



March

2016

The

Vine

Ministry Team

All are members of Lutheran Church of Our Saviour

Pastor

Lee Woolery
403-253-1453 extn 11
403-301-0011(home)
403-809-3487(cell/text)
pastor@oursaviourchurch.ca

Director of Family Ministry

Quinn Friesen
youth@oursaviourchurch.ca
403-253-1453 ext. 14
403-829-1181 (cell/text)

Children's Ministry

Mariette Jessup
children@oursaviourchurch.ca

Church Board 2016-2017

Jaqui Anderson
Elaine Barnes
Rachelle Ellis
Doug Gebrandt
Phyllis Gale
Jens Kaack
Jennifer May
Garry Mihaichuk
Bob Montgomery
Darren Tenor

Administration

Katharine Heimbigner-Tenor
403-253-1453 extn 12
403-540-1765 (cell/text)
admin@oursaviourchurch.ca

General/Main Office

Shauna Gross
403-253-1453 extn 10
office@oursaviourchurch.ca

www.oursaviourchurch.ca
8831 Fairmount Drive SE
Calgary, T2H 0Z4

Staff Office Hours:

Pastor Lee
Monday to Thursday
9:00 am to Noon



Quinn Friesen
Tuesday to Friday
9:00 am to 3:00 pm

Katharine Heimbigner-Tenor
Monday to Friday
9:00 am to 2:00 pm

Mariette Jessup
Please contact via email
children@oursaviourchurch.ca



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YOU ARE NOT YOUR ILLNESS

Back in the early '70's when I was attending seminary in St. Louis, Missouri, I was also working as a psychiatric aide. The place, where I was employed, Malcolm Bliss Mental Health Hospital, was designed for those who were suffering from a rainbow variety of mental illnesses. So it was there I received another kind of education. We were continually reminded that we were dealing with "crazy" folk and the units I worked on were always locked. The so-called treatment was mostly a shot of Thorazine or electric shock therapy. We were called on to hold patients down while they were given a shot, corral them for a nightcap of other drugs, and generally made sure no one got out of hand. The patients were identified primarily by the illness that they had been diagnosed with. It was impersonal and dangerous. Patients would often act out and I ended up being punched several times because I was white and dressed in white. When I read the book and saw the movie, One Flew Over the Cuckoo's Nest, I realized how similar it was to where I was working.

In a sense, things are different now. Those struggling with mental illness are receiving better treatment, but the stigma, unfortunately, remains. Danielle C. Belton, who struggles with bipolar disorder, shared this in one of her blogs:

"You are not the disease. Your mental illness is not you, just as kidney disease, asthma or diabetes is not you. But people less astute about how mental illness works will try to equate you, the individual, with your disease. Even you might make this mistake. But it's not true. By being mentally ill, you are no more or less worthy than any allegedly 'normal' person."

There are still myths and misunderstandings about those who are diagnosed with a particular mental disorder. We can end up looking at and treating them differently than someone who is dealing with cancer, heart problems, etc. We (I), still have much to learn about caring for our sisters and brothers who are broken mentally and seeking signs of hope and healing.



Recently I took a Mental Health First Aid course offered by the Mental Health Commission of Canada. My eyes and heart were opened up even more as I discovered how some of those old prejudices were still hanging around. And as I mentioned in last month's VINE, there is a Congregational Life event being held at Lutheran Church of the Good Shepherd in Red Deer on April 23rd. I would strongly urge you to take in this one day event, "Walking Together: Mental Health Through Our Lifetime." More information will be available soon.

God's peace

Pastor Lee



Do your children understand Easter?

by Tim Sanford

Many parents would agree that children should wait until they are older to see the acclaimed movie *The Passion of the Christ*, which graphically depicts the horrible violence that Jesus Christ endured before giving His life on the cross.

For the most part, children in our culture are privileged enough to be insulated from the reality and "scariness" of death.

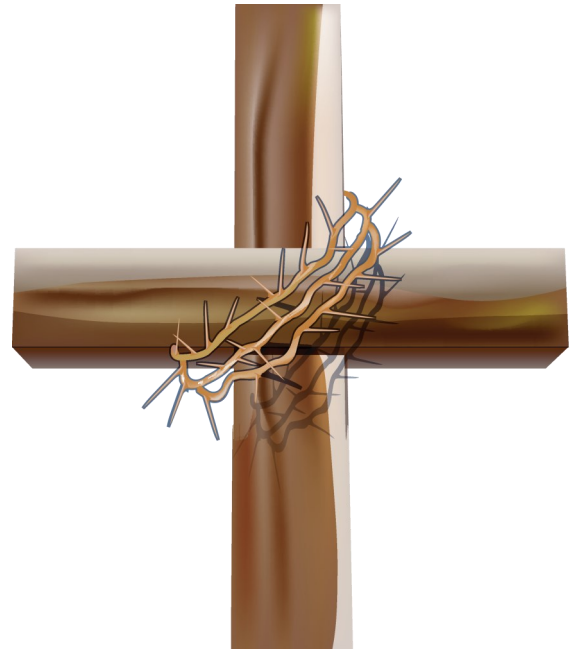
Death and life, however, are at the core of the Christian message exemplified by Good Friday and Easter and remembered each Sunday. How much does your child understand that message?

Children need to know that *dying* was Jesus Christ's reason for *living* on earth. They also need to know about Jesus' resurrection three days later. As a parent, you can have the wonderful privilege of talking with your child about these important truths. The Easter season (which only *begins* with Easter Sunday) is great time to do this.

** Please look for the following 5 mini-lessons, courtesy of Focus On the Family, at church for parents to take home.

They will help you give your child a greater appreciation and understanding of the purpose of Jesus Christ's life, death and resurrection.

We will be doing some of these lessons in Young Explorers over the Easter season.



- Lesson 1 - 'Just Judge - Loving Father'
- Lesson 2 - 'Why did some people want to kill Jesus?'
- Lesson 3 - 'Was Jesus innocent or guilty of blasphemy?'
- Lesson 4 - 'Dying was Jesus' reason for Living!'
- Lesson 5 - 'Jesus took my place'

Q: *How does the Easter Bunny stay fit?*

A: *EGG—ercise and HARE-robics!*

Q: *Why did the farmer feed crayons to his chickens?*

A: *He wanted them to lay colored eggs!*

Q: *What do you get if you pour hot water down a rabbit hole?*

A: *Hot cross bunnies!*



Youth—Grade 7 to 12



Coldest Night of the Year and Urban Mission Weekend



Our youth had a great time serving and learning for our urban mission's weekend. We partnered with CUPS and enjoyed doing the walk for the Coldest Night of the year. A special thank you to our volunteers Richard Williams and Jennifer May!

Thursday Night Youth Group 7-8:45

We will be continuing in our teaching series "The Story." Through video, pictures, and story telling we will be working through the story of the Bible, and experiencing how God interacted with man throughout history.

Please note there will be no Thursday night event on March 24th.



Girls Craft Night

Girls Craft Night- March 4th at the Sissons house we will be having a girls craft night, open to girls Grade 6 and up. Please RVSP before March 1st.

First Rule of Easter Eggs

If you get melted chocolate all over your hands, you're eating it too slowly.



