

The Spirit

of Atonement

MAY 2024

—Pastor's Note

“When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.” Acts 2:1-2

On May 19, we will get together for Pentecost worship in the park. Throughout my life in the church, I have experienced many ways of marking this important day: a birthday cake for the church, the Acts story read in multiple languages, wind chimes and fire, ribbons and special music. There are so many ways we tell this story and celebrate that day when God's Spirit flowed freely, blowing into the room and putting the Gospel into the vernacular of many people. I am excited to celebrate Pentecost with all of you, and I look forward to celebrating this Spirit-filled day with our school children in chapel, but this year I find myself caught up in the way God enters the room, and how the people experience God's presence. A few weeks

ago during confirmation, we watched a video from Pastor Jay Gamelin entitled “Unknowing the Revealed God.” In the video, Pastor Jay talks about the challenge we face as humans when it comes to the concept of our creator. Because God is infinite, our human finite consciousness cannot completely grasp all of who God is. So, we use the best language we have to describe that which is beyond our comprehension. When we hear the Pentecost story this year, I invite you to consider the way the author describes God's activity as “the rush of a violent wind.” Rather than saying that God is wind, the author uses the best language they have to describe something inexplicable that happened. It is such good news to know that God is bigger than all of us, and yet God still chooses to come among us in ways that are surprising and hard to describe—but that we can't help but identify as God's presence.

-Pastor Delaney

Thank You

Thank you to all who participated in my installation day! I am so grateful for the worship leaders, the reception contributors, the organizers, the musicians, and all who showed up for a beautiful worship service. Thanks so much! -Pastor Delaney



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Seniors Alive

(subject to change or cancellation)

Monthly Meetings

Seniors (age 50 and over) are invited to monthly meetings in Fellowship Hall. The next meeting will be on

Monday, May, at 1:30 p.m. Our entertainment will be guitarist, Dan Sproat.

- June 27, The Muny—Dinner At Joey B's on the Hill followed by the production of *Dream Girls*. Bus leaves at 4:30 pm and returns at 11:30 pm. Cost is \$130 per person - pay by May 24

Tours

- May 29, Holocaust Museum/ Butterfly House – Guided tour of the newly remodeled Holocaust Museum followed by lunch at Spiro's Greek Restaurant. Then visit the Butterfly House. The bus leaves at 9:15 a.m. and returns by 4:00 p.m. Cost is \$100 per person.

For more information on future tours, contact Pat Furlong at (636) 447-5040.

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



Atonement Book Club

Due to scheduling conflicts, the May meeting of Atonement Book Club is changed from Sunday to the afternoon of Tuesday, May 7. We will meet off-site. This month only, we will need to know who is coming, so please RSVP to Jan Koch at njkoch@aol.com.

In June, we will return to our regular scheduling—the second Sunday of the month in the Family Room at 1:30 p.m.

This month, we will be discussing *Our Best Intentions*, by Vibhuti Jain. An incident sends shock waves through the community and reveals jarring truths about the lengths to which families will go to protect themselves. Alternating between multiple perspectives, *Our Best Intentions* is a gripping story about a father and daughter re-examining their familial bonds and place in the community that explores how easily friendships, careers, communities, and individual lives can unravel when the toxicity of privilege and racial bias are exposed.



**From the Parish Nurse
"Depression"
Joyce Pingel, L.P.N.**

Our mental health (or emotional) dimension is one aspect of wholistic health, and is very important to our total well-being. The Bible has a lot to offer us in terms of mental health. St. Paul encourages us with these words, "...Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" Philippians 4:6,7.

What is Depression?

Depression refers to feelings of sadness, isolation, discouragement, or hopelessness that persist. It is a serious illness which affects a person physically, emotionally, spiritually, socially, and vocationally. The presence of depression does not indicate a lack of willpower or a weak faith. In 2023, 29% of Americans reported having been diagnosed with depression in their lifetime, while 17.8% reported currently having depression. Women are nearly twice as likely as men to be diagnosed with depression. Depression can occur at any age. (Mayo Clinic).

What are the Signs and Symptoms of Depression?

The following are the common symptoms of depression. If you experience four or more of these symptoms for longer than two weeks, or if your symptoms interfere with your daily life, you may be experiencing depression. If you have any concerns about depression, please visit with the Parish Nurses and/or your doctor.

