

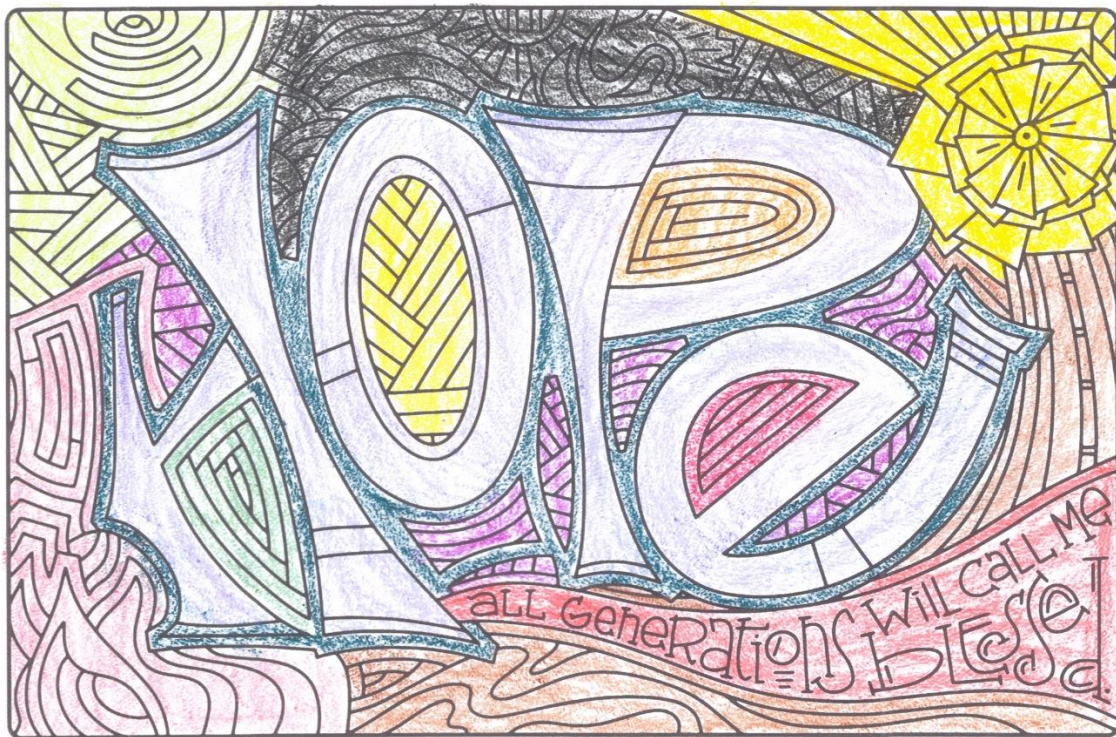
# Lutheran Church of the Holy Comforter

216 N. Main Street • Belmont, NC 28012 • Sunday, December 2, 2018

## First Sunday of Advent

Micah Kearney  
Pastor

Greg Cline  
Organist/Choirmaster



*By Lucy Bocchino*

**WELCOME/GATHERING**

**PRELUDE:** *Comfort Ye My People* ..... Albrecht

## CONFESSION AND FORGIVENESS

*All may make the sign of the cross, the sign marked at baptism,  
as the presiding minister begins.*

P Blessed be the holy Trinity, † one God, the Lord of Israel who comes to set us free,  
the mighty Savior who comes to show mercy, the Dawn from on high who guides us into  
peace.

**C Amen.**

P Let us come before God in confession.

*Silence for reflection.*

P To you, O God,

**C we lift up our souls. You know us through and through; we confess our sins to  
you. Remember not our sins; remember us with your steadfast love. Show us your  
ways; teach us your paths; and lead us in justice and truth, for the sake of your  
goodness in Jesus Christ our Savior. Amen.**

P Children of God, come with joy and draw water from the well of salvation.

Remember the gift of baptism: your sin is washed away in the name of † Jesus; you  
belong to Christ; you are anointed to serve. Stand up and raise your heads! The reign of  
God is near.

