

# Lutheran Church of the Holy Comforter

216 N. Main Street • Belmont, NC 28012 • Sunday, July 28, 2019

## The Seventh Sunday after Pentecost



Micah Kearney  
Pastor

Greg Cline  
Organist/Choirmaster

### WELCOME/GATHERING

### PRELUDE

### CONFESSION & FORGIVENESS

P Blessed be the holy Trinity, ☩ one God, who forgives all our sin, whose mercy endures forever.

**C Amen.**

P Seeking reconciliation with God and neighbor, let us remember the gift of baptism and confess our sin.

*Silence is kept for reflection.*

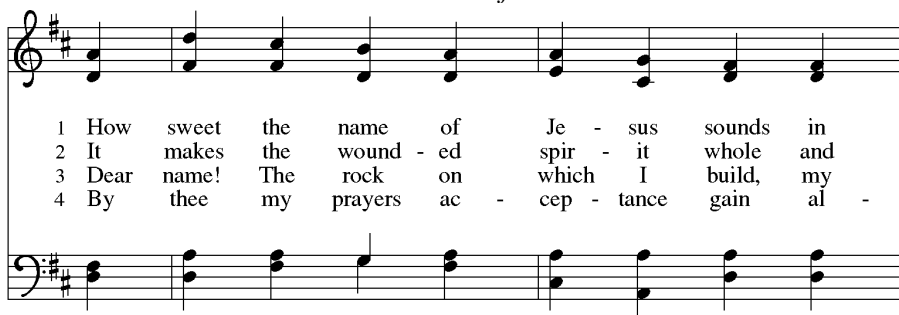
P God of mercy,

**C we confess that we have sinned against you, against one another, and against the earth entrusted to our care. We are worried and distracted by many things, and we fail to love you above all else. We store up treasures for ourselves and turn away from our neighbors in need. Forgive us, that we may live in the freedom of your Son, Jesus Christ our Lord. Amen.**

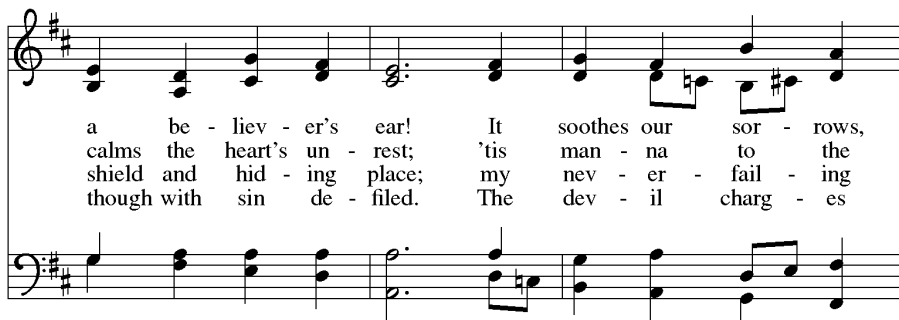
P When we were laid low by sin and guilt, God made us alive together with Christ, forgiving us ☩ all our trespasses by taking our sins to the cross. For freedom Christ has set us free: Rejoice in this good news!

**C Amen.**

# GATHERING SONG: *How Sweet the Name of Jesus Sounds* . . . . . All Stand & Sing



1 How sweet the name of Je - sus sounds in  
 2 It makes the wound - ed spir - it whole and  
 3 Dear name! The rock on which I build, my  
 4 By thee my prayers ac - cep - tance gain al -



a be - liev - er's ear! It soothes our sor - rows,  
 calms the heart's un - rest; 'tis man - na to the  
 shield and hid - ing place; my nev - er - fail - ing  
 though with sin de - filed. The dev - il charg - es



heals our wounds, and drives a - way all fear.  
 hun - gry soul and to the wea - ry, rest.  
 trea - sury, filled with bound - less stores of grace.  
 me in vain, and I am owned a child.

5 O Jesus, shepherd, guardian, friend,  
 my prophet, priest, and king,  
 my Lord, my life, my way, my end,  
 accept the praise I bring.

