

During the month of October there has been so much going on. There has been raging campaign ads, COVID talk, uncertainty about what's next, and frustration from not knowing or it not being what we hope for. Honestly, you name it, people feel it! There is so much that we don't know, and unfortunately nothing is 100% right these days, it's a lot of people doing the best that they can. Early on in the pandemic I read a post somewhere that said, "working at 75% of what we used to is normal in uncertainty and chaos," and there has been plenty of news and anxiety to distract us in these times. Now it rings true more than ever. Gosh is the world a weird place? I could go on and on, listing the things we wish weren't and the things that we wish were but instead I'm going to tell you about what is.

At the beginning of this academic year the youth started meeting outside in the parking lot

once a month, spaced out, and socially distant. Prior to that we were doing zoom calls only.

Our once a month parking-lot endeavors were to be chapel services. These would be led by the youth for the youth. In October my gut really told me we needed something light-hearted, we NEEDED to laugh. So, I took all my knowledge of late night tv and TIKTOK and made us play games where they wore headphones and I talked to them. They played the music of their choice and I asked them questions like "how many toes do you have?" or "where do you buy a buffalo?". Let's just say those answers were HILARIOUS! One person said they had one toe, and another said you buy a buffalo at the grocery store. Laughter ensued. Laughter to the point of tears. I'm a firm believer that laughter is soul nourishing. Laughter is healing. Laughter is the best kind of contagious. Our youth community got to heal a little last week. What a gift even in this weird place.

Beka Forst

Faithful Families Tip

Thankful November

As a family make a turkey out of poster board, then find as many stories as you can in the Bible that talk about thankfulness. Try to read as many as you can. As you read them add feathers to your turkey.



Lutheran Church of the

Holy Comforter COMMENT

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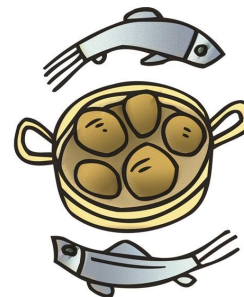
Micah Kearney, Pastor

email: mkearney@holyc.org

Greg Cline, Organist /Choirmaster

Beka Forst, Director of Youth & Family Ministries/Deacon Intern

Teresa Keller, Parish Nurse



**"let justice roll down
like waters, and right-
eousness like an ever-
flowing stream. "**

-Amos 5:24

Worship Opportunities for November

- Beginning Nov. 8 we will have worship in the sanctuary at 9 and 10:30 am. Masks and distancing required.
- Virtual worship will continue to be available, either recorded or streamed depending on available technology.

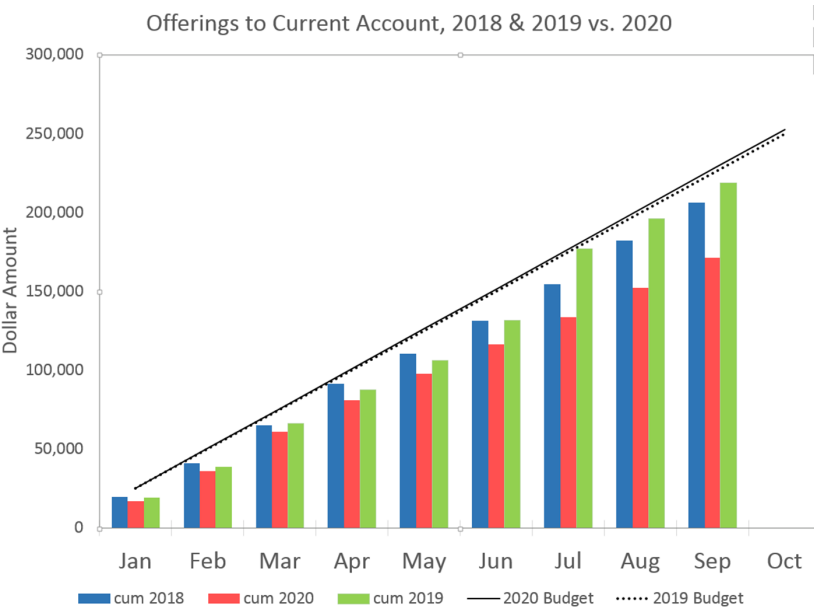
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Church Office Hours
Monday-Thursday
8:30 am—3:00 pm

