

Beka's
Buzz

This year we have started using a new curriculum that was written by us! The Sunday school curriculum is written to cater to our needs and our kids. It all started when I ordered some books from Amazon and fell in love with them, their pictures, their content, everything. I immediately thought to myself "how do I get these books and stories into all of our young people's hands?". I brought these new books to a Christian Ed meeting, let them read the books, and asked them the same question, "how do we get these books into the hands of our young people?" Their response was to integrate them into Sunday school.

I don't know if you know this, but it is hard to integrate things into Sunday school that don't already belong to the curriculum. So that's when we talked about what it would look like to write Sunday school curriculum that partner's with books and themes that are biblical. The important questions that I began to ask were, "what does this book teach about God?", "Does this book teach something about the 10 Commandments?", "Does this book teach and show ways to be a better disciples?", and "Does this book help us grow in our baptismal identity, as a beloved child of God?". From there, this project took off on it's own. I started researching books with good themes, read a lot of children's books, not a lot of them worked, but there are some gems in the mix of lots of stories. As I started talking about this with colleagues, I would say that I wanted this curriculum to help us live into God's Kingdom, now. That is where the name came from, *Kingdom Kids*. These books are relatable for kids, they are (hopefully) fun to read, and they teach a message that grounds us in our relationship with God.

The thing about *Kingdom Kids* is that it is for all people. The title "Beloved Child of God" is our congregation's and the church's identity!

We are all beloved children of God and this curriculum is written for you, and the grounding of our faith in Scripture and with God. If your interested has been peaked and you are willing to learn more, reach out to me. I would love for you to walk in this new learning opportunity with our kids.

Faithful Families Tip:

Lego Prayer: Each member of your family gets a *Lego* block. Take time to hold your block and pray for things that you may need or are thankful for. Next, count the number of bumps on the top of your block. For every bump on your block pray for a friend for a family member. Once everyone has prayed with their blocks, build something together. Then finish your prayers by praying as a family for your day, good rest, or school/work. This prayer activity can happen any time of the day.

Saturday, October 19 at 8:30 am
Sanctuary Cleanup Day

Breakfast & Projects to get ready for the holiday season.

We celebrate with Arden De Nicholas and Bella Ince at their Confirmation
during worship on October 27, 2019

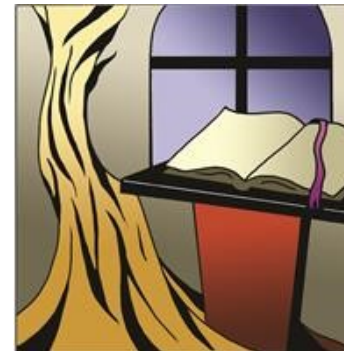
BCO Items for October



Rice Soup Oatmeal Corn Muffin Mix Jelly

 Lutheran Church of the
Holy Comforter **COMMENT**
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704-825-2483 holycomforter@gmail.com

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



²⁸For we hold that a person is justified by faith apart from works prescribed by the law.

Romans 3:28

Communion Opportunities for October

Weekly during Sunday morning worship



Dianne Lail, Communications/Office Manager
Volume 40 No. 10

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

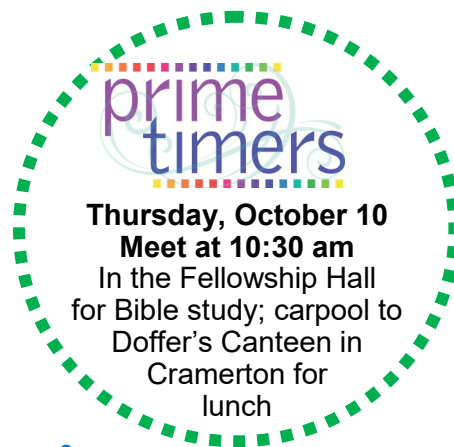
Grace and peace,

Sometimes the faith lessons we pass on to children happen in the least intentional ways, and may be all the more beautiful for it. Recently a member of our congregation shared with me that she often makes the sign of the cross on her forehead to remember her baptism and that she belongs to God. It is something she had taught to kids in Sunday School years before and has continued to do for herself both in worship settings and in times of her life when that reassurance is helpful. During a fairly recent worship service a child saw her do this and asked her why she did. That unplanned moment that began as an individual's own engagement with their faith became a beautiful and holy one of an adult passing on her own unique understanding and engagement of her faith to a child. Since that time it has become something that they often do for each other, reminding each other of their baptismal identities and that they belong to God.

