

JANUARY 2025

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

God is Doing a New Thing!

Isaiah the prophet writes, “The nations shall see your righteousness, and all the kings your glory, and you shall be called by a new name that the mouth of the Lord will give. You shall be a crown of beauty in the hand of the Lord, and a royal diadem in the hand of your God (Isaiah 62:2-3).

Happy New Year! God is working a new thing among us. Take a moment and read more of Isaiah chapter 62. It is a promise and celebration of God bringing the faithful into a realization of new life. Not only will God’s Spirit and favor be upon them, God gives them a NEW NAME! The old has passed away, the new has come!

The word for “new” is used over 7,400 times in the Bible. Speaking of getting a new heart, a new mind, a new spirit within, a new name, a new moon, and “*The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness (Lamentations 2:22-23).*”

After witnessing Jesus preaching and miracles, Mark chapter 1 reports, “They were all amazed, and they kept on asking one another, “*What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.*” 28 *At once his fame began to spread throughout the surrounding region of Galilee.*” Even the familiar and faithful ones heard a new teaching.

Jesus talks about putting new wine in new wineskins because putting it in old wineskins would make them burst. There’s wisdom in avoiding putting something dynamic and new into something not meant to hold it. This is why birds don’t put new chicks into last season’s broken shells, or why we plant new seed to grow fresh produce. This imagery is informative to us as we welcome in a new year and the prospect of new ministry.

The coming year is one of discovery, of a journey to become a new expression of what God is doing within our lives and our communities of faith. We have talked about this on several occasions, and we will continue in this adventure as the Lord leads us down new paths we haven’t yet been down. Remember, “*Thy word is a lamp unto my feet, And a light unto my path (Psalm 119).*” Where we see the light of Jesus, we continue to walk into the world to shine that light.

The Psalmist often writes about singing a new song and having a new spirit. This is what is given to us in order for us to move into this new season. To sing new songs, to experience God’s Spirit anew, and to be enriched with new ways of being the church.

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

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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

To this end, we are going to try some new things. We will be singing some new songs, hopefully hearing some new instruments, and sharing newfound joy. We will join with some of our sister ELCA congregations in trying out a new Narrative Lectionary (the selection/series of Bible readings, themes, and other things surrounding the elements of our church year). And we will probably worship in unfamiliar places with new people and possibly... even discover a new name.

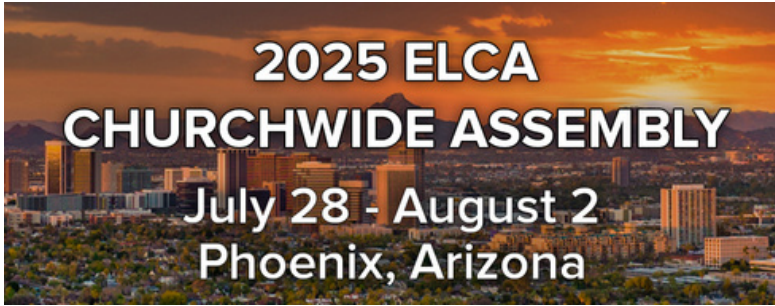
As we come into a new year and new expression, hold tight, knowing “Jesus Christ is the same yesterday and today and forever (Hebrews 13:8).” While experiencing the new things, Jesus doesn’t change. Our understanding of Jesus, of our faith, and of God’s work around us will. Singing a new song and having a new spirit means we will be growing into the same Jesus Christ in ways that we may not have before. Let us join in what God has prepared for us as we move forward into what’s next!

Prayer: Creator of all things new, we praise you for the many ways you have revealed yourself to us. Guide us in praise, in spirit, and by your word as we move into an even greater understanding and experience of you. Help us have open hearts and minds, embracing your ways, encouraging each other, and to be looking out for what you are leading us into. Amen.

Pastor Matt



**TREASURER'S REPORT
November 2024**



2025 ELCA Churchwide Assembly

The 2025 ELCA Churchwide Assembly will be held July 28–Aug. 2, 2025, at the Phoenix Convention Center in Phoenix, Ariz.

The ELCA Churchwide Assembly, the primary decision-making body of the Evangelical Lutheran Church in America, is a process of communal spiritual discernment. When the ELCA Churchwide Assembly convenes, its voting members meet with confidence in God’s grace around word and water, wine and bread, to carry on their work on behalf of the entire church. Over the course of the assembly, voting members:

Hear reports and review the work of churchwide officers, leaders and units. Receive and consider proposals from synod assemblies.

Elect officers, board members and other leaders as specified by the constitution or bylaws.

