



Life in Christ, Vol. 69 Issue 10 October, 2025



How to Be a Person in the World Written by Lyndsay Rush

Let the sorrow of it all sink deep into your bones / but don't forget to finish the laundry / and water the lawn / and dry your eyes / Dream up a five year plan for your small business / while picturing your baby doing a lockdown drill in his kindergarten classroom / Discover new music / and laugh at new jokes / and let creativity dip from each of your fingertips / but be mindful that you have neighbors who are starving and dying and fighting for the most basic of freedoms / Look up how much protein you should be eating and also what to do if you're in public with an active shooter / Get your moles checked / get your head checked / get a mammogram / and a grip / and the new thriller book everyone's talking about on TikTok / but please, dear god, don't forget the oceans! / the ozone layer! / the rhinos! / the emails! / the dogs and cats that need forever homes! / Try to grapple with the fact that your parents are starting to get old-old / but also with the future of AI / and the pending recession / and the billionaires / and the depth of division between you and so many people you love / It's undeniable that everyone, everywhere is on the brink of losing their humanity / and their empathy / and their [sanity] / but to be a person in the world is to do the impossible / every day / simply by keeping your eyes open / simply by getting out of bed / simply by facing these incomprehensible horrors / again and again / without somehow abandoning your joy.

Does this sound familiar? Like your own stream of conscience?

The world has been all too full recently. I find myself trying to keep track of the normal everyday life things and being mindful or the big humanity things too. In a long list of to-dos, I want to remain caring, empathetic, and sane, all while still "keeping [my] eyes open." I want to hold onto joy, but sometimes, even that can feel out of touch, given...:gestures widely:.

And yet, God calls us to be in the world, to be present in the here and not yet of the Kingdom of God, and to live out our faith and be of good courage.

How do we hold onto Jesus' teachings and God-given values in a world in pain?

How do we share and engage in the process of bringing in the Kingdom?

How does our faith draw us out to be advocates for justice, peace, and care of neighbor?

These are important questions that we continue to wrestle with, as individuals and as a community of faith.

As you attempt to stay afloat and hold onto hope, I encourage you to check in with one another. Not just, "How are you?" "Good." Without listening to the reply nor a thought if you're actually good. Let's *really* check in with each other. We are the Body of Christ and we don't have to do this life alone.

Consider asking an alternative question than "How are you?" that is more open-ended and might offer a greater opportunity for honesty and engagement.

What brought you joy this week?

What keeps you up at night?

How are you caring for yourself?

Where do you go or what do you do to feel at peace?

How are you contributing to the world that you want to live in?

How can I help?

Of course, read the room and be sure to offer safe space to engage or not engage in the more open-ended and vulnerable questions. But I bet people's responses might just surprise you. And perhaps they will feel seen and known in new ways and so will you. I have to believe and trust that this will strengthen our humanity and provide us connections we need to hold onto one another and hold onto hope.

Romans 12:9-12, 15-16a ⁹Let love be genuine; hate what is evil; hold fast to what is good; ¹⁰love one another with mutual affection; outdo one another in showing honor. ¹¹Do not lag in zeal; be ardent in spirit; serve the Lord. ¹²Rejoice in hope; be patient in affliction; persevere in prayer.

¹⁵Rejoice with those who rejoice; weep with those who weep.

¹⁶Live in harmony with one another.

Peace to you-

Pastor Nikki

Stewardship Monthly Focus – Christ Lutheran Preschool

Christ Lutheran Preschool is a state licensed, non-profit school which has been serving the community since 1966. It started out as a two-classroom half day Nursery school and is now a six-classroom full day preschool accepting children 6 weeks to 6 years old. CLP is committed to providing a high-quality education for all students in a safe, loving and enriched environment.

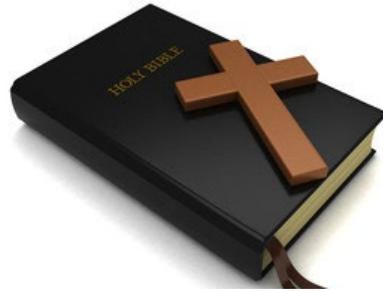
We are dedicated to providing a stimulating environment that encourages each child to develop socially, academically, and spiritually. We empower the children we serve with trust and confidence by nurturing them in a loving, positive Christian environment. Christian education is an integral part of the Christ Lutheran Preschool experience. We start our mornings off with a school wide prayer circle, pray before we eat, sing religious songs and supplement the weekly chapel lesson with activities in the classroom. Students participate in chapel weekly with our Pastor and Music Director. Parents are invited to join us as we worship. Students also participate in Music Makers weekly and are invited to sing at Sunday worship once a month. In addition, we have 2 “Preschool Sundays” a year where staff and families are invited to attend. In the fall, our staff are blessed for the upcoming school year. In the Spring, we celebrate Week of the Young Child and have an open house for Church members to tour the classrooms after the service.

