



Life in Christ, Vol. 70 Issue 8 August 2026



Star Word Prompt for August



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

★ **August:** Who have you shared your star word with? What have you shared? Have they given you any outside insight into how you interact with your star word?

The last few months have been full of grief for this congregation as we've said goodbye to 6 dear congregation members who have joined the Church Triumphant. As I've grieved alongside you and with you, I've longed for us to have some common language around grief, how we process loss, and how to move forward with our grief. You might have noticed that this longing has informed my newsletter articles for the months of June and July, and the theme continues this month.

For 6 weeks beginning on August 2nd, we'll be sharing in a Sunday sermon series that is based on a small group study called, "The Grief Lectionary: A Scriptural Approach to Accessing and Processing Your Grief," written by Rev. Collette Broady Grund.

As Christians and particularly as human beings, none of us are immune to grief and loss.

They are part of this world in which we live.

Whether you're processing the recent losses

of our congregation or other losses in your own life, recent or otherwise, or both, we all can use some tools to navigate the experience of grief.



Here's a word from Pastor Collette about the series (the emphasis is mine),

“This study represents ten years of my own experience with grief as a Christian and as a pastor, beginning with the dissolution of my first marriage and culminating three years after the death of my second husband. As a pastor, I believe deeply in the power of Scripture to reveal, inform and transform our everyday lives, and I have found Scripture’s power especially potent in my grieving. While so much of our culture, in both church and society, discourages honest or extended talk about grief, the Scriptures bear witness to a variety of grief expressions and responses. From the beginning, God's people have cried out in anger and lament, in disappointment and sadness. God not only responds to our grief but exhibits Their own deep and raw grief in the pages of the Bible. Every feeling that arises in the grieving process finds a mirror in scriptural words.

I have found this comforting and challenging, which are the dual purposes of this study. First, I hope that it comforts you to know that God’s people and Godself have felt what you feel and lived what you are living. *It is so easy to feel alone in our grief, but Scripture bears witness that you are not.* And even though you are not alone, and generations before you have endured grief as terrible as yours, *Scripture also challenges us by not providing clear or easy answers to the big faithful questions grief raises. Even God Themselves provides no quick cure for our sorrow, and no clear place to lay the blame we are eager to lay when bad things happen.*

This journey through grief with Scripture has been transformative of my faith and my ministry, and I hope it can unlock new ways for God and God’s people to minister to you as well. Mostly, I hope that you will experience as I have, that God is never nearer to Their people than when we grieve together.”

“The Grief Lectionary: A Scriptural Approach to Accessing and Processing your Grief,”
written by Rev. Collette Broady Grund. © 2022. www.colletebroadygrund.com

The study is loosely based around the stages of grief. The stages were first published by Elisabeth Kubler-Ross in 1969 in her book, “On Death and Dying.” Pastor Collette notes that in 2019, author David Kessler suggested a sixth stage of grief to be an important component. The amended stages with the addition are listed in the infographic below.



The series is not meant to solve or explain away your grief or mine. On the contrary, it could bring up more questions, but it will also provide space, time, and intention to engage grief in a way that will help us to name our experiences and to process what these losses mean for us and for our faith.

I recognize that this sermon series might feel tender to some whose grief is so close and I want to encourage you to engage as you're able- whether that means participating in worship online or excusing yourself from your pew if you're feeling overwhelmed. On the other hand, I also want to remind us all that the Sanctuary is just that- a sanctuary, a safe place to feel all the feelings and that your church community is willing and wanting to help hold you as you navigate this time. So engage as you're able.

In addition, this sermon series might spark further interest in a discussion group that moves through this study in its fullness as a small group or in a support group here at the church with others who are experiencing grief too, or both. Please let me know if you're interested in further opportunities to engage with grief. Your feedback will inform our offerings.

The Lord, your God, is with you.

Pastor Nikki



There is a time for everything, there is a season for every activity under the heavens. (Ecclesiastes 3: 1)

BELOVED COMMUNITY WOMEN'S RETREAT
"TO EVERYTHING, THERE IS A SEASON"
SATURDAY, SEPT. 26, 2026
9:00 a.m. – 2:30 p.m.
GOOD SHEPHERD LUTHERAN CHURCH, BUENA PARK

**Women from Bethlehem, Christ,
 Good Shepherd, King of Glory, Mt. Calvary,
 and Our Redeemer churches are all invited to attend!**

Gather in beloved community to explore our place in the web of life and deepen our commitment to care for creation. We will worship our Creator, sing, share a delicious meal, grow new life, and learn how to bloom where we are planted.

We are excited to welcome Rev. Melissa Maxwell-Doherty as our guest speaker.

