



Lutheran Youth Organization Assembly (LYO Assembly) was a weekend filled with learning, faith building, and community affirmation. 507 participants from all over North Carolina gathered in Greensboro to learn more about what it means to be the Body Of Christ with the theme, Together We Are One. Leah and Justin Koehler, Kaylin Leitner, Eva Kline, and Reid Passer were 5 of 507, what an amazing faith forming opportunity for our young people. In this large group we gathered for worship, small group study, and dancing (all the dancing). Some of their quotes about the weekend are:

"I felt God when we were all singing together" – Kaylin Leitner

"I would tell new people going that everyone is nice and will make you feel welcomed."- Justin Koehler



"The thing that touched me most, was when the youth would go up and talk about their lives"- Eva Kline

"What shocked me most, was how many people were there."- Leah Koehler



Faithful Families Tip

Love Thy Neighbor

For the next 40 days take time to pray for different kind of neighbor. Remember our neighbors in leadership, friends at school, our neighbors in need, neighbors at church.

Faithful Family BINGO!

Sunday, March 8th from 5pm-7pm we invite you to come play BINGO with us. There will be fun prizes and quality time with one another. We hope you will join us!

 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

Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love

From Joel 2:13

Communion Opportunities for March

Each Sunday during worship.

*Our Lenten service is an evening prayer service and does not have communion



Volume 41 No. 3

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



Grace and peace,

It makes perfect sense that music has been a part of worship for about as far back as we can see in scripture. Miriam sang in praise of God when the Israelites were delivered out of slavery in Egypt. The Psalms are widely believed to have been written for music, and so they are still often sung. The Magnificat, one of the most powerful set of lyrics in church music tradition, was Mary's song of praise after hearing from the angel that her child was to be the Messiah. Even in Paul's letters there are pieces of scripture that are believed to be quotations of early Church hymns. Music has always been a part of our worship of God.

And it makes sense. Music has a way of connecting our emotions to our faith in a way that words often cannot do on their own. Music takes what is often an intellectual exercise of our faith and makes it an emotional one as well, allowing us to not only worship with our brains, but with our hearts as well. I can't tell you how many times in worship services, particularly more intimate ones such as weddings or funerals, it is in the music that people cry, seemingly given permission to not only think, but feel. During special services like Lenten or Advent worship, Holy Week, Easter, or Christmas, it is the music

that we remember and hold dear. Music, for some of us, helps the love of Christ for us seem more "real," more tangible.

I am incredibly thankful for the members of this congregation who use the gifts God gave them to make music in praise and worship to God. We have two adult choirs, an adult handbell choir, a children's ensemble, youth who support evening worship by playing handbells, as well as many members who occasionally support our worship in music by playing the flute, violin, guitar, piano, organ, or supporting the music program through financial or organizational support, and a congregation that sings. These folks, all led by the incomparable Greg Cline, sacrifice so much time and energy in order to make music that enriches our worship, and so enriches our lives of faith. As we move into the season of Lent and have Easter on the horizon, that work only increases, so thank you to all of these contributors for using your gifts in praise of our Lord

*Yours in Christ,
Pastor Micah*



March is upon us! Signs of spring are everywhere and I'm anxiously awaiting the return of the butterflies and hummingbirds! I love this time of year!

The Health Ministry is offering you six weeks of Yoga this month...another wonderful type of exercise that is gentle but very beneficial. It gives you strength, flexibility, and mind-body awareness.

To go along with that topic, I want to address **Complementary and Alternative Medicine** as I've been told by many of you that you've tried "this or that" for many conditions. **Complementary and Alternative Medicine** is a phrase used for a wide variety of health care practices that may be used along with standard medical treatments – some examples are yoga, reiki, aromatherapy, herbal medications, and healing touch. I use a little complementary medicine in PEP class when I use guided imagery to promote relaxation.

Complementary and alternative medicine is any treatment that is outside the traditional medicine or practice of a person's primary health system. Keep in mind, though, that what is complementary in one culture may be traditional in another. For example, acupuncture, which is traditional in china, is considered complementary or alternative in the United States.

A central concept of many types of complementary medicine is to give thought and care to the whole person (holistic) rather than providing treatment for a specific disease or symptom (my favorite way of thinking, by the way!).

