The Courier

Volume 92 ~ Number 9 ~ October 2026

Testimonial

While handling some communications for our church and school recently, I had to laugh and thank God, for my past. Which then led to me asking God what should the front page article be for this month of October be? A word popped up clear as can be 'testimony' of which I followed up with "All of it?" and could feel the Holy Spirit chuckling at me (which happens a lot y'all, God laughs at my antics all the time) and a follow up 'partial testimony'. Yes Father!

We're going to be in my adulthood work experience, because it's in my testimony as an adult that all this stems from. I have attempted college a few times in my adult life, I'm a great student, and very good at testing, but knowing which way to go has always been a road block. I recently was able to get all the way to final testing for a transferable AS in Nutrition going for a BS as a Registered Dietician but due to finances and God was halted in my progress. I was able to get great nutritional knowledge and combine it with years of knowledge as a professional cook and Chef, which is beneficial to me personally, as well as to a few private clients I've had over the past few years since Covid. However, if you look at my professional past it reads like that saying a ***"Jack of all trades is a master of none, but oftentimes better than a master of one"*** yeah most don't know the whole saying. It's the idea that a bit of knowledge and experience in many things is more beneficial than a ton of knowledge in a single specific subject.

I was active duty military for 4+ years joining in March of 2001 and going through 9/11/2001 during what is called A school, or my main jobs schooling. I was an Interior Communications Electrician for the Navy, meaning I was Ma Bell (phone systems), meets the Alarms Systems guys, meets the Critical sensors technician and my specialty was CCTV or closed circuit television, both as a broadcast specialist and a service repair technician. This job has helped when it's come to electrical issues coming up, handling TV operations and set up (just ask my Mom) and other issues pointing to this knowledge.

After the Navy, I was a car sales person, which I hated, but it made me realize that I hated being a part of "wear-them-down" and "repeat information" bully sales techniques. This has helped me with handling purchases, and contract negotiations even still to this day.

After that I found a home in default services & foreclosures which I hated in a different way, yes, there were some who were just taking advantage of the system but there were some who were just in hard times and would call crying begging for a stay against foreclosure and there was nothing I could do. This led to me working for a lawyer who fought against foreclosures and she was the perfect epitome of ***"the road to hell is paved with good intentions"***. As an office we all stutter stepped working 20+ hour days, taking turns to go home, shower, change and get back. We sometimes were coerced to do shady things to get documents pushed through in time. It was all work, no life, and while doing something "good" it was bad. However, this has helped me in

knowing how to vet legal things, the way to respond in what I call legalese, and even how to read the fine print on everything.

Before culinary school and becoming a chef, my next stop was working as a staff accountant for a small start-up tech company in orange county. The company was amazing, I was really good at spreadsheets, numbers, and all the things accounting, but when a larger company beat us out for a contract the company had to downsize 65% and I was one of the unfortunate percentages let go. This job helped me hone in on budgeting for a company, end of month, end of year, reporting to a board, and all things spreadsheet. I could write a VLOOKUP formula with the best of them.

All of this had culminated in the calling that God placed on me last January (2025) to ***"serve this flock"***. Little did I know it would utilize everything I've learned from all my various jobs. I troubleshoot electrical issues, handle contract disputes, do all things administrative, while also having the empathy I had when working in a hospice / long term hospital as well as Torrance Unified School District. I was able to help people with health problems through food, able to organize and cook for our church. Everything that I've learned in this lifetime so far, has been used and applied to the God given calling to ***"serve this flock"***. So thank you, Jesus for all the lessons good, bad, and difficult. They were all worth it to be useful for ***"a time such as this"***. AMEN. ***~ Jaime Doganes***

CALL COMMITTEE

Nothing new to report ~ **Call Committee**

WORSHIP AND MUSIC

Dear Family in Christ,

It is time to celebrate our heavenly saints.

