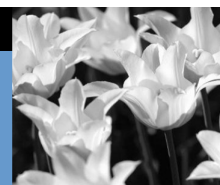




ONE IN CHRIST

Week of February 28 - March 6, 2023

A NOTE FROM PASTOR MEAGAN



Dispelling theological myths about mental illness

There are two main myths about mental illness that are important to dispel.

The first myth is that mental illness is a sign of weakness—physical, mental, or spiritual. We should be able to get over it by simply trying hard enough. Those of us who love a person who has mental illness can feel this guilt too. A parent of a young adult who completed suicide once shared with me that they felt they had failed their child, and that if they had tried harder they would have survived.

The Truth: We're talking about illness, not weakness. We don't see diabetes as a weakness, and would never expect someone to just get over it, and mental illness is the same thing. And just like physical illness, sadly, sometimes it can be fatal, no matter how hard everyone involved tries.

The second myth is that feeling anxious, or fearful, or depressed, is sin, against God's will. In scriptures, God commands us to not be afraid, to not be anxious, so if we feel that way, it means we are disobeying God. I did a search for Bible passages related to mental illness, and really didn't find anything except messages along the lines of, "if you have enough faith, you won't feel depressed, or anxious."

The Truth: Medication, talk therapy, healthy boundaries, supportive community, AND connection with God, are all essential parts of managing mental illness. I believe that seeing mental illness as sin, or breaking God's commands, is a misreading of these passages. Think about the story of Elijah. He had fallen into a place of so much despair he wanted to lay down and die. He had nothing left. God didn't punish him, or tell him he shouldn't feel that way, or that he needed to just get up and power through. Angels gave Elijah food, and water, and told him to sleep. And then told him to do it again. And listened to him. More than once. And THEN God sent him to community, where he would get support, in the form of Elisha ministering alongside him. So when scripture says "be not afraid," I see it as an acknowledgment of our fear, not judgement. Like God's arms holding us, and God's voice saying, "I got you!"

God's Will for Us Is Abundance

In John 10:10b Jesus says, "I came that they may have life, and have it abundantly."

We each get to define abundance for ourselves. No matter what the circumstances of our lives, God wants abundance for us. Jesus came for this. But my vision of abundance and yours may look quite different. In the book "My Body is Not a Prayer Request" the author, who lives with disability and uses a wheel chair shared that while others may see the chair as a prison, she sees it as liberation. It is a tool she uses to live her life abundantly. Others may feel differently. So when we think about abundance, each of us sees that differently, and we each can define for ourselves what it means and what we need.

Belonging—we can strive to be a community where people can show up as they are, with joys, struggles, and gifts to share with the community.

Agency—We all need to be able to make decisions for ourselves, and name for ourselves what we need. Jesus modelled this for us. He asked the paralytic by the pool what he wanted. He listened to the Samaritan woman when she claimed her dignity. He told Zacchaeus, who it seems was often left out or behind, that he wanted to eat supper at his home, allowing him to be a host.

Sacredness of story—As with Elijah, there is a power and sacredness to sharing story, and receiving story. We can be a place where stories can be shared and received, around the fullness of our lives.



WE WORSHIP....



Sunday, March 5, 10:00am Worship

Access Online Bulletin

Join us for Worship in the Sanctuary. Childcare will be provided in the nursery each week.

OR

You may also attend virtually using the Zoom link or call the number noted in the bulletin to join us!

Masks are optional to enter the building, and will be available at entrances if needed. If you feel unwell, please care for yourself and others by staying home, and we will be happy to see you when you return. Thank you for your commitment to caring for one another!

Join Worship Virtually (via Zoom) → <http://tiny.cc/clcworship>

One tap mobile

+13126266799,278217453#,1#,971744# US (Chicago)

Call in From Any Phone: 312-626-6799

Meeting ID: 278 217 453 | Password: 971744

Worship Signup

At Christ Lutheran, our children and youth are part of our church, and we encourage people of all ages to take on leadership roles during our worship service. If you would like the opportunity to serve in worship, visit: <http://tiny.cc/worshipsignup>

For more info visit the Children's Google Drive: <http://tiny.cc/children-drive>

TO SERVE AS ACOLYTE:

Please visit <https://bit.ly/CLCacolytes> Contact Kersten Horn (horn.kersten@gmail.com) if your child needs acolyte training.

