



small groups

L I F E I S B E T T E R T O G E T H E R

The Vine

September

2018

Ministry Team

All members of Lutheran Church of Our Saviour

Administration & Congregational Care

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

Office Hours For September

Monday to Friday
9:00 am until 1:00 pm

Please call ahead to access the building outside of regular office hours.

Director of Children & Youth Ministry

Jesse Ramson
403-253-1453 ext. 14
403-200-1740 (cell/text)
youth@oursaviourchurch.ca

Jesse's Office Hours:

Tuesday to Friday
9:00 am to 1:00 pm

Office Assistant

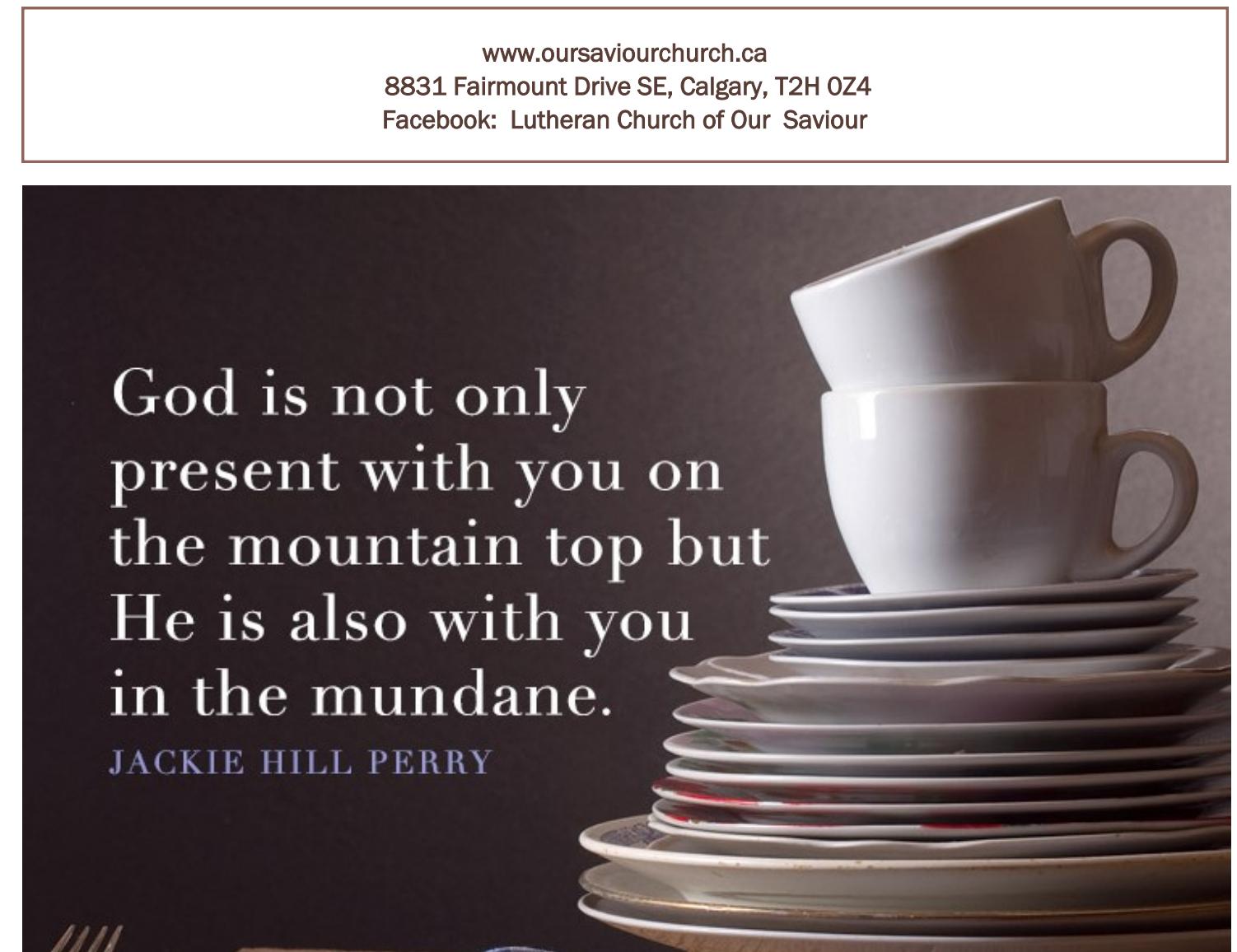
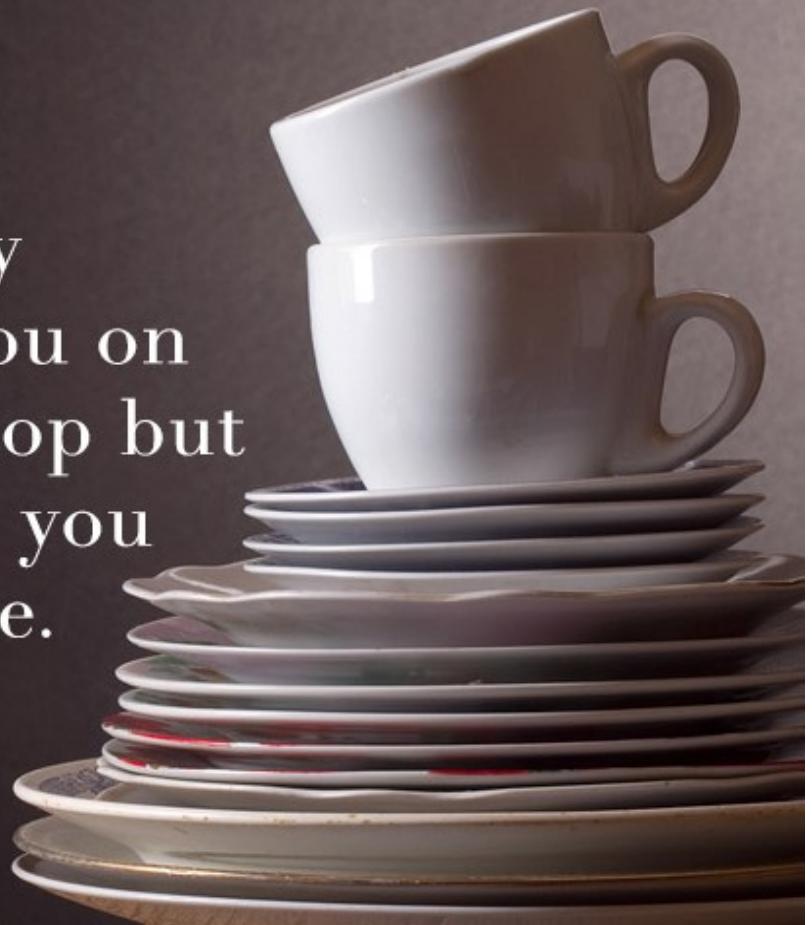
Judy McDonald
office2@oursaviourchurch.ca

Church Board 2018-2019

Doug Gebrandt
Jens Kaack
Avril LeBlanc
Dale Mass
Bob Montgomery—Chair
Shirley Moule
Nick Perchthaler
Darren Tenor
Les Walker

God is not only
present with you on
the mountain top but
He is also with you
in the mundane.

