



Yesterday I was listening to a story from a fellow youth minister and they were talking about all the different kinds of ministries they do and how most of them she inherited. I had never thought about it like that, how much of what I do is something I didn't start which I knew but if I didn't start with it then I inherited it. I have inherited Kids Club, HCY, Sunday School, kids, their parents, books, and resources! This church has allowed me to inherit quite the booming ministry. The thing I forget about is that it doesn't live forever.

In the last year I have seen a decline in our Kids Club attendance, and that has been hard for me to experience. I want to hang out with all our kids, it is quite possibly the BEST part of my job, and to be proud of their accomplishments and selfishly want to spend time with them is a difficult balance. Holy C's young population is busy and accomplishing so much, they will conquer the world one day, and I believe with my whole heart make it a better place. Because I know that about our kids, I want to spend time with them!! I have struggled to let go of a ministry that has been booming for so many years before me.

This year we have been given an exciting opportunity to re-envision what Kids Club will be. How do we want our young people to be a part of our community that is rooting them in love and equipping them to reach out to the world in love? What kinds of experiences do we want them to have that are fun and learning? How do we hope to be the community and live into our baptismal promises and theirs? I am eager to learn more of how we are fostering a space for faith formation and fun. It's true, our faith can be fun! When we pray at Kids Club we often conclude with "in your name we pray and play, amen", playing is a necessity that allows us to stay curious about God. Have you played lately?



ALL our Kids Club and HCY aged kids are invited to gather together for a thanksgiving dinner, games, and giving thanks for our friends and family.

We will gather together on November 17th from 5pm-7pm.

Kids Club parents are responsible for sides, HCY parents are responsible for desserts.

All are Invited!

Faithful Families Tip:

Seasons of the Church Year at Home

For each season of the Church year, there is a different color. Advent is blue, Christmas is white/gold, Epiphany is green, Lent is purple, Easter is white/gold, the day of Epiphany is red, the time after Epiphany and Lent/Easter is green. For each season, you can change your table cloth or table decor to that season's color.



Micah Kearney, Pastor email: mkearney@holyc.org
Greg Cline, Organist /Choirmaster
Beka Forst, Director of Youth & Family Ministries
Teresa Keller, Parish Nurse



²⁷"But I say to you that listen, Love your enemies, do good to those who hate you."

Luke 23:33-34

Communion Opportunities for November
Weekly during Sunday morning worship



Volume 40 No. 11

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,

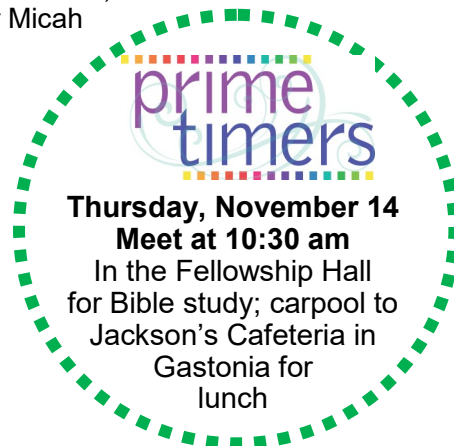
Sometimes the Holy Spirit works in unseen and undetectable ways. And sometimes the Holy Spirit does everything but (I hope) hit you over the head with something. Lately it seems the Holy Spirit is doing more of the latter with me. Over the past month I have been surrounded by the topic of gratitude. In early October it was a topic in one of my sermons when the scripture dealt with it, and ever since then I have noticed a number of folks speak on the topic of gratitude or publicly wrestle with it themselves.

The society we live in is full of anxiety. Polarization breeds conflict which makes it seem like we have more differences than things in common with our neighbors. We are often encouraged to overwork, leading to unbalanced lives and compromised health. Our schedules are often so busy that we find it hard to have family meals together or time to relax for ourselves. And if we're not careful these things seem like they are all encompassing, the complete story of our lives and culture at the moment. I certainly fall victim to this at times between stress of work, raising kids, owning a home with things that go wrong (we think the bats have finally moved out!), and wanting to be an informed citizen.