TO SIGN UP AS A LECTOR OR ASSISTING MINISTER:

Please contact Mark Roock.

Please reach out to Katie Gregston with questions and suggestions you have about the children and youth ministries at Christ Lutheran.



Lenten Observance at Christ Lutheran Church

Wednesday Evening Prayer Service, In-Person and on Zoom

6:00pm Dinner and 7:00pm evening prayer will be held each week shown below:

March 1, 8, 15, 22, 29 | **Janet Roock will be sharing a reflection on March 1.**

[Join Wednesday Evening Prayer Online](http://tiny.cc/CLCwedprayer) — <http://tiny.cc/CLCwedprayer>

Call in From Any Phone: 312-626-6799 **Meeting ID:** 873 2098 3074 **Passcode:** 63119

Interested in providing a Lenten Wednesday evening dinner? Please contact Dave Fey at davefey@me.com

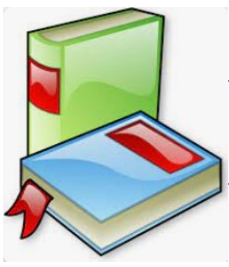
Lenten Dinners 2023



Our annual Wednesday night Lenten Dinners begin on February 22 and go through April 5 – hope you're able to join us in fellowship.

Wednesdays 6:00pm

If you're interested in volunteering to bring a dinner or to help with setup and cleanup please contact Dave Fey – davefey@me.com



AND LEARN....

Bible Study

The Tuesday Morning Bible Study will meet each Tuesday morning at 10:30am, in the fellowship hall. All are welcomed to join us!



Women's Group — Lenten Devotional Study

Please join the "Dwelling in the Word" women's group as we read, reflect, share and pray our way through Lent using Kate Bowler's "Bless This Lent We Actually Have." We will meet at 11am on Sunday, March 5th to get started and will plan out the remaining weekly gatherings at that time. No reading or prep work needed prior to each week's meeting!



Kate Bowler writes, "Lent is a time when we get a minute to tell the truth: Life is so beautiful and life is so hard. For everyone. Of course, the cross isn't the end of the story, but this season of grief is carved out to acknowledge the reality of Christ's sacrifice. And the reality of suffering that so many of our circumstances reflect too - our own pain and grief and despair. Easter is coming, yes. But for now, we sit in the ashes of our broken dreams and broken hearts, knowing that God sits here with us. Jesus will walk with us through whatever kind of Lenten day we are having. The lovely one. The garbage one. The one that barely seems like it counted at all. As we toggle through every kind of emotion - boredom, devastation, happiness, irritation - we want to say: Bless this Lent."



Adult Forum meets on Sundays at 9am, in the Conference Room or on Zoom. We hope you can join us!

Upcoming Sessions

March 5 — Science experiments with the Sunday school—an intergenerational event

March 12 —J on Heerboth will talk about the Biblical portrayal of Mary Magdalene

March 19 — Alena Horn—Language Change in the Church [*See Alena's summary below*]

This talk will explore the use of generic masculine forms like he, him, men, etc. in the Bible, introduce some relevant linguistic theory, and consider some of the pros and cons of language change in the church. Rather than advocating for or against change, I will examine the merits of each side and discuss them from a linguistic perspective.

Recap of 2/26/23 — Members of the CLC community spoke of experiences of mental illness and the help available. Pastor Meagan began by busting theological myths about mental illness. In the past, Scriptural dictums like, “don’t be afraid,” have been interpreted to believe that fear and anxiety are a sign of weakness that can be overcome by “trying harder.” Rather, she told the story of the Prophet Elijah, who God found in profound despair. God sent Angels to feed him, listened to him, and sent him into the community. God’s response to Elijah, Pastor told us, is a model for the church’s response to mental illness: respond to immediate needs, listen, and surround with continued support.

Steve and Sherry Mitchler told of their family's experience. Despite being able to function well, Steve said he has dealt with anxiety since a teenager. He told how a residential program gave him insights into his condition. He is now working with a therapist and making progress. He emphasized that to find the right fit with counselor can take a while. A therapist may be quite competent but may not inspire the level of trust needed for treatment to begin. In that case, Steve said, keep looking. Sherry emphasized how family support—patient listening and on going love—contributes to treatment.

