

CALVARY LUTHERAN CHURCH, ELCA
 119 North King Street
 Morganton, NC 28655
 Phone: 828-437-0780
 Fax: 828-437-1276
 E-mail: calvarylutheran@compascable.net
 Website: www.clcmorganton.org



NP Organization
 US Postage at
 Morganton, NC 28655
 Permit #85

RETURN SERVICE
 REQUESTED

Calvary's PROCLAMATION

JULY 2010

"God's Work, Our Hands"



*"For freedom
 Christ has
 set us free."*

Galatians 5:1

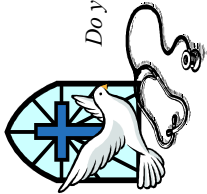
DIRECTORY

<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.



A Magic Pill

Jane Morrow, Parish Nurse

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.
1 Corinthians 6:19-20

What if there was a magic pill that would: decrease stress; help you lose weight or maintain a healthy weight; prevent or help treat diseases such as diabetes, high blood pressure, heart disease, arthritis, osteoporosis, and certain types of cancer; boost your immune system; help you maintain the ability to do daily living activities; reduce feelings of depression, improve your mood, increase your sense of well-being; help improve or maintain some aspects of cognitive function; promote better sleep; and can be FUN!!!

The good news is there is such a magic pill, it's not hard to swallow, and it's FREE!!! It's called physical activity! The US Department of Health and Human Services offers the following guidelines for physical activity: (From <http://www.health.gov/PA/Guidelines/factsheetprof.aspx>)

Children and Adolescents (aged 6–17) should do 1 hour or more of physical activity daily. Most of that 1 hour or more should be moderate or vigorous aerobic activity. They should do vigorous-intensity activity at least 3 days per week, and muscle and bone strengthening activity at least 3 days per week.

Adults (aged 18–64) should do 2 ½ hours per week of moderate-intensity, or 1 ¼ hours per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate-and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week. Additional health benefits are provided by increasing to 5 hours per week of moderate-intensity aerobic activity, or 2 ½ hours per week of vigorous-intensity aerobic activity. Adults should also do muscle strengthening activities that involve all major muscle groups 2 or more days per week.

Older Adults (aged 65 and older) should follow the adult guidelines. If this is not possible due to limiting chronic conditions, older adults should be as physically active as their abilities allow. They should avoid inactivity. Older adults should do exercises that maintain or improve balance if they are at risk of falling.

For all individuals, some activity is better than none. Physical activity is safe for almost everyone, and the health benefits of physical activity far outweigh the risks. Consult your health care provider before beginning a program of physical activity.

My doctor has a cartoon posted in his office. It shows a doctor with a patient. The doctor asks the patient, *“What fits your schedule the best: exercising one hour a day or being dead 24 hours a day?”*

Health Information

A new type of Lifeline medical alert system is available for those elderly and/or disabled who live at home and are at risk for falls. Lifeline with AutoAlert **automatically places a call for help if a fall is detected** and the subscriber cannot press his or her Personal Help Button because they are disoriented, immobilized, or unconscious after a fall. For more information call Cindy Atkins, HME/Lifeline Coordinator, Healthy @ Home, Blue Ridge HealthCare, 828-580-6441.

“Isn't It Time We Talked?”

Mark your calendars for September 26 and plan on attending *“Isn't It Time We Talked?”* after the 11:00 AM worship service in the new fellowship hall. The Palliative Care Center & Hospice of Catawba Valley will present information on Advanced Care Planning including Living Wills and Health Care Power of Attorney. Pastor Mike will include a segment on Funeral Planning. Organ Donation information will also be available. AND, lunch will be provided!

We encourage all persons over age 18 to attend and learn about these *difficult to discuss* topics. Having these important documents in place and discussing your wishes with your loved ones is a wonderful GIFT!

