



This summer we are doing all things community and preparation. We are having *Movie on the Lawn* monthly. Last week we had our first one of the summer and it was so good to be together. We set up a concessions stand with the popcorn machine and in the snack boxes there other THEMED snacks and a surprise at the bottom. We sat out on the lawn and watched a movie together. Once it got dark you started to see the surprise glowsticks from snack boxes around their wrists. By the end of the night there was running and playing in the yard with glowsticks. My favorite part of the night was Mallory Morton going over the kids and showing them they can make shadow puppets on the church building. It was good to be together and play together. This was just the first of several opportunities to this summer to get to spend quality time together. People that came last week mentioned how thankful they were for something like this to bring their kids too and get to spend time with their church friends. I can't wait to do more of those.

Along with offering multiple options to spend time together, there is a lot of work going into our Sun-

day School plans for the fall. We are looking forward to getting to be in-person in September. To make sure we are doing so responsibly we are already thinking about curriculum, classrooms, and other materials that will allow us to learn from our teacher and our peers. We're excited to have large class sizes this year that will allow for a robust learning experience each week. If you are feeling nudged to get plugged back in, please don't hesitate to reach out to staff members. We are looking forward to picking up our ministries again in the fall as in-person opportunities.

Beka Forst, Director of Youth & Family Ministries
Rforst@holyc.org



faithful family tips

Morning Prayers- With each petition of the prayer, you can get your body moving with different positions. You can start with the ones listed or make up your own!

Christ be with me (*cross hands over each other and hug yourself*)

Christ within me (*still hugging yourself, twist right and left*)

Christ behind me (*stretch your arms behind your back and clasp your hands*)

Christ before me (*stretch your arms in front of you*)

Christ beside me (*stretch your arms out like an airplane and tilt right and left*)

Christ beneath me (*reach down and touch the floor*)

Christ above me (*reach for the sky*)

Christ in hearts of all that love me (*end with a hug*)

 **Lutheran Church of the Holy Comforter** **COMMENT**
216 N. Main Street, Belmont, NC 28012
704-825-2483 holyccomforter@gmail.com

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



Ephesians 1:13-14

¹³In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; ¹⁴this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

Volume 42 /No. 7

Worship Opportunities for July

- Worship is offered each Sunday at 10:30 am.
- Outside Worship will be offered at 8:30 am on Sunday, July 4th and Sunday, July 18th. (No communion July, 18th-Pastor Micah will be out of town)
- Each 10:30 am service is livestreamed on the website and transmitted to the parking lot over the radio and communion is served to those present.

Church Office Hours
Monday—Friday
8:30 am-2:00 pm

MUSIC NOTES

July Music Notes



The church choir recently recorded 11 songs that we will be sharing and learning as a congregation over the coming months/years. If you missed the emails of them, you may find them worth perusing.

google: Holy Comforter Belmont on YouTube or go to the church website: holyc.org

We have heard from folks far and wide. Please feel free to share with family and friends.

Our choral and handbell ensembles will be gearing up to come together again for rehearsals in late summer/early fall as things continue to improve with Covid issues. Even though we are singing in worship corporately again it will still be a glorious day when we can all congregate under one roof and lift the rafters. I have heard from many of a new appreciation for singing in worship.

That being said we are always in search of folks who have a love of music, and understand the value of worship and music ministry. So I invite you to search your heart through prayer this summer. If you feel the spirit tugging in that direction I hope that you would feel comfortable enough to reach out to me in conversation. Rehearsals are not all work, we have some fun through our time together; perhaps sometimes too much! It is not just a choir ensemble, it's family.

You may have noticed all the restaurants that are begging for employees. We are going to add a # 1 twist on what is displayed at Chick-fil- a:

Consider the church choir...

5) Lead the congregational assembly in song to the Lord.

4) Lower your blood pressure.

3) Experience wonderful friendships.

2) Free music lessons as we rehearse.

1) Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday OFF!

Greg Cline, Organist/Choirmaster



July 4th Music and Fun

Greg Cline will play a 20 minute program on the Holy Comforter Carillon at 9:30 P.M Saturday, July 3. City wide fireworks will begin at approximately 10:00. The church parking lot is an awesome vantage point, as well as Shirley Causby's back yard. Bring a lounge chair and join us for this God and Country performance.



VACATION BIBLE
SCHOOL
AUGUST 8-11, 2021

SAVE THE DATE

HOLY COMFORTER LUTHERAN CHURCH

Yoga @ Holy C

Beginning Saturday, July 10th, Yoga will be held on the church lawn from 8am– 9am.

This is a free class, however each participant is required to sign a class waiver. Please bring a yoga mat and any props you may need. Classes will be held weather permitting. Class announcements will be listed on my Facebook page.

Please watch for announcements at <https://www.facebook.com/David-Povinelli-Yoga-Teacher-100563212042873>

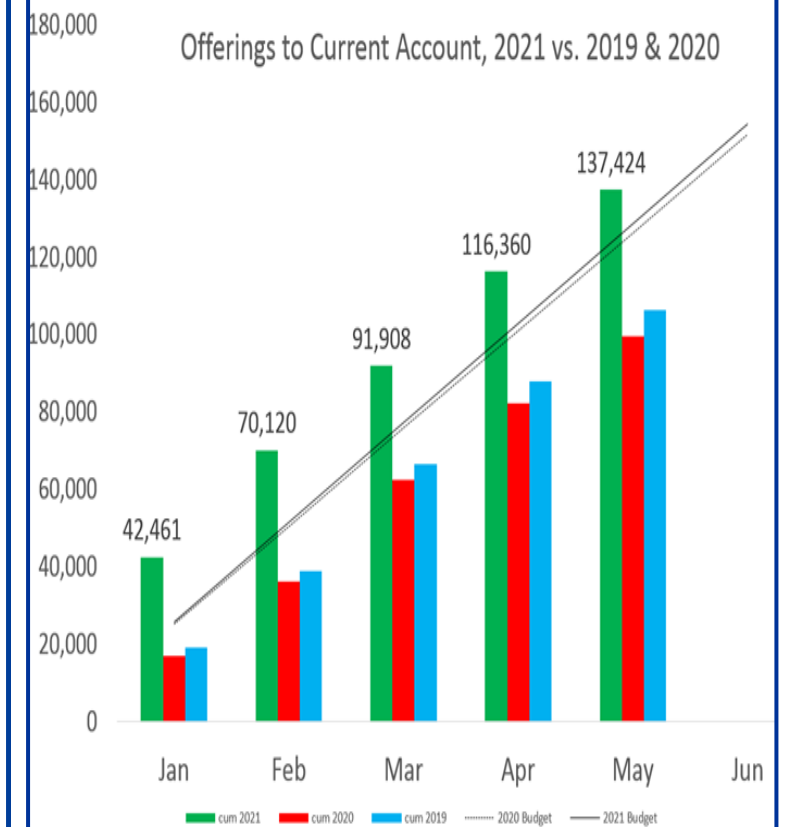
"I look forward to seeing you on your mats! "

Treasurer's Report for May 2021

Holy Comforter's operating deficit (expenses in excess of offering income) during May was \$2,896.16. Total giving to support Holy Comforter's routine expenses for the month was \$21,064.00. The budget estimate of the amount needed each month in 2021 is \$25,767.00. Year-to-date spending, through May 31, was \$11,329.51 below the amount planned in the 2021 budget. The adjacent chart 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 in the graph.

Warren Heller

Holy Comforter Treasurer Report



MOVIE ON THE LAWN

JULY MOVIE WILL BE SHOWN

FRIDAY, JULY 30th!

G- rated movie at 8:00pm

PG-13 rated movie at 9:45pm



HOLY COMFORTER LUTHERAN CHURCH



GET HOOKED ON WALKING!!

