

Lutheran Church of the Holy Comforter

• 216 N. Main Street • Belmont, NC 28012 • Sunday, October 28, 2018 •



Reformation Sunday

Micah Kearney
Pastor

Greg Cline
Organist/Choirmaster

WELCOME/GATHERING

PRELUDE: *All My Life* Chamber Choir

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, the one who fashions us, the one who heals us, the one who reforms us again and again.

C **Amen.**

P Let us confess our sin, calling for God's transforming power.

Silence is kept for reflection.

P Source of all life,

C **we confess that we have not allowed your grace to set us free. We fear that we are not good enough. We hear your word of love freely given to us, yet we expect others to earn it. We turn the church inward, rather than moving it outward. Forgive us. Stir us. Reform us to be a church powered by love, willing to speak for what is right, act for what is just, and seek the healing of your whole creation. Amen.**

P God hears our cry and sends the Spirit to change us and to empower our lives in the world. Our sins are forgiven, ☩ God's love is unconditional, and we are raised up as God's people who will always be made new, in the name of Jesus Christ.

C **Amen.**

GATHERING SONG: *A Mighty Fortress Is Our God* All Stand & Sing

1 A might - y for - tress is our God, a sword and shield vic -
 2 No strength of ours can match his might! We would be lost, re -
 3 Though hordes of dev - ils fill the land all threat - 'ning to de -
 4 God's Word for - ev - er shall a - bide, no thanks to foes, who

to - rious; he breaks the cruel op - pres - sor's rod and
 ject - ed. But now a cham - pion comes to fight, whom
 your us, we trem - ble not, un - moved we stand; they
 fear it; for God him - self fights by our side with

wins sal - va - tion glo - rious. The old sa - tan - ic foe
 God him - self e - lect - ed. You ask who this may be?
 can - not o - ver - pow'r us. Let this world's ty - rant rage;
 weap - ons of the Spir - it. Were they to take our house,

has sworn to work us woe! With craft and dread - ful might
 The Lord of hosts is he! Christ Je - sus, might - y Lord,
 in bat - tle we'll en - gage! His might is doomed to fail;
 goods, hon - or, child, or spouse, though life be wrenched a - way,

he arms him - self to fight. On earth he has no e - qual.
 God's on - ly Son, a - dored. He holds the field vic - to - rious.
 God's judg - ment must pre - vail! One lit - tle word sub - dues him.
 they can - not win the day. The king - dom's ours for - ev - er!

Text: Martin Luther, 1483–1546; tr. *Lutheran Book of Worship*
 Music: EIN FESTE BURG, Martin Luther
 Text © 1978 *Lutheran Book of Worship*, admin. Augsburg Fortress.

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

A

In peace, let us pray to the Lord.

C

Lord, have mer - cy.

A

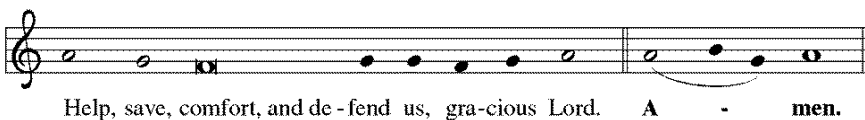
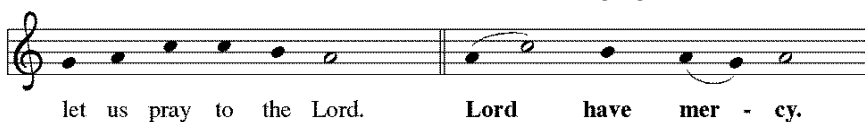
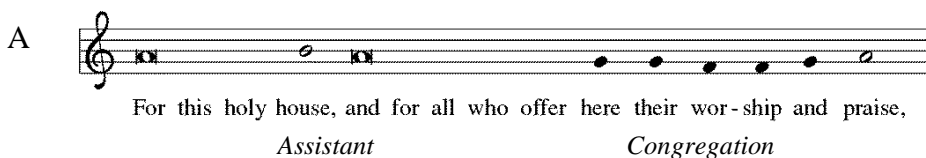
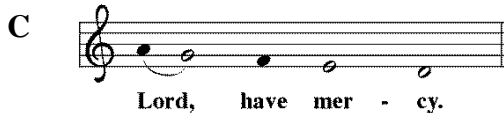
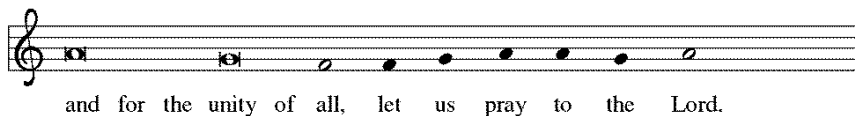
For the peace from a-bove, and for our sal - vation, let us pray to the Lord.

