

Beka's  
Buzz

My favorite Christmas movie of all time is "The Santa Clause 2" with Tim Allen. I remember the original coming on cable and begging my dad to record on a VHS, so that I could re-watch over and over. It became quite the tradition in my house. It wasn't Christmas till Tim Allen entered our home, as Santa Claus. Then the second one came out, it made me laugh till I busted a gut. I love the silliness of Santa having to find a Mrs. Claus. This sequel doesn't really make me think of Santa and the spirit of Christmas, it makes me think of my family gathered together because of Christmas. Then the third one came out, and that one is definitely is my least favorite out of the three. For those of you who haven't seen it, it has Jack Frost wanting a holiday for himself. So, he finds a secret to get Santa out and himself in. He wants to call it "Frostmas". Jack becomes Santa and makes the North Pole this amusement park for kids and sells tickets to the North Pole. It is sad to me that the beauty of Christmas is commercialized as an amusement park. I won't spoil the end for those of you who haven't seen it. I recently felt this overwhelming sense of commercial Christmas.

So, recently I went to Carowinds Winter-Fest, and it felt so similar. I was excited to go and see the lights and get a taste of Christmas earlier than I typically do. I walked in and heard the carols and thought "Oooo! Christmas!", slowly my feelings changed. I then started to see this selling of commercial Christmas, and how sad it made me feel. I went into this adventure thinking I needed some Christmas cheer early to jump-start my season. I came to find that what truly gives me joy this time of year is Advent. We celebrate Christmas in many different ways but the

wait for great joy and reconciliation is what connects me to the season. Unlike Pastor Micah, I do listen to Christmas music early (he makes me wear headphones), I decorate my Christmas pineapple, I put out my Christmas yard flag, and I burn cinnamon candles in my house. We all connect in our own ways, but the season of Advent is on purpose. It is the start of our new liturgical year, so we start with waiting for the birth of Christ. If the birth of Jesus was no big deal, why would we spend four weeks waiting on it?! Our willingness to wait puts value in what we are waiting for.

**Beka, Youth & Family Ministry**

### Faithful Families Tip:

#### A Christmas Tree Blessing

Before you decorate your tree gather together to bless your tree with these words:

*God who created the birds and the air, the fish in the sea, the stars in the sky, and the trees in the ground, bless this tree as we decorate it and make it a joyful symbol in our home. May its branches remind us of the shade and shelter you provide for us and for many creatures. May its trunk remind us of your strength. May its lights bring us peace. May we remember your gift to us this season, the gift of the baby Jesus. Amen.*



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Beka Forst, Director of Youth & Family Ministries  
Dianne Lail, Communications/Office



**16b John answered all of them by saying, "I baptize you with water; but one who is more powerful than I is coming; I am not worthy to untie the thong of his sandals. He will baptize you with the Holy Spirit and fire.**

**Luke 3:16b**



### Communion Opportunities for December

December 2 1st Sunday in Advent  
Advent Wednesdays: December 5, 12, 19  
December 23 4th Sunday in Advent  
December 24 Christmas Eve (4:00 pm and 11:00 pm)

Dianne Lail, Communications/Office Manager  
Volume 39 No. 12

**SUNDAY SCHEDULE** 9:30 am Sunday School  
10:30 am The Service  
**Church Office Hours** Monday-Thursday  
8:30 am—3:00 pm



## Advent Message From the Pastor

Grace and peace,

This past week my family picked out our Christmas tree and pulled out our decorations. It was the first step in preparing our house for the seasons of Advent and Christmas. After worship last week we went through the same process at church as a number of folks stayed to help set up the creche, Chrismon tree, and wreaths around the sanctuary. In both cases it is a wonderfully nostalgic time for me, decorating for a beloved time of year, though also mixed in with some frustrations at things like not all of the lights coming on, or kicking myself for not taking things down and labelling them properly to set ourselves up for success the next year.

We've begun preparing for and moving into the holiday seasons of Advent and Christmas. But in terms of planning, our staff has been hard at work for a while now as we've worked on Sunday School programs, music with both youth and adults, Advent evening worship, hanging of the greens, Sunday services, and our Christmas Eve worship. One of the most notable differences this year is the addition of a second Christmas Eve service in the afternoon. Looking at the makeup of our congregation, we decided it was important to add a service earlier in the day, as a large portion of our congregation consists of people who prefer not to drive after dark or who have a young child that cannot stay up that late and would preclude them from attending a Christmas Eve service with us. We want everyone to have an opportunity for worship, particularly at time of year that is both stressful and important to us.