MEMBERS:

Lois Berryhill
Keith Black
Tyler Giese
Clay Giese
Wayne Giese
Caitie Gregory
Bud Husband
Rachel Keiser
Sandy Koerner
Kamara Reade
Joan Mease
Tori Whalen
Betty Williams

FAMILY
Meredith Annis
Steven Byers
Richard Bostain
Darius & Sue Bollinger
Dan Coulter
Paul Engel
Tim Fox
Drew Hamrich
Gregg Harding
Barbara Horne
Henry Lange (Navy)
Charles Lawrence
Betty & Hans Lund
Ellen McFall
Louise McFall
CN Mease
Melissa Moore & family
Leon Morrow
Betty Newton
Robert Peterson
Eleanor J. Sapone
Capt. Kendal Seli
Andrew Shirlen
Michael Stokes
Evan Thomason
Vernon & Laura
Whisnant
Hazel Whitley
Teresa Williams
Tasha Williamson
Everett Zettle

AT HOME:

Charlie Edwards
Jan English
Fred & Maggie Lou Roberson
Billie Rose Robertson
Juanita Sigmon (Pinecrest, Hickory)
Doris Sink
Jackie Wiseman

NURSING HOME:

Wilma Whisnant (Grace Ridge)

U.S. MILITARY:

Matt Lail (NAS Pensacola)
Justin Williams (Marines)

FRIENDS:

Susana Aguilar
Kelly Behner
Carol Blanchard
Norman Bolick
Broyhill family
Bill & Joan Buff
David & Gail Eckstein family
Jewell Gist
Susan Haire
Meg Hanley
Freddie Hille
Cornelia Lokey
Monica Mastin
Louise McIntyre
Barbara McClellan
Betty Newton
Dean Padgett
Matt Poteet
Brenda & LJ Rich
Ken Riley
Bradley Robinson
Kyle Rusnack
Debbie Smith
Irma Stefula
Angela Stepp
Johnny Stiles & family
Joshua Wean family
Dr. Paul Weber
Marsha Young

SISTER PARISH:

Spirit of Joy Lutheran Church
Brisas del Valle, El Salvador

OTHERS:

All military service men & women
Domestic & global missionaries
Earthquake victims in Haiti & Chile
Those seeking employment
Residents & wildlife of Gulf Coast

WE PRAY MONTHLY FOR MEMBERS OF THE
CONGREGATION IN LOVE
AND COMMUNION
WITH THE CHURCH OF CHRIST
Glen & Teresa Giese
Clay Giese
Tyler Giese
Wayne & Leslie Giese
Sam & Betty Glasbrook

Robert Mould	7	Delaney Benson	21
Rachel Keiser	8	James Fisher	23
Judie Huffman	12	Joe Koerner	24
Thomas Hunt	15	Pattie Brittain	26
Susan Rector	15	Kathy Melton	26
Conner Sossoman	15	Don Blanton	28
Arlene Robinson	16	Becky Schlein	28
Brittany Isaac	18	Meredith Whitley	28
Diane Cannoles	19	Wil Johnson	29
		Greg Little	30

JULY BIRTHDAYS

Calvary Proclamation is published monthly by Calvary Lutheran Church, N. King Street, Morganton, North Carolina 28655. Phone 828-437-0780 Fax 828-437-1276 Email calvarylutheran@compasable.net Web page www.ccmorganton.org Deadline for submitted materials to regular publications is the third Monday of each month. Circulation for the Proclamation each month: Larry & Lois Berryhill, Ruth Peterson, Lee Dehnert, Louise Whitener, Robert Rumpel.

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.

Grace Episcopal Church will be offering a program on Five Wishes, Living Wills, and Health Care Power of Attorney on Monday, July 19, at 7:00pm. Chaplain Dennis Stamper from Blue Ridge Health Care will be leading the program. Please call the church to register at 437-1133.

Christmas In July - Helping Southmountain Children's Home

The Service Board is asking for your help to provide a special "Christmas in July" to the children of Southmountain Children's Home in Burke County. There are 42 children ranging from ages two to 18 years old living at the Home. They need school supplies for the coming school year.

