

# The Spirit Of Atonement

MAY 2021

## ‘A Park is not just a playground;...it’s a sanctuary’

- Michael Frome

Guess what you get to do on May 16 for the first time in 16 months? You get to see fellow Atonement members in one place for worship and a congregation meeting! Here is what you need to know:

### Why and How

We are a community of believers—and a community of decision-makers. We’ve missed our last two congregation meetings, and Council wanted to avoid missing a third. Because of Covid protocols, we can’t accommodate a quorum indoors. Moving outdoors, with springtime weather and a covered pavilion, is a great alternative. If we’re meeting outdoors, why not also worship outdoors? Viola! A plan was hatched.

As I write this, the current Covid guidance still recommends face masks and social distancing for outdoor gatherings of this size. If the guidelines change between now and May 16, we will adapt, as appropriate.

### Where

Lakeside 370 Park in St. Peters is about 20 minutes from church. From Atonement, Mapquest recommends taking 270 West to 370 West. Exit at Truman Blvd. (exit 2), turn right into the park and head for the park’s lakeside pavilion. If possible, we will have signs leading you, but in all honesty, it’s easy to find.

Seating is at tables of eight in large, comfortable Adirondack chairs. It is breezy and the air off the lake may be cool, so come prepared.

### Schedule

Saturday worship on May 15 will be at church. But, Sunday’s schedule is unique. There will be a single service at 10:00 a.m. with Holy Communion at the park pavilion. Joyful Noiz will lead the music—

another thing we will enjoy after a long hiatus. The meeting will begin immediately after worship.

The final planned event is a complementary lunch of pre-packaged sandwiches, chips, and brownies from Jimmy John’s. Men’s Club is providing beverages. After lunch, the days is yours to enjoy the park!

### Registration

Registering for the May 16 service is critical for many reasons. We need an accurate count for communion and for the Jimmy John’s order. (Although the food will be picked up Sunday morning, we need to place the order no later than Wednesday, May 12.) Pre-registration will also make it easier to sign-in for the congregation meeting.

We hope to see you there!

- - Congregation President Cathy Hohl





## 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 meeting will be on Monday, May 17.

### 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
- October 5-7, Branson

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>



### Feed My Starving Children—Results

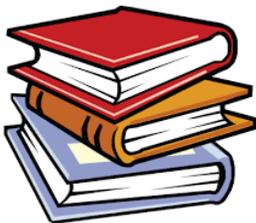
The drawing for the raffle was held on Sunday, April 18. Greg Viehman won a prize for \$1,000. In total \$15,000 was raised for the food pack which is expected to be held at Atonement in the summer of 2022.



Thank You!!!

A big thank-you to individuals who have donated cash or gift cards for the purchase of fleece. This has allowed for the purchase of fleece blankets to be given to the St. Louis area homeless. So far 55 blankets have been completed. There is fabric to make 12 more. There is also some cash to purchase more fabric before Service Sunday. Also, thank you to the ladies who have sewn the blankets.

- - Elaine Skarstad



### Atonement Book Club...

... will begin meeting again in-person in the Multi-purpose Room at Atonement in May. We will follow current covid safety practices. The May book discussion will be Sunday, May 2, at 2:00 p.m.

We will be discussing the novel *Musical Chairs* by Amy Poeppel.

New book lovers are always welcome. Please contact Jan Koch with any questions and let her know that you will be attending. (314) 921-5434 or [njkoch@aol.com](mailto:njkoch@aol.com).



## From the Parish Nurse Living with Asthma Joyce Pingel, L.P.N.

May is a month of activities and celebrations. It is also observed as National Allergy and Asthma Awareness month, so I would like to discuss "Living with Asthma."

### Life and Breath

As Christians we recognize that God is the giver of all life and each breath we take can bear witness to His life-giving and sustaining nature, "...and (He) breathed into his nostrils the breath of life, and the man became a living being" (Genesis 2:7). For persons with asthma, breathing may not be easy or comfortable.

### What is Asthma?

Asthma is a chronic respiratory disease in which a variety of "triggers" can produce irritation in the trachea and bronchi (breathing tubes), mucous and narrowing. The condition is usually reversible. During an asthma attack, the person may feel anxious, become short of breath, and have a tight cough with wheezing. According to the Center for Disease Control and Prevention, one in three people has asthma. More than 25 million Americans have asthma. This is 7.7 percent of adults and 8.4 percent of children. Asthma is still a fairly uncommon cause of death, but in the last 10-15 years it has increased by one third.

### What Triggers an Asthma Attack?

Sometimes a specific trigger cannot be identified, but in general the following factors are known triggers: respiratory infections, allergies, air pollution, emotional stress, exercise, cold air, some household products, and some drugs (aspirin and other arthritis medications).

