

APRIL 2025

# The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

## In Good and Bad...

In last month's Communicator, I ended my article in saying, "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." These words echoed in the following days.

As many of you know, the month of March was eventful for many! My family celebrated several birthdays, we took part in the "Spring Cleaning" lent theme by purging several parts of our home, and a violent storm struck our area. Most notably, the damage left behind by the storm is observable in the neighborhood around the church. It was wide-spread and affected people's property over a very large area.

Some folks had dents in their cars from hail, others' found thousands of holes in their siding, ton screens, broken windows, portions of roofs torn off, tree trunks snapped like toothpicks... and some lost everything. The impact came and went in a moment, the devastation will take several months, even years, to repair and recover.

Matthew 5:45 includes these words, "for [God] makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous." Natural disasters hit without discrimination. In the same way, both those who have evil intent and those who seek to do good experience God's blessings.

The words above echoed to remind me that God is at work far beyond what Jesus followers may recall. "God's actions, for God's purposes, for God's people. Something all Jesus' followers share, and all are to benefit from..." And, something even those who don't follow Jesus will benefit from as well! God rains on both the righteous and unrighteous. The seraphs in Isaiah 6 call out "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory." The whole earth!

Then the words, "With Jesus at the center of it all, divisions fall by the wayside and being together in God's grace brings all together." This was reflected in the way people from our neighborhood and community came together to bring assistance to people most affected by the storm. Living Christ's building and property was quickly transformed into a staging area to organize and disperse supplies, food, and other assistance. Beyond the basic assistance provided, the people who served to bring these items help and a message of hope represented people from several agencies. The Red Cross, Diamond Diva Empowerment Foundation, local school social workers, church members, political leaders, retailers (Walmart, Lowes, and others), and electrical linemen from several states all came together to help.

Whether people consciously understood what was happening or not, God worked in breaking down boundaries to share love and support. By God's grace and the Holy Spirit, we witnessed unity in and around bringing hope and love where it was needed, without discrimination or bias. The whole earth will know the salvation of the Lord!

**Website:** [www.lc-livingchrist.org](http://www.lc-livingchrist.org)

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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



"Welcome to our church—even though  
you're sitting in our family pew . . ."

*Unity Evangelical Lutheran Church  
8454 Glen Echo Drive  
Bel-Nor, Missouri 63121*



Tuesday, April 15, 2025  
Franz Joseph Haydn:  
"Seven Last Words of Christ"  
Unity Lutheran Church  
Bel Nor, MO

**HOLY WEEK**  
**Tuesday, April 15 at 7:30 PM**  
*(free concert open to the public)*

*Readings from "A Forty Day Journey  
through Lent – but Never Alone" by  
the Rev. Dr. Edward H. Schroeder  
and the artwork of Siegfried Rein-  
hardt accompany the presentation of  
the musical work by the Arianna  
String Quartet.*

**PRESIDENT'S REPORT**

**Randy Henning**



First, news on the sale of the church property. We have a bid in hand, although it is lower than asking. We have countered that offer and await a response. We have also been informed that a not-for-profit organization may also be bidding. The first bidder is a real estate firm, so our preference would be to work something out with the second bidder, if they decide to submit something. We will keep you apprised. And any final decision will require a vote of the congregation, so stay tuned.

I remind you about two things coming up for Feed My Starving Children (FMSC). We have a trivia night scheduled for Saturday, April 26. Something will be out soon to indicate how you can register a team. Secondly, we will be holding a golf tournament at Lockhaven in Godfrey, IL on Saturday, June 7. More to come on getting team into that or registering as an individual. And remember to contribute to our "Adopt a Pallet" initiative. All of these efforts are intended to provide funds for our July 11-12 pack at Atonement to do as much as we can to save children's lives. And believe it, that is exactly what we are doing. So please do what you can with your donations and your time.

And keep praying for the future of LCLC. It is the best weapon we have, so please use it.

