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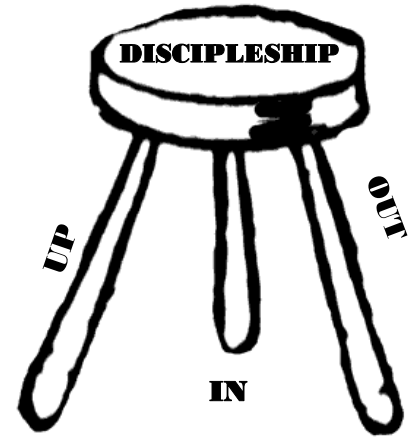
# The InnerNet

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Mid May 2021

## The Discipleship Stool's 3 Legs

As spring moves toward summer, and 50 days pass since Easter, we come to the Day of Pentecost and then move into what the church calls the Season of Pentecost. From the resurrection joy, to the amazement of the out-poured Holy Spirit, to the sure and steady growth of the “green” season of the church year, we have an opportunity to deepen our discipleship. To be a disciple is to be a “learner” at heart, a follower of Christ, one who is at home in God’s love, and is willing to strengthen that vital connection to the Vine and Vine Grower (John 15). I think of this as a 3-legged stool.



The top is our life in Christ, our discipleship, our baptized life in God’s kingdom. It is supported by the 3 legs, Up-In-Out. The leg, UP is our vital connection to God enhanced and maintained through worship, as well as praise, thanksgiving, reading scripture, and our spiritual practices.

The leg, IN, is about Christian relationships, sharing God’s gifts of grace, love, mercy, as well as praying for and with others. It is about giving, and receiving. The IN relationship is nurtured by Christian fellowship, being in small groups who learn and laugh together, as well as participating in serving God inside the congregation.

The leg, OUT, is about Christian service to those around us—our community, the places we reside, our country, our world. These are as simple as sharing abundantly of the resources you have with the hungry, to as complex as working for justice in a concrete and real way.

This passage from Luke 6 demonstrates Jesus living the UP IN OUT way of life.

*Luke 6.12-19 “Now during those days Jesus went out to the mountain to pray; and he spent the night in prayer to God. And when day came, he called his disciples and chose twelve of them, whom he also named apostles: Simon, whom he named Peter, and his brother Andrew, and James, and John, and Philip, and Bartholomew, and Matthew, and Thomas, and James son of Alphaeus, and Simon, who was called the Zealot, and Judas son of James, and Judas Iscariot...*

*He came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people...They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured...”*

Verse 12—Jesus goes alone to pray, spending the night in prayer. This is UP

Verse 13-16—Jesus calls all the disciples and names the 12 apostles who will form his closest relationship. This is IN

Verse 17-19—Jesus teaches the crowds, heals them, curing them of many things. Not shut away or staying on the mountain to pray, he is in among and with those who need him the most. This is OUT. >>>

(Pastor's article continued)


Each leg of the stool for our life in Christ is necessary, and needs to be used, strengthened, matured over the course of each month and year. Sometimes we nurture one leg more than another, yet we want to make sure we do give attention to each over time. In this season of Pentecost, I will be providing some ideas, scriptures, encouragement to help you pay attention to the UP-IN-OUT dimensions of our discipleship life, helping all of us mature in the faith and live life shining with the love of God in us and through us to those around us.


In Christ's Love,  
Pastor Angela



*Faith Health Connection:*  
**ALZHEIMER'S PREVENTION  
AND A HEALTHY BRAIN,  
HEALTHY BODY**