C

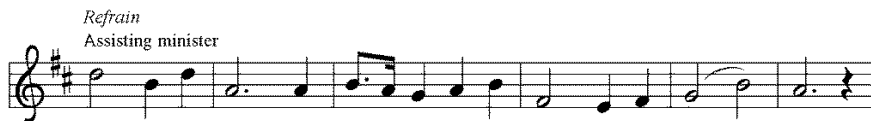
Lord, have mer - cy.

A

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



CANTICLE OF PRAISE



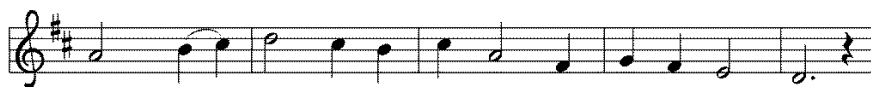
This is the feast of vic-to-ry for our God. Al-le-lu-ia.



1 Wor-thy is Christ, the Lamb who was slain, whose blood set us



free to be peo-ple of God. Pow-er and rich-es and wis-dom and



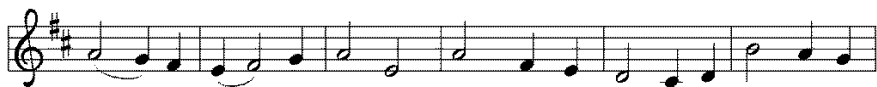
strength, and hon-or and bless-ing and glo-ry are his.



This is the feast of vic-to-ry for our God. Al-le - lu - ia.



2 Sing with all the peo - ple of God and join in the



hymn of all cre - a - tion: Bless-ing and hon - or and glo - ry and



might be to God and the Lamb for - ev - er. A - men.



This is the feast of vic-to-ry for our God, for the Lamb who was slain



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

PRAYER OF THE DAY

P Let us pray.

Eternal light, shine in our hearts. Eternal wisdom, scatter the darkness of our ignorance.

Eternal compassion, have mercy on us. Turn us to seek your face, and enable us to reflect your goodness, through Jesus Christ, our Savior and Lord.

C Amen.

*Congregation is seated and 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 31:31-34

A reading from the thirty-first chapter of Jeremiah.

The renewed covenant will not be breakable, but like the old covenant it will expect the people to live upright lives. To know the Lord means that one will defend the cause of the poor and needy (Jer. 22:16). The renewed covenant is possible only because the Lord will forgive iniquity and not remember sin. Our hope lies in a God who forgets.

³¹The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. ³²It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. ³³But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. ³⁴No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

A The word of the Lord.

C **Thanks be to God.**

SECOND READING

Romans 3:19-28

A reading from the third chapter of Romans.

Paul's words stand at the heart of the preaching of Martin Luther and other Reformation leaders. No human beings make themselves right with God through works of the law. We are brought into a right relationship with God through the divine activity centered in Christ's death. This act is a gift of grace that liberates us from sin and empowers our faith in Jesus Christ.

¹⁹Now we know that whatever the law says, it speaks to those who are under the law, so that every mouth may be silenced, and the whole world may be held accountable to God.

²⁰For “no human being will be justified in his sight” by deeds prescribed by the law, for through the law comes the knowledge of sin.

²¹But now, apart from law, the righteousness of God has been disclosed, and is attested by the law and the prophets, ²²the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, ²³since all have sinned and fall short of the glory of God; ²⁴they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, ²⁵whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; ²⁶it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.

²⁷Then what becomes of boasting? It is excluded. By what law? By that of works? No, but by the law of faith. ²⁸For we hold that a person is justified by faith apart from works prescribed by the law.

A The word of the Lord.

C **Thanks be to God.**

GOSPEL PROCESSIONAL

(Congregation turns to face procession and remains standing for Gospel & Gospel verse)

GOSPEL VERSE

Al - le - lu - ia. Lord, to whom shall we go?

