

TIDINGS



May 2023

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Staff

Reverend Wade T. Roof, III
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SAVE THE DATES!

Mt Tabor Lutheran would like to invite you & your friends to a summer full of Fellowship, Faith, & Fun!

WEEKLY EVENTS

Wildfire Wednesdays from 5:15-7:30pm. All ages welcome
Kickoff date June 7th

Summer Sunday School 10:15-11am Adult, Youth and Children
classes to be offered!

SUMMER CAMPS

June 12th -16th join us for 5K-5th Grade Music and Drama Camp.
Performance Date Sunday June 18th

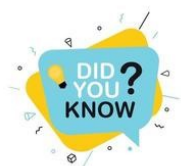
July 30th – Aug 3rd join us for Vacation Bible School, a new experience for all ages!

Camper registration, volunteer registration and meal sponsorship details will be posted soon. Keep an eye for more details!

We can't wait to celebrate God with you!

Ways to learn more: Follow Mt Tabor Lutheran on Facebook,

Weekly E- News, Announcements & mttaborlutheran.org



Sign Up for Mt. Tabor Emails

Did you know that Mt. Tabor can send you all correspondence electronically? This reduces our expenditures on postage and office supplies. If you are not already receiving correspondence electronically and would like to do so, please let us know by emailing:
admin@mttaborlutheran.org



Like Us on Facebook

Be sure to like Mt. Tabor's public Facebook page: [@MountTaborLutheranChurch](https://www.facebook.com/MountTaborLutheranChurch). Also, check in with us when you are at Mt. Tabor!

Congregational Council of Mt. Tabor

2023

Scott Hash, 920-3305
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Russell Pauly, 550-9146
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Brett Ebener, 791-6085
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David Yoder, 807-3075
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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
Fellowship and Rec. - Russell Pauly
Community Outreach- Adam Davis
Long Range Plan - Christie Cook
Worship & Music - Brett Ebener

Youth Ministry - Scott Hash
Christian Education - Roxanne Livingston Rich
Information Tech. - Bruce Busbee
Evangelism - John Matthews
Stewardship - Tammy O'Quinn

Council Highlights

- Minutes were unanimously approved.
- The May Council Meeting will held May 21 instead of May 14, Mother's Day.
- Motion was made to approve \$1,100 purchase of admin computer and up to \$9,753.07 for new server. Motion was approved unanimously. We will get another estimate for Dell equipment for server.

PONDERINGS

~Pastor Wade -

May 2023

"For you were called to freedom, brothers and sisters only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another." Galatians 5:13

In 1991, Mikhail Gorbachev removed the constitutional role of the Communist party, thus allowing non-communist to take power. As a result, Boris Yeltsin became the first president of Russia, the Soviet Union collapse, and the Russian people were set free. That part of the story we know. Yet, since Russia has been under communist rule for so long, what did freedom actually mean for the Russian people?

As my wife, Irina, explains, the country and its people didn't know what freedom felt like, looked like, or even meant for them. Many of its citizens thought freedom simply meant that from that moment on, they could do whatever they wanted, regardless of the circumstances. She says, "People kind of went crazy with this new-found freedom." Crime rose, corruption set in, and people truly did what they wanted without regard for the rights and feelings of those around them. What I think we have come to find out in the years since 1991, is that while places like Russia say they're free, the freedom they experience is missing something important; an important ingredient that makes freedom, freedom.

Journalist Victor Cyr says, "Freedom without responsibility and duty to others is not freedom at all." Journalist Mary Potter explains in an article she wrote for the West Kentucky Journal that, "Freedom without responsibility is selfishness." A recent letter to the editor of The Morning Call asserts that, "Freedom without responsibility equals chaos," and "That the freedom for an individual in society to do as he/she wishes should be balanced by the individual's responsibility to do what is also better for others and for the society as a whole." And... as the singer Dido says in her song *"No Freedom,"* "No love without freedom, no freedom without love."

Easter morning, we heard once again that Christ's resurrection has set us free from sin, death, and the devil. We are free because Christ has set us free, and we trust that, if He makes us free, we are free indeed. We know that this kind of freedom trumps any political ideology or system, and this freedom is our God given right through our baptisms. And yet, even though God has promised and secured our freedom through the life Christ gives us, if we don't exercise that freedom through the responsibility we have to each other, we squander it away. In fact, the freedom God give us is only ours when we love and serve those God has brought into our care. So, in other words, we are only free to love and serve others, for if we're not doing that, we're not free at all.