Holy Comforter Treasurer Report

Holy Comforter’s operating deficit (expenses in excess of offering income) during September was \$2,423.10. The year-to-date deficit, through September 30, was \$19,577.42. Year-to-date spending, curtailed because of the pandemic, was \$36,552.83 below the amount planned in the 2020 budget. Total giving to support Holy Comforter’s routine expenses during September was \$18,857.00. The budget estimate of the amount needed each month is \$25,281.08. The adjacent chart compares this year’s offering income, by month, with that of the two previous years. This and last year’s budget tracks are also presented in the graph.

Warren Heller



From Your Parish Nurse...



Happy November! Fall is here, we have glorious colors all around, our church worship services are reopening...joy abounds! But...there’s that Covid-thing! Still lurking...what are we going to do about it? Here’s the latest scoop:

Though key COVID-19 metrics in our area previously stabilized in early October, hospitalizations, the average number of new cases and the percentage of positive tests have increased over the last two weeks. You can check this yourself at the NC DHHS Covid-19 Dashboard (<https://covid19.ncdhhs.gov/dashboard>). So, what do we do?

Covid-19 Dos

- Wear a mask and socially distance
- Get your flu shot
- Schedule your annual wellness visit, especially if overdue
- Only socialize with those in your bubble (those few folks you know who have been careful about preventative precautions)
- Also – and here’s a big one! – support your immune system with a healthy diet, exercise, and plenty of rest. These are

Covid-19 DON’Ts

- Gather in large crowds
- Put off your preventative and regular care
- Cancel a scheduled doctor’s appointment

three of the topics that are being covered in the program offered to you by the Health Ministry...Get My People GOING! There are also others, such as prayer, water, and friendship...all are things most of us need to work on so, if you haven’t already done so, join in following the weekly sessions when I publish each week the “From Your Parish Nurse” email.

Additionally, you can join those of us who are exercising – ever so gently – in the PEP classes via Zoom. These don’t cost you a thing...I’m the certified instructor and will gently lead you through each exercise. You won’t even know that you’re really exercising! And if that isn’t enough for you, or doesn’t get you excited, why not try some Yoga? Two of our own parishioners, David Povinelli, are becoming Yoga instructors and as part of their training they need to lead a class. They are holding that class early this month via Zoom – you don’t have to leave the comfort of your home to join in so why not support their training and join that class for a little exercise? Look for more details elsewhere in this newsletter.

Lastly, if you are amongst those who are at highest risk of getting, and possibly becoming severely ill, from Covid-19, I’d like to encourage you not attend church in person just yet. The safest place for you to be is away from gatherings, especially indoor gatherings. All respiratory viruses travel through the air in droplets sneezed, coughed, and spoken. And those droplets can hang around for up to 3 hours after they’ve been released into the air, so any indoor gathering area is not safe. Hopefully, those of you at highest risk know who you are:

- Those who are over 65
- Those with compromised immune systems
- Those with heart conditions, lung conditions, or diabetes.

You will not see George and myself at worship just yet because we fall within those conditions and are leading by example. I pray those of you who are also at high risk will hold off just a little longer. Once the daily case numbers fall – consistently – for a month, then maybe. Even better would be to wait until we have a vaccine. Stay safe, my friends! Come join PEP and Yoga while you wait!

Blessings, Teresa (717-329-8507)

Holy Comforter Advent Devotional

We’d love to offer an Advent Devotional with entries from our own members. The devotions will include a pre-selected scripture verse, a thought for the day, and a short prayer. Advent begins November 29, so we’ll need entries in by November 22. If you’re interested in helping, contact the office or watch for a sign up sheet coming out soon. Even if you’ve never done something like this before, we would love to help you feel equipped to contribute!

MUSIC NOTES

November 2020 Musical Notes...