Discipleship Program—Grade 7 & 8

Discipleship is a two year program for students in Grades 7&8. Pastor Lee will be meeting with the students twice per month on Sunday evenings from Fall until Spring. They will explore the Bible, the Creeds, the life of Jesus, what it means to be Lutheran, and many tough questions along the way. Check the calendar for meeting times. If your youth or friends from outside the congregation are interested in this opportunity, please see Pastor Lee.

We meet from 6:30 to 8:30 pm Sunday evenings. Our tentative schedule for the year is:

March 6th	April 24th
March 20th	May 1st
April 10th	



Affirmation of Baptism is scheduled for May 22nd.

MOPS

MOPS (Mothers of Pre-Schoolers) and MOPSnext (Mothers of School Age Children) is an international organization that supports Moms. MOPS creates a time out for Moms filled with fun, food, learning, fellowship, and faith while their kids are having fun in the MOPPETS childcare program.

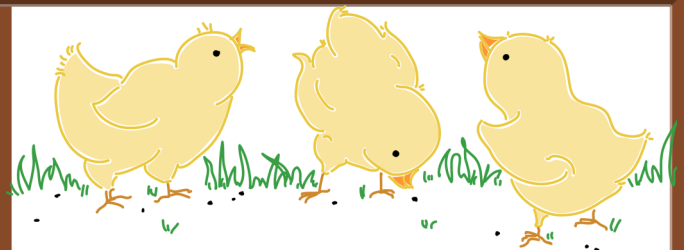
Our meeting schedule in March is:

Mar 9th This meeting is a surprise. Come on out and join us!

Mar 23rd Meditation - One of our own members will be sharing information and leading us through a meditation.

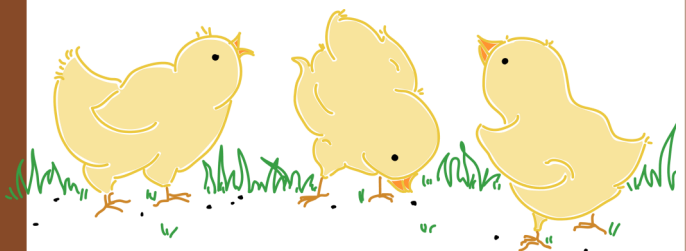
Your first visit is free and you are always welcome to join any time.

More information, including registration forms and pricing, is available from the LCOS website.



Although Easter is a fun holiday, it's important that we not slip away from the true reason that we celebrate this joyous holiday, and that reason is because of the resurrection of Jesus Christ. It never hurts to incorporate a little truth into the holidays, while making it fun!

For kids, this can be something as simple as an Easter craft project like cutting a cross out of a piece of paper and writing "I love Jesus because..." or "Jesus loves me because..." Doing such a project every year will help to establish an important tradition of keeping the true meaning of Easter alive!



Family Movie Nights start at 6:30 pm

March 12th

Disney · Pixar

THE GOOD DINOSAUR



You bring the family and we provide the popcorn!

HOTEL TRANSYLVANIA 2

BRING YOUR FAMILY, THE DRAC'S PACK IS BACK

April 16th at 6:30pm





MORTGAGE BURNING

celebration

MARCH 6TH @ 10:30am

Luther Reading Challenge—500 years in the making!



As we approach the 500th anniversary of the posting of the Ninety-Five Theses on October 31, 2017, Martin Luther is going to be a significant topic of conversation and debate. That is where the Luther Reading Challenge comes in. An assortment of the reformer's writings will be presented online for everyone to read and to reflect upon. The texts range from Luther's personal letters and hymns to his doctrinal and social treatises to his catechisms and his will. Each text is prefaced with an introduction to orient the reader. The reading part is just the beginning. Readers can also participate in online discussions. You simply have to register! The initiative is a joint venture of [The Lutheran World Federation](http://www.lutheranworld.org/) and the [Institute for Ecumenical Research in Strasbourg](http://www.strasbourg-institute.org/). Highly recommended!

Luther Reading Challenge: <http://www.lutherreadingchallenge.org/>

Lutheran World Federation: <http://www.lutheranworld.org/>

Lutheran World Federation: <http://www.lutheranworld.org/>

Institute for Ecumenical Research: <http://www.strasbourg-institute.org/>



March 18th at 7:00 pm

DOUG RAWLING



WITH
ANDREW + DIETA
CARLSON



April 30th

Watoto
RESCUE RAISE REBUILD

6:00 pm

"OH,
WHAT
LOVE"
LIVE TOUR

PREPARE FOR **A NEW SOUND**

BY AFRICAN TRADITIONAL MUSIC

www.watoto.com | Watoto Church at Work | [f /watoto](https://www.facebook.com/watoto) | [@watoto](https://twitter.com/watoto)

Ushering

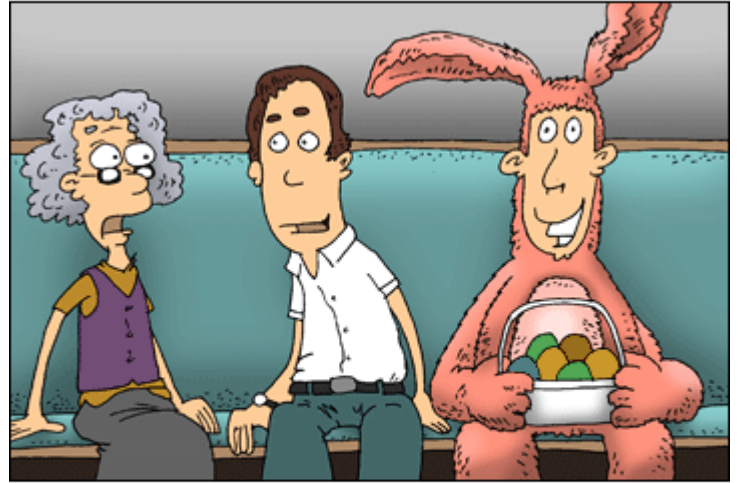
Thank you to everyone that ushers. Your willingness to serve is appreciated.

As ushering occurs 52 weeks out of the year, additional volunteers are always welcome.

If you would like to give it a try, please contact Ruth Peterson.

If you are scheduled to usher and are unable to please contact Ruth so she may arrange replacements.

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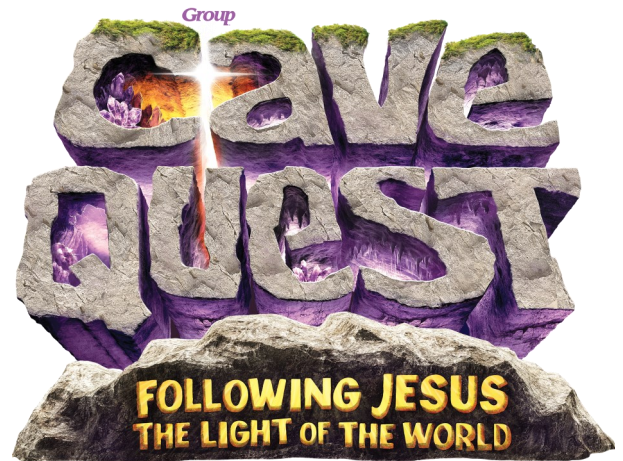


04-22-2011

YOU'LL HAVE TO FORGIVE HIM ... HE'S NEW TO THE FAITH AND THIS IS HIS FIRST EASTER

VBS 2016

Vacation Bible School is coming on Aug 22 -26. After many amazing years Sally Williams is stepping down as our volunteer VBS Co-ordinator. We are looking for a couple of people to share this responsibility. If you think God is calling you please contact Sally or Katharine to discuss this amazing outreach opportunity.



