

# Lutheran Church of the Holy Comforter

• 216 N. Main Street • Belmont, NC 28012 • Sunday, December 8, 2019 •

## The Second Sunday of Advent

Micah Kearney  
Pastor

Greg Cline  
Organist/Choirmaster



### WELCOME/GATHERING

**PRELUDE:** *Forest Green*. . . . . Manz

### 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 parent who rouses us from slumber, the shepherd who gathers us on the holy mountain, the deliverer who sets us free.

**C Amen.**

P Let us come before the living God in confession.

*Silence is kept for reflection.*

P As we wait and watch for the promised day of salvation,

**C we open our hearts to you, O God. Search us and know us. Reveal all that we keep inside. To you, O God, we confess our sins, known and unknown. Forgive us, renew us, and lead us in your ways of justice and peace. Make us reflections of the radiant love of your beloved Son, Jesus Christ. Amen.**

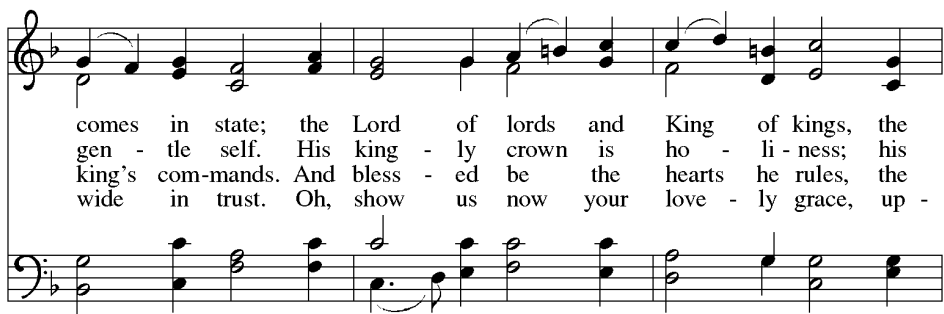
P Beloved children of the Most High, you are gathered before the righteous judge who has mercy on all. Splash exuberantly in the waters of baptism, where sin is washed away in the river of life. Dwell peacefully in the loving arms of the one who nurtures all creation. Go forth boldly in the assurance that your sins are forgiven in the name of the one who is coming and is already here, ☩ Jesus Christ, our Savior.

**C Amen.**

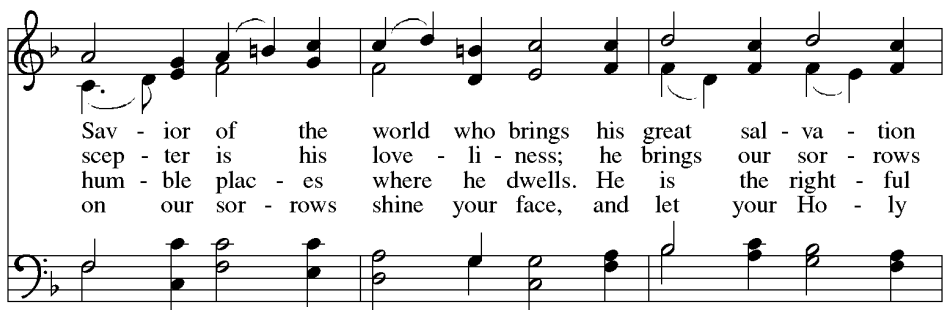
# GATHERING SONG: *Fling Wide the Door.* . . . . . All Stand & Sing



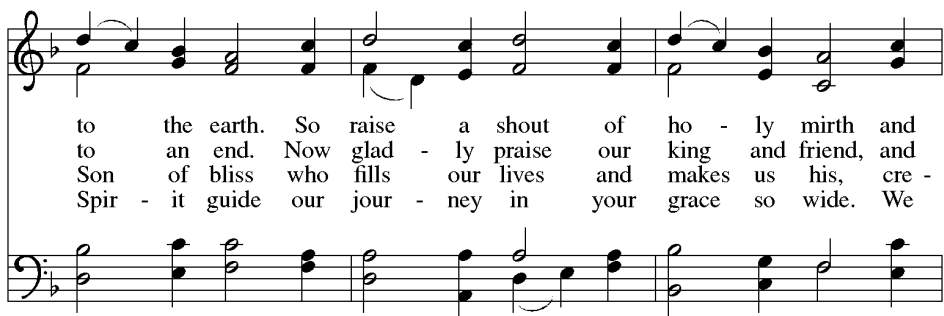
1 Fling wide the door, un - bar the gate; the King of glo - ry  
 2 He is the rock of our be - lief, the heart of mer - cy's  
 3 Oh, hap - py towns and bless - ed lands that live by their true  
 4 Come, Lord, our Sav - ior, Je - sus Christ; our hearts are o - pen



comes in state; the Lord of lords and King of kings, the  
 gen - tle self. His king - ly crown is ho - li - ness; his  
 king's com - mands. And bless - ed be the hearts he rules, the  
 wide in trust. Oh, show us now your love - ly grace, up -



