## **TIDINGS**

October 2023



HALLOWEEN IN THE PARKING LOT!

October 29th

**Trunk or Treat** with a twist!

4:30 pm-6:30 pm



Join us for an enjoyable family friendly community event.

1000 B Avenue, West Columbia

# Faith, Fun ellowshi

Friday, October 27, 2023

5:00 pm

#### The Dales

#### Biergarten & Bottle Shoppe

3150 Platt Springs Road Springdale, SC 29170

See website for details

www.dalesdrinkers.com

Food Truck

Family friendly



\$35.00 registration fee

includes t-shirt.

Mt.Tabor

**Saturday October 28th, 2023** 8:00 AM

> Mt. Tabor Lutheran Church is hosting a 5K through the beautiful West Columbia Avenues.

This is a family friendly course that will appeal to all levels of experience.

> QR code will take you to our



registration form.

Registration closes 4:59 on 10/27/23

#### **Congregational Council of Mt. Tabor**

<u>2023</u> <u>2024</u> <u>2025</u>

Scott Hash, 920-3305 Bruce Busbee, 791-4791 Tammy O'Quinn, 315-6258 hashmechanic@hotmail.com busbee44@aol.com ktmmoquinn@gmail.com John Matthews, 843-340-8298 Tex Davis, 463-6320 Christie Cook, 238-1235 johnmatthews@gmail.com csprllcook@gmail.com gamecockpoppa@gmail.com Russell Pauly, 550-9146 Adam Davis, 429-9608 Brett Ebener, 260-8173 russell.pauly@crystal-clean.com adamola2001@icloud.com brettebener@gmail.com

Roxanne Livingston Rich, 360-2430 Whitney Glass, 261-2749 David Yoder, 807-3075 Roxanne.livingston1129@gmail.com whitneyglass33@gmail.com

#### **2023 Congregational Council Executive Committee**

Whitney Glass, President
Christie Cook, Vice President
Roxanne Livingston Rich, Secretary
Tex Davis, Treasurer
Tammy O'Quinn, Financial Secretary
Stella McGee, Recording Secretary
Pastor Wade T. Roof, III, Senior Pastor

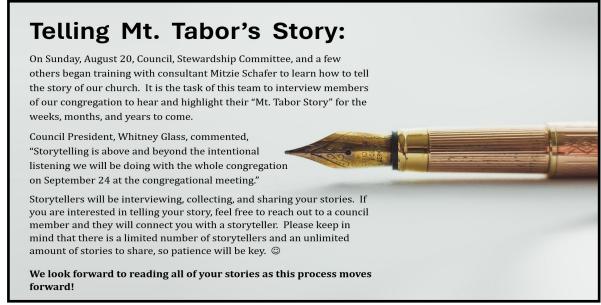
#### **Committee Assignments**

Property - David Yoder
Stewardship - Tammy O'Quinn
Community Outreach - Adam Davis
Youth Ministry - Scott Hash
Worship & Music - Brett Ebener

Christian Education - Roxanne Livingston Rich
Fellowship & Recreation - Russell Pauly
Information Technology - Bruce Busbee
Long Range Plan - Christie Cook
Evangelism - John Matthews

#### **Council Highlights**

Meetings with Mitzie Schafer



#### **PONDERINGS**

~ Pastor Wade ~

October 2023

"I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men (and old women) shall dream dreams, and your young men (and young women) shall see visions." Joel 2:28

I am so excited! I don't get to say that in ministry very often, but right now I am so excited, and I think many of you are too. Last Sunday, many of you in the congregation came to the lunch meeting with our consultant and felt the movement of the Holy Spirit within the walls of the church, within the conversations we were having, and within the hearts of every person that was there. We told stories. We talked about our congregation and the huge impact it had made in the lives of its members. We discussed and reminisced about the work we had done together to impact our community. We laughed together, we cried together, we worked hard together, and we felt the presence of God in that meeting. I think we all left there last Sunday feeling great about who we have been, and who we still can be as God's Church in West Columbia, SC.

I think the part that moved me the most was when we got into groups and had to write an obituary for Mt. Tabor. The tears we cried together as we read them aloud were very real and very powerful, but what was more impactful to me was the realization that we, Mt. Tabor, are equipped, empowered, and inspired by God's Spirit to live, to thrive, and to flourish in this world. God is not done with us, and what I saw in the people of Mt. Tabor, is that we're not ready to pack it in either. We have experienced Christ, and we desperately want to share that experience with others around us.

If you couldn't be there Sunday, we missed you! But we still want to hear your voice, and your experience, and your hopes and dreams for this church and its ministry. Everyone in the church will be receiving a survey that hopes to capture your voice and your hope for the future ministry of Mt. Tabor. Please don't take this survey lightly, please don't set it aside and forget about it, and please don't think no one will read it. Your voice and your opinion are important and valued. Please set aside time and energy to complete it and know that the Spirit of God will be using it to bring about direction and discernment to the mission and ministry of our church. (There will be online/email versions AND a paper copy version so that we can connect with everyone.)