Text: John Newton, 1725–1807, alt.  
 Music: ST. PETER, Alexander R. Reinagle, 1799–1877

## 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 ..... Pastor verses, Congregation Refrain



- 1 For peace in the world, for the health of the church, for the
- 2 That we may live out your im - passioned re - sponse to the
- 3 For peace in our hearts, . . . for peace in our homes, . . . for
- 4 For your Spir - it to guide; that you cen - ter our lives in the



u - ni - ty of all; for  
 hun - gry and the poor; that  
 friends and fam - i - ly; for  
 wa - ter and the word; that you



this ho - ly house, for all who wor-ship and praise,  
 we may live out . . . . . truth and jus - tice and grace,  
 life and for love, . . . . . for our work and our play,  
 nour-ish our souls . . . with your bod - y and blood,



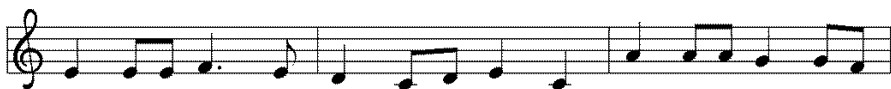
let us pray to the Lord, let us pray to the Lord.

## CANTICLE OF PRAISE

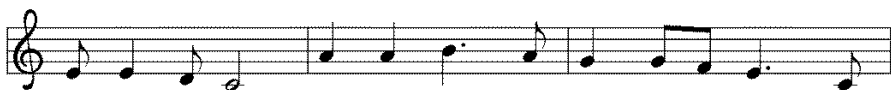




Lamb who was slain has be - gun his reign. Al - le - lu - ia.



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



peo - ple of God. Pow - er, rich - es, wis - dom, and strength, and



hon - or, bless - ing, and glo - ry are his. This is the feast of



vic - t'ry for our God, for the Lamb who was slain has be - gun his reign. 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, hon - or,



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



This is the feast of vic - t'ry for our God, 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.

Almighty and ever-living God, you are always more ready to hear than we are to pray, and you gladly give more than we either desire or deserve. Pour upon us your abundant mercy. Forgive us those things that weigh on our conscience, and give us those good things that come only through your Son, Jesus Christ, our Savior and Lord.

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

**Genesis 18:20-32**

A reading from the eighteenth chapter of Genesis.

*In today’s reading, Abraham undertakes the role of a mediator between God and sinful humanity. Appealing to God’s justice, Abraham boldly asks for mercy for the city of Sodom, for the sake of the few righteous people who are in it, including Abraham’s nephew, Lot.*

<sup>20</sup>Then the LORD said, “How great is the outcry against Sodom and Gomorrah and how very grave their sin! <sup>21</sup>I must go down and see whether they have done altogether according to the outcry that has come to me; and if not, I will know.”

<sup>22</sup>So the men turned from there, and went toward Sodom, while Abraham remained standing before the LORD. <sup>23</sup>Then Abraham came near and said, “Will you indeed sweep away the righteous with the wicked? <sup>24</sup>Suppose there are fifty righteous within the city; will you then sweep away the place and not forgive it for the fifty righteous who are in it?

<sup>25</sup>Far be it from you to do such a thing, to slay the righteous with the wicked, so that the

righteous fare as the wicked! Far be that from you! Shall not the Judge of all the earth do what is just?" <sup>26</sup>And the LORD said, "If I find at Sodom fifty righteous in the city, I will forgive the whole place for their sake." <sup>27</sup>Abraham answered, "Let me take it upon myself to speak to the Lord, I who am but dust and ashes. <sup>28</sup>Suppose five of the fifty righteous are lacking? Will you destroy the whole city for lack of five?" And he said, "I will not destroy it if I find forty-five there." <sup>29</sup>Again he spoke to him, "Suppose forty are found there." He answered, "For the sake of forty I will not do it." <sup>30</sup>Then he said, "Oh do not let the Lord be angry if I speak. Suppose thirty are found there." He answered, "I will not do it, if I find thirty there." <sup>31</sup>He said, "Let me take it upon myself to speak to the Lord. Suppose twenty are found there." He answered, "For the sake of twenty I will not destroy it." <sup>32</sup>Then he said, "Oh do not let the Lord be angry if I speak just once more. Suppose ten are found there." He answered, "For the sake of ten I will not destroy it."