Sav - ior of the world who brings his great sal - va - tion  
 scep - ter is his love - li - ness; he brings our sor - rows  
 hum - ble plac - es where he dwells. He is the right - ful  
 on our sor - rows shine your face, and let your Ho - ly



to the earth. So raise a shout of ho - ly mirth and  
 to an end. Now glad - ly praise our king and friend, and  
 Son of bliss who fills our lives and makes us his, cre -  
 Spir - it guide our jour - ney in your grace so wide. We

praise our God and Lord, Cre - a - tor, Spir - it, Word.  
 wor - ship him with song for sav - ing us from wrong.  
 a - tor of the world, our on - ly strength for good.  
 praise your ho - ly name, from age to age the same!

Text: Georg Weissel, 1590–1635; tr. Gracia Grindal, b. 1943  
 Music: MACHT HOCH DIE TÜR, J. A. Freylinghausen, *Geistreiches Gesangbuch*, 1704; arr. hymnal version  
 Text © 1978 *Lutheran Book of Worship*, admin. Augsburg Fortress.  
 Arr. © 2006 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**

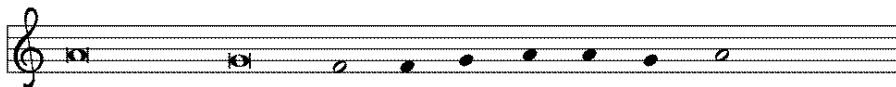
For the peace from a-bove, and for our sal - vation, let us pray to the Lord.

**C**

Lord, have mer - cy.

**A**

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



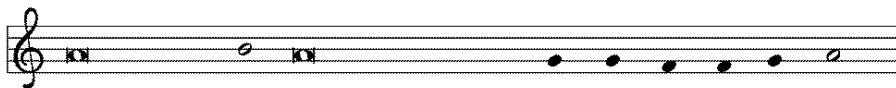
and for the unity of all, let us pray to the Lord.

C



Lord, have mer - cy.

A



For this holy house, and for all who offer here their wor-ship and praise,

*Assistant*

*Congregation*



let us pray to the Lord.

Lord have mer - cy.



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

A - men.

## THIS IS THE FEAST

*Assisting minister*



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

*All*



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.

## **SALUTATION**

**P** The Lord be with you.

**C** And also with you.

## **PRAYER OF THE DAY**

**P** Let us pray.

Stir up our hearts, Lord God, to prepare the way of your only Son. By his coming nurture our growth as people of repentance and peace; through Jesus Christ, our Savior and Lord, who lives and reigns with you 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 nursery**.

### FIRST READING

**Isaiah 11:1-10**

A reading from the eleventh chapter of Isaiah.

*Isaiah describes the coming of a future, ideal ruler who will renew David's royal line (the stump of Jesse). Gifted by the spirit of God, this ruler will reign with perfect justice. Enmity and danger will be restored to harmony and peaceful coexistence.*

<sup>1</sup>A shoot shall come out from the stump of Jesse,  
and a branch shall grow out of his roots.

<sup>2</sup>The spirit of the Lord shall rest on him,  
the spirit of wisdom and understanding,  
the spirit of counsel and might,  
the spirit of knowledge and the fear of the Lord.

<sup>3</sup>His delight shall be in the fear of the Lord.

He shall not judge by what his eyes see,  
or decide by what his ears hear;

<sup>4</sup>but with righteousness he shall judge the poor,  
and decide with equity for the meek of the earth;  
he shall strike the earth with the rod of his mouth,  
and with the breath of his lips he shall kill the wicked.

<sup>5</sup>Righteousness shall be the belt around his waist,  
and faithfulness the belt around his loins.

<sup>6</sup>The wolf shall live with the lamb,  
the leopard shall lie down with the kid,  
the calf and the lion and the fatling together,  
and a little child shall lead them.

