

# TIDINGS

September 2023



1000 B Avenue  
West Columbia SC 29169  
Phone: (803) 796-5948  
Fax: (803) 794-4089  
[www.mttaborlutheran.org](http://www.mttaborlutheran.org)

## Staff

Reverend Wade T. Roof, III  
Senior Pastor  
[Pastor.wade@hotmail.com](mailto:Pastor.wade@hotmail.com)

Dr. Rus Stilwell  
Pastor of Visitation  
[rdstilwell@yahoo.com](mailto:rdstilwell@yahoo.com)

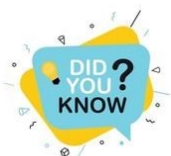
Mr. Kevin Davis  
Director of Music & Arts  
[music@mttaborlutheran.org](mailto:music@mttaborlutheran.org)

Ms. Stella McGee  
Parish Administrator  
[stella@mttaborlutheran.org](mailto:stella@mttaborlutheran.org)

Mrs. Linda Spainhour  
Admin Assistant  
[admin@mttaborlutheran.org](mailto:admin@mttaborlutheran.org)

## Sign Up for Mt. Tabor Emails

Did you know that Mt. Tabor can send you all correspondence electronically? If you would like to receive our news via e-mail, please let us know by emailing:  
[admin@mttaborlutheran.org](mailto:admin@mttaborlutheran.org).



**Kick Off Day is  
September 6, 2023**

### What is Sing & Celebrate?

Sing & Celebrate is a Wednesday afternoon ministry for children. The children meet weekly from 3:30 to 5:30 for snacks, story time, chapel, lessons, crafts, and choir! Older children will have the opportunity to participate in mini-mission trips

### Who can attend Sing & Celebrate?

Anyone who is 2 years of age to 5th grade as of September 1, 2023

### Where is Sing & Celebrate?

In Mt. Tabor Lutheran Church's Assembly Room.

### How do I sign up for Sing & Celebrate?

Complete the attached form and return it to the church office or email it to [admin@mttaborlutheran.org](mailto:admin@mttaborlutheran.org).

Staff will update you with further details once you've registered.



Join Mitzie Schafer, Council, and the Strategic Planning Committee for a working congregational meeting.

**September 24th**

Please note this is a WORKING meeting - it will last 3 - 4 hours.

Lunch will be served.

Meeting will begin after the 11:00 service.

## Congregational Council of Mt. Tabor

### 2023

Scott Hash, 920-3305  
hashmechanic@hotmail.com

John Matthews, 843-340-8298  
johnmatthews@gmail.com

Russell Pauly, 550-9146  
russell.pauly@crystal-clean.com

Roxanne Livingston Rich, 360-2430  
Roxanne.livingston1129@gmail.com

### 2024

Bruce Busbee, 791-4791  
busbee44@aol.com

Christie Cook, 238-1235  
csprrllcook@gmail.com

Adam Davis, 429-9608  
adamola2001@icloud.com

Whitney Glass, 261-2749  
whitneyglass33@gmail.com

### 2025

Tammy O'Quinn, 315-6258  
ktmmoquinn@gmail.com

Tex Davis, 463-6320  
gamecockpoppa@gmail.com

Brett Ebener, 260-8173  
brettebener@gmail.com

David Yoder, 807-3075  
clemsonyoder@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	Christian Education - Roxanne Livingston Rich
Stewardship - Tammy O'Quinn	Fellowship & Recreation - Russell Pauly
Community Outreach - Adam Davis	Information Technology - Bruce Busbee
Youth Ministry - Scott Hash	Long Range Plan - Christie Cook
Worship & Music - Brett Ebener	Evangelism - John Matthews

## Council Highlights (August 13, 2023)

- The minutes were approved unanimously.
- The congregational vote to hire Mitzie Schafer as a consultant passed with 76% for those in favor and 24% against. Whitney is optimistic about hiring Mitzie for this position. We will pay an initial deposit of \$2,000 and \$1,000 each month afterwards. The Strategic Planning Committee will be: Ann Spainhour, Harry Prim, Melanie Yoder, Ron Tryon, Whitney Glass and Pastor Wade Roof. We will begin Storytelling/Anchor Training 1 on August 20<sup>th</sup> from 12:30-2:30 PM with Council staying for 20 minutes immediately following the training. Storytelling/Anchor Training 2 will be September 17<sup>th</sup> from 4:00-6:00 pm (Zoom Meeting). The Working Meeting 1 will be held September 24<sup>th</sup>. The congregation is invited to the meeting on September 24. The Strategic Planning Committee will stay after the 9/24 meeting for 20 minutes to meet with Mitzie separately.

