



Pastor Pam's Pennings

September 2020  
Volume 64, Issue 9

## Some More Ways to Reduce Stress...

*Cast all your anxiety on him because he cares for you. 1 Peter 5:7*

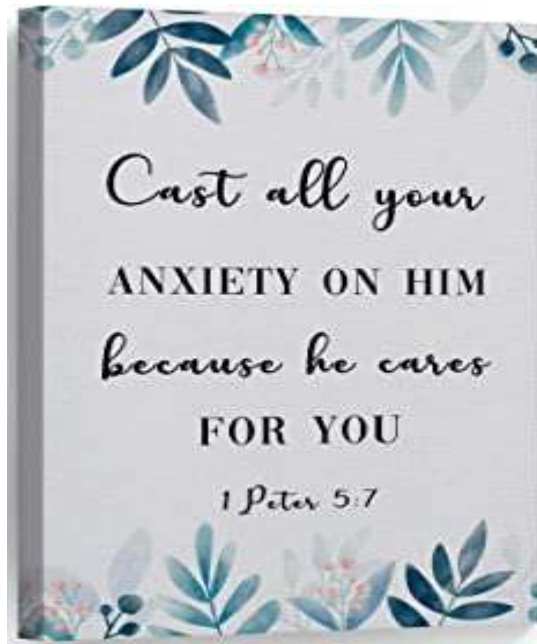
I have a few more ways to reduce stress that could be helpful, especially in these stress-filled days! The count is continuing from last month's newsletter article...

17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to something while driving that can help improve your quality of life.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud.
24. Keep a folder (either on paper or in a "note" on your smart phone) of favorite scriptures, sayings, etc.
25. Make friends with Godly people.
26. Remember that the shortest bridge between despair and hope is often a good, "Thank you, Jesus!"

27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all!
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of 1 thing you're grateful for that you've never been grateful for before and give thanks to God!

+Blessings+

*Pastor Pam*





**Hello my friends,**

**With all my previous long-winded newsletters, I have very little to say this month. I am continuously working on improving your overall online experience. Each week, I will attempt to add new elements, while preserving the integrity of our worship format. We have been blessed to have Claudia's string trio play once a month. This, along with Roger on organ and piano, has helped make our music survive through all of this change. I know you miss the choir. I know you miss the handbells. I know you miss the praise band and singers; I know I do!**

**It is more important for everyone to stay home and remain safe until it is safe again to gather together. I know you are frustrated, lonely, and p#\$%-off with this virus; I know I am!**

**We must still be good Christians and continue with our church responsibilities, even when we cannot attend church; I know I will!**

**Even though we are in the new normal, I will continue to brainstorm on ways to make this situation better for all of you. We must stay strong and keep the faith!**

***Your humble director,  
Brian***



## Preschool News

Our "Home Sweet Home" summer session was lots of fun! Our last day of summer session was on Friday, 8/21. We will close the last week of August for our staff work week to get everything cleaned and prepped for fall.

Sadly, our playground sheds were broken into on July 26th and \$3,000 worth of equipment was stolen. Our parents were so sad to hear about this and wanted to help to replace the items that were taken. We decided to do a Color Fun Run with the children on August 5th. We provided each child with a white t-shirt and each teacher had a different color of chalk/paint to spray the children with as they ran laps in the parking lot. We played music and the children thought it was great fun to get as many colors as they could on their shirt! After each class, we shot off a cannon color as a grand finale. Since parents are not allowed to join in person right now, we did a zoom call for them to watch virtually. Thanks to our amazingly supportive parents, we were able to raise \$3,000 to replace everything. Thanks to the security camera footage, Ms. Theriault and I also happened to catch the people that stole from us in the parking lot the following week and called the police and had them arrested.

Due to COVID19 our Annual Auction was put on hold this year. We had worked hard collecting donations, creating baskets, and we were all set to host our event on Friday, March, 13th. On the day of the event we were forced to make the tough decision to cancel the event. We originally hoped and planned to reschedule our event for this Summer, in person, as it has always been. However, with the local and state Health guidelines and CDC restrictions still in place at this time we could not go forward with an in person auction. Therefore, we decided to hold an online Auction in place of our traditional one in order to help cover costs we are incurring during this time. We understand this is a difficult time for many and we know there may be some families who are not in the position to donate at this time. However, at the very least we wanted them to perhaps get a great deal on a basket as a thank you for all of the love and support the school has received throughout this time of uncertainty. It began on a Friday and ended on Monday. We auctioned off 70 baskets and sold 35 tickets to our wine pull which we held on Wed. We raised \$5,000! My heart is continually warmed by the love and support given to our school and we are so very grateful.