There is a lot that we can learn from this story. I love the quiet faithfulness and openness of the adult, and I love the faithful curiosity of the child and modeling these things would do us all good. But for the purpose of this article I have two takeaways. The first is that people, but kids in particular, are always watching us and learning about their own faith through us. That is true in worship with rituals like making a cross on our foreheads, and it is also true out in the world with the intentionality of the way we live our lives and the way we treat our neighbors of every faith, ethnicity, gender identity, sexual orientation, political persuasion, and socioeconomic class, and how we treat the world God made. Our lives are a witness to our faith, who we are and whose we are, and people, kids in particular, are watching to see how we live out our faith.

The second thing is that this means every moment has an opportunity to be a teaching moment, a moment to mentor someone else, a moment to pass on what is important about your faith to someone else. We can all likely name people who did this for us, who were happy to be interrupted from whatever they were doing to engage our faithful curiosity, and in doing so allowed the moment to become holy and became saints in our lives. Every moment, whether in church or out in the world, has the opportunity to be a holy teaching moment when we allow ourselves to be interrupted, questioned, and then engage faithful and holy curiosity. May God open our eyes to these beautiful and holy moments.

Yours in Christ,
Pastor Micah



Thursday, October 10
Meet at 10:30 am
In the Fellowship Hall
for Bible study; carpool to
Doffer's Canteen in
Cramerton for
lunch



October 6
Blood Pressure Screening
After worship

October 21 & 28
PEP Exercise Class
6:00 pm in Fellowship Hall

October 22
Health Ministry Committee Meeting
7:00 pm in Fellowship Hall



With the cooler weather coming and fall/winter fast approaching, flu season is getting ready to attack us, so this month I'm going to talk to you about the flu...

KEY FACT ABOUT THE FLU Influenza (commonly called "the flu") is a contagious respiratory illness caused by influenza viruses. These viruses can result in illness ranging from mild to severe with life-threatening complications. An estimated 10% to 20% of U.S. residents get the flu each year (per the Centers for Disease Control).

SYMPTOMS OF FLU Symptoms of flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches.

SPREAD OF FLU The main way flu viruses are spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled (generally up to 3 feet) through the air and deposited on the mouth or nose of people nearby – ough! Another way that viruses can spread – although much less frequent – is by a person touching respiratory droplets on another person or an object and then touching their own mouth or nose before washing their hands.

PREVENTING FLU The single best way to prevent the flu is to get vaccinated each fall. Ways that we can help prevent the spread of this virus include: Avoiding close contact with others who have it, staying home when we are sick, covering our mouths and noses when we cough or sneeze, **washing our hands and/or using hand sanitizers (we have them located in the narthex and the fellowship hall)**, and keeping our hands away from our eyes, nose or mouths.

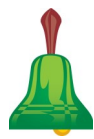
AT SPECIAL RISK FOR COMPLICATIONS FROM FLU People aged 65 years and older, people of any age with chronic medical conditions, pregnant women, and children between 6-23 months of age are at increased risk from complications of flu.

GET THE FLU VACCINATION!!! OCTOBER AND NOVEMBER ARE THE OPTIMAL MONTHS FOR PEOPLE TO RECEIVE INFLUENZA AND PNEUMONIA VACCINES. LET'S TRY TO HAVE A REALLY HEALTHY WINTER!

PEP Exercise starting again! Remember, this class is for those with joint mobility issues, or simply folks who are disinclined to exercise and want something gentle. The exercises can be performed sitting, standing, or lying and can be tailored to your capabilities and joint involvement. The goal is to reduce pain and stiffness, restore and/or maintain joint range of motion, maintain or increase muscle strength, and improve balance and coordination. **Come join our Parish Nurse! Every Monday from 6-7 pm. No cost, no obligation...come whenever you can and as often as you can!**

"Getting Your House in Order" is a workshop designed to help you help your loved one's plan for your end of life issues and death. It is very upsetting to lose a loved one and then to have to plan for his/her death. This workshop covers topics such as spiritual aspects of death and dying, advanced directives, living wills, revocable trusts and wills, and funeral preparation. Plan on joining us for this wonderful workshop on **November 9, from 10-2. Lunch and a notebook are included and it's free!** In order to plan appropriately, please sign up in the education wing under the Health Ministry bulletin board or email the parish nurse at parishnurse0407@gmail.com.

