



Pastor Pam's Pennings

**August 2020
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Stress. I would say that this is a byword for this year! We are under a lot of stress. How can we reduce stress? An Angel says, "Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. And if it does happen? Then you have worried twice!"

How can we reduce stress? Here are 16 ways a Christian can reduce stress!

1. Pray. Often.
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say, "No" to projects that won't fit into your time schedule, or that will compromise your health – mental, physical or emotional.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (although 1 is often not enough, 2 are often too many)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.

11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation – then turn it over to God and let it go!
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups: an extra car key in your wallet or purse, and an extra house key hidden in a safe place, have extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This simple piece of advice can prevent an enormous amount of trouble!
15. Do something for the “Kid in You” every day.
16. Carry a Bible with you (or have a Bible app on your phone) and read it while waiting in line.

Valuable ideas that may be worth pursuing - or at least thinking about!

+Blessings+

Pastor Pam

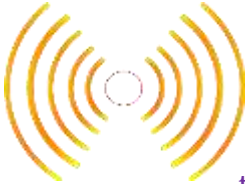


Hello my friends,

As you read this newsletter, I have already begun phase two of our streaming delivery. Actually, I have combined phase two—the new cameras, video software, and equipment/cables— with phase three: sound. So, it will be a work in progress.



For the video, we are relying on inexpensive capture cards so sometimes they are not reliable (it would be in the four figures for a professional capture device) but when they work, they look almost as good; for the sound, I am trying a sub mixer for Pastor's voice to isolate it from the room reverb (echoing as you call it). As I get better at operating this new equipment the Sunday worship experience will continue to improve. We will give you weekly information on other options if the stream goes down on Facebook (ex. we would stream a second source to a different site, or different page).



If by some miracle we are back together in worship this month, keep in mind the temporary cabling and cameras that will now be in your view.

Finally, please continue giving us feedback. We cannot properly monitor these streams during service (that is why we have a dedicated sound booth in the building plans for the 10-year project) so telling us what you see and hear, both positive and negative, will continue to help.

Thank you for your patience!

Your humble director,
Brian



Preschool News

Our summer session began on Monday, June 15th under our new guidelines to stay as safe as possible with COVID 19. Everyone adjusted really well to our new routine and after about 3-4 days, they had it down.

Our theme is, "Home Sweet Home". Each week we have been exploring different themes including: Welcome Back; A Whole New World, Castle/Royal Invitation to the Kingdom, Stars & Stripes/All American, Mountains/Nature, Island/Jungle, Countryside/Farm, Ocean/Pirate Adventure, Arctic/Eskimo life is "Snow" much fun, and Desert/A dazzling place you never knew.

We were not able to have our special visitors, but we still managed to pack in the fun! To celebrate the 4th of July, the children made shakers, hats, wind socks, etc. and brought out instruments to have a parade. We had each class stay against their classroom wall surrounding the labyrinth and take turns parading around the center and dancing to music. We gave them each a cookie and then they wanted to parade around again and dance some more. We stayed out there a good 40 minutes and they had a blast! With a few adjustments, we have also continued to have water days once a week. With the heat of the summer, this is always a favorite day for the children.



Based on registration in April, we are full for fall with a waiting list. We are planning to move forward with our full Fall enrollment. We will be using the Lounge as a temporary classroom in order to accommodate all of our students that had enrolled and continue to maintain smaller class sizes due to COVID 19. As of right now, it is looking like we will continue with the COVID 19 guidelines that we put in place for summer going into the fall session. Our last day of summer will be on Friday, August 21st. We will be closed the following week for our staff work week to get everything cleaned and prepped for fall. Our Fall session will begin on Monday, August 31st.

*Sincerely,
Lisa Clinton*

OWLs in the Nest Will not meet for the next couple of months. Please watch this newsletter or the Friday eBlast for return dates. This regular fellowship time



is an opportunity to enjoy a potluck meal and conversation. Each person who attends is asked to bring a salad, side dish or dessert to share. For example, a couple would provide 2 dishes. If you have any questions, please contact Harriette Probst at 562 430-9448; leave a message and say that you are from Christ Lutheran.

