

# Cross of Christ Lutheran Church and Preschool

576 Deer Park Avenue, Bbylon, NY 11702

Office: (631) 661-7245 ~ Preschool: (631) 376-0773

Website: [www.CCLChurch.com](http://www.CCLChurch.com) ~ Email: [Office@CCLchurch.com](mailto:Office@CCLchurch.com)

Sunday Worship Service ~ 10 a.m.

Sunday School ~ 10 a.m.

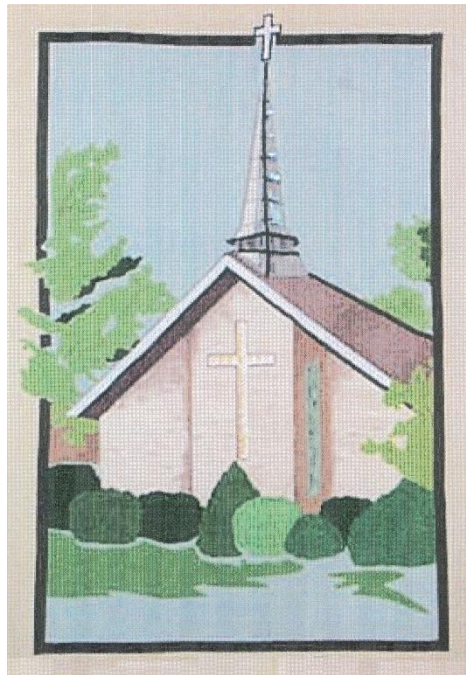
(children come to church with family)



Evangelical Lutheran  
Church in America

God's work. Our hands.

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CROSS  
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JANUARY 2024



*We are a community united in Jesus Christ,  
sharing God's love through word and deed.*



Dear Members and Friends,

**January 2024**

As we wind down the year 2023, I am feeling grateful to God for many blessings. Among them are:

- The many toys collected for Trinity Lutheran Church in Wyandanch.
- The many Operation Christmas Child boxes collected and distributed with special thanks to Anita Meserole.
- The cards our Sunday School children made for Nursing Home residents.
- The mittens collected from our Preschool children.
- The many food gift cards distributed, and the many meals (and extras) given out on Tuesday evenings (with special thanks to our Director, Head Chefs, and volunteers).
- The Tuesday food pantry (with special thanks to Melody Wubbenhorst, our Director, and all the volunteers).

All these kindnesses are reflective of caring and loving hearts, as we share with others.

I am also grateful for all who helped to enhance our Christmas worship services, especially

- Decorators (See names listed on page 7.).
- Organist and Choir Director, Rossina Zacarias and all members of Junior, Youth and Senior Choirs.
- Bell Choir Director, Anita Meserole and members of Bell Choir.
- Soloists: Anita, and Elisabeth Meserole; Jaclyn Riegel; Connor Flynn; Tony Wevers; Christian Cederstrom.

On Wednesday, December 6, Prime Timers enjoyed a Sauerbraten Luncheon. We thank Beverly Russo and Marilyn Vidoni. And we thank Ingrid Meyer for all that delicious German potato salad. And we thank God for our ability to enjoy fellowship among our Prime Timers.

The Epiphany of Our Lord is celebrated on January 6. In the season of Epiphany, we celebrate the visit of the Magi. *The Excerpta et Collectanea* associated with the Venerable Bede gives the number of the Magi as three and supplies their names:

*The Magi were the ones who gave gifts to the Lord. The first is said to have been Melchior, and old man with white hair and a long beard.... who offered gold to the Lord as to a king. The second named Gaspar, young and beardless and ruddy-complexioned.... honored him as God by his gift of incense, an offering worthy of divinity. The third, black-skinned and heavily bearded, called Balthasar....by his gift of myrrh testified to the Son of Man who was to die. The Epiphany of our Lord celebrates the manifestation of Christ to the world.*

On Sunday, January 7 we will celebrate the Epiphany of Our Lord at the 10 a.m. worship service. The Sunday School children will present an Epiphany Pageant with a special visit from the Three Kings. I hope you will be present at worship, and the coffee fellowship time following the worship service.