A The word of the Lord.

C **Thanks be to God.**

## SECOND READING

## Colossians 2:6-15

A reading from the second chapter of Colossians.

*Paul warns his congregation in Colossae about "the empty lure" of philosophies and traditions that compromise faith. Through the gift of faith, the church is mystically connected with Christ in his death and resurrection, which is enacted in baptism.*

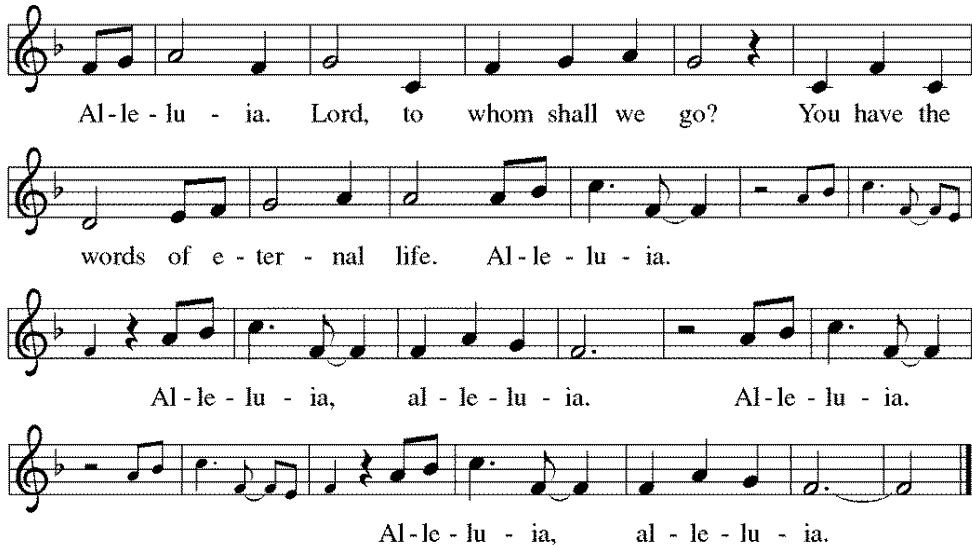
<sup>6</sup>As you therefore have received Christ Jesus the Lord, continue to live your lives in him, <sup>7</sup>rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

<sup>8</sup>See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. <sup>9</sup>For in him the whole fullness of deity dwells bodily, <sup>10</sup>and you have come to fullness in him, who is the head of every ruler and authority. <sup>11</sup>In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; <sup>12</sup>when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. <sup>13</sup>And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, <sup>14</sup>erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. <sup>15</sup>He disarmed the rulers and authorities and made a public example of them, triumphing over them in it.

A The word of the Lord.

C **Thanks be to God.**

## GOSPEL VERSE



Al-le - lu - ia. Lord, to whom shall we go? You have the  
words of e - ter - nal life. Al-le - lu - ia.  
Al-le - lu - ia, al - le - lu - ia. Al-le - lu - ia.  
Al-le - lu - ia, al - le - lu - ia.

## GOSPEL

**Luke 11:1–13**

P The holy gospel according to St. Luke, the eleventh chapter.

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

*In teaching his disciples this prayer, Jesus also reminds them to focus on God's coming reign, God's mercy, and the strengthening of the community. Jesus encourages his disciples to child-like trust and persistence in prayer.*

<sup>1</sup>[Jesus] was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples."<sup>2</sup>He said to them, "When you pray, say:

Father, hallowed be your name.

Your kingdom come.

<sup>3</sup>Give us each day our daily bread.

<sup>4</sup>And forgive us our sins,

for we ourselves forgive everyone indebted to us.

And do not bring us to the time of trial."

<sup>5</sup>And he said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, 'Friend, lend me three loaves of bread; <sup>6</sup>for a friend of mine has

arrived, and I have nothing to set before him.’ <sup>7</sup>And he answers from within, ‘Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.’ <sup>8</sup>I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs.