Establish ELCA churchwide policy.

Worship together. adopt a budget.

Conduct other business related to the ELCA churchwide organization.

Category	November Actual	YTD Actual
INCOME	\$13,610	\$126,592
EXPENSES	\$17,327	\$167,039
Congregation Coord	\$0	\$450
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,275	\$14,089
OFFICE	\$ 309	\$ 3,478
OUTREACH	\$0	\$ 250
PASTOR FUND	\$0	\$0
PROPERTY	\$5,408	\$43,145
STEWARDS	\$0	\$225
SUPPORT	\$1,647	\$21,551
WAGES	\$7,892	\$82,423
WORSHIP	\$ 796	\$1,429
Total YTD Income	\$ 126,592	
Total YTD Expenses	\$ 167,039	
Total YTD Difference	-\$ 40,447	

The expenses for the month of November were \$17,327 and the income for the month was \$13,610. The expenses for the month were \$3,717 more than income. The year-to-date expenses of \$167,039 exceed year-to-date income of \$126,592 by \$40,447. 2024 General Funds paid to missions are as follows:

Central States Synod	\$ 6,000
Outreach/Local Missions	\$ 8,089

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

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



Keeping A Handle On Holiday Stress

If you find that you are feeling a little more stressed than usual right now, you're definitely not alone. The American Psychological Association reports that nearly 9 in 10 (89%) Americans are experiencing stress or feeling overwhelmed during this holiday season.

When we are stressed, we need to be sure we are coping with it in the best ways possible. When stress gets the best of us, we may turn to less healthy means of coping. Here are some ways to make the season less stressful and more fun.

1. Plan ahead.

Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu and holiday decoration plan to help you stay organized and make grocery shopping easier. Try sharing your to-do list with family and friends.

2. Remember you can respectfully say NO thank you.

With holiday commitments, give yourself permission to say no to a few or all of them. It's OK to prioritize commitments to participating in those that will bring you the most peace and joy.

3. Plan spending.

The holidays may mean spending money. This can be a lot of fun but can also be financially stressful. Make a budget and stick to it. Spending money on your loved ones may be important, but it's also imperative to pay respect to your budget plans. Don't buy gifts that you'll be paying off for the rest of the year. Consider making meal planning using discounts provided by local markets.

4. Create relaxing surroundings.

Turn on some music, light some candles, consider opening a window (even on a cold day) for 5-10 minutes to welcome some invigorating fresh air. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D has been considered a happiness booster.

5. Maintain healthy habits.

For many, the holidays are notorious for ruining healthy habits. Maintain your usual exercise routine. A short workout each morning will help your decision-making throughout the day. Consider consistently parking farther away from the entrance of your destination. Every day, try something new: put on stimulating music and dance in the hallway, participate in chair exercise, intentionally stretch your body, your arms, and your legs. Eat fresh fruit or vegetables throughout the season. Fill up with healthy snacks before a dinner party or celebration offering tempting but unhealthy menu choices. Be responsible about food and alcohol consumption.

6. Respect Differences.

During the holiday, spending time with family and friends may accentuate the challenges of accepting the diversity of other's opinions or lifestyle. Consider planning a method to clarify and manage your feelings to forgive or forget. Practice deep breathing. Focus on your similarities and replace tension with something productive.

7. Dealing with the loss of old (considered sacred) traditions.

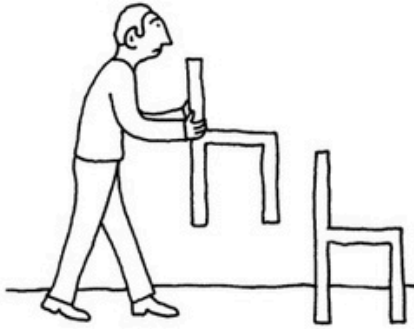
Change can be stressful. Family dynamics change. You feel the holidays are not the same as they used to be or everything is different. Numerous challenges occur when facing the holiday seasons after the loss of a family member or friend. Accept your feelings and open up about them to others. It may make you feel better to share. Consider trying out new traditions to ease the loss.

8. Take a break.

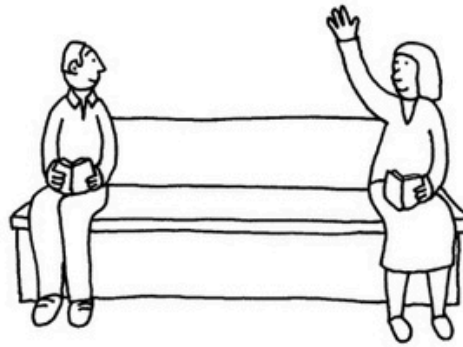
Be realistic, you are only one person, and you can only do so much. Don't forget about your own needs. Take a nap, read a book, watch a funny movie. Laughing relaxes the whole body and can relieve physical stress. Be kind to yourself and acknowledge that it's okay to not achieve everything you set out to do. Forget about perfection and relax and enjoy the company surrounding you.

