Advent feels a little redundant this year. I'm finding it hard to prepare myself, or the people that I've been called to serve, with a message of "waiting." It feels as if all of 2020 has been nothing but waiting and preparing for "normal." To that end, I think "waiting" does not sound like good news as I write an article for Advent. During my study time of Mark 13 for my sermon this past Sunday, I found an idea for my pastor's article. In the thirteenth chapter of the Gospel of Mark, somewhere around verse 23, we hear the lesson of the fig tree. During times of waiting, we are called to see the green parts of the fig tree that are beginning to sprout and grow—knowing the signs of the kingdom are about to break forth. As I write this article, we are just several days past the celebration of Thanksgiving as a country. Perhaps instead of it having been a day where we sit around and wait for better days, we should have looked for the "green things" around us. In looking for the new growth, we are looking for signs of hope. Christ is not our future Hope, but our present reality. It feels like our Advent is filled with the hope for a vaccine that will return us to normal. But this week, let's be thankful for the things that are now present. Gatherings will be much smaller this year; yet, as we gather, we celebrate those who are with us and the technology that connects us to those who can't physically be with us. We give thanks for food that nourishes our bodies and prepares us for that day of the vaccine when we can be normal again. We give thanks for homes that shelter us and give us a safe place from the virus. I give thanks for a community of believers in which I can find support and love—even from a distance. Look for the "green things" in worship: God's Word, the sacrament of communion shared in the parking lot or in our homes. All of these things are signs of God's gracious presence and mercy—not only in our gathered community, but also in our homes. Thanksgiving and God's revelation will be my focus for this Advent season. My biggest thanksgiving will be the revelation of the cross that reconciles me to God and neighbor—even when we cannot physically be together. I think I'm going to spend a little less time hoping for a future vaccine and a little more time giving thanks for the gifts of God in my present reality.

God's peace,
Pastor Matt
Call to Order

- President Odum called the meeting to order.
- Pastor Matt opened out meeting in prayer.

Business

Nominating Committee

- The nominating committee had difficulty getting names.
- Ecclesial ballot may be an option to explore later although the current system of using a nominating committee is in our constitution.
- The nominating committee will be voted on at the annual congregational meeting as a slate to be ratified.
- Those nominated to serve on the nominating committee in 2021 are: Lee Conrad, Emma Apple, Eve Lockwood, Larry Conrad
- Melissa Morris motioned to accept the slate, seconded by Bleasha Carroll, and unanimously passes.

Proposed Spending Plan

- Discussion on our year to date giving is down about $12,000. Pastor noted that more congregants may be having financial difficulties related to the recession than people realize.
- A motion was made by Frank Bell to accept the proposed spending plan, seconded by Melissa Morris and unanimously passed.
- Kelly will distribute the spending plan via email and mail.

Sunday Worship

- Pastor Miller at the permission of council, moved the outdoor worship service to 11:00AM. Children’s Time on Zoom will remain at 10:30AM and the recorded sermon will still be released on Sundays at 10:00AM.
- As the weather continues to get cooler, we need to begin to discuss indoor worship.
- Pastor stated, he has only had two people express a great interest for beginning indoor worship again. There is not an intense pressure on Pastor to begin indoor worship.
- We will no longer require reservations to attend worship.
- The Family Life Center will likely be used for indoor services as the air circulation is better, space is larger to accommodate social distancing.

The meeting was closed in prayer by Pastor Matt.
Council News

Thank you to our outgoing council members for serving our congregation faithfully over the last 3 years.
Dalane Kitzman
Rick Grubb
Katie Tulledge

Our 2021 – 2024 incoming council members elected to serve:
Tawn Bizzell
Sandy Hahn
Kevin Hathcock

Council members will be installed at an upcoming worship service. Thank you to all our council members for your willingness to guide and serve our congregation!

