



*The Vine*  
*October 2026*



# Lutheran Church of Our Saviour

8831 Fairmount Drive SE, Calgary, Alberta, Canada T2H 0Z4

*We are an inviting and growing Christian presence, with a passion for living and sharing Jesus Christ!*

*Our vision is to be a Christ-centered Community that Equips Disciples to Make Disciples!*



**Interim Pastor**  
**Pastor Stan Helton**  
snhelton@oursaviourchurch.ca



**Parish Administrator**  
**Judy McDonald**  
403-615-9317 cell/text  
office2@oursaviourchurch.ca



**Administrative Assistant**  
**Marilee Manz**  
office1@oursaviourchurch.ca



**Church Media Director**  
**Mike Mihaichuk**  
lcos.yyc.media@gmail.com

**Office Hours: Mondays, Tuesdays & Thursdays 10:00 am - 2:00 pm**

**Sunday Worship Service at 10:00 am      Sunday School at 11:00 am**

## Church Board 2026

Bob Montgomery (Chair)  
Nick Perchthaler (Co-Chair)  
Kari Paul (Secretary)  
Sophia Della Rosa  
Carolyne Eng  
Kathy Gibson  
Isaria Kwayu  
Adriana Mass



**Bob**



**Nick**



**Kari**



**Kathy**



**Isaria**



**Brian**



**Sophia**



**Carolyne**



**Adriana**

**Facebook:** Lutheran Church of Our Saviour

**Instagram:** lcos\_youth

**Website:** [www.oursaviourchurch.ca](http://www.oursaviourchurch.ca)

Scan to donate



## Pastor's Report

As the incoming pastor at Lutheran Church of Our Saviour, I have much to learn about the Lutheran Church of Our Saviour. And I thank you for your gracious reception, as I learn names, map out how people are related to one another, learn how we do things here, and as I have jokingly said, “find out where the stapler is”—I have not had to find the staples yet.

In wanting to know as much about our church as possible, I have also read past broad minutes, previous editions of *The Vine*, annual reports for the several years, and our Constitution and Bylaws (last approved June 2021) as well as a document on board governance (April 2020). In this board governance document, our church's Core Mission is stated in the following way:

**Our mission is to be an inviting and growing Christian presence,  
with a passion for living and sharing Jesus Christ.**

This is followed by our Vision Statement:

**To be a Christ-centered community that  
equips disciples to make disciples.**

Our Vision Statement tends to be aspirational regarding the kind of church we hope to be in the long run. Our Mission Statement speaks of how we believe our aspirational vision becomes reality. Thus, we become a Christ-center community of disciples who make disciples by being an inviting Christian presence who are passionate about living and sharing the life of Jesus Christ.

I find these statements compelling—and theologically on target. These statements capture that the church is not God's missionary agency, but, in intent, God's Mission. Another way of saying this is that when God's mission is realized, church happens.

It is not uncommon in North American Protestantism to see mission as activities churches do external of themselves. Mission is something that takes place out there—often, overseas. We don't easily think of our common life together in work and worship as a missionary activity, but it is at its centre God's Mission. Our life together is one of the signposts that the kingdom of God is here, among us, now.

The entire biblical story is a story about a God on a Mission. The Latin word from which we get mission is *mittere* (to send) which becomes in English “mission.” So, at the core of the idea of Mission is “to be sent.”

The Bible tells of a God on a mission who sends others on mission. Thus, Moses is sent, the prophets are sent, even Jesus is sent. Jesus in turn sends the Holy Spirit who sends God's people into the world to invite people to participate in God's mission. In the Great Commission (Matt 28:19–20) Jesus sent his first follower into the world to invite others to join. God now sends us with our passion to live and share Jesus Christ.

Pat and I are happy to be with you and we look forward to our work together as we are sent wherever God takes us.

Seeking God's Mission,

Pastor Stan

## **Congregational “What Do We Believe?” Sessions**

### **Friday, October 23 - Sunday, October 25**

#### **Friday**

*Light Dinner 6:00 - 7:00 pm      Introductory session 7:00 - 9:00 pm*

**Part 1: Historical orthodoxy and Lutheran distinctiveness:**

***"What do we believe and ... Why do we believe it?"***

#### **Saturday**

*Morning Muffins & Coffee 9:00 - 10:00 am      Saturday session 10:00 am – Noon*

**Part 2: Christology & the Sacraments**

***"Why We Do What We Do?"***

#### **Sunday**

*Sunday Service 10:00 am      Light lunch - 11:20 am - 12:30 pm*

**Part 3: Wrap up session 12:30 - 2:00 pm**

Lutheran Church of Our Saviour has a great opportunity to dream again. With the arrival of Pastor Stan, we have an opportunity to grow not only our numbers but our depth as the people of God.

To help us all get on the same page, so to speak, we are offering a weekend of learning, thinking, and sharing about our common faith. St Vincent of Lérins in Gaul once said, “All possible care must be taken that we hold that faith which has been believed everywhere, always, by all” (*Quod ubique, quod semper, quod ab omnibus creditum est*).

Sometimes, this is called the “Great Tradition.” In some sense, the Great Tradition represents what Christians have always believed. These learning sessions will focus on the large theological categories on which the church has most consistently agreed upon over the years. Simply, we will be exploring what it means to be a Christian (as one slogan said it, “we seek to be Christians only but not the only Christians”) in the Lutheran tradition..

