

Beka's
Buzz

As my first year of seminary is coming to a close I realize how much I have learned! I have learned about what it means to be an adult learner, how to balance all that happens at Holy C and school, and how to make time for myself. In this new season I find myself feeling busier than I have ever experienced but I really love all that I am doing. One time I was listening to this podcast and the woman speaking said she loved everything she did and wouldn't want to do things she didn't, while sometimes that is impossible, I tried to believe the same thing.

One of the required classes for each semester is a spiritual practices class. The point of this class is to allow us to check in with community, share highs and lows, and have devotions. When I started this class, I thought it was going to be a waste of time, and it happily changed my mind. We read this book this semester called *Joy Together: Spiritual Practices for your Congregation* by Lynne E. Baab, I recommend it if you are looking for different ways to grow and draw closer to God. I have loved that we read it around Lent. It inspired me to think of my Lenten practice. I share a story often about when I was growing up we were forced to fast during Lent, and not being totally sure why. This year I tried it and failed. Yep, did not succeed. About two weeks into Lent I started a different practice. I started saying the Lord's Prayer three times a day. At first it was very much saying words when an alarm went off. Then it started to shift, I started to say it slower so that I could think about my words, I have stopped what I am doing in a public place to say it and saying it with other people. I said the Lord's Prayer, with 3 and 4-year olds, with my best friend, with Emily Koehler, with friends in seminary, and mostly I got to share the story this holy experiment with others. All of a sudden, the Lord's prayer came to life. I wanted to share this

with you because each month I share a faithful families tip, creative ways to do things that work into your lives and with your kids that are fun and engaging and this month I want to challenge you to say the Lord's Prayer, as often as you can. Think about your words, do it with your friends, share the words that Jesus gave us to pray with the people around you. Allow the words Jesus taught us to take up residency in your day to day.

Faithful Families Tip: The Lord's Prayer

Say the Lord's Prayer often. Set a number that is real for you and your family. Say it slow or say it with movement. Use your creativity that allows you to connect to the words. Start by reading Matthew 6:9-13.



July 15th - 19th

Rising 1st grade-Middle School
Registration forms are in the office.

**In Search Of
Volunteers
For VBS
July 28-31**



**Dinner offered at 5:45 pm
Program at 6:15-8:00 pm**

 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



³³Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, 'Where I am going, you cannot come.' ³⁴I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.

John 13:33-34

Communion Opportunities for May

May 12 The 4th Sunday of Easter
May 26 The 6th Sunday of Easter
(Communion on other Sundays after the service)

Dianne Lail, Communications/Office Manager
Volume 40 No. 5

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

A couple of months back during worship and over email we had folks fill out something called a “vitality survey” as part of our Planting Hope process we are taking part in with the synod. This survey aimed to look at the health of the congregation in terms of things beyond the normal rubrics of financial security and people in the pews during worship. Those things aren’t unimportant, but they don’t tell the whole story of the ministry of a congregation. The survey focuses instead on how we connect to God, to one another, and to the world, believing these are more telling measures of the ministry of a place no matter their size or wealth.

The scores were out of 5, with a 4 or above being considered “vital.” As Pastor Danielle Denise, Director of Evangelical Mission to the NC Synod reviewed the results with members of council and the Planting Hope team, in large part the survey seemed an accurate measure of where we are today. Our strength was connecting with God at 4.4, with folks believing worship to be central to who we are. Our score for connecting with other was 4.1, and our connecting with the world being 3.7.

The survey measured a number of other areas including leadership styles, a sense of God’s presence and action in the congregation and individual lives, a sense of hope and excitement for the future, and the level of conflict and conflict management. The main take away for us is that we are a congregation of harmony that is excited about the future, and believes God is active in this place. In large part this is a good thing. In a world filled with so much

conflict to be a place of harmony and peace is a wonderful gift of God for and through this place. I’ve heard many stories, both before and after this survey, about how Holy Comforter was a place of healing for folks, and I believe that is Christ at work in this place. Places of harmony can become places of inaction if harmony becomes our only goal,

This is a starting place, a snapshot of where we are today, and we have much work ahead of us as we work as a community to continue to identify who we are, our gifts, our passions, our hopes, and discern how God is calling us to use all of that for the sake of the kingdom and the world. But it is an encouraging start, and I look forward to this discerning work with you as we move forward!

Yours in Christ,
Pastor Micah

Congratulations **TO OUR GRADUATES**



Wil Carpenter
University of Alabama
Masters Degree
Aerospace and Mechanics
Employment with Department of Defense
Huntsville, Alabama

Carson Potter
University of South Carolina
Double Major
International Business
Global Supply Chain
Minor
Spanish



May is “**National Asthma and Allergy Awareness Month.**” Anyone dealing with the lovely yellow pollen that is blanketing our community? I know I am! It’s peak season for those with asthma and allergies and a perfect

time to get a little educated about these diseases.