Which is why gratitude is so important. A sense of gratitude helps to break us out of this place where everything seems like it is going wrong and helps us to realize all of the things going right, all of the gifts of grace that surround us in our lives. I begin to list things that I am thankful for, and as I move down the list even things that have been causes of anxiety can become places of gratitude, like remembering that the busy schedule of kids sports is also what has drawn me into coaching 3 and 4 year-olds in soccer that has been a great joy, and remembering that my busy schedule of meetings at night means we have active committees and members who are interested in and excited about ministry.

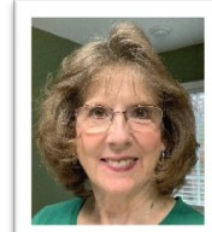
As the Holy Spirit has been beating me over the head with the idea of gratitude, I've heard multiple times that gratitude is a muscle that we can exercise, that practicing gratitude makes us better at it, and eventually we don't need to intentionally sit down to write our lists but it becomes a way of life for us. And living lives of gratitude often enables us to live with joy even in the midst of hardships. While I also hope to get better at my physical exercise (I have to stay faster than my boys for a while!), I intend to commit myself to practicing gratitude in my life, and encourage you to do it with me.

Yours in Christ,
Pastor Micah



After worship on **November 24th** we will share a **Thanksgiving Lunch** together before decorating the sanctuary for the **Advent** Season. We look forward to food, fellowship, and getting in the Advent Season.

The congregation is invited to bring a side and/or dessert to share.



November already and fall has arrived – finally! The cooler days and drop in humidity are a blessing!

The Health Ministry has been gearing up to bring you more offerings. Please remember that we need feedback from you to know what you need from us! Ideas, ideas, ideas, please! Currently we have PEP back in session and are bringing the “Getting Your House in Order” workshop to you to help you get your affairs in order – something important for ALL of us to do, no matter our ages.

November is also American Diabetes Awareness month. Diabetes is on the rise in all populations – young and old. It's important to know a bit about this disease and “be on the lookout” to be sure to get the proper care and treatment if you are diagnosed with it.

Type 1 diabetes occurs when the immune system attacks the insulin-producing cells in the pancreas, which causes insulin production to drop, then stop. Type 2 diabetes is characterized by the body becoming resistant to insulin. The pancreas reacts by trying to work harder to overcome the resistance. This can lead to the organ not being able to produce enough insulin to meet the body's needs. Insulin is required for our cells to take in the glucose/sugar (think “fuel for our bodies”) required to function properly.

Here are some of the signs and symptoms of this disease.

Both Types 1 and 2 can share the following symptoms:

- Excessive urination
- Excessive thirst
- Fatigue (from cells not being able to get the energy they need)
- Fungal and bacterial infections which thrive in high-sugar environments

Additional symptoms of Type 1 diabetes include:

- Dry mouth
- Weight loss despite increased hunger as your body begins to burn fat as fuel
- Vomiting – when the body burns fat, it gives off toxic acids known as ketones; ketones trigger vomiting
- Blurred vision – high blood sugar can temporarily alter the shape of the eye, affecting vision.

Children with Type 2 diabetes may have milder symptoms. If you notice any of these signs and symptoms in you or your child, contact your healthcare provider. Simple testing can rule in/out diabetes as the cause of your symptoms.

And if your child already has diabetes, it's nice to know there are things that can be done to ensure his safety while in school. From the first day they board the big yellow bus, kids spend almost a third of their waking hours in the classroom. So it's no wonder that diabetes management in school is a huge priority—and concern—for parents. Fortunately, a document called a 504 plan can be created to help ensure that your school knows what your child needs. Children with diabetes are protected by federal law, so developing a 504 plan assures them that they will get the same access to education as children who do not have diabetes.

Remember, diabetes – while serious – is a disease that can be managed with proper diets, medicines, and exercise. Be on the lookout for this disease and learn how to manage it right. The sooner you and/or your child learn how to adequately manage it, the stronger will be your life-long success with this disease and the chance of complications will be greatly lessened. Questions? Contact your Parish Nurse @ parishnurse0407@gmail.com. My husband and I have first-hand knowledge of this disease – our son was diagnosed at age nine!