You have the words of c - ter - nal life. Al - le - lu - ia.

GOSPEL

John 8:31-36

P The holy gospel according to St. John, the eighth chapter.

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

Bartimaeus comes to Jesus with faith, asking that he might see again. Recognizing Jesus' identity, Bartimaeus is the first person to call him "Son of David" in the Gospel of Mark.

⁴⁶As [Jesus] and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. ⁴⁷When he heard that it was Jesus of Nazareth, he began to shout out and say, "Jesus, Son of David, have mercy on me!"

⁴⁸Many sternly ordered him to be quiet, but he cried out even more loudly, "Son of David, have mercy on me!" ⁴⁹Jesus stood still and said, "Call him here." And they called the blind man, saying to him, "Take heart; get up, he is calling you." ⁵⁰So throwing off his cloak, he sprang up and came to Jesus. ⁵¹Then Jesus said to him, "What do you want me to do for you?" The blind man said to him, "My teacher, let me see again." ⁵²Jesus said to him, "Go; your faith has made you well." Immediately he regained his sight and followed him on the way.

P The gospel of the Lord.

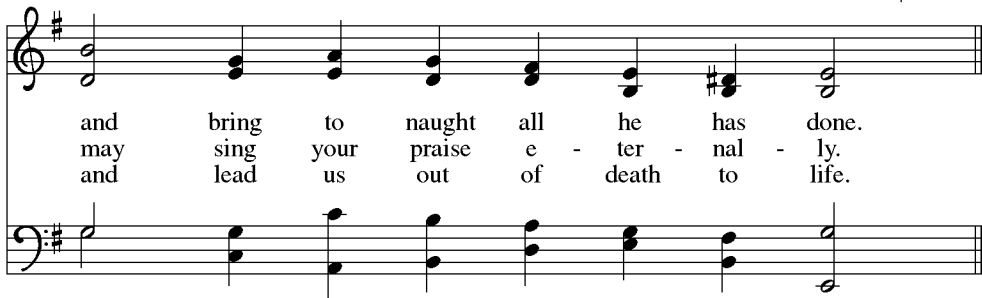
C Praise to you, O Christ.

SERMON Pastor Micah

HYMN OF THE DAY: *Lord, Keep Us Steadfast In Your Word* All Stand & Sing

1 Lord, keep us stead - fast in your word; curb those who
 2 Lord Je - sus Christ, your pow'r make known, for you are
 3 O Com - fort - er of price - less worth, send peace and

by de - ceit or sword would wrest the king - dom from your Son
 Lord of lords a - lone; de - fend your ho - ly church, that we
 u - ni - ty on earth; sup - port us in our fi - nal strife



Text: Martin Luther, 1483–1546; tr. Catherine Winkworth, 1827–1878, alt.
Music: ERHALT UNS, HERR, J. Klug, *Geistliche Lieder*, 1543

CONFIRMATION

PRESENTATION

Dear friends, we give thanks for the gift of baptism and for these confirmands, one with us in the body of Christ, who are making public affirmation of their baptism.

I present _____ who desires to make public affirmation of his/her baptism.

Let us pray.

Merciful God, we thank you for Catherine, Emily and John, whom you have made your own by water and the Word in baptism. You have called them to yourself, enlightened them with the gifts of your Spirit, and nourished them in the community of faith. Uphold your servants in the gifts and promises of baptism and unite the hearts of all whom you have brought to new birth. We ask this in the name of Christ.

Amen.

PROFESSION OF FAITH

The presiding minister addresses those making public affirmation of baptism.

The assembly may stand and join in the responses.

I ask you to profess your faith in Christ Jesus, reject sin, and confess the faith of the church.

Do you renounce the devil and all the forces that defy God?

Response:

I renounce them.

Do you renounce the powers of this world that rebel against God?

Response:

I renounce them.

Do you renounce the ways of sin that draw you from God?

Response:

I renounce them.

Do you believe in God the Father?

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

Do you believe in Jesus Christ, the Son of God?

**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.**

Do you believe in God the Holy Spirit?

**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.**

AFFIRMATION

The presiding minister addresses those making public affirmation of baptism.

You have made public profession of your faith. Do you intend to continue in the covenant God made with you in holy baptism:

to live among God's faithful people,
to hear the word of God and share in the Lord's supper,

to proclaim the good news of God in Christ through word and deed,
to serve all people, following the example of Jesus,
and to strive for justice and peace in all the earth?

