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# The InnerNet

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August 2022

Rev. Peter Marty notes in a recent editorial (<https://www.christiancentury.org/article/editor/publisher/looking-ahead>) that “many people spend their days trying to steer their way through life by fixating on the rearview mirror;” a mirror that is about 9” long and 3” wide. They have the whole of their past, and life’s experiences to guide them, and as they seek what once was, they lose track of where they currently are, as well as what is in front of them. “Plenty of life circumstances have people fixating on their rearview mirror,” he notes, from faltering health, failing memory, to a desire to keep all as it once was regardless of the situation in which one currently lives.

He uses the example of a father whose daughter died far too young, who is stuck there, in the rearview mirror of his past and unable to move forward from deep paralysis of sorrow and depression. Nothing appears to help him shake the rearview mirror image with which he is determined to now view the world--as it once was. Trying to drive, or live this way is tantamount to desiring a crash.

His wife on the other hand, with the help of a grief therapist was able to move forward in her grief, using the memoirs of the past as a way of connecting to the life they shared as a family, but also to realize that the daughter would only want her mother to “steer life purposefully toward the newness in front of her,” what Marty refers to as the windshield approach.

A windshield on today’s average vehicle is 59”x32.” How many times larger than the rearview mirror? Why is that, one might ask. Could it be that the place we are heading in that vehicle needs our attention? Could it be that what is in front of us, regardless of the joy or sorrow, is our present--and our future? As he notes, “we need a big windshield in front of us to see what lies ahead, which is where we’ll spend the rest of our lives.” A windshield view of the world in front of us keeps directing us forward, moving toward God’s good for us. It does not forget the past, pretending as if it didn’t matter, rather we are called to “treasure or accept our past without getting stuck in it...we use the wisdom from what’s behind us without allowing the past to dictate our future...”

I know many times I live looking in the rearview mirror, and forget to look through the windshield. I try to keep the tiny view of the past that is gone in focus rather than looking with gratitude at what is in front of me. I forget that the moment I am in right now is laden with possibility, it is God’s gift to me right now, and it is full of promise and hope. That reminder helps me turn my eyes to the windshield, taking in the life in front of me, hoping for the future yet to unfold.

Our life in Christ is one that is a windshield view--now and future focused. In the now, we live alive in Christ, made so in the water of our baptism, where God claimed and named us, Beloved. We live in the now seeking to understand God’s gifts of salvation, grace, mercy; to live now as forgiven. These gifts of the now can be most fully understood when we look through the rearview mirror, and then take that wisdom and look through the windshield to move forward into what awaits us, both now and in eternity. We live in Christ’s promise to always be with us to the end of the age.

In Christ’s love,  
Pastor Angela

## Congregation Acknowledgements!!

### August Birthdays

08/03 Julianna Frixen, Kay Tarr  
08/05 Carol Cochran, Patricia Maisel, Caden Noonkester  
08/06 Claire Biggs, Lauren Campbell  
08/07 Timothy Goldbach, Shallen Gordon  
08/09 Helen Archbold, Riley Skidmore, Lillian Stephens  
08/10 Janet Axtman  
08/11 Wayne Thom  
08/13 Benjamin Malin, Jr.  
08/17 Nate Forster  
08/18 Ann Reichert, Pamela Williams  
08/20 Mark Ferriss



### August Anniversaries

08/05 Frank and Kathy DeLoache (44); Steven Vick and Russell Hinson (14)  
08/07 Dawn and Malcolm Schaeffer (12)  
08/08 Tony and Mary Ann Eller (58)  
08/13 Ron and Shallen Gordon (45)



### Praying for Possibilities!

07/31—08/07 GOD and Janet Mayer  
08/07—08/14 Glenda Kilminster and Anita Mitchell  
08/14—08/21 Indra Persaud and Pat Snodgrass  
08/21—08/28 Patricia and John Maisel  
08/28—09/04 Traci Anderson and William Char-nock



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# Church Information!!

## 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.

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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 Barbara Avard.

## Sunday School Update!!!

Be on the lookout for the return of Sunday School for both adults and children in September!



## MASK UPDATE

Based on rising COVID-19 rates the congregational council and the pastor STRONGLY RECOMMEND and ask that masks be worn for the sake of our own health, and that of our neighbors. Many people including pastor are dealing with COVID and the difficult part is that we are able to infect others before showing any symptoms. Please wear a mask, as Mecklenburg County is in the high risk for community spread right now. As always, stay home if you feel unwell.

## Gathering@theTable

Resumes on August 4th at 6:15 p.m. Ask God who you might invite, then as you pray consider what God is asking you to do. If you sense God leading you to invite and come, please do! All are welcome, regardless of faith background or lack of one. Doubters, questioners, faith-filled. All are invited.