**FRIDAY, JUNE 4  
11AM - NOON  
REGISTER FOR ZOOM INFO**

 **Courtenay O'Donoghue, Ph.D.**  
Director Program Services,  
Alzheimer's Association - Western  
Carolina Chapter

 *Partners in  
HEALTH  
and  
WHOLENESS*  
AN AFFILIATE OF THE  
WESTERN CAROLINA CHAPTER OF CHURCHES

## **Faith Health Connection: "Alzheimer's Prevention and a Healthy Brain, Healthy Body"**

**Friday, June 4 11am -12 pm Online** Please join PHW for a Faith Health Connection: "Alzheimer's Prevention and a Healthy Brain, Healthy Body," on Friday, June 4, 11 a.m. Courtenay O'Donoghue, Ph.D., Director of Program Services for the Western Carolina Chapter of the Alzheimer's Association, will lead the presentation. Given the fear and stigma that surround Alzheimer's and dementia, the subject too often goes un-addressed, yet there are positive, preventative measures to enhance brain health (and overall health) that can be taken. Dr. O'Donoghue will discuss early warning signs, and provide simple, clear steps in how we as individuals and as faith communities can engage the topic of Alzheimer's and dementia head-on and fearlessly, to protect ourselves, our loved ones, and our congregations and broader communities.

[CLICK HERE TO REGISTER FOR THE FAITH HEALTH CONNECTION](#)

## Living Saviour Lutheran Preschool

The Living Saviour Preschool has been part of our congregation's ministry for decades! Andrew LaFollette was once a student, now in college! The Pandemic has created difficulty for all schools particularly those who are not fulltime. That is true of LSLP as enrollment is down, staff and spending reduced. Jessica Jordan, director is careful with every dollar.

There will be a preschool summer camp and it is 90% full! But they are also ending the 2020-21 school year with no surplus budget to allow the teachers to plan and purchase summer themed items. WE can HELP!

Target or Wal-Mart Gift cards in any amount would allow the LSLP teachers to select their own summer fun and learning items. These can be mailed to the preschool or dropped off in Ruth's office. Thank you in advance for helping our preschool thrive in difficult circumstances.



## **Opportunities for Worship at Living Saviour!**

### IN-PERSON WORSHIP

9:00 a.m. and 10:30 a.m.; reservation needed. Please call or email the church office to RSVP (704-542-3626 or [ruth@livingsaviourlc.org](mailto:ruth@livingsaviourlc.org))



### 9 AM ZOOM

Participate with the in-person 9 a.m. service through a zoom link.

**9:00 AM** In person and Zoom worship hybrid.

<https://us02web.zoom.us/j/82944162101?pwd=SzQrWWV1L0FWVVdEOWdHbERQSmtJQT09>

Meeting ID: 829 4416 2101 Passcode: 322578

### ZOOM HOLY COMMUNION—no longer offered

### LIVE-STREAMED TRADITIONAL WORSHIP

10:30 a.m. each Sunday on our YouTube channel at: <https://www.youtube.com>

### CARE OF THE ALTAR TEAM TRAINING

SATURDAY MAY 22, 2021 AT 10:00 A.M. LEARN HOW TO CHANGE THE PARAMENTS AND FILL THE CANDLES AS OUR ALTAR GUILD TEAM IS RENEWED AND READY TO BEGIN AIDING US AS WE RE-GATHER FOR WORSHIP.

CONTACT Janet Mayer for more information: [janetmayer@bellsouth.net](mailto:janetmayer@bellsouth.net)

**LUTHEROAD SUMMER DAY CAMP!**

**EXPERIENCE ALL THE FUN AND JOY OF LUTHERIDGE WHILE STAYING HOME!**

After a crazy year of social isolation and limited school, how about a week of reconnecting with each other and our neighbors? Campers (elementary school age) are invited to camp June 21-24, here at Living Saviour. Games, cool college counselors, outside time, faith learning, crafts are just a few of the plans for this week as we learn more about prayer. Safety protocols in place, and all CDC guidelines will be followed. **See website for more information.**

REGISTER IN PERSON OR ON-LINE AT OUR WEBSITE. CAMP IS 9-4, WITH EXTENDED DAY AVAILABLE.

**2021 LSLC Council Members!** Are you interested in knowing who is on your Living Saviour Church Council? Here they are!