Each person responds:

I do, and I ask God to help and guide me.

The minister addresses the assembly.

People of God, do you promise to support these sisters and brothers and pray for them in their life in Christ?

We do, and we ask God to help and guide us.

Those making affirmation may kneel. The presiding minister prays for God's blessing.

Let us pray.

We give you thanks, O God, that through water and the Holy Spirit you give us new birth, cleanse us from sin, and raise us to eternal life.

Father in heaven, for Jesus' sake, stir up in _____ the gift of your Holy Spirit; confirm his/her faith, guide his/her life, empower him/her in his/her serving, give him/her patience in suffering, and bring him/her to everlasting life.

Amen.

Let us rejoice with these sisters and brothers in Christ.

We rejoice with you in the life of baptism.

**Together we will give thanks and praise to God
and proclaim the good news to all the world.**

PRAYERS OF INTERCESSION

Longing for God's will to be fulfilled among us, we pray persistently for the church, the world, and all people in need.

A brief silence.

Holy God, work in your church across denominational and cultural divisions to form us into a more complete expression of your holy community. Show the world your likeness through us. Lord, in your mercy,
hear our prayer.

By rain, rivers, and oceans, remind us how your word flows through this world, surrounding us with grace. Enrich the lives and faith of our confirmands Catherine, Emily, and John with that sustaining grace. Keep us always in the covenant that is sealed in water and Spirit. Lord, in your mercy,
hear our prayer.

Free us from the lies we tell ourselves or others in order to justify our words and actions. Lead us to speak honestly and to listen humbly, and reveal your truth among us. Lord, in your mercy,
hear our prayer.

Be a stronghold for people who are in danger this day (*especially*). In your righteous presence cause the evil that surrounds them to flee, and clothe them with your mercy. Lord, in your mercy,
hear our prayer.

Continue making all things new. Seal your covenant with humankind, and write your law on our hearts. Make repentance a regular habit for us so that forgiveness abounds. Lord, in your mercy,
hear our prayer.

Guide all the saints in proclaiming the good news of salvation in Christ. Bring your people eternally into Christ's presence on the last day. Lord, in your mercy,
hear our prayer.

Enfold all things in your compassion, O God, and bring us into your life through the faithfulness of Jesus Christ, our Savior and Lord.
Amen.

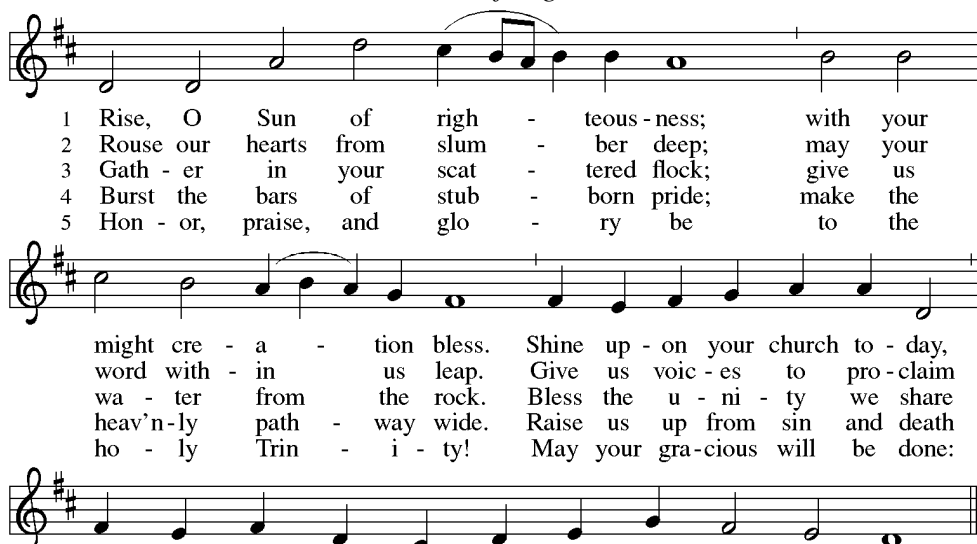
PEACE

P The peace of Christ be with you always.

