

Beka's
Buzz

I don't know how many of you have ever gone to summer camp or worked at summer camp but one of my favorite things to be a part of is trust building activities. When I worked at camp as a counselor, I would lead trusting building games with kids; and as a team leader I taught them to my counselors so that they could lead them. One time I was teaching a game called "Cross the Ocean", the goal was to cross a designated distance with two 2X4 and only being able to stand on cylinder blocks. Typically, because you are only allowed to travel to the cylinder blocks by walking on the 2X4's you have to move the planks to get your entire team across "the ocean". When explaining the game, we usually make up silly stories to explain the rules, they sound something like "you're trying to get from one pirate ship to another and if you fall then you will be tickled by octopi and have to start over". The point of these games is to build trust, to break down the barrier of communication, touch, team work, and affirmation. These are key things when you are building community and trust.

Two and a half years ago this is where I started building my relationship with HCY. We played a lot of games with blindfolds, LEGOS, holding hands, and puzzles. While they knew each other, I didn't. While they trusted each other, I didn't. For my sake we needed to start from scratch. Recently I took some time to look back on how far we have come, we have celebrated many birthdays, prayed for each other during times of worry and grief, we have spent the night at church, helped with Kids Club, and most of all built community. I can honestly say that I look forward to our evenings together, dinner, funny antidotes, catching up on the week, and praying and studying together. The first two years was a lot of building program, creating structure, and building relationships.

Recently I have made a bigger effort and push for us to question our faith, to dig deeper in what we know, and search for what we don't. What an exciting way to grow our faith, for me the biggest joy is watching kids grow. grow.

I am sure you have heard me say before that there is no ruler to measure faith formation, and I still think that is true. Every so often I get a nugget of something from a young person that shows that they care, that our conversations still linger, and that their faith is forming and while that isn't measurement it is gratifying. At youth group last week, we had a visitor who has been coming for a few weeks. He said that no one forces him to be there, he comes because he likes being there. I'm starting to get this feeling that youth group is contagious, what a wonderfully awesome thing to have happen. Look out, who knows what is going to happen next. I want to invite anyone who would like to be a part of this ministry to think about contacting me, this is an awesome one to partner with (but, I am biased).

Beka

Faithful Families Tip: Personalized Family Prayer

Write a family prayer, something that your whole family can say together. Think about the things you want to thank God for and the things you want help with. If you are looking for an idea of where to start, maybe think back to your family bible verse. If you haven't picked a family bible verse, it is not too late to! You can use this prayer as you leave your house, before bed, in the morning, or whenever it fits into your day.

If you would be willing to be a lector, greeter, communion assistant, usher, eucharist presenter, or help with the nursery or Children's Church, please sign your name on one of the sign up sheets located in the narthex.



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



¹⁸They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. ¹⁹And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Luke 6:18-19

Communion Opportunities for February

February 3 4th Sunday after the Epiphany
February 17 6th Sunday after the Epiphany
(Communion on other Sundays after the service)

Dianne Lail, Communications/Office Manager
Volume 40 No. 2

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

Grace and peace,

The summer after first grade my parents sent me to *Lutheridge* Camp for the first time, where I was to attend a half week of camp. At the end of my time there my parents picked me up and were asking me questions on the way home, to which I was grumpy and dismissive. After ruling out the idea that I was mad at them for sending me to camp, they realized I was mad at them for picking me up and bringing me home. That was the beginning of my experience with camp that has now spanned 28 years and includes some of the best and most formative times of my life and faith. I participated as a camper, a staff member, and now I participate both as a pastor bringing youth and with my family in their Family Camp program.

Studies have shown that participation in church camps is the second most important factor contributing to a person continuing in their faith into adulthood, eclipsed only by the faith of a parent. I don't have numbers for this, but attending or working at camps has been a crucial part of discerning professional ministry for countless church staff, deacons, and pastors. I have seen camps be the means through which kids experience the love of God for them in the midst of lives that are otherwise chaotic or even traumatic. Camp has been, and continues to be, a community of faithful people that enlivens and supports lives of faith and discipleship for so many.

