

Becks Evangelical Lutheran Church
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Pastors: *The Revs. Ray and Ruth Ann Sipe*
Organist & Choir Director: *Stephen Gourley*
Office Administrator: *Kimberly Hedrick*
Office Hours: *Monday – Friday 8:00 a.m. – 2:30 p.m.*
Pastors' Office Hours: *Tues., Thurs. & Fri. 9:00 a.m. – 1:00 p.m.*
website: www.beckslutheranchurch.org

January 2009 Newsletter

Happy Epiphany!

In the Church, we celebrate the New Year with the season of Epiphany – the coming of the magi, who represent the revelation of Christ to all nations. During the season of Epiphany, we also celebrate the baptism of Jesus in the river Jordan – an appropriate time for each of us to remember our baptisms as well. Epiphany is also a time of new beginnings, as we read the Gospel lessons about the beginning of Jesus' public ministry.

We also have new beginnings here at Becks Lutheran Church. First, we want to welcome new congregation council members: Wanda Beck, Jamie Everhart, Cindy Fletcher, Patti Lovell, and Scott Semonco. We also welcome our new youth representative, Chase Blankenship. May God bless you and strengthen you as you serve.

We gratefully recognize those who have been elected to serve in positions of leadership on the congregation council and serve as the executive board of the congregation: Paul Briggs, President; Tom Garrett, Vice President; Laurie Stevens, Secretary; and Holly Dorton, Treasurer. May God fill you with the Holy Spirit and empower you for leadership.

We also thank those who faithfully served over the last three years: Betsy Cowan, Alan Hoppensteadt, Bob Leonard, Alan Myers, Vickie Whitehead, and youth representative Robert Lamb. We pray that your time of service has been blessed and that you will continue to be strengthened in your faith as you now move on to new areas of service.

There are also many new opportunities available for each of you to strengthen your faith and to grow as disciples as we join other Lutherans in the *Book of Faith Initiative*. Two new Bible study opportunities will begin in January. The first is a continuation of the Wednesday noon Advent Bible Study. We will meet in the FEB at 12:00 noon each Wednesday for lunch, Responsive Prayer, and Bible study, beginning January 7, 2009. The second will be an evening Bible study each Tuesday at 7:30 p.m. This group will begin on January 20, and will meet every Tuesday evening except the first Tuesday of the month when the Circle of Love meets.

The *Book of Faith Initiative* has grown out of a memorial sent to the ELCA by the North Carolina Synod Assembly in 2005. Congregations across the ELCA are joining together to make the scriptures upon which our faith is founded more available and more familiar to all Lutherans. More information about this new program can be found at http://www.nclutheran.org/Book_of_Faith.336.html.

We pray that you may be blessed in the New Year, enlightened in this season of Epiphany, that your faith may be strengthened through study and discipleship, and the peace of Christ be with each of you.

In Christ's service,

Pastor Ray

Pastor Ruth Ann

Special dates

- New Year's Day, January 1, 2009
- Epiphany, January 6, 2009
- Baptism of Our Lord, January 11, 2009
- Martin Luther King Jr. Day, January 19, 2009
- Inauguration Day, January 20, 2009
- Week of Prayer for Christian Unity, January 18-25, 2009

Young at Heart News

Young at Heart met on Wednesday, December 3 in the FEB for our Christmas meeting. 24 members were present with 2 visitors. Devotions were held by Sylvia Beck titled "Unexpected Christmas." No birthdays this month to celebrate.

A memorial of \$25.00 was given in memory of Arlin Briggs to the Church budget.

Our next meeting in January, we will elect a new president. Desserts for next month will be Sylvia Beck and Janice Warner.

Betty Jean Disher, Acting President

Sylvia Beck, Acting Secretary



**FINANCIAL
REPORT**

The current financial report is posted monthly on the yellow bulletin board between the church mailboxes.



Service Opportunities!

There are many ways we can serve God and use our gifts – out of joyful response to the grace and blessings which we have already received. Here are some specific service opportunities for 2009 – assisting with worship leadership and other necessary task here at Becks.

Please prayerfully consider these specific ways in which you can serve: as a greeter, prayer leader, lector, or communion assistant; or by keeping the nursery during worship or helping to assemble our monthly newsletters! A sign up sheet is located on the bulletin board between the church mailboxes.

