



**Vol. 67 Issue 10, October, 2023**

**Dear Friends in Christ,**

While October can bring hot & dry weather to us, the calendar says “Autumn”. This signals a change of pace for many of us. As the daylight hours shorten and we search for our sweaters, we notice a few signs of Fall. Retail stores stock their Halloween decorations in August, so by October they display their Christmas trimmings! And truth be told, we are already planning for Advent and Christmas worship services. The Preschool is thinking about Trunk O’ Treat and then their Christmas program. Wait, wait, wait! It seems to move too fast!

The celebration of the traditional Thanksgiving can get lost in the harried Fall season. When, how, where can we pause and “Give Thanks”? The good news is that rooted in God’s abundant love, we can always give thanks! Even in busy times, where distractions turn our heads, we can stop and say “Thank You” in the simplest ways.

I had a professor who used to tell us that every time we were in a car, and stopped at a traffic light or a stop sign, we could take a few seconds to pray. Maybe, even with our eyes open, we could look around and give thanks for the abundance in our lives. Or pray for ways we can share that abundance with our neighbors. Or ways we could care for the earth, here in Long Beach or in God’s larger world. Or we could pray for our local, state, national and global leaders. Or... the intercessions for prayer are endless!

So, I encourage you to pause during the busy-ness that these Autumn days can bring, and notice those things need an intercessory prayer! And offer it all to our awesome God!

*Blessings to you,*

*Pastor Laurie Arroyo, Interim Pastor*



## Preschool News

Our Fall session began on Monday, 8/28/23 and we are off to a smooth start. We had Back to School night on Monday, 9/11/23 and got to know some of our new families a little better. Also, our teachers were installed at Church on Sunday, 9/17/23.

At our auction, we raised money to have 2 special visitors come during the school year. We will have a petting zoo on Monday, 10/9 and a snow day in January.

In October, we will also have our school picture days on 10/17 & 10/18.

We will host the local Church related Preschool Directors meeting on Tuesday, 10/10 with about 10-12 other preschool Directors.



Ms. Clinton will do dry ice experiments with the children on Mon 10/30. We will end our month with our Trunk-or-treating celebration on Tuesday, 10/31. The children love dressing up and going trunk to trunk to get treats. It is always amazing to see the parent's creativity shine as they decorate their trunks! If you would like to decorate your trunk and pass out treats to the kids, you are welcome to come! The cars need to be set up by 11:00am and have enough treats for 65 children.

*Blessings for a beautiful Fall!*  
*Lisa Clinton*

Carve out a new  
tradition!



# Give Blood

**On October 29th  
from 830am through 230pm**

In the **Social Hall** of  
Christ Lutheran Church  
6500 Stearns Street  
Long Beach, CA 90815

For an appointment, please visit [redcrossblood.org](http://redcrossblood.org)  
Or call 1-800-RED CROSS (1-800-733-2767).



**American Red Cross**

Course name:

**Book Study on *Serenity at 70, Gaiety at 80: Why You Should Keep on Getting Older*** by Garrison Keillor

Course description:

This course will help you to celebrate getting older and enjoying life more!

Age of participants: Any age since we are all getting older!

Class dates: Thursdays, 9/14, 9/28, 10/12, 10/26, & 11/9

Time: 10 AM at Hof's Hut at 2147 N Bellflower BLVD, Long Beach

Instructor: Steve Howard

Materials Needed: The book, *Serenity at 70, Gaiety at 80: Why You Should Keep on Getting Older*, by Garrison Keillor

Website to order book: [Serenity at 70, Gaiety at 80: Why you should keep on getting older by – ShopGarrisonKeillor.com](http://Serenityat70,Gaietyat80:Whyyoushouldkeepongettingolderby-ShopGarrisonKeillor.com)

Course name:

**Practicing Mindfulness through moving Meditation**

Course description:

Participants will experience several easy to learn mindfulness practices, utilizing moving meditation techniques

Age of participants: 12 or older. Course will be limited to 8 persons

Class dates: Sunday 9/24, 10/1 & 10/8

Time: 11–12 in the adult lounge

Instructor: Shannon Howard

Note: We will start classes in the adult lounge— but, will also be utilizing other places on campus— such as the meditation garden & labyrinth.

Course name:

**Pray without Ceasing**

Course description:

Through this course, we will learn what is prayer and how can we pray without ceasing. We will be journaling our thoughts and prayers on a daily basis.