We have incredible Lutheran camps in North Carolina. In the mountains we have *Lutheridge*, just outside of Ashe-

ville, and *Lutherock* near Boone. *Agape* + Kure Beach ministries has sights outside of Raleigh and Wilmington. Through their ministry each year thousands of youth experience a week of intentional Christian community in the outdoors, foundations of our faith our taught and lived out, stewardship for God's creation is championed, musicians of all ages sharpen skills, adults participate in retreats related to creativity, God's continued call and purpose as we move through stages of life, and much more. *Agape* even has a surf camp.

This month our Outdoor Ministries are reaching out to churches and other programs to emphasize the work they do and encourage families to look into registering for camp this summer. I would encourage everyone, no matter your age, to look into the programs these camps offer, both during the summer and retreat seasons, and consider whether you or someone you know could benefit from their ministry.

Yours in Christ,
Pastor Micah



This year Music Week at Lutheridge is July 7 - 13. The whole camp echoes with the sound of music. Every age group, including adults, meets daily with renowned instructors. If you like music, you'll love this experience. Holy Comforter music ministry offers 50% scholarships to members who wish to attend, making this most popular week one of the most affordable. **Contact Greg Cline ASAP**, as registration is currently taking advantage of the early bird discounts. Scholarships are awarded at the conclusion of camp week.



Happy February! Later in the month you will hear about three – yes THREE! – different exercise programs that the Health Ministry folks and myself will be bringing to you: PEP, Tai Chi, and Walk with God. Be on the lookout for this information! AND, we will be providing blood pressure screenings starting the **FIRST SUNDAY** in March, so let's learn a little about blood pressure. After all, February is the month of love and heart healthy observances!

What do my blood pressure numbers really mean? Blood pressure is reported in two numbers, such as 120/80. The top number (systolic) refers to the pressure caused when the heart beats and exerts pressure on the walls of the arteries. The lower number (diastolic) refers to the pressure that continues in the arteries when the heart is resting. Normal blood pressure is equal to or less than 120/80 for adults.

How is high blood pressure defined? Elevated = systolic 120-129 *and* diastolic less than 80; Stage 1 = systolic 130-139 *or* diastolic between 80-89; Stage 2 = systolic at least 140 *or* diastolic at least 90. Blood pressure of 180/120 is considered a crisis and the person should seek prompt medical intervention.

What are the symptoms of high blood pressure? NONE. High blood pressure has no clear symptoms. This is why it is so important to have your blood pressure checked frequently!

What causes high blood pressure? The cause of high blood pressure is unknown 90% - 95% of the time. This is called primary hypertension. Secondary hypertension results from a cause that can be identified such as heart and kidney disease.

I have high blood pressure, so what now? High blood pressure can be controlled in most cases with a variety of medicines and lifestyle adjustments. This means that it is very important to take any medicines your doctor has prescribed for you, even if you feel fine.

Other things you can do for your blood pressure include (1) lose weight if you are overweight, (2) reduce your intake of salt, (3) stop smoking, (4) develop and follow a planned regular exercise program (after talking with your doctor), and (5) use relaxation and stress management strategies.

Our faith life is also an important part of healthy living. There are few stress reduction strategies more effective than leaving our problems at the cross and living our days hand-in-hand with Christ.

Why don't you give yourself the gift of a blood pressure check-up? Come get your blood pressure screened on the **FIRST Sundays after worship every month**. It only takes a few minutes! Also, sign up for one of the Health Ministry exercise programs – your heart will thank you!