MUSIC NOTES



Calling all youth in Grade 4 and up who have indicated an interest in handbells to accompany our Advent Evening Services.

Please let Greg know by October 13 if your child would be willing to share their gift of time and talent. If so, we will plan to put that ministry into action. Below is the schedule we have successfully followed in the past:

Wednesdays: October 30 Session 1
November 6 Session 2
November 13 Session 3
November 20 Session 4

Wednesdays: December 4, 11, 18
5:15 pm Warm up
6:00 pm Meal
6:45 pm Worship

Ideally we need 6-12 ringers to make this work well. Let Greg know and he will sign them up!



Our children's ensemble is off and running. We are working on musical offerings all the way through the Christmas season and festivals in between. Just a reminder that this group is open to children as young as 4. Please contact Greg if you are willing to allow your child to participate. Many times the scripture comes more alive, and certainly more memorable when sung. We continue to meet in the upstairs music room on Sundays 8:45-9:30 am, just prior to Sunday school. All are welcome.

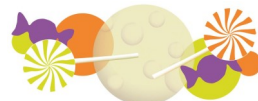


Our adult choral and handbell ensembles are hard at work preparing many new musical offerings to share during the remainder of 2019.

Our church and chamber choirs, for example, rehearse several months in advance of a given presentation...not just Advent/Christmas, but even as far out as Easter 2020.

"He who sings, prays twice!" Martin Luther

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

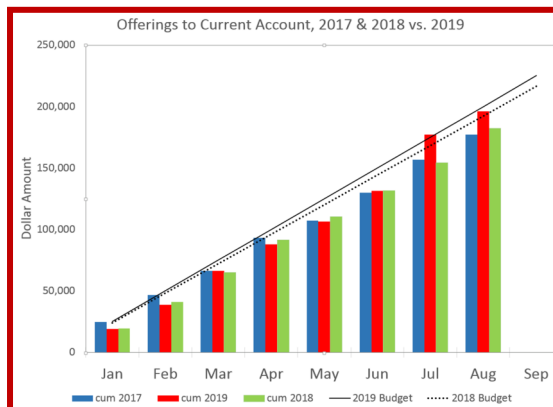


Trunk or Treat
Saturday, October 26 4:00-6:00 pm
Holy C's Parking Lot

A fun and safe way for our trick-or-treaters to enjoy the holiday. Candy, games, and hotdogs for all! To sign up to participate in the event, email sarrazin1230@hotmail.com. A signup sheet will also be available at the service.

Treasurer's Report (Warren Heller)

| Report for Month | August 2019 | Year-to-Date |
|--------------------------------|----------------------|----------------------|
| Budgeted Expenses: | \$25,022.17 | \$175,155.17 |
| Actual Expenses: | 24,849.90 | 175,226.69 |
| Offerings Received: | 19,068.00 | 196,215.77 |
| Gain (Loss) for Period: | (\$ 5,781.90) | (\$ 3,663.42) |



CHURCH SCHEDULE:

Sunday, October 6 17th 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/Holy Communion
Blood pressure screening after worship
2:00 pm Confirmation at Good Shepherd
5:00 pm Handbells, HCY
6:00 pm Church Choir

Tuesdays, October 1, 8, 15, 22 & 29

7:00 pm Chamber Choir, Nar-Anon

Wednesdays, October 2, 9, 16, 23 & 30

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

Thursday, October 10 Prime Timers

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

Sunday, October 13 18th 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
5:00 pm Handbells, HCY
6:00 pm Church Choir

Tuesday, October 15

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

Saturday, October 19

8:30 am Sanctuary Cleanup Day Breakfast & projects

Sunday, October 20 19th 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/Holy Communion
5:00 pm Handbells, HCY
6:00 pm Church Choir

Mondays, October 21 & 28

6:00 pm PEP Exercise Class in Fellowship Hall

Tuesday, October 22

6:00 pm Worship & Music meets
7:00 pm Chamber Choir
Health Ministry Committee
Nar-Anon

