

MARCH 2025

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

The Season of Lent

The season of Lent is beginning. Lent is not a common word in our society today. You probably only hear it if you go to a church that celebrates the tradition, fish fries on Fridays, watching the news covering Mardi Gras, or there might be a small segment on how various Christians in other places observe the season. Perhaps you have a memory of soup suppers and Wednesday evening worship services at church (much less practiced these days).

Several years ago, it came to my surprise when one of the local non-denominational pastors, Bill, asked about how his church wanted to try to have an Ash Wednesday worship service. They'd never done it before, and he asked if I had any resources to share. As a Lutheran, of course I did! I had more resources than I knew what to do with. I handed them off and wished him a happy planning.

About a month later, Pastor Bill thanked me and gave me some feedback on what I shared. He told me that what he was looking for was something to connect his congregation with the ancient tradition. Something that would help to ground them in a practice that presented the Christian faith as something that transcended denominations, generations, cultures, politics, or worldly things. He was able to find good direction in the purpose of Lent as a season of repentance, marked by the physical display of ashes, showing faith and commonality with all of Jesus' followers.

While Ash Wednesday was new to those in his congregation, some of the mainline Christians would quietly reflect, "It's about time!" All sarcasm aside, the sharing of this tradition ended up being an opportunity for Christians in our community to see more commonality and understanding. In previous years, there seemed to be a divide between mainline Christians and "Evangelicals". But the sharing of this simple tradition started to open minds. It started to mend some of the feelings of disconnect within the quiet separation that had somehow crept in over the years.

Thinking about Ash Wednesday and the season of Lent, it is a witness to the way in which the church is a witness to God's holiness. It is a season of God making us holy, not through us becoming anything better-than others. But instead, us being humbled as those who have come from the dust and to dust we will return... dust. This is a recognition of the work of Jesus Christ in dying for our sins, cleansing us by His blood sacrifice, and rising from the dead to proclaim and guarantee freedom from sin and the promise everlasting life. This all makes us, who are otherwise not worthy, into a people cleansed, blessed, welcomed, and empowered with the riches of God in Christ.

Holy – set apart for God's purposes. Not our purposes, but God's purposes. We are set apart from common things in order to experience and live into the life God has for us. This season, join me in focusing on how we can daily see Jesus more clearly, love Jesus more dearly, and follow him more nearly. Remember, it is about God's actions, for God's purposes, for God's people. Something all Jesus' followers share, and all are to benefit from. With Jesus at the center of it all, divisions fall by the wayside and being together in God's grace brings all together.

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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/OFFICE ADMINISTRATOR

CYNTHIA SWAN

CHOIR

DIRECTOR/ORGANIST

DAVID EGGERS

PIANIST

GREG OTT

OFFICE HOURS 8:30AM-
12:30PM

Articles Due 21st of each
month



Lent Word Find



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

Purple

Prayer

Sunday

Forty Days

Resurrection

Lent

Holy

Palm

White

Ashes

Risen

Priest

Jesus

Easter

Fasting

Sacrifice

Forehead

Holy Saturday

PRESIDENT'S REPORT

Randy Henning



Things are heating up on a couple of fronts. First of all, the executive councils of LCLC and Zion met for about 2 hours on 2/22 to discuss the relationship between the two congregations and what that should look like going forward. To that end, a covenant is being formulated to express the ideas brought forth at that meeting. That will be shared and discussed with all of you when it is finalized. It will be a working document until we think it is ready to be officially put in place. And that will require a vote of the congregation.

Secondly, no real update on the sale of the church. There have been a couple of nibbles, but nothing firm or serious. We will keep you apprised.

Finally, I want to thank all of you that took part in the poker tournament at Atonement or worked to help support the effort. I do not know yet how much money we raised, but we know we made enough for at least one pallet and probably more. When I get the final numbers, I will let you know. And remember, we have an Adopt a Pallet effort of our own going on. Check the thermometer outside the sanctuary for progress toward our goal. And please contribute. We will also be having a trivia night at some point and a golf tournament has been scheduled for June 7, both of which will benefit FMSC. So contribute when and where you can. And we are always looking for extra help, actually we need it, so please consider joining those efforts. That's it for now. Go with God.