Lutherans love a good celebration – the communion of saints, honors both the living and the dead. On November 1st, we honor and "pray" tribute to our saints, so please, if you haven't submitted an insert with your saint(s) name and their relationship to you, you can find those in our bulletins the next few weeks, or if you'd like me to send you an electronic copy, please email me at cpenasalisbury@gmail.com and I will email you the PDF that you can complete and return to me.

With that, oh let the saints, go marching in!!!

Your sister in Christ,

Cia ~ **Worship & Music Committee**

NOMINATING COMMITTEE

This month's "Want Ads" please pray and consider if the Holy Spirit is calling you to any of these committees.

WANTED- ST. LUKE'S EXECUTIVE COMMITTEE

HOURS: AS NEEDED TERMS GO FROM JANUARY TO JANUARY. NO OFFICER CAN HOLD MORE THAN ONE OFFICE AT A TIME, AND NO OFFICER CAN SERVE MORE THAN TWO CONSECUTIVE TERMS.

PURPOSE: TO LEAD THE CONGREGATION AS PER REQUIRED BY THE SYNOD *(.page 14 of the constitution)*

REQUIREMENTS:

- **ENCOURAGE MEMBERS TO TAKE ON POSITIONS OF LEADERSHIP AS COMMITTEE CHAIRS OR EXECUTIVE TEAM MEMBER.**
- **OFFICER DUTIES SPECIFIED IN THE BY-LAWS.**
- **CONSISTS OF VOTING MEMBERS.**

TENURE TIME: ONE YEAR

EXECUTIVE MEMBERS CONSIST OF: PRESIDENT, VICE PRESIDENT, SECRETARY AND TREASURER.

PRESIDENT

DUTIES: CARRY OUT REGULAR MEETINGS FOR THE COUNCIL.

PRESIDE OVER CONGREGATIONAL MEETINGS.

MEET REGULARLY WITH THE PASTOR.

ENCOURAGE MEMBERS TO PROVDE SUGGESTIONS, ETC. FOR THE CHURCH AND COUNCIL,

IN TIMES OF PASTORAL VACANCY; SERVE AS LIAISON BETWEEN CONGREGATION AND DESIGNATED PASTOR.

SEEK SYNOD ADVICE AS NECESSARY. ENSURE CONGREGATION PARTICIPATION IN SYNODICAL ACTIVITIES.

VICE PRESIDENT

DUTIES: PERFORM DUTIES OUTLINED IN THE CONSTITUTION.

SHARE RESPONSIBILITIES WITH THE PRESIDENT, AND ASSUME THOSE DUTIES IN THE PRESIDENT'S ABSENCE.

WILL CHAIR THE FINANCE COMMITTEE AND COORDINATE FINANCIAL AFFAIRS OF THE CONGREGATION, INCLUDING THE INCORPORATION OF THE CONGREGATION, TAX EXEMPTIONS, ETC. ARE IN GOOD STANDING AND ENOUGH FOR CONGREGATION'S NEEDS.

ASSUMES OTHER DUTIES AS REQUIRED BY THE COUNCIL.

COUNCIL SECRETARY

DUTIES: CARRY OUT DUTIES ASSIGNED IN THE CONSTITUTION.

KEEP MINUTES AND WRITTEN RECORDS OF ALL MEETINGS.

ENSURE MINUTES ARE EMAILED TO OFFICE ADMINISTRATOR FOR POSTING FOR CONGREGATIONAL REVIEW AND PRESERVATION.

TREASURER

DUTIES; CARRY OUT DUTIES ASSIGNED IN THE CONSTITUTION.

SHALL SEE THAT OFFERINGS FOR SPECIFIC PURPOSES ARE DISTRIBUTED SO THAT THE

MISSION AND WORK OF THE CONGREGATION WILL BE CARRIED OUTAS THE MEMBERS DSIRE.

INSURE THAT ALL BILLS ARE PAID IN A TIMELY MANNER. COORDINATE WITH THE BOOK KEEPER.

