

Dear Living Saviour,

Sunday, February 26, 2023 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.

Our Thanks to Debby Borrelli, our Worship Assistant for Sunday. Thanks to all who serve God and our community of faith.

Reminder: There are no Altar Flowers during the season of Lent, but you may still sign up to provide flowers any other Sunday available on the flower chart on the kiosk in the gallery!

COMMUNION AT THE ALTAR RAIL BY CONTINUOUS TABLE.

Holy Communion will be received by intinction around the altar rail by continuous table. An usher will direct you to an available space at the altar rail as you come forward for Communion. After communing, you may return to your seat. There will be no table dismissal offered by the pastor. This practice is common in many churches and is being done to facilitate the distribution of Holy Communion at the altar rail. As always, all are welcome to the Lord's Table.

Masks are not required but note that the COVID community spread rate is now at medium.

UNDERSTANDING AND COPING WITH GRIEF. A grief seminar for all congregation members and guests with Holly Gainsboro will be held **this Sunday, February 26 following the service.** Usually we think about suffering grief following the death of a loved one. But what about grief you may have suffered at the death of a pet, at the loss of a job, at a divorce or separation, or when you find that you or someone you know is diagnosed with an incurable illness? What about grief we've all suffered following that pandemic when some have not yet returned to worship with us? We've all experienced grief resulting from something. So you are invited to this seminar. It will be worth your time. Light snack refreshments will be provided.

MUSIC MINISTRY NOTES

"Use what talent the Lord has given you. The woods would be filled with little song if only those birds sang who sang their song best."

"B" stands for "B" thinking about the opportunity to serve, to bless others and yourself through music. You're invited to join the choir for Lent and/or Easter. It's a short-term commitment. You'll **"B"** glad you did! Prior experience is not necessary. Please speak to Don Huff for more 411.

Line or space? Looking at a hymn in the worship folder, can you tell which notes are on a line and which notes are on a space? **Tah-da! Congratulations!** You are hereby qualified to play in the handbell choir. Play 2 bells! One note on a line, one note on the next space above.....If you think you'd like to give it a try, please see Don Huff.

GATHERING@THETABLE: Regularly on Thursday evenings at 6:15 p.m. has resumed. FREE Meal, Holy Communion, Jesus Stories, laughter and conversation. All are welcome! Come and share a meal and Holy Communion.

WEDNESDAY MORNING BIBLE STUDY: We will start on Wednesday March 1 at 10:00 a.m.. We will be using "Acts Awakening to God in Everyday Life" Books can be purchased from Amazon or Christianbook.com

Everyone is welcome to join us for lively conversation & a few laughs.

CARING AND SHARING will meet on Friday, March 10th at 10:00 a.m.

ALTAR GUILD! We need volunteers for the altar guild! It isn't hard, I promise. For the first year, I will pair you with an experienced person. Primarily, the responsibilities are changing the paraments when needed (we have a book for that) and assembling communion Sunday morning before church. Contact Pat Snodgrass at 704-560-0155 (my cell) or by email (betlzfan@aol.com) if you are interested or have any questions. And thank you!

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

Active Exercise Opportunities:

Physical Exercise:

- Chair Yoga- Thursdays at 11:00 AM
- Fitness Exercise - Saturdays 10:00 AM

Cognitive Exercise:

- Complete the Words of Faith Crossword Puzzle and/or Word Search
- Wednesday Book Study at 10:00 in the Fellowship Hall

February 2023 Health and Wholeness tip #4 H/W ministry team

The Health and Wholeness focus for February is The Heart of Wellbeing: Bless your heart.

Poor sleep and stress can increase heart disease risk. Prayerful meditation and yoga with deep breathing can reduce stress. Turn off electronic devices one hour before bedtime. Consult a councilor for unresolved depression or grief.

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 minds in Christ Jesus."

Altar Flowers

You may call or email Ruth at the church office 704-542-3626 to sign up: M-F, 9-2. 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.

OR

Online: The 2023 online donation chart may be found here:

<https://www.signupgenius.com/go/10C0C4CACAC29A6F4C16-2023>

Your Offerings:

You may use this QR code to make an on-line payment. 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, or support the on-going outreach opportunities. Indicate in the line what your gift is directed towards.

You may mail your gift to the church. Clearly state on the memo line what the check is to be used for--General budget or Challenge Gift or Mortgage Reduction.



Congregational Council

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