



HOLY COMFORTER  
Episcopal Church

# HOLY EUCHARIST: RITE II

## THE TWENTIETH SUNDAY AFTER PENTECOST

October 6, 2024  
8:00 & 10:00 a.m.

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### WELCOME!

The people of Holy Comforter joyfully welcome you to this historic church. We are happy that you are here, and we hope you will find your worship today meaningful and inspiring. If you are looking for a church to call your own, we hope you will consider our parish. At the root of all we do is our desire to live out the Great Commandment of Jesus Christ: to love God and to love our neighbors as ourselves. Holy Comforter has made a difference in our lives, and we believe it can do the same for you.

In peace,  
*The Rev. Greg Brown*  
Rector

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✙ *At this time, children ages 3 to fifth grade--and any adults who wish to accompany them--are invited to follow the small wooden cross down the center aisle for children's chapel in our parish hall. Older children are welcome to participate as leaders and helpers. Everyone will return before the Peace.* ✙

**“BCP” refers to the Book of Common Prayer, found in the pew rack in front of you.**

VOLUNTARY

*The Kingsfold Trumpet* (setting by Alfred Fedak, b. 1953)

WELCOME

### THE WORD OF GOD

ENTRANCE PROCESSION

#450 *All hail the power of Jesus' name*  
*(at 8:00, verses 1-3 and 6 will be sung)*

OPENING ACCLAMATION AND COLLECT

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.

*People* **And blessed be God's kingdom, now and for ever. Amen.**

*Celebrant* Almighty God, to you all hearts are open, all desires known and from you 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 Christ our Lord. **Amen.**

1. Glo - ry to God in the high - est, and peace to his peo - ple on earth.

2. Lord God, hea - ven - ly King, al - might - y God and Fa - ther, we wor - ship you,  
we give you thanks, we praise you for your glo - ry. 3. Lord Je - sus Christ,  
on - ly Son of the Fa - ther, Lord God, Lamb of God,  
4. you take a - way the sin of the world; have mer - cy on us;  
5. you are seat - ed at the right hand of the Fa - ther; re - ceive our prayer.  
6. For you a - lone are the Ho - ly One, you a - lone are the Lord,  
7. you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spi - rit,  
in the glo - ry of God the Fa - ther. A - men.

## THE COLLECT FOR THE TWENTIETH SUNDAY AFTER PENTECOST

*Celebrant* The Lord be with you.

*People* **And also with you.**

*Celebrant* Let us pray.

Almighty and everlasting God, you are always more ready to hear than we to pray, and to give more than we either desire or deserve: Pour upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid, and giving us those good things for which we are not worthy to ask, except through the merits and mediation of Jesus Christ our Savior; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*Lector* A reading from the book of Job.

There was once a man in the land of Uz whose name was Job. That man was blameless and upright, one who feared God and turned away from evil.

One day the heavenly beings came to present themselves before the Lord, and Satan also came among them to present himself before the Lord. The Lord said to Satan, "Where have you come from?" Satan answered the Lord, "From going to and fro on the earth, and from walking up and down on it." The Lord said to Satan, "Have you considered my servant Job? There is no one like him on the earth, a blameless and upright man who fears God and turns away from evil. He still persists in his integrity, although you incited me against him, to destroy him for no reason." Then Satan answered the Lord, "Skin for skin! All that people have they will give to save their lives. But stretch out your hand now and touch his bone and his flesh, and he will curse you to your face." The Lord said to Satan, "Very well, he is in your power; only spare his life."

So Satan went out from the presence of the Lord, and inflicted loathsome sores on Job from the sole of his foot to the crown of his head. Job took a potsherd with which to scrape himself, and sat among the ashes.

Then his wife said to him, "Do you still persist in your integrity? Curse God, and die." But he said to her, "You speak as any foolish woman would speak. Shall we receive the good at the hand of God, and not receive the bad?" In all this Job did not sin with his lips.

*Lector* The Word of the Lord.

*People* **Thanks be to God.**

## PSALM 26

*8:00: read responsively*

*10:00: sung by the choir* (Anglican chant by Thomas Atwood (1765-1838))

*Lector* Give judgment for me, O Lord,

for I have lived with integrity; \*

I have trusted in the Lord and have not faltered.

