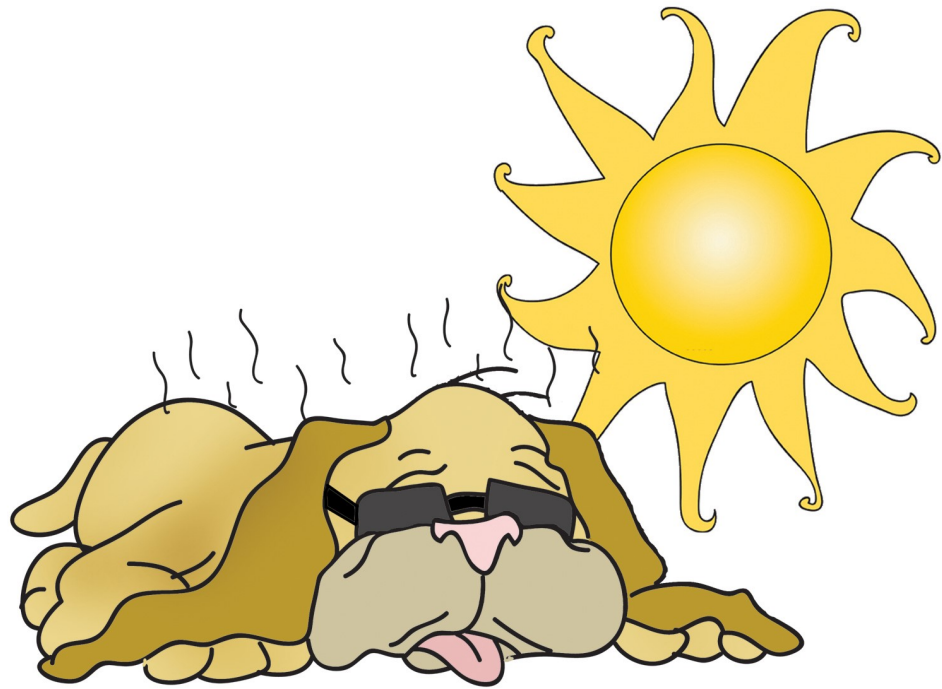


August 2018



*Welcome to Holly Grove Lutheran Church!*



LOVE GROW SERVE

# The Holly Leaf

## *Mission Statement of Holly Grove Lutheran Church*

*“As united people of God under the guidance of the Holy Spirit, our purpose is to provide worship and Christian education, and respond in a loving action to a needy world.”*

• Daily Prayers, links, to ELCA , sermons, The Holly Leaf, events & more on our website:  
[www.hollygrovelutheranchurch.org](http://www.hollygrovelutheranchurch.org)

Find us on Facebook!



**Love. Grow. Serve.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 CHICKS @ 7:00 pm	7	8	9	10	11
12	13 Council @ 7:00 pm	14	15 Seniors @ Mt. Tabor 10:30 am	16	17	18
19	20 Agape @ 630 pm	21	22	23	24	25
26	27 LMiM @ 7:00 pm	28	29	30	31	

August 2018



Altar Guild- Janna Waitman  
Mother's Rose Garden- Micky Conrad in honor of Minnie Conrad

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5<sup>th</sup>      *1<sup>st</sup> Sunday after Pentecost*      *Holy Communion*

*Basket Offering:* GLAMA Crisis Assistance Fund

**Assisting Minister:** Kim Troutman

**Communion Assistant:** Paula Hedrick

**Children's Church:** No Children's Church

**Ushers:** Herbert Frank, Frank Hamilton, Harold Beck, Johnny Fritts

**Altar Flowers:** Micky & Carol Conrad-In honor of Everett

**Nursery Attendant:** Monica Parsons

**Children's Chat:** Tina Heitman

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12<sup>th</sup>      *12<sup>th</sup> Sunday after Pentecost*

**Assisting Minister:** Carol Conrad

**Children's Church:** Jane DiBonaventura

**Ushers:** Robin Beck, Ty Heitman, Eddie Heitman, Gary Hedrick

**Altar Flowers:** Chapmans in honor of Ashton's 3<sup>rd</sup> Birthday

**Nursery Attendant:** Susan Lohr

**Children's Chat:** Pastor

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19<sup>th</sup>      *13<sup>th</sup> Sunday after Pentecost*      *Holy Communion*