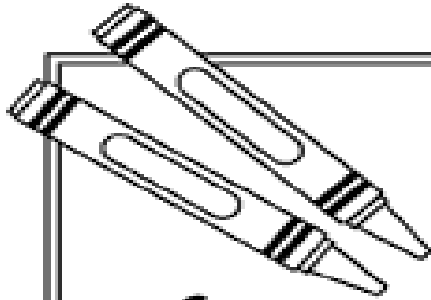
If you have any questions, please contact Pastor Ruth Ann or Pastor Ray.

Dinner Invitation:



Volunteers are needed to assist with council dinners and/or fellowship dinners. We need one or two people to help with preparation before these dinners and two or three people to clean up afterward. Each shift would be about two hours.

This is an opportunity to help in the kitchen and enjoy two wonderful dinners! Council dinners are normally the second Thursday of each month and fellowship dinners are normally the fourth Tuesday. For more information, contact Cornelia Briggs.



Just for **KIDS**

CHARACTER THAT PLEASES

The New Year is a time for renewed commitments and changes in our behavior. Complete the puzzle below to see whose example is worthy of imitating or copying.

Match the blocks of spaces and letters to finish the NIV Bible verse.



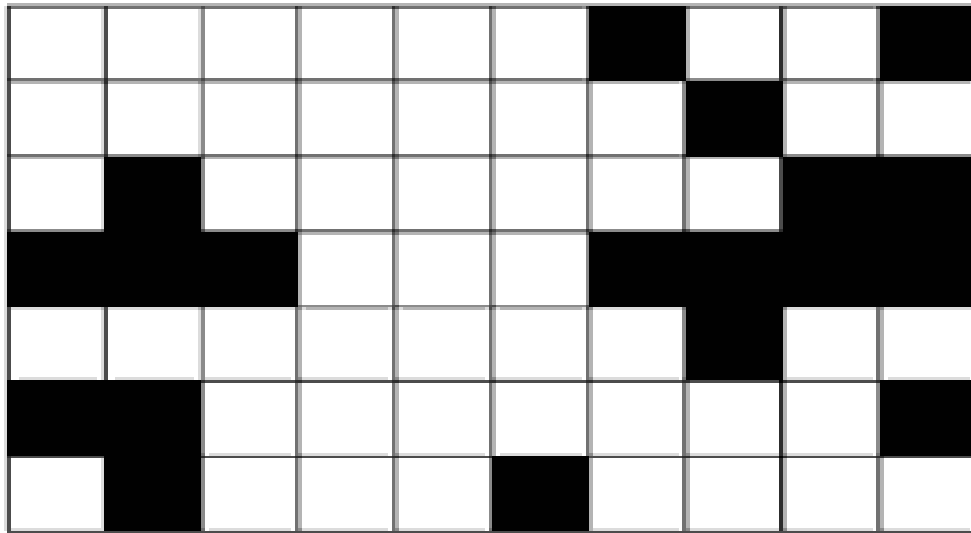
Y	■
A	S
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O	F
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■	M
E,	■
O	W
■	■
E	■
S	T
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L	L
A	M
F	O
■	T
A	M
C	H
C	O

O	W
P	L
L	L
H	E
P	L
R	I
R	■

F	O
E	X
I	■
■	■
E	X
■	■
1	■



Answer: Follow my example, as I follow the example of Christ. 1 Cor. 11:1

Junior Youth News

The Junior Youth has been busy this month. On December 5th, we enjoyed a night of Christmas caroling for some of our shut-in members. We also prepared gift bags for each one which we delivered to them while caroling. Afterwards, we came back to the church for a movie night and sleepover. A great time was had by all. The individuals we visited were most appreciative of our caroling and goody bags.

At our meeting on December 7th, we made Christmas cards for the children at St. Jude Children's Hospital. What a great way to show our love for our neighbor just as Jesus has taught us.

We are collecting items for the Davidson Medical Ministries for our January service project. A collection box has been placed in the hallway at church near the FEB. Some of the items needed are:

- (a) Over-the counter medications
(cold, Tylenol, Prep H, Benadryl, Zantac, Pepcid, etc.)
- (b) Hand-sanitizers
- (c) Band-aids, gauze, tape
- (d) Lysol
- (e) Toilet paper
- (f) Paper towels
- (g) Paper plates, cup, napkins
- (h) Ziploc bags (gallon and quart size only)

We will deliver the items on Monday, January 19th, as well as take a tour of the facilities to see what they do there and how the supplies we collect are utilized. Our next meeting will be on January 4th.