**C Amen.**

**GATHERING SONG:** *Lo! He Comes With Clouds Descending . . . . All Stand & Sing*

1 Lo! he comes with clouds de - scend - ing,  
2 Now re - demp - tion, long - ex - pect - ed,  
3 Yea, a - men, let all a - dore thee,

once for our sal - va - tion slain;  
comes in sol - emn splen - dor near;  
high on thine e - ter - nal throne;

thou - sand      thou - sand      saints      at - tend - ing  
all the      saints this      world      re - ject - ed  
Sav - ior,      take the      pow'r      and      glo - ry,

join to sing the glad re - frain:  
thrill to the trum - pet sound to hear:  
claim the king - dom as thine own.

[illegible]

lu - ia! Christ the Lord re - turns to reign.  
 lu - ia! See the day of God ap - pear!  
 lu - ia! Thou shalt reign, and thou a lone!

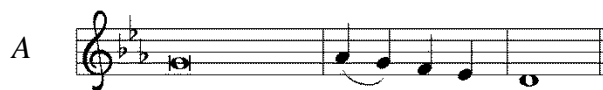
Text: Charles Wesley, 1707–1788, alt.  
Music: HELMSLEY, Thomas Olivers, 1725–1799

## GREETING

**P** The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

**C** And also with you.

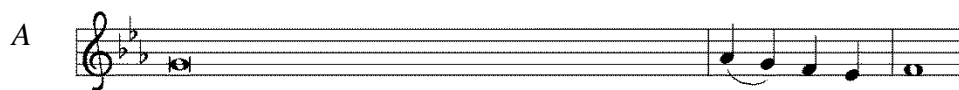
## KYRIE



In peace, let us pray to the Lord.



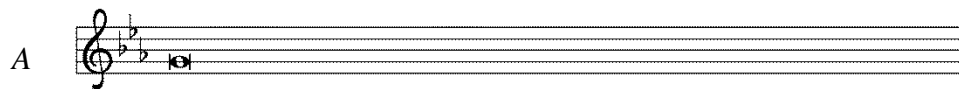
Lord, have mer - cy.



For the peace from above, and for our salvation, let us pray to the Lord.



Lord, have mer - cy.



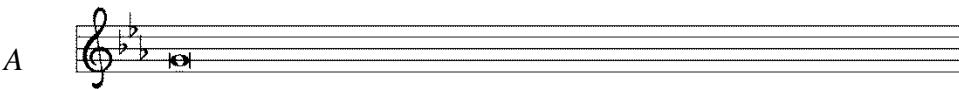
For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



Lord, have mer - cy.



For this holy house, and for all who offer here their worship and praise,



let us pray to the Lord.

*C*

Lord, have mer - cy.

*A*

Help, save, comfort, and de - fend us, gra - cious Lord.

*C*

A - men, a - men.

## CANTICLE OF PRAISE ..... All Sing

*Refrain*

This is the feast of vic - to - ry for our God.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

1 Wor - thy is Christ, the Lamb who was slain, whose  
2 Sing . . with all the peo - ple of God, and

blood set us free to be peo - ple of God.  
join in the hymn of all cre - a - tion:

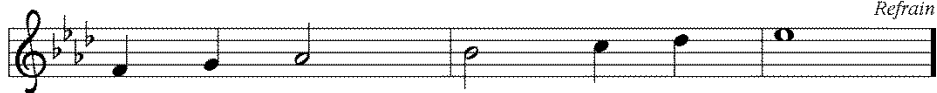
Pow - er and rich - es, wis - dom and strength, and  
Bless - ing and hon - or, glo - ry and might be to



hon - or and bless - ing and glo - ry are his.  
God and the Lamb for - ev - er. A - men.



3 For the Lamb who was slain has be -



gun his reign. Al - le - lu - ia.

## SALUTATION

P The Lord be with you.

C And also with you.

## PRAYER OF THE DAY

P Let us pray.

Stir up your power, Lord Christ, and come. By your merciful protection alert us to the threatening dangers of our sins, and redeem us for your life of justice, for you live and reign with the Father and the Holy Spirit, one God, now and forever.

C Amen.

*Congregation is Seated and are invited to sing "Jesus Loves Me"  
as the children come forward.*

## CHILDREN'S TIME

**Children ages 4 to 8 years-old** are invited to go to the Education building for a 20-minute (or so) time together **immediately after the Children's sermon**. *Children will return to their parents during the hymn of the day.* Children **birth through 3 years-old** are invited to join others their age **in the nurseries**.

## FIRST READING

Jeremiah 33:14-16

A reading from the thirty-third chapter of Jeremiah.