MUSIC NOTES

All our ensembles are earnestly engaged in preparing a wealth of musical offerings through the end of the year.

Here is a brief breakdown:



The Children's Ensemble is presenting the Prelude alongside our Chamber Choir on All Saint's Sunday. Entitled "Walk Together Children," this anthem incorporates the familiar "Where the Saints Go Marching In." The children will also present the anthem "Give Thanks" on Christ the King Sunday. More details later in the December updates.



Our Adult Handbell Choir is preparing an offering arrangement of "Precious Lord, Take My Hand," presented during our All Saints' Service of Worship. Many selections in the works to come during Advent and Christmas.



Members of our church and chamber choirs are charged with the task of leading the flock in song, including a combined dozens of anthems for the upcoming church festivals in the coming weeks.



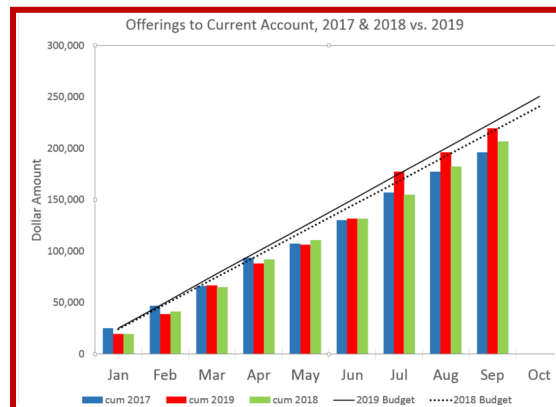
Eight youth handbell ringers registered to accompany our mid week evening Advent services of worship. (Wednesdays in December) We are already preparing for this service. Details next month, but for now thanks to: Emily, Ginny, Preston, Be-ka, Winston, Henrik, Lucy and Leah.

This event does not occur until February, but the National Lutheran Choir will be in concert on Saturday, February 22 at Christ Lutheran in Charlotte. Our church choir will be singing alongside them in a regional ensemble of between 200 –300 voices. Everyone is invited to attend. We would like to offer transportation to anyone from Holy Comforter that would like to attend this concert. If you would be willing to be a part of this "transportation ministry" let Greg Cline know. Details to be ironed out in the coming months.

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

Treasurer's Report (Warren Heller)

Report for Month	September 2019	Year-to-Date
Budgeted Expenses:	\$25,022.17	\$225,199.50
Actual Expenses:	23,612.21	223,291.40
Offerings Received:	22,867.00	219,082.77
Gain (Loss) for Period:	(\$ 745.21)	(\$ 4,208.63)



CHURCH SCHEDULE:

Sunday, November 3 All Saints Sunday

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
Blood pressure screening after worship
2:00 pm Confirmation at Redeemer in Gastonia
5:00 pm Handbells, HCY
6:00 pm Church Choir

Mondays, November 4, 11, 18

6:00 pm PEP class in Fellowship Hall

Tuesdays, November 5, 12, 19, 26

7:00 pm Chamber Choir, Nar-Anon

Wednesdays, November 6, 13, 20

6:45 pm Women's Bible Study (Downstairs)
HCY Girls' Bible Study (Upstairs)

Saturday, November 9

10:00 am Getting Your House in Order Workshop in fellowship hall

Sunday, November 10 22nd Sunday after Pentecost

8:45 am Children's Ensemble
9:30 am Sunday School
10:10 am Church choir prep
10:00 am The Service w/Holy Communion
Council after
4:00 pm HCY at Textile Lanes Bowling Alley
5:00 pm Handbells, HCY
6:00 pm Church Choir

Thursday, November 14 Prime Timers

10:30 am Bible study at church; carpool to Jackson's Cafeteria for lunch

Sunday November 17 23rd Sunday after Pentecost

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

Tuesday, November 19

7:00 pm Chamber Choir, Christian Ed, Nar-Anon

Sunday, November 24, Christ the King Sunday

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
Thanksgiving Lunch and Advent Decorating
5:00 pm Handbells
6:00 pm Church Choir

Tuesday, November 26

6:00 pm Worship & Music meets

ASSISTING MINISTERS:

