

Beka's
Buzz



Do you have a favorite book from when you were younger? I remember sitting on the floor of our home office reading Dr. Seuss books and Little Golden Books. I loved *Oh the Places You Will Go*; it was my favorite. I loved the colors, the creatures, and the endless imagination that was put into one book. When I graduated college, I got a number of sweet mementos from professors to congratulate me on my hard work, one being *Oh the Places You'll Go*. I hadn't laid eyes on this book in so long, I almost forgot about it. It was a warm and familiar feeling but what was different wasn't the imagination it was my motivation. I was eager to make this milestone and Dr. Seuss helped me imagine where I would go in the next season of my life. Another encounter I had with *Oh the Places You Will Go*, was at a wedding. A dear friend of mine and her husband heard the words of this book in their sermon. What a beautiful journey these two people were embarking on and the imagination of this book gave great excitement for their adventure together as a one. This book was applicable to me at 7, again at 22, and to my friend and her husband at 30. That is the magic of story books, as we grow, they still have the ability to impact us and walk with us.

Recently, I got an email from friend who works in ministry, they told me about this book that would be a great resource. I looked it up and found that the author was an author for one of my seminary books. I'll be honest, my thoughts weren't great. I went ahead and ordered them because they were beautiful and "you can't judge a book by its cover". These books were incredible, but my favorite is *Who Is My Neighbor?* The illustrations are gorgeous, the book is friendly, and the story runs deep. I immediately was taken to my feelings towards *Oh the Places You'll Go*. I want to share this story with all humans. It is a cute story that parallels the parable of the Good Samaritan. I'm so excited read this story with our young people. This story is applicable to me now and is applicable to our 6-year olds. What was your favorite story growing up, have you read it lately?



The Lillian E. Lineberger Scholarship Ministry

Applications for the 2019-2020 academic year are now available in the church office or via email at holycomforter@gmail.com.

Include *Lineberger Scholarship* in the subject line. The office manager will send you an application that you can complete.

The deadline for your completed application, transcript, and typed essay is April 30.

Any applications received after that date will not be considered.

Authorized by the Holy Comforter Church Council, the Scholarship Ministry accepts applications from candidates who have been communing and contributing members of the church for at least one year. The annual deadline is the April 30th and the awards are announced in May or early June.

Faithful Families Tip:

Pick Your Family's Favorite

Everyone in your family picks their favorite story book and reads it. You can read one a night at bed time. When you are done reading, talk about if you can see God in it? Can you see God's Love? Creation? A Bible story parallel?



Lutheran Church of the

Holy Comforter COMMENT

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Micah Kearney, Pastor email: mkearney@holyc.org
Greg Cline, Organist /Choirmaster
Beka Forst, Director of Youth & Family Ministries
Dianne Lail, Communications/Office
Teresa Keller, Parish Nurse



³⁶As he rode along, people kept spreading their cloaks on the road. ³⁷As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, ³⁸saying, "Blessed is the king who comes in the name of the Lord!"

Luke 19:36-38a

Dianne Lail, Communications/Office Manager
Volume 40 No. 4



Communion Opportunities for April

April 14 Palm Sunday
April 18 Maundy Thursday
April 21 Easter Sunday (7:00 am Sunrise & 10:30 am Regular)
(Communion on other Sundays after the service)

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



FROM THE PASTOR

On March 24th our *Planting Hope Team*, consisting of Will Howard, Beverly Robinson,

Krystyna Sarrazin, and myself, met with synod representatives and another congregation to continue our Planting Hope Process, one where we look to discern our identity and gifts, and how God has uniquely called us to be in mission in our community. It was a wonderful experience, particularly focused on developing a purpose statement, at other times referred to as a mission or vision statement (people define this differently). Developing a purpose statement is the next part of our process, and there are three aspects of that we will take part in moving forward.

In early April we will get the results of the Vitality Survey we took as a congregation a little while back. Our Planting Hope team, as well as council members who can join us, will hear from Danielle Denise, Director of Evangelical Mission for the NC synod, about our results and what they mean for our congregation. We will then talk about how to constructively share those with the congregation.

