
The InnerNet

Early February 2022

Love Yourself as Your Neighbor

Jesus said, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And a second is like it: You shall love your neighbor as yourself." –Matt. 22:37-39

Does this happen to you? When I make a mistake or do something dumb, I mentally beat myself up. But when OTHER people mess up, I'm Mr. Understanding and Forgiveness. Clearly, I've got work to do, but doesn't everyone struggle to balance love of neighbor and love of self? If we are to be good stewards of our lives, we **have** to get this right. That's the genius of the second-greatest commandment – that we have to love our neighbor AND ourselves if we are to become the people God wants us to become and have the lives God wants us to have.

This "month of love" provides an opportunity to focus on loving ourselves, which is too often the forgotten side of the "love thy neighbor and self" equation. We live in a culture of criticism, so many of us fall into the trap of downplaying and denigrating ourselves, leaving us restless, discontent, depressed, empty, forever searching. The secret is learning to love ourselves so we can love everyone and everything else, too.

Here are some ideas:

Pray! Ask God to help and guide you-Psalm 139:23-24 and for friends who will walk with you -Proverbs17:17

Remember that nothing can separate us from God's unconditional love (Romans 8:38-39).

Strive to treat yourself with the tenderness and care you want to give others (Luke 6:31).

Find a counselor who can help you work through past hurts and ingrained ways of thinking.

It may be hard to walk at first, but the prayerful path of greater self-love will enrich your life, open you to new people and experiences, and help you truly to follow Jesus' second greatest commandment: Love your neighbor as yourself.

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Lutheroad Summer camp is coming! Save the date June 20-24, 2022

for those rising 1st graders through middle school. Pre-camp and post-camp care available at an additional cost. Camp Monday-Thursday, 9-4; Friday 9-12

Cost \$80 members; \$110 non-members.

Returning campers are eligible for a \$10 discount and first chance to register.

Registration is now live at the following link: <https://bit.ly/3L1M985>

VOLUNTEERS TO MAKE SANDWICHES!

We need volunteers of all ages to make 200 sandwiches and assemble bagged lunches. The date is Sunday February 27 after church from 11:45-1p or until done. Mike and Laura Michael will deliver these uptown to the Giles Emergency Shelter, an overflow night shelter for homeless men. This is part of Operation Sandwich by Roof Above. This will be a fun and much appreciated service! Bring a mask and join us on February 27! Contact Laura Michael at lmichael9901@gmail.com or 9802147171 for questions.

Your Offerings:

Contribute directly to the church through the on-line button on the website, using the QR code or by mail to

Living Saviour 6817
Carmel Road
Charlotte NC 28226



Thank you for your generosity.

Financial Results for December 2021 Month End

General Fund 01	Actual
Contributions, Budget	354,243
Expenses and Transfers	347,681
Net Contributions less Expenses/Tranfers	6,562
Donor Challenge Contributions	67,370
Facilities Fund 02-3241-442	
Beginning Balance	83,822
Transfers from General Fund	9,167
Contributions	3,935
Expenditures - H&S Roofing	(70,717)
Expenditures - Adams Heating	(4,197)
Ending Balance	22,010

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.

PRAYER CHAIN PRAYER MEETING

Living Saviour’s Prayer Chain will meet for a quarterly prayer meeting on Tuesday, **February 15, at 10:00**, in the Prayer Room. If you might like to join this group that prays regularly and intentionally for the health needs and other situations surrounding Living Saviour’s members, their families, friends and community, join us at this meeting. If you need more information, contact Alice Jenkins at jenkinsalice2019@gmail.com.

Quilt Ministry News!

The Quilt Ministry at Living Saviour has resumed its monthly workshops. Our next gathering will be on **March 10th, at 10:00** in the Fellowship Hall. If you are unfamiliar with this ministry, we create three layered pieced and tied quilts of a specified size for Lutheran World Relief. These quilts are sent to areas in crisis around the world.

Additional workshop participants! No experience needed and all supplies are provided. Interested? Contact Alice Jenkins at jenkinsalice2019@gmail.com, or just come to a workshop!

Due to rising COVID 19 rates meetings are currently not taking place inside the building. The Wednesday book study; Gathering @theTable and Caring and Sharing will all return to in person and in the building meetings later in the winter.



