



**Quarantine log- week 2 day 3,** The dogs have made themselves comfortable in my home office. I have eaten my

fair share of the quarantine snacks that were supposed to last more than a week, and work is looking more and more different as the days and weeks go on. Any one else feel like it is September 47th? This time of quarantine is full of togetherness of your family, pets, and couches. I keep hearing from others how this time together with their family has been quality time. So in all of your unintentional togetherness, are the opportunities to talk about God and your faith while dwelling in a temporary normal?

Faith at home is hard, making time in a full day to sit down intentionally with our families to check in about how God is moving in our lives, and teaching our kids how to look for God, having faithful conversations around scripture can be a lot of work right before bed. In this time of social distancing we are forced to slow down and stay together, so do we build faith into family time? There are some resources below that can be helpful in building faith into our time together. There are also opportunities for you too!

#### **Apps for a phone or tablet-**

**The Bible App for Kids-** This is a great resource for pre-readers to have Bible stories read to them and an activity to follow. And bonus- its free!

#### **Devotions-**

**Taking Faith Home-** These are our bulletin inserts that offer a daily scripture reading and rituals to build into your week, like dinner prayers and activities.

**Faith5-** Faith5 is a routine devotion to do as a family, it involves **sharing, reading, talking, praying, and blessing.** This pairs well with our Taking Faith Home insert.

**Morning Watch-** Morning Watch is a Facebook page with two devotions a day, one is for adults and the other one is geared for kids and families. They are live daily, the adult friendly one is at 8 am and the kid friendly video is live at 8:15 am. Tune in to meet Matt, Jesse, and Nathaniel.

#### **Printable Devotions-**

**Pandemic Hope-** This is a printable devotion that has scripture reading daily and activities available.

**Taking Faith Home-** These are our bulletin inserts that offer a daily scripture reading and rituals to build into your week, like dinner prayers and activities.

More resources available in our weekly Faithful Families emails. If you find yourself looking for more resources please reach out. Or if you find something you think others would like please send them my way! We would be happy to share our findings.

Peace be with you,  
Beka, [rforst@holyc.org](mailto:rforst@holyc.org)



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



<sup>36</sup>As he rode along, people kept spreading their cloaks on the road. <sup>37</sup>As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, <sup>38</sup>saying, "Blessed is the king who comes in the name of the Lord!"

**Luke 19:36-38a**

### **Worship Opportunities for April**

Throughout this time of social isolation we will post worship opportunities on Sunday morning and Wednesday evenings on our website. We will also post worship opportunities for Maundy Thursday and Good Friday.



Volume 41 No. 4

**SUNDAY SCHEDULE** 9:30 am Sunday School  
10:30 am The Service  
**Church Office Hours** Monday-Thursday  
8:30 am—3:00 pm



### Tithes and Giving

As best you're able, we encourage you to try and continue your tithes and giving to the church, either through dropping a check or cash in the mailbox, mailing a check to the office, or using onrealm.com, our church directory, in order to give online. If you need help with any of these, please call or text the church office and we would be glad to help you. We know that being out of the routine might make it hard to remember to give and many of you may be financially effected by the current crisis, but costs for the church continue. We are doing our best as a staff to continue our ministry together while also being frugal with our costs here.

### Donations for BCO and SOCKS

We are continually checking with BCO and SOCKS to see what needs they have for donations, and we will let you know what we hear. As best you're able, when you pick up groceries please remember folks who are out of work and need help during this time and pick up extra items. We will continue to collect items at church and deliver them. You may place the items in or on the metal box at the bottom of the stairs between the two church buildings. Thank your for your generosity in this uncertain time, and for thinking of folks in great need.



### Masks for medical workers

One way that we've learned is a huge need given the current crisis is masks for folks in the medical system. We've also heard from Beth Brittain that her staff in hospice care also has needs for masks. We have sent out through church email directions to make these masks, and you can either send them to the address provided in the email, or drop them at the church and we will distribute them. Again, thanks for your generosity and care, whether it is through this means or any other.



### From your Parish Nurse...

Everyone feels anxious at one time or another. Webster's Dictionary gives this as one definition of anxiety: an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs (sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.

