

November is National Caregiver Month

The theme for 2020 is "Caregiving in Crisis," during these challenging times. As a caregiver, you may find it a challenge to care for yourself. If you feel better, you can take better care of your loved one. Take care of your own health.

- Take a few slow, deep breaths to take a break.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol and drug use.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Staying in touch with family and friends. It's important for you to have emotional support.
- Connect with your community or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.
- Make sure that you keep up with your medical care such as regular checkups and screenings.
- Call your healthcare provider if stress gets in the way of your daily activities. Seek appropriate care if stress is harming your relationships or ability to work. If you have suicidal thoughts, call the National Suicide Prevention Lifeline at

1-800-273-TALK (8255). Lifeline chat is a service available to everyone 24 hours a day, 7 days a week. In addition, if you need help locating a mental health provider, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a site that can assist you at <https://findtreatment.samhsa.gov>.

Source: Centers for Disease Control and Prevention, National Institutes of Health

Pastor Bongard's Installation

We are very excited to welcome Pastor Bongard to Concordia! His installation service will be livestream only on October 18th at 4pm. We hope you will tune in to celebrate our new Senior Pastor!

All Saints' Day Remembrance 2020

On Sunday, November 1st, at 12:15pm, there will be a time of healing as we gather virtually together on Zoom and pause before the holidays. Led by Pastor David Meggers, come and take a few moments to reflect on scripture that bring us the love, hope, and peace from our Lord Jesus Christ as we grieve. May this be a time of healing with the Lord's peace. Please email Patty at pwilson@CKhome.org to be added to the Zoom list.

If you have lost a loved one within the past year and would like their name to be listed for our All Saints Day Celebration, please call Sharon Karleskint at 314-822-7772

Evening Communion

A brief evening communion service will be offered on the 2nd and 4th Monday of the month at 4pm in the Sanctuary for those who wish to participate in communion outside of worship.



Prayers of the Church

Week of October 11

Prayer of Thanksgiving: For Reverend Stephen H. Bongard, as he is installed as Senior Pastor at Concordia this weekend...

Weddings: Michael Allman and Abby Biggs (10/16)

Birth: Mark Thomas Johnson, son born to Austin and Lindsay (10/7)

Youth celebrating their Baptismal Birthdays this week: Max Windler, Emma Dunn, Logan Bosch, Anne Wedel

Adults celebrating their Birthdays this week: Jennifer Fickeler, Jennifer Riggs, Zack Wilson, Rebecka Faubel, Keith Floyd, Jan Hoffmann, Sheri Nowatski, Alex Zisser, Jackie Eggerding, Eric Gaal, Jenny Joyce, Danna Lemen, Peter Binder, Rachel Doveikis, Jill Hogan, Jeanette Meggers, Alice Trebus, Dan Beck, Marla Kindt, Thomas Kuthe, Jordan Omlid, Debbie Pierson, Milton Brewer, Robert J Becker, Sophie Gibson, Lester Herweck Jr., Matthew Kight

We pray for:

- Greg Filley
- Sharon Rose
- Scott Tempel
- Ann Yemm

Members and friends of Concordia with medical concerns...

- Kelly Callahan's aunt and uncle, Larry and Sue Callahan
- Lennon Margaret Dodge
- Patti Dolle
- Tim Ema
- Max Filley
- Anita Geisler
- Greg Geisler
- John Harness
- Don Herweck
- Norma Hollmann
- Anita Kreienkamp's sister, Marjorie Rosenkotter

- Ruth Kirchhoff's sister, Johanna Cormier
- Gloria Koestering
- Linda Lowry
- Julie McCormick
- Ramona McFarland
- Judy McGuire
- Marjorie Moore
- Pegi and Norm Nardoni
- Cindy Nichols' son, Eric
- Nelle Rolf
- Mike Russ
- Jim and Judy Streufert's friend, Toni Dunn
- Alice Trebus
- Lori Voges
- Jewel Wagner
- Christie Wells
- Edith Wenzel

We also pray:

For all our first responders, doctors, nurses and all of those who work in nursing homes and hospitals who are working on the frontline of the pandemic...

For all of those who are affected by the Coronavirus and those caring for them throughout the world...

Sympathy:

For Carol Nelson's family and the Wendt family upon the death of their husband/nephew, Dick (10/10)

For all those who serve in the military in the combat zone, and their families... Lindsay Barnes, Cynthia Camp, Erik Carlson, Pete Carlson, Andrew Detmers, Elizabeth Hays, Owen Ray, Julie Ritz, Michael Smith

For all who serve in the military not in the combat zone, first responders, and their families... Brendan Kunderas, Tom Saeger, Tom Watson, Kendall James Washington



Weekly Devotion

Witness Weekend

“But you, Timothy, certainly know what I teach, and how I live, and what my purpose in life is. You know my faith, my patience, my love, and my endurance. You know how much persecution and suffering I have endured. You know all about how I was persecuted in Antioch, Iconium, and Lystra—but the Lord rescued me from all of it. Yes, and everyone who wants to live a godly life in Christ Jesus will suffer persecution. But evil people and impostors will flourish. They will deceive others and will themselves be deceived.

But you must remain faithful to the things you have been taught. You know they are true, for you know you can trust those who taught you. You have been taught the holy Scriptures from childhood, and they have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus. All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.”

These verses, 2 Timothy 3:10-17, serve as the text for our upcoming weekend of worship. In reality, it will be a weekend of many texts and many voices. It is our witness weekend. On witness weekend our confirmands have the opportunity to share a devotional thought centered on their confirmation bible verse. You will hear here, among other things, why a verse might be important to them, a life story

that is connected to the verse or maybe a struggle and the comfort that their particular verse has offered them. This weekend is a preamble to the following weekend on which they will be confirmed. I hope you will attend either online (9:30 service will be live-streamed) or in person this weekend and be inspired by the faith sharing of some of our young brothers and sisters in Christ. They, like you, have been taught the holy Scriptures from childhood through to today and now have the opportunity to share that faith with us.

JOYfully,
Pastor M

