

Beka's
Buzz

Help Holy Comforter Youth go to the
*National Youth Gathering in
Houston, Texas!*

Holy Comforter



We are looking for BBQ of All kinds!

**Bring your best BBQ to be voted on by
a "change" donation on May 20.**

(We'll be eating this BBQ and then cast a vote.)

**For those not bringing BBQ, we ask that
you provide a side dish and/or a dessert.**

Drinks & some BBQ provided by the church.

Winner will be awarded a trophy and bragging rights.

**If interested, please fill out flyer distributed by Beka
Or email Beka at rforst@holyc.com.**



Lutheran Church of the

Holy Comforter COMMENT

216 N. Main Street, Belmont, NC 28012

704-825-2483 holycomforter@gmail.com

Micah Kearney, Pastor email: mkearney@holyc.org

Greg Cline, Organist /Choirmaster

Beka Forst, Director of Youth & Family Ministries

Dianne Lail, Communications/Office



¹When the day of Pentecost had come, [the apostles] were all together in one place. ²And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Acts 2:1-4

Communion Opportunities for May

May 20 The Day of Pentecost

May 27 The Holy Trinity

(Communion on other Sundays after the service)

Dianne Lail, Communications/Office Manager
Volume 39 No. 5

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



Grace and peace,

When I was in seminary they beat us over the head with the idea of “self-care.” In terms of the job what that largely meant was we were to draw healthy boundaries with our work so that we aren’t becoming workaholics and we leave time for our families and our own health and well-being. The Church had recognized that there were generations of pastors who were burnt out from overworking, had unhealthy family dynamics, and whose insurance premiums were abnormally high because pastors, on average, are middle-aged, overweight, and stressed and at risk for heart disease.

The truth is, I think our culture at large is pretty bad at self-care. Whether we are working and feel pressure to work harder and longer hours, whether we are parenting and feel like every waking hour must be lived for our kids, or we have tons of free time but don’t use it effectively, we often spend our time in ways that are not mindful of our own health. Portico Health Benefist, which provides insurance for many rostered leaders of the ELCA, has a version of the wellness wheel, a tool used to evaluate how we attend to our personal well-being. At the center is our baptismal identity, that we are a new creation in Christ and that God desires for us to have abundant life centered in Christ. Around that center are the areas of well-being entitled, “Social/Interpersonal, emotional, physical, financial, vocational, and intellectual,” with “spiritual” encircling all of these.

The idea is that it takes being attentive to all of these areas to live a well-rounded and healthy life. Most of us don’t do all of these well, I certainly don’t. Lord knows the last time I was in a gym. And often when I think about taking time to pay attention to my health I feel guilty for choosing to spend more time away from my family than I already am. However, when we pay attention to these things, we are better equipped to be servants of others. Think of it as a pitcher of water. If we are constantly emptying ourselves, be it for work or even caring for others, eventually we run empty, which is when we become stressed and are not at our best, lashing out in relationships, slacking in our work, or struggling with anxiety or depression. But if we take time for self-care, to be filled, then we are equipped for lives of service for others. I encourage you all to think through these areas of your life and maybe just choose one for now that could use some intentionality. Even google “Portico wellness wheel” and give it a look.

Life these days is hectic and chaotic, and there are so many things pulling on us and calling for our time and attention. May we be a community that supports and encourages health and well-being for one another.

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



Middle School Sunday School Class Community Service Bags

A service project that can provide to the community through the teenagers of our congregation.

We are asking for your help with the love that we want to share with the community by helping fill bags for the homeless.

Donations Needed by May 13



Please place your donations in the Middle School Room upstairs in the education building or give to Beka.

**Questions: Contact Ashley at
704-868-6574 or
smiley11112000@yahoo.com.**

MUSIC NOTE

Church choir continues to meet at 10:10 am each Sunday in preparation for the worship hour. All music ensembles will meet (see calendar) on the 6th. No meetings on May 13 (Mother’s Day), May 20 (Pentecost picnic), or May 27 (Memorial Day weekend).

***Blessings, Greg Cline
Organist/Choirmaster***



June 27-July 1

**There are 56 days till our group of
7 travels to Houston!**
For more information or looking to help, talk to Beka.



Lost Something?
Please check the **Lost & Found Box**
in the Narthex.