*People* **Test me, O Lord, and try me; \***

**examine my heart and my mind.**

For your love is before my eyes; \*

I have walked faithfully with you.

**I have not sat with the worthless, \***

**nor do I consort with the deceitful.**

I have hated the company of evildoers; \*

I will not sit down with the wicked.

**I will wash my hands in innocence, O Lord, \***

**that I may go in procession round your altar,**

Singing aloud a song of thanksgiving \*  
 and recounting all your wonderful deeds.  
**Lord, I love the house in which you dwell \*  
 and the place where your glory abides.**  
 Do not sweep me away with sinners, \*  
 nor my life with those who thirst for blood,  
**Whose hands are full of evil plots, \*  
 and their right hand full of bribes.**  
 As for me, I will live with integrity; \*  
 redeem me, O Lord, and have pity on me.  
**My foot stands on level ground; \*  
 in the full assembly I will bless the Lord.**

THE SECOND LESSON

Hebrews 1:1-4; 2:5-12

*Lector* A reading from the book of Hebrews.

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs.

Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere,

“What are human beings that you are mindful of them,  
 or mortals, that you care for them?

You have made them for a little while lower than the angels;  
 you have crowned them with glory and honor,  
 subjecting all things under their feet.”

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone.

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying,

“I will proclaim your name to my brothers and sisters,  
 in the midst of the congregation I will praise you.”

*Lector* The Word of the Lord.  
*People* **Thanks be to God.**

GOSPEL PROCESSION (*sung at 10:00*)

#701 *Jesus, all my gladness*

THE GOSPEL

Mark 10:2-16

*Deacon*           The Holy Gospel of our Lord Jesus Christ according to Mark.  
*People*           **Glory to you, Lord Christ.**

Some Pharisees came, and to test Jesus they asked, “Is it lawful for a man to divorce his wife?” He answered them, “What did Moses command you?” They said, “Moses allowed a man to write a certificate of dismissal and to divorce her.” But Jesus said to them, “Because of your hardness of heart he wrote this commandment for you. But from the beginning of creation, ‘God made them male and female.’ ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.’ So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”

Then in the house the disciples asked him again about this matter. He said to them, “Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery.”

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, “Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.” And he took them up in his arms, laid his hands on them, and blessed them.

*Deacon*           The Gospel of the Lord.  
*People*           **Praise to you, Lord Christ.**

THE SERMON

The Rev. Cat Connolly

THE NICENE CREED (*please stand*)

BCP, Page 358

PRAYERS OF THE PEOPLE: FORM III

BCP, Page 387

*Deacon:*           *We pray in thanksgiving for the joys and gifts of life, large and small, remembered and forgotten. We pray [especially for N., and] for all those blessings we now name, either aloud or in our hearts.*

*We pray for all those in need of our prayers, remembering especially all who sit in pain, illness, or grief, those on our parish prayer lists [especially N.,] and those we now name, either aloud or in our hearts.*

*We pray for those who have died and for all who mourn; for those on our prayer lists [and especially for N.,] and for all those we now name, either aloud or in our hearts.*

*Gracious Father, who is ever present in times of trouble, we pray for all those affected by the devastation of Hurricane Helene. Grant them courage and hope in the midst of turmoil; surround them with your love and care. Strengthen all who lend aid, that their efforts may bring relief and healing.*

*The Celebrant adds a concluding Collect.*

CONFESSION OF SIN *(please kneel)*

BCP, Page 360

THE SHARING OF THE PEACE

*Celebrant*           The peace of the Lord be always with you.

*People*               **And also with you.**

*Then the Ministers and People may greet one another in the name of the Lord.*

THANKSGIVINGS *(please be seated)*

*Birthdays for the Week:*

10/6 Bill Livingstone; 10/8 Bill Wilder; 10/9 Iris Dominguez, Josh Franks;

10/10 Merritt Bass; 10/11 Pat English, Evan Bass, Charlie Haydon;

10/12 Garner Tydings, Sam Evans

*A Collect for Birthdays*

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. **Amen.**

*Anniversaries for the Week:*

10/6 Nancy English Johnson & Dana Johnson; 10/7 Betania & David Cavins;

10/11 Kevin & Susan Utsey; 10/12 Gray & Tammy Langley

*A Collect for Anniversaries*

O gracious and everliving God, you have created us in your image: Look mercifully upon these couples who come to you seeking your blessing, and assist them with your grace, that with true fidelity and steadfast love they may honor and keep the promises and vows they have made; through Jesus Christ our Savior, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

