

MAY 2026

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

LIVING LUTHERAN Up Wild Brings Worship Outdoors



Located in the town of Marquette in Michigan's Upper Peninsula, UP Wild Church is among the newest ministries in the growing movement of "wild" outdoor worship communities. The church holds its worship and prayer services outdoors and hosts nature walks, wilderness reflection and field trips to explore God's creation amid the scenic beauty of the peninsula.

Church a wide social media network, a heart for social issues, relationships with local residents, history with the local Lutheran and Catholic communities, and boundless energy.

Jim Duehring, assistant to the bishop of the Northern Great Lakes Synod and a director for evangelical mission, supported Lantto in starting the ministry. "Knowing that Lanni has both life

Lantto providing prayers and reflections and encouraging worshipers to explore the outdoors. A recent gathering, for example, focused on how the Beatitudes relate to daily life. Other activities have included a "Wonder and Ponder" walk, a mobile prayer group and field trips to local operations supporting environmental sustainability (e.g. a thrift store).



UP Wild members hiking to a waterfall to do a reflection from Scripture. Year-round, UP Wild members participate in nature walks, hike together for reflection and gather around the bonfire for "Pine" Sunday Service.



An ecumenical ministry of the Northern Great Lakes Synod and the Episcopal Diocese of Northern Michigan, UP Wild Church was started in 2019 to attract younger people and those disenchanted with traditional church, and to foster a deeper spiritual connection with God outdoors.

"It's a church outside the box," said Lanni Lantto, mission developer for the church. A lay minister and former fashion designer, she had grown up in the area and wanted to return there from upstate New York, where she and her husband ran a spiritual retreat house different from UP Wild.

Lantto is passionate about the outdoors and brought to UP Wild

experiences and passions for doing this work well—and the fact that she is a layperson and not a pastor—provides a model for the creative ways that the church can be church in today's day and age," he said. "One doesn't have to be a pastor to be a good mission developer."

Lantto said she dreamed up UP Wild Church while watching her son play in a park and talking to her high school friend Lydia Bucklin, canon of the ordinary for the local Episcopal diocese. Bucklin sought ways to partner with the ELCA in reaching younger Christians and those who had stopped attending church.

With 15 to 25 regular members, UP Wild holds services on the first Sunday of the month, with

Lantto added that pastors often come to experience the outdoors together. "People connect to the outdoors in so many different ways," she said. "What draws us closer to God outdoors is that God created it. It's a living cathedral. When we go outside, we step into God's world, full of mystery and wonder and awe. When we feel this, we have a connection to something higher than ourselves, and we feel loved. I find that people feel more at peace, loved and connected outdoors. There's healing there."

UP Wild Church is sustained by ELCA and Episcopal grants, donations and member gifts, especially your mission support dollars. Its five-year expansion plan includes starting a branch in the Rapid River area.

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

Inside this issue:

LIVING LUTHERAN-COVER

BLOOD DONORS - 2

PRESIDENT'S REPORT/TREASURER-3

NURSE NOTE - 4

FMSC - 5

COMMUNITY BABY SHOWER - 6

ANNOUNCEMENTS - 7-8

BIRTHDAYS & ANNIVERSARIES - 9

WORSHIP ASSISTANTS - 10

CALENDAR - 11

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

Articles Due 21st of each month

BLOOD DONORS HAVE HEART

 ImpactLife



BLOOD DRIVE
Lutheran Church of the Atonement
Thursday, May 14
3:30 PM - 6:30 PM
Fellowship Hall
1285 N New Florissant Rd
To schedule an appt, scan QR code, call ImpactLife at 800.747.5401, or online at bloodcenter.org/group; grp #9645



Every donation earns rewards! Choose from a \$20 e-gift card, points to shop our Rewards Store, or donate e-gift card to your favorite nonprofit for all successful donations!