Throughout the year, we participate in various outreach projects in conjunction with the Church. In early December we have a Pajama day. The children come to school in their pajamas and are invited to donate a pair of new child-sized pajamas and new or gently used books that we donate to Lutheran Social Services for their Christmas party. We use our Chapel offering to support various outreach projects such as God’s Global Barnyard, Precious Lamb Preschool and Lutheran Social Services. We also participate in the Vacation Bible School outreach project which was for New Life Beginnings this year.

During our summer session, we have church members volunteer as weekly guest readers, we’ve had them come as special visitors to share a talent or skill with the children, and we participate with the annual Vacation Bible School program.

Pastor Nikki engages with the children and staff at chapel as well as on a daily basis throughout the week. She is a support to staff and families that may be going through a difficult time. She also engages with the families at our special events, building positive relationships with the CLP families. While many of our preschool families may not attend Christ Lutheran Church’s Sunday service, many of them enroll their child in a Christian preschool to provide a religious foundation for their child and consider Christ Lutheran to be their church.

**Men's Zoom Bible Study on
Saturdays between 9-10am
led by Don Koepke**



Here is the Zoom link along with the meeting ID/password.

Meeting ID: 843 5357 9130

Passcode: 83046

<https://us02web.zoom.us/j/84353579130?pwd=5aFpX9q9XacFT4E8NHv43NWWSehm50.1>

**Introducing a group created to support and pray for
Social Justice:**

My name is Andrea Joseph. I have been a member at Christ Lutheran Church for over 30 years. Currently, I sing in the choir, participate in the Church in Society Committee and serve on the Preschool Board.

I believe many of us find these times very challenging. Often times, I am so disturbed by what I see on the news that it is difficult not to feel sad, depressed, and hopeless. Worldwide, there is news about floods, fires, hunger, and wars. In our country, we live in a great time of division. We see policies that seem to dehumanize entire ethnic groups and generally anyone who appears to be different.

This is why I would like to invite you to a new group, called "**Social Justice Prayer and Action Group**". There is no need to carry the weight of the world on our shoulders. God is doing that for us. But there is a need to be there for those who do not have a voice; to stand up for our neighbors near and far who experience pain, injustice, and oppression. So, let's get together to pray, to support each other, to get creative in taking action for justice and peace, and to find joy in our faith journey.

The group meets every second and fourth Thursday in the Conference Room from 5:30pm to 7:00pm. The next meeting will be on September 11, 2025. If you have any questions, please feel free to contact me by e-mail at clcpeace@yahoo.com.



Preschool News

Our Summer session, "Adventure Explorers: A Summer of Wonder" was a huge success. Our weekly themes included: Time Travelers: Adventures through History, Mission to Imagination: Space & Beyond, Backpack to the Wild: Nature Explorers, Ocean Commotion: Under the Sea, God's Creation, Our Awesome World: Community Helpers, Make Believe & Magic: Fairy Tales and Fantasy, and Super You! Special Guests included: Dino Adventure, a magician, Cabrillo Aquarium, petting zoo, Tooth Fairy, Police Car, a Construction Worker, Marionettes, a Librarian, and a Bounce House. We also had Guest Readers each week to read to all of the children out on the playground. We continued having Chapel and Music Makers throughout the summer. We also had so much fun participating in the Vacation Bible School week with a great turnout for the BBQ on Thursday of VBS week Thursday.

We had a new student orientation on Wednesday, August 13 from 3:30-4:30pm. We had about 8 new students come for orientation. We started off in the Social Hall for introductions, toured the school, then went on the playground to play and meet the teachers. Our end of summer celebration was on Friday, 8/15 and included a bounce house and school closed at 12:30pm. We closed 8/18-8/22 for our staff work week to get everything cleaned and prepped for fall.

Our 2025-2026 school year began on August 25th. Our teachers will be installed on Sunday, 9/21. Our staffing for fall will be Ms. Zacahula in Room 1, Ms. Nielsen and Ms. Foster in Room 2, Ms. Germain in Room 3, Ms. Meza in Room 4, Ms. Fitzpatrick in Room 5, Ms. Villanueva in Room 6, Ms. Tompkins for our Afternoon Teacher, Ms. Scott as our Floater, and Ms. Theriault as our Asst. Dir. We will spend the month getting to know all of our new families and getting to know our current families even better. Back to School night will be Monday, 9/8 at 6:30pm.

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

BECAUSE OF GOD'S GREAT MERCY

a stewardship program for our congregation



October 2025

As we begin our year-long emphasis on stewardship, we'll be focusing on our call as stewards of all that God has entrusted to us for the sake of God's world and our neighbor. We'll start by proclaiming all that God has done for us, hence the title,

"Because of God's Great Mercy."

1 Peter 2:9,

"But you are a chosen people, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the excellence of [the one] who called you out of darkness into [God's] marvelous light."

We will also consider how generous giving is an important part of every Christian's life, and how our combined generosity can make even greater things possible through our congregation. We will think together about how Christ Lutheran uses our offerings to do God's work within the congregation's walls, in our community, and around the world.

"Because of God's Great Mercy" will use snail mail, the newsletter and e-blast, and time in worship to share information with you. Please make a special effort to watch for material during this important time in our congregation's life.

