

Beka's
Buzz

This year we had a full calendar as we always do with the center being around baby Jesus. In Sunday school we made advent wreaths, decorated a Chrismon tree, had a visit from Santa, and our families put on a Christmas play. Out of all the activities we did this year the Chrismon tree was definitely the most exciting. Our sanctuary is beautifully decorated with a creche, an advent wreath, and a Chrismon tree. Each of these things were the themes of our elementary Sunday school classes. When we went into the sanctuary to look at our magical looking tree, we played a "find the ornament" game and talked about how each ornament is a symbol that is supposed to remind us of Jesus. Will Kline was into it, he would search, he would raise his hand and share what he found and then told me his favorite was the fish. The fish is a symbol to remind us that some of the disciples were fishermen, and the Greek word and its letters stand for Jesus, Christ, God, Savior, and Son. Will Kline told me he likes it because Jesus fed the 5,000 with fish and that was amazing, Erin Cassel said that Jesus helped the disciples fish with their nets. I am constantly amazed and always learning more about who Jesus is from our young people. So, when we got back to the room and made these Chrismons, I am telling you they loved it. There was an Alpha and Omega, a communion cup, a cross, a shell, Jesus' face in a manger, and a fish! I started to think, during advent we decorate a tree to prepare the sanctuary but the meanings of the ornaments help us to prepare and look at Jesus life that we will learn more about dur-

So, looking to January and the rest of the liturgical year, we get to journey with Jesus in his baptism, calling the disciples, teaching and preaching, the last supper, and death and resurrection. All of our Chrismons are put up in Advent but mean so much more and can last so much longer because now we get to dwell in Jesus' life between now and next Advent. So, there's our hope for January.

Beka, Youth & Family Ministry

Faithful Families Tip:

ABC'S Bible scavenger hunt! Grab your Bibles, and go through the Bible finding different names, stories, words that start with each letter of the alphabet. Take turns letting someone from your family discover a story in the Bible and talk about it!

Conversation Starters:

Where is the Bible is it, New Testament or Old Testament? Is Jesus in the story? What is Jesus doing? What do you think the story teaches us about who God is?

Sunday school Chrismon Tree!



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



¹⁰When they saw that the star had stopped, they were overwhelmed with joy. ¹¹On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh.

Matthew 2:10-11

Worship Opportunities in January:

January 5, 12, 19, 26
All Are Welcome



Volume 41 No. 1

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,
Somehow we blinked and another year went by, at least it

feels that way, and we're beginning a new year and decade with 2020 already here. Many people take this time and create New Year's resolutions, marking this as a time to take stock of their life, hopefully give thanks for all that they have, but also look at the things that aren't going well and make resolutions to change. The most common one has got to be the resolution to join a gym and exercise. We all know that often these resolutions aren't kept long, and crowded gyms in January are much less populated in February. But as much as we make fun of these trends, the process of recognizing our shortcomings and working to do better is a very faithful one. It is akin to the repentance that God calls for and we take part in during our confession and forgiveness each Sunday, recognizing ways we have sinned or fallen short and promising to do turn towards better behaviors and habits. We don't always stick with these things either, just like gym habits, but it is a worthwhile effort nonetheless.

Because we are not yet what we want to be, or who God wants us to be. That is true for us as individuals and true for us as a congregation. Now, there is a lot of wonderful ministry in this place, caring for one another and for the world and proclaiming Christ in word and deed. There is an abundance of faithful disciples who love

Christ and are striving to be a means of Christ love for others. I truly love this congregation and you the people of it. But, as any community that has room to grow and improve, we are not yet who we want to be, or who God wants us to be. And so this work of New Year's resolutions, or from our faith perspective of repentance and turning towards new and exciting possibilities for community and ministry, is work that we must do as a community together as well. Sometimes that calls for having hard but faithful conversations about ways we've missed the mark, which can be uncomfortable. Hopefully it will also be fun to dream forward into possibility, as I hope will be the case as we bring you all into the work of the Planting Hope team has done and talk about who we are together in Christ's name and what we hope for this congregation and its ministry.