## PONDERINGS

~Pastor Wade -

September 2023

*"For by wise guidance you can wage your war, and in abundance of counselors there is victory." Proverbs 24:6*

So much of society has taught us to look despairingly at who we are, what we do, and everything we are a part of; the world has taught us to doubt anything that is going well, and the devil continues to sow seeds of discontentment within the Church. We are conditioned to think that when things are going well, we're supposed to brace for the other shoe to drop and the inevitable bad to set in.

While this is the way we have been shaped to think by the world around us, this couldn't be further from the truth. Our God is the God of blessings, the God of grace, the God of peace and hope and love. Our God's favorite thing to do is bless His people and set us up for success that will last and usher in His kingdom through the victory of the very Church He planted at Mt Tabor all those years ago. We have weathered all the storms that have beat upon us throughout the years because of the rock of Christ that we worship and hold fast to. We have conquered the foes that have tried to bring us down, we have stayed unified in the face of division, and we have continued to strive forward as the body of Christ for the sake of the world around us, all because God is present with us.

As we look forward into the future, we acknowledge the past storms that God has sustained Mt Tabor through, COVID and fire just to name a few in the last few years, and we assess our current situation having come through these times. God has brought us to a good, stable, even strong place to move into the next years of ministry. This is why Church Council moved to bring Mitzie Schafer, our strategic planner and consultant, in to help us look into the future, together. Unlike former consultants, that only came to raise money, Mitzie comes to help unite our congregation in a unified vision, a shared discernment of what the Spirit is calling us to do, and to help us prepare ourselves for the growth that God has for us in faith and in numbers. And she has hit the ground running and has already pushed us to get to work.

Already your Church council is hard at work preparing for our congregational meeting on September 24. We need you to help us with this work. We want to hear from you. The Holy Spirit works through our whole congregation; through every voice - young and old, and we need you there on the 24<sup>th</sup>. It will be a long day, we know, but it will be worth it. It will be worth having the discussions, answering the questions, and praying over what God is calling us to do. It will be worth you showing up.

Mitzie is not here to raise money, she is not here to tell us what to do, and she is not here to hand us a ready-made plan. She is here with us to walk with us in our discernment process. She is here to help instill hope in us and remind us that the church is still relevant in this world. She is here to walk with us in our faith journey. She is here to help us go to war!

Join us in God's work. Join us in seeing God, active and on the loose in our Congregation and community. Join us in paving the path that God will lead us down into the future.

### September Love Offering --- Gamecock Lutheran Campus Ministry

College is an incredible season of life. It's a time to learn and un-learn, to explore and experience, to be courageous and be vulnerable. And we believe that life is better when we do all these things in the midst of community.



So we gather and journey and are formed together.



# Faith, Fun & Fellowship

Friday, September 22, 2023

5:00 pm

## River Rat Brewery

1231 Shop Road  
Columbia, SC 29201

See website for details

[www.riverratbrewery.com](http://www.riverratbrewery.com)

Taproom fare

Family friendly brewery



## Tea Time... Circle

September 21, 2023

3:00 PM

Assembly Room



\$35.00 registration fee  
includes t-shirt.

## 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





<u><b>Memorial</b></u>	<u><b>Given By</b></u>	<u><b>Fund</b></u>
Bob Spruill	Fred Vallejo	General
Bob Spruill	Patricia Elledge	General
Bonita Taylor	Charlie Sharpe	General
Cheryl Hall	Carol Ann Sandifer Green	Music & Arts
David Larry Derrick	Children: Rita Hodges & David Derrick, Jr.	General
David Larry Derrick	Chris Sox	General
David Larry Derrick	Gale McLeod	General
David Larry Derrick	Patsy Hutto	General
David Larry Derrick	Sue & Lucky Jones	General
Earl Holleman Macaulay, Jr.	Barbara A. Roberts	Youth Trip
Earl Holleman Macaulay, Jr.	Dwight & Lynn Arrington	General
Earl Holleman Macaulay, Jr.	Fred Vallejo	General
Earl Holleman Macaulay, Jr.	Harris & Kristi Hall	General
Earl Holleman Macaulay, Jr.	John A. Holladay	Youth Trip
Earl Holleman Macaulay, Jr.	Mitzi & Charles Epting	General
Helen Boyd Summers	Charlie Sharpe	General
Helen Boyd Summers	Fred Vallejo	General
Helen Boyd Summers	Harry & Evelyn Furtick	General
Helen Boyd Summers	Herb, Nancy and Jennifer Brazell	General
Helen Boyd Summers	Ladies Aid	Cemetery
Jeannie Carroll Epting Marchant McQuillen	Ann & Gary Spainhour	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Aunt Sue & Uncle Lucky	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Bill Derrick, Don & Gwynn Derrick	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	BJ Roof	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Bruce Rhodes	Capital Improvements
Jeannie Carroll Epting Marchant McQuillen	Carol Williams	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Cathy Crawford	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Charlie Sharpe	General
Jeannie Carroll Epting Marchant McQuillen	David & Jennifer Day	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Debbie & Foster McLeod	General
Jeannie Carroll Epting Marchant McQuillen	Dottie Ford	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Elizabeth Manus	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Emily S. Epting	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Franklin & Jennifer Smith	Cemetery
Jeannie Carroll Epting Marchant McQuillen	Gale McLeod	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Harris & Kristi Hall	General
Jeannie Carroll Epting Marchant McQuillen	Herb, Nancy and Jennifer Brazell	General
Jeannie Carroll Epting Marchant McQuillen	Jean Latimer	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Jilda, Sidney Ward & Family	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Joyce Rabon	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Julianne Jones	General
Jeannie Carroll Epting Marchant McQuillen	Julie & Michael Miller/Owen & Bennett Plane	General
Jeannie Carroll Epting Marchant McQuillen	Katherine S. Marlett	Ladies Aid
Jeannie Carroll Epting Marchant McQuillen	Kay Fulmer	General
Jeannie Carroll Epting Marchant McQuillen	Ladies Aid	Cemetery

