Dear Living Saviour,

Sunday, January 12, 2025 Holy Communion 10:30 A.M.

In person or on-line https://www.youtube.com/channel/UCuMJ5vxpQpMZLB8638JxE wor through our website: www.livingsaviourlc.org.



(Tom Chriske)

Serving as worship leaders today: Assisting Minister — Donna Thompson Crucifer— Addison Noonkester Acolyte— Rhys Plunkett

Thanks to all who serve God and our community of faith.

ROOM IN THE INN

Our Room In The Inn shelter season is underway and each Sunday night from Jan. 5 until Feb. 23, we will welcome twelve homeless neighbors, sent through Roof Above, who will spend the night and experience Living Saviour's hospitality. This Sunday morning you can be a part of this ministry by heading over to our "bedroom" and putting fresh, clean sheets on the beds for tonight's guests. Just a few minutes of your time will add a welcoming coziness for our homeless neighbors!

 \sim

LAY COMMUNION VISITATION TRAINING

Training for Lay Communion Visitations will be held this Sunday, February 2nd at noon.

 \sim

The Altar Flowers for this Sunday are given by Margaret Krause to the Glory of God and loving memory of her husband Russ Krause and in honor of our children, grandchildren and great grandchildren.



SUNDAY ALTAR FLOWERS: call or email Ruth at the church office 704-542-3626 to sign up: M-F, 9-2, and the 2025 Flower Chart has been posted in the hallway. Your \$50 donation may be dropped off on Sundays, mailed, or by using the on-line giving. Please just note "Altar Flowers" on the memo line.

Online: The **2025** online flower donation chart may be found here: https://www.signupgenius.com/go/10C0C4CACAC29A6F4C16-50072720-2025#/

Open Sundays: January 19, 26, February 2, 9,23.

 \sim

contribution envelopes are now available in the lobby. If you need to have your box mailed to you, please contact the church office.



HAVE YOU CHECKED OUT THE PICTURES FROM THE CHRISTMAS CONCERT? They are truly a work of art courtesy of our own Tom Chriske! Tom reports that he took 127 pictures and narrowed the display to 31, and a total of 18 hours editing and processing the photos. Thanks, Tom for this labor of love and a job well done. Tom takes photos every year of our Christmas Concert and of many other events in the life of Living Saviour.

FAITH FORMATION



SUNDAY SCHOOL FOR CHILDREN, YOUTH ASSISTANTS AND ADULTS:



ADULTS - 9:15 am in the Education Wing

Adult Sunday School is discussing <u>Love Without Limits: Jesus' Radical Vision for Love with No Exceptions</u> by Jacqueline Bussie. Please join us in the Education Wing!!

Discussion Schedule:

Jan. 12 - Ch. 8

Jan. 19 - Ch. 9

Jan. 26 - Ch. 10

Feb. 2 - Recap

CHILDREN - 9:30 am Downstairs

Children (ages 2 years through 5th grade) will have Bible stories and hands-on experiences that support the story. Parent(s) are welcome to join in the class!

PARENTS OF YOUTH (SUNDAY, JANUARY 12)

Parents of youth are encouraged to attend a dreaming meeting @ 9:30 on Sunday, Jan. 12 in the conference room.

Strive ~ AOB

(Formerly "Confirmation")
Will resume in January 2025

GATHERING@theTABLE

Gathering@theTable will next meet on January 16^{th} and 30^{th} at 6:15 p.m.

WEDNESDAY MORNING BIBLE STUDY

BIBLE STUDY SCHEDULE FOR The First Advent in Palestine:

Jan. 15 Chapter 7

Jan. 22. Chapter 8

Jan. 29. Chapter 9

Feb. 5 Chapter 10

HEALTH AND WHOLENESS MINISTRY G.R.A.C.E. INFORMATION:



Active Exercise Opportunities:

- Yoga For You:
 - Mondays 6:15 p.m.
 - o Tuesdays 9:30 a.m.
 - $\circ~$ Thursdays 9:30 a.m. and 6:15 p.m.
 - Saturdays 11:00 a.m.
- Chair Yoga Thursdays at 11:00 a.m.
- Strength and Stamina Saturdays at 9:30 a.m.

