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# The InnerNet

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**February 2023**

## **LUTHEROAD DAY CAMP 2023**

**July 31—August 4, 2023**

It may be winter but it's time to start planning for this summer's Lutheroad Day Camp. We have a volunteer leader but now we need volunteers from our congregation to help with on-site tasks.

Here are some of the tasks we need volunteers to help with:

- ◆ Sign In and Sign Out: morning and afternoon
- ◆ Oversee Lunch and snack: Campers bring their own lunch and we provide a snack.
- ◆ Clean up in the afternoon
- ◆ Sunday night meet and greet: On Sunday night we provide dinner for the counselors, campers, and family members so that they may meet and get to know the counselors.
- ◆ Hospitality for the counselors: Church members provide dinner for the counselors either at their home or take them out to eat.
- ◆ Thursday Outing Coordinator: We need someone to plan the outing, secure vans and drivers, and help out with the event.

Please prayerfully consider how you might help make this ministry opportunity for our own young members and the community around us happen.

## **Scouting For Food is rapidly approaching**

Pack 265 and Troop 165 will be collecting food during the Boy Scouts of America county-wide food drive over the weekend of Saturday, February 4th and Sunday, February 5th .

Scouting For Food is our community's largest food drive of the year, filling the shelves of the Loaves and Fishes community pantries with enough food to last 3 to 4 months. Including monetary donations, BSA was able to collect over 300,000 lb. of food in 2022, thanks in part to our LSLC family! Please do some extra shopping and bring your food donations in to LSLC any time up to and including 2/5/23. In greatest demand are canned soups, canned fruits, fruit juices, canned meats, peanut butter and powdered milk. We cannot collect glass containers or frozen foods. Thank you.

## Congregation Acknowledgements!!

### February Anniversaries

02/06 Chuck and Erin Malinowski



### February Birthdays

02/01 Henry Allen  
02/04 Brandon Ward  
02/06 Alicia Cook, Maria Rozhin  
02/10 Tom Chriske  
02/11 Cathy Lyall, Catherine Williams  
02/13 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  
02/23 Matthew Noonkester  
02/24 Janet Mayer, Pat Snodgrass  
02/28 Jeff Haigler



### **Praying for Possibilities!**

02/03-02/10 Dawn Gibson and Nancy Mersereau  
02/10-02/17 Corky Carver and Shallen Gordon  
02/17-02/24 Maria Rozhin and Glenda Kilminster  
02/24-03/03 GOD and Janet Mayer



Please pray for the wisdom of the council and call committee during this time.

## 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 AT 9:30 AM

We are pleased to announce a wonderful opportunity for your child to learn about **God, the Bible, Important People** in the **Bible**, and the **liturgy** of the **Lutheran Church**. Your child will experience lessons in **learning, music, arts and crafts**. This will be led by Cathy Shabla and Russell Hinson.

**Adult Sunday Morning Faith Formation/Faith Forum meets at 9:15 in the Education Wing. All are Welcome!**

### ENDOWMENT COMMITTEE

We have a vacancy on Living Saviour's Endowment Committee. This Committee meets 3-5 times a year and meetings are very brief. (We have been meeting via Zoom or in person) Meetings are usually on a Tuesday evening. Positions are for a three-year period. If you are interested, you can read more about the Endowment on the church's website or call Barbara Avard (704-650-9093) for more information.

Thank you!

## IT'S A NEW YEAR - WE NEED TELLERS – CAN YOU HELP?

It's a new year, things are coming back to more normalcy and we are worshipping together in person. We need help with counting the weekly contributions. This takes only about 30-45 minutes after worship and Barbara Avard or George Shabla will be there with you for help and support.

Contact Barbara ([bj1949@bellsouth.net](mailto:bj1949@bellsouth.net)) if you are willing to consider giving some of your time and talent to help with this important administrative support duty. Thank you!



[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))

*Dear LSLC,*

*The family of Russ Krause would like to thank you for all your prayers and support. Thank you to those who helped with the celebration of life service - Pastor Linda, Don, Nancy, the Choir, Greeters, Ushers, Bereavement Team and the Coffee and Cookie Team. Thank you to Joe LaFollette for streaming the service as we had family who could not attend.*

*Again thank you Church Family, The Krause Family*

## Group Activities!!

### *Prayer Shawl Ministry*

*The Prayer Shawl Ministry will meet on Tuesday, February 14th, 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**

The Bible Study Group has resumed meeting on Wednesday mornings at 10:00 a.m. in the Fellowship Hall.

### **Caring & Sharing Group: Next Meeting February 10**

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. We will meet at a place to be decided due to the floors being treated at the church. For more information, please contact Pat Sipe at [psgsipe@gmail.com](mailto:psgsipe@gmail.com).

### **Quilt Ministry News!**

Quilt Ministry on the first Tuesday of each month at 10:00 a.m. We will next meet on February 7th. 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  
February 2023 The Heart of Wellbeing-Bless Your Heart



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

In February, The Health and Wholeness Ministry Team is spotlighting the importance of the heart to our overall wellbeing. The heart is the first organ to develop and impacts many aspects of our lives beyond our physical health such as our social relationships, our emotional responses, and our spiritual practices as well as being impacted by these areas of our life. Pick up a copy of the February Newsletter to discover more of what neuro-biologists are learning about the heart as a sense organ and the important role of our heart in areas beyond our physical health. The health of the heart is truly the heart of wellbeing. It is important to Bless our hearts to carry out our vocational discipleship.



**AN INVITATION:** The Health and Wholeness Ministry is interested in welcoming additional team members to assist with program planning. Please email [healthandwholeness@livingsaviourlc.org](mailto:healthandwholeness@livingsaviourlc.org) or call the church office to identify interest.