JACKIE HILL PERRY





PRESTON POUTEAUX

THE BEES
OF RAINBOW
FALLS

FINDING FAITH, IMAGINATION,
AND DELIGHT IN YOUR
NEIGHBOURHOOD

FOREWORD BY PAUL SPARKS

Join Our Congregational Study
hosted by our Small Groups

Based on the book by
Rev. Dr. Preston Pouteaux

Join an existing small group or
sign-up to participate in a new
group forming just for this
study!

Book Cost: \$20.00
Study Guide: Provided

A Variety of Interim Ministry Configurations

Call Committee Update

	Supply	Regular Supply	Part-time Interim	Full-time Interim	Intentional Interim
Focus of ministry	Worship	Worship	Maintain ministry	Maintain ministry Transition into future	Congregational healing Transition into future
Services and Sunday on special days in the Church calendar	Yes	Yes	Yes	Yes	Yes
Regular office hours	No	No	Possible	Yes	Yes
Instruction (Bible Studies, Confirmation, First Communion)	No	No	Possible	Yes	Yes
Pastoral Care (emergency calls, shut-in visits, long-term care services)	No	Possible	Possible	Yes	Yes
Council and Congregational meetings	No	Possible	Possible	Yes	Yes
Baptisms, Weddings, Funerals including preparation	No	Possible	Possible	Yes	Yes
Rostered Leader	- on authorized Synod supply list	- on authorized Synod supply list	- from neighbouring congregation - under special call - on leave from call - interim minister - retired	- under special call - on leave from call - interim minister - retired	- trained transitional minister* *Certified (updated) with Interim Training organization or equivalent
Involvement in Call Process	None	None	None	None	Congregation's self-understanding of identity and mission
Eligible to be considered for call	No	No	Only as per contract	Only as per contract	No
Length of service	must remain on authorized Synod supply list	until pastor is called	until pastor is called	until pastor is called	Intentional transitional ministry for an 18 to 24 months period

Call Committee Update

The Interim Pastor candidate involved interviews with two Call Committee members and two Board members to provide a broader prospective on the candidate. At this interview we discussed what was the appropriate “type” of interim ministry for LCOS which varied from: 1) Supply; 2) Regular Supply; 3) Part-time Interim; 4) Full-time Interim; and 5) Intentional Interim. We discussed the difference between Full-time Interim and Intentional Interim which essentially was Intentional provided Full-time plus: a) the congregation with an opportunity to understand the congregational identity and mission and b) to facilitate a grieving process for the staff and the congregation. From our discussion of the current state of the congregation and staff, the interim pastor candidate recommended that the Intentional Interim model would provide the most value.

The interim pastor candidate and Intentional Interim model was presented to the LCOS Board and both were approved on August 14, 2018. The Bishop was contacted and agreed with the appointment and the timing of the Interim Pastor being October 22, 2018. This timing was required to provide adequate timing for the candidate to give due notice and be released from their current assignment.

With the acceptance of the Intentional Interim “model”, the Interim Pastor will be leading the discussions with the congregation on the following areas:

- 1) who are we;
- 2) what are we doing; and
- 3) where is God leading us.

This process is expected to take place over a 6 month period. The output from these discussions will be fed into the Call Committee to complete our Mission Profile which then starts the call process with the Bishop.

If you have any questions please let me know.

Garry Mihaichuk



*Interim Pastor
Announcement
September 16th*

The Pipes, The Pipes, are Calling

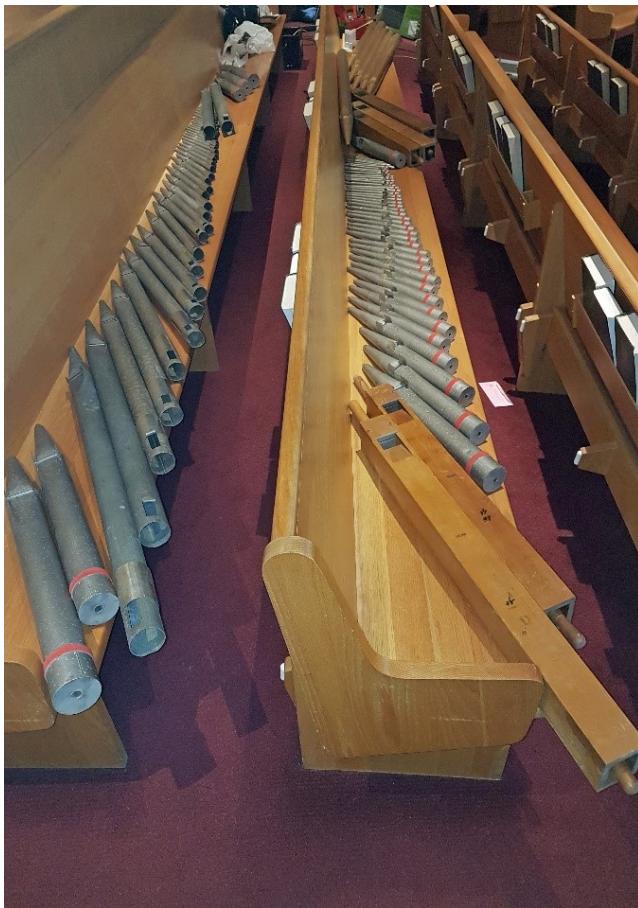
After a lengthy wait, the pipe organ is singing a new tune!

In December 2011, the organ was severely damaged by water following a huge snowstorm and equally powerful post-storm chinook.

This August, however, we welcomed organ builder D. Leslie Smith from Fergus, Ontario who spent a week-long artisan-in-residence working a restoration of the organ. Removing almost every pipe from the organ (there are 518 in total), he made our treasure sound as robust as it did when it first made a sound in 1890.