**Assisting Minister:** Janna Waitman

**Children's Church:** Tina Heitman

**Communion Assistant:** Wendy Lohr

**Ushers:** Scott Black, Bob Troutman, Rex Everhart, Keith Cecil

**Altar Flowers:** Micky and Carol, Kim and Bob, Todd and Lori- in honor of Minnie Conrad

**Nursery Attendant:** Jordan Chapman

**Children's Chat:** Pastor

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26<sup>th</sup>      *14<sup>th</sup> Sunday after Pentecost*

**Assisting Minister:** Neil Clark

**Children's Church:** Susan Lohr

**Ushers:** Dean Chapman, Max Carrick, Joe Davis, Lynn Dennis

**Altar Flowers:** Andy and Kristal Ferguson in honor of Gracie Rose Ferguson's 9<sup>th</sup> birthday

**Nursery Attendant:** Jane DiBonaventura

**Children's Chat:** Pastor

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## **Planning for the end and the beginning**

The culmination of our witness to Christ in our earthly life is our funeral, where those who have loved us gather around our death to proclaim that even death is not the end for those in Christ. It's a bold thing we do, claiming that in resurrection, death has no power, even as we put earth on a coffin. But really, this is what a funeral is about. Sure, there are the important opportunities for closure and respect for the dead. Certainly it is a time and space to gather and support grieving families as a community. But really, primary for us is to gather around the dead and give death "the finger" by *pointing* a finger to the one who has defeated it- Jesus Christ- in whom we have new life.

But funerals can be hard on families. If you want to give your family a gift during a hard time, consider filling out a funeral plan today. Whether you are ailing or fit as a fiddle, putting some preferences down for what you'd like to happen at your funeral is a simple way to make things easy for your loved ones in their days of grief. To help organize some thoughts, funeral planning worksheets can be found on the church website, [hollygrovelutheranchurch.org](http://hollygrovelutheranchurch.org), under the "Resources" tab, or they can be requested from the church office. This plan is certainly not a requirement, but it is a tool that may be helpful in thinking about things like hymns and scriptures that would especially witness to Christ for you and your loved ones. It's also a place to record your preferences for other items around your death and burial. If you fill out one of these plans, please give a copy to the church office and a copy to a family member. Whether or not you choose to make a plan now or leave it for your family to consider after your death, the best advice is that you talk with your family now about your wishes.

# SUMMER MEANS FRESH PRODUCE!



SUMMER IS A WONDERFUL TIME TO IMPROVE YOUR DIET BY INCORPORATING FRESH, LOCALLY GROWN FRUITS & VEGETABLES.

Visit your local farmers' market or grocery store and you'll see locally sourced healthy fruits and vegetables of every color. Summer is also a great time to transform your activities into exercise. Warm weather means that you can spend a lot of time outdoors being active. Regular exercise has been shown to improve heart health, reduce pain and improve stress. Turn simple activities like going to the zoo or visiting a park into exercise by using the stairs, taking the long route or even adding in some stretches and strengthening exercises along the way! As the summer heat increases, remember to stay hydrated and use sunscreen with the increasing temperatures and more time spent outdoors. Older individuals are particularly sensitive to the heat, so remember to regularly check in on elderly family and friends during these hot days.

If you are looking for some indoor activities to break up the heat, the YMCA offers water fitness classes in the pool and over 50 classes a week in our group exercise studio. If you are interested in trying one of these classes free of charge, please email or call Jen to make a reservation. You can view our schedule on our website at [www.lexingtonymca.com](http://www.lexingtonymca.com) or Jen can make class recommendations for you.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

J. Smith Young YMCA

119 West 3rd Ave. Lexington, NC

July 2018

[Lexingtonymca.com](http://Lexingtonymca.com)

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1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

## QUESTIONS, COMMENTS, IDEAS?

Jen Fuller-Allen at

336.249.2177

[jen@lexingtonymca.com](mailto:jen@lexingtonymca.com)



# Ask Holly



Dear Holly,

I want to know why people keep locking me out of the church building on Sunday morning! Can't a person be excused to go to the restroom without being shut out of the building? And last Sunday, I almost didn't even make it in the building- the back door was locked when I got there! I had to walk all the way around the building dripping sweat to get in. Don't you want me here?

-Enda Heet

Dear Ms. Heet,

Absolutely we want you and everybody to be able to get in the building to worship with us on Sunday morning, and we do apologize that you had to suffer the heat and inconvenience to get inside.

When we come to church, we come to be in community, to learn, and to worship. Our mission statement says we want to provide those things. And if we want that to be what is on people's minds when they are here, we ought to take reasonable precautions to provide for safe gatherings. We think it is important to have things like air conditioning, sturdy handrails, and unobstructed walkways, because so far as it is practical, we want to make sure our shared space does not impede the mission. We want people to be comfortable and safe here.