2021 Offering Envelopes

Offering envelopes for 2021 are available in the church office daily and in the covered drive thru area on Sundays during worship.
Please stop by to pick up your offering envelopes to help us save on postage.
We Pray for Each Other

Let us remember in prayer:

**CHURCH FAMILY:**
- Bill and Patsie Baker
- Cody Carlson
- Tom Carlson
- Amy Hollar Cormier
- Jean Conrad Darstein
- Beth Huber
- Mary Huneycutt
- Katie Lemly
- Jon Lough
- Ronnie Moretz
- Willie Ruth Pless
- Gracie Shepherd
- Jody Shepherd
- Ron Sink
- Sylvia Sink
- April Thompson
- Terry Tripplet
- Deborah Wertman
- Jarrett Whitley
- Jan Willette

**LOVED ONES, FRIENDS AND NEIGHBORS:**
- Tonya Adams (Friend of David Smith)
- Susan Avery and Family (Friends of Christi Nebrich)
- Charles Baker (Bill Baker’s father)
- Jim Bailey (Carol Leonard’s brother)
- Ron Barton (Beth Huber’s brother)
- Nancy Beck (Judy Conrad’s sister)
- Jesse Both (Laura Tanley’s nephew)
- Mary Brink (Niece of Pauletta Conrad)
- Gene Bullock (Tracy Miller’s uncle)
- Anne Burkhart (friend of Pam Mabry)
- Tessa Burns (Bob Redwine’s niece)
- Mike Byrd (Friend of Bob Sink)
- Johnnie Canny (Emma Apple’s sister)
- Jim Carrier (Tracy Miller’s dad)
- Rita Caudle (friend of Sabrina Conrad)
- Adam Cheely (Michelle Eppinga’s son)
- Edward Clancy (friend of Bing Sudarmono)
- Jessica Crabb
- Don and Jackie Craft (Rebecca Moretz’ parents)
- Amy and Wes Cups
- Maureen Darcy (friend of Connie Beck McMillan)
- Robert Dasch (Father of Keith Dasch)
- Paul DeLaney (Friend of Laura Tanley)

**Marina Dunaway and family** (friends of Karen Riggs)
**Debbie Sheppard Everette**
**Delores Farrell** (Dalane Kitzman’s sister)
**Danny Fine** (Lynn Smith’s brother)
**Patrick Foley** (Bleasha Carroll’s brother-in-law)
**Debra Gainey** (The Kitzman’s neighbor)
**Marlon Gaskins** (Friend of Scott and Deb Wertman)
**Rick Gransee**
**Ross Gray** (Friend of Danny and Carol Leonard)
**The Greer Family** (Friends of Karen Riggs)
**Kathy Harwood** (Beth Lemly’s sister-in-law)
**Ronald Hensley** (friend of Mary Huneycutt)
**Angelica Hernandez** (coworker of Bill Nebrich)
**Barbara Sue Herring** (Friend of FLC)
**James Hewett** (friends of Bill and Christi Nebrich)
**Reuben Hutham** (Emma Apple’s brother-in-law)
**Bob Hughart** (Bryan Hughart’s father)
**Jeff Hutcherson** (Husband of Karen Rigg’s coworker, Jill)
**Caleb Hutchoerson** (Son of Karen Rigg’s coworker, Jill)
**Damon Jones** (brother of clothing closet volunteer, Teresa Smith)
**Betty Jordan** (friend of the Carlsons)
**Steve and Fern Kennedy** (friends of Pam Mabry)
**Karen Kerstine** (friend of Sabrina Conrad)
**John Kleine** (Nancy Carlson’s brother-in-law)
**Terry Kohler** (Wertman family member)
**Jack Kunz** (Nancy Carlson’s father)
**Ken Jacobs** (Friend of Cindy Schoonmaker and FLC)
**Mary and Charles Lee** (friends of FLC)
**Nichole Leonard** (Friend of Patti Grant)
**Aleigha Lockhart and Family** (Neighbors of the Nebrichs)
**Hazel Lovelace** (Jim Lovelace’s mother)
**Maria** (Abbi Thompson’s friend)
**Mandy Marshall** (Debbie Triplett’s daughter)
**Miranda and Children** (Friends of Sabrina Conrad)
**Deb McGraw** (friend of Patrick Harris)
**Joetta McQueen**
**Larry Michaels**
**Claire Murphy** (Rebecca Moretz’ cousin)
**Dawn Mushrush** (Bleasha Carroll’s sister)
**Robert Phelps** (friend of FLC)
**Libby Puckett** (friend of Connie Beck McMillan)
**Mark Remissong** (Frank and Pat Mills’ son-in-law)
**Craig and Lisa Royal** (friends of FLC)
**Lynn Scooggins** (brother-in-law of Beth and Katie Lemly)
**Angie Shaw** (friend of April Thompson)
**Aurelia Smith** (neighbor of Greg and Laura Turlington)
**David Smith** (Nephew of Bob Sink)
**Jimmy Steele** (friend of Mary Huneycutt)
**Marilce Strasser** (friend of Bill and Patsie Baker)
**Denny Swinmel** (brother-in-law of Scott and Deborah Wertman)
**Jackie Taylor** (Lorraine Carlson’s sister)
**Sherry Taylor** (Dan Smith’s cousin)
**Marie Thomason** (Sarah Whitaker’s grandmother)
**Sarah Vestal** (friend of Beth Huber)
**Glenn Visbeen** (friend of John Leonard)
**Mary Louise Wilkerson** (Friend of FLC)
**Devone Wohl** (Dalane Kitzman’s sister)
**Nathan Wohl** (Dalane Kitzman’s nephew)
**Kara Wood** (Mary Nebrich’s teacher)

