



I have to tell you all a secret, teaching faith formation classes on zoom has been far from my ideal way to do faith formation. I had hoped we would have been in classrooms by now. As much fun as it is to teach in my jammies with funny hats on, I am looking forward to and excitedly planning to teach in person. While teaching online hasn't been the dream, it has come with some wonderfully delightful afternoons with our youngest.

We have been working our way through the Whirl curriculum which works alongside the lectionary and seasons of the church year. It's been easy to teach because it comes with the adorably funny and educational videos, and leaflets with activities that require little to no supplies. The videos are the hit though, everyone on the call agrees that they are the best part. They are these goofy cartoons of kids trying to understand the gospel and sometimes messing it up but then figuring it out together. One of the videos was one of the cartoons saying that Sunday school changed when he grew up, it used to be snacks and toys in the nursery and now there are books and it's boring. The video ended with the cartoon liking his class and wanting to stay there. After each video I ask our young people what they heard? This particular week one of the kids on our call said, "I don't know how anyone could think this is boring, Sunday school is the best!" I have to tell

you another secret, that made my day. I felt like it was God talking. This year has been so weird and filled with just making the next best decisions. The moment I heard them say this was the best, I heard "where two or three are gathered I am there". In our small zoom classes with goofy cartoons, God is there. In a world with small numbers and uncertainty God is there and still faithful. I give thanks to God for God's constant faithfulness, for bringing kids to faith forming opportunities, and I'm thankful we are still walking in this weird time together. But here's to looking forward.

**FIRST COMMUNION CLASS  
COMING SOON**

Saturday, May 1st at  
9:00am

A Faithful Families Class  
Contact Beka for more  
information



Holy Comforter Lutheran Church

## Faithful Families tip

### Gratitude Café

Weekly, have a morning of special drinks in a special place. For example, outside or in a garden! Gathered together say: *There are so many things for which we can be thankful: the air we breathe, the home we live in, the clothes we wear. Let's each take a moment and write down some things we are thankful for. Let's try coming up with 5 things and then share them.* Once you have shared then close in prayer. Need some help with leading questions? Ask: *Are you thankful for any of your things from this past week? Thankful for anything special we have done as a family? Thankful for any lessons you have learned?*



Lutheran Church of the  
**Holy Comforter COMMENT**

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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



### John 15: 9-11

*9"As the Father has loved me, so I have loved you; abide in my love. 10If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. 11I have said these things to you so that my joy may be in you, and that your joy may be complete.*

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### Worship Opportunities for May

- Worship is offered each Sunday at 10:30 am. If you'd like to attend in person, please register ahead of time either through your email or with the church office.
- Worship Sunday, May 16th will be offered outside @ 8:30 am, as well as the 10:30 am service.
- 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

## May Music Notes

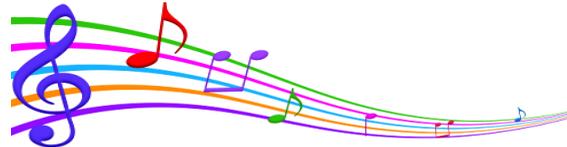
Easter Day (Season) is majestic in all it's glory, not for anything we might do, but for what Christ has already done for us 2000 years ago. I have heard it said after all, "How do you top the Resurrection?" It was wonderful to see faces even behind masks that I have longed to see for over a year. We continue to pray for resolution to this pandemic. From a musical standpoint I am so ready to collectively sing, I can smell and taste it!

As many of you know our handbell choir recently released a new collection of anthems which have been posted on our church web site, Youtube, and Facebook. We are now utilizing these songs within the body of our services of worship. Our church choir is gearing up on May 2nd to do basically the same thing. On the first Sunday in May we are, "Singing Unto the Lord a New Song," or perhaps some familiar tones with a newer text. Through these efforts we seek to share with our community, locally and globally. So look and listen for these musical offerings by early summer. We will add these songs in the future to our congregational repertoire.

