

**Dear Living Saviour,**

**Sunday, January 26, 2025 Holy Communion 10:30 A.M.**

In person or on-line <https://www.youtube.com/channel/UCuMJ5vxpQpMZLB8638JxE> w  
or through our website: [www.livingsaviourlc.org](http://www.livingsaviourlc.org).



*(Tom Chriske)*

**Serving as worship leaders today:**

Assisting Minister — **John Williams**

Crucifer— **Jackson Thom**

Acolyte— **Henry Schwab**

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

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### **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!

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### **REMINDER:**

The 2025 Annual Congregational Meeting will be held immediately after the worship service on **Sunday, January 26<sup>th</sup>**.

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### **LAY COMMUNION VISITATION TRAINING**

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



**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: February 23<sup>rd</sup>, March 2<sup>nd</sup>.**

**NOTE:** Ash Wednesday is March 5<sup>th</sup>, so there will be no altar flowers during Lent.

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**LAST SUNDAY'S NOISY OFFERING** for Destiny Calling, Inc. was \$604.50. Thank you!!

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## **MUSIC MINISTRY**

### **HYMN FESTIVAL**

David Cherwien, nationally known conductor, composer and organist will lead a hymn festival on February 9 at Covenant Presbyterian Church at 4:00 PM. The festival is free of charge and all are welcome to attend. David Cherwien served as Cantor at Mount Olive Lutheran Church, Minneapolis from 2001-2024. He also served as Artistic Director of the National Lutheran Choir from 2001 until 2022 and is a founding member of the Association of Lutheran Church Musicians. David is recognized for his contributions to the field of church music and liturgy and is often called upon to serve as clinician and hymn festival leader across the country. If you've never attended a hymn festival, you are sure to enjoy this one. David will lead the festival from the very large pipe organ at Covenant Presbyterian.

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## **FAITH FORMATION**



## **SUNDAY SCHOOL FOR CHILDREN, YOUTH ASSISTANTS AND ADULTS:**



### **ADULTS - 9:15 am in the Education Wing**

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

Discussion Schedule:

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!

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## **Strive ~ AOB**

(Formerly "Confirmation")

**Will meet on Feb. 2, 2025. ALL youth are welcome!**

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## **GATHERING@theTABLE**

Gathering@theTable will next meet on January 30<sup>th</sup> at 6:15 p.m.

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## **WEDNESDAY MORNING BIBLE STUDY**

### **BIBLE STUDY SCHEDULE FOR The First Advent in Palestine:**

Jan. 29. Chapter 9

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



**The Health and Wholeness Ministry** thanks Ashlyn Pemberton and Rebekah Collins from Mental Health America's of Central Carolinas for their excellent program last Tuesday on Mental Health- Self Care. They reminded us that with self-care we fill our cup or put oil in our lantern so we can then minister to others. We all benefit from a few minutes each day of walking, meditating, time for ourselves. Mindful.org is a free site for short, guided meditations. Yoga is offered at our church four days/week. Love yourself as God does!

## HEALTH AND WHOLENESS EDUCATIONAL OPPORTUNITIES

- If you call 911 do you really know what is going to happen? Come talk with paramedic Andy Williams on Sunday February 16 at 9:00am in our fellowship hall. He is Gregg and Anita Mitchell's son-in-law and serves Mecklenburg County EMS.
- Coming on a Saturday this Spring- Alzheimer's Awareness seminar will be presented by the Alzheimer's Association. Excellent speakers, question and answer opportunities, vendor tables with resources are all included. Watch for the date and be sure to join us in our fellowship hall for this valuable community event!
- Mark your calendar for Sunday February 16 at 9am to talk with Andy Williams, paramedic, about 911 calls and what you need to know when the ambulance comes. This will be an informal coffee hour in our fellowship hall. You'll be glad you came!

## Active Exercise Opportunities:

- Yoga For You:
  - Mondays - 6:15 p.m.
  - Tuesdays - 9:30 a.m.

- Thursdays - 9:30 a.m. and 6:15 p.m.
- Saturdays - 11:00 a.m.
- Chair Yoga - Thursdays at 11:00 a.m. (**restarting February 6<sup>th</sup>**)
- Strength and Stamina - Saturdays at 9:30 a.m.

## **January 2025 Health and Wholeness Tip #4 H/W ministry team.**

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

Stress chemicals cortisol and adrenaline are useful in fight or flight situations but cause damage to the body in chronic stress. High blood pressure and heart disease may result. Reaching for a cigarette or alcohol to reduce stress also is detrimental to physical and mental health. Being with other people who you enjoy, exercise and meditation reduces stress and enhances wellbeing.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



## **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 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!
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### **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!**

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### **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.

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### **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!

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

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## 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.).



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