Kevin Drollinger, CEO of Provident Behavior Health, provided 10 tips to find the right therapist. They include choosing the type of therapy and defining goals, dealing with cost, asking medical doctors and others for recommendations, and finding a comfortable fit. Kevin also told us of the services available through Provident and its role in the suicide prevention hotline that recently came on line.

Jesse Helton, who is Associate Professor of Social Work at Saint Louis University, talked of sources strength in the presence of struggles. First is resilience, family and community as well as individual. Then there are belief systems that provide meaning, a positive outlook and spiritual sustenance. Another is the process of finding solutions that is flexible, connected to a group and draws on social and community resources. Finally Jesse spoke of clear communication that allows for emotional sharing and problem solving. Throughout Jesse showed how the church community is integral to listening and building trust.

Pastor Meagan concluded with Jesus’ dictum in the book of John that he had come that we may have abundant life. She pointed out that abundant life varies from person to person and as a church community we are called to help each other find our abundance.

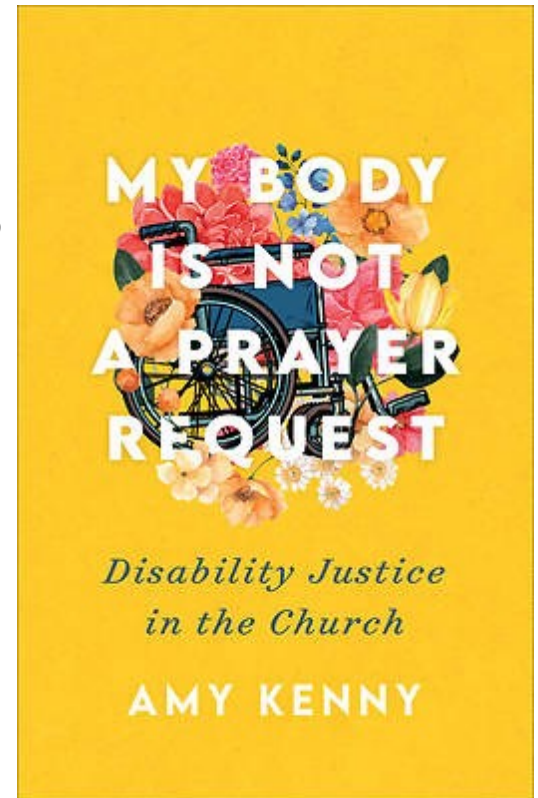
Note: Electronic copies of Kevin’s handout, Jesse’s slides, and Pastor’s note are available from the church.

Justice Book Group Notes

Written by Kate Hoerchler

"Later when Jacob was about to die, he leaned on his walking stick and worshiped. Then because of his faith he blessed each of Joseph's sons." Hebrews 11:21 CEV

Eleven CLC members met in late January to discuss *My Body Is Not a Prayer Request: Disability Justice in the Church* by Amy Kenny. In this book, Kenny questions the narrative of who society sees as normal and made in God's image similar to books we've read on racial justice. Kenny proclaims her disability as her identity and demands others to see the humanity, struggles, and triumphs of the disabled community. She calls us to understand that making our church building accessible means we are welcoming all to worship, while not making the church accessible denies entry to disabled people. She argues that using ableist language in our speech, hymns, and scripture interpretation demeans the disabled community and denies disabled people as made perfectly in God's image. This book references scripture throughout; however, her discussion of Jacob wrestling with God, leaving him with a disability and becoming one who faithfully worships God and blesses others is a particularly stirring and empowering passage for the author who walks with a limp and often uses a wheelchair.



Our group discussed ways our church has done a good job of welcoming disabled people into our church with interactions during education hour and worship as well as the installation of the old elevator. We also discussed ways we can do more such as completing the renovation, considering how we discuss bible passages dealing with disability, diversifying artwork in the church, and reevaluating ableist language in speaking and hymns. We also discussed the use of the phrase "Please stand in body or spirit." Should we consider changing this phrase to take out the word 'stand'? Rise in body or spirit, lift your hearts or bodies, or discontinue encouraging standing during worship were all discussed as possibilities. Pr. Meagan offered to talk with some of her disabled colleagues for suggestions. We also noted how disabled people experience the world differently from each other with different abilities and perspectives and how those of us who are able-bodied may only be temporarily so. We also noted how it is important to make our space accessible for disabled visitors and future disabled members rather than just considering the makeup of our current congregation.

