
The Encourager



St. Luke's Lutheran Church
"a church that encourages"

October 2024

(Deadline for the upcoming Newsletter submissions is on October 25th)

**The Mission of St. Luke's Lutheran Church is to
Share God's Love Through
Welcoming, Encouraging and Serving**

Our Rule of Love

CONGREGATION COUNCIL

Lisa Rhyne, President

Tom Ainsworth, Vice-President

Rebekah Woodward, secretary

Sara Mueller, Treasurer

Phil Brooks, Treasurer

Erin Pushman-Aldred, Pete Schmidt, David Sweet

Members are encouraged to bring any questions, suggestions,
or concerns to Council.

Click on the buttons below to view reports.

August Council Minutes 2024

Interim Pastor's Report August 2024

Admin Support Meeting & Recommendations August 2024

Moving SLLC Plan

Income Statement

Budget: Current Month Vs Year

Income Statement by Month

Bank Reconciliation

CONGREGATION & WORSHIP LIFE



Watch us on YouTube

***** If we do not have volunteers for Sunday services,
we will be unable to Live Stream*****

TWENTIETH SUNDAY AFTER PENTECOST

October 6th at 10:00am
(Sanctuary)

"Pioneer Of Their Faith"

Main Text: Hebrews 1:1-4; 2:5-12
(Genesis 2:18-24; Mark 10:2-16)

CHILDREN'S CHURCH:
Chapter 4 - Out of Egypt

World Communion Sunday & Congregational Meeting

TENTY FIRST SUNDAY AFTER PENTECOST

October 13th at 10:00am
(Sanctuary)

“Hold Fast To Our Confession”

Main Text: Hebrews 4:12-16
(Amos 5:6-7,10-15; Mark 10:17-31)

CHILDREN'S CHURCH:
Chapter 5 - New Rules

TWENY SECOND SUNDAY AFTER PENTECOST

October 20th at 10:00AM
(Sanctuary)

“Who Could Have Imagined”

Main Text: Isaiah 53:4-12
(Hebrews 5:1-10; Mark 10:35-45)

CHILDREN'S CHURCH:
Chapter 6 - Wandering

w/ Guest Pastor Jim Merkel &
Noisy Offering Crop Walk

REFORMATION SUNDAY

October 27th at 10:00am
(Sanctuary)

“The Days Are Surely Coming”

Main Text: Jeremiah 31:31-34
(Romans 3:19-28; John 8:31-36)

CHILDREN'S CHURCH:
Chapter 7 - The Battle Begins

WORSHIP NOTES OCTOBER TO CHRIST THE KING SUNDAY

"He Has Been Waiting"

Overall Theme: Have you ever thought about the Lord waiting for us? In the book of Hebrews, it claims that the Lord is waiting. Even though the Lord had completed his mission and returned to the fullness of heaven, Hebrews speaks of the Lord waiting until all the enemies are put under foot. The Lord is waiting for the victory to be complete and for all of us to come to that fullness. We may not like to wait, but what does it mean that even the Lord waits? How might the Lord teach us how to wait and prepare for the completion of God's will? Waiting is not standing still. Waiting is preparation and aligning. As we wait for God's will to be complete, what lessons might we learn in the journey from where we are to what God is preparing for us? During these weeks from October through Christ the King, we will be mining the scripture for this wisdom and guidance regarding how we wait and prepare for God's plan before us..

CHILDREN'S CHURCH

During service, we are going to be following a chronological, narrative book series called "The Story" by Max Lucado, Randy Frazee and Karen Hill. This book tells the story of the Old and New Testaments.

We are excited to share new songs and puppet skits, along with the stories of the Bible, that lay a foundation of the love of our Heavenly Father and the gospel message of Jesus Christ.

There is an adult novel in this series that you can read if you wish to follow along with the children as well.

- October 6th - Chapter 4 - Out of Egypt
- October 13th - Chapter 5 - New Rules
- October 20th - Chapter 6 - Wandering
- October 27th - Chapter 7 - The Battle Begins



2 ADULT SUNDAY BIBLE STUDIES

The Contemporary Bible Class will be led by Phil and Diana Brooks and Tracey Perez and will cover a variety of topics that include Bible studies as well as books and topics dealing with Christian living.

The first series will be based on the book ‘When God Winks at You’ by Squire Rushnell and discusses how God speaks directly to us through the power of coincidence.

