



And just like that one month down, 11 left! Its wild how fast time goes! Things are back in routine, bible studies

are studying, PEP is exercising, Choirs are singing, youth groups are meeting! 2020 will be the year of discovery and excitement in our children' youth and family ministries.

Kids club is being looked at with some fresh lenses and talked about in a way that it hasn't been in a long time. Parents have been invited to think about the programming that our younger members participate in in a way that will engage the child's faith, teach them that their faith can be fun, and that fellowship and service go hand in hand.

Sunday school curriculum is being written to try to better fit our needs, and help kids think of their faith outside the box. Each week we talk about our memory verse, read a story that teaches us something from the bible, and do an activity that reinforces our story. Each week our kids get the opportunity to share the memory verse.

Our youth group will be attending Lutheran Youth Organization Assembly for the first time at the end of the month, and our high schoolers will have the opportunity to participate in the Servant Event Beach Trip this summer. We are partnering with Good Shepherd in Mt. Holly on this trip. These will be a faithful experiences that we are excited to be a part of.

All of these wonderful experiences and programs are also a part of my seminary learning. I am thankful to be in the part of seminary where I do an internship, and I am even more thankful to be able to do my internship with the good people of God here at Holy C. I will continue to do the regular scheduled programming, along with some new opportunities to learn and grow with Holy C. I will get the chance to do some preaching and leading during worship, continue to write our Sunday school and youth curriculum. We will also explore some avenues to become more aware of our Autism needs in the congregation. This is an exciting opportunity for our congregation to foster and explore new learning avenues with me, and with our young people!

Stay tuned!

### ***Beka, Youth & Family Ministry***

#### **Faithful Families Tip:**

##### **Popsicle Stick Prayers**

On Sunday night write down all the things you would like to pray for. Each item gets it's one stick and each day as you leave for school or work, take a popsicle stick. The goal is to pray for each thing throughout the week. Families can pray for each other no matter the situation.

**Traveling prayers** to our 5 youth traveling to Lutheran Youth Organization Assembly February 21-23. We pray for Leah Koehler, Eva Kline, Kaylin Leitner, Justin Koehler, and Reid Passer, that they will have a safe trip and plenty opportunities for to nourish their faith.



Lutheran Church of the

**Holy Comforter**

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**COMMENT**

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Beka Forst, Director of Youth & Family Ministries  
Teresa Keller-Parish Nurse



<sup>8</sup>He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.

Micah 6:8

**Worship Opportunities in February:**  
February 2, 9, 16, 23, and 28.  
All Are Welcome



**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,  
As I write this article I am preparing to go on the mission trip to Guatemala. I've been so

busy with things at church that I honestly haven't really thought too much about the trip and what we'll experience there. I expect it to be hard work, to be mostly joyful, and to be challenged with my privilege compared to children and adults who live at Casa Bernabe, an orphanage on the outer edge of Guatemala City. I also am curious about how my faith will be engaged while we are there. Certainly the children that we work with and serve, the adults who work at the orphanage, and the people we travel with are all people with whom when I look at them I should see the face of Christ, both in my desire to serve them as well as my need to allow myself to be graced by them, however that happens. I look forward to relationships that will be built and nurtured, and am curious if there are new ways that I might feel called to engage the Kingdom of God in the world.

One of the more helpful perspectives that I have learned over the years pertaining to missions work is the understanding that I am not bringing God into any place I go. God is already there, and not only there, but already at work. Our job, then, is some variety of joining the work God is already doing, or perhaps pointing to the ways that God is at work, be they in people, places, or local systems. For our Guatemala trip our work seems clearly to be joining in the work God is already a part of through the ministry of Casa Bernabe. They will even have someone whose job it is to tell

us how we'll be joining the work that day! I also hope we will be about the work of pointing to God's presence and work, whether the people there need to see or we need to be reminded of it ourselves.

It is easier to be inspired to these perspectives of joining in God's work and pointing to God's work when we are a part of mission trips, but this is work that we can and should be doing every day of our lives. God is at work all around us each and every day, and we should be discerning how God is calling us to join in to this work as part of our normal patterns and routines and in our daily relationships. And we should be about the work of pointing to God's action, both for other people to have their eyes opened and for ourselves, because living with such a perspective is a wonderful reminder that God is, indeed, at work! That God is faithful in God's promises to us to be about the work of reconciliation, wholeness, and new life each and every day.