TREASURER'S REPORT

Dave Endorf

March 2026 Treasurer's Report

| <u>Category</u> | <u>March Actual</u> | <u>YTDActual</u> |
|--------------------|---------------------|------------------|
| INCOME | \$9,935 | \$25,173 |
| EXPENSES | \$9,004 | \$25,259 |
| Cong Vitality Team | \$0 | \$0 |
| MISSIONS | \$1,198 | \$2,943 |
| OFFICE | \$678 | \$918 |
| OUTREACH | \$0 | \$0 |
| PROPERTY | \$3,914 | \$12,096 |
| STEWARDSHIP | \$0 | \$0 |
| SUPPORT | \$126 | \$896 |
| WAGES | \$3,028 | \$8,238 |
| WORSHIP | \$60 | \$168 |

Total YTD Income \$ 25,173
Total YTD Expenses \$ 25,259
Total YTD Difference -\$ 86

2026 General Funds paid to missions are as follows:

Central States Synod \$ 500
Local Missions \$ 1,500
Outreach Missions \$ 943

Our March offerings of \$9,935 were \$931 MORE than our expenses of \$9,004! Our year-to-date income of \$25,173 is only \$86 less than our year-to-date expenses of \$25,259. For the first quarter of this year our finances have remained in pretty good shape, as we continue doing ministry both within and outside of our church.

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

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

PRESIDENT'S REPORT

Randy Henning

Same old story on the sale of the church property. We have had a couple of other groups come through to look over the property, but no new contracts to deal with. The real estate agent has told me that he is in conversation with a couple of groups that have come through and are working diligently to try to get financing to make an offer. One of those is True Vine. But for now, nothing new. Everyone loves the site, but financing is tough. Anyway, keep the prayers coming and we'll hope to get something soon.

I will also remind you that FMSC is heating up. Registration for working the event opens on May 14. We need all the volunteers we can get. So sign up when you can and make sure all of your friends and family are aware of it also. They can go to fmscnoco and register there. We will also try to have someone at church on Sundays to help you sign up, if you need help. This is a big deal to save the lives of children. So contact anyone you can to help us get the volunteers we need. We also have the Texas Holdem poker tournament on Saturday, May 16 that is a fund raiser for our July event. If you enjoy poker, it is a lot of fun and there will be other activities there as well.

That's it for now. As always, let our Christian faith be your guide.



Nurse's Note by Cathie Lehr, RN

In the United States, May is National Salad Month, which is a time to promote healthy eating habits and include more salads in meals. The Association for Dressing and Sauces created National Salad Month in 1992.

Salad has been consumed in various forms since ancient times, but it was not until the 16th century that it became a popular food item in the Western world. At this time, salads began to be served as a separate course during meals and were often made with a variety of fresh vegetables and herbs.

Food historians tell us salads (generally defined as mixed greens with dressing) were enjoyed by ancient Romans and Greeks. As time progressed, salads became more complicated. Recipes varied according to place and time. Dinner salads, as we know them today, were popular with Renaissance folks.

Fun Facts About Salad

1. A cartoon character once triggered strong spinach sales:

American growers in the 1930s saw a 33% increase in consumption. A certain sailor named Popeye got the credit.

2. Caesar salads could get you arrested: California banned Caesar salads in 1998 (for a short time) because they included a raw egg.

3. Caesar salad's magical powers: Back in ancient times, Egyptians viewed lettuce as an aphrodisiac, making it sacred to Min, the god of fertility

4. Lettuce is very popular in the U.S.: In fact, lettuce comes in second as the most popular fresh vegetable in the states — right behind potatoes.

Nutritional Benefits of Salad

1. They're good for you:

Some people treat salad as nothing more than a diet food, but it is about so much more than that! The main components of most salads – vegetables, fruits, beans, legumes, whole grains, nuts and seeds – are loaded with fiber. Fiber has been shown to be beneficial for diabetes and heart disease and contribute to bodily functions like bowel regularity.

2. It's an easy meal to pack:

Salads also make on-the-go meals a little easier. The chopping can be done the night before, and thanks to nifty, convenient salad containers that feature built-in dressing compartments, soggy leaves are a thing of the past.

3. No guilty feelings for grabbing seconds...or thirds:

Eating salads on a daily basis as part of an overall healthy lifestyle may support weight loss. Lettuce is a good source of vitamins A and K, folate, and has few calories.



July 10th & 11th 2026

Lutheran Church of the
Atonement
1285 N. New Florissant Rd.
Florissant, MO 63031

Shift Times:

Friday, July 10th 5:30 PM - 7:45 PM

Saturday, July 11th 9 AM - 11:15 AM, 12:15 PM - 2:30 PM, 3:30 PM - 5:45 PM

Registrations begin May 14, visit

<https://www.fmsc.org/volunteer-listing/?mobilepack=2607-058SC>

Goal: Our increased goal for this year is to have 800 volunteers pack 217,728 meals in 4 shifts. This would require 28 pallets of ingredients costing \$64,000.