C **And also with you.**

OFFERTORY ANTHEM: *O Christ, Surround Me* Church Choir
 God, be the love to search and keep me; God, be the prayer to move my voice, God, be
 the strength to now uphold me:
 O Christ, surround me. Bind to myself the Name of Holy, great cloud of witnesses
 enfold; prophets, apostles, angels witness:
 O Christ, surround me. Brightness of sun and glow of moonlight, flashing of lightning,
 strength of wind, depth of the sea to soil of planet:
 Christ, surround me. Walking behind to hem journey, going ahead to light my way, and
 from beneath, above, and all ways:
 O Christ, surround me. Christ in the eyes of all who see me, Christ in the ears that hear
 my voice, Christ in the hearts of all who know me:
 O Christ, surround me.

OFFERTORY RESPONSE: *Rise, O Sun of Righteousness* All Stand & Sing



1 Rise, O Sun of righ - teous - ness; with your
 2 Rouse our hearts from slum - ber deep; may your
 3 Gath - er in your scat - tered flock; give us
 4 Burst the bars of stub - born pride; make the
 5 Hon - or, praise, and glo - ry be to the

might cre - a - tion bless. Shine up - on your church to - day,
 word with - in us leap. Give us voic - es to pro - claim
 wa - ter from the rock. Bless the u - ni - ty we share
 heav'n - ly path - way wide. Raise us up from sin and death
 ho - ly Trin - i - ty! May your gra - cious will be done:

show - ing all your gen - tle way. Have mer - cy, Lord.
 prais - es to your ho - ly name. Have mer - cy, Lord.
 in our shep - herd's lov - ing care. Have mer - cy, Lord.
 with your Spir - it's liv - ing breath. Have mer - cy, Lord.
 make us one, as you are one. Have mer - cy, Lord.

Text: Christian David, et al.; tr. Frank W. Stoldt, b. 1958
 Music: SONNE DER GERECHTIGKEIT, Bohemian Brethren, *Kirchengeseng*, 1566
 Text © 2003 Augsburg Fortress.

OFFERING PRAYER

A Let us pray.

C God of life, you give us these gifts of the earth, these resources of our life and our labor. Take them, offered in great thanksgiving, and use them to set a table that will heal the whole creation; through Jesus Christ, our Savior and Light. Amen.

DIALOGUE

Pastor *Congregation*

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

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

Pastor

Let us give thanks to the Lord our God.

Cong.

PREFACE

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

HOLY, HOLY, HOLY

Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,

heav'n and earth are full of your glo - ry.

Ho - san - na in the high - est. Bless - ed is he who comes



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.

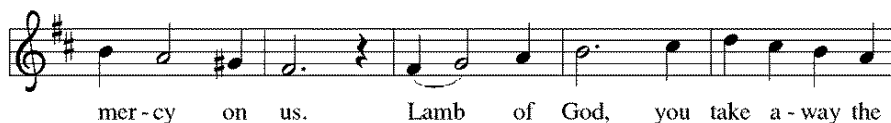
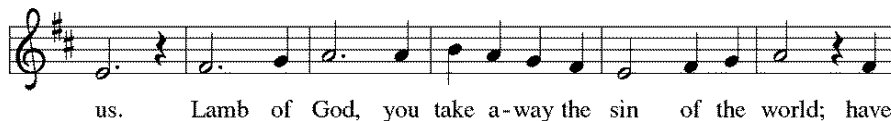
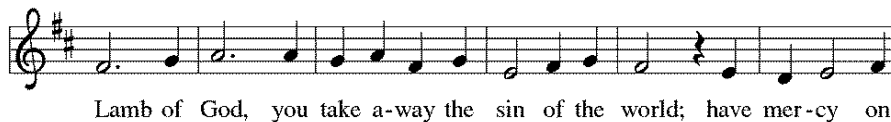
For thine is the kingdom,
 and the power, and the glory,
 forever and ever. Amen.

INVITATION TO COMMUNION

P Speak to us, O Lord, in the breaking of the bread, and make us one with you.

C Thanks be to God.

