

CALVARY LUTHERAN CHURCH, ELCA
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"God's Work, Our Hands"

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Calvary's PROCLAMATION

MARCH 2010



DIRECTORY

<u>Church Staff</u>	<u>Council Officers</u>
Dr. Michael F. Riley..... Pastor	Mike Imboden.....President
Becky Stevens.....Organist/Music Director	Emmett Brittain..... Vice-President
Valerie Graybill.....Chancel Choir Director	Dot Williams.....Secretary
Shirley Hise.....Parish Secretary	Judie Huffman.....Financial Secretary
Jane Morrow.....Parish Nurse	Garry Harding.....Treasurer

Congregation Council

<u>Terms expiring 2010</u>	<u>Term expiring 2011</u>	<u>Terms Expiring 2012</u>
Mike Imboden	Emmett Brittain	Amy Goodson
Seth Hunt	Jeff Farrar	Henry Sain
Phillip Rector	Debbie Little	David Shirlen
Steve Wilson	Dot Williams	Jim Voltmer

MISSION STATEMENT
 Embraced in God's love through Jesus Christ, Calvary Lutheran Church is called
 To proclaim the Good News of God's saving grace,
 To nurture spiritual growth, and
 Care for all God's creation.



Dear Friends in Christ,

"Have mercy on me, O God, according to your steadfast love; according to your abundant mercy, blot out all my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin... Create in me a clean heart, O God, and renew a right spirit within me."
Psalms 51:1-2, 10

Well into the 40 days of Lenten focus on opening our hearts for God's work within us, my guess is that, for many of us, our hearts are very much as they were on Wednesday, February 17. That was the day in the church when ashes became a visible sign of the (metaphorical) dirt and grime collecting in our relationships with God and each other, causing breakdown, failure, and ultimately destruction of the spiritual body. We acknowledge that these conditions will happen to our physical bodies. Some folks are very conscientious about the way they treat their physical bodies... some are not. Most people agree that how we respond to our physical ailments has a direct correlation to our health and wellness. I know that if my leg is broken, or I have a high fever, I need to attend to those conditions. I can also tell when I am returning to health.

Are we as attuned to our spiritual conditions as we are to the physical? Some folks are very conscientious about the way they treat the spiritual body... some are not. I find the parallels interesting. When we acknowledge the breakdown, failure, and potential for destruction of our spiritual lives, we may seek healing from God, who is able to fully diagnose our condition and prescribe treatment. Receiving forgiveness and following the clear guidance of the Lord, we return to spiritual health and wellness.

But here is where the parallels seem to unravel a bit. Many people tend to be less adept at giving attention to the urgency of their spiritual condition. First, we often have trouble recognizing the signs and symptoms of our illness. Second, we often fail to acknowledge the necessity for immediate treatment. Third, if we seek help, we aren't of-

ten willing to follow the treatment plan.

I'm sure you can reflect on my comments and consider how this may be affecting your spiritual health, as well as the spiritual health of those who are exposed to any unhealthy condition we may be carrying around with us. But just to give an example of unhealthy spiritual conditions which often go undiagnosed and untreated by a large number of people in our Christian churches (and our culture in general): consider complaining, gossip, and disparaging remarks about others. These seem to be conditions which we can recognize more easily in others than we can in ourselves. If, as St. Paul writes in Ephesians 4, we are called together in Christ to express our lives "with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace..." to equip the saints for building up the body of Christ," we can see what troubling aspects complaining, gossip, and disparaging remarks about others would be in the sight of our Lord.

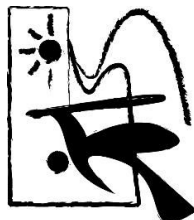
This is why the Lenten season can be so important in our lives. Lent is not to be simply a marking of time until we get to Easter. In this season, we are given an opportunity to consider those places in our lives where we fall short of the glory of God... places where God can change and cleanse our lives, so that we can fully experience Easter joy each and every day. What a gift for the children of God!

