



# LUTHERAN CHURCH OF THE CROSS

March 2016

## March is filled with High Holy Days

On Ash Wednesday, we walked through the Doorway to the Desert, following Jesus after his baptism as he was led by the Spirit in the wilderness. Remember? At his baptism, he heard a voice from heaven say, "You are my Son, my Beloved. With you I am well pleased!" Then he went on a spiritual journey to think and pray and discover what this means. We too hear that voice at our baptism and we are called to wrestle with our identity and calling as children of God.

**Sundays in Lent** will help us in this work as we hear and consider the story of the Lost Son. The characters in this story speak to us in various ways and call us to repentance. Sundays are a time to consider our lives and our identity anew, to repent, and to be fed in God's sanctuary with a variety of amazing gifts, including Word, story, song, and bread. **Sunday services begin at 10 and last 60-90 minutes.**

**Thursdays in Lent** lead us from confession and repentance to consider the possibilities of the great life to which we are called. A simple practice of hearing the Word and wondering, in a gentle atmosphere beckon us to the life and healing God offers each of us. **Thursday evening services begin at 7 and last 30 minutes.**

**The Story of the Lost Son culminates on Palm Sunday**, when we join together in a congregation-wide feast. Put on your evening best – your finest clothes and most lavish jewelry. The Master is killing the fatted calf, because the Lost Son is found! What are your favorite hors d'oeuvres? What food do you like to feast on? **BRING IT!** Do you have fancy candlesticks and candles? **BRING THEM!** Do you love flowers? **BRING THEM!** Do you have friends who have been estranged from God and/or the church? **BRING THEM!** Let the Lost be Found. The party is on! **Palm Sunday begins in the fellowship hall on Sunday March 20 at 10 am.** Please bring your food, candlesticks and candles, and flowers to the sanctuary before worship begins. Also, consider hospitality to those with gluten and dairy sensitivities and kindly label your dishes so people know which food are safe for them.

During **Holy Week**, we recount the final days of Jesus life as we trace his steps and hear him day by day. Plan to carve

time out of your schedule to journey through the sacred mystery. Remember: *Easter is not Easter without Holy Week!* Holy Monday, Holy Tuesday, and Holy Wednesday services are held **March 21-23. Matins begin at 9 am and Vespers at 7:30 pm. Each service lasts 30 minutes.**

On **Maundy Thursday**, we gather with the disciples around the table as Jesus shares a final meal with his friends. Hear their stories, witness their fears, and join the conversation as Jesus turns his face toward the cross. The Maundy Thursday Living Last Supper begins **Thursday March 24 at 7:30 pm and lasts 60-90 minutes.** Maundy Thursday matins begin Thursday March 24 at 9 am and last 30 minutes.

On **Good Friday**, we recount the events of Jesus' trial and gather at the foot of the cross, where through Word and music we witness his execution. Horror and sadness flood our day and our lives as the world is plunged into despair and silence. Good Friday service begins **Friday March 25 at 10 am and lasts 60-90 minutes.**

On **Holy Saturday**, the world waits in stillness. The disciples ponder the blur of the last three years with Jesus and wonder if they have wasted their time. They have witnessed his execution and wonder if they are next. We wait with them in darkness and recount the ways God has saved people in the past. Through music and story, we re-live salvation history and wait for a miracle outside the tomb.

The **Great Vigil of Easter**, a family-friendly celebration begins **Saturday March 26 at 10 pm** and lasts 2 hours. Think of this one as the best version of New Year's Eve you can imagine. Let your kids stay up late and keep vigil with you. We celebrate with chocolate and sparkling drinks at midnight, with the tomb bursts open and we are baptized into new life.

The season is not complete without the blow-out **celebration of Easter** to end all celebrations. People gather, dressed in their finest. Flowers abound, glorious music breaks the silence, and a redeeming Word of glory and promises bursts from the tomb. Easter worship begins Sunday March 27 at 10 and lasts 60-90 minutes. BLAST offers a festival egg hunt and treats following worship.