This class will meet in the conference Room near the Parish Hall on Sundays from 9:00-9:45am.

The Adult Bible Class, led by Joy Cooper, will be a combination of the Ladies and Men’s Bible Classes. Their Bible studies will be based on the “Augsburg Adult Bible Studies” series.

Their first topic will be God, Holy Spirit. The aim of these sessions is to examine what the New Testament says about the crucial role of the Spirit in creating the church of God and in nurturing the life of discipleship. The material is by Brian Peterson, who was a member of faculty in Lutheran Theological Southern Seminary in Columbia, SC at the time of this writing.

This class will meet in Room 106 near the sanctuary from 9:00-9:45am Sundays.

COPELAND'S CORNER

Now I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message I proclaimed to you-unless you have come to believe in vain. For I handed on to you as of first importance what I in turn had received: (1 Corinthians 15:1-3a)

Remind You Of The Good News : In this chapter, Paul is reminding the Corinthian community of their highest value. He was reminding them of the good news that he proclaimed regarding the gift of God in Jesus Christ. He was reminding them that on this message of the good news, they were called to stand. It was not Paul’s creation or his possession. Paul was simply passing along to them what he had first received. It was this message of salvation through Jesus Christ that changed his life and made him who he was. It was this message that converted him from the narrow vision of what the Jewish authorities had made of faith and relationship with God, to the broader vision that comes through faith in a loving God.

Unless You Have Come to Believe in Vain: When the love of God in Jesus Christ is not the highest value, we turn to vanity. We elevate our own values and preferences to requirements. Our vanity is imposed as uniformity. These requirements, though helpful and important to us, will not lead to the fullness of the kingdom. They become limiting to the fullness of God’s intention of including all the gifts and lead to exclusion. We impose our preferences and experiences as of highest importance. We come to believe in vain.

Passing Along What We Have Received: What is it that we are to pass along to the future? Are we to pass along our experiences and practices as requirements for the next generation and future leaders? Are we to pass along our values grounded in the

circumstances of the times we have lived? Is that what we have received? If it is, then we have come to believe in vain. Our experiences, practices and requirements only serve to preserve our legacy. They will not hold up to the challenges and needs of the future. If, however, we pass along the message we first received of the good news of grace through faith in Jesus Christ, a new generation will have something solid on which to stand.

In Which You Also Stand: We have many decisions before the congregation that will be challenging. We will be called to let go of some things that have been very important in the journey of this church. On what will we stand in these decisions? What does it mean to make the message of the gospel of grace through faith in Jesus Christ of first importance in our decisions about how we pass St. Luke's on into a new future?

God of our past, present and future, we give you thanks for the gift of salvation in Jesus Christ on which we stand. Guide us as we seek to pass along to the future what has been of first importance to us throughout the years. Help us to be clear about what is of first importance and those things that may be important to us but are not essential to the future of the church. We pray that St. Luke's will stand in the future on the same essential value that has been given and received in and through this congregation. In Jesus name we pray. Amen!!!

NOISY OFFERING

In September we collected for:



This month we will be collecting for:

Charlotte CROP Hunger Walk

Ending hunger one step at a time.

The Charlotte CROP Hunger Walk each fall is part of a nationwide endeavor to raise money to alleviate hunger and poverty in our local communities and overseas.

Since its first walk in 1979, Charlotte has raised over \$9 million to relieve hunger, with over \$2 million staying in the community to help Crisis Assistance Ministry, Nourish Up and Second Harvest Food Bank of Metrolina provide relief to people in need.

The Charlotte event has consistently been one of the largest CROP

Walks in the country in both the number of funds raised and the number of walkers who participate.

The Walk is an opportunity for Charlotte residents of all ages, faiths, and circumstances to join together to demonstrate their concern for those who are poor and do not have enough food to eat, both across the globe and in our own backyard.

CROP Hunger Walks also support the grassroots, poverty-fighting efforts, and disaster response of the Church World Service (CWS) in more than 40 countries, including the United States. CROP Hunger Walks provide tools of hope that empower people to meet their own survival needs. From seeds and tools to wells and water systems, to technical training and micro-enterprise loans, the key is bringing people together to overcome poverty, which is the world's #1 cause of hunger.

How are funds used?

Thanks to business and community sponsors who cover administrative and logistical costs, **100% of the funds raised by the walkers go directly to the hunger-fighting agencies and people who need it most.** Twenty-five percent (25%) of the funds raised stay in Charlotte and (75%) is used worldwide to relieve the tragic results of catastrophic events such as earthquakes, flooding, and famine along with their sustainable development programs.

