JULY 2026

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

LIVING LUTHERAN

Know that you are free
Editor's note: This post was originally published on the ELCA Racial Justice blog.

Let's take a trip back to high school history class:

The history of enslaved people on what would become U.S. soil goes back to 1619.
The Civil War (1861–1865) was fought over slavery. But those of us who were raised in the Deep South grew up learning something different. I was taught that the Civil War was about "states' rights." The curriculum never bothered to specify that states were fighting for the right to continue enslaving people.
The Emancipation Proclamation declared freedom for enslaved people in Confederate-controlled areas on Jan. 1, 1863.
Before the Emancipation Proclamation, enslavers followed the law when the law supported slavery. Then enslavers broke the law when the law criminalized slavery; many never told those they enslaved that the Emancipation Proclamation had gone into effect in 1863.

In Galveston, Texas, on June 19, 1865, Union troops were the ones who told enslaved people that not only were they free, they had been legally free for nearly two and a half years. The 13th Amendment finally completed the work of the Emancipation Proclamation in 1865.

For extra credit: Stream Ava DuVernay's stunning 2016 documentary 13th and learn the history of the short-lived Reconstruction in Ta-Nehisi Coates' We Were Eight Years in Power (2017, One World).
Juneteenth is one of many portmanteaus necessary to convey the unique Black American experience throughout U.S. pre-history and history.

I am Black, Lutheran and a historian. No surprise that, for me, freedom and identity are mixed in with thoughts about Juneteenth, my bitterness at the denial of freedom, and the amazing gift of justification by grace through faith.

I have a scene in my imagination. Imagine with me: An enslaved young woman in 1863 or 1864 has heard about emancipation and yet has an enslaver and a Confederate soldier (maybe both) standing in front of her, denying her knowledge of freedom, denying emancipation and restricting her freedom physically.
This imagined scene reminds me that freedom isn't just a concept. It's not just philosophical.
Freedom is real. Our freedom in Christ is real. There is no earthly parallel, and I will not cheapen Christ's gift by forcing a parallel out of the Juneteenth event.

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

Inside this issue:

LIVING LUTHERAN-COVER- 2

PRESIDENT'S REPORT/TREASURER-3

NURSE NOTE - 4

FMSC - 5

LIVE TO 100 - 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**

Freedom in Christ is what allows me (and you) to answer profound questions and speak truth in difficult spaces. I can rest in the faith of knowing that Christ has given me a more wonderful, more valuable gift than any of the pain or loss of status I may experience. The actions we Lutherans take are a response to freedom in Christ; they are a way of loving God by loving our neighbor, not a way to earn or deserve that freedom —because we will never earn or deserve it.

There may be people who tell you that you are not free. Know, and live, your freedom in Christ. The things that would deny us our freedom lead us to shrink away from the gift and not serve our neighbor. And if we ever needed to be here for each other—to see, hear and love each other—that time is now. Through this, we can celebrate the justice of Juneteenth and serve this world that God, indeed, loves.

Denise Rector
Denise Rector teaches in the History, Theology, and Society department at Trinity Lutheran Seminary at Capital University. She earned her Ph.D. from the Lutheran School of Theology at Chicago, where her dissertation focused on the pastorate and impact of Earlean Miller, the first African American woman pastor in the LCA/ELCA. She is contributing to a forthcoming essay collection on Black Lutheranism.

TREASURER'S REPORT

Dave Endorf

May 2026 Treasurer's Report

Category	May Actual	YTD Actual
INCOME	**$8,729**	**$42,042**
EXPENSES	**$7,993**	**$42,248**
Cong Vitality Team	$0	$0
MISSIONS	$33	$3,771
OFFICE	$37	$1,322
OUTREACH	$0	$0
PROPERTY	$4,755	$21,618
STEWARDSHIP	$0	$0
SUPPORT	$143	$1,182
WAGES	$3,025	$14,144
WORSHIP	$0	$212

Total YTD Income	$ 42,042
Total YTD Expenses	$ 42,248
Total YTD Difference	-$ 206

2026 General Funds paid to missions are as follows:

Central States Synod	$ 500
Local Missions	$ 2,000
Outreach Missions	$ 1,271

Our May offerings of $8,729 were $736 **more** than our expenses of $7,993. Our year-to-date income of $42,042 is only $206 less than our year-to-date expenses of $42,248. We are still in decent financial shape with a deficit only $206 through five months of the year.