Pastor Laura



## Holy Week

# A glance at March Ministry Happenings....



- March 2** - Sandwich Making—7:30 am
- March 3** - Lenten Service—7 pm
- March 3** - Buddhist Immersion—7:30 pm
- March 5** - Men’s Breakfast—8 am
- March 5** - Knitting for Peace—10:30 am
- March 6** - Interfaith study— noon
- March 7** - Council Meeting—7 pm
- March 10** - Soup Making—9:30 am  
Lenten Service—7 pm
- March 12** - Finding God in the Dark—9:30 am—4 pm
- March 15** - Prayer & Care to Mount Royal University—9 am—1 pm
- March 17** - Lenten Service—7 pm
- March 19** - Men’s Breakfast—8 am  
M & M Women’s Study—10 am
- March 20** - PALM Sunday & BLAST Showcase
- March 21—23** - Evening Vespers—9 am & 7:30 pm
- March 22** - Prayer & Care—5:30 pm
- March 24** - Maundy Thursday Worship—7:30 pm
- March 25** - Good Friday worship— 10 am
- March 26** - Easter Vigil—10 pm
- March 27** - Easter Sunday worship—10 am
- March 28**— Office Closed—Easter Monday

**Morning Prayer**—Every morning at 9 am—Monday—Thursday.

**Choir**—Thursday evenings at 7:15 pm

**Faith Formation**—Tuesday evenings at 7 pm

**Youth Band**—Monday afternoons at 4:30 pm



## Lutheran Church of the Cross

10620 Elbow Drive SW Calgary, AB  
[www.churchofthecross.ca](http://www.churchofthecross.ca)  
[churchofthecross@shaw.ca](mailto:churchofthecross@shaw.ca)  
 Pastors Laura & Phil Holck  
 403-255-4792

### Mission

Gathered by God to worship and grow.  
 Empowered by Spirit to love and care for each other  
 Living Christ’s love by witnessing to all.

### Vision

To be a vibrant and growing congregation unified in sharing the love of Christ through words and actions.



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# Take a step toward greatness

At the AGM (Annual General Meeting of the congregation) we invited everyone to dream about our congregation's future.

We offered some things for reflection: a review of last year's ministry events, questions to inspire us to discern where God is at work and where God is calling, and ways in which we might be standing still instead of moving forward.

Personally, I invest myself in the congregation. I invest my money, my career, my volunteering, my character and personality, my thoughts and dreams. I strive to invest my all. Such investment may seem overwhelming from the outside looking in, but I'd like to remind you of one simple thing: A journey of 1,000 miles begins with a single step.

I am invested this way because I have been taking single steps for a long time. I have come to understand that I would rather have a healthy, vibrant, funny, relevant, deep, serving congregation than almost anything else in my life. (If I said I would rather have that congregation than my family, I might get into trouble with a few people....) But for sure I would rather have that kind of congregation than a \$5 coffee or cable TV. So I have sacrificed and continue to sacrifice some simple and basic pleasures to invest myself in the congregation I would want to be part of.

This year, all year long, we will be asking you to take a step.

What kind of congregation do you want to be part of? We are asking you to dream of God's realm, not of your personal ideas of what would make a congregation great. Dream of the congregation of the "New Jerusalem" with streams of living water and the Tree of Life, whose leaves

are for the healing of all the nations, at its center. Dream of what's possible for your family, friends, and neighbors and for our city, province, country, and world if that's the congregation we invest ourselves in. Dream of an Agape Café where no one is left out,= but everyone experiences the lavish free grace of God.

Then of course the next question is: "Where do you need to take a step to make that happen?" All of us are standing still somewhere in our life of discipleship. We have given up on music or the Word, on fellowship or study. We don't come to worship, or we come and then complain. We are letting other people's money support the ministry while we remain frivolous or lazy. We stand back and hope someone else will lead.

Where do you need to take a step? Do you need to get involved with a study? Develop your leadership? Increase your giving (or start to give)? Encourage others? Invite your friends? Risk sharing your faith?

Make no mistake, this community is growing. It is getting deeper and wider. That means we all need to take a step. God is calling us to believe, to belong, and to become. God is calling us to step out in faith. God is asking us to trust the community that is being built.

Check out the "Take a Step" packets near the mailboxes. Pick one. Or pick two or three. And take a step....

## Three simple rules in life:

*If you do not go after what you want, you'll never have it.*

*If you do not ask, the answer will always be no.*

*If you do not step forward, you will always be in the same place.*

-Anonymous

Peace,  
Pastor Laura



**Radical hospitality:  
Offering a “Welcome!” to everyone**

# We gather on Treaty 7 territory

When I first visited San Antonio, I went to the IMAX theatre on the Riverwalk and watched the short film about the Alamo.