COMMUNION SONG





COMMUNION

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

MUSIC DURING COMMUNION: *I Love You Lord* Handbell Choir
Dear Christians, One and All, Rejoice All Sing



- 1 Dear Chris-tians, one and all, re-joice, with ex-ul-ta-tion
- 2 Fast bound in Sa-tan's chains I lay, death brood-ed fierce-ly
- 3 O God, you saw my deep dis-tress be-fore the world's foun-
- 4 You said to your be-lov-ed Son: "'Tis time to have com-



spring-ing, and, with u-nit-ed heart and voice and ho-ly
 o'er me, sin was my tor-ment night and day; in sin my
 da-tion, and, with your mer-cy mea-sure-less, you planned for
 pas-sion. Then go, bright jew-el of my crown, and bring to



rap-ture sing-ing, pro-claim the won-ders God has done, pro-
 moth-er bore me. My own good works all came to naught, free
 my sal-va-tion. You turned to me a fa-ther's heart; you
 all sal-va-tion; from sin and sor-row set them free; slay



claim the vic-t'ry God has won, how pre-cious was our ran-som!
 will a-gainst God's judg-ment fought, so firm-ly sin pos-sessed me.
 did not choose the eas-y part, but gave your dear-est trea-sure.
 bit-ter death for them that they may live with you for-ev-er."

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 and compassionate God, in bread and wine you give us gifts that form us to be humble and courageous. May your words come to life in our serving and in our witness, that we might speak a living voice of healing and justice to all the world, through Jesus Christ, our rock and our redeemer. Amen.**

BLESSING

P God, creator of all things, speaking reformation into being; Jesus Christ, savior of the world, raising the dead; Holy Spirit, living voice, calling and enlightening the church:

Almighty God, Father, ✠ Son, and Holy Spirit, bless you now and forever.

C **Amen.**

SENDING SONG: *The Church's One Foundation* All Stand & Sing

1 The church's one foun - da - tion is Je - sus Christ, her Lord;
 2 E - lect from ev - 'ry na - tion, yet one o'er all the earth,
 3 Though with a scorn - ful won - der this world sees her op - pressed,
 4 Through toil and trib - u - la - tion and tu - mult of her war,
 5 Yet she on earth has u - nion with God, the Three in One,

she is his new cre - a - tion by wa - ter and the word.
 her char - ter of sal - va - tion one Lord, one faith, one birth:
 by schisms . . rent a - sund - er, by her - e - sies dis - tressed,
 she waits the con - sum - ma - tion of peace for - ev - er - more;
 and mys - tic sweet com - mu - nion with those whose rest is won.

From heav'n he came and sought her to be his ho - ly bride;
 one ho - ly name she bless - es, par - takes one ho - ly food,
 yet saints their watch are keep - ing; their cry goes up: "How long?"
 till with the vi - sion glo - rious her long - ing eyes are blest,
 Oh, bless - ed heav'n-ly cho - rus! Lord, save us by your grace,

with his own blood he bought her, and for her life he died.
 and to one hope she press - es with ev - 'ry grace en - dued.
 and soon the night of weep - ing shall be the morn of song.
 and the great church vic - to - rious shall be the church at rest.
 that we, like saints be - fore us, may see you face to face.

Text: Samuel J. Stone, 1839-1900
 Music: AURELIA, Samuel S. Wesley, 1810-1876

SENDING

A Go in peace. Sound the good news.

C **Thanks be to God.**

From Sundays and Seasons.com. Copyright 2017 Augsburg Fortress. All rights reserved.
Reprinted by permission under Augsburg Fortress Liturgies Annual License #24292.
New Revised Standard Version Bible, copyright 1989, Division of Christian Education of the National Council
of the Churches of Christ in the United States of America. Used by permission. All rights reserved.
Reprinted by permission under One License #A-724639

A CORDIAL WELCOME is extended to all our visitors on this **Reformation Sunday**. 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.**

THE FLOWERS ON OUR ALTAR TODAY are given to the glory of God by Kay and Richard Holden in honor of their birthdays and their wedding anniversary.