*In the Old Testament, “righteousness” often has to do with being faithful in relationship. God acts righteously both in punishing Israel for its sin and in having mercy. In today’s reading, Jerusalem’s future name—“The Lord is our righteousness”—proclaims that the Lord is even now working salvation for Israel.*

<sup>14</sup>The days are surely coming, says the LORD, when I will fulfill the promise I made to the house of Israel and the house of Judah. <sup>15</sup>In those days and at that time I will cause a righteous Branch to spring up for David; and he shall execute justice and righteousness in the land. <sup>16</sup>In those days Judah will be saved and Jerusalem will live in safety. And this is the name by which it will be called: “The LORD is our righteousness.”

A The word of the Lord.

C Thanks be to God.



**LIGHTING ADVENT WREATH:** *Light One Candle* . . . . . All Sing  
**The first candle represents HOPE.** Long ago, peoples’ hearts were sustained by hope as they waited for a Savior. We hope, too, for the Savior and his love to fill and cover the world.



## SECOND READING

1 Thessalonians 3:9-13

A reading from the third chapter of 1 Thessalonians.

*Upon Timothy’s report from the congregation at Thessalonica, Paul is exuberant with gratitude for them. In this passage from his letter, Paul voices overflowing thanks, joy, and blessings for the people of this growing church.*

<sup>9</sup>How can we thank God enough for you in return for all the joy that we feel before our God because of you? <sup>10</sup>Night and day we pray most earnestly that we may see you face to face and restore whatever is lacking in your faith.

<sup>11</sup>Now may our God and Father himself and our Lord Jesus direct our way to you.

<sup>12</sup>And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. <sup>13</sup>And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

A The word of the Lord.

C Thanks be to God.

## GOSPEL VERSE



## GOSPEL

**Luke 21:25–36**

P The holy gospel according to St. Luke, the twenty-first chapter.

C **Glory to you, O Lord.**

*God will fulfill God's purposes and, already, hidden signs of that fulfillment abound. On that great day there will be dismay, perplexity, confusion, and terror, but God's people shall be given strength to stand boldly and receive God's promised redemption.*

[Jesus said:] <sup>25</sup>“There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. <sup>26</sup>People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. <sup>27</sup>Then they will see ‘the Son of Man coming in a cloud’ with power and great glory. <sup>28</sup>Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.”

<sup>29</sup>Then he told them a parable: “Look at the fig tree and all the trees; <sup>30</sup>as soon as they sprout leaves you can see for yourselves and know that summer is already near. <sup>31</sup>So also, when you see these things taking place, you know that the kingdom of God is near.



<sup>32</sup>Truly I tell you, this generation will not pass away until all things have taken place.

<sup>33</sup>Heaven and earth will pass away, but my words will not pass away.

<sup>34</sup>“Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day does not catch you unexpectedly, <sup>35</sup>like a trap. For it will come upon all who live on the face of the whole earth. <sup>36</sup>Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.”

P The gospel of the Lord.


C Praise to you, O Christ.

*The assembly is seated.*



SERMON ..... Pastor Micah

*Silence is Kept for Reflection.*


**HYMN OF THE DAY:** *Hark! A Thrilling Voice Is Sounding!* ..... All Stand & Sing



1 Hark! a thrill-ing voice is sound-ing! “Christ is near,” we hear it say.  
2 Wak-ened by the sol - emn warn - ing, from earth’s bond-age let us rise;  
3 See the Lamb, so long ex - spect - ed, come with par - don down from heav’n.  
4 So, when next he comes in glo - ry and the world is wrapped in fear,  
5 Hon - or, glo - ry, might, and bless - ing to the Fa - ther and the Son



“Cast a - way the works of dark-ness, all you chil-dren of the day!”  
Christ, our sun, all sloth dis - pel - ling, shines up - on the morn-ing skies.  
Let us haste, with tears of sor - row, one and all, to be for - giv’n;  
he will shield us with his mer - cy and with words of love draw near.  
with the ev - er - last - ing Spir - it while un - end - ing a - ges run!



Text: Latin hymn, 1632; tr. Edward Caswall, 1814-1878  
Music: MERTON, William H. Monk, 1823-1889

## **APOSTLES CREED**

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.**

**On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## **PRAYERS OF INTERCESSION**

As we await the coming of Christ, we pray in hope for the church, the world, and all of creation.