### What Can I Do to Limit my Asthma Attacks?

The following are guidelines for living better with asthma:

- Learn all you can about asthma
- Find out your triggers and avoid them as much as possible
- Take all medications as prescribed (even if you feel fine)
- Learn the early warning signs of an attack and treat them quickly
- Include exercise in your life, but avoid activities which cause attacks
- Avoid smoking and second-hand smoke
- Drink at least six to eight glass of fluid daily (unless your doctor advises otherwise)
- Learn healthy ways to handle stress

May He who daily breathes into us His Spirit be with you and strengthen you in every way (John 20:22). Please contact me at (314) 740-2137 if I can be of help!

**YOU CAN HELP. GIVE BLOOD.**

 **BLOODCENTER.ORG** 

**BLOOD DRIVE** WILL YOU GIVE?

**Lutheran Church of the Atonement**

*Masks and appointments required!*

**Thursday, May 13**  
3:30 pm - 6:30 pm

**Fellowship Hall**  
1285 N New Florissant Rd

To schedule an appointment,  
call The Blood Center at 866.448.3253  
or online at [www.bloodcenterIMPACT.org](http://www.bloodcenterIMPACT.org)  
use sponsor code 9645 to schedule online  
[www.bloodcenter.org](http://www.bloodcenter.org)

 **MISSISSIPPI VALLEY  
REGIONAL BLOOD CENTER**

For more information call Joyce Pingel (314)-740-2137



## Atonement Lutheran School - Principal Rob Biesendorfer

This time of year is always exciting! Not only are we planning for end-of-year assessments, celebrations, and activities, we also have our eye on the upcoming school year.

We are currently registering for the upcoming year, and we are excited to see numbers on the increase. We recently made the decision to offer only an in-building experience in the fall and to not offer the virtual opportunities that we had this past year. This past year was difficult on student, parents, and teachers. Hopefully, the pandemic will subside and we can get back to a normal five day week with a full activity experience.

We give thanks to Ms. Kassebaum and Ms. Smith for their service to Atonement. Both will be taking on new roles elsewhere next school year. We will be searching for two teachers and a full-time nurse. Please contact Mr. Biesendorfer ([rbiesendorfer@alcs-web.com](mailto:rbiesendorfer@alcs-web.com)) if you know of a qualified, Christian teacher who may be interested.

Our summer camp experience is a go! High schoolers who enjoy children and who are looking for a summer job should contact Mr. Biesendorfer ([rbiesendorfer@alcs-web.com](mailto:rbiesendorfer@alcs-web.com)). We are also still taking in new campers. So far, most who are enrolled are kindergarten through fourth grade.

Congratulations to the 21 eighth graders who will be graduating on May 19. We are proud of them and will continue to support them through their high school years at Lutheran High School North, Lutheran High School St. Charles, CBC, and other schools around the community.

### ACCTIPS—Atonement Creation Care Tips



1. Carpool, ride your bike, use public transportation or drive an electric or hybrid car. Reduce your carbon footprint by one pound for every mile you do not drive.
2. Keep your tires properly inflated to get better gas mileage. Reduce your carbon footprint 20 pounds for each gallon of gas saved.
3. Change your car's air filter regularly.
4. Teleconference instead of traveling. If you fly five times per year, those trips are likely to account for 75 percent of your personal carbon footprint.

Not only do these tips help to save energy, but also helps to save money, and who doesn't want to spend less on energy bills! And, number 4 also helps save time, so you can do more of what you like to do.

[https://www.earthday.org/earth-day-tips/?gclid=CjwKCAiAt9z-BRBCEiwA\\_bWv-E4z76\\_-4ollmbwO8yrDYfhLDFIHhOXPuYnE\\_4Q6g-SOxXbkFBduBoCVkAQAvD\\_BwE](https://www.earthday.org/earth-day-tips/?gclid=CjwKCAiAt9z-BRBCEiwA_bWv-E4z76_-4ollmbwO8yrDYfhLDFIHhOXPuYnE_4Q6g-SOxXbkFBduBoCVkAQAvD_BwE)

## With Every Blessing Comes a Responsibility

Steward...custodian...caretaker...guardian...seneschal.

That's what we are. Thanks to God's grace and your generosity, Atonement has been blessed with outstanding facilities for our many ministries of worship, education, fellowship, and service. Now, we are also charged with being stewards of these facilities, which like anything require care if they are going to further our ministries here.

So, consider this a "distant early warning." Here are a number of locations and situations which those responsible for our properties are monitoring:

Kretzmann Hall Gymnasium HVAC — Hard to believe, but our "new" gym is now 25 years old, and the heating/ventilation/air-conditioning system is also 25 years old. It's being held together, largely due to the creativity of Ron Behrens. In truth, the entire system needs replacing.