We are excited! I hope you feel it, I hope you will join into the excitement with us, and I hope you will let your voice be heard. For God is on the loose at Mt. Tabor and I can't wait to see how God will use us in bringing God's kingdom to earth. Pray for this time of discernment, pray for our church consultant, Deacon Mitzie Schafer, pray for our church, and pray that God will bless this time of renewal and continue to make us into the faithful church He is calling us to be.

October Love Offering --- <u>HomeWorks of America</u>

HOME WORKS IS A CHRIST CENTERED NONPROFIT ORGANIZATION PROVIDING HOME REPAIR SERVICES TO LOW-INCOME HOMEOWNERS WHILE MENTORING & DISCIPLING YOUTH IN THE PROCESS.



It is a Girl!



Cordelia Leigh Phillips born September 15, 2023

Congratulations Haley & Dallas!

Proud Nana: Terri Vick-Phillips

Big Sister: Tilly



August 31, 2023

Mt Tabor Lutheran Church 1000 B Ave West Columbia, SC 29169-6721

Dear Friends of Mt Tabor Lutheran Church,

Thank you for supporting the ministry of Epworth Children's Home. This letter serves as an acknowledgement and receipt of your contribution in the amount of \$907.88 on 8/28/2023 to Epworth from your Easter Offering. Your gift helps children like Ethan\* find their voice.

When Ethan came to Epworth he was a modest 14-year-old teen who loved all sports. Ethan's mother struggled with drug and alcohol abuse and would often leave the home for weeks on end. Ethan and his sister, Mae found themselves struggling to get to school or to even have food to eat. The Department of Social Services (DSS) intervened and removed the children from the horrendous situation. The siblings had never been apart and were scared at the thought of being separated while their mother worked to resolve her substance use issues.

Ethan and Mae arrived at Epworth's residential program last summer. They sought comfort knowing that they were together on the campus and could see each other in the dining hall, at church, and during daily campus activities. The siblings also started to form bonds with other residents in their cottages. Ethan liked to shoot hoops during open gym hours and Mae liked to participate in arts and crafts with the girls. They also joined the youth choir and sang in church on Sunday mornings. Ethan was reluctant to join the choir, but he knew that ultimately, it gave him a chance to spend more time with Mae.

Their mother was making better decisions in all aspects of her life and entered a treatment program for her addiction issues. She completed the program, secured a job, and regained her parental rights. Ethan and Mae returned home at the end of last year. Before leaving the campus, Ethan reached into his bag and gifted each of his new friends in his cottage with a small token to remember him with. The relationships formed during his time at Epworth were ones that he and the other residents would not forget.

Your support of the children at Epworth Children's Home makes opportunities like this possible, each and every day. Your support provides the caring staff in the cottages and the programs that provide an opportunity for each child to lead a fulfilling and productive life. Thank you for believing in Epworth's mission and in the future of children and families at Epworth, children like Ethan and Mae.

Sincerely,

Beth Williams

President
\*Names changed for confidentiality

Credit to if applicable:

Epworth Children's Home is a 501 (c) (3) nonprofit organization. Your contribution is tax-deductible to the extent allowed by law. No goods or services were provided by your generous contribution. Please keep this letter as a receipt for tax purposes.

PO Box 50466, Columbia, SC 29250 \* Tel: (803) 256-7394 \* www.epworthchildrenshome.org Please remember the children of Epworth in your will or estate





It is a Girl!



Congratulations Arielle & Sean!

**Proud Grandparents:** 

Ruth & Chuck Goldsmith

Proud Aunt: Mollissa Padgett

Proud Cousin: Bentley Knotts



Mt. Tabor's newest members!

Nancy Smith

Kevin, Melissa, Savannah Rose, Jordan Leigh, and Kevin John Shaver, Jr.

Scott Wilson

Kevin and Amy Oliver

Alan and Denise Cowles

Welcome to our Mt. Tabor Family!

