

# The Spirit Of Atonement

JUNE / JULY 2021

## Signs of Life Returning to Atonement

Supposedly responding to an obituary in a New York newspaper, Mark Twain famously cabled a reporter, “The reports of my death have been greatly exaggerated.” Several websites now suggest that the quotation itself may have been somewhat exaggerated (but that is beside the point).

Any number of news reports in the past several months have (gleefully?) reported on the impending death of the institutional mainline church, a demise purportedly hastened by the shutdowns mandated by the Covid pandemic. And, to be sure, more than a few local churches have struggled through the pandemic and may yet not make it. But, let’s not write that obituary yet.

As the gloomier days of winter and Lent have given way to the brighter days of springtime and Easter, we continue to see signs of life and new life around Atonement.

Most notably, worship attendance is beginning to inch back up. While Atonement was one of the few area churches to have been open for public worship since early June 2020, there have been weekends when participation has been, shall we say, limited. But, it is no exaggeration to observe that slowly worshippers are returning.

Our music program, especially choral music, is coming back to life, as well, as solos and duets give way to larger ensembles, even as Joyful Noiz looks toward a return this summer.

Likewise, with our Atonement Lutheran School. For much of the year, about half of our students were learning at home and studying “virtually.” Now, in the spring quarter, roughly three-quarters of our students are back in the classrooms — and bringing new life and energy to the entire facility.

Seniors Alive are meeting again, starting this spring. Their programs have been well-attended, and their members are signing up for tours. More signs of life!

Besides the robins, is there a surer sign of spring than seeing the Men’s Club barbecue trailer out on the lot and people lined up after worship to sample their wares and to support their work?

Not just on special “garden days” but on many days of the week we can observe volunteers

*(continued on page 5)*





## Seniors Alive

### Monthly Meetings

In-person meetings have resumed. Vaccinated seniors (age 50 and over) are invited to monthly meetings at 1:30 p.m. in Fellowship Hall. The next two meetings will be on Monday, June 28, and Monday, July 26.

### 2021 Tours

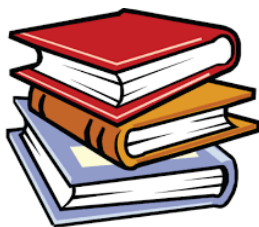
The Branson trip has been rescheduled for October, and the Iowa trip has been moved to August. All vaccinated seniors (age 50 and over) are invited to join us.

- July 28, the Muny - *Smokey Joe's Café*. Bus departs at 5:15 p.m. and returns at 11:00 p.m. \$85 per person

- August 18-20, Iowa/Mississippi-Travel to Dubuque, Iowa and cruise on a paddle-wheel boat to the Quad Cities. Includes 2 nights at a hotel, meals and entertainment. Bus departs Wednesday at 9:00 a.m. and returns Friday at 2:00 p.m. Cost is \$475 double/\$525 single.
- September 16, Union Station Aquarium and the Wheel. Includes lunch. Bus departs at 9:30 a.m. and returns at 5:00 p.m. Cost is \$90 per person.
- October 5-7, Branson
- November 10, Veterans Memorial

For more information on tours, please contact Don Kuethe at (314) 831-8478 or [dthekey@sbcglobal.net](mailto:dthekey@sbcglobal.net).

<https://www.alcs-web.com/seniors-alive>



### Atonement Book Club...

After nearly a year of meeting on Zoom, Atonement Book Club is moving to in-person meetings at Atonement. Beginning in June we will meet in the Multi-Purpose room on the second Sunday of the month at 2:00 p.m. Covid safety guideline will be followed. We welcome new members.

Here's a little bit about our group... Our meetings are casual and our discussions lively! We select our reads from titles suggested by members and try to choose books from different genres each year. Most of the books we select are available from the St. Louis County Library and, when available, the library provides us with book kits with copies of the book and discussion questions. We do not meet in December. Our summer reading list and meeting dates are:

June 13—*The Ship of Brides* by Jo Jo Moyes

July 11—*American Dirt* by Jeannie Cummins

August 8—*The Day the World Came to Town* by Jim DeFede

If these spark your interest, please consider joining us on any of these dates. For more information or questions, please contact Jan Koch at (314) 921-9534 or [njkoch@aol.com](mailto:njkoch@aol.com).



## From the Parish Nurse Minerals and Our Health

Joyce Pingel, L.P.N.

Blessings in the name of the Healing Christ! I want to share some information on minerals and our health. In Ezekiel, we read the account of the valley of dry bones and the Spirit of our great God who brings them to life. "I will put my spirit in you and you will live" (Ezekiel 37:14). Thanks be to God for His life-giving Spirit and His desire to make us His very own!

### What are minerals?

Minerals are elements found in the earth and are necessary for good health. Bulk minerals, such as calcium and magnesium are needed in larger amounts while trace minerals, such as iron, copper, and zinc are also essential, but needed in smaller amounts. Today we will focus on calcium and our health.