The Congregational Meeting will be held on Sunday, January 28 following the 10 a.m. worship service. At this meeting, we will elect Church Council members. We will also highlight mission and ministry at Cross of Christ Lutheran Church in the last year. Please mark your calendar and plan to join us.

I will be leaving on Monday, January 29 to visit my sister in Florida. I return to New York on Monday, February 5. Our Former Vicar, Gavin Schwen, will be leading Service of the Word on Sunday, February 4 at 10 a.m. I know you will be pleased to welcome back our beloved Vicar on that date.

As we recall the three kings bringing gifts to Jesus in the season of Epiphany, I thank you for your gifts of time and talent and your offerings. May God bless you in this new year.

Sincerely yours in Christ,

*Pastor Joanne Bond*

Pastor Joanne Bond



- Please note ~ the Nativity scene at the altar was a gift from my Mom, Fran Oleaga from Florida.



## Change Anyone?

By: Rev. Dr. Ronald Lehenbauer, LMFT,  
LCC Pastoral Counselor

Is there something about yourself you'd like to change? You're realizing that it would be in your best interest if you could change some of the ways you're thinking or feeling or something you're doing.

Personal change may involve our inner selves (deep feelings, beliefs, wishes, or fears) or our external behaviors (habits or decisions or relationships with others), or both. Change is often about personal growth, and that's always a good thing.

In my reading and research, I've learned a few things about personal change I'd like to share with you. Personal change is often a process of moving from Unconscious Incompetence ("I don't know what I don't know.") to Conscious Incompetence ("I know what I don't know.") to Conscious Competence ("I'm learning.") to Unconscious Competence ("I know it and do it – it's become automatic.")

The obvious question is how to do it. How can I go about making some necessary changes in myself?

I'm currently reading a book about that by Christian Jarrett (*Be Who You Want: Unlocking the Science of Personality Change*, New York: Simon & Shuster, 2021). I'd like to share some insights from this book. Researchers at the University of Zurich have discovered three basic principles of an evidence-based approach to personal change.

The first is a willingness and intention to change. That will most likely come from your values and life-goals – what and who in your life is most important to you. So it can be rewarding and effective to ask yourself, "What matters most to me?" or even "Who do I want to be?"

The second is a belief that you are capable of achieving the change you want. Do you have a "growth mind-set"? Is learning and growing important to you in your life? Research shows that inherited personality traits are a little like factory settings: yes, they incline you to act in certain ways, but with effort, commitment, and the right strategies, they can certainly be changed.

The third principle is the necessity of persistence with your behavioral changes until they become habitual. You must realize that change takes time and that it might be uncomfortable for a while. New ways of behaving take conscious effort at first, but through repetition, they can become easier and then

more automatic – just like learning to ride a bike.

Jarrett also shares ten rules for personal change, and here they are:

### TEN RULES FOR PERSONAL CHANGE

- ① Successful change is more likely if it's for a larger purpose.
- ② You won't improve unless you appraise yourself honestly.
- ③ Real change begins with action.
- ④ Initiating change is easy. Sticking with it is the hard part.
- ⑤ Change is an ongoing process, and you need to keep track of it.
- ⑥ You need to be realistic about the amount of change that is possible.
- ⑦ You're more likely to succeed with the help of others.
- ⑧ Life will get in the way. The trick is to anticipate and roll with it.
- ⑨ Self-kindness is more likely to lead to lasting change than beating yourself up.
- ⑩ Believing in the potential for – and continuing nature of – personality change is a philosophy to live by.

As a Christian, I also find it helpful to remember the gift of Baptism – how we've been “born anew” (John 3:3) and “have put on Christ” (Galatians 3:27). That means dying to an old way of being and being born into a new way of being. God gives me, in my Baptism, the capability to live my life as a changed person.