## Memorial

Jeannie Carroll Epting Marchant McQuillen  
Jeannie Carroll Epting Marchant McQuillen  
Jeannie Carroll Epting Marchant McQuillen  
Jeannie Carroll Epting Marchant McQuillen  
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Jeannie Carroll Epting Marchant McQuillen  
Jeannie Carroll Epting Marchant McQuillen  
John Awtrey  
John Henry McKenzie  
John Henry McKenzie  
John Henry McKenzie  
John Henry McKenzie  
John Henry McKenzie  
John Henry McKenzie  
John Henry McKenzie  
Mary Hamson  
Mary Hamson  
Ray Amick  
Ray Amick  
Ray Amick  
Ray Amick  
Ronnie Hutto  
Ronnie Hutto  
Ronnie Smith  
Steve Trejo  
Steve Trejo  
Steve Trejo  
Steve Trejo  
Steve Trejo  
Steve Trejo  
Steve Trejo  
William Harold Jones, Sr.  
William Harold Jones, Sr.  
William Harold Jones, Sr.

**Given By**

Mindy, Hannah & Olivia Williams  
Nancy S. Allen  
Norma McKinley  
Patricia Elledge  
Patsy Gambrell  
Patsy Hutto  
Rus & Barbara Stilwell  
The Staff @ Paper Pro  
Tommy & Janet Smith  
Travis & Linda Spainhour  
Wayne, Delores & Donna Smith  
Carol Ann Sandifer Green  
Charlie Sharpe  
Debbie & Foster McLeod  
Fred Vallejo  
Fred Vallejo III  
Michael & Julie Miller  
Patricia Elledge  
Sue & Lucky Jones  
Carol Ann Sandifer Green  
Ladies Aid  
Charlie Sharpe  
Harris & Kristi Hall  
Patricia Elledge  
Tommy & Janet Smith  
Patsy Hutto  
Patsy Hutto  
Herb, Nancy and Jennifer Brazzell  
Charlie Sharpe  
Debbie & Foster McLeod  
Fred Vallejo  
Fred Vallejo III  
Michael & Julie Miller  
Patricia Elledge  
Sue & Lucky Jones  
Charlie Sharpe  
Herb, Nancy and Jennifer Brazzell  
Palmetto A's of SC

**Fund**

Ladies Aid  
Ladies Aid  
Ladies Aid  
General  
Ladies Aid  
General  
Ladies Aid  
Ladies Aid  
Ladies Aid  
Ladies Aid  
Ladies Aid  
Music & Arts  
General  
General  
Easter  
General  
General  
General  
General  
Music & Arts  
Cemetery  
General  
General  
General  
Quilting Ministry  
General  
General  
General  
General  
General  
General  
Easter  
General  
General  
General  
General  
General  
General  
General

## Church Office Closing

The Church Office will be closed  
Monday, September 4th, in  
observation of Labor Day.



### **Honor**

Annie Ruth Addy  
Drew & Becca McQuillen  
Dustin Baxter  
Easton Casteel  
Elizabeth & Randy Klapman  
Herman Bouknight  
Herman Bouknight  
Jack & Lilli Sox  
Jerry & Janice Livingston  
Jolene Marchant  
Mary Davis  
Michael & Julie Miller  
Rev. Lavaughn & Betty Keisler  
Rev. Lavaughn & Betty Keisler  
To the Glory of God

### **Given By**

Faith Community Health Ministry Committee  
Patsy Gambrell  
Vivian Baxter  
Tammy O'Quinn  
Linda & Travis Spainhour  
Fred Vallejo  
Harry & Evelyn Furtick  
Patsy Gambrell  
Harry & Evelyn Furtick  
Patsy Hutto  
Jimmy Williams  
Fred Vallejo  
Harry & Evelyn Furtick  
Patsy Hutto  
Pam Burnett