Charlotte Crop Walk

OUR MISSION

Charlotte CROP is a poverty-fighting organization that honors the call to improve the quality of life of people suffering from poverty and hunger. We educate, inspire and empower the Charlotte community to become agents of change through fund-raising events with local and international impact.

FLOWER CHART IN THE NARTHEX

If you would like to beautify our church sanctuary, honor someone, or commemorate a special day, please add your name to the chart!

We are now using Starclaire House of Flowers. They can be contacted at 704-553-2435. Payment is by credit card or check in advance to the florist.

Remember to tell the florist the date you are giving.

Call Ami-Luise at the church office at 704-523-7981 or email office@stlukeselca.org with the information you would like put in the bulletins by Wednesday morning of the week you are giving.



OCTOBER BIRTHDAYS



Did we miss your birthday?

Email us
or
call us at
704-523-7981
so we can update our Birthday List.

Email the office

1 Russ Schlick
1 Kristen Conner
3 Evan Hofland
4 Alex Burchins
5 Tiana Sullivan
7 Sophie Chien
7 Melissa Sweet-Eubanks
7 Carol Schmauch
9 Nicole Behm
9 Charles Berry
15 Deb Hofland
16 Rachel Berry
21 Emily Burchins
22 Jeremy Shine
22 Vanessa Stolen
24 Rebecca Jones

Katharina Circle

The Katharina Circle will be meeting on October 8th at 6:45pm in the Conference Room. They will be making baskets for Senior Elder Care.

Anna Vee Circle

The Anna Vee Circle will be meeting on Tuesday, October 1st at 12pm in the Conference Room.

Lutheran Men In Mission (LMIM)

If you need minor repairs, changing out smoke detectors, and batteries please contact the church office and we will get you in touch with Tom Frick.

The LMIM gents want you to know they are available for odd jobs with their "Congregation/Community Help Program".

ST. LUKE'S HAPPENINGS!

ONLINE GIVING A GREAT WAY TO GIVE!

Easy Online Giving Form on Website: You can now give securely online either as a one time gift or recurring gift using the form on our website. This form is very easy to use and self explanatory. Donors can give to the general fund or designate a gift for a specific purpose such as flowers or other specific mission priorities. Simply click on the link below. ***You can give by ACH Transfers from your Bank or Credit Card on this platform.***

SLLC ONLINE GIVING

Please Consider Option to Cover the Fee: There is an option to cover the fee of the transaction so that 100% of the gift goes to mission. Simply mark the box indicating the fees and it will be added in. Either way, we are grateful for your gift!

If You Need Help We Are Here: We commit to support you every step of the way and will be glad to walk you through it either on the phone or you can come to the office as well.

*You can reach us at the office by email at office@stlukeselca.org or phone 704-523-7981.
You can also contact Kathy West at west@stlukeselca.org.*

PUTTING ST. LUKE'S IN POSITION FOR A NEW FUTURE

CONGREGATIONAL MEETING OCTOBER 6th

For St. Luke's to have a new future, it will need to change positions. It will require the church to move in more ways than simply physically in the building. It will require changing our position as a provider of programs and services, to a platform that hosts the neighborhood and other ministries providing programs and services. It will mean changing our position as owners of the church to hosts of the neighborhood. It will mean changing positions as the ones with the people and resources to ones in search of God's resources waiting to be connected. It will mean changing our position from established to emerging. Below are some of the moves that this congregation will be considering in our upcoming October 6th Congregational meeting following worship.

Constitution and Bylaw Revision: These revisions have already been sent out with explanation of changes as required by the constitution. The highlights of those changes are:

- **Changing quota for congregational meetings from 50 voting members present to 15% of current membership.**
- **Streamline organizational structure from 14 committees to two teams (Mission and Admin Support).**
- **Changing of Congregational Meetings from January and July to November and February.**
- **Size of Council from 12 to 5-7.**
- **Other items to bring constitution in alignment with ELCA current constitution and clean up areas that no longer apply.**

These changes will position St. Luke's to be nimbler and more responsive to the fast moving circumstances and needs of an emerging congregation, which is very different than an established one.

Use Of Fund Accounting – 3 Major Funds: Below is a description of three major funds and how they will help in moving the congregation to a new position. These funds will bring clarity to where income is specifically applied and spent.

