



July 15th-19th for Rising 1st grade-Middle School

Registration forms are in the office.

Vacation Bible School

July 28-31 for Pre-K through Grade 5



Dinner offered at 5:45 pm; VBS Program at 6:15-8:00 pm
If you wish to register or volunteer for VBS contact Beka at
rforst@holyc.org

 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
Teresa Keller, Parish Nurse



³³But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. ³⁴He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him.

Luke 10:33-34

Communion Opportunities for July

July 7 The 4th Sunday after Pentecost
July 14 The 5th Sunday after Pentecost
July 21 The 6th Sunday after Pentecost
July 28 The 7th Sunday after Pentecost



Dianne Lail, Communications/Office Manager
Volume 40 No. 7

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,

This summer our Planting Hope team, consisting of Krystyna Sarrazin, Will

Howard, Beverly Robinson, and myself, will be taking part in one-on-one conversations with members of Holy Comforter. We have given folks the opportunity to sign up and be a part of these meetings and then added some names of folks if we felt certain demographics or groups were not adequately represented. Throughout the summer the team will be contacting these people to set up a time for a roughly 45 minute conversation. In this conversation our team will work to get to know members better, hearing about their lives, their joys, and their struggles. We will talk about their experience with Holy Comforter, their history in this place, their reason for continuing to show up and be invested in this community, their frustrations, their joys, and their hopes for Holy Comforter in the future.

The team will then bring these conversations back together and we will look for trends in the conversations, trends in folks' lives, as well as trends in the frustrations, joys, and hopes folks have about Holy Comforter. These conversations will help us to get a feel for the pulse of the congregation as we move to the next phase of the Planting Hope process, when as a congregation we will work together to create a new purpose statement for the congregation, as well as our guiding principles. This process will give us a clear sense of our identity, who we

uniquely are called to be as we live out Christ's mission in the world. Having a clear sense of our identity and call and language for it will equip us for evangelism, for being able to talk to folks in the community about who Christ is for us and who we are because of Christ, and invite them to come and see. It will also give us a rubric to look at the ministries of the congregation and decide if we are living out our identity as best we can.

I continue to be excited about this process as we move through it. It isn't a quick process, but it is a very intentional one that will help give us a sense of identity and purpose as we move forward in a town that is growing and changing quickly. It will help us see the things that we are doing well and celebrate them, and see the ways we can grow as we discern how God is calling us to be disciples in today's world. And lastly, I give thanks to God that I get to be a part of this process with you. Holy Comforter has been, and continues to be, a congregation that has taught me so much about God's love in community, and I look forward to figuring out how we can be about that love even more.

Yours in Christ,

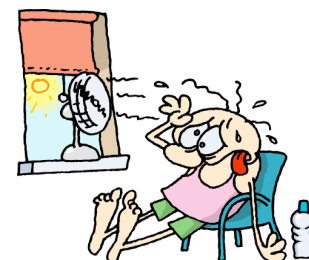


Happy July to you all! July is a wonderful month – we celebrate our nation's independence, our weather is usually at its best and it's a time when friends and family tend to gather together to spend time enjoying the outdoor activities of picnics, festivals, and carnivals. Just a happy month!

Of course, in conjunction with the summer festivities, I'd be remiss if I didn't talk at least a little about summer health so this month I just offer you a few "summer health tips."

Manage the Heat

The risk of heat exhaustion and heat stroke rises along with the temperature and humidity. Heat illnesses occur when the body's cooling mechanism becomes overloaded, so when the heat starts to rise – slow down; drink more fluids (stay away from liquids that contain caffeine, alcohol, or large amounts of sugar); stay indoors or in shaded locations; wear lightweight, light-colored, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside. Watch for symptoms of heat exhaustion (cool, moist, pale, or flushed skin; muscle cramps; nausea, weakness, dizziness, and headache) and heat stroke (high body temperature; hot, dry, red skin; no sweating; nausea, dizziness, confusion or loss of consciousness). If you're suffering heat exhaustion, get out of the sun and into a cool place, loosen your clothing and drink fluids. If you're suffering heat stroke, it is a medical emergency, so you need to begin cooling (spraying with cool water from a garden hose, get in a tub of cool water or cool shower, etc. but do not drink fluids) while you call 911.