### **Fund**

Quilting Ministry  
Capital Improvements  
General  
General  
Youth Trips  
General  
General  
Capital Improvements  
General  
General  
Music & Arts  
General  
General  
General  
Music & Arts

## **THE MUSIC CORNER**

### **REHEARSALS for Choirs**

**Adult Choir** will begin on Wednesday, August 30<sup>th</sup> at 6:30 pm.

**Alive!** will continue rehearsals on Tuesdays at 6:30 pm.

**Sing and Celebrate** (Cherub, Angel and Seraph Choirs) will begin on Wednesday, September 6<sup>th</sup>.

**Mt. Tabor Ringers** will begin on Monday, September 11<sup>th</sup> at 7:00

If you are interested in joining any of the ensembles listed above, please contact Kevin Davis at (803)796-5948 Ext. 21 or [music@mttaborlutheran.org](mailto:music@mttaborlutheran.org)

### **ART SHOW!**

The Art Show organized by Music and Arts has been moved to October 1 - 8! We are looking for all kinds of visual arts—drawings, paintings, sculptures, flower arranging, etc.—to include in the show. Members of Mt. Tabor and friends are invited to participate. Please submit a photo and include physical dimensions of each selection. The deadline is September 15<sup>th</sup>. We will try to include all submissions. Please contact Kevin Davis at (803)796-5948 Ext. 21 or [music@mttaborlutheran.org](mailto:music@mttaborlutheran.org).

## CENTRAL MIDLANDS TRANSITIONAL RETREAT

A United States Veterans Administration Grant-Supported  
Homeless Shelter and Transitional Retreat

201 Duffie Drive  
Lexington, SC 29072

(803) 539-5018 (P)  
(803) 359-1509 (F)

August 2, 2023

Rev. Wade Roof  
Senior Pastor  
Mt. Tabor Lutheran Church  
1000 "B" Avenue  
West Columbia, SC 29169


Dear Rev. Roof:

As the Executive Director of Central Midlands Transitional Retreat, please accept my profound appreciation for the generous donation of sixty (60) quilts in support of our in-resident Veteran population! I cannot begin to express how needed and appreciated gifts from our charitable and church friends are in advancing our God-directed mission of providing the critical needs of our at-risk Veteran community while they transit through difficult times, to include homelessness, drug and alcohol addictions and mental health issues.

Allow me to speak on behalf of Pastor Jimmy Jones and our extended Christ Central Ministries family in expressing to your HUG program, the quilting team members and your entire office staff how accommodating and seamless you made the transfer of these treasures into our Veterans' care! I look forward to many more years of maintaining and growing our blessed association!

Thank you for blessing us from among your store of abundant blessings!

Respectfully,

  
Vannette O. James  
Executive Director

cc: Pastor Jimmy Jones

Mt. Tabor's Quilting Ministry and The HUGS Ministry of the Early Rising Men's Group, provide for the homeless and mentally ill in the Midlands.

Thank you for your contributions!

 **MIRCI** UPHOLDING MENTAL HEALTH

August 4, 2023

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

To Whom It May Concern:

On behalf of all of us at Mirci, thank you for the recent donation of \$1,500.00 for our food pantry. This gift means so much to our organization and the individuals we serve.

As you know, Mirci is a 501(c)(3) non-profit whose mission is to provide wrap-around behavioral healthcare, outreach services, and supportive housing to those in our community experiencing the adverse effects of mental illness. The kindness of local organizations like Mt. Tabor allow us to continue upholding mental health across the Midlands every day.

We greatly appreciate your support!

Sincerely,

  
Julie Ann Avin  
President & CEO

*Thank you so much for the continued generous support of MIRCI!*  
*J. Ann*

Your contribution of \$1,500.00 is tax deductible.

1408 Gregg Street  
Columbia, SC 29201  
803.796.1844  
mail@mirci.org

MIRCI.ORG

With God's guidance  
& your donations ...

THANK YOU!!

To everyone who  
took part in the success of  
**Wildfire Wednesdays**  
&  
**Vacation Bible School**  
this summer!

Participants

Directors

Staff

Donors

Parents

Crowd Control

Youth Volunteers

Food Prep

Group Leaders

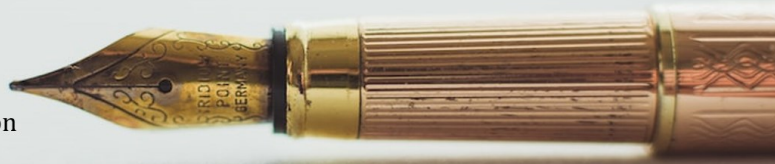
## Telling Mt. Tabor's Story:

On Sunday, August 20, Council, Stewardship Committee, and a few others began training with consultant Mitzie Schafer to learn how to tell the story of our church. It is the task of this team to interview members of our congregation to hear and highlight their "Mt. Tabor Story" for the weeks, months, and years to come.


