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# The InnerNet

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May 2023

## LUTHEROAD 2023

**Lutheroad Summer camp is coming and will be held from July 31 - August 4, 2023, for those rising 1st graders through middle school.**

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

- ⇒ Day Camp is: Monday July 31-Friday August 4, 2023, 9-4, with extended hours 7-6.
- ⇒ Kids sleep at home, and still experience the songs, activities, crafts, devotions, games, and fun of camp Geared for youth who have completed Kindergarten to 5th Grade.
- ⇒ Staffed and led by counselors from Lutheridge.
- ⇒ Part of our Outreach Ministry as we invite the congregational youth and the community to come, experience Jesus' love and the joy of being a disciple of Jesus.
- ⇒ Designed to create a caring community.
- ⇒ To meet the needs of our working families, we will have pre-post camp care available.
- ⇒ An opportunity for you to serve Jesus and our community as you fill one of the many positions needed to organize and coordinate camp.
- ⇒ LOTS of FUN!

### COST:

- ⇒ Members of Living Saviour: \$80.00 for M-F camp;  
\$75.00 additional for pre-post care
- ⇒ Non-member of Living Saviour: \$110.00 for M-F camp;  
\$75.00 additional for pre-post care



## Congregation Acknowledgements!!

### May Anniversaries

05/11 Charles and Judy Gribble (60)

05/16 Eric and Joy Forster (31)

05/17 Eric and Melissa Krantz (9)

05/18 John and Pam Williams (49)

05/20 Larry and Janet Wagstaff (45)

05/24 Gary and Deb Borley (48)

05/25 Ryan and Jennifer Huber (15)



### May Birthdays

05/05 Lori Davis

05/07 Indra Persaud

05/09 Lottie Williams, Maggie Williams

05/13 Lyn Addy

05/15 Traci Anderson and Susan Hunsinger

05/17 Sally Ganz, Robin LoFollette

05/22 Bill Larsen

05/27 Emma Allen, Rufus Gregor

05/30 Judy Gribble

05/31 Melissa Krantz



### **WEDNESDAY MORNING BIBLE STUDY**

We are studying the book of Acts & using "Acts Awakening to God in Everyday Life" by Melissa Spoelstra and We are also using "Acts catching up with the Spirit" DVD by Matthew L. Skinner.

We invite anyone to join us even if you don't have the workbook for some lively conversation and a few laughs. Any questions please contact Janet Mayer.

## 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!**

### Praying for Possibilities!

- 04/2/-05/05 Sherry Wooldridge and Don Huff
- 05/05-05/12 Jean Dunne and Janet Wagstaff
- 05/12-05/19 Frank DeLoache and Marty Jenkins
- 05/19-05/26 Anita Mitchell and Glenda Kilminster
- 05/26-06/02 Bob and Judy Hughes



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

## ENDOWMENT COMMITTEE UPDATE

The 2023 Endowment Committee met on February 21. Jean Dunne was introduced as a new member of the Committee. Officers were elected. Barbara was re-elected as Chair, Steve as Vice-Chair. The Committee has \$9,685 to distribute during 2023. This is the permitted 5% distribution from the endowment account balance as of December 31, 2022. The Fund experienced significant market reductions during 2022 and we hope for some reversal in the coming months.

The Committee received and reviewed three funding requests. These requests were for The Community Table at Bethlehem Lutheran Church (New Orleans), Community Culinary School of Charlotte and Loaves & fishes/Friendship Trays, Inc. The Committee approved grants to these organizations in the following amounts: \$1,250, \$1,250 and \$1,000 respectively.

The Committee's next meeting is scheduled for May 9.

As a reminder, requests for funds from the Endowment may be submitted by congregation members on behalf of organizations or directly by organizations who meet the guidelines. The guidelines and request form are on the church's website with information about grants awarded during the past several years. For more information or questions, please contact Barbara ([bj1949@bellsouth.net](mailto:bj1949@bellsouth.net))

## Sunday Coffee!

We are looking to organize Sunday morning Coffee time. To that end, we would like to set up a schedule so we have coffee every Sunday instead of only on random Sundays. Recently George Shabla has been our coffee set up person, but I'm pretty sure he could use a break occasionally. To make it even simpler, let's make providing baked goodies optional. That will make setting up on Sunday quicker and easier. And clean up will be simplified.

Look for a sign up sheet at the coffee table. Sign up for set up, or clean up, OR both. No experience with making coffee is needed. Full, simple instructions are printed on the cabinet just above the coffeemaker and all coffee supplies are on the counter or in the cabinets above. Please consider volunteering in this simple manner to enhance our fellowship time on Sunday mornings. Questions? See Alice Jenkins

## Group Activities!!

### *Prayer Shawl Ministry*

The Prayer Shawl Ministry will meet on Tuesday, May 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.