Faithful Families' Tip

Bodily Prayers:

Pray in different body postures...sitting, standing, kneeling, laying down, etc. Posture changes every day as you pray. Your family decides what to pray for. Which is your favorite posture? Allow laughing and smiling during the prayers. **God loves you as you are.**



Schedule

May 6 :

5:00 pm meet at the church

May 13:

5:00 pm meet at the church

May 19:

9:30 am Meet at the church
Trip to *Carowinds*



Kids' Club

Leaving the church at 8:00 am

Saturday, May 12

Trip to RIVERBANK ZOO



Saturday, May 12 at 6:30 pm

Dinner with Friends.

Webb Custom Kitchen, Gastonia

6:30 reservations (limited to 6)

RSVP to Krystyna quickly!



It's time to start planning for summer camp!

Holy Comforter is hosting Camp Agape July 15-20.

Agape is a day camp for rising 1st to rising 8th graders and is sponsored by Kure Beach Ministries.

During day camp the kids will participate in Bible study, crafts, games, skits, nature time and lots of other fun activities. The kids in the 6th-8th grade group will participate in service projects throughout the week at Holy Comforter as well as off-site. We must have a minimum of 6 middle school aged kids in order to offer this expanded camp.

Registration forms are available at the back of the church, from Misty Koehler or Beka. **The cost is \$130 per camper and is due at the time of registration.** There is only room for 25 campers, so register soon. The spaces will be filled on a "first come, first served" basis.

Please contact Misty if you have any questions about camp.

CHURCH SCHEDULE:

Thursday, May 3 HolyC Men's Group

7:00 pm Location TBA

Sunday, May 6 6th Sunday of Easter

9:30 am Sunday School

10:10 am Church choir prep

10:30 am Worship Service

Thursday, May 10 Retired Members Luncheon

12 Noon Meets in the Fellowship Hall

Saturday, May 12 Kids' Club & Staying Connected

8:00 am Meets at church to carpool to ZOO

6:30 pm **Staying Connected** Dinner with Friends.
Webb Custom Kitchen—Limited to 6—RSVP

Sunday, May 13 7th Sunday of Easter

9:30 am Sunday School

10:10 am Church choir prep

10:30 am The Service

Church Council after

Monday, May 14

6:30 pm Social Ministry meets

Tuesday, May 15

7:00 pm Christian Ed meets

Saturday, May 19

9:30 am **HCY trip to Carowinds**

Sunday, May 20 The Day of Pentecost

9:30 am Adult Sunday School

10:10 am Church choir prep

10:30 am The Service w/Holy Communion

Picnic lunch after

Thursday, May 24-Sunday, May 27

Isle of Palms Retreat

Sunday, May 30 Holy Trinity Sunday

9:30 am Adult Sunday School

10:10 am Church choir prep

10:30 am The Service w/Holy Communion

REGULAR MEETING TIMES:

Sundays: 4:00 pm Children's Ensemble

5:00 pm Handbells, **HCY** on **May 6 & 13**

6:00 pm Church Choir

Tuesdays: 7:00 pm Chamber Choir, Nar-Anon

Wednesdays: 6:45 pm Women's Bible Study

TREASURER'S REPORT:

<u>Report for the month</u>	<u>March, 2018</u>	<u>Year-to-Date</u>
Budget Expenses:	\$24,055.08	\$72,165.25
Actual Expenses:	21,540.73	66,731.22
Offerings Received:	26,693.00	67,903.03
Gain for Period:	\$ 5,152.27	\$ 1,171.81
Offerings less Expected Expenses (...)	if negative \$ 2,637.92	(\$ 4,262.22)

ASSISTING MINISTERS:

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

May 6: Jim Buell; May 13: Jo Singlet

ACOLYTES & CRUCIFERS: Volunteers

ALTAR GUILD: (Team 3)

Fran Holland, Co-Captain

Tracey Nault, Co-Captain

Katie Kessen Rebecca Yount

COMMUNION ASSISTANTS: (Team A)