*Here’s a story summary: In 1836 San Antonio was the capital of Texas, a military garrison, a center of commerce, and the frontier for the fight for independence from Mexico. In the late winter, General Antonio López de Santa Anna of Mexico led troops to San Antonio to defeat the rebellion there once and for all. A mass exodus ensued as San Antonio was abandoned to the Mexicans. Yet a small reserved and motley group of soldiers retreated across the San Antonio River and barricaded themselves inside a fortified mission called the Alamo, setting up one of the most famous stand-offs in US history. Within two weeks, the rebels inside the mission-fort were killed, as the less than 200 men were no match for the 1500-strong army of Santa Anna. The 13-day siege of the Alamo served to rally Texan rebels eastward and under the battle cries “Remember the Alamo!” and “Remember Goliad!” (although Goliad does have the enduring remembrance of the Alamo), Santa Anna was definitively defeated at the Battle of San Jacinto 6 weeks later and Texas gained its independence.*

After viewing the film, I cross the paved street and limestone courtyard and entered the Alamo, the state’s most famous “Shrine of Texas Liberty.” It was originally built as a sanctuary and it has been returned to that state. Flags from the home states of all those who fell in the battle line the walls. Silence is requested and granted. People wander through the exhibits with reverence.

When in such places, I often think that my relative safety is simply a matter of timing. Had I been in that same spot in early March 1836, the scene would have been horrific

and my life in danger, but here I stand in peace and comfort.

What has this to do with radical welcome and gathering on Treaty 7 territory?

People in San Antonio still say, “Remember the Alamo!,” but they still mean it as a battle cry. People haven’t learned that the price we pay for a bit of land is too high if someone’s blood is shed. At the peaceCENTER in San Antonio, we also used to say, “Remember the Alamo!”, but we added “So we never do that again.”

Each Sunday when we gather for worship we say, “*We acknowledge that we are gathering on Treaty 7 territory.*”

We may say it with more explanation sometimes and less other times. It is the Canadian version of saying, “Remember the Alamo so we never do that again.”

Acknowledging where we are gathering is acknowledging that people and the land itself have suffered here. It calls to mind the pain of people who have been removed from their homes

and the role that our provincial and national ancestors played in that removal.

This acknowledgment is not meant to induce guilt, but to invoke responsibility. As Jesus’ followers, we are called to build relationships with all sorts of people, but particularly with those who have been marginalized. Our gathering acknowledgement calls us to tell the truth about our country’s checkered past (not just the parts we like to hear), to discover and build new friendships, to make amends, to practice forgiveness and reconciliation, and to remember the time when this land was not peaceful.

When we say, “*We acknowledge we are gathering on Treaty 7 territory,*” we are saying: “*We know our people have done horrific things. We vow to break that tradition. Forgiveness and reconciliation will be our way of life.*”

Pastor Laura



# Worship Matters: Professing Our Faith

*“Liturgy”* is the formal name for our worship form and patterns.

The word *“liturgy”* comes to us from the ancient Greek words *“leitōs”* (public) and *“ergos”* (work) and can be translated *“public work”* or the *“work of the people.”*

Churches always seem to wrestle with identity, purpose, and matters of faith. The early church was no different. Less than 300 years after the death and resurrection of Jesus, people were at odds about those events and what they meant. In other words, they fought over matters of faith.

Councils were formed for heads of the churches around the world to gather, discuss, argue, and attempt to reach consensus about matters foundational to the life of faith. In such councils, the offices of pastors and bishops were defined, the books and letters to be included in the canon of Holy Scripture were debated and decided, and creeds for publicly professing the faith of the church were written.

In the early church, most of the debating centered around issues of Jesus’ humanity and divinity. Some argued Jesus was not human. Others argued he was not God. Some people said he was Mary and Joseph’s son adopted by God; others said he was immaculately conceived in Mary by the Holy Spirit. (It is also recorded that these councils were often knock-down drag-out fights that ended with the senior-most church official making a decree about what the church would do and profess! These occur to me like badly run AGMs!)

Thus, when we look at the fourth century creeds (The Apostles’ Creed and the Nicene Creed) we see evidence of an early church trying to affirm Jesus’ rightful place in the Trinity. The longest portions of the creeds are about Jesus and they stress his equality with God and his godly work.

This is well and good for the church, but 1700 years later we have other articles of our faith and life together that need shoring up.

Sometimes we need to confess the contents of Jesus’ way of life. We need to say out loud together that we are striving to follow a Lord who accompanied people who were marginalized. We need to say and hear that he spent his time listening, teaching and healing. Sometimes we need to hear and speak aloud together what happened in the space between *“He was born of the virgin Mary”* and *“He suffered under Pontius Pilate.”*



Other times, we need to profess our belief in the creative and loving nature of God, whose name in the time since the fourth century has been used to endorse the Crusades and the Inquisition as well as the Renaissance, the Reformation, and the Enlightenment. We need to profess out loud that God has created a beautiful world and asked humankind to care for it.

We also need to lift up and profess the way the Holy Spirit empowers people and binds people into community. God’s call seems elusive and hard to hear, especially given the clatter of all of our

industrial and technological gadgetry. Sometimes we need to emphasize our struggle and delight to hear and follow the life-giving Spirit.