The families of those who have passed to life eternal:

**Expectant Parents:**
- First News
## Coats Needed

Outreach is collecting new and gently used coats for The Storehouse for Jesus. Since we haven’t been taking donations, our clothing closet does not have coats to donate and we need your help! Children’s coats are of greatest need. Please leave your donations in the Outreach room under the church office.

## Angel Tree

Again this year we will sponsor children in need across Davidson County. Angel tree tags are available on Sundays in the covered drive thru area or you may email flclexcongregationlife@gmail.com to request a tag. All gifts need to be returned by Sunday, December 13 unwrapped to the narthex. Thank you for helping make Christmas special for a few children in our community!

## Pastor’s Pantry

Just a reminder that we are still collecting for Pastor’s Pantry. There is a donation bin on the lower level of FLC just inside the door. The need is great, please donate if you can!

**December** – macaroni & cheese

## Storehouse for Jesus

Storehouse for Jesus is in need of several items, including bedding, hygiene, and cleaning products. If you have any donations, please leave them in the outreach room beneath the church office.
Worship and Fellowship Opportunities

Each Sunday morning at 11:00 we will be hosting outdoor worship. Please drive through the covered entrance on the corner of S. State Street and W. 4th avenue to receive your bulletin and the elements for the Eucharist. Please bring your own chair. The service will also be broadcast over the radio on station 97.7 and Facebook Live. Masks or face shields will be required and social distancing will be observed. Sanitizing stations will be available for your use. If you have been exposed to anyone experiencing symptoms of Covid-19 or have any symptoms yourself, please refrain from attending. Restrooms will be available only for emergency use only.

December 8 and December 22 at 7:00 PM

Beer and Bible in the ZOOM Room

Join Zoom Meeting
Computer: https://zoom.us/j/3362486018
Phone In: 1 646 558 8656
Meeting ID: 336 248 6018

Each Tuesday at 10:00 AM

Pericope in the ZOOM Room

Join Zoom Meeting
Computer: https://zoom.us/j/3362486018
Phone In: 1 646 558 8656
Meeting ID: 336 248 6018

Monday, December 7

6:30 PM

Agape and Mary Circles will have a combined Christmas party in the ZOOM Room! Wear your festive frock & join us for games, devotion, & fun!

Join Zoom Meeting
Computer: https://zoom.us/j/3362486018
Phone In: 1 646 558 8656
Meeting ID: 336 248 6018
Worship and Fellowship Opportunities

December 10 at 7:30 PM
Prayer Shawl Ministry in the ZOOM Room

Join Zoom Meeting
Computer: https://zoom.us/j/3362486018
Phone In: 1 646 558 8656
Meeting ID: 336 248 6018

Each Wednesday at 11:00 AM
Devotions with Pastor Matt on Facebook Live

Join us here: https://www.facebook.com/FLCLEX/

Each Sunday at 10:30 AM
Children’s Message in the ZOOM Room.