"Create in me a clean heart, O God, and renew a right spirit within me... restore the joy of your salvation."

Let us give thanks to God for giving us the opportunity for new life through Jesus Christ!

Your partner on the road with Christ,

Pastor Mike



FAMILY

Cindy Barshinger
 Azile Bogle
 Darius & Sue Bollinger
 Ray Bost
 Jean Bostain
 Amy Braun
 Sherry Coulter
 Cathy Edwards
 Paul Engel
 Sarah Hagberg
 Brenda Haller
 Mary Haller
 Gregg Harding
 Margaret & Donald Hodge
 Joe Jones

Judy Keever
 Dan Kennon
 Charles Lawrence
 Henry Lange (Navy)
 Betty Lund
 Hans Lund
 Ellen McFall
 Louise McFall
 CN Mease
 Melissa Moore & Family
 Paul Peterson

Kendall Seli
 Michael Stokes
 Eyan Thomason
 Sallie West
 Vernon & Laura Whisnant
 Hazel Whitley
 Teresa Williams

FRIENDS:

Kelly Behmer
 Ernestine Bristol
 Lois Duke
 Susan Haire
 Freddie Hille
 Cornelia Lokey
 Louise McIntyre
 Barbara McClellan
 Marilyn Norford
 Susan Nyman
 Revonda Oliver
 Herb Piper
 Ken Riley
 Brenda Ruppard
 Laura Seli
 David Sigmon
 Debbie Smith
 Irma Stefula
 Sybil Tomlinson
 Marsha Young
 Danny Lee Willis

U.S. MILITARY:
 Matt Lail (NAS Pensacola)
 Justin Williams (Marines)

OTHERS:
 All military service men & women
 Domestic & global missionaries
 Earthquake victims in Haiti

SISTER PARISH:
 Spirit of Joy Lutheran Church
 Brisas del Valle, El Salvador

CHRISTIAN SYMPATHY
 Ruth Hahn family upon her death February 25.

MEMBERS:

Emmett & Pattie Brittain
 Paul Gamewell
 Wayne Giese
 Betty Glasbrook
 Callie Gregory
 Nina Harding
 Bud Husband
 Bruce Keever
 Rachel Keisler
 Sandy Koerner
 Trevor Kyro
 Joan Mease
 Betty Williams

AT HOME:
 Glenn Bethke
 Charlie Edwards
 Jan English
 J. C. Gant
 Ruth Hahn
 Fred & Maggie Lou Roberson
 Billie Rose Roberson
 Juanita Sigmon (Pinecrest, Hickory)
 Doris Sink
 Jackie Wiseman

NURSING HOME:
 Marie Page (Autumn Care)
 Wilma Whisnant (Grace Ridge)

WE PRAY MONTHLY FOR MEMBERS OF THE

CONGREGATION IN LOVE AND COMMUNION WITH THE CHURCH OF CHRIST

Jim Clark
 Howy & Julie Copenhaver
 Chris & Tonya Cozort, Katelyn & Kristyn Joe & Polly Cserecevit

MARCH BIRTHDAYS	
1	Nancy Gregory
16	Ron Cain
	Gloria Kilpatrick
	JoAnna Novak
19	Liz Elsner
20	Callie Gregory
7	Jerry Stevens
	Kamara Reade
8	Bruce Keever
	Carmen Divers
9	Elizabeth Ferguson
23	Jackie Wiseman
10	Dorothy Harding
26	Johanna Dokter
28	Amy Goodson
12	Eric Stuenkel
	Rich Duncan
13	Jeff Farrar
	David Cape
14	Teresa Gamewell
	Tyler Giese
15	Matt Watts
	Dawn McDonald
	Kristyn Cozort

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KEEP US POSTED VIA E-MAIL: If you have added internet services, changed internet carriers or adjusted your e-mail address, notify Seth Hunt (sthunt@burke.k12.nc.us). By doing that we will be able to keep the "Prayer Chain" up to date and can be a communication link between you and the church.