Memorial Given By Fund Ann Lawson Callison Amy E. Shell General Ann Lawson Callison Annie Ruth Addy General Ann Lawson Callison Bob & Gaynell Hubbs General Ann Lawson Callison Bruce Rhodes Capital Improvements Ann Lawson Callison Carol L. Williams General Ann Lawson Callison Cathy Crawford General Ann Lawson Callison Charlie & Paula Taylor General Ann Lawson Callison Christie & Mike Cook General Ann Lawson Callison Debbie & Foster McLeod General Ann Lawson Callison Doris Whittington General Ann Lawson Callison Dottie Ford General Ann Lawson Callison Elizabeth Manus General Franklin & Jennifer Smith Ann Lawson Callison Ladies Aid Ann Lawson Callison Fred Vallejo Easter Ann Lawson Callison Gale McLeod General Ann Lawson Callison Gary & Ann Spainhour General Ann Lawson Callison Jean Latimer General Ann Lawson Callison Jerry & Mary Howard General Ann Lawson Callison Jimmy & Charlotte Compton General Ann Lawson Callison Jolene & Larry Marchant Ladies Aid Ann Lawson Callison Kathy & Kerri Rish General Louise Amick Ann Lawson Callison General Ann Lawson Callison Maria Ott General Ann Lawson Callison Mary C. Frances Campbell General Ann Lawson Callison Mary Gay & Family General Ann Lawson Callison Mickey & John Geiger General Ann Lawson Callison Mr. & Mrs. Vernon Ott, Jr. General Ann Lawson Callison Nancy Stone-Collum General Ann Lawson Callison Pastor Rus & Barbara Stilwell General Ann Lawson Callison Patricia Elledge General Ann Lawson Callison Patsv Hutto General Ann Lawson Callison Robin Nicholson General Ann Lawson Callison Rudy & Ellen Mancke General Ann Lawson Callison Stephen & Rhonda Leaphart General Ann Lawson Callison Sue & Lucky Jones General Ann Lawson Callison Susan Stilwell Ladies Aid Ann Lawson Callison Tommy & Janet Smith General Ann Lawson Callison Tommy, Trisha & Billy Rawl General Ann Lawson Callison Tracy M. and Robert V. Ott, III General Alice & Kevin Davis General Christine Lynn Davis Christine Lynn Davis Brenda Brown General Carlton & Judy Heustess Christine Lynn Davis General Dottie Ford Christine Lynn Davis Youth Trip Christine Lynn Davis Eleanor Johnson General Christine Lynn Davis Frederick T. Kroll & Shelby J. Wiley General Christine Lynn Davis Gary & Peggy Williams Cemetery Christine Lynn Davis Jonathan Gensemer Family General Palmetto AgriBusiness Council Christine Lynn Davis General Pastor Rus & Barbara Stilwell Christine Lynn Davis Reserve Christine Lynn Davis Robert A. Beck General Christine Lynn Davis Sara K. Watson General William & Celeste Jones Christine Lynn Davis General Christine Lynn Davis William J. Gardner General Bruce Rhodes Music & Arts David Elliott Mellichamp Charlie & Paula Taylor David Elliott Mellichamp General David Elliott Mellichamp Debbie & Foster McLeod General David Elliott Mellichamp Elizabeth Manus Music & Arts David Elliott Mellichamp Ellis & Tammy Quarles General David Elliott Mellichamp Franklin & Jennifer Smith Music & Arts David Elliott Mellichamp Fred Valleio Easter David Elliott Mellichamp Gary & Ann Spainhour Music & Arts

Memorial	Given By	Fund
		General
David Elliott Mellichamp David Elliott Mellichamp	Mickey & John Geiger Mike & Christie Cook	General
David Elliott Mellichamp	Nancy Stone-Collum	General
David Elliott Mellichamp	Pastor Rus & Barbara Stilwell	Music & Arts
David Elliott Mellichamp	Sue & Lucky Jones	General
David Larry Derrick	Ann R. Bundrick	General
David Larry Derrick	Bruce Rhodes	Capital Improvements
David Larry Derrick	Carol Williams	General
David Larry Derrick	Cathy Crawford	General
David Larry Derrick	Debbie & Foster McLeod	General
David Larry Derrick	Deborah Dukes, Dana Paterra & Jonathan Dukes	General
David Larry Derrick	Dianne Derrick	General
David Larry Derrick	Elizabeth Manus	Youth Trip
David Larry Derrick	Ellis & Tammy Quarles	General
David Larry Derrick	Fred Vallejo	Easter
David Larry Derrick	Gary & Ann Spainhour	Youth Trip
David Larry Derrick	Jacob L. Paschal	General
David Larry Derrick	Janet & Jim Riddle	General
David Larry Derrick	Jean Latimer	General
David Larry Derrick	Mickey & John Geiger Pastor Rus & Barbara Stilwell	General Reserve
David Larry Derrick David Larry Derrick	Patricia Elledge	General
David Larry Derrick  David Larry Derrick	Patsy Gambrell	Capital Improvements
David Larry Derrick	Sue Byrd	General
Earl Holleman Macaulay, Jr.	Patricia Shelley	General
Earl Holleman Macaulay, Jr.	Nancy Stone-Collum	General
Elizabeth "Betty" Sue Wilson Monts	Charlie & Paula Taylor	General
Elizabeth "Betty" Sue Wilson Monts	Elizabeth Manus	General
Elizabeth "Betty" Sue Wilson Monts	Gale Gantt	General
Elizabeth "Betty" Sue Wilson Monts	Gary & Ann Spainhour	General
Elizabeth "Betty" Sue Wilson Monts	Jolene & Larry Marchant	Youth Trip
Elizabeth "Betty" Sue Wilson Monts	Patsy Hutto	General
Elizabeth "Betty" Sue Wilson Monts	Sue & Lucky Jones	General
Gary Lown	Freda & Fred Fetner	Cemetery
Helen Summers	Barbara Raulerson	General
Jeannie Carroll Epting Marchant McQuillen	Julianne Jones	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Mickey & John Geiger	General
Jeannie Carroll Epting Marchant McQuillen	Nancy Stone-Collum	General
Linda Vallejo Manell Lown	Fred Vallejo Freda & Fred Fetner	Easter
Manell Lown Mike Lown	Freda & Fred Fetner	Cemetery Cemetery
Peggy Kelly	Elizabeth Manus	General
Peggy Kelly	Gary & Ann Spainhour	General
Ray Amick	Mickey & John Geiger	General
Ronnie Hutto	Patsy Hutto	General
Sandra Green Manus	Ann & Gary Spainhour	Youth Trip
Sandra Green Manus	BJ Roof	Youth Trip
Sandra Green Manus	Bruce Rhodes	Youth Trip
Sandra Green Manus	Carol L. Williams	Youth Trip
Sandra Green Manus	Cathy Crawford	Youth Trip
Sandra Green Manus	Debbie & Foster McLeod	General
Sandra Green Manus	Dottie Ford	Youth Trip
Sandra Green Manus	Edwin Dunlap	Youth Trip
Sandra Green Manus	Elizabeth Manus	Youth Trip
Sandra Green Manus Sandra Green Manus	Janice Swanson Jolene & Larry Marchant	Youth Trip Youth Trip
Sandra Green Manus	Mickey & John Geiger	General
Sandra Green Manus	Pastor Rus & Barbara Stilwell	Youth Trip
Sandra Green Manus	Patricia Elledge	General
Sandra Green Manus	Patsy Gambrell	Capital Improvements
Sandra Green Manus	Patsy Hutto	General
Sandra Green Manus	Sandra Lindler	Youth Trip
Sandra Green Manus	Sue & Lucky Jones	General
Sandra Green Manus	Suzanne Freeman	Youth Trip
Sandra Green Manus	Tommy & Janet Smith	Youth Trip