**NEW OFFERING:** Tuesdays beginning October 18, 2022 at 10:30 AM –STEPS to Wellbeing

Develop a practice described by Jesus in the Beatitudes, modeled in his ministry, practiced by the early church, developed by Native Americans, and most recently promoted by the 12 Steps of AA—a practice that guarantees a life abundant in the Fruit of the Spirit.. A brochure can be picked up from the tea cart. All are welcome.

**NEW OFFERING:** Grief Specialist Holly Gainsboro, has once again been rescheduled for Sunday 02/26/2023 immediately following worship. She was rescheduled from January to allow for the meeting with the Bishop’s Office on January 22, 2023. Interestingly, Pastor Danielle DeNise from the Synod, challenged us in the meeting on 1/22/23 to do our Grief Work in preparation for envisioning our future as a congregation. She stated that everyone having lived through the past 3 years has experienced loss resulting in grief to process which can inhabit our energy to see the future clearly. Mark your calendar.

**MARK YOUR CALENDAR:**

- ◆ February 19, 2023 Blood Drive Sunday Morning- Watch for instructions
- ◆ February 26, 2023 Grief Workshop with Holly Gainsboro, Grief Specialist
- ◆ March 11, 2023 CPR/Defibrillator Training for all.

**ONGOING OFFERINGS:**

**Thursdays at 11:00 AM Chair Yoga-** This has become a cherished physical exercise activity at the intersection of faith and health. You are invited to join this delightful group of people in support of health and wellbeing. All are welcome.

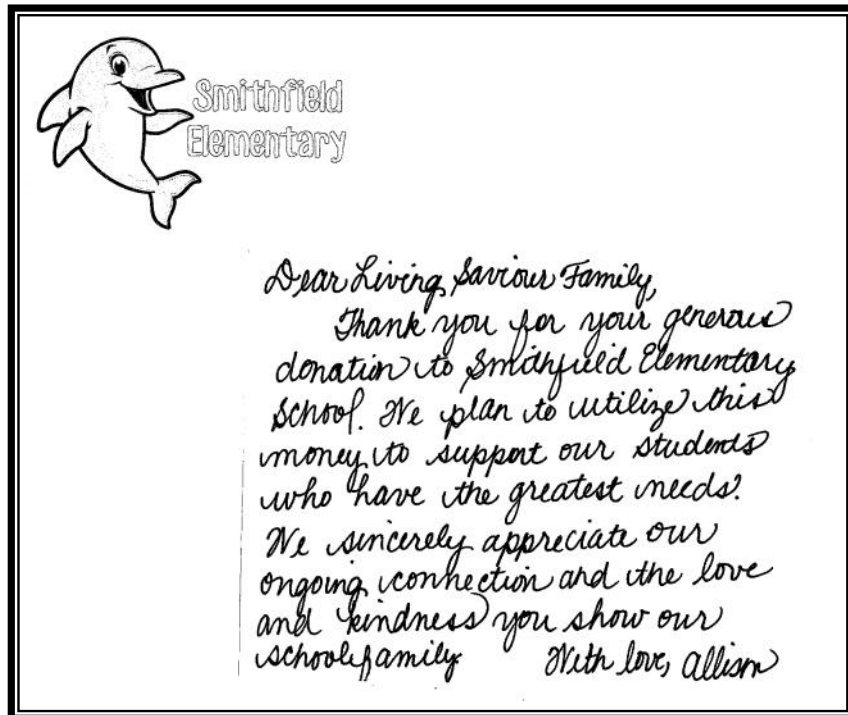
**Saturdays at 10:00 AM Aerobic Exercise** – Another delightful exercise group with an excellent opportunity to get that heart rate up, build some muscle strength and receive supportive meaningful coaching from a talented instructor.

# Smithfield Outreach!!!

## Smithfield School Needs Increase

Smithfield packs backpacks every week filled with food that the children take home on a regular basis to assist with food insecurity. Below are ways that Living Saviour can help:

Canned Chicken	Granola bars (breakfast bars, protein bars)
Canned soups/chili	Raisins
Rice-a-roni	Individual packs of trail mix or other individual snack items
Spaghetti Os/canned ravioli	Boxed individually packaged grits
Fruit cups (preferably not cans)	Boxed individually packaged oatmeal
Applesauce cups or squeezable (preferably not jars)	Canned/packed tuna
Packs of crackers (individual	Easy mac and cheese



# FEBUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 10:00 a.m. Exercise Opportunities
5 <b>Scout Sunday</b> 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Streamed	6	7 10:00 a.m. 12-Step Discussion Group 10:00 a.m. Quilt Ministry	8 11:30 Gentle Exercise	9 11:00 Chair Yoga 6:15 p.m. Gathering@theTable	10 10:00 a.m. Caring and Sharing	11 10:00 a.m. Exercise Opportunities
12 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Streamed	13	14 10:00 a.m. 12-Step Discussion Group 10:00 a.m. Prayer Shawl Ministry	15 11:30 Gentle Exercise 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	16 11:00 Chair Yoga 6:15 p.m. Gathering@theTable	17	18 10:00 a.m. Exercise Opportunities 1:30 p.m. Eagle Scout Court of Honor
19 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Streamed Blood Drive Monthly Council meeting	20	21 10:00 a.m. 12-Step Discussion Group	22 <b>Ash Wednesday</b> 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	23 11:00 Chair Yoga 6:15 p.m. Gathering@theTable	24	25 10:00 a.m. Exercise Opportunities
26 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Streamed 11:30 a.m. Grief Seminar	27	28 10:00 a.m. 12-Step Discussion Group				