Sometimes when we're trying to make some personal changes, reaching out to friends and others for support can be very helpful. That's also one of the benefits of personal counseling. The Lutheran Counseling Center is here for that purpose. Feel free to reach out to us with any need you have and help for your personal growth.

*Dr. Ron Lehenbauer is a certified Imago Relationship Therapist, also trained in Discernment Counseling, Acceptance and Commitment Therapy (ACT), Motivational Interviewing, EMDR, and other therapy modes for anxiety and depression. He counsels adults and couples. For an appointment with any of our counselors or for more information, call LCC at 1-800-317-1173. For safety, all sessions are currently provided using a secure, HIPAA compliant virtual video and/or audio platform.*

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**Cross of Christ Lutheran Church** is now a membership congregation of Lutheran Counseling Center (LCC). One benefit is that professional counseling is available to our congregational members and their families at reduced rates for the first four sessions. For more information, or to set an appointment with a Christian counselor, please call the LCC main office at 516-741-0994 or 1-800-317-1173.

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The Preschool staff and I hope everyone had a very blessed Christmas and a great start to the New Year!



We are now beginning to accept registrations for the enrollment of students in our preschool for the 2024-2025 school year. **Children of the congregation and current students may enroll for September 2024 beginning Tuesday, January 2, 2024.** Open enrollment for the community will begin Tuesday, January 16, 2024.

We offer classes for 2, 3 & 4-year-old children, morning sessions (9:30 a.m. – 12:00 noon) as well as full-day classes (9:30 a.m. - 3:30 p.m.). We have 2-day, 3-day and 5-day classes.

**If you are interested in enrolling your child, please contact the preschool office by Tuesday, January 16, 2024,** to secure a spot for the Fall. We will continue to accept applications until classes are full.

If you have any questions about the program and/or would like to see our classrooms, please contact me at 631-376-0773 between the hours of 9:00 a.m. and 3:30 p.m. or send an email to [preschool.director@cclchurch.com](mailto:preschool.director@cclchurch.com). I will be glad to arrange a time to meet with you and give you a tour of our beautiful facility.

Yours in Christ,  
Allison Fischer, Preschool Director



## *Sunday School News ~ January 2024*

A brand-new year has begun, a gift from the Lord.

On the first day back to Sunday School, **Sunday, January 7**, the children are presenting an **Epiphany Pageant** during 10 a.m. worship. We have not been able to do so since 2019 because of the pandemic and this is very special for the teachers and the children. Please plan to stay for coffee hour sponsored by the Sunday School and enjoy some special treats.

We will study the Old Testament which offers a plethora of fascinating characters and stories! The children will be involved in several collaborating groups to bring the stories to life.

Each Sunday we pass an offering basket. The children may contribute change or perhaps \$1 if able. If you have not received Sunday School offering envelopes, please let me know.

Beginning Sunday, January 14, we are asking the children each week to bring in pop-top cans of soup, Dinty Moore stew and like items for "**Soup-er**" **Bowl Sunday** that culminates on **February 11**, with the Football Super Bowl. We hope to collect many cans for our food pantry and to make this endeavor successful.

We treasure the time spent with the children in Sunday School. Please know that they are always welcome to bring a friend to class.

Yours in Christ,  
Deacon Sandy Miller, Sunday School Superintendent  
Mrs. Denise Gagan, Mrs. Anne Maurice and Mr. Bill Reichert





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## **DID YOU KNOW .....**

### **Cross of Christ Lutheran Preschool ....**

- **Is one of the few preschools in our community that has New York State Certification by Office of Children & Family Services**
- Has a fine Director, Mrs. Allison Fischer
- Employs a fine staff of Teachers and Assistant Teachers, who meet high standards of Office of Children & Family Services
- Enjoys a newly expanded, beautiful playground
- Utilizes a “Smart Board” for educational purposes
- Partners with Babylon and North Babylon School Districts for two Universal Pre-K classes
- Includes a fine music program for children with Miss Rossina
- Provides ample parking in our private, off-street parking lot
- Has a brightly lit full gymnasium
- Is in a safe, secure environment
- Shares the “Good News” with children at chapel services as Pastor Bond teaches children about God’s love for them