#### Gathering, Serving, Spreading

#### <u>Honor</u>

Daniel Conrad
Dr. Tommy Smith
Johnny Bundrick
Kevin Davis
Pastor Wade Roof
Quilting Ministry
Robert Cromer

#### Given By

Mom, Dad and Leah Sing & Celebrate 2, 3, 4 Yr. Class Fred Vallejo Pam Burnett Easton Casteel & Mattie O'Quinn Easton Casteel & Mattie O'Quinn Fred Vallejo

#### **Fund**

Youth Trips
Sing & Celebrate
Easter
Music & Arts
Pastor's Disc Fund
Quilting Ministry
Easter

#### **THE MUSIC CORNER**

#### **ART SHOW!**

The Art Show organized by Music and Arts will open with a reception on Sunday, October 1, from 4:00 until 6:00. Come and see the various art works of your fellow parishioners exhibited in Room 113! The show will include, paintings, crocheted items, woodworking, quilts, pottery and much more. The hours that the exhibit will be open are as follows:

October 1 (Sunday) 4:00 - 6:00 pm Opening Reception

October 2 -5 (Monday – Thursday) 6:00 - 8:00 pm

October 8 (Sunday) 9:00 - noon

If you can't make those hours or have questions, please contact Kevin Davis at (803)796-5948 Ext. 21 or <a href="mailto:music@mttaborlutheran.org">music@mttaborlutheran.org</a>.

#### JOIN A CHOIR!

Adult Choir rehearses on Wednesdays at 6:30 pm.

Alive! rehearses on Tuesdays at 6:30 pm.

Sing and Celebrate (Cherub, Angel and Seraph Choirs) rehearses on Wednesdays at 4:45 pm.

Mt. Tabor Ringers rehearse on Mondays at 7:00 pm.

If you are interested in joining any of the ensembles listed above, please contact Kevin Davis at (803)796-5948 Ext. 21 or <a href="mailto:music@mttaborlutheran.org">music@mttaborlutheran.org</a>.

#### **SUNSHINE CLUB**

The Sunshine Club will meet Thursday, October 5th at 12:00 pm. Please bring a covered dish to share. Our speaker will be Alan Hyatt from Thrivent Financial. He will provide information that will be relevant for everyone. Come enjoy the fellowship and learn important information!

<u>ATTENDANCE</u>			
	8:00	9:15	11:00
8/27	19	69	84
9/3	14	81	93
9/10	18	61	96
9/17	15	50	96
9/24	18	59	83



## Hallowgen in the PARKing LOT!

We need you!

donate CANDY!



decorate a car, provide a game and/ or give out candy!





To sign up call the church office or scan the QR Code,



If viewing electronically, you may click on this ad to be taken to the registration form!

watch the bounce house!

Volunteer opportunities!



## Women of the ELCA Sunday! October 22, 2023

Come and hear Sunday's message from our own Christina Galardi Henricks!

3 opportunities to hear her speak. 8:00/9:15/11:00

For our annual meeting come and listen to a guest speaker from Lighthouse for Life.



Look for more informatin about upcoming WELCA events!