Sometimes in our worship we profess our faith in the words of the ancient creeds. We thus acknowledge our connection with ancient worshippers and the early church, claiming our heritage and lineage.

Other times we turn to modern and current professions of faith. We acknowledge the history that has unfolded since the early creeds were written. We also acknowledge our need to hear and profess newly the aspects of our relationship with God that will empower us to live as faithful people in this time and place.

These are complicated matters and at the same time very simple.

The creed asks us to consider,

- *“What do you believe?”*
- *“Are you willing to say that out loud?”*

Peace,  
Pastor Laura



## CAUSE OF THE MONTH In Mission With El Salvador

**Pastor Brian Rude**

Shrove Tuesday was the setting for a Pancake Supper to raise money for C.L.W.R. – Refugees. **\$566.65** was raised with matching funds of \$500 from Faith Life Financial.

A special ‘thank you’ to our pastors who involved youth (and adults) in a pancake toss and race, pancake cook off and southern dainty desserts. Our thanks to all who participated!

## Prayer & Care

*“The Paradoxes of Mourning”*

**Tuesday, March 15**

**9:00 A.M. – 1:00 P.M.**

Mount Royal University  
4825 Mount Royal Gate S.W.  
“Ross Glen Hall”

**MUST PRE-REGISTER**

**March 22 —5:30  
pm—potluck**



*“Knitting for Peace”* will meet the **1st Saturday** of each month from **10:30 to noon**. All levels of knitting skills welcome. Please bring your needles, any project you might have on the go and ideas for what you would like to knit this year. Wool is available at the church. Last year the group made mittens, scarves, hats and blanket squares for local charities. Come and enjoy a morning of fellowship while knitting for those less fortunate in our city.

### Mid-week Lenten Services:

**March 3, 10, 17**

### Palm Sunday

**March 20—celebration service @ 10 am**

### Holy Week Worship:

**March 21—24 @ 9 am & 7:30 pm**

**Good Friday worship—Friday @ 10 am**

**Easter Vigil—Saturday @ 10 pm**

**Easter Sunday—10 am**



# World Day of Prayer



**FRIDAY, MARCH 4 at 11:00 a.m.**  
– **"Receive children. Receive me."** at **St Andrews Presbyterian Church, 703 Heritage Drive SW.**  
written by the World Day of Prayer Committee of Cuba

Please join us and invite your friends and family to attend World Day of Prayer 2016.

**WDP Background** In Canada - Presbyterian women called together representatives of women's missionary societies from 5 denominations in 1918 for united prayer and action. This committee, which now has expanded into the ecumenical **Women's Inter-Church Council of Canada with 10 partner churches**, organized the first national Day of Prayer in Canada on **January 9, 1920**. In 1928 this statement came from the WDP Committee: It is with deep gratitude that we recognize the growing power inherent in our World Day of Prayer. The circle of prayer has expanded literally around the world. We have learned the great lesson of praying with, rather than for, our sisters of other races and nations, thus enriching our experience and releasing the power which must be ours if we are to accomplish tasks entrusted to us.



## SERVICES IN CALGARY ARE AS FOLLOWS:

### Deer Park United

77 Deerpoint Road SE Fri, March 4 @ 11:00 am  
403-278-8263

### St Andrew Presbyterian

703 Heritage Drive SW Fri, March 4 @ 11:00 am  
403-255-0001

### St Mark Catholic

5552 Madigan Drive NE Fri, March 4 @ 7:00 pm  
403-273-2266

### St Stephen Ukr Catholic

4903 45 Street SW Fri, March 4 @ 6:00 pm  
403-249-4818

### Scarboro United

134 Scarboro Ave SW Fri, March 4 @ 7:00 pm  
403-244-4461

### Wild Rose United

1317 1 St NW Sun, Feb 28 @ 10:00 am  
403-277-5576

### Renfrew United

956 Radnor Ave NE Fri, March 4 @ 1:00 p.m.  
403-277-1571

### St Andrew Anglican

1611 St Andrews Place NW Fri, March 4 @ 1:30 pm  
403-282-3234

### Our Lady of Assumption Catholic

7624 39 Ave NW Sat, March 5 @ 1:00 pm  
403-283-2746

## WOMEN'S MINISTRY

**Saturday, MARCH 19 at 10:00 a.m.** at the church.

### Mary & Martha Bible Study

Please join us for the third study in the series entitled **CHRISTIAN CITIZENSHIP 101**  
(An exploration of Paul's writings in the book of *Philippians*)

### Being of One Mind (Philippians 2:19-4:3)

If unable to attend this session, there's one more in the series in April:

### Keeping on Keeping on (Philippians 4:4-23)





**BLAST** is our Sunday morning learning experience following worship where children, youth and adults get to experience a Bible story through art, drama, food, building & play.