Council President, Whitney Glass, commented, "Storytelling is above and beyond the intentional listening we will be doing with the whole congregation on September 24 at the congregational meeting."

Storytellers will be interviewing, collecting, and sharing your stories. If you are interested in telling your story, feel free to reach out to a council member and they will connect you with a storyteller. Please keep in mind that there is a limited number of storytellers and an unlimited amount of stories to share, so patience will be key. ☺

**We look forward to reading all of your stories as this process moves forward!**





Sun Printed 8/23/2023		Mon	Tue	Wed	Thu	Fri	Sat
					Love Offering for September  Gamecock Lutheran Campus Ministry	God's Helping Hands for September Canned fruit, juice, Jello, dry milk, flour Sugar, soap, toilet paper, and evaporated milk	
3	Fourteenth Sunday After Pentecost 8:00 – Matins Service—Holy Communion 9:15 – ALIVE! Service—Holy Communion 10:00 – Coffee/Fellowship/AR 10:15 – Sunday School 11:00 – Traditional Service—Holy Communion	4 <b>Office Closed for Labor Day</b>	5 10:30 – Staff Meeting 5:30 – Pipers Practice/ECR 6:30 – NA Mtg/Room 121 6:30 – ALIVE! Rehearsal	6 <b>9:00 – E-News Deadline</b> <b>10:00 – Bulletin Deadline</b> 12:00 – Noon Eucharist 3:30 – Sing & Celebrate 4:45 – Children's Choirs 5:45 FCHMECR 6:30 – Adult Choir	7 12:00 – Sunshine Club/AR 5:30 – Positively Fit/AR	8 12:00 – Sunshine Club/AR 5:30 – Positively Fit/AR	9
10	Fifteenth 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 12:30 Confirmation/AR No Council Meeting	11 9:30 – Quilting Ministry/Intern House 7:00 – Mt. Tabor Ringers 5:30 – Positively Fit/AR	12 7:00 Men's Prayer Breakfast/Lizard's Thicket 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – Lutheran Men/AR 6:30 – NA Mtg/Room 121 6:30 – ALIVE! Rehearsal	13 <b>9:00 – E-News Deadline</b> <b>10:00 – Bulletin Deadline</b> 11:00 – Bible Study 12:00 – Noon Eucharist 3:30 – Sing & Celebrate 4:45 – Children's Choirs 6:30 – Adult Choir	14 5:30 – Positively Fit/AR 6:00 – Risk meeting & Meal/AR	15 <b>TIDINGS DEADLINE</b>	16
17	Sixteenth Sunday After Pentecost <b>Receive New Members</b> 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 12:00 – Youth meeting/AR <b>4:00-6:00 Staff Zoom Meeting</b>	18 9:30 – Quilting Ministry/Intern House 7:00 – Mt. Tabor Ringers 5:30 – Positively Fit/AR	19 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – NA Mtg/Room 121 6:30 – ALIVE! Rehearsal	20 <b>9:00 – E-News Deadline</b> <b>10:00 – Bulletin Deadline</b> 11:00 – Bible Study 12:00 – Noon Eucharist 6:30 – Adult Choir	21 10:00 – Hamson Burial - private 3:00 – Tea Time Circle/AR 5:30 – Positively Fit/AR 5:30 Diabetes meetings/Scatter Cheer Room 7:00 – 90th Anniversary/ECR	22	23
24	Seventeenth 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 <b>12:00-3:30 – Congregation Lunch/Working Meeting/AR</b>	25 9:30 – Quilting Ministry/Intern House 7:00 – Mt. Tabor Ringers 5:30 – Positively Fit/AR	26 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 Mtg/Room 121 6:30 – ALIVE! Rehearsal	27 <b>9:00 – E-News Deadline</b> <b>10:00 – Bulletin Deadline</b> 11:00 – Bible Study 12:00 – Noon Eucharist 3:30 – Sing & Celebrate 4:45 – Children's Choirs 6:30 – Adult Choir	28 5:30 – Positively Fit/AR 5:30 – Centennial Circle	29	30

## Positivity Fit: Body, Mind and Soul

*Positivity Fit meets Monday and Thursday in the Assembly Room at 5:30. All ability levels are welcome! Variations to exercises are offered! (If you have questions about our group, please ask Tammy O'Quinn, Brennan Hutto or Carol Busbee)*

### Body:

Now that many of you have started an exercise program that fits your needs, are you exercising safely? Most of us can walk for exercise with few problems but how about vigorous workouts and exercise programs? Exercise is very important for your body but doing the exercises correctly is equally important!