Sat	7	14 10-12:00 Girl Scouts/Upstairs 9-12:30 - Betsy Sippel - AR - self defense class	21	28 8:00 Reformation 5K Race 8:00 Girl Scouts/Upstairs	2023
Æ	<b>9</b>	13	50	5:30 - Faith, Fun & Fel- lowship - The Dales Bottle and Biergarten 7:30-12:00 - Solution services training	
Thu	5 1200 – Surstine Oub/AR 5:30 – Positively Ft/AR 5:30-8:30 – Growing Homes Southeast/AR & Classrooms 6:00 -8:00 - Art Show - RM 113	12 5:30 – Positively Fit/AR 5:30-8:30 – Growing Homes Southeast/AR & Classrooms	19 3:00 – Tea Time Circle/AR 5:30 – Positively Fit/AR 5:30 Diabetes meetings/Scatter Cheer Room 5:30-8:30 – Growing Homes Southeast/AR & Classrooms 7:00 – 90th Anniversary/ECR	26 5:30 – Positively Fit/AR 5:30 – Centennial Circle 5:30-8:30 – Growing Homes Southeast/AR & Classrooms 7-8:00 – Zoom Strategic Planning Com	God's helping hands: canned fruit, juice, smoked sausage, hot dogs, mustard, ketch- up, flour, sugar, crackers, dry & evaporated milk, bread.
Med	4 9:00 – E-News Deadline 10:00 – Bulletin Deadline 12:00 – Noon Eucharist 3:30 – Sing & Celebrate 4:45 – Children's Choirs 5:45 FCHM/Scatter Cheer 6:00 -8:00 - Art Show - RM 113 6:30 – Adult Choir	11 9:00 – E-News Deadline 10:00 – Bulletin Deadline 11:00 – Bible Study 12:00 – Noon Eucharist 3:30 – Sing & Celebrate 4:45 – Children's Choirs 6:30 – Adult Choir	18 9:00 – E-News Deadline 10:00 – Bulletin Deadline 11:00 – Bible Study 12:00 – Noon Eucharist 6:30 – Adult Choir NO S&C	25 9:00 – E-News Deadline 10:00 – Bulletin Deadline 11:00 – Bible Study 12:00 – Noon Eucharist 3:30 – Sing & Celebrate 4:45 – Children's Choirs 6:30 – Adult Choir	Love Offering for October Homeworks
Tue	3 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – NA Mig/Scatter Cheer 6:30 – ALIVE! Rehearsal 6:00 -8:00 - Art Show - RM 113	10 7:00 Men's Prayer Breakfast Lizard's Thicket 10:30 — Staff Meeting 3:00 —MT Book Club/AR 5:30 — Pipers Practice/AR 6:30 — ALIVE! Rehearsal	17 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – NA Mtg/Scatter Cheer 6:30 – ALIVE! Rehearsal	24 7:00 Men's Prayer Breakfast/ Lizard's Thicket 10:30 – Staff Meeting 10:30 – Ladies Aid Society 5:30 – Pipers Practice/AR 6:30 – NA Mfg/Scatter Cheer 6:30 – ALIVE! Rehearsal	31 Halloween
Mon	2 9:30 – Quilting Ministry/Intem House 7:00 – Mt. Tabor Ringers 5:30 – Positively FitAR 6:00 -8:30 - Art Show - RM 113	9.30 – Quilting Ministry/Intem House 7.00 – Mt. Tabor Ringers 5.30 – Positively Fit/AR	16 9:30 – Quilting Ministry/Intern House 7:00 – Mt. Tabor Ringers 5:30 – Positively Fit/AR TIDINGS DEADLINE	23 9:30 – Quilting Ministry/Intern House 7:00 – Mt. Tabor Ringers 5:30 – Positively Fit/AR	30 9:30 – Quilting Ministry/Intem House 7:00 – Mt. Tabor Ringers 5:30 – Positively Flt/AR
Sun PRINTED 9/28/2023	1 Eighteenth Sunday Affer Pentecost 8:00 – Matins Service—Holy Communion 9:15 – ALIVEI Service—Holy Communion 10:00 – Coffee/Fellowship/AR 10:15 – Sunday School 11:00 – Traditional Service—Holy Communion 4:00 - 6:00 - Art Show & Reception - AR/RM 113	8 Nineteenth Sunday After Pentecost 8:00 – Matins Service—Holy Communion 9:15 – ALIVEI Service 10:00 – Coffeef Fellowship/AR 10:15 – Sunday School 11:00 – Traditional Service—Holy Communion 12:3:00 Confirmation /AR 6:00 – Church Council/ECR 9:00 – Noon - Art Show/RM 113 Surveys & Interviews sent Lutherdge Alumni /Park	15 Twentieth Sunday After Pentecost 8:00 – Matins Service—Holy Communion 9:15 – ALIVEI Service 10:00 – Coffee/Fellowship/AR 10:15 – Sunday School 11:00 – Traditional Service—Holy Communion	22 Twenty First Sunday After Pentecost 8:00 – Matins Service—Holy Communion 9:15 – ALIVE! Service 10:00 – Coffee/Fellowship/AR 10:15 – Sunday School 11:00 – Traditional Service—Holy Communion WELCA Sunday	29 Reformation 8:00 – Matins Service—Holy Communion 8:15 – ALIVE! Service—Holy Communion 10:00 – CoffeerFellowship/AR 10:15 – Sunday School 11:00 – Traditional Service—Holy Communion 4:30 - 6:30 pm - Halloween

#### Positively Fit: Body, Mind and Soul

Positively Fit meets Monday and Thursday in the Assembly Room at 5:30. All ability levels are welcome! Variations to exercises are offered!

Interested in joining? If you have questions, ask Tammy O'Quinn, Brennan Hutto or Carol Busbee

#### Body:

The weather is starting to cool off a bit and it is a great time to get a little yard work completed. Instead of working out, you decide to get the yard spruced up. Use your yard as your gym!