<b>Category</b>	<b>February Actual</b>	<b>YTD Actual</b>
<b>INCOME</b>	<b>\$10,130</b>	<b>\$17,575</b>
<b>EXPENSES</b>	<b>\$14,126</b>	<b>\$28,228</b>
Congregation Coord	\$0	\$0
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,000	\$2,000
OFFICE	\$161	\$524
OUTREACH	\$0	\$0
PASTOR FUND	\$0	\$0
PROPERTY	\$3,965	\$7,472
STEWARDSHIP	\$0	\$0
SUPPORT	\$1,862	\$3,785
WAGES	\$7,056	\$14,317
WORSHIP	\$82	\$130

Total YTD Income	\$ 17,575
Total YTD Expenses	\$ 28,228
Total YTD Difference	-\$ 10,653

2025 General Funds paid to missions are as follows:

Central States Synod	\$ 2,000
Outreach/Local Missions	\$ 0

Our February offerings of \$10,130 were better than our January offering, but with expenses of \$14,126, we still had a February deficit of \$3,996. Year to date expenses of \$28,228 and year to date income of \$17,575 leaves us with a deficit of \$10,653 as of the end of February. A positive takeaway would be that our February offerings were almost \$2,700 more than our January offerings. Hopefully this trend will continue.

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

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

Spring housecleaning should include the medicine cabinet. Check the dates on all those bottles and get rid of the old stuff (bag the pills and taken them to the Florissant Police station). Here are some suggestions.

**IF YOU ARE TAKING PRESCRIPTION PILLS, TAKE THIS LIST TO YOUR DOCTOR AND ASK IF THESE ARE OK. MEDICINES CAN HAVE UNHAPPY INTERACTIONS. PLUS: ANY MEDICATION CAN CAUSE A SERIOUS REACTION: BREATHING PROBLEM, RASH, HIVES, HIGH OR LOW BLOOD PRESSURE, CONSTIPATION, DIARRHEA.**

**MEDICATIONS OTC(Over The Counter, don't require a prescription); BRAND (generic)  
FOR PAIN OR FEVER:**

**TYLENOL(acetaminophen)** maybe look for 8 hour 650mg. Don't drink a lot of alcohol; hard on the liver.

**ASPIRIN(acetylsalicylic acid)** get EC (enteric coated) Easier on the stomach.

**ALEVE(naprosyn)** I like. Pain relief lasts 12 hours.

**MOTRIN(ibuprofen).** Popular but shorter term of action.

**FOR GI (STOMACH AND GUT)**

**PEPTO-BISMOL(bismuch subsalicylate)** Old standby, comes in liquid or tablets. Upset stomach

**ZANTAC(famotidine)** cuts production of stomach acid. Better ask your doctor.

**TUMS(calcium carbonate).** Helps stomach upset and nausea; may cause nausea and constipation.

**MAALOX/MYLANTA(aluminum hydroxide, magnesium hydroxide; Mylanta also has simethicone)**

Both work as antacids, contain more than "Milk of Magnesia": Mylanta also helps with gas.

**DRAMAMINE(diphenhydramine) \*CAUTION\*** used for nausea. Can cause confusion and increase dementia and risk of falling in older folks!! (National Institute of Health)

**FOR ALLERGY:**

**BENADRYL(diphenhydramine)** same **CAUTION** as **DRAMAMINE**.

**ZYRTEC(cetirizine)** can cause dry nose, cause nose bleed, insomnia.

**CLARITIN(loratadine)** much the same as Zyrtec

**ALLEGRA(fexofenadine)** May cause nausea, diarrhea, headache, back pain, drowsiness.

**FOR PAIN (TOPICAL):**

**VOLTAREN(diclofenac)** Comes in gel or patch. May cause hives, blisters, or asthma.

**ASPERCREME(lidocaine)** Comes in cream or patches. May cause numbness, rash, redness, dizziness

**THESE TOPICAL MEDICINES SHOULD BE USED IN SMALL AMOUNTS ON SMALL AREAS**

**HOT OR COLD PATCHES** For local pain or sprain. Just as good: an ice bag: you can use it either hot or cold. Usual rule is 20' on, 20' off, alternating.

**COMMENT: MOST OTC MEDS ARE SAFE OVER SHORT PERIODS. TAKE/USE ONLY AS DIRECTED ON THE PACKAGE. IF YOU ARE USING FOR MORE THAN 1-2 WEEKS, IT'S TIME TO CHECK WITH YOUR DOCTOR**

I didn't get into nasal sprays or eye drops. Saline sprays (OCEAN) or drops are safe; for others, you should check with the doctor.