<sup>7</sup>The cow and the bear shall graze,  
their young shall lie down together;  
and the lion shall eat straw like the ox.

<sup>8</sup>The nursing child shall play over the hole of the asp,  
and the weaned child shall put its hand on the adder's den.

<sup>9</sup>They will not hurt or destroy  
on all my holy mountain;  
for the earth will be full of the knowledge of the Lord  
as the waters cover the sea.

<sup>10</sup>On that day the root of Jesse shall stand as a signal to the peoples; the nations shall inquire of him, and his dwelling shall be glorious.

A The word of the Lord.

C Thanks be to God.



**THE LIGHTING OF THE ADVENT WREATH:** The second candle reminds us that Christ comes to bring **PEACE** to our hearts and minds as we pray for peace in the world.

2 Light two can-dles to watch for Mes-si - ah: let the light ban-ish dark - ness.  
He shall feed the flock like a shep-herd, gent - ly lead them home-ward.

## SECOND READING

**Romans 15:4-13**

A reading from the fifteenth chapter of Romans.

*God's promise to include Gentiles within the circle of God's blessed people has been fulfilled in Jesus Christ. Christians live out their unity by welcoming and encouraging each other just as Christ has welcomed them into God's family.*

<sup>4</sup>Whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope. <sup>5</sup>May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, <sup>6</sup>so that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

<sup>7</sup>Welcome one another, therefore, just as Christ has welcomed you, for the glory of God. <sup>8</sup>For I tell you that Christ has become a servant of the circumcised on behalf of the truth of God in order that he might confirm the promises given to the patriarchs, <sup>9</sup>and in order that the Gentiles might glorify God for his mercy. As it is written,

“Therefore I will confess you among the Gentiles,  
and sing praises to your name”;

<sup>10</sup>and again he says,

“Rejoice, O Gentiles, with his people”;

<sup>11</sup>and again,

“Praise the Lord, all you Gentiles,  
and let all the peoples praise him”;

<sup>12</sup>and again Isaiah says,

“The root of Jesse shall come,  
the one who rises to rule the Gentiles;  
in him the Gentiles shall hope.”

<sup>13</sup>May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

A The word of the Lord.

C **Thanks be to God.**

## GOSPEL VERSE





**GOSPEL**

**Matthew 3:1-12**

**P** The holy gospel according to St. Matthew, the third chapter.

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

*Just before Jesus begins his public ministry, John the Baptist appears, calling people to mend their ways and speaking of a powerful one who is to come.*

<sup>1</sup>In those days John the Baptist appeared in the wilderness of Judea, proclaiming, <sup>2</sup>“Repent, for the kingdom of heaven has come near.” <sup>3</sup>This is the one of whom the prophet Isaiah spoke when he said,  
“The voice of one crying out in the wilderness:  
‘Prepare the way of the Lord,  
make his paths straight.’”  
<sup>4</sup>Now John wore clothing of camel’s hair with a leather belt around his waist, and his food was locusts and wild honey. <sup>5</sup>Then the people of Jerusalem and all Judea were going out to him, and all the region along the Jordan, <sup>6</sup>and they were baptized by him in the river Jordan, confessing their sins.  
<sup>7</sup>But when he saw many Pharisees and Sadducees coming for baptism, he said to them, “You brood of vipers! Who warned you to flee from the wrath to come? <sup>8</sup>Bear fruit worthy of repentance. <sup>9</sup>Do not presume to say to yourselves, ‘We have Abraham as our ancestor’; for I tell you, God is able from these stones to raise up children to Abraham. <sup>10</sup>Even now the ax is lying at the root of the trees; every tree therefore that does not bear good fruit is cut down and thrown into the fire.  
<sup>11</sup>“I baptize you with water for repentance, but one who is more powerful than I is coming after me; I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire. <sup>12</sup>His winnowing fork is in his hand, and he will clear his threshing floor and will gather his wheat into the granary; but the chaff he will burn with unquenchable fire.”