Please consider giving some of these items that are listed. Many of the stores will have the items on sale near the end of July and the beginning of August and you may want to wait for the items to go on sale before purchasing them. We are asking for your help to provide needed school supplies which are listed in order of necessity:

Book Bags 3-ring Binders (1" & 2") Subject Dividers	Clear Sheet Protectors Highlighters Lead Pencils	Protractors Calculators Pencil Sharpeners	Colored Pencils Markers Black Pens	Note Cards Poster Board Notebook Paper (college & wide-ruled)
---	--	---	--	--

We will be collecting these items July 18 through August 15, 2010. They may be placed in the collection bins in the old fellowship hall. If you have any questions, please contact Beverly Watts at 828-652-1146. Thank you on behalf of the Service Board.

Friendly Tuesday

Calvary Lutheran Church is sponsoring "Friendly Tuesday" on Tuesday, August 3rd 10:00-12:00 and will provide a program and light lunch. "Friendly Tuesday" is a group of seniors who get together monthly at one of Morganton's churches for social and spiritual interaction. It is a great way to meet old friends and make new ones. If you are not already a member, you are cordially invited to come to New Fellowship Hall on Tuesday morning, August 3rd and take part in this friendly time! Anyone who would like to help with preparations and food for the morning can contact one of these folks: Beverly Watts (828-652-1146), Debbie Little (433-6129), or Dot Williams (438-0909).

Crawdads' Family and Youth Sunday ~ ~ **Hickory Crawdads vs. Greensboro Grasshoppers**
The Youth would like to invite all church members to join us for a fun-filled Sunday afternoon at the Crawdads game on July 11th for Faith and Family Sunday at the ballpark. We will meet at the church at 3:30 pm. Group tickets are \$6.00 each. Please reserve your ticket by July 4th. Let Susan Rector know if you plan to attend. Mark your calendars for **July 11th**. It's also Disney Day (*Your favorite characters will be there!*)

THANKS for your care and generosity for the ministries of the church. Please remember to keep your pledges and offerings current throughout the summer. Financial obligations for Calvary Church continue each month, even during vacation times.

Calvary Lutheran Building Loan Summary For The Month Ending June, 2010			
Beginning Balance	Paid on Principal	Ending Balance	Interest Paid Y/D
\$206,606.58	\$4,213.42	\$202,393.16	\$8,331.99
			\$5,030.00

An Outright Gift of Real Estate

James Jones knew he wanted to leave a legacy for the ministries of the church. He also knew that he did not want to burden his wife, Mary, with a complicated estate.



They had never lived extravagantly and years of living frugally allowed them a nice income and the ability to do the things they always wanted to in retirement.

James and Mary had an array of assets including bank accounts, pension plans, and a personal residence, as well as, a large piece of farm land and rental properties in Rowan County, N.C. When thinking about the farm land and rental properties, James was faced with a dilemma. If he sold the property he would have to pay over \$100,000 in capital gains tax. If he died before Mary, she would be left with the responsibility of keeping up the property or trying to sell it.

James contacted an ELCA Foundation regional gift planner to discuss how he could use the property to make gifts to his congregation and the ministries he had supported throughout his life. With the guidance of their regional gift planner, James and Mary decided to gift the farm and rental property to the ELCA. The ELCA Foundation then had the responsibility of working with a local realtor to sell the land and distribute the sales proceeds to the congregation and ministries that James and Mary specified. And, best of all, James and Mary received an income tax deduction for the fair market value of their gift which can be used for up to six years.

For more information about how the ELCA Foundation can help you with your financial needs, contact local regional gift planner, Christine Post-Duncan via [e-mail](mailto:christine@elca.org) or at 866-630-3522

Life Insurance Gift

Eric and Tammy West, both in their early 40s, met in college and married shortly after they graduated. They dreamed of making a financially significant gift in memory of one of their professors, Raymond Strunk, but did not feel they had the resources available to make this a reality. Their Lutheran Brotherhood representative told them how they could make a very large charitable gift for a small monthly payment using life insurance.