No supply is complete without something for owies. I humbly suggest:

Band-aids of various sizes, liquid bandage, triple antibiotic cream, alcohol, hydrogen peroxide, sterile gauze 4x4, gauze rollers, paper and cloth tape, ace wrap.

**ANY QUESTIONS, CALL ANYTIME**

**Bill Kaeppl 314-378-6308**



# COMMUNITY Baby Shower

honoring  
expectant  
mothers and  
mothers with  
babies up to  
6 months old

## DONATION DRIVE

Items will be collected from now until April 27th

### Suggestions for donations...

Diapers (all sizes)  
Bottles & bottle brushes  
Bibs  
Formula  
Baby food  
Infant feeding spoons  
Pacifiers  
Receiving blankets  
Gift cards (Target, Walmart)  
Onesies (up to 12 mo)  
Sleepers (up to 12 mo)  
Wipes  
Gentle baby soap  
Burp Clothes  
Soft books

Wash cloths  
Infant toys  
Baby detergent  
Baby nail clippers  
Hats, socks  
Diaper cream

We kindly ask that all items donated  
be **NEW** or **UNUSED**.

#### CONTACT FOR PICK-UP:

Cathie (Living Christ)  
cljuly@gmail.com

-or-

Stacey (Zion)  
stamiller78@gmail.com





FEED MY  
STARVING  
CHILDREN



●●● April 26 ●●●

Collecting donations of Lottery scratch off tickets  
or money to purchase tickets  
for fund raising basket give-away

See Cathie or Laurie



## 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.

## 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!!!

## EMAIL ADDRESS

Please make sure that when you are sending the church an email that you have the correct address. The correct email is **LCLC2725@gmail.com**. Please do not send to *LCLC2@sbcglobal.net*. We will never receive it. Thanks!

## COUNCIL BULLETS

- Feed My Starving Children events:
  - April 26, 6:30 pm at Atonement
  - June 7, Golf Tournament (details TBD)
- Laurie and Gary Brown will attend the Synod Assembly in Olathe, KS on June 1-7. Election of a new Bishop is on the agenda.
- A Community Baby Shower will take place at Zion Ferguson on May 3. Watch for more details.
- The combined CVT/Outreach Committee is sponsoring a monthly meal for Room At The End at Drury House (Marygrove). Two people are needed each month to prepare and deliver the meal. A sign up sheet is on the bulletin board. See Cathie Lehr or Kathy Endorf for more information.
- Feedback has been received from the Listening Sessions that took place in February with Bishop Candea and Pastor Dave Wetter.
- A SHARED MINISTRY COVENANT between LCLC and Zion Ferguson is in draft form and is being reviewed by the Council.
- Lent Worship opportunities:
  - LCLC: Wednesdays at 12:00 pm with episodes of The Chosen / bring your lunch
  - Zion: Wednesdays at 6:30 pm with Soup Supper and Lent Devotion Series
  - Good Shepherd Hazelwood: Wednesdays at 6:00 pm with dinner and worship at 7:00 pm
- Palm Sunday Worship: A joint LCLC / Zion worship is being considered. Please talk to any Council member to express your opinion.

**50+**  
**50 PLUS April 23**

FIFTY PLUS will tour Fast Lane Classic Cars at 427 Little Hills Industrial Blvd, St Charles, MO. We will meet there on April 23 at 11:00. The tour could last about an hour touring three show rooms. Lunch will be at Massa's Italian Restaurant at 3761 New Town Blvd. St. Charles MO following the tour. A signup sheet will be posted on the bulletin board. Everyone is welcome to attend!

**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 25 people (15 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 Kathy Endorf. Dates available are Wednesdays, June 25, July 23, August 27, September 24, October 22, November 26, December 24? Thank you!

**APRIL LUNCH BUNCH**

The April Lunch Bunch will meet at Sports Café at 3579 Pennridge Dr. in Bridgeton on April 10 at 11:30 am. For reservations please call Joyce Meyer 314-838-3741 or 314-374-4135. All are welcome!

**MARCH LUNCH BUNCH RECAP**

Lunch Bunch met on March 13 at Cugino's Restaurant at 1595 N. Hwy 67 in Florissant at 11:30 am. Sixteen of us met to enjoy pizza, sandwiches, fish platters and other selection. Staff is always very accommodating. All are welcome to come and enjoy a good lunch and social time.