Volunteer at VBS each year? Be sure to mark down April 30th for the annual sneak a peak morning training session. To register or more info contact the office.

"The Way" Showing March 11th at 7:00 pm

The Camino de Santiago or the Way of St. James is a spiritual journey that pilgrims of all faiths and backgrounds have traversed for over a thousand years. While there are a number of established routes leading to Santiago from all directions, the most popular is the Camino Frances, which crosses the Pyrenees Mountains along the Spanish-French border starting in St. Jean Pied de Port.

This Camino route covers 800 kilometers that traverses an idyllic northern Spanish countryside. By following the yellow painted arrows marking the road, a pilgrim can expect to walk 12-15 miles a day to reach the next town for the night. At this pace, a pilgrim can reach the Cathedral de Santiago in 6 to 8 weeks time to attend the Pilgrim's Mass held at noon each day. Some take more time, others less. Along the way travelers encounter albergues, refugios and casa rurals that cater specifically to the thousands of pilgrims of all ages that take this journey each year, immersing themselves in the local food, culture and history dedicated to this experience.

Pilgrims walk the Camino for various reasons. Some to seek penance, others enlightenment, and still others for a sense of adventure, yet all progress toward the Cathedral in Santiago where it is believed the remains of the apostle St. James are held. Most pilgrims choose to carry a scallop shell with them to symbolize their journey in honor of St. James. According to legend, scallop shells are said to have covered St. James' body after it was found on the shores of the Galician coast. Another, perhaps more useful symbol is a walking stick to aid a weary pilgrim on his or her journey. Most pilgrims also carry a document called the credencial, purchased for a few euros from a Spanish tourist agency, a church on the route or from their church back home. The credencial is a pass which gives access to inexpensive, sometimes free, overnight accommodation in refugios along the trail. Also known as the "pilgrim's passport", the credencial is stamped with the official St. James stamp of each town or refugio at which the pilgrim has stayed. It provides walking pilgrims with a record of where they ate or slept, but also serves as proof to the Pilgrim's Office in Santiago that the journey is accomplished according to an official route. The stamped credencial is also necessary if the pilgrim wants to obtain a compostela, a certificate of completion of the pilgrimage.

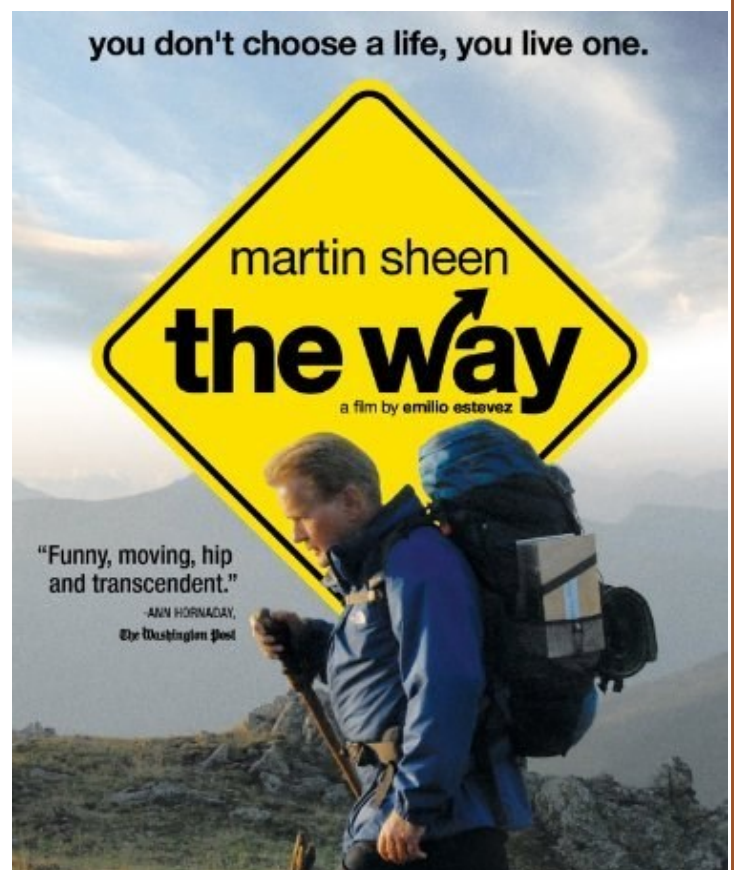
Regardless of whether a pilgrim's journey begins for religious, spiritual or cultural reasons, the meditative nature of the Camino offers the perfect landscape in which to dedicate contemplation. Pilgrims follow the path amidst the villages, towns, rivers, mountains and fertile valleys that have changed the lives of millions of pilgrims who walked before them.

*reprinted from Movie site for "The Way"

THE WAY is a powerful and inspirational story about family, friends and the challenges we face while navigating this ever-changing and complicated world. Martin Sheen plays Tom, an irascible American doctor who comes to France to deal with the tragic loss of his son (played by Emilio Estevez). Rather than return home, Tom decides to embark on the historical pilgrimage "The Way of St. James" to honor his son's desire to finish the journey. What Tom doesn't plan on is the profound impact this trip will have on him. Through unexpected and oftentimes amusing experiences along "The Way," Tom discovers the difference between "the life we live and the life we choose."

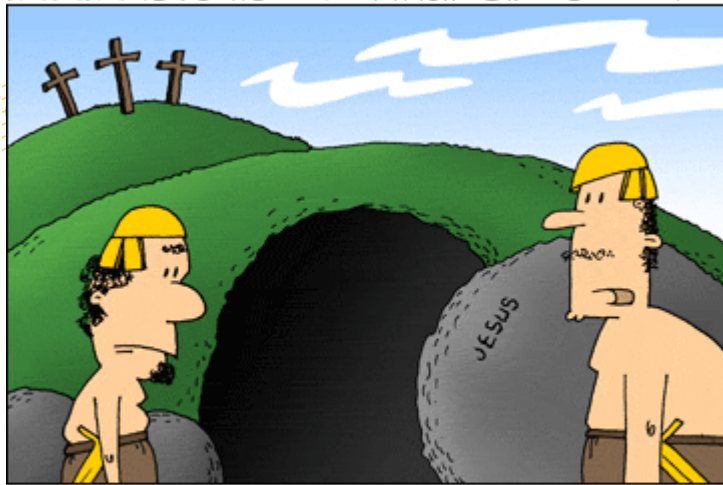
Inexperienced as a trekker, Tom soon discovers that he will not be alone on this journey. On "The Way," Tom meets other pilgrims from around the world, each with their own issues and looking for greater meaning in their lives: a Dutchman (Yorick van Wageningen), a Canadian (Deborah Kara Unger) and an Irish writer (James Nesbitt), who is suffering from a bout of writer's block.

