



The InnerNet

August 2023

SHELTER MINISTRY

In a few months, Living Saviour is planning to participate in another season of Room In The Inn. Each Sunday night, for however many weeks we are able to, during the season composed of the weeks from December 1 through March 31, our volunteers pick up 12 homeless neighbors – men, women and, sometimes, children – at the downtown Roof Above Center. We transport them to our church where other volunteers greet them and offer a comfortable cot, clean showers and a hearty meal. Two volunteers stay through the night and wake everybody at 5 a.m. for breakfast, a bagged lunch to go and the shuttle bus trip back to Charlotte Transit Center. Later that day, other teams of volunteers wash sheets and towels, take out trash and refresh bathrooms and showers.

As you can see, it takes numbers of volunteers to address the many parts of this ministry for each of the Sunday nights of the Shelter season. Last year we hosted neighbors for five consecutive Sundays during the coldest part of the winter. This year, we would like to increase that number to 6-8 Sundays. There are some returning volunteers in every category, but many additional volunteers are also needed for us to be able to continue this great ministry for as much of the season as we can. **Especially vital are those volunteers, working in twos, that are willing to serve as overnight hosts.** Please look for the job descriptions and sign-up sheets on the table in the fellowship hallway and consider adding your name to an area where you may feel called to serve our less fortunate neighbors. Need more information? Contact Alice Jenkins at jenkinsalice2019@gmail.com or Frank DeLoache at frank.deloache@yahoo.com.

Congregation Acknowledgements!!

August Anniversaries

08/05 Frank and Kathy DeLoache (45); Steve Vick and Russell Hinson (15)
08/07 Dawn and Malcom Schaeffer (13)
08/05 Tony and Mary Ann Eller (59)
08/13 Ron and Shallen Gordon (46)
08/16 Dan and Trudy Haseley (54)
08/20 Cassie and Ryan Chandler (2)
08/26 John and Marge Sahr (56)



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 Riley Skidmore, Lillian Stephens
08/10 Janet Axtman
08/13 Benjamin Malin, Jr.
08/17 Nate Forster
08/18 Ann Reichert, Pam Williams
08/20 Mark Ferriss
08/27 Eddie Sipe



GATHERING@theTable

Gathering@theTable will not meet again in June. For the next three months we will only meet once a month, on the third Thursday of the month, which are August 17, and September 21. We will go back to weekly gatherings in October.

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.

Sunday School Update!!

Both the Children's and Adult's Sunday School classes will resume in September.

Caring & Sharing Group: Next Meeting September 8th

Caring & Sharing is taking a break for the summer. 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.

Praying for Possibilities!

- 07/28-08/04 Janet Wagstaff and Jean Dunne
- 08/04-08/11 Linda Hatcher and Glenda Kilminster
- 08/11-08/18 Indra Persaud and Pat Snodgrass
- 08/18-08/25 Patricia and John Maisel
- 08/25-09/01 Traci Anderson and ??



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

Bible Study - Summer Style

All are invited to attend the Summer Bible Study gathering on August 16. We will meet at Wan Fu Restaurant on Hwy 51 at 11:30 for lunch and a book discussion. The book to read is Hearts of Fire by The Voice of the Martyrs, a story of modern day women living out their faith even through much adversity.

Join us for fellowship, food and thoughtful discussion! Please RSVP to Alice Jenkins at jenkinsalice2019@gmail.com so we can reserve appropriate dining space.

QUILT MINISTRY NEWS!

There will be no meeting for a quilt workshop in August. However, there are still a few bags holding coordinating fabric that need to be cut into 11" squares. These bags of fabric are in the short hallway between the fellowship hall and the education wing. They are on top of the cabinet to the left.

Additionally this ministry has these needs:

- At-home sewing to stitch perimeter border of two completed quilts
- At-home sewing to stitch together forty-eight 11" squares to form quilt tops
- Donation of twin-sized flat sheets, preferably in darker colors, not white, to serve as quilt backings

All quilts that we complete will be sent to Lutheran World Relief for distribution to people in crisis throughout the world.

Questions? Contact Jenkinsalice2019@gmail.com

SUMMER CHOIR. YOU ARE INVITED!

The choir is on summer break from midweek rehearsals. However they will still be serving as music and worship leaders during the summer. Rehearsals will take place on Sundays prior to worship, for the most part. You may be a part of the summer choir anytime you happen to be at worship, and there is no obligation to continue in the fall. All are welcome!

Group Activities!!

Prayer Shawl Ministry

The Prayer Shawl Ministry will be taking a break for the summer, resuming on the 2nd Tuesday of September (Sept. 12th).

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.

June 28

Dear Friends,

Thank you for your generous gift to ELCA World Hunger in memory of Matt. He loved being a parish pastor, and both of us loved the people of Living Saviour. It was so good to have so many folks from the congregation at Matt's service. I wish you all the best in your ongoing ministries.

Peace,

Karen Ernst + family

We welcome to the Lord's Table

the following persons who completed their First Communion Instruction on July 23:

Ian Schwab
Benjamin Thom
Lucas Stivender
Cooper Thom
Jackson Thom



to Pastor Charlie for planning and conducting, and a special **THANKS** to Kay Zimmerman for helping with, the First Communion Orientation Class!

Ministry of Health and Wholeness
August 2023



Living a Life of G.R.A.C.E.