**Please call to arrange a tour, or meet with our Director,  
and find out why our school is a cut above.**

Preschool: (631) 376-0773      Church: (631) 661-7245

**Cross of Christ Lutheran Church and Preschool  
576 Deer Park Avenue, Babylon, NY 11702**





- **SUPPER** - Tuesdays, 4 p.m. to 5 p.m. with “grab & go” meals. We can use more volunteers. **If you can assist**, please call the church office. **Thank you!**
- **PANTRY** - Tuesdays, 4 p.m. to 5 p.m. For a list of pantry needs, please look in the Sunday bulletin or call the church office. **All donations are greatly appreciated!**



### **CONFIRMATION CLASSES RESUME WEDNESDAY, JANUARY 17, 2024**

**Confirmation Classes** ~ Wednesdays at 7 p.m.

**“Hang – Out” Time** ~ Wednesdays at 6:30 p.m. prior to Confirmation class with pizza and snacks. All **Confirmands** are welcome!



- **Junior Choir** ~ Sundays following Sunday School. All children who like to sing are welcome! Rehearsals are about 20 minutes and are held in the Luther Room.
- **Youth Choir** ~ Wednesdays at 6:30 p.m. All confirmands are welcome to join.
- **Senior Choir** ~ Wednesdays, 8 p.m. to 9 p.m. All are welcome to join.
- **Bell Choir** ~ Wednesdays at 7:15 p.m. All are welcome to join.



**Pastor's Bible Study will resume in the New Year. More information to follow.**



**Prime Timers** ~ Wednesdays at 12 noon. All who are 50 years or older, please join us Wednesdays at noon. Bring a brown bag lunch. Enjoy coffee, cake, fun and fellowship with us.



**COFFEE FELLOWSHIP HOURS** ~ Would you like to sponsor Coffee Fellowship time following worship on Sunday morning? You may celebrate an occasion (birthday, anniversary, etc.). Call the Church Office (631-661-7245) with any questions, or to schedule your coffee hour dates.



**WOULD YOU LIKE TO SERVE AS A WORSHIP ASSISTANT?** We invite you to prayerfully consider serving as a **Lector (Reader)**, **Communion Assistant**, or **Usher** at worship. Please speak to Pastor or call the church office.\)



**TAI CHI CLASSES** ~ Fridays at 7 p.m. Fee: \$10 per class. Good for the mind, body and spirit! For more information, call the Church Office (631-661-7245).





**Special thanks** to everyone for your generous donations towards the **Christmas Toy Drive**, and the **Christmas Food Gift Cards!** Thank you for your continued support and thank you for helping us to help families in need this holiday season!

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**Special Thanks** to all who helped decorate the sanctuary, **especially:**



Andrew Alzmann  
Christina Bein  
Bob Berthold  
Bill Blatz  
Eeva-Liisa Bulger  
Donna Jackson  
Nancy Klobetanz  
Anita Meserole  
Beatrice Meserole  
Elisabeth Meserole

Scott Meyerdierks  
Bill & Sandy Riegel  
Joe, Jenn & Gabe Rivera  
Mike & Diana Schnugg  
Ron, Faith & Ryan Schoelermann  
William & Rochelle Shields  
Rob, Jackie & Owen Smrek  
Tony & Jean Wevers  
Jean Zore

*with special thanks to Anne Maurice for the delicious lunch!*



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If you have 2023 Offering Envelopes that you have been meaning to send in, it is not too late to do so. Please mail or bring them to church **by Sunday, January 14, 2024** if you would like them to be included in your **2023 year-end Offering Statement**. By doing so, you will be assured that your church meets all its ministry and financial obligations that include electricity, fuel, payroll, mission endeavors, property maintenance, etc.). **Thank you!**



**2024 Offering Envelopes** are available on the table in the hallway! If you have not done so already, please pick up yours! If you do not receive envelopes and would like to, please call the Church Office (631-661-7245).