### How much calcium do I need and how can I get it?

Calcium maintains strong bones and teeth and may help to regulate blood pressure. Most Americans consume 400-600 mg. per day. Preschoolers need 500 mg. per day; children 4-8 years old need 800 mg. per day; children 9 to 18 years old need 1300 mg. per day, and women need 1200 mg. of calcium every day. Good sources of calcium include: yogurt or milk (300 mg. per cup) cheese (250 mg. per ounce), cottage cheese (150 mg. per cup), beans (140 mg. per cup), and broccoli (90 mg. per cup). As we age, our need for calories goes down, but our need for nutrients goes up.

Many women need to take calcium supplements to get the recommended intake every day. It is important to read the label and look for the amount of elemental calcium which can vary from 9 to 40 percent. Certain antacids contain calcium, but make sure this product doesn't contain aluminum, which can impair the body's absorption of calcium. Calcium is best absorbed if taken at bedtime or between meals and needs to be taken with a full glass of water. Some women over age 60 may not absorb as much from products containing calcium carbonate. You also need to have enough Vitamin D (200-400 IU/day) so that your body can absorb and use the calcium taken in. Persons with a history of kidney stones should visit with your doctor before using a calcium supplement. Bone meal and dolomite should not be taken regularly since they contain high amounts of lead and other toxins. In addition to consuming enough calcium, exercise is an important approach to fight osteoporosis. Research has shown that inactivity contributes to bone loss. An exercise program that includes walking, jogging, aerobics, dancing, or tennis may be very helpful.

The Bible also reminds us that "...good news gives health to the bones" (Proverbs 15:30). May we find ways to build up our health, strengthen our bones, and share a word of good news with others!



## HEALTH FAIR COMING SEPTEMBER 18

Atonement's annual Health Fair will be Saturday, Sept. 18, from 9:00 a.m. to 1:00 p.m. featuring flu shots, mammograms and a blood drive. Flu shots will also be offered on Sunday, Sept. 19, from 9:00 a.m. to 12:30 p.m.



## Atonement Lutheran School - Principal Rob Biesendorfer

We give thanks for the 21 students who graduated in May. They have been through some difficult times with over a year of dealing with the pandemic issues. Through it all, they are ready for the high schools they will be attending.

Our enrollment for the upcoming year is shaping up nicely. We currently have over 70 students enrolled for the 2021-22 school year. Last year at this time we had approximately 30 students enrolled. We would love to be over 130 students in the fall. Spread the word about the great education students receive at Atonement.

The summer camp plans are also coming to fruition, as we currently have 25 students enrolled. Our goal was 20 students so we are very excited about getting the word out to our community regarding the opportunities that are available at Atonement. Thanks go to Cathy Mifflin, as she has been working on plans for our weekly themes.

We are thrilled with two fantastic gifts to help us carry out our mission. First of all, we received a \$10,000 grant for the Atonement in Action. The grant will be divided up among our summer camp and after-school programs.

We also applied for and will be receiving over \$100,000 for curriculum and specific building needs to help address learning loss and to be better equipped to deal with COVID.

Next year will mark our fifth year in the accreditation cycle. With this milestone, we will also need to re-work our documents and host an accreditation visiting team. This is a thorough process, yet one meant to improve our program continually to meet our students' needs.

### ACCTIPS—Atonement Creation Care Tips



1. Conserve water outdoors by only watering your lawn in the early morning or late at night. Use draught-resistant plants in dry areas.
2. Pull out invasive plants in your yard or garden and replace them with native ones.
3. Join a local park, river, or beach clean-up
4. Compost kitchen scraps for use in your garden—turning waste into fertilizer.
5. Grow your own organic garden, or join a farm-share group.

[https://www.earthday.org/earth-day-tips/?gclid=CjwKCAiAt9z-BRBCEiwA\\_bWv-E4z76\\_-4ollmbwO8yrDYfhLDF1HIhOXPuYnE\\_4Q6g-SOxXbkFBduBoCVkAQAvD\\_BwE](https://www.earthday.org/earth-day-tips/?gclid=CjwKCAiAt9z-BRBCEiwA_bWv-E4z76_-4ollmbwO8yrDYfhLDF1HIhOXPuYnE_4Q6g-SOxXbkFBduBoCVkAQAvD_BwE)



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tending to the landscaping, the flower beds, and the parking lot “islands,” husbanding God’s gift of botanical life, fostering growth, and beautifying our grounds.

And, along with all these signs of life and health, we cannot overlook the financial health of the congregation, which allows us to envision new and creative ways to share the life (and the love) of God made known in this season of resurrection and new life.

All of which allows us to look to the future. And, as we do, we see the excitement growing about Atonement’s summer camp program, and we give thanks that pre-registration for our school is at twice the rate it has been running in recent years. And, that’s no exaggeration!