Our church choir gathered in early October, distance and masked in our parking lot, for the purpose of support and fellowship among what has grown to be truly a church choir family. It was a beautiful day, which was a primary prayer of mine answered. We knew going in that we would have challenges, from poor acoustics, traffic noise, planes overhead, and trains blaring 5 blocks in the distance. What was most memorable turned out to be from the wildlife residing on our campus. One particular mockingbird did his best to be obnoxious, and in my opinion, succeeded; singing many of the songs alongside us with no regard to tempo, nor pitch. I suggested that we break into a chorus of "All Creatures of Our God and King." We recorded a number of Advent and Christmas songs to be used in our current worship format in December. More details next month. Mega words of thanks to our church music ministers who participated.

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Our handbell choir is rehearsing in the balcony in preparation for a recording session on November 22. We will gather on that date and record Advent/Christmas music to be offered in worship during the month of December. Just like with the church choir reunion, it has been a blessing to safely gather for fellowship. A bit more challenging to ring spread out 30 feet across the balcony, but we are doing our best to, "Ring to the Lord a New Song!"

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This virus season can be all-consuming because it has affected so many aspects of our lives. I thought I would share some points of what we and others have done, as well as what we are considering in light of what is now happening. Psalm 137:3 "Sing Us One of the Songs of Zion!" This could be interpreted with a dash of sarcasm as assembly hymn singers

and choirs "hang up" their vocal chords in hope of keeping the air free of infectious particles. This is not an easy transition. The journal from ALCM (American Lutheran Church Musicians) states that suspension of communal singing, an imposed fast from music-inspired spirituality, and nostalgic yearning for live musical assembly, individually and jointly, wounds souls. We are moved to lament. Martin Luther once said, "When God cheers our hearts in God's son, you cannot be quiet about it, instead, you will gladly sing and speak about it, so that others also may come and hear it!"

At Holy Comforter we have made a conscious decision to bring, to the best of our ability, the assembly together in one way or another; whether on-line, drive-in, and hopefully soon with limited gathering in our beautiful worship space. At our drive-in service we chose to safely transmit hymns from our years of archives, enabling worshipers to hear the pipe organ, congregation, and choir collectively, rather than the poor piano player in the parking lot, wondering if anyone is singing to an empty keyboard. Many folks have stated that they appreciated hearing bold singing. With this comes the "imperfections" and ambient noise such as energetic children, traffic, coughing, and dropping kneelers...all of what remind us of our live surrounding community.

We don't fully know what worship will look like in the coming weeks. Very possibly it will be by trial and error as we search out what works for us and what does not. Please know that all of the staff grieve collectively with all of you that worship is not currently in the form that we are accustomed. We do rejoice in the expectation of the day when we assemble, sing, eat and drink together--without fear. Seems far too distant...but no doubt we will.

Blessings!
Greg Cline

Weekly Schedule-

This is the regular Schedule. When exceptions happen they will be posted on the website calendar and in weekly emails.

- **Sundays:**
 - Virtual worship posted. Eventually moving to streaming the live service.
 - 9 am-Early worship in Sanctuary
 - 10:30-Late worship in Sanctuary
 - 4:00 pm- Kid's Club Zoom Faith Formation
 - 5:00 pm- HCY Zoom Faith Formation
- **Mondays:**
 - 6:30 pm- PEP Exercise Class over Zoom
- **Tuesdays:**
 - Noon-Zoom lunch together. A time to check in and be in fellowship with one another
- **Wednesdays:**
 - 7:00 pm-Adult Faith Formation (except Nov. 4)
- **Thursdays:**
 - 7:45 am-Morning Prayer Gathering
 - 7:00 pm-Adult Faith Formation-class on Gratitude (ends November 5)

Events of Note

- November 14-11 am-Virtual Yoga (see announcement)
- November 15-Congregational meeting in church parking lot

Handbell rehearsal

- November 8 and 15 at 5 pm.
- November 22 at 4 pm.

We recognize and celebrate these birthdays in the month of November.

We are thankful for the life and Spirit of those we celebrate.