This is at the heart a Lutheran quest. In Luther’s rediscovery of Scripture, he sought to help the church get back on course and to stay on course. The Reformation was not what he planned; but it happened. He found himself standing on Scripture over the accretions of tradition that had developed over the years. Though never dismissing tradition that passed on the meaning of Scripture, he resisted that which was out of line with Scripture. For him, this was the line in the sand. Remember his historic words: *Hier stehe ich, ich kann nicht anders. Gott helfe mir, Amen.*

So, Pastor Stan invites all members of the church to come together around what has been believed, everywhere, always, and by all so that we grow closer and deeper as we journey together.

Kindly contact Judy to register at your earliest opportunity.



# ***Lutheran Church of Our Saviour***

***8831 Fairmount Drive SE  
403-615-9317***

***Worship Service @ 10:00 am  
Sunday School @ 11:00 am (ages 4–12)  
We can't wait to see you!!***



***Meetings every second Thursday at 5:30 pm.***

***Contact Kari Paul or Isaria Kwayu for details.***

# Financial Secretary Report

## Giving Methods –Aug 2026:

The following methods and percentages of giving for Aug 2026 were:

|                                    |       |             |
|------------------------------------|-------|-------------|
| Cash:                              | 2.9%  | - 8 givers  |
| Cheques:                           | 25.1% | - 11 givers |
| Interac E-transfer:                | 52%   | - 26 givers |
| Loose Cash:                        | 0.8%  |             |
| Online via Realm:                  | 3.7%  | - 3 givers  |
| Pre-Authorized Remittance Program: | 15.6% | - 15 givers |



## Year-To- Date Financial Status – Aug 2026:

|                                                |                   |
|------------------------------------------------|-------------------|
| Revenue (offering, rentals, investment income) | \$177,151         |
| Expenses                                       | <u>\$201,940</u>  |
| Net income (loss)                              | <u>(\$24,789)</u> |

The Aug 31, 2026 year-to-date net loss is due to May 2026 expenditures for the parking lot paving and replacement of the kitchen dishwasher.

## Vacation

I will be away on vacation from September 26 to October 17, 2026.

## 2027 Offering Envelopes

I will be ordering the 2027 envelopes in October. If you did not have offering envelopes in 2026 and would like request a box of offering envelopes for 2027, please email me at [financialsecretary@oursaviourchurch.ca](mailto:financialsecretary@oursaviourchurch.ca).

## Options For Giving

If you wish to contribute to the church, the following are the options for giving:

**Interac e-transfer:** Donations are made to email address: [donate@oursaviourchurch.ca](mailto:donate@oursaviourchurch.ca).

**PAR Program Giving:** The Pre-Authorized Remittance program (PAR) gives the option to give monthly directly from a bank or credit union account. Please contact the Financial Secretary Janet Perchthaler (403-702-6671 or [financialsecretary@oursaviourchurch.ca](mailto:financialsecretary@oursaviourchurch.ca)) to get a PAR sign up form and with any questions.

**Cheque:** You can mail, bring to a church service, or drop off a cheque at the church.

## **Online Giving (via credit or debit card \*\*):**

Donations are made via the following secure link: <https://onrealm.org/LutheranChurchofOurSaviour/give/now>.

**\*\*NOTE:** to give via debit card, the card must have a CVV code (on the back of the card). This is like the code on the back of a credit card. \*\*

## **Text Giving (via credit or debit card\*\*):**

Donations are made by texting LCOSGive to 73256 followed by the donation amount.

**\*\*NOTE:** to give via debit card, the card must have a CVV code (on the back of the card). This is like the code on the back of a credit card. \*\*

## What's Been Happening at LCOS



## What's Been Happening at LCOS



# *Cover to Cover Bible Study*

*Thursdays @ 7:00 pm*

*Beginning October 8*

*Fireside Room*



*Contact: Brad Hebenton*

## **GAMES GROUP**

**Join us the first and third Tuesday of each month at 1:00 for fellowship, snacks & fun!**



**Contact the church office for details.**





**TO OUR 80+ FRIENDS**

*Daisy Eng*

*Berva Huber*

*Alice Rodier*

*Val Winters*

*Mike Wise*

## ***October Worship Services***

***Sunday, October 4      10:00 am Worship Service***

***Sunday, October 11      10:00 am Worship Service      (Communion)***

***Sunday, October 18      10:00 am Worship Service***

***Sunday, October 25      10:00 am Worship Service      (Communion)***

***Office Hours: Mondays, Tuesdays & Thursdays      10:00 am - 2:00 pm***

***Sunday School      11:00 am***

***Did you know...***

## ***Acadia Food Pantry***

***The Acadia Food Pantry (AFP) is a community organization funded by donations and grants. It was established in 2019 and provides free food to those in need in the Acadia area on the third Tuesday of each month at McDougall United Church.***

***Lutheran Church of Our Saviour supports this program, along with McDougall United Church and Christ Moravian Church, by accepting non-perishable food items.***

***During the Christmas season we also work with McDougall and Christ Moravian Churches to distribute new clothing and gifts to members of our Acadia community who are struggling during these challenging times.***

