	<u>YTD Actual</u>
<b>INCOME</b>	<b>\$13,380</b>	<b>\$80,262</b>
<b>EXPENSES</b>	<b>\$14,021</b>	<b>\$102,125</b>
Congregation Coord	\$0	\$300
Cong Vitality Team	\$0	\$0
<b>MISSIONS</b>	<b>\$1,000</b>	<b>\$8,163</b>
<b>OFFICE</b>	<b>\$351</b>	<b>\$2,621</b>
<b>OUTREACH</b>	<b>\$0</b>	<b>\$250</b>
<b>PASTOR FUND</b>	<b>\$0</b>	<b>\$0</b>
<b>PROPERTY</b>	<b>\$3,432</b>	<b>\$23,348</b>
<b>STEWARDSHIP</b>	<b>\$0</b>	<b>\$225</b>
<b>SUPPORT</b>	<b>\$2,357</b>	<b>\$14,018</b>
<b>WAGES</b>	<b>\$6,881</b>	<b>\$52,613</b>
<b>WORSHIP</b>	<b>\$0</b>	<b>\$586</b>

Total YTD Income                   \$ 80,262  
 Total YTD Expenses                 \$ 102,125  
 Total YTD Difference               -\$ 21,863

The expenses for the month of July were \$14,021 and the income for the month was \$13,380. While expenses for the month were again greater than income, the difference this month was that expenses were only \$641 more than income. The year-to-date expenses of \$102,125 exceed year-to-date income of \$80,262 by \$21,863. The monthly deficit was lower again this month so our deficit is now averaging just over \$3,100 per month.

2024 General Funds paid to missions are as follows:

Central States Synod               \$ 5,000  
 Outreach/Local Missions         \$ 3,163

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**  
**Cathie Lehr MSN, RN**

## **Atrial Fibrillation**



**Atrial fibrillation**, also known as Afib or AF, is the most common type of heart arrhythmia (irregular heartbeat). The US Centers for Disease Control and Prevention estimates that up to 6 million people in the US have Afib.

When a person has Afib, the beating in the upper chambers of the heart (atria) is unpredictable and sometimes rapid. As a result, blood doesn't flow as well as it should from the atria to the lower chambers of the heart (ventricles). Normally, the heart beats 60 to 100 times per minute. When a person has Afib, the heart rate can be as high as 175 beats per minute.

Atrial fibrillation is not life threatening. However, the irregular heartbeats associated with Afib can cause blood collect and potentially form a clot. The clot could break free and travel to a person's brain, causing a stroke. The National Stroke Association reports that Afib raises a person's risk for stroke by 500%, and Afib-related strokes cause more deaths than other strokes.

Diagnosing and treating Afib may prevent 60 to 80% of strokes, according to the American Stroke Association. Sometimes people with Afib will not have any symptoms. However, others may experience one or more of the following

- **Irregular heartbeat**
- Heart palpitations (rapid, fluttering, or pounding)
- Dizziness or lightheadedness
- Shortness of breath
- Chest pain or pressure
- Extreme fatigue

Afib generally does not go away. If you experience an irregular heart rate and/or feel any of the above symptoms, immediately call your Health Care Provider. A health care team can explain the various treatment choices and help you develop a plan of care.

Treatment for Afib can include:

- Medications to control the heart's rhythm and rate
- Blood-thinning medication to prevent blood clots from forming

[StopAfib.org](http://StopAfib.org) is global atrial fibrillation patient organization that has helped lead the Atrial Fibrillation awareness campaign, which is designed to increase the understanding of Afib and better inform patients and health care providers about this complex condition. Additional information can be found through the American Heart Association.



Thank  
You

Thank  
You

Thank  
You

MANY THANKS!!

We really appreciated the support of our church family  
at the **65th anniversary** party organized by our  
children We love all our family!

Nancy and Bill Kaepfel



## COUNCIL BULLETS

- Walter Haynes Memorial Car Show and Book Sale is on Saturday, September 7, 10:00 am – 4:00 pm.
- God's Work Our Hands is on Sunday, September 8 in coordination with congregations in the GRC. Service opportunities will follow a combined worship service.
- Blessing of the Animals is on Saturday, October 5, 10:00 am at LCLC.
- Trunk or Treat is on Saturday, October 26, 3:00 – 5:00 pm. at LCLC.
- The Strategy Team continues to meet to consider options for the future of LCLC.
- The Stewardship Program begins in September and continues through November. Details and more information is included in this Communicator.

## Fund Raisers

**Celebrate Fall with a MUM** for your porch, patio, deck, a friend, etc. Fill out an order form and turn it in with your payment. (Checks payable to Living Christ, on memo line indicate Mums)

9 ½ " pot in a variety of colors ~ reds, oranges, yellows, and purples

The blooms can reach from 15"-24" across

\$12 each

**Sept. 15** Deadline for orders

Sept. 21 1:00-3:00 pm Pick up at church

Sept 22 Pick up before and after worship



## Mark the Date – Sunday, October 20

**Fall Craft Sale**, 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.

Please price your own items.

**A Sign Up Sheet** is posted on the bulletin board.

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

# Stewardship 2024

**Matthew 6:21 “Where your treasure is, there will be your heart also.”**

Our Stewardship Program this year will take place during the months of September, October, and November. Each month has a theme. A Communicator article, Temple Talk, and Ministry Spotlights will all address that theme.

