

Beka's Buzz → Agape Day Camp was a great week where our young people learned about the power of the Holy Spirit. Our middle schoolers did three different service projects during the week. They delivered plants to some of our members, picked up trash in downtown Belmont, and served SOCKS. A great week as always!! Thank you to all who helped make this week a super success!



 Lutheran Church of the
Holy Comforter **COMMENT**
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Micah Kearney, Pastor email: mkearney@holyc.org
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Teresa Keller, Parish Nurse
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¹⁵And he said to them,
“Take care! Be on your guard against all kinds of greed; for one’s life does not consist in the abundance of possessions.”

Luke 12:15

Communion Opportunities for August

Weekly during Sunday morning worship



Dianne Lail, Communications/Office Manager
Volume 40 No. 8

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



FROM THE PASTOR

Grace and peace,

July 27th marked the five-year anniversary of my ordination, when I made vows in front of God, this congregation, and many other people who were present that day. I received my stole, the sign of a pastor in our tradition (deacons also wear stoles, worn across their bodies), and rostered leaders laid hands and blessed me for this work. It was also the beginning of my time at Holy Comforter, and looking back I can only laugh at how I had no clue at what was coming my way. In one sense it doesn't seem possible that much time has passed since I came here, but in another I think back to those early days and it seems like a lifetime ago.

We have done a lot in ministry in these five years. We've baptized infants, youths, and adults, celebrated the marriages of a number of new and long-time members, mourned the deaths of beloved friends and family and supported one another through it, celebrated a centennial, celebrated first communions and confirmations, taken part in countless evangelism projects for the wider community, welcomed new members and said goodbye to folks who've moved away, taken kids to the National Youth Gathering in Houston, built and blessed a columbarium, and countless other things along the way. All along the way we have continued our weekly and yearly patterns of weekly worship and life together. This is a place where Christ is alive and active, and his love abounds in the way we care for one another.

I have also come to cherish the people here and the relationships I have with you, and frequently think about how much I truly love

you all and give thanks to God for you. When I was growing up I thought Paul was just being polite when he started his letters giving thanks to God for the various communities he ministered to and with, but my time here with you all has helped me to see how genuine his thanksgiving truly was. You have invited me into your lives and trusted me with things that are precious to you, and I do not take that for granted.

I've also made a lot of mistakes. I haven't always recognized the times and places when I was needed. I have made changes to things without realizing how important they were to people. Whether out of a lack of experience as I continue to learn this calling, or things being outside my skillset, there have been times when I have fallen short. I lament that this is true, but give thanks for your grace and forgiveness in these times.

As I reflect on these last five years, I am immensely thankful for you all and for our ministry in Christ's name through Holy Comforter. It is because of you that I look forward to our continued time, relationships, and ministry together with excitement and anticipation. May God be with us in our journey.

Yours in Christ,
Pastor Micah

We hold in prayer all voting members
and participants of the
ELCA Churchwide Assembly,
August 5-10, in Milwaukee, WI.



August has arrived! Our lovely spring went full-out into summer even before we were ready! The lovely weather means more physical activity and you think you know all there is to know about that but watch for these FITNESS MYTHS!

Fitness Myth #1 – Ab crunches will flatten your middle. Wrong, you can't turn fat tissue into muscle. Contracting your abdominal muscles will strengthen the fibers but has nothing to do with the fat sitting on top of those muscles.

What to do: Be patient, watch your eating habits, and enjoy activities that burn as many calories as possible.

Fitness Myth #2 – Regular exercise keeps your balance strong. Wrong, you work on strength and endurance, but when was the last time you worked on your balance? Fifty percent of all folks who fall and break a hip don't return to pre-fall function! Muscle strength helps you maintain balance but it's not enough. You need to work on it.

What to do: Get into the habit of standing on one leg while standing at countertops or brushing your teeth. If that becomes easy, close your eyes.

Fitness Myth #3 – I can't be active because I have arthritis/excess weight/diabetes. Wrong, when you have a chronic health issue, your condition can become a GREAT excuse for avoiding exercise. But, in most cases, being active will help REDUCE your health problems. Arthritis pain lessens with exercise, as does high blood pressure and insulin resistance.