*A brief silence.*

Equip your church, merciful God. Secure our roots in the soil of your eternal word. Ease our worries and remove our shame. Grow our faithfulness and let your steadfast love blossom among us. Lord, in your mercy,  
**hear our prayer.**

Sustain your creation, holy God. Water the parched soil. Restore depleted fields. Send farmers, forest rangers, and gardeners to care for fig trees and wheat fields, gardens and arboretums. Increase our love for the land. Lord, in your mercy,  
**hear our prayer.**

Grow peace within us, abundant God. Raise up leaders in every community grounded in your justice and mercy. Increase their love for all people. Lord, in your mercy,  
**hear our prayer.**

Feed the hungry, living God. Gather our harvest into a feast for our neighbors. Move us to nurture those who are bereaved and lonely. Empower all who are sick (*especially*).  
Lord, in your mercy,  
**hear our prayer.**

Increase our joy, wondrous God. Plant thanksgiving in our hearts and multiply the good fruit of our outreach ministries. Guide us in our service to local and global neighbors.  
Lord, in your mercy,  
**hear our prayer.**

In thanksgiving, we remember all who have died and now rest in your glory. Hold all who mourn in the comfort of your eternal light, and bring us to delight in the new life you promise. Lord, in your mercy,  
**hear our prayer.**

Confident that the Holy Spirit intercedes for us, we bring to you these prayers and those unspoken, in the name of Christ, our Savior and Lord.  
**Amen.**

## **PEACE**

**P** The peace of Christ be with you always.  
**C** **And also with you.**

*The assembly is seated.*

## **OFFERING**

**OFFERTORY ANTHEM:** *I Will Be A Child of Peace* . . . . . Church Choir

O Holy Father I will be a child of peace and purity.  
For well I know Thy hand will bless the seeker after righteousness.

## OFFERTORY RESPONSE: *O Lord, How Shall I Meet You . . . . . All Stand & Sing*



1 O Lord, how shall I meet you, how wel - come you a - right?  
2 I lay in fet - ters, groan - ing; you came to set me free.  
3 Love caused your in - car - na - tion; love brought you down to me.  
4 Re - joice, then, you sad - heart - ed, who sit in deep - est gloom,



Your peo - ple long to greet you, my hope, my heart's de - light!  
I stood, my shame be - moan - ing; you came to hon - or me.  
Your thirst for my sal - va - tion pro - cured my lib - er - ty.  
who mourn your joys de - part - ed and trem - ble at your doom.



Oh, kin - dle, Lord most ho - ly, your lamp with - in my breast  
A glo - rious crown you give me, a trea - sure safe on high  
Oh, love be - yond all tell - ing, that led you to em - brace  
All hail the Lord's ap - pear - ing! O glo - rious Sun, now come,



to do in spir - it low - ly all that may please you best.  
that will not fail or leave me as earth - ly rich - es fly.  
in love, all love ex - cel - ling, our lost and fall - en race.  
send forth your beams so cheer - ing and guide us safe - ly home.

Text: Paul Gerhardt, 1607–1676; tr. composite

Music: WIE SOLL ICH DICH EMPFANGEN, Johann Crüger, 1598–1662

## OFFERING PRAYER

**A** Let us pray.

**C** God of abundance, we bring before you the precious fruits of your creation, and with them our very lives. Teach us patience and hope as we care for all those in need until the coming of your Son, our Savior and Lord. Amen.

## DIALOGUE

*Presider*

*Congregation*

The Lord be with you. And al - so with you.

Lift up your hearts. We lift them to the Lord.

*P* Let us give thanks to the Lord our God.

*C* It is right to give our thanks and praise.

## PREFACE

P ...we praise your name and join their unending hymn:

## HOLY, HOLY, HOLY

Ho - ly, ho - ly, ho - ly Lord, God of

pow - er and might, heav - en and earth are full of your glo - ry. Ho -

san - na in the high - est. Blessed is he who comes in the

name of the Lord. Ho - san - na in the high - est.

## THANKSGIVING AT THE TABLE

## LORD'S PRAYER

Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come, thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever and ever. Amen.



## INVITATION TO COMMUNION

P God fills the hungry with good things. Taste and see that the Lord is good.  
C Thanks be to God.