**2024 Lutheran Church Year Calendars** are available on the table in the hallway courtesy of Boyd-Spencer Funeral Homes.



**If you are having surgery or a medical procedure**, please call the church office so that we can include you in the Sunday prayers **or** if you would like a pastoral visit.

## Looking ahead .....

### Congregational Meeting



Please mark your calendar for the  
*Annual Congregational Meeting* to  
be held:

Sunday, January 28, 2024  
following the 10:00 a. m. Worship



Scout Sunday

### Sunday, February 4 is "Scout Sunday"!

We recognize all Scouts and their families with appreciation for all the good they do. A Boy Scout Troop will sponsor Coffee Fellowship time following the 10 a.m. service.



### Sunday, February 11 is "Soup-er" Bowl Sunday

Please bring in a pop-top can of soup, or a meal in a can such as stew, ravioli, etc. to replenish our pantry. *Thank you!*



Ice Cream Social

### Sunday, February 11

(following 10 a.m. Worship Service)

*All Welcome!*

Please join us before the Lenten Fast  
for "Ice Cream & Waffles"!

**Please bring board games!**



Wednesday, February 14 is **ASH WEDNESDAY** (the first day of Lent) ~  
Worship services will be held at 11 a.m. and 7:30 p.m. Both services will include the Imposition of Ashes and Holy Communion.



**When:** Saturday, February 17, 2024 – 9 am start time  
**Where:** Cross of Christ Lutheran Church (Room TBD, enter by Gym)  
**Cost:** \$36.00 (Cash or Checks payable to Cross of Christ)

## SAFE DRIVING CLASS

Bagels, coffee, and tea will be provided!

This class will save each attendee 10% on collision and bodily injury coverage for 3 years from the date of completion.

There is a 20-person minimum class size, so please sign up on the sheet in the hallway and give a check to the Church Office. Call the office at 631.661.7245 to grab a spot or contact Bill Riegel for further details.



### Thrivent Members: Did you know you have Thrivent Choice Dollars to direct?

In this season of giving, make a Choice that matters. By directing Choice Dollars, you can recommend where some of Thrivent's charitable outreach funds go. It's your opportunity to spread joy to a cause you cherish.

#### Direct Today!

Visit [www.thrivent.com/thriventchoice](http://www.thrivent.com/thriventchoice) to direct your Choice Dollars today! Need inspiration? The Thrivent Choice catalog includes organizations who are eligible to receive Thrivent's charitable outreach funds, including Cross of Christ Lutheran Church. **Deadline to direct 2023 Choice Dollars is March 31, 2024!**

#### Need Help?

If you have questions, please email [fraternal@thrivent.com](mailto:fraternal@thrivent.com) or call 1-800-847-4836 and say "Thrivent Choice".



.. **will hold auditions Monday, January 15, 2024** starting with rehearsal, **7:30 p.m.** at **Sisters of St. Joseph Brentwood Campus**. All voice parts are welcome!

For additional information visit [www.babylonchorale.org](http://www.babylonchorale.org) or email [info@babylonchorale.org](mailto:info@babylonchorale.org).

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**January 6** marks the day of Epiphany, when the Magi , or wise men (who were Gentiles), came to worship Jesus and bring him gifts. During the church-year season of Epiphany, we remember that God’s Son is the Light of the whole world.

### ***LESSONS IN WISE FAITH***

“The Magi teach us true faith,” said Martin Luther. Given the obstacles they encountered, we would understand if they had given up altogether!

First, the travelers were “off the mark,” coming to Jerusalem to seek a newborn king in a “royal palace.” Then, directed to Bethlehem, the wise men found a sight “so utterly out of keeping with a king” — a poor young woman and child, in a “poor hut” — that one might expect them to head straight home. “But,” declares Luther, “with a great, strong and full faith they ... follow the word of the prophet and the witness of the star in all purity of heart,” bowing to worship and honor the Savior.

—Based on Luther’s sermon for the Festival of the Epiphany (1522), *Luther’s Works*