
The InnerNet

Mid-November 2021

Wonder or Worry? Gratitude or Grumpiness?

Sue Monk Kidd writes in her book First light about a time she was struggling with a burden she was carrying. “I had found little relief from the burden I was carrying around. Someone I loved was ill, and I could actually feel a heaviness inside from the weight of it.

One night, anxious to sleep, I slipped into my daughter’s room to make sure she was covered. The night-light glowed...and as I expected, her blanket was kicked off. Tucking the cover over her, I noticed that she clutched a half-eaten grape lollipop in her hand, a birthday present from her grandmother. She had carried it around all day. Now it had made a sticky purple splotch on the pillowcase, and a few strands of her hair were stuck to it.

Oh, for Pete’s sake, why didn’t she get rid of this before going to bed? I pried her fingers from the candy, wondering if the reason I had found so little peace was because I’d been praying with my fingers wrapped tightly around my need, unwilling to trust anything so precious out of my sight. Holding her purple lollipop, I kissed my daughter’s face and let go. Her lollipop, my burden—they were in good hands.”

We all struggle with burdens, anxiety, fear, concerns. It is part of being human. The difficulty is when we fail to place them into God’s hands, into God’s good care and keeping, trusting fully that God’s purpose will be fulfilled in God’s own good time. The hardest thing we often do is to put into God’s own hands all our burdens and worries. Jesus told his disciples, his followers, and us, “Peace I give you, my peace I leave with you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” (John 14:27) He knew how difficult it is for us to let go, so that our hands would be free to receive.

As the month of November concludes, take time to write out your worries and put them in an envelope or a box, or burn them, and as you do so, turn them over to God, letting God hold them for a while. You can always take them back. I personally place them in a jar with a lid, which I can see and remind myself they are now God’s. I also have started using the word “wonder” for “worry,” saying, “I wonder what God will do...” Instead of “I worry about...” I am finding it helpful to work on wonder and curiosity instead of worry,

You are challenged also to write down (literally, or keep an online journal) of 3 things for which you are thankful. Start with the easy ones—pets, children, family, but also challenge yourself to look for the less tangible—the smile from a person at work, a friendly greeting from a store clerk, the gift of God’s love. Keep at it for 30 days, it will make a difference in the way you view the day and season of Thanksgiving, helping it become one of Thanks-living, curiosity, and wonder. Moving you from only seeing trouble, feeling grumpy at the state of the world, to one of gratitude for the many blessings God has bestowed.

Love in Christ, Pastor Angela

GATHERING @ THE TABLE

God wants to bless the world! God wants to use the Church to be part of that blessing mission. God wants to be known and for people to know God, love and be loved, to be healed and given hope. God asks the church to do that—yet the truth is, many have been hurt by the church and do not equate God with the Church. Yet our call from God is to be God's voice of hope in this world.

Gathering@theTable is each Thursday night at 6:20 pm in the fellowship hall and seeks to offer God's hope and love to those who are disillusioned by traditional church, de-churched altogether, or have not ever been in a church. This Gathering will happen around the table with a meal, breaking of bread and the lifting of the cup of blessing. We will talk about life and scripture, practice new ways of experiencing God's presence, and pray.

All are welcome, and if you invite a guest, we hope you plan to come as well, for a meal, community, nourishing body and soul. Let Ruth know if you plan to come by the Tuesday before each meeting.

Please note: Gathering@theTable will not meet on Thursday, November 25th (Thanksgiving Day)

Living Saviour Ministry of Health and Wholeness

As we approach the Holy Days from Thanksgiving through New Year's Day our celebrations revolve around food. Because Healthy Eating is the #1 Lifestyle Choice that we can make to support our own well being as well as the wellbeing of the planet, the Ministry of Health and Wholeness has selected Nutrition as the focus for November. The November challenge is to begin making food choices consistent with the Holiness of our bodies as the temple of God and the Sacredness of the Holy Days we will be celebrating.

Tip #2: Gather at the Table - This means:

- ⇒ Eat regular planned meals rather than unplanned snacking on high calorie, highly processed snacks.
- ⇒ Begin each meal with a Grace and eat with intentional Gratitude savoring the flavors. Be mindful of the source of what you are eating and all that was involved in getting food to your table. (See Richard Rohr's Prayer below)
- ⇒ Eat at a table pleasantly appointed for eating—not a desk, not while driving or riding in a car, not while reading or texting, and not in front of a TV or computer (unless you are Zoom eating with a friend).
- ⇒ Avoid getting drive through food or getting food at the same place you fuel your car.
- ⇒ Eat socially with others as often as possible. If you live alone, make arrangements with someone you feel COVID safe eating with to have several meals together each week.