Here are some tips to give your exercise a check up to make sure that you are exercising in a safe manner!

#### Tip 1:

Always check with your doctor before you begin any exercise program. Your doctor will know if you have any conditions that need to be considered or could cause discomfort.

#### Tip 2:

Always warm up your muscles before you begin exercising. A warmup pumps up your heart rate causing an increase in blood flow, which in turn, delivers fresh oxygen to your muscles.

#### Tip 3:

When you begin exercising, start out slowly and build up your intensity and number of days per week for exercising. If you must step away from your regular exercise program, you will most likely need to start out slowly again and build back up.

#### Tip 4:

Remember to hydrate! During cold weather we don't perspire as much and may not need as much water as we do during the hot, humid summertime temperatures. Drinking water before, during and after exercising are important. In the summer, you may need to add a few sport drinks in between your water. This will replenish essential minerals and electrolytes if you exercise outside or perspire more than usual.

#### Tip 5:

Wear comfortable clothing while exercising. Loose clothing that does not bind or restrict your movement is preferable, but not too big that could prevent you from completing the exercises correctly.

Your footwear should fit properly too. You should have comfortable cushioning, proper fit in length, width and the arch of your foot, and the soles of your shoes should not be worn down to a slick, smooth surface. Typically, replace your exercise shoes every 6 months if you are very active.

Consider the season if you are exercising outside. In hot, humid weather, wear clothing that is light in color and light weight. During the cold months make sure that you are dressed properly to protect your skin from the cold and prevent hypothermia. You can wear layers and take off a layer as you warm up.

#### Tip 6:

Listen to your body! Your body sends you signals when you are too hot or too cold. It will let you know if are becoming ill or have exercised too vigorously. Do not give up on exercise! Just take it easier and build up to where you want to be.

### Mind:

"It is health that is real wealth and not pieces of gold and silver." Mahatma Gandhi

### 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 September:* Cecilia Dunlap, Ellis Quarles, Ron Hutto, Bobby McLeod, Angela Watkins, Marissa Linder, Elizabeth Goings, Richard Shirah, Nicholas Hayes, Nikolaus Hostetter, Mattie O'Quinn, Rebecca Gaultney, Amy Carlton, Joel Smith, Kim Pittman, Phoebe Steele, Dakota Steele, Katlynn Steele, Justin Steele, Barney Miller, Heath Hutto, Brett Ebener, Linda Price, Trevor Anderson, Hannah Fogle, Shannon Bolick, Allen Shealy, Quinton Smoak, Rachel Smoak, Rachel Sullivan, Becky Rybicki, Ashley Harris, Judy Fisher, Kaitlyn Liafsha, Amaya McCoy, Carter McCoy, Paul Hutto, Melissa Hughes, Gilene McCullough, Evan Rybicki, Chris Dawson, Johnathon Hall, Tiffany Senn, Tanner Anderson, Sam Davis, Hailey DuVall, Eliza Scyphers, Peyton Lewis, Vaughn Hall, Lynn Hostetter, Miley Rhodes, Cassie Kelly, Christina Henricks.

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

Jimmy Williams, David Mellichamp, 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  
Ann Callison, Sandra Baker, Betty Wise, Herman Bouknight  
Pastor Jerry & Janice Livingston

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

Bill Wood, Jimmy Hardee, Sandra Manus, 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:**

Caroyl Witherell, Chris Davis, David Derrick, Glen Stavel  
John McKenzie, Steve Trejo, Ray Amick, Jeannie McQuillen

### **Sacrament of Holy Baptism**

On Thursday, August 17th at 11:00 am we celebrated the Sacrament of Holy Baptism for Easton Wayne Casteel.

On Sunday, August 20th, during the 11:00 am Worship Service, we celebrated the Sacrament of Holy Baptism for Morgan Jammal Witcher, son of Lindsey and Octavis Witcher and Mary Garrett Waring, daughter of Beth and Ryan Waring.

We welcome Easton Wayne, Morgan Jammal and Mary Garrett into the faith we all share through Jesus Christ.



