



HOLY COMMUNION

Concordia Lutheran Church
October 4, 2020 + Eighteenth Sunday of Pentecost +
8:30am and 11:00am

WELCOME

PRELUDE

GATHERING SONG *"Praise and Thanksgiving"*

CONFESSION & FORGIVENESS

In the name of the Father, and of the + Son, and of the Holy Spirit.

Amen.

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

Amen.

If we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God who is faithful and just will forgive our sins and cleanse us from all unrighteousness.

(Silence for reflection and self-examination.)

Most merciful God,

We confess that we are in bondage to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.

Almighty God, in his mercy, has given his Son to die for us and, for his sake, forgives us all our sins. As a called and ordained minister of the Church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the + Son, and of the Holy Spirit.

Amen.

(we sit)

SCRIPTURE READINGS / BIBLE STUDY

SONG OF THE DAY *"Love Lifted Me"*

INTERCESSORY PRAYERS AND APOSTLES' CREED

(after each petition) Lord, in your mercy.

Hear our prayer.

Almighty and everlasting God, you have brought us safely into this new day. Preserve us with your mighty power, so that we may not fall into sin nor be overcome in adversity. In all we do, direct us to the fulfilling of your purpose. Through Jesus Christ our Lord.

Amen.

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into hell. On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

****OFFERINGS ARE RECEIVED EACH SUNDAY AT THE TABLE AT EACH ENTRY TO THE FAMILY LIFE CENTER****

OFFERING & OFFERTORY

Praise God, from whom all blessings flow: Praise Him, all creatures here below;

Praise Him above, ye heav'nly host; Praise Father, Son, and Holy Ghost. Amen.

Together, let us pray.

God of all creation, we praise you for all the wonders you have made, and for your all-sustaining care.

Receive our offerings this morning from our thankful hearts, and may our lives reflect the goodness and love shown in your Son, Jesus Christ our Lord. Amen.

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

In the night in which he was betrayed, our Lord Jesus took bread, gave thanks; broke it, gave it to his disciples, saying:

Take and eat; this is my body, given for you. Do this in remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying:

This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin.

Do this in remembrance of me.

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

INVITATION TO HOLY COMMUNION

O Lamb of God, you take away the sin of the world.

Have mercy on us. And grant us peace. Amen.

(we sit)

DISTRIBUTION OF HOLY COMMUNION

(we stand)

COMMUNION BLESSING & PRAYER

May the body and blood of our Lord and Savior Jesus Christ strengthen you and keep you in his grace.

Amen.

O Lord, we give you thanks and praise for this sacrament. Strengthen us by the power of this gift, your heavenly food.

Through it, may we all be healed and filled with faith and hope in Jesus Christ our Lord.

Amen.

SENDING SONG *"My Hope is Built on Nothing Less"*

BENEDICTION & SENDING

Almighty God, Father, + Son, and Holy Spirit, bless you now and forever.

AMEN!

With a song of praise in your heart, serve and proclaim Jesus Christ our Lord.

WE WILL! THANKS BE TO GOD!



Oct 4, 2020

185 Concordia Church Rd
China Grove, NC 28023



NALC
North American Lutheran Church

Activities & Events

Sunday, October 4

8:30am Worship
9:45am Called Council Meeting in Sanctuary
11:00am Worship

Tuesday, October 6

6:30pm Executive Committee Meeting

Wednesday, October 7

6:00pm Worship & Music Team Meeting in Sanctuary
7:00pm Evening Prayer

Friday, October 9

6:30-8:30pm Feed the Hunger Pack-a-thon

Saturday, October 10

9:00-11:00am Feed the Hunger Pack-a-thon

Sunday, October 11

8:30am Worship
9:45am Council Meeting in Sanctuary
11:00am Worship

Wednesday, October 14

7:00pm Evening Prayer

Sunday, October 18

8:30am Worship
11:00am Worship

Wednesday, October 21

7:00pm Evening Prayer

Sunday, October 25

8:30am Worship
11:00am Worship

Wednesday, October 28

7:00pm Evening Prayer

This Week's Offerings and Tithes

September 20, 2020

Needed weekly to cover 2020 budget: \$7,110.19

	<u>Attendance</u>	<u>Received</u>
8:30am Worship Service	52	
11:00am Worship Service	65	
Evening Prayer Service (Sept 30)	22	
Sunday School		\$ 0.00
General Fund		\$ 6,649.62
General Fund- online offering -Sept		\$ 2,250.00
Building & Improvement Fund		\$ 0.00
Specials and Memorials		\$ 410.00
Good Shepherd		\$ 0.00
Organ/piano Fund		\$ 80.00
Received Year to Date	\$ 256,698.52	
Needed Year to Date	<u>\$ 260,883.05</u>	
Difference	-\$ 4,184.53	