ANNOUNCEMENTS

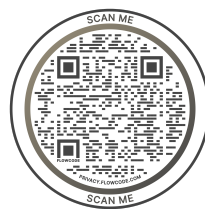
## THE HOLY COMMUNION

MUSIC AT THE OFFERTORY

8:00: *Trio in G Minor* (Josef Rheinberger, 1839-1901)

10:00: *Set me as a seal upon your heart* (René Clausen, b. 1953)

You are invited to contribute financially to Holy Comforter's mission and ministry by placing your gift in the offering plate as it is passed, or by giving electronically via the QR code printed here.



PRESENTATION OF THE GIFTS

*For the fruit of all creation*

For the fruit of all cre - a - tion, thanks be to God.  
 For the gifts to ev - ery na - tion, thanks be to God.  
 For the plow - ing, sow - ing, reap - ing si - lent growth while we are  
 sleep - ing, fu - ture needs in earth's safe keep - ing, thanks be to God.

THE EUCHARISTIC PRAYER (PRAYER B)

BCP, Page 367

SANCTUS (8:00: spoken, 10:00: sung)

**Holy, Holy, Holy Lord, God of power and might,  
 heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

S129 (Powell)

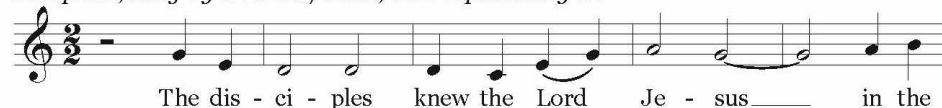
Ho - ly, ho - ly, ho - ly Lord, God of pow - er and  
 might, hea - ven and earth are full of your glo - ry. Ho -  
 san - na in the high - est. Bless - ed is he who  
 comes in the name of the Lord. Ho - san - na in the high - est.\_\_\_\_\_

FRACTION ANTHEM (8:00: spoken, 10:00: sung)

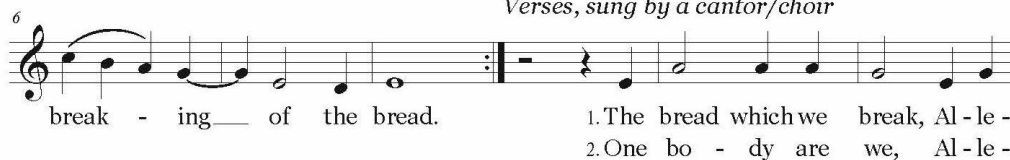
*Celebrant* Alleluia. Christ our Passover is sacrificed for us;  
*People* **Therefore let us keep the feast. Alleluia.**

WLP 876 (Burnam)

*Antiphon, sung by a cantor/choir, then repeated by all*



*Verses, sung by a cantor/choir*



*All repeat antiphon*



The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

COMMUNION MUSIC (sung at 10:00)

#480 *When Jesus left his Father's throne*  
#559 *Lead us, heavenly father, lead us*

PRAYER TO USE WHEN PARTICIPATING IN A "DISTANCED" CELEBRATION OF HOLY EUCHARIST

In union with the faithful gathered at every altar of your church where the sacrament is celebrated this day, I believe that you are truly present in the Holy Sacrament. And, since I cannot at this time receive you in the bread and the wine, I ask you, Lord Jesus, to come into my heart. Dwell in me, gracious Christ, in the fullness of your strength, in the depth of your peace. Renew my hope. Cleanse my body. Restore my patience. Until by your grace I can receive again, in this life or in the life to come. Amen.

THE SENDING OUT OF EUCHARISTIC VISITORS (when needed)

*Celebrant* In order that all may receive Holy Eucharist (N) will take communion to (N) today.

*All* **In the name of this congregation, we send you forth bearing these holy gifts that those to whom you go may share with us in the communion of Christ's Body and Blood. We who are many are one body because we all share one bread, one cup. Amen.**



POSTCOMMUNION PRAYER AND BLESSING *(please kneel or stand)*

*Celebrant* Let us pray.

*All* **Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

PROCESSIONAL HYMN

#657 *Love divine, all loves excelling*

DISMISSAL

*Deacon* Go in peace to love and serve the Lord.