From the unexpected and, oftentimes, amusing experiences along "The Way," this unlikely quartet of misfits creates an everlasting bond and Tom begins to learn what it means to be a citizen of the world again. Through Tom's unresolved relationship with his son, he discovers the difference between "the life we live and the life we choose."



Small Groups

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(See John 20:1-18)

04-21-2003

**BETCHA TEN SHEKELS THOSE CHRISTIANS
HAVE FIFTY NEW SONGS BY THIS WEEKEND**

Choir—practices Wednesday nights.

Do you have a song in your heart? Do you enjoy music and like to laugh? If the answer is “Yes”, then do we have a place for you. The LCOS Choir rehearses on Wednesday nights at 7:30 pm, only for one hour. You’ll share your time with like-minded folk, and come away feeling better for the songs and the fun. Questions? Contact Terry Lee or Alex McKay.



Movie Lovers will meet occasionally throughout the year. On March 11th we will be watching “The Way”. On April 1st we will watching “McFarlane USA” with Kevin Costner at 7:00 pm. Please bring your own snacks. Everyone is welcome.



Sunday Morning Drop-In Bible Study—10 am Sunday mornings.

This weekly drop-in class is held between the services on Sunday mornings. We are presently studying the Book of Hebrews with Jens Kaack. Contact the office for more details.



Experiencing God—meets every Wednesday at 9:30 am at LCOS.

This group of "mature" women always has an extra chair open to talk about faith, life, and God's Word over coffee. For more information, please contact the church office.



Fireside Group—meets twice a month on Mondays

This small group enjoys meeting to study, converse, celebrate and have something to nibble on. They look at a variety of topics, books, and videos to deepen their faith together. You're welcome to attend! For more information, please contact the church office.



Morning Glories—meets 2nd and 4th Thursday of every month at 10:00 am.

This group of "mature" women always has an extra chair open to talk about faith, life, and God's Word over coffee. For more information, please contact the church office.



Today's Pilgrims—meets March 8th and 22nd at 7:00 PM in the fireside room. We are studying Love To Pray by Alvin Vanderriend. Love to have you join us. For information contact the church office.

Games Group

1st & 3rd Tuesday of each month

March 1st and 15th

You are welcome to drop in at any time.

We accept new members year round.

We play Bridge, Mexican Train, Cribbage and a variety of other games and always are looking at learning more. Join us for a game or two and get to know us. We also enjoy celebrating life's big events of our members such birthdays, anniversaries and other life events.

Blood Donor Clinic

We will be hosting blood donor clinics for Canadian Blood Services on April 20th and June 18th from 9 am until 2 pm. To register please go to:
www.blood.ca.



Interested in learning more about sound, lighting, and multi-media for Sunday morning and special events?

Each year Rock Pointe Church hosts a one day technical arts training conference.

If you are interested in attending please go to:

www.sharpenconference.com

or contact the office.



Q: What kind of jewelry do rabbits wear?

A: 14 carrot gold.

Q: What do you call a rabbit with fleas?

A: Bugs Bunny.

Q: What did the bunny want to do when he grew up?

A: Join the Hare Force.

Q: What's the difference between the Easter Bunny and a lumberjack?

A: One chews and hops, the other hews and chops.

Q: How did the soggy Easter Bunny dry himself?

A: With a hare-dryer!



CUBA 2016

**WORLD DAY
of PRAYER**

**JOURNÉE
MONDIALE
de la PRIÈRE**

Receive children.
Receive me.



Accueillez les enfants.
Accueillez-moi.

ECUMENICAL SERVICE INFORMATION/ RENSEIGNEMENTS SUR LA CÉLÉBRATION ECUMÉNIQUE

Service at Deer Park United Church

77 Deerpoint Rd. SE

Friday, March 4, 11:00am

Lunch to Follow

Service written by the World Day of Prayer Committee of Cuba
Service rédigé par le Comité de la Journée mondiale de la Prière de Cuba

Prepared and adapted for use in Canada by the Women's Inter-Church Council of Canada
Adapté et adapté pour le Canada par le Conseil œcuménique des Églises du Canada

41 Queen's Park Drive, Toronto, Ontario M5S 1Y9-4T1 (416) 924-8144 • Fax: (416) 924-8941 • Canada@wicc.org

Site web: www.wicc.org • www.wicc.org/WHY • www.wicc.org/WHY/03



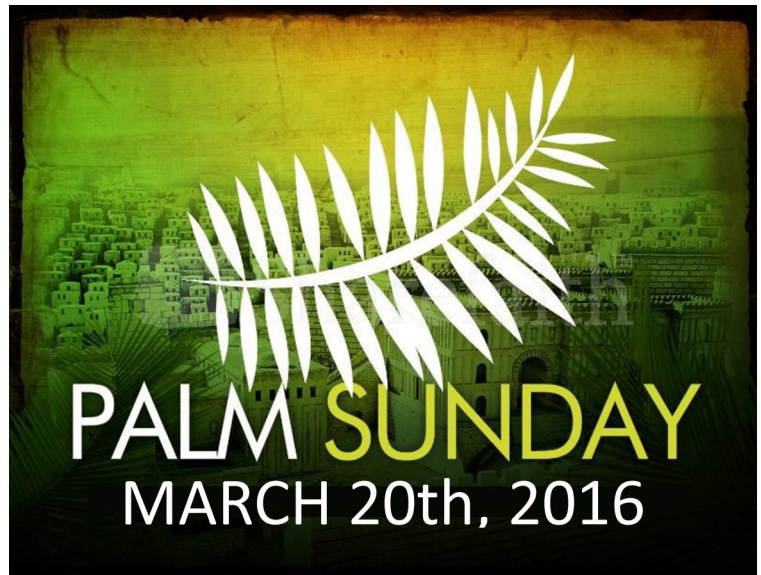


Service of healing

March 13th 7pm



**Help us make
palm crosses at LCOS**
March 19th at 10am



PALM SUNDAY
MARCH 20th, 2016



GOOD FRIDAY SERVICE OF DARKNESS

March 25th at 7pm



March 27th at 9am & 11am

Easter Breakfast at 10am

Acadia Lunch Program: Help Required

In conjunction with McDougall United Church we are supporting a brown bag style lunch program for children at Acadia School and David Thompson. Each week 700 children need an entire lunch or a supplement because they are coming to school hungry. A child may need help once or multiple times each week.

We had been providing lunches twice a month on Wednesday. Beginning in February we will be providing lunches every week and also adding a small amount of assistance to Lord Beaverbrook High School.

To be able to continue this program and to keep costs minimal there is a need for either cash donations (please direct to urgent care) and/or items such as brown paper bags (lunch size or a little bigger), plastic snack bags, plastic sandwich bags and 7 oz. plastic glasses (for the fruit and veggie cups).

In addition, each week we provide 20 – 24 healthy cookies. To date there have been a few people from the congregation baking cookies, but as we move to a weekly schedule we need additional bakers. We ask the cookies be healthy and please remember **NO NUTS** and **NO PEANUT BUTTER**. This would be a huge help. A sign-up sheet is available by the kitchen or online at: <https://www.volunteersignup.org/FYLAY>

If you are interested in learning more, or supporting the program with time or financial support please contact Pastor Lee or the office.