1. **General Fund:** On the income side, this will include all regular contributions of the members of the congregation both online and through the plate. There will be other miscellaneous income that will come into this fund as it applies to the general operation and mission of the congregation. The church will pay a portion for its footprint in the facility to the Encouragement Center fund.
2. **Encouragement Center Fund:** This will include all income that comes through Facility Use and other income related to the facility. All expenses of the facility will be drawn from this income. This will include staffing, management, cleaning, maintenance, landscaping and other costs associated with the facility.

3. **Welcome Center Fund:** There are three improvement projects being envisioned as this congregation positions itself in a new day. Each of these projects can be funded out of different sources and over time. They are:

- **Outside Renovations:** This project would build a circular drive in the front with extra spaces and direct access to the front of the sanctuary and the offices. There would be a covered awning over the front door.
- **Jan McCoy Welcome Center and Sanctuary Renovations:** This project would include weather protected entryway into sanctuary with handicap access bathrooms, expanded narthex with serving area for receptions, glass folding door entry into sanctuary, new flooring, nursery two-way glass and chairs.
- **Community Room (Room in the Inn):** Shower and bathroom facilities would be added in what is now the Shumaker Room as well as other improvements for guests that stay as well as other community uses.

Donors who give in any of these areas can be assured that their gift will be used for the purpose intended. This is a requirement where grants are given but will help build trust for all those who contribute either from inside the congregation or outside.

Updates To Be Shared October 6th: There will be important updates shared with the congregational meeting. These updates include:

- **Encouragement Center Development Plans**
- **Architect Drawings and Costs**
- **Relocation Plans for Office and Church Footprint**
- **Movement from Transition to Call Process**

If you are unable to be in person, we will be **livestreaming the meeting on October 6th**.

Letter to the Congregation

Explanation of Revisions

2024 Revised Constitution Proposal (with changes in bold)

2018 Current Constitution

These proposed changes include:

- Required changes based on decisions made by the ELCA.
- Removes bylaws that no longer apply or restrict flexibility unnecessarily (ie: Endowment, committees no longer functioning, etc.)
- Changes congregational meeting to approve budget and elections from January to November and the second meeting in July to an end of year reporting in February.
- Reduces the size of council from 12 to not more than 9 or fewer than 6.
- Reduces the quorum from 50 to 15% of voting members (Currently 30 members)
- Changes officers of council term limits from 2 years to eligibility throughout their time on council.
- Revised structure to include focus on Mission and Administration with flexibility to build again.

Please look over all these documents. We would welcome any questions you may have. Feel free to contact the office and we will have someone from the team or council to respond as soon as possible.

ARCHITECT AND RENOVATION PLANS

In May, the council approved the securing of an Architectural firm recommended by Park Road Baptist Church to engage us in making plans for renovations. They have been working with a team from the church in this development. The plans involve:

- **Circular Drive with covered drop off in front**
- **Covered entryway**
- **Handicap Bathroom in entryway**
- **New glass wall creating a Welcome Center**
- **New Nursery in what is now Men's Bible Class with Window**
- **New Flooring and Discussion re converting pews to chairs**
- **Renovations of Room to move offices into lower area**
- **Community Center Renovations with Showers**

These plans are very ambitious and will probably be broken into phases and priorities but will be a huge legacy and gift to the future of St. Luke's.

We hope to be presenting these plans and costs to the congregation in the Congregational Meeting.

PLAN FOR RELOCATING THE OFFICES

The council approved working with Ami to develop a plan and costs for our move to the new footprint. She has been working diligently on this and is looking forward to presenting these plans to the congregation on October 6th.

As you can see, we have a lot to share with the congregation in this October 6th Congregational meeting.

*Please make plans to be there!
We need you to move this forward toward God's calling!*

NOMINATIONS FOR CHURCH COUNCIL PLEASE PRAYERFULLY CONSIDER

Election of Council in November: With the ratification of the constitution and bylaws on October 6th, the annual meeting is moved from January to November before Thanksgiving. This means that we also move up the nominating process and search to much sooner.

Nominating Committee: The nominating committee this year is made up of the Pastor, Current President and those whose terms are expiring that includes Rebekah Woodard, Pete Schmidt and David Sweet.

This is an important time in the life of this congregation.
If you are asked to serve, please prayerfully consider!