Cathy Lyall (President), Gregg Mitchell (Secretary), Tim Goldbach (Treasurer), Janet Axtman (Property), Kristen Haigler (Young Youth), Beth Hawley (Technology), Art Lange (Stewardship), Pat Sipe (Lay Care), Steve Vick (Worship & Music), Jeffrey Brown (Fellowship). Please contact the church office at 704-542-3626 if you need to get in touch with an LSLC Council member.

**THE ALLELUIA RINGERS, LIVING SAVIOUR’S HANDBELL CHOIR, is in need of 2 substitute ringers. Initially, ringers would rehearse with the handbell choir weekly. Ringers find joy in participating in the group and in presenting music to inspire our congregation and glorify God.**



**WE MEET: Tuesdays 6:45—7:30 PM      AGE: High school and older**  
**EXPERIENCE: None ! We’ll teach you !      PLEASE TALK TO DON HUFF —no obligation—just talk!**

**Your Offerings: Gracious generosity continues!**

- Thank you to all who support the ministry of LSLC. It is deeply appreciated and used to care for all God has given us.
- You can mail you offering to the office, drop it off, or use the Simply Giving platform. We also have an on-line giving option on our website. As you give, thank God for our congregation and its ministry work.

**Financial Results for March 2021 Month End**

Note: The General Fund Contributions included prepaid pledges of \$27,159 from 2020. In addition, there were multiple annual pledges.

<b>March 2021</b>	
<b>General Fund 01</b>	<b>Actual</b>
Contributions, etc.	98,392
Expenses and Transfers	64,763
Net Contributions less Expenses/Tranfers	33,629
<b>Facilities Fund 02-3241-442</b>	
Beginning Balance	83,822
Transfers from General Fund	1,667
Contributions	2,585
Expenditures - H&S Roofing	(11,940)
Expenditures - Adams Heating	(4,197)
Ending Balance	71,937

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**Vanguard Account**

The church has set up an account at Vanguard. If you wish to contribute mutual funds, ETFs or stocks that have an appreciated value, you can contribute these to Living Saviour’s Vanguard account. By doing so, you can avoid capital gains taxes. If you have any questions, please contact Don Hathcock or Timothy Goldbach.

## ELCA GLOBAL MISSION NEWS

*(from ELCA, May 2021)*

More than a year into the COVID-19 pandemic, here's the latest update on ELCA missionaries and how they're at work around the world.

When the pandemic first swept the world, the ELCA asked mission personnel to come back to the United States for a period. Since then, almost all missionaries have been able to return to their countries of service. A year later, many ELCA members have asked, "Are missionaries still serving internationally?" The answer is: Yes! The ELCA continues to send missionaries into the world to serve alongside our companions and partners in ministry, based on their needs and requests.

Currently, more than 110 Evangelical Lutheran Church in America missionary households are serving in 45 countries, including three new missionaries sent in 2020 and open positions being interviewed for in 2021. Our missionaries serve in a variety of roles, working alongside our companions to proclaim the gospel, raise up leaders, care for those in need, and help ELCA members develop relationships with our siblings in Christ around the world.

As we as a global community continue to respond to the lasting impacts of COVID-19, the rise of variants, and uncertainty surrounding vaccine rollout, the YAGM program had to cancel its second year of service in a row. This has resulted in the service of all YAGM country coordinators ending in March of this year. We give thanks for the service and pastoral presence of the Young Adults in Global Mission country coordinator team. We thank Kim Crawford, Henry Martinez, Rachel Ringlaben, Meghan Brown Saavedra, Janelle Neubauer, Kristin Engstrom, Grant and Amanda Applehans, Meghan and Gabi Aelabouni, and Zach Courter for their service, and we celebrate their contributions to the YAGM family worldwide. We continue to monitor the situation and plan to resume the YAGM program in 2022.



In engaging God's reconciling mission through accompaniment, we work to equip ourselves and our companions for our call to share the good news and to serve our neighbors. There will always be very real challenges. But God invites us to the

table, and then sends us out with our companions to share and to serve. When we tire, our companions hold us up; when our faith is weak, our companions remind us of what we have seen and shared together. In turn we hold the faith for them. God created humans for relationships for this purpose. Together, we can continue to live out God's reconciling

love.