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

Carmen Buell, Worship & Music

Offering and Attendance Report for October 21, 2018:

Attendance: 127

Budget Report

	<u>This Week</u>	<u>Year-to-Date</u>
Offering	\$ 4,827.00	\$ 218,565.03
Expenses	\$ 5,656.42	\$ 226, 837.25
Offering less Expenses	<u>(\$ 724.17)</u>	<u>(\$ 8,272.22)</u>
Budgeted Expenses		<u>\$ 233,149.27</u>
Offering less Budgeted Expenses		<u>(\$ 14,584.24)</u>

BIRTHDAYS FOR THE WEEK: October 28 - November 3

October 30 Shawn De Nicholas

Micah Kearney

October 31 Cody Koehler

Gary Rogers

Kurt Scholler

November 1 Donna Bean

November 2 Beckham Bryant

November 3 Brad Milton

**ASSISTING MINISTERS:****LECTOR:** Billy Joye**GREETER:** Trudy Whitener**ACOLYTES & CRUCIFERS:**

Volunteers

TELLERS: Fran Holland
Trudy Whitener**ALTAR GUILD:** (Team 1)

Bev & Charles Mauney, Co-Captains

Carmen De Nicholas

Deb Williams

CHILDREN'S CHURCH:

Rebecca Yount

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

Brandy Milton

COMMUNION ASSISTANTS: Volunteers**USHERS:** Volunteers**EUCCHARIST PRESENTERS:** Volunteers**ACCOMPANIST:** Jo Irwin**SOLOIST:** Ellen Fleming**THIS WEEK'S MEETINGS:****Today, Sunday, October 28**

8:45 am Children's Ensemble

9:30 am Sunday School

10:10 am Church Choir prep

10:30 am The Service w/Holy Communion,
Confirmation

Lunch after

5:00 pm Handbells

6:00 pm Church Choir

Tuesday, October 30

7:00 pm Chamber Choir

Nar-Anon

Wednesday, October 31

4:00 pm Youth Handbells



PRAYERS FOR OUR FAMILY OF HOLY COMFORTER

Cathleen Allen
Tim Baker
Cynthia Buchanan
Carmen Buell
Brenda Dabrowski
Becke Featherstone
Sarah Tench Helms

Zac Hullander
Jo Irwin
Sue Lahr
Ben Moose
Holly Peche
Sherry Perry
Pat Roberson

Kathie Schaumburg
Scott Schaumburg
Marguerite Shive
Denise Taylor
Beverly Reynolds
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

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.



Holy Doodles



BCO OCTOBER ITEMS:



Pasta
Sauce
and
Pork &
Beans





We celebrate the affirmation of faith through Confirmation of:
Catherine Carr
Emily Koehler
John Zander



Today we abound with celebration! During worship we will celebrate the **Confirmation** of some of our youth, as well as commemorate the **Reformation**.



We will have a time of food and fellowship together following worship.

All visitors are welcome to join us in these celebrations.



The **entire month of October** *HCY* will be collecting ***toilet paper and paper towels*** for S.O.C.K.S. You can leave your donations in the hallway by the coffee table. There will be a sign to indicate where to leave your items. *Thank you!*

Hosted by your Parish Nurse and the Health Ministry Committee, sign up now for **CPR/first aid/AED** training to be held **on Saturday, November 17th from 9am-1pm**. Contact Teresa Keller, Parish Nurse, at 717-329-8507 or parishnurse0407@gmail.com. Save a life NOW!"





Last week I gave tips on how to avoid packing on pounds during the holidays. But what about tension headaches? All the stress of preparation and changes in routines can bring on a doozy of a headache. How should you deal with those? **CHILL OUT** Place a cold compress on your neck for 10 minutes to reduce swelling in tense muscles. If you're experiencing spasms, a warm compress will do better. **HAVE A SNACK** Low blood sugar can cause a headache. Eating a sugared snack can raise the blood sugar enough to relieve the pain. **RUB IT AWAY** Massage your temples with peppermint oil – the aromatherapy and the gentle massage help muscles to relax. **DRINK UP** Dehydration can trigger a headache. Having a glass of water shortly after the pain starts may nip it in the bud and increased fluids can ease a headache that is already underway. **GET GOING** A tension headache may actually ease up with exercise by improving circulation to the tight muscles and bringing on endorphins – nature's pain relievers. Above all...destress...take time for you! It's important for overall health and well-being to give ourselves time to just unwind, even if it's only for 10 minutes. Be good to yourselves!

Contact Teresa Keller, Parish Nurse, at 717-329-8507 or parishnurse0407@gmail.com. Save a life NOW!

REMINDER: The Annual Congregational Meeting will be held on **Sunday, November 18**. Council nominations forms must be given to a council member or taken to the church office by November 4. Ballots for the council election will be handed out to the congregation at the annual meeting.

Holy Comforter Lutheran Church

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