



# Christ Lutheran Church

## Christ Church Comments **✝ November 2023**

### Christ Evangelical Lutheran Church

225 E. Elm Avenue  
Monroe, MI 48162  
734.241.4554

**Pastor:**

davidhively@gmail.com

**Website:**

christmonroe.com

**Facebook:**

Christ Lutheran Church—Monroe,  
MI

**Secretary: Karen**

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**Licensed Lay Minister**

**Wayne Butts**

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**Interim Youth Family Ministry  
Coordinator**

**Carolyn Gardetto**

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**Newsletter:**

secretaryonelm@sbcglobal.net

Every year the first Sunday in November is All Saints Sunday. It is a day that the Church sets aside in order to remember those who have come before us in the faith and have died. We call them saints not because they have lived perfect lives, but because God's love is now perfected in them. Of course, remembering friends and family who have died can surface feelings of grief. Our culture tells us to ignore those feelings and just "get over it already." However, grief is not an enemy, but it is a byproduct of the love that we have that we can no longer share with the people who have died. With that in mind, I want to share with you a few strategies to help you manage the grief that tends to surface this time of year.

1. **Remember to breathe:** Breathe in slowly, counting to four. Hold that breath for another four counts. Exhale for four counts. Then wait four counts to repeat the cycle. Slow, intentional breathing can help focus your mind on the things that are happening here and now.
2. **Move your body:** The science on this is clear - moving your body releases endorphins - the brain chemicals connected to happiness. You don't have to be training for a marathon or lifting heavy weights, just moving your body, especially outdoors, can make a big difference in your mood.
3. **Connect with a friend:** Grief can be isolating. Call or text someone who you know can be honest with, who you can trust to listen to you without judgment. God has given us to each other to lean on in difficult circumstances. It is ok to ask for help.
4. **Make Art:** Art allows you to express your emotions in a non-verbal way. When words fail to capture the depth of your experience a brushstroke, melody, or dance step can convey what is on your heart.

5. **Give yourself permission to grieve:** Ignoring our feelings or stuffing them down might help in the short-term, but it is not a path to healing and wholeness. Allow yourself the space and time to experience your grief.
6. **Write it out:** Getting thoughts out of your head and on to paper can bring you clarity about what you are thinking and it can free your brain up to move on to other tasks.
7. **Celebrate what is going well:** This one may sound odd, but sometimes grief brings gifts with it. What have you learned about yourself? How are you growing? What good thing is present now that wasn't present before your loss?
8. **Look for resurrection:** As people of faith, we grieve with hope. We look forward to the day when all the dead in Christ will be raised, joining with Jesus in the resurrected life. Find an Easter song to sing or listen to. Look at a painting with resurrection themes. Read the story of Jesus' resurrection from one of the gospels.

Finally, friends, I leave you with this prayer:

Eternal God, your love is stronger than death, and your passion more fierce than the grave. We rejoice in the lives of those whom you have drawn into your eternal embrace. Keep us in joyful communion with them until we join the saints of every people and nation gathered before your throne in your ceaseless praise, through your Son, Jesus Christ our Lord. Amen.

(Evangelical Lutheran Worship p 82)

Peace,

*Pastor David*

# *Thanksgiving Eve Worship*

November 22nd, 7:00 P.M.

Trinity Episcopal Church

304 S Monroe St, Monroe, MI 48161

Christ Lutheran,  
First Presbyterian,  
St. Paul's United Methodist,  
and Trinity Episcopal



## Daylight Saving Time Ends November 5th



## Food Pantry Update



We would like to thank everyone who has brought in grocery bags. We can use reusable plastic or cloth bags with handles, and paper bags. Please be sure all bags are without holes, clean and dry. We have an average of 50 people a week come in to the pantry, so we really go through a lot of bags.

Also, when you go to the dentist, ask them if they would donate toothbrushes and/or toothpaste. We've had two different dental offices donate so far. We've been able to provide over 200 toothbrushes this year.



The website address for  
Christ Lutheran Church is:

**christmonroe.com**

## HAVE YOU HAD A CHANGE OF ADDRESS?

Please notify the church office with the details of your new address, **if you have moved, or have a new phone number, or are vacationing for an extended period of time.** This helps save postage on returned mail. All church contact information is found on page one.