And one last, but not least, thing! Remember when we launched the Health Ministry and asked you to fill out a survey indicating areas of interest? Several of you indicated interest in the topic of depression. We'd like to fully address the topic but are not sure of the perspective, so we wish to meet with any interested folks to discuss it further. We will not be asking for personal stories/experiences...simply wanting you to discuss with us how we can address the topic. Refreshments will be provided, but we promise we won't keep you longer than about a half hour. So please come help us out! Emotional health is ALSO important!

MEETING: **Depression Session**

WHEN: **February 24**

TIME: Immediately following worship w/refreshments

WHERE: Fellowship hall

Contact Teresa Keller, Parish Nurse, at 717-329-8507 or parishnurse0407@gmail.com.



Our **Staying Connected** group will host a Church Choir Appreciation Dinner on Sunday, **February 10th at 5:00 pm** in the church fellowship hall. *HCY* will assist with serving.

MUSIC NOTES



The church choir welcomes **Heather Povinelli** to our soprano section. Heather also sings with the Gaston Choral Society. We are delighted for the talent that Heather brings to the choir family! The music ministry also welcomes **Tony Jones** to the tenor section of our choir family. Tony is a resident of Belmont and has visited our services of worship in the past. We welcome Tony's musical gifts.

Staying Connected will host a church choir appreciation meal on Sunday, February 10 at 5:00 pm. Handbells will rehearse that day at 9:15 am, with church choir at our regular time following the meal. Spouses may attend. Please RSVP...ASAP!

Recently we worked on our addition during choir rehearsal. Going around the room everyone was asked how many collective years they had sung in choirs during their lifetime. So, our response now to visitors who comment on the wonderful choir voices leading our services of worship, "They should sound good...**they have over a 1000 years of vocal experience!**"

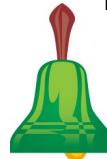


We will be utilizing the Liturgy from *Holden Evening Prayer* during the upcoming Lenten season. The ringing is open to all youth (grades 4-12); with limited ringing positions as we accompany this service of worship. So let me know ASAP if your child is willing to participate. I will be glad to sign them up.

Accompany Lenten Services of Worship
Wednesdays at 6:45 pm
March 13 — April 10

Meal is served at 6:00 pm
 prior to worship.

Rehearsal Times:
 Wednesday, February 13 at 5:00 pm
 February 27 at 5:00 pm
 March 13 at 5:00 pm



Greg Cline
 gclinea440@aol.com
 704-860-4460



A sign up sheet for the **Isle of Palms Retreat** is floating around the church. The dates for the retreat are Thursday, May 23—Monday, May 27. Checks for reservations are due and deposited on Easter Sunday. Costs and details to follow in the March newsletter.

A reminder that the fellowship hall is intended for use for all members of the congregation to use. You may reserve space through the church office. Please remember to clean up after each use. This would include sweeping, and wiping down tables, cabinets and kitchen detail if food is involved. It is important that the facility be maintained as if company was coming! Often times they are. Thank you for helping to make a good first impression on visitors.

CHURCH SCHEDULE:

Sunday, February 3 4th Sunday after the Epiphany

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
 2:00 pm Confirmation
 5:00 pm Church Choir practice
 HCY Super Bowl dinner

Sunday, February 10 5th Sunday after the Epiphany

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
 Church council after
 5:00 pm Church Choir appreciation dinner
 6:00 pm Church Choir practice

Tuesday, February 12

6:30 pm Social Ministry meeting
 7:00 pm Chamber Choir

Thursday, February 14 Prime Timers

10:30 am Bible Study, meet in the fellowship hall
 12 Noon Meet at 124 Main Restaurant in Mt. Holly

Saturday, February 16

10:00 am Kids' Club meet in fellowship hall

Sunday, February 17 6th Sunday after the Epiphany

8:45 am Children's Ensemble
 9:30 am Sunday School
 10:10 am Church choir prep
 10:30 am Worship Service w/Holy Communion
 5:00 pm Handbells
 HCY
 6:00 pm Church Choir