LECTORS: Billy Joye, Chief Lector

November 3: Billy Joye
November 10:
November 17: Jim Buell
November 24: Billy Joye

ACOLYTE: Zenneta Sarrazin

CRUCIFER: Volunteer

ALTAR GUILD: (Team 1)

Bev Mauney, Co-Captain
Charles Mauney, Co-Captain
Carmen De Nicholas Deb Williams

COMMUNION ASSISTANTS: Volunteers

EUCHARIST PRESENTERS: Volunteers

GREETERS FOR THE MONTH:

November 3: Volunteer
November 10: Katie Howard
November 17: Pat Long
November 24: Volunteer

NOVEMBER TELLERS: Shelia & Tim Kelly

USHERS: Volunteers

ALTAR FLOWERS:

November 3: Julia Gunter
Kay & Richard Holden
November 10: Dianne Lail (both vases)
November 17: Rochelle Potter (both vases)
November 24: Julia Gunter
1 vase available

CHILDREN'S CHURCH:

November 3: Volunteer
November 10: Krystyna Sarrazin
November 17: Jill Cassel
November 24: Volunteer

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








November 3: Melissa McGinnis
November 10: Melissa McGinnis
November 17: Katie Howard
November 24: Rebecca Yount

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



November 2019

We recognize and celebrate these birth-days in the month of November. 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
Daylight Savings Time Ends November 3 					1	2
3 All Saints Sunday 8:45 am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC Blood Pressure check after 2:00 pm Confirmation 5:00 pm Handbells; HCY 6:00 pm Church Choir	4 6:00 pm PEP Class in Fellowship Hall	5 7:00 pm Chamber Choir Nar-Anon	6  5:00 pm Youth Handbells HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs	7  Prime Timers Meeting 10:30 am Fellowship Hall Bible study; then carpool to Jackson's Cafeteria In Gastonia for lunch	8 St. Luke, Evangelist	9 Getting Your House in Order 10:00 am - 2:30 pm Workshop in Fellowship Hall
10 22nd Sunday after Pentecost 8:45 am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC Council meeting after 5:00 pm Handbells HCY 6:00 pm Church Choir	11 6:00 pm PEP Class in Fellowship Hall	12 7:00 pm Chamber Choir Nar-Anon	13  5:00 pm Youth Handbells HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs	14  Prime Timers Meeting 10:30 am Fellowship Hall Bible study; then carpool to Jackson's Cafeteria In Gastonia for lunch	15 	16
17 23rd Sunday after Pentecost 8:45 am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC Congregational meeting 5:00 pm Handbells HCY 6:00 pm Church Choir	18 6:00 pm PEP Class in Fellowship Hall	19 7:00 pm Chamber Choir Christian Ed Nar-Anon	20  5:00 pm Youth Handbells HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs	21 	22 	23
24 Christ the King Sunday 8:45 am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC Thanksgiving lunch, Advent Decoration 5:00 pm Handbells 6:00 pm Church Choir	25 	26 6:00 pm Worship & Music 7:00 pm Chamber Choir Nar-Anon	27 	28 Thanksgiving Day 	29 	30 St. Andrew, Apostle

November 1 Donna Bean
 November 2 Beckham Bryant
 November 3 Brad Milton
 November 4 Declan Nance
 November 5 Debbie Mendez
 November 6 Debbie Bray
 Jenn Kearney
 Tom Nance
 November 8 Jim Buell
 Matthew Heilig
 November 11 Ashley Ange
 Richard Holden
 Owen Shoemaker
 November 12 Greg Byrum
 Judy Caldwell
 Libby Joye
 Collins Luge
 Mary Yavelak
 November 13 Stacy Kirby
 November 15 Laurel Mauney
 Leslie Luge
 Emily Nelson
 November 16 Dylan Fox
 November 18 Brian Achor
 November 19 Nathaniel Kearney
 Danny Potter
 November 20 David Bruchon
 Lucy Mitchell
 November 21 Emily DiBiase
 November 22 Olivia Sarrazin
 November 23 Cheryl Fox
 November 25 Arianna Ince
 Mallory Morton
 November 27 Sue Lahr
 November 29 Rick Neagle
 Josh Nixon

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