

Lent in a Box

Family Ministry Tools



To prepare for Easter, we will be using an awesome spiritual formation tool called Lent in a Box! It is our hope that using the activities included in each box will help you and your family prepare for Easter not just on Sundays but have meaningful faith conversations throughout the week.

Lent in a Box

Each box contains 7 hands on activities, 7 scripture pages, 7 interactive prayer activities and 7 Heroes of the Faith stories. How often you do the activities is up to you - one every few days or once a week - whatever fits into your schedule the best! Everything you need will already be inside the box apart from some basic household items.



Think Big!

Lent in a Box is designed to also be an outreach tool. We encourage you to be in prayer about whom you could share a box with that does not attend church! Inside each box, we will include a schedule of our Holy Week services, so be sure to follow up with anyone to whom you've given a box. This is an opportunity to be invitational and send the good news of Easter into our community in the shape of a box!



Boxes Available Starting March 3.
Look for them in the Narthex.



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.

IMPORTANT DATES FOR HEALTH MINISTRY

- March 3: Blood Pressure Screening**
In Fellowship Hall after the service
- March 19: Health Ministry Meeting**
7:00 pm in Fellowship Hall
- March 21: PEP Exercise Class**
7:00 pm in Fellowship Hall
- March 28: PEP Exercise Class**
7:00 pm in Fellowship Hall



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



29b Jesus took with him Peter and John and James, and went up on the mountain to pray. 29 And while he was praying, the appearance of his face changed, and his clothes became dazzling white.

Luke 9:28b-29

Communion Opportunities for March

March 3 Transfiguration Sunday

March 6 Ash Wednesday

March 24 3rd Sunday in Lent

(Communion on other Sundays after the service)



Dianne Lail, Communications/Office Manager
Volume 40 No. 3

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,

We are approaching the season of Lent, as we do every year, though this year had an extra drop of grace and Lent is about as late as it can be. I'm not sure we always know what do with the season of Lent. As spring begins to approach and the temperature rises and flowers think about blooming, the season of the church year that is Lent brings with it hymns in minor keys, honest naming and reflecting on our sinfulness, and constant talk of the word "repentance," which sounds like judgment to us even though I think at it's core it is grace. Lent is a somber season of the church year, and as such some people love it and some people hate it. I've been both at various times, though often side with the former. For many of the people who love the season of Lent it is a season of honesty and authenticity where we aren't forced to pretend that everything is ok, aren't pressured, either by others or ourselves, to act as if a life in Christ equals happiness at every turn. It allows us to name our sinfulness, our shortcomings, and because of them, our need for Christ. It is a season that names a reality that exists for many all throughout the year. But for others Lent is just depressing and seems to suck the joy out of life. While the world, at least our hemisphere, is breaking out of winter and colors seem to be coming back into creation and our clothing to match it, Lent

forces them back into melancholy. I get it, truthfully, but whether it connects for us every year or not, we all need Lenten times in our lives.

Lent began in large part as a time of catechism, of preparation for baptism, of getting someone ready to accept the promise of everlasting life in Christ. I believe in many ways it still stands as that, preparing us to be able to accept, to appreciate, to embrace and celebrate the promise of everlasting life that we hear at Easter. I'm not quite someone who thinks we can't know good without evil, that doesn't seem to be the Gospel message and promise to me. But I do think that in order for us to recognize and appreciate the incredible grace and promise of new and everlasting life in Christ at Easter we need to first recognize our infatuation with sin and death. Lent is a time set aside for us to name the ways we participate in sin and death, and then repent, or turn towards God and God's Kingdom, and receive God's grace and forgiveness and new life for us that God so wants for us.

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



March is National Kidney Awareness month. This is a good time to learn about the kidney's role in keeping your body healthy. Here's a little true/false quiz prepared by the National Kidney Foundation to help you

learn some basic, but little-known facts about kidney and urinary disease and what the kidneys do.

The kidney's only function is to remove wastes and excess fluid from your blood.

FALSE: Your kidneys do several other very important jobs, such as releasing hormones that regulate blood pressure, controlling the production of red blood cells, and helping to maintain strong bones.

Keeping your blood pressure under 140/90 can help to decrease chances of developing kidney disease.

TRUE: High blood pressure (consistently 140/90 or higher) is the second leading cause of kidney disease in the United States. (The number one cause is diabetes.). Research shows that when conditions such as high blood pressure and diabetes are well-controlled, the risk of kidney disease is dramatically reduced.

Decreasing the amount of calcium in your diet can discourage the formation of kidney stones.