Don't know what a healthy cookie recipe looks like? Here is just one recipe to try out and we have other suggestions.



March Healthy Cookie Recipe

Chocolate Chip Cookies (with chick peas)

From Deceptively Delicious, page 177 (with some modifications by K-L!)

non-stick cook spray (I use parchment paper instead of cooking spray)

1 cup firmly packed brown sugar (I often use Splenda or ½ Splenda ½ brown sugar).

¾ cup trans-fat-free soft tub margarine spread (like Becel) – I use grape-seed oil and normally use only ½ a cup and then add a few tablespoons of milk to the mix if it seems too dry.

2 large egg whites (I usually use 1 whole egg instead)

2 tsp pure vanilla extract

1 (15 oz) can chickpeas, rinsed, and drained (I mash most of them with a fork)

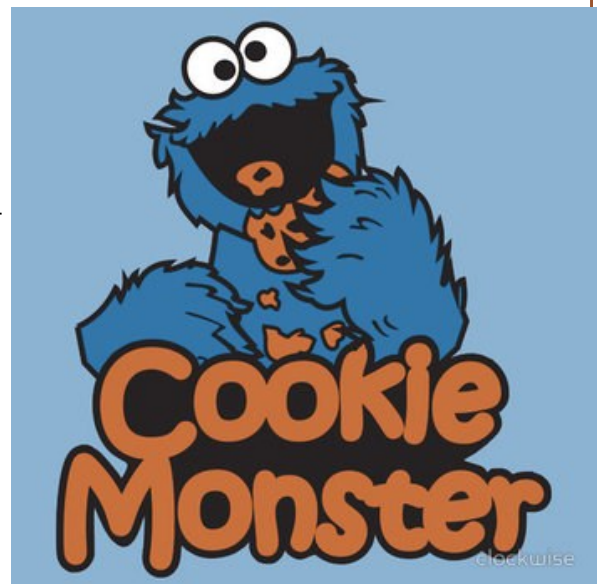
2 cups semisweet chocolate chips

¾ cup chopped walnuts (optional – obviously I don't add these)

¾ cup raisins (optional – I don't use as my kids won't eat raisins, but I like them with raisins)

2 cups whole wheat flour

½ cup old-fashioned rolled oats



Lenten Project

The Brenda Strafford Society for the Prevention of Domestic Violence



The Brenda Strafford Society for the Prevention of Domestic Violence is a second-stage shelter for women and their children who have fled domestic violence. The Centre offers a safe and secure environment. During their six-month stay at the Centre, both women and children are provided with programs and services in a supportive yet independent environment.

Programs and Services include:

*Second-Stage Shelter
Child & Youth Counselling Programs
Progressive Housing, Child Care Programs*

*Follow-Up and Outreach programs
I Am Courage Volunteer Program*

Lutheran Church of Our Saviour is once again pleased to support the Brenda Strafford Centre in two ways.

The first is by putting together special bags of necessities & gifts. There are many women who leave their homes with only the clothes on their back. These bags are gratefully received by these women, and long after the practical contents of the bag has passed, the caring bag serves as a reminder that the larger community is thinking about them and they're not alone.

The second is by providing a new pillow for each resident that comes into the shelter during the year. For sanitary reasons each resident must be given their own pillow to keep. For some of the children it is the first time they have ever had their own pillow.



So, take a bag from the Place of Welcome starting February 10th and fill it with items from the suggested list and next time you are out shopping consider throwing an extra pillow in your cart. All items can be placed in the donation cupboard by **Easter Sunday, March 27th.**

**Our goal is to collect
50 bags and 100 pillows
to supply the Centre for 1 year**

Flock Care Ministry: Is this for you?

Twelve years ago a small group, FLOCK CARE was formed for the purpose of enhancing and maintaining intentional caring supportive connections within the church family for those who were ill, homebound, in residential care, grieving loss or facing other difficult life issues.

The mission statement is: to facilitate, encourage and ensure caring connections within the church family of LCOS and within the wider community as the need arises.

Small Groups are an ideal setting for people to get to know each other and provide a supportive caring place. But many worshippers at LCOS are not members of small groups and that is when Flock Care, if made aware, will visit, provide some basic service, information regarding services, or in some way facilitate an ongoing relationship with the church family.

Is this ministry for you? We meet on the third Thursday of each month except December and July.

Expectations are comfortable (people participate as they are able), and mentoring is provided. We have a devotional study time to enhance our skills and feed us spiritually.

If you would like more information or discuss the possibilities please call Janice Hawkings or Pastor Lee.



Thank you for supporting the CHILL (Christians Helping Individuals Lift Lives) team at Coldest Night of the Year on February 20th. We raised over \$2500.00 as a team and over \$121,00 in Calgary for Feed the Hungry, Acadia Place and The Mustard Seed.



Request for Guest Writers!!!

Do you have something you would like to contribute to our monthly Vine? LCOS is looking for guest writers to share articles in order to add to the depth and breadth of our contributors in the church community.



A little of this and a little of that.....

Do you have a used cell phones that is in good working order?

The Brenda Stafford Centre can reactive phones with new numbers and turn them over to clients who have no other source of communication.

Donated phones should be wiped clean of personal information (deletion of contact names, photos, etc.); placed in a Zip-lock bag; with a 120 VAC wall charger included (since most of the clients don't have cars- a car charger is optional). The name of the cell phone and model should be indicated on the bag. If donors wish, they may include a Telus /Bell/ Fido Pay-as-you-go card to get the user started. This would be a good way to make good use of your old phones that are no longer on contract.

Donated phones can be deposited in the collection box located in the donation cupboard at the church east entrance, on the shelf near the eye-glass collection bin.



Do you travel frequently ?

Have you ever considered collecting the complimentary hygiene items in your hotel room for donation purposes? These travel size items may be perfect for many people in need—bring these and any other items to the church for donation and we will gladly find an appropriate place for them, whether it is the Mustard Seed downtown or the pregnancy care centre.



Time for New Glasses? The Lion's Eye bank can use your old glasses

Clear your cupboards and drawers. We continue to collect used eyeglasses in the box on the top shelf of the Donation cupboard. Please put them in a Zip-Loc bag. From there, they will go on a journey to help someone see. What a great gift.



Need a In Memory/Sympathy Anniversary or Birthday Card?



The Gideons International has sent us a card rack with greeting cards for various occasions, including birthdays, sympathy,

anniversaries, and 'thinking of you.' These Gideon Expressions cards are a fundraising effort for the Gideons organization, which has for many years been involved in putting the Bible into the hands of those who otherwise might never have the opportunity.

To participate in this fundraiser, simply give a card from the selection of cards which are in the church foyer, donate according to the instructions given within the card (online, by phone, or by mail), and help change a life! As little as \$3.00 can place a Bible. Around the world, the Gideons are well known for their hotel bibles, but their primary efforts are actually geared toward sharing Scripture in schools, colleges, prisons, hospitals, and medical offices. So far, they have placed 1.9 billions Bibles around the world!!