Beginning after Easter our Planting Hope team will begin having “one-on-ones,” where we sit and talk with a number of members of the congregation who are willing, working to build relationships and hear more about people’s lives and passions, what draws them to or keeps them at Holy Comforter, and what their hopes might be. We won’t be able to meet with everyone, but we hope to get a good sense of our identity, our gifts and passions as individuals and a community, and areas for growth and development in min-

istry.

From that awareness we will begin a process with the congregation to shape a new purpose statement that reflects who we are and how we feel God is calling us to be in mission in our own context. That will give us a new voice and language for who we are and enable us to shape what we do around that purpose, and to be able to articulate to others why we love being a part of the communion of saints through Holy Comforter and invite them to come and see.

We’re not trying to change everything about Holy Comforter or make it unrecognizable to where we are today. There is so much to be thankful for and celebrate about our congregation as we are today. But our congregation, as well as our community of Belmont beyond, has changed drastically in the past 10 years, and it is good to spend time discerning how the way God calls us to walk in discipleship and share the love and grace of God with one another and the world has changed as well. My prayer is for this to be a process that is uplifting, exciting, and energizing for us as we discern how God calls us to join in kingdom mission for the world.

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

Treasurer’s Report (Warren Heller)

Report for Month	Feb., 2019	Year-to-Date
Budgeted Expenses:	\$25,022.17	\$50,044.33
Actual Expenses:	24,481.54	51,267.35
Offerings Received:	19,561.00	38,795.01
(Loss) for Period:	(\$4,920.54)	(\$12,472.34)



April is here and the songbirds have returned! I love being wakened in the mornings by a joyfully singing bird outside my window! There’s something about birdsong and sunshine that just brings on my “happy!”

It was recognized long ago that humor and laughter are good for you. You’ve probably noticed yourself that you simply feel better after a good belly laugh. If you can manage to bring your sense of humor to your daily conflicts in your jobs, relationships, and health or financial problems, you’ll go a long way toward improving the quality of your life, and you’ll boost your health and well-being in numerous ways. Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.

So...how DO our emotions and good humor contribute to our health?

- Muscle relaxation - One study showed that people using a biofeedback apparatus were able to relax muscles more quickly after watching funny cartoons than after looking at beautiful scenery.
- Reduction of stress hormones - The limited research on stress-related hormones and humor has shown that laughter reduces at least 3-4 neuroendocrine hormones associated with the stress response, including epinephrine, cortisol, and growth hormone.
- Immune system strengthening - It has long been recognized that stress weakens the immune system, leaving you more vulnerable to illness. Humor helps alleviate the “flight or fight” response we experience when faced with crisis or hardship.
- Increased immunoglobins - The greatest amount of research to date has focused on immunoglobulin A (IgA), a part of your immune system which serves to protect you against upper respiratory problems, like colds and the flu. Studies have shown that watching a comedy show for 30 minutes significantly increases the levels of IgA as well as IgM, IgG, and complement 3

which are all influential in the immune response.

- Pain reduction - Over a dozen studies have now documented that humor has the power to reduce pain in many patients. One study showed that when elderly residents of a long-term care facility watched funny movies, the level of pain they experienced was reduced. This all happens because laughter increases the body’s production of endorphins – its own natural pain killer.

Other benefits – Cardiovascular exercise...after only 15-20 seconds of laughter, your pulse will remain elevated for up to 3-5 minutes. That’s like an “internal jog!” Also, laughter helps our respiratory system by forcing us to expel more carbon dioxide and take in more oxygen-rich air. This clears our lungs of potential toxins.

There is no doubt about it...laughter is VERY GOOD MEDICINE! So...have you heard the one about...?

IMPORTANT DATES FOR HEALTH MINISTRY

- April 4: PEP Exercise**
7:00 pm In Fellowship Hall
- April 7: Blood pressure screening**
After worship service
- April 11: PEP Exercise Class**
7:00 pm in Fellowship Hall
- April 16: Health Ministry Meeting** at 7:00 pm
- April 25: PEP Exercise Class** at 7:00 pm



Ages 2 - Grade 5 Easter Egg Hunt Saturday, April 20



10:00 am—12 Noon Lunch Served

MUSIC NOTES

Thirty years has flown by as we've been coming to *Isle of Palms Retreat Center* for our annual retreat. Our first year was 1989, just months before Hurricane Hugo came through. We returned the next year, thoroughly impressed with the work done to clean up, and a tradition for Holy Comforter was born.