NEW YEAR'S RESOLUTIONS

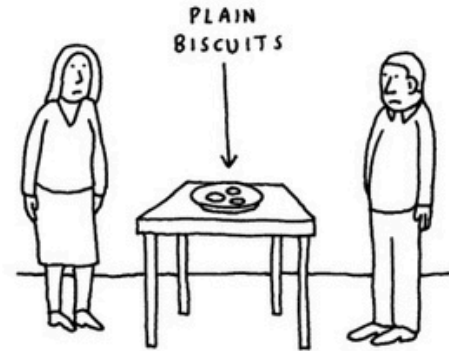
HOW THE CHURCH CAN HELP



EXERCISE



MEETING NEW PEOPLE



HEALTHY EATING



GETTING ORGANISED

AT THE PCC WE'LL DISCUSS THE APCM,
CW VS THE BCP, THE LLM'S CRB,
AND THE OLM'S BAP. OH, AND
THERE ARE LETTERS FROM THE DAC,
THE DDO, THE HOB AND THE ABC



LEARNING A NEW LANGUAGE



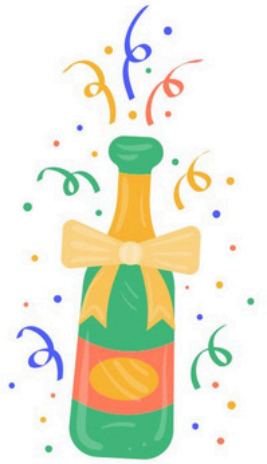
TRAVELLING TO NEW PLACES

Cartoonchurch.com

Happy New Year!



P V K E E H Q P H R E S O L U T I O N V B N B E
 U T G N I N N I G E B D E Y A Y A N A M G O H D
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NEW YEARS EVE NEW YEARS DAY DECEMBER CALENDAR DANCING LAUGHTER
 FUN MUSIC PARTY POPPERS KISS FAMILY FRIENDS BIG BEN HOGMANAY
 NEW YEAR COUNTDOWN SINGING OLD NEW BEGINNING PROMISES
 AULD LANG SYNE BELLS RESOLUTION CELEBRATION JANUARY FIREWORKS
 CHAMPAGNE PARTY MIDNIGHT

For what shall we pray?

SPECIAL PRAYER

Continue to guide the work of the Great Rivers Collaborative, including Zion Ferguson, Unity Bel-nor, Good Shepherd Hazelwood, St. Phillips, Atonement, Shepherd of the Hills, and Living Christ, reveal your direction for ministry into the future through your Holy Spirit.

Prayer prompts:

- For areas of the world impacted by ongoing war and conflict: Gaza, Syria, Ukraine...
- For the family of Jimmy Carter and all those who mourn...
- For the families of those killed in the Jeju Air plane crash...
- For those affected by tornadoes in Texas, North Carolina, and Louisiana...
- For those experiencing homelessness in the US...
- For Trinidad & Tobago in the face of rising violence...
- For victims of violence in New Orleans...
- For the new year and transitions of all varieties...

Events and observances:

Name of Jesus (Jan 1)

New Year's Day (Jan 1)

World Day of Peace (Jan 1)

Johann Konrad Wilhelm Loche, renewer of the church, died 1872 (Jan 2)

Epiphany of Our Lord (Jan 6)

Orthodox Christmas (Jan 7)

The Church Came to Me

A man stood in line on a cold, rainy Wednesday evening in Union Square, waiting to receive ashes and prayer. When he got to the front of the line, he told the pastor that two years prior, both his wife and son had been killed. Imagine the grief and pain. For two years, he was not able to set foot in church because he was too angry. He was angry at God. The pastor there listened. Then he shared with him just a few of the stories in scripture of others who were angry with God. He assured the man that God could take his anger and pain and that God loved him through all of it. They prayed and cried together. Then the man said, "I have not been able to go to church for two years, but today the church came to me."

50+

The 50+ Planning Meeting will be on Wednesday, January 15 @ 10:30am on the lower level. Please bring a sandwich for lunch. Beverages and dessert will be provided. \$10.00 dues will be collected at the meeting.

