



# The Vine

February 2015

## Ministry Team

*All are members of Lutheran Church of Our Saviour*

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### **Church Board 2014-2015**

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Rachelle Ellis  
Jens Kaack  
Jennifer May  
Garry Mihaichuk  
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Darren Tenor

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## Staff Office Hours:

*Pastor Lee*  
Monday to Thursday  
9:00 am to Noon

*Katharine Heimbigner-Tenor*  
Monday to Friday  
9:00 am to 1:00 pm



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

*Mariette Jessup*  
Please contact via email  
children@oursaviourchurch.ca



## Subscribe to The Vine Online!

Simply email [office@oursaviourchurch.ca](mailto:office@oursaviourchurch.ca) with 'Electronic Vine' in the subject line. Your email address will be added to the distribution list! ALSO you can find the Vine on our church website. Please contact the Church Office with any questions.

# Walking Together: Mental Health Through Our Lifetime

It's been said when one door closes, God opens another door. Although it does seem to be a cliché, more often than not it is true. Take Augustana Lutheran Church in Edmonton, for example. At the end of 2014, this downtown church which had been involved in ministry for 85 years, closed its door. This could've been the end of the story, but fortunately was not. According to a Synod-wide publication "the resulting sale of their church building enabled them to leave a legacy of help and hope." One of their directives was to support a Mental Health Awareness Initiative.

This initiative will focus on:

- **raising awareness** of the reality of mental health issues in congregations;
- **educating and training** lay people and rostered leaders about mental illness, and helpful responses;
- **identifying resources** available to congregations; and
- **encouraging development of local resources** by congregations.

Recently, I attended the annual Clergy & Church Workers Study Conference in Canmore. It's a blessed time of rest, relaxation and renewal. One of the guest speakers was Dr. Sharon Smith, executive director and co-founder of Sanctuary and raised in South Africa, Sharon has lived through the suicide of her husband, and congregations which can develop gifts of Christian Community. The statistics For example, 1 in 5 Canadians, in any given year, will experience mental illness and 1 in 3 Canadians, over their lifetime, will face mental health challenges. Also, 75% of mental illness develops before the age of 24.



Born in Vancouver. Sharon now lives in Vancouver and her husband. She has a passion for helping people who live with mental illness, people who live which can develop gifts of Christian Community. The statistics For example, 1 in 5 Canadians, in any given year, will experience mental illness and 1 in 3 Canadians, over their lifetime, will face mental health challenges. Also, 75% of mental illness develops before the age of 24.



On April 23<sup>rd</sup>, a Congregational Life Event will be held at Lutheran Church of the Good Shepherd in Red Deer. The focus of that day will be "Walking Together: Mental Health Through Our Lifetime." The keynote speaker will be Dr. Sharon Smith and there will be a number of sessions dealing with mental health issues. I would strongly encourage you to take in this workshop which is being put together by our Synod's Leadership Development Ministry and C.A.R.E., a new ministry team which has been birthed through the Mental Health Awareness Initiative. C.A.R.E. stands for Congregational Action and Response for Mental Health. As soon as more information is available, I will pass this on to you.

C.A.R.E. is providing a number of resources on our Synod's website: [albertasynod.ca](http://albertasynod.ca). Be sure to check them out.

Pastor Lee





# Young Explorers

## *We're helping the animals!*



On the first day of Sunday school, each child in Young Explorers presented a social issue that was close to their heart and then the group voted for which idea would be our year-long 'Helping Hearts' project.

They voted for AARCS - the Alberta Animal Rescue Crew Society, and have been donating their money each Sunday to help the animals.



**AARCS**  
ALBERTA ANIMAL  
RESCUE CREW SOCIETY

*Changing Lives Through Kindness*

I am excited to announce that AARCS will be coming to church on Sunday, February 28th at 10 am to do a presentation - and they will be bringing some furry friends!



We will be learning about what AARCS does, animal care and dog behaviours and more! I am very thankful for this great learning opportunity for our kids and AARCS is very thankful to be our Helping Hearts project!

Young Explorers will also begin collecting items on AARCS Wish List to donate to the Society. Anyone can help and a partial Wish List can be found below and a more complete one on their website at: <http://aarcs.ca>. Items can be new or gently used. Please place your items in the donation cupboard.



**It's a good feeling to have a Helping Heart!**

### *Partial Wish List*

- |                                      |   |                            |
|--------------------------------------|---|----------------------------|
| • Kitten kibble                      | • Fleece blankets (Large only)                              | • dog beds                 |
| • Cat litter including pellet litter | • Gift cards (Costco, Gas Stations, Walmart, Canadian Tire) | • Garbage bags             |
| • Puppy pads                         | • Office Supplies   | • Zip ties                 |
| • Puppy kibble                       | • Grain free cat food (wet or dry)                          | • Painters tape            |
| • Caned cat food                     | • Dog and cat toys  | • Dish soap                |
| • Medium- large wire crates          | • Medium and large  | • Anti-bacterial hand soap |
| • Exercise pens                      |   | • Bleach—lots and lots!    |
| • Dog houses                         |   |                            |





# Youth—Grade 7 to 12



## 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.



## Guys Night - Friday Feb 5th 6pm-10pm

We are going to have a super fun night of gaming, snacking, and getting a little crazy in the Church Friday night. Dudes from grades 5-9 and really any other dudes who want to come are welcome to join.



**Sunday Feb 7th The Youth** are scheduled to put on a Bake Sale in the Church. Parents or Kids remember to bring some goodies to help raise donations.