MOVEMENT FROM TRANSITION TO CALL

Movement Before Search: Before the congregation can begin to search for the right match to serve as the next settled pastor of this congregation, there needs to be some things clearly defined and decided by the congregation:

- **Sustainable Path Forward:** On our current trajectory, St. Luke's will have only one option and that is to sell the facility. It would not be fruitful or fair to look for and invite a pastor and family to come to this area and congregation only to have their lives upended. This will not be attractive to potential candidates in its current trajectory, however, we are working on changing that trajectory.
- **Encouragement Center:** A clear sustainable path and plan forward for this emerging entity with financing to take the burden of the building of the congregation will give assurance to potential candidates of the congregation's viability.

Finishing the Transition: The transition of St. Luke's has been far more than getting ready for the search and filling out a Ministry Site Profile. There were too many unknowns to finish the work of developing the MSP. Anything put out prior to finishing this transition work toward sustainability would misrepresent the congregation at the least or flat out lie at our worst.

Goal To Move From Transition to Search by Easter: As we get closer toward that sustainable plan and the path forward is not only clear but fully blessed by the congregation officially, we will begin moving toward the

search. This involves the following:

- **Finish Gathering Data for MSP:** We will use much of what we have already gathered, but sometime in the early part of the year we will begin work toward finishing gathering the important information for Ministry Site Profile. This will be followed, probably during Lent, by a process of identifying the Call Committee. Once a Call Committee is selected, a writing team made up of Transition Team Members and Call Committee members will write the MSP. This will then be shared with the congregation for feedback, approved by the council and the synod to be posted.
- **Call Committee Trained and Begin Search:** As Transitional Pastor my work is complete with the Ministry Site Profile and the Synod leads things forward after this. This is why my agreement was extended through May 15th, 2025. This does not mean it can't be extended but we need to be clear and intentional.

Waiting on the Lord: Waiting on the Lord is not easy and can be very difficult. It is truly an act of faith. If we move too quickly, we get in front of the Lord to often disastrous consequences. If we wait too long, we miss the opportunity. ***Waiting is not simply standing still. Waiting is getting ready and listening intently.***

CONVERSION PEWS TO CHAIRS INVITATION TO CONVERSATION

All of the movements we are exploring, including renovations to the sanctuary entry and seating are not for our past needs or even our present. The changes being explored are in anticipation and hope of future church. We are getting it ready for the next generation of St. Luke's to live, worship and grow in faith and community. To that end, there have been two key factors that have been central to the plans being developed. **Those key factors are Accessibility and Flexibility.**

Pews have been an important part of worship for generations before. Pews, however, are bolted to the floor and are immovable fixtures. As accessibility and flexibility are key factors, a conversation has begun regarding the wisdom of converting our sanctuary from pews to chairs. Here is the rationale:

- **Pews already Removed in Front Space:** The purpose was to create flexibility. In our current setting, however, it has put distance between the people and the worship leadership. Moving the congregation closer will bring a closer sense of community that is very important in this time.
- **Pew Cushions Need Replacing:** No matter what, the pew cushions need being replaced. Before we put money into that, it is good to

consider the alternatives of chairs.

- **Flooring Will Need Replacement:** The Current flooring will need to be replaced when the space is moved forward. Chairs do not need to be bolted to the new flooring, where pews would.
- **Flexibility of Space:** The area that would become the Welcome Center could be easily opened up to expand space for large events. The area can be easily expanded or tightened up with chairs rather than pews.

This is only initial conversation but the team working with the Architect would love your feedback, questions and suggestions.

Please contact the Church Office and Ami will share this with the team.

GOD'S WORKS. OUR HANDS THANK YOU



Thank you, St. Luke's for working to alleviate hunger in our community! Almost **everyone** played a part in this year's project. From organizing and setting up the SignUp Genius . . . to helping the children craft special notes of blessing to go into grocery boxes . . . to being on the teams that went to the warehouse to pack boxes or deliver groceries . . . to delivering the **mountain** of food we collected to Nourish Up! We set a goal of 300 pounds of food. The amount delivered to Nourish Up was 556 pounds! Thank you for being a blessing to our community!

"If you have done it to the least of these, you have done it unto me."
- Jesus



CROP WALK OCTOBER 6th



[St. Luke's CROP Walk page](#)

Click the button above to donate.

Remember, part of the funds collected go to Crisis Ministry, Nourish Up and

the Second Harvest Food Bank of Metrolina.