Chaos is the result of not using the freedom we have been given. Selfishness abounds when we reject the Gospel of the resurrected Jesus, and we waste the freedom that was bought and paid for when we squander the freedom that is ours in Christ. No freedom without love, and no love without freedom.

Your call this Easter season is to abide, benefit, employ, and enjoy the freedom we have in Christ, as we utilize this freedom in our devotion to God and neighbor. Our vocation of service and love allows us to explore this freedom and offer it to others by the way we live it out. Christ has set you free, our discernment of the Spirit is to acknowledge it and accept it, so that we might understand what this freedom means for us in ways that hold ourselves and others accountable, all while setting others free with the same Gospel truth. How will you be love, serve, and be free this day? Amen.

Mark your calendars:

During the summer months (June, July & August) we will not have Bible Study or Noon Eucharist, but these will resume in the fall.

ALIVE! News

This month we continue the Tidings article series giving the congregation an opportunity to get to know our *ALIVE!* musicians.

I am Irelou Moye and a Leader of the *ALIVE!* service. As the daughter of a Lutheran pastor, I am a lifelong Lutheran who has seen Lutheran worship in all types of settings. I always was interested in the worship practices of other churches and denominations. My first experience with any type of “contemporary” worship was with my LCY (Lutheran Church Youth) group when I was a high school student in Albemarle, NC in the early 1970’s. Some Sunday evenings we would visit a small Roman Catholic church in Misenheimer, NC to attend a folk mass. We all enjoyed singing more modern versions of the liturgy to the accompaniment of an acoustic guitar. Those early folk masses left me yearning for more variety and diversity in our Lutheran worship. This yearning was kindled by my visits to a Pentecostal church with a friend in the early 2000’s. I was amazed at the freedom and joy in worship I experienced during those visits. Those experiences made me wonder why we Lutherans have such a difficult time opening up in worship in a way that allows more inspirational praying and singing. I realized why some of our Christian friends call us the “Frozen Chosen”. When Pastor Wade and Gale McLeod approached me about helping to lead contemporary worship at our church, I committed to the venture wholeheartedly because this gave me an opportunity to bring to life what I dreamed Lutheran worship could be and allow us to enjoy more Christian music that has been composed in my lifetime (I was born in 1955, so that includes some music that now is not even new anymore.) Although introducing this service has had its ups and downs, it is satisfying to feel more settled in as the *Alive!* service is becoming an established part of the worship life of our church. It has been a joy to work with other musicians from the congregation who have been called to lead this service. We pray for the guidance of the Holy Spirit as we offer joyous praise to God each Sunday at 9:15!

In May we will continue to hear the scriptures and sing glorious songs declaring the miraculous Easter message. On May 28, we will hear the incredible Pentecost story and will invite the Holy Spirit to come be among us.

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit... Acts 2:1-4

THE MUSIC CORNER

THANK YOU!

I would like to thank the members of the Choir and Mt. Tabor Ringers for their dedication and hard work in preparing for Holy Week and Easter Services. We essentially learned 4 weeks of music to present in over the course of 3 days! If you see a member of these ensembles, please express your thanks!

PENTECOST

We are now preparing music for Pentecost Sunday on May 28. Mt. Tabor Ringers will play Transcendant by Jason W. Krug. This piece was the highlight of the Lutheridge Handbell Retreat in February and it was directed by the composer. We will also have a Brass quartet and Timpani to play as part of the celebration. Members of the Worship and Music Committee have been planning some special decorations for the Church that promise to be very uplifting!

CHOIR TRIP TO NYC!

The choir has been invited to join a festival choir made up of church choirs from the US to perform Requiem by Maurice Duruflé in Carnegie Hall with Orchestra. The conductor will be Matt McMahon who is a friend of mine from graduate school. More details will be in the next newsletter. We will be planning several fundraisers for this endeavor and also additional members of the congregation may go as spectators. However, we would love to have you sing as well! We will begin to have special rehearsals on this Music in September. We have some time as this trip will be in early summer of 2024! Please contact Kevin Davis if you are interested in attending either as a participant or spectator.