- October- Prayerful Movement
- November- Grace and Gratitude Nutrition
- December-Finding the Peace that Passes all Understanding
- January- Congregational Health Assessment /Spirituality and Mental Health
- February – Create in Me a Clean Heart



Your Offerings:

Contribute directly to the church through the on-line button on the website, or by mail to
Living Saviour
6817 Carmel Road
Charlotte NC 28226

Another option is to use this QR code to make an on-line payment. It will take you to the church VANCO on-line payment portal. Challenge gifts can be made on-line indicating that the use is Donor Matching Challenge. A general fund offering can also be made through this QR code.



While we are not currently in a financial deficit, please do realize that a number of parishioners pre-pay their pledges and we have received their gifts for the year. We are holding a very tight line on expenses as well, and pray for God’s continued grace through your generous gifts of thanks to God.

Thank you for your generosity.

Financial Results for October 2021 Month End

General Fund 01	Actual
Contributions, etc.	313,084
Expenses and Transfers	277,267
Net Contributions less Expenses/Tranfers	35,817
Facilities Fund 02-3241-442	
Begining Balance	83,822
Transfers from General Fund	7,500
Contributions	3,725
Expenditures - H&S Roofing	(47,113)
Expenditures - Adams Heating	(4,197)
Ending Balance	43,737

Bible Study!

**Friendship, Laughter, Study, Deepening Faith
Wednesdays at 10AM in the Fellowship Hall**

A Bible Study on the book, "Invitation to Psalms" by Michael Jenkins. If you have any questions, please contact Janet Mayer at 704-562-8695 or janetmayer@bellsouth.net.

Please note: The Bible Study will not be held on Wednesday, November 24th.

Early Action Is Important for Stroke

Know the warning [signs and symptoms](#) of stroke so that you can act fast if you or someone you know might be having a stroke. The chances of survival are greater when emergency treatment begins quickly. Arriving at the emergency room within 3 hours of first symptoms often means less disability 3 months after a stroke. Delayed care may result in more disability.

F.A.S.T. Warning Signs Use the letters in F.A.S.T to spot a Stroke

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?
- **T = Time to call 911**

Women of the ELCA News

I recently attended the thirty-third NC Synodical Annual Gathering (and the first by Zoom). There were 52 participants at the Gathering. The Gathering usually occurs on the Lenoir Rhyne University campus, but was cancelled in 2020 due to Covid-19. The board pivoted to a Zoom meeting in 2021 after an earlier in-person Gathering failed to get quorum numbers.

At the Gathering

Officers and Board members were elected

A Budget was passed

A slideshow from Churchwide WELCA was presented

Bishop Tim Smith sent virtual words of encouragement

A report from the Patterson Memorial Scholarship Committee was given

I was impressed by two things, in particular. The Patterson Memorial Scholarship Committee distributed \$64,750 in 2021! Seventeen scholarships were given to college students, some at Lenoir Rhyne and some to students at other colleges. One seminarian also was assisted in his education expenses.

Secondly, the message from Bishop Smith reiterated the core values of the ELCA. He said to remember that we are **Jesus centered**, that we **practice Generosity**, that we are **focused on Relationship** with God and with each other, that we believe in and work towards **Reconciliation**. Bishop Smith finished his message by encouraging us to persevere during these difficult times.

It was a pleasure to participate in this Gathering and to see that, even though traditional ways of meeting were non-existent, our NC WELCA Synod has been active. Not only active during the Pandemic, but busy preparing and planning for more activities, events and opportunities in the future.

Alice Jenkins

Bake Sale!

It's time for the annual Fall Bake Sale! The Bake Sale is part of the Fall Craft Fair and is sponsored by the Women of the ELCA at Living Saviour. We ask for the support of the congregation to supply the homemade goodies that will grace our table. Good sellers are cookies, brownies, jams, breads, cakes...well, almost anything that comes from your kitchen! Christmas will be just around the corner, (Craft Fair is December 4) so think festive!