**WORSHIP ASSISTANT TEAMS****ALTAR GUILD (Communion Preparer) for September****Sheri & Tim Self**

<b>Team A 9/3/23</b>	<b>9:15</b>	<b>11:00</b>
Worship Coordinator	NA	Tommy Smith
Lector	Need	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

<b>Team B 9/10/2023</b>	<b>9:15</b>	<b>11:00</b>
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

<b>Team C 9/17/2023</b>	<b>9:15</b>	<b>11:00</b>
Worship Coordinator	NA	Kendrick Kerr
Lector	Whitney Glass	Rachel Bundrick
Greeter	Patsy Gambrell	Debbie McLeod
Communion Assistants	NA	Sarah Whitehead
		Ellis Quarles
Ushers	Ricky Glass	Tom Smith, Janet Smith
	Bruce Busbee	Foster McLeod
		Clyde Nelson

<b>Team D 9/24/2023</b>	<b>9:15</b>	<b>11:00</b>
Worship Coordinator	NA	Matt Fogle
Lector	Rick Moorner	Nancy Stone-Collum
Greeter	Need volunteer	Lilli Sox
Communion Assistants	NA	Miley Rhodes
Ushers	Rick Moorner	Dusty Rhodes
	Lucky Jones	Jack Sox
		Russell Pauly
		Michael Busbee

<b>Team E Month Off</b>	<b>9:15</b>	<b>11:00</b>
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
	Ed Fuson	Ron Tryon
		Allen Shealy, Dennis Shealy





# Dear Mt. Tabor...

Dear Pastor & Congregation,

Thank you for your donation of \$532.25 on July 31, 2023 and for your support of The Salvation Army. Thanks to the kindness of good friends like you, we are able to feed the hungry and provide resources for impoverished families in our community.

His Ambassador,

Major Mark Craddock

The Salvation Army

Midlands Area Commander/Corps Officer

## ATTENTION!

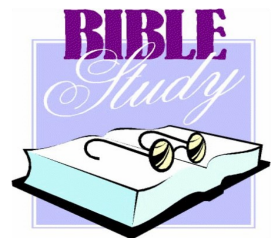


Noon Eucharist  
Join us Wednesdays!

Bible Study is Back!

September 13, 2023

Will meet at 11:00 in the  
Friendship Classroom



## Early Risers Prayer Breakfast

Our Lutheran Men Early Risers will meet for Prayer Breakfast on September 12<sup>th</sup> & 26<sup>th</sup> 7 AM at Lizard's Thicket on Augusta Road. All men are invited to join us!



- 1 Hannon Amick
- 2 Kellie Kleber, Michael Hash
- 3 A.C. Flora, Tommy Dawson, Addie Wilkerson  
Mary Katherine King, Allison Hostetter
- 4 Reggie Ward, Florence Evans
- 5 Terri Roberts
- 6 Larry Bedenbaugh, Deborah Peterson, Elise  
Helms, Nikki Elledge, Jamie Cutter
- 7 JoAnn Jones, Tom Smith, Judy Hallman,  
Garrett Haltiwanger, Brandon Mathews
- 8 Greg Sandel, Jimmy Williams, Chris Tuten  
Scott Busbee
- 9 Frazier Redmond
- 10 Rebekah Bouye, Ruth Goldsmith, Rachel  
Sullivan
- 11 Lilli Sox, Jack Stockton
- 12 Matthew Addy, Nick Skorzewski
- 13 Lucky Jones, Rue Jeffcoat, Kevin Bozard  
Samantha Walker, Thomas Tuten
- 14 Norma Riddell
- 15 David Loadholt, Jennifer Brazell, Heather  
Elledge
- 16 Gene Sexton, Carol Glance, Joey Sullivan  
Barbara Popkowski, Georgia Popkowski
- 17 Stacey Barber
- 18 Joanna Lemox, Eddie Strickland, Andrew  
Hamson, Tyler England
- 19 Edna Holton, Ed Fuson, Nancy Taylor
- 20 Daunte Carrion
- 21 Kay Smith, Joanie Hess, Joe Popkowski  
Daniel Conrad, Beau Wright
- 22 Barbara Raulerson, Irelou Moye, Ella Senn
- 23 Rita Hall
- 24 Jeanie Jacobs, Jennifer Pauly, Ryan Paetow  
Pete Davis
- 25 Don Simmons, Stephen Fulmer, Acy Flora
- 26 Victoria Busbee, Brittany Carpenter, Anne  
Carlson, Rachel Popkowski
- 27 Julie Miller
- 29 Lynda Mason, Ashley Lamb, David Gantt  
Shelley Lee, Jack Latham
- 30 Peri Ward



## DIABETES CLASS



September 21st

5:30 pm

Scatter Cheer Room



Parish Nurse: Katie Hilton  
mttabornurse@gmail.com

The Flower & Bulletin Calendars are posted on the bulletin board near the Sanctuary. If you would like to reserve a date, please sign up on the bulletin board or contact our office staff.

