

J U N E

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

11 For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. - Jeremiah 29:11

God is always doing something good. Thank you for welcoming me to be your pastor, for embracing my family, and for opening your lives up for God to work in the time that we shared together.

Now, as our paths go in different directions, please continue to be open for God to work. Consider our past interactions, events, and relationships to be an ever-unfolding storybook. Full of twists and turns, highs and lows, and eventually coming to a close with some greater revelation. The explanation and meanings continue to be unpacked as life places new encounters before us.

God be with you as life unfolds these mysteries of enrichment and stories of hope.

Peace,
Pastor Matt Helfrich

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

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SUNDAY WORSHIP

9:15am, in-person/Facebook live

LCLC Staff

SECRETARY/OFFICE ADMINISTRATOR
CYNTHIA SWAN

CHOIR DIRECTOR/
ORGANIST DAVID EGGERS

PIANIST
GREG OTT

OFFICE HOURS
8:30AM-12:30PM





SAINT PHILIP'S
EVANGELICAL LUTHERAN CHURCH

**TORNADO RELIEF
HOUSEHOLD
PRODUCTS &
HYGIENE GIVEAWAY**

While supplies last
TUESDAY-FRIDAY
12 NOON – 2PM

2424 Annie Malone Dr. St. Louis, MO 65113
(314) 531-6318

**FAITH IN THE RUBBLE –
St. Philip's & The Eastern MO Conference Respond to Recent
Storms**

Submitted by St. Philip's Evangelical Lutheran Church – The Ville

On May 16, 2025, a violent EF3 tornado devastated neighborhoods across St. Louis, including The Ville—a historic African American community long rooted in resilience and hope. Amidst widespread damage, St. Philip's Evangelical Lutheran Church, under the leadership of Pastor Richard Ashley, became a center for relief, outreach, and healing.

In partnership with LuMin St. Louis Ecumenical Ministry and neighbor churches like Antioch Baptist, we launched immediate response efforts: distributing hot meals, hygiene kits, and offering prayer and presence. Through worship turned outward, we declared not only that “God is here”—but that we are here for our neighbors.

Support came swiftly from across the Eastern Conference of Missouri. Congregations like Christ Lutheran (Webster Groves), Peace Lutheran (Washington), Christ the King, and St. Mark's provided volunteers, donations, and spiritual solidarity. Our sanctuary became a staging ground for compassion—and a sanctuary for a shaken community.

The work continues. We serve Tuesday–Friday from 12:00–2:00 p.m., offering essential supplies and meals. Volunteers are still needed. Donations can be made via PayPal: @StPhilipsELCA. To volunteer, contact us at (314) 531-6318.

This is not just disaster response—it is discipleship. It is faith with sleeves rolled up. As one member put it: “We don't just preach Christ—we pack Him in a bag and send Him into the streets with a smile.”

Articles Due 21st of each month

PRESIDENT'S REPORT
Randy Henning



We continue to hope for one of the potential buyers to make an offer on the property. One has asked for blueprints of the site and those are being provided to him. They sound very serious, although they have had come glitches in the contract selling their current property. At this point, it is wait and see.

And when you read this, Pastor Matt will be gone. We have plans to worship with Zion at Zion the second and fourth Sundays of each month. Pastor Whetter from the Synod will be with us on June 29 to lead worship. And we have arranged fill-in pastors through July. So please be patient, as the fill-ins will not necessarily be familiar with our service format. What happens after that will depend on whether we have sold the property or have to make other plans. And again, nothing will be finalized without a vote of the congregation.

Finally, FMSC golf tournament on June 7 and the actual pack will be on July 11-12. Registration for the pack will begin on June 1. We will have registration available at church on Sundays after the service. We need all the volunteers we can get. We need 200 per shift and there are 4 shifts. All told, we will need 800 volunteers for the weekend. Hope to see a lot of you there. That's it for now. And we pray again that God go with us in our journey.