*People* **Thanks be to God.**

VOLUNTARY

*Prelude on the tune "Hyfrydol" (Ralph Vaughan Williams, 1872-1958)*

*Following the service, all are invited to greet one another at coffee hour for refreshments fellowship, outside Henry Hall.*

**HOLY COMFORTER PRAYERS THIS WEEK**  
**OCTOBER 6-12, 2024**

CURRENT PRAYERS

**Of support** *for parishioners* James Moore

*for family and friends* Maria Antonieta Camacho, Barbara Bowers, Tim Hogan, Dave Brown, Nancy Follett, Gary Lucas, John Womack, Paul Mitchell, Maureen Menninger

*for those who have died* Nancy Bender, Elaine Bishop, Betty Webb, Faith Hanzal, Jeff Means, Elinor Caddell

*The altar flowers are given to the Glory of God  
and in loving memory of Billie and Roy Wingard, parents of Wendy Wingard-Gay.*

ON-GOING PRAYERS

*Of support for* Vicky Adkins, Grey Brewington, Linda Carr, Rev. Cat Connolly, Ray Diamond, Hope Diaz, Jeffrey Freed, Efraim Nathaniel Gonzalez, Connie Guthery, Hoover Harelson, Bryan D. Jackson, Margaret Kahn, Anne Lisk, Amy Alexander Myers, Vera Payne, Ginger Prisinzano, Sean Riley, Amy Samonds, Lydia Cristou Samonds, Carolyn Mae Smith, Linda Shuping Smith, Nell Smith, Joey Starnes, Katharine Thomas, Tim Thomas, Betty Webb, Michael Weeks, Anja & Chris Whittington, Cindy Wilshire, Michael Wilson, John Womack  
*for military service* David Cavins, Stephen DenBoer, Bryan Gamboa-Alfaro, Steven Parmley, Michael Sgarlata, Michael Sparta

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**CLERGY & STAFF**

The Reverend Greg Brown, Rector  
The Reverend Cat Connolly, Associate Rector  
The Reverend Daisy Colon, Deacon  
Dr. Patrick Pope, Director of Music  
Jessica Dunlap, Director of Parish Life  
Kimberly Rockas, Director of Children's Ministries  
Holly Williams, Parish Administrator  
Trish Stukbauer, Director of Communications  
Maguilida Rowe, ESL Coordinator  
Lauren Cavins, Director of La Escuelita Weekday School

*Staff email addresses are first name, last initial @bobycomfortercharlotte.org*

**VESTRY**

*Terms ending 2024:* Joyce Bott (Senior Warden), Natalie Castro, Jason Evans, Carlyle Knox (Junior Warden)

*Terms ending 2025:* Mary Amos, Anne Binns (Clerk), Tom Cooke, Bob Murphy

*Terms ending 2026:* Tim Cavins, Jacqueline Howells, Niki Manke, Diana Smith



THE EPISCOPAL CHURCH OF THE HOLY COMFORTER  
2701 PARK ROAD, CHARLOTTE, NC, 28209  
WWW.HOLYCOMFORTERCHARLOTTE.ORG  
704.332.4171

October 6  
**The Episcopal  
Church of the  
Holy Comforter**

# The Sunday Spirit



## **This Sunday**

- 8 am English
- 10 am English service, **also shown on Facebook live**
- Coffee Hour, following the service
- 11:30 Thoughtful Seekers
- 12:30 pm La Misa

## **Servers this Week**

**Preacher:** Rev. Cat

**Verger:** Ann Maxwell, May Winiarski

**VPOD:** Bob Murphy, Natalie Castro

**Acolytes:** Heather LaJoie, Alexandra Grier, Sophia Gallagher, Lucy Weeks, Olivia Gallagher

**Eucharistic Ministers:** Karen Crane, Bill Livingstone & Scotland Gallo

**Lectors:** Ann Maxwell, John Cox & Mary Cox, David Yarborough

**Flower Delivery:** Georganna Moore

**Eucharistic Visitors:** Bill Wilder

**Altar Guild:** Penny Crawford, Cindy Gash, Beverly Brice, (La Misa: Iris Dominguez, Monica Vargas)

## **Thoughtful Seekers: Do I Stay Christian?**

This series for believers, doubters, and "nones" resumes in October with Brian D. McLaren's book, "Do I Stay Christian?" Over 4 Sundays, we'll discuss McLaren's 10 reasons to say "No", 10 reasons to say "Yes", and his 8 "How to's" for acting on your conclusions authentically. No need to read the book in advance, just [join us](#) **October 6 at 11:30 am.**