More and more scientists are telling us that our day-to-day habits have a profound effect on the quality and length of our lives. There is more evidence than ever that regular physical activity and good eating habits will prevent the diseases that kill many Americans. The rewards of walking are great and most studies of exercise use walking as the activity of choice because there are so many benefits. That's a pretty good reason to give walking a try.

Imagine this...as you start to walk your lungs actively move oxygen into and out of your body, the tension you've been holding in your chest all day is exhaled away. You start to concentrate on your walking posture, and you finally manage to relax your shoulders and neck. As you focus on the techniques and sensations of fast walking, the things that were driving you crazy a half-hour earlier slowly slip out of your mind. Soon the rhythm of your step will take on its own life. Now you're walking hard: You can feel your muscles working, your heart pumping. When you're done, your legs feel light, as though they've been pumped with helium. You feel strong, flexible, and centered. Now, relaxed and energized, you can get back into your day, feeling good about yourself because you made it happen. You may even find that you sleep better at night when you exercise your body during the day.

Ok...so let's get started. First you need to make sure "these shoes are made for walking." Be sure your walking shoes are made just for that – WALKING. Shoes made for basketball, tennis and volleyball allow a lot of lateral motion, something you don't need when walking. You need a good supportive shoe with good arch support and cushion. To avoid potential injury, most experts recommend new shoes at least every six months.

Next think SAFETY...If you're walking on a road, walk facing traffic. If you walk before sunrise or after sunset, wear reflective gear. If you use a personal stereo, keep one earpiece off so that you can hear what's going on around you. It's always safer to walk with another person, or a dog, but if walking alone, use good judgment. Avoid isolated areas, consider carrying a whistle or pepper spray, and always walk in lighted areas or carry a flashlight. Make sure you start and end your walks with warm-up and cool-down periods. The best warm-up is simply to start at an easy pace and gradually increase your speed. Same thing with a cool-down; simply slow your pace and gradually come to a stop at your destination. Be aware of how hard you are working, as well...one of the easiest ways to figure out how hard you're working is the "talk test." You should be walking hard enough so that you can talk but find it a bit difficult to carry on a conversation – you may need to take deep breaths between sentences, for example. If you're chatting as easily as if you were sitting on the couch, get moving! If you're simply too out of breath to talk, slow down a bit.

The PAYOFF of walking is great:

- *It supports weight loss and weight maintenance.
- *It reduces the risk of heart disease and stroke
- *It fends off diabetes by improving the body's ability to use insulin.
- *It eases the pain and stiffness of arthritis.
- *It keeps bones strong, which prevents osteoporosis.
- *It improves sleep.
- *It builds strength, flexibility, and stamina.
- *It enhances mental function.
- *It counteracts anger, depression, and anxiety.

These are the rewards that make it easy to get hooked on walking. And there's no reason to stop, either. With treadmills and mall walking – or just good foul weather gear – even bad weather isn't an obstacle. It's really an exercise that can be a lifelong activity. With walking you're set for life so...are you ready? **Let's get hooked!**

This is the regular Schedule. When exceptions happen they will be posted on the website calendar and in weekly emails.

Sundays:

-10:30 am-Worship in Sanctuary

*Service livestreamed on website and transmitted by radio to parking lot.

Mondays:

-PEP Exercise Classes via Zoom-Classes

-Office Closed Monday, July 5th

Tuesdays:

-7:00 pm- Nar-Anon

Wednesdays:

- Adult Faith Formation afternoon video

Saturdays:

-9:00 am– July 3rd, Yoga at Holy C (Sign up to participate)

Starting July 10, Yoga on the church lawn- 8am-9am (See the Yoga @ Holy C article on pg. 2)

Events to Note:

- Sunday, July 4th – Worship Outside, 8:30 am
- Friday, July 16th– Beka Forst—Ordination 6pm
- Sunday, July 18th – Worship Outside, 8:30 am
- Friday, July 30th– Movie's on the Lawn, 8:00pm



In observance of Independence Day the church office will be closed Monday, July 5th

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

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.