This Week's Birthdays

Caleigh Bostian 10/5	Jordan Bostian 10/6
Sandy Fowler 10/5	Samantha Garver 10/7
Willis Hobbs 10/6	Belinda Cozart 10/8
Ryan Yost 10/6	

Today's Altar Flowers

The flowers are given to the glory of God and in honor of Sarah Brandt's birthday by her family.

Concordia's Ministry Team

<u>Pastor</u>	<u>Rev. Ken Reed</u>
704-857-2163 (office, ext. 2)	kenreed803@gmail.com
704-796-1764 (cell)	
<u>Faith Community Nurse</u>	<u>Hollie Hutchens</u>
704-857-2163 (office, ext. 3)	hollie.hutchens@atriumhealth.org
704-762-7389 (cell)	
<u>Administrative Assistant</u>	<u>Debby Isenhour</u>
704-857-2163 (office, ext. 1)	concordia185@gmail.com
<u>Director of Music</u>	<u>Eddie Karriker</u>
704-622-6663	karriker.eddie@gmail.com
<u>8:30am Service Pianist</u>	<u>Terri Wing</u>
704-857-3569	terri_wing@yahoo.com
<u>Council Vice-Pres.</u>	<u>Vinnie Duncan</u>
919-649-9420	vinniek54@gmail.com

SUNDAY WORSHIP: The 11:00am worship service will be recorded, and will be posted Monday morning on Concordia's Facebook page and YouTube channel ("Concordia Lutheran Church 1").

Office Hours

<u>Pastor</u>	<u>Rev. Kenneth W. Reed Jr.</u>
Tuesday through Sunday	(Monday, day off)
<u>Faith Community Nurse</u>	<u>Hollie Hutchens</u>
Monday, Tuesday, Wednesday	8:30am - 3:30pm
<u>Administrative Assistant</u>	<u>Debby Isenhour</u>
Monday through Thursday	8:00am - 12:00pm

Concordia Prayer Partners

Members at home and special concerns

Lori Sloop Barbee	Barbara Karriker	Henry Starnes
Leonard Beaver	Hoke Karriker	Bernice Trexler
Barbara Benfield	Richard Karriker	Becky Waller
Bill & Hazel Cline	Melvin McAlister	Jettie Wise
Harold Cline	Comeleta Overcash	Geraldine Wood
Judy Curlee	Jack Owens	Wynell Wood
Frankie Freeze	Dale Phillips	
Mabel Galloway	Joan Ritchie	
Mary Ann Hammonds	Judy Ritchie Kay & Ray Ritchie	
Leila Hobbs	Boyd Smith, Sr.	
Jim Howell	Zach Smith	
Dan Johnson	Eddie Starnes	

Active Military

Jason Ciscel

(Staff Sgt. US Air Force, Fairbanks, AK, Husband of Teresa Rosas Ciscel)

Willis Hobbs

(Specialist US Army, Ft Hood, Texas)

Stephanie Lumpkin

(Sgt. US Marine Band, San Diego, CA)

Eric McLaughlin

(Lt. Commander, U.S. Navy, Washington DC)

Christopher Overcash

(US Army, 2nd Lt., Fort Gordon, GA)

Kim & Matt Gordon

(Captains in the US Army and husband and wife. Fort Bragg NC. Cousins of Leslie Reed)

In-Patient, Recovery and Assisted Care

Gail Fisher	<i>(Brookdale Assisted Living, Salisbury)</i>
Jeffrey Roberts	<i>(Deal Care Inn, Mooresville)</i>
Duane Wood	<i>(Deal Care Inn, Mooresville)</i>
Becky Waller	<i>(Elmcroft of Salisbury)</i>
Jim Howell	<i>(Brian Center, Concord) (250 Bishop Lane, Concord, NC 28025)</i>
Judy Curlee	<i>(Crescent Heights, Concord) (24012 Branchview Dr, NW Concord, NC 28025 –room 334)</i>

Family & Friends

Contact the church office to extend a name on this list beyond 60 days.