RESPONSIBLE FOR THE RECORDING AND REPORTING OF THE DISTRIBUTION OF THE CHURCH'S INCOME.

MAINTAIN DISBURSEMENT RECORDS.

HANDLE ALL GOVERNMENT TAX FORMS.

RESPONSIBLE FOR THE RECONCILIATION OF THE CHECKING ACCOUNT(S).

SUBMIT A FINNCIAL REPORT REGULARLY TO THE COUNCIL.

PROVIDE AN ANNUAL REPORT TO THE CONGREGATION.

REPORT ANNUALLY TO THE SYNOD USING THE APPROPRIATE CONGREGATIONAL FORMS FOR EACH YEAR.

PROVIDE RECORDS FOR THE ANNUAL AUDIT.

If you are interested, reach out to any Council member. No experience required.

Thank you. ~ ***Pam Garcia for the Nominating committee***

MISSIONS

We have another eWaste day set to go!! It's coming up the first Saturday in November mark your calendars now and remember to be here during the drop off hours. Nov 7th 9:00am – Noon. See email coming up with what is acceptable to recycle…**Jocelyn Carlson & the Missions & Outreach crew**

Fellowship Committee

What's Going On at St. Luke's!

Church BBQ & Back to School night. On Wednesday, September 9 we had a great BBQ in our St Luke's memorial garden. The trees and ocean breezes cooled down the hot temperatures. We enjoyed hamburgers and hotdogs as well as salads and sides and dessert. It was a great turnout and so fun to meet the kids and their parents.

Walking with a Purpose group (hikes on 2nd Saturday of the month). Too many conflicts and high temperatures so the September walk didn't happen. Join us for the October walk at Willow Springs on Saturday October 10.

Bill Bode's Photo Workshop. The workshop, consisting of four evening sessions, went really well. About 10 participants learned how to improve our "seeing" and then got more familiar with our cameras (both real ones and smart phones) so we can take better photos. Due to the heat, the field trip was postponed until cooler weather. Bill will announce the date and coordinate with participants.

Coming up. **Erin McCuan's Sourdough Bread Making Class** will be Saturday, October 3. All of you who are interested in baking sourdough should come. Erin's kitchen-tested techniques make it easy to get great results! Contact Erin for more information.

Beach Bonfire on Friday November 6 at Huntington State Beach. This is about a month away, but should be a really fun fall activity. Our previous bonfires have been great!

As always everyone at St. Luke's church and preschool are invited to all of our events. We also continue to have Fellowship and snacks between services which is another way to mingle.

Berit Bode & Erin McCuan Fellowship Committee

St. Luke's Upcoming Events 2026

October
Sourdough Baking Class 10/3 (SAT-rsvp needed)
Walking With a Purpose 10/10 (SAT)
Campout & Outdoor Movie Night 10/16-10/17 (FRI/SAT)
Harvest Festival 10/30 (FRI)

November
Beach Bonfire 11/6 (FRI)
Walking With a Purpose 11/14 (SAT)
Preschool Sunday 11/15 (SUN)
Preschool Thanksgiving Celebration 11/20 (FRI)
Outdoor Movie Night 11/20 (FRI)

December
Service Day and Campus Clean Up 12/5 (SAT)
Christmas Program 12/11 (FRI)
Prince of Peace 12/12-12/13 (SAT/SUN)
Holiday Movie Night 12/18 9FRI)
Christmas Lights Walk TBD
Petal Pushers (Rose Parade Floats) TBD

ST. LUKE'S CHRISTIAN PRESCHOOL
LONG BEACH, CA

INSIDE

Dates to Remember
Mark your calendars! We are an event filled school & wouldn't want you to miss out!

Campout & Movie Night
A ***very*** **sPeCiAl** event like no other!!! If camping overnight isn't your thing, then come for the fun before!

Booster's are BUSY…
Support our community & our school!