## Group Activities!!

### Prayer Shawl Ministry

The Prayer Shawl Ministry will meet on Tuesday, August 9th, at 10:00 a.m. in the Fellowship Hall. We will continue having our meetings on the second Tuesday of the month at 10:00 a.m.

This ministry makes prayer shawls for church members and others who are in need of prayer and comfort. If you knit or crochet and would like to participate in this ministry, please join us or contact Jeanne Davis at [jeannedavis88@att.net](mailto:jeannedavis88@att.net) with questions.



### WEDNESDAY MORNING BIBLE STUDY FOR AUGUST

The Wednesday morning Bible study will meet August 24, 2022 at 10AM.

We will view sessions 5 & 6 in "the Rock, the Road, and the Rabbi" by Kathy Lee Gifford.

Session 5 covers Mount of Olives: The Triumphal Entry.

Session 6 covers Jerusalem: Crucifixion and Resurrection.

Come and laugh & learn. All are welcome

### Caring & Sharing Group: Next Meeting September 9

Although we will not meet as a group this summer, we know that caring does not take a vacation. We encourage you to stay in touch with one another by email, text, phone call or getting together for coffee. A friendly voice or message can really brighten someone's day.

For more information, please contact Betty Reynolds at 704-287-5724 or [CoachBettyR@gmail.com](mailto:CoachBettyR@gmail.com).

### Quilt Ministry News!

The next Quilt Ministry workshop will be on Tuesday, August 16th at 10:00 a.m. in the Fellowship Hall. All are welcome to come help assemble and tie quilt layers to create cozy quilts for Lutheran World Relief.

All supplies are here and waiting for volunteers to arrive. No actual "quilting" is needed for these quilts destined for people in crisis around the world, due to weather, war, famine, etc.



## Ministry of Health and Wholeness

### August Health and Wholeness focus: **Cognitive Wellbeing**



*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good pleasing and perfect will”. Romans 12:2*

*“...And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.” Philippians 4:7*

**Cognitive Decline:** Protecting cognitive skills is an important lifelong focus. Due to the success of increased awareness of the lifestyle choices protecting Cognitive skills, current research shows the rate of cognitive decline is slowing. Be on the lookout for the August Health and Wholeness Newsletter to be reminded of the lifestyle choices which support Cognitive Wellbeing.

**August Cognitive Challenge:** Adults are challenged to complete a Cross Word Puzzle provided by Health and Wholeness. Younger people are challenged to complete a word search also provided by Health and Wholeness. The Cross Word and Word Search will be collected the First Sunday in September.

**Health Tips on the back cover of the Sunday Bulletin:** You are invited to tear off the back of the bulletin each Sunday in order to take the Health Tip home with you as a gentle reminder throughout the week.

**30 Minutes per day of Exercise is supportive of Cognitive Wellbeing.** You are invited to take advantage of the exercise opportunities at Living Saviour:

- **Fitness Class:** Lyn Addy, with multiple fitness training certifications, a member at Living Saviour, and Director of Fitness Programming at the Jewish Community Center, has graciously offered to provide a variety of Fitness Opportunities on Saturday Morning 10:00 AM at Living Saviour. Follow on Facebook and Instagram below for details. This is a great workout with the affirmations, challenges, and benefits of a personal fitness trainer. A valuable opportunity. We offer each other an abundance of encouragement.
- **NEW Class: Seated Wednesday Workout: Wednesdays at 11:30** immediately following Bible Study. This group will focus on traditional gentle low impact chair movements. This would be a great exercise group for those new to exercise.
- **Ongoing Yoga class Thursday Mornings at 11:00.** This has attracted regulars from the community and has become a delightful, affirming, and fun workout. We laugh together often. Yoga is an ancient practice that builds strength in body, mind, and spirit.
- **Second Sunday Sacred Practice August 14 immediately following worship in the Prayer Room.** This is a 30-minute group contemplative spiritual practice. Contemplative practice is one of the 5 essential core lifestyle choices which support multiple aspects of wellbeing including mental, physical and spiritual wellbeing. All are welcome to explore.

Take a moment to visit two new social media sites for activities at Living Saviour. Although they are currently under construction it would be helpful for you to like or follow:

**Facebook:** <https://www.facebook.com/Living-Well-Community-Center-106538762064426>

**Instagram:** [@livingwell\\_communitycenter](https://www.instagram.com/livingwell_communitycenter)



For the period ending July 20, 2022 there was an 80% increase in the presence of COVID in tested waste water. There was also a 12% increase in the number of Emergency Department visits. Transmissibility is considered **High** with strain on local resources at a **Medium** level. North Carolina does not have a mask mandate. The choice to mask is based on personal preference informed by personal level health risk and high risk settings such as indoor worship spaces. Individuals with vulnerabilities might consider masking for indoor gatherings and public travel.



# July Community Outreach Project!!



**Dear Living Saviour Family and Pre-School Parents,**

The Christmas in July collection of dental hygiene supplies and razors for our homeless and in-need community neighbors ended on Sunday, July 31. Project OUTPOUR provides mobile showers and hygiene services to our neighbors in need.

