



Life in Christ, Vol. 70 Issue 7 July 2026



Star Word Prompt for July



Remembering the Star word you picked up in worship in January. Take a moment to reflect on the following question.

July: How has your star word surprised you so far?

I first heard Nora McInerny as a co-host on a Podcast called Cafeteria Christian, whose tagline is, “Take what you like. Leave the Rest.” Nora and co-host the Rev. Natalia Terfa spoke with candor, tenderness, and humor about the intersections of “life and loss and faith and God.” Cafeteria Christian now has a different host configuration of which I’m still a big fan, but it was the catalyst that helped me connect with Nora’s other work, including books, podcasts, blog, etc. I find her work honest, heartfelt and refreshing, and encourage you to check out her work here. Nora McInerny gave a TED talk some years ago that met people in all the right ways. The whole of the talk is worth your watch and can be found here on the TED YouTube channel. Here’s an excerpt that I want to offer to you. Emphasis is mine.

“...terrible things are happening, people are experiencing deeply formative and traumatic losses every day. And as part of my job, this weird podcast that I have, I sometimes talk to people about the worst thing that’s ever happened to them.

And sometimes, that’s the loss of someone they love, sometimes days ago or weeks ago, years ago, even decades ago...

...But they’re talking to me, a total stranger, about the person they love who has died, because these are the experiences that mark us and make us just as much as the joyful ones. And just as permanently...

...you don't get it until you get it, until you do it. And once you do it, once it's your love or your baby, once it's your grief and your front row at the funeral, you get it.

You understand what you're experiencing is not a moment in time, it's not a bone that will reset, but that you've been touched by **something chronic**.

Something incurable. It's not fatal, but sometimes grief feels like it could be. And if we can't prevent it in one another, *what can we do?* What can we do other than try to remind one another that some things can't be fixed, and not all wounds are meant to heal? We need each other to remember, to help each other remember, that grief is this multitasking emotion. That you can and will be sad, and happy; you'll be grieving, and able to love in the same year or week, the same breath.

We need to remember that a grieving person is going to laugh again and smile again. ...But yes, absolutely, **they're going to move forward. But that doesn't mean that they've moved on.**"

Nora implores the reader that those experiencing grief (even themselves) will never get over their losses, but will learn to live with them. In doing so, they will move "with" grief rather than "move on."

Over the last two months, we've experienced a great deal of collective loss in this congregation and we're learning to live with it.

We're naming it so that we know that we're not alone.

We're caring for one another in the midst of it.

And we're helping each other to remember that grief is a sign of love lost. We grieve because we loved so deeply.

It's my prayer that we will have abundant grace for one another as we walk this road together.

-Pastor Nikki

Director of Senior Adult Ministry- Shannon Howard

From Shannon...

Prayer and presence is at the core of what I am called to do as your Director of Senior Adult Ministry— SAM.



Here are my thoughts from the joint fundraiser with CLC and Fey Y Esparanza.

“What a glorious fundraiser & celebration of Christians coming together to support our young campers-- and so much more! Sue, thank you for your vision & making this day possible 🙏”



This picture is the Baptismal font that used to sit in our sanctuary at CLC. The metal basin that was originally on this stand was deteriorated. My mother (who was on the worship committee) was visiting friends in La Jolla-- they had this huge shell in their backyard-- that they had brought back from Mexico. When mom told them that it would be perfect as a baptismal font-- they gladly sent it home with her. I remember that when we no longer needed it at CLC-- it was sent to a "Mission Church"--- imagine my surprise to see it again at FeyE! We truly are sister congregations! ❤️ 🙏”

Call me to find out what I can do to support you: Shannon Howard 714.904.0871



Preschool News

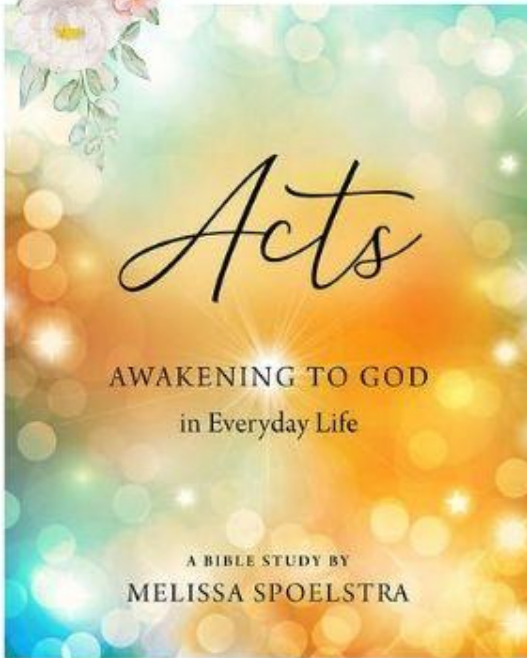
In June we celebrated Father's Day early on Friday, June 12 with Dads and Donuts. We enjoyed breakfast and activities that included coloring cards for dad, donuts on a string, hot wheel tracks & cars, and a fishing game.