- * Ongoing feeling of sadness, anxiety, or emptiness
- * Loss of interest in usual activities
- * Feelings of hopelessness, helplessness or pessimism
- * Feelings of worthlessness, helplessness or guilt
- * Inability to give or accept affection
- * Difficulty sleeping
- * Difficulty eating
- * Chronic body aches and pains that don't go away
- * Excessive crying
- * Restlessness, irritability, or over activity
- * Decreased energy, persistent fatigue
- * Thoughts of death or suicide

(Helpful Facts About Depressive Illnesses), 1989

(continued on page 6)

ATONEMENT LINKS

This is it - May! For many, this is the fifth month of the year. Here? It's the end of the school season and the end of the Easter season. May 19 we have the Day of Pentecost, when we celebrate the gift of the Holy Spirit, Then, on May 26, we celebrate The Holy Trinity, when we commemorate and celebrate God who is three in one: God the Father, God the Son and God the Holy Spirit. For us, this means summer begins.

May is a season of happy endings and new beginnings for Atonement. We are able to close a chapter at school and church, and reflect on any changes for next year. We begin time off to unwind a bit, focus on some extra time with family, and begin planning the next "working" chapter.

What are you looking forward to this May? Graduation? Time to sleep in? Vacation? Those are all wonderful! This May let's also take the time to reflect in gratitude, focus on improvements (self, family, work, relationships, etc.), and take time to give thanks to the One who gave us every blessing along the way.

While school is off for the summer, everyone is invited to join Atonement Church on Sundays, Bible studies, and special events. The calendar is on our website, and if you have any questions, you can call the school office (shortened hours) at (314) 837-1252 or the church office at (314) 837-1224.

School Summer Camp details will be on the school website soon - we hope to see some of our familiar faces.

"Be the Light"



WOW: Worship on Wednesdays

Summer Worship Opportunities

Join us this summer as we get together for new worship experiences!

June: Holden Evening Prayer in the Garden

June 12 & 26, 6:30 p.m.

July: Dinner Church in Fellowship Hall

July 10 & 24, 6:30 p.m.

August: Contemplative Worship in the Sanctuary

August 14 & 28, 6:30 p.m.

Community Walks

We invite you to join us for a special neighborhood walk to explore the "Glows and Grows" of our community—a chance for us to connect, learn, and grow together.

Saturdays, June 1 and 22, 2024
9 am-11am

We will begin and end at Atonement.

As we walk through our neighborhood, we'll take the time to observe and discuss the strengths (the "Glows") and areas for improvement (the "Grows") in our community. It's an opportunity for us to deepen our understanding of the needs and aspirations of those around us, and how we can contribute positively to our shared home. Together, we'll listen to the stories of our neighbors, celebrate our community's achievements, and explore ways in which we can support each other in areas that need attention.

Let's walk hand in hand as we seek to build a stronger, more compassionate community.

Questions? Please speak with Pastor Delaney or Joyce Pugh-Walker!



*News from
Atonement
Lutheran School,
Principal
Kim Kern*

“Let us then lay aside the works of darkness and put on the armor of light!” Romans 13:12

May has arrived with its rainbow of colors!
Here’s what is happening at school:

Friday, May 3—School Spirit Day

Wednesday, May 8—Chapel: Awards Day

Friday, May 10—Field Day with a 1:30 pm Dismissal

Monday, May 13—Chromebooks will be collected, including chargers and cases

Tuesday, May 14—Pre-K Graduation at 9 am

Wednesday, May 15—Kindergarten Graduation at 9 am

Thursday, May 16—8th Grade Graduation at 7 pm

Wednesday, May 22—Last day of school with 10:30 am Dismissal - No Extended Care

Have a blessed and wonderful summer! We can’t wait to hear all about it when you return in August!!



Principal Kim Kern has announced her resignation as principal of Atonement Lutheran School. She will conclude her work with Atonement this summer.

We are so grateful for her dedication, administration skills, and her love for the students and staff. Principal Kern will be missed.

If you would like to share your gratitude, please send a card to the school office.