Weeding, digging, planting, and raking can increase your heart rate and burn a few calories. Before beginning yard work, loosen up the muscles with some gentle stretches just as you would do if you were going to the gym. Gardening is a full body workout so remember to stretch. Arms and shoulders need a gentle stretch since they are used for pulling weeds, planting and lifting, The back needs a good stretch for bending and twisting. Squatting and getting up and down require the legs and hips to be stretched and ready to go. Yoga is one way to get in stretches. Do a quick yoga routine to get ready for the yard or your favorite pre-workout stretches.

Many tools provide help with gardening. If you are looking for a workout, use your muscles as your tools. You can use manual hedge trimmers instead of power trimmers, carrying bags instead of riding them in a cart, or pushing a lawn mower instead of riding one. Don't forget about all those steps that you take too!

With fall right around the corner there will be a multitude of leaves littering yards. According to WebMD, you can burn 350-450 calories per hour raking and bagging leaves. However, if you are using muscles to move heavy objects in the yard, you could potentially burn 400-600 calories in an hour of heavy gardening. Pushing a lawn more can rack up a 250 calorie burn and more depending on the size of your yard. Most of us do not have a lot of heavy yard work but simple pulling weeds and planting flowers can burn 200-400 calories per hour. A good incentive and your yard will look superb!

Remember to exercise properly. When lifting heavy objects use your legs and not your back. Squat down to secure the load and use your legs to push up while keeping the load close to your body. Avoid any twisting motion as you lift. Do not lift from a standing position. Use good posture when pushing a lawn mower and get in your steps. Planting and pulling weeds can tire the hands. Rotate the hands at the wrist a few times and shake them out. Take breaks to give your muscles a chance to recover, drink plenty of water like you would with any other work out, and listen to your body!

#### Mind:

The sight of a beautiful garden can relieve stress. It can be as simple as a few pots of flowers on your patio or your entire yard. Sitting in nature can reduce stress and restore a positive mood. Sunlight provides your body with the ability to make vitamin D the natural way which can improve your mood. Fresh air and singing birds give an extra boost to the mood too. So, step outside, find a spot to make your sanctuary and enjoy nature!

#### Soul: 1 Corinthians 6:19-20

<sup>19</sup>Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup>you were bought at a price. Therefore, honor God with your body.

#### **Lord Teach Us To Pray:**

As God's people called to love one another, let us pray for the following members of our church family, who celebrate the anniversary of their baptism in October: Karen Holton, Jensen Redmond Nancy Lee, Logan O'Neal, John Payne, Chris Corbacho, Brandon Haltiwanger, Miranda Downing, Lisa Bailey David Moye, Kara Wilson, Gavin Goings, Amanda Douglas, Samantha Walker, Hanna Sharpe, Lucas Busbee John Matthews, Sherri Moorer, Janet Klapman Smith, Katie Hilton, James Jacobs, Wes Hall, Ryan Thomas Hannah Vallejo, Catherine VanCleave, Amy Shull, Buzz Miller, John Latham, Hayden Wolfe, Peryn Sulser Debbie McLeod, Taylor Hash, Michael Hash, Laurie Culpepper, Megan Lyons, Antonio Lyons, Emma Lyons Jennifer Brazell, Cheyenne Steele, Butch Swygert, Alison Post, Garrett Haltiwanger, Tommy Dawson, Lynn Cain, Pam Myers, Alice Pollock, Avaley Tablas Grice, Katie Sulser, Cooper Redmond, Bo Johnson, Blakely Goings, Suzanne Strickland, Russell Pauly, Sara Rucker, Graham Matthews.

#### **Most Recent Prayer Concerns:**

Easton Casteel, Cecilia Dunlap, John Geiger, Rue Jeffcoat, Jimmy Williams Alice Pollock, Elmer Sundlie, Mary Davis, Ken Smith

#### **Ongoing Prayer Concerns:**

Robert Cromer, Dennis Rybicki Jr., Emma Lou Easley, Linda Price Lib Manus, Judy Jordan, Paul Addy, Paul & Jeanie Jacobs Barbara Bradshaw, Sandra Baker, Betty Wise, Herman Bouknight Pastor Jerry & Janice Livingston

#### Family & Loved Ones of Mt. Tabor:

William A. Sox, Angela Livingston, Bill Wood, Jimmy Hardee, Anne Moye Isabelle Sundlie, Jack Timmerman, Tim Driggers, John Bundrick Tammy Douglas, Pam Player, Katie Blackwell Feaster

#### Members of Mt. Tabor Serving in the Military:

Adam Davis, Samuel Davis, Scott Hash

#### Family and Loved Ones Serving in the Military:

Josh Watson, Jacob Henry Burgan

#### The Family Of:

David Mellichamp, Betty Monts, Ann Callison, Peggy Kelly, Sandra Manus

#### Nursing Homes /Retirement Centers/Rehabilitation Centers

Generations-Batesburg-Leesville - Charles Shull

<u>Jenni-Lynn Assisted Living</u> – Herman Bouknight (Apt. 34)

Lowman Home - Carolyn Smith

Laurel Crest – Emma Lou Easley (Apt. 765); Al & Judy Jordan (Apt. 312)