Our 2024 route will be a hybrid model with participants who wish to join together at Memorial Stadium as well as a virtual option for those who would prefer to walk in their own neighborhoods.

For those who choose to walk in person at Memorial Stadium, registration will be from 1:30-2:30 and you can begin walking after you have registered. The walk will conclude at 4 pm.

OUR MISSION

Charlotte CROP is a poverty-fighting organization that honors the call to improve the quality of life of people suffering from poverty and hunger. We educate, inspire and empower the Charlotte community to become agents of change through fund-raising events with local and international impact.

VOLUNTEERS STILL NEEDED

We need help in these areas:

- Video (Live Stream)
- Sound
- Organ
- Sunday Offering Counters

**If we do not have volunteers for Sunday services,
we will be unable to Live Stream.**

With Heather and Ruby joining Children's Church, we really need help filling their slot. Please reach out to the office.

MUSIC WORSHIP AND MUSIC

Choir Returning after Labor Day: It was the choir who gave us hope and joy when they returned following Jan's passing and honored him by continuing to praise God. We look forward to their continued worship leadership as they once again lead us on our journey through the fall. Thank you!

***If you would like to join the choir please join them on
Sunday mornings at 9:15am as they practice.***

Special Music: Working with the choir and Monty, special music will be planned for special services such as Reformation, All Saints, Thanksgiving and Christmas.

Worship is not Worship Without You: Worship is not a show or performance for

us. It is our performance for God. Your presence makes a difference.

Let's Worship the Lord Together!

WOMEN'S RETREAT SAVE THE DATE ALL WOMEN OF ST. LUKE'S

As the weather outside begins to cool, it's time to turn our attention to crisp mountain breezes, colorful fall leaves, and a relaxing get-away weekend. St. Luke's annual Women's Retreat is scheduled for November 1st-3rd at Lutherock, a 750-acre retreat center nestled in the heart of the N.C. Mountains.

Our topic this year will be based on the book "The Red Tent" by Anita Diamanté and is an historical fiction about the life of Dinah in Genesis. It is an eye-opening account that displays Biblical life and customs of that time. We will discuss the book, the Biblical story, and the power of a community of women then and today. The book is a good read if you have time, but we will also watch the movie as a basis of discussion.

This women's retreat is always a wonderful experience and a chance to enjoy some peaceful solitude as well as fun and fellowship with other women of St. Luke's (and friends).

Cost includes two nights lodging and five meals.
\$195 for a shared room
\$300 for a private double room
\$245 for a private single room (with outside entrance)

A \$95.00 deposit was due by September 29th will ensure your reservation; remainder is due by October 13th.

Checks written to St. Luke's with "women's Retreat" on memo line can be given to Diana Brooks or the church office.

Please join us for this wonderful gathering. You'll be glad you did!

The Red Tent: A Community of Women
November 1-3, 2024

(For questions, contact Diana Brooks 704-578-2721)

SUBMITTED BY TOM AINSWORTH

I had never before been on the Prayer Requests e-mail that is sent out, and I appreciate everyone that actually did pray for me even though you didn't know why I specifically needed one (well, I need prayers for a lot of reasons since I