<u>Category</u>	<u>January Actual</u>	<u>YTD Actual</u>
INCOME	\$7,445	\$7,445
EXPENSES	\$14,243	\$14,243
Congregation Coord	\$0	\$0
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,000	\$1,000
OFFICE	\$363	\$363
OUTREACH	\$0	\$0
PASTOR FUND	\$0	\$0
PROPERTY	\$3,507	\$3,507
STEWARDSHIP	\$0	\$0
SUPPORT	\$2,064	\$2,064
WAGES	\$7,261	\$7,261
WORSHIP	\$48	\$48
Total YTD Income	\$ 7,445	
Total YTD Expenses	\$ 14,243	
Total YTD Difference	-\$ 6,798	

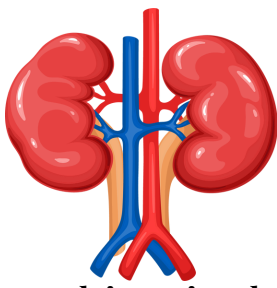
2024 General Funds paid to missions are as follows:

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

We are off to a slow start this year with January offering of only \$7,445. Expenses of \$14,243 for the month puts us at a deficit of \$6,798 for January. The extremely cold weather and snow in January may be partially to blame. I am hopeful that next month we will significantly reduce the deficit.

We are headed into a new year full of unknowns, but we travel the road with faith and with each other.

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



March is National National Kidney Awareness Month ••• March 11 is World Kidney Day

Chronic Kidney Disease (CKD) is a progressive condition in which kidneys don't work as well as they should to filter waste, toxins, and fluids from your body – which can cause serious health problems.

Kidney Disease Statistics:

1. 37 million Americans have kidney disease.
2. Kidney disease is growing at an alarming rate. It currently affects more than 1 in 7 (15% of American adults).
3. Black Americans are 3.4 times more likely to develop kidney failure.
4. 9 out of 10 people with kidney disease are unaware they have it.
5. Diabetes is the top cause of kidney failure. About 1 in 3 adults with diabetes have kidney disease.
6. Nearly 570,000 Americans are on dialysis.
7. Nearly 240,000 Americans are living with a kidney transplant.

The symptoms of kidney disease:

Symptoms may vary depending on what stage you are in, many people don't experience symptoms until the later stages when kidney failure occurs. It is beneficial to be aware of and look out for the following symptoms of early-stage kidney disease:

- High blood pressure
- Swelling in legs
- Foamy urine
- Frequent urination
- Swelling in hands/feet
- Weakness or fatigue
- Dry itchy skin
- Muscle cramps

Diabetes can lead to damaged or weakened blood vessels, preventing the kidneys from filtering waste and toxins from your blood.

High blood pressure can damage your blood vessels over time, including hardening and narrowing of arteries around the kidneys, preventing them from functioning as they should.

Cardiovascular disease can lead to narrow or blocked blood vessels, reducing the supply of oxygen-rich blood supplied to the kidneys, which may lead to kidney disease.

If you have a **family history** of kidney disease, you may be at higher risk for developing CKD.

Can early-stage kidney disease be reversed?

Unfortunately, most early-stage kidney disease cannot be reversed. However, taking action early to protect your kidney health can help you slow the progression of the disease. Take control of your health by making healthy lifestyle choices and speaking with your health care provider frequently to identify any changes in your health.



Life can be challenging, especially when the people we rely on disappoint us. Whether it's friends, family, or colleagues, facing letdowns can leave us feeling stuck, much like a golf cart that's run out of battery—looking good on the outside but unable to move forward. In moments like these, we must remember God never leads us back; he always leads us forward. It's essential to find momentum in our lives and faith.

Understanding the Disconnect

When we feel let down by others, it's easy to lose our motivation. We may question our faith and wonder why some people seem to thrive while we struggle. The truth is, faith is not just a feeling; it requires corresponding action. Faith does the hard things. Just like a body without spirit is lifeless, faith without action can feel stagnant.