The Calvary Endowment July – December 2009

The Calvary Endowment was established in late 2006 to provide a vehicle to make donations that “keep on giving” to support Calvary Lutheran Church. Funds are invested with the ELCA Foundation. Normally the principal is allowed to grow and only the interest is used.

In the period July 1 to December 31, 2009 The Calvary Endowment has slowly grown to \$35,077.56 through the generosity of our members and church friends. Gifts ranged in size from \$20 to \$500. Most donations were given in memory of, or in honor of, a loved one or friend although some people donate on a regular basis.

Our thanks to the following members and friends who gave to The Calvary Endowment during the second half of 2009 (couples unless otherwise noted): Jared and Tabitha Yates gave regularly; Larry Berryhill, Garry Harding, and Howy Copenhaver in memory of Mary Volmer; Fred Miller in memory of Connie St. Armand, John Mabe, and Mary McDanless; Mr. Charlie Buckner in memory of Connie St. Armand; Howy Copenhaver in memory of Nelda Maxwell, Ed Entzi and Julia Hartzog;

Howy Copenhaver in honor of Mr. & Mrs. Wayne Edes and Mr. & Mrs. Ernest Copenhaver; Ms. Rachael Keisler in memory of Louise Whitener’s brother; and Wil Johnson in memory of Theodore Lund.

There are many ways you can support The Calvary Endowment. Some contribute on a regular basis, others as a lump sum or memorial or honor. You can contribute cash, stock, bonds, land, or perhaps remember The Calvary Endowment in your will or trust or as the beneficiary of a life insurance policy. We are fortunate to have Christine Duncan, who is the NC Synod Director of Planned Giving, as a member of our team so if you have questions or need help please contact her or one of the Trustees.

It is the Endowment Board’s policy to keep the amount of gifts private and publicly acknowledge a gift only if the giver agrees, although we like to show the Church’s appreciation for all gifts.

The Endowment Board members which manage The Calvary Endowment are Rich Duncan (Chair), Steve Wilson, Chuck Moll, Christine Duncan, and Howy Copenhaver (Sec/Treas).

Health Events

Mind, Body, Spirit is an activity offered every Tuesday evening from 5:15pm-6:15pm and every Wednesday afternoon from 1:00pm-2:00pm at First Presbyterian Church in Morganton. Led by parish nurse Jean Bolton, the activities include relaxation, yoga, ballet, and Pilates movements. All are invited to attend these *free* classes. For more information, call Jean Bolton at 437-1811.

Joyous Movement is a *free* exercise class that will be held at Grace Episcopal Church in Morganton on Mondays and Wednesdays from 11:00am-12:00pm, beginning March 15 and ending April 28. Classes will focus on stretching, balance, flexibility and endurance and will be led by Cassandra Stamps. All ladies are invited to attend. To RSVP, or for more information, call the church office at 427-1133.

Free Kidney Health Screening will be offered Saturday, March 13, 2010, from 10:00am-4:00pm at Collett Street Recreation Center in Morganton. If you or a family member have diabetes or high blood pressure, or if anyone in your family has kidney disease, then you are at risk for kidney disease. Physicians will be on hand at the screening. Space is limited, and *you must call ahead for an appointment. Call 877-858-3808.*

Youth News and Events

The Youth would like to thank the CLC Men’s Group for cooking during the Shrove Tuesday Pancake Supper. Thanks to Mike and Joyce Imboden for coordinating the event. Also, thanks to the Calvary Members for attending and giving over \$250 in donations. These funds will go toward the Youth Famine in April. Also Youth collected \$535 during Souper Bowl of Caring in February. The Youth would like to “Thank” Calvary members for these donations, and they were given to BUCM.

Youth and Youth Parents - Please mark your calendars for the following important dates:

March 7th – Board Meeting March 14th – Youth Meeting 12:30 pm

*March 28th –Health Board presents Beth Kolb regarding Youth Emotional Health & Social Pressures 12:30 pm

*Youth Parents Please make this youth meeting a priority for your teen to attend! Information on these subjects was requested by our youth thru their Health Survey.