sue people for a living). Anyway, the “procedure” which was mentioned was a cardiac ablation since I had been recently diagnosed with atrial fibrillation. More than a few of you are familiar with it by having had one done yourself. I had been doing OK up until last year with my “atrial flutter” managed by meds, but a-fib is a different creature altogether. When my cardiologist discovered that I was out of sinus rhythm last year and put me back into rhythm with a cardioversion last November by shocking my heart, I thought that would take care of it. But with cardioversion there’s no guarantee you’ll stay in sinus rhythm and sure enough I went out again in June this year. So we decided that I should get a cardiac ablation which is much more successful in keeping the heart in rhythm than cardioversion. Thing is, with a cardiac ablation they actually go INTO your heart through your femoral veins and ablate or “destroy by zapping” (my term) the bad tissue causing the fibrillation. It supposedly keeps your heart in performance rhythm like a tune-up on a 1972 Buick Deuce and a Quarter (225)! The worst part was having to be at the hospital for the procedure (which is technically an out-patient one) at 6:00 a.m.! I mean, really, 6:00 a.m.???!! And the procedure doesn’t actually begin until about 8:00 a.m. because of all the prepping that needs to be done. A big thank you to my friend Beth who was willing to get up that early to take me there, and to bring me home after recovery. Anyway, I was ignominiously shaved all over my top for the heart monitor leads, and the “bottom” around my groin for the going-into-the-heart-through-the-femoral-veins-area ceremony. The best part was getting to the operating suite where at least ten people were hanging around doing something (I think one guy was just there to take drink orders), and many of whom were wearing college football team head scarves as part of their sterile garb! Who knew? Didn’t see a Penn State one which would have been nice, but there were Clemson, Virginia Tech and West Virginia ones which made me feel a little apprehensive. Then the nice nurse anesthetist injected some small amount of fluid into my IV line saying something like “just a little something to help you relax” which turned out to be a little bit of an understatement since it was immediately lights out for me from then on until I woke up in recovery hours later. Had to stay on my back for four hours to make sure my femoral veins weren’t still bleeding (which they weren’t, on the outside anyway) before letting me go home. All in all a not unpleasant experience given the fact that my actual heart was being invaded and ablated, but now in rhythm! Still have some fatigue and shortness of breath which is not unexpected according to my doctor, and which should clear up in a few weeks. So, there you go. Glad to be living in the modern era of medicine where all sorts of stuff you could never have imagined just forty years ago happens successfully every day, not the least of which is the college football team headgear for the operating room! Now I need to get me a Penn State sterile operative headband since it’s Fall and football season! And if your cardiologist thinks you need a cardiac ablation, go for it! Piece of cake (ooooooh, cake, that sounds good)!

FROM BEHIND THE LENS OF "MR.TERRY" CHEVILLE

















OUTREACH OPPORTUNITIES

NOURISH UP

OUR PRIORITY NEEDS

Please no glass containers.



nourish up
Lifting our community
through food.

formerly Loaves & Fishes/Friendship Trays



canned meat
tuna, chicken, salmon



canned fruit
no sugar added or in juice



canned vegetables
no salt added or low sodium



pasta
canned or dry boxed



whole grain cereal



beans
canned or dry



peanut butter



rice



diapers and wipes

Visit nourishup.org for more information about how you can get involved.

LUTHERAN WORLD RELIEF COFFEE

Lutheran World Relief Farmers Market now offers chocolate in addition to coffee!

Mountain Harvest works with roughly 850 farmers in eight communities on Mount Elgon, Uganda with each farm growing between 600 and 1,000 coffee trees. We pay farmers up to 30% above local market prices allowing them to better provide for their families, invest in their crops and land, and ultimately, drive the local economy to benefit their community.

Latitude Craft Chocolate signs long term contracts with their suppliers to grow organic cocoa, promote biodiversity and ensure fair labor practices on all the

farms. Over half of their contracted farmers are women. Latitude pays on average 50% higher than prices in Ghana and Cote d'Ivoire, the world's leading cocoa producing countries.



LWR Farmer's Market Coffee

FAMILIES IN CRISIS NEED YOUR HELP

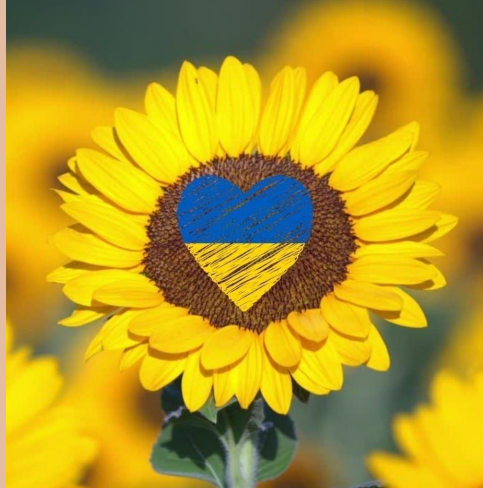
Your love will reach your neighbors who feel so alone as they continue to fight for their lives.

You'll provide frightened, cold and hungry children, mothers and seniors with:

- Shelter from the deadly cold with beds, pillows and heaters.
- Warm meals and clean water.
- Mobile medical clinics that provide health care, critically needed medical supplies and mental health support for PTSD and trauma.
- Essential supplies, like soap and toilet paper.
- Comforting quilts made by members of our caring Lutheran family.
- Love, support — and most importantly — hope for a brighter tomorrow.

Click on the button below and connect to the website enabling you to contribute directly and your offering will flow swiftly to where it needs to go.

Lutheran World Relief



St. Luke's Lutheran Church | 3200 Park Road | Charlotte, NC 28209 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!