What to do: First, see the MD who treats your chronic condition and talk about activity options. To avoid stress on joints, choose pool activities. If you have asthma, exercise indoors. If you have diabetes, check your blood sugar before exercise.

Fitness Myth #4 – You should drink lots of water during long workouts. Wrong, if you are sweating during a workout, by all means refresh yourself with a drink of water but drinking too much water during extended exertion can actually dilute the sodium in your blood, causing a condition called hyponatremia. You may feel nauseated, confused, lethargic, or worse.

What to do: If you're exercising for an hour or less, water is fine, but for exercise lasting longer, drink 6-8 ounces of a sports drink every 15 minutes.

Fitness Myth #5 – I don't have time for exercise. Wrong! Well...it's true that you do actually have to *get up and move* to exercise, but once you get past that hurdle, you don't have to push yourself too hard. You'll gain fitness benefit from very light to moderate exercise and you only need 30 minutes a day that can be gained in small chunks of 10-minutes-each!

What to do: Use the time you ordinarily waste sitting in front of the TV! Stand up and do 10 minutes of brisk walking while you watch. Move around the room and swing your arms. Do these three times and you've banished THIS fitness myth! Now – get on with it! NO EXCUSES!



**Sunday, August 4
Blood pressure
screening
after worship**

MUSIC NOTES

During the summer, believe it or not, we do a certain amount of planning for the year. I spent a week at *Lutheridge* ordering handbell, church choir, chamber choir, and children's ensemble materials for the entire liturgical year. Camp is always a wonderful experience. It is great just being a tenor in the choir and letting the gifted clinicians handle all the headaches. Closing worship is always a highlight for me, and the "Hymn festival" as it is called, is unlike no other. Hearing hundreds of church musicians singing together is a sound that must be experienced...not described. I look forward to sharing these new anthems with our choirs, and ultimately with all of you in our services of worship.

Music week ended with a series of medical events that occurred with my mother, Shirley Causby. There were scary and frustrating moments during her 10 plus days in the hospital in Asheville. While she is facing an extended series of consultations, and follow ups with cardiologists, we remain hopeful in her recovery. Thank you all for your calls, cards, visits, well wishes, encouragement, but most especially for your prayers.

Blessings! Greg Cline



Saturday, August 17 Kids' Club

10:00 am—1:00 pm Pool Party at the Angie Morton's home



CHURCH SCHEDULE:

Sunday, August 4 8th Sunday after Pentecost

9:30 am Adult Sunday School
10:10 am Church choir prep
10:30 am Worship Service w/Holy Communion
Blood pressure screening after worship

Tuesdays, August 6, 13, 20 & 27

7:00 pm Nar-Anon

Thursday, August 8 Prime Timers

10:30 am Meet at church for Bible study; carpool to lunch at Ray Nathans

Friday, August 9 Youth Lock-In

9:00 Drop off kids for Lock-In

Saturday, August 10

8:00 am Pick up kids from Lock-In

Sunday, August 11 9th Sunday after Pentecost

9:30 am Adult Sunday School
10:10 am Church choir prep
10:30 am Worship Service w/Holy Communion
Church Council after

Wednesday, August 14 Women's Bible Study

6:45 pm Monthly meeting

Saturday, August 17 Kids' Club

10:00 am Pool party at the Morton's home

Saturday, August 17 Staying Connected

6:30 pm Meet at Taxco Restaurant in Belmont

Sunday, August 18 10th Sunday after Pentecost

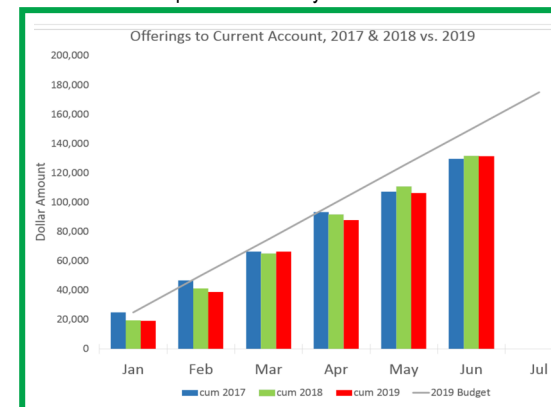
9:30 am Adult Sunday School
10:10 am Church choir prep
10:30 am Worship Service w/Holy Communion