**CREATE DAY**

the next Create Day to work on the quilts for Lutheran World Relief will be Friday, April 4, 9:00am-11:00am,

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 April!

## *Birthdays & Anniversary*

### Birthdays

Marjorie	BECKER	4
Cathie	LEHR	23
Sarah	HELFRICH	26
Irene	DESMOND	30

### Wedding Anniversary

Rodney and Maureen	Buchek	3	55
Dave and Toby	Barnes	6	62
Levaughn and Sheila	Smart	9	42
Mark and Susan	Beins	17	15

**HAPPY  
ANNIVERSARY**



# *April Worship Assistants*

**April 6**

**Preaching/Presiding: Pr. Matt**  
**Assisting Minister: Bill Kaepfel**  
**Lector: Dave Endorf**  
**Live Stream: Erle Craig**  
**Musician: Greg Ott**  
**Ushers: Levaughn & Sheila Smart**  
**Greeter: Ann Schultz**  
**Altar Guild: Joyce Wolf & Ann Schultz**

**April 13 PALM SUNDAY Worship @/Zion**

**Preaching/Presiding: Pr. Matt**  
**Assisting Minister: Angela Bennett**  
**Lector: Randy Henning**  
**Musician: David Eggers**

**April 17 MAUNDY THURSDAY**

**Preaching/Presiding: Pr. Matt**  
**Assisting Minister: Randy Henning**  
**Lector: Cathie Lehr**  
**Live Stream: Gary & Laurie Brown**  
**Musician:**  
**Ushers: Jann & Glenn Mueller**  
**Greeter: Kathy Endorf**  
**Altar Guild: Maureen Buchek & Marjorie Becker**

**April 18 GOOD FRIDAY**

**Preaching/Presiding: Pr. Matt**  
**Assisting Minister: Angela Bennett**  
**Lector: Karen Haynes**  
**Live Stream: Rod Wallace**  
**Musician:**  
**Ushers: Randy Henning & Dave Endorf**  
**Greeter: Joyce Meyer**  
**Altar Guild: Cathie Lehr & Joyce Meyer**

**April 20 EASTER**

**Preaching/Presiding: Pr. Matt**  
**Assisting Minister: Randy Henning**  
**Lector: Bill Kaepfel**  
**Live Stream: Erle Craig**  
**Musician:**  
**Ushers: Jim & Doris Stoechner**  
**Greeter: Jeanne Calderwood**  
**Altar Guild: Karen Haynes & Sheila Smart**

**April 27**

**Preaching/Presiding: Pr. Matt**  
**Assisting Minister: Bill Kaepfel**  
**Lector: Terry Calderwood**  
**Live Stream: Marilyn Wiley**  
**Musician:**  
**Ushers: Jann & Glen Mueller**  
**Greeter: Levaughn & Sheila Smart**  
**Altar Guild: Joyce Wolf & Ann Schultz**

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

# APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10am Bible Study 11am Exercise Class	2 9am am Church Inventory Crew	3 11am Exercise Class	4 9:00am Create Day NO BELLS	5
6 8am Vocal Choir 9:15am Worship 10:30am Adult Forum 11am True Vine	7	8 10:00am Bible Study 11am Exercise Class	9 9am Church Inventory Crew 11:30am Lunch Bunch	10 11am Exercise Class	11 11:00am Bells	12 9am Girl Scouts
13 9:30am PALM SUNDAY @ Zion 9:15am Worship 10:30am Adult Forum 11am True Vine	14 6:00pm CVT 7:00pm Council	15 10am Bible Study 11am Exercise Class	16 9am Church Inventory Crew	17 Maundy Thursday	18 Good Friday	19
20 Easter 9:15am Worship 10:30 am Adult Forum 11am True Vine	21	22 10am Bible Study 11am Exercise Class	23 9am Church Inventory Crew 11am 50+ Fast Lane	24 11am Exercise Class	25 11:00am Bells	26 9am Girl Scouts 6:30pm Trivia Night Atonement
27 8am Vocal Choir 9:15am Worship 10:30am Adult Forum 11am True Vine	28	29 10am Bible Study 11am Exercise Class	30 9am Church Inventory Crew			

Zoom links for events can be found on our website:  
[www.lc-livingchrist.org/calendar](http://www.lc-livingchrist.org/calendar)



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**Florissant, MO 63033**