Our plan is to have the afternoon service feel very much like the evening candle-light service that folks both in our congregation and in the community have come to love, while also including a children's sermon and leaning towards carols with which children might be more familiar, which, let's face it, tend to be our favorites much of the time. Along with opening up more opportunities for our congregation, this also opens up more worship opportunities for the community as well, so while we plan to advertise both worship times in multiple ways, we encourage you all to invite friends and family to come join us for either service, as the most meaningful invitation to worship is a personal one.

May you have a blessed Advent, a season of waiting and anticipation for our coming Lord both as we remember the Christmas promise of Emmanuel, God with us, and the promise of Christ's coming again to complete the healing of the world.

***Yours in Christ,  
Pastor Micah***



### Activities for December:

#### December 2:

4:30 pm Meet in Cramerton Food Lion parking lot to ride to McAdenville

#### December 4:

3:00 pm Float riders Lineup for Belmont Christmas Parade

#### December 15:

10:00 am Christmas Caroling

#### December 16:

9:30 am Play instructions  
3:30 pm Participants in play meet  
4:00 pm Children's Christmas Play  
5:00 pm Santa Visit  
6:00 pm HCY Christmas Party



Even though this is a joyous time of year you may be finding yourself tired and sad. If you've noticed a persistent change in mood and loss in energy around this time of year, you may be one of the millions of people affected by a form of depression called **Seasonal Affective Disorder (SAD)**.

What causes **SAD**? Experts believe that, with **SAD**, depression is somehow triggered by the brain's response to decreased daylight exposure. No one really understands how and why this happens, but the leading theory is that two specific chemicals in the brain, melatonin and serotonin, may be involved. These two hormones help regulate a person's sleep-awake cycles, energy, and mood. Shorter days and longer hours of darkness in fall and winter may cause increased levels of melatonin and decreased levels of serotonin, creating the biological conditions for depression.

What are the symptoms of **SAD**? Changes in mood – sad, irritable, hopelessness or worthlessness, self-critical. Lack of enjoyment – loss of interest in things you usually like to do, or in friends, lack of interest in social activities. Low energy – unusual tiredness or unexplained fatigue. Changes in sleep – excessive sleepiness making it hard to get up. Changes in eating – cravings for simple carbohydrates (think comfort foods and sugary foods) and a tendency to overeat. Difficulty concentrating – less motivated, difficulty finishing tasks.

Who gets **SAD**? Everyone can get it – it affects adults, teens, and children. It's estimated about 6 in every 100 persons experience **SAD** and it varies from region to region. One study found the rates of **SAD** were 7 times higher among people in New Hampshire than in Florida. Women are 4 times as likely to develop **SAD** then men.

What do we do about it? Once a person is diagnosed with **SAD**, there are several treatments that can help: Increased light exposure – mild symptoms may be treated by simply taking a walk outside or by using full spectrum (daylight) lightbulbs that fit into regular lamps. Light therapy – stronger symptoms of **SAD** may need phototherapy. A special light box is placed on a tabletop and the person sits in front of it for a short period of time daily. NOTE: Light therapy should only be used under the supervision of a doctor and it's NOT the same as lying in a tanning bed! Talk therapy – Psychotherapy is also used to treat people with **SAD**. It focuses on revising the negative thoughts and feelings associated with depression and helps ease the sense of isolation or loneliness that people with depression feel. Medication – antidepressants help to regulate the balance of serotonin and other neurotransmitters in the brain.

Depression in any form can be serious. If you think you have symptoms of any type of depression, talk to someone who can help you get treatment. If you've been diagnosed with **SAD**, here are some additional recommendations from the folks at Mayo Clinic: open the blinds and drapes in your home, trim overhanging branches that block light, exercise regularly (even just a slow walk), learn more about stress management; if possible, take a vacation in a warmer climate; eat a balanced diet to improve your energy and combat cravings. Finally maintain your social contacts, including worship!

*"And God said, 'Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth,' and it was so...and God saw that it was good."* (Gen. 1: 14, 18b, NRSV).

Contact Teresa Keller, Parish Nurse, at 717-329-8507 or [parishnurse0407@gmail.com](mailto:parishnurse0407@gmail.com).



# MUSIC NOTES



We will introduce a beautiful new liturgy this Advent season as part of our Communion Vespers entitled **Behold Our Light**. This service incorporates a paraphrase of the song of Mary (the Magnificat) as well as sung prayer responses. Our church choir will lead the music which is accompanied by keyboard and the Holy Comforter Youth Handbell Ensemble.

Lenten Wednesdays:

6:00 pm Fellowship Dinner

6:45 pm Advent Worship w/HC

Invite your friends and family to join us!



Our traditional **Hanging of the Green** service will be on December 9 with special prelude presentations from our Children's Ensemble, as well as seasonal anthems from our church, handbell and chamber choirs. Explanations through readings are detailed regarding the traditions of the Advent wreath, Christmas bell, Christmas tree and Poinsettia.