<sup>9</sup>“So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. <sup>10</sup>For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. <sup>11</sup>Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? <sup>12</sup>Or if the child asks for an egg, will give a scorpion? <sup>13</sup>If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

**P** The gospel of the Lord.

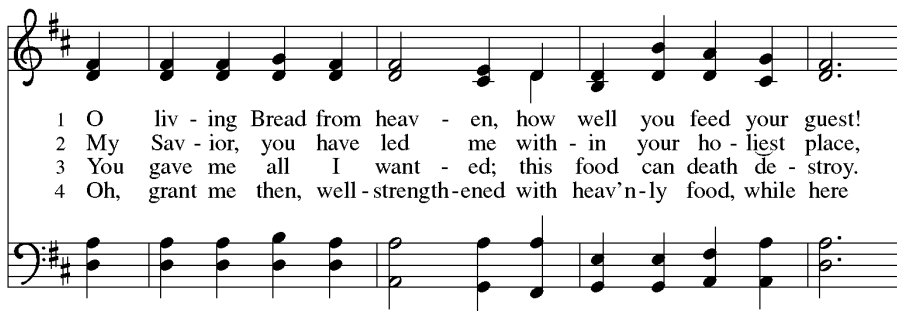
**C** Praise to you, O Christ.

*Congregation is seated.*

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

*Silence is Kept for Reflection.*

**HYMN OF THE DAY:** *O Living Bread from Heaven* ..... All Stand & Sing



1 O liv - ing Bread from heav - en, how well you feed your guest!  
 2 My Sav - ior, you have led me with - in your ho - liest place,  
 3 You gave me all I want - ed; this food can death de - stroy.  
 4 Oh, grant me then, well - strength - ened with heav'n - ly food, while here



The gifts that you have giv - en have filled my heart with rest.  
 and here your - self have fed me with trea - sures of your grace;  
 And you have free - ly grant - ed the cup of end - less joy.  
 my course on earth is length - ened, to serve you, free from fear;

O won - drous food of bless - ing! O cup that heals our woes!  
 for you have free - ly giv - en what earth could nev - er buy,  
 My Lord, I do not mer - it the fa - vor you have shown,  
 and bring me home to praise you where none can peace de - stroy,

My heart, this gift pos - sess - ing, in thank - ful song o'er - flows!  
 the bread of life from heav - en, that now I shall not die.  
 and all my soul and spir - it bow down be - fore your throne.  
 where I will ev - er raise you glad songs in end - less joy.

Text: Johann Rist, 1607–1667; tr. Catherine Winkworth, 1827–1878, alt.  
 Music: AURELIA, Samuel S. Wesley, 1810–1876

## 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**

Treasuring your promise to hear us when we call, we pray for the church, those in need, and all of your creation.

*A brief silence.*

Merciful God, you know your church. Guard and keep the whole body of Christ. Increase in us strength, love, and peace so that we are a blessing to the world. Lord, in your mercy, **hear our prayer.**

Merciful Creator, you know the work of your hands. Guard and keep your creation. Bless the work of those who tend the earth's resources and who seek to provide abundantly for all. Lord, in your mercy, **hear our prayer.**

Merciful King, you know the nations, and you are the head of every ruler and authority. Guard and keep the world in justice and mercy, and let the words of your mouth bring peace on earth. Your kingdom come. Lord, in your mercy, **hear our prayer.**

Merciful Lord, you know our needs. Guard and keep those who are hungry, those who are victims of violence or oppression, and those who are weary from illness (*especially*). Give us today our daily bread. Lord, in your mercy, **hear our prayer.**

Merciful God, you know our congregation. Guard and keep those who enrich us with the gift of music in this place, proclaiming the gospel in song. Lord, in your mercy, **hear our prayer.**

Merciful Lord, you know your saints. Guard and keep those faithful departed (*especially*). Inspire our confidence in you until that day when we are all raised in the power and glory of Christ. Lord, in your mercy,  
**hear our prayer.**

All these things and more we ask in the name of our risen Lord, Jesus Christ, by the power of your Holy Spirit.  
**Amen.**

## PEACE

P The peace of Christ be with you always.

C And also with you.