April 3rd - Set up for Easter Breakfast April 4th – Easter Breakfast

April 16th-17th –Famine April 18th – Youth Presentation on Famine



Easter Lilies

may be placed in the sanctuary for Easter Sunday. These may be designated in honor or in memory of a loved one. A six-inch plant with gold foil and white bow will be obtained for you from a local greenhouse at a cost of \$9.75 each.

Please fill in the information below and attach your check payable to Calvary Lutheran Church. You may bring your order by the church office or mail to the church at 119 North King Street, Morganton, NC 28655.

(MAY BE PLACED IN NARTHEX WOODEN BOX)

Please submit by March 21, 2010

Number of plants ordered _____

Amount attached \$ _____

In honor of _____

In memory of _____

Given by _____

Thank you for adding to the beauty of our sanctuary.

Please do not place requests or checks in the offering plate.

Jane Morrow, RN Parish Nurse



Beloved, I pray that all may go well with you and that you may be in health . . . 3 John 2
 The American Heart Association has a chart that includes numbers that you need to know in order to help you monitor your health. You can bless yourself and your loved ones by knowing your numbers and keeping them within a healthy range.

Healthy Numbers

Factor	Goal
Total Cholesterol	Less than 200 mg/dL
LDL ("Bad") Cholesterol	LDL cholesterol goals vary. <ul style="list-style-type: none"> ● People who are at low risk for heart disease: <160 mg/dL ● People at intermediate risk for heart disease: <130 mg/dL ● People at high risk for heart disease including those who have heart disease or diabetes: <100 mg/dL (Some high-risk patients will have a goal of <70 mg/dL.)
HDL ("Good") Cholesterol	50 mg/dL or higher
Triglycerides	<150 mg/dL
Blood Pressure	<120/80 mmHg
Fasting Glucose	<100 mg/dL
Body Mass Index (BMI)	<25 Kg/m ²
Waist Circumference	<35 inches for women, < 40 inches for men
Exercise	At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week Or At least 20 minutes of vigorous aerobic activity at least 3 days per week; And Strength/endurance activity at least 2 days per week.

CLC Congregation Council

Strategic Planning

At the February Church Council meeting, the members voted to establish a Strategic Planning Committee that will begin working on a clear direction for the future of our congregation.



If you would like to be a part of the committee or have ideas as we begin this journey please give me a call. Also, I would ask that you be in prayer with the committee as we discern what God intends for Calvary Lutheran Church in the future.

One of the first actions will be to assemble a team of 12 to 15 volunteers from the congregation that would be interested in being involved. Even though a committee will have

David Shirten Home Phone – 584-2330



PACT (Partnering Adult Caregivers Together)

Tuesday, March 16, 2010
 Morganton-Burke Senior Center
 501 North Green Street, Morganton
 5:30-7:00 pm

The first meeting of PACT, the new support group for caregivers in Burke County will be held at the Morganton-Burke Senior Center at 5:30 on Tuesday, March 16, 2010.

This will be a get acquainted meeting, complete with a meal provided by the center. It is to let you learn what the group may be able to do for you and what you may be able to do for others as well. Call 430-4147 for more information and to sign up to attend. Reservations are required.

Good News from the LSA

According to an announcement in *Voices*, the newsletter for Lutheran Services for the Aging, LSA is now ranked 58th out of 100 not-for-profit providers of aging services. This ranking is based on the number of senior living units provided by the LSA which totals 1,138. With continuing plans for expansion and development, Lutheran Services for the Aging, Inc. fosters their mission statement of:

“We strive to express God’s love in Christ to those we serve.”