Middle & Senior Youth News

The lock-in and Giving Tree in December were a great success. Five families in all were provided for. Plans are under way for a variety of events. Six are signed up for the National Youth Gathering in New Orleans. "Rent the youth" is available on January 10 & 17. A tentative date for a Family Ski Trip is set for January 31. More details to come!

Thank You

Our mailbox at home and our offices have been filled with Christmas cards and holiday treats, and we are certainly grateful for the generous love offering we received Christmas Eve. Thanks to each of you who helped make Christmas special for us through your thoughtfulness and generosity.

Pastor Ray and Pastor Ruth Ann

Dear Becks' Family,

My family and I would like to express our sincere thanks to the members of Becks, Pastor Ray, and Pastor Ruth Ann. All your prayers, cards, food, phone calls, and expressions of sympathy have been such a blessing to us. It means so much to know you have Christian friends and family to lean on at a time like this.

*God Bless you all,
The Jenkins Family*

***Address Change for Lamont & Mary Black:
PO BOX 1895
King, NC 27021***

Hope everyone is having a Happy Holiday season. I am writing this letter to inform that we have moved to King, North Carolina with our granddaughter, Cathy Newsome. This is so she can take better care of us as we are getting older. We are in good hands and are being well taken care of. Have a blessed Holiday and Happy New Year.

Lamont & Mary Black

Agapé † Kure Beach Ministries

Summer is coming! We are searching for quality Christian young adults to serve as counselors on our 2009 summer staff. Applicants must be 19 years minimum, love kids, and want a fun and exciting challenge. Contact us for an application.

- **Saturday Safari January 10 Vermipost and February 28, 2009 Predators**
Cost is \$7.00 per person \$35.00 maximum per family. Pre-registration required.
- Our ministry is in need of a **4 x 4 pick up** for Camp Agapé.
- **Openings for Summer Day Camps.** Contact Alissa for dates and details.

Beach weekend opening February 13-15, 2009 at winter rates – call KB

Contact Camp Agapé: Telephone: 919-552-9421

E-mail: agape@agapekurebeach.org

Web site: www.agapekurebeach.org

Contact Kure Beach: Telephone 910-458-0783

E-mail: kurebeach@agapekurebeach.org

Caregivers' Solutions!

Come on in out of the cold and learn about all the wonderful work being done at the **Lexington Community Center**. The public is invited to a presentation by Nathan Streer, MD.

Tuesday, January 27 at 3:00 pm in Classroom #4 at Lexington Memorial.

For more information, call the parish nurses at 238-4454.

Pennies from Heaven

Thank you for your contributions to the Pennies from Heaven to assist Crisis Ministry of Davidson County!

Caring for Caregivers

Shelley W. Mobley Director, Lutheran Counseling Center, Charlotte

A 2000 study by the National Family Caregivers Association reported that more than 50 million Americans cared for a family member with chronic illness, disability or advanced age. And this number will likely increase as the US Census Bureau estimates adults 65 and older will rise from 12 to 17 percent in the next 20 years.

Caregivers report giving 12 to 40 hours or more a week to the care of a loved one; providing a range of chores from household maintenance, medication management, bathing, feeding, clothing and arranging healthcare services. While most caregivers say it can foster a sense of giving back to a loved one and may lead to a deeper, stronger relationship, for many the financial, emotional and physical cost can take a toll. In recent years numerous studies have shown that caregivers are at particular risk for a number of mental and physical illnesses, many having roots in stress, exhaustion and self neglect. Medical professionals have begun to call this “caregiver syndrome” and refer to caregivers as hidden patients. They are more likely to:

- get infectious diseases
- be slower to heal from wounds
- have elevated blood levels of a chemical which is linked to chronic inflammation
- have increased risk of heart disease, arthritis, diabetes, cancer and other diseases
- have increased risk for anxiety and depression

Caregivers and their families also experience increased financial costs, inability to accept job transfers or promotions, abandonment of hobbies, loss of vacation time and sometimes are forced to give up personal relationships with friends, church and neighbors. Offering help to caregivers is not easy. Many caregivers refuse to help because they view it as a sign of weakness or “shirking their responsibilities.” Friends and family must be patient and diligent with caregivers, praising them for the good work they’re already doing. Consider enlisting the help of healthcare professionals and the patient themselves to get permission for help for the caregiver.