Sherry Alexander Bev Mauney

Fran Holland Volunteer

EUCCHARIST PRESENTERS:

May 20 & 27: Volunteers

GREETERS FOR THE MONTH:

May 6: Jill Cassel

May 13: Carmen Buell

May 20: Pat Long

May 27: Volunteer

TELLERS: Amanda & Nathan Kelly

USHERS: Volunteers

ALTAR FLOWERS:

May 6: Marsh & Jill Cassel

Mark & Rebecca Yount, Luke Via

May 13: Danny, Rochelle, Carson Potter (2 vases)

May 20: 2 vases available

May 27: 2 vases available

CHILDREN'S CHURCH:

May 6: Jo Singleton

May 13: Jill Cassel

May 20: Veronica Bryant

May 27: Volunteer

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

May 6: Volunteer

May 13: Volunteer

May 20: Volunteer

May 27: 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.






VBS Coming Soon!

July 29 - August 2





MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Remember Mother's Day Sunday, May 13</p>		<p>1 St. Phillip and St. James, Apostles</p> <p>7:00 pm Nar-Anon</p>	<p>2</p> <p>6:45 pm Women's Bible Study</p>	<p>3</p> <p>HolyC Men's Group 7:00 pm Gary Clark's house</p>		<p>5 Cinco de Mayo</p>
<p>6 6th Sunday of Easter 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service 4:00 pm Children's Ensemble 5:00 pm Handbells, HCY 6:00 pm Church Choir 7:15 pm Chamber Choir</p>	<p>7</p>	<p>8</p> <p>7:00 pm Nar-Anon</p>	<p>9</p> <p>6:45 pm Women's Bible Study</p>	<p>10 The Ascension of Our Lord</p> <p>Retired Members Luncheon 12 Noon Fellowship Hall</p> <p>7:00 pm Church Council</p>		<p>12</p>  <p>8:00 am Kids' Club Leave the church for trip to Riverbank Zoo 6:30 pm Staying Connected Dinner with Friends Webb Custom Kitchen Limited to 6 RSVP quickly</p>
<p>13 7th Sunday of Easter 9:30 am Sunday School Handbell Choir 10:10 am Church choir prep 10:30 am The Service No afternoon meetings</p>	<p>14</p> <p>6:30 pm Social Ministry meets</p>	<p>15</p> <p>7:00 pm Christian Ed meets Nar-Anon</p>	<p>16</p> <p>6:45 pm Women's Bible Study</p>	<p>17</p>	<p>18</p>	<p>19</p>  <p>9:30 am HCY Trip to Carowinds</p> <p>The Vigil of Pentecost</p>
<p>20 The Day of Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service w/Holy Communion Picnic Lunch after</p>	<p>21</p>	<p>22</p> <p>7:00 pm Nar-Anon</p>	<p>23</p> <p>6:45 pm Women's Bible Study</p>	<p>24</p>  <p>Isle of Palms Retreat</p>	<p>25</p>	<p>26</p>
<p>27 The Holy Trinity 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service w/Holy Communion</p>	<p>28 Memorial Day Holiday</p>  <p>Isle of Palms Return</p>	<p>29</p> <p>7:00 pm Nar-Anon</p>	<p>30</p> <p>6:45 pm Women's Bible Study</p>	<p>31 The Visitation</p>		

We recognize and celebrate these
birthdays in the month of May.
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.

May 1 Katie Kessen
Krystyna Sarrazin
May 2 Lucy Bocchino
May 3 Erin Cassel
May 4 Dariel Rogers
May 5 Tom Bocchino
May 7 Dianne Lail
Alec Via
May 8 James Spikes
May 9 Anthony DiBiase
May 10 Zac Hullander
May 13 Rebekah Milton
May 16 Sherry Perry
May 21 Natalie Hullander
May 22 Arch Lineberger
May 23 Chuck MacDonald
Jennifer Miller
May 24 Mandi Kline
Perri Potter
Denise Taylor
May 25 William Kline
May 26 Matthew Hogge
Amelia Kline
May 28 Richard Fox
Angie Koehler
Dawn Mitchell
May 29 Angie Morton
May 30 Jonathan Baker
May 31 John Zander

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