Lois Beckham <i>(Friend of Zinda Nesbitt)</i>	9/6/20
Family of Betty Bell <i>(Aunt of Renae Karriker)</i>	8/16/20
Family of Perry Bost	9/13/20
Bishop Emeritus John Bradosky <i>(Recovering from serious fall)</i>	8/23/20
Bryan Cox <i>(Stepbrother of Todd Holshouser)</i>	8/30/20
Wayne and Frankie Dabbs <i>(Parents of Kenny Dabbs)</i>	9/20/20
Rachel Davis <i>(Sister of Mary Ruth Owens)</i>	10/4/20
Jeff Garden	8/16/20
Gene Hobbs <i>(Husband of Leila Hobbs)</i>	8/2/20
Scott McLaughlin <i>(Friend of the Church) (2305 Primrose Ct, Elon, NC 27244)</i>	9/27/20
Ann McNeely <i>(Sister of Mary Ruth Owens)</i>	10/4/20
Family of Gail Peacock <i>(Friend of the Community)</i>	9/6/20
Joyce Poovey <i>(Sister of Barbara Beaver)</i>	9/6/20
Family of Fran Todd <i>(Sister of Randy Overcash)</i>	9/6/20
Ron Turbyfill <i>(Friend of the Community)</i>	9/20/20
Donnie Alderman, Kent Martin, Nancy & Kenneth Martin <i>(Family of Bernice Trexler)</i>	9/6/20

Worship Service Responsibilities for October

8:30am Worship Service

Ushers & Greeters *Randy and Ginger Overcash*

11:00am Worship Service

Ushers *Darren Corriher, Brandon Earnhardt, Tony Brown, Julie Corriher, Chandler Corriher*

Greeters *Todd & Ellen Isaacs, Amy & Reagan Waller, Henry & Tiea Goodnight*

Announcements *Sheri Foster*

Council Member *Mike Ashley*

Lay Reader *Dale Karriker*

Altar Flowers

Oct 4 *Henry Goodnight* **Nov 1** *Kathy Irvin*

Oct 11 *Shirley Allen* **Nov 8** *Vinnie Duncan*

Oct 18 *Vinnie Duncan* **Nov 15** *Midgi Bost*

Oct 25 *Debbie Shepherd* **Nov 22** *Sarah Wells*

Nov 29 *Debbie Shepherd*

CONCORDIA HEALTHY CORNER:

ADVANCE DIRECTIVE VIRTUAL WORKSHOP

A free opportunity to learn about Health Care Power of Attorney and Living Will forms. Trained facilitators will provide information and walk you through the documents. You will have an opportunity to have all your questions answered and learn what steps you need to take next.

October 8, 2020 and November 12, 2020 from 5-6:30pm

To register send an email to: YourCareYourChoice@atriumhealth.org

THANK YOU to Belinda Cozart for BOLDLY serving the church this week.

The Health & Wellness Team is already preparing for 2021! If you are currently serving as a H&W team member and/or interested in serving on this congregational health and wellness ministry and outreach team then please contact Hollie Hutchens, Faith Nurse.

WELCOME TO THOSE VISITING WITH US.

Please take a moment to sign the visitor book on the table at the back of the church, so we can welcome you by name. Thank you for choosing Concordia as your place of worship this morning. We are glad to have you here!

OCTOBER WORSHIP AND MINISTRY

RESPONSIBILITIES are in today's bulletin and on the church website. Is your name listed?

SEPTEMBER COUNCIL MINUTES are available on the round table in the Family Life Center.

HAND SANITIZERS are available at the worship service entrances.

FEED THE HUNGER PACK-A-THON

Friday, October 9 from 6:30-8:30pm
Saturday, October 10 from 9-11:00am.

Call or email Sarah at 704-640-1971 or sarahgbrandt@gmail.com

Link to contribute and /or register to pack.