About Rev. Melissa Maxwell-Doherty

Melissa grew up in Long Beach, CA, and was a member of what was then known as Holy Trinity Lutheran Church. It was a great church in which to be formed in the faith, and its location across from Angel Food Donuts was an added bonus. After attending California Lutheran College and Pacific Lutheran Theological Seminary, she served as a parish pastor at Salem, Glendale, Prince of Peace, Phoenix, and Calvary, Grand Forks, North Dakota (God has a great sense of humor). Returning to CA in 2000, she served as a Campus Pastor at her alma mater (the best call ever!) for 15 years, then as Vice President for Mission and Identity at Cal Lu, until her retirement. Serving as a clergy couple with her husband, Scott, has guaranteed that "life is an adventure, so you better buckle up." Melissa and Scott have two adult children, Kyle and Nathan, two daughters-in-law, Lauren and Addie, and three grandchildren-Maggie, a Treeing Walker Coonhound, Maisie, a Bernese Mountain and English Sheepdog mix, and Kathryn, a delightful human who will be 9 months at the time of the retreat. Melissa enjoys trying new recipes, searching for sea glass and shells, and creating mixed-media and watercolor art.

Our retreat will highlight the Pacific Marine Mammal Center in Laguna Beach which rescues, rehabilitates and releases marine mammals and inspires ocean stewardship through research, education and collaboration. Donations will be accepted (cash or check made out to the Pacific Marine Mammal Center).

Cost of the Retreat: \$30.00 which includes lunch and all materials.

**Event Location: Good Shepherd Lutheran Church
7082 Crescent Avenue, Buena Park, CA 90620
(714) 827-6021**

Registration is now open. Registration forms can be returned with payment to Ingrid Fuelleman-Ramos or the Church Office by **9/13/26.**



The Nonprofit AARP Carson Chapter 3320 is inviting Seniors to our **Seniors on the Sea Harbor Cruise and Lunch**
Celebrating 45 years 🎉

**Date: August 10th Time: 11am - 3pm Location: Long Beach Harbor Breeze Cruise
100 Aquarium Way, Long Beach CA - Dock #2 boarding time 11am &
Lunch at 12:45 at Bubba Gump Shrimp Co. 87 Aquarium Way, Long Beach CA 90802**

🌟 If you're curious about AARP and the Local Chapter, or just looking to fellowship with Seniors from the surrounding cities, and what to learn about our Sponsor The Port of Long Beach. Learn about the Long Beach Harbor or just have fun? This event is for you! 🌟

For 45 years, AARP Carson Chapter #3320 has proudly served older adults in Carson and surrounding cities through education, advocacy, fellowship, health and wellness, travel, and community engagement.



Come cruise and have lunch with us & register here:

<https://docs.google.com/forms/d/e/1FAIpQLScbrEzrkyGN1YznanqvA-TuFCrz1JL7nDyWD6YLD3NX7-PbWw/viewform?usp=sharing&ouid=101126197866298137491>



Director of Senior Adult Ministry- Shannon Howard

What is a healing prayer?

A request for healing prayer is often thought of as a request for physical healing.

This is most often true however, healing prayer can also be requested for strength and guidance through an illness, trauma, grief, anxiety/depression or for renewal of faith.

Prayer requests can be for yourself or for others.

We at Christ Lutheran, offer healing prayer on the 2nd & 4th Sunday of each month, during communion time.

What should you expect if you come up for prayer?

A trained Healing minister will meet you in the south transept near the altar, after you have received communion and ask you to sit beside them. They will ask you what your prayer request is then anoint your forehead with oil. This oil is a reminder of your baptism and God's presence (This is optional). They will pray with you— and if requested, will gladly give you a hug. These prayers are kept confidential.

Healing prayer can be requested at other times too— just ask me at church or give me a call— phone call prayers work too. :-)

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



Preschool News

During our work days to prepare for summer, we replaced our Earthquake supplies with the money we raised during our Fund an Item portion of the auction. Our summer session started on Wed 6/24. Our theme for summer is "On the Move". Our weekly themes include: Our Bodies, Airplanes & Rockets, Boats, Wheels, Trains, VBS-Road Trip, Animals, Cars and Balloons. Our special visitors include Elks Vision Screening, a Pilot, Long Beach Skate Dogs Skateboarders, Trackless Train, Pony Rides, Police Car, and Balloon Artist.

To celebrate the 4th of July, the children dressed in red, white and blue, brought their decorated bikes and had a parade. Parents joined us for the fun and cheered on the children throughout the parade. We had rocket popsicles following the parade.

We have continued to have water days once a week. With the heat of the summer, this is always a favorite day for the children. We also had our Bike-a-thon on 7/16 to raise money for teacher wish list items for the upcoming school year.

We participated in the Church Vacation Bible School the week of July 27th. The preschoolers really enjoyed going to the activity stations and the opening and closing sessions. Families were invited to the BBQ on Thursday to enjoy a meal and fellowship as well as see the children perform the songs they'd learned throughout VBS. We had a great turnout!