**P** The gospel of the Lord.

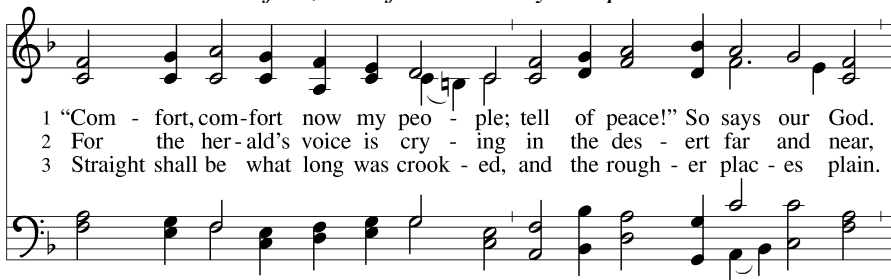
**C** **Praise to you, O Christ.**

*All are seated.*


**SERMON** ..... Pastor Micah

*Silence is kept for reflection.*

# HYMN OF THE DAY: *Comfort, Comfort Now My People . . . . . All Stand & Sing*



1 "Com - fort, com-fort now my peo - ple; tell of peace!" So says our God.  
 2 For the her - ald's voice is cry - ing in the des - ert far and near,  
 3 Straight shall be what long was crook - ed, and the rough - er plac - es plain.



Com-fort those who sit in dark - ness mourn-ing un - der sor - row's load.  
 call - ing us to true re - pen - tance, since the reign of God is here.  
 Let your hearts be true and hum - ble, as be-fits God's ho - ly reign.



To God's peo - ple now pro-claim that God's par - don waits for them!  
 Oh, that warn - ing cry o - bey! Now pre - pare for God a way.  
 For the glo - ry of the Lord now on earth is shed a - broad,



Tell them that their war is o - ver; God will reign in peace for-ev - er.  
 Val - leys, rise to greet the Sav - ior; hills, bow down in hum-ble fa - vor.  
 and all flesh shall see the to - ken that God's word is nev - er bro - ken.

Text: Johann G. Olearius, 1635–1711; tr. Catherine Winkworth, 1827–1878, alt.  
 Music: FREU DICH SEHR, *Trente quatre psaumes de David*, Geneva, 1551

## 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

Keeping awake as we watch for Christ, let us pray for the church, the world, and all in need.

*A brief silence.*

God of promise, your reign has come near. Call your people to the way of repentance and inspire your church to bear fruit in the world through acts of faithful service. Lord, in your mercy,  
**hear our prayer.**

God of creation, we pray for the wolf and the lamb, the lion and the calf, and all species whose lives are intertwined. Repair and preserve ecosystems, that all life on earth may be sustained. Lord, in your mercy,  
**hear our prayer.**

God of the nations, teach those with power and privilege to serve the vulnerable. Give to all leaders wisdom and understanding, counsel and might, and a heart of compassion for the world you so love. Lord, in your mercy,  
**hear our prayer.**

God of the poor, set tables of abundance in all places where hands are empty, where stomachs ache with hunger, and where hearts and minds suffer pain. Feed and heal all who are in need (especially). Lord, in your mercy,  
**hear our prayer.**

God of hope, renew in your people all joy and peace in believing, especially those facing anxiety, depression, or alienation. Guide this community of faith to welcome one another, just as Christ has welcomed us. Lord, in your mercy,  
**hear our prayer.**

God of eternal life, you promise to take away our sin and gather us in your care forever. We give thanks for those who now rest from their labors on earth, freed from pain and the power of death (*especially*). Lord, in your mercy,  
**hear our prayer.**

You hear the cries of our hearts, O Lord. Fill us with hopeful expectation, that in each day and hour we may love and serve our neighbors, in Jesus' name.  
**Amen.**

## PEACE

P The peace of Christ be with you always.

C And also with you.

**OFFERTORY ANTHEM:** *Blessed Be the Lord.* . . . . . Church Choir

**OFFERTORY RESPONSE:** *Come, Thou Long Expected Jesus.* . . . . All Stand & Sing



1 Come, thou long-ex - pect-ed Je - sus, born to set thy peo-ple free;  
2 Born thy peo-ple to de - liv - er, born a child, and yet a king;



from our fears and sins re - lease us; let us find our rest in thee.  
born to reign in us for - ev - er, now thy gra - cious king-dom bring.



Is - rael's strength and con - so - la - tion, hope of all the earth thou art,  
By thine own e - ter - nal Spir - it rule in all our hearts a - lone;



dear de - sire of ev - 'ry na - tion, joy of ev - 'ry long - ing heart.  
by thine all - suf - fi - cient mer - it raise us to thy glo - rious throne.