**Yours in Christ,**

**Pastor Micah**



February – the month of love. But – REALLY? – is February the ONLY month in which we share love with one another? I sure hope not. The Bible tells us through and through that we are to “love one another” at all

times. As we move forward in 2020, the Health Ministry and myself are working on ideas and planning for many different programs we'll be offering to you this year. Watch for an Alzheimer's workshop this month and a Bike Safety Rodeo for our kids in the Spring, along with the various exercise programs we will again be offering (Yoga, perhaps?).

Have you kept or given up on your New Year's resolutions? Most of us give up because we make resolutions that are actually unrealistic and don't take into consideration the “human-sided-ness” of the actions needed in order to change our lifestyles. Several years ago I found this article on the NIH Health Information Network site that may be of some help:

### 3 Simple Steps to Make Healthy Resolutions You'll Keep

While it's easy to make New Year's resolutions such as “lose weight” or “get more sleep,” it can be hard to keep them. If you are having trouble staying on track with your resolutions try re-designing them in a way that will help you can focus on them over the course of the entire year. An achievable resolution should have three simple characteristics:

- ☐ specific
- ☐ attainable (doable)
- ☐ forgiving (less than perfect)

For example, “be more physically active” is a great resolution. But it's not specific.

☐ “Walk 5 miles every day” is specific and measurable. But it may not be doable if you're just starting out.

☐ “Walk 30 minutes every day.” This resolution is specific and it's more doable. But what happens if you're held up at work one day and

there's a thunderstorm during your walking time another day? Thus this resolution is not forgiving.

☐ “Walk 30 minutes, 3 or more days each week.” This resolution is specific, doable, and forgiving. In short, it's just right!

Here are examples of healthy resolutions that are specific, attainable, and forgiving. Choose from this list, or make your own, OR redesign your original resolutions – you know, the ones you gave up on - into attainable goals for yourself. It's never too late to RESOLVE to turn over a new leaf and, in the process, gain a healthier lifestyle for yourself!

1. Have a meatless dinner 1 day a week.
2. Try a new grain once a month – ever heard of quinoa, orzo, or couscous?
3. Go to bed 15 minutes earlier 2 nights a week.
4. Try a new heart healthy substitution each week – like low-fat or fat-free milk instead of whole milk, low-fat yogurt instead of sour cream, or low-fat cheese instead of regular cheese.
5. Take a family walk after dinner 1 day a week.
6. Turn off the TV during meals 3 days a week.

The list goes on...let's work at making those resolutions into new, healthier habits for ourselves!

**Contact Teresa Keller, Parish Nurse,**  
**at 717-329-8507 or**  
**[parishnurse0407@gmail.com](mailto:parishnurse0407@gmail.com).**

### TREASURER'S REPORT:

<u>Report for the month</u>	<u>December, 2019</u>	<u>Year-to-Date</u>
Budget Expenses:	\$25,022.17	\$300,266.00
Actual Expenses:	24,848.33	298,527.03
Offerings Received:	36,279.20	294,328.08
<b>Gain (Loss) for Period:</b>	<b>\$ 11,068.57</b>	<b>(\$ 4,198.95)</b>



# MUSIC NOTES

The Minneapolis based National Lutheran Choir will be performing a FREE Concert at Christ Lutheran Church in Charlotte on Saturday, February 22 at 7:00 pm. No ticket required...but do consider bringing new or gently used articles of clothing for Crisis Assistance Ministry.

We would suggest for those who wish to carpool that you depart no later than 6:00 pm. The church is about 5 minutes beyond South Park Mall.

Our choir, who combines with the Mass Choir of 200 voices for this unique program of sacred music, will be commuting/departing Holy Comforter at 3:15 for our (1) rehearsal with the Mass Choir. Several members of the congregation



indicated that they would like to go if someone would be willing to drive. Let the church know if you would be willing to help with transportation.

In preparation for our upcoming Lenten Vespers Worship our youth handbell ensemble will begin rehearsals in the month of February. Winston and Preston Baker, Leah and Emily Koehler, Lucy Bocchino, Ginny Shoemaker, and Henrik Sarrazin have signed up to accompany Holden Evening Prayer.