Bring an adult, & your Advent wreath as we light the Advent candles together each Sunday until Christmas.

Join Zoom Meeting
Computer: https://zoom.us/j/3362486018
Phone In: 1 646 558 8656
Meeting ID: 336 248 6018

FELC Youth Group

Sunday, November 20 at 2:00 PM

FELC Youth will meet on Zoom for a Christmas party. Prior to our party, each youth member will make a Lego scene that depicts something from the scripture Luke 2: 1-20. At the party we will read the Christmas story and share our Lego creations.

All middle through high school students are welcome to join!

Join Zoom Meeting
Computer: https://zoom.us/j/3362486018
Meeting ID: 336 248 6018
Worship & Fellowship Opportunities

Join us for FELC’s Drive In Movie Night!
Sunday, December 13, 2020  at 6:00PM

All are welcome to join us for this night of fun & fellowship. When you arrive, drive thru the covered area to receive your popcorn & drinks. Then park to enjoy the movie! You may choose to sit in or on your car. A few spaces are available in front of the screen for those who would like to put a blanket out socially distanced from others. Anytime you are outside your vehicle (sitting on top or on a blanket in front of the screen) masks are required. Restrooms are available for emergency use only. The sound from the movie will be broadcast via radio signal to your vehicle. Join us for this night at the drive-in!

A synopsis of The Star:
“A small but brave donkey named Bo yearns for a life beyond his daily grind at the village mill. One day, he finds the courage to break free, embarking on the adventure of his dreams. On his journey, he teams up with Ruth, a lovable sheep who has lost her flock, and Dave, a dove who has lofty aspirations. Along with three camels and some eccentric stable animals, Bo and his new friends follow the Star and become accidental heroes in the greatest story ever told — the first Christmas.”
— Rotten Tomatoes.com
Christmas Eve

Christmas Eve Worship Opportunities

5:00 PM Candlelight Worship in our cars and outside. This service will be live-streamed on Facebook. Please observe social-distancing and wear your masks.

A pre-recorded Christmas Eve worship video will be available on Christmas Eve.

Luminaria will be displayed in front of the church instead of our usual Poinsettias. Please use the form below, or pick up a form at the church office. Proceeds will benefit the National Youth Gathering.

I/We would like to order ________ Luminaries at $5.00 each. Proceeds will benefit the National Youth Gathering.

Please make your check payable to First Lutheran Church.

Last day to order is December 20, 2020.

In honor of: 1. ________________________________________________________________

2. ________________________________________________________________

In memory of: 1. ________________________________________________________________

2. ________________________________________________________________

Given by: __________________________ Phone Number: ________________________

Total amount of money included with my/our order: $__________
Notes of Thanks

Thank you so much for the gift of bottled water! As this is the only safe beverage we can give our hungry clients, we hand out a great deal of it. Bless you for sharing in our ministry with a vital gift.

Very Sincerely,
Mary Matthews
Chairman, Grace Food Ministries

Dear First Evangelical Lutheran Church,
Thank you so much for the generous donations. The families that received the food boxes were very appreciative of your efforts. I hope that your congregation has a wonderful holiday season.

Sincerely,
Melissa Graham
Davidson County Schools

Joys and Cares

CHRISTIAN SYMPATHY IS EXTENDED TO:

Ron Sink and family upon the death of his brother-in-law, Bobby Smith. Bobby Steven Smith, 73, of Lexington passed away on October 31. He had been diagnosed in January 2020 with cancer. Bobby was married to Ron’s sister, Cheryl. A private graveside service was held November 4 at Forest Hill Memorial Park. He retired from M&L Motors in 2011 with over 40 years of service and was a member of Second Reformed United Church of Christ. Mr. Smith loved spending time with his children and grandchildren, especially family vacations at Disney World. Mr. Smith loved the outdoors and enjoyed many days boating and fishing at the coast and High Rock Lake with family and friends.