There will be a Lunch and Learn on Tuesday January 21 from 11a-1p in the fellowship hall. Mental Health Americas of Central Carolina's is presenting a free class on Mental Health Self Care. This is an important topic for all ages as we deal with everyday stress and it's effect on our bodies. Learn how to manage anxiety and enjoy your life. Sponsored by our Health and Wholeness Ministry. Remember to bring your lunch. Drinks are provided.

January 2025 Health and Wholeness Tip #2 H/W ministry team.

The Health and Wholeness focus for January is Managing Stress for Health

The brain undergoes measurable changes in response to chronic stressors resulting in loss of brain cells. This may eventually cause memory loss and mental health disorders such as anxiety, depression, and insomnia. Regular exercise reduces cortisol and adrenaline and prompts release of natural mood elevators. Exercise also enhances good sleep, critical for well being.

1 Peter 5:7 Cast all your anxiety on him because he cares for you.



SUNDAY COFFEE HOUR HOSTS AND FOOD DONATIONS.

- If you'd like to **host coffee hour** please sign up on the Sunday(s) you'd serve. You'll find the sign up sheet on the coffee hour table in the gallery.
- Food for coffee hour is often in short supply. Whether you host or not, consider bringing in food items to be served on that day or on future Sundays.
- The coffee hour is an important part of our ministry of hospitality, something we can all share in.
- **Note to our devoted coffee makers:** Thank you for your help in making the Sunday morning coffee! It is very much appreciated and enjoyed both before and after Worship.
- There are labeled plastic containers on the counter next to the coffee machine for keeping several packages.
- If you believe there are any supplies needed, please leave a note for Ruth on her desk with your name or contact Alice Jenkins. Thank you!



HELP WITH LAWN CARE:

We need some volunteers to help with taking care of our lawn. If you can help and be part of the "rotation," please contact Janet Axtman. Thank you!

DAILY DEVOTIONAL AIDS

DAILY DEVOTIONAL BOOKLETS, THE WORD IN SEASON, are available on the welcome table where worship folders are located. The January-March 2025 Word In Season devotional is now available. If you'd like one sent to you, please contact Ruth at the church office.

DAILY DEVOTIONS, TAKING FAITH HOME (TFH) are available on an attachment in the weekly email you receive from the church office.

LOST AND FOUND!

Did you leave something at the church, maybe? We have a 'lost and found' drawer underneath the name tags counter in the Fellowship Hall, as well as some items on the round table in the church office.

JANUARY NEWSLETTER COPIES are available outside the sanctuary on the table beside the building exit door. The newsletter is mailed to members monthly, but a few hard copies are available for those who prefer them.

REMINDER FOR PRAYER REQUESTS: We will be 'zeroing' the whiteboard and weekly prayer lists on the 2nd Monday of each month. If you would like to have someone added onto the prayer list moving forward, please make sure you do one of the following:

- Add the name(s) on the white board
- Email the church office
- Email Alice Jenkins

Thank you!

Counters needed! If you are interested in assisting with counting contributions after service, please contact Laura Schwab (980-229-3900 or laboatwright@gmail.com). The task can usually be completed in less than 30 minutes.

Your Offerings:

You may use this QR code to make an on-line payment. It will take you to the church

VANCO on-line payment portal.

You may also access on-line giving through the website, click the on-line giving button to pay for flowers, make an offering to the general operating fund, or support the on-going outreach opportunities. Indicate in the line what your gift is directed towards.

You may also mail your gift to the church. Clearly state on the memo line what the check is to be used for-- General Fund, Mortgage Reduction or other purpose (such as Flowers, Special Day, etc.).

Living Saviour Lutheran Church 6817 Carmel Road Charlotte, N.C. 28226

Website: www.livingsaviourlc.org E-mail: lslc@livingsaviourlc.org