I shared with the church choir at one of our recent gatherings how much I am personally lifted by the willingness of each individual to "come and share" their gifts for the sake of the Gospel. Choir directors are (no place ) without a choir. And while we

have to modify from "the way we have always done it," we rejoice in the small steps that we can take toward moving forward. So thanks to all of our staff, leaders, and a fraternity of volunteers out front, and behind the scenes who have labored, supported, and prayed us Thus Far By Faith. It would have been easier to lock our doors and ride it out for an indefinite period. I am proud that we continue to do all we can to insure safety and still be as willing as possible to follow our Gospel calling.

Greg Cline, Choirmaster



### PEP

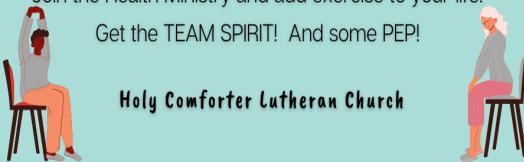
#### People Exercising for a Purpose

Fun, Fellowship, and conversation while you exercise gently!

NO HUFFING, NO PUFFING, NO BOUNCY MOVEMENTS  
ALL EXERCISE CAN  
BE DONE SEATED, IF NEEDED

Join the Health Ministry and add exercise to your life!  
Get the TEAM SPIRIT! And some PEP!

Holy Comforter Lutheran Church



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

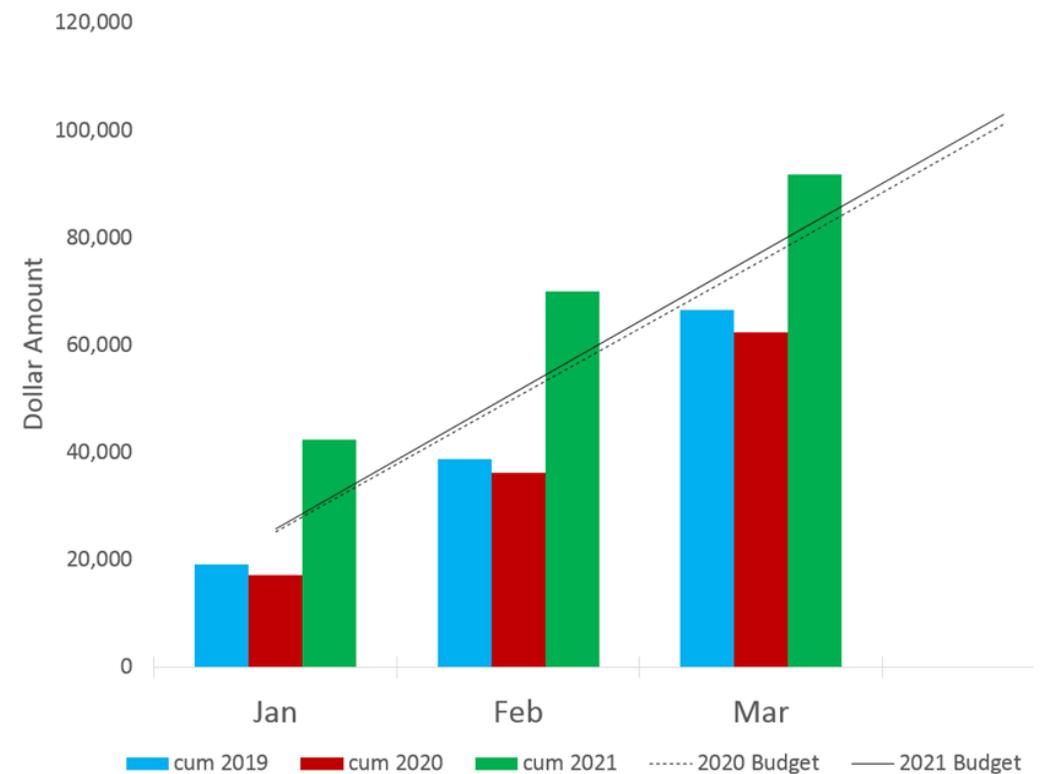
## Holy Comforter Treasurer Report

### Treasurer's Report for March 2021

Holy Comforter's operating deficit (expenses in excess of offering income ) during March was \$1,137.38. Total giving to support Holy Comforter's routine expenses for the month was \$21,787.63. The budget estimate of the amount needed each month in 2021 is \$25,767.00. Year-to-date spending, through March 31, was \$9,705.54 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

Offerings to Current Account, 2019 & 2020 vs. 2021





### From Your Parish Nurse

*Hello and Happy May to you all!*

April went out like a lamb with glorious weather as the saying goes (in like a Lion, out like a lamb) so I'm wondering what

May has in store for us. I'm so much loving this season and I hope you are, too!