Debbie Triplett, Greg Turlington, family and friends upon the death of their dear friend and colleague, Bob Oates. Robert Thomas Oates, Jr., died November 11 at Forsyth Medical Center. A private inurnment was held at First Presbyterian Church Columbarium. Mr. Oates was a Certified Public Accountant and retired from Turlington & Co after forty years of service. He was active in his community and church, serving as chairman of many organizations.

Patsie Baker upon the death of her cousin. Just 48 years old, he passed away on November 13 due to COVID-19. He was named after Patsie’s dad and granddad, and was part of her father’s Outer Banks family.

Beth Huber upon the loss of her childhood friend, Tenita Moore. Tenita Sue Moore, 63, passed away November 24 at Woodbridge Senior Living in Spartanburg, SC. She retired from the USPS in Raleigh, when she was diagnosed with early-onset dementia at the age of 57. A graveside service was held November 28 at Woodlawn Memorial Park in Hickory, NC. Tenita had an independent spirit and was a dedicated worker throughout her life. She was an animal lover and rescuer, and an avid member of the ASPCA. Some of her skills and hobbies included playing the clarinet, handcrafts, woodworking and gardening.

OUR THOUGHTS AND PRAYERS:
Tracy Miller’s dad, Jim Carrier, is having some issues related to medication reactions.
Joys and Cares

Riley, son of Pastor Matt’s friend, and his fiancée had to postpone their November wedding after Riley tested positive to COVID-19. Riley grew up with Matt and Tracy’s sons.

Dawn Mushrush, sister of Bleasha Carroll, had extensive skull surgery the first week in November to remove a tumor behind her eye. About 98% of the time, a tumor of this kind is non-malignant; but they do not have results yet. She is scheduled to soon have an appointment with the surgeon. Dawn lives in Atlanta and Bleasha’s other sister has been helping her.

Mark Remissong, son-in-law of Frank and Pat Mills, had hip replacement surgery on November 9 in Illinois. He is recovering at home.

Cayden Carson (son of Stephen Carlson, grandson of Tommy and Nancy Carlson, great-grandson of Tom and Lorraine Carlson, nephew of Megan Carlson) broke his arm on November 10. Although he ended up having a heavier cast, he did not have to have surgery.

Sue Perkins Wilber, friend of the congregation and Jeff and Marcia Hoffmann, is pleased to report that her grandson Asher was able to come home from the hospital on November 14 and is recovering nicely. Asher, one years old, had skull surgery at Boston Children’s Hospital to correct a birth defect, craniocytosis. Sue lives in Connecticut.

Ronnie Moretz had his routine brain scan on November 18, and received more good news: he had another clear scan! He won’t have to have any more blood work from now on unless there is a concern that pops up. He will have his next scan in four months.

Jon Lough had follow-up visits with his cardiologist and arrhythmia specialist in November and received good news: his ventricular tachycardia (irregular heartbeats) is now within normal ranges, so the medication is working! He returns to have it checked again in January.

Ron Barton (brother of Beth Huber, uncle of Amanda Hathcock) was hospitalized November 19 at Wake Forest Baptist Hospital in Winston Salem for COVID-19. There was a possibility he might be released soon. Ron lives at Trinity Oaks where Beth works, and has other underlying health issues.

Deb Wertman is still adapting after a cochlear implant on September 9; the processor she is waiting for will not be here until December 29.

THANKS!

Prayer Shawl Ministry – Thanks to those who lead and participate in the Prayer Shawl Ministry. Completed prayer shawls are in the closet in the “Prayer Shawl Room”. Please feel free to pick up any that are needed, bless them and send them out. (Please notify Kelly so that he can note in our records.)

Music Online – Thanks to Kelly Newsome for continuing to touch us through his music ministry! Be sure to access his Facebook posts (“Kelly Newsome”) or our church Facebook page (“First Evangelical Lutheran Church) or YouTube (“Kelly Newsome”). Thank you for your presence, Kelly!