***Inquiries can be directed to the LCOS office.***



# Help Shape Our Worship Experience



**Join the Slide Team!**  
Volunteers Needed to Create Worship Slides!

Contact Judy for Details



**Flock Care**  
Next Meeting  
Monday, October 26  
at 10:30 am  
New members welcome!

*Feed My Lambs ...  
Shepherd My Sheep ...  
Feed My Sheep ...*



*Contact Judy McDonald or Adriana Mass for details.*

*Friday, October 30th @ 10:00*

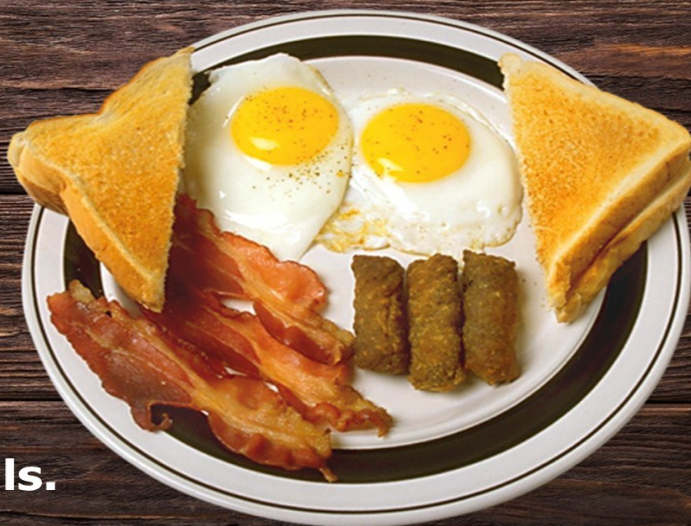


# *ladies breakfast*

# Men's Breakfast

*Join us for  
food, faith, and  
fellowship*

**Contact Alfred Forbrich for details.**



**Saturday, October 31st @ 9:00 am**

## Library News

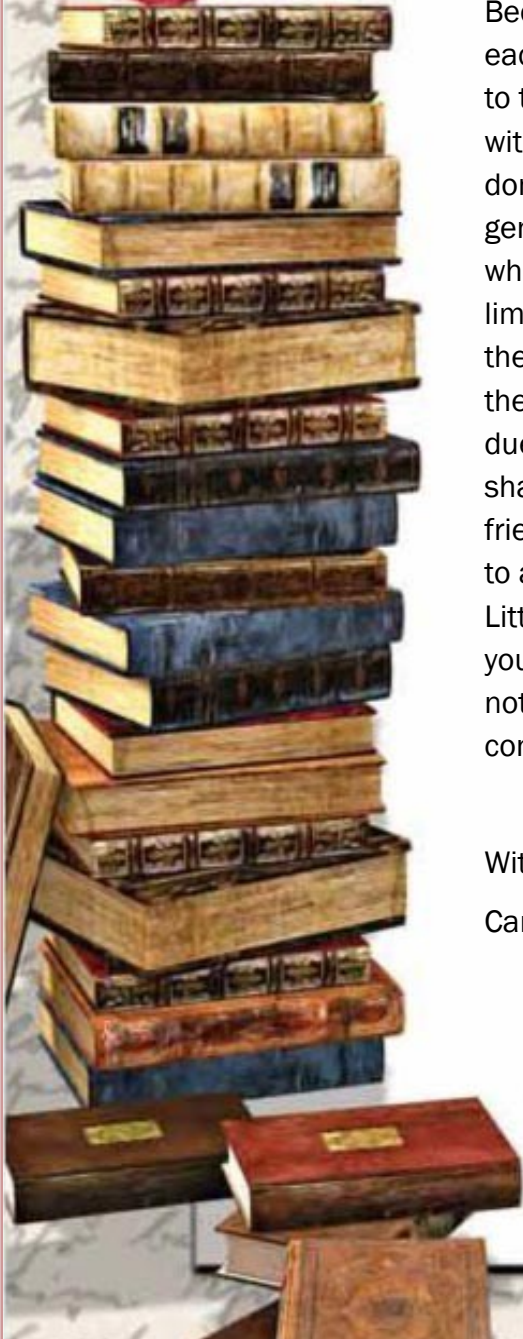
The trees are changing colour and leaves are swirling down to litter the lawns and streets. Thoughts are starting to turn from Back to School to yard clean up, turkey dinners and pumpkin pies. Remember to take time to thank God for his gifts, seen and unseen.

If you haven't had an opportunity to wander through our Browsing Library I encourage you to do so. If you already have, I'm sure Pastor Lee Woolery and his family would thank you for taking the time to appreciate their gift to our church. The books, CD's and DVD's were selected by Lee and Gretch to share with our congregation.



Because we're such generous people we love to share with each other too. Books have been anonymously dropped off to the library, with the intent (I assume) that they be shared with other members of our congregation. Thank you to those donors for their gifts. Although we appreciate their generosity we'd like to caution folks to think carefully about what they want to donate to the Browsing Library, as there is limited space in the sections. Because the original intent of the library was that folks would be able to use the items in the library, we're hesitant to accept antique or vintage items, due to their sometimes delicate condition. Please consider sharing these special items with your family members or dear friends. Alternatively, some of these items could be donated to a used book store or donation centre, or placed in our Little Free Library (please check with Judy or Marilee). If you'd like to donate something to our library please leave a note so that we can acknowledge your gift to the congregation.

With a happy heart and book-filled arms,  
Carolyn Eng



# BUSKER BOB LIVE!

LIVE MUSIC | COMMUNITY | GUITAR

# THE MUSIC SPOT

COMING SOON

## YOUR MUSIC HAS A PLACE HERE.

Play songs. Find your people. Try something new.



### SONG SESSIONS

THURSDAYS | 6:30-7:30 PM

Learn songs and play them together in a welcoming group.

### CREATIVE SESSIONS

THURSDAYS | 7:45-8:45 PM

Turn familiar chords into melodies, ideas and improvisation.

**Guitar focused. Other instruments welcome.**

For adults and young adults | Acadia, Calgary

## JOIN THE WAITLIST

Scan to get session details  
and hear when registration opens.

No experience playing in a group?  
You belong here.



BUSKER BOB LIVE! PRESENTS THE MUSIC SPOT

# Isolation & Connection

presented by Kneehill Addiction Recovery Network



Giving Christians the skills and understanding to combat and replace the destructive elements of isolation with life-giving community.