NEEDED-- New Members for the Choir!

We welcome Kevin Oliver to the choir as our newest member! He is a great addition to the tenor section. We would love to have more people join the choir! Rehearsals are on Wednesdays and begin at 6:30. Please contact Kevin Davis at (803)796-5948 Ext. 21 or music@mttaborlutheran.org.

Mark the
Date!

You will not want to miss this!

Youth/Graduation Sunday

May 21, 2023

11:00 Service



Come and celebrate the youth of our congregation.

Music & Drama Camp



When: June 12th-16th

Time: 9:00 AM - 3:00 PM

drop off begins at 8:15



Production date: Sunday, June 18th

Performed for the contemporary and traditional services.

Where: Mt. Tabor Lutheran Church Assembly Room

Drama: Mission: Possible

Sharing the Gospel By Our Love

"Your mission, should you choose to accept it... is to register for the camp before the deadline, May 22, 2023.



Fund

General
Music & Arts
General
Ladies Aid
Music & Arts
Easley Conference Room
General
General
Music & Arts
Music & Arts
General
Easley Conference Room
Music & Arts
General
Music & Arts
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Music & Arts
Easley Conference Room

Rosemary Crapps Roddy	Rachel Bundrick	Music & Arts
Russell Ballington Shealy	Rachel Bundrick	Music & Arts
Sally Diane Addy Wise	BJ Roof	General
Sally Diane Addy Wise	Herb, Nancy & Jennifer Brazell	Easley Conference Room
Sally Diane Addy Wise	Kristi & Harris Hall	General
Sally Diane Addy Wise	Nancy Allen	Music & Arts
Sally Diane Addy Wise	Rachel Bundrick	Music & Arts
Sally Diane Addy Wise	Steve & Doris Rabon	General
Sally Diane Addy Wise	Travis, Linda, Alexis & Tristan Spainhour	Youth Trips
Thomas Sharpe	Patricia Elledge	General
Thomas Sharpe	Rachel Bundrick	Music & Arts
Ulysses Hiatt	Travis, Linda, Alexis & Tristan Spainhour	Cemetery
Walter & Nettie Hunter	Claudia Hunter Shuler	Easter
William Robert "Bob" Dennis	Rachel Bundrick	Music & Arts
Wilmon Ronald "Ronnie" Hutto	Dwight & Lynn Arrington	General
Wilmon Ronald "Ronnie" Hutto	Herb, Nancy & Jennifer Brazell	Easley Conference Room
Wilmon Ronald "Ronnie" Hutto	Kristi & Harris Hall	General
Wilmon Ronald "Ronnie" Hutto	Patsy Hutto	Easley Conference Room
Wilmon Ronald "Ronnie" Hutto	Rachel Bundrick	Music & Arts
Lindy Bouknight	Herman Bouknight	General
Lindy Bouknight	Russell & Stephanie Bouknight Eaddy	General
Honor	Given By	Fund
Annie Ruth Addy	Travis, Linda, Tristan & Alexis	Quilting Ministry
Barnett Miller	Hampton Miller	General
Deidra Huckabee	Fred Vallejo	General
Linda Spainhour	Travis Spainhour	Capital Improvements
Pam Burnett	Fred Vallejo	General
Paula & Charlie Taylor	Patsy Hutto	Easley Conference Room
Randy Klapman	David L. Derrick	Music & Arts
Rev. Wade Roof	David L. Derrick	General
Sue & Lucky Jones	David L. Derrick	Music & Arts
To the Glory of God	Anonymous	Music & Arts
To the Glory of God	Carol Stork	Music & Arts
To the Glory of God	Edna Holton	Music & Arts
To the Glory of God	Gene & Jane Sexton	Music & Arts
To the Glory of God	Patsy Gambrell	Music & Arts
To the Glory of God	Patsy Hutto	Music & Arts
To the Glory of God	Rachel Bundrick	Music & Arts
To the Glory of God	Sarah Mattern	Music & Arts
Travis & Linda Spainhour	David L. Derrick	General
Michael Hash	Jenny Wright	General
Beau Wright	Jenny Wright	General