## Friday Feb 19-20<sup>th</sup> – Urban Missions Weekend – Coldest Night of the Year

Parents check your emails for more coming details on exact times. We will be spending the night at Trinity Lutheran Church Downtown, spending time learning about how we can be missionaries in our city, working with CUPS, and attending the Coldest Night of the year!



**Young Adults Small Group-** Are you in your late teens, 20's, or 30's? Are you looking to connect with some of the other "Young Adults" in our church? We meet up twice a month, usually on Wednesdays and get to know each other and talk about faith and life! Come on out!



**Volunteers Needed for the Experiment-** Do you have a heart to see young people encountering God and following Him? Are you looking for an opportunity to serve? You don't have to be young or cool, you just need a willing heart. We are looking for more volunteers to come alongside the youth of our church and disciple them/encourage them. Please contact me by phone, email, or at a Sunday service and let's talk about you getting involved! We also need drivers for Friday night events, and some willing to commit to joining in on Thursday nights!



# 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:

January 17th	March 20th
January 31st	April 10th
February 7th	April 24th
February 21st	May 1st
March 6th	



Affirmation of Baptism is scheduled for May 22nd.

## MOPS (Mothers of Pre-schoolers)

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 February:

Feb 10<sup>th</sup> Safe and Sound: Self-defense presentation  
by Debra deWaal

Feb 24<sup>th</sup> The 5 Love Languages of Children: One of our own members will be sharing information and leading us through the book by Gary Chapman.

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 <http://www.oursaviourchurch.ca/#/connect/mops-momsnext>



Family Movie Nights start at 6:30 pm



You bring the family and we provide the popcorn!

Disney • PIXAR  
**THE GOOD  
DINOSAUR**  
**March 12th**





# Bring a pie! Share a pie!

## Feb 14th - After 11 am Service

Please bring your pie pre-cut & ready to serve



### The Great Pie Social



Pie Fixes  
★ Everything

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







# Christian Book Sale

## Feb 25 - 27

### at LCOS

Better Books & Bibles  
&

Used Book Treasures

will be selling used and new Christian books  
for child thru adult. Everyone welcome.

Hours:

10 am to 9 pm Thursday and Friday

10 am to 5 pm on Saturday

cash or Cheque only please.

# BAKE SALE

== Sunday, February 7th ==  
in between church services

All proceeds will support  
LCOS **CHILL** team for  
coldest night of the year





# Family Friendly Events



## Youth Guys Night

February 5th from 6:00 to 10:00 pm  
Grade 5 and up  
Games, Snacks and Fun at LCOS



## Family Movie Night : "Ratatouille"

February 6th at 6:30 pm  
You bring the family and we provide the popcorn  
No RSVP necessary



Note: Change in Movie



**Bake Sale Fundraiser**  
February 7th between Services  
For Coldest Night of the Year  
In support of the CHILL team  
[www.thechillteam.com](http://www.thechillteam.com)



**Pie Social**  
February 14th After the 11 AM Service  
Please bring your pie cut and ready to serve



**Join the CHILL team**  
(Christians Helping Individuals Lift Lives)  
At Coldest Night of they Year on Feb 20th  
You can sign up to walk or donate at [www.thechillteam.com](http://www.thechillteam.com)



**Christian Book Sale for preschool to age 99**  
February 25th to 27th  
Thursday and Friday 10:00 am to 9:00 pm  
Saturday 10:00 am to 5:00 pm



**Hot Dog Sunday**  
February 28th following the 11 AM Service  
Visit with others over a hotdog lunch



**Family Movie Night : "The Good Dinosaur"**  
March 12th at 6:30 pm  
You bring the family and we provide the popcorn.





# Ushering

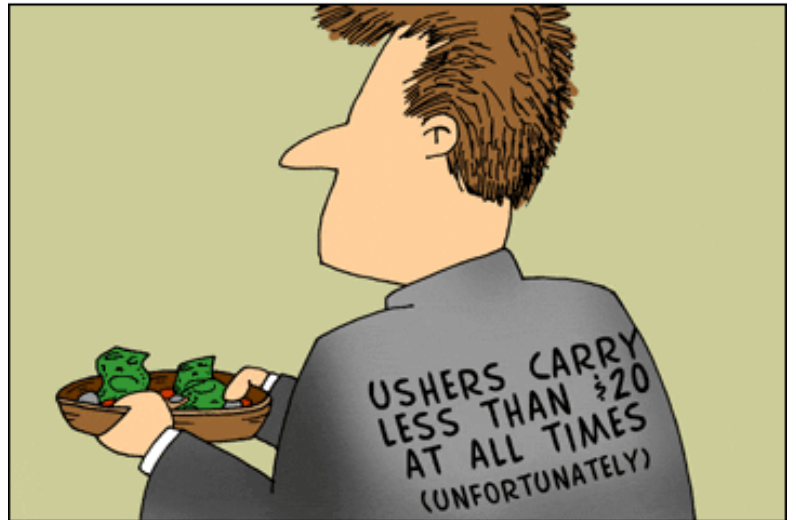
Thank you to everyone that ushers. Your willingness to serve is appreciated.