Coming in March Bible Story: *The Lord's Supper*

**March BLAST Showcase: Palm Sunday, March 20**

This month, the learning will all be about the Lord's Supper. Activities will include baking, eating, other activities and teaching around Holy Communion. Be sure to be here on Palm Sunday for a very special, congregation-wide event.

In February, we focused on the story of Jesus' Transfiguration. We picked up on the theme of "transfiguring" and combined that with the Cause of the Month, CLWR, and focused our activities on how we could transfigure things that we have here so that they can help transform the life of a refugee. So we turned pillowcases into sun dresses and turned old T-shirts into diapers. At the BLAST Showcase, participants were led through a refugee experience with visuals and info about food, water, health, shelter and schooling in refugee camps.



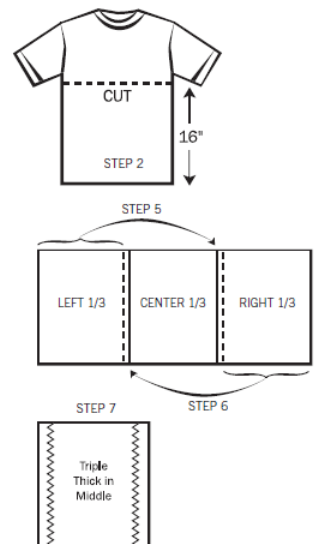
## Recycle used T-shirts into diapers

Instructions adapted from a pattern created by the ELCA Northeastern Minnesota Synod

T-shirts should be 50% to 100% cotton, size Large or bigger. New or gently used T-shirts (no stains or tears), in any colour is fine.

- 1 Cut off hem of T-shirt.
- 2 Cut off body of the T-shirt, below the sleeves as pictured to create a piece about 16" tall.
- 3 Cut up the center of the front of the T-shirt to create a long rectangular piece of fabric.
- 4 Trim fabric to measure 16" X 36" or 16" X 39" depending on the length available.
- 5 Fold the left third of the piece of fabric over to cover the center third. If there is a design on the t-shirt, fold so it is on the inside.
- 6 Fold the right third of the piece of fabric over to cover the center third, creating a three-layer piece.
- 7 Fold over the raw edge of the top layer and zig zag stitch where the three thicknesses meet on the left and right side.
- 8 Zig zag stitch the top and bottom so the diaper is closed on all sides.

Finished diaper is 12-13" X 16".





For  
Parents

## An Intergenerational Paradise!

More and more, our children are growing up with other children their own age. In some respects, this is very healthy and beneficial. Similarly-aged children have similar interests, similar physical and mental abilities, similar developmental and learning needs. Taken to the extreme, children who only relate to other people that are their own age:

- Don't learn how to relate to other-aged people (particularly adults),
- Are limited by the "wisdom" and life experience of their peers, and
- Miss out on the love and care that relationships with adults can provide.

Back when families were less transitory (i.e. they tended to be born, grow up and die in the same community), there were built in relationships with elders. Grandparents, aunts & uncles, and established community relationships seem to "build in" the kind of intergenerational relationships which helped round out the social upbringing of children. For most, those days are long gone.

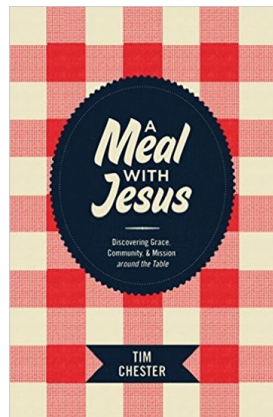
Churches tend to be wonderful opportunities for such intergenerational bonding. It is certainly true here at Church of the Cross. We have numerous "grandparents in waiting" who enjoy lavishing their love and affection on our younger folks. BLAST offers opportunities for those with wisdom, talents and experience to share their expertise, time and love with the children while working together on construction, artistic and culinary projects. In grades 7 & 8, our youth are paired with confirmation mentors and given opportunities to talk about faith, learn some things together, and just have someone to talk to about stuff!

Give your children the gift of not only of other brothers and sisters in the church, but also of aunts, uncles, grandmas and grandpas and watch all involved be nourished!

## Join the congregation-wide reading event during Lent:

*A Meal with Jesus: Discovering Grace, Community, and Mission around the Table* by Tim Chester

Join **Faith Journey Tuesday evenings, 7-8:30** during Lent for book discussions with Pastor Laura, or form your own reading group.