## LAMB OF GOD

Musical notation for the hymn "Lamb of God". It consists of four staves of music in G major, 4/4 time. The lyrics are written below the notes.

Lamb of God, you take a - way the sin of the world; have  
mer - cy on us. Lamb of God, you take a - way the sin of the  
world; have mer - cy on us. Lamb of God, you take a -  
way the sin of the world; grant us peace, grant us peace.

## COMMUNION

*A cordial invitation is extended to all persons to participate in the celebration of the real presence of the Risen Christ in the Sacrament of Holy Communion.*

**MUSIC DURING COMMUNION:** *I Wonder As I Wander* ..... Lau  
*What Is This Lovely Fragrance* ..... Manz  
*What Feast of Love* ..... All Sing



1 What feast of love is of - fered here, what ban - quet come from heav - en?  
2 What light of truth is of - fered here, what cov - e - nant from heav - en?  
3 What wine of love is of - fered here, what crim - son drink from heav - en?



What food of ev - er - last - ing life, what gra - cious gift is giv - en?  
What hope of ev - er - last - ing life, what won - drous word is giv - en?  
What stream of ev - er - last - ing life, what pre - cious blood is giv - en?



This, this is Christ the king, the bread come down from heav - en.  
This, this is Christ the king, the sun come down from heav - en.  
This, this is Christ the king, the sweet - est wine of heav - en.



Oh, taste and see and sing! How sweet the man - na giv - en!  
Oh, see and hear and sing! The Word of God is giv - en!  
Oh, taste and see and sing! The Son of God is giv - en!

Text: Delores Dufner, OSB, b. 1939

Music: GREENSLEEVES, English ballad, 16th cent.

Text © 1993 Delores Dufner OSB. Published by OCP Publications. All rights reserved.

**P** The body and blood of our Lord, Jesus Christ, strengthen you and keep you in his grace.  
**C** Amen.

## PRAYER AFTER COMMUNION

A Let us pray.

C Holy One, we give you thanks that in this bread and cup we have feasted again on your endless love. Let that love overflow more and more in our lives, that we may be messengers to prepare your way, harvesters of justice and righteousness, and bearers of your eternal Word, our Savior Jesus Christ. Amen.

## BLESSING

P May God direct your ways in peace, make you abound in love for one another and for all, and strengthen your hearts until the coming of our Lord Jesus. Almighty God, Father, † Son, and Holy Spirit, bless you now and forever.

C Amen.



**SENDING SONG:** *Savior of the Nations, Come* ..... All Stand & Sing

1 Sav - ior of the na - tions, come; vir - gin's son, make here your home.  
2 Not by hu - man flesh and blood, but the mys - tic Breath of God,  
3 Won - drous birth—oh, won - drous child—from his throne, a vir - gin mild!  
4 From God's heart the Sav - ior speeds, back to God his path - way leads;

Mar - vel now, O heav'n and earth: God has cho - sen such a birth.  
was the Word of God made flesh, fruit of wom - an, blos - som fresh.  
Ver - y God, and Mar - y's son, ea - ger now his race to run!  
out to van - quish death's com - mand, back to reign at God's right hand.



5 Now your manger, shining bright,  
hallows night with newborn light.  
Night cannot this light subdue;  
let our faith shine ever new.

6 Praise we sing to Christ the Lord,  
virgin's son, incarnate Word!  
To the holy Trinity  
praise we sing eternally!

Text: attr. Ambrose of Milan, 340-397; Martin Luther, 1483-1546; tr. hymnal version  
Music: NUN KOMM, DER HEIDEN HEILAND, J. Walter, *Geistliche Gesangbüchlein*, 1524  
Text © 2006 Augsburg Fortress.

## SENDING

A Go in peace. Christ is with you.

C Thanks be to God.

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**A CORDIAL WELCOME** is extended to all our visitors on this **First Sunday of Advent**. We pray that you will find a warm fellowship while you are among us and that you will return home with a renewed sense of dedication to Jesus Christ. Please sign our guest register or a visitor's card so that we can become acquainted with you. If you are without a church home, we invite you to investigate membership in this family of God.

**CHILDREN ARE WELCOME IN WORSHIP.** Jesus said, "let the children come to me!" Parents are encouraged to utilize the Kids Worship Kits found in the Narthex for older toddlers through early elementary age. Nurseries for children (**infants through 3 years old**) are in the Education building. Let an usher know if you need assistance.