NOVEMBER 6-7  
**EQUIPPED**  
CONFERENCE 2026

# Isolation & Connection



Mark  
Buchanan



Naomi  
Holland



Alanna  
Wainess



hosted by  
Prairie College

[www.karnonline.org](http://www.karnonline.org)  
for tickets and information

NOVEMBER 6-7  
**EQUIPPED**  
CONFERENCE 2026

# Parent Child Mother Goose

A free, engaging program for parents, caregivers, and young children.

Through songs, stories, rhymes, and shared experiences, families can build connections, support early literacy, and enjoy meaningful time together.



202 8330  
FAIRMOUNT DRIVE SE



Ages 0-2

Sept 14<sup>th</sup> – Nov 9<sup>th</sup>

10:30-11:30am

**Register**



403-689-1403



[swfrn@growwithtrellis.ca](mailto:swfrn@growwithtrellis.ca)



Provincial Family  
Resource Networks

**Meet Your Neighbour  
Connect. Participate. Belong.  
Discover clubs, activities, and  
programs happening in Acadia**

Acadia is home to many welcoming groups and activities where neighbours can connect, learn, create, and participate. Explore the opportunities available in our community and find a group or activity that interests you.



This brochure has been provided by Acadia Network and Action Group (ANAG), an informal collective of representatives from various organizations and residents in the Acadia neighbourhood. ANAG members share resources and mobilize around areas of common interest and importance. If you would like to learn more about ANAG, please email [NetworkAcadia@gmail.com](mailto:NetworkAcadia@gmail.com).

**E – Everyone**  
**K – Kids (0–11)**  
**Y – Youth (12–17)**  
**A – Adults (18+)**  
**S – Senior Friendly (55+/65+)**  
**F – Families/Caregivers**

**Food** 

**Acadia Community Association (E)**

ACA is a volunteer-led, non-profit organization that hosts free and low-cost events year-round and works on behalf of residents to make Acadia a great community. Drop into the Social Lounge located in the Acadia Recreation Complex.  
**Date/Time:** Check the website for upcoming events.

**Location:** Acadia Recreation Complex, 240 90 Ave SE.

**Contact:** 403-255-1252

**Website:** <https://www.acadiaca.com>

**Acadia Community Garden and Art Society (E)**

This is a vibrant and inclusive community space that fosters food security, creativity, and well-being, while celebrating diversity and cultivating a sense of belonging.

It offers affordable garden plots to rent, as well as events and workshops.

Volunteers are welcome.

**Date/Time:** At your leisure

**Location:** 332 94 Ave SE.

**Contact/Website:**

<http://www.growingacadia.ca>



**Acadia Drawing Club (A) (S)**

A free, relaxed, community-based drawing club focused on building skills, creativity, and connection. Open to all skill levels. Includes drawing time and art discussions. Bring your own materials.

Drop-in, Acadia Recreation Centre.

**Date/Time:** 10:00 a.m. – 12:00 p.m., Wednesdays.

**Location:** Acadia Recreation Complex, 240 90 Ave SE.

**Contact:** [waleska.liliana@outlook.com](mailto:waleska.liliana@outlook.com)

**Acadia Food Pantry**  **(E)**

Free food program available to those experiencing food insecurity and living between Glenmore Trail and Canyon Meadows Drive and Blackfoot Trail to 14th St SW. Delivery may be available for those unable to come in person. Preregistration is not required.

**Date/Time:** 11:45 a.m. – 12:45 p.m., 3rd Tuesday of month.

**Location:** McDougall United, 8516 Athabasca St SE.

Sponsored by Christ Moravian, Lutheran Church of Our Saviour, McDougall United, Chinook Rotary, City of Calgary, Trellis  
**Contact:** [Acadiapantry@gmail.com](mailto:Acadiapantry@gmail.com)

**Acadia/Kingsland Community Choir (E)**  
Experience choral singing in a relaxed family friendly environment under the direction of an experienced choir director. All ages and abilities welcome. Bring joy to our neighbours through performances at community spaces. No fees to join. Contact Viviana to register.  
**Date/Time:** Thursdays, 6:30 p.m. – 8 p.m., beginning Sept 14.  
**Location:** Christ Moravian, 600 Acadia Dr. SE.  
**Contact:** Viviana.Reinberg@calgary.ca

**Al-Anon Meetings (A) (S)**  
This is a no cost support group for all persons who are dealing with, or concerned about, another person's drinking problem. Friends and family members have the opportunity to learn from the experiences of others who have faced similar problems.  
**Date/Time:** 7 p.m., Wednesdays  
**Location:** Lutheran Church of Our Saviour, 8831 Fairmount Dr. SE.  
**Contact:** office2@oursaviourchurch.ca; 403-615-9317

**Canasta Club (A) (S)**  
A drop-in afternoon of fun and fellowship playing cards. Lessons will be given for those unfamiliar with canasta. First time attendees are asked to call or email to confirm the date and let us know you are coming.  
**Cost:** \$2/time (optional)  
**Date/Time:** 1 p.m. on alternating Thursdays.  
**Location:** Christ Moravian, 600 Acadia Dr. SE.  
**Contact:** cmcevents271@gmail.com; 403-271-2700



**Child, Youth, Young Adult SW Family Resource Centre/Trellis Free Programs (K) (Y)**  
**Ages 0–6:** Focus on building strong foundations for healthy growth and learning through play, relationships and exploration.  
**Ages 7–11:** Focus on developing independence, confidence, social skills, and emotional awareness.  
**Date/Time:** Tuesday to Friday mornings  
**Ages 12–18:** Focus on building confidence, independence, leadership, and a strong sense of identity in a safe and supportive environment.  
**Ages 19–24:** Focus on supporting the transition into adulthood by building independence, confidence, life skills, and community connection.  
**Date/Time:** Tuesday to Friday afternoons  
**Location:** SW FRN, 202 – 8330 Fairmount Dr. SE.  
**Register:** swfrn@growwithtrellis.ca; 403-689-1403  
**Website:** www.growwithtrellis.ca