There is no cure for asthma and allergies. Ten people a day die from asthma. Asthma affects more than 26 million Americans and more than 50 million Americans have all types of allergies – pollen, skin, latex, and more. And the rate of folks developing allergies is climbing!

An allergy arises in the body when it produces an immune response to something with which we’ve come in contact. If you get too close to something that you’re allergic to (called an allergen), you may experience symptoms like sneezing, shortness of breath, and itchy, watery eyes.

Allergies are common among all age groups in the United States and can play a major role in serious conditions like asthma. In some people severe allergies may result in life-threatening reactions called anaphylaxis. Allergies – especially those to dust mites, mold, cockroaches, and animal dander – can be predictors of asthma development and control. Those who are prone to allergies are at higher risk for development of asthma. Since the upper and lower airways have common tissues and similar physiological pathways, it has been shown that what happens in one part affects the other. For example, when the nose is exposed to an allergen, and becomes inflamed, this inflammatory process spreads into the lungs and either worsens a patient’s asthma control or could lay the foundation for later asthma development.

As the lungs remain chronically inflamed by constant allergen exposure, the tissues of the lungs will first become hypersensitive and then eventually undergo permanent structural changes that worsen asthma symptoms over

time. The longer this condition is untreated, the more severe, and less treatable it becomes. This is why it is important to catch asthma early and begin treatment and, by treating your allergies, your asthma may become more manageable.

The prevalence of allergy in the world is increasing. Climate change appears to be a factor. As global temperatures and CO2 levels rise, plant pollination cycles have become longer and more intense, with record pollen counts becoming routine. And besides plants, the warming climate also has an impact on the distribution of insects, especially allergenic ones such as wasps and fire ants. With the extended warm seasons, wasps are coming out earlier and staying out longer, increasing the chances that allergic folks will encounter them.

Now...that’s a lot of information to absorb but given the fact that we are right in the middle of allergy and asthma season, it is a good time to bring awareness to the forefront. Of course, your itchy eyes, runny noses, and sneezes have probably already done that for you! If you already do have allergies or asthma, be sure to be diligent about your treatments. If you have never been diagnosed but feel that you are experiencing the symptoms of either condition, be sure to seek medical evaluation as soon as possible. The sooner you seek help, the sooner you will get the treatment you need and lessen its impact on your health overall. ACHOO!!

IMPORTANT DATES FOR HEALTH MINISTRY

May 2, 9, 16, 23 & 30: Tai Chi
7:00 pm in Fellowship Hall
May 5: Blood pressure screening
After worship service



MUSIC NOTES

This spring has been so very busy due to the Lenten and Easter schedules. Accolades of thanks to all of our ensembles. Our youth handbell ringers accompanied all of our Evening Prayer services of worship. And of course our choral choirs offered their leadership for all of our services through Easter. The adult handbells offered a unique new arrangement on Easter Sunday composed for bells and solo trumpet. And our children's ensemble kids have shared a number of musical offerings, as well as already looking ahead into songs for upcoming VBS.

We are so blessed with gifts and talent in this church family. It is indeed a personal blessing for me to share along side each of you throughout the church year. May each of you have a wonderful and glorious Easter season.

Greg Cline

“A time to get away”

Thirty years has flown by as we've been coming to Coastal Retreat on the Isle of Palms 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 Lutheran Church of the Holy Comforter was born.

Our time on the 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 together is often so task-driven that we don't leave much for fellowship with one another. Our time at the retreat center, whether on the beach, around meals, staying up late in common rooms, or worship together, was a wonderful time to grow in relationship with each other. We always return with stories to tell and much laughter shared.

In recent years we have opened up our retreat time there 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, I was excited to perform our 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.

Our time at Coastal Retreat 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 South Carolina Lutheran Retreat Centers and look forward to continuing this tradition for years to come.

By Rev. Micah Kearney

Taken from an article in *Sandscript*



Baby Bottle Blessings Change for Change

Pick up a baby bottle from the narthex and start filling it with your loose change.

This is a special project that will CHANGE countless lives.

Collection is for The Crisis Pregnancy Center of Gaston County (5 locations).