Our organ is believed to be the oldest Canadian-made pipe organ in western Canada, built by Edward F. Lye and Sons in Toronto. (There are older organs in the West, but they were made in the USA or Europe.)

Every rank of pipes is now working, and it has been fully tuned. A couple of low pipes require new stoppers made of maple wood and leather, and one of the pedal pipes needs a magnet mechanism to work properly. Mr. Smith plans to do some “tweaking” when he returns to Alberta late in the year. After a trip to Edmonton, he will “swing by” to check things out.



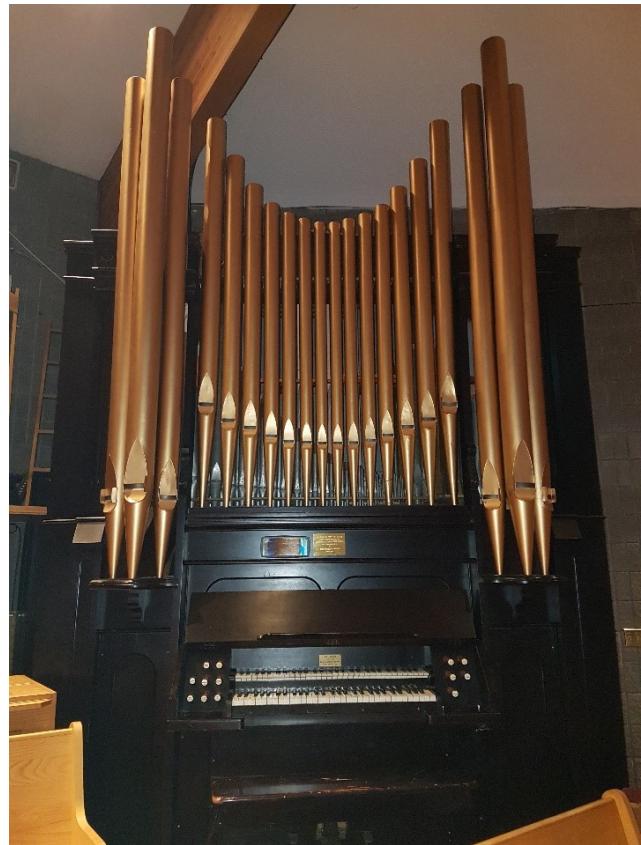
The Pipes, The Pipes, are Calling

Organ builders are a rarity in this part of the country, so we needed to bring the expertise to us. And with great results! In addition to Mr. Smith who created a miracle in bringing this organ back to form, enough thanks cannot be given to Ken Rude, who assisted Mr. Smith and was a treasure chest of tools and know-how!

Also, thanks to the generosity of those who contributed to the LCOS Memorial Fund and the Andrew Peterson Endowment Fund, we have been able to fund this project.

For more information about our organ and a greater number of pictures, look for an update to the church website!

By Alex Mckay



The Choir

The choir is one of the longest-serving, if not the longest, small group at LCOS. We are especially looking for some new members as a few have moved away. We are especially looking for basses and tenors; our numbers have been dwindling and we are struggling to cover all the parts. We are holding an organizational meeting on Wednesday, September 26 at 7:30pm to discuss what the future holds. All current and potential choir members are welcome to come.

No need to be a professional singer – none of us are! You don't even need to know how to read music; you can learn along with us! Just a love of singing and a commitment to serving the Lord through music.

Come out on September 26 to join us and have some fun! If you have questions, talk to Alex or email him at mckayfam@telusplanet.net. We hope to see you there! (If you are interested but can't come out on Sept. 26 – drop a quick email.)



Youth & Children Ministry

Is it just me, or did the summer just blow by? It is absolutely crazy to think that we're launching right back into our programming! At the same time, I'm also so excited about the return of all our groups! It is an absolute joy to plan, prepare, and actually participate in all of our events for our Young Explorers, Tweens, Youth, Families, Young Adults, and everyone else! Please be in prayer, as I am, that this year would be blessed from start to finish, and that each person who attends is touched by Jesus in beautiful, unimaginable ways.

"Now to Him who is able to do infinitely more than all we ask or imagine, according to His power that is at work within us, to Him be the glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen." Ephesians 3:20-21, NIV

Young Explorers Launch

Sunday September 9th at 10 am

All families are invited to join us in the Fellowship Hall at 10am, between the 9 am and 11 am services, for our Young Explorers and Youth Launch Party. We'll have coloring sheets for the whole family, games, songs, story time, crafts, and so much more. Parents are invited to join their children in all of the different activities, and we will have some registration forms available to fill out for the year as well. Youth are also invited to join, and there will be some age-specific activities as well.



Youth Band
Saturday September 15th at 10 am

And we're back! Join us as we start to practice some of our Christmas songs, along with other material. Any youth with musical knowledge are invited to come be a part of the best band ever!

Youth & Children Ministry

$\| = F(z(\alpha))$, $\frac{\partial}{\partial t} u(t) = u_t$ on $\partial\Omega$, $\int_a^b f(x) dx$

 $y_n = h \left(q_n + \frac{1}{2} \nabla q_{n-1} + \frac{5}{12} \nabla^2 q_{n-2} + \frac{3}{8} \nabla^3 q_{n-3} + \frac{251}{720} \nabla^4 q_{n-4} + \frac{95}{288} \nabla^5 q_{n-5} + \dots \right)$, **WHAT IS**
 $d\theta = \frac{\pi(\mu+\nu-1)}{2^{\mu+\nu-2} \Gamma(\mu+\xi) \Gamma(\nu-\xi)}$, **IS IT POSSIBLE** $dA = r(r+1)^2 dr \wedge d\phi$, $\ln \left[\frac{W(x)}{W_0} \right] = - \int F(x) dx$, $\int_0^1 \frac{\ln(x+1)}{x^2+1} dx$

Applied Theory

Grade 11 to University And Young Adult

$z = c_0 z + c_1 z^2 + c_2 z^3 + \dots$, **MISUNDERSTOOD** $D_\sigma^\gamma f(t) = \frac{1}{\Gamma(\gamma)} \int_a^t (t-s)^{\gamma-1} f(s) ds$, **EXPERIMENTAL**

 $\frac{\partial f}{\partial y_x} y_{xx} - \frac{\partial f}{\partial v} - v \cdot \frac{d}{dt} \left(\frac{\partial f}{\partial v} \right) = 0$

Beginning
Sat, Sept 15th @ 7 pm

$G(r_1, r_2) = \sum_{n=0}^{\infty} \frac{r_1^{-n-1} r_2^{-n-1}}{k^2 - k_n^2}$, **GO** $\Phi = \int_S F \cdot (T_u \times T_v) du dv$, **TOGETHER** $\theta = \frac{\ell}{2\pi r} 2\pi = \frac{\ell}{r}$, $\sum_{n=0}^{\infty} \frac{(-x \ln x)^n}{n!}$

Applied Theory – Return Party
Saturday September 15th at 7 pm

Our young adult group is looking a little different this year. Instead of having two separate groups, we have combined to form one large Applied Theory group. If you are in Grade 11 or in university/college, or are a young adult, feel free to join us! Our first event is a return party with snacks and games (feel free to bring your favourite board/card game!).