Text: Charles Wesley, 1707-1788

Music: JEFFERSON, W. Walker, *Southern Harmony*, 1835

## OFFERING PRAYER

**A** Let us pray.

**C** Giver of every good thing, we set before you the gifts that you have already given to sustain our lives and to share with others. Help us to be good stewards of the earth and all that is in it, and let our lives be a testimony to the abundant feast you prepare for all who hunger. Amen.

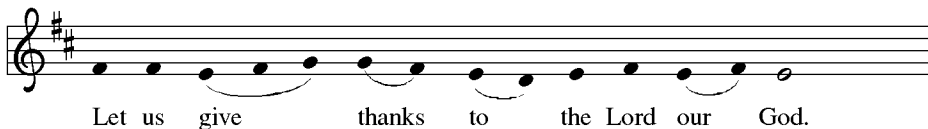
## DIALOGUE

*Pastor*

*Congregation*



*Pastor*



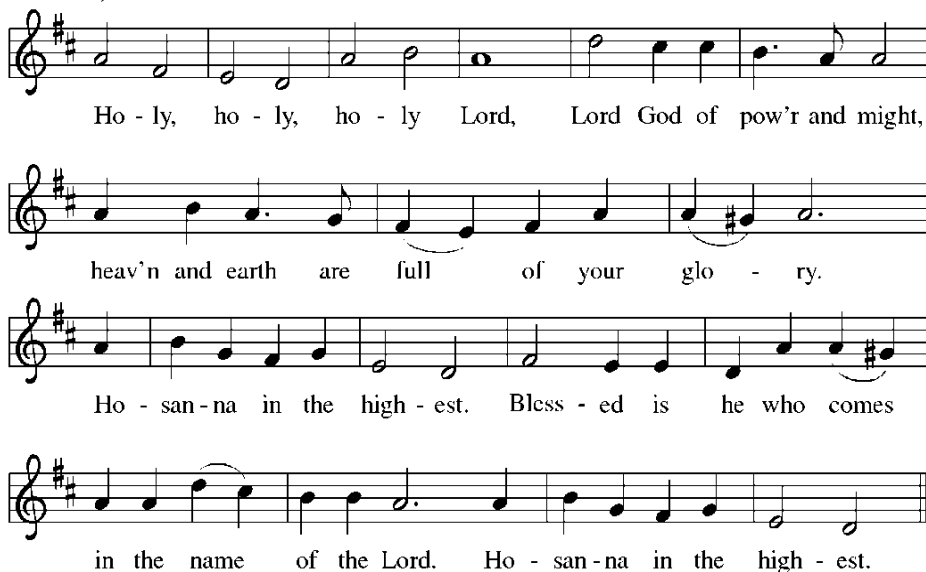
*Cong.*



## 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  
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 Come now with joy to Emmanuel's table. Feast at the banquet of hope and love.

C Thanks be to God.



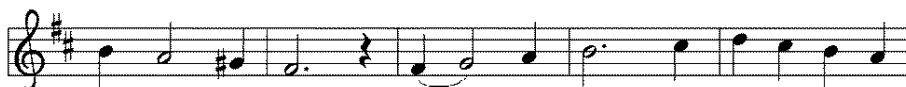
## COMMUNION SONG



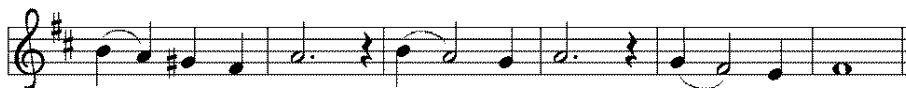
Lamb of God, you take a-way the sin of the world; have mer-cy on



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 baptized persons to participate in the celebration of the real presence of the Risen Christ in the Sacrament of Holy Communion.*

**MUSIC DURING COMMUNION:** *Comfort, Comfort Ye My People..Suzanne Fairbairn*  
*There Is No Rose. .... Chamber Choir*  
*The King Shall Come. .... All Sing*



1 The King shall come when morn-ing dawns and light tri - um-phant breaks,  
 2 Not as of old a lit - tle child, to bear and fight and die,  
 3 Oh, bright - er than the ris - ing morn when Christ, vic - to - rious, rose  
 4 Oh, bright - er than that glo - rious morn shall dawn up - on our race  
 5 The King shall come when morn-ing dawns and light and beau - ty brings.



when beau - ty gilds the east - ern hills and life to joy a - wakes.  
 but crowned with glo - ry like the sun that lights the morn-ing sky.  
 and left the lone - some place of death, de - spite the rage of foes.  
 the day when Christ in splen - dor comes, and we shall see his face.  
 Hail, Christ the Lord! Your peo - ple pray: come quick - ly, King of kings.