Tuesday, February 19

7:00 pm Chamber Choir, Christian Ed, Health Ministry meeting
 Nan-Anon

Sunday, February 24 7th Sunday after the Epiphany

8:45 am Children's Ensemble
 9:30 am Sunday School
 10:10 am Church choir prep
 10:30 am Worship Service
 Health Ministry session in fellowship hall
 5:00 pm Handbells, 6:00 pm Church Choir

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 Chamber Choir, Nar-Anon

Wednesdays: 6:45 pm Women's Bible Study

ASSISTING MINISTERS:

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

February 3 & 17: Billy Joye

February 10: Judy Caldwell

February 24: Jim Buell

ACOLYTES & CRUCIFERS: Volunteers

ALTAR GUILD: (Team 2)

Brad & Brandy Milton, Co-Captains

Donna Bean Beverly Robinson

COMMUNION ASSISTANTS:

Volunteers

EUCARIST PRESENTERS:

February 3 & 17: Volunteers

GREETERS FOR THE MONTH:

February 3: Volunteers

February 10: Volunteers

February 17: Volunteers

February 24: Pat Long

TELLERS: Fran Holland, John Koehler

USHERS: Volunteers

ALTAR FLOWERS:

February 3: 2 vases available

February 10: Julia Gunter,

1 vase available

February 17: Danny Potter, both vases

February 24: 2 vases available

CHILDREN'S CHURCH:

February 3: Jenn Kearney

February 10: Veronica Bryant

February 17: Melissa Bocchino

February 24: Jill Cassel

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

February 3: Rianna Nance

February 10: Jill Cassel

February 17: Volunteer




February 24: Rianna Nance

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:

Report for Month	December 2018	Full Year 2018
Budget Expenses:	\$24,055.08	\$288,661.00
Actual Expenses:	25,869.22	282,692.42
Offerings Received:	<u>38,813.61</u>	<u>285,063.21</u>
Gain for Period:	\$12,944.39	\$ 2,370.79

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Groundhog Day 
3 4th Sunday after Epiphany 8:45 am Children's Ensemble 9:15 am Adult Handbells 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC 2:00 pm Confirmation at Good Shepherd 5:00 pm Church Choir HCY Super Bowl dinner	4	5 7:00 pm Chamber Choir Nar-Anon	6 6:45 pm Women's Bible Study	7	8	9
10 5th Sunday after Epiphany 8:45 am Children's Ensemble 9:15 am Adult Handbells 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service Church council after 5:00 pm Choir Dinner, HCY 6:00 pm Church Choir	11	12 6:30 pm Social Ministry meeting 7:00 pm Chamber Choir Nar-Anon	13 5:00 pm Youth Handbells 6:45 pm Women's Bible Study	14 Valentine's Day 10:30 pm Bible Study in the Fellowship Hall 12 Noon Prime Timers meet at 124 Main Restaurant in Mt. Holly 	15	16  10:00 am Kids' Club Meet at the church
17 6th Sunday after Epiphany 8:45 am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC 5:00 pm Handbells HCY 6:00 pm Church Choir	18 Presidents Day	19 7:00 pm Chamber Choir Christian Ed meets Health Committee Nar-Anon	20 6:45 pm Women's Bible Study	21	22	23
24 7th Sunday after Epiphany 8:45 am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service Health Ministry session after the service 5:00 pm Handbells 6:00 pm Church Choir	25	26 7:00 pm Chamber Choir Nar-Anon	27 5:00 pm Youth Handbells 6:45 pm Women's Bible Study	28		



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

February 1 Teddy Scharpenberg

February 4 Scott Carr

February 6 Julia Ratchford

February 8 Jenifer Boone

Chris Hullander

Scott Zander

February 9 Shelia Kelly

February 14 Will Howard

Noah Rawlins

February 15 Leslie Crist

Ressa Wilson

February 16 Rochelle Potter

February 20 Buck Buchanan

February 27 Valerie Bruchon

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