**City of Calgary Community Social Work (E)**  
Program Provides avenues for resident participation and contribution to their neighbourhood through leadership and volunteer opportunities and spaces for dialogue & sharing that support social inclusion and a sense of belonging. Grants up to \$1000 may be available.  
**Contact:** viviana.reinberg@calgary.ca; 403-651-1629

**Food Hampers**  (E)  
St. Vincent DePaul Society (St. Cecilia Parish) supplies free food hampers to those in need. Eligibility limited to every three to four months. Requests must be received by Monday noon. Dispatch will call for personal details.  
**Date/Time:** Delivered on a Wednesday at assigned time.  
**Contact:** office@stceciliacalgary.com; 403-252-2790

### **Games Group (E)**

This is a drop-in activity that meets twice a month to enjoy a game of bridge, cribbage, Mexican train or Skip-Bo, as well as yummy goodies and wonderful fellowship. All are welcome.

Attend at no cost.

Date/Time: 1 p.m., 1st & 3rd Tuesday each month.

Location: Lutheran Church of Our Saviour, 8831 Fairmount Dr. SE.

Contact: office2@oursaviourchurch.ca; 403-615-9317

### **Good Food Box Program (E)**

Offered by Community Kitchen and Acadia Community Association whereby anyone can purchase pre-assembled boxes of nutritious fresh fruits and vegetables at an affordable price.

Small: \$35 (20-25lb);

Medium: \$40 (25-35lb);

Large: \$45 (35-45lb).

Date/Time: See website

Location: 240 – 90 Avenue SE.

Contact/Website:

[www.acadiaca.com/goodfoodbox](http://www.acadiaca.com/goodfoodbox)



### **GoodLinks InterGen Club (Y) (S)**

Recruiting Seniors to build meaningful connections with high school students through activities, games, and creative expression. This unique initiative benefits both generations in powerful and lasting ways. Free to attend. Registration required.

Date/Time: 2:30 p.m. most Fridays, November to May.

Location: McDougall United, 8516 Athabasca St. SE.

Contact:

[www.mcdunited.com/inter-gen](http://www.mcdunited.com/inter-gen)

### **Grief Group (A) (S)**

A safe space for your hurting heart to treat itself gently and find hope for the future. This group is intended for anyone who has experienced a significant death of a loved one.

No cost to attend.

Date/Time: To be determined.

Location: McDougall United, 8516 Athabasca St. SE.

Contact: Office@mcdunited.com; 403-252-1620

### **Knit & Chat (A) (S)**

Join a group of knitters and crocheters at Lutheran Church of Our Saviour who meet for two hours to enjoy snacks, conversation and share their ongoing projects.

Date/Time: 10 a.m., Thursdays

Location: Lutheran Church of Our Saviour, 8831 Fairmount Dr. SE.

Contact: office2@oursaviourchurch.ca; 403-615-9317

### **Move 'n Mingle Fall Prevention (S)**

A free, specialized exercise program for adults aged 65+ with chronic health concerns and at moderate risk of falling. The program focuses on making day-to-day activities easier, supporting independence, and reducing the risk of falls. There is currently a waitlist for this program.

To register or join the waitlist:

Call 403-955-1554

Contact:

[Moveandmingle@albertahealthservices.ca](mailto:Moveandmingle@albertahealthservices.ca)

### **Newcomer Group for Latin Families (E) (F)**

A social group for immigrant Latin families to support one another. Activities will depend on the needs of the group – education, recreation or social. Contact Viviana to register.

Date/Time: 1st Friday of the month, 6 p.m. – 7:30 p.m.

Location: Lutheran Church of Our Saviour, 8831 Fairmount Dr. SE.

Contact: [viviana.reinberg@calgary.ca](mailto:viviana.reinberg@calgary.ca)

### Opera Buddies (Y) (A) (S)

Connect with teens and adults who share a passion for opera through free, interactive classes offered by Calgary Opera. Explore upcoming productions through activities and discussions. Attend optional dress rehearsal for \$20. Registration required.

Date/Time: Thursdays,

4:30 p.m. – 5:45 p.m. Oct, Jan, Apr.

Location: McDougall United,  
8516 Athabasca St. SE.

Register: [learning@calgaryopera.com](mailto:learning@calgaryopera.com);  
(403) 802-3404.

### Parenting Programs (F)

Free parenting programs offered by SW Family Resource Network that provide caregivers with support, education, and practical tools to strengthen family relationships and promote healthy child and youth development. Register through email or phone.

Date/Time: Upon Request,

In-person or virtual

Location: SW FRN, 202 –  
8330 Fairmount Dr. SE.

Contact: [swfrn@growwithtrellis.ca](mailto:swfrn@growwithtrellis.ca);  
403-689-1403

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



### Queerly United (Y) (A) (S)

This is a new group for members of the 2SLGBTQIA+ Community and Allies. All are welcome. Looks for events on: <https://www.mcdunited.com/calendar>

Date/Time: Various times  
and locations.

Location: McDougall United,  
8516 Athabasca St SE.

Contact: Tina Que at  
[office@mcdunited.com](mailto:office@mcdunited.com)

### Taking Strides (K) (F)

A free program for children with disabilities to engage in physical activities and lead an active lifestyle. Children are paired with a student volunteer to participate in weekly activities that promote motor skill development while incorporating social interaction and sports skills.