PICTURE DAY:
NEW DATE!
WED., OCTOBER 14

ANDY'S XPRESS★WASH

***ALL WEEK!!!**

Sept 28th - Oct 2nd

6741 E Carson St., Lkwd

50% carwash subtotal donated to Rising ★ BOOSTERS!

SLCP NEWS

October 2026

The latest news and announcements…

FUN-d RAISER

Spunkmeyer Cookies (Order form only)
The Otis Spunkmeyer & More brochure fundraiser offers 12 delicious Otis Spunkmeyer cookie dough flavors, decadent Otis 9-count muffins, top-selling cheesecakes, and much more!

Charleston Gift Wrap (Online ordering)
Check-off your holiday gift list today and help our important cause. From holiday to hostess to corporate gifts and more, our online store has something for every occasion – even if it's just for you!

ORDERS DUE / END on 10/8/26

Come & join us for our annual Family Campout!

When: October 16, 2026
Where: SLCP Lawn
Why???: A wonderful way to introduce your child to the excitement of camping in a safe environment surrounded by others who understand EXACTLY what you're going through!

… AND Movie Night

When: Beginning at Sun-down (6:30 pm)
Where: SLCP Lawn
Why???: For children, community involvement and engagement produce long-term benefits in their lives. It gives them a sense of belonging and is crucial to the building of their identity.

What to expect…
-Sign-ups/Participation needed for food, set-up & tear down
-6PM Booster sponsored BBQ
-7:30PM Smores & more
-8PM Glow Hunt
-9PM Bedtime Story w/Ms. Pearson

Dates to Remember:

- 11/6 Beach Bonfire
- 11/14 Walking With a Purpose/ Deer Forest Park
- 11/15 Preschool Sunday 10AM
- 11/11 Veteran's Day/ School Closed
- 11/20 Thanksgiving Celebration
- 11/20 Outdoor Movie Night
- 11/27 & 28 School Closed / Thanksgiving break

...Looking Ahead

Trunk-R-Treat & Harvest Festival, 10/30/26 @ 3:30PM

Costumes: Please remember that there should be **NO weapon accessories**. Costumes should fit well enough so as not to be dangerous for the child to play in. Be sure to label your child's costume if they are to change into or out of their costumes.

2:30 - 3:30PM: Participants park their themed-up cars filled with goodies and playful treats around the church parking lot preparing for little spirits to arrive.

3:30 - 4:30PM: Trunk-or-Treating The kids along with their teachers and a volunteer (to help the children with direction), grab their trusty treat bags and travel around the campus, parading down San Anseline, then Wardlow until we enter the parking lot (West side) in search of the tastiest treats. **WHAT FUN!**

4:30 - 5PM: Harvest Festival: Special activities are set up for the kids back at the school, like caramel apple decorating, the ever-popular face painting and more!

If you would like to be part of this exciting afternoon, please **sign-up via Class Dojo or Classroom sheets located at the sign-in station**. You can volunteer to bring some supplies, help out with Trunk-or-Treating and/or with the Harvest Festival activities. All of the activities will be finished by 5pm.

Welcome to St. Luke's SPIRIT NIGHTS!

Every month, Rising Star Boosters partners with our local community businesses, introducing & engaging our families in their neighborhood. Your participation in these Spirit Nights **NOT ONLY** accounts as ***a point*** toward your participation but a percentage of the earnings **GOES BACK** to the school!

GLORY DAYS SPORTS GRILL
LAKEWOOD • CALIFORNIA

Friday, October 23
3PM- Close

*CHECKOUT ANDY'S EXPRESS CARWASH: 9/28 - 10/2
(Page 1) **50%** carwash subtotal donated to BOOSTERS!

Parent Participation Points

We require our families to participate in 25 hours = $20 per hour of participation. SLCP has dozens of activities from which you can choose to serve (Preschool Sunday's, Maintenance projects, Mission drives, Special Events, etc.). Kids love seeing and knowing that their parents and families are doing something special at school. We thank you for honoring this commitment and for making St. Luke's community special.