Our time at *Isle of Palms* began as choir retreats. Sometimes we would spend time learning new liturgies, like the year we learned "Now the Feast and Celebration" while eating breakfast, but often we focused mainly on relationships with one another. Our time at the retreat center, whether on the beach, around meals, staying up late in common rooms, or worshiping together, was a wonderful time to grow in relationship with each other. We always returned with stories to tell and much laughter shared.

In recent years we have opened up our retreat time to all members of the church, and the halls have been filled with the joyful noise of children. A few years ago we had one family with a mother who was just weeks from delivering her third child and we had our routes to the closest hospital planned out...just in case! (She managed to wait until we got back to deliver.) This past year our pastor was excited to perform his first salt water baptism, as one of our young members was baptized in the ocean that Sunday morning. It was a powerful experience for everyone gathered on the beach that day and look forward to continuing this tradition for years to come.

Our time at *Isle of Palms* has been precious to so many folks at Holy Comforter. It has been a time to relax, a time to get away from so many distractions, and a time to focus on life together as a congregation. We are truly blessed and privileged to have been able to be a part of the history of the Lutheran Retreat Center.

The **7:00 am Sunrise Service** will, weather permitting, begin at the Columbarium. Many churches throughout the centuries have gathered for this festive vigil in their local cemeteries. In case of rain, we will gather in our traditional space.

Our **10:30 Easter Service** will be led by all of our choral and instrumental ensembles. Invite your family members and neighbors to join us as we celebrate the risen Christ through word, music, and sacrament.

Greg Cline
Organist/Choirmaster

A sign up sheet for the ***Isle of Palms Retreat*** is available. The dates for the retreat are Thursday, May 23—Monday, May 27. Checks for reservations are due and deposited on Easter Sunday. **Cost is \$99.00 per night with a 2-night minimum stay. Make checks payable to Holy Comforter with *IOP Retreat* on memo line.**



WORSHIP & MUSIC: 6 pm Tuesday, April 30

Many thanks to all who helped clean and prepare our worship space for the Lenten and Easter seasons.

Julia Gunter
Chair Worship & Music Committee



Altar Flowers: Honor or remember a loved one by placing flowers on the altar. Signup sheets are located in the narthex. Cost for both vases is \$45.00 and one vase is \$22.50.

CHURCH SCHEDULE:

Wednesdays, April 3 & 10 Lenten Wednesdays

5:30 pm Youth Handbells
6:00 pm Dinner
6:45 pm Lenten Worship *Holden Evening Prayer*
7:15 pm Chamber Choir

Sunday, April 7 5th Sunday in Lent

8:45—10:30 am Regular Schedule (See below right)
2:00 pm Confirmation
5:00 pm Handbells; *H CY*
6:00 pm Church Choir

Tuesday, April 9

7:00 pm Social Ministry meeting
Nar-Anon

Thursday, April 11

11:00 am *Prime Timers* Bible Study
12 Noon Lunch
7:00 pm Evangelism meeting
PEP Exercise classes: **April 4, 11 & 25**

Saturday, April 13

8:15 am **Staying Connected** carpools to **Loaves & Fishes**

Sunday, April 14 Palm Sunday

8:45 am Children's Ensemble
9:15 am Handbells
9:30 am Sunday School
10:10 am Church choir prep
10:30 am Worship Service w/Holy Communion
Church Council after
5:00-6:00 pm Follow regular schedule (See below right)

Tuesday, April 16

7:00 pm Christian Ed meeting
Health Ministry
Nar-Anon

Thursday, April 18 Maundy Thursday

7:00 pm Worship service w/Holy Communion

Friday, April 19 Good Friday

12 Noon Community Cross Walk (begins at Holy C)
7:00 pm Worship service

Saturday, April 20

10:00 am **Easter Egg Hunt**; lunch served; *H CY* helps

Sunday, April 21 Easter Sunday

7:00 am Sunrise Service w/Holy Communion
Breakfast after the service
9:40 am Handbells
10:00 am Church choir prep
10:30 am Worship Service w/Holy Communion