Additional interested youth need to contact me by February 5. The February rehearsal schedule is listed in the newsletter calendar.

**Greg Cline**  
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## Congregational Council

We give thanks for the faithful service of our outgoing council members, and excited for the service of the incoming. The current make-up of council is as follows:

- President-Julia Gunter
- VP-Pastor Micah (per church tradition)
- Secretary-Katie Howard
- Treasurer-Warren Heller
- Financial Secretary-Shelia Kelly
- Committees:
  - Social-Leslie Crist/Katie Howard
  - Christian Ed-Rebecca Yount with Mary Yavelak
  - Stewardship-Veronica Bryant
  - Property-Andy Robinson with Tim Baker
  - Youth/Rec-Nathan Kelly with Matthew Hogge
  - Finance-Tom Nance with Tim Baker
  - Evangelism/Outreach-Krystyna Sarrazin
  - Mutual Ministry-Tim Baker
  - Nominating-Katie Howard

We look forward to these folks making their mark on the ministry of Holy Comforter through their leadership in these areas!

**Music Week at Lutheridge** this year is **July 5 - 11**. The whole camp echoes with the sound of music. Every age group, including adults, meets daily with renowned instructors. If you like music, you'll love this experience. Holy Comforter music ministry offers 50% scholarships to members who wish to attend, making this most popular week one of the most affordable. **Contact Greg Cline ASAP**, as registration is currently taking advantage of the early bird discounts. Scholarships are awarded at the

## 2020 Isle of Palms

### Retreat

**May 21st- 25**

The **31th Annual Retreat to Isle of Palms** falls again on Memorial Day Weekend, May 21st- 25th

This retreat is a wonderful time of community and fellowship for anyone who would like to take part. Rooms are \$99 a night and checks is due by Easter Sunday.

## Cookies and Cards for All Ages

On February 9th at 5:00 pm we will be making Valentines cookies and cards, both to take home and share with others. Kids of all ages and adults **all welcome**. Come enjoy some time in love and fellowship.

### Children's Church and Nursery

*We are searching for help with our littles. Our exciting, playful, loving young members that are in the Nursery and Children's Church need some leadership, we have plenty of opportunities to serve. Sign ups are available in the Narthex or contact Beka at [rforst@holyc.org](mailto:rforst@holyc.org).*



## ASSISTING MINISTERS:

### LECTORS: Billy Joye, Chief Lector

February 2: open  
February 9: Julia Gunter  
February 16: Julia Gunter  
February 23: open  
February 28(Ash Wednesday) open

### ACOLYTES & CRUCIFERS: Volunteers

### ALTAR GUILD: Team 2

Brad and Brandy Milton (co-captains), Rebecca Yount, Beverly Robinson

### COMMUNION ASSISTANTS: Team B

Donna Bean (lead), Sherry Alexander, Jill Cassel

### EUCHARIST PRESENTERS:

February 2, 9, 16, 23, 28: Volunteers

### GREETERS FOR THE MONTH:

February 2: Debbie Mendez  
February 9: Open  
February 16: Open  
February 23: Open  
February 28(Ash Wednesday) Open

### TELLERS:

**USHERS:** Madison Kelly and Volunteer

### ALTAR FLOWERS:

February 2: Debbie Mendez (1 vase)  
February 9: Will and Katie Howard (1 vase)  
February 16: Mark and Rebecca Yount and Luke and Alec Via, and Rebecca Yount  
February 23: Available

### CHILDREN'S CHURCH:

February 2:Rebecca Yount  
February 9:Lauren Shoemaker  
February 16:volunteer  
February 23:volunteer

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

February 2:volunteer  
February 9:volunteer  
February 16:volunteer  
February 23:volunteer

The sign-up sheets are located in the narthex each Sunday. We encourage you to find opportunities to support the worship life of the congregation.

# February 2020

**We recognize and celebrate these  
birthdays in the month of February.  
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.**

February 4 Scott Carr

**February 8**     **Valerie Bruchon**  
**Chris Hullander**

February 9 Shelia Kelly

**February 14**    **Noah Rawlins**  
**Will Howard**

February 15 Leslie Crist  
Reesa Wilson

February 16 Rochelle Potter

**February 22**     **Cynthia Ashe**  
**Marc Cox**

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