If you know neighbors who perhaps have no church home, invite them to share in this service of worship where we adorn our worship space and deck the halls.



We will meet at the church to go Caroling on **Saturday, December 15** at 10:00 am. As we minister to a number of homebound within our church family, we are reminded that for many of these folks, this is "their Christmas." We invite all of you to join us as we sing some of the most familiar carols!

**Greg Cline**

gclinea440@aol.com

704-860-4460



## PARADE FLOAT

**Tuesday, December 4th at 3:00 pm**

Lineup on McLeod St. for

**Belmont Christmas Parade at 3:30 pm**

Contact Katie if you want to ride Holy C's float.



**Saturday, December 8th from 6-8 pm**

Sarrazin's House at 5901 Gilchrist Circle

Bring white elephant gift to exchange (\$25 value)

Festive drinks provided

Bring an appetizer or dessert

**Please RSVP by December 3 to 980-381-7496 or**

sarrazin1230@hotmail.com



## Angel Tree Gifts for the Children are due

**Sunday, December 9th**

Gifts need to be wrapped & tagged with the Angel Tree tags taken from the tree.



**Thursday, December 13th at 12:00 Noon**  
in the Fellowship Hall.

Christmas Gathering Meal provided

Each person is requested to bring a gift valued up to \$10 for a Gift Exchange.

## TREASURER'S REPORT:

Report for the month	October, 2018	Year-to-Date
Budget Expenses:	\$24,055.08	\$216,495.75
Actual Expenses:	23,708.43	210,183.73
Offerings Received:	20,000.00	206,387.03
(Loss) for Period:	(\$ 3,708.43)	(\$ 7,650.13)
Offerings less Expected Expenses:	(\$ 4,055.08)	(\$ 14,163.80)

## CHURCH SCHEDULE:

**Saturday, December 1 HCY**

6:30 pm Parents' Night Out

**Sunday, December 2 1st Sunday in Advent**

9:30 am Cross Generational Sunday School

10:10 am Church choir prep

10:30 am Worship Service w/Holy Communion

4:30 pm Trip to McAdenville (details in bulletin)

**Tuesday, December 4 Belmont Christmas Parade**

3:00 pm Lineup on McLeod Street for parade

**Wednesdays, December 5, 12 & 19**

6:00 pm Advent Dinner, 6:45 pm Worship w/HC

**Thursday, December 6**

7:00 pm Holy C Men's Group

**Saturday, December 8**

6:00-8:00 pm *Staying Connected* at the Sarrazin's home

**Sunday, December 9 2nd Sunday in Advent**

9:30 am Cross Generational Sunday School

10:10 am Church choir prep

10:30 am *Hanging of Green* Service w/Holy Communion

5:00 pm HCY

**Thursday, December 13**

12:00 Noon *Prime Timers* meet for Christmas gathering

**Saturday, December 15**

10:00 am Christmas Caroling

**Sunday, December 16 3rd Sunday in Advent**

9:30 am Children's Play meeting/instructions

10:10 am Church choir prep

10:30 am Worship Service

4:00 pm Children's Christmas play

5:00 pm Santa visit after play, 6:00 pm HCY Christmas party

**Tuesday, December 18**

Christian Ed virtual meeting

**Sunday, December 23 4th Sunday in Advent**

9:30 am NO Sunday School

10:10 am Church choir prep

10:30 am The Service w/Holy Communion

**Monday, December 24 Christmas Eve**

4:00 pm Christmas Eve Worship w/HC

10:40 pm Prelude for Candlelight Service

11:00 pm Candlelight Service with Holy Communion

## REGULAR MEETING TIMES:

**Sundays:** 8:45 am Children's Ensemble

9:30 am Sunday School

10:10 am Church choir prep

10:30 am Worship Service

5:00 pm Adult Handbell Choir

6:00 pm Church Choir

**Tuesdays:** 7:00 pm Nar-Anon

**Wednesdays:** 5:00 pm Youth Handbells

6:00 pm Dinner, 6:45 pm Advent Worship w/HC

7:15 pm Chamber Choir

## ASSISTING MINISTERS:

**LECTORS:** Billy Joye, Chief Lector (*Communion*s)

December 2, 23 & 24: Billy Joye

December 16 & 30: Brian Achor

**ACOLYTES & CRUCIFERS:** Volunteers

**ALTAR GUILD:** (Team 2)

Brad & Brandy Milton, Co-Captains

Amanda Kelly Donna Bean

**COMMUNION ASSISTANTS:** (Team B)

Barbara Kasmer

Sheila Kelly Tim Kelly

**EUCHARIST PRESENTERS:**

December 2, 9, 23 & 24: Volunteers

**GREETERS FOR THE MONTH:**

December 2: Katie Howard

December 9: Jill Cassel

December 16: Teresa Keller

December 23 & 24: Pat Koehler

December 30: Shirley Drum

**TELLERS:** Janet & Brian Achor

**USHERS:** Volunteers

**ALTAR FLOWERS:**

December 2: Shelia & Tim Kelly

1 vase available

December 9: Dianne Lail (both vases)