## *"How to Care: The art of reaching out to people in need"*

**Sunday, April 10, noon - 2pm.**  
**Presenter: Don Olsen**



# Grey Power Activities for the spring

## Calgary Philharmonic Orchestra Senior Open Rehearsals.

Friday March 11<sup>th</sup> 10am Jonathon Bliss Plays Beethoven  
Friday April 29<sup>th</sup> 10am Symphonie Fantastique  
Friday May 9<sup>th</sup> 10am Prokofiev and Tchaikovsky with Karen Gomyo  
I need to reserve at least 1 week in advance of the event, Cost is \$10 and we go out for lunch afterwards.



Please email [hgray64@icloud.com](mailto:hgray64@icloud.com) if interested.



**Cineplex In the Gallery** –cinematic tour of exhibits around the world, bringing you up close and personal to the greatest art exhibitions and galleries across the globe.

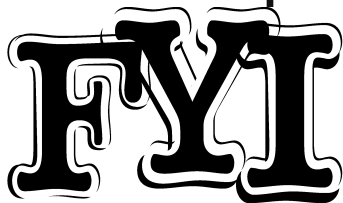
Cost: general admission \$17, Senior \$16, Group 3 or more \$15:30 at Scotiabank Theatre Chinook

March 10<sup>th</sup> Thursday 7:30pm Renoir – Reviled and Revered 2hr  
March 31<sup>st</sup> Thursday 7:30pm Teatro alla Scala: The Temple of Wonders 2D – 1hr 35mins  
April 14<sup>th</sup> Thursday 7:30pm Leonardo Da Vinci – the Genius in Milan 2D – 1hr 30 mins  
May 19<sup>th</sup> Thursday 7:30pm Painting the Modern Garden from Monet to Matisse - 2hr  
June 9<sup>th</sup> Thursday 7:30pm The Papal Basilicas of Rome 3D – 1hr 30 mins

For more details visit <http://www.cineplex.com/Events/InTheGallery>

Please email Hilary Gray at [hgray64@icloud.com](mailto:hgray64@icloud.com) if interested.

If you are interested but don't have transportation – please let me know and we will organize transportation.



Regan Orsaluk will sell tires at cost to congregation members  
*(with out installation)*

Phone: 403-333-3733



# Finding God in the Dark



## Saturday, March 12th

### 9:30 am to 3:30 pm

The Lutheran Church of the Cross and the Calgary Association of the Spiritual Exercises Apostolate are pleased to invite you to a day **exploring the theme of discernment through the movies**, a day of "*Finding God in the Dark*".

It will be a day of quiet and prayer but also of sharing together as we look at the **process of discernment, of love moving us into action**, an important element in the Spiritual Exercises of St. Ignatius of Loyola. We will look at how the Word of God, the Spiritual Exercises, and a film can intersect and complement each other to enable us to get in touch with our own story and Journey of faith and our relationships with God and others.

The vehicle will be a contemporary film, *The Queen*. We will journey with Queen Elizabeth as she struggles to discern her personal and public responses to the tragic death of Lady Diana, and hopefully find connections in our own personal story.

**When:** Saturday March 12th from 9:30AM until 3:30PM

**Where:** Church of the Cross, 10620 Elbow Drive SW

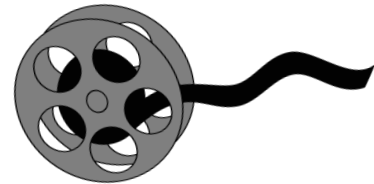
**Facilitator:** Fr. Charles Pottie- Pâté, sj with CASEA members.

**Cost:** \$40. and bring your own lunch.

Please **indicate your intent** to participate **by Tuesday March 8th** by phoning [403-255-4792](tel:403-255-4792) or [403-252-5845](tel:403-252-5845).



**See you at the movies!**



Between **February 28 and March 20**, we will be offering communion instruction in BLAST as we study the story of the Last Supper. We will talk about being open and inviting others, sharing the goodness we have, what it meant when Jesus broke the bread, and what it means for us to gather around the altar and share Holy Communion.

Receiving communion in the Lutheran church is a privileged granted to everyone. We offer ongoing instruction throughout the lifetime of the faithful. This experience in BLAST may be a first experience for some children, but it will not be the last. BLAST will offer communion instruction Bible stories dealing with Jesus sharing and breaking bread with people occur in our schedule, and again formally in Confirmation. The sacraments are also topics in Bible studies for youth and adults.

# Message from our Bishop

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*.

*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.