April 2025 Treasurer's Report

<u>Category</u>	<u>April Actual</u>	<u>YTD Actual</u>
INCOME	\$9,977	\$40,405
EXPENSES	\$14,217	\$56,087
Congregation Coord	\$0	\$0
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,159	\$4,274
OFFICE	\$397	\$1,063
OUTREACH	\$0	\$450
PASTOR FUND	\$0	\$0
PROPERTY	\$3,372	\$13,140
STEWARDSHIP	\$0	\$0
SUPPORT	\$1,883	\$7,367
WAGES	\$7,364	\$29,559
WORSHIP	\$42	\$232

Total YTD Income	\$ 40,405
Total YTD Expenses	\$ 56,087
Total YTD Difference	-\$ 15,682

2025 General Funds paid to missions are as follows:

Central States Synod	\$ 3,000
Outreach/Local Missions	\$ 1,274

Our April offerings of \$9,077 were \$4,240 less than our expenses of \$14,217. Our year-to-date expenses of \$56,087 and year to date income of \$40,405 leaves us with a deficit of \$15,682 as of the end of April 2025.

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

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

BRAIN FOOD!!

How's your thought process working? Getting a little slow, like your old computer? Well, as Poirot might say, "your little grey brain cells need energy to keep working at maximum efficiency." And that takes two things: lots of oxygen and good nourishment.

There's no one food that supplies all the needed ingredients to keep your brain in top condition. Surprisingly, the brain uses about 20% of the body's caloric intake. Besides calories, you need Omega-3 fatty acids to build and repair brain cells, and antioxidants to reduce cellular stress and inflammation. So, what foods?

OILY FISH are a good source of Omega-3 fatty acids (better than taking fishoil pills). Best fish: salmon, mackerel, tuna, herring, sardines, and anchovies. (I like to make a paste with mayonnaise and relish and spread on crackers.)

DARK CHOCOLATE Cacao contains flavonoids, which act as an antioxidant.. Look for 70% cacao. Studies show that cacao encourages neuron and blood vessel growth in the memory parts of the brain and stimulates brain activity. Don't wait for Valentines Day...

BERRIES Antioxidants in berries improve communication between brain cells and help brain cells make new connections, improving learning and memory. Strawberries, blackberries, black currants, mulberries, and especially blueberries.

NUTS & SEEDS Are high in vitamin E, which helps protect brain cells from stress. Best: sunflower, almonds, hazelnuts. Walnuts are a great source of protein and healthy fats. Also whole grains: brown rice, barley, bulgar wheat, oatmeal, whole grain bread and pasta.

COFFEE & TEA Hah! Caffeine is chemically similar to a brain substance called adenosine, which makes you sleepy. When you drink coffee, the caffeine replaces the adenosine, which then perks you up. Coffee also has antioxidants, good for overall health. One study linked lifelong coffee consumption with reduced risk of mental decline, stroke, and risk of Parkinson's.

LEAFY GREEN VEGGIES The darker, the better. Lots of vitamins and minerals: Vitamin K, folate, beta carotene. Kale #1, then spinach, collard greens, broccoli.

EGGS Good for vitamins B-6 & B-12 and folic acid. Research suggest that these vitamins may prevent brain shrinkage and slow cognitive decline.

SOY PRODUCTS These have polyphenols, a type of antioxidant. Good not only for the brain but also health generally. Provides reduced risk of dementia and slowing cognitive decline. Try some soy milk, edamame, tofu, soy nuts, soy sprouts, soy yogurt.

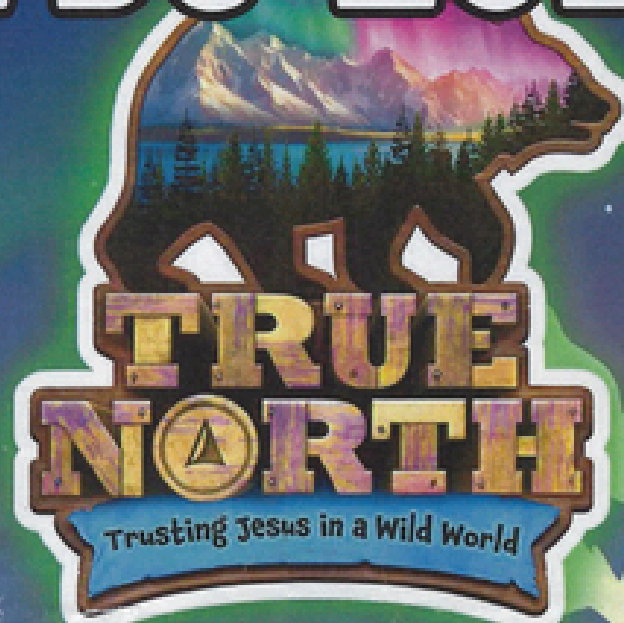
PEANUTS Special mention since peanuts have plenty of unsaturated fats and protein, as well as key vitamins and minerals.