Pack # 2607-058SC - Atonement MobilePack

For registration help, call

314-223-7155

www.fmscnoco.org

FMSCNoCo@gmail.com

Search for FMSCNoCo on Facebook

COMMUNITY Baby Shower

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

Saturday, May 16

1:00pm to 3:00pm

Unity Evangelical Lutheran Church
8454 Glen Echo Dr., St. Louis, MO 63121

**FREE & OPEN
TO THE PUBLIC!**
REGISTRATION REQUIRED

Join us for refreshments,
community resources, games,
door prizes, free baby items & more!

Register by May 9th

Call Cathie (314) 809-4477
clljuly@gmail.com

Hosted by:
the Great Rivers Collaborative & Bridging Ministries



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.

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.



Council Bullets

- **FMSC Mobile Pack** – July 10–11, at Atonement. Current meal goal for 2026 – 217,728 meals. On-line volunteer registration will be open soon.
- **Fundraising for the Mobile Pack** continues with a Texas Hold ‘Em Poker Tournament on May 16 at Atonement. A box is across from the restrooms to collect items for basket raffles.
- **“Noisy Offering”** for FMSC (each week) – We are challenged to raise \$2500 to Adopt-A-Pallet. A chart in the narthex marks our progress. Check donations should be made out to Living Christ until further notice.
- **FMSC Raffle Tickets** are available from Randy or any FMSC team member. The cost is \$100 for a chance to win up to \$5,000. The drawing is on June 13.
- **Pastor BJ has agreed to provide Pastoral Care** as necessary. All requests for Pastoral Care should be directed to Cynthia, who will coordinate with Pastor BJ.
- **Lunch and Learn begins on Tuesday, April 28 at 11:00 am.** Bring your lunch and enjoy a topic of interest. First topic will be Live to 100: Secrets of the Blue Zones on Netflix (4 episodes, 1 episode each week). Please think about suggestions for other topics.
- **The Community Baby Shower** hosted by the GRC is on May 16, 1:00 – 3:00 pm, at Unity Belnor. The public is invited. Prior registration is required. A basket is in the Great Room to collect new items.

Feed My Starving Children is

beginning the fund-raising events to prepare for the 2026 Food Pack on July 10 and 11 at Atonement. Texas Hold ‘em Poker Tournament on **May 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

- May 17 (Living Christ)
- July 12 (Atonement)
- September 13 (Shepherd of the Hills)
- November 8 (St. Philips)

50+

50+ May Activity to St. Louis Area Foodbank on Thursday, May 21. Our packing shift is 9 am - noon. Lunch at Rookie's following. Sign up sheet and more information on the bulletin board. Marilyn is available to help with registration.

50+ MARCH RECAP

Thirteen members of Fifty Plus and four guests enjoyed a very informative tour of the newly renovated Powell Symphony Hall on April 16. Guides provided some of the history of the building from the time it housed Vaudeville shows, to its years as a movie theater, and finally a concert hall. Its excellent acoustics make it the perfect venue to house the St. Louis Symphony Orchestra. The tour included a look at the renovations to seating, lighting, and concessions as well as newly added areas for orchestra members. Some highlights of the morning included visiting the music library, the backstage area, and the stage. Lunch followed at Vito's Sicilian Pizzeria and Ristorante.

LUNCH & LEARN

Lunch and Learn will continue on Tuesday, May 5 at 11:00 am. Bring your lunch and enjoy a topic of interest. First topic will be Live to 100: Secrets of the Blue Zones on Netflix (4 episodes, 1 episode each week). Please think about suggestions for other topics.

MAY LUNCH BUNCH

Hola! May Lunch Bunch will meet on May 13 at Si Senor Mexican Restaurant located at 7401 N Lindbergh Blvd., Hazelwood MO 63042 at 11:30 am. The restaurant has a varied menu, friendly atmosphere and pleasant staff! Please call Joyce Meyer at or 314-374-4135 or you can email me at jameyer46@charter.net to reserve a spot. Anyone is welcome to join us!