Text: John Brownlie, 1859-1925

Music: CONSOLATION, A. Davisson, *Kentucky Harmony*, 1816; arr. Theodore A. Beck, 1929-2003

Arr. © 1969 Concordia Publishing House. Used by permission.

**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** God of abundance, we give you thanks that in this holy meal you have invited us to feast with you and one another. May the taste of your love remain with us, and may our words and our work in your name invite others into your bountiful grace. Send us from your table to proclaim your presence, even as we await the glorious coming of Christ our Savior. Amen.


## **BLESSING**

**P** May God, who gathers us in love, lead you in pathways of righteousness and justice. May God, who knows us more deeply than we know ourselves, lead you in pathways of forgiveness and freedom. May God, who fills us with good things, lead you in pathways of equity and abundance. The blessing of the holy Trinity, ✠ one God, be upon you and remain with you forever.

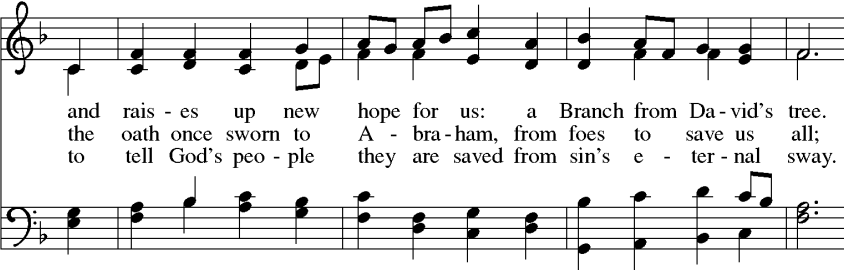
**C** Amen.



# SENDING SONG: *Blessed Be the God of Israel* . . . . . All Stand & Sing



1 Blessed be the God of Is - ra - el who comes to set us free  
 2 With prom-ised mer - cy will God still the cov - e - nant re - call,  
 3 My child, as proph-et of the Lord you will pre-pare the way,



and rais - es up new hope for us: a Branch from Da - vid's tree.  
 the oath once sworn to A - bra - ham, from foes to save us all;  
 to tell God's peo - ple they are saved from sin's e - ter - nal sway.



So have the proph-ets long de - clared that with a might - y arm  
 that we might wor - ship with-out fear and of - fer lives of praise,  
 Then shall God's mer - cy from on high shine forth and nev - er cease



God would turn back our en - e - mies and all who wish us harm.  
 in ho - li - ness and righ - teous-ness to serve God all our days.  
 to drive a - way the gloom of death and lead us in - to peace.

Text: Carl P. Daw Jr., b. 1944

Music: FOREST GREEN, English folk tune; arr. Ralph Vaughan Williams, 1872-1958

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## 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 **Second Sunday in 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. A nursery for children (**infants through 3 years old**) is 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 by Sheila and Tim Kelly, in honor Nathan's birthday.

**Those who have placed flowers on the altar** may use containers to take them home, but please return the containers to the church. ***Julia Gunter, Worship & Music***

**THE FIGURES ADDED TO OUR CRECHE** this morning are Mary & Joseph. We are reminded that Mary and Joseph traveled from Nazareth to Bethlehem because Caesar Augustus declared that a Census must be taken. Thus, Mary and Joseph ended up in a stall because there was no room for them in the inn.



**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.

## Attendance & Budget Report for Sunday, December 1, 2019:

Attendance: 128

<u>Budget Report</u>	<u>This Week</u>	<u>Year-to-Date</u>	(Unfavorable)
Offering	\$ 4,621.00	\$262,032.38	(13,761.39)
Expenses	\$ 5,774.35	\$273,497.84	2,295.93
Offering less Expenses	\$ (1,153.35)	(\$ 11,465.36)	(11,465.36)