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***




# Around town



## DOUG RAWLING

WITH **ANDREW + DIETA CARLSON**



**EVENING PRAYER**  
 Music provided by Doug Rawling with Andrew & Dieta Carlson  
 March 16, 2016 @ 7:00 PM  
 Lutheran Church of the Good Shepherd  
 13811 Deer Ridge Drive SE – Calgary  
 403-271-0437 / [office@lcotgs@gmail.com](mailto:office@lcotgs@gmail.com)  
 Free Will Offering

# Prevent It!

Taking Action to Stop Child Sexual Abuse



Little Warriors is proud to offer Prevent It! Taking Action to Stop Child Sexual Abuse workshop in your community.

**St Andrew's Presbyterian Church**  
 703 Heritage Drive, SW, Calgary  
 Wednesday March 9th 6pm-9pm  
 This workshop is informative for any adult who has children in their life.  
 To register for this free workshop contact Stephanie H. 403 400 7488

For more information visit [www.littlewarriors.ca](http://www.littlewarriors.ca) or email [PreventIt@littlewarriors.ca](mailto:PreventIt@littlewarriors.ca)



**LITTLE WARRIORS**

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## SONGS FROM FAR AND WIDE

**LCBI High School Concert Choir**  
**2016 Spring Tour**  
 Under the direction of Graham Codling

Friday, April 1 | 7:30pm  
 Lutheran Church of the Master  
 216 Main Street SE  
 Airdrie, Alberta

[www.lcbi.sk.ca](http://www.lcbi.sk.ca)

[facebook.com/LCBIHighSchool](https://www.facebook.com/LCBIHighSchool)

[@LCBInews](https://twitter.com/LCBInews)

[@LCBIHighSchool](https://www.instagram.com/LCBIHighSchool)

# Around town

PROJECT PLOUGHSHARES CALGARY SEMINAR SERIES

"AS LONG AS THE SUN SHINES,  
THE GRASS GROWS AND THE RIVERS FLOW"

**WE ARE ALL TREATY PEOPLE**



JOHN DUTTON THEATRE, 12 – 1 PM  
CENTRAL LIBRARY - 616 MACLEOD TRAIL  
BRING YOUR OWN BROWN BAG LUNCH

FEBRUARY 11 – WORKING TOGETHER FOR  
THE ENVIRONMENT  
CHANTAL STORMSONG CHAGNON & MATT HAMMER

MARCH 8 – TRC ACTION PLAN:  
WHAT CAN WE ALL DO?  
LEE CROWCHILD

Seminar series is supported by donation according to ability



Welcome to the Holy Smoke Café

A gathering for all ages and stages!!

When: Saturday, March 19<sup>th</sup>

Time: 5:30 pm – 7:00 pm

Where: Trinity Hall

St. Andrew's Presbyterian Church

703 Heritage Dr. SW Calgary, Ab.

403-255-0001 or [office@standrewscalgary.ca](mailto:office@standrewscalgary.ca)

Join us for an informal fellowship and worship experience - Food for the Body (dinner is always great) and Food for the Soul (music and an inspiring message). No charge and a program is provided for children.

*"Holy Smoke Cafe is a casual alternative style of worship. Try the Cafe, the messages will get you thinking!"*

We would love to see you there! **Everyone is welcome!**



## Kuriakos Gathers Together

A Fundraising Evening

Saturday, April 30, 2016

4:00 - 9:00 pm

Sylvan Lake Community Hall  
Table of 8/\$400 or \$50/plate

Great Entertainment    Fabulous Food    Live & Silent Auction Items

To review sponsorship packages,  
purchases tickets or donate auction items,  
please visit [www.kuriakos.ab.ca](http://www.kuriakos.ab.ca)



Lutheran Hospital  
Ministries  
SOUTHERN ALBERTA

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](mailto:lhmsac@gmail.com)

Website: [www.lhmsa.ca](http://www.lhmsa.ca)

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

# The Sixteenth Biennial Convention

Synod of Alberta and the Territories

*Evangelical Lutheran Church in Canada*



**Thursday, June 16 - Saturday, June 18, 2016**

University of Alberta - Augustana Campus

Camrose, Alberta

One Delegate Needed.

To be elected at the AGM.

Guest Presenters:

The Rev. Dr. Gordon Jensen: ***Salvation Not For Sale***

National Bishop Susan Johnson: ***Humanity Not For Sale***

The Rt. Rev. Mark McDonald (National Indigenous Anglican Bishop):

***Creation Not For Sale***

*The Synod of Alberta and the Territories echoes and supports the Lutheran World Federation theme of Liberated by God's Grace and the three subthemes*

*(Creation - Not for Sale, Salvation - Not for Sale, and Human Beings - Not for Sale) as we participate in this international and ecumenical commemoration.*

*The commemoration gives us the opportunity to remember and reflect on the Reformation and what it means for us now, living as Lutheran people within the whole body of Christ.*





Thanks to all who came out, supported, and participated in the **Agape Café**. The youth did a great job cooking, serving, decorating, entertaining, and sharing their scripturally-inspired art with those attending.