HAPPY EATING. GREAT THINKING.

Bill Kaepfel

FERGUSON PARTNERSHIP PRESENTS

VBS 2025



June 23-27 9:30 am to 12 p.m.



K to 6th

SNACKS, MUSIC, CRAFTS

SCAN QR CODE TO REGISTER

**IMMANUEL UCC FERGUSON 221 CHURCH STREET FERGUSON, MO
63135**

Ponder



In Europe, religious holidays are national holidays, and people get the day off. A few years ago, while living in Germany, I was on my way to an Ascension Day worship service when I noticed men pulling small wagons full of cold beer that they were drinking with friends. (Drinking in public is legal in Germany!) Curious, I asked what the occasion was. They replied, "It's Ascension Day, and so we are celebrating the fact that we are fathers." So, in addition to learning that Ascension Day is celebrated as Father's Day in Germany, the moment taught me something about the reality of how faith is lived.

Jesus' ascension (Acts 1:1-11) marks a turning point in Scripture. The resurrected Jesus, having assured his disciples, gives them final instructions to "be my witnesses ... to the ends of the earth" (8). Despite the assurance that he will return, the disciples' anxiety about Jesus' departure leaves them staring at the sky (6-7, 10). To their surprise, two men dressed in white suddenly appear, snapping them out of their gaze and back to reality (11). It's up to us to do Christ's work in the world, not because we don't believe salvation is God's work alone but because it is what faithful living is all about.

We find ourselves five months after a contentious election, and many of us still live in the fog of uncertainty and anxiety about daily life. So much seems unchanged: loved ones and communities are divided, people are trying to make ends meet, many live in increased fear of persecution and discrimination, and basic human decency is missing from society's narrative.

Regardless of whether we felt hope or despair in November, this is clear: like the disciples, we've missed something important about how faith is lived. Some have mistaken their trust and involvement in partisan politics as a replacement for righteous living. Others use their piety as an excuse to avoid participating in God's call to restorative action. Either way, our fixed gaze on such things keeps us from living out Jesus' call to witness to the ends of the earth.

The book of Acts tells us how the disciples, trusting in Jesus' promises, were compelled to a life of ministry in the world. The ascension story tells us it didn't start that way—the disciples needed a wake-up call. Perhaps we need the same—in other words, it's up to us. It's up to us to feed the hungry, to tend to the sick, to give voice to those who go unheard, to create places of safety for those who live in fear and of belonging for those who are shunned by society.

It's up to us to do Christ's work in the world, not because we don't believe salvation is God's work alone but because it is what faithful living is all about. We are in a time when people need a church, not a bunch of sky-gazers trapped in their own anxiety and misplaced trust in worldly institutions. It's up to us, and that daily call to live faithfully should excite all of us!

OUTREACH

OUTREACH - Meals for Room At The Inn - Living Christ continues to provide a meal on the 4th Wednesday of each month. Room at the Inn houses homeless families. If you are interested in this Outreach project, there is a sign-up sheet on the bulletin board. Any questions, please speak with Kathy Endorf (502)475-4508.



**The next fundraiser for FMSC is
June 7
at Lockhaven Golf Club in
Godfrey, IL. More details to
follow.**

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!!!



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.

COUNCIL BULLETS

- We will be worshipping with/at Zion on the 2nd and 4th Sundays of each month beginning in June. Supply pastor(s) will be arranged for the remaining Sundays at LCLC.
- A Care Team has been established to visit, offer communion, and continue communication to shut-ins monthly. You may contact Kathy Endorf, Karen Haynes, Cathie Lehr, or Marilyn Wiley with questions, concerns, suggestions, or if you would like to join the Care Team.
- Yard work and clean-up will be scheduled during June.
- The FMSC Golf Tournament is on Saturday, June 7 at Lockhaven Golf Club in Godfrey, IL. Team sign up is open now.
- Our Adopt-A-Pallet challenge is close to reaching our goal of \$2500.
- The Shared Ministry Covenant (collaboration agreement) between Zion and LCLC has been signed by both churches and is now in effect.
- Synod Assembly is June 5-7 in Olathe, KS. Laurie and Gary Brown are attending.
- Pastor Dave Wetter will be with us on Sunday, June 29. Zion will be invited to join us.

FIFTY PLUS JUNE PICNIC

Fifty Plus picnic will take place at LCLC on the lower level on June 18 at 11:30 am. Brats, hot dogs, hamburgers, sides, desserts and drinks will be on the menu at a price of \$10. A sign-up sheet will be posted on the bulletin board.