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

As you may have noticed, we have had issues with the air conditioning unit that services the sanctuary and the lower level space. We have had Erhlich's look at it and locate parts needed to repair it. At this point, we have no idea how long it will take to get fixed. Locating the parts was an initial concern because of the age of the unit, but those have been located and we are just waiting for them to arrive. At this point, the timing of the repair is unknown. We are being told a couple of weeks. Until then, we will hold worship in the upstairs fellowship area.

Nothing new to report on the sale of the property. We have had a couple more groups come through, one of which came through twice. But nothing firm at this point.

The FMSC pack at Atonement is two weeks away. We still need volunteers, especially for the last shift on Saturday. If you now individuals or groups that might like to take part, please reach out to them or give me a contact point and I will. This is an important part of our mission at Living Christ, so please do what you can to get donations and volunteers. The FMSC leadership team will greatly apprciate anything you can do to help the cause. And donating to the "Adopt a Pallet" effort at Living Christ will help that. We are getting very clost to reaching the $2500 goal, so every penny helps.

That's it for now. Keep the faith.

Nurse's Note: JULY

Cathie Lehr RN

UV Eye Safety Month

July is one of the hottest, sunniest month of the year in our area and marks a point mid-summer when UV-blocking practices should be in place to shield one's eyes from the sun's harmful rays. The American Academy of Ophthalmology (AAO) has designated July as UV Safety Month and has outlined UV-blocking practices to protect one's eyes when directly exposed to the sun's damaging rays during extended time outdoors.

Invest in sunglasses that block 99 to 100 percent of UV-A and UV-B radiation for the greatest eye protection:

Sand and Shore — The sun's damaging rays at the coast and other shorelines can cause the eyes to sunburn when UV rays reflect off sand and the water. Individuals spending prolonged periods at the beach or lakeside on sunny days should remember to wear UV-blocking protective eyewear along with sunscreen.

Visit the AAO's EyeSmart website for information developed by ophthalmologists on eye diseases and treatments, eye health news and tips for a lifetime of good eye health.

Early detection is key to identifying and diagnosing damage to your eyes caused by prolonged sun exposure. The AAO promotes heightened awareness of the long-term damage caused by prolonged exposure of eyes to bright sunlight, including increased risk of eye-blinding diseases and growths such as cataracts and eye cancer. Schedule an annual yearly diagnostic eye exam with an ophthalmologist.

FEED MY STARVING CHILDREN

MOBILEPACK™

July 10th & 11th 2026

Lutheran Church ofthe 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

Lunch and Learn on Tuesdays at 11:00 am focused on a 4-part series titled

"Live to 100: Secrets of the Blue Zones".

Dan Buettner traveled around the world and investigated the diet and lifestyles of those living the longest lives. Information we learned follows, along with some discussion starters.

Defining the Blue Zones

- **The Basics:** Dan Buettner's research identified five specific regions as the original Blue Zones.
  - Okinawa, Japan
  - Sardinia, Italy
  - Nicoya Peninsula, Costa Rico
  - Ikaria, Greece
  - Loma Linda, California
- **Genetics vs. Lifestyle:** Researchers estimate that only about 20% of how long we live is dictated by genetics.
- **Community Success:** How do the physical and social environments of these regions naturally encourage people to make healthier choices without relying on willpower?

Diet and Nutrition

- **Plant-Powered Eating:** Diets in the Blue Zones are predominantly plant-based, featuring heavy consumption of beans, legumes, and whole grains. How does this compare to a typical modern Western diet?
- **Mindful Eating:** Many of these cultures practice traditions like *Hara Hachi Bu* (eating until 80% full). What role does mindfulness and portion control play in longevity compared to strict diet trends?
- **The Glass of Wine:** Moderate, social alcohol consumption (specifically certain wines) is common in places like Sardinia. Is the benefit the alcohol itself, or the cultural ritual surrounding it?