2023	Sun	Mon	Tue
	1 9:30 – Quilting Ministry/ Intern House 6:00 – Positively Fit/Park 6:00 – Transfigure Ringers 7:00 – Mt. Tabor Ringers	2 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – NA Mtg/ECR 6:30 – ALIVE! Music Rehearsal	
7 <i>Fifth Sunday of Easter</i> 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 1:00-6:00 Niki Crolley/AR	8 9:30 – Quilting Ministry/ Intern House 5:30 – Positively Fit/AR 7:00 – Mt. Tabor Ringers	9 7:00 Men’s Prayer Breakfast/ Lizard’s Thicket 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – NA Mtg/ECR 6:30 – ALIVE! Rehearsal	
14 Sixth Sunday of Easter Mother’s Day 8:00 – Matins Service—Holy Communion 9:15 – ALIVE! Service 10:00 – Mother’s Day BreakfastAR 10:15 – Sunday School 11:00 – Traditional Service—Holy Communion 6:00 – Standing Committees**`	15 9:30 – Quilting Ministry/ Intern House 5:30 – Positively Fit/AR 7:00 – Mt. Tabor Ringers TIDINGS DEADLINE	16 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – NA Mtg/ECR 6:30 – ALIVE! Rehearsal	
21 Seventh Sunday of Easter 9:15 – ALIVE! Service 10:00 – Coffee/Fellowship/AR 10:15 – Sunday School 11:00 – Traditional Service-Youth Led—Holy Com- munion 6:00 – Church Council Youth/Graduate Sunday	22 9:30 – Quilting Ministry/ Intern House 5:30 – Positively Fit/AR 7:00 – Mt. Tabor Ringers	23 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/ECR 6:30 – ALIVE! Rehearsal 5:30 – Pipers Practice/AR	
28 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 Drop In/Confirmation Celebration	29 9:30 – Quilting Ministry/ Intern House 5:30 – Positively Fit/AR Office Closed Memorial Day	30 10:30 – Staff Meeting 5:30 – Pipers Practice/AR 6:30 – NA Mtg/ECR 6:30 – ALIVE! Rehearsal	

Wed	Thu	Fri	Sat
3 9:00 – E-News Deadline 10:00 – Bulletin Deadline 12:00 – Noon Eucharist 3:30 – Sing & Celebrate/Last Day 5:45 FCHM/ECR 6:30 – Adult Choir	4 12:00 – Sunshine Club/AR 5:30 – Positively Fit/AR	5 Setup Mother/ Daughter /Friend Banquet/AR	6 12:00-2:00 Mother/Daughter / Friend Banquet/AR
10 9:00 – E-News Deadline 10:00 – Bulletin Deadline 11:00 – Bible Study 12:00 – Noon Eucharist 6:30 – Adult Choir	11 5:30 – Positively Fit/AR	12 Elizabeth Sanders/ Brian Davis Wedding Rehearsal	13 7:00-12:00 God’s Helping Hands Breakfast/AR Elizabeth Sanders/Brian Davis Wedding
17 9:00 – E-News Deadline 10:00 – Bulletin Deadline 11:00 – Bible Study 12:00 – Noon Eucharist 6:30 – Adult Choir	18 3:00 –Tea Time Circle/ECR 5:30 – Positively Fit/AR 5:30 Diabetes meetings/Scatter Cheer Room 7:00 – 90th Anniversary/ECR	19	20
24 9:00 – E-News Deadline 10:00 – Bulletin Deadline 11:00 – Bible Study 12:00 – Noon Eucharist 6:30 – Adult Choir	25 5:30 – Positively Fit/AR 5:30 – Centennial Circle	26	27
31 9:00 – E-News Deadline 10:00 – Bulletin Deadline 11:00 – Bible Study 12:00 – Noon Eucharist 6:30 – Adult Choir	Emphasis for God’s Helping Hands May Rice, Sugar, Oil, Juice, Oatmeal, Grits, Crackers, Jelly, Bath Soap	Love Offering for May Lutheran World Relief	**Committee Meetings: Cemetery/Library Community Outreach/Friendship Room Education/ Bernhardt Room Evangelism/Scatter Cheer Room Fellowship & Rec./New Seekers Finance/ Long Range Planning/ Property/ Stewardship/ Worship & Music/Choir Room Youth/Upstairs Jr. High Classroom