If you're sensing a call to global service, consider applying for an open position. Explore global ELCA job openings here: <https://elca.org/Careers/Global-Service-Opportunities>

## "God's work. Our hands." Sunday



On **Sunday, Sept. 12**, congregations of the Evangelical Lutheran Church in America (ELCA) will come together for "**God's work. Our hands.**" **Sunday**.

Our church — and our world —

continue to live through the COVID-19 pandemic. But the good news is that we are beginning to experience a slow return to physical community as more people become vaccinated. We look forward to gathering with family and friends once again to share God's love in person.

Amid this ongoing situation, we continue to be **church together**. Across the ELCA we are witnessing the love and concern God's people have for one another. During this time, our congregations continue to support ministries that assist vulnerable people in their communities. As church, we are guided by our life in Christ to share the love of Jesus and serve our neighbors — even if these acts of service take place from our homes or from a safe distance. Sharing the love of Christ through service to our neighbors is work you do every day.

We look forward to "**God's work. Our hands.**" **Sunday** and doing this work together again this year. If you are interested in coordinating our effort, please contact Pastor Angela or a council person.

## MEANINGFUL MEALS

The discipleship stool with its 3 legs of UP IN OUT grows out of God's greatest commandment, "love the Lord your God, and love your neighbor as yourself." How do we actually live these though?

One great way to begin is to recognize how meals can build up our intentionality. Eating is something Jesus did, even on the last night giving us the Meal of Holy Communion. Eating is common to most everyone, and is a useful "pause" to help us build up, strengthen the 3 legs of discipleship.

To begin, offer thanks to God for the food (daily bread) we are to eat, is to acknowledge our dependence on God. It is to place God first. (UP)

If you are by yourself, perhaps you can find a piece of music that speaks to your spirit, helps you offer praise and joy to God. You might also use the time to offer a simple prayer for someone else; text someone and let them know you are thinking of them, praying for them, care about them. (IN)

If you are eating with others, share something significant you have experienced, a God moment, something thankful for, or a way the scripture connected to your day. (IN)

If you are able, invite another Christian to eat with you, sharing a meal and getting to know them is another **IN** connection.

Finally for OUT, offer a simple prayer for the hungry, consider how you might act to provide for those who are hungry or in need. You might buy a coffee for someone in line behind you, or provide a meal for the next person in line if you are at a fast food restaurant. Another possibility is to take an interest in the people who help you get this food--grocery clerk, deli or restaurant worker. Express your genuine thanks, offer a word of kindness, use their name if they have a badge.

These are simple ways to help us grow intentionally in maturity in Christ, in joy and love of God and others.

These are just a start, find ways to add to them, I'd love to hear how you are doing **UP IN OUT**.

## OPPORTUNITIES FOR STUDY AND MINISTRY

### WEDNESDAY MORNING BIBLE STUDY—on Summer Break!

We have covered 10 men of the Bible in 247 pages. What a story they have to tell! The group is now on a break for the summer.

#### Tuesday Lectionary Study group

Want to know more? Like to get into the details of scripture? Missing being with others who thirst to understand the Sunday readings? The Tuesday study group is open to anyone who wishes to Zoom in to discuss the scriptures assigned for the following Sunday. Pastor Angela leads this discussion and we all help pull apart our observations, curiosities, and questions.

<https://us02web.zoom.us/j/81498057510?pwd=VHpkYmVlQ0wwVHY1ZlJlMVVlQZENoZz09>

Meeting ID: 814 9805 7510

Passcode: 500745

### Praying for Possibilities!

Prayer for our congregation, preschool, and staff are critically important in these days of closure and social distance.