Through the generosity of Anita Mitchell and her Thrivent Action Card, we have a supply of display boxes, festive baggies, tags and even disposable baking tins for small and regular quick bread pans. If you would like to use the tins for your favorite breads, I will have them on Sunday mornings after worship ready to hand out. Our Bake Sale table will surely look professionally festive!

The profits from the Bake Sale will help support our ministries.

- Supplies for the **Quilt Ministry**
- **Books at Baptism** for infants and toddlers
- Support of A child (Rhoda) through **Compassion International**
- Monetary donation to **Living Waters LC in Cherokee**

Any questions? Contact **Alice Jenkins** at 704-458-5411 or jenkinsalice2019@gmail.com



2021 LSLC Craft Fair!

Living Saviour will be holding a Craft Fair this year! The date is Saturday, December 4, 2021, from 9:00 a.m. - 2:00 p.m. (set up on Friday, Dec. 3rd).

Registration forms are available for pick-up at the church office, or if you'd like, please contact Ruth (Ruth@livingsaviourlc.org) and she can email you one. If you have any questions or would like to volunteer to help out, please contact Wayne Thom at waynethomnc@aol.com.



NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	3 10:00 a.m. Bible Study 6:00 p.m. Zoom Choir Rehearsal	4 6:15 Gathering@theTable	5	6	
7 10:30 a.m. Traditional Worship Live Streamed	8	9 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	10 10:00 a.m. Bible Study 6:00 p.m. Zoom Choir Rehearsal	11 Veteran's Day 6:15 Gathering@theTable	12 10:00 a.m. Caring & Sharing	13	
14 10:30 a.m. Traditional Worship Live Streamed	15	16 6:45 p.m. Alleluia Ringers bell choir practice	17 10:00 a.m. Bible Study 6:00 p.m. Zoom Choir Rehearsal	18 6:15 Gathering@theTable	19	20	
21 10:30 a.m. Traditional Worship Live Streamed	22	23 6:45 p.m. Alleluia Ringers bell choir practice	24	25 Thanksgiving Day Church Office Closed	26 Church Office Closed	27	
29 Advent 1 10:30 a.m. Traditional Worship Live Streamed	30						
<div style="border: 2px solid red; padding: 5px;"> <p>Opportunities for Worship at Living Saviour!</p> <p><u>10:30 a.m. in-person MASKS required</u></p> <p><u>LIVE-STREAM</u> 10:30 a.m. each Sunday on our YouTube channel</p> <p>Gathering@theTable-Thursdays 6:15 pm</p> </div>							
<div style="border: 2px solid red; padding: 5px;"> <p><u>November Birthdays</u></p> <p>11/03 Alexandria Goodman, Elijah Goodman, Brooks Miller, Samantha Stogner</p> <p>11/04 Brenden Bleavins, Corky Carver, Amanda Thom</p> <p>11/05 Tom Tobin</p> <p>11/06 Jeff Conner</p> <p>11/08 Barbara Tobin</p> <p>11/11 Karter Haigler</p> <p>11/12 Nicole Patterson</p> <p>11/15 Cole Plunkett</p> <p>11/19 Logan Campbell, Margaret Krause</p> <p>11/20 Kathy DeLoache</p> <p>11/23 Caroline Cochran</p> <p>11/24 Joseph LaFollette</p> <p>11/25 Katie Miller</p> <p>11/26 Benjamin Thom</p> <p>11/27 Johanna Krause</p> </div>							
<div style="border: 2px solid orange; padding: 5px;"> <p>Praying for Possibilities!</p> <p>11/07-11/14 Jan Sundberg, Corky Carver & Shallen Gordon</p> <p>11/14-11/21 Mary Anne Eller & Janet Axtman</p> <p>11/21-11/28 Glenda Kilminster & Anita Mitchell</p> <p>11/28-12/05 Anne Chriske & Janet Mayer</p> </div>							
<div style="border: 2px solid purple; padding: 5px;"> <p><u>November Anniversaries</u></p> <p>11/01 Wayne and Lorene Thom (46)</p> <p>11/05 Gordon and Nancy Hann (55)</p> <p>11/06 Jeff and Barb Conner (57)</p> <p>11/09 Gregg and Anita Mitchell (47)</p> <p>11/19 Jeanne and Brook Davis (55)</p> <p>11/30 Russ and Margaret Krause (64)</p> </div>							