The Power of Words

One of the first actions that demonstrate our faith is our confession—what we speak into existence. Our words have immense power; they can uplift us or drag us down. When we face disappointment, it's crucial to maintain a vocabulary that reflects our beliefs and hopes. Speaking faith can provide the spark we need to ignite our momentum and move forward.

Taking Action

- 1. Be Committed To Your Beliefs:** Instead of dwelling on the letdowns, focus on what you believe. Speak positive affirmations that reflect your faith and aspirations. This can shift your mindset and set the stage for new opportunities.
- 2. Surround Yourself with Support:** Seek out those who uplift you. Connecting with others who share your values can help you maintain momentum, even when some individuals fall short. The most important things in life are not things, they're relationships.
- 3. Let's Get Better, Set Small Goals:** Take action by setting achievable goals. Each small victory can build confidence and momentum, helping you overcome feelings of disappointment.
- 4. Practice Gratitude:** Shift your focus from what you lack to what you have. Expressing gratitude can re-frame your perspective and help you appreciate the positive aspects of your life, even amidst challenges. A great way to practice gratitude is by being generous.
- 5. Stay Engaged in Community:** Attend church or community gatherings where you can share your experiences and grow your faith. These connections can provide encouragement and remind you that you're not alone. Become people-oriented because remember, the most important things in life are not things, they're relationships.

Finding Your Strength

Ultimately, success is not defined by the absence of let downs but by how we respond to them. Winners are constantly working on their attitude. When people let us down, we can choose to rise above the situation by embracing our faith and taking actionable steps toward our goals.

Remember, just like that golf cart can be recharged, so can our spirits. Let's use our faith as the fuel to push through the challenges. When we act in faith, we begin to see new possibilities and pave the way for success, regardless of the setbacks we face.

In life, we will inevitably encounter disappointments. However, by focusing on our faith and taking corresponding action, we can create our own momentum. Continue to have a growing mindset and speak words of faith, surround yourself with positivity, and take small steps toward your goals. With the right mindset and actions, we can succeed, even when others let us down. Let your faith be the driving force that propels you forward!

ASH WEDNESDAY

You are invited to Ash Wednesday dinner and worship at **Atonement on March 5, starting at 5:00 pm, 1285 N New Florissant Rd, Florissant, MO 63031**. Beer-battered fried cod, baked lemon pepper tilapia, macaroni and cheese, and seasoned green beans are on the menu. For food planning purposes, please indicate on the attendance form how many will attend. A Free Will offering will be collected to cover the expenses.

After dinner, come to the Family Room to enjoy dessert. Worship begins at 7:00 pm. and includes the imposition of ashes. (PLEASE SEE SIGN UP SHEET ON THE LCLC BULLETIN BOARD) *Choir members are invited to join the Atonement choir in singing a simple, easy-to-learn anthem for the service. We'll meet in the sanctuary at 6:15 to rehearse. Music will be provided at that time. Singers - if you plan to have dinner at church, please arrive in time to enjoy your dinner before rehearsal. It would be helpful if we had an estimated number of people from your congregation who will be coming for dinner and an estimated number of choir members."*



MID-WEEK LENT OPTIONS

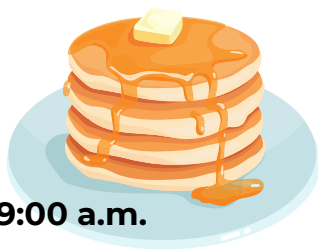
- Ash Wednesday, March 5, at Atonement - Fish Fry at 5 PM, joint worship with the imposition of ashes start at 7 PM.
- Good Shepherd Hazelwood - will be offering Lenten services every Wednesday with dinner at 6 PM and service at 7:00 pm. Everyone is invited.
- Living Christ: Lent Midweek Fellowship - Wednesdays March 12 - April 9 at Noon. Come and hear God's word, pray, watch a selected video, followed by discussion if there is time. Bring food and drink and enjoy lunch if you would like.
- Zion, Ferguson - Wednesdays at 6:30 Soup Supper with Lent Devotion Series.