<https://www.feedthehunger.org/clepat/>

HURRICANE: PRAYER & RESPONSE.

For several years Concordia has had working relationships with *Samaritan's Purse, Feed The Hunger and NALC Disaster Response*. These agencies are already on the ground in the affected areas.

Their websites have more information and ways to donate.

<https://www.samaritanspurse.org/>,

<https://www.feedthehunger.org/>,

<https://thenalc.org/nalc-disaster-response/>.

Let us continue to intercede with prayer on their behalf.

A SPECIAL THANK YOU to Hollie Hutchins and all the Care-avan members. You sure made our Wedding Anniversary a special day! Thank you so much for the pie, goodie bag and balloon. And we so appreciate all the cards we received. We love you all very much Bob and Coleen Kerr. Also a special thank you to Sarah Brandt for the cake !

2021 YEARBOOK— If you have had an address, email or phone number change in the past year, please contact Debby 704-857-2163 or concordia185@gmail.com

PEW REGISTERS: Church records are important for our church history. Please complete the pew register located on your chairs for your family and drop in the baskets by the door, ink pens are available on the round table.

WANT TO JOIN THE CONGREGATION "CARE-AVAN?"

Looking for members that may be interested in going out on social distance visits once or twice a week with some of our parishioners! If you are interested in making a few signs, honking and waving, visiting a few folks from the front porch or from the window, contact Margie Baucom 980-297-6462.

SCHOOL SUPPLIES NEEDED

ROCKY RIVER

Personal Size Dry Erase Boards
Dry Erase Markers
Scissors
Glue Sticks
Composition Books
Pencils

MILLBRIDGE

Hand Sanitizer
Clorox Wipes
Disinfectant Spray

If you need help with school supplies, contact Pastor Ken or Carrie Brown.

BBO CHICKEN DINNER FUNDRAISER for Merritt

Plummer, daughter of Aaron and Kayla Plummer, on October 10 from 3-6pm at Grace Lutheran Church, Salisbury. Drive thru only and first come first serve. \$10.00 per plate. Raffle for a John Deere Gator, tickets \$100, contact Mike Yost 704-213-1262 or Darrell Smith 704-798-1217.

TITHES & OFFERINGS: Please write a separate contribution check for each fund/account. The "General Fund" addresses all the 2020 budgeted ministry commitments. You can mail your contributions to the church. 185 Concordia Church Road, China Grove NC 28023.

View Concordia's 11:00 AM Services at

www.youtube.com/ConcordiaLutheran1

Join our FACEBOOK page at

www.facebook.com (search "Concordia Lutheran Church")

North American Lutheran Church

www.thenalc.org

NALC - Carolinas Mission District

**www.carolinasnalc.org
carolinaslutheranwomen.org**

CONCORDIA'S WEBSITE

www.concordia-lutheran.org

CONCORDIA'S E-MAIL ADDRESS

concordia185@gmail.com

“Want to protect or even boost your immunity?”

Below are 12 strategies that can help protect your innate (born with), adaptive (developed), and passive (exposure) types of immunity year round.