WORSHIP ASSISTANT TEAMS**ALTAR GUILD (Communion Preparer) for May Annie Ruth Addy**

<u>Team A 5/07/23</u>	<u>9:15</u>	<u>11:00</u>
Worship Coordinator	Julianne Jones	Tommy Smith
Lector	Cecilia Dunlap	Randy & Elizabeth Klapman
Greeter	Renee Shealy	Barbara Stilwell
Communion Assistants	Abby Grace Roof	Christie Cook, Pam Burnett
Ushers	Ed Fuson	Jeremy Goings, Elizabeth Goings
	Grace Fuson	Mike Cook
		Fred Vallejo
<u>Team B 5/14/2023</u>	<u>9:15</u>	<u>11:00</u>
Worship Coordinator	Gerald Shealy	Hampton Miller
Lector	Lynda Mason	Docia Jones
Greeter	Tina Conrad	Patsy Gambrell
Communion Assistants	Rachel Bundrick	Joe Jones
		BJ Roof
Ushers	Ray Conrad	Tim Self & Sheri Self
	Dennis Rybicki	Derek Monts
		Tex Davis
		Travis Spainhour
<u>Team C 5/21/2023</u>	<u>9:15</u>	<u>11:00</u>
Worship Coordinator	Bruce Busbee	Kendrick Kerr
Lector	Whitney Glass	Kendrick Kerr
Greeter	Patsy Gambrell	Debbie McLeod
Communion Assistants		Sarah Whitehead
		Ellis Quarles
Ushers	Ricky Glass	Tom Smith, Janet Smith
	Scott Busbee	Foster McLeod
		Clyde Nelson
<u>Team D 5/28/23</u>	<u>9:15</u>	<u>11:00</u>
Worship Coordinator	Gerald Shealy	Matt Fogle
Lector	Rick Mooror	Nancy Stone-Collum
Greeter	Megan Lyons	Lilli Sox
Communion Assistants	Sherri Mooror	Miley Rhodes
Ushers	Rick Mooror	Dusty Rhodes
	Lucky Jones	Jack Sox
		Russell Pauly
		Michael Busbee
<u>Team E (No Fifth Sunday)</u>	<u>9:15</u>	<u>11:00</u>
Worship Coordinator	Sarah Mattern	Jeff Hutto
Lector	Cathy Crawford	Ron Tryon
		Susan Hyde
Greeter	Grace Fuson	Susan Stiwell
Communion Assistants	Nancy Stone-Collum	Dana Hutto
Ushers	Paul Jacobs	Jeff Hutto
	Ed Fuson	Ron Tryon
		Allen Shealy, Dennis Shealy

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 May:

Wanda Addy, Ashlyn Baxter, Blythe Baxter, Kase Boone, Trent Bozard, Michael Bradshaw, Pat Bradshaw, Nancy Brazell, Ashlynn Busbee, Carson Busbee, Veronica Cargile, George Caulder, Abigail Caulder, Ashleigh Christine, David Cook, Natalie Cook, Michael Cook, Adam Davis, Boggs Elledge, Chad Elledge, Miller Elledge, Finn Evans, Mickey Geiger, Jeremy Goings, Milton Hall, Tina Harrison, Robert Hilton, Samuel Hilton, Paul Jacobs, Emilie Jeffries, Harold Jones, Al Jordan, Bob Livingston, Sarah Mattern, George Minor, Drew Myers, Mona Myers, Trent Myers, Jason Nelson, Kayla Newman, Adam Payne, Kaitlyn Pittman, Bennett Plane, Kathy Risinger, Dalton Rodgers, Michael Rodgers, Abby Grace Roof, Evelyn Scyphers, Todd Sharpe, Venetia Sharpe, Katelyn Shealy, Darby Shepherd, Jack Sippel, Eric Smith, Benjamin Smith, Robert South, Kayla Sox, Wendy Spainhour, Todd Stilwell, Liliana Stork, Joey Sullivan, Helen Summers, Elmer Sundlie, Jessica Tablas, Carolyn Taylor, Charles Taylor, Alexander Tuten, Freddy Vallejo, Blake Vrana, Carlin Vrana, Annabelle Wilson, Isabelle Wilson.