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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Thanks to John Michael Sullivan

09-03-2003

## Movie Lovers Night

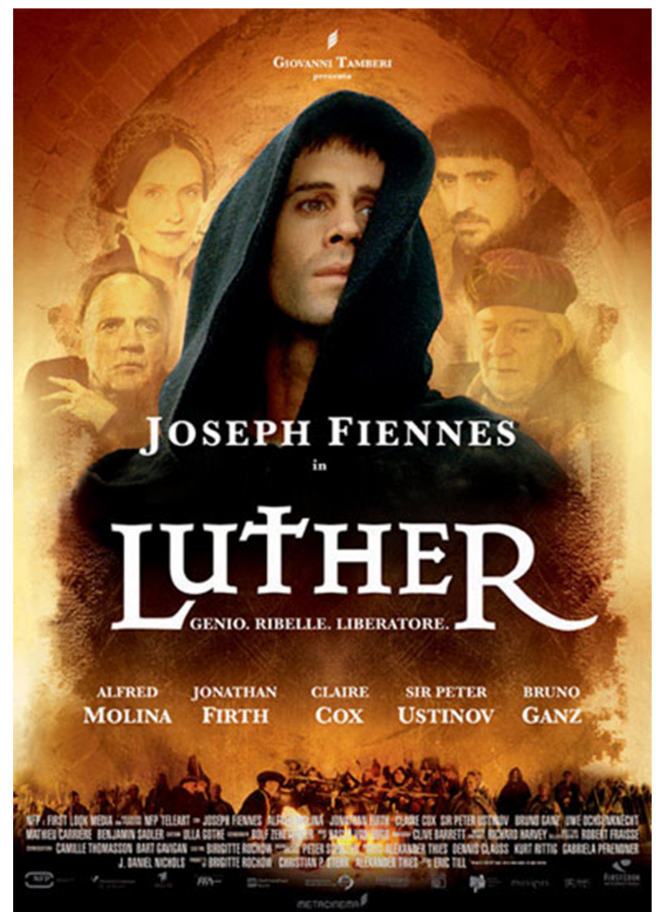
# Luther

Starring  
Joseph Fiennes

Friday, February 12th  
7:00pm



Bring your own snacks



Movie Lovers Night

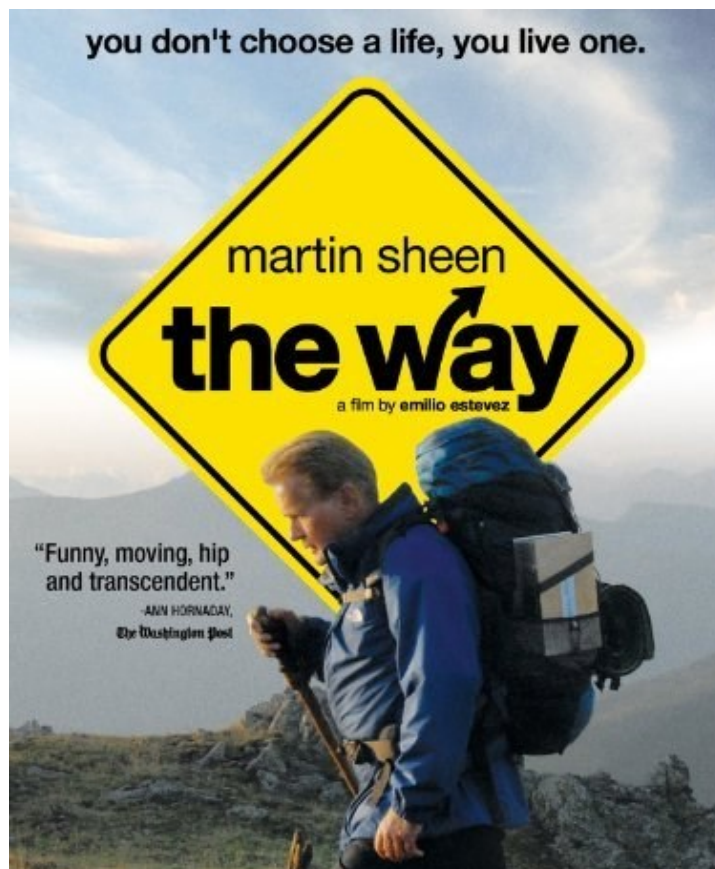
# The Way

Starring  
Martin Sheen

Friday, March 11th  
7:00 pm



Bring your own snacks



# DOUG RAWLING

With Andrew and Dieta Carlson  
the story and the songs



March  
18th  
7:00 pm

In Support of  
Wilderness  
Ranch

Free Will  
Offering



# Small Groups



## **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 February 12th we will be watching "Luther" at 7:00 pm and on March 18th we will be watching "The Way" starting Martin Sheen at 7:00 pm. Both will be at the church. Please bring your own snacks.



## **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 Feb. 9th and 23 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.



**Crossways Divine Drama Bible Study** meets every Monday night for 16 weeks at 7:00 pm. There is still time to join this group. If you have holidays or absences planned during this time period you are still encouraged to join and participate. Please contact the office, or Jens Kaack.