As we think about changes to make our church more inclusive to disabled people, let us find the courage to be uncomfortable, allowing us to acknowledge our perspectives and how we might change ourselves to regard disabled people more fully in the image of God. Will this be through adding diverse artwork, changing language in the hymns we sing, spending money toward a new elevator, ramps, and ADA bathrooms or rethinking ableist words we use? Are the changes we're willing to make comfortable for us because we have disabled people in our community who could benefit from them or uncomfortable because of the cost or tradition in hymns we sing or words we use that seem to not have offended anyone yet? What other feelings arise in you as you read this summary? If you haven't read this book yet, I strongly encourage you to do so.



SO WE CAN WELCOME....

The Borden Twins Are Here!

Welcome to Blair and Leo Borden, born February 23! Congratulations to Hannah, Curtis, and Hank and keep them in your prayers as they begin life with their new family members!

The Borden twins' baptism will be on Palm Sunday, April 2, 2023.



Refreshment Volunteers Needed!



We're looking for volunteers to bring refreshments to be served following Sunday church services.

SIGN UP SOON!

We're looking for refreshment volunteers to help provide food and snacks after church services. You may use the [online sign up form](http://tiny.cc/refreshments) to choose the date(s) you'd like to volunteer. We have dates available now through June! To sign up, just visit:

<http://tiny.cc/refreshments>



AND SERVE !

February is Black History Month!

Take time this month to learn about Black history, grow in understanding of racism and race relations in the US, and celebrate Black culture.

Read *Beloved* or *The Bluest Eyes* - Toni Morrison; *The Water Dancer* - Ta-Nehisi Coates; *I Know Why the Caged Bird Sings* - Maya Angelo; *The Black Christ* - Kelly Brown Douglas; *Homegoing* - Yaa Gyasi; *An American Marriage* - Tayari Jones; *Stamped From the Beginning* - Ibram X. Kendi

- Anything by Toni Morrison, James Baldwin, Maya Angelo, Langston Hughes, or Ta-Nehisi Coates

Watch Movies *BlackKkKlansman*; *Selma*; *Drumline*; *Just Mercy*

Documentaries Available on Netflix *Amend*; *Who We Are: A Chronical of Racism in America*; *13th*; *High on the Hog*, hosted by Stephen Satterfield

Vigil for Black Lives!

Fridays, 6:00-6:30pm

Been meaning to join the Vigil on Fridays? Join us and people from Emmanuel, Peace, and other Lockwood congregations to stand for Black lives during Black History Month!



LET US PRAY

PRAYER REQUESTS

Please include the following people in your prayer life during this week.

ONGOING HEALTH CONCERNS: Those who are suffering from chronic pain & diseases, Shelly Madden, Linda Armstrong, Gege Brightman, Christine Austin, Kate and Brian Bates (John Hoffmann's sister and brother-in-law), Evan Deck, Helga Hayes, Joan (friend of the Roocks), John Hoffmann, Bev & Al Marcus (friend of John Hoffmann), Michael McMullen (Greg McMullen's brother), Anna McIntyre, Donna Munger, Betsy Nielson (Nancy Lissant's sister), Doris & Harry Rahlfs (Karen Wood's parents), Shirley Wolf, and Wayne Wellman (Susanne Reimer-Fey's brother), Kerry Munger (son of Donna Munger).



IN BLESSED MEMORY: Jeff Schmid, Norma Bailey Mendenhall, and for all of those who have died and all of those who grieve, that they may know the presence of God who grieves with us.

Norma Bailey Mendenhall of Pittsburg, KS, widow of the late Rev. Jim Bailey, former pastor at Christ Lutheran, and widow of Terry Mendenhall, passed away on Sunday, February 26, one day after her 81st birthday. Details for Celebration of Life service in Pittsburg are incomplete at this time but may be this weekend.

IN MILITARY SERVICE: Josh Duncan, Chris Hudson, Jesse Proctor, Scott Warr.

ANNIVERSARIES AND BIRTHDAYS!

LET'S CELEBRATE FEBRUARY ANNIVERSARIES AND BIRTHDAYS!

Congratulations and Best Wishes! Christ
Lutheran family wants to celebrate you!