Most recent Prayer Concerns:

Ruth Goldsmith, Lee Riley, JoEllen Anderson, Bill Hunnicutt, Jeanie Jacobs, Alice Pollock, Lib Manus, Elise Helms, Murray Hoskins, Judy Jordan, David Derrick, Harold Jones, Paul Addy

Ongoing Prayer Concerns:

Paul Jacobs, Barbara Bradshaw, Sandra Baker, Betty Wise, Elmer Sundlie, Herman Bouknight, Pastor Jerry & Janice Livingston, Ann Callison

Family & Loved Ones of Mt. Tabor:

Katie Blackwell Feaster, Deidra Huckabee, Sylva Hudson, Jackson Bell, Ms. Moldovan, Pam Player, Carolyn Conway

Members of Mt. Tabor Serving in the Military:

Adam Davis, Samuel Davis, Scott Hash

Family and Loved Ones Serving in the Military:

Arturo Rivera, Eli McCracken, Marcus Hayes, Tristan Mullen, Cory Fabian, Hayden Henneman, Edwin Torres, Josh Watson, Jacob Henry Burgan, Patrick Morris, Ben Barron, Barry Duncan, Michael Barfield, David Mathews

The Family Of:

Jim Skorzewski, Cheryl Hall, Mary Hamson, Diane Wise

Congratulations

Congratulations! Receiving First Communion April 6, 2023: Michael Hash and Beau Wright

Congratulations! Receiving Eagle Scout Rank April 16, 2023: Tristan Spainhour

Congratulations! To Robert Piwetz and Pam Fulmer Berrian on their marriage, April 13, 2023

Positivity Fit: Body, Mind and Soul May 2023

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

Body: Arms and Shoulders

You reach out to shake someone's hand, you reach up to get a box off a high shelf, you simply lift your fork to eat the next bite of food. All of these and more use arm and shoulder muscles. These muscles are used all of the time so you probably think there is no need to exercise them. However, this is the reason that these highly used muscles should be strengthened. There are four main muscles in your arms that need to stay strong. You have probably heard about biceps and triceps, but you also have deltoids and lats (latissimus dorsi). Keeping these muscles strong also keeps you healthy. When you strengthen these muscles, you make it easier to perform your daily tasks. Laundry, dishes, or carrying groceries to the car are a little bit easier when your arms are more powerful. If you are like many of us trying to lose a few pounds, stronger muscles burn a few more calories too. While it is not just about losing weight, strong muscles are a benefit to your heart and improve bone density especially as you age. Exercising these muscles is easy! You can use little to no equipment to tone your arms. With summer around the corner, arms are out from under the covers of sleeves and jackets and may need a little toning to look good!

No weight arm exercises.

Push Ups—you can do the traditional on the toes, on your knees or a standing pushing up from a wall.

Triceps Dips—on a stable surface place your hands on the object (couch, chair, bench) slowly move your bottom forward and off the chair then dip down while your triceps hold you.

Superman's—lie face down, extend arms straight out in front of you and lift your arms up.

Inchworms—standing, lean over and place your hands on the floor and walk out then back in. Standing, step back from the wall a step or two and walk your hands up and down the wall.

Plank Shoulder Taps—hold a plank position and tap the shoulder with the opposite arm. Standing, step back from the wall a few steps leaning into the wall and tap.

Weighted arm exercises.

Biceps Curls—weights at your sides, hinge at the elbows to raise the weights. Palms up or hammer curls with palms facing inward toward each other.

Lateral Raises—weights at your sides, arms straight but elbows are soft and not locked out, raise up to the sides.

Triceps Kickbacks—knees soft, lean over slightly, weights are at the sides, hinge at the elbows and lift backwards.

Overhead Triceps Extensions—hold one weight with both hands overhead. Line up your arms with your ears, hinge at the elbows then lower and raise the weight toward your back.

If you don't have a set of dumbbells here are a few substitutes that you may have around the house. A plastic milk jug or water bottle are number one. They can be filled with sand or water, and you can make it the weight that you would like. Others are canned goods, packets of beans or rice, books or anything that has a little weight and you can hold it securely. Purchased exercise equipment like exercise bands are easy to use and store.