## OFFERING

## OFFERTORY

**OFFERTORY RESPONSE:** *In the Singing* . . . . . All Stand & Sing



1 In the sing - ing, in the si - lence, in the hands ex - pect - ant, o - pen,  
2 In the ques - tion, in the an - swer, in the mo - ment of ac - cept - ance,



in the bless - ing, in the break - ing, in your pres - ence at this ta - ble,  
in the heart's cry, in the heal - ing, in the cir - cle of your peo - ple,



Je - sus Christ, Je - sus Christ, be the wine of grace;



Je - sus Christ, Je - sus Christ, be the bread of peace.

Text: Shirley Erena Murray, b. 1931  
Music: BREAD OF PEACE, Carlton R. Young, b. 1926  
Text and music © 1996 Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

## OFFERING PRAYER

A Let us pray.

C Blessed are you, O God, for the greening earth given for all, for the talents we are given to share, and for this bread and wine. Transform us to be the body of Christ, that, feasting on this food and drink, our lives may reflect your generosity; through Christ our Lord. Amen.

## DIALOGUE

P The Lord be with you.

C And also with you.

P Lift up your hearts.

C 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'r and might,  
heav-en and earth are full of your glo - ry, full of your glo-ry. Ho -  
san - na, ho - san - na, ho - san - na in the high -  
est. Bless-ed is he who comes in the name of the Lord. Ho -  
san - na, ho - san - na, 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 invites you to this table of bounty. Come, the banquet is ready.  
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, Lamb of God.



## 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: *What a Friend* ..... All Sing



- 1 What a friend we have in Je - sus, all our sins and griefs to bear!
- 2 Have we tri - als and temp - ta - tions? Is there trou - ble an - y - where?
- 3 Are we weak and heav - y - lad - en, cum - bered with a load of care?



What a priv - i - lege to car - ry ev - 'ry - thing to God in prayer!  
 We should nev - er be dis - cour - aged—take it to the Lord in prayer.  
 Pre - cious Sav - ior, still our ref - uge—take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; oh, what need - less pain we bear—  
 Can we find a friend so faith - ful who will all our sor - row share?  
 Do your friends de - spise, for - sake you? Take it to the Lord in prayer.



all be - cause we do not car - ry ev - 'ry - thing to God in prayer!  
 Je - sus knows our ev - 'ry weak - ness—take it to the Lord in prayer.  
 In his arms he'll take and shield you; you will find a so - lace there.

Text: Joseph Scriven, 1820–1886

Music: CONVERSE, Charles C. Converse, 1832–1918

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.

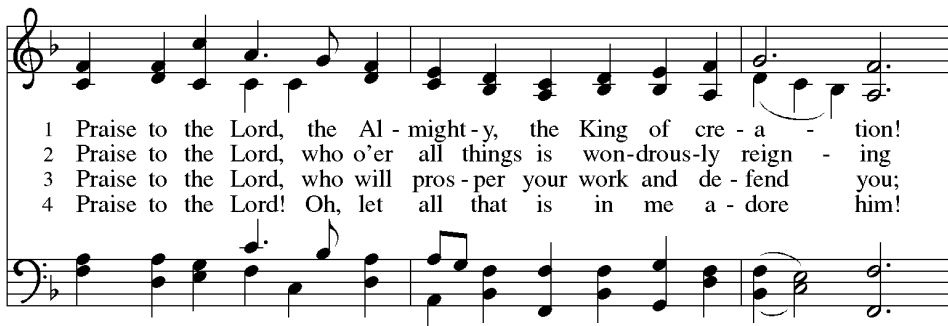
C **O God, in this holy communion you have welcomed us into your presence, nourished us with words of mercy, and fed us at your table. Amid the cares of this life, strengthen us to love you with all our heart, serve our neighbors with a willing spirit, and honor the earth you have made; through Christ our Lord. Amen.**