One way we've looked again at our facilities lately has to do with access to the building on Sunday mornings. We certainly don't want to hamper folks coming in to worship with us. But at the same time, most of our outside doors are out of view of the congregation when we are gathered in the sanctuary, and this could be problematic on several levels. Consider this- both the nursery and the group that leaves for children's church use the fellowship hall area. This area is immediately accessible by three doors, all of which can be entered without the knowledge of the parents back in the sanctuary who just sent their child to children's church. This just isn't a good idea. Forget exceedingly rare, random acts of violence. Think about it in much more common terms: custody disputes among separated parents occur all too often. If we are going to provide a space for children, we need to take

reasonable precautions that only the people that their parents intend will have access to those children while they are here. Because if kids can't be here safely, they can't be here, and we've failed in our mission to raise them in faith and worship.

For these reasons and more, all but the main, red doors to the church will be locked each Sunday after worship starts. Will this be a pain? Yes, for sure. It's a pain for the folks who have to go around locking doors after worship starts. It's a pain for folks wanting to just slip out the back door and use the restroom without having to walk up front. It's a pain for folks who show up a little bit behind the hour and have to walk around. It's a pain for everybody who has spent decades doing things another way. It will all take getting used to, and in the meantime, it will be a pain. But it is also good. We'll be taking a reasonable precaution to protect something of incredible value- not just kids, but the mission we share. And that's well worth the pain.

Here's how it works:

- Once worship begins, ushers will lock all outside doors but the red, sanctuary main doors (this way folks still have a way to join us for worship)
- If you need to leave worship and access the restrooms through the black-framed, glass, double-doors, that's still possible. Just speak with an usher in the back about unlocking the door or lending you the key. When you have gone through the doors, just lock them back behind you.
- Of course you can always still use the doors in the front of the sanctuary to go down the ramp and access the restroom and fellowship hall area

Thank you for suffering the growing pains of this new practice with us! Change isn't easy, but you are contributing to keeping our mission to make Christ known in our community strong!

Sincerely,

*Holly Grove*

# Stop, drop, yoga! Get up and go!



August usually marks the end of summer vacation and the beginning of the process of getting back into the swing of things.

The beginning of fall usually brings with it the launching of various activities and routines. While getting into this groove can be very rewarding, the onslaught of busyness can also bring an unwelcome visitor—stress.

While stress itself is unavoidable, it doesn't have to become crippling. Here are a few suggestions for healthy ways to deal with stress in your life:

- 1. Pay attention to your posture.** The way you sit, stand and carry yourself throughout the day can have a profound impact on you mentally. Sitting up straight can reinforce confidence, whereas bad posture can lead to feelings of helplessness and stress.
- 2. Stop, drop, yoga.** Just stop what you're doing for five minutes and get into a relaxing yoga pose. Yoga has proven to not only relieve stress but also calm symptoms of depression and anxiety.
- 3. Count your blessings.** Dr. Robert Emmons of the University of California, Davis reports that people who are grateful experience "higher levels of positive emotions such as joy, enthusiasm, love, happiness, and optimism." Gratitude also creates an increased feeling of connectedness with others, which leads to better relationships.
- 4. Get up and go.** Even if you don't have time for a long workout, just a few minutes of exercise can greatly improve your mood and reduce stress. If you're headed to lunch, consider a brisk 5-minute walk to the deli instead of the 2-minute drive. Instead of immediately starting to cook dinner or sitting the kids down for homework, take them on a quick bike ride around the neighborhood first. Find little ways to incorporate movement into your day, no matter how hectic it may seem.

If you are interested in trying a yoga class or another type of workout at the YMCA free of charge, please email [jen@lexingtonymca.com](mailto:jen@lexingtonymca.com) or call Jen to make a reservation. You can view our schedule on our website at [www.lexingtonymca.com](http://www.lexingtonymca.com) or Jen can make class recommendations for you.



J. Smith Young YMCA

119 West 3rd Ave. Lexington, NC

August 2018

[Lexingtonymca.com](http://Lexingtonymca.com)

Isaiah 40:29-31

"He gives power to the faint, abundant strength to the weak. Though young men faint and grow weary, and youths stagger and fall, they that hope in the LORD will renew their strength, they will soar on eagles' wings; They will run and not grow weary, walk and not grow faint."