# Games Group—1 to 3 pm

1st & 3rd Tuesday of each month

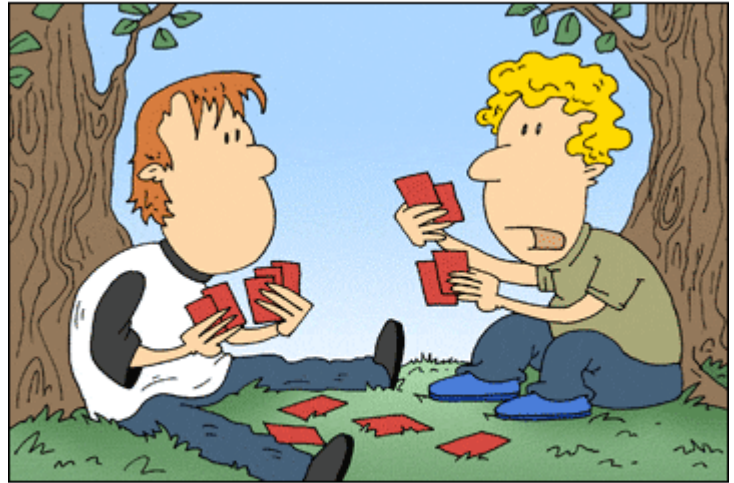
February 2nd & February 16th

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.

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I'LL TRADE YOU TWO BILLY GRAHAMS FOR  
YOUR ORAL ROBERTS

## WE CARE Backpacks Work Bee

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.

Our Work Bee is tentatively scheduled for March 5th.

We have a number of items for the backpacks already but need the following items:

- Toothpaste
- Nail clippers
- Wide toothed combs
- boxes of band aids
- small containers of Vaseline
- small hand towels



To view the lists of requested items for the backpacks please go to [http://www.clwr.org/what-we-do/We\\_Care\\_instructions.htm](http://www.clwr.org/what-we-do/We_Care_instructions.htm)

Watch for more information or contact Jaqui Anderson 403-453-4071.

Happy Shopping!

# Coldest Night of the Year

## February 20th Family Friendly Fundraising Walk



### Join the CHILL team (Christians Helping Individuals Lift Lives)

for our third annual Coldest Night of the Year Walk on February 20th. This 2, 5, or 10 km hike is a fundraiser for Feed the Hungry, Acadia Place and the Mustard Seed. You can sign up to walk or donate at [www.thechillteam.com](http://www.thechillteam.com)

[Acadia Place](#) is a project that supports housing first, a successful model that places people in a home with the supports they require to live a long and prosperous life. Located in southeast Calgary, Acadia Place, which is owned by [Calgary Homeless Foundation](#) and operated by CUPS, has 57 units housing a blend of single adults, couples and families, with the majority being families who were experiencing homelessness or were at extreme risk of becoming homeless. KAIROS Calgary, an ecumenical Social Justice initiative in Calgary, is currently fundraising to retire the mortgage on Acadia Place. Funds raised from CNOY will support this effort.

[Feed the Hungry](#) (FTH) is a Sunday Night dinner program offering a sit down meal in St. Mary's Hall in downtown Calgary. A ministry of the Roman Catholic Diocese of Calgary, *each week FTH offers 500 guests a three course dinner that is served by volunteers*. FTH is intentional about creating an atmosphere of dignity and welcome. Proceeds will support the ongoing needs of the program.

[The Mustard Seed](#) is non-denominational Christian charity that builds community, grows hope and supports change. It has been impacting and changing lives for more than 30 years. With support from donors and volunteers, the organization provides food, clothing and shelter to men and women who are experiencing poverty and homelessness in Calgary. It also helps them find homes and jobs and improve their overall health – physically, mentally and spiritually. Proceeds will be used to provide meals, employment coaching, and housing assistance.

Also, don't forget to mark your calendar for February 7th between Services to purchase baked goods in support of the CHILL team.



# 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.

## February Healthy Cookie Recipe

### Whole Wheat Applesauce Cookies

1 cup shortening  
2 cups white sugar  
2 eggs  
2 cups applesauce  
2 tsp. baking soda  
4 cups whole wheat flour  
1 tsp. salt  
1 tsp. cinnamon  
1 tsp. nutmeg  
2 cups raisins

Cream together first 5 ingredients. Then add remainder and mix well. Drop by teaspoonful. Bake at 375 degrees for 10 minutes. These do spread so leave lots of space between cookies. You could also substitute chocolate chips for the raisins.



*If you would like to contribute a cookie recipe please send it to the office.*



# 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**

# A DAY together

Help for today. Hope for tomorrow.

**DATE:**

Sat. April 23, 2016  
8:30am – 4:30pm

**DON'T DELAY:**

\$119 for first 100  
couples to register,  
\$149 after first 100  
couples

**LOCATION:**

Glenmore Christian  
Academy Theatre  
16520 24<sup>th</sup> Street SW  
Calgary, AB T2Y 4W2

**PRESENTED BY:**

Bright Conferences  
AND  
Glenmore Christian  
Academy



A DAY  
together

For Couples Wanting More For Their Relationship

**CONTACT:**

[www.brightconferences.ca](http://www.brightconferences.ca)



[familylifecanada.com](http://familylifecanada.com)

FAMILYLIFE  |  POWER  
to Change.



# 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!!





# Operation Eyesight Universal Update

## *Operation Eyesight Universal Institute for Eye Cancer*

### Eye cancer doesn't have to result in blindness in India anymore!

Aboobacker is a caring father of two from Kerala, a state at the southernmost tip of India. He was diagnosed with cancer in both eyes when he was a baby. It was too late for doctors to save his left eye, which had to be removed, but they were able to save partial sight in his right eye. Thanks to this, he's able to do basic office work to support his family.

After Aboobacker married, his son was born with the same bilateral retinoblastoma. Like his father, the baby was diagnosed too late to save both eyes, and his right eye had to be removed. He, too, retained partial vision in his other eye, and he's now able to attend school.