Ministry of Health and Wholeness February- Create in Me a Clean Heart Oh, God

Remember GRACE:

G- greens & grains

R- rest/ relax

A- activity/ exercise

C- cease smoking

E- emotional peace (Created by Linda Frixen)



February's Health and Wholeness focus is on Heart Health:

"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23

- Atrium has provided Living Saviour Lutheran Church with over 2,400 KN95 masks through our Health and Wholeness Ministry Partnership. Please pick up masks that you can use from the church. Contact the church office with any questions or email healthandwholeness@livingsaviourlc.org and we can figure out a way to get a mask to you if necessary.
 - ◆ Follow Pastor Angela's advice on rotating masks and storing a used mask in a paper bag for 24-48 hours for reuse. See <https://www.smithsonianmag.com/smart-news/can-you-reuse-a-qn95-or-n95-mask-experts-say-yes-but-follow-these-steps-180979404/>
- The internet is ripe with a multitude of opinions regarding the effectiveness of masking. Please be careful to rely only on reports from established medical websites. Atrium, Novant, Mecklenburg County Health, the CDC, Harvard and John's Hopkins **all** are still recommending upgrading cloth face masks with N95 or KN95 masks whether vaccinated or unvaccinated. John's Hopkins University announces it will now require the use of N95s or KN95s or a combination of a cloth mask with a surgical mask for the University.
- COVID Update: Oh, it is painful to still be making these reports, but the reality is we need to continue being extremely cautious. The latest advice from Atrium, Novant, Harvard Public Health and Johns Hopkins Bloomberg School of Public Health continue with these warnings:
 - ◆ Omicron is a different animal and although milder is not yet "the common cold."
 - ◆ Nearly 1,000 children have died of COVID and about 6,000 have developed multi-system inflammatory syndrome. Only 23% of children are vaccinated.
 - ◆ Hospitals are stretched thin, and the US is experiencing the highest number of deaths in over a year from Omicron.
 - ◆ It is important to vaccinate, boost, and mask
 - ◆ COVID is not endemic yet and a new variant is being watched. On 01/26/2022, Dr. Fauci reported, "The numbers do not indicate the country has sufficient control."
- Laura Michael, RN, will be completing the Faith Community Nursing (FCN) Foundations course which will certify her as one of two Faith Community Nurses at Living Saviour.
- The combined digital and paper Congregational Health Assessment is almost ready to roll out any day. Your participation would be helpful to program planning and much appreciated
- The Introduction to Centering Prayer and CPR classes scheduled for January will be rescheduled as soon as our COVID numbers are under better control
- A Blood Pressure screening is being planned for February Heart Health Month.
- Watch for the February Newsletter the 2nd Sunday in February.

TRY IT..... YOU'LL LIKE IT! Anybody recognize this phrase from a long ago antacid TV commercial? I'll bet lots of you do. One guy gives another guy some rather questionable looking food saying "Try it....you'll like it." The guy eats the food and wishes he hadn't and needs to take the antacid for relief. Well, we're not offering you something here that you'll need an antacid for. Rather we're offering something we think you might enjoy: Zoom Choir, Wednesday evenings. Come enjoy the fellowship, the laughter, and the joy and inspiration of singing that the music offers. Don't be afraid! In zoom choir, there is no judgement...your mic is muted so we cannot hear each other when we sing. You only hear Nancy and Don helping you learn the music. Speak to Don Huff for all the details. This is an opportunity for inquirers who have not experienced choir but would like to give it a try. So "Try it.... You'll like it!"

FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	2 Presentation of Our Lord 6:00 p.m. Zoom Choir Rehearsal	3	4	5 1:00 p.m. Ann Chriske Funeral
6 10:30 a.m. Traditional Worship Live Streamed	7	8 6:45 p.m. Alleluia Ringers bell choir practice	9 6:00 p.m. Zoom Choir Rehearsal	10 10:00 Quilting Group	11 10:00 a.m. Caring and Sharing (Zoom)	12
13 10:30 a.m. Traditional Worship Live Streamed	14 Valentine's Day	15 6:45 p.m. Alleluia Ringers bell choir practice	16 6:00 p.m. Zoom Choir Rehear	17	18	19
20 10:30 a.m. Traditional Worship Live Streamed 3:00 p.m. Council	21 President's Day	22	23 6:00 p.m. Zoom Choir Rehearsal	24	25	26
27 Transfiguration of Our Lord 10:30 a.m. Traditional Worship Live Streamed	28			Praying for Possibilities! 01/30-02/06 Traci Anderson & William Charnock 02/06-02/13 Jean Dunne & Janet Wagstaff 02/19-02/20 Frank DeLoache & Marty Jenkins 02/20-02/27 Maria Rozhin & Glenda Kilminster 02/27-03-06 Don Huff 		

February Birthdays

02/01 Henry Allen
 02/04 CD Hathcock, Brandon Ward
 02/06 Alicia Cook, Maria Rozhin
 02/10 Tom Chriske
 02/11 Cathy Lyall
 02/03 John Maisel
 02/14 Ben Thompson
 02/15 Eric Krantz
 02/16 Patricia Garrison, Linda Poley
 02/17 Elsie McGlone
 02/18 Victor Leeser
 02/19 Collin Quinlan
 02/22 Anna Pearce, George Shabla
 20/23 Matthew Noonkester
 02/24 Janet Mayer, Patricia Snodgrass
 02/28 Jeff Haigler

February Anniversaries

02/06 Chuck and Erin Malinowski