- 1.** Malnutrition can impair the immune system. Easiest way to address malnutrition is learn to eliminate or limit your intake of simple sugars in things like processed foods and juices.
- 2.** Develop strategies to manage stress. When you're stressed, your adrenal glands churn out epinephrine (aka, adrenaline) and cortisol. While acute stress pumps up the immune system, long-term duress overwhelms the immune system. For instance, psychological stress raises the risk for the common cold and other viruses. Less often, chronic stress can promote a hyper-reactive immune system and aggravate conditions such as allergies, asthma and autoimmune disease.
- 3.** Move your body! At least 30 minutes a day of physical activity helps boost the immune system, decreases stress, promotes mental clarity, promotes digestion and elimination... to name a few benefits.
- 4.** Sleep is a time for growth-promotion and reparative hormones takes place. During sleep the liver ramps up the filtration process allowing the body to filter our toxins naturally from the body. Chronic sleep deprivation activates the stress response, depresses immunity response and stimulates inflammatory response chemicals in the body.
- 5.** Socialize as much and as safely as possible. Follow the 3 Ws (wash hands, wear a face covering when social distancing is not an option, and wait 6 ft apart) when out in public but try to venture outside of your four walls. Go on walks outside at the local parks, visit friends on the front porch, and talk with your support system weekly. Good mental and emotional health are critical to hormonal response and chemical balance.
- 6.** Experience more love. When love and happiness is experienced with a partner, through an act of kindness or service, when you can laugh whole heartedly with friends or family hormones in the body are released perking up that immune response. Remember the old saying laughter is the best medicine!
- 7.** Tobacco cessation will help boost your immune response. Tobacco actually triggers the body's natural inflammatory response and stimulates respiratory mucus production within the lining of the respiratory tract. The body is already fighting against the side effect that occur with tobacco use in any form, which then fatigues the immune system to fight off any virus that may be introduced seasonally.
- 8.** Eat the “good gut” stuff. Consuming probiotics actually introduces more good bacteria into the body therefore outcompeting the bad bacteria that can colonize in the urinary tract, respiratory tract, and digestive tract. Things such as *live-cultured* products like yogurt, sauerkraut, fermented foods and probiotic supplements are great resources! Remember that you should also be increasing the “good gut” probiotics for good bacteria promotion any time an antibiotic is prescribed.
- 9.** Get that Vitamin D, Vitamin C, and antioxidants any way you can. Increased access to sunlight (safely being exposed), taking a vitamin D supplement with physician approval at the recommended daily allowance, and consuming foods with vitamin D (fish, eggs, oatmeal, mushrooms and dairy) are all recommended for boosting immunity. Antioxidants occur naturally in most dark berries, dark colored or leafy green vegetables such as kale, and even dark chocolate. The greatest way to consume vitamin C is to actually eat citrus fruit. Often times the juices are so loaded with sugar that it causes an instant inflammatory response in the body which then stresses the immune system.
- 10.** Choose those vitamins and supplements wisely; look at the additional ingredients used in some multivitamins or over the counter pills/gel capsules. A varied, plant-predominate diet and a good multivitamin supplement should meet your needs for general vitamins and minerals. The easiest and healthiest way is to consider adding more raw or slightly cooked seasonal fruits and vegetables to your plate at each meal.

11. Immune yourself. Remember the 3 Ws – so do not expose yourself, stay current on all CDC recommended vaccinations, and consider limiting exposure to others that are actively sick.
Likewise, do not expose others to your illness if you have not been feeling well. We must protect each other.

12. Consider medicinal plants that contain chemicals that enhance immune system activity including echinacea, calendula, astragalus, garlic, and shiitake, reishi and maitake mushrooms to name a few. Try to consume local honey, it has a natural antibiotic property and exposes the immune system to small amounts of several seasonal pollens over time. This exposure can help strengthen the immune response over time.

** It is always recommended that you consult your physician or pharmacists prior to adding any new medications, supplements, or OTC drugs to your routine. Some chemical combinations can be very dangerous.

Remember there is no magic pill, juice, or product on the market that will boost your immunity 100%. The body is an amazing, God given creation and it only requires us to feed it real food, to be physically activity, to get restorative rest, and decrease the inflammatory stress responses. A healthy lifestyle truly is the best medicine.

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Stained Glass Windows Book: We hope you are proud of the Concordia Stained Glass Window Book and want one for your family. Please place your order by filling out the form and including your payment in the envelope attached to the order form. Someone will be on hand at a table next to the kitchen. The books are \$25 each. We will accept orders until October 18th.

Time Capsule: Don't forget to write your letters to a loved one to be opened in 2032. Please place your letters and personal items (mementos of 2020, family items, family photos, or leave an item for a loved one, etc.) on the table under the windows. What fun we will have with these items when the Time Capsule is opened on the 150th anniversary of our church! Please bring your items next Sunday.

Feed the Hunger

Just a reminder that our packathon is this weekend.

Friday, October 9, 2020, 6:30 - 8:30 pm

Saturday, October 10, 2020, 9 – 11:00 am

Our 2 hour food packing experience creates a life impact that is similar to a mission trip for the whole family.

Ages 5 – 105 will be packing and serving together.

Please come 15 minutes early for check in due to safety procedures.

Bring your own mask if you have one.

Register online by visiting feedthehunger.org/clcpat

Or contact Sarah at 704-640-1971

sarahbrandt@gmail.com