Young Explorers/Youth – First Classes
Sunday September 16th at 10 am

Although we do have the launch party on the 9th, this Sunday will be the first time we split back into our classes. Ages 3-5 will be in the preschool room, Grades 1-3 in Classroom A, Grades 4-6 in Classroom B, and youth in the youth room.



Families – Movie Night
Friday September 21st at 6 pm

For the first event for this new group, we will be having a movie night! Join us at the church for popcorn, and a family-friendly film, to be announced (feel free to send Jesse any ideas!).

Youth & Children's Ministry

Youth – Baking Challenge

Saturday September 22nd at 7 pm –

A return of a favourite! This year, a new baking challenge is being posed. Can you do better than last year, and craft the most delicious treat? Youth will be split into teams and tasked with the challenge of baking a certain dessert from scratch, with special ingredients that need to be added. We also have some added excitement: Ambrose University will be joining us as the special judges! Let's try not to make them sick.

THE EXPERIMENT BAKER CHALLENGE

Think that you are the Experiment's best chef?



SEPTEMBER 22nd @ 7 PM

Families – CIBC Run for the Cure—Sunday September 30th at 7 am

Bring your whole family out for the annual CIBC Run for the Cure. The non-competitive 5k run or walk will take place at Southcentre Mall starting at 9 am, with registration at 7 am. We will be back for the 11 am service! Registration fee is a donation of \$45 or a raising a minimum of \$150. Please sign up with Jesse ASAP, if we get more than 10 people, each member of our team gets a free t-shirt!

TOGETHER
OUR PROMISES
CAN BEAT
BREAST
CANCER

SEPT. 30. 2018

Lutheran Church of Our Saviour

Southcentre Mall—Registration at 7 am

Walk at 9 am and Worship at LCOS at 11 am

Cost: \$45.00 or Fundraise \$150.00



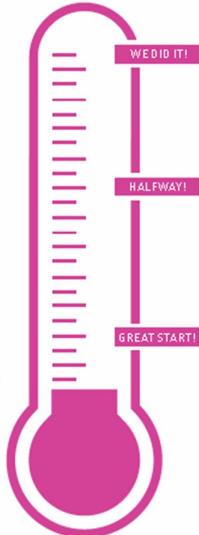
**I PROMISE
TO FUNDRAISE**

\$

GREAT START!

HALFWAY!

WE DID IT!



Small Group—Grade 11 to Young Adult

The Applied Theory Group

Did you know that almost 70% of graduating youth fall away from the church? In fact, the ages 18-29 have recently been identified as the most important for the formation of faith, and strengthening of a relationship with Jesus. This redesigned group combines our young adults ministries with those transitioning out of youth. For grades 11 through university, this group is all about continuing to develop relationships with each other and God. In order to keep our core together, we are meeting once a month, usually Saturday nights at 7pm, with a Bible study or fun fellowship event.

The image is a dense collage of mathematical and scientific concepts. It includes:

- A large central title "Applied Theory" in a bold, serif font.
- Below it, "Grade 11 to University" and "And Young Adult" in a smaller serif font.
- Mathematical symbols and equations: $\frac{\partial}{\partial t}$, ∇^2 , $\Gamma(\mu + \nu - 1)$, $dA = r(r+1)^2 dr \wedge d\phi$, $\ln\left[\frac{W(x)}{W_0}\right] = -\int P(x) dx$, $\int_a^b f(x) dx$, $\int f(t) dt$.
- Text labels: "BEING", "WHAT IS", "IS IT POSSIBLE", "PLEASURE", "STRINGS", "PUT", "NUMBERS AND PATTERNS", "PAIN", "TOGETHER".
- Equations: $y_n = h\left(q_n + \frac{1}{2} \nabla q_{n-1} + \frac{5}{12} \nabla^2 q_{n-2} + \frac{3}{8} \nabla^3 q_{n-3} + \frac{251}{720} \nabla^4 q_{n-4} + \frac{95}{288} \nabla^5 q_{n-5} + \dots\right)$, $\frac{d\theta}{dt} = \frac{\pi^r (\mu + \nu - 1)}{2^{\mu+\nu-2} \Gamma(\mu + \xi) \Gamma(\nu - \xi)}$.
- Variables: $x, y, z, t, \theta, \mu, \nu, \xi, r, n, k_c, k_p, \Phi, \Theta, \epsilon, \pi, \infty, \sum, \prod, \int, \partial L, \nabla^2, \frac{\partial}{\partial x}, \frac{\partial}{\partial y}, \frac{\partial}{\partial z}$.



Small Groups For Our Younger Members



YOUNG EXPLORERS

Young Explorers: Every Sunday morning at 10 am, join us for crafts, science, games, videos, music, snacks and so much more! Split into three aged classrooms, kids are led through Bible lessons by a volunteer teacher from the congregation. This year we will be learning about the Life of Jesus! Watch for special family events and crafts on select Sundays as well.

Tween: The jump from Sunday school to youth events can be a big one for children, and somewhat scary as well. In order to ease the transition, we invite all those in Grade 4 – 6 to join us once a month on a Saturday night (usually the first of the month) at 7pm for a fun event with Biblical learning involved as well.



Youth – Our Youth Experiment group is for Grades 7

- 12 Our youth group has a Sunday morning study at 10 am, and two fun events each month on Saturday

nights (usually the second and fourth of the month) at 7pm. This year we have some amazing events planned, including some amazing mission opportunities. Our focus through our Sunday studies will be split this year. For the first part of the year, we will be studying Dr. Pastor Preston Pouteaux's wonderful book The Bees of Rainbow Falls with the idea of getting into the neighbourhood. For the second part of the year, we will be trying to understand who exactly God is, by studying the many different names ascribed to Him. Throughout it all, we're trying to discover Biblical principles that can actually be applied to our lives, and make a noticeable difference.



