

What a whirlwind of a month, May has come and gone and now we are looking forward to summer and what that will look like. In June, typically, we would be prepping for Confirmation Camp, Day Camp, High School Beach Trip, and VBS. Unfortunately, we will not be participating in those summer activities. With response to the pandemic, camps have made a tough but responsible decision to not hold camp. That is hard on my ears and heart because camp is an experience unlike any other. Camp teaches us that our faith can be fun. We support the difficult but care-filled decision not to hold camp because it is in place to keep us all safe and well.

Fear not! We are thinking about ways that we can still learn that our faith can be fun. We are dreaming and scheming about what faith in your backyard can look like. It is still important to have faith forming experiences and we are hoping to find some of those opportunities as a family. Faith formation starts in the home, with faithful questions, holy wondering, and family time and right now we aren't short on the family time. Typically when I think about all that we try to teach our kids in the program year the hours add up to 124 hours/year of faith formation time at the church which means that there is a beautiful opportunity for family faith formation and this summer more than ever, we would like to help! We are looking forward to finding ways that your family can discover faith right in your own backyard.

*Beka, Director of Youth and Family Ministry*

**SUNDAY!**  
KIDS CLUB (K-5) ZOOM  
GATHERING- SUNDAYS AT 4 PM  
HOLY COMFORTER LUTHERAN CHURCH  
**ZOOM**  
INVITES SENT THROUGH EMAIL  
HCY (6TH-12) ZOOM/FACETIME  
GATHERING- SUNDAYS AT 5 PM

Coming Soon...  
**SUMMERAMA!**  
Discover Faith In Your Backyard!

 Lutheran Church of the  
**Holy Comforter** **COMMENT**  
216 N. Main Street , Belmont, NC 28012  
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



<sup>3</sup>Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. <sup>4</sup>All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.  
*1 Peter 2:9*



### Worship Opportunities for June

Throughout this time of social isolation we will post worship opportunities on Sunday mornings on our website. We will tentatively regather in the sanctuary on June 8, at the beginning of Phase 3. Watch for other things as well!

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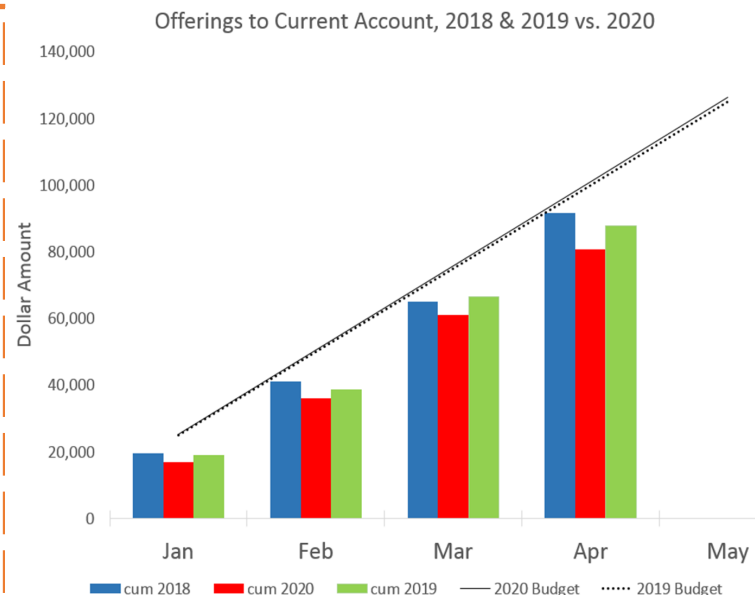
Church Office Hours Monday-Thursday

8:30 am—3:00 pm

## Special Treasurer's Report for April

Holy Comforter continued to receive financial support from the congregation despite being able to conduct only “virtual” services. However, our financial position is eroding. For the month of April, giving to support the budget was \$19,848 vs. budgeted amount of \$25,281.08, a \$5,433.08 deficit. Year to date offering income, through April 30, was \$80,927.50 vs. the 2020 budget projection of \$101,124.33, for an accumulated budget deficit of \$20,196.83. With deferral of some necessary expenditures, Holy Comforter’s spending rate, so far this year, is under budget. Even so, our operating loss through April 30 is \$4,871.47. The adjacent graph compares this year’s offering income, by month, with that of the two previous years. This and last year’s budget tracks are also presented.