Healthy Swimming

Lots of fun and games in the water can be wonderful but did you know that germs can contaminate swimming water in pools, water parks, lakes, and the ocean? Germs can be killed by chlorine, but it doesn't work right away, so here are some ways to protect yourself from recreational water illnesses:

"Swimmer's Ear" is an infection of the ear, or outer ear canal, which can cause the ear to itch or become red and inflamed. Movement or touching the ear can be really painful. To prevent this condition, dry your ears well after swimming; check with the pool or water staff about chlorine and pH-testing; avoid swimming in areas that may have been previously closed because of pollution; avoid putting objects into your ear that could scratch the canal and provide an entry site for infection.

"Swimmer's Itch" is a skin rash caused by an allergic reaction to infection caused by certain parasites found in contaminated salt or fresh water. You may feel tingling, burning, or itching of the skin and small reddish pimples may erupt and develop into blisters. Swimmer's itch is not contagious and usually does not require medical attention. Just try not to scratch and use cool compresses, baking soda pastes, or (if okayed by your doctor) calamine or corticosteroids ointments for relief.



MUSIC NOTES

Summer may slacken a bit with schedules, but planning for the entire year intensifies. It is not unusual for 50% of the music budget to be purchased during music week at *Lutheridge*.

One of the planning conversations among staff and worship committee is our ongoing attempt to boost participation in our services of worship by our children and youth. We also would like for the children who participate in the music program to perhaps include periodic outreach beyond our walls. This could possibly be sharing with our homebound and folks in local care facilities.

Would love to get feedback from parents and, just as important, conversation with parents who have children that are eligible to participate in some of our ensemble offerings throughout the church year. Feel free to join in the conversation.

The music ensembles of Holy Comforter are enjoying a summer break from the rigors of rehearsal. Our choral choirs truly never get a full vacation as they are always entrusted with the ministry of leading our assembly in worship each week. We continue to meet at 10:10 am on Sunday mornings to prepare for our services of worship.

Following is a recent devotional that I shared with worship & music planning. It is taken from a book entitled "Please Don't Ask Me to Sing in the Choir!"

DOING WHAT I CAN

"...to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away"

Matthew 25:15

"We need Sunday school teachers," Reverend Walker announced. "God calls you into service."

My kids are in Sunday school but I have no talent for teaching. Ted sings in the choir but he also teaches an adult class. He is one of those five-talent guys. I have one talent. I can sing.

God did not create us all equal. Some, for no apparent reason, get five talents; others four, and most of us only one or two. The person with five has the edge, for the gap between the many and lesser talents continues to widen. That's the way life is.

No wonder many one-talented people grow cynical. The deck is stacked against them, they complain, but that's no excuse. We can either shut down in self-pity or we can use the one talent we have for God's glory.

I don't teach but I can do my share. All members of the choir can't sing solos but we each have a part to carry. I can't be anyone else and I'd look like a fool to try. God expects me to do the best I can with my limited talent. I have only one but I'm learning to appreciate it. The excitement of belonging to the one talent army comes from knowing that foot soldiers, not generals, win battles. The church depends upon the masses of one-talented people each carrying a bit of the load. The miracle of a choir augments the numerous tones of mediocre voices into the harmony of a symphony.

Few of us possess unusual talents. God simply calls each of us to use what He gives us in service to Him.

Blessings!
Greg Cline

CHURCH SCHEDULE:

Sunday, July 7 4th Sunday after Pentecost

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

Tuesday, July 9

7:00 pm Christian Ed meeting; Nar-Anon

Sunday, July 14 5th 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

3:00 pm **HCY** carpools to marina to go tubing

Monday, July 15-Friday, July 19

9:00 am-3:00 pm **Agape Day Camp**

Tuesday, July 16

7:00 pm Health Ministry meeting; Nar-Anon

Wednesday, July 17

6:45 pm Women's Bible Study monthly meeting

Thursday, July 18 Prime Timers (date changed)