FALSE: For people who are more prone to developing calcium oxalate stones than others, keeping dietary calcium low can actually increase the risk of stones. Studies now show that eating a moderate amount of calcium-rich foods can lower the incidence of calcium oxalate stones. Calcium oxalate stones are the most common type of kidney stones, accounting for 75 percent of the cases of kidney stones in the U.S. each year.

Many kidney diseases can be detected by simple blood and urine tests.

TRUE: Usually urine tests and blood tests such as a BUN and serum creatinine, can detect kidney

disease or indicate the need for further tests such as special X-rays, ultrasound and kidney biopsy.

Kidney disease is rare and need not be a concern for most people.

FALSE: About 20 million Americans suffer from diseases of the kidney and urinary tract. Additionally, about 50,000 Americans develop permanent kidney failure each year, and require dialysis treatments or kidney transplant to stay alive.

Urinary incontinence is a natural part of aging for which absorbent pads or indwelling catheters (urine tubes) are the only solution.

FALSE: Although the inability to control when urine is released is more common in the elderly, the problem occurs in all age groups and has a number of causes as well as a variety of treatments. Leakage of urine may occur during pregnancy, and as a symptom of strokes, prostate and bladder problem, and such diseases as diabetes or multiple sclerosis. Depending on the cause, treatments may include special medicines, behavioral therapy, exercise, biofeedback, electrical stimulation and surgery.

People who suffer chronic or frequent pain from conditions such as back problems, arthritis or sports injuries don't need to worry about kidney damage if they rely mainly on over-the-counter pain medicines.

FALSE: If taken on a regular basis for long periods of time, large doses of over-the-counter pain medicines such as Tylenol and ibuprofen or Advil can cause serious kidney problems. Especially damaging are medications which contain mixtures of two or more ingredients. People who need pain relief regularly should talk with their doctors about having their kidney function regularly monitored.

Take good care of your kidneys! Hydrate, eat more vegetables, watch your salt intake, keep your blood pressure under control. You want them to last your lifetime!



Staying Connected will meet **Saturday, March 9** at 4:30 pm at the Ronald McDonald House to prepare dinner for the residents.



MUSIC NOTES



We will be utilizing the Liturgy from *Holden Evening Prayer* during the Lenten season.

Beka Forst, Preston Baker, Henrik Sarrazin, Lucy Bocchino, Leah and Emilie Koehler will be handbell accompanying our Vespers Evening Prayer services during the season of Lent. This liturgy was written by Marty Haugen, who also composed our liturgy from "Now the Feast and Celebration," and has been utilized by church communities since the mid 1980s.

Greg Cline
Organist/Choirmaster

WORSHIP & MUSIC:

Tuesday, March 26 at 6:00 pm

There are many opportunities to contribute to the worship services at Holy Comforter, so please join us if you are interested in serving our Church.

Julia Gunter
Chair Worship & Music Committee

Shrove Tuesday Pancake Supper March 5 at 6:00 pm

Join us in the fellowship hall for a pancake supper as we begin the Lenten Season.



TREASURER'S REPORT:

Report for Month January 2019

Budget Expenses:	\$25,022.17
Actual Expenses:	26,785.81
Offerings Received:	<u>19,234.01</u>
Loss for Period:	(\$ 7,551.80)



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. **Cost is \$99.00 per night with a 2-night minimum stay.**

ALTAR FLOWERS

You can contribute to our worship service and honor or remember someone special in your life by providing altar flowers. Available dates are listed on the signup sheet in the narthex.

Sign your name at the date you would like to provide the flowers. One vase is \$22.50; both vases are \$45.00. Make check payable to Holy Comforter with *Altar Flowers* on the memo line.



Are you looking for ways to get involved and share your time and talents with Holy Comforter?

Please join us for a **Volunteer Information Luncheon** on **March 10** after the service. At the meal, we will have presentations from each of the committees of the church and sign-up sheets for those who are interested in joining a group. Whether you have been a member for years, or are just joining the Holy Comforter family, there is a place for you to serve!

CHURCH SCHEDULE:

Sunday, March 3 Transfiguration Sunday

8:45 am Children's Ens.
9:30 am Sunday School
10:10 am Church choir prep
10:30 am The Service w/Holy Communion
Church Council after the service

2:00 pm Confirmation
5:00 pm Handbells; **HCY**
6:00 pm Church Choir

Tuesday, March 5

6:00 pm Shrove Tuesday Pancake Supper

Wednesday, March 6

6:00 pm Youth Handbells
7:00 pm Ash Wednesday service w/Holy Communion

Saturday, March 9

4:30 pm **Staying Connected** meets at Ronald MacDonald House

Sunday, March 10 1st Sunday in Lent

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
Volunteer Information Luncheon