Special Music – Celebration of Life Service for Earl Willette, November 7 – FLC Columbarium:
- Kelly Newsome provided beautiful piano prelude and postlude music
- Creasy Young (neighbor of Earl and Jan), piano – special music – “Amazing Grace” – Creacy lives directly across the street from the Willette’s. Earl would open his window so that he could hear her when she played the piano.
- Ali Hipkiss (granddaughter-in-law of Earl and Jan), vocalist – special music – “L’heure Exquise” (Reynaldo Hahn) (translation is “Exquisite Hour”)

Thanksgiving Boxes – Thanks to all involved in our annual project to provide Thanksgiving boxes of food to needy families within our community. A total of 114 boxes were delivered!
- Thanks to those who contributed to this project, as well as to the Outreach Team for its sponsorship.
- Thanks to all the youth who met on November 15 to pack up the boxes while socially distancing.
- Thanks to all those who helped to deliver these boxes to local schools. The schools distributed the boxes to those in need.
PATRONS

Joys and Cares

Additional Thanksgiving Box Photos

CONGRATULATIONS

Pregnancy – Matt and Hannah Jackson (Matt is the son of Tom Jackson and Angie Farmer) are expecting a daughter ("Lily Pearl Ruby Jackson"), March 2021!

Smart Start – Smart Start of Davidson County recently announced that their Parents as Teachers/School Readiness Program has achieved the Blue Ribbon status. They are recognized as a Blue Ribbon Affiliate from 10/1/2020 to 9/30/2025. A significant amount of work goes into achieving this status and appreciation was extended to Bleasha Carroll and her staff of dedicated professionals. *Smart Start of Davidson County takes great pride in nurturing and teaching the youngest children in our county. Congratulations!!!!*

Anniversary –

Former members Jack and Barbara Weller are celebrating their 50th Wedding Anniversary on December 5! Can’t believe that the time has gone by so fast! Jack and Barb live in Shelby and we miss them dearly!

Honor Roll - Shelby Cates, daughter of Kim Cates and Diane Weaver, made straight A’s first quarter! She attends Braxton Craven Middle School in Trinity, Randolph County School system. Shelby was able to accomplish this in spite of being in a new school, now in middle school, amidst COVID-19, with “mama as her substitute and lunch lady! I couldn’t be more proud!”

OTHER NEWS AND TIDBITS

New Council Members – At our Annual Congregational Meeting held in the church parking lot on October 18, three new Congregation Council members were elected to serve a three-year-term from 2021 to 2024: Tawn Bizzell, Sandy Hahn, and Kevin Hathcock. Thanks for being willing to serve!

All Saints – During our online sermon broadcast on All Saints’ Day, November 1, organist Kelly Newsome played beautiful music while the church windows were spanned; close-up views of pictures of “saints who have gone before us” filled us with poignant memories. During outdoor worship in the parking lot, we held a Service of Remembrance for those First Lutheran members who passed away since last All Saints’ Day. As their names were read, Kelly tolled a handbell. Amanda had taken the pictures previously taped to the sanctuary windows and mounted them on poster boards that sat on tables under the picnic shelter.

- Dorothy (Dottie) Kilby Sigmon: August 15, 1928 – February 9, 2020
- Carole Sauer Gasque: December 30, 1937 – March 15, 2020
- Earl George Willette: March 11, 1939 – October 21, 2020

Employment Updates

- Jacob Gordon began his new job as Executive Director of Uptown Lexington on November 9; he had previously worked as the volunteer services coordinator for Davidson County Senior Services.
Joys and Cares

Uptown Lexington is a nonprofit organization, charged with administering the Main Street Program and managing the revitalization of downtown Lexington. In a frontpage Dispatch article on November 21, Jacob was quoted: “I’ve always been interested in community economic development projects...I’m the kind of person who is interested in a lot of things...I want to inspire community and help invest in innovation...I wanted to do more and utilize all my skills and interests to one job. I have found my dream job here.”