CLWR: EMERGENCY: Ethiopia is experiencing its worst drought in 50 years

ETHIOPIA DROUGHT APPEAL

*Without urgent help,
millions of people are
in danger of starvation*



Your support is needed now to prevent hunger

It's a humanitarian crisis few have heard about in North America, yet it has been classified at the highest level of humanitarian emergency, along with the war in Syria. No rain has put more than 10 million people at risk for starvation in Ethiopia, and an estimated 400,000 children are at risk of developing severe acute malnutrition, which can lead to stunting, and physical and mental delays in development. Canadian Lutheran World Relief is working with trusted aid agencies on the ground to provide Ethiopian families with food now. Your support also helps provide the supplies and infrastructure they need to produce food when the rains do come. Please donate today to provide food and livelihood supports for those affected by hunger: <http://clwr.donorshops.com/product/F669712/ethiopiadroughtappeal.php>

Read more about the crisis on CBC News: "Ethiopia faces worst drought in 50 years, UN warns:" <http://www.cbc.ca/news/world/ethiopia-drought-warning-1.3418321>

WE CARE Backpacks Work Bee March 5th at 10:00

We Care Backpacks Work Bee are a great "giving opportunity" and a way to support refugees around the world, and the work of Canadian Lutheran World Relief (CLWR) by filling a backpack to support those presently in refugee camps around the world. Our church council is proposing a goal of 500 "We Care" Bags. A dual challenge, also to observe the 500th anniversary of the Reformation. We will be doing a variety of different kits through 2016. Our first batch of kits will be prepared on March 5th.

We Care Backpacks Work Bee is happening this coming Saturday at 10:00 am. The plan is to complete 135 Living and Learning kits. To complete the kits we need the additional items:

- 1) 135 packages of 10 pencils each (or 1350 pencils). The pencils need to be HB, unsharpened and with erasers on the end.
- 2) 135 bars of full size soap
- 3) 10 to 20 volunteers to help on Saturday

If you prefer you can make a donation through the offering plate to "We Care Kits" and the supplies will be purchased. If you can help with any of the above please Contact Jaqui Anderson or the office as soon as possible.



National Lutheran offices welcome Syrian refugee family to Canada

Reprinted from Feb 24th email



Winnipeg, 24 February 2016 - National Office staff at the Evangelical Lutheran Church in Canada (ELCIC) joined with staff from Canadian Lutheran World Relief (CLWR) and Lutheran Church-Canada (LCC) late Tuesday night at the Winnipeg International Airport to welcome a Syrian refugee family to Canada.

The family's sponsorship is a joint partnership between the three national offices.

Last fall, CLWR staff members began collecting pledges to sponsor one person. CLWR extended the invitation to the two churches to join the initiative, making it possible to bring an entire family to Canada.

"Last summer our church adopted a policy on welcoming the stranger. It is so wonderful to put that policy into action," says ELCIC National Bishop Susan C. Johnson. "As a church we have also committed ourselves to sponsoring 500 refugees in commemoration of the 500th anniversary of the Lutheran reformation. I'm delighted that myself and my colleagues at the National Office will get to participate in this commitment in a hands-on way!"

The husband and wife are in their early thirties, and they both worked as English teachers in Syria. They have two young sons under the age of nine. The family fled to Jordan after the Syrian conflict began and were living in the capital city of Amman before being connected to CLWR in Winnipeg. A relative of the family was also at the airport to greet them and provide them with a place to stay for their first night in Winnipeg.

With just a few days' notice of the family's arrival, there was a scramble over the weekend to make final arrangements for an apartment, furniture and household items, a phone and groceries to last for the first few days.

Arrangements quickly fell into place thanks to CLWR's experience in this area. CLWR has been a Sponsorship Agreement Holder with the Canadian government since the 1970s and has been facilitating refugee sponsorships for decades for groups of private Canadians.

"My colleagues and I felt it was time to 'walk-the-walk' and become sponsors ourselves," says Robert Granke, CLWR's executive director. "I have visited Jordan and met Syrian mothers and fathers who are desperate to resettle in a safe place where they can work, educate their children and become part of a community. We knew we could support a family in this way."

This is the first time national office staff from the ELCIC, CLWR and LCC have joined together to sponsor a refugee family.



Money for a Dinosaur?

By Duane Grady

Two friends, Bob and Donald, were arguing about the size, color and character of dinosaurs. Just for fun, Donald pretended that he didn't even believe in the existence of dinosaurs. He knew that Bob loved going to the museum to look at dinosaur bones. Donald actually believed that dinosaurs had existed, and in fact, he knew that the large friendly ones were purple with yellow spots.



After a while their conversation slowed to a crawl and Bob said, "You know, I sure wish I had enough money to buy a dinosaur." "Whatever would you do with one?" asked Donald. "Oh, I don't really want the dinosaur. I just wish I had the money."



Wishing for money we do not have is a long-established practice. Often, people yearn for things that they cannot afford to buy and believe that if they had such things they would be happier.

God also yearns for money, but not to buy trivial things. Instead, God uses money to transform lives, heal souls, and call people to a new way of living. These things do indeed cause people to be happier. The struggle may be that in order to give the money for God's purposes, we may have to give up on some of what we desire.

For today, let us begin with agreeing that we can live contented lives without owning a dinosaur. Perhaps we can even live a good life without hanging onto the money for buying one, just in case one becomes available. The real trick is shifting our focus way from what we want towards what God wants.

Breakfast at the Seed One Saturday a month at 6 am

If you are sixteen years of age and older, and have some time on a Saturday morning, why not come out to help prep and serve breakfast for approximately 325 – 375 residents of the Mustard Seed at the Foothills Industrial Park Shelter? 6 to 8 volunteers are needed.



We meet to cook and serve a hearty breakfast (typically eggs, sausages, hash browns, toast and coffee) to those in our community who are less fortunate. Although it is an early Saturday morning, we receive great fellowship and a strong feeling of accomplishment. Questions? Contact Ken Farn.

Our next few dates are March 5th, April 2nd, and May 7th.

Sandwich Sunday

Simply get a loaf of bread and make sandwiches to be placed back in the bread bag. They can be any kind, ham, cheese, lettuce, mustard—whatever you would like. Bring the bag of sandwiches to the church on the second Sunday of the month and place them in one of the fridges in the Kitchen. They are then taken down to the Calgary Drop-in Centre by a member of our congregation. The Calgary Drop-in Centre is grateful to receive the sandwiches. We can make a difference!



MURAL FUNDRAISER



FaithLife Financial will match the
first **\$500** raised between
February 21st and March 27th

102 panels remaining



Noah's Ark

Sponsor a Mural Mosaic Ark panel between now and Easter Sunday and FaithLife Financial will match the first \$500. The funds raised will go towards roof repairs and our capital maintenance account to look after our aging building. FaithLife Financial has generously agreed to match the first \$500 raised from February 21st to March 27th for each \$40.00 panel sponsored. Please stop by the mural between Services or contact the office.

For \$100.00 you may sponsor a panel and receive your choice of one of three prints. If you would like to sponsor a panel "in memory" or "in celebration" of a particular event the office will provide a card for the occasion.