Primary Grade Classroom Wing Roof — This classroom wing is now the oldest building on our campus, and its roof is showing the many problems which old flat roofs develop over time. It will eventually need replacement (or at least major repairs).

Sanctuary Lighting — Regular worshippers will not be surprised to learn that the lighting system is barely operative. The system is now 54 years old and not always functioning. The "powers that be" are actively soliciting proposals for a more up-to-date, efficient, and versatile lighting system to enhance our worship.

Swiney Memorial Bell Tower — Like every tall brick structure, our bell tower needs tuckpointing every generation or so. Ours is due. Years ago, we improved the interior structure of the tower to make it more earthquake-resistant. Now, the exterior needs our attention.

Back Lot Sink Hole — Slowly, the sink hole under the ramp to the back parking lot continues to grow. To date, we have avoided serious mishaps. But, as with the foregoing, this problem will not fix itself. Can the hole simply be filled in? Or, is more extensive work needed to prevent a recurrence? At this point, we do not know.

So, here is your "distant early warning." Is there a plan in place? Not yet. What will it cost? No one knows for certain. Will the Council recommend a special capital campaign? It's too soon to tell. What is certain is that we cannot escape our God-given responsibility to be good stewards of what has been entrusted to us. Stay tuned....

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

## Return Service Requested

May 2021 Newsletter

**Deadline for the June/July issue**  
**12:00 Noon**  
**Wednesday, May 5**

### Financial Position Summary July 2020 thru March 2021

Balances thru March	
Checking Account	\$ 319,918
Mortgage	\$ 2,395,197
Line of Credit	\$ -

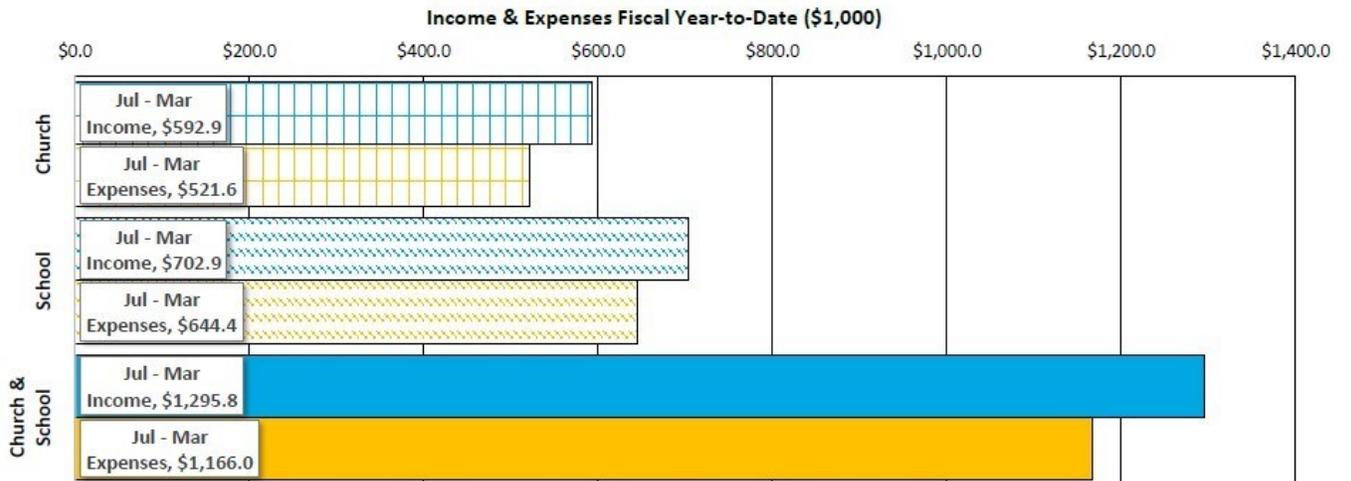
Surplus/Deficit	Actual Jul - Mar	Forecast Apr - Jun	Actl & Fcst Jul - Jun
Church	\$71,279	\$5,974	\$77,253
School	\$58,536	-\$64,278	-\$5,742
Church & School	\$129,815	-\$58,304	\$71,511

Cash Flow Actual Through Mar and Forecast Through Jun	Balance on Jul 1, 2020	\$187,421
	+/- Actual Through Mar	\$129,815
	Balance on Mar 31	\$319,918
	+/- Fcst Through Jun	-\$58,304
	Forecasted Balance on Jun 30, 2021	\$261,614

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 \$129,815 through March, and the forecast anticipates a deficit of \$58,304 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) A minor adjustment to expected expenses and a large stock gift in April increased the forecasted church fiscal year surplus more than \$76,000 compared to the prior month's forecast. 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.