As we do this, it is important to remember that we are better together, all of us. We are better when our diverse opinions, which can admittedly be a source of tension at times, join together and help us to discern how God is calling us and what that looks like in this place. And we are better when we remember that "together" includes the Holy Spirit present and at work in this place, giving us all we need to be a means of God's love for the world together.

Yours in Christ,
Pastor Micah



It's January...time for new beginnings and resolutions (the kinds you can actually keep!). The Health Ministry folks and myself are hard at work getting some NEW things prepared for you: An Alzheimer's workshop, a Bike Safety Rodeo for the kiddos, and Yoga and Tai Chi to prepare you for the summer Walk With God program that we had fun with last year.

But in the meantime...let's have just a little silly fun and learn about...BANANAS!

Bananas are high in fiber content and contain natural sugars like sucrose, fructose, and glucose. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. And look at the other benefits a banana can give:

Depression: According to a recent survey people reported feeling much better after eating a banana because bananas contain tryptophan, a type of protein that the body converts to serotonin, which helps to improve your mood and make you feel happier.

Blood pressure: High in potassium but low in salt, the banana is the perfect way to beat blood pressure. So much so that the FDA now allows the banana industry to make official claims for the fruit's ability to reduce the risk of high blood pressure and stroke.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey, because the banana calms the stomach, builds up depleted blood sugar levels, and the milk rehydrates the system. (If experienced regularly, please consider seeking help for alcohol habits)

Nerves: Bananas are high in B vitamins that have been shown to help calm the nervous system.

Ulcers: Bananas are used as the dietary food against intestinal disorders because of its soft texture, smoothness, and its ability to neutralize over-acidity and reduce irritation by coating the lining of the stomach.

Heartburn: Bananas have a natural antacid effect on the body.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, reducing our potassium levels which can then be replaced with bananas. So, go ahead...don't monkey around...eat those bananas!

Contact Teresa Keller, Parish Nurse,
at 717-329-8507 or
parishnurse0407@gmail.com.



TREASURER'S REPORT:

<u>Report for the month</u>	<u>November, 2019</u>	<u>Year-to-Date</u>
Budget Expenses:	\$25,022.17	\$275,243.83
Actual Expenses:	25,752.96	273,687.70
Offerings Received:	19,653.11	258,048.88
(Loss) for Period:	(\$ 6,099.85)	(\$ 15,629.88)

MUSIC NOTES

A special word of thanks to all of our choirs for providing inspirational music during the Advent and Christmas season.

Our youth handbells accompanied "Unfailing Light" Vespers...the children's ensemble made everyone smile with their musical offerings.

All of our Adult Ensembles offered songs of Advent preparation as well as works composed to honor the birth of the Christ child. Well done, good and faithful servants!

As mentioned in our newsletter previously...The National Lutheran Choir, based out of Minneapolis, Minn will be in concert on Saturday, February 22 at

7:00 at Christ Lutheran Church, Charlotte. Our Holy Comforter choir will be singing with them for part of the program as well as several hundred regional choir members. The concert is free and open to the public. If any folks would be willing to assist with transportation let me know. We would love to offer rides for any of our church family who otherwise could not attend this unique event.

A sign up sheet for those who would like a ride or those who would be willing to offer transportation will be in the church office. Let us know ASAP in order for us to make arrangements.

Greg Cline M.D (Music Director)



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 conclusion of camp week.

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

Holy Comforter needs a coordinator to over see the signup sheet for this event. If you are willing to assist, or team with another individual, please contact the church office.

Guatemala Mission

On January 25 Mark Kline, Shelia Kelly, and Pastor Micah will join with Christ the King Lutheran Church in Charlotte on an exploratory mission trip to Guatemala. They will be working with Casa Bernabe, an orphanage in Guatemala City, performing whatever jobs the orphanage staff needs, including giving house parents there a night off while providing activities with the kids.