Eric and Tammy chose to purchase a new policy making their alma mater, Lenoir-Rhyne University, the owner and beneficiary. Each month they receive a charitable deduction for the premium payments they make via automatic withdrawal from their checking account. Following their deaths the face value of the policy, \$500,000, will be used to establish an endowment to support faculty salaries at Lenoir-Rhyne.

"Long term we will be able to have a bigger impact," said Tammy. "This is a great way for us to make a large gift, and we receive charitable deductions for the premium payments during our lifetime. It's so easy."

Other gifts of life insurance are also available. Contact your local Planned Giving Director Christine Post-Duncan via [e-mail](mailto:christine@elca.org) or at 866-630-3522 to learn more about how you can make a gift of life insurance. Decide to give now, change your beneficiary or create a charitable gift after the deaths of your primary and secondary beneficiaries. You have many options. Find out about them today.



July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Worship Assistants July 4 8:30 Wayne Giese Gavin McDonald Georgia Ballard Lois Berryhill Nancy Gregory Elaina and Scott Benson Betty Riley Pastor Mike	5 6:30 Circle 1	6	7	1 4:00 Service Ministry 6:30 Finance Board	2 BUCM (am)	3
4 8:00 Worship Service 9:45 Sunday School Choir Rehearsal 11:00 Worship Service	12	13 BUCM (pm) 11:00 Calvaliers	14	15 BUCM (pm) 6:30 Strategic Planning	16	17
11 8:00 Worship Service 9:45 Sunday School Choir Rehearsal 11:00 Worship Service 5:00 CLC Youth Crowdads	19	20 BUCM (am) 6:00 Worship & Music	21 6:30 Health Cabinet	22	23	24
18 8:00 Worship Service 9:45 Sunday School Choir Rehearsal 11:00 Worship Service	26	27 7:00 Council	28 6:00 Men's Cookout	29	30	31
25 8:00 Worship Service 9:45 Sunday School Choir Rehearsal 11:00 Worship Service						

Worship Assistants
July 4
8:30
 Wayne Giese
 Gavin McDonald
 Georgia Ballard
 Lois Berryhill
 Nancy Gregory
 Elaina and Scott Benson
 Betty Riley
 Pastor Mike

July 11
Assistant Minister
 Julie Copenhaver
Acolyte
 Tina Padgett
Crucifer
 Howy Copenhaver
Lector
 Carmen Divers
Greeter
 Arlene Robinson
Nursery
 Tori Whalen

Children's Church
Children's Message
 Marsha Carver
 Teresa Gamewell
 Scott Wilson

July 18
Assistant Minister
 Nina Harding
Acolyte
 Georgia Ballard
Crucifer
 Gavin McDonald
Lector
 Joyce Imboden
Greeter
 Jim and Angie Voltmer
Nursery
 Heather Sossoman &
 Sandy Koerner
Children's Church
Children's Message
 Jennifer Wilson
 Jennifer Hunt

July 25
Assistant Minister
 Krickett Militello
Acolyte
 Tina Padgett
Crucifer
 Georgia Ballard
Lector
 Nina Harding
Greeter
 Margaret Miller
Nursery
 Monique & Dean St. Louis
Children's Church
Children's Message
 Tonya Cozort
 Beverly Watts

Ushers
 Lois Berryhill
 Larry Berryhill
 Jeff Kyro
 Paul Ijames
 David Williams

Care Visitors: Ruth Peterson, Quez & Debbie Little
Altar Guild: Karel Johnson, Julie Copenhaver, Judy Moll, Lynn Black

BUCM FOOD OF THE MONTH
Rice & Pasta

Circle I Monday July 5. 6:30 meeting at Debbie Little's a for covered dish dinner. **Circle Meetings**
Circle II will not meet in July.