Youth Band: Have a love for music? We're looking for youth to join our band, as we practice a wide variety of songs once a month. Throughout the fall we will be preparing for some special Christmas performances. We'd love to have you join us! All skill levels are welcome!

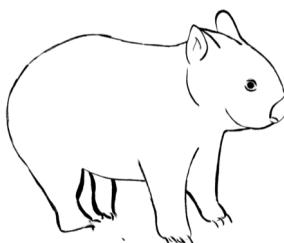


Family Events: This is our new group, although it has existed in the past. Re-launching this year, we invite all families of all ages to join us once a month on the third Friday at 6pm for tons of fun! Events range from movie night, to bowling, to craft nights. Let Jesse know if you're interested in joining the email list for further communication for this group.



Preschool Onsite

"Painted Wombat" preschool runs Monday, Wednesday, Friday for four year olds and Tuesday and Thursday for three year olds. The program is run by congregation member Shauna Gross. Shauna holds degrees in the fine arts and teaching. This will be her third year running this amazing program.



Synod of Alberta and the Territories
2018 Area Gatherings



FAITH, HOPE, LOVE

...and the greatest of these is love. 1 Cor.13:13

Northern Area Gathering:

Sept. 28-29 - Good Shepherd, Stony Plain

East & West Central Area Gathering:

Oct. 20 - Zion Lutheran, Bashaw

Southern Area Gathering:

Oct. 13 - Spirit of Grace Lutheran, Brooks

Southwest Area Gathering:

Oct. 13 - First Lutheran, Calgary



All Area Gathering Registrations and Agendas are available online.

Please go to the Synod website: www.albertasynod.ca

Select the Area Gathering tab under "Conventions" on the home page.

*Offerings at the Area Gatherings will be collected for
the Synod Bishop's Discretionary Fund and Local Area Ministries*

8:15 am	Registration and Refreshments	11:00 am	Directed Conversation/Listening Exercise
9:00 am	Gathering in Song and Opening Worship Including Dwelling in the Word	12:00 pm	Lunch
9:45 am	Bishop's Time	1:00 pm	Gathering with Song
10:15 am	Video from Synod Convention	1:15 pm	Area Focus
10:30 am	Body Break	2:15 pm	Body Break
		2:30 pm	Closing Eucharist and Sending

Register online at:

<http://albertasynod.ca/convention/area-gatherings/>

A freewill offering will be collected at each gathering to cover cost of the lunch. Southern Area Gathering lunch may be potluck; watch for more details to come from your Dean.

Offerings taken during the Area Gathering worship will be collected and divided with half designated for a local ministry (to be decided by each Area Leadership Team), and half for the Bishop's Discretionary Fund.

Small Groups—Shared Interests & Activities

Games Group: The Games group meets the 1st and 3rd Tuesday at 1:00 pm all year. The group plays 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. Drop-in without commitment. Try us out!



The Running Group: Typically meets every Thursday at 7:00 pm at rotating locations such as Glenmore Reservoir, Fish Creek Park and others. This group is for all levels of runners. Whether you're working toward your first 5 k or are a seasoned marathoner, you are welcome to run with us! We will do our best to maintain a pace that works for the group, and a few can always run on ahead if they have the need for speed.



Movie Lovers: Movie Lovers typically meets the 3rd Friday each month at 7:00 pm. Do you love movies? If you do then this is the group for you. Once a month we gather to watch new releases and a few older quality movies and then participate in a brief discussion afterwards. The group is open to everyone on a drop in basis. Be sure to bring your own snacks. This year we may also make a trip or two to the movie theatre as a group.



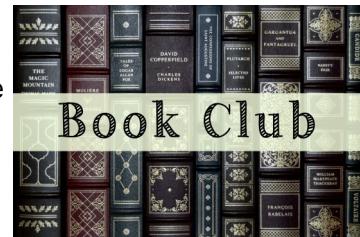
Role Playing Group: Meets Saturday nights as determined by the group. Typically twice a month. This group will meet and play roleplaying games (RPGs). Games can be set in many genres like superheroes, fantasy, science fiction, mysteries, espionage, literary horror, cartoon/slapstick, etc. Contact Darren Tenor if interested.



Sunday Lunch Bunch: Regularly after the 11 am Service. This is an informal group that naturally and accidentally formed a number of years ago. This group meets regularly after the 11 am Service at South Centre in the food court to chat over a coffee and snacks. Contact the office for info.



Monthly Book Club: Join the book club this fall and bring a friend. The club meets on the Second Tuesday of every month (except in the Summer). More information at mratuski@shaw.ca.

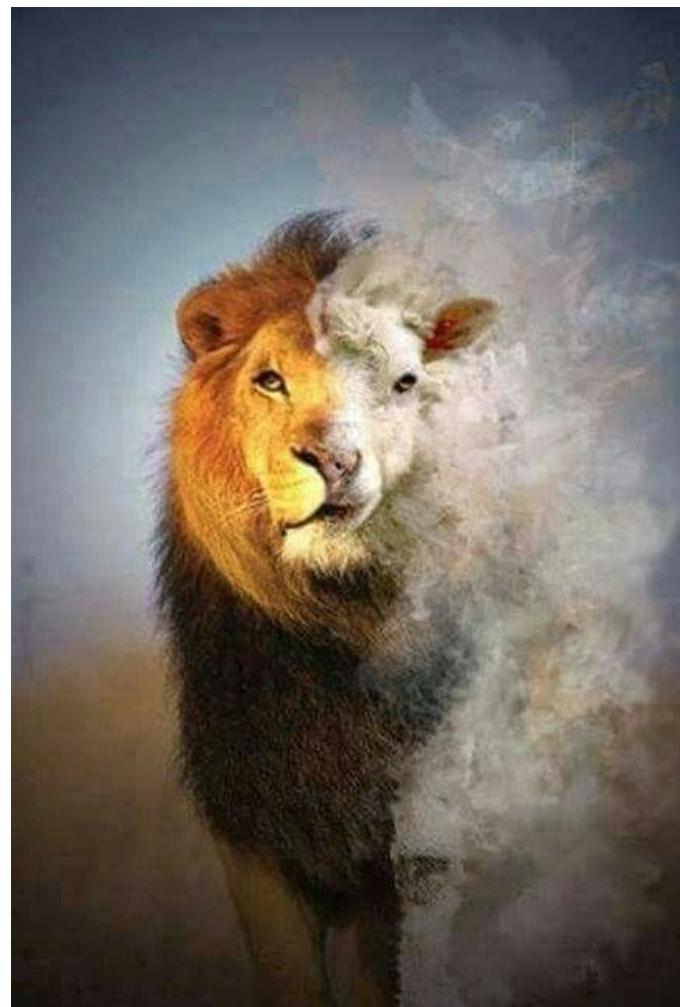


For the fall we are reading:

Sept. 11 - "Ayesha at Last" by Uzma Jalaluddin. A romance novel set in a Toronto Muslim community.