### **Sanctuary Roof and HVAC Status as Of: 12/1/2019**

Goal: \$225,000  
Received to Date: 220,657  
Remaining Needed: \$ 4,343

### **ASSISTING MINISTERS:**

**LECTOR:** Billy Joye

**GREETER:** Deb Williams

**ACOLYTE:** Jack Bryant

**TELLERS:** Tim and Shelia Kelly

**CRUCIFER:** Volunteer

**CHILDREN'S CHURCH:** volunteer

**ALTAR GUILD:** (Team 4)

**NURSERY:**(10:30-11:45 am) Rebecca Yount

Katie Howard, Captain

Dean Halvorson  
Diann Halvorson

**USHERS:** Volunteers

**COMMUNION ASSISTANTS:**

**EUCHARIST PRESENTERS:** Volunteers

Volunteers

**Communion Anthem Conductor:** Suzanne Fairbairn

### **THIS WEEK'S MEETINGS:**

#### Today, Sunday, December 8

8:45 am Children's Ensemble  
9:30 am Sunday School  
10:10 am Church choir prep  
10:30 am Worship w/ Holy Communion  
Council meeting after  
5:00 pm Handbells  
6:00 pm Church choir practice

#### Wednesday, December 11

5:00 pm Youth Handbells  
6:00 pm Advent Dinner  
6:45 pm Advent Worship  
7:20 pm Chamber Choir

#### Monday, December 9

6:00 pm PEP Exercise Class

#### Thursday, December 12

11:00 am Prime Timers meet at  
Lyn & Ann Miller's home  
for Bible Study, \$10 gift  
exchange and meal

#### Tuesday, December 10

7:00 pm Nar-Anon

#### Saturday, December 14

5:30 pm Choir Party

## **BIRTHDAYS FOR THE WEEK: December 8-14**

December 8 Nathan Kelly

Brian Wallace

December 9 Bob Koehler

December 10 Caitlan Reese

December 11 Beth Brittain



December 12 Janet Achor

Elizabeth Smith

December 13 Brody Alvarez



**Oh, the weather outside is frightful...**well, maybe not, but the climate inside is probably getting pretty dry. Humidity drops in the winter and turning up the thermostat sucks even more moisture out of already-dry air. That's why itchy eyes, parched skin, scratchy throats, and stuffy noses are common. Try these tips to alleviate some of the symptoms:

**EYES:** Don't use artificial tears that contain preservatives - the preservatives can cause further irritation. Use only those that say, "preservative free" and try taking 1,000 milligrams of omega 3 fish

oil daily – it can help reduce redness and irritation.

**NOSE:** Don't dab petroleum ointment near or in your nostrils. If you are prone to dry-air nosebleeds or discomfort, dab a little antibiotic ointment in your nostrils and moisturize frequently with saline spray.

**SKIN:** Don't take long, hot showers – they strip the natural oils from the skin. Use warm water and limit your showers to 15 minutes. Bathe with fragrance-free soap that contains added oils and apply moisturizer after every washing, especially when you wash your hands.

**THROAT:** Don't make coffee your go-to drink – it has a diuretic effect and actually pulls water from your body. Instead drink at least 2 quarts of water daily. Use cough drops or herbal tea with honey to soothe, if needed.

Before we know it, our temps will warm back up and the humidity will be back but, until then, try these tips and feel better!





## PRAYERS FOR OUR FAMILY OF HOLY COMFORTER

Cathleen Allen  
Cynthia Buchanan  
Family of  
Brenda Dabrowski  
Becke Featherstone  
Ellen Fleming

Sarah Tench Helms  
Kay Holden  
Zac Hullander  
Ben Moose  
Sherry Perry  
Caitlan Reese

Marguerite Shive  
Denise Taylor  
Beverly Reynolds  
Jerri & Mike Wesson

## GREATER FAMILY OF GOD

Janice Barker  
Amy Beale Blythe  
Doug Brewer  
Ron de la Vega  
Nancy Dickson  
Earl Gardner  
Larry "Poss" Garrett  
Mark Glaeser  
Meredith Hovis

Mary Huggins  
Steve Leonard  
Ruth Lyerly  
Jane Marino  
Al McCoy  
Clarence McLain

Family of Dawn Mitchell  
Ann Mundy  
Linda Nichols  
Robert Nichols  
Sarah Nichols  
Tommy Smith  
Brody Thornburg  
Jeff Wiles

## 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).

**NOTE:** To ensure inclusion in the bulletin all information is due to the office by **12 Noon on Wednesdays.**



# Holy Doodles





**Poinsettia Order Forms are available in the Narthex.** Poinsettias are \$15 each and payment must be attached to the order form. Deadline for ordering is Sunday, December 8.

**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

Teresa Keller, Parish Nurse