RECAP 50 PLUS AERIE'S WINERY

Nineteen 50+ members met in Grafton on May 22 to enjoy a 300 foot high scenic ride up the bluff to the Winery to eat lunch. Some members rode in the gondolas and others took the open air chair lifts. Was a beautiful day for the tour. Thank you Erle and Margie Craig for making the reservations.

MID-AMERICA TRANSPLANT SERVICES

The Mid-America Transplant Team will be spending time tying blankets on June 29th at Living Christ from 1:00 - 4:00 pm in the upper Fellowship Hall. These blankets are provided to donor families and people waiting for transplants. The blankets offer comfort and support in a time of need. Congregational members, friends and family are welcome to join this event. Contact Laurie Brown at 314-210-0242 with any questions.

JUNE LUNCH BUNCH

The Spot House at 20 Mullanphy Ct. in Florissant will be the location to meet for lunch on June 12 at 11:30 am. Please call Joyce Meyer at 314-374-4135 or 314-838-3741 if u would like to attend, enjoy lunch and social time. Everyone is welcome!

MAY 8 LUNCH BUNCH RECAP

The Lunch Bunch included seventeen diners having lunch at Irma Jeans on May 8 located at 2109 Charbonier Rd. The server turned on a tv for us so we could wait and watch for the first American Pope to appear on the balcony. Lunch bunch is a nice way to enjoy a meal and enjoy fellowship. We welcome everyone to attend. For reservations contact Joyce Meyer at 314-374-4135 or email 314-838-3741.

CREATE DAY

the next Create Day to work on the quilts for Lutheran World Relief will be **Friday, June 6, 9:00am-11:00am,**

July 18,
August 8,
September 12,
and October 3.



We work on quilts for Lutheran World Relief. Come join us!



Celebrate June!

Birthdays & Anniversary

Birthdays

Karen	HAYNES	1
Bryan	CLIFFORD, SR	6
Sharon	PERKO-DAVIS	18
Glenn	MUELLER	26
Jonathan	SMART	27
Samantha	BUCK	29

Wedding Anniversary

Patrick and Linda	Finnessey	3	56
David and JoAnn	Ott	8	68
Terry and Jeanne	Calderwood	13	10
Pastor Matt & Sarah	Helfrich	20	5



Thank You

I would like to thank the bible study class for calling and singing Happy Birthday to me. It really meant alot to me and I appreciate you all so much.

Love,
Trudy Learman

June Worship Assistants

June 1

Preaching/Presiding: Jim Squire

Assisting Minister: Bill Kaepfel

Lector: Cathie Lehr

Live Stream: Marilyn Wiley

Musician: David Eggers

Ushers: Glenn & Jann Mueller

Greeter: Kathy Endorf

Altar Guild: Joyce Wolf & Ann Schultz

June 15

Preaching/Presiding: Peggy Schaefer

Assisting Minister: Angela Bennett

Lector: Karen Haynes

Live Stream: Gary & Laurie Brown

Musician: Greg Ott

Ushers: Glen Albers & Ann Schultz

Greeter: Joyce Meyer

Altar Guild: Doris Stoechner, Bill Kaepfel & Marilyn Wiley

June 29

Preaching/Presiding: Dave Whetter

Assisting Minister: Randy Henning

Lector: Bill Kaepfel

Live Stream: Rod Wallace

Musician: David Eggers

Ushers: Levaughn & Sheila Smart

Greeter: Jeanne Calderwood

Altar Guild: Maureen Buchek & Marjorie Becker

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

JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:15am Worship/LCLC 11am True Vine	2	3 11am Exercise Class	4	5 11am Exercise Class	6 9am Create Day	7
8 9:15am Worship/ Zion 11am True Vine	9 6pm CVT 7pm Council	10 11am Exercise Class	11	12 11am Exercise Class 11:30am Lunch Bunch 6:30pm NCOTC	13	14 9am True Vine Graduation
15 9:15am Worship/LCLC 11am True Vine	16	17 11am Exercise Class	18	19 11am Exercise Class JUNETEENTH	20	21
22 9:15am Worship/ Zion 11am True Vine	23	24 11am Exercise Class	25	26 11am Exercise Class	27	28
29 9:15am Worship w/Dave Wetter Zion invites 11am True Vine 1pm Midamerica Transplant	30					

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