When his daughter Siya was born two years ago, Aboobacker and his wife despaired when the baby was diagnosed with the same condition as her brother and father. Recently, they brought her to the Operation Eyesight Universal Institute for Eye Cancer in Hyderabad for chemotherapy.

Good news! Because it was discovered so early, the doctors were able to save both of Siya's eyes. She retains perfect vision in one eye and partial vision in the other, and can look forward to an entirely normal life. Aboobacker will continue to bring Siya to Hyderabad every three months for checkups, and so far all is well!



*Aboobacker and his daughter Siya.*

#### **SHOCKING BUT TRUE:**

Every day, four children in India are born with eye cancer. India has the highest number of new cases of eye cancer in the world (5,000 new cases every year), and more than half of the global burden of eye cancer. And by 2020, India will be the only country with over 1,000 cases annually of retinoblastoma (life-threatening eye cancer).

Last year, in response to this threat to life and vision, a generous donor family stepped forward. With their help, we were able to open a world-class eye cancer facility located at the LV Prasad Eye Institute in Hyderabad, India to provide quality, comprehensive cancer treatment for children and adults.

The Operation Eyesight Universal Institute for Eye Cancer opened in September 2015. It offers ocular oncological services to India and other developing countries through comprehensive cancer treatment, research, training and education programs. Thanks to our donors, the Institute will save countless lives with its early detection and integrated treatment programs, all of which are provided to patients at low or no cost. Visit [operationeyesight.com/eyecancer](http://operationeyesight.com/eyecancer) to learn more!

To read their entire Winter Newsletter please check out: <http://www.operationeyesight.com/>

### 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.



# Which can would you be?

Two cans of creamed corn sat next to each other on the shelves of Albright's Market. Both cans had been on the shelf for a long time and by chance, both contained corn harvested from the same field.

One spring day, a woman bought both cans. She used one of the cans to make her much appreciated corn casserole bake which she served to her family along with a smoked ham, green beans, spinach salad, jello with fruit, wheat rolls, dill pickles, and black olives. For dessert, there was strawberry/rhubarb crisp with a dollop of vanilla ice cream.

She donated the second can of creamed corn to a local food pantry, where it was later eaten by an elderly man for his evening meal of creamed corn and a slice of white bread.

Upon hearing this story, you could ask yourself, which creamed corn can would you prefer to be? Since it is unlikely that you will ever have the privilege of being a canned vegetable, you might ask yourself about the choices you make about what you are able to purchase. If you had two cans of creamed corn, what might you choose to do with them?



By Duane Grady

## 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 Feb 6th,  
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!





# Noah's Ark Roof Repair Fundraiser

Sponsor a panel for \$40.00  
and be entered into a draw to win one of 10 Ark prints.

For \$100.00 you may sponsor a panel and receive your choice of one of three prints by the same artist: "The Ark", "King of Kings" or "The Price".

A portion of each donation is tax receiptable.

Watch for mural assembly days on various Sundays where you can affix your panel.

Please contact the office with questions.

**We are half done completing our Ark!**



## 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](mailto: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.





# Financial Report by Cliff Blumhagen, Financial Secretary

	YTD - 2015	YTD - 2014
Budgeted Giving	\$379,393.28	\$367,534.89
Designated Giving	\$44,035.75	\$31,840.31
Non-Receiptable / Credit	\$4,884.11	\$3,863.71
Other Income	\$11,614.31	\$11,307.80
<b>TOTAL</b>	<b>\$439,927.45</b>	<b>\$414,546.71</b>
Average Weekly Budget Offering	\$7,296.02	\$7,067.98
Average Weekly Budget Required	\$7,193.00	\$7,073.00
PAR Giving (included in above total)	\$62,550.00	\$55,670.00
Number of envelopes issued	168	176
Number of envelopes unused	9	13
Number of pledges (budget)	79	82
Number on or over pledge (budget)	52	45
Number under pledge (budget)	27	37
Average Weekly Attendance	175	180

## Comments:

**Year to date budgeted giving for 2015 is 3.22% higher than 2014.**

Designated Giving for 2015 includes:

CLWR (\$4,880.00)  
 CLWR:Give Life Project (\$1,270.00)  
 CLWR:Nepal (\$1,310.00)  
 Flower Fund (\$1,150.00)  
 Urgent Care (\$3,000.00)  
 Memorial Fund (\$14,668.86)  
 Jack Beck Ticket Sales (\$1,190.00)  
 VBS Fees (\$1,054.00)  
 Capital Ministry-Ark Mural (\$7,750.00)  
 Samaritan's Purse (\$1,659.00)

Designated Giving for 2014 includes:

CLWR (\$5,980.00)  
 Urgent Care (\$5,455.00)  
 Watoto (\$1,540.20)  
 Passion Play Ticket Sales (\$2,399.20)  
 Acadia Community Art & Garden Grant (\$5,000.00)  
 Roofing Fund (\$1,000.00)  
 VBS Fees (\$1,690.00)  
 Flower Fund (\$1,210.00)  
 Shoe Boxes (\$1,167.94)