**KIDS' WORSHIP CENTER:** Pick up kits as you enter for worship! **Please return the tote bag** with the plastic bag of crayons, scratch pads, and pencils to the stand in the narthex. The children may take any papers home with them.

**PRAYER REQUESTS:** A notebook has been placed in the narthex for your prayer requests during the week. The book will be in the narthex on Sundays and in the church office during the week. **If you wish a name to be added to our prayer board, please fill out a form from the prayer book or fill in the online form at [www.holyc.org](http://www.holyc.org).**

**THE FLOWERS ON OUR ALTAR TODAY** are given to the glory of God by Shelia & Tim Kelly in honor of Nathan's birthday.

Those who have placed flowers on the altar may use the containers to take them home, but please return the containers to the church.

***Worship & Music Committee***

**Offering and Attendance Report for November 18, 2018:**

Attendance: 144

<b><u>Budget Report</u></b>	<b><u>November 18, 2018</u></b>	<b><u>Year-to-Date</u></b>
Offering	\$ 8,291.00	\$ 246,754.60
Expenses	\$ 5,551.17	253,862.78
Offering less Expenses	<u>\$ 2,739.83</u>	<u>(\$ 7,108.18)</u>
Expected (Budgeted) Expenses		<u>\$ 260,376.45</u>
Offering less Budgeted Expenses		<u>(\$ 13,621.85)</u>

**ASSISTING MINISTERS:**

**LECTOR:** Billy Joye

**GREETER:** Katie Howard

**ACOLYTES & CRUCIFERS:**

Volunteers

**CHILDREN'S CHURCH:** Bev & Andy Robinson

**NURSERY:** (10:30-11:45 am) Jill Cassel

**ALTAR GUILD:** (Team 2)

Brad & Brandy Milton, Co-Captains

Amanda Kelly

Volunteer

**TELLERS:** Janet & Brian Achor

**USHERS:** Volunteers

**COMMUNION ASSISTANTS:** (Team B)

Barb Kasmer      Shelia & Tim Kelly

**EUCCHARIST PRESENTERS:**

Volunteers

**COMMUNION ORGANIST:** Suzanne Fairbain

**BIRTHDAYS FOR THE WEEK: December 2-8**

December 3    Travis Fleming

Brenda Jenkins

December 7    Jackson Bryant

December 8    Nathan Kelly

December 4    Anne Lineberger

December 5    Aaron Nault

Brian Wallace



## THIS WEEK'S MEETINGS:

### Today, Sunday, December 2

8:45 am Children's Ensemble  
9:30 am Cross Generational SS  
10:10 am Church Choir prep  
10:30 am The Service w/Holy Communion  
2:00 pm Confirmation at St. Paul's  
4:30 pm Meet at McAdenville Elementary  
to ride to McAdenville lights  
5:00 pm Handbells  
6:00 pm Church Choir

### Tuesday, December 4

7:00 pm Nar-Anon

### Wednesday, December 5

5:00 pm Youth Handbell Choir  
5:30 pm Church Choir  
6:00 pm Dinner  
6:45 pm Advent Worship w/HC  
7:15 pm Chamber Choir



### Saturday, December 8

6:00 -8:00 pm *Staying Connected*  
Meet at Sarrazin's home.  
Bring a white elephant gift and an  
appetizer or dessert to share.

•  
**THE CRECHE** is set up this morning with only a manger and a blue vigil candle. The empty crèche suggests that lowliness and poverty surrounding our infant Savior who for humanity's sake became poor that through His poverty, people might become rich.  
(II Corinthians 8:9)  
•

•  
**THE BLUE CANDLE** in the crèche reminds us that we are to keep our hearts and minds in confession and prayer this entire Advent Season.  
•



## REMINDERS:

1. **Angel Tree** gifts for *children* need to be returned to the church by **Sunday, December 9th**. The gifts need to be wrapped and tagged with the angel tree tag form that was taken from the tree.
2. **Belmont Christmas Parade** is **Tuesday, December 4th**. Holy Comforter will have a float in the parade. Contact Katie if you are interested in riding the float.  
**Lineup will be at 3:00 pm** on McLeod Street (*be on time...*parade starts at 3:30 pm).