Oct. 9 - "Manhattan Beach" by Jennifer Egan. A young woman working at a Brooklyn naval yard during WWII deals with the mystery of her father's disappearance.

Nov. 13 "Full Disclosure" by Beverley McLachlin. A page-turning legal thriller by the recently retired Chief Justice of the Supreme Court of Canada.



Small Groups—New

Are you the parent/caregiver of a child with a disability?
Are you looking for a small group to provide prayer and a loving community of support?

This group would not be disability specific but instead be focused on forming a Christian Community of Support.

Do you have an interest not represented by our small groups? Couples Night Out? Parenting Group? Gardening? Would you like support in investigating starting a small group? If so, give the office a call!

Sept 21st @ 7:00 pm

At the

MOVIES

F A I T H O N F I L M



Small Groups—Study

Sunday Morning Drop-In Study:

Between Services on most Sundays from September to May beginning on September 16th. The Study this fall will begin with the book "The Bees of Rainbow Falls" and then continue based on the group's interests. Drop-in when you can.

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:

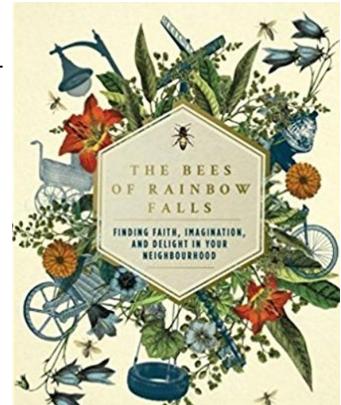
Meets twice a month on Mondays at 7:00 pm. This small group enjoys meeting to study, converse, celebrate and have something to nibble on. They look at a variety of topics, books, and videos to deepen their faith together. You're welcome to attend! For more information, please contact the church office.



Today's Pilgrims:

Today's Pilgrims is a group of ladies who meet twice monthly on the 2nd and 4th Tuesday of the month. We meet in the fireside room at 7:00 PM. If you are wondering what it means to live life to the fullest as you grow older, then join in on our discussions. For information please call the church office.

Today's Pilgrims



New Small Group Study:

To facilitate the entire congregation studying "The Bees of Rainbow Falls" there will be a sign-up sheet in the lobby (or contact the office) to indicate if you would like to join a new small group for this 8 week study. The time and date would be determined by the group.

Not sure if you fit? Would like to start a different group or time? Contact the office for assistance.

Our Small Groups are happy to accept new members throughout the year and you are welcome to drop in at any time.

Lions Eye Bank

If you would like to make use of your old glasses, bring them to church! The collection box is in the top shelf of the Donation cupboard. Please put them in a Zip Loc bag as they do not collect cases. That is all you have to do to start them on their voyage to a third world country, to supply someone with the means to see again.





Spirit of Grace Lutheran Church
presents



Creating Space for Interfaith & Ecumenical Dialogue

Brooks Campus of Medicine Hat College
#200 Horticultural Station Rd E
Brooks, AB

Saturday, September 22, 2018
1:30 - 5:30 p.m.



REV. DR. GORDON JENSEN

William Hordern Professor of Theology
Lutheran Theological Seminary Saskatoon
author of *The Wittenberg Concord* (2018)



*for more info and to RSVP, please visit spiritofgrace.ca
or call 403.362.1944*

Operation Eyesight

285 million people in the world suffer from blindness and low vision, while 80% of the cases can be avoided! In developing countries, being visually impaired is not a disability, it's a death sentence – especially for the very young and old.

2017 Highlights include:

- 6,211,159 people reached through eye health education activities
- 3,345,084 people examined for eye health problems
- 353,153 people reached through Surgery, Face washing and hygiene education,
- 1,440 people reached through Mass Distribution of Antibiotics
- 21 new boreholes drilled in Zambia
- 3,179 frontline staff and volunteers trained
- 218,154 surgeries performed
- 266,429 people received new, custom-fitted prescription eyeglasses



For All The World To See

Please go to www.operationeyesight.com to see all the work this wonderful organization does. You can be a part by donating online or by phone 1-800-585-8265 or by mail to Operation Eyesight Canada Suite 200, 4 Parkdale Crescent N.W. Calgary, AB T2N 3T8.

Small Groups—Support & Caring

Flock Care: Meets Once a Month

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



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

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

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

People participate as they are able), and mentoring is provided. We have a devotional study time to enhance our skills and feed us spiritually. If you would like more information or to discuss the possibilities please call Janice Hawkings.

Acadia Lunch Program For Hungry Kids

In conjunction with McDougall United Church we are supporting a brown bag style lunch program for children at Acadia School, David Thompson and Lord Beaverbrook High School. The program begins again on September 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!



Breakfast at the Seed 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 one Saturday a month.



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.





small groups

L I F E I S B E T T E R T O G E T H E R

Sunday Morning Volunteers

Are you looking for a Sunday morning volunteer opportunity? Would you like to visit with new people?

Would you like to enhance everyone's Sunday morning Worship and fellowship experience?

If the answer is "yes" or "maybe" to any of the above then please take a look at some ideas below:

Altar Care	Hotdog Crew	Choir
Ushers	Children's Ministry	Volunteer Driver
Counters	Youth Ministry	Welcome Desk
Communion Assistance	Computer Operation	
Coffee Duty	Praise Teams	

Training provided to every willing heart. Please contact the office.

Acadia Lunch Program for Kids—By The Numbers

The Acadia Lunch program provided:

- 899 sandwiches
- 896 cheese and crackers
- 1,193 fruit/veggie cups
- 982 cookies/muffins

Total items came to 3,970



We provided 40 weeks of lunches with an average per week of 98.5 items.

The program started the year with David Thompson Middle School and Acadia Elementary School providing food for Thursdays and snacks for Friday mornings. From October 11, 2017 to December 20, 2017 we provided full lunches on both Thursdays and Fridays to two children in the FFCA schools (one was in elementary and the other was in middle school). The father happily achieved full time employment and lunches were no longer required. On November 8, 2017 we started supplying food to Notre Dame de la Paix on both Thursdays and Fridays.