50 + Christmas luncheon RECAP

The 50+lunch group met on December 19 in the lower level at LCLC and enjoyed lunch catered by Tornatores Catering followed by dessert. Games included "rob your neighbor", candy guessing game and drawing for table decorations. A big thank you to Doris Steiner for coordinating the luncheon and table decorations. Thanks to Glenn Mueller, Jeanne Calderwood, Sheila Smart, Marilyn Wiley, Joyce Wolfe for their help and Cathie Lehr for the egg nog makings. Sharon Perko Davis donated pumpkin pies and Bill Kaepel a fruit cake. We enjoyed Christmas carols accompanied by Bill Kaepel on the piano. Thank you to the thirty seven people attending to make this a joyful Christmas event.

THRIVENT PROJECT Bags

Please take a bag or two and give to someone in need. These bags can be found in the great room in from of Cynthia's office.



January Lunch Bunch

January Lunch Bunch will be @ Chimi's Fresh Mex located at 520 N Hwy 67 in Florissant on January 9 at 11:30 am.

We welcome everyone and the more the merrier! For reservations contact Joyce Meyer at 314-374-4135 or 314-838-3741.



Create Day -

the next Create Day to work on the quilts for Lutheran World Relief will be Friday, January 10, 9:00am-11:00am,

February 7,

March 7,

April 4,

May 2,

June 6,

July 18,

August 8,

September 12,

and October 3.

The Lutheran World Relief Ingathering will again be in October. Our goal is to work on quilts to have twenty-four quilts completed by then. Anyone is welcome to help!



Celebrate January!

Birthdays & Baptisms

Birthdays

Marilyn	Wiley	2
Beth	WILSON	4
Marie	JOHNSON	5
Michael	BEINS	9
David	CHAPPELL	20
Trisha	SCHULTZ	20
Carol	HOOGLAND	21
Nancy	BUTH	22
Carolynn	HENNING	23
Tiffany	HENNING	27
Jennifer	SMART	30

Baptisms

Beins	Mark	1	15
Bennett	Angela	1	
Craig	Erle	1	
Hoogland	Carol	1	
Johnson	Marie	1	
Kaeppel	Kaylan	1	28



January Worship Assistants

January 5

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Terry Calderwood
Live Stream: Gary & Laurie Brown
Musician: David Eggers
Ushers: Glenn Albers & Ann Schultz
Greeter: Jann Mueller
Altar Guild: Cathie Lehr & Joyce Meyer

January 12

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Gary Brown
Live Stream: Rod Wallace
Musician: Greg Ott
Ushers: Levaughn & Sheila Smart
Greeter: Marilyn Wiley
Altar Guild: Karen Haynes & Sheila Smart

January 19

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Laurie Brown
Live Stream: Erle Craig
Musician: Greg Ott
Ushers: Dave Endorf & Randy Henning
Greeter: Glenn Mueller
Altar Guild: Joyce Wolf & Ann Schultz

January 26

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Dave Endorf
Live Stream: Marilyn Wiley
Musician: Greg Ott
Ushers: Jim & Doris Stoehner
Greeter: Ann Schultz
Altar Guild: Doris Stoehner, Bill Kaepfel & Marilyn Wiley

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

JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Years Day	2 NO Exercise Class	3 NO Bells Visitation 4-8pm Hutchens - Carolynn Henning	4 10am Funeral - Carolynn Henning
5 8am Vocal Choir 9:15am Worship 10:30am Adult Forum Tiam True Vine	6	7 NO Bible Study 11am Exercise Class	8 10:30am 50+ Planning Meeting	9 11am Exercise Class 11:30am Lunch Bunch	10 9:00am Create Day 11:00am Bells 2:00pm GRC Meeting	11 9am Girl Scouts
12 8am Vocal Choir 9:15am Worship 10:30am Adult Forum Tiam True Vine	13 6:00pm CVT 7:00pm Council	14 10am Bible Study 11am Exercise Class	15 10:30am 50+ Planning Meeting	16 11am Exercise Class 7pm NCOTC	20 11:00am Bells	21
19 9:15am Worship 10:30 am Adult Forum Tiam True Vine	20 Martin Luther King Day - Office Closed	21 10am Bible Study 11am Exercise Class	22	23 11am Exercise Class	24 11:00am Bells	25 9am Girl Scouts
26 8am Vocal Choir 9:15am Worship 10:30am Adult Forum Tiam True Vine	27	28 10am Bible Study 11am Exercise Class	29	30 11am Exercise Class	31 11:00am Bells	

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

Lutheran Church of the Living Christ
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