We celebrated the Baptismal Birthdays of these Eagles who were baptized in the month of April



The Drama Club acted out the story of the Good Samaritan during Chapel in April.
LOVE ONE ANOTHER!



School families gathered in Fellowship Hall for Pancakes with Parents. Thanks to APTO!

(Nurses....continued from page 3)

How Can Depression Be Treated?

Depression can be effectively treated in several different ways. The vast majority of people with depression recover and lead meaningful and productive lives. Both medications and counseling or psychotherapy are used in the treatment of depression. It is also very important for family and friends to recognize the symptoms of depression, and encourage treatment for persons suffering from depression.

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and He will do it”. (1 Thessalonians 5:23).

In spite of the difficult times in which we live, God’s peace can help us to be whole emotionally.



The Parish Nurses will host a Blood Drive on Thur., May 9, from 3:30—6:30 p.m. in Fellowship Hall. It is being conducted by ImpactLife. Please sign up on the attendance form if you are interested.

They are also hosting a CPR Day (Cardiopulmonary Resuscitation) on Sat., May 18, beginning at 9:00 a.m. in Fellowship Hall. A Florissant Valley fireman will be heading the class. Everyone that took the course two years ago should sign up now, as well as others who are interested. Please sign up on the attendance form, or contact Joyce Pingel at (314) 740-2137.

Stewardship of Creation



Throughout the month of May, we will take time to notice the gifts of God in the natural world.

Keep your eyes and ears open to God’s creativity all around and be sure to send photos to the church office as you notice God around you. As we reflect on the gift of all that God has made, we recognize our role as loving caretakers. Check out the creation care tips below and consider how you might enhance your life as a steward of creation!

Creation Care Tips

-By Jaimy Suydam

OPERATION LOCUST!

EAT UP EVERYTHING!

Eat up all food in the deep freeze and the refrigerator in preparation for Spring cleaning. It’s critical to clean the freezer and refrigerator in all the nooks and crannies for the sake of sanitation, but it’s difficult when there is all that food in there.

Eat up all the food in the cupboards and pantry for the same reason. Things spill, drip, leak, and we don’t even know it because all the food in there blocks our sightline. And what about the items up on the high shelves; move those items down as you clear out the lower shelves, so you don’t forget about them.

And what about all the food we forgot about and their expiration dates? This gives us the opportunity to use up things that are about to expire. Waste not, want not.

Think about all the money you’ll save, not buying nearly so much food in the next few weeks. I love saving money and getting a needed job done.

Got a Tip that we can share? Send it to Jaimy Suydam, (314) 497-9110 or

jaimy19@hotmail.com

—See next page for more!



FOOD- IT'S TOO GOOD TO WASTE!

It is estimated that American households waste roughly 40% of the food that is purchased. 125-160 billion pounds of food go to waste every year. In the U.S, food waste causes an environmental strain, wasting fresh water, fertilizer, and cropland as well as contributing to increased landfill volumes. Reducing food waste is one of the biggest ways individuals can impact climate change through their personal actions-while saving money.

In May and early June, in addition to the beauty of spring and early summer, St. Louis is expecting an influx of billions of periodical 13-year cicadas. They will be amazing (and to many...annoying) to observe as they buzz, fly, and land on cars and lawns in their predicted high numbers. Not to be confused with locusts that swarm and devour crops, cicadas, though loud and messy, are not destructive and are harmless to humans or pets.

Please forgive us as we use innocent cicadas to imagine devouring locusts to picture food waste with 'Operation Locust' as laid out in this month's Creation Care Tip (on previous page).





ATONEMENT SUMMER CAMP

Kindergarten-4th Grade

6 WEEKS OF FUN
MONDAY-THURDAY

**JUNE, 10TH-
JULY, 18TH**

ACTIVITIES

- Christian talks
- Playing
- Arts & Craft
- Games
- Outside play
- Field trips

1285 NORTH NEW
FLORISSANT ROAD
FLORISSANT, MO
63033

JOIN US ON OUR FUN ACTIVITIES!

Register your kids :
**Please fill out form and
return it to the school
office along with payment.**

Registration
form:



Earth Day, April 22



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

Return Service Requested

March 2024

Newsletter

*Deadline for the
June-July 2024. issue*

12:00 Noon

Thursday, May 9.