FEED MY STARVING CHILDREN

FMSC "Adopt a Pallet" fundraiser. A pallet costs \$2500 and provides 8000 meals. LCLC's participation/progress toward the \$2500 goal is displayed on the thermometer in the lobby/narthex. Make checks out to "Feed My Starving Children" or "FMSC", put "Adopt a Pallet" in the memo section, and get them to Randy Henning or place them in the collection plate. Cash can be placed in an envelope labeled "Adopt a Pallet". Please talk to Randy with questions or comments.

FUND RAISER

Sunday, March 30
Pancake Breakfast, 8:00 – 9:00 a.m.

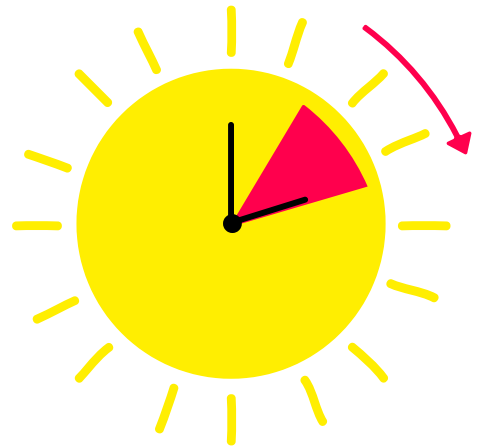


Join us for a delicious breakfast on the lower level, prepared by Glenn Mueller.

A free will donation will help with the church expenses. You will find a sign up sheet on the bulletin board.

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

DAYLIGHT SAVING TIME
begins Sunday, March 9
spring forward



RIDES TO CHURCH OR OTHER

If you, or someone you know, needs a ride to church or to a doctor appointment or store, or other, please call Cathie Lehr 314-809-4477, or Marilyn Wiley 314-223-7155. They are happy to take you to your destination and bring you back home!

Thank you Cathie & Marilyn!!!

COUNCIL BULLETS

- Ash Wednesday worship (March 5) will be at Atonement with a 5:00 pm fish fry and 7:00 pm worship. Pastor Larry and Pastor Matt are presiding/preaching.
- Mid-Week Lenten worship will be on Wednesdays at LCLC. Bring your lunch and watch episodes of "Chosen" or other viewing options.
- Inventory continues Wednesdays at 9:00 – 11:00 am. Please do not bring items to church to add to the inventory. Food items for TEAM is the exception.
- FMSC Adopt A Pallet challenge continues with our goal of \$2500. We have reached approximately \$1000 to date. A chart displaying progress is in the narthex. Proceeds from a "noisy offering" all Sundays in March will help us reach our goal of \$2500.
- Synod Assembly is in Olathe, KS, June 1-7. Laurie and Gary Brown will attend.
- Churchwide Assembly is in Arizona, last week in July. Pastor Matt will be attending as a voting

**No 50+ March activities
WE WILL BE BACK IN APRIL**

50+ PLANNING PIZZA PARTY RECAP

Twenty-one members enjoyed the pizza and bingo party on February 26 in the upper level at LCLC at 10:30 am and Pastor Matt and Cynthia were able to join us. Prizes were handed out to the bingo winners. Thanks to Glenn Mueller for setting up and ordering the Celano's pizza.

OUTREACH - Living Christ will be providing a meal on the 4th Wednesday of each month in 2025 for Room at the Inn. Room at the Inn is a homeless shelter for families. Their purpose is to help these families get into a home of their own and equip them with the tools needed to prevent them from becoming homeless again. If you are interested in this outreach project, there is a sign up sheet on the bulletin board. There are also aluminum pans in the coat room by the bulletin boards by the mail boxes that can be used. Meals should be made for 20 people (10 adults and 10 children), and can be meat or main dish, two vegetables or side dishes, fruit and dessert. Suggestions for meals: fried chicken, taco or Mexican, spaghetti, hamburgers, chili, soups, sloppy joes. Kid friendly meals are appreciated. Room at the Inn has invited us to stay to share the meal with them. Meals should be delivered by 5:00 p.m. or earlier to Drury House at Marygrove, 2705 Mullanphy Lane, Florissant. Keep track of your expenses, save receipts, fill out a check request form, and put into Dave Endorf's Treasurer mailbox for reimbursement from Outreach. Any questions, talk with Cathie Lehr or Kathy Endorf. Dates available are Wednesdays, April 23, May 28, June 25, July 23, August 27, September 24, October 22, November 26, December 24. Thank you!