You can strengthen your arms easily at home with no equipment except what you have in your house. Try a few while you are watching tv, waiting on dinner to cook or just a small workout each day! You can also join us for Positively Fit where we strengthen our arms at each session!

Mind: Physical activity is good for your heart, muscles and bones but it is also good for your brain. Physical activity has been found in studies to reduce cognitive decline, helps you sleep better and overall helps you feel better. No matter your age or fitness level, you can benefit from exercise. All of this helps you think, learn and problem solve, daily brain activities that we all need!

Soul: 1 Corinthians 6:19-20 ¹⁹*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;* ²⁰*you were bought at a price. Therefore, honor God with your body.*



- 1-May Alice Pollock, Anna Evans
- 2-May Miriam O'Neal, Jack Ragley
- 3-May Kathryn Kelley
Cullen Mason, Elizabeth Goings
Mona Myers, Tyler Wiggers
- 4-May Trent Bozard, Mary Beth Owen
Katlynn Steele, Justin Steele
Stanton Moye
- 5-May Stacy Sutton
- 6-May Michael Bradshaw, Pat Bradshaw
Susan Hyde
- 7-May Marissa Linder, Alexis Elledge
Christian Vallejo
- 8-May Shannon Bolick, Hannah Helms
- May 9 Bobby Cromer
Wes Stilwell
- 10-May Charley Moye, Paula Taylor
Rachel Paetow
- 11-May Christy Pittman
- 12-May Johnathan Marchant
Michael Lewis
- 13-May Tina Conrad, Ron Hutto, Robin MacInnis
- 15-May Emily Hutto
- 16-May Sarah Mattern
- 17-May Harold Jones, Tony King
- 18-May Susan Hunnicutt
- 19-May Nancy Allen, Gail Simmons
Benjamin Smith
- 20-May Nikolaus Hostetter
- 21-May Natalie Cook, Scott Hash
Melanie Yoder, Jackson Addy
- 22-May Mary Beth McLeod, Will Kelley, Linda Spainhour
- 24-May Ann Callison, Katie Giles
Bethany Paetow
- 25-May Jody Glance, Renee Shealy
- 26-May Kenlee Cassella
- 28-May Cheyenne Steele, Lisa Parker
Megan Addy, Bentley Knotts
- 29-May Sandy Watkins
- 30-May Clay Crawford, Louise Bowman
- 31-May Chris Elledge, Randy Roddy
Dallas Phillips, Connelly-Anne Ragley

To our Mt. Tabor Family,

We thank you for celebrating with us the life of our wonderful mother, Mary Hamson.

But most important, we thank you for the support, encouragement, love and laughter you brought to her life through your cards and visits during her last years. Each gave her another day full of sunshine.

For your generosity shown through all the memorials given to the church in her name, we will be forever grateful.

With much love,
The Hamson family

Dear Friends at Mt. Tabor Lutheran Church,

Thank you for supporting the ministry of Epworth Children's Home with your contribution of \$394.00. Thank you for believing in Epworth's mission and in the future of children and families at Epworth.

Sincerely,
Beth Williams
President

It's a Boy!

Morgan Jammal Witcher

born April 17, 2023

to Lindsey & Octavius Witcher.

Proud Grandmother: Elise Helms

Proud Great Grandmother:

Alice Pollock



MOTHER/DAUGHTER/FRIEND LUNCHEON!



PLACE YOUR BETS

and join us for a Mother's Day Derby Luncheon

Saturday, May 6th from Noon – 2 PM

Mt. Tabor Assembly Room

Derby Style Fare Will Be Served



You Can Wear Your Fancy Derby Hat!



Tickets available before and after services on April 16th and 23rd outside

the Nursery or in the Church Office during the week. \$10 Adults \$5 Children Under 10

Altar Flowers & Bulletin Covers for May 2023

Altar Flowers

7 AVAILABLE

14 Candy Croft

21 Tex & Mary Davis

28 Nancy Stone-Collum

Bulletin Covers

7 AVAILABLE

14 Jennifer Smith

21 Dottie Ford

28 Nancy Allen

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.