November 1	Donna Bean
November 2	Beckham Bryant
November 3	Brad Milton
November 4	Declan Nance
November 5	Debbie Mendez
November 6	Debbie Bray Jennifer Kearney Tom Nance
November 8	Jim Buell
November 11	Ashley Ange Owen Shoemaker
November 12	Mary Yavelak Judy Caldwell Greg Byrum Libby Joye Collins Lugue
November 13	Stacy Kirby
November 15	Emily Nelson Leslie Lugue
November 16	Dylan Fox
November 18	Brian Achor
November 19	Danny Potter Nathaniel Kearney
November 20	David Bruchon Lucy Mitchell
November 21	Emilie Dibiase
November 22	Olivia Sarrazin
November 23	Cheryl Fox
November 25	Arianna Ince Mallory Morton
November 26	Bella Ince
November 27	Sue Lahr
November 29	Rickie Neagle



Grace and peace,

With October having come to a close my mind is now looking forward to Advent (I gave permission for people to celebrate Christmas now, even around me, but that doesn't mean I am doing it yet!). When this pandemic started we were in the season of Lent, and in many ways it feels like we never moved away from it. A season that is often emotionally heavy in which we are brutally honest with ourselves about exposing our own sinfulness and self-centeredness, standing in need of Christ, seems like much of what we've been doing for the past 8 months. I am looking forward to Advent, which begins the last Sunday of this month, because Advent is a season of anticipation, looking forward to a coming light. Where Lent is a season of difficult introspection, Advent is a season of eager anticipation of the light of Christ coming into the world. If Lent is the night, Advent feels something like that moment in sunrise just before the sun peeks over the horizon, but the sky has already lightened.

The thing for which we wait hasn't happened yet, but it is so close that nothing could stop it now. That thing for which we wait is Emmanuel, God with us. We often think of Advent as a countdown to Christmas, which in once sense it is when we're looking at the liturgical calendar and when we're opening the windows of our Advent calendars and taking out whatever treat hides inside, but it is much more than just that. Advent is a season which looks at the stories of scripture where God's people were waiting in anticipation of the coming messiah, and reminds us that we too are a people waiting in anticipation for Christ to come again and bring to fruition the healing of Creation that we saw in the signs of his ministry and in his death and resurrection. We are people of hope because we believe that, while Christ is present and active in numerous ways that we experience even now, there will be a day when those experiences of Christ become our entire reality. While we are called to the time in which we live, to care for the neighbors around us and the world God made, we also lean forward, knowing what we experience now is not what will always be.

There are a couple of sayings that I occasionally let bounce around my head in anxious times, of which there have been a few lately. One is from Julian of Norwich in which she says, "All shall be well, and all shall be well and all manner of thing shall be well." Often that on is on repeat in my head, I should really put it to some kind of tune. She could say that faithfully because her hope was not in anything temporary in this world, not any circumstance or leader, but in God. The second one I was surprised to see is attributed to John Lennon, and it says, "Everything will be okay in the end. If it's not okay, it's not the end." There is much that remains to be seen as to what will happen in the days, weeks, months, or even years to come; Election results, our nation's response to those results, what will happen with Covid and how we will continue to adjust to it, continued civil unrest at injustices, and much more. There is significant social anxiety surrounding these events and all of the unknowns that will come. But

we know the end of the story. We've cheated a bit and read the last pages of the book. And in Advent we are reminded of the hope we have in Christ, that all manner of thing shall be well.

Yours in Christ,
Pastor Micah



Yoga at Holy Comforter!

Members of Holy Comforter, the Povinellis, are in training to be yoga leaders, and they'd like to share their gifts with you!

"Please join us on Saturday, November 14th at 11:00am, for a virtual, gentle yoga class, including breath work, meditation, and light seated and standing poses. There is an option to sit in a chair if there is difficulty sitting on the floor. We look forward to seeing you in class!" Go the following link to sign up!

<https://daisyyogastudioscheduling.as.me/schedule.php?appointmentType=14770706>

Updated Prayer List

We are again circulating a prayer list each week and have started it anew. If you'd like someone included on the prayer list, please let the office know so we can include them. If you're able, a description of the prayer concern is helpful as folks pray.