We will celebrate our last day of summer with a bounce house on Friday, 8/21. 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, 8/31/26.

Sunday Adult Education Schedule and Other Activities For Fall 2026 to Summer 2027

Date	Event or Class	Leaders	Location
Sunday, August 23	Evangelism	Don Koepke	Conference Room
Sunday, August 30	Evangelism	Don Koepke	Conference Room
Sunday, September 6	Evangelism	Don Koepke	Conference Room
Sunday, September 13	God's Work, Our Hands		Campus-wide
Sunday, September 20	Congregational Meeting		Social Hall
Sunday, September 27	Evangelism	Don Koepke	Conference Room
Sunday, October 4	What does the Lutheran Office of Public Policy have to say about this year's elections?	Ron Nelson	Conference Room
Sunday, October 11	What's going on in Palestine?	Andrea Joseph	Conference Room
Sunday, October 18	Funeral Arrangements- From When to How	Pastor Nikki and Shannon Howard	Social Hall
Sunday, October 25	Reformation/ Octoberfest		Social Hall



The City of Long Beach is the fifth largest in California and the second largest in Los Angeles County. On any given day, Long Beach has 35% of the

homeless population of children under 18 with their parents. With no government funding, New Life Beginnings has successfully maintained being a grassroots, community-supported homeless shelter. New Life Beginnings was established in 1984 as a 501 (c3) non-profit organization by two homemakers, one of whom was our own Dottie Fuelleman, who saw the desperate need of pregnant women. We serve a diverse racial and cultural population of homeless pregnant women and their children.

Our Shelter Guests

The women who come to us with a life crisis are pregnant and fit one or a multiple of the following criteria: newly homeless and jobless due to life circumstances or due to the pregnancy, a history of being battered, abused, or neglected either as a child or as an adult, may abuse substances but is committed to work to be free from the substance habit. Our guests come married or single and eighteen years of age or over.

Needs List

- Toiletries for women and for children
- Hairbrushes, Shampoo & Conditioner
- Toilet Paper
- Laundry detergent Powder
- Kitchen towels, Paper towels, Dish sponges
- Disinfectant wipes
- Pine Sol
- Trash bags
- Large Ziplocs
- Newborn Diapers, Baby wipes
- Clothes (12-18 months & 18-24 months)
- Baby socks
- Children's Tylenol and/or Motrin, Pedialyte powder



We pray for:
Members at Home or in
Care Centers: Laurie
 Ennen, Beverly Koenen, Ione
 Marchael, Gale Musselman,

Sydney Nichols, Phil Peterson, and Frances
 Willms.

Those struggling with illness or other
concerns: Gary Burkard, Shannon Howard,
 Ken Reason, Kristine Trost, Gary Zimmerman.

***Family & Friends:** Susan Clark, Clark
 Enebo, Brechin Flournoy, Allan Gatzke,
 Karen Gorski, Cindy Gray, Becky
 Haugen, Vivian Houser, Donna, Kylie &
 Crystal Huber, Corey Huber, Jillian
 LeDuff, Donna Le Duff, Bryan Koenen,
 Barb Korsmo, Katrina Lahr, Skye,
 Vanessa and Joe Lopez, Luke McCann,
 the Moreno family, the Pierce family,
 Julie Petrbok, Deborah Ramos,
 Kimberly Reed, Milan Magee, Sharry
 Reed, David Sarvela, Gale Schlesinger,
 Leah Sourbeer, Laura Straus, Jason
 Thompson, Vicki Thompson, Bethany
 Wildes, Dave, Carol and John, Nanis
 (Nahneece), 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.



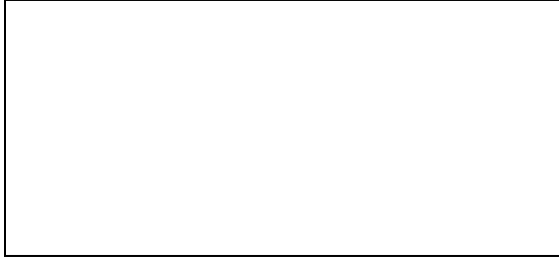
8/2 Shannon and Steve Howard
8/7 Robin and Dave Black
8/9 Shannon and Matthew Timney



8/6 Aiden Jenkins
8/7 Nicholas Flournoy
8/9 Meghan Randig
8/10 Garrett book
8/15 Bryce Bonilla-Haenn
8/15 Elise Joubert-Honacki
8/16 Ione Marchael (100 years)
8/18 Gale Musselman
8/23 Ken Reason
8/24 Brad Croes
8/24 Ben Koch
8/17 Karl Hansen

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
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>



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