So...I've just joined the tech world of health monitoring. I'm not real tech savvy but, sometimes it's important to know things before they become... well, you know, "things!"

And, since it's my job as your Parish Nurse to help you to live healthier lifestyles and to have the best health possible, I figured I'd share what I know about tech monitoring. Actually, I did a bunch of research and discovered there's a lot of tech designed for just this sort of thing – more than I knew! So, I'm going to share the short list...

1. **Smartwatches** – now this is the one thing that most of us are aware of these days. You can't pick up a magazine, or watch tv, or check out a YouTube video without seeing an ad for Apple watches (or some other brand) and they all are marvels for health monitoring. Apple's most recent watch, for instance, is now capable of checking your blood oxygen level in 10 seconds and recording an ECG in 30 seconds. That ECG is able to define whether or not you are in atrial fibrillation – one of the most serious heart rhythms and one that demands immediate medical attention.

2. **Continuous glucose meters** – these little devices are for folks with diabetes who need to monitor their blood glucose many times a day. Instead of pricking their fingers multiple times, they simply wear this device, and it gives a continuous reading so they know when their blood sugar levels are too low or too high.

3. **A self-cleaning water bottle (LARQ)** - Using UV-C LED light, the exquisite stainless-steel device not only purifies your drinking water in 60 seconds but cleans itself every two hours (or anytime you click the button).

4. **An electronic blood pressure monitor** – there are now several on the market that can not only record and keep record of your blood pressure screenings, but also can be uploaded via pdf to share with your doctor whenever he/she wishes. There's even one on the market that also takes an ECG recording like the smartwatches.

5. **Air quality monitor** -Thanks to accurate sensors and free mobile apps, there are devices that can alert you in real-time about the presence of harmful gases (CO), volatile organic compounds, and pollutants like dust, pollen, soot, and mold, while also measuring air temperature, atmospheric pressure, and humidity in the environment around you.

6. **Personal travel humidifier** – my husband and I travel with one of these when we are going somewhere dry. Powered by batteries or a charging cable, these devices let you transform any water bottle into a personal humidifier, providing relief from dry air wherever you are. And some feature a timer function that ranges from 2, 4, or 6 hours, and then automatically shuts off the device.

7. **Pain relief** – there are devices now that provide pain relief with a combination of a Transcutaneous Electrical Nerve Stimulator (TENS) and a Powered Muscle Simulator (PMS) which delivers low-voltage pulses to the skin to stimulate nerve fibers, blocking the pain signal to your brain. TENS units have been used for years and provide valuable relief.

Yes, it's true...we DO live in the age of technology and so much of the technology that is out there can help you to monitor your overall health and, just maybe, prevent an unforeseen health event by alerting you to it before it happens. Check these all out – it's worth your time!

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
  - 4:00 pm– Kid's Club Zoom Faith Formation
  - 5:00 pm– HCY Zoom Faith Formation
- **Mondays:**
  - 6:30 pm– PEP Exercise Class over Zoom
- **Tuesdays:**
  - Noon-Zoom lunch together. A time to check in and be in fellowship with one another
  - 7:00 pm- Nar-Anon
- **Saturdays:**
  - 9:00 am-Yoga for Holy C (open to all. Sign up to participate)

#### Events of Note:

- **Sat. May 1st– First Communion Class @ 9:00 am**
- **Sunday May 16th– Worship Outside– 8:30 am**
- **Sunday, May 23rd– Discipleship Academy “Sacred Tent Event” — 11:00 am**