## **Our Diocese Responds to Hurricane Helene**

As the storm has passed, and the damage done by Hurricane Helene becomes increasingly clear, we understand the depth of desire to help. We share that feeling with you. There are a multitude of ways individuals can help. What's most helpful is to respond to the needs **as requested by those on the ground in affected areas**, and to use the distribution channels being organized or already in place. **Do not self-deploy.** This is a request we are hearing from every organization with whom we have been on a call with.

We have created [a page on the diocesan website \(https://tinyurl.com/26x3kn6v\)](https://tinyurl.com/26x3kn6v) where we have listed and will continue to update ways individuals and churches can help. The needs will be many over the course of days, weeks and months, and as we know what's needed and how we can respond, we will update the page as we stay in conversation with these networks.

Today, what's needed most are prayers and financial support. If you are in a position to give, we offer these for consideration:

- [Diocese of Western NC](https://tinyurl.com/39pu9x58): Select "Partners in Mission" from the drop-down menu, and add "Hurricane Helene" in the memo box. <https://tinyurl.com/39pu9x58>
- [Episcopal Relief & Development](https://tinyurl.com/mr36r2yk) <https://tinyurl.com/mr36r2yk>
- [American Red Cross](https://tinyurl.com/2vx586jf) <https://tinyurl.com/2vx586jf>

**Item collection:** Because self-deployment should not be considered, we are working to find item collection opportunities being done in partnership with organizations with established distribution systems. In other words, organizations that are already authorized and able to deliver to affected regions. If your church is working with such an organization and is willing to serve as a collection point, please [be in touch with us](#).

**Volunteer opportunities:** Many organizations providing response and support could use extra hands at this time. We have listed a few with volunteer opportunities, though it is only a start to the list. We encourage you to check with organizations in your area to see if they need extra assistance at this time.

Thank you for the outpouring of love, generosity and prayer for those affected by Hurricane Helene.

## **Worship & Education**

### **Blessing of the Animals**

Bring your pet - dog, cat, chicken, or other - to be blessed on Sunday, October 6, at 5 pm in the Van Every Courtyard. Pets of another denomination or faith, or no faith at all, and step-pets and grand-pets are also welcome! Pictures of pets that don't travel well, so need to be blessed at a distance, and stuffed animals are welcome, too. We will also remember those pets that have died, and photos are welcome. Bring pet food to share with others through NourishUp. We'll have fun raffle prizes. Holy Comforter is supporting nonprofit [Arin's Good Girl Treats](#) with some donated goodies for our guest pups, but folks are invited to donate to help the work of this amazing organization.

### **Infant & Child Loss Service, Sunday October 13th, 5pm**

A quiet service for all those who have lost a child, with prayer and space for lighting candles. All are welcome, no matter how old your child or how long ago the loss. 11

## **Worship & Education**

### **Adult Forum at The Hour**

On Sundays at 11:30 am, in Henry Hall:

- October 5 – Thoughtful Seekers
- October 13 – Thoughtful Seekers
- October 20 - Requiem Class
- October 27 - Requiem Class

### **Regarding Announcement Time**

There are slots for TWO persons to make announcements each week. To sign up, write your name in one of the blanks, and you will be recognized. If both blanks are filled, then please write a note for inclusion in the following week's Blast and Spirit and send it to [trishs@holycorfortercharlotte.org](mailto:trishs@holycorfortercharlotte.org). If you know that you will be making an announcement in the future, please sign up for the appropriate week. If you feel an announcement is so important that it must be made, please see the Celebrant to make it for you.

### **2025 Vestry Nominees**

The Vestry has received a slate of candidates for Vestry from the Nominating Committee and additional parish nominations. The nominees for Vestry are: Natalie Castro, David Duggan, Gail Fennimore, Pat Mynatt, Susanne Shaw, Kathy Taylor and Russel Weil. More information on your nominees will follow.