<u>Presbyterian Home</u> -Betty Wise (Room A-105)

Still Hopes – Jean Latimer: Sandra Baker; Larry Sease

Veteran's Victory House - Elmer Sundlie



#### **WORSHIP ASSISTANT TEAMS**

#### ALTAR GUILD (Communion Preparer) for October Janet and Tom Smith

Team A 10/1/23	9:15	11:0 <u>0</u>
Worship Coordinator	NA	Tommy Smith
Lector	Rachel Bundrick	Randy Klapman
Greeter	Grace Fuson	Barbara Stilwell
Communion Assistants	Abby Grace Roof	Christie Cook, Pam Burnett
Ushers	Ed Fuson	Jeremy Goings
	Grace Fuson	Mike Cook, Fred Vallejo
Team B 10/8/2023	9:15	11:00
Worship Coordinator	NA	Hampton Miller
Lector	Need Volunteer	Docia Jones
Greeter	Need volunteer	Patsy Gambrell
Communion Assistants	NA	Joe Jones
		BJ Roof
Ushers	Ray Conrad	Tim Self & Sheri Self
	Dennis Rybicki	Derek Monts
		Tex Davis, Travis Spainhour
Team C 10/15/2023	9:15	11:00
Worship Coordinator	NA	Kendrick Kerr
Lector	Whitney Glass	Rachel Bundrick
Greeter	Need volunteer	Debbie McLeod
Communion Assistants	NA	Sarah Whitehead
		Ellis Quarles
Ushers	Ricky Glass	Tom Smith, Janet Smith
	Bruce Busbee	Foster McLeod, Clyde Nelson
Team D 10/22/2023	9:15	<u> 11:00</u>
Worship Coordinator	NA	Need volunteer
Lector	Rick Moorer	Nancy Stone-Collum
Greeter	Need volunteer	Need volunteer
Communion Assistants	NA	Miley Rhodes
Ushers	Rick Moorer	Dusty Rhodes, Need volunteer
	Lucky Jones	Russell Pauly, Michael Busbee
Team E 10/29/23	9:15	<u> 11:00</u>
Worship Coordinator	NA	Jeff Hutto
Lector	Cathy Crawford	Susan Hyde
Greeter	Grace Fuson	Susan Stilwell
Communion Assistants	NA	Dana Hutto
Ushers	Paul Jacobs	Jeff Hutto, Ron Tryon
	Ed Fuson	Allen Shealy, Dennis Shealy

#### **God's Helping Hands Focused Needs**

Canned fruit, juice, Jiffy Mix, dry & evaporated milk, soap, flour, sugar, crackers, any canned good with a lift top lid, mustard, ketchup, bread, hot dogs and smoked sausage.



- Dear Mt. Tabor...
- 1 Lindsey Witcher, Robert Ward, Rebecca McQuillen
- 2 Gale McLeod
- 3 Koy McCullough, David Senn, Catherine Latham Foster Rich
- 4 Scott Hunt, Alison Post, Reed Glass
- 5 James Skorzewski
- 6 Jenny Osterhaus, Meg Muir, Kevin Davis
- 7 Courtney Sox, Luke Witherell, Drew McQuillen Raye-Marie Davis
- 10 Karen Foley, Rick Maxheimer, Mary Caroline Owen Madison Chandler, Chris Wright
- 11 Nancy Brazell, Sharon Mattern, Bruce Rhodes Boyd Hendrix
- 12 Linda Harmon, Rhys Boyd, Holly Helms
- 13 Betsy Hayden, Barney Miller
- 14 Gerald Shealy, Cade Jeffries, Shawna Busbee Emily Richardson, Jack Fisher
- 15 Becky Newman, Dora Miller
- 16 JoEllen Anderson, Brittany Rister, David Shepherd
- 17 Cindy Edge, Randy Klapman, Amelia Hilton
- 18 Jake Jacobs, Bobby Long
- 19 Madison Gable, Jeremy Goings, John Post
- 20 Linda Lown, Sharon Loadholt, Brennen Hutto
- 21 Nancy Fulmer, DeeDee Fogle, Nancy Stone-Collum Aaron Day
- 23 Cheryl Prim
- 24 Allison Eudy, Grace Fuson
- 25 Ginette Boone, Summer Insabella, Sylvia Nelson Danielle Payne
- 26 Crystal Turner
- 27 Joyce Riley, Lisa Spigner, John Young, Marshall O'Quinn
- 28 Ernie Areheart
- 29 Judy Fisher
- 30 Dalton Rodgers
- 31 Wills King

From the Desk of Beau Watkins Wright

Thanks for blessing my backpack. I also like the supply bag. I love my church family. Love,

Beau

Pastor Roof,

Thank you so very much for the generous donation to CHO. Providing for the shelterless homeless of the Midlands, Candyman strives to utilize every dime donated to benefit a homeless man, woman or sometimes child, who I probably know by name. \$1500.00 is equivalent to \$15000.00 elsewhere due to the fact I have very little overhead. The blankets & sleeping bags will be so very much appreciated.

Gratefully,

Bubba

### Mount Tabor's Women of the ELCA is collecting for Sistercare!

Sistercare is in need of household paper products.