Finally, Commitment Sunday this year will be November 23rd. During church that day, we will offer our financial pledges for 2026 and celebrate God's Great Mercy in the Social Hall afterwards. Fellowship, food and fun will be on the menu! Please mark your calendars now and plan to join your Christ Lutheran family.



Christ Lutheran Church

5th Annual

CHRISTMAS *Market*

Please join us for our annual Christmas Market*

SATURDAY - DECEMBER 6, 2025
10 AM - 2 PM

6500 Stearns Street, Long Beach

Unique Gifts / Fair Trade / Festive Food
Clothing / Crafts / Kids Activities



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Vendor Information

Interested in selling at our Christmas Market? We'd love to have you! Past vendors have offered crafts, food, products, and Fair-Trade goods.

- **Vendor Fee:** \$25 (payable at the event)
- **Location:** Our parking lot - pop-up tents welcome
- **Tables/Chairs:** Limited 8-ft tables and folding chairs available upon request

Promotion: We advertise via flyers, the Grunion Gazette, and social media. We'll share your bio—please help spread the word on your platforms too!



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The group meets every second and fourth Thursday in the Conference Room from 5:30pm to 7:00pm. The next meeting will be on September 11, 2025.

If you have any questions, please feel free to contact me by e-mail at clcpeace@yahoo.com



What topics
will be covered?

All classes will be held on Sundays at 11am

Christ Lutheran Church & Preschool

Founder's Room (Lounge)

6500 Stearns St, Long Beach

562.598.2433

September 28, 2025	The Bible
November 2, 2025	Discipline for All Ages
November 30, 2025	Overcoming Hardship
February 1, 2026	Help Me Get Organized
March 1, 2026	Family Mealtimes
April 12, 2026	Confronting Bullies
May 17, 2026	Encouragement of Single Moms
June 28, 2026	Overwhelmed by Life

**SOME
OR ALL**

These classes are stand-alone topics. Attend one, two, or all of the sessions. You choose which classes you want to participate in.

**COMPLIMENTARY
CHILDCARE**

Childcare will be provided in Room 2. Children will participate in a bible study lesson on the same topic the moms are discussing.



We pray for:

Members at Home or in Care Centers: Laurie Ennen, Ione Marchael, Gale

Mussleman, Sydney Nichols, Phil Peterson, Bary & Janice Schlieder, and Frances Willms.

Those struggling with illness or other concerns: Don Darnauer, Judy Haenn, Daniel Howard, Shannon Howard, Beverly Koenen, Parker Treat, Kristine Trost, Gary & Linda Zimmerman.

Family & Friends: Irene Audett, Lois Brown, Tina Chang, Kenny Chen, Steven De La Rosa, Clark Enebo, Tamra Fitzgerald, Brechin Flournoy, Allan Gatzke, Cindy Gray, Bill Holford, Kylie & Crystal Huber, Bryan Koenen, Barb Korsmo, Katrina Lahr, LaRaesha Murray, Kristina & Scott Randolph, Sharry Reed, David Sarvela, Marlene Shafer, Laura Straus, Eileen Surette, Jason Thompson, Vicki Thompson, Kathy Van Buskirk, Jessica & Larisa West, and Bethany Wildes.

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 Samuel Brown, Ryan Dorris, Morgan Llewellyn, Austin Marsh, Johnny Luna, Jim Reeder, Austin Rowell, Jalan Sanchez, Steven, Brina and Michael Navarro.

We remember: Our unhoused neighbors, who find themselves without shelter and a place to call home. We pray for their safety, health, and wellness. We commit to treating them with compassion and working to combat systemic issues that leave our neighbors in need.



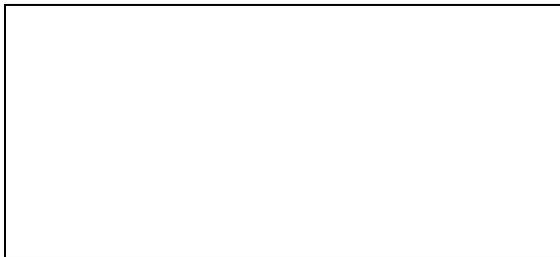
- 10/01 Kristine & Andy Trost
- 10/12 Annette & Jeff Rodrigues
- 10/24 Kim & Tom Magee
- 10/27 Chris & Kathy Klute-Nelson



- 10/2 Lucas Hood
- 10/5 Glenn Hoxie
- 10/8 Lauren Trost
- 10/11 Amy Feeman
- 10/11 Chris Nelson
- 10/18 Seth Elliott
- 10/18 Lonnie Timney
- 10/23 Hank Book
- 10/24 Wanda Cleland
- 10/30 Deb Albrecht
- 10/30 Grant Green

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!

November Newsletter Deadline:
 October 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

email:officemanager@christlutheranlb.com

Please join us in person for Sunday
Worship 9:30am

Live on our YouTube Channel
<https://www.youtube.com/@christlutheranlb>



Be sure to LIKE us on Facebook.

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