## QUESTIONS, COMMENTS, IDEAS?

Jen Fuller-Allen at  
336.249.2177

[jen@lexingtonymca.com](mailto:jen@lexingtonymca.com)



**If you use artificial flower arrangements in the cemetery**, please consider taping a name to the bottom of the arrangement. We frequently find them blown across the cemetery, near the road, and toward the parking lot, but if we know where it goes, we'll be glad to put it back!



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**August 26<sup>th</sup> - Back to School Blessing**

Students, Teachers, Faculty/Staff and others involved in Education.

***Students bring your backpacks!***

***\*\*\*Congregation, if enthused to do so, feel free to bring school supplies and/or inspirational items to place in students backpacks and/or give to Teachers, Faculty/Staff and others involved in education for the Back to School Blessing\*\*\****

# Trivia, Trivia, Trivia

## Fun Facts about August

**August** was named in honor of Augustus Caesar. The month of August was the time of several of his great triumphs, including the conquest of Egypt.

August is the eighth month of the year and has a length of 31 days.

In common years, no other month starts on the same day of the week as August, but in leap years, February starts on the same day.

Those born in the beginning of August are under the sign of Leo, and those born after the 21st are born under Virgo.

The birthstone is the peridot or onyx, and the birth flower is gladiolus or poppy.

### \*Important Days in August:

**First Week in August--** World Breastfeeding Week.  
Sturgis Motorcycle Rally

**August 6--** Wiggle Your Toes Day

**August 13--** National Left-handers Day (Thanks, Courtney!)

**August 15--** National Relaxation Day

**August 26--** Go Topless Day. Coincides with Women's Equality Day. The main rally will take place in Washington, DC this year, where they will present President Obama with a petition. Participants are welcome to go fully topless or to wear red tape over their nipples. (!)

### \*August is the National Month for:

Immunization Awareness  
Water Quality  
Back to School (for some US districts)  
American Adventures  
Audio Appreciation  
Happiness Happens  
Panini  
Catfish  
Peaches  
Harvest



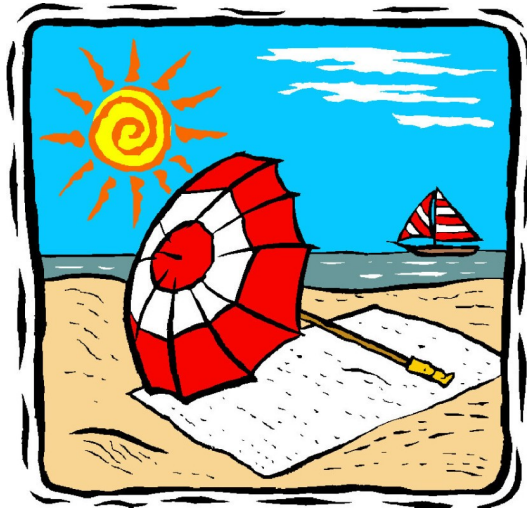


# AUGUST



# Birthday & Anniversaries

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <i>Everett Feeney</i>	3 <i>Jim Conrad Jack Conrad Danny/Angie Varner</i>	4
5	6 <i>Brady Burkhart Scott/Judy Black</i>	7 <i>Ted Proctor</i>	8	9 <i>Sue Anderson</i>	10 <i>Robert Fritts</i>	11
12 <i>Blake Hedrick Johnny/Tammy Turner</i>	13 <i>Minnie Conrad Sandra Vaughn Ashton Chapman</i>	14	15 <i>Andrew Curry</i>	16 <i>Kristopher Burkhart</i>	17 <i>Carey/Bobbie Fritts</i>	18 <i>Toni Chapman Chodd Hedrick Abigail Hearn</i>
19	20 <i>Kyle Murphy Ariel Everhart</i>	21	22 <i>Travis Rose Lydia York</i>	23	24	25 <i>Joe Hedrick Olivia Turner Challon Burkhart</i>  <i>Boyd/Janice Queen</i>
26	27 <i>Gary McLain Erin Burkhart</i>	28	29 <i>Gracie Ferguson</i>	30 <i>Marshall Brown</i>	31	



*Senior's will resume their meeting on August 15th*

Holly Grove Lutheran Church  
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[www.hollygrovelutheranchurch.org](http://www.hollygrovelutheranchurch.org)  
office: [hglcoffice@gmail.com](mailto:hglcoffice@gmail.com)

**Sundays**

915AM Sunday School  
1030AM Worship



**Evangelical Lutheran Church in America**  
God's work. Our hands.