While most complementary and alternative therapies and medicines have been in use for hundreds of years, many have not been subject to the same rigorous scientific testing for safety and effectiveness that standard medical treatments go through before they are approved in the U.S. In many cas-

es, the very nature of the complementary therapy, such as music therapy or prayer, can make it difficult or impossible to evaluate by the same scientific methods or criteria.

Does that mean they won't work? On the contrary, many of the therapies and medicines do provide some benefit, at least in the perception of the person using it. However, more research is being done on complementary therapies. The National Center for Complementary and Alternative medicine (NCCAM), which is a part of the National Institutes of Health, provides information to the public and to health professionals on the use and effectiveness of complementary medicine therapies. Their goal is to develop guidelines to help people choose safe and appropriate alternative and complementary therapies. The lack of current medical and scientific data on many complementary therapies may make it difficult to use complementary medicine with confidence.

If you want to try something, just be sure to discuss it with your healthcare professional to make sure it is something safe for you – many types of complimentary therapies and/or medicines can be contraindicated in certain conditions and in conjunction with other medications. Be safe – do some research first!

HEALTH MINISTRY IMPORTANT DATES:

Mar. 1 – blood pressure screenings after worship in the fellowship hall

Mar. 2, 9, 16, 23, 30 – PEP exercise classes, 6-7 pm in the fellowship hall

Mar. 12, 19, 26 – Yoga, 6:30-7:30 pm in the fellowship hall

MUSIC NOTES



Our Lenten Worship on Wednesdays continue a tradition of utilizing the Liturgy entitled, "Holden Evening Prayer." Written in 1986 by

Lutheran composer Marty Haugen, this liturgy, is simplistic in complexity, but beautiful as it weaves harmony with text through stations of the service of worship. We use keyboard and youth handbells to accompany the congregation, which is led by our choir. This is a wonderful opportunity to invite family and friends who might otherwise be unable to attend on Sunday mornings.

++

Holy Comforter was recently well represented by members of our choir as well as regional choir voices combining in song alongside the National Lutheran Choir, or NLC. Attendance was estimated at 1000. The NLC choir's artistry is rooted in its mission to strengthen, renew, and preserve the heritage of sacred music through the highest standards of performance and literature. To our choir, well done good and faithful servants. We also wish to thank so many from Holy Comforter who joined us for the evening.

++

Music Week at Lutheridge is July 5 - 11.

Members from Holy Comforter have participated in this special event week for many decades. Our music ministry is proud to sponsor 50% scholarships to members (of all ages) who would wish to participate. Talk with me ASAP if you have questions. The early bird discount to enroll expires March 15.

Isle of Palms Retreat



Our 31st Annual **Retreat to Isle of Palms** is Thursday, May 21 - Monday, May 25. A two night minimum stay is required. (\$99.00) per night/per room. We have reserved the entire facility. Rooms unfilled by Easter Sunday will be returned to the retreat center to be filled by other groups. Google: sclrc to explore the center. Sign up in the educational building if you are interested. **All are welcome** to join us on this fellowship based retreat time together. Checks made to Holy Comforter are due on Easter Sunday.



Are you looking for ways to get involved and share your time and talents with Holy Comforter?

Please join us for a **Volunteer Information Luncheon** on **March 22** after the service. At the meal, we will have presentations from each of the committees of the church and sign-up sheets for those who are interested in joining a group. Whether you have been a member for years, or are just joining the Holy Comforter family, there is a place for you to serve!

ALTAR FLOWERS



You can contribute to our worship service and honor or remember someone special in your life by providing altar flowers. Available dates are listed on the signup sheet in the narthex.

Sign your name at the date you would like to provide the flowers. One vase is \$22.50; both vases are \$45.00. Make check payable to Holy Comforter with *Altar Flowers* on the memo line.

First Communion Class

Pastor Micah and Beka will be teaching a first communion class during the month of March. If you are interested in your child participating, contact either of them and we will organize the best time for everyone involved.