Maybe this definition could describe ALL of us at this moment in history, right? Here are some "anxiety-busters" to help us get control of our anxiety rather than to feel controlled by it:

1. Develop a "relaxation response." This sounds obvious but is far from simple. Some coping tools to learn are: Relaxation exercises, imagery, meditation, visualization, and positive self-talk (these ALL can be found in abundance by simply googling the words or searching with these words on YouTube) and are usually free. Train yourself to recognize your own symptoms of anxiety so you can trigger your relaxation response.
2. Take charge of the situation. Work on the idea that feelings can be uncomfortable, but they can't hurt you. Although you cannot control your emotions you can control the actions that flow from them.
3. Stick to the facts. A sense of powerlessness breeds fear that we won't be able to handle the consequences of a terrible event. Instead of feeling powerless, evaluate what you know to be true in this moment – and don't exaggerate – to help ground you. Think: I have my health, I have my family, I can still make delicious meals.
4. Avoid "awfulizing" and "all-or-nothing" thinking. Letting your fears run away with you is called catastrophizing or awfulizing – anticipating the worst. Stop such thoughts and substitute other thoughts to fill the vacuum. When news and facts are constantly changing, it can be easy to jump to conclusions and fill in the blanks. Instead, write down such nervous thoughts or give your anxiety a name. In an article recently, a doctor said she names her anxiety Carl. Her anxiety says, "Carl says the world

is probably going to end" and that just makes her respond with "Carl probably doesn't know what he's talking about!"

5. Take care of yourself. Think seriously whether you need to lighten your load or gain more balance in your life. Prioritize the things that have to be done and let the others go.

6. Be aware of your vulnerable areas. What makes you feel nervous or inadequate? Select an area where improving your performance, and consequently your self-image, might make you less vulnerable to anxiety.

7. Seek help for extreme anxiety. Consult your physician immediately. Anxiety disorders are just as real as appendicitis or ulcers, and you need help to heal. But... anxiety disorders are among the most treatable conditions.

Some further suggestions: Let family and friends help you when you are anxious. Be open and honest about your thoughts and feelings. When they give you feedback, think about the questions they raise as well as thoughtfully considering the options or advice they give.

Feedback and honest, kind communication are always gifts! It will help you with your anxiety and build stronger relationships! Stay home, stay safe, and God bless you!

### Reminder!

If you are planning to come to the weekly Zoom meetings, that Zoom invites will be sent out through email, 30 minutes in advance of meetings!

**We hope you will join us!**



# MUSIC NOTES

I trust that everyone is as well as possible. There is little that I can add to what has already been said regarding our "new normal" way of life. For years I told the choirs, "Where would I be without you?" Well, little did I ever dream that I would find out so soon.



Currently we are in communication with all of our ensembles at Holy Comforter through email, text, telephone. The handbell choir has technically disbanded for the duration of the pandemic. There is no way to tele-rehearse without everyone physically being together. We are looking into ways to get together with the members of the children's ensemble and church choir through "Zoom" method. Our goal is to virtual prepare for our first gathering together for worship to be the celebration of the Easter Resurrection; whatever date in the future that happens to be.

So, on **Palm Sunday, April 5** we will check in with



the members of the **children's ensemble at 9:30 a.m** and **church choir will meet together using "Zoom" at our regular meeting time of 6:00**

**p.m.** We will send an invite prior to this so everyone who can may participate.

Over the past several weeks we posted Evening Vespers services during the Lenten Season. Currently we are working on doing the same for Holy Week. On Easter Sunday, April 12 we will rebroadcast portions of our 10:30 Easter Service of Worship from last year, along with new pieces for this year. Details will be emailed closer to Easter Day.



We assume that everyone has gotten the word that the 31st Annual Isle of Palms retreat has been canceled this year. We still may be one of the few churches, if not the only church with the record of 30 uninterrupted years of attendance. We are already reserved for Memorial Day Weekend 2021.

My personal prayer for everyone is that we never forget that God will never leave us, nor forsake us. The final verse of a very familiar hymn speaks more loudly to me than ever:

God's Peace!

**Greg Cline**  
*Organist/Choirmaster*

## CHURCH SCHEDULE:

### Weekly Schedule-

Throughout this time of social isolation we are working hard to create some new patterns for worship, faith formation, and community. Currently each week we will have:

- **Sundays:**
  - 9:30 am- Children's Ensemble will meet over Zoom video conferencing
  - Before 10:30 am- Virtual Worship posted during the morning to watch at your leisure
  - 4:00 pm- Kid's Club Zoom gathering
  - 5:00 pm- HCY Zoom gathering
- **Tuesdays:**
  - Noon-Zoom lunch together. A time to check in and be in fellowship with one another
- **Wednesdays:**
  - 6:45 pm- Zoom Bible Study
- **Holy Week (April 5-12)**-During Holy Week we will continue with the schedule listed above, as well as have the following:
  - **Maundy Thursday**- We are currently shaping a worship experience for Maundy Thursday that will be posted that evening and lean into the Foot washing image.
  - **Good Friday**-Our good Friday service will be an altered audio recording of a former Good Friday liturgy, and we will email a bulletin home for those who would like to follow along.
  - **Easter morning**- Our Easter morning worship will be a blend of the Sunrise and 10:30 services we normally offer, and we hope to include recordings of our congregation seeing Easter hymns from years past.