MARCH LUNCH BUNCH will meet on **March 13** at Cugino's Restaurant at 1595 N. Hwy 67 in Florissant at 11:30 am. Large variety on the menu and they are always accommodating when we have dined there in the past. All are welcome to come and enjoy a good lunch and social time. For reservations please contact Joyce Meyer at 314-374-4135 or 314-838-3741.

FEBRUARY LUNCH BUNCH RECAP

Lunch Bunch met for lunch at Applebees on Feb. 13 in Florissant. It was a little chilly but fourteen of us enjoyed the lunch menu and service was very good. Social time is important to all of us. Everyone is welcome!

CREATE DAY

the next Create Day to work on the quilts for Lutheran World Relief will be Friday, March 7, 9:00am-11:00am,

April 4,
May 2,
June 6,
July 18,
August 8,
September 12,
and October 3.



We are tying quilts for Lutheran World Relief.
Everyone is welcomed!



Celebrate March!

Birthdays & Anniversary

Birthdays

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

Wedding Anniversary

Tom and Beth	Wilson	8th	45 years
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HAPPY ANNIVERSARY

HAPPY 90TH BIRTHDAY

A special Shout out to Marion Koenn. She will be celebrating her **90th** birthday on March 6. Happy Birthday Marion!



March Worship Assistants

March 2

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

March 30

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Laurie Brown
Live Stream: Rod Wallace
Musician: David Eggers
Ushers: Ann Schultz & Glenn Albers
Greeter: Glenn Mueller
Altar Guild: Karen Haynes & Sheila Smart

March 9

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Karen Haynes
Live Stream: Rod Wallace
Musician: Greg Ott
Ushers: Jim & Doris Stoehner
Greeter: Judy Holmes
Altar Guild: Doris Stoehner, Bill Kaepfel & Marilyn Wiley

March 16

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Terry Calderwood
Live Stream: Erle Craig
Musician: David Eggers
Ushers: Randy Henning & Dave Endorg
Greeter: Jann Mueller
Altar Guild: Maureen Buchek & Marjorie Becker

March 23

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Gary Brown
Live Stream: Gary & Laurie Brown
Musician: Greg Ott
Ushers: Jann & Glenn Mueller
Greeter: Ann Schultz
Altar Guild: Cathie Lehr & Joyce Meyer

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

MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 8am Vocal Choir 9:15am Worship 10:30am Adult Forum 11am True Vine	3	4 10:00am Bible Study 11am Exercise Class	5 ASH WEDNESDAY 9am Church Inventory Crew 5:00pm Fish Fry - Atonement 7:00pm Mid-Week - Atonement	6 11am Exercise Class	7 9:00am Create Day 11:00am Bells	8
9 8am Vocal Choir 9:15am Worship 10:30am Adult Forum 11am True Vine	10 6:00pm CVT 7:00pm Council	11 10am Bible Study 11am Exercise Class	12 9am Church Inventory Crew NOON Midweek - Movie the Chosen	13 11:00am Exercise 11:30am Lunch Bunch 6:30pm Girl Scouts	14 11:00am Bells	15 9:00am Girl Scouts
16 9:15am Worship 10:30 am Adult Forum 11am True Vine	17 St. Patricks Day	18 10am Bible Study 11am Exercise Class	19 NOON Midweek - Movie the Chosen	20 11am Exercise Class 7pm NCOTC	21 11:00am Bells	22 9:00am Girl Scouts
23 8am Vocal Choir 9:15am Worship 10:30am Adult Forum 11am True Vine	24	25 10am Bible Study 11am Exercise Class	26 NOON Midweek - Movie the Chosen	27 11am Exercise Class	28 11:00am Bells	

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