Nursing Homes/Retirement Centers/Rehabilitation Cei

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); Lottie Gregg

Presbyterian Home - Betty Wise (Room A-105)

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

ministering
TO Seniors

March 31, 2023

Funds Received for Budget Budget \$60,837.33

Envelope System	32,679.20
Envelope System Cash	656.00
Memorials	779.00
Loose Offering	125.00
Bulletin Covers	110.00
Initial Offering	15.00
Birthday	1.00
Sunday School	106.00
Simply Giving Envelopes	9,890.18
	44,361.38

RESERVE FUND:

Easter	171.00
Easter from Splits	50.00
Easter from Simply Giving	125.00
Memorials	10.00
	356.00

DEDICATED FUND:

Choral Scholars	650.00
Easley Conference Room	75.00
Fellowship & Recreation	323.00
Flowers/Lilies/Grenery	559.50
General Memorial	50.00
Ladies Aid	150.00
Love Offering	319.00
One License Renewal	529.00
Office Copies	2.00
Pickle Jar	221.00
Sunshine Club	12.00
Sing & Celebrate	27.00
World Hunger	90.00
Worship Supplies	695.49
Use ECR/NA Meetings	25.00
Youth Projects	180.00
Youth Trips	190.00
General Maintenance from General Fund Split	500.00
Easter Lily from General Fund Split	20.00
Love Offering from General Fund	75.00
Quilting Ministry from General Fund Split	25.00
Sister Care from General Fund Split	50.00
God's Helping Hands from General Fund Split	50.00
Youth from General Fund Split	50.00
HUGS from General Fund Split	100.00
Choral Scholar from Simply Giving	50.00
Evangelism from Simply Giving	25.00
Flowers/Lilies/Grenery from Simply Giving	80.00
	5,122.99

CEMETERY FUND:

Memorials	0.00
	0.00

MUSIC AND ARTS FUND:

Music and Arts from General Fund Split	160.00
Memorials	792.00
Other Donations	640.00
	1,592.00

CAPITAL CAMPAIGN FUND

Memorials	20.00
Gifts	50.00
Splits from General Fund	325.00
Pledged from Simply Giving	420.00
	815.00

ENDOWMENT FUND:

	0.00
Total Received for All Funds	52,247.37

Mobile Giving

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

ATTENDANCE

	<u>8:00</u>	<u>9:15</u>	<u>11:00</u>	
3/19	18	58	101	
3/26	16	44	73	
4/2	18	57	156	
4/6	Manudy Thursday	122		
4/7	Good Friday	85		
4/9	SUNRISE	121		
	EASTER FESTIVAL OF HOLY COMMUNION			277

Deadlines

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

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

RETURN SERVICE REQUESTED

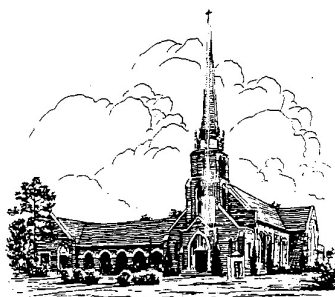
Non-Profit Organization

U.S. Postage PAID

Columbia, S. C.

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Permit No. 116



Mt. Tabor's Weekly Schedule

Sundays

Worship Services: 8:00 am, 9:15 am & 11:00 am
Holy Communion is celebrated each Sunday at 8:00 am & 11:00 am
and on the first Sunday of each month at 9:15am.
Sunday School: 10:15am
Confirmation Class: 12:00-3:00 PM (2nd Sunday) 7-8th grade

Mondays

Mt. Tabor Ringers: 7:00 pm

Tuesdays

Men's Prayer Breakfast: 7:00 am (2nd & 4th Tuesdays) Lizard's Thicket
Alive Musicians Rehearsal: 6:30 pm

Wednesdays

Bible Study: 11:00 am
Noon Eucharist: 12:00 pm
Sing & Celebrate: 3:30 pm
This program follows Lexington School District 2 schedule.
Adult Choir Rehearsal: 6:30 p.m.

Church Office Hours:

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

Visit our Website

www.mttaborlutheran.org

Visit SC Synod Website

www.sclutheran.org

Visit the ELCA Website

www.elca.org

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.