ANNIVERSARIES:

02/14 – Robert & Joan Rivas
02/14 – Mari & Travis Roberts

BIRTHDAYS:

02/01 – Calvin Ciorba
02/01 – Shirley Wolf
02/02 – Helga Hayes
02/03 – Kevin Drollinger
02/03 – Larry Hill
02/04 – Aishlyn McCarty
02/06 – Kathy Kuziel
02/07 – Sarah Keifer
02/09 – Carol Brockelmeyer
02/09 – Patty Hopper
02/10 – Hanna Lauer
02/10 – Mark Roock
02/13 – Sylvia Rogers
02/13 – Julia Wood



02/19 – Christine Austin
02/19 – Henry Knapp
02/20 – Bob Crowe
02/20 – Elisabeth Long
02/25 – Caitlin McMullen
02/28 – Sally Wachtman

**Our apologies if we missed anybody!
Please let us know if we did.**

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:30p Choir Practice	2 4p Fitness Group	3 6p Vigil for Black Lives	4
5 9:00a Adult forum, Sunday School 10:00a Worship	6 12p Sr. Fellowship at Laclede Groves 4p Fitness group	7	8 7:30p Choir Practice	9 4p Fitness Group	10 6p Vigil for Black Lives	11
12 9:00a Adult forum, Sunday School 10:00a Worship	13 12p Sr. Fellowship at Laclede Groves 4p Fitness group	14	15 7:30p Choir Practice	16 4p Fitness Group	17 6p Vigil for Black Lives	18
19 9:00a Adult forum, Sunday School 10:Worship	20 12p Sr. Fellowship at Laclede Groves 4p Fitness group	21 7p Church Council meeting via Zoom	22 Ash Wednesday 6p Dinner 7p Worship	23 4p Fitness Group	24 6p Vigil for Black Lives	25
26 9:00a Adult forum, Sunday School 10:00a Worship	27 12p Sr. Fellowship at Laclede Groves 4p Fitness group	28	<p>Check back for March's calendar next week!</p> <p><i>To see what's happening the rest of this week, please visit the new Facility Use Calendar via: tiny.cc/facility-cal</i></p>			

Facility Use Calendar: The above calendar shows congregational events for CLC. To view when areas of the building may be in use, visit <http://tiny.cc/facility-cal>.

Needing to Use the Building? Please contact the office to reserve your space. We have a busy season approaching and want to ensure there are no conflicts with the use of our building.

2023 Pledge Card: Stewarding Our Gifts

Thankful for God's abundance and continuing to worship and serve with fellow members of Christ Lutheran Church, we pledge to use our spiritual gifts to be stewards of God's love.

Print name(s): _____

I/We celebrate our spiritual gifts of:

Skills/Knowledge:

Passion:

And, therefore, pledge to be stewards in the following ways :

Including, joyfully planning to give \$ _____ in calendar year 2023

Date: _____ Contact info: _____

☐ Check here if you'd like to continue receiving paper offering envelopes.

Please return your pledge card by 12/18/2022.

You may mail this pledge card to the church office, put it in the offering basket or email your pledge form to office@christwg.org



Keep this portion for your records as reminder of your planned giving.

2023 Pledge for Christ Lutheran Church

I/We plan to give a total of \$ _____ by December 31, 2023, to support our Lord's mission and ministry through Christ Lutheran Church – Webster Groves, and to be stewards in the following ways:



Christ Lutheran Church, ELCA

TELEPHONE: 314-962-6011

E-MAIL:
OFFICE@CHRISTWG.ORG

WEBSITE:
WWW.CHRISTWG.ORG

WORSHIP SCHEDULE:
SUNDAY AT 10:00 A.M.

REV. MEAGAN MCLAUGHLIN
OFFICE HOURS:
MON-WED, FRI 8:30-4:30
(APPTS BY ARRANGEMENT)

COUNCIL PRESIDENT:
JESSICA GUNTHER

**DIRECTOR OF SENIOR
ADULT MINISTRIES AND
FAITH COMMUNITY NURSE:**
CAROLYN CROWE

DIRECTOR OF CHOIRS:
DIANE DROLLINGER

ORGANIST:
MARK RUFF

OFFICE ADMINISTRATOR:
MAHLIK GOOD

FINANCIAL SECRETARY:
TAMMY PRYOR

WEBMASTER:
MIKE WAGNER/STEPHANIE
LENHART

Christ Lutheran Church Mission Statement

Deepening people's connection to Christ,
Bringing meaning to daily life, and
Making a difference in our community.