July 2	Elaine Moose
July 3	Amanda Kelly
July 3	Rachel Bailey
July 4	Ann Miller
July 9	Chase Lineberger
July 9	Eugenia Smith
July 13	Don Robinson
July 14	Beka Forst
July 14	Beverly Mauney
July 15	Russell Fleming
July 16	Sierra Hullander
July 18	Matt Piscatelli
July 19	Lyn Sudarich
July 19	Winters Hogge
July 20	Tyler Cassel
July 20	Garret Fox
July 20	Brian Mitchell
July 21	John Crist
July 21	Ashton Nault
July 21	Caroline Nault
July 22	Melissa Bocchino
July 24	Cathleen Allen
July 26	Gary Clark
July 28	Linda Cox
July 31	David Povinelli
July 31	Don Doctor



FROM THE PASTOR

Summers have long included a significant shift in routines at the church. As I understand it, in “the old days” in Belmont, when most people’s schedules were largely dictated by the mills, the mills shut down the week of July 4th and that’s when just about everyone would take off to the beach for vacation. Now, as Belmont becomes more of a bedroom community for Charlotte, people’s schedules become more unpredictable and varied, which makes it challenging to have much routine in programs at church. Sunday school takes a break for the summer because one week we might have trouble finding teachers, and the next week have no students. Trying to predict attendance at anything becomes all the more difficult this year as we have folks of varying degree of comfort level in gathering, which is understandable, have folks traveling more than usual as they make up for lost time vacationing or visiting family, which is good, and we have been so long out of our routines that it isn’t just picking up where we left off, which is reality.

As much as we want things to feel “normal,” and thankfully many things are getting to a place where they do, there are lots of things that will still take time to heal. These next weeks and months will continue to feel a bit strange as some folks hesitantly dip their toes back into the waters of social living, and others excitedly do a cannonball off of the high dive into them. Letting go of fears we’ve been taught over the last year won’t happen instantly, and we might have to take small steps as we do, and give people lots of grace as they do. This year has been traumatic, and trauma we have processed and left behind leaves scars.

As we heal, individually and as a society, now is a time to think about the routines that we’re stepping back into. We are not returning to the old normal, but creating a new normal, which is good, because as Christians we believe through Christ’s work to heal the world the best is in front of us. Now is an opportunity to create new routines, healthy patters, to claim new life. There rarely seems to be enough time in the day, but with some intentionality we can make time for family and friends, for a bit of exercise, for sit down meals, for life-giving hobbies, for a morning or evening devotion, for caring for others, for prayer, and for worship together.

It will take work, and time, and summers are a weird time to create routines, but being intentional about those them now will help us to claim the new life God has in store for us.

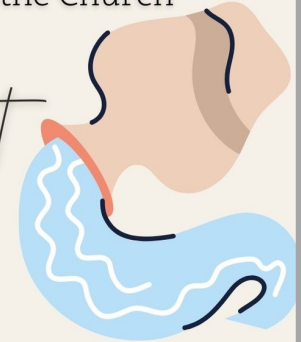
Yours in Christ,
Pastor Micah

We congratulate Bishop Tim Smith on his re-election to bishop of the NC Synod and pray for his ministry and leadership.

By the grace of God and the call of the Church

Rebekah Louise Forst

will be ordained to the
Ministry of Word & Service



Friday, July 16th, 2021 at 6:00 PM EST

Holy Comforter Lutheran Church Belmont, NC

The Reverend Dr. Timothy Smith, Bishop of NC
Synod, presiding
Your prayers and presence are requested on this
special day.

The color of the day is red.

Clergy will vest but do not need to robe.



Bring your own chair for Worship on the Lawn.