RECORDING YOUR PARTICIPATION:

Record your participation right away in 2 ways:

#1 Family Participation card (located inside main entrance/ Younger) noting hours or money spent.

#2 Google Form answer a few simple questions and record.

https://forms.gle/fMDdUKyirWkuzQfV9

We will tabulate hours based on what you record every three months.

Tips for completing service hours without stress:

- Start early! Mark down dates and commitments on your family calendar months before they start. Mark out the entire year.
- Plan to participate in several things throughout the year so that hours can accumulate steadily.
- Keep track of your own hours and submit them immediately.

SEPTEMBER BIRTHDAY'S

Oct 05	Nancy Taschner
Oct 09	Lance Andersen
Oct 13	Cia Pena Salisbury
Oct 17	Janet Christopherson
Oct 17	Susan Lande
Oct 26	Norm Bernd
Oct 27	Don Larkin
Oct 27	Elsie McCuan
Oct 27	Jerome Hodge

Oct 01	Denzil & Lisa Dunn
Oct 05	Lance & Pam Andersen

Upcoming Events

Oct 01	Neighborhood Watch @7pm
Oct 03	Sourdough Class RSVP w/Erin 10am-Noon
Oct 04	Blessing of the Animals!!
Oct 06	Worship & Music Committee @7pm
Oct 08	Otis Spunkmeyer fundraiser comes to a close. Get your orders in!!
Oct 10	Walking with Purpose ~ Willow Springs Park @9am. Breakfast @Black Bear Diner
Oct 16-17	Movie Night & Campout starts with BBQ @6pm
Oct 20	Preschool Board Mtg @6:30pm
Oct 23	St. Luke's Spirit Night ~ Glory Days Sports Grill 3pm – close
Oct 25	Reformation Sunday ~ Wear Red!!
Oct 30	Harvest Festival for the School! From 3:30pm – 5pm Decorate your Trunks and bring goodies to share with our friends as they "Trunk or Treat" from car to car!!

FOOD IN THE BIBLE

F I M S D R I S J L L E N T I L S X I T
J R A A A T O S A E M S Q H W C G W G X
R X E G M M N E A B F O K L I S T B P R
E R S E V I L O U K Q U A I L S A M S B
B I E G S O S T L K L F F K F T K E L M
M M T I Y M T I A L F I K O F W B R V A
S L A E G E K E W M D L M K W E G O N Z
O R N M R H L X E R D R B M T M A N N A
A O A M D V G R M O N F A B W E S I J A
H E R B C I L R A G O A W T M E L O N S
A B G I B W P L A B J S H F S A F N M K
G Q E A S E G C A P S S G H S U L S D E
S F M T B N F N G V E B A X D F M G W E
F R O X Z F E G J N I S B S N A E B R L
D U P W L X U C I W M N S F O H O E O M
E S F P W P H W R F O H E A M S G M W G
J G W Q M E F H L N B J T G L G L F A X
M I G K E R W E R V O L A Y A T M J H F
A F I S H W X A H I Y Q D S G R S E K N
J S E E G S H T R K O S F R M E N Q B V

ALMONDS
BARLEY
BEANS
BREAD
BUTTER
CHEESE
DATES
EGGS
FIGS
FISH
GARLIC
GRAPES
HONEY
LAMB
LEEKS
LENTILS
MANNA
MELONS
MILK
MUSTARD
OLIVES
ONIONS
POMEGRANATES
QUAIL
RAISINS
SALT
VINEGAR
WHEAT
WINE

Bible Word Search Puzzles by BIBLEPUZZLES.com

The Courier **is the newsletter of**
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SUNDAY SCHEDULE
In-Person & Online Services
9AM & 11AM

ONLINE STREAMING LINK
https://www.youtube.com/@stlukeslongbeach

St. Luke's Evangelical Lutheran Church

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Change Service Requested