5:00 pm Handbells; **HCY**

Tuesday, March 12

7:00 pm Social Ministry meeting
Nar-Anon

Thursday, March 14 Prime Timers

10:30 am Bible Study, meet in the fellowship hall

12 Noon Lunch at *Ray Nathans*

Saturday, March 16

10:00 am **Kids' Club** meet in fellowship hall

Sunday, March 17 3rd Sunday in Lent

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 Handbells; **HCY**
6:00 pm Church Choir

Tuesday, March 19

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

Friday, March 22

7:00 pm Evangelism meeting

Sunday, March 24 4th Sunday in Lent

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

Tuesday, March 26

6:00 pm Worship & Music Committee meets

Sunday, March 31:

10:30 am **Noisy Offering** during the worship hour

ASSISTING MINISTERS:

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

March 3, 6 (Ash Wednesday) & 24: Billy Joye

March 10: Judy Caldwell; March 17: Jo Singleton

March 31: Jim Buell

ACOLYTES & CRUCIFERS: Volunteers

ALTAR GUILD: (Team 1)

Bev & Charles Mauney, Co-Captains

Carmen De Nicholas Deb Williams

COMMUNION ASSISTANTS: Volunteers

EUCCHARIST PRESENTERS:

March 3, 6 & 24: Volunteers

GREETERS FOR THE MONTH:

March 3: Katie Howard;

March 6 (Ash Wed.) & March 10: Volunteers

March 17: Pat Long; March 24: Volunteers

March 31: Volunteers

TELLERS: Amanda & Nathan Kelly

USHERS: Volunteers

ALTAR FLOWERS:

March 3: 2 vases available

March 10: Carmen & Merritt De Nicholas

1 vase available

March 17 & March 24: 2 vases available

March 31: 2 vases available

CHILDREN'S CHURCH:

March 3: Veronica Bryant

March 10: Carmen De Nicholas

March 17: Volunteers March 24: Jill Cassel

March 31: Volunteers

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

March 3: Volunteers March 10: Volunteers

March 17: Rianna Nance March 24: Volunteers

March 31: Volunteers

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: 7:00 pm Nar-Anon

Wednesdays: 5:30 pm Youth Handbells; 6:00 pm Dinner;
6:45 pm Lenten Worship; 7:15 pm Chamber Choir

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Transfiguration 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 2:00 pm Confirmation 5:00 pm Handbells; HCY 6:00 pm Church Choir	4	5 Shrove Tuesday 6:00 pm Pancake Dinner 7:00 pm Chamber Choir Nar-Anon	6 Ash Wednesday Service 6:00 pm Youth Handbells 7:00 pm Service w/HC	7	8	9 Staying Connected 4:30 pm Meet at Ronald McDonald House to prepare dinner for residents
10 1st 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 Volunteer Luncheon after 5:00 pm Handbells; HCY 6:00 pm Church Choir	11	12 7:00 pm Social Ministry Nar-Anon	13 Lent 5:30 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	14	15	16 Kids' Club 10:00 am meets at the church HCY leads this meeting
17 2nd 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 5:00 pm Handbells; HCY 6:00 pm Church Choir	18	19 St. Joseph, Husband of Mary and Guardian of Our Lord 7:00 pm Christian Ed meets Health Committee Nar-Anon	20 Lent 5:30 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	21 prime timers 10:30 pm Bible Study in the Fellowship Hall 12 Noon Meet at Ray Nathans for lunch 7:00 pm Evangelism meeting	22	23
24 3rd 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 w/HC 5:00 pm Handbells 6:00 pm Church Choir	25	26 6:00 pm Worship & Music Meeting 7:00 pm Nar-Anon	27 Lent 5:30 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	28	29	30
31 4th 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 w/Noisy Offering 5:00 pm Handbells 6:00 pm Church Choir					Daylight Savings Time begins March 10 	

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

March 2 KhloeTench
 March 4 Dean Halvorson
 March 5 Rob Ratchford
 March 6 Debbie Baker
 Jo Singleton
 March 7 Roger DiBiase
 Holly Harper
 March 10 Dee Smith
 March 11 Tom Kasmer
 March 12 Veronica Bryant
 Arden De Nicholas
 March 13 Raini Kimball
 March 14 Tyler Ange
 Tracey Nault
 Nancy Powell
 March 16 Jack Kirby
 March 20 Mike Wesson
 March 21 Riley Fleming
 March 24 Mollie Caldwell
 March 25 Pat Koehler
 March 26 Hailey Ange
 Cheryl Grant
 March 28 Aiden McGinnis
 Callum Nance
 March 31 Pat Long



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