Warren Heller



### From your Parish Nurse...

June is here! Summer is on its way, more time to get outdoors and feel the sunshine on our faces in this new world in which we live. I've been trying to concentrate on imparting solid nursing advice and information in my weekly missives to you all but, we are being overwhelmed with all the coronavirus “badness” and it eats away at even the happiest, most optimistic of us. So, for newsletters, let's concentrate on the “goodness” of our world instead.

I'd like to challenge you to LAUGH! Laughter is “good” for us in so very many ways – it truly is a healthy way to lift our mind, body, and spirit (and you DO know they all work together, right?). Let's see what we know about laughter, and maybe what you don't know:

1. Discover laughter's healing power: Some of laughter's positive outcomes are simulation of our circulation, assisting our immune system, stabilizing blood pressure, massaging inner organs, decreasing muscle tension, and promotion of overall sense of well-being. And, it's been proven via studies that 3-5 minutes of “belly laughing” equals three minutes of strenuous exercise! (Tuck that away in your mind for the Walk With God program!)

2. Laughter is not a way to avoid or deny problems. It won't release you from the pain of those things that give you anxiety or grief, but it can help us balance that anxiety and grief with healthful, positive feelings. It's okay to share tears, laughter, and prayer...all in the same instance. Just smiling can help. Studies show that a simple smile changes brain chemistry, relaxes muscles and boosts immunity even further.

3. Not feeling happy? It doesn't matter. Researchers have found that simply adopting the facial expression of a particular mood actually creates that mood! It is helpful to remember that...when you are feeling down, put a smile on your face, wear it for a few mo-

ments, and you'll be surprised at how your mood will actually be lifted. What else to do when you're not feeling happy? Assemble a humor survival kit: watch videos of children (their antics are SO uplifting!), put some fun back in your life (do some of those things you did as a kid – go swing on a swing, splash in a mud puddle, make a maze for the ants in the backyard), share a funny or embarrassing moment, start a humor library or a box of jokes, cartoons, and humor books.

Lastly, pay attention when you feel joy is absent from your life. This may be a sign that you need to deal with the pain of anxiety or grief and may even need help dealing with it. Life events, especially those that turn our world upside down like this pandemic has, could be taking their toll on you. Ask for help (family, friends, professionals, church staff) – it's not a sign of weakness, but the first step to healing!

Now here are some “funnies” to get you started on practicing those smiles and laughter (some silly jokes):

“My first time riding in an elevator was uplifting experience. The second time let me down!”

“And the Lord said to John, ‘come forth and you will receive eternal life.’ But John came fifth and received a toaster.”

“You don't need a parachute to go skydiving. You need a parachute to go skydiving twice!”

“I broke my finger last week. On the other hand, I'm okay.”

“Someone stole my Microsoft Office and they're gonna pay. You have my Word!”

“I tried to catch fog yesterday. Mist!”

**Remember**, “A cheerful heart is good medicine!” This nurse says, “take two and enjoy the new you!”

## LETTER FLOOD FOR COLLEGE GRADS

Madison Carr and Aaron Nault have graduated from College! Write them a letter, mail them a card, send them something to let them know how proud we are and how much we love them!

## YARD SIGNS FOR GRADUATES!

Each student will get yard signs in their front yard for graduation from their church family. We need your help! Email Beka, rforst@holyc.org

*Help celebrate our High School Graduates with yard signs for graduation!*



# MUSIC NOTES



My favorite new line when someone answers the phone. "Oh, you're home!" Usually the response is something like...

"been home for months!" Many have a severe case of cabin fever.

Staff, church council, and various committees have collaborated on how worship will look in the coming weeks and months. I won't comment further, for details are within other columns of this newsletter regarding this issue; except to say that it is lonely at the top; the top of the choir balcony, that is.



Blest As I Am to be able to lead congregational singing with such a magnificent pipe organ as we have here... the instrument never sounds better than when it is accompanied by an additional 200 voices. That day will come... but none too soon for me!

The prelude for the first service opportunity that we have together in our sanctuary, may possibly be, "How Can I Keep From Singing?" The title may be interpreted as appropriate, or inappropriate, depending on how you look at it. Though the origins of this song are somewhat in doubt, its message is clear. It speaks about people who have weathered persecution and struggle, but maintain a focus on the Rock,

giving thanks in "All" things; Oneness with Christ, and resolve even in the face of extreme stress. Sure seems to speak to us now more than ever.