You can be a part of Casa Bernabe's mission in two ways: 1) **pick up a dove** with a child's name from the narthex, pray for the child through the year, and if able, provide a donation (suggested \$10). 2) Donate **new kid tennis shoes**, up to adult size 9, or **used soccer cleats**.

ASSISTING MINISTERS:

LECTORS: Billy Joye, Chief Lector (Communions)

January 5: Julia Gunter
January 12: Billy Joye
January 19: Jim Buell
January 26: Alex Sarrazin

ACOLYTES & CRUCIFERS:

Acolyte: Leah and Justin Koehler
Crucifer: Emily Koehler

ALTAR GUILD: Team 1

Fran Holland, Dee Smith, Deb Bray

COMMUNION ASSISTANTS: Team A

Fran Holland (Lead), Dee Smith, Deb Williams

EUCCHARIST PRESENTERS:

January 5, 12, 19: Volunteers
January 26: Dixie Spivey

GREETERS FOR THE MONTH:

January 5: Volunteer
January 12: Debbie Mendez
January 19: Volunteer
January 26: Volunteer

TELLERS: Dixie Spivey, John Koehler

USHERS:

January 5, 12, 26: Volunteers
January 19: Dixie Spivey, Volunteer

ALTAR FLOWERS:

January 5:
January 12: Pat Koehler, Gary and Karen Rogers
January 19: Harold and Jo Singleton
January 26: Open

CHILDREN'S CHURCH:

January 5: Open
January 12: Open
January 19: Open
January 26: Open

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

January 5:
January 12: Lauren Shoemaker
January 19: Open
January 26: Open

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

January 2020

January Birthdays

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

- January 1 Elizabeth DiBiase
Jake Ewing
Richard Millard
- January 4 Jason Shoemaker
- January 5 Jo Irwin
- January 7 Mary Lee
- January 9 Chuck Kimball
Melany Shaw-Nixon
- January 10 Charles Mauney
Brandy Milton
Becky Richards
- January 13 Abbey Kowalewski
- January 15 Zaneta Sarrazin
- January 18 Carmen De Nicholas
Jerri Wesson
- January 19 Faye Heller
- January 21 Jane Howard
Paul Nault
- January 24 Jill Cassel
- January 25 Ryan Nelson
- January 26 Matthew Carr

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 The Second Sunday of Christmas 8:45 am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am Worship w/HC 5:00 pm Handbells 6:00 pm Church Choir	6 The Epiphany of Our Lord 6:00 pm PEP Exercise class	7 7:00 pm Chamber Choir Nar-Anon	8 6:00 pm LYO Assembly Meeting 6:45 pm Women's Bible Study HCY Girls' Bible Study	9 11:00 am Prime Timers' Bible Study and Lunch	10	11
12 The Baptism of Our Lord 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 meets 2:00 pm Confirmation 4:30 pm Beach Trip Meeting 5:00 pm Handbells, HCY 6:00 pm Church Choir	13 6:00 pm PEP Exercise class	14 7:00 pm Chamber Choir Health Committee Nar-Anon	15 6:45 pm Women's Bible Study HCY Girls' Bible Study	16 7:00 pm Evangelism/ Outreach committee	17	18
19 2nd Sunday after Epiphany 8:45am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service , 5:00 pm Handbells HCY 6:00 pm Church Choir	20 6:00 pm PEP Exercise class	21 7:00 pm Chamber Choir Christian Ed Meeting Nar-Anon	22 6:45 pm Women's Bible Study HCY Girls' Bible Study	23	24	25
26 3rd Sunday after Epiphany 8:45am Children's Ensemble 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service 3:00 pm HCY- Ice-skating 5:00 pm Handbells 6:00 pm Church Choir	27 6:00 pm PEP Exercise class	28 7:00 pm Chamber Choir Nar-Anon	29 6:45 pm Women's Bible Study HCY Girls' Bible Study	30	31	