Guatemala Presentation

On Wednesday, March 25, during our Lenten Dinner, Shelia Kelly, Mark Kline, and Pastor Micah will present pictures and tell the story of their mission trip to Casa Bernabe in Guatemala. They look forward to the chance to tell you about it, thank you for your support, and speak to our hopes to participate in future trips.

ASSISTING MINISTERS:

LECTORS: Billy Joye, Chief Lector

March 1: Suzanne Fairbairn

March 8: Jim Buell

March 15: Open

March 22: Alex Sarrazin

March 29: Open

ACOLYTES & CRUCIFERS: Reid Passer

ALTAR GUILD: (Team 4)

Katie Howard (captain), Donna Bean (captain), Jill Cassel, Julia Gunter

COMMUNION ASSISTANTS: Team C

Beverly Robinson (lead), Rebecca Yount, Teresa Keller

EUCHARIST PRESENTERS:

March 3, 6 & 24: Volunteers

GREETERS FOR THE MONTH:

March 3, 8, 15: Jill Cassel

March 22: Debbie Mendez

TELLERS: Shelia and Tim Kelly

USHERS: Volunteers

ALTAR FLOWERS:

March 1: Both vases available

March 8: Myra and Bill Hollar

March 15: Elizabeth Bruchon, one open

March 22: Carole Jolley

March 29: Judy Caldwell, one open

CHILDREN'S CHURCH:

March 1: Jill Cassel

March 8: Jenn Kearney

March 15: Volunteer

March 22: Volunteer

March 29: Volunteer

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

March 1: Brandy Milton

March 8: Lauren Shoemaker

March 15: Volunteer

March 22: Volunteer

March 29: Volunteer

TREASURER'S REPORT:

Report for Month January 2020








Budget Expenses: \$25,081.08

Actual Expenses: 22,147.52

Offerings Received: 17,090.00

Loss for Period: (\$ 5,057.52)

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st Sunday in Lent 8:45 am Children's Ens. 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	6 pm PEP Exercise Class	6:00 pm Worship & Music Meeting 7:00 pm Nar-Anon	 5:15 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir			
2nd Sunday in Lent 8:45 am Children's Ens. 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service 5:00 pm Handbells; Family Bingo 6:00 pm Church Choir	6 pm PEP Exercise Class	7:00 pm Social Ministry Nar-Anon	 5:15 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	 11 am Bible Study in the 6:30 pm Yoga For Beginners 7:00 pm Evangelism/Outreach		
3rd Sunday in Lent 8:45 am Children's Ens. 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/HC 5:00 pm Handbells; HCY 6:00 pm Church Choir	6 pm PEP Exercise Class	7:00 pm Christian Ed meets Health Committee Nar-Anon	 5:15 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	6:30 pm Yoga For Beginners		
4th Sunday in Lent 8:45 am Children's Ens. 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service Volunteer Luncheon to Follow 5:00 pm Handbells 6:00 pm Church Choir	6 pm PEP Exercise Class	7:00 pm Nar-Anon	 5:15 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	6:30 pm Yoga For Beginners		
5th Sunday in Lent 8:45 am Children's Ens. 9:30 am Sunday School 10:10 am Church choir prep 10:30 am The Service w/Noisy Offering 5:00 pm Handbells 6:00 pm Church Choir	6 pm PEP Exercise Class	7:00 pm Nar-Anon	 5:15 pm Youth Handbells 6:00 pm Lenten Dinner 6:45 pm <i>Holden Evening Prayer</i> 7:15 pm Chamber Choir	Daylight Savings Time begins March 8 		

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

March 2 KhloeTench
March 4 Dean Halvorson
March 5 Rob Ratchford
March 6 Debbie Baker
Jo Singleton
March 7 Roger DiBiase
Holly Harper
March 10 Dee Smith
March 11 Tom Kasmer
March 12 Veronica Bryant
Arden De Nicholas
March 13 Raini Kimball
March 14 Tyler Ange
Tracey Nault
Nancy Powell
March 16 Jack Kirby
March 17 Brittany Lewis
March 20 Mike Wesson
March 21 Riley Fleming
March 22 Louise Day
March 24 Mollie Caldwell
March 25 Pat Koehler
March 26 Hailey Ange
Cheryl Grant
March 28 Aiden McGinnis
Callum Nance
March 31 Pat Long

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