### **Caring & Sharing Group: Next Meeting May 12th**

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 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 May 2nd. 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

May 2023

### Fearfully and Wonderfully Made: Skin Cancer Awareness and Prevention

“For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”

*Psalm 139:14*

The Health focus for May is Skin Cancer awareness and prevention. We have been fearfully and wonderfully formed by God and charged with caring for the bodies we have been gifted. One out of 5 Americans will develop skin cancer by the age of 70.

However, the good news is that if skin cancer is caught early, your dermatologist can treat it with little or no scarring and high odds of eliminating it entirely. With training and awareness skin cancer is one that is more easily detected. Be sure to look over a copy of the Health and Wholeness May Newsletter which is published on the second Sunday of each month to review information regarding skin cancer awareness and prevention. You are also invited to attend the first of what we hope will be monthly Lunch and Learn gatherings to **meet, greet, eat and learn** on May 17, 2023. Information will be presented, and questions answered regarding skin cancer. It is important to be well informed regarding skin cancer in order to be proactive during the summer months of greatest sun exposure and risk of sun damage.

**MAY LUNCH AND LEARN:** Wednesday, May 17, 2023 at 12:00. There will be a **Lunch and Learn** on the topic of skin cancer *awareness, detection and prevention* in the fellowship hall of Living Saviour Lutheran Church. The Health and Wholeness Ministry is sponsoring this event. Lunch of *meat or vegetarian* sandwich and side will be catered from Community Culinary School of Charlotte for \$12.50 each, collected at the door. *Personal bag lunches are also welcome.* Call or text Laura Michael at 980- 214-7171 *by Friday May 12 to reserve sandwich preference and* to register for this fun and educational time of fellowship. All are invited!

**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.

#### **ONGOING OFFERINGS:**

##### **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.

**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 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:

1. Contribute food items: (drop in red boxes in Narthex)

## Summary of 23 April 2023 Council Meeting

The April congregation council meeting covered the monthly financial reports from our treasurer, which included a quarterly report on our preschool. Enrollment for the current school year shows 45 students, 8 teachers, and 1 director. For summer school, there are currently 19 students and 3 teachers enrolled. For the 2023/2024 school year, there are 28 students already enrolled.

Laura Michael gave a report on the Health and Wholeness Ministry, which included past programs such as blood pressure checks for members, the class on grief, CPR training, chair yoga class, active exercise class, the Health and Wholeness room with educational materials, meeting with Smithfield Elementary principal and guidance counselor to assess needs and our continuing support for backpack food collection. Future programs include a Lunch and Learn on skin cancer on Wednesday May 17, 2023 at noon, a Lunch and Learn on Alzheimer's in June, fifth Sunday Lunch and Learn on summer safety in July and a Lunch and Learn on Fire Safety in October.

Council got an update on the Shabla Gift project. Progress is being made, the group got three quotes for painting in the education building and quotes for repair of the back wall in the sanctuary. Permits for the new electronic sign and the lighting project for the at the front entrance that is Tanner Axtman's Eagle Scout project had been resolved.

Pastor Linda submitted a pastoral report and we thank her for all that she is doing.

The Ministry Site Profile (MSP) is uploaded and available to prospective pastoral call candidates on the ELCA website. The next step is training for the call committee and dates have been submitted to the Synod and we are waiting to hear back from them.

# MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:00 a.m. 12-Step Discussion Group 10:00 a.m. Quilt Ministry	3 10:00 a.m. Bible Study 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	4 11:00 a.m. Chair Yoga 6:15 p.m. Gathering@theTable	5	6 10:00 a.m. Exercise Opportunities
7 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Streamed 3:00 p.m. Recital	8	9 10:00 a.m. 12-Step Discussion Group 10:00 a.m. Prayer Shawl Ministry	10 10:00 a.m. Bible Study 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	11 11:00 a.m. Chair Yoga 6:15 p.m. Gathering@theTable	12 10:00 a.m. Caring & Sharing	13 10:00 a.m. Exercise Opportunities
14 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Streamed	15	16 10:00 a.m. 12-Step Discussion Group	17 Ringers bell choir practice 7:00 p.m. Chancel Choir	18 11:00 a.m. Chair Yoga 6:15 p.m. Gathering@theTable	19	20 8:30 a.m. Recital rehearsal 10:00 a.m. Exercise Opportunities
21 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Monthly Council meeting 2:30 p.m. Recital 6:00 p.m. Recital	22	23 10:00 a.m. 12-Step Discussion Group	24 10:00 a.m. Bible Study 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	25 11:00 a.m. Chair Yoga 6:15 p.m. Gathering@theTable	26	27 10:00 a.m. Exercise Opportunities
28 9:15 a.m. Adult Sunday School 9:30 a.m. Children/Youth Sunday School 10:30 a.m. Traditional Worship Live Streamed	29 <b>Memorial Day</b> <b>Church Office Closed</b>	30 10:00 a.m. 12-Step Discussion Group	31 10:00 a.m. Bible Study 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	27 11:00 a.m. Chair Yoga 6:15 p.m. Gathering@theTable	28	29 10:00 a.m. Exercise Opportunities