

MARCH 2026

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

Living
Lutheran

Making Room: A Lenten Series

Week of March 1—making room for rest

While many people traditionally observe Lent through acts of self-denial, this year we are shifting the way we think. Rather than giving something up, we encourage you to join us in making room for something else. This week, we are making room for rest.

PRACTICE: One “holy pause” a day—take 30 seconds to breathe. This can be when you first wake up, just before bed or whenever you find time for it in your day. Take deep breaths and clear your mind, making room for rest.

FOCAL VERSE: Psalm 121

Assurance of God's Protection

A Song of Ascents.

1 I lift up my eyes to the hills—

from where will my help come?

2 My help comes from the Lord,

who made heaven and earth.

3 He will not let your foot be moved;

he who keeps you will not slumber.

4 He who keeps Israel

will neither slumber nor sleep.

5 The Lord is your keeper;

the Lord is your shade at your right hand.

6 The sun shall not strike you by day

nor the moon by night.

7 The Lord will keep you from all evil;

he will keep your life.

8 The Lord will keep

your going out and your coming in

from this time on and forevermore.

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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

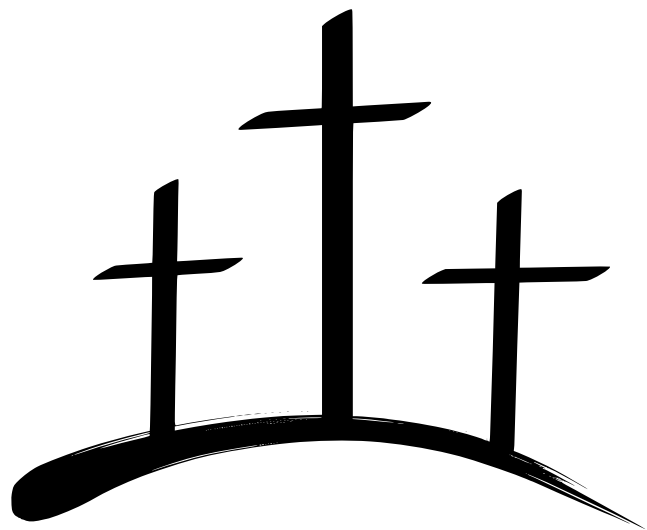
**CHOIR
DIRECTOR/ORGANIST**
DAVID EGGERS

PIANIST
GREG OTT

OFFICE HOURS M-F
8:30AM-12:30PM

PRAYER: “Grace knocks us flat, preventing any form of self-congratulation. All the good we achieve is to be attributed to God rather than to ourselves” (Kathryn Tanner, Christ the Key). Ask the Spirit to help us embrace the free, undeserved gift of grace—love, forgiveness and new life—that is made real to us through baptism and the life, teaching, suffering, death and resurrection of Jesus Christ (March 4 “Prayer ventures”).
REFLECTION: Where in your week can you make room for rest?

This week take an inventory of how you are spending your free time. After school or work, where do you see spaces in your day for rest? For some, rest looks like taking a leisurely walk. For others, rest looks like reading, meeting a friend for coffee or taking time for yourself. How can you make room daily for something that feels restful to you?



Articles Due 21st of each
month

**PRESIDENT'S REPORT FOR
March, 2026**

Another month has gone by and we are still looking for a buyer for the church property. We have had several groups come through in the last month, but nothing we could consider. The council meets on every contract we get (only a very few so far) and we discuss them as a group and make a decision from there. So keep praying and hopefully, we'll get something soon.