Marriage Conference

Suffering from a Troubled Marriage?

Retrouvaille is a growing international organization, dedicated to helping couples repair their hurting marriages, through a Christian based program of retreats and follow-up sessions. The next session is March 11-13. Call Brian and Lee Weatherill, (403) 282-9531 or www.HelpOurMarriageCalgary.com



Pledges Received for 2016

A total of 79 pledges have been received committing a total of \$213,354 for 2016.

This compares to 2015 where there were 79 pledges for a total of \$216,400.

This is a 1.4% decrease in the amount pledged.

Get on PAR (Pre-Authorized Remittance) at LCOS

Did you know that you may give to LCOS via pre-authorized remittance one time per month from your bank or credit union chequing account? This program is like any other pre-authorized debit program and is called the PAR (Pre-Authorized Remittance) program. Debits will be drawn from accounts on the 20th of each month. Whenever the 20th falls on a weekend or holiday, the debits will be drawn on the first business day following the 20th. Donations via the PAR program will be recorded on quarterly statements and year-end tax receipts along with all other giving.

Amounts from PAR can be directed to:

- 1) The LCOS general budget
- 2) Canadian Lutheran World Relief (CLWR)
- 3) Mortgage debt reduction

You can give additional amounts and to other purposes via your regular donation envelopes.

The minimum amount to give via this program is a total of \$50.00 per month.

You can sign up, make banking or donation amount changes, or withdraw from the program at any time. These changes will be effective the month following the submission of the change. Forms are available to process these changes. The program is administered by the Financial Secretary. Authorization forms are available in the Place of Welcome.

PAR: If you give by the Pre-Authorized Remittance (PAR) Program and you have made a change to your pledge amount for 2016 (as compared to 2015), you will need to complete a PAR Amount Change form and submit to the Financial Secretary via church mailbox # 91. If the form is submitted by February 01, 2016 the amount will be effective for the February 20, 2016 withdrawal.

Internet e-transfers are also available!

To make a one time or recurring email transfer simply send donations to donate@oursaviourchurch.ca. Please include either your envelope number or your name and address in the email so that we can give you a proper receipt at the year's end.

Flower Chart

The 2016 flower chart is on the Worship Bulletin board by Pastor Lee's office.

If you would like to place flowers on the altar in memory, celebration, or just because, please write your name on the Sunday you choose. Contact the church office with any questions.



Message for Congregations



Dear Sisters and Brothers in Christ –

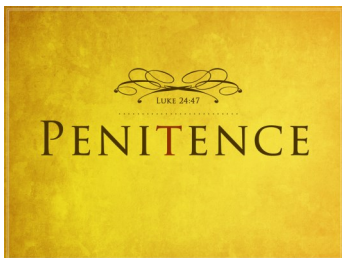
Throughout 2016 I invite you to reflect with me on the theme of “Practicing Our Faith” as you gather for church council, adult study, youth group, coffee group, choir rehearsal and are engaged in learning, discernment and reflection together. Dorothy Bass has edited an excellent resource published several years ago by Jossey-Bass, *Practicing Our Faith*, which I will be using as a primary resource. Together with Don Richter, Dorothy Bass has also edited a second book, *Way to Live: Christian Practices for Teens*, published by Upper Room Books, which is also an excellent resource. Each article will include a Scripture reference, thematic reflection, questions for consideration, and a prayer. Portions of this article were also used in the February 2013 Monthly Message for Congregations and Lay and Rostered Leaders and the March 2014 edition of the *Canada Lutheran*.

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*I want a fast
from gluttony of nations, systems, policies
that feed some well others starve for grain,
for bread,
for dreams,
for peace.*

Jan Richardson, *Sacred Journeys*

“giving something up for Lent”



I’ve often struggled with the notion of “giving something up for Lent.” Now don’t get me wrong; I am all for spiritual practices and discipline. I’m just not sure that the act of giving up chocolate or TV or texting for Lent can draw us closer to God in and of itself. Laurence Hull Stookey puts it well when he writes: “Lenten disciplines are not temporary deletions or additions, but spiritual exercises that permanently alter us....The fuller Lenten discipline is a self-examination that seeks greater conformity to the mind of Christ, and more effective ministry on behalf of the world” (*Calendar: Christ’s Time for the Church*, Abingdon Press, 1996, p. 82).

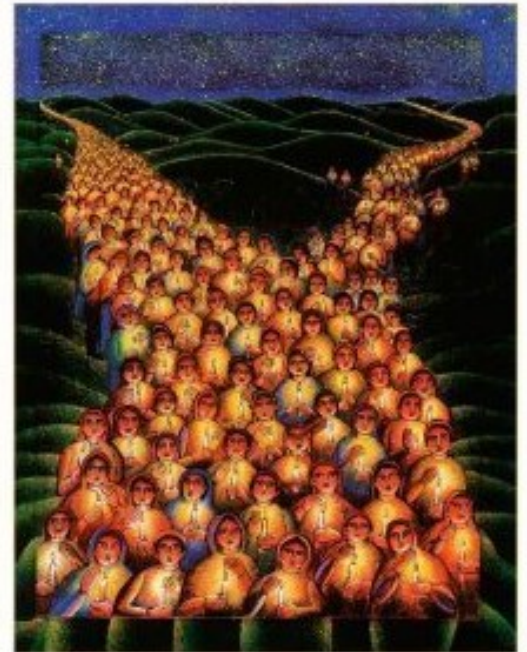
The concept of a period of penitence and preparation for the celebration of Christ’s resurrection through spiritual exercises such as fasting originated as a way of preparing new converts for their baptism, which would occur at the Easter Vigil. As Christianity gained a foothold in the culture and infant baptism became the norm, this time of preparation was extended to include those who had already been baptized.

Within our faith communities’ “giving something up for Lent” is frequently heard. “Giving something up” as a reminder of what Christ gave up for us in his incarnation, his life on earth, and his death. But while we may have the right intentions, I wonder if our practices truly alter how we view the world around us; our relationship with Christ; or our relationship with one another.

This Lenten season I encourage you to think deeply about your Lenten observance. Instead of asking what you can give up for Lent, consider what stands in the way of a closer walk with God. Do you need to turn the TV off in order to spend more time in prayer and Scripture reading? Then by all means limit your TV viewing and replace it with devotional time. In other words, whatever we choose ought to bring us closer to Christ himself.

But there is more. Christ gave himself up for others, and through our baptism into Christ we are called to do the same. During Lent, consider what practices will help bring about Christ’s kingdom here on earth. Are there people with whom you need to be reconciled? Is there a way to promote justice in your community? Are there opportunities to serve the poor, the widow, and the orphan? Asking these kinds of questions will lead us to practices that result in the deep change intended by Lenten observances.

PRACTICING OUR FAITH SECOND EDITION



DOROTHY C. BASS

This year, rather than simply “giving something up for Lent” I challenge you to give more of yourselves to Christ by finding one or two ways in which your life can more fully emulate his. Perhaps these will become habits that don’t end with Easter but continue to sustain you throughout the year.