# Message for Congregations



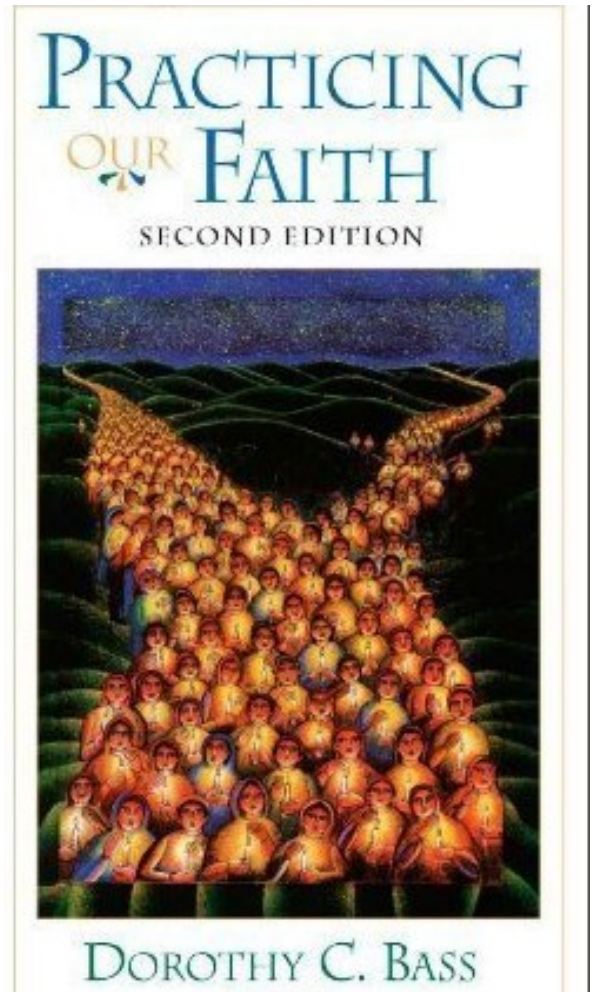
Dear Sisters and Brothers in Christ –

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.

+++++

*Whatever is foreseen in joy  
Must be lived out from day to day.  
Vision held open in the dark  
By our ten thousand days of work.  
Harvest will fill the barn; for that  
The hand must ache, the face must sweat.  
And yet no leaf or grain is filled  
By work of ours; the field is tilled  
And left to grace. That we may reap,  
Great work is done while we're asleep.  
When we work well, a Sabbath mood  
Rests on our day, and finds it good.*

Wendell Berry, *Sabbaths*



## Keeping Sabbath

The Sabbath pattern - six days of work, followed by one of rest - is woven deep into the fabric of the Bible - it is seen, fundamentally, as a gift! The root word means to cease, to desist. The idea is not that of relaxation or refreshment, but cessation from activity. The first story of the Hebrew and Christian Scriptures (Genesis 1-2:4a) climaxes on the seventh day, the first time there was a seventh day. Having created everything, God rests, and blesses this day, and makes it holy.

Later, God teaches the people of Israel to share in the blessing of this day (Exodus 16). After bringing them out of Egyptian slavery into the wilderness, God sends them manna, commanding them to gather enough each morning for that day's food alone. Mistrusting, they gather more than they need, but it rots. On the sixth day, however, they are told to gather enough to last for two days. Miraculously, the extra does not rot, and those mistrustful ones who go out on the seventh morning to gather more food find none. God is teaching them, through their own hunger and nature's provisions, to keep the Sabbath, even before Moses receives the commandments on Sinai.

When those commandments come, the Sabbath commandment is the longest and, in some ways, the most puzzling. Unlike any of the others, it takes quite different forms in the two passages where the Ten Commandments appear. Both versions require the same behavior - work on six days, rest on one, but each gives a different reason. What is wonderful is that each reason arises from a fundamental truth about God's relationship to humanity.





# Observe the Sabbath Day, to keep it holy.

*Remember the Sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the LORD your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the Sabbath day and consecrated it. Exodus 20:8-11*

The Exodus commandment to “remember” the Sabbath day is grounded in the story of creation. The human pattern of six days of work and one of rest follows God’s pattern as creator; God’s people are to rest on one day because God did. In both work and rest, human beings are in the image of God. At the same time, they are not God but God’s creatures, who must honor God by obeying this commandment.

*Observe the Sabbath day and keep it holy, as the LORD your God commanded you. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the LORD your God; you shall not do any work - you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day. Deuteronomy 5:12-15*

In Deuteronomy, the commandment to “observe” the Sabbath day is tied to the experience of a people newly released from bondage. Slaves cannot take a day off; free people can. When they stop work every seventh day, the people will remember that the Lord brought them out of slavery, and they will see to it that no one within their own dominion, not even animals, will work without respite. Sabbath is a recurring testimony against the drudgery of slavery.