10:45 am Meet at church to carpool to Miller's home for Bible study & cookout

Sunday, July 21 6th Sunday after Pentecost

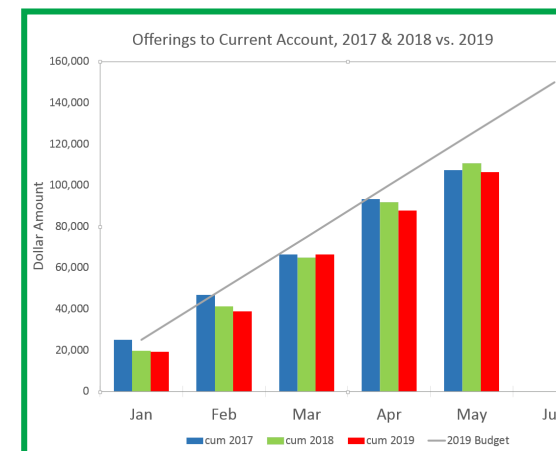
9:30 am Adult Sunday School
10:10 am Church choir prep
10:30 am Worship Service w/Holy Communion

Tuesday, July 23

6:30 pm Worship & Music meeting
7:00 pm Christian Ed meeting
Nar-Anon

Sunday, July 28 7th Sunday after Pentecost

9:30 am Adult Sunday School
10:10 am Church choir prep
10:30 am Worship Service w/Holy Communion
5:45 pm **VBS Dinner, 6:15-8:00 pm VBS session**



ASSISTING MINISTERS:

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

July 7-28: Communion all Sundays during July

ACOLYTE: Kaylin Leitner

CRUCIFER: Volunteer

ALTAR GUILD: (Team 3)

Fran Holland, Co-Captain

Tracey Nault, Co-Captain

Rebecca Yount

COMMUNION ASSISTANTS: Volunteers

EUCHARIST PRESENTERS: Volunteers

GREETERS FOR THE MONTH:

July 7: Katie Howard

July 14: Volunteer

July 21: Pat Long

July 28: Volunteer

JULY TELLERS: Shelia & Tim Kelly

USHERS: Volunteers

ALTAR FLOWERS:

July 7: Brad & Brandy Milton

Carmen & Arden De Nicholas

July 14: Sue Lahr

Pat Koehler

July 21: Jill & Erin Cassel (1 vase)

One vase available

July 28: Rebecca Yount, Luke & Alec Via (both vases)

CHILDREN'S CHURCH:

July 7: Volunteer

July 14: Jill Cassel

July 21: Volunteer

July 28: Volunteer

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

July 7: Volunteer

July 14: Katie Howard

July 21: Volunteer

July 28: Jill Cassel


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	May, 2019	Year-to-Date
Budgeted Expenses:	\$25,022.17	\$125,110.83
Actual Expenses:	24,401.89	127,124.05
Offerings Received:	18,587.00	106,447.46
Gain (Loss) for Period:	(\$6,814.89)	(\$20,676.59)



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 7:00 pm Nar-Anon	3	4 Independence Day 	5	6
7 4th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service w/Holy Communion <i>Blood Pressure Screening</i> after the service	8	9 7:00 pm Christian Ed meeting Nar-Anon	10	11	12	13
14 5th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service w/Holy Communion Church council after 3:00 pm HCY meets at church to carpool for tubing	15  Agape Day Camp 9:00 am-3:00 pm	16	17  6:45 pm Women's Bible Study Meet for Fellowship (monthly during summer)	18 Prime Timers 10:45 am Meet at church to carpool to Miller's home for Bible study & cookout	19	20
21 6th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service w/Holy Communion	22 St. Mary Magdalene	23 6:00 pm Worship & Music 7:00 pm Nar-Anon	24	25 St. James the Elder, Apostle	26	27
28 7th Sunday after Pentecost 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service w/Holy Communion 5:45 pm VBS Dinner 6:15 pm VBS session begins	29 	30  7:00 pm Nar-Anon	31 			

- July 2 Elaine Moose
- July 3 Amanda Kelly
- July 4 Ann Miller
- July 8 Merritt De Nicholas
- July 9 Chase Lineberger
- July 10 Marcus Fleming
Hailey Ratchford
Laura Tench
- July 13 Don Robinson
- July 14 Beka Forst
Beverly Mauney
- July 15 Russell Fleming
- July 16 Sierra Hullander
- July 17 Benjamin McGinnis
- July 19 Winters Hogge
Lynne Sudarich
- July 20 Tyler Cassel
Garrett Fox
Brian Mitchell
- July 21 John Crist
Ashton Nault
Caroline Nault
Alex Sarrazin
- July 22 Melissa Bocchino
- July 24 Cathleen Allen
- July 25 Brayden Alvarez
- July 26 Emily Bruchon
Gary Clark

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