- 05/03-05/10 Glenda and Ray
- 05/10-05/17 Glenda and Maria
- 05/17-05/24 Anita Mitchell and Glenda
- 05/24-05/31 Janet Axtman and Cindy Quinlan
- 05/31-06/07 Cathy Lyall and Laura Michael
- 06/07-06/14 Pastor Angela and Dawn Gibson
- 06/14-06/21 Jan Sundberg, Corky Carver and Shallon Gordon
- 06/21-06/28 Marty Jenkins and Rufus Gregory
- 06/28-07-05 Traci Anderson and William Charnock



You can pray in person, or together by phone. Let us know if we can help by providing a new prayer booklet.

#### Relation to God

Worship, spiritual growth, prayer,  
Bible study, communion, etc...



#### Relation to One Another

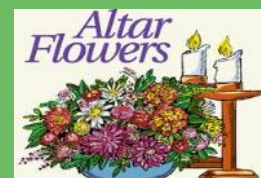
Loving one another,  
serving, accountability,  
bearing burdens,  
meeting needs, etc...

#### Relation to the World

Loving unbelievers,  
sharing the gospel,  
serving the poor/needly,  
serving community, etc...

**Altar Flowers Sign Up made easy!** Call the church office, or use signupgenius option. Click on "Submit & Sign Up" at the bottom of the page; enter your dedication. Fill in your name and email address The cost is \$50.00; checks payable to LSLC with "Altar Flowers" on the memo line; mail or drop off.

<https://www.signupgenius.com/o/10C0C4CACAC29A6F4C16-2021>



# MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 a.m. Zoom Traditional 10:30 a.m. Traditional Worship Live	3	4 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	5 10:00 a.m. "Ten Men of the Bible" Study via Zoom 6:00 p.m. Zoom Choir Rehearsal	6	7	1//8
9 9:00 a.m. Zoom Traditional 10:30 a.m. Traditional Worship Live Streamed	10	11 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	12 10:00 a.m. "Ten Men of the Bible" Study via Zoom 6:00 p.m. Zoom Choir Rehearsal	13 <b>Ascension of our Lord</b>	14 10:00 a.m. Caring & Sharing (Zoom)	15 10:00 a.m. JAARS.org Open House in WaxHaw
16 9:00 a.m. Zoom Traditional 10:30 a.m. Traditional Worship Live Streamed	17	18 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	19 10:00 a.m. "Ten Men of the Bible" Study via Zoom 6:00 p.m. Zoom Choir Rehearsal	20	21	22
23 <b>Day of Pentecost</b> 9:00 a.m. Zoom Traditional 10:30 a.m. Traditional Worship Live Streamed	24	25 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	26 6:00 p.m. Zoom Choir Rehearsal	27	28	29
30 <b>The Holy Trinity</b> 9:00 a.m. Zoom Traditional 10:30 a.m. Traditional Worship Live Streamed	31 <b>Memorial Day</b> <i>Church Office Closed</i>					

## May Birthdays

05/05 Lori Davis  
 05/07 Indra Persaud  
 05/09 Tissie Littlejohn, Lottie Williams, Maggie Williams  
 05/13 Lyn Addy  
 05/15 Traci Anderson, Susan Hunsinger  
 05/17 Sally Ganz, Robin LaFollette  
 05/19 James Cook  
 05/22 Bill Larsen  
 05/23 Elizabeth Golly  
 05/27 Rufus Gregory  
 05/28 Elizabeth Eissfeldt  
 05/29 Bob Honeycutt  
 05/30 Judy Gribble  
 05/31 Melissa Krantz



## May Anniversaries

05/11 Charles and Judy Gribble (58)  
 05/15 Jim and Jane Huddle (39)  
 05/16 Eric and Joy Forster (39)  
 05/17 Eric and Melissa Krantz (7)  
 05/18 John and Pam Williams (47)  
 05/20 Larry and Janet Wagstaff (43)  
 05/24 Gary and Deb Borley (46)  
 05/25 Ryan and Jennifer Huber (13)  
 05/31 Frank and Betty Kuhn (46)

