

Last year Walk for Love participants raised \$20,650 in pledges. Donations are used to support dedicated visitors who give so much of their time and talents to visit Lutherans in hospitals and care facilities.

Prayers

Prayers Chain Ministry is always ready to receive prayer requests. Information is kept strictly confidential. Contact Linda Joehnck at 403 279-3770, or the office.



As we begin the new year we are revising the Prayer List. If you wish to have someone's name on the list, please contact the church office.

Place your healing strength on:

Renee Barton Susan Brick Doreen Cordingley Elaine Koop Karen Nordgaard

We remember those in care centres or "shut-in" at home, including:

Tom Bergman	Alexa Nernberg	Anne Sands
John Claussen	Robert Ohlhauser	Brenda Scott
Irene Dekowny	Betty Oldis	Willy Singbeil
Alma Krueger	Betty Sabo	Kelly Williams
Caroline Lutz	Andrew Sands	•

Elaine Koop and family would like to extend their deepest gratitude for all of the well wishes, kind thoughts, flowers and prayers during this difficult time. The support for the family from the pastor, the community and from those who worked so hard to make the refreshments after the funeral was deeply appreciated. John loved the church and loved all of the members there. He will be tremendously missed by his family and friends and we thank you for his send off to heaven.

Lutheran Church of Our Saviour 8831 Fairmount Drive S.E.

T2H 0Z4

403-253-1453

www.oursaviourchurch.ca

Facebook: "Lutheran Church

of Our Saviour" &

"The Experiment Student Ministries"

Instagram: lcos_youth

The Rev. Dr. Julianne Barlow pastorjulianneLCOS@gmail.com 403-464-8254 (cell/text)

Judy McDonald Office Assistant office2@oursaviourchurch.ca

Johanne Johanson Office Assistant office@oursaviourchurch.ca

Katharine Heimbigner-Tenor Administration & Congregational Care

Our Mission...We are an inviting and growing Christian presence, with a passion for living and sharing Jesus Christ.

Our Vision...To be a Christ-centered community that Equips Disciples to Make Disciples.

If you are a visitor, during the time of offering, we have no financial expectations of you. Following the service you are invited for coffee and fellowship.

We would be blessed to have you share in worship with us again.



Sunday, February 2, 2020 9:00 & 11:00 am



Welcome/Announcements

Gathering Songs

"Here I Am to Worship"

"I Could Sing of Your Love Forever"

God Sightings

"Revelation 19"

God's Word: Mark 5:21-43 NRSV

Message: Thank God for Interruptions

"Above All"

Offering

11:00 am Praise Team: "All the People Said Amen"

Prayers and Lord's Prayer

The Lord's Supper

"In Christ Alone"

"Open the Eyes of My Heart"

"In Remembrance of Me"

"Spirit of the Living God"

Blessing

"Blessed Be Your Name"

Today:

We welcome **Pastor Dave Saude** as he leads us in worship today and next Sunday. Pastor Julianne is away on leave and to attend a conference, and will return to the office the week of February 10.

"Flowers on the altar are offered in praise and thanksgiving as Karen Nordgaard has returned safely home after 2.5 months in care. We are so grateful for prayers, visits, cards and warm thoughts from the LCOS family. We request continuing prayerful support as Mom's rehabilitation will take many months." Johanne Johanson & family



Your 2019 tax receipts are now available for pick up in your church mailbox. If you retrieve them we can avoid the cost of having to use Canada Post. For any not picked up by February 16, they will be mailed.

Upcoming:

We are asking the congregation to assist us in updating and completing the LCOS data base. Labelled envelopes are available next to the offering envelopes. Please complete and leave in the box provided.





Mental Health
First Aid Canada

MHFA (Mental Health First Aid) Basic is intended for adults interacting with adults (18 years and older). This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces, and will receive a certificate in mental health first aid at the end of the course. They are required to attend all three sessions.

February 28, 29 and March 1
St. Mary's University, 14500 Bannister Road SE
\$140 - covers tuition, material and Saturday lunch.
www.eventbrite.ca/e/mental-health-first-aid-training-tickets-90315481035



Mulhurst Camp is hiring a Summer Camp Program Leader and year-round Executive Director. Are you interested in spending your summer out at Pigeon Lake? Do you have a passion for kids and youth? Please visit mulhurstcamp.ca. Applicants must be 25 years or older. Closing Date: February 15, 2020. Applications (cover letter and current resume, including references) should be sent to Sylvia Becker at HR@mulhurstcamp.ca. For details check out the notices on the bulletin board by the west doors.

Hospital Visitor Training Course Are you interested in becoming a hospital or care facility visitor? Join in on Saturday, February 8, 2020 from 10:00 am to 2:00 pm at St. Matthew Lutheran Church Basement 66-7th St. NE. Bring a bag lunch. Sponsored by Lutheran Hospital Ministries-Southern Alberta. There is no fee. Contact Pastor Mark Lobitz at mclobitz@gmail.com or 403-637-2650.

Lutheran Hospital Ministries is once again hosting its annual (and only) fundraiser, Walk for Love, on May 2, 2020. For walk details, or to sponsor a walker, please see the notices on the bulletin board by the kitchen.

Today

9:00 am	Worship Service
10:00 am	Young Explorers/Youth
	Sunday School
10:00 am	Adult Bible Study
11:00 am	Worship Service
12:00 pm	Coffee and Conversation

This Week

repruary 3	
1:00 pm	Memory Plus
7:00 pm	Fireside Group
February 4	
1:00 pm	Games Group
February 5	
9:30 am	Experiencing God
10:00 am	Staff Meeting
11:00 am	Acadia Lunch Program
7:00 pm	Al-anon
7:00 pm	Drop In Dwelling
7:00 pm	11:00 am Praise Team
February 8	
8:30 am	50+ Exercise Class
7:00 pm	Laser Tag

Coming Up

Feb 11	Today's Pilgrims
Feb 13	Falling Upward
Feb 17	Family Day
Feb 17	Fireside Group (tentative)
Feb 18	Games Group
Feb 18	Board Meeting
Feb 19	Southwood Care Centre
Feb 20	Flock Care
Feb 24	March Vine Deadline
Feb 25	Today's Pilgrims
Feb 26	Ash Wednesday
Feb 27	Falling Upward
Feb 27	Drop In (How to Tell the Difference
	Between Law and Gospel)