Read and Reflect: Psalm 136

Discuss and Reflect:

What in this reading leads you to say, “I wonder about...”, or, “I noticed...”
What memories does “the season of Lent” evoke for you?
How have your patterns of “giving something up for Lent” changed during the course of your lifetime?

Comment on the following: *This year...I challenge you to give more of yourselves to Christ by finding one or two ways in which your life can more fully emulate his.*

Pray together: *Spirit of God, Life and Life-giver, Root of all life, Enlivening Wind, washing away sin, anointing each wound, You are True Life, alive with Light, worthy of praise, awakening the heart from death to new life. Amen.* (Hildegard of Bingen)

The God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit (Romans 15:13).

In Christ Jesus –
Shalom,
+Larry

The Rev. Dr. Larry Kochendorfer, Bishop
Synod of Alberta and the Territories
Evangelical Lutheran Church in Canada

Spirit -Led Leadership - Hope-Filled Discipleship - Innovative Tradition - Collaborative Partnerships



Annual Spring Clean-up

April 9th



Watch for
Sign-up Sheets
in March

WALK OR RUN FOR LOVE

Saturday, April 30, 2016

Support Lutheran Hospital Ministries – Southern Alberta’s Visitors
Who bring Jesus’ Healing to Patients in Hospitals and Care Centres

Join the Fun  Raise the Funds \$\$\$

Walk or Run 5 km through Confederation Park

Sponsor a Walker or Runner

Support by Donations

9:00 am Registration at Faith Lutheran Church

1903 – 19 Avenue NW, Calgary

9:30 am Walk & Run Begin

Finish with Lunch at Faith Lutheran Church

Tax Receipts will be issued for sponsorship donations of \$10 or more.

Pledge forms are available from your Church Office
or from

Lutheran Hospital Ministries – Southern Alberta
66 – 7 Street NE, Calgary, AB T2E 4B7

Phone: (403) 264-4045 email: lhmsac@gmail.com

Website: www.lhmsa.ca

THE WALK WILL TAKE PLACE COME RAIN OR SHINE, OR SNOW

Thank you to all walkers and donors for your unfailing generosity towards Lutheran Hospital Ministries – Southern Alberta in the past walks. We are again asking for your support. Our annual fundraiser, a Walk/Run for Love, will take place on April 30, 2016. We will meet at Faith Lutheran Church and walk or run a 5 km course through Confederation Park.

If you love to walk or run, come and join us. We meet at Faith Lutheran Church, 1903 – 19 Ave NW at 9:00 am. The Walk begins at 9:30. This once-a-year fundraiser supports the Ministry in our training program for volunteer visitors, who visit patients in hospitals and care facilities. If you cannot walk or run, consider being a “virtual walker” by collecting pledges.

Our goal this year is to raise \$19,000. Faith Life Financial is a sponsor and will match donations up to \$500. Please contact your Church office for more information about the grant.

For more information about the Walk please contact us at (403) 264-4045 or lhmsac@gmail.com.
Thank you for your faithful support.



CAIP

Calgary Aging in Place
Cooperative



*Aging gracefully in the security of
your own home can be in your hands.*

Help for Seniors to Stay in their Homes as they Age

"Grow old along with me! The best is yet to be." Robert Browning (1812 - 1889)

The mission of the Cooperative is to allow seniors to stay at home and be supported as they age.
The first leg of this project involves providing services needed by seniors.

Services to Members

Examples of services: house cleaning; snow removal; handy person help; etc.

Services will be provided to members of the cooperative at cost recovery.

Monday, February 29, 2016, 1:30PM to 3:00PM

We will provide information on how seniors can become members and therefore access the services; and how service providers can be hired by the cooperative. We will also share with you our plans on secondary suites as a source of income for seniors. Some of our approved service providers will be on site to introduce themselves to you and answer any questions you may have:




at McDougall United Church, 8516 Athabasca Street SE

For further information, contact us by email at calgaryaginginplace@gmail.com , 403-630-1427

How is The Calgary Aging in Place Cooperative beneficial to residents of Calgary?

- Seniors in need of services at home will be able to access them by becoming members
- People with "service providing" skills and in need of work can apply to become a service provider in the cooperative.

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Upcoming Events: April 1—Movie Lovers April 9—Annual Spring Clean-up April 16—Family Movie Night April 23—Congregational Life—Red Deer April 23—Canadian Blood Services Donor Clinic at LCOS April 30—Watoto Children’s Choir April 30—VBS Funshop</p>		<p>1 1:00 Games Group 7:00 Yoga</p>	<p>2 9:30 Experiencing God 9:30 MOPs Steering 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 Choir 8:30 Praise Team 11 AM</p>	<p>3 7:00 The Experiment</p>	<p>4 11:00 World Day of Prayer at Deer Park United 7:00 Youth Girls Night</p>	<p>5 6:00 am Breakfast at The Seed 10:00 We Care Work Bee</p>
<p>6 9:00 & 11:00 Worship Service 10:00 Young Explorers The Experiment 10:30 Mortgage Burning Celebration 6:30 Discipleship</p>	<p>7 1:00 Memory Plus Alzheimer support group 7:00 Al-anon Information 7:00 Divine Drama</p>	<p>8 7:00 Today’s Pilgrims 7:00 Yoga</p>	<p>9 9:30 Experiencing God 9:30 MOPS 7:00 Al-anon</p>	<p>10 10:00 Morning Glories 7:00 The Experiment</p>	<p>11 7:00 Movie Lovers: “The Way”</p>	<p>12 6:30 Family Movie Night: “The Good Dinosaur”</p>
<p>13 Daylight Savings Sandwich Sunday 9:00 & 11:00 Worship Service 10:00 Adult Bible Study Young Explorers The Experiment 4:00 MOPS 7:00 Service of Healing</p>	<p>14 1:00 Memory Plus Alzheimer support group 7:00 Fireside Group</p>	<p>15 1:00 Games Group 7:00 Yoga</p>	<p>16 9:30 Experiencing God 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 Choir 8:30 Praise Team</p>	<p>17 7:00 The Experiment 7:15 Flock Care</p>	<p>18 7:00 Doug Rawling Concert</p>	<p>19 10:00 Making of Palm Crosses</p>
<p>20 Palm Sunday 9:00 & 11:00 Worship Service 10:00 Adult Bible Study Young Explorers The Experiment Noon: Israel Group 6:30 Discipleship</p>	<p>21 1:00 Memory Plus Alzheimer support group</p>	<p>22 7:00 Today’s Pilgrims 7:00 Yoga 7:00 Church Board</p>	<p>23 9:30 Experiencing God 9:30 MOPS 11:00 Acadia Lunch Program 7:00 Al-anon</p>	<p>24 10:00 Morning Glories 7:00 Service </p>	<p>25 7:00 Service of Darkness </p>	<p>26</p>
<p>27 9:00 & 11:00 Worship Service 10:00 Easter Breakfast </p>	<p>28 Easter Monday Office Closed 1:00 Memory Plus 7:00 Fireside Group</p>	<p>29 7:00 Yoga</p>	<p>30 9:30 Experiencing God 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 Choir 8:30 Praise Team</p>	<p>31 7:00 The Experiment</p>		<p><i>Communion Sundays: March 6 March 20 March 27</i></p>