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Adult Bible Study usually meets on the 2nd and 4th Wednesdays at

7:15pm in the home of Phil and Jeanne Peterson. Everyone is invited and welcome to join. Please contact Phil or Jeanne for more information, 562 429-3093. **Contact Jeanne to find out when this group will resume meeting.**

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Bible 101-Basic Theology will not meet for the next couple of months.



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Men's Bible Study

Will not meet for the next couple of months. Please watch this newsletter or the Friday eBlast for return dates. **We usually meet on the second Monday of each month at 7:15 in the evening. Men of all ages are welcome when meetings resume.**

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Pray for Peace in the Middle East

Join Pastor Pam in prayer from your home on the 24th of each month at 7pm to pray for peace in this fragile and volatile area of the world. Raising our voices together in hope for respect and resolution is one way that we can support our brothers and sisters in this region.



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The Sons of Norway does not meet in the summer months.



Please watch this newsletter for information about the restart of these meetings.

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will not meet for the next

couple of months. Please continue to knit or crochet at home.

Remember in Prayer

Members at Home or in Care Centers: Justin Bartlow, Judy Haenn, Ione Marchael and Carol Price.

Those struggling with illness or other concerns: Daniel Howard, Bary & Janice Schlieder, Gary and Linda Zimmerman.

Family & Friends: Gladi Adams, Jeri Cooper Alacano, Marilyn Armstrong, Sandi Bender, Ralph Bender, James Boner, John Byron, Clara & John Caldwell, Charlie and David Corm, Gable Cross, Noah Dodd, Tamra Fitzgerald, Rex Endrizzi, Brechin Fournoy, Judy Frank, Malcom Gay, Alberta Gray, Cindy Gray, Evie Holdhusen, Bobbie Hoenig, Bill Horner, Leslie Hoskins, Russ Hoxie, Kylie & Crystal Huber, Kylie Jackson, Rev. George Johnson, Ward Jones, Doris Jung, Mary Keenan, Judi Kirby, Tom Kelly, Barb Korsmo, Katrina Lahr, Pam Mitchell, Kay Murdock, Ian Ollie, Joyce Pressler, Joe Priouer and family, Kristina & Scott Randolph, Debbie Reighard, Sharon, Jolene Smith, Jeff Spangler, Liz Stark, Jenny, the Titus family, Kim Tuer, John White, Anna Watt-Morse, Tristan Weisel, Steve and Jenny West.

We pray for the ongoing work of:

- + Linda Gawthorne among the Kogi people of Colombia
- + First responders who provide safety, security and care
- + Those serving in our nation's military, especially: Jason Arellano, Samuel Brown, Rachel & Victor Colon, Michael Cote, Aaron Crayton, William Eaton, Damian Ellsworth, Gabriel Gallegos, Richard Gallegos, Chandler Hoover, John Lambertson, Brittany Graham-Karsten, Davis McElwain, Morgan Llewellyn, Haley Fessenden, Johnny Luna, Shawn McRae, Emily Merritt, Steven

Andrew Navarro, Michael Joseph Navarro, Jim Reeder, Sophie Schade, Douglas Steelhammer, Dominic Vancini, Jonah Westcott & Collin White.



- 8/2 Shannon and Steve Howard**
- 8/6 Tracy and Gary Burkard**
- 8/7 Robin and David Black**
- 8/9 Shannon and Matt Timney**
- 8/20 Sheryl and Chris Hunter**
- 8/22 Kris and Alfonso**



- 8/2 Eldre Larsen**
- 8/6 Aiden Jenkins**
- 8/7 Nicholas Fournoy**
- 8/9 Meghan Randig**
- 8/9 Grant Swagler**
- 8/9 Shannon Timney**
- 8/14 Scott Ostergren**
- 8/15 Bryce Bonilla-Haenn**
- 8/16 Tracy Burkard**
- 8/16 Ione Marchael**
- 8/18 Gale Musselman**
- 8/23 Kristi eagle Horse**
- 8/24 Brad Croes**
- 8/24 Ben Koch**
- 8/25 Don Westerhoff**
- 8/26 Gary Burkard**
- 8/29 Sean Cover**
- 8/31 Brandon Nieves**

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The Church in Society committee has developed a new giving plan for the rest of this year. Since we are not able to be in worship together, which makes it very difficult to bring material donations for the ministries we support, we will focus on specific programs each month and collect financial contributions to distribute. Until we return to the physical church space, special offerings can be designated in the memo line of the check or information box on PayPal.