### **BLESSING**

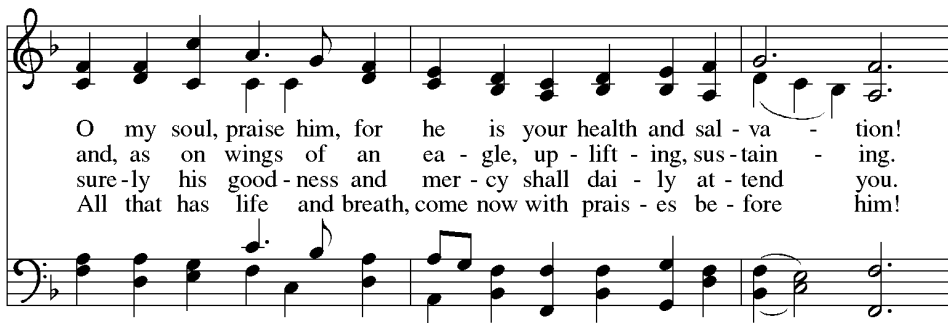
P Live your lives in Christ, rooted and built up in him, and abound in thanksgiving; and the blessing of the holy Trinity, ☩ one God, be upon you and remain with you forever.

C Amen.

# SENDING SONG: *Praise to the Lord* . . . . . All Stand & Sing



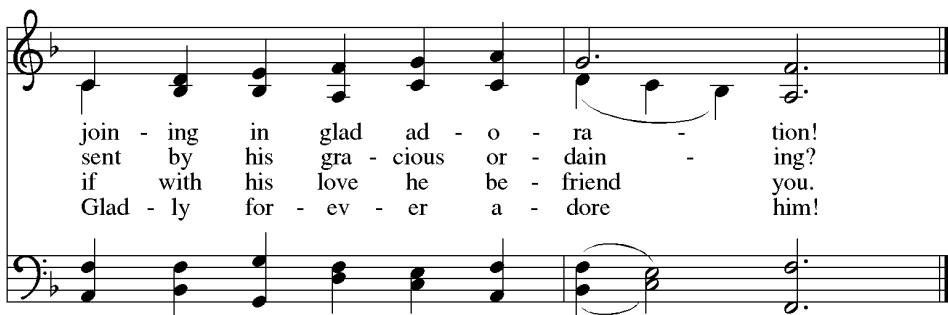
1 Praise to the Lord, the Al - might - y, the King of cre - a - tion!  
 2 Praise to the Lord, who o'er all things is won-drous-ly reign - ing  
 3 Praise to the Lord, who will pros - per your work and de - fend you;  
 4 Praise to the Lord! Oh, let all that is in me a - dore him!



O my soul, praise him, for he is your health and sal - va - tion!  
 and, as on wings of an ea - gle, up - lift - ing, sus - tain - ing.  
 sure-ly his good - ness and mer - cy shall dai - ly at - tend you.  
 All that has life and breath, come now with prais - es be - fore him!



Let all who hear now to his tem - ple draw near,  
 Have you not seen all that is need - ful has been  
 Pon - der a - new what the Al - might - y can do  
 Let the a - men sound from his peo - ple a - gain.



join - ing in glad ad - o - ra - tion!  
 sent by his gra - cious or - dain - ing?  
 if with his love he be - friend you.  
 Glad - ly for - ev - er a - dore him!

Text: Joachim Neander, 1650–1680; tr. Catherine Winkworth, 1827–1878, alt.  
 Music: LOBE DEN HERREN, *Erneuertes Gesangbuch*, Part II, Stralsund, 1665



## SENDING

**A** Go in peace. Christ is sending you.

**C** Thanks be to God.

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**A CORDIAL WELCOME** is extended to all our visitors on this **Seventh Sunday after Pentecost**. 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.

### Attendance & Budget Report for Sunday, July 21, 2019:

Attendance: 101

<u>Budget Report</u>	<u>This Week</u>	<u>Year-to-Date</u>	<u>(Unfavorable)</u>
Offering	\$ 5,192.31	\$144,880.77	(22,575.27)
Expenses	<u>\$ 5,774.35</u>	<u>\$168,605.70</u>	<u>( 1,149.66)</u>
Offering less Expenses	(\$ 582.04)	(\$ 23,724.93)	(23,724.93)

### **Sanctuary Roof and HVAC Status as Of: 7/21/19**

Goal: \$225,000  
Received to Date: 155,385  
Additional Amounts Promised: 35,000  
Remaining Needed: \$ 34,615

**ASSISTING MINISTERS:****LECTOR:** Billy Joye**ACOLYTE:** Kaylin Leitner**CRUCIFER:** Volunteer**ALTAR GUILD:** (Team 3)