I also want to bring up the events coming up for FMSC. Our goal for this year's July pack is over 210,000 meals at a cost of just over \$64,000. So far, we have collected a little over \$20,000, so soliciting donations is critical. Individual contributions are important, but the success of our fund raising events is critical. Our first opportunity is Monday, March 1 when we have a "Dine to Donate" event at Bandana's. Depending on the number of flyers they get that day, they will donate 10-20% of the money spent to FMSC. So get a flyer and be there that day. Next, is our trivia night at Atonement on Saturday, March 14. We need teams of 8, so get a group together and join us that night. There will be other activities that night also, so join us for the fun. Then on May 16 at Atonement, we will have a Texas Hold'em poker tournament. More details will follow on that later. We are also going to do a raffle in June. We will sell 250 tickets at \$100 each and award prizes to winners ranging from \$500-\$5000. Those tickets should go on sale sometime in late March or early April. Again, more details later. And based on the success we had with it for last year's pack, we again will do "Adopt a Pallet". A pallet of food costs about \$2500. So we will accept donations from the Living Christ family and friends to pay for at least one pallet. If you choose to donate, make checks out to FMSC and put "Adopt a Pallet" in the memo section of the check. Or you can do cash too, if you wish. Just get those donations to me and we will keep track of our progress on a chart outside the sanctuary. So, as our members always do, support these efforts so we can feed a lot of kids. Thanks for everything you do as God blesses us on our journey.

Treasurer's Report

January 2026 Treasurer's Report

<u>Category</u>	<u>January Actual</u>	<u>YTD Actual</u>
INCOME	\$6,988	\$6,988
EXPENSES	\$8,801	\$8,801
Cong Vitality Team	\$0	\$0
MISSIONS	\$840	\$840
OFFICE	\$151	\$151
OUTREACH	\$0	\$0
PROPERTY	\$4,138	\$4,138
STEWARDSHIP	\$0	\$0
SUPPORT	\$551	\$551
WAGES	\$3,013	\$3,013
WORSHIP	\$108	\$108
Total YTD Income	\$ 6,988	
Total YTD Expenses	\$ 8,801	
Total YTD Difference	-\$ 1,813	

2026 General Funds paid to missions are as follows:

Central States Synod	\$ -----
Local Missions	\$ 500
Outreach Missions	\$ 340

While our January offerings were a dismal \$6,988; our January expenses of \$8,801 were only \$1,813 more than our income for the month. I am optimistically looking forward to warm weather and an organization stepping forward to purchase our building and property. Until then and even after, there should be nothing stopping us from following Jesus' advice, "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." (Matthew 28:19). Let's all hang in there as we move forward together.

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

Dave Endorf, Treasurer
dave.endorf@gmail.com or 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 hands/feet
- Swelling in legs
- Weakness or fatigue
- Foamy urine
- Dry itchy skin
- Frequent urination
- 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.



Good Shepherd Lent & Holy Week Information

February 22 – March 22: Sundays in Lent, Holy Communion Worship.

9:30 a.m. – Sundays. Coffee and donuts after worship.

11 a.m. – 11:30 a.m. – Kid-Friendly Worship Services downstairs.

6 p.m. – Wednesday Suppers.

7-7:30 p.m. – Wednesday Lenten Worship (Our Baptism Covenant).

Messages asking: How to build spiritual, physical, social, and climate resilience in your faith community.

March 29 – Palm Sunday, Holy Communion Worship, “Faithful Resilience”

9:30 a.m. – Sunday, begin outside with palms. Coffee and donuts after worship.

11-11:30 a.m. – Kid Friendly Worship Services downstairs.

April 2 – 7 p.m. - Holy Thursday: Holy Communion,

“Faithful Resilience: Why give us Christ’s Body and Blood?”

April 3 – 7 p.m. – Good Friday Worship:

“Faithful Resilience: Light in the darkest hour.”

April 5 – The Resurrection of Our Lord – Easter Sunday!

“Faithful Resilience: Leading with Light.”

Sign up in the welcome area for Wednesday Lenten Suppers, to bring food and help set-up and clean-up.

Lenten Meals – Join us each Wednesday during Lent at 6pm for a meal and fellowship before the service at 7pm. Linda Beehn or Donna Lehde will have the menu sign-up sheets out for bringing food. Thank you for your help!

Sign up in the welcome area and bring a dish to share.

