



Our Cornerstone

May 2010

Celebrate! Learn! Contribute! Serve!

The Zeile Report

The Rev. John C. Zeile, S.T.M., PASTOR, CHRIST LUTHERAN CHURCH & SCHOOL



Thanksgiving in May?

Why not? After all, one of Sunday's familiar pre-communion phrases says "It's meet (proper), right (appropriate), and salutary (beneficial) that we should AT ALL TIMES AND IN ALL PLACES GIVE THANKS to you, O Lord...." So, let's go....

I give thanks that this summer in early July we'll pass the eighty-fifth anniversary of the Christ community's beginnings in ministry. No big fanfare is planned, but the recognition that "we are because of others" certainly is worthy of our thanks for our forerunners whose faithful and sacrificial generosity laid the foundation for the ministries of today as well as the facilities in which they are based. We have a lot in common with them; I suspect the challenges they faced are remarkably similar to our own, as well as is the realization that we are placed here to leave our legacy and foundation for ministry and service for those who will constitute the Christ Community of future years.

I give thanks for school families who make the often sacrificial decision to provide their kids with a first-rate academic experience, and for the Christ centered faculty and staff who infuse each day with the essence of

Christian spiritual formation in what they teach and exemplify to their classes.

I give thanks for the positive spirit with which the Christ Community has faced and weathered some remarkable challenges over the past decade, especially the nearly universal decline in parochial and private school enrollments and the reality that nearly 90% of mainline Protestant congregations are either on a plateau or in decline. The overwhelmingly positive recent accreditation visit by the Western Association of Schools and Colleges (WASC) is a powerful endorsement of our educational process here, and the generous initial response to our Taking Hold of Tomorrow Capital Fund Drive shows our determination to move forward in funding our mission.

I give thanks for the boldness of our taking on the Transforming Congregations process a year and a half ago. Our journey therein continues to challenge us as we now begin to reshape the Constitution and Bylaws which define our identity and detail our approach to future ministry and mission. After first being given a preliminary review by our District's Constitution Committee, these documents will be thoroughly studied on a series of October Sundays prior to our voting on them on Reformation Sunday, October 31. You'll recall we took

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such a deliberate study approach prior to our 97% majority adoption of the transformation process on January 11, 2009; this constitutional refurbishment deserves no less careful consideration.

I give thanks for my forthcoming service as a pastoral delegate to the LCMS Synodical Convention July 8–17 in Houston, TX, at which two days will be devoted to study and adoption of much needed, innovative, courageous, and helpful revisions to our national organization to make

for a more effective management of what God has called us to be.

Most of all—as did St. Paul in Philippians—I “give thanks for your (continuing) partnership in the Gospel, from the first day until now.”

May Blessings (and Thanksgiving)!

Pastor Zeile

HealthWatch & Wellness

Mrs. Nancy Jackson, RN, PARISH NURSE, CHRIST LUTHERAN CHURCH & SCHOOL



Develop Your Personal Fitness Plan

Physical fitness means so much more than being thin, trim and muscular... it means keeping your body in top working order.

A true physical fitness plan is much more than a simple exercise plan. With a true total fitness plan you can increase both the number and the quality of the years ahead of you. A total fitness plan must include weight control, proper nutrition, exercise, and the eliminating of unhealthful habits such as misuse of alcohol, drugs and cigarettes as well as stress reduction.

It is important for you to consult with your physician before beginning a new exercise regime. Then when you do start a fitness plan, it is essential that you develop healthy habits. Start slowly and pace yourself so that the plan becomes part of your everyday behavior. Choose activities that you enjoy as the core part of your exercise program. Common aerobic exercises include running, walking, swimming, and stair-climbing. They will get your heart rate accelerated and oxygen-rich blood will be pumped to the entire body. Doing these exercises with a friend increases the likelihood that you will continue the activity for the long-term.

In addition to doing aerobic exercise as the core of your exercise program, you will want to do some conditioning exercises to improve your flexibility and muscle strength. Additionally, remember to do some muscle stretching before and after your exercise session as a protection for the muscles you use.

Need some help in planning your own personal physical fitness program? The Christ Lutheran parish nurse is available to assist you. You may stop by the parish nurse office on Mondays, 8 A.M. – 4 P.M.

Nancy Jackson RN

Parish Nurse