December 16: Mark & Rebecca Yount (both vases)

December 23: Jim Buell

1 vase available

December 24: Julia Gunter (both vases)

December 30: Mark & Rebecca Yount, Alec Via (1 Vase)

**CHILDREN'S CHURCH:**

December 2: Beverly & Andrew Robinson

December 9: Volunteer

December 16: Volunteer

December 23: Volunteer

**NURSERY:** (10:30 am-11:45 am)

December 2: Jill Cassel



December 9: Katie Howard

December 16: Volunteer

December 23: Volunteer

A nursery is provided for infants and a separate nursery for the toddlers. We encourage you to use the nurseries if your children become restless and/or vocal.

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  6:30 pm HCY Parents' Night Out
2 <b>1st Sunday of Advent</b> 8:45am Children's Ensemble 9:30 am Family Style SS 10:10 am Church choir prep 10:30 am The Service w/HC 4:30 pm Meet at Cramerton Food Lion for McAdenville ride 5:00 pm Handbells 6:00 pm Church Choir	3	4  3:00 pm Lineup on McLeod St. for Belmont Christmas Parade. Contact Katie If you want to ride Holy C's float. 7:00 pm Nar-Anon	5  6:00 pm Dinner 6:45 pm Advent Worship with Holy Communion 7:30 pm Chamber Choir	6	7	8   6:00 –8:00 pm Staying Connected meet at the Sarrazin's home.
9 <b>2nd Sunday of Advent</b> 8:45am Children's Ensemble 9:30 am Family Style SS 10:10 am Church choir prep 10:30 am <i>Hanging of the Green</i> 5:00 pm Handbells <b>HCY</b> 6:00 pm Church Choir	10	11  7:00 pm Nar-Anon	12  6:00 pm Dinner 6:45 pm Advent Worship with Holy Communion 7:30 pm Chamber Choir	13  12:00 Noon <i>Prime Timers</i> Christmas Gathering Meal provided Each person is requested to bring a gift valued up to \$10 for a Gift Exchange.	14  6:00 pm Church Choir party at Greg's house	15   10:00 am Christmas Caroling
16 <b>3rd Sunday of Advent</b> 8:45am Children's Ensemble 9:30 am Play instructions 10:10 am Church choir prep 10:30 am The Service 4:00 pm Play performance 5:00 pm Santa 6:00 pm Church Choir  <b>HCY</b> party	17	18  7:00 pm Nar-Anon	19  6:00 pm Dinner 6:45 pm Advent Worship with Holy Communion 7:30 pm Chamber Choir	20	21	22
23 <b>4th Sunday of Advent</b> 8:45am Children's Ensemble 9:30 am NO Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC 5:00 pm Handbells 6:00 pm Church Choir	24 <b>Christmas Eve</b> 4:00 pm Worship w/HC  10:40 pm Prelude 11:00 pm Christmas Eve Candlelight Worship w/Holy Communion	25 <b>The Nativity of Our Lord</b>	26 <b>St. Stephen, Deacon, Martyr</b>	27 <b>St. John, Apostle, Evangelist</b>	28 <b>St. Thomas, Apostle</b>	29
30 <b>1st Sunday after Christmas Day</b> 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service	31				<b>The Holy Innocents, Martyrs</b>	

We recognize and celebrate these birthdays in the month of December. We are thankful for the life and Spirit of those we celebrate. May the blessings of God flow in the life of each of you.

- December 1 Madison Kelly
- December 3 Travis Fleming  
Brenda Jenkins
- December 4 Anne Lineberger
- December 5 Aaron Nault
- December 7 Jackson Bryant
- December 8 Nathan Kelly  
Brian Wallace
- December 9 Bob Koehler
- December 10 Caitlan Reese  
Marguerite Shive  
Denise Wiegand
- December 11 Beth Brittain
- December 12 Janet Achor
- December 13 Body Alvarez
- December 15 Greg Cline
- December 17 Mason Morton
- December 24 Kurt Rogers
- December 26 Amy Alvarez  
Beverly Robinson
- December 28 Molly Koehler
- December 29 Trudy Whitener
- December 30 Elizabeth Tench  
Luke Via



If we have unintentionally left any member's name off this list, or if there are any errors, please call the church office.