
The InnerNet

September 2022



"Scripture Alone, Faith Alone, Grace Alone, Christ Alone, Glory to God alone." The 5 *Solae* of the Reformation

Our COVID postponed Germany trip from 2020, Renewed in Faith: Luther, Oberammergau, and You is finally happening! This tour Pastor Angela and Barbara Avard are hosting is Sept. 1-12. Barbara has been instrumental in handling the details, and many thanks are given for her dedication and hard work. Please pray for the pilgrims traveling together for these 12 days, that their faith be renewed.

We begin in Munich Germany, with a city tour, and move on to Oberammergau, and the Passion Play. This living presentation by the town of Oberammergau began 1633 when the villagers promised God to perform the suffering, death and resurrection of Christ every tenth year, in so far as no one else was to die of the plague. The villagers were answered by God and therefore in 1634 the first Passion Play took place. The promise has been kept until today, though in 2020 the Passion Play had to be postponed for two years due to the pandemic. This play grounds us in the very reason Martin Luther sought to reform the Holy Roman Catholic Church, believing it had drifted away from the central tenet of faith and grace in Christ's death and resurrection.

Other highlights of our tour include some of the sites of Martin Luther's life, Erfurt where the monastery he attended is located, to Eisenach and Wartburg Castle where Luther translated the Bible to German, and Eisleben, where he was born and died, to Wittenberg, and the famous doors, all places important to Luther's life and work. We will worship together in the monastery chapel, in Wittenberg at a church Luther preached in, and along the way in the many places we will visit. As we tour, we will keep in mind that Luther was formed and reformed as well as renewed in faith throughout his life.

Germany is an ancient land inhabited before the Romans created colonies and roads, and many of its towns have buildings from the 11th-16th centuries, as well as those constructed by royalty in the 18th-19th centuries. We will see the famed Berlin Wall, and remember how delicate democracy, how fragile society. We will tour the home of Dietrich Bonhoeffer and remember and give thanks for those who sacrificed everything for freedom, and to correct the wrongs done to those put to death by the Nazi regime. As we see these sites, remember the generations before us who lived in faith, we will pray God renew our faith and hope that the generations following us will be enabled to live in peace and faith in God.

Congregation Acknowledgements!!

September Birthdays

09/03—Robert Hughes, Jackson Thom
09/10—Elizabeth Garrison, Madeline Patterson
09/11—Nicole Krause
09/14—Erin Williams
09/16—Mary Ann Eller, Heather Stivender
09/17—Piper Zeis
09/20—Katherine Cochran, Trudy Haseley, Ginger Kern, Luke Quinlan
09/21—Jay Harbinson, Kathy Sullivan
09/22—Ryder Williams
09/24—Barbara Ferriss
09/25—Kyle Greve
09/28—Mark Brennan, Andrew LaFollette
09/29—Margaret Conrad
09/30—Pete Greve



September Anniversaries

09/05—Joseph and Robin LaFollette (30)
09/06—Jeff and Kristen Haigler (14)
09/11—Mark and Julie Brennan (30)
09/15—Ken and Carol Cochran (32), Chuck and Linda Lyle (16)
09/16—Andy and Erin Williams (16)
09/19—Laura and Michael Schwab (7)
09-25—John and Polly Farris (51)



Praying for Possibilities!

08/28-09/04 Traci Anderson and William Charnock
09/04-09/11 Lillian Stephens and Nancy Mersereau
09/11-09-18 Sherry Wooldridge and Don Huff
09/18-09/25 Jean Dunne and Janet Wagstaff
09/25-10/02 Frank DeLoache and Marty Jenkins



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.

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.

THANK YOU to all the congregation for your prayers, emotional support, cards, meals and expressions of love during the illness of Stephen Perdue, my partner, and following his passing.

Your love has been a constant source of comfort.

My love to you, Don Huff

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

Our dinner church is taking a break from September 1 until September 22nd.

REMEMBER

Sunday Morning at 10:30 is available by Live Stream. Find a link on the website. www.livingsaviourlc.org

You can also find past Sunday worships stored on our YouTube channel.- Living Saviour Lutheran Church

Group Activities!!

Prayer Shawl Ministry

The Prayer Shawl Ministry will meet on Tuesday, September 13th, 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 with questions



WEDNESDAY MORNING BIBLE STUDY

We will not be meeting in September. We will start again in October. Please watch for details in the coming weeks. Have and enjoy a great fall.

If you have any questions, please contact Janet Mayer; janetmayer@bellsouth.net.

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.

Quilt Ministry News!

Quilt Ministry on Tuesday, Sept. 6, beginning at 10:00. We will be assembling, pinning and tying quilt layers together.

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
September 2022 Health and Wholeness focus: G.R.A.C.E.



“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.” 1 Peter 5:10

G.R.A.C.E.- For the past year Health and Wholeness has been promoting **G.R.A.C.E.** as a way to remember the 5 core health habits emphasized repeatedly by physicians to protect against *and* treat a variety of illnesses and chronic conditions. September will focus on a review of these essential **5 Core Health Habits** that protect against disease and promote health, longevity and wellbeing. We all live by GRACE physically, emotionally and spiritually!!

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 Physical Emotional and 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 September 11 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 August 24, 2022, covid was detected in more than 60% of the waste water which indicates a high transmission of illness in the county. This does however, reflect a 30% decrease from the previous 2 week period. Transmissibility is considered **High** with **High** strain on local medical resources. 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.

Christmas Craft Fair!!!



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 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

Kathy DeLoache kathydeloache8220@gmail.com
704-222-6271

Or Anita Mitchell kittygirlfriends@gmail.com or
704-661-6050 she loves ya , too;-)

PROJECT OUTPOUR August Update!!!

We have had our busiest 3 months in a row, and have served more people so far in 2022 than in all of 2021, with 498 showers and 1,550 hygiene services provided!

We are so grateful for all of the support that helps us meet our neighbors where they are to get them critical shower and hygiene services. Thank you all for helping us reach our neighbors in need!

Please read on to learn more about our recent activities.

A Lucky Wrong Turn



As we were setting up for showers at Derita Presbyterian Church on Thursday, a car pulled up looking for directions. The woman said her phone stopped working and they were lost. As we were looking up directions for her she was looking at the trailer. She asked what we were doing, and we said "mobile showers for anyone who needs access to a shower". Her jaw dropped. She said, "My son and I are living in our car. We have not had a shower in 5 days. Can we use the showers?" Wow.

While they used the showers we got to work pulling resources together for them. We were able to connect them with a partner agency who assists homeless families with older children, we provided them some food items to take with them, and our volunteers found a campground not far away where they could spend a few nights, with plans for them to return next week to see us. It was so fortunate that they took that exact wrong turn when they did. Amazing stuff!

SEPTEMBER 2022

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

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