And help doesn’t need to come in the form of moving mountains, it can be as simple as one the following ways: offer to stay with the patient so the caregiver can go to a movie, exercise or attend Bible study/church take caregiver and patient to lunch bring over dinner or a casserole or jell-o mold if you’re Lutheran help out with household chores or yard work run errands encourage them to tend to their own health needs.

Listening carefully to caregivers will also give you information about the need for other professional help such as counseling and medication assessment for depression, anxiety and stress related reactions. There are a growing number of resources available for caregivers and their families. While there is no magic word or action that can make care giving easier, support groups, friends and church and community resources can make a difference. If you are a caregiver yourself, or know a caregiver, please use the following resources to learn more about ways to receive and give support to caregiver families.

Alzheimer’s Association 800-272-3900, Family Caregiver Alliance 800-445-8106, Leeza Gibbons Memory Foundation 888-655-3392, National Alliance for Caregiving 301-718-8444, National Family Caregivers Association 800-896-3650, Share the Caring (to get help on setting up your own caring network) 646-467-8097 *This article was written with information provided by AARP, Family Physician and the American Psychological Association.*



Becks Women of the ELCA again sponsored a "Christmas Store" at Centerclair Nursing Home. Residents came through and shopped, with the assistance of an aide or one of the Girl Scouts from Becks. Gifts were lovingly wrapped for folks to give to their loved ones and friends over the holidays. We want to thank all those people who donated gifts items, wrapping paper, bags, tags, money, or time to the annual event. It is often difficult to tell who is having the most fun during this "shopping spree." We all know, though, that everyone gets a sense of the real meaning of Christmas from this afternoon event.

All three circles met for the joint Christmas Party on December 14th in the Fellowship Hall. Officers for the New Year were elected and installed. They are:

Co-Presidents:	Becky Hoppensteadt & Patti Lovell
Secretary:	Cindy Fletcher
Treasurer:	Maxine Mull
Circle of Faith Chair:	Maxine Mull
Circle of Hope Contact:	Del Frey
Circle of Love Chair:	Holly Dorton

There were no minutes available for the end of the year. The treasurer's report was given. The Circle of Faith, the Circle of Hope, and the Circle of Love each gave a report on their year's activities. There was discussion about using flowers during the Lenten Season. It was decided that during Lent this year we would not have altar flowers, in keeping with ancient church tradition. The flower chart is posted between the mailboxes. Members of the Congregation are encouraged take a look at the calendar and see if there is a Sunday you might be interested in honoring or remembering someone. Each vase will be \$30 again this year.

A skit, "The Wives of the Three Wisemen" was directed by Cornelia Briggs, and starred Wanda Beck, Mary Ann Rachels, Brenda Sanders, Patti Lovell, and the director, Cornelia Briggs. Circles broke into their different groups, held their monthly meetings and exchanged gifts. New Women of the ELCA Booklets were distributed. If you did not receive one, see your Circle Leader. If your Circle drew Heart Sisters, contact your leader, also. As always, food, fun, and fellowship were in great supply! To borrow a phrase from the "old Dispatch write-ups"... a good time was had by all! Each and every woman associated with Becks is a Woman of the ELCA; check out one of the Circles in 2009!

CIRCLE OF HOPE

Circle of Hope is an alternative group that works to set meetings around schedules of the women interested in attending. Our first meetings have been discussions about how we want to incorporate our group's efforts into the ministry of Becks and Women of the ELCA.

We participate as we are able in projects and activities that are going on within the church, the conference, the community, and the NC Women of the ELCA. Our next meeting will be a pot-luck dinner on Monday, January 19, 2009 about 5:00 pm at Patti Lovell's house. We will be examining some books to use over the next few months for a book/Bible study program we would like to pursue. Anyone interested in meeting with us, can call either Del Frey or the church office. Patti will be emailing directions. If I don't have your email address, please let Del or the church office have that information, too. "HOPE"ing to see you there!

WELCA Circle of Love

ALL women of Becks Lutheran Church are invited to a special evening of prayer. Our next meeting on January 13 in the Pastor's Class at 7:00 p.m.

During this meeting, we are going to have an individual prayer time along with a special project that will give us a lifetime keepsake.