### **Is the Acolyte Ministry for YOU?**

The answer is YES! Holy Comforter Acolyte Minister Training will be held on Sunday, October 13 for all NEW and RETURNING Acolyte Ministers. Acolyte Minister Training will begin in our Sanctuary during The Hour from 11:25 am - 12:15 pm. For NEW Acolytes, please plan on attending until 12:30pm. All youth 5th grade and up, including adults curious in Acolyte Ministry, are invited to attend and participate! To confirm your attendance, or for additional information, please contact Nancy English Johnson and John Elder at [acolytes@holycorfortercharlotte.org](mailto:acolytes@holycorfortercharlotte.org)

### **Imagining with Scripture**

is back via zoom! Sundays, 4-6 at this link: <https://tinyurl.com/5h26cuns> password is: hoco Oct 13, 20; Nov 17, 24; Dec 15. Reach out to [Mary Ann Archer](mailto:MaryAnnArcher@holycorfortercharlotte.org) at [info@holycorfortercharlotte.org](mailto:info@holycorfortercharlotte.org) with questions or for more details.

### **2025 Women's Retreat at Valle Crucis Conference Center**

**The 2025 HoCoWo Retreat will be February 28 - March 2** and Registration is open. The planning committee is hard at work and welcomes new members. Our retreat leader will be announced soon. The form is at this "link". The registration deadline is November 1. We had a wonderful time last year and hope you will join us this year. <https://tinyurl.com/ucmxxmed>

### **Help Us Connect Our Spaces to Our Charlotte Community**

As Rev. Cat mentioned last Sunday, we have beautiful facilities at Holy Comforter that we would love to share, both to increase our revenue and to connect with our wider community. If you know of a group or an individual that you think would like to rent our space for a meeting,

event, party, wedding, funeral, etc. please direct them to <https://www.holycorfortercharlotte.org/facilities-rental/> There are pictures of our spaces and a link for details.

## **Fellowship**

### **Oyster Roast - Time to RSVP!**

Date: Saturday, November 11

Cost: \$25 per person

Music: provided by Carolina Gator Gumbo band

Food: Steamed oysters and Low Country Shrimp Boil

Please register at this link by Monday, November 11

### **Register for Community Dinner!**

Wednesdays from 5:45 to 6:45 pm in Henry Hall. RSVPs not required but encouraged so we know how much food to prepare. Sign up at <https://forms.gle/oW1WMUubVRKkd9LUZA> It takes many hands to prepare dinner and clean up after. Want to help? Reach out to [jessicad@holycorfortercharlotte.org](mailto:jessicad@holycorfortercharlotte.org).

### **Parish Workday**

All hands on deck for a clean up of our beautiful campus on Saturday, October 19. Bring garden tools and work gloves and be ready to trim, chop clear on the outside and scrub, shine and clean on the inside. Coffee and doughnuts at 8:30 and we'll finish up at noon. Many hands make light work!

### **"Joy Mast, Being the Best You Can Be"**

Following a 7-year battle with disordered binge eating, Joy developed a program to help others deal with compulsively destructive behaviors.

In 2012, Joy created the *Releasity* course and the accompanying book, *Set Free and Satisfied*. Her plan uses prayer and scripture to work through the bad habits that weigh us down.

Joy, appropriately named, has an endearing grace-filled spirit. Treat yourself to a copy of her book and enjoy the evening with friends, a potluck meal, and inspiration!

Monday, October 21, 6:00 – 8:00pm, Henry Hall

Potluck Supper begins at 6:30; program is 7:00-8:00.

All are welcome; guests and newcomers are expected.

Reservations are tremendously appreciated. Contact [Mary Amos](mailto:MaryAmos@holycorfortercharlotte.org): [mary.mitchell.amos@gmail.com](mailto:mary.mitchell.amos@gmail.com)

## **Outreach**

### **Lunch-making for Roof Above**

Get ready! Lunch-making for Roof Above will resume in November. Please be generous again with donations of batches of 10, 1-gal zip-lock bags with water, fruit and/or a snack item and napkins. We will need 200 lunches each date. Dates this Fall are November 9 and 23 and December 7 and 21. Sign-Up Genius will be used and the links provided closer to the first date.

### **It's Booktober Time**

Promising Pages collects new and donated books to share them with children living in Charlotte Area book deserts. Books from birth-pre-K through high school are accepted. Boxes to collect books are located at the entrances to the Holy Comforter Library and Van Every office entry hallway.