APRIL LUNCH BUNCH RECAP

APRIL Lunch Bunch met at Red Lobster located at 12235 St. Charles Rock Road on April 9 at 11:30 am. The restaurant had set up the back room for the seventeen diners attending. Once again a pleasant experience, good service and food.

2026 Great Rivers Collaborative meeting dates and locations

- May 17 (Living Christ)
- July 12 (Atonement)
- September 13 (Shepherd of the Hills)
- November 8 (St. Philips)

Celebrate May!



Birthdays

| | | |
|---------|-----------|----|
| Trudy | LEARMAN | 6 |
| Alethea | SUMMER | 7 |
| Doreen | EDWARDS | 8 |
| Susan | BEINS | 17 |
| Daniel | BROWN | 22 |
| Jenna | BESSERMAN | 22 |
| Elvera | REGAN | 25 |

Anniversary

| | | | |
|-----------------|----------|------|-------|
| James and Doris | Stoehner | 11th | 63yrs |
| Gary and Laurie | Brown | 27th | 43yrs |



THANKS!

I want to thank you all for remembering me on Administrative Professionals Day. Words could not describe the gratitude I felt.

Thank you again from the bottom of my heart.

Much Love
Cynthia

May Assistants

May 3, 2026

Preaching/Presiding: PMA Richard Schademann
Assisting Minister: Bill Kaepfel
Lector: Karen Haynes
Live Stream: Gary & Laurie
Musician: Greg Ott
Ushers: Randy Henning & Dave Endorf
Greeter: Judy Holmes
Altar Guild: Karen Haynes & Sheila Smart

May 10, 2026

Preaching/Presiding: PMA Peggy Schaefer
Assisting Minister: Randy Henning
Lector: Bill Kaepfel
Live Stream: Rod Wallace
Musician: Greg Ott
Ushers: Jim & Doris Stoechner
Greeter: Jann Mueller
Altar Guild: Joyce Wolf, Ann Schultz

May 17, 2026

Preaching/Presiding: PMA Peggy Schaefer
Assisting Minister: Bill Kaepfel
Lector: Terry Calderwood
Live Stream: Erle Craig
Musician: Greg Ott
Ushers: Cathie Lehr
Greeter: Marilyn Wiley
Altar Guild: Doris S, Marilyn W. & Bill K

May 24, 2026

Preaching/Presiding: PMA Jim Squire
Assisting Minister: Randy Henning
Lector: Gary Brown
Live Stream: Marilyn Wiley
Musician: Greg Ott
Ushers: Jann & Glenn Mueller
Greeter: Kathy Endorf
Altar Guild: Maureen Buchek & Marjorie Becker

May 31, 2026

Preaching/Presiding: Pastor Ed Breed
Assisting Minister: Bill Kaepfel
Lector: Laurie Brown
Live Stream: Gary & Laurie
Musician: Greg Ott
Ushers: Ann & Glen Mueller
Greeter: Joyce Meyer
Altar Guild: Cathie Lehr & Joyce Meyer

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

MAY 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|------------------------------|--|-------------------------------|---|----------------------|---|
| | | | | | | |
| 3 9:15am Worship 11am True Vine | 4 | 5 11am Exercise Class 11am Lunch & Learn | 6 | 7 11am Exercise Class | 8 | 9 |
| 10 9:15am Worship 11am True Vine | 11 6pm CVT 7pm Council | 12 11am Exercise Class 11am Lunch & Learn | 13 11:30pm Lunch Brunch | 14 11am Exercise Class 6:30pm Girl Scouts | 15 9am Create Day | 16 Community Baby Shower - see pg 6 |
| 17 9:15am Worship 11am True Vine GRC Meeting @ LCLC | 18 | 19 11am Exercise Class 11am Lunch & Learn 7pm Chelsey Manor | 20 | 21 11am Exercise Class 50+ STL Area Food Bank - see pg 8 6:30pm NCOTC | 22 | 23 |
| 24 9:15am Worship 11am True Vine | 25 Memorial Day | 26 11am Exercise Class 11am Lunch & Learn | 27 | 28 11am Exercise Class | 29 | 30 9:00am Girl Scouts |
| 31 9:15am Worship 11am True Vine | | | | | | |

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