Date/Time: Sundays, 1:30 p.m.

Location: Lutheran Church of Our Saviour,  
8831 Fairmount Drive SE.

Contact: [office2@oursaviourchurch.ca](mailto:office2@oursaviourchurch.ca);  
403-615-9317



### Taste & Try (A) (S)

Get hands-on experience trying new recipes and enjoy the delicious results while socializing. This is an interactive cooking experience with a chef skilled in classic French and Creole cuisine. Donations towards food costs is appreciated.

Date/Time: 12 p.m. – 2 p.m., 2nd Thursday  
of each month.

Location: McDougall United,  
8516 Athabasca St SE.

Register at:

[www.mcdunited.com/store/p/tasteandtry](http://www.mcdunited.com/store/p/tasteandtry)

### TOPS AB #1343 – Weight Loss (Y) (A) (S) Support Group

TOPS (Take Off Pounds Sensibly) is a non-profit peer support group that offers a lifestyle approach to weight loss and wellness. Initial fee: \$70 USD, plus \$15 monthly maintenance fee. Register at a meeting or go to [www.tops.org/home](http://www.tops.org/home).

Date/Time: Tuesdays, 7 p.m.,  
(Weigh-in, 6 – 6:50 p.m.)

Location: Christ Moravian,  
600 Acadia Drive, SE.

Contact: [gttöcs@telusplanet.net](mailto:gttöcs@telusplanet.net);  
403-510-1029

# Your donation matters

It matters to every patient across Canada.  
Because it's something we can do today to help  
others wake up healthier tomorrow.

## Donate blood

Acadia Recreation Complex

240- 90th Ave SE  
Rose Hall

Thursday, October 29

1:00 PM - 7:00 PM

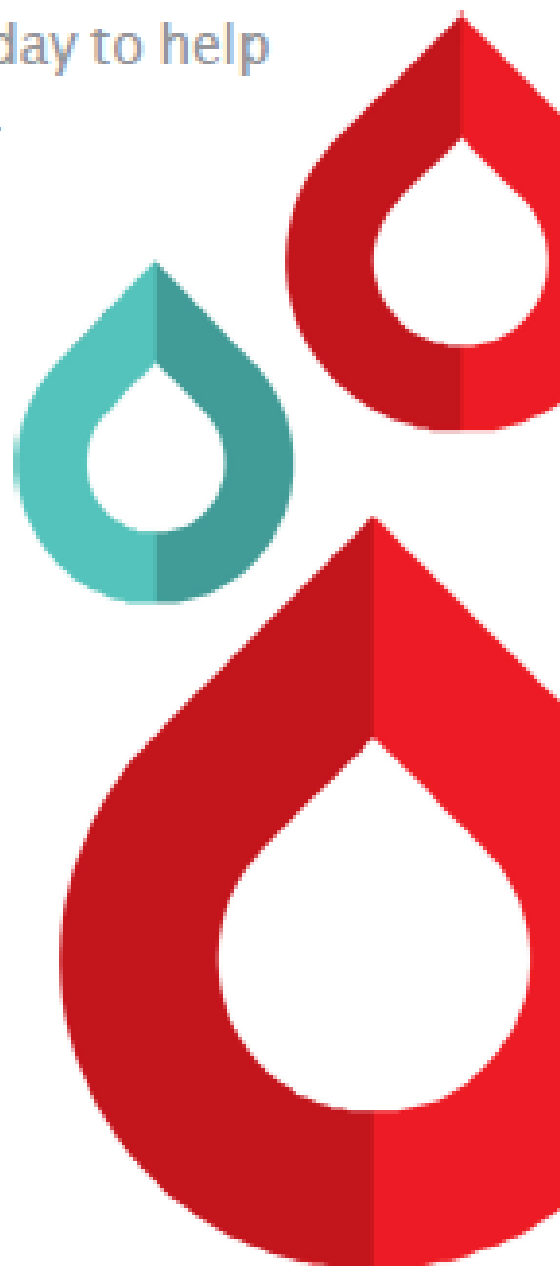
Saturday, October 31

9:00 AM - 2:00 PM

Donor Event - Donors Needed

Join **Canada's Lifeline**

Visit **blood.ca** to learn more.



## Time Capsule, submitted by Alice Rodier



A Digitized Reproduction of a Southern Alberta Pioneer Heritage Photograph



Calgary - First Church of the Redeemer - 1884

Calgary was a busy place in 1883 even before the new Canadian Pacific Railway reached the east side of the Elbow River. The station was moved in 1884 to CPR land near the present Calgary Tower on 9<sup>th</sup> Ave.

The Shaw family members from Kent, England were met by Oliver York at Montreal in April 1883. Mr. York was Mrs. Shaw's brother working as an engineer on the building of the railway. The Shaw family travelled on the train from Montreal to Winnipeg where they left their woolen mill equipment and then west on a work train to the end of steel, then in two covered wagons.

They had to wait several days at the Bow River Ferry crossing in East Calgary for their turn to cross on the ferry. William Shaw had read about John Glenn in an English newspaper and asked the NWMP at Fort Calgary for directions to Glenn's farm at Fish Creek. Shaw decided to settle on the west side of Macleod Trail across from John Glenn instead of going to Peace River.

In October 1883 there was a population of 500 in the Calgary area. "The first Church of England service was held in the orderly room of the NWMP barracks on 3 November 1883, with civilians and members of the Mounted Police seated on planks placed across nail kegs."