Natural Movement

- **No Gym Memberships:** Blue Zones centenarians don't do intense cardio routines or lift weights; instead, they experience "natural movement". What does this mean, and how can you add more natural movement to your own daily routine?
- **Ergonomics:** How has modern technology and convenience culture designed movement out of our days, and what are ways to reverse this?

Community and Social Connection

- **The Power of Belonging:** In the Blue Zones, strong social circles, multi-generational living, and faith-based communities are the norm. How does deep social integration affect physical health and aging?
- **Life Purpose:** The Okinawans call it *Ikigai*, and the Nicoyans call it *plan de vida*—roughly translating to "a reason to get up in the morning." What is your personal sense of purpose?

Stress Management and Lifestyle

- **Daily Rituals:** Almost every Blue Zone culture has a daily ritual to "downshift" and relieve stress, such as napping, prayer, or happy hour. What are your current strategies for managing stress, and what can you borrow from the Blue Zones?
- **Actionable Change:** Looking at the Blue Zones philosophy, what is one specific, realistic habit you could adopt today to improve your own longevity and psychological well-being?

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.

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

The FMSC Mobile Pack is happening on July 10 -11. One shift on Friday, July 10, and 3 shifts on Saturday, July 11. 800 volunteers are needed to reach the goal for this Mobile Pack: 217,000 meals. Flyers are available on the FMSC table. Please distribute as widely as possible as you visit businesses or restaurants. We continue to collect the "Noisy Offering" to reach our goal of $2500 to pay for one pallet of meals.
FMSC is selling raffle tickets ($100). The prize is up to $5K with smaller prizes awarded as well. You may purchase a ticket from Randy or any FMSC team member. The drawing is on June 13 on Zoom.

Marilyn is putting together a LCLC team to pack at FMSC. She suggest Saturday, July 11, 3:30-5:45 pm shift. This shift is the least populated so far. Please let her know if you would like to be included on our team. Warehouse and labeling jobs are available also.

Council Bullets

- **The FMSC Mobile pack is July 10-11 (4 shifts) at Atonement.Volunteer registration is on-going.Labeling jobs are available in additional to packing. Please help get the word out and encourage volunteers.**
- **God's Work Our Hands – Sunday, September 13. We will worship with and at Unity Belnor at 10:30 am, have lunch, and participate in preparing service projects (blessing bags and kits). There will be no worship at LCLC on September 13.**
- **Lunch and Learn continues on Tuesdays at 11:00 am. The current series is The Faithful: Women of the Bible. Please provide subjects of interest for future sessions.**
- **The Everlasting Apostolic Church is using the Great Room for Bible Study on Saturdays, 11:00 am – 1:00 pm.**

50+

NO 50 + in July. We will be back soon!!!

50+ JUNE BARBECUE 2026 RECAP

Fifty Plus met on June 18 at 11:30 am at LCLC in the lower level. Barbecue Shredded Chicken sandwiches, Barbecued Pork Steak bites, sides and desserts were enjoyed. Rodney Buchek gave a presentation on the life of honeybees and how to raise them. A sample of honey was provided for tasting. Thank you Rodney. Thank you to everyone donating food and helping with clean up after.

JULY LUNCH BUNCH

The July Lunch Bunch will return to Chili's at 13901 New Halls Ferry Rd. in Florissant on July 9 at 11:30 am. The menu includes, Tex-Mex, American fare and lunch specials. We are revisiting Chili's in July for those not able to join us in June. Please notify Joyce Meyer at #314-374-4135 or email jameyer46@charter.net to reserve a chair. All are welcome to attend.