***My life flows on in endless song: above earth's lamentation, I catch the sweet, though far-off hymn that hails a new creation.***

**Refrain:**

***No storm can shake my in-most calm while to that Rock I'm clinging. Since Christ is Lord of heaven and earth, How can I keep from singing?***

***Through all the tumult and the strife, I hear that music ringing. It finds an echo in my soul. How can I keep from singing?***

Blessings...

Greg Cline

Congratulations to our **2020 recipients of the Lillian E Lineberger scholarship:** **Garrett Carpenter, Matthew Carr, Malory Morton, Ashton Nault, Alec Via, and Luke Via!** We are so proud of the work you've done, the people you are, and the people you will continue to grow to be!

## CHURCH SCHEDULE:

### Weekly Schedule-

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

- **Sundays:**
  - 9:30 am- Children's Ensemble meets 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
  - 6:00 pm- Church Choir Zoom meeting
- **Mondays:**
  - 6:30 pm- PEP Exercise class on Zoom
- **Tuesdays:**
  - Noon-Zoom lunch together. A time to check in and be in fellowship with one another
- **Wednesdays:**
  - 6:45 pm- Zoom Bible Study

Each week Beka sends out faith formation resources for families during this time, and Teresa sends out a weekly Parish Nurse article.

## Reminder!

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

**We hope you will join us!**

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

June 2	Lucas Serrano
June 3	Ginny Shoemaker
June 6	Katie Piscatelli
June 9	Kaylin Leitner
June 10	Greg Garrison
June 11	Tonya Zander
June 12	Martha Hogge
June 16	Cooper Burwell Sarah Helms
June 17	Marsha Kinley
June 19	John Koehler
June 18	Dawn Fleming Shaelie Scharpenburg
June 23	Eric Scholler
June 25	Wil Carpenter
June 27	Reid Passer
June 29	Gabriel Kearney
June 30	Leah Koehler

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

I don't know where I first heard it, but for years I've heard the phrase, "there's a reason God made you with two ears but only one mouth." It sounds like something your mom or grandmother would say to you to get you to listen, either listen to directions or listen in conversations before you speak. I assume it doesn't come as a surprise to people when I say that I can't actually tell you why God made you with two ears and just one mouth, but I think the point to the saying is a valid one whether it is the reason or not.

The gift of listening is a powerful one. Lord knows Jenn and I would be a lot less frustrated as parents if our kids would listen to us without having to repeat ourselves a bunch of times. It probably stands just as true reversed though, that there are plenty of times when Jenn and I are too busy or too distracted and aren't fully listening to our kids when they are talking, though we try. Listening, truly listening to someone, is not just helpful in terms of a clear communication of ideas, but it goes deeper to helping someone to feel truly heard, understood, and so valued. When someone is good at listening and making that known it often helps people feel at ease and cared for, and again, valued, that they are important enough for someone to take the time and effort to listen to and understand.

This past week has been a tumultuous one in our country. The death of George Floyd was tragic and unnecessary, and the officer responsible has rightfully been arrested and charged. For many people who are protesting and countless more his death is the latest symptom of a virus much more dangerous than Covid-19, the systemic racism that has plagued our country for as long as there has been one. The protests and riots are largely people who have not felt heard or valued for so long screaming for just that, a voice. To be heard. To be understood. To be valued.

George Floyd's death and the protests and riots since have been the topic of conversation just about everywhere you look, and rightly so. I will remind you, as we have these conversations, that God made you with two ears and one mouth, and encourage you to

listen, not waiting for your turn to speak, but truly listening with the hope to hear, understand, and value people, particularly those who bring another perspective than your own. I hear our sisters and brothers of color asking for people like me, socially privileged people with a platform whose voice our society has rarely silenced, to speak up as allies. I hope to do that, but I also believe that to do that well we must first do some significant listening in order to see past our own perspectives and experiences and in order to truly hear, understand, and value them. It will take significant humility, and a willingness to be uncomfortable as we realize that we have not only been complacent, but complicit, in systems that have taken advantage of and devalued fellow sisters and brothers in Christ. But if we are to be the body of Christ in the world, the means through which Christ's presence and love is made known in the world today, then listening in order to understand and value, and then accompany and advocate for, those who have no voice, is the work to which we are called.

Yours in Christ,

### Regathering for Worship

- Our council voted to regather for worship in the sanctuary at the beginning of Phase 3, which currently would be June 28. We've got a great plan coming together for how to do this well. Watch for communication on what this will look like.
- We're also working to provide a stepping-stone worship opportunity in mid-June leading up to regathering, so keep an eye out for that communication too!

### 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.