**Mother's Day, May 12-
Father's Day, June 16th.**

To give online and to learn more go to
cpcgaston.org or cpcgaston.com

CHURCH SCHEDULE:

Wednesdays, May 1, 8, 15, 22 & 29

6:45 pm Women's Bible Study

Thursdays, May 2, 9, 16, 23 & 30

7:00 pm **Tai Chi** in the fellowship hall

Sunday, May 5 3rd Sunday of Easter

8:45 am Children's Ensemble

9:30 am Sunday School

10:10 am Church choir prep

10:30 am Worship Service

2:00 pm Confirmation

4:00 pm **HCY** meets at the church

6:00 pm Church Choir

Tuesday, May 7

7:00 pm Chamber Choir

Nar-Anon

Thursday, May 9

11:00 am *Prime Timers* Bible Study

12 Noon Lunch

Saturday, May 11

10:00 am **Staying Connected**

Sunday, May 12 4th Sunday of Easter

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

Tuesday, May 14

7:00 pm Chamber Choir

Christian Ed meeting

Health Ministry

Nar-Anon

Saturday, May 18

10:00 am **Kids' Club**

7:00 pm **Staying Connected**

Sunday, May 19 5th Sunday of Easter

9:30 am Adult Sunday School

10:10 am Church choir prep

10:30 am Worship Service

5:00 pm HCY

6:00 pm Church Choir

Thursday, May 23

Leave for *Isle of Palms Retreat*

Sunday, May 26 6th Sunday of Easter

9:30 am Adult Sunday School

10:10 am Church choir prep

10:30 am Worship Service w/Holy Communion

Isle of Palms Retreat folks return

Tuesday, May 28

6:00 pm Worship & Music Committee meets

7:00 pm Nar-Anon

ASSISTING MINISTERS:

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

May 12 & 26: Billy Joye

May 5: Brian Achor

May 19: Julia Gunter

ACOLYTE: Olivia Sarrazin

CRUCIFER: Noah Rawlins

ALTAR GUILD: (Team 1)

Bev Mauney, Co-Captain

Charles Mauney, Co-Captain

Carmen De Nicholas

Deb Williams

COMMUNION ASSISTANTS: Volunteers

EUCCHARIST PRESENTERS:

May 12 & 26: Volunteers

GREETERS FOR THE MONTH:

May 5: Pat Koehler

May 12: Sue Lahr

May 19: Pat Long

May 26: Volunteer

TELLERS: Amanda & Nathan Kelly

USHERS: Volunteers

ALTAR FLOWERS:

May 5: Brad & Brandy Milton

Carmen, Arden & Merritt De Nicholas

May 12: Rebecca & Mark Yount, Luke Via

Jerri & Mike Wesson

May 19: Danny & Rochelle Potter (both vases)

May 26: Both vases available

CHILDREN'S CHURCH:

May 5: Sherry Alexander

May 12: Volunteer

May 19: Jill Cassel

May 26: Volunteer

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

May 5: Melissa McGinnis

May 12: Volunteers

May 19: Volunteers

May 26: Volunteers

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 St. Phillip and St. James, Apostles	2 7:00 pm Tai Chi Fellowship Hall	3	4
5 The 3rd 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 4:00 pm HCY meet at church 6:00 pm Church Choir	6	7 7:00 pm Chamber Choir Nar-Anon	8	9 7:00 pm Tai Chi Fellowship Hall	10	11
12 The 4th 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 w/HC Council after <i>Mother's Day</i> 	13	14 7:00 pm Chamber Choir Nar-Anon	15 6:45 pm Women's Bible Study Meet for Fellowship Once monthly during summer	16 7:00 pm Tai Chi Fellowship Hall	17	18  10:00 pm Kids' Club Meet at the church  7:00 pm Staying Connected Meet at the church to make cards
19 The 5th Sunday of Easter 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service 2:00 pm Confirmation 5:00 pm HCY 6:00 pm Church Choir	20	21 7:00 pm Chamber Choir Christian Ed meeting Nar-Anon	22	23 <i>Isle of Palms Retreat</i> 7:00 pm Tai Chi Fellowship Hall	24	25
26 The 6th Sunday of Easter 9:30 am Adult Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC <i>Isle of Palms Retreat Return</i> 	27	28 6:00 pm Worship & Music meets 7:00 pm Chamber Choir Nar-Anon	29	30 The Ascension Of Our Lord 7:00 pm Tai Chi Fellowship Hall	31 The Visitation	

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

- May 1 Katie Howard
Melissa McGinnis
Krystyna Sarrazin
- May 2 Lucy Bocchino
- May 3 Erin Cassel
- May 4 Dariel Rogers
- May 5 Tom Bocchino
- May 7 Dianne Lail
Alec Via
- May 9 Anthony DiBiase
- May 10 Zac Hullander
- May 12 Jennifer Perez
- May 13 Rebekah Milton
- May 16 Sherry Perry
- May 22 Billy Joye, Jr.
Paul Kasmer
Arch Lineberger
Chuck MacDonald
- May 23 Jennifer Miller
- May 24 Mandi Kline
Perry Potter Gross
Denise Taylor
- May 25 Will Kline
- May 26 Matthew Hogge
Amelia Kline
- May 28 Richard Fox
Angie Koehler
Dawn Mitchell
- May 29 Angie Morton
- May 30 Jonathan Baker
- May 31 John Zander

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