Sunday, April 28 2nd Sunday of Easter

Follow Regular Schedule

Tuesday, April 30

6:00 pm Worship & Music Committee meets

ASSISTING MINISTERS:

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

April 14, 18, & 21: Billy Joye

April 7: Julia Gunter

April 28: Volunteer

ACOLYTE: Lucy Bocchino

CRUCIFER: Alec Via

ALTAR GUILD: (Team 3)

Fran Holland, Co-Captain

Tracey Nault, Co-Captain

Rebecca Yount

COMMUNION ASSISTANTS: Volunteers

EUCHARIST PRESENTERS:

April 14, 18 & 21: Volunteers

GREETERS FOR THE MONTH:

April 7: Katie Howard

April 14 & 21: Jill Cassel

April 18: Pat Koehler

April 28: Pat Long

TELLERS: Rochelle & Danny Potter

USHERS: Volunteers

ALTAR FLOWERS:

April 7: Greg Cline

1 vase available

April 14: Andrew & Beverly Robinson (both vases)

April 21: Bill & Myra Yount (both vases)

April 28: Debbie Williams

Jill Cassel & Tyler

CHILDREN'S CHURCH:

April 7: Sherry Alexander

April 14: Melissa Bocchino

April 21: Jenn Kearney

April 28: Jill Cassel

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

April 7: Rianna Nance

April 14: Jill Cassel

April 21: Volunteer

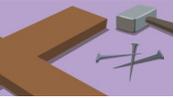
April 28: Brandy Milton

A nursery is provided for your convenience. We encourage you to use the nursery if your children become restless and/or vocal.

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: (After Easter) 7:00 pm Chamber Choir
Nar-Anon

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3  5:30 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	4 7:00 pm PEP Exercise	5	6
7 The 5th Sunday in Lent 8:45 am Children's Ens. 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service 2:00 pm Confirmation 5:00 pm Handbells; HCY 6:00 pm Church Choir	8	9 7:00 pm Social Ministry meets Nar-Anon	10  5:30 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	11  11:00 am Bible Study in the Fellowship Hall 12 Noon Meet for lunch 7:00 pm Evangelism meeting PEP Exercise	12	13  8:15 am <i>Staying Connected</i> carpools to Loaves & Fishes in Charlotte to volunteer from 9:00 am until 11:00 am. Wear closed toe shoes.
14 Palm Sunday 8:45 am Children's Ens. 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC Church council after 5:00 pm Handbells; HCY 6:00 pm Church Choir	15 	16 7:00 pm Christian Ed meeting Health Ministry meets Nar-Anon	17	18 Maundy Thursday  7:00 pm Maundy Thursday Service w/HC	19 Good Friday  7:00 pm Good Friday Service	20 Easter Egg Hunt  10:00 am Easter Egg Hunt Lunch served HCY helps
21 He Is Risen! Easter Sunday 7:00 am Easter Sunrise w/HC Breakfast after 9:40 am Handbells 10:00 am Church choir prep 10:30 am The Service w/HC	22	23 7:00 pm Chamber Choir Nar-Anon	24	25 7:00 pm PEP Exercise	26	27
28 The 2nd Sunday of Easter 8:45 am Children's Ens. 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service 5:00 pm Handbells; HCY 6:00 pm Church Choir	29 St. Mark, Evangelist	30 6:00 pm Worship & Music Committee meeting 7:00 pm Chamber Choir Nar-Anon				

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

- April 1 Barbara Kasmer
- April 3 Garrett Carpenter
- April 4 Sherry Alexander
Susan Clark
Sandra Cline
Myra Hollar
- April 5 Taylor Buchanan
- April 7 Teresa Keller
- April 8 Shirley Causby
Fran Holland
- April 10 Bryan Fleming
- April 11 Matthew Mitchell
- April 14 Rianna Nance
Ian Ince
- April 16 Misty Koehler
Debbie Neagle
- April 19 Jake MacDonald
- April 20 Carly Caldwell
- April 23 Timothy Baker
- April 24 Mark Kline
- April 25 Julia Gunter
- April 27 Clair Heilig
- April 28 Joseph Mitchell
Ron Speck
Rita Stewart
- April 30 Deborah Williams



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