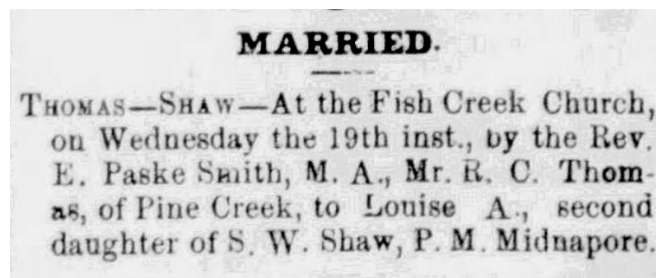
Rev. J. W. Tims, missionary at the Blackfoot Reserve, walked along to steady the pump organ owned by Helen Shaw as it was brought on a wheelbarrow along Atlantic Avenue (now 9<sup>th</sup> Ave). William Shaw played the organ.

## Time Capsule, continued

Easter Sunday service in 1884 was held with more than 80 people. Each visit from Rev. Tims took him away from the mission for eight days because of the train schedule. A letter from Right Reverend McLean, the Bishop of Saskatchewan, was read to inform the congregation that Rev. Edward Paske Smith was being sent by the Society for the Propagation of the Gospel (SPG) to Calgary.

Rev. Paske Smith was an Oxford graduate and former missionary in India. He arrived in Calgary 24 May 1884 and took the first service in the small wooden Church of the Redeemer on 2 August 1884. It had a seating capacity of 200 and was enlarged with side aisles to seat 360 around 1886. Location was east of the sandstone Cathedral at 694-1 Street SE on 7<sup>th</sup> Avenue built in 1904-1905.

Rev. Paske Smith travelled between Calgary and the Midnapore area. The homestead file includes the size of his house in the north-east quarter of Section 22, Township 23, Range 1 West of 5<sup>th</sup> Meridian – south of Heritage Drive and east of Fairmount Drive. He sold his “improvements” to Christopher Greer who homesteaded the north half of Section 22 between Heritage Drive and 90<sup>th</sup> Avenue. This part of Acadia includes Lutheran Church of Our Saviour, the Acadia swimming pool and Lord Beaverbrook High School.



Calgary Tribune (Albertan) newspaper Oct 21, 1887 page 8. Historic St. Paul's Church south of Fish Creek Park is still in the original location at 14620 Macleod Trail South. It opened for worship in September 1885.

Robert Cadogan Thomas, from Wales, settled on part of the east half of Section 4, Twp 22, Range 29 West of 4<sup>th</sup> Meridian in 1884 and married Louise Shaw in 1887. Their home was on the south side of the Bow River 17 miles from Calgary. They moved into town about 1893. Mr. Thomas owned multiple businesses including the Wales Hotel located at 709 Second Street SW between the Hudson's Bay and Eaton's department stores. R. C. Thomas left \$5000 to the Cathedral Church of the Redeemer in his will when he died in 1950.

Sources: Sodbusting to Subdivision c. 1978 published by De Winton & District Historical Committee for the information about the Shaw family of Midnapore. The Cathedral Church of the Redeemer 100 Years c. 2005 for church history. Homestead file and Calgary newspapers for information about Rev. E. Paske Smith.

## Bishop's Message



Grace and peace to you from Jesus!

The end of September Ken and I were in Switzerland where I was able to attend a new leaders conference hosted by the Lutheran World Federation.

As we were there the season of thanksgiving was just beginning with grapes being harvested, sunflowers with loaded seedheads, and we heard of the Alpabfahrt (parades of cows decorated with flowers as they come down from mountain meadows.) At home, we too have our own traditions that we each know so well.

Throughout Scripture, people are often called to remember God's goodness and to give thanks together. Thanksgiving is not simply a celebration of harvest or abundance, but an opportunity to recognize God as the giver of every good gift and to rejoice in abundant provision, grace, and faithfulness.

As we gather this season, I want to give particular thanks for you, our congregations and ministries throughout this synod. We are grateful for the many ways you faithfully serve Christ and share the good news of the Gospel and for your generous support of the whole church. Through your prayers, generosity, encouragement, hospitality, teaching, service, and daily witness, you help make Christ known and strengthen this synod.

Increasingly, I note the ways you are caring for one another. We are learning to share resources, pray for one another and to give generously. Such acts are important in a time when so much in the world seeks to divide us. When we open conversations on difficult subjects, listen before we speak, act justly toward those who struggle, teach our children in the Way – we are changing the world as we ourselves are changed. I am thankful for each of you and for the privilege of serving Christ together.

I am thankful for each of you and for the privilege of serving Christ together. May Jesus bless our homes, our families, and our ministries as we enter this season of thanksgiving.

In Christ,

Bishop Trish Schermund

Synod of Alberta and the Territories, ELCIC

## Bishop's Message continued

A Thanksgiving Litany

**We give you thanks, O God.**

Come, let us give thanks to God, for the gifts of this earth and the abundance of creation.

**We give thanks to God, the giver of every good gift.**

For the soil beneath our feet, for fields and forests, rivers and oceans, for seed and harvest, rain and sunshine, for all that grows and gives life:

**We give you thanks, O God. Teach us to care for the earth entrusted to us.**

For the food on our tables, for those who grow it, harvest it, prepare it, transport it, and share it, and for all whose work makes our daily lives possible:

**We give you thanks, O God. Make us mindful of those who do not have enough.**

For our families, friends, neighbours, and communities, for First Peoples who tend the land:

**We give you thanks, O God. Hold us together in love.**

For the church, for the people who gather to worship, for those who teach and learn, for those who pray and sing, for those who quietly serve, and for all who share the Gospel in word and deed:

**We give you thanks, O God. Strengthen us to be your people in the world.**

For the work of ministry, for the courage to try new things, for the patience to walk together, for the grace to forgive, and for the hope that continues even when the path ahead is uncertain:

**Give us courage, wisdom, and joy for the journey.**

For those who are lonely, grieving, hungry, displaced, or afraid; for those who struggle to find a place at the table; for those who wonder whether there is enough for them:

**We give you thanks, O God, and we ask you to make us instruments of your generous love.**

For Jesus Christ, who gathers us around Word and Sacrament, who calls us to love our neighbour, and who reminds us that we are never alone:

**We give you thanks, O God, for your love revealed in Christ.**

And for this day, for breath in our bodies, for people beside us, for work worth doing, for opportunities to serve, for lessons learned, for beginnings and endings, and for all that we have received and all that we are able to give:

**We give you thanks, O God. Everything we have is gift. Everything we are, is held in your grace.**

Generous God, receive our thanksgiving. Turn our gratitude into generosity, our abundance into sharing, our faith into action, and our love into welcome.