February 25 – Chili and Hot Dogs

March 4 – Bring your favorite dish for Italian Night

LENT & HOLY WEEK INFORMATION



Lent Bible Study - Zion - Ferguson

Each Wednesday in Lent beginning Ash Wednesday, February 18

In the Midst of the Passion

10:30 am – 12:00 pm

7 PM on Maundy Thursday and Good Friday.....we will NOT be doing the passion story on Palm Sunday



Lent Bible Study – St. Peters - UCC, Ferguson

Each Tuesday in Lent Beginning Tuesday, February 24

Why Did Jesus Have to Die?

10:00 – 11:00 am



Lent/Easter Worship at Atonement

Wednesdays in Lent – 7:00 pm

Maundy Thursday – 7:00 pm

Good Friday – 7:00 pm

Easter Sunday – 6:30 am and 9:30 am



Lent/Easter Worship at Unity - Bel Nor

Ash Wednesday – 7:00 pm

Wednesdays in Lent - 5:00 pm supper ~ 6:00 pm Vespers

Maundy Thursday – 7:00 pm

Good Friday – 7:00 pm

Easter Vigil (Saturday) – 7:00 pm

Easter Sunday – 10:30 am

Create Days for 2026

The following are dates for Create Days at Living Christ. Friday mornings at Living Christ 9-11 January through October, ending with the Lutheran World Relief Ingathering on Saturday, October 17th.

March 27

April 10

May 15

June 12

July 17

August 21

September 18

October 9

October 17, Lutheran World Relief Ingathering, 9-11 am, (place to be determined)

Any questions, please speak with Kathy Endorf (502)475-4508.



Feed My Starving Children is

beginning the fund-raising events to prepare for the 2026 Food Pack on July 10 and 11 at Atonement. We are collecting items for baskets to raffle at Trivia Night on **March 14** and Texas Hold'em Poker Tournament on April 16.

Please see the sign on the tripod next to the FMSC table for the list of items needed and save the date for the Pack.

2026 Great Rivers Collaborative meeting dates and locations

- March 15 (Unity Bel-Nor)
- May 17 (Living Christ)
- July 12 (Atonement)
- September 13 (Shepherd of the Hills)
- November 8 (St. Philips)

Council Bullets

- Our March Outreach project will be collecting items to fill FMSC raffle baskets.
- FMSC Trivia Night is on Saturday, March 14 at Atonement. Deadline for reserving a table is March 6.

50+

There will not be a March field trip. We are trying for trip to tour Powell Symphony Hall in April.

50+ FEBRUARY RECAP

Fifty Plus members and a guest met on February 19 at 12:00 pm at LCLC on the upper level. We enjoyed red and white pasta, pizza, salad and garlic bread. A drink and dessert were also provided for a donation of \$10. We played a very challenging Valentine's trivia game to test our memory provided by Sheila Smart. Prizes were handed out. Thanks to Glenn Mueller and John Meyer for delivering the food order from Celano's.

CVT is requesting home visits to these people identified as homebound. Please consider visiting with the following:
Dave & JoAnn Ott, Sharon Perko-Davis, Gloria Broderick, Paul & Shirley Beins .
Please see contact information posted on the bulletin board.

MARCH LUNCH BUNCH 2026

Lunch Bunch will be meeting at the Sports Café on March 12 at 11:30 am. The address is 3579 Penridge Dr, Bridgeton. The menu includes sandwiches, salads, appetizers, pizza, pasta and other choices. We welcome everyone. For reservations contact Joyce Meyer at 314-374-4135 or jameyer46@charter.net.