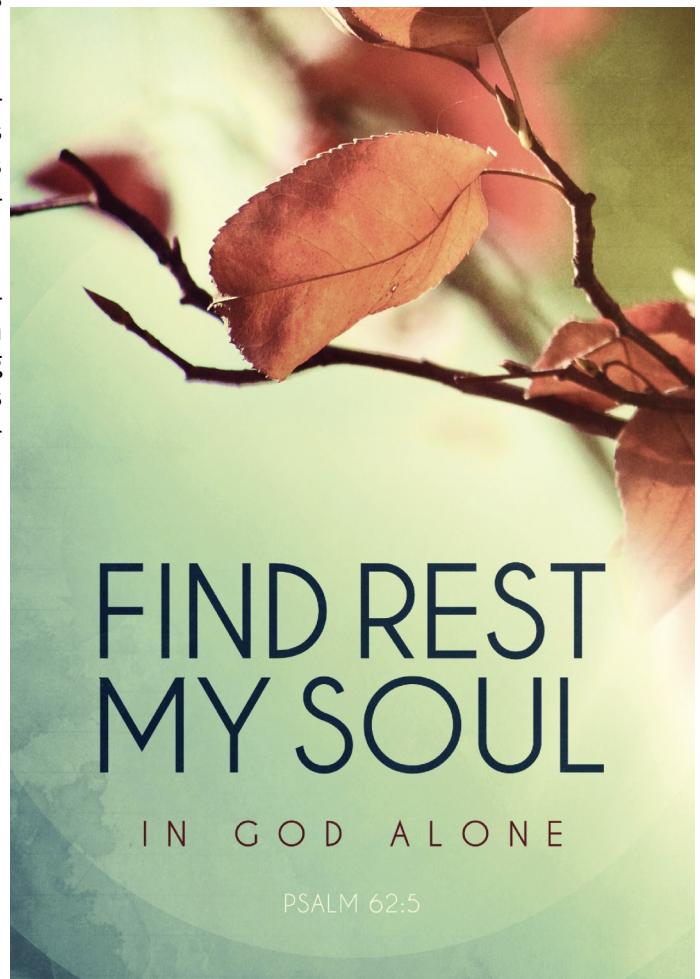
Together, these two renderings of the Sabbath commandment summarize the most fundamental stories and beliefs of the Scriptures: creation and exodus, humanity in God’s image and a people liberated from captivity. In both remembering and observing, the Sabbath is understood to be gift.

Later, Christians continued to treasure the Sabbath commandment, along with the other nine commandments from Sinai. They also came to believe, however, that its meaning had changed with the new creation God began with Christ’s death and resurrection. The holy day from now on, therefore, was not the seventh but the eighth, the day on which the future burst into the present.

As we enter the holy season of Lent I wonder how we might practice our faith through the keeping of Sabbath? What might this look like in our daily living this Lent? A practice of...remembering and observing.

Rest and worship. One day that, week after week, anchors a way of life that makes a difference every day.

**Read and Reflect:** Exodus 20:8-11 and Deuteronomy 5:12-15



### Discuss and Reflect:

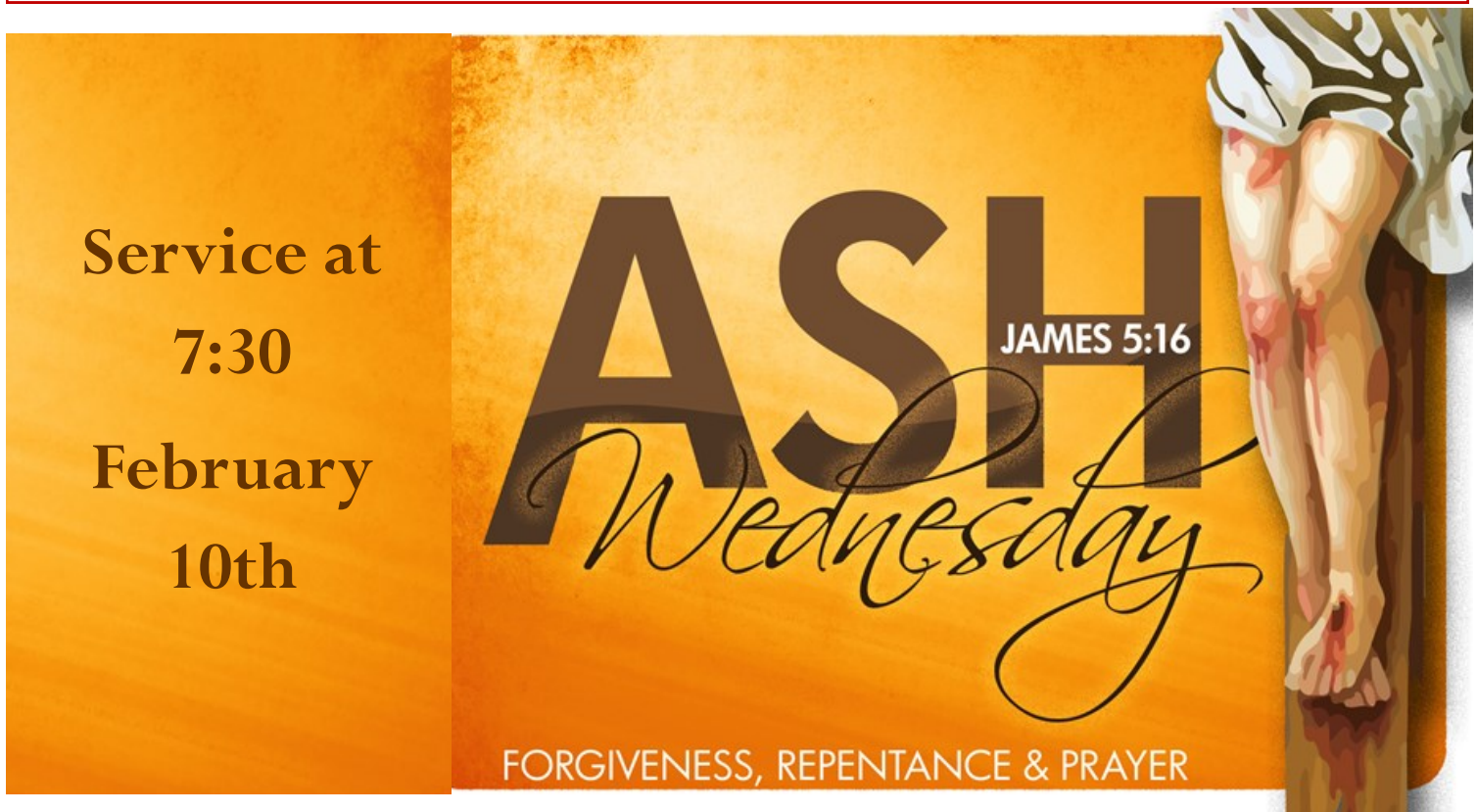
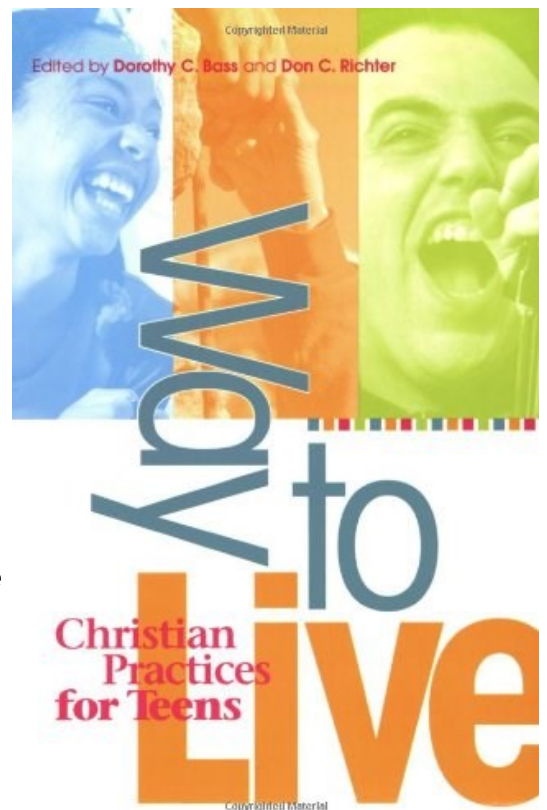
- What in this reading leads you to say, “I wonder about...”, or, “I noticed...”
- What memories does “Sabbath” evoke for you? How have your patterns of keeping Sabbath changed during the course of your lifetime?
- Dorothy C. Bass suggests resting from a few specific activities on the Sabbath, such as shopping, paying bills, and having committee meetings. If you were to keep Sabbath in your life, what activities would you most need to rest from?
- When in your week or year do you experience real Sabbath? Where do you go, what do you do, and who are you with that contributes to this experience of rest and renewal?
- Comment on the following: *Rest and worship. One day that, week after week, anchors a way of life that makes a difference every day.*