**Make us grateful people, not only with our words, but with our lives.**

**Amen.**

+Trish Schmermund, 2026

Free to use.

| Sunday                                                                                                                                                                                                                    | Monday                                                                                                       | Tuesday                                                                | Wednesday                                                                                                          | Thursday                                                                                                                                        | Friday                                                                                                                           | Saturday                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                          |                                                                                                              |                                                                        |                                                                                                                    | <b>1</b> Office Open<br>8:45 am WW<br>10:00 am Knit-Chat<br>7:00 pm Bible Study                                                                 | <b>2</b><br>8:00 am WW<br>6:00 pm Latin Families Support Group                                                                   | <b>3</b><br>7:00 am WW                                                                                                                      |
| <b>4</b><br>10:00 am <b>Worship ( Bob Dunn)</b><br>11:00 am <b>Sunday School</b><br>1:30 pm <b>Taking Strides</b>                                                                                                         | <b>5</b> Office Open<br>10:00 am Ladies Small Group<br>6:30 pm TMS Rehearsal                                 | <b>6</b> Office Open<br>1:00 pm Games Group<br>6:00 pm Esso Event      | <b>7</b><br>10:00 am Lighthouse Prayer Mtg<br>6:30 pm Fitness Class<br>7:00 pm Al-Anon Mtg<br>7:00 pm Praise Team  | <b>8</b> Office Open<br>8:45 am WW<br>10:00 am Knit-Chat<br>5:30 pm Youth Group<br>7:00 pm Bible Study                                          | <b>9</b><br>8:00 am WW                                                                                                           | <b>10</b><br>7:00 am WW                                                                                                                     |
| <b>11</b> Holy Communion<br>10:00 am <b>Worship ( Pastor Stan Helton)</b><br>11:00 am <b>Sunday School</b><br>                          | <b>12</b> Office Closed<br>6:30 pm TMS Rehearsal                                                             | <b>13</b> Office Open                                                  | <b>14</b><br>10:00 am Lighthouse Prayer Mtg<br>6:30 pm Fitness Class<br>7:00 pm Al-Anon Mtg<br>7:00 pm Praise Team | <b>15</b> Office Open<br>8:45 am WW<br>10:00 am Knit-Chat<br>6:30 pm The Music Spot with Bob Dunn<br>7:00 pm Bible Study                        | <b>16</b><br>8:00 am WW<br>3:30 pm Feed the Hungry                                                                               | <b>17</b><br>7:00 am WW                                                                                                                     |
| <b>18</b><br>10:00 am <b>Worship ( Pastor Stan Helton)</b><br>11:00 am <b>Sunday School</b><br>1:30 pm <b>Taking Strides</b>                                                                                              | <b>19</b> Office Open<br>10:00 am Ladies Small Group<br>6:30 pm TMS Rehearsal                                | <b>20</b> Office Open<br>1:00 pm Games Group<br>7:00 pnm Board Meeting | <b>21</b><br>10:00 am Lighthouse Prayer Mtg<br>6:30 pm Fitness Class<br>7:00 pm Al-Anon Mtg<br>7:00 pm Praise Team | <b>22</b> Office Open<br>8:45 am WW<br>10:00 am Knit-Chat<br>5:30 pm Youth Group<br>6:30 pm The Music Spot with Bob Dunn<br>7:00 pm Bible Study | <b>23</b><br>8:00 am WW<br><i><b>Congregational Session</b></i><br><i><b>Dinner 6:00 pm</b></i><br><i><b>Meeting 7:00 pm</b></i> | <b>24</b><br>7:00 am WW<br><i><b>Congregational Session</b></i><br><i><b>Coffee 9:00 am</b></i><br><i><b>Meeting 10:00 am</b></i>           |
| <b>25</b> Holy Communion<br>10:00 am <b>Worship ( Pastor Stan Helton)</b><br><i><b>Congregational Session</b></i><br><i><b>Hot Dog Lunch 11:00</b></i><br><i><b>Wrap Up 12:30 pm</b></i><br>1:30 pm <b>Taking Strides</b> | <b>26</b> Office Open<br>10:00 am Ladies Small Group<br>10:30 am Flock Care Meeting<br>6:30 pm TMS Rehearsal | <b>27</b> Office Open<br>7:00 pm Annual Altar Care Mtg                 | <b>28</b><br>10:00 am Lighthouse Prayer Mtg<br>6:30 pm Fitness Class<br>7:00 pm Al-Anon Mtg<br>7:00 pm Praise Team | <b>29</b> Office Open<br>8:45 am WW<br>10:00 am Knit-Chat<br>6:30 pm The Music Spot with Bob Dunn<br>7:00 pm Bible Study                        | <b>30</b><br>8:00 am WW<br>9:00 am Ladies" Breakfast                                                                             | <b>31</b><br>7:00 am WW<br>9:00 am Men"s Breakfast<br> |