Bread was donated by Cobb's Bread all year. Cookies and muffins were donated until about mid March. A group of us started making muffins at the church about the same time because of food handling requirements. We received gift cards from Calgary Co-op and used a total of \$1,001.05 in gift cards.

The church's cost for the school year was \$245.04 not including the costs for the work involved in receiving the Food Handling Permit as required by the schools for safety.

Thank you to everyone that has helped.

Financials

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) Capital Maintenance

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.

Internet e-transfers & PayPal are also available!

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

Small Groups—Social Justice

Guiding Mission

This small group is always looking for additional members. Our members are interested in working in the community on various projects and supporting the development of leaders in LCOS and the greater community. Interests include seniors, children and youth issues within LCOS and the broader community. We are concerned with poverty, homelessness, education and other wide-ranging social justice issues.

You may come with your own particular passions or may choose to embrace one of the projects we are currently working on. There is no need to commit to a particular project. This group is interested in developing and supporting leaders in their personal areas of interest.

Contact the Guiding Mission team of Darren Tenor, Joe Schulz or Katharine Heimbigner-Tenor or Jesse.



The Guiding Mission team and LCOS has joined The Calgary Alliance for the Common Good (CACG) formerly known as the Metro Alliance for the Common Good (MACG) with the goal of working with interested Calgarians to address various social issues.

CACG is a broad based organization made up of individuals and organizations committed to bringing together interested Calgarians from business, faith communities, organized labour and the social sector to harness our shared interest and power to address the issues we face in Calgary. We are facing unprecedented challenges as a city. While as individual groups we might have a little bit of power to make our community better, together we can create a chorus that can't be ignored.

Seniors Issues in Calgary

At this time Pastor Lee (continuing as a volunteer) and Katharine Heimbigner-Tenor are co-chairs on the Senior Research Action Team for CACG. The Team has developed a proposal to assist Seniors in staying in their homes longer through development of an affordable home maintenance program including shoveling, mowing, house cleaning and other tasks. The program also helps to reduce social isolation and reduce the burden on a housing market not equipped to deal with our aging population. At this time we are asking for support from the community to contact their Councillor and ask that they attend our Assembly on October 16th and take a stand on this important issue.

In addition, we would ask that you attend our assembly on October 16th and stand with others throughout the City in support of the Common Good. Interested? Contact anyone on the Guiding Mission Team.

**As the sunflower turns to the sun,
We should turn towards the Son.**



Supporting Seniors Issues



8831 Faimount Drive SE

Calgary, Alberta

T2H 0Z4

403-993-7123

info@calgarycommongood.org

To: Members and Friends

Re: Engagement of City Council

We are writing to ask you to help advance our shared work of supporting seniors and advancing reconciliation in our city. Our reconciliation team has been building relationships between indigenous and non-indigenous communities and helping to advance the creation of a cultural and spiritual indigenous gathering place in Calgary. The Senior's Team has been actively engaged with City Administrators, City Council and various stakeholders throughout the city. We have developed a strong proposal for a pilot project to help seniors stay in their homes, reduce social isolation and make us a more Age Friendly City. Now we need your help!

CACG will be holding its first public assembly on October 16th at 7:00 pm at Temple B' nai Tikvah (900 - 47 Ave SW, Calgary). The purpose of the assembly is to show our strength as an alliance and to publicly request support for our initiatives by politicians. To make that happen, we would ask you to do two things:

- 1) Personally invite your members to come to the assembly on October 16th. Ryan Andersen, our Community Organizer, has provided cut out "hands" with all of the details to distribute to your members. If you run out please let us know and we would be happy to provide more.
- 2) Contact your Councillor and the Mayor between September 5th and 15th asking them to attend our October 16th assembly. Why between September 5th and 15th? We believe that a coordinated effort within a short time frame will draw more attention and the Councillors need time to put it into their calendars. We have attached a form letter and information on how to contact the councilor in your area. Please feel reshape this letter to make it personal.

We know you are busy. We know the Fall just started and you are buried under requests but we would ask that you take a few minutes to engage with this work. Not only will this help seniors in our community (and I expect you know a few) and advance real reconciliation in our city, but it will also strengthen CACG so that together we can build the common good for all Calgarians, both now and into the future.

Thank you,

Katharine Heimbigner-Tenor & Pastor Lee Woolery - Co-Chairs for the Research Action Team on Seniors

Beth Stovell – Chair for the Research Action Team on Reconciliation

Dave Holmes – Chair for CACG's Leadership Team

Supporting Seniors Issues—Sample Letter



Calgary Alliance for the Common Good (CACG)
8831 Falmount Drive SE
Calgary, Alberta
T2H 0Z4
403-993-7123
info@calgarycommongood.org

To: **Councillor** _____

Re: Invitation To Attend Public Assembly of the Calgary Alliance for the Common Good
Time: October 16th at 7:00 pm
Location: Temple B'nai Tikvah, 900 – 47 Ave SW, Calgary

This letter is a follow up request for you to attend the Calgary Alliance for the Common Good's public assembly on October 16th at 7:00 pm. The Calgary Alliance for the Common Good is a broad based shared organization of people and organizations from various community, ethnic, non-profit, labour and religious groups. Our goal is to shape a just and compassionate city.

At our October 16th Assembly our membership will be gathering for an update on our work on Seniors issues and Indigenous Reconciliation. We are inviting you and your fellow Council Members to engage with our membership on these important issues by attending and speaking. Your provincial counterpart *Minister Lori Sigurdson, the Minister of Seniors and Housing* has already confirmed attendance at the event.

For more information and to confirm your attendance please contact me **at** _____ or Ryan Anderson, our Community Organizer.