**Pray together:** *Gracious God, let your grace enfold us in confidence and peace, that we may know and be renewed in the gift of Sabbath rest. In Jesus' name. Amen.*

*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,  
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**





# February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Communion Sundays: February 7th & 21st	1 1:00 Memory Plus Alzheimer support group 7:00 Divine Drama 7:00 Al-anon 7:00 Fireside Group	2 1:00 Games Group 7:00 Yoga	3 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	4 7:00 The Experiment	5 6:00 Youth Guys Night	6 6:00 am Breakfast at The Seed  6:30 Family Movie Night
7 9:00 & 11:00 Worship Service 10:00 Adult Bible Study Young Explorers The Experiment Bake Sale for CHILL 6:30 Discipleship	8 1:00 Memory Plus Alzheimer support group  7:00 Divine Drama	9 7:00 Today's Pilgrims  7:00 Yoga	10 9:30 Experiencing God 9:30 MOPS 7:00 Al-anon 7:00 Ash Wednesday Service 8:30 Praise Team 11 AM	11 10:00 Morning Glories 7:00 The Experiment	12 7:00 Movie Lovers: "Luther"	13
14 Sandwich Sunday 9:00 & 11:00 Worship Service 10:00 Adult Bible Study Young Explorers The Experiment Noon: Pie Social	15 Family Day  Office Closed  7:00 Fireside Group	16 1:00 Games Group  7:00 Church Board  7:00 Yoga	17 9:30 Experiencing God 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 Choir 8:30 Praise Team	18 7:00 The Experiment  7:15 Flock Care	19 Urban Mission Weekend	20 Urban Mission Blumhagen/ Kowaluk Wedding 5:00 Coldest Night of the Year
21 9:00 & 11:00 Worship Service 10:00 Adult Bible Study Young Explorers The Experiment Noon: Israel Group 6:30 Discipleship	22 1:00 Memory Plus Alzheimer support group  7:00 Divine Drama	23 7:00 Today's Pilgrims  7:00 Yoga	24 9:30 Experiencing God 9:30 MOPs 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 Choir 8:30 Praise Team 11 AM	25 10:00 to 9:00 Book Sale 10:00 Morning Glories 7:00 The Experiment	26 10:00 to 9:00 Book Sale	27 10:00 to 5:00 Book Sale
28 9:00 & 11:00 Worship Service 10:00 Adult Bible Study AARCS presentation for Young Explorers The Experiment Noon: Hotdog Sunday	29 1:00 Memory Plus Alzheimer support group  7:00 Divine Drama		<b>Upcoming Events:</b> March 5th —We Care Work bee March 11th—Movie Lovers: "The Way" with Martin Sheen March 12th—Family Movie Night—"The Good Dinosaur" March 13th—Daylight Savings begins March 18th—Doug Rawlings in Concert March 19th— Making of Palm Crosses March 20th to March 26th—Holy Week March 27th—Easter Sunday			