The 86th annual gathering of the North Carolina Lutheran Men in Mission will be held on Saturday, February 7, 2009, at Daniels Lutheran Church, Lincolnton, N. C. The announcement and registration form contains complete information about this event and are available from Tom Garret or Pastor Ray. Registration begins at 11:00 a.m. There will be a light lunch available and worship begins at 1:00 p.m. The business session immediately follows at the conclusion of the worship, and the banquet starts at 6:00 p.m. Our keynote speaker will be Mr. Doug Haugen, the

Director for Lutheran Men in Mission, and our banquet speaker will be retired Bishop David Donges from South Carolina. The special activities planned for the ladies in the afternoon include a winery and pottery tour. [More information is available on the LMM website - http://nclmm.org.](http://nclmm.org)

Memorials & Honorariums

Given in memory of Arlin Briggs to the building fund by:

Darrell & Judy Embry
Wanda Beck
Bob & Paula Applegate
Mr. & Mrs. Jerry Hedrick
Mr & Mrs. Richard Honeycutt & Family
Adrian B. Delk
Jamie B. Whitten
Lena B. Beck
Betty Briggs Matthews

Stuart & Karen Smith
Young at Heart
Jerry & Betty Gallimore
LB & Adele H. Hedrick
Wilma Byerly
Louise Veasey
Ruby Glenn
EP Garrett Jr. & Lela V. Garret
Richard & Mittie Joe Cushman

Given in memory of Arlin Briggs to the budget by:

Alan & Becky Hoppensteadt
Dolan & Ruth Smith
Happy Ladies Class & Parlor Class
Men's Bible Class
Terry & Brenda Hedrick
Roger & Mary Vawter

Pearlie Mae Tysinger
Velna Vawter
Maxine Mull
Sylvia Beck
Lamar & Louise Moore

Given in memory of Robert Jenkins to the budget by:

Ruth & Dolan Smith
Happy Ladies Class & Parlor Class
Men's Bible Class
Sylvia Beck
Terry & Brenda Hedrick
Roger & Mary Vawter

Wilma Byerly
Maxine & Tim Mull
Velna Vawter
Blanche Jones
Alan & Becky Hoppensteadt
Pearlie Mae Tysinger

Given in memory of Robert Jenkins to the building fund by:

Bob & Paula Applegate

Bobby & Evelyn Briggs

In memory of Arlin Briggs given to ELCA World Hunger by Olin & Betty Jean Disher.

In honor of Lama Beck given to the budget by James & Eileen Alexander.

In memory of Robert Jenkins given to ELCA World Hunger by Olin & Betty Jean Disher.

In memory of Vernell Bailey given to the budget by Dolan & Ruth Smith.

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m. Breakfast 9:15 a.m. Sunday School 10:30 a.m. Worship Service				1 Church Office Closed	2 Church Office Closed	3 FEB reserved from 2-4
4 Buford Blankenship Team Youth meeting after Worship service 2:00 p.m. Confirmation Class 2:00 p.m. Decoration Cleanup 3:00 p.m. Circle of Faith meeting	5	6  EPIPHANY Conference Epiphany Service	7 10:30 a.m. Young at heart meeting at LST 12:00 p.m. Responsive Prayer & Bible Study in the FEB 6:00 p.m. Handbell practice 7:00 p.m. Choir practice	8 FEB reserved from 12-2:30	9 Council retreat @ Camp Agape	10 Council retreat at Camp Agape Rent the youth Feed the Shelter
11 Terry Hedrick Team Baptism of Our Lord  Council returns	12	13 7:00 p.m. Circle of Love meeting	14 12:00 p.m. Responsive Prayer & Bible Study in the FEB 4:00 p.m. Worship Board Meeting 6:00 p.m. Education Board Meeting 6:00 p.m. Handbell practice 7:00 p.m. Choir practice	15 6:30 p.m. Lutheran Men's Supper	16	17 Rent the youth
18 Robbie Harrison Team 4:00 p.m. Healing Service Men host the shelter <i>Week of Prayer for Christian Unity begins</i>	19 MLK Jr. Day Jr. Youth to Medical Minisries 5:00 p.m. Circle of Hope meeting	20  7:30 p.m. Bible Study	21 12:00 p.m. Responsive Prayer & Bible Study in the FEB 6:00 p.m. Handbell practice 7:00 p.m. Choir practice	22	23	24
25 Alan Myers Team 2:00 p.m. Confirmation Class <i>Week of Prayer for Christian Unity ends</i>	26	27 6:30 p.m. Fellowship Dinner 7:30 p.m. Bible Study	28 12:00 p.m. Responsive Prayer & Bible Study in the FEB 6:00 p.m. Handbell practice 7:00 p.m. Choir practice	29	30	31 -Family Ski Trip (Tentative Date)