We ended another year of Growing in God's Love on Thursday, June 18 with our End of Year Program that included a Kindergarten send off for those going to Kindergarten. Our teachers then worked hard during our two staff work days to get everything cleaned and switched over for our summer session. Our summer session began on June 24th.

Our theme for summer is "On the Move". Our weekly themes will include: Our Bodies, Airplanes & Rockets, Boats, Wheels, Trains, VBS-Road Trip, Animals, Cars and Balloons. Our special visitors will include Elks Vision Screening, a Pilot, Long Beach Skate Dogs Skateboarders, Trackless Train, Pony Rides, Police Car, and Balloon Artist. We will celebrate our last day of summer with a bounce house on August 21. We will continue Chapel and Music Makers throughout summer. Church members will come in to be guest readers each week for summer. We will participate in the Church VBS the week of July 27th.

Looking forward to a fun-filled summer,

Lisa Clinton



In *Acts: Awakening to God in Everyday Life*, a six-week study of the Book of Acts by Melissa Spoelstra, you will journey with the first followers of Jesus and witness the birth and growth of the early church through spiritual awakening to the power of God's Spirit, message, freedom, grace, mission, and direction.

Wednesday Night Women's Bible Study

July 8 - August 26, 2026 6-8pm

No meeting on 7/29

Christ Lutheran Church in the Founder's Room

For more info, contact Shannon Timney

(562)598-2433

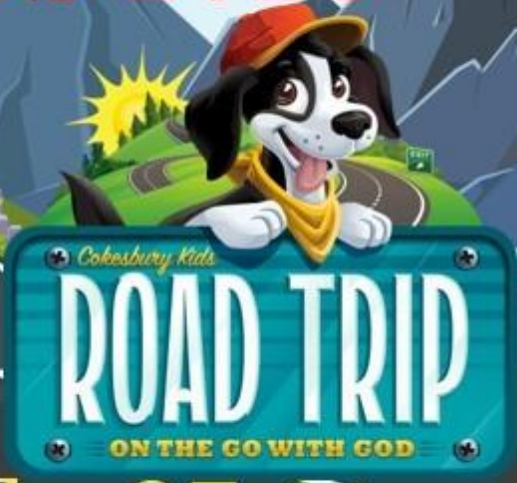


Christ Lutheran Church & Preschool

VBS 2026



www.christlutheranlb.com
(562) 598-2433



July 27-31





We pray for:

Members at Home or in Care Centers:

Laurie Ennen, Beverly Koenen, Ione

Marchael, Gale Musselman, Sydney Nichols, Phil Peterson, Bary & Janice Schlieder, and Frances Willms.

Those struggling with illness or other concerns:

Gary Burkard, Shannon Howard, Ken Reason, Kristine Trost, Gary Zimmerman.

***Family & Friends:** Leah Bootman, Tina Chang, Susan Clark, Clark Enebo, Brechin Flournoy, Allan Gatzke, Karen Gorski, Cindy Gray, Vivian Houser, Bill Holford, Kylie & Crystal Huber, Bryan Koenen, Barb Korsmo, Katrina Lahr, Skye, Vanessa and Joe Lopez, Luke McCann, Tim Myer, Julie Petrbock, Deborah Ramos, Sharry Reed, David Sarvela, Gale Schlesinger, Marlene Shafer, Leah Sourbeer, Laura Straus, Eileen Surette, Jason Thompson, Vicki Thompson, Kathy Van Buskirk, Jessica & Larisa West, Bethany Wildes, Dave, Carol and John, Nanis (Naneece), Nati and Florian.

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, Johnny Luna, Jim Reeder, Austin Rowell, Jalan Sanchez, Steven, Brina, Michael Navarro, and Tristan Porter.



7/17 Kevin &

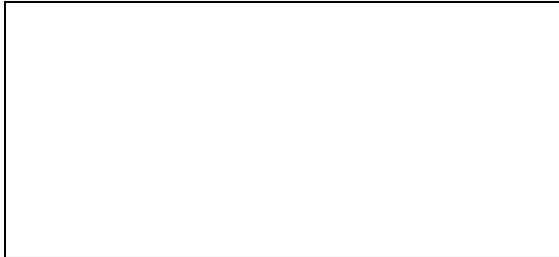
Amy Clements-Feeman



7/8	Millie Book
7/11	Noah Timney
7/11	Matt Weisel
7/12	Ben Elliott
7/19	Scott Fielder
7/20	D'Jesus Trujillo
7/21	Nancy Brown
7/27	Vivian Carr
7/29	Sydney Nichols
7/30	Rebecca 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!

August Newsletter Deadline:
 July 15

Life In Christ

Is the newsletter of
Christ Lutheran Church
6500 Stearns Street
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**Please join us in person for Sunday
 Worship 9:30am**

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



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