FEBRUARY LUNCH BUNCH RECAP

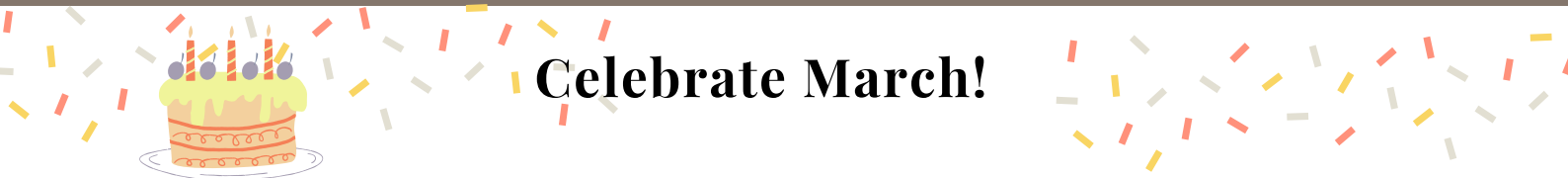
Lunch Bunch diners ate at Massa's on February 12 at 11:30 am. Massa's is located at 3761 New Town Blvd., St. Charles, MO. The 50's Group ate there after a Fast Lane Classic Cars Tour last year and decided to revisit the restaurant. They offer a varied menu with appetizers, salads, pizza, sandwiches and pastas. Was a good outing with good company and good food!

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- March 15 (Unity Bel-Nor)
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OUTREACH

"Living Christ collected 300+ items for TEAM in the month of February-thank you to everyone! Outreach"



Celebrate March!

Birthdays

Maureen	BUCHEK	4
Elisabeth	NEFF	22
Sheila	SMART	24
William	KAEPEL	29

Anniversary

Tom and Beth	Wilson	8th	46yrs
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March Assistants

March 1, 2026

Preaching/Presiding: Pastor Ed Breed
Assisting Minister: Bill Kaepfel
Lector: Angela Bennett
Live Stream: Rod Wallace
Musician: Greg Ott
Ushers: Jann & Glenn Mueller
Greeter: Kathy Endorf
Altar Guild: Joyce Wolf, Ann Schultz

March 29, 2026

Preaching/Presiding: PMA Richard Schademann
Assisting Minister: Angela Bennett
Lector: Bill Kaepfel
Live Stream: Rod Wallace
Musician: Greg Ott
Ushers: Greeter: Jim Stoehner
Greeter: Judy Holmes
Altar Guild: Karen Haynes & Sheila Smart

March 8, 2026

Preaching/Presiding: PMA Jon Heerboth
Assisting Minister: Angela Bennett
Lector: Randy Henning
Live Stream: Erle Craig
Musician: Greg Ott
Ushers: Glen Albers & Ann Schultz
Greeter: Joyce Meyer
Altar Guild: Doris Stoehner Marilyn Wiley & Bill Kaepfel

March 15, 2026

Preaching/Presiding: PMA Peggy Schaefer
Assisting Minister: Randy Henning
Lector: Cathie Lehr
Live Stream: Gary & Laurie Brown
Musician: Greg Ott
Ushers: Levaughn & Sheila Smart
Greeter: Jeanne Calderwood
Altar Guild: Maureen Buchek & Marjorie Becker

March 22, 2026

Preaching/Presiding: Pastor Kendra Nolde
Assisting Minister: Bill Kaepfel
Lector: Karen Haynes
Live Stream: Gary & Laurie Brown
Musician: Greg Ott
Ushers: Randy Henning & Dave Endorf
Greeter: Levaughn & Sheila Smart
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 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:15am Worship Tiam True Vine	2	3 Tiam Exercise Class	4	5 Tiam Exercise Class	6	7 9:00am Girl Scouts (UL) 9:00am Wedgewood(LL) Self Care
8 9:15am Worship Tiam True Vine	9 6pm CVT 7pm Council	10 11am Exercise Class 7pm Wedgewood HOA	11	12 11am Exercise Class 11:30pm Lunch Bunch	13	14 Atonement Trivia Night FMSC
15 9:15am Worship Tiam True Vine GRC @ Belhor	16	17 11am Exercise Class	18	19 11am Exercise (LL) 6:30pm NCOTC	20	21 10am Girl Scouts
22 9:15am Worship Tiam True Vine	23	24 11am Exercise Class	25	26 11am Exercise Class	27 9am Create Day 5pm Everlasting AP Church	28 9:00am Everlasting AP Church
29 9:15am Worship Tiam True Vine	30	31 Tiam Exercise Class				

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

Lutheran Church of the Living Christ
2725 Concord Drive
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