Age of participants: 12 years and older

Class dates: Sundays, 10/15, 10/22, 11/5, 11/12, 11/26, 12/3, and 12/10

Time: 11 AM in the Conference Room

Instructor: Ron Nelson and Deb Albrecht

Materials Needed: A journal, the Bible, and a pen or pencil

\*\*\*\*\*

### Church in Society October Giving Focus.

The Church in Society committee will be supporting **CSULB Beach Pantry for the month. Watch for an insert listing what is needed by college students who are food challenged.**

\*\*\*\*\*



If you are a Ralph's Shopper, please add Christ Lutheran to the Community Programs partnership attached to your Ralph's card. **We received donations totaling \$250.39 from just 13 households since January 2023.**

\*\*\*\*\*

Eligible clients with membership can recommend where Thrivent distributes some of its charitable grant funds. These recommendations are shared by directing Choice Dollars to enrolled nonprofit organizations, including churches. **CLC received \$2761.00 in only 7 months!** Thank you to church members who have selected CLC to receive these charitable gifts. Ask your Thrivent rep for details



Sunday, October 1<sup>st</sup> the Columbarium Board is hosting a presentation by Pastor Laurie. A funeral planning workshop open to everyone will be held in the Conference Room at 11:00am. There will be a file handed out which can be completed and then left with the church office detailing memorial wishes.

Sunday, October 8<sup>th</sup> Music Makers from the preschool will be singing for us during worship.

Thursday, October 12<sup>th</sup>  
 \*OWLs (Obviously Wise Lutherans) will meet at 12:00 noon in the Conference Room. Bring a side dish to share.



Sons of Norway meets on Saturday, October 14<sup>th</sup> at noon in the Social Hall.

Everyone is welcome to come and learn about the Norwegian culture.

Sunday, September 29<sup>th</sup> is Reformation Sunday, and we will celebrate the birth of the church with an Oktoberfest Lunch. Watch for details coming soon.

Daytimer's LunchBunch will meet Tuesday, October 31<sup>st</sup> at 11:30am at Hof's Hut on Bellflower Blvd in Los Altos.



### Members at Home or in Care Centers:

Justin Bartlow, Laurie Ennen, Ione Marchael, Sydney Nichols, and Frances Willms.

### Those struggling with illness or other concerns:

Don Darnauer, Judy Haenn, Daniel Howard, Chris and Sheryl Hunter, Karen Koch, Bary & Janice Schlieder, Kurt Weisel, Rich Williams, Gary & Linda Zimmerman.

**\*Family & Friends:** Carolina, Chad, John Baker, Barrett, Michael, Noah, John Baker, Lois Brown, Zach Burkard, Byron, Sue, Charlie and David Corm, Mary Croes, John Dahlem, Denise Davis, Tamara Fitzgerald, Brechin Flournoy, Gina Barvy Fournier, Alberta Gray, Cindy Gray, Kylie & Crystal Huber, Doris Jung, Barb Korsmo, Freddy and family, Katrina Lahr, Sue Lance, Ronda Lynn, Alan Osterhout, Farnaz Perl, Paula Pettit, Paul Perencevic, Kristina & Scott Randolph, Sharry Reed, Tom Sievers, Marie Spangler, Von, Vicki Thompson, Jessica and Jenny West.

### We pray for the ongoing work of:

- + Christ Lutheran's Pastoral Call Committee
- + Linda Gawthorne among the Kogi people of Colombia

- + First responders who provide safety, security, and care
- + Those serving in our nation's Military, especially Samuel Brown, Ryan Dorris, Morgan Llewellyn, Johnny Luna, Jim Reeder, Steven, Brina and Michael Navarro.



- 10/1 Kristine and Andy Trost
- 10/10 Paige and Aaron Mills
- 10/12 Annette and Jeff Rodrigues
- 10/24 Kim and Tom Magee
- 10/27 Chris and Kathy Klute-Nelson



- 10/2 Lucas Hood
- 10/5 Glenn Hoxie
- 10/8 Lauren Trost
- 10/11 Chris Nelson
- 10/18 Seth Elliott
- 10/18 Lonnie Timney
- 10/20 Sheryl Hunter
- 10/24 Wanda Cleland
- 10/30 Debra Albrecht

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

**Return Service Requested**



**Mission Statement**

Living by Christ's example,  
 we welcome, serve, and love  
 all through God's grace.

**Vision Statement**

Embracing the truth that God's love  
 and grace is for all, Christ  
 Lutheran Church is a vibrant  
 and active community spreading  
 the good news through acceptance,  
 action, and benevolence.

**Our Position**

Christ is ALIVE!

October Newsletter Deadline: September 15

*Life In Christ*  
 Is the newsletter of

**Christ Lutheran Church**  
**6500 Stearns Street**  
**Long Beach, CA 90815-3497**  
**562.598.2433**

[www.christlutheranlb.com](http://www.christlutheranlb.com)

[email:officemanager@christlutheranlb.com](mailto:officemanager@christlutheranlb.com)

**Please join us in person for Sunday  
 Worship 9:30am**  
**Live on FB or later on YouTube  
 Channel**



Be sure to LIKE us on Facebook.

[\*\*facebook.com/christlutheranlb\*\*](https://facebook.com/christlutheranlb)