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

**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.**

<b>May 1</b>	<b>Katie Howard</b>
<b>May 1</b>	<b>Melissa McGinnis</b>
<b>May 1</b>	<b>Krystyna Sarrazin</b>
<b>May 1</b>	<b>Phillip Piscatelli</b>
<b>May 2</b>	<b>Lucy Bocchino</b>
<b>May 3</b>	<b>Erin Cassel</b>
<b>May 4</b>	<b>Dariel Rogers</b>
<b>May 5</b>	<b>Tom Bocchino</b>
<b>May 7</b>	<b>Alec Via</b>
<b>May 10</b>	<b>Zac Hullander</b>
<b>May 13</b>	<b>Rebekah Milton</b>
<b>May 16</b>	<b>Sherry Perry</b>
<b>May 22</b>	<b>Cynthia Scholler</b>
<b>May 22</b>	<b>Billy Joye Jr.</b>
<b>May 24</b>	<b>Denice Taylor</b>
<b>May 24</b>	<b>Mandi Kline</b>
<b>May 24</b>	<b>Perri Gross</b>
<b>May 25</b>	<b>Will Kline</b>
<b>May 26</b>	<b>Matthew Hogge</b>
<b>May 26</b>	<b>Amelia Kline</b>
<b>May 28</b>	<b>Richard Fox</b>
<b>May 29</b>	<b>Angela Morton</b>
<b>May 31</b>	<b>John Zander</b>



## FROM THE PASTOR

Easter was a balm for me, was both healing and a spark to light a flame of hope for me. In no way have I suffered as much as others throughout these past 13+ months; my family is healthy, Jenn was able to quit working to be home with the boys for school, and I still have a job. But it still hasn't been easy, and being so spread out through this time has allowed some anxieties to creep in about whether we've done enough to connect with our folks or whether people will come back when they feel comfortable being in groups again. These have been anxious times, and it has been an intentional effort for me to fill the empty space left by covid with hope and not worry. Some days I am good at it, some not as much. Which is one reason our Easter celebrations were such a wonderful gift, to me personally, and I hope to others as well.

On Saturday we had an Easter Egg Hunt, and our church grounds were filled with kids laughing and playing together, old friends who hadn't seen each other in way too long reconnecting, new families who have connected with us during the pandemic forming relationships, parents who have been one another's support systems sharing stories and experiences again. It was a weight lifted, even if just for a moment, as I saw these children who have grown more than I was ready for, and their parents, renew relationships and community they had been missing.

On Easter Sunday we worshipped together in two services, one outdoor and one indoor, and while neither was quite what we would want it to be in a non-pandemic time, both were glorious. Not only did they feel full, but they were full of you! It was such a gift for me to see your faces, to see folks back in this place, gathered together, worshipping with one another, and at least at the outdoor service, singing together. On a Sunday when we celebrated the Resurrection, God's victory over death in Jesus, it truly felt like a burst of new life in a time that has felt like death for too long.

We're not out of this thing yet as we've lately watched numbers of cases rise, but along with that the number of people vaccinated rise and the number of deaths drop, and we have hope for what's coming. We're working our way there, and our staff is developing some ways to lean into this. Beginning in mid-May, on top of our worship options now, we'll add an outdoor worship at 8:30 am on the first and third Sundays of the month. Our HCY youth are meeting in person when the weather is nice, and our children will meet in person for an end of the year Sunday School bash.

We're working to create a covered outdoor option for low-risk and shaded gathering space throughout the summer, and are excited to put it to use.

This has been a hard year, which makes it even more important to celebrate those moments of joy, of hope, of life in midst of death, of resurrection, and it was exciting and healing for me to be able to experience that with you all on Easter Sunday.

Yours in Christ,

Pastor Micah

### ***A Culture of Generosity***

In April we began hearing stories of generosity from members of Holy Comforter, stories of how they witnessed generosity and were formed in the way they see God at work in the generosity of others. Stories shape how we see the world and how we see ourselves. Stories in scripture have shaped our view of God, how God relates to the world, and who we are because of who God is for us. Stories of our heritage shape how we see our identities within our families and within the culture in which we live. Stories of generosity can shape how we see God's generosity with us and how we respond in kind.

We invite you take part in Intent Sunday on May 9, and to watch for mailings ahead of time that invite you to think intentionally about the way you and/or your family financially supports God's mission through Holy Comforter.

## SACRED TENT EVENT

### DISCIPLESHIP ACADEMY

SATURDAY, MAY 23 10:00AM  
DURING THIS CLASS WE WILL VISIT  
A VARIETY OF WORSHIP SPACES.  
ELECTIVE COURSE: 1 CREDIT