But, no review of the signs of life and new life this spring would be complete without mention of the May 16 celebration at 370 Lakeside Park. As the weather cleared and the sun came out, there was a sense of both relief and exhilaration,

as nearly 100 of us gathered under one roof to renew acquaintances, to share fellowship, to transact necessary business, and — most of all — to sing God’s praises.

As these springtime days now enter the season of Pentecost, we await a fresh outpouring of the Holy Spirit to bring forth new and abundant life in Christ’s Church — and that, too, is no exaggeration.

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**Congregation Meeting—May 16,  
370 Lakeside Park**



**Atonement 8th Grade Class of  
2021 Graduation, May 19**

Lutheran Church of the Atonement  
1285 North New Florissant Road  
Florissant, MO 63031

## Return Service Requested

### June/July 2021 Newsletter

**Deadline for the August  
issue - 12:00 Noon  
Wednesday, July 7**

### Financial Position Summary July 2020 thru April 2021

Balances thru April	
Checking Account	\$ 407,437
Mortgage	\$ 2,390,924
Line of Credit	\$ -

Surplus/Deficit	Actual Jul - Apr	Forecast May - Jun	Actl & Fcst Jul - Jun
Church	\$151,671	-\$61,397	\$90,274
School	\$62,977	-\$35,675	\$27,303
Church & School	\$214,649	-\$97,072	\$117,577

Cash Flow	Actual	Balance on Jul 1, 2020	\$187,421
Through	+/- Actual Through Apr	\$214,649	
Apr and	Balance on Apr 30	\$407,437	
Forecast	+/- Fcst Through Jun	-\$97,072	
Through	Forecasted Balance on	\$310,365	
Jun	Jun 30, 2021		

Checking Account: Cash available in our bank account. The minimum needed to operate Atonement is \$100,000.

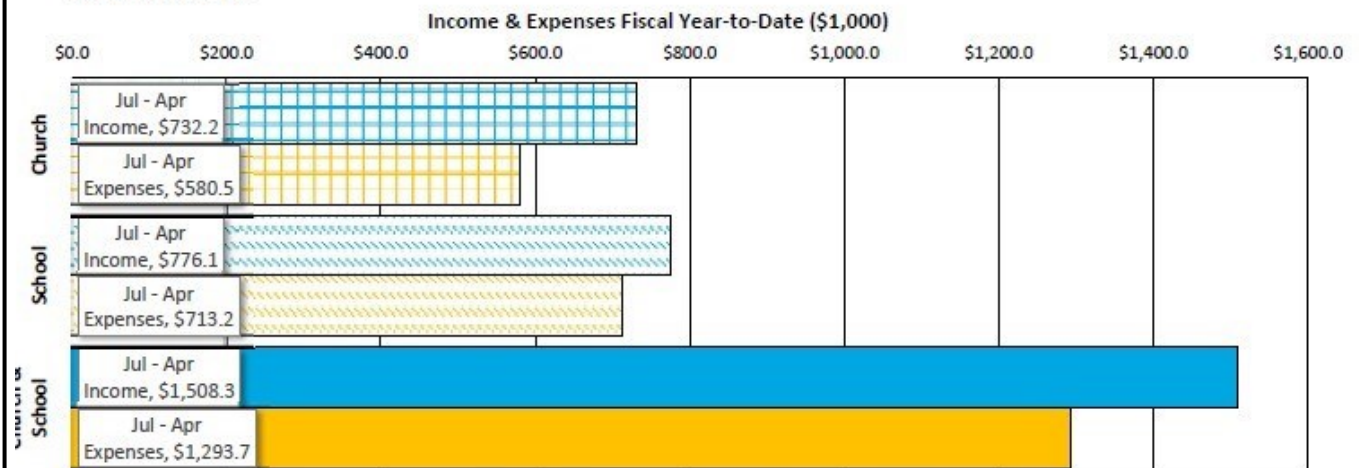
Mortgage: Total principal due on the mortgage.

Line of Credit: Total principal due on our line of credit.

Income minus expenses equals the surplus or deficit experienced thus far, or forecasted for the remainder of the current fiscal year which runs from July to June.

Atonement operated at a surplus of \$214,649 through April, and the forecast anticipates a deficit of \$97,072 through June.

The cash flow actual and forecast shows how cash in our checking account increased or decreased thus far in the fiscal year (Actual), and forecasts if cash in our checking account will increase or decrease through the end of the fiscal year (Fcst), based on the Actual and Forecasted Surplus/Deficit.



Notes - 1) The Church forecasted fiscal year surplus as of June 30 increased \$13,000 over the prior forecast due to better than expected giving in April and lower expenses in April. 2) The Church's \$9,375 per month (\$112,500 annual) support for the School is included above as an expense for the Church and income for the School.