JUNE LUNCH BUNCH RECAP

The June Lunch Bunch met at Chili's at 13901 New Halls Ferry Rd. in Florissant on June 11 at 11:30 am. The menu included Tex-Mex and American fare and specials they offer. The service was excellent. Jann and Glenn Mueller were not able to attend so we are revisiting Chili's on July 9 for lunch when Jann is better and they are able to join us.

Pastoral Care

Pastoral Care for Members of LCLC

Pastor BJ Arnold has graciously agreed to provide pastoral care for members of LCLC. Pastoral care goes beyond the regular care-giving that church members provide for one another. While we do an excellent job of offering support to one another, Pastor BJ has the training and expertise required at a time of need. All requests for emotional, spiritual, or practical support should be coordinated with Cynthia, who will contact Pastor BJ with the information. Please make Cynthia your first call if you become aware of a need (314-839-0466). In the event care is needed on a weekend or holiday, please contact Pastor BJ directly at 314-518-1505.

2026 Great Rivers Collaborative meeting dates and locations

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

LUNCH & LEARN

Lunch and Learn continues on Tuesdays at 11:00 am. The current series is The Faithful: Women of the Bible. Please provide subjects of interest for future sessions.

Celebrate July!

Birthdays

Jeanne	**CALDERWOOD**	**3**
Jasmine	**YOUNG**	**12**
Dolores	**CHAPPELL**	**26**
Randy	**HENNING**	**26**
Gary	**SCHULTZ**	**28**
Joyce	**WOLF**	**29**

Anniversary

Vern and Gloria	Broderick	5th	57yrs
Paul and Shirley	Beins	18th	67yrs
Glenn and Jann	Mueller	20th	25yrs

July Assistants

July 5, 2026
Preaching/Presiding: PMA Richard Schademann
Assisting Minister: Randy Henning
Lector: Gary Brown
Live Stream: Marilyn Wiley
Musician: Greg Ott
Ushers: Glen Albers & Ann Schultz
Greeter: Judy Holmes
Altar Guild: Cathie Lehr & Joyce Meyer

July 12, 2026
Preaching/Presiding: PMA Peggy Schaefer
Assisting Minister: Bill Kaeppel
Lector: Laurie Brown
Live Stream: Gary & Laurie
Musician: Greg Ott
Ushers: Levaughn & Sheila Smart
Greeter: Marilyn Wiley
Altar Guild: Karen Haynes & Sheila Smart

July 19, 2026
Preaching/Presiding: PMA Jim Squire
Assisting Minister: Randy Henning
Lector: Terry Calderwood
Live Stream: Rod Wallace
Musician: Greg Ott
Ushers: Jim & Doris Stoehner
Greeter: Kathy Endorf
Altar Guild: Joyce Wolf & Ann Schultz

July 26, 2026
Preaching/Presiding: Pastor Ed Breed
Assisting Minister: Bill Kaeppel
Lector: Cathie Lehr
Live Stream: Marilyn Wiley
Musician: Greg Ott
Ushers: Randy Hennig
Greeter: Joyce Meyer
Altar Guild: Doris S. Marilyn W. & Bill K.

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

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 11am Exercise Class	3 Office Closed	4 4th of July
5 9:15am Worship 11:am True Vine	6	7 11am Exercise Class 11am Lunch & Learn	8	9 11am Exercise Class 11:30am Lunch Bunch	10 FMSC Mobile Pack	11 FMSC Mobile Pack 11am Everlasting Apostolic Bible Study
12 9:15am Worship 111am True Vine 2pm GRC @ Atonement	13 6pm CVT 7pm Council	14 11am Exercise Class 11am Lunch & Learn	15	16 11am Exercise Class 7:00pm NCOTC	17 9:00am Create Day	18 11am Everlasting Apostolic Bible Study
19 9:15am Worship 11am True Vine	20	21 11am Exercise Class 11am Lunch & Learn	22	23 11am Exercise Class	24	25 11am Everlasting Apostolic Bible Study
26 9:15am Worship 11am True Vine	27	28 11am Exercise Class 11am Lunch & Learn	29	30 11am Exercise Classs		

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