Please dress for the event, either in festive Christmas attire or your Holy C shirt!



## PRAYERS FOR OUR FAMILY OF HOLY COMFORTER

Cathleen Allen  
Tim Baker  
Cynthia Buchanan  
The Family & Friends  
of Carmen Buell  
Brenda Dabrowski  
Becke Featherstone

Sarah Tench Helms  
Zac Hullander  
Sue Lahr  
Ben Moose  
Holly Peche  
Sherry Perry  
Kathie Schaumburg

Scott Schaumburg  
Marguerite Shive  
Denise Taylor  
Beverly Reynolds  
Jo Singleton  
Jerri Wesson

## GREATER FAMILY OF GOD

Amy Beale Blythe  
Doug Brewer  
Ron de la Vega  
Carol Fox  
Larry "Poss" Garrett  
Ruth Lail

Beverly Lineberger  
Jennifer Lineberger  
Ronnie Lunsford  
Clarence McLain  
The Family & Friends of  
Susan Misner

Anne Murdy  
Tommy Smith  
Brody Thornburg  
Dennis Yates

## OUR SERVICEMEN



Beau Carroll    Tom Kasmer    Leo Kasmer    Colton Parker

Please remember these people in your prayers.  
**If anyone has a person who needs to be added or removed from this list,  
please inform the church office.**  
The sign-up prayer forms are in the narthex and online at [www.holyc.org](http://www.holyc.org).



# Holy Doodles





Do you have high blood pressure (hypertension)? Definition of high blood pressure...systolic (top number) of 140 or greater OR diastolic (bottom number) of 90 or greater. If not – good! But listen to these statistics from the National Heart, Lung, and Blood Institute (NHLBI): “Fifty million adults in the U.S. have high blood pressure.” Furthermore, data from NHLBI’s landmark study suggest that middle-aged and elderly individuals face a 90% risk of developing hypertension during their remaining years! Also, studies have shown that a reduction in systolic blood pressure of as little 2 mmHg could save more than 70,000 lives. What can you do? Change your lifestyle! Get an adequate intake of potassium, **eat a well-balanced diet** of fruits, vegetables, and low-fat dairy products and reduce your intake of saturated fat. Limit consumption of sodium and alcohol, **reduce excess body weight**, and **increase activity**. The National High Blood Pressure Education Program states that “if every adult American lowered his/her average systolic blood pressure by 5 mmHg, we’d see a 14% drop in deaths from stroke, a 9% drop in heart disease deaths, and a 7% drop in overall mortality.” So, let’s go! Eat healthy, watch your weight, and exercise, exercise, exercise! Even exercising 15 minutes a day 3-4 times a week, makes a huge difference! Take care of yourselves!

Contact Teresa Keller, Parish Nurse, at 717-329-8507 or [parishnurse0407@gmail.com](mailto:parishnurse0407@gmail.com).





## Poinsettia Order Form



Your Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

In Honor of: \_\_\_\_\_

In Memory Of: \_\_\_\_\_

To the Glory of God: \_\_\_\_\_

Number of poinsettias ordered: \_\_\_\_\_

Total cost @ \$15 each: \_\_\_\_\_

Payment by check: \_\_\_\_\_

Payment by cash: \_\_\_\_\_

Remember to add **\$15 for each** poinsettia ordered.  
**Payment must be attached to order form.**

**Deadline to place your order is today,  
Sunday, December 2.**

You may give your order form and payment to an usher or  
take to the church office.

Please indicate on your check that it is for  
a poinsettia order.

*Words of Sympathy & Hope  
Are offered to  
Jo Anne de la Vega and Family  
On the death of her sister  
Susan Misner*



**Holy Comforter Lutheran Church**

216 N. Main Street Belmont, NC 28012 704-825-2483

[holycomforter@gmail.com](mailto:holycomforter@gmail.com)

**SUNDAY SCHEDULE: 9:30 am Sunday School, 10:30 am The Service**

**Church Office Hours: Monday-Thursday 8:30 am — 3:00 pm**

Micah Kearney, Pastor email: [MicahKearney@gmail.com](mailto:MicahKearney@gmail.com)

Greg Cline, Organist /Choirmaster

Beka Forst, Director of Youth & Family Ministries

Dianne Lail, Communications/Office Manager