Contact Your Councillor

If you are not sure who your Councillor is please go to the City of Calgary website and enter your address. The link to the direct page is : <http://www.calgary.ca/citycouncil/Pages/FindYourCouncillor.aspx>

Mayor Nenshi:

Email: themayor@calgary.ca

Office of the Mayor,
The City of Calgary
P.O. Box 2100, Station M
Calgary, AB, T2P 2M5
Phone 403-268-5622
Fax: 403-268-8130

Ward 9: Gian-Carol Carra

City of Calgary Contact/Email Page:
<http://www.calgary.ca/citycouncil/ward-9/Pages/Contact-Ward-9.aspx>
Phone: 403-268-5330

Ward 11: Jeromy Farkas

City of Calgary Contact/Email Page:
<http://www.calgary.ca/citycouncil/ward-11/Pages/Contact-Ward-11.aspx>
Phone: 403-268-2476

Bishop's Message



September 2018 Message for Congregations and Lay and Rostered Leaders

Dear Beloved of God –

Immediately following the June 14-16, 2018 Synod Convention, the Synod of Alberta and the Territories was pleased to host a Global Consultation which included Companion Synod partners: The Evangelical Lutheran Church of Colombia (IELCO), the South Carolina ELCA Synod, the SE Minnesota ELCA Synod, ELCA Global Mission staff and the Synod of Alberta and the Territories.

Bishop Atahualpa Hernandez from IELCO had requested the Consultation in order to further our conversation and deepen our expression of communion following the November 2016 International Consultation held in Peru.

As we gathered, the consultation participants often referred to the Emmaus story of the disciples walking together and Jesus coming among them. The global mission's accompaniment model is one of walking together in solidarity, side by side, practicing interdependence and mutuality, in service to God's mission. The values of the accompaniment model are interconnected, and include mutuality, inclusivity, sustainability, vulnerability and empowerment. The core purpose of these relationships, this accompaniment, is God's mission.

The devotions one morning focused on Revelation 7:9-12, "After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands" (vs. 9).

"Here," shared the devotion leader, "here in this text from Revelation we see God's dream of one global congregation. Gathered are the Colombians, those from the United States and Alberta. One global congregation speaking a multitude of languages. One global congregation standing before the throne and before the Lamb. Here we see God's vision. Here we see God's dream of one global congregation."

I experienced this one global congregation when together with Tricia (Ariza) Hoeppner from Ascension, Edmonton we facilitated our Synod Delegation's journey to Colombia July 26-August 7. Our journey, primarily to the rural congregations and ministries of IELCO outside of Bogota, was life-transforming as together we learned of the vast and important ministries: seniors, displaced, marginalized, children through visits to three of the four IELCO schools, single mothers, deaf children and youth, after school meals and homework assistance, various congregational ministries...and most importantly, the significance of relationships...meeting with the leadership of the Lutheran World Federation's World Services office, meeting most of the pastors of IELCO, worship, generous hospitality...one global congregation.

Bishop's Message

Personally, I was refreshed through the journey and the relationship within the delegation, and the conversations with many friends previously met in Colombia...dear dear friends. And refreshed in the values of family and relationships, faith and hospitality.

Global relationships are complex, and they require time and attention to sustain, but how life-giving as together we live into God's one global congregation dream.

In Christ Jesus –

Shalom,

+Bishop Larry Kochendorfer

"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)

Bishop Atahualpa and I in deep conversation...again.



Cathy and me with several of the graduating Grade 11 students and with several of the Grade 2 students – the Lutheran School at Sogamoso, Colombia.



First Aid at LCOS

*In
Loving
Memory
of*

Automatic External Defibrillator (AED): The AED in Memory of Gretch Woolery has been installed in the Fellowship Hall beside the First Aid Station. Thank you to everyone that contributed to the purchase of this unit. We hope that it will be never be used but it is good to have it in place.



The AED is designed to be used untrained. It will walk you through the steps for CPR and/or the use of the AED. Do not hesitate to use it.

For those with smartphones you can download the “Save a life” app from St. John Ambulance. It will automatically locate the nearest registered AED to you in case of an emergency. Our new AED is registered with this app.

**One God.
One Church.
One Weekend.**

BREAK FORTH
One

January 25 – 27, 2019
breakforthcanada.com

First Aid at LCOS



To further enhance safety: The Board has requested that those who hold a First Aid certificate to consider letting their name stand on an “Available First Aiders” list. The list would be displayed near the First Aid Station/AED. If you are interested please let the office know the type of training you possess and the expiry date on the training.



First Aid Training: Are you interested in receiving First Aid Training? If we have enough interested people we can bring the trainer to us. Cost is dependent on training selected with a range from \$50.00–\$150.00.

Contact the office if you are interested or watch for sign-up sheets next week. This is an exploratory discussion on interest level and in no way commits you to taking the course.

CHRIS TOMLIN

GOOD GOOD FATHER

TOUR

WITH SPECIAL GUEST
PAT BARRETT

SEPT 18 - OCT 1

Thursday, 27 September 2018 from 7:00 PM to 10:00 PM (MDT)

First Alliance Church
12345 40 St SE
Calgary, AB T2Z 4E6
Canada

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 6:30 Breakfast at the Seed 8:30 50 Plus Exercise 3:00 Wedding
2 10:00 am Service	3 Labour Day Office Closed	4 1:00 Games Group	5 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 8:30 11 AM Praise Team	6 Preschool Opens 7:00 Running Group	7	8 8:30 50 Plus Exercise Class 9:30 Women's Private Study 6:00 pm Tween/Youth Potluck
9 Communion Sunday 9:00 Worship Service 10:00 Young Explorers 10:00 The Experiment 11:00 Worship Service Sandwich Sunday	10 7:00 Fireside	11 10:00 Book Club 7:00 Today's Pilgrims	12 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 8:30 11 AM Praise Team	13 7:00 RATS 7:00 Running Group	14 Retreat of Our Own	15 8:30 50 Plus Exercise Class 10:00 Youth Band 7:00 Applied Theory Retreat of Our Own
16 9:00 Worship Service 10:00 Adult Study 10:00 Young Explorers 10:00 The Experiment 11:00 Worship Service	17 1:00 Memory Plus	18 1:00 Games Group 7:00 Church Board	19 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 8:30 11 AM Praise Team	20 7:00 Running Group 7:15 Flock Care	21 6:00 Family Movie Event 7:00 Movie Lovers	22 8:30 50 Plus Exercise Class 7:00 Youth Baking Challenge
23 Communion Sunday 9:00 Worship Service 10:00 Adult Study 10:00 Young Explorers 10:00 The Experiment 11:00 Worship Service	24 1:00 Memory Plus 7:00 Fireside	25 7:00 Today's Pilgrims	26 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 7:30 Choir 8:30 11 AM Praise Team 8:30 Al-anon Book Club	27 7:00 Running Group	28	29 8:30 50 Plus Exercise Class
30 7:00 Fun Run 9:00 Worship Service 10:00 Adult Study 10:00 Young Explorers 10:00 The Experiment 11:00 Worship Service Noon: Hotdogs						