- Erin Edwards (granddaughter of Susan Bizzell, niece of Tawn Bizzell) is beginning a new job after Thanksgiving and is moving to a new school system. She will be located at the Forsyth County School administrative office and well serve as the Advanced Placement Lead Teacher for all the system’s secondary schools. If their system receives the AVID (Advanced Via Individual Determination) grant it has applied for, she will be working with that program, too. Erin is moving from teaching Earth/Environmental Science and AP Environmental Science at North Davidson High School.

- Aaron Barr will begin his new job in a new school system in January: he is to be the first principal at Archdale Trinity Middle School, a new school that will open in August 2021. Aaron has been serving as Principal at Hopewell Elementary School in Randolph County.

Don't forget to share your "joys and cares" with us! Please call Celie Lough at 249-6038, so that we may "double your joys and halve your cares!" In order to meet printing deadlines, please have all items submitted by the 18th of each month. Thanks! Please note: articles may also be submitted via e-mail to loughjc@lexcominc.net.

In Earl’s Own Words

Our brother, Earl Willette, passed to life eternal on November 7, 2020. These are Earl’s own words about coping with Multiple Sclerosis.

If only I could still do that!

How many times I have said that to myself? Somehow it is just hard to give that up...whatever “that” might be. It’s like suddenly things would be like ok again...well, probably not. What is past is past and what is lost is lost.

How do you move on? With MS there always seems to be some new loss to be dealt with. Experts say there are several stages in dealing with loss: denial...anger...questioning...pleading...and finally, acceptance. With multiple losses spread out over time, it seems that I am at a different stage for each of several losses. Every time I finally get to the acceptance stage with a specific loss, a new one begins!

Author Anne L. Schuell, who also has MS writes, “The human spirit triumphs when we focus on what is— instead of what was...what we can do instead of what we can’t.” I try to focus on what I can do instead of what I cannot do, but it’s hard. One method I use is to get involved with someone or something else. There is always someone out there with a need that you can fill, even if it’s nothing more than pleasant company. There is always something to do...even when you don’t feel like it or are too tired (my favorite excuse!) Usually when I get busy doing something, I tend to ignore or work around my losses.

There is a young woman who attends our church with deformed hands and legs. It is simply amazing to watch her eat...butter bread...pick up a fork. She is a shining example of adapting to, and overcoming a disability she has had since birth. She makes me ashamed of using my recent losses as an excuse for not doing things!

Turning pain & suffering to joy.

For those who are in pain or suffering, whether it is physical, mental, emotional or spiritual (and that might include almost everyone reading this) you are probably asking... “How can pain and suffering be turned to joy?” Anne Schuell also wrote this gem... “Pain and suffering are inevitable, but misery is optional.”

To all of you, who like me, get frustrated, angry, weary, and depressed with pain and suffering...or just plain old discomfort, there is an option...for me it’s the body of Christ. Here is where I can see that we all have something very precious in common...that Jesus loves us...and beyond that, He provides us with an unlimited capacity to love others. When things get rough for me I try to either give away or receive some of His love. I think about doing something for someone, a stranger, a family member, a friend...or even myself. Then I act on that thought...and guess what...I felt better!

The things you do don’t have to be difficult. You don’t even have to plan them. Have you told someone today that you love them? Have you given someone a hug...or just a really friendly smile? Have you helped someone? Have you eaten that chocolate-chip cookie you have been saving? Go ahead......it’ll make you feel better!

Now.....where are those cookies?
First Evangelical Lutheran Church

320 South State Street
PO BOX 308
Lexington, NC  27293

Phone: 336-248-6018
Email: office@flclex.org

We're on the Web:
WWW.FLCLEX.ORG

Return Service Requested

Church Staff & Volunteers

The Rev. Matthew L. Miller ~ Pastor
Berry Odum ~ Council President
Amanda Hathcock ~ Director of Congregational Life
Kelly Newsome ~ Organist / Parish Associate
Jim Lovelace ~ Pianist
Kelly Newsome ~ Music Ministries
Bing Grubb ~ Sexton

A Table Worship Service & Communion are available upon request.