## **Altar Flowers & Bulletin Covers September 2023**

### **Altar Flowers**

3 Cathy Crawford  
10 AVAILABLE  
17 Klapman  
24 AVAILABLE

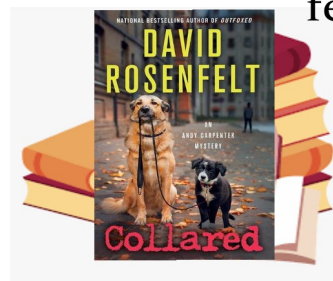
### **Bulletin Covers**

3 Jilda Ward  
10 AVAILABLE  
17 Klapman  
24 AVAILABLE

## **Mt. Tabor's Fellowship of Readers!**

**October's book is  
Collared by David Rosenfelt**

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



We will meet in the  
assembly room  
at 3:00 pm  
on October 10th.

## **SUNSHINE CLUB**

The Sunshine Club will meet Thursday, September 7th at 12:00 pm. Please bring a covered dish to share. Our guest will be our own, Judy Fisher. She will present information on wills, trusts and advance directives. Come enjoy the fellowship and learn important information!



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

Generations-Batesburg-Leesville – Charles Shull;

Jenni-Lynn Assisted Living – Herman Bouknight (Apt. 34)

Lowman Home – Carolyn Smith

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

Presbyterian Home -Betty Wise (Room A-105)

Still Hopes – Ann Callison; Jean Latimer; Sandra Baker; Larry Sease



**July 31, 2023**

<b>Funds Received for</b>	<b>BUDGET</b>	
Envelope System	33,059.30	
Envelope System	811.20	
Memorials	1,280.05	
Loose Offering	181.00	
Bulletin Covers	90.00	
Use AR	50.00	
Sunday School	197.00	
Simply Giving Enve-	8,564.76	
	<b>44,233.31</b>	<b>60,837.33</b>
<b>RESERVE FUND:</b>		
Memorials	50.00	
Easter from Simply	5,300.00	
	<b>5,350.00</b>	
<b>DEDICATED FUND</b>		
Camps/VBS Tees	287.00	
CCLI	707.00	
Choral Scholars	650.00	
Fellowship & Recrea-	7.00	
Easley Conference	61010.00	
General Maintenance	750.00	
HUGS	30.00	
Ladies Aid	695.00	
Love Offering	302.25	
Pickle Jar	24.90	
Quilting Ministry	664.68	
Sing & Celebrate	220.00	
Sunshine Club	38.00	
Use AR	800.00	
Youth Projects	230.00	
Youth Trips	555.00	
Love Offering from	75.00	
HUGS from General	200.00	
Sing & Celebrate from	12.00	
Ladies Aid from Gen-	175.00	
Choral Scholar from	50.00	
VBS Tee Shirts from	108.00	
Ladies Aid from Simp-	50.00	
Youth from Simply	550.00	
Evangelism from	25.00	
	<b>68215.83</b>	
<b>CEMETERY FUND:</b>		
Memorials	55.00	
Columbarium	600.00	
Grave Income	800.00	
	<b>1455.00</b>	
<b>MUSIC AND ARTS FUND:</b>		
Donation from Simply Giving	50.00	
Memorials	160.00	
	<b>210.00</b>	
<b>CAPITAL CAM-PAIGN FUND</b>		
Donations from Splits	325.00	
Memorials	150.00	
Pledged from Simply Giving	420.00	
	<b>895.00</b>	
<b>ENDOWMENT FUND:</b>		
	0.00	
<b>Total Received for All Funds</b>		<b>120,359.14</b>

### Online Giving

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



### ATTENDANCE

	<b>8:00</b>	<b>9:15</b>	<b>11:00</b>
7/30	16	43	103
8/6	20	74	94
8/13	17	61	96
8/20	17	63	149

### 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](mailto:admin@mttaborlutheran.org)

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

**RETURN SERVICE REQUESTED**

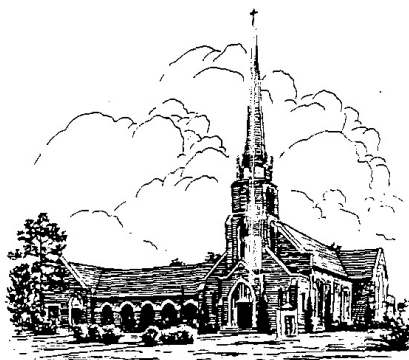
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**Columbia, S. C.**

**292**

**Permit No. 116**



«Name»

«Address »

«Church »

«City & State» «Zip Code »

## **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:**

12:00 pm     Noon Eucharist

#### **Church Office Hours:**

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

**Visit our Website**  
[www.mttaborlutheran.org](http://www.mttaborlutheran.org)

**Visit SC Synod Website**  
[www.sclutheran.org](http://www.sclutheran.org)

**Visit the ELCA Website**  
[www.elca.org](http://www.elca.org)



#### **Like Us on Facebook**

Be sure to like Mt. Tabor's public Facebook page:  
@MountTaborLutheranChurch. Also, check in  
with us when you are at Mt. Tabor!

*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.*