September **“Time”**

Sept. 15 Temple Talk

October **“Talent”**

Oct. 13 Temple Talk – Time and Talent Sheets will be available  
Pledge Sheets will be available

November **“Finance”**

Nov. 3 Temple Talk

Nov. 10 Giving Sunday – turn in pledge sheets

Congregation Meeting

## September’s Theme “Time” by Joyce Wolf

For the past several years, I have been a co-coordinator of the Fifty Plus Club. First with Judy Holmes and this year with Joyce Meyer. We oversee the Club’s activities. Each month a different person or couple takes charge of the activity for that month, but we help where needed and keep a record of the Group’s activities. The records are stored in the church library

for easy access to everyone.

I thoroughly enjoy the time that I have spent working with the Fifty Plus Club. I believe in church fellowship. I believe it is important to not only attend church services, but to connect with the people. The best way to connect with others is by doing things with them. That means sometimes getting away from the church building and going places and doing activities.

Finding out what activities the people like to do and doing them with them. Sometimes, the activities are things that I would never think to do on my own. I also enjoy the activities we have at church that help us to get to know each other. The Fifty Plus Club is fun and volunteering to help create fun has made my life happier.

## 50+ SEPTEMBER OUTING

FIFTY PLUS is planning an outing on September 18 to the Powder Valley Conservation Center at 11715 Cragwold Rd. Kirkwood, Mo. There are paved trails, accessible educational nature center, aquarium, educational exhibits and gift shop. Lunch location after outing has not been determined but there are several restaurants close by to choose from. A sign-up sheet will be posted and more details will follow.

## Create Day's

Create Days - On Fridays, September 6, October 18 and November 1, from 9-11 a.m. we will be tying quilts for Lutheran World Relief. Dates are not set yet for working with the Girl Scouts.



### **God's Work, Our Hands**

with Great Rivers Collaborative

Sunday September 8, 2024

Beginning at 12:00 PM

with a sending service at

**Good Shepherd Lutheran Church**

**7380 Howdershell Rd.**

We will gather for a blessing and sending before engaging in service opportunities with our partners.

## September Lunch Bunch

September lunch bunch will meet at Irma Jeans at 2109 Charbonier Rd. Florissant at 11:30 am on September 5. Please contact Joyce Meyer at 314-374-4135 or 314-838-3741 to attend. The lunch bunch is for anyone wanting to enjoy a nice lunch and social time with others!

## August Lunch Bunch Recap

Sixteen diners enjoyed lunch at Cugino's in Florissant on August 8. They have an extensive menu and offered a fish sandwich special that day that some of us enjoyed. Our server, Jay was very efficient, energetic, and a great host.

**Please sign up on the  
bulletin board**





# Celebrate September!

## *Birthdays & Anniversaries*

### Birthdays

Laurie	BROWN	11
Doris	STOEHNER	11
Heather	GOSMA	12
Stella	ENGE	13
Cora	WALLACE	14
Glen	ALBERS	15
Gloria	BRODERICK	17
Charlie	DASHO	19
Brock	BEINS	20
Abigail	CLIFFORD	22

### Wedding Anniversaries



Bryan and Donna	Clifford	6	21 yrs
Jenna and Matt	Besserman	19	15 yrs



# *September Worship Assistants*

## **September 1, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Angela Bennett  
Lector: Dave Endorf  
Live Streaming: Gary & Laurie Brown  
Musician: Greg Ott  
Ushers: Jann & Glenn Mueller  
Greeter: Levaughn & Sheila Smart  
Altar Guild: Karen Haynes & Sheila Smart

## **September 29, 2024**

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

## **September 8, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Randy Henning  
Lector: Angela Bennett  
Live Streaming: Rod Wallace  
Musician: Greg Ott  
Ushers: Glenn Albers & Ann Schultz  
Greeter: Jim Stoechner  
Altar Guild: Joyce Wolf & Ann Schultz

## **September 15, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Angela Bennett  
Lector: Randy Henning  
Live Streaming: Erle Craig  
Musician: Greg Ott  
Ushers: Levaughn & Sheila Smart  
Greeter: Jann Mueller  
Altar Guild: Doris Stoechner, Bill Kaepfel & Marilyn Wiley

## **September 22, 2024**

Preaching/Presiding: Pr. Matt  
Assisting Minister: Bill Kaepfel  
Lector: Bill Kaepfel  
Live Streaming: Gary & Laurie Brown  
Musician: David Eggers  
Ushers: Randy Henning  
Greeter: Marilyn Wiley  
Altar Guild: Maureen Buchek & Marjorie Becker

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

# SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 8 GODS WORK OUR HANDS 9:15am Worship 10:30am Adult Forum 11am True Vine Church	2 Labor Day - Office Closed	3 NO EXERCISE 10am Bible Study	4	5 NO EXERCISE 11:30am Lunch Bunch - Irma Jean's 6pm Bells	6 9:00am Create Day	7 10:00am Walter Haynes 2nd Annual Car Show
8 15 8am Vocal Choir 9:15am Worship 10:30am God's Work Our Hands 11am True Vine Church	9 6:00pm CVT 7:00pm Council	10 10am Bible Study 11am Exercise Class	11	12 11am Exercise Class 11:30am Lunch Bunch 6pm Bells	13	14 9am Girl Scouts
15 22 8am Vocal Choir 9:15am Worship 10:30am Adult Forum 11am True Vine Church 4pm Fox Lake HOA-	16	17 10am Bible Study 11am Exercise Class	18 50+ Powder Valley	19 11am Exercise Class 6pm Bells 7pm NCOTC- (LL)	20	21 9am Girl Scouts
22 29 8am Vocal Choir 9:15am Worship 10:30am Adult Forum 11am True Vine Church 2pm GRC	23	24 10am Bible Study 11am Exercise Class	25	26 11am Exercise Class 6pm Bells	27 30	28
30						

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**