Saturday, October 26

4:00-6:00 pm Trunk or Treat in HC's parking lot

Sunday, October 27 Reformation 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
5:00 pm Handbells
6:00 pm Church Choir

ASSISTING MINISTERS:

LECTORS: Billy Joye, Chief Lector

October 6: Volunteer
October 13: Volunteer
October 20: Jim Buell
October 27: Billy Joye

ACOLYTE: Henrik Sarrazin

CRUCIFER: Bella Ince

ALTAR GUILD: (Team 3)

Fran Holland, Co-Captain
Tracey Nault, Co-Captain
Rebecca Yount

COMMUNION ASSISTANTS: Volunteers

EUCARIST PRESENTERS: Volunteers

GREETERS FOR THE MONTH:

October 6: Katie Howard
October 13: Volunteer
October 20: Volunteer
October 27: Volunteer

OCTOBER TELLERS: Janet & Brian Achor

USHERS: Volunteers

ALTAR FLOWERS:

October 6: Donna & Horace Bean
1 vase available
October 13: Claire, Will, Evan, Katie & Beau
1 vase available
October 20: Rochelle & Danny Potter (both)
October 27: Jim Buell (both vases)

CHILDREN'S CHURCH:

October 6: Jill Cassel
October 13: Shelia Kelly
October 20: Jenn Kearney
October 27: Rebecca Yount

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








October 6: Shelia Kelly
October 13: Rebecca Yount
October 20: Jill Cassel
October 27: Stacy Kirby

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



October 2019

We recognize and celebrate these birthdays in the month of October. 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  HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs | 3 | 4 | 5 |
| 6 17th 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 Blood pressure check 2:00 pm Confirmation class 5:00 pm Handbells HCY 6:00 pm Church Choir | 7 | 8 | 9  HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs | 10  Prime Timers Meeting 10:30 am Fellowship Hall Bible study & carpool to Doffer's Canteen in Cramerton for lunch | 11 | 12 |
| 13 18th 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 after 5:00 pm Handbells HCY 6:00 pm Church Choir | 14 | 15 | 16  HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs | 17 | 18 St. Luke, Evangelist | 19 8:30 am Sanctuary Cleanup Day Breakfast, then Projects after.  |
| 20 19th 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 with Holy Communion 5:00 pm Handbells HCY 6:00 pm Church Choir | 21 6:00 pm PEP Exercise Class Fellowship Hall | 22 6:00 pm Worship & Music 7:00 pm Chamber Choir Health Ministry Comm. Nar-Anon | 23  St. James of Jerusalem, Martyr HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs | 24 | 25 | 26  Trunk or Treat 4:00-6:00 pm Holy C's Parking Lot |
| 27 Reformation 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 Confirmation of 2 youth w/lunch after 5:00 pm Handbells 6:00 pm Church Choir | 28 St. Simon & St. Jude, Apostles 6:00 pm PEP Exercise Class Fellowship Hall | 29 7:00 pm Chamber Choir Nar-Anon | 30  HCY Girls Bible Study 6:45-8:00 pm Upstairs Women's Bible Study 6:45-8:00 pm Downstairs | 31  | | |

| | |
|------------|--------------------|
| October 1 | Ellen Fleming |
| | Andres Mendez |
| October 2 | Garrett Buell |
| October 4 | Mark Reese |
| October 5 | Larry Siglar |
| October 7 | Catherine Carr |
| October 8 | Brenda Daly |
| October 10 | Tim Kelly |
| October 11 | Evan Howard |
| | Pat Roberson |
| October 14 | Jean Ferguson |
| | Linda Grimsley |
| | Stephanie Hinrichs |
| | Jeff Howard |
| October 15 | Pat Speck |
| October 18 | David Koehler |
| October 21 | George Keller |
| October 23 | Eva Kline |
| | Carson Potter |
| | Noah Rogers |
| October 24 | Sarah Boyd |
| | Renee Carpenter |
| October 27 | Kay Holden |
| October 28 | Andrew Bryant |
| | Sarah Reese |
| October 30 | Micah Kearney |
| October 31 | Cody Koehler |
| | Gary Rogers |
| | Kurt Scholler |

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