"For sin will have no dominion over you, since you are not under law but under Grace." Romans 6:14

AUGUST Focus:

Before kicking off exciting programming for the next church year, the Health Team decided to wrap up the summer season with a summary of the foundations of health, wholeness and wellbeing with what we have come to know as G.R.A.C.E. Research contin-

ues to validate that our chances of living a healthy life well into old age is significantly increased by implementing the principles of G.R.A.C.E. for physical, social, emotional, and spiritual wellbeing described below:



Holistic Wellbeing:

G- Grains and Greens, Mediterranean Diet, unprocessed, low salt, low sugar

R- Rest- at least 7 hours per night, starting before 10:00 PM

A- Activity- at least 30 minutes of exercise 5 days per week

C(3)- Cease smoking, Control drinking, Contact friends & family daily

E- Emotional balance with daily contemplative/mindfulness practice

REQUEST FOR PRAYER for Lynn:

"Thank you so much for your wonderful prayers. They have meant a lot to both of us.

However, Lynn's cancer has come back on her pancreas after 8 years and we are asking that the Chair Yoga group please Storm the Heavens with their prayers and we will, with God's help, beat this cancer.

She starts Radiation this coming week and we are both very upbeat and know that this will be the start of a winning battle. Thank you all for your love and caring. God Bless each of you."

ONGOING OFFERINGS: (Space made available to Community professionals by Living Saviour for Health and Wholeness Programming)

Tuesdays at 10:30 AM –STEPPS to Wellbeing: Start to Experience Peace, Potential and Serenity

Peer Support Group Organized by N.O.W. Choices with assistance and support from AA 12 Step practitioners

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 peer support practice that guarantees a life abundant in the Fruit of the Spirit. A valuable resource for those dealing with depression, grief, anxiety, medical recovery or seeking a deeper spiritual connection. A brochure can be picked up from the tea cart. All are welcome.

Thursdays at 11:00 AM Chair Yoga-

Class provided by Debbie Mangeney of Feel Good Yoga Girl

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 –

Class provided by Lyn Addy, Certified Group Fitness Instructor and Health Coach.

Another inspiring exercise group of all ages with an excellent opportunity to get that heart rate up, build some muscle strength and receive supportive meaningful coaching from a talented instructor.

EXCITING PROGRAMS BEING PLANNED FOR THE FALL:

September- Taking a Deep Breath of Fresh Air

There will be an exploration of how breathing impacts our health and SURPRISE perhaps even the work of the Holy Spirit. Pastor Adrienne Martin is completing a research project as part of her STM thesis at United Lutheran Seminary. The thesis explores the connection between the work of the Holy Spirit and intentional breath work. We are also in dialogue with Nan Vuncannon of the Charlotte area, who is Certified in Holy Yoga which incorporates the practices of Yoga with Spiritual practice.

October- Fire Safety

October is National Fire Safety Month. How fire safe is your home? Are you prepared to evacuate your home in case of fire? Do you know the available exits at church? Local professionals will assist us with improving our fire preparedness.

November- Caring For Those We Love

We will work with the local chapter of the Alzheimer's Association to host community Caregiver Training.

Summary of the 16 July 2023 Congregation Council Meeting

The painting of the education building and the sanctuary should begin in late August or early September. The sanctuary will be painted first and could take one or two weeks. The education building should take a week.

Plans were discussed for the meet and greet on Saturday 29 July 2023 with the candidate chosen by our call committee. The congregational meeting to approve the candidate will be on 30 July 2023 after church services.

Faith Development has five children that will be in first communion class.

1. [LOOK Who's the TOP Hub Contributor this week!!!!](#)



Jul 21, 2023 10:43 AM

[Laurie Kreg](#)

[@Elsie Davis](#) - YOU are the top contributor in the Hub!!! LOOK at you!!!

Laurie Kreg
Teaching Strategies
Kalamazoo, Michigan

Living Saviour Lutheran Church Preschool is pleased to announce the following:

Ms. Elsie Davis is the 4-year old Preschool Teacher at LSLC Preschool. Last year the preschool implemented a new curriculum program(My Teaching Strategies) for the 4-year old program. Ms. Elsie enthusiastically immersed herself in learning and implementing the program...and it has been extremely beneficial and successful with our families.

Ms. Elsie enrolled in their on-line program for continuing education and contributes often. **As you can see, Ms. Elise IS the TOP CONTRIBUTOR in the HUB.** The HUB is where professional learning community serves as the center for professional learning and collaboration for educators in the Teaching Strategies community. The Hub brings early childhood educators together to engage, connect, and collaborate through discussion forums, community groups, and the open sharing of ideas.

CONGRATULATIONS MS. ELSIE!!

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 LUTHEROAD Day Camp 10:00 a.m. 12-Step Discussion Group	2 LUTHEROAD Day Camp	3 LUTHEROAD Day Camp	4 LUTHEROAD Day Camp ends	5 10:00 a.m. Exercise Opportunities
6 10:30 a.m. Traditional Worship Live Streamed	7	8 10:00 a.m. 12-Step Discussion Group	9 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	10 11:00 a.m. Chair Yoga	11	12 10:00 a.m. Exercise Opportunities
13 10:30 a.m. Traditional Worship Live Streamed	14	15 10:00 a.m. 12-Step Discussion Group	16 10:00 a.m. Bible Study (TBD) 6:00 p.m. Ringers bell choir practice 7:00 p.m. Chancel Choir	17 11:00 a.m. Chair Yoga 6:15 p.m. Gathering@theTable	18	19 10:00 a.m. Exercise Opportunities
20 10:30 a.m. Traditional Worship Live Monthly Council meeting	21	22 10:00 a.m. 12-Step Discussion Group	23 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	24 11:00 a.m. Chair Yoga	25	26 10:00 a.m. Exercise Opportunities
27 10:30 a.m. Traditional Worship Live Streamed	28	29 10:00 a.m. 12-Step Discussion Group	30 6:00 p.m. Alleluia Ringers bell choir practice 7:00 p.m. Chancel Choir	31 11:00 a.m. Chair Yoga		