The mobile unit provides showers and serves five different locations around Charlotte.

They have provided 1,338 people with hygiene supplies during the past year and provided 324 showers. This organization is supported 100% through donations.

The Endowment Committee has supported Project OUTPOUR with some funding during the past two years, however, Summer creates additional challenges for our neighbors moving through homelessness such as staying cool and needing various supplies for hygiene.

These supplies will be distributed by Project Outpour during their mobile shower visits around the city. Your generosity has been overwhelming. Heartfelt thanks to all of you who contributed to this ministry event. Laura Gorecki of Project Outpour also sends her sincere "Thank you" for the items donated. Barbara Avard



## August Community Outreach Project!!

### 2022 Good Samaritan Project

The plan to is to assemble some hygiene and food items in gallon ziplock bags to hand out to the homeless on the street. There will be big GOOD SAMARITAN PROJECT marked boxes right inside the church for collection on August 28th.

Here is what we need! Good Samaritan project items (choose high calorie options):

- Protein bars & granola bars
- Peanut butter crackers or cheese crackers
- Pudding or applesauce
- High calorie like pop tarts or snack cakes
- Fruit snacks - raisins - or other dried fruits
- Water
- GUM!! /Mints
- Hygiene Bags:
- Gallon zip lock bags
- Toothbrush and paste -travel size Hand sanitizer/Bar Soap/Shampoo -travel size
- Deodorant Lotion/Lip balm
- Band-Aids
- Tissue
- Comb / Brush
- Athletic Socks

Questions about the Good Samaritan Project: contact: Glenda [glendakilminster@gmail.com](mailto:glendakilminster@gmail.com) or 704-604-5921 love ya glenda; Or Anita Mitchell [kittygirlfriends@gmail.com](mailto:kittygirlfriends@gmail.com) or 704-661-6050 she loves ya , too!

## Greeting Card Ministry!!



[This Photo](#) by Unknown Author is

### Joys and Cares Greeting Cards

Did you know that we have a lovely selection of greeting cards for many occasions on the wall display in the Fellowship Hall? These cards are available for a \$1 donation per card that can be left in the box on the display. These funds become contributions to the church. If you have questions please contact Dawn Gibson at ([fourleafclovertwc.com](http://fourleafclovertwc.com))

# AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 11:00 a.m. Betty Eissfeldt Funeral service 2:00 p.m. Lectionary Study Group (Zoom)	3 11:30 Gentle Exercise 6:30 p.m. Alleluia Ringers bell choir practice	4 11:00 Chair Yoga 6:15 p.m. Gathering@theTable	5	6 10:00 a.m. Exercise Opportunities
7 9:00 a.m. Chancel Choir Rehearsal 9:30 a.m. Coffee Fellowship 10:30 a.m. Traditional Worship Live Streamed	8	9 10:00 Prayer Shawl Ministry 2:00 p.m. Lectionary Study Group (Zoom)	10 11:30 Gentle Exercise 6:30 p.m. Alleluia Ringers bell choir practice	11 11:00 Chair Yoga 6:15 p.m. Gathering@theTable	12	13 10:00 a.m. Exercise Opportunities 2:00 p.m. Nancy Hahn Funeral service
14 9:00 a.m. Chancel Choir Rehearsal 9:30 a.m. Coffee Fellowship 10:30 a.m. Traditional Worship Live Streamed	15	16 10:00 a.m. Quilting Group 2:00 p.m. Lectionary Study Group (Zoom)	17 11:30 Gentle Exercise 6:30 p.m. Alleluia Ringers bell choir practice	18 11:00 Chair Yoga 6:15 p.m. Gathering@theTable	19	20 10:00 a.m. Exercise Opportunities
21 9:00 a.m. Chancel Choir Rehearsal 9:30 a.m. Coffee Fellowship 10:30 a.m. Traditional Worship Live Streamed 11:45 a.m. Council Meeting	22	23 2:00 p.m. Lectionary Study Group (Zoom)	24 11:30 Gentle Exercise 6:30 p.m. Alleluia Ringers bell choir practice	25 11:00 Chair Yoga 6:15 p.m. Gathering@theTable	26	27 10:00 a.m. Exercise Opportunities
28 9:00 a.m. Chancel Choir Rehearsal 9:30 a.m. Coffee Fellowship 10:30 a.m. Traditional Worship Live Streamed 11:30 Good Samaritan Project	29	30 2:00 p.m. Lectionary Study Group (Zoom)	31 11:30 Gentle Exercise 6:30 p.m. Alleluia Ringers bell choir practice			

## More Ways to Help our Community!!

You are encouraged to donate blood to One Blood Community Blood Center



**CRISIS ASSISTANCE MINISTRY**

**Living Saviour supports these agencies who help our neighbors. We ask you to help**