Fran Holland, Co-Captain

Tracey Nault, Co-Captain

Rebecca Yount

**COMMUNION ASSISTANTS:**

Volunteers

**EUCCHARIST PRESENTERS:**

Volunteers

**GREETER:** Volunteer**TELLERS:** Shelia Kelly  
Tim Kelly**CHILDREN'S CHURCH:**

Beka Forst

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

Jill Cassel

**USHERS:** Volunteers

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**THE FLOWERS ON OUR ALTAR TODAY** are given to the glory of God by Mark & Rebecca Yount and Luke & Alec Via in memory of Bob & Betty King, Judy "Grandma" Outlaw, and Julia Skinner.

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

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*Julia Gunter, Worship & Music Committee*

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**BIRTHDAYS FOR THIS WEEK: July 28-August August 3**

August 2 Alyssa Buchanan

Becke Featherstone

**THIS WEEK'S MEETINGS:****Today, Sunday, July 28**

9:30 am Adult Sunday School

10:10 am Church Choir prep

10:30 am The Service w/Holy Communion

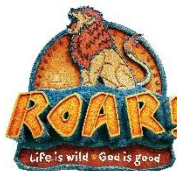
**Tuesday, July 30**

7:00 pm Nar-Anon

**Sunday, July 28-Wednesday July 31**

5:45 pm VBS Dinner

6:15-8:00 pm VBS program





## PRAYERS FOR OUR FAMILY OF HOLY COMFORTER

Cathleen Allen  
Cynthia Buchanan  
Shirley Causby  
Brenda Dabrowski  
Becke Featherstone

Sarah Tench Helms  
Kay Holden  
Zac Hullander  
Sue Lahr  
Ben Moose

Sherry Perry  
Marguerite Shive  
Denise Taylor  
Beverly Reynolds  
Jerri & Mike Wesson

## GREATER FAMILY OF GOD

Amy Beale Blythe  
Doug Brewer  
Ron de la Vega  
Nancy Dickson  
Carol Fox  
Earl Gardner  
Larry "Poss" Garrett

Meredith Hovis  
Steve Leonard  
Jennifer Lineberger  
Ruth Lyerly  
Cookie Lynn  
Jane Marino  
Clarence McLain

Anne Murdy  
Linda Nichols  
Sarah Nichols  
Richard Peters  
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).



**Spice It Up and Use Less Sodium** An important part of healthy eating is choosing foods that are low in salt. Using less sodium is key to keeping blood pressure at a healthy level. Most Americans use more salt and sodium than they need. Some people, such as African Americans and the elderly, are especially sensitive to salt and sodium, and should be particularly careful about how much they consume. Most Americans should consume no more than 2.4 grams of sodium a day.

That equals 6 grams (about 1 teaspoon) of table salt a day. The 6 grams includes ***all salt and sodium consumed, including that used in cooking and at the table.*** Before trying salt substitutes, check with your doctor, especially if you have high blood pressure. Salt substitutes contain potassium chloride and may be harmful for those with certain medical conditions. With herbs, spices, garlic, and onions, you can make your food spicy and flavorful without salt and sodium. Try adding basil, cinnamon, chili powder, cloves, dill weed, ginger, marjoram, nutmeg, oregano, parsley, rosemary, sage, and thyme in various dishes. You'll discover you can get along quite well without added salt!

Speaking of blood pressure...have you had yours checked lately? Next week the Health Ministry will be available to check your pressure in the fellowship hall after worship service. We look forward to seeing you then!

WWG participants! We have now made it to the west coast! 2,614 miles total and made it to San Luis Obispo, CA! NOW we turn around and head back...if we keep at it the way we have, we MAY even be able to pass up NC, go to the far east coast and THEN back home. We will see!





# Holy Doodles

**Holy Comforter Lutheran Church**

216 N. Main Street Belmont, NC 28012 704-825-2483  
holyccomforter@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: MKearney@holyc.org

Greg Cline, Organist /Choirmaster

Beka Forst, Director of Youth & Family Ministries

Dianne Lail, Communications/Office Manager

Teresa Keller, Parish Nurse