Tuesday, August 20

6:00 pm Worship & Music meeting
7:00 pm Christian Ed meets upstairs 1st classroom on right

Sunday, August 25 11th Sunday after Pentecost

9:30 am Adult Sunday School
10:10 am Church choir prep
10:30 am Worship Service w/Holy Communion



ASSISTING MINISTERS:

LECTORS: Billy Joye, Chief Lector

August 4 & 11: Volunteers (Intinction)

August 18: Billy Joye

August 25: Jim Buell (Intinction)

ACOLYTE: Merritt De Nicholas

CRUCIFER: Matthew Carr

ALTAR GUILD: (Team 4)

Katie Howard, Captain

Dean Halvorson Diann Halvorson

Barbara Kasmer

COMMUNION ASSISTANTS: Volunteers

EUCCHARIST PRESENTERS: Volunteers

GREETERS FOR THE MONTH:

August 4: Katie Howard

August 11: Volunteer

August 18: Pat Long

August 25: Volunteer

AUGUST TELLERS: Fran Holland, Trudy Whitener

USHERS: Volunteers

ALTAR FLOWERS:

August 4: Rebecca Yount, Luke & Alec Via

1 vase available

August 11: Both vases available

August 18: Shelia & Tim Kelly

Jo & Harold Singleton

August 25: John & Leslie Crist (Both vases)

CHILDREN'S CHURCH:

August 4: Volunteer

August 11: Jill Cassel

August 18: Volunteer

August 25: Volunteer

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

August 4: Volunteer

August 11: Volunteer

August 18: Volunteer

August 25: Volunteer

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

Treasurer's Report (Warren Heller)

Report for Month	June, 2019	Year-to-Date
Budgeted Expenses:	\$25,022.17	\$150,133.00
Actual Expenses:	24,665.51	151,282.66
Offerings Received:	25,240.00	131,687.46
Gain (Loss) for Period:	\$ 548.49	(\$ 19,595.20)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 8th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service with Holy Communion Blood pressure screening after the service	5 ELCA Churchwide Assembly Milwaukee, WI	6 The Transfiguration 7:00 pm Nar-Anon	7	8  Prime Timers Meeting 10:30 am Fellowship Hall Bible study & carpool to lunch at Ray Nathans	9  HCY Lock-In 9:00 am Drop off children Fellowship Hall Projects during the day, lock-in at night	10  HCY Lock-In 8:00 am Pick up children
11 9th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service with Holy Communion Church Council after	12	13 7:00 pm Nar-Anon	14	15 St. Mary, Mother of Our Lord	16	17 10:00 am Kids' Club Pool party at the Morton's home  Staying Connected 6:30 pm Meet at Taxco Restaurant in Belmont
18 10th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service with Holy Communion	19	20 6:00 pm Worship & Music 7:00 pm Christian Ed upstairs 1st classroom on right 7:00 pm Nar-Anon	21	22	23	24 St. Bartholomew, Apostle
25 11th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service with Holy Communion	26  Gaston County 1st Day of School	27 7:00 pm Nar-Anon	28	29 The Beheading of St. John the Baptist	30	31

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



- August 2 Alyssa Buchanan
Becke Featherstone
- August 4 Kathy Graves
Mark Yount
- August 6 Eric Carpenter
Justin Koehler
- August 11 Cynthia Buchanan
Jill Leitner
Ginger MacDonald
- August 15 Brenda Dabrowski
- August 17 Theo Bruchon
Mark Dabrowski
- August 18 Katie Baker
Henry Bocchino
Alex Bocchino
Grayson Kelly
- August 21 Andrew Robinson
- August 22 Allison Wallace
- August 27 Dillon Kasmer
- August 29 Matthew Bruchon
- August 30 Tim McGinnis

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