We will collect from now until October 1st.

Bins are located in the office and in the assembly room.



## Mt. Tabor Lutheran Church



Featuring

Painting, woodworking, quilting, crochet pottery, cross stitching and more!

#### **Dates**

Opening Reception on October 1 4:00—6:00 pm

October 2 - 5 6:00—8:00 pm

October 8 9:00 am—Noon

#### **Early Risers Prayer Breakfast**

Our Lutheran Men Early Risers will meet for Prayer Breakfast on October 10<sup>th</sup> & 24<sup>th</sup> 7 AM at Lizard's Thicket on Augusta Road.

All men are invited to join us!



#### **Deadlines**

E-News: Wednesdays at 9:00 am Bulletin: Wednesdays at 10:00 am Tidings: 15<sup>th</sup> of each month Email articles to: admin@mttaborlutheran.org

#### **Online Giving**

Mt. Tabor offers online giving. Scan the QR Code to be taken to our online giving page.



#### **August 31, 2023**

Funds Received for Budget	
Envelope System	24,729.50
Envelope System Cash	132.10
Memorials	2,582.25
Loose Offering	259.25
Bulletin Covers	100.00
Birthday	100.00
Sunday School	154.00
Simply Giving Envelopes	9,367.55

#### **BUDGET**

The Flower & Bulletin Calendars are posted on the bulletin board near the Sanctuary on Sundays. During the week, they are kept in the church office. If you would like to reserve a date, please sign up on Sunday or contact our office staff during the week.

#### 37,424.65 60,837.33

520.00

985.00

100,039.65

0.00

Sunday School	154.00
Simply Giving Envelopes	9,367.55
	37,424.65
RESERVE FUND: Easter	20.00
Easter-Splits	500.00
Easter-Simply Giving	5,130.00
. ,	5,650.00
DEDICATED FUND	
Camps/VBS Tees	263.00
Choral Scholars	650.00
Fellowship & Recreation	91.00
General Maintenance	50000.00
Ladies Aid	80.00
Love Offering	250.00
Maui Fire Relief	2466.00
Pastors Disc Fund	10.00
Pickle Jar	41.00
Quilting Ministry Sunshine Club	110.00 182.00
Use AR	325.00
World Hunger	90.00
Youth Trips	682.00
Love Offering-General Fund	80.00
HUGS-Simply Giving	100.00
Ladies Aid-Simply Giving	50.00
Camps/ Tees-Simply Giving	60.00
Choral Scholar-Simply Giving	50.00
Youth-Simply Giving	325.00
Evangelism-Simply Giving	25.00
	55930.00
CEMETERY FUND:	0.00
MUSIC AND ARTS FUND:	
Memorials	50.00
	50.00
CAPITAL CAMPAIGN FUND	005.00
Donations-Splits Memorials	325.00
wemonals	140.00

Pledged-Simply Giving

**ENDOWMENT FUND:** 

**Total Received for All Funds** 

## Altar Flowers & Bulletin Covers October 2023

<u> Altar Flowers</u>	<u>Bulletin Covers</u>
1 Ray Conrad	1 Chris Sox
8 Fred Vallejo	8 Jack Sox
15 Patsy Hutto	15 Fred Vallejo
22 Pam Hoskins	22 Available
29 Harry & Cheryl Prim	29 Available

## Mt. Tabor's Fellowship of Readers!

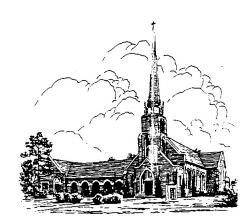
## October's book is <u>Collared</u> by David Rosenfelt

Grab a copy and plan to join the group for lively discussion and fellowship!



Mt. Tabor Lutheran Church 1000 B Avenue West Columbia SC 29169

#### **RETURN SERVICE REQUESTED**



Visit our Website www.mttaborlutheran.org

**Non-Profit Organization** 

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Permit No. 116

#### Mt. Tabor's Worship Opportunities

#### **Sundays**:

#### **Worship Services:**

8:00 am Matins with Holy Communion 9:15 am ALIVE! Contemporary Service -

\*\*Holy Communion 1<sup>st</sup> Sunday of each month.

11:00 am Traditional Service with Holy Communion

#### **Sunday School:**

10:15 - 11:00 am Classes for both children and adults are offered

#### Wednesdays:

11:00 am Bible Study 12:00 pm Noon Eucharist

Mt. Tabor Lutheran Church is committed to being a safe place for children and youth. Our congregation has enacted policies and procedures designed to minimize the risk of abuse. Copies of our Child Protection Policy are available in the narthex and in the Church Office.

#### Staff

Reverend Wade T. Roof, III Senior Pastor Pastor.wade@hotmail.com

Dr. Rus Stilwell Pastor of Visitation rdstilwell@yahoo.com

Mr. Kevin Davis Director of Music & Arts music@mttaborlutheran.org

Ms. Stella McGee Parish Administrator stella@mttaborlutheran.org

Ms. Linda Spainhour Admin Assistant admin@mttaborlutheran.org

#### Office Information

Phone: (803) 796-5948 Fax: (803) 794-4089

Monday-Friday 8:30 am to 4:30 pm