These are the focus areas for the rest of 2020. Eventually, we hope to solicit ideas from the congregation and hopefully have other members tell about their groups.

July : COA: (Christian Outreach in Action) Money collected will go towards our regular 5th Wednesday meal.

August : LSS: Back to School supplies and backpack drive

September: (Christian Outreach in Action) Money collected will go towards our regular 5th Wednesday meal.

October: Habitat: International Habitat for Humanity month. Money collected will go towards the 50 houses planned for Long Beach.

November: Miracle Ranch

December: COA (Christian Outreach in Action) Money collected will go towards our regular 5th Wednesday meal.

Members who have pledged to organizations such as Habitat or Miracle Ranch will continue with their regular pledges.

When we return to "normal" we will resume collecting **items** for the CSULB Food Bank, Janie's Purses, New Life Beginnings, COA, and LSS (Lutheran Social Services).



If you are a Ralph's Shopper, please add Christ Lutheran to the Community Programs partnership attached to your Ralph's card. We received a donation for **\$83.58** from just 10 households for the last three months!

We also receive contributions from **Amazon Smile** if you designate Christ Lutheran as the charity of choice for eligible purchases.



The church office is open and staffed only a few days a week right now but please know that you can call the office at 562 598-2433 anytime and leave a message if there is anything you might need. It may be as simple as a question about watching worship services or contact info for local community agencies or it may be a request for pastoral care, shopping assistance, rides to doctors' appointments, etc. We can help you get the answers or support you need. Your voice mail messages are sent to our personal phones so we can get back to you whether or not we are actually in the office.

You can also email us at officemanager@christlutheranlb.com and we will get back to you asap.

Please look for our newest **Christ Lutheran Group on Facebook** and join it!! You are free to post pics, stories of hope, meaningful bible verses, acts of kindness you want to share with your church family. **This page is for YOU!!**

Also, down load **Zoom** on any device (you just type zoom into the search bar, and it walks you through the steps to sign up) so it will be free and easy. You do need a camera on your computer, laptop, phone, or tablet if you want to join and see others, but just signing up for a free account is a way to reach out to others. You can then invite others to join you for a look see or you can be invited to join in other group chats. Thanks so much, stay safe and take care...Peace, Lisa Cottrell

Chris and Rick Panos New Address

10488 Woods Ravine Court, Nevada City, CA 95959

Cell phones and Emails same as in current directory

Some of the new protocols when we do return to the Sanctuary for worship



1. We will temporarily return to 2 services (8:30 and 10:30) to provide for better social distancing and will continue to offer communion after each service (see protocol 10 for how communion will be conducted) as well as drive through communion at 11:45am -12:15pm.
2. Before you enter the Narthex, ushers will take individual health surveys and your temperature. You will be given hand sanitizer and the ushers will direct you to a specific seat. We will alternate seating to the outside of both sides in one pew and the center of the next pew with one pew between for adequate social distancing – providing seating for up to 45 people per service.
3. Everyone must wear a mask for the duration of the service (we will provide if someone doesn't have one).
4. Only the restroom off the Narthex will be available for use.
 - a. Sanitizing wipes will be available, and ushers will ensure restroom is clean after each use.
5. There will be no singing. Humming is okay!
6. There will be no Passing of the Peace other than what we can do safely from a distance. We have ideas!

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7. You will exit out the back door toward the labyrinth. There will be no farewell from Pastor Pam at the exit after service.

8. Communion will be conducted at the end of service outside near the labyrinth, and we will take the following precautions:

a. Pastor will wear gloves and a mask.

b. The wafer will be dropped by a gloved hand into the hand of the communicant.

c. A personal disposable communion cup of wine or grape juice will be provided.

d. Communicant disposes the empty cup in the provided receptacles.

9. Offering will be collected at the end of service as people are leaving.10.

10. There will be no coffee cart.

11. Ushers and Altar Guild have received training regarding new protocols.

This is a work in progress, and we appreciate your attention and assistance as we craft these policies to protect our church family.

Thank you,

Pastor Pam, Brian, Kim, and your Worship Committee