For Your Information

13% of Americans are over the age of 65;
 in only 20 years (2030) this percentage will increase to 20-25%.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5	6
		7:00 Circle I	10:00 Circle II 6:30 Mutual Ministry	5:00 Health Cabinet 5:00 Meal 6:30 Worship	4 BUCM am		10:00 Confirmation
March 2010							
	7	8	9	10	11	12	13
March Worship Assistants 7 8:30 Asst. Min. Nina Harding Acolyte Gavin McDonald Crucifer Georgia Ballard Lector Jack Divers Greeter David & Cynthia Lange Nursery Children Church Children Message Jennifer Hunt Pastor Mike	8:30 Worship Service 9:45 Sunday School Choir Rehearsal Children's Choir 11:00 Worship Service 12:30 Youth Board	9 BUCM pm 11:00 Cavaliers 6:30 Personnel	4:00 Service Board 5:00 Meal 6:30 Worship				
14 Asst. Min. Julie Copenhaver Acolyte Tina Padgett Crucifer Howy Copenhaver Lector Mandy Raymond Greeter Rita & Don Blanton Nursery Children Church Children Message Lloyd & Helen Wallace Richard Isaac Gabe Isaac Crystal Anthony Leslie Kern Karen & Ken Whitley	14	15	16	17	18	19	20
Heather Sossoman Richard Isaac	8:30 Worship Service 9:45 Sunday School Choir Rehearsal Children's Choir 11:00 Worship Service	6:30 Evangelism & Stewardship	BUCM am	5:00 Meal 6:30 Worship	BUCM pm		
21 Asst. Min. Dawn McDonald Acolyte Gavin McDonald Crucifer Georgia Ballard Lector Charles Moll Greeter Sharon & David Shirlen Nursery Children Church Children Message Arlene Robinson Beverly Wilson Tonya Cozort Rich Duncan	21	22	23	24	25	26	27
	8:30 Worship Service 9:45 Sunday School Choir Rehearsal Children's Choir 11:00 Worship Service 12:45 Confirmation		7:00 Council	5:00 Meal 6:30 Worship			
28 Asst. Min. Julie Copenhaver Acolyte Tina Padgett Crucifer Howy Copenhaver Lector Larry Berryhill Greeter Shirley Beach Nursery Children Church Children Message Alison Lutz Tonya Cozort Jennifer Wilson Beverly Watts	28	29	30	31			
Ushers: Krickett Militello Vince Mililtello	8:30 Worship Service 9:45 Sunday School Choir Rehearsal Children's Choir 11:00 Worship Service 12:30 CLC Youth Palm/Passion Sunday						
Altar Guild: Elizabeth Ferguson, Krista Stillwell, Angela Voltmer Care Visitors: Louis Whitener, Lisa Schuck							
							BUCM FOOD OF THE MONTH All Non-perishables (CLC's Large Collection Month)

Parish Life will be providing Lenten meals on each Wednesday from 5:00 pm to 6:15 pm. We will have soup, salad, various sandwiches and desserts.

2/24- Chili provided by Patti and Emmett Brittain (Thanks. It was delicious!)

3/3- Vegetable soup provided by Angela Williams

3/10- Vegetable soup provided by Ingrid Farrar

3/17- Black Bean soup & grilled cheese provided by Calvary Men's Group

3/24- Tomato soup & grilled cheese provided by Parish Life

The Parish Life Board would like to request you to save and bring your empty Cool Whip or any large plastic containers to the New Fellowship Hall. The containers will be used for taking leftovers to our shut-ins.



Meal Ministry A number of members in our congregation have volunteered to provide a meal for individuals or families experiencing unusual challenges in their lives.

If you know of someone who has a new baby, is ill, or has extenuating circumstances and needs a meal brought to their home, please contact Pastor Riley or Jane Morrow at 437-0780.

We will notify the meal provider coordinator, Heidi Potocki, to arrange for this care giving ministry.

Baby Shower

for Scott & Jennifer Wilson April 11 after late service until 2pm in the New Fellowship Hall. A light lunch will be provided. They are registered at Target & Babies R Us.



Teaching Others to Give

Many times in the Gospels, Jesus teaches us about giving. Not just the act of giving, but the spirit of giving - out of compassion, from the heart, without reservation and without a sense of obligation.