Special thanks to **Cantaré Children's Choir** for the loan of the parachute and lights which allowed us to create such an *elegant ambiance*. We value the partnership between Church of the Cross and Cantaré.

There are tentative plans to do it again next Fall...**Don't miss it!**




## Shrove Tuesday

## Pancake Party!



# March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Cause of the Month El Salvador Mission</b>				<b>Communion Sundays— March 6, 13, 20, 24, 26, 27</b>		
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Morning Prayer—9 am FACE—3—8 pm Faith Formation—7 pm Faith Journey—7 pm	Sandwich making—7:30 am Morning Prayer—9 am Bible Study—9:30 am AHS Caregivers—1 pm FACE—3—8 pm SWCG—7 pm	Morning Prayer—9 am FACE—3—8 pm Kodaly—1:15—4:45 Lenten service—7 pm Choir—7:30 pm Buddhist Immersion—7:30 pm EA—7 pm	<b>OFFICE CLOSED</b> FACE—9 am—8 pm World Day of Prayer SWCG—7 pm	Men's Breakfast—8 am FACE—9 am—5:15 pm Knitting—10:30 am
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Adult S.S.—9 am Worship—10 am BLAST - following worship Interfaith study—following worship SWCG—1—3 pm	Morning Prayer—9 am Kodaly—9:15 am Staff Mtg.—10:15 am Youth Band—4:30 p m Council Mtg.—7 pm	Morning Prayer—9 am FACE—3—8 pm Faith Formation—7 pm— Faith Journey—7 pm	Morning Prayer—9 am Bible Study—9:30 am FACE—3—8 pm SWCG—7 pm	Morning Prayer—9 am Quilting—9 am Soup Sisters—9:30 am FACE—3—8 pm Kodaly—1:15—4:45 Lenten service—7 pm Choir—7:30 pm EA—7 pm	<b>OFFICE CLOSED</b> FACE—9 am—8 pm SWCG—7 pm	FACE—9 am—3 pm "Finding God in the Dark"—9:30 am—3:30 pm
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Adult S.S.—9 am Worship—10 am BLAST S—following worship SWCG—1—3 pm	Morning Prayer—9 am Kodaly—9:15 am Staff Mtg.—10:15 am Youth Band—4:30 p m	Prayer & Care—9 am @ Mount Royal University FACE—3—8 pm Faith Formation—7 pm— Faith Journey—7 pm	Morning Prayer—9 am Bible Study—9:30 am FACE—3—8 pm SWCG—7 pm	Morning Prayer—9 am Quilting—9 am FACE—3—8 pm Kodaly—1:15—4:45 Lenten service—7 pm Choir—7:30 pm EA—7 pm	<b>OFFICE CLOSED</b> FACE—9 am—8 pm SWCG—7 pm	Men's Breakfast—8 am FACE—9 am—8 pm M & M—10 am
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Adult S.S.—9 am Worship—10 am BLAST—SHOWCASE following worship SWCG—1—3 pm	Morning Prayer—9 am Kodaly—9:15 am Staff Mtg.—10:15 am Vespers—7:30 pm	Morning Prayer—9 am FACE—3—8 pm Prayer & Care—5:30 pm Vespers—7:30 pm	Morning Prayer—9 am FACE—3—8 pm SWCG—7 pm Vespers—7:30 pm	Morning Prayer—9 am FACE—3—8 pm Kodaly—1:15—4:45 Maundy Thurs.—7:30 pm EA—7 pm	<b>OFFICE CLOSED</b> Good Fri. Worship—10 am SWCG—7 pm	FACE—9 am—8 pm Easter Vigil—10 pm 
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
Adult S.S.—9 am Worship—10 am BLAST - following wor- ship SWCG—1—4 pm <b>FOOD BANK SUNDAY</b>	<b>OFFICE CLOSED— EASTER MONDAY</b> Kodaly—9:15 am	Morning Prayer—9 am FACE—3—8 pm Faith Formation—7 pm— Faith Journey—7 pm	Morning Prayer—9 am Bible Study—9:30 am FACE—3—8 pm SWCG—7 pm	Morning Prayer—9 am Quilting—9 am FACE—3—8 pm Kodaly—1:15—4:45 Choir—7:15 pm EA—7 pm		