Our 2020-2021 school year will begin on August 31 with pretty much full enrollment in all rooms. We are continuing with all of our COVID 19 policies that were put in place for our summer session. Our staffing for fall will be Mrs. Caston in Room 1, Ms. McFarland in Room 2, Ms. Laney in Room 3, Mrs. Skinner in Room 4, Mrs. Griffith in Room 5, Ms. Yang in Room 6, Ms. Theriault in Room 7, Mrs. Palley for our Afternoon Teacher, Ms. Scott as our Floater, and Ms. Fitzpatrick as our opener/sub. We are also in the process of hiring 2 additional part time teachers to help with breaks. We will spend the month getting to know all of our new families and getting to know our current families even better. We will have a virtual Back to School night on Monday, Sept. 14.

We wish all of our graduates going on to Kindergarten success and look forward to welcoming our new and continuing students to another year of growing in *God's Love at CLP*.

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 2<sup>nd</sup> and 4<sup>th</sup>

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 24<sup>th</sup> 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, Mary Thoen, Gary and Linda Zimmerman.

**Family & Friends:** Marylyn, Terry, Gladi Adams, Jeri Cooper Alacano, Marilyn Armstrong, Sandi Bender, Ralph Bender, James Boner, John Byron, Clara & John Caldwell, Charlie and David Corm, Gable Cross, Tamra Fitzgerald, Rex Endrizzi, Brechin Flournoy, 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, Joe Prieuer and family, Kristina & Scott Randolph, Debbie Reighard, Sharon, 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 Lamberton, 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.



- 9/1 Phyllis and Ron Kay**
- 9/10 Kim and Frank Croes**
- 9/19 Barbi and Don Darnauer**
- 9/27 Laurel and Adam Elliott**
- 9/28 Claire and Glenn Hoxie**



- 9/2 Linda Clark**
- 9/6 Nicholas Jenkins**
- 9/7 Chris Panos**
- 9/8 Sue Bredenkamp**
- 9/8 Eric Willms**
- 9/10 Pastor Pam Challis**
- 9/10 Nathaniel Willms**
- 9/12 Nathan Latiolait**
- 9/14 Hannah Rodrigues**
- 9/18 Don Darnauer**
- 9/18 Emily Randig**
- 9/20 Ashley Cover**
- 9/21 Jonah Koch**
- 9/22 Ariel Joubert-Honacki**
- 9/23 Chantal Joubert-Honacki**
- 9/25 Kameko Flournoy**
- 9/25 Kathy Treat**
- 9/26 Jax Johnson**
- 9/28 Linda Peralta**
- 9/29 Samantha McGee**
- 9/30 Matthew Timney**

# News~

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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.

**September:** (Christian Outreach in Action) Money collected will go towards our regular 5<sup>th</sup> 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 5<sup>th</sup> 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, Joanie'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. We have received \$223 since the first of this year. Thanks so much!



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](mailto: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 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, 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!
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.

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*

# **Christ Lutheran Church Fall Congregational Meeting**

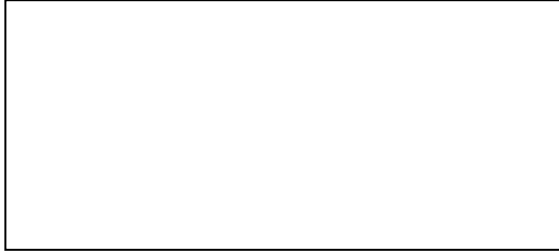
**Sunday, September 20, 2020  
Virtual Meeting on ZOOM**

**More information and the ZOOM invitation will be sent out soon. Please watch your email and home mailboxes.**



**Christ Lutheran Church  
6500 Stearns street  
Long Beach, CA 90815-3497**

**Return service Requested**



**Mission Statement:**  
Christ Is Alive!

**Vision Statement:**

Christ Lutheran Church is a community of believers committed to praising our Savior Jesus Christ. With His love, we reach out to those in need and welcome all with open hearts. Our worship dynamically combines word, song and prayer to share God's incredible message. Having faith in this, we go forth knowing that with God and the power of the Holy Spirit, anything is possible.

**NEWSLETTER DEADLINE**  
**September 15, 2020**

***Life In Christ***

Is the newsletter of

**Christ Lutheran Church**

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**Long Beach, CA 90815-3497**

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