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

April 1	Barbara Kasmer
April 3	Garrett Carpenter
April 4	Sherry Alexander
	Susan Clark
	Sandra Cline
	Myra Hollar
April 5	Taylor Buchanan
April 7	Teresa Keller
April 8	Shirley Causby
	Fran Holland
April 10	Bryan Fleming
April 11	Matthew Mitchell
April 14	Rianna Nance
	Ian Ince
April 16	Misty Koehler
	Debbie Neagle
April 19	Jake MacDonald
April 20	Carly Caldwell
April 23	Timothy Baker
April 24	Mark Kline
April 25	Julia Gunter
April 27	Clair Heilig
April 28	Joseph Mitchell
	Ron Speck
	Rita Stewart
April 30	Deborah Williams



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



## FROM THE PASTOR

God is still God, and we are still God's people. We are going through a time that is unprecedented. Never in the age of modern medicine as we know it and a world that is so globalized and interconnected have we dealt with a pandemic like COVID-19. On top of the actual virus and the health concerns involved with it, the world's response to it has thrown the economy into disarray, left millions with no jobs for an unforeseeable amount of time, kept kids out of school and families and individuals isolated from friends and family and any sense of normalcy. With the added fact that we don't know how long this will last, it has left many, most, feeling insecure and ungrounded.

With all of that uncertainty, it is good to remember that God is still God, and we are still God's people. There is so much in the world that is out of our control, that is changing and moving and we can't depend on, yet the promise that God is constant, constant in love for us, constant in sending light into the darkness of the world, constant in claiming us as children both now and for all time, is something that we can lean on and depend on in the midst of the chaos, turmoil, and uncertainty that we are experiencing. You are a child of God, loved even more dearly than the children you are worried about in this time, and forever held in the loving embrace of a God who desperately wants good for you.

As God's children, we are called to a certain kind of life, a life of worship, of community with our brothers and sisters in Christ, and of service to our neighbor. The way we live into this life as children of God certainly looks a lot different than it did a month ago, but that does not mean we are unable to do so. At Holy Comforter we are providing a virtual worship each Sunday, an evening prayer service for Wednesdays, and a service for Maundy Thursday and Good Friday. Not to mention the plethora of other worship opportunities provided such as from the NC Synod office and the National Cathedral, which is a favorite of one of our members.

While we cannot gather together in person as community, we are working to provide community through things like Zoom video conferencing, where using a computer, tablet, or phone we are gathering together for lunch on Tuesdays, Bible study on Wednesdays, with the children and youth on Sundays, and with our Adult Choir and Children's Ensembles. Led by our parish nurse and Health Ministry team, mem-

bers of our church have volunteered to call and check in once a week with every member of our church to see how folks are doing and if there are needs of theirs we could help meet.

In terms of service to our neighbor, a lot of the ways we might normally do this have become harder as we work to social distance and slow the spread of COVID-19, but we are still working to do that. First of all, our closest neighbors often live with us, so caring for people in our own household is one way that we are serving our neighbors and living into our role as children of God. Beyond our own walls, we may have folks near us who need lawns mowed or groceries or medicines picked up, which we could do while social distancing. Holy Comforter continues to collect food for BCO and SOCKS, so you're welcome to drop things off in the metal box at church and we will check it regularly and let you know of specific needs we hear. Also, folks in the medical world need our support, and one way we can do that is making the 2-ply masks and sending them to hospitals or folks like Beth Brittain, who is a member and hospice chaplain and her work calls her into medical facilities and her staff is in need of this item.

This is a chaotic and uncertain time, but God is still God, still showering us with love and grace and shining light into the darkness, and we are still God's children, worshiping God as best we know how, gathering together in love and support for one another as best we know how, and caring for our neighbors and the world God made, as best we know how. May the Spirit guide our hearts to trust in God and God's constancy, and guide our work as reflections of Christ's light for the world.

Yours in Christ,

Pastor Micah

2 Corinthians 4:18 "As we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal."

### BYOL WITH BEKA (BRING YOUR OWN LUNCH)

JOIN BEKA ON TUESDAYS  
AT NOON FOR A TIME TO  
CHECK IN, AND EAT LUNCH  
TOGETHER ON ZOOM!

ZOOM INVITATIONS WILL  
BE SENT OUT THROUGH  
EMAIL 30 MINUTES PRIOR.

### Wednesday Night Bible Study

Join Pastor Micah and Beka for  
virtual Bible study at 6:45 pm  
on Zoom.

Zoom invitations will be sent  
out through email 30 mins  
prior.