Giving does not always come naturally. We often learn from an early age by watching the way adults share with others and give of time, treasure, and talent. When we teach young children to share, we are setting them on a course of giving freely, giving selflessly.

Upon their deaths, Thomas A. Mott Jr., a former Hickory resident, left an estate gift of approximately \$2.5 million to Lenoir-Rhyne University and Barbara Boland left more than \$600,000 to various organizations including an excess of \$500,000 to Lutheran agencies and institutions.

Mr. Mott and Mrs. Boland both illustrated that we can even teach others to give by creating gifts for ministries of the church in our wills or other estate plans. Such action could be the last teachable moment you have. With a final act of generosity, we can teach others to give.

Have you remembered ministries of the church in your will? Will you consider the possibility?

Resources to help you make a planned gift are available from the ELCA Foundation or local planned giving director, Christine Post-Duncan.

Please call 1.866.630.3522 (toll free) for more information.

Lent & Easter Schedule

Wednesday 5:00 pm Meal
6:30 pm Worship Service
Palm/Passion Sunday March 28 pm
Maundy Thursday April 1 6:30 pm
Good Friday April 2 6:30 pm
Easter Sunday
April 4 7 am with First United Methodist
11:00 am Worship Service

Considering a Via de Cristo Weekend?

Perhaps God has been calling you to a deeper relationship with him. Maybe you have considered a Via de Cristo weekend in the past, but have wondered what it is really about.

A Via de Cristo retreat is an encounter with Christ in which the participant becomes a part of a community abounding in God's Grace. It enhances and strengthens our personal relationship with Christ, with our Christian brothers and sisters and with the Christian community. The Via de Cristo retreat is experiencing the love of Christ in a deeper, more meaningful way.

Those of us at Calvary Lutheran who have made a **Via de Cristo pilgrimage** would like for you to prayerfully consider attending a weekend. The Via de Cristo weekend is held at Lutheridge. It begins on Thursday evening and lasts until Sunday at approximately 6pm. All lodging, meals, and programming are included for a nominal fee of \$25. The next Men's Weekend is April 22-25. The next Women's Weekend is May 13-16. We are available to answer questions and even pray with you or for you about the weekend. Via de Cristo leaves a lasting impact on the lives of those who attend each in a different way.

If you have any questions please ask someone who has gone before:

Rick & Beverly Watts	Dave & Treesie Cape	Wayne & Leslie Giese	Tom & Kathy Hunt
Chris & Leslie Kern	Bob & Gloria Kilpatrick	Gary & Susan Lail	David & Cynthia Lange
Quez & Debbie Little	Chuck & Joyce Moeller	Eric Stuenkel	Lloyd & Helen Wallace
Paul & Teresa Gamewell	Pastor Mike & Betty Riley	Bruce & Evelyn Keever	Judie Huffman
Callie Gregory	Steve & Elaine Yount	Flo Siebert	Steve Wilson



Prayer shawls are given to people experiencing a major life event, such as death of a loved one, loss of a job, diagnosis of a catastrophic illness, etc.

Prayer shawls are usually made by church members who knit or crochet the shawls. The completed shawls are brought to the church, prayed over, and distributed as the need arises. A prayer shawl ministry is an extension of the ministry we already have for babies who are being baptized.

We would like to begin a prayer shawl ministry here at Calvary Lutheran. If you knit and/or crochet, or would like to learn, and are interested in making prayer shawls for members in need, please contact Jane Morrow, parish nurse, at 437-0780. Simple patterns and instructions are available.

Week of February 28, 2010		Year to Date as of February 28, 2010	
Weekly Income	Required Income	Y/D Income	Y/D Required Income
\$4,533.25	\$5,800.00	\$44,104.08	\$52,200.00
			\$33,462.61

Calvary Lutheran Building Loan Summary For The Month Ending February 2010			
Beginning Balance	Paid on Principal	Ending Balance	Interest Paid Y/D
\$232,445.22	\$13,067.28	\$219,377.94	\$21,347.21
			\$1,838.45