**Christ Lutheran Church, City Church Project Monroe and the United Way,  
in conjunction with Monroe County Homeless Awareness Week,  
announce the 5th Annual Box City!**

# **BOX CITY**

**Friday, November 3 at 7:00 p.m.**

**- THROUGH -**

**Saturday, November 4 at 7:00 a.m.**

Middle and high school students will experience the challenges of homelessness by spending one night outside sleeping in a cardboard box. Think of it as a Lock-Out, instead of a Lock-In. Students will get just a small glimpse of what the homeless go through on a daily basis. Participants are encouraged to layer clothing, including warm outerwear, and bring bedding for the night.

**\*\*Groups of four or more, please provide a chaperone.\*\***

*Register at*

<https://bit.ly/48OLh2r>

Additional details will be sent upon registration.

**Note...Box City New Location:**

**The Salvation Army  
815 East First Street  
Monroe, MI 48161**

*For more information please contact:*

Carolyn Gardetto [cgardetto7@comcast.net](mailto:cgardetto7@comcast.net)

734-755-2012

Jamie Lindsay [Jamie@movedbycompassion.com](mailto:Jamie@movedbycompassion.com)

734-497-7019



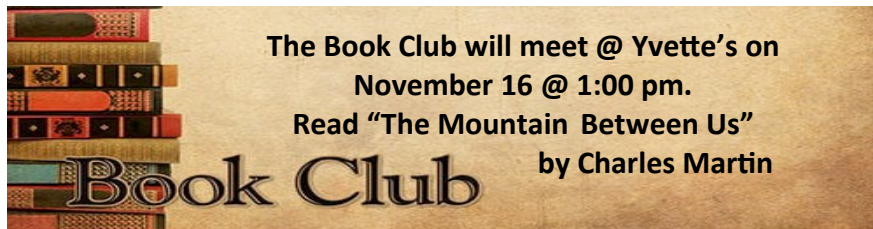
**\$10 Donation** *Per Person payable that evening*

Includes a light dinner and breakfast. Proceeds will help those needy in our community.

**Participants will be continuously monitored by an active and alert team  
of adult volunteers passing current background checks.**

***Partners include area public safety organizations.***

## News from around the church



Please join us for our **Advent Tea** on Sunday, December 3, 2023, at 2:00 PM at Christ Lutheran Church. Bring a dessert and friends for an after-



noon of fellowship, entertainment by Jon Stanifer and guest speaker Chris Antonelli. Please rsvp to Renee Merkel or Becky Huepenbecker by November 22nd.

Once again it is time to order your **poinsettias** for Christmas! The flowers decorate our church for the Christmas season and may be taken home after the Christmas Eve service. You can give a flower in memory or honor of a loved one or friend, The flowers make a nice gift or to keep for yourself! I will be selling the poinsettias after service on October 29th and November 5th. I can also be reached by phone at 734-658-3455. Flowers are available in red or white. The prices remain the same and are listed below. Checks are made payable to Christ Lutheran Church Altar Guild no later than November 12th. Thank You! Laura Matthews

Mini 3-5 blooms	\$4.50	Single 5-7 blooms	\$7.00
Double 8-14 blooms	\$14.00	Large 12-20 blooms	\$21.00



## Scripture Readers

*Thanks to Carol Miller for organizing!*

November 5 Geof Oetjens

November 12 Patrick Lewis

November 19 Pat Sargent

November 26 Polly VanAcker

## Ushers

*Thanks to Patrick Lewis for organizing!*

November 5 Geof Oetjens

November 12 Patrick Lewis

November 19 Jim or Mary Jackel

November 26 Gary Huepenbecker

## Assisting Minister

*Thanks to Rusty Ward for organizing!*

November 5 William Vavrck

November 12 Renee Merkel

November 19 Jim Jackel

November 26 Wayne Butts

## CURRENT FINANCIAL INFORMATION

### Summary Operating Statement

	<u>September 2023</u>		<u>YTD 2023</u>	
	<u>Actual</u>	<u>Budget</u>	<u>Actual</u>	<u>Budget</u>
Operating income	\$ 13,634	\$ 16,515	\$ 133,202	\$ 153,079
Operating expense	13,957	15,945	152,842	152,074
Operating Surplus/(Deficit)	\$ (323)	\$ 570	\$ (19,640)	\$ 1,005

As you can see we paid all our bills and almost broke even. On our actual YTD our giving is down a little over 17,000 based on what we budgeted for in general giving. Also it has been a bad year so far on our investments with a gain of only \$496 between the two.