



The Vine

October 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

www.oursaviourchurch.ca

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Facebook: Lutheran Church of Our Saviour



*Every good and perfect gift
is from above, coming down
from the Father of the heavenly
lights, who does not change like
shifting shadows.*

James 1:17

Call Committee Update



Pastor Julianne Barlow

I wanted to provide my Ministry Moment from the September 16, 2018 services as an introduction to our new Intentional Interim Pastor.

Good morning, it is my pleasure today to formally announce that Bishop Larry has appointed Pastor Julianne Barlow to serve as our interim pastor. For some of you, Julianne is a familiar face as she was on staff under Pastor Bill as the Minister of Faith and Life. This time in our congregation led to formal ministerial education. After completing her Masters in Divinity at Luther Seminary, Julianne accepted a call as the Pastor at First Lutheran (2004 to 2013).

During that time, Julianne completed a Doctor of Ministry degree in Congregational Missional Leadership.

Julianne worked in the Alberta Synod as the Assistant for Mission to the Alberta Synod Bishop from August 2013 until the present. There her call was to encourage, equip and walk with congregations and leaders to learn, to listen, discern and then join in God's mission in our neighbourhoods.

The reason that we were not able to disclose her identity to the congregation before was due to her position in the Synod. The Bishop was not able to inform his board of this decision until a Synod board retreat which took place on September 13-15.

During our search for an interim pastor it became evident what a special and different personality exists in our congregation. There are only three congregations in the entire Alberta Synod which currently have our relaxed form of worship service and pastoral dress (i.e. no collar, vestments and stoll).

We also had several choices to make when we looked at an interim pastor as concerns the pastoral model we used. These "models" varied in time commitment from a supply pastor every week with 2-3 hours/wk to a full-time interim pastor which had officially 35 hours/wk. It was our view with the size and needs of our congregation, that we needed a full-time pastor.

When we discussed our needs with Pastor Julianne during her interview, she suggested that we consider an Intentional Interim model which was a full-time pastor but included an intentional process of assisting the congregation to discern where God is leading us, what our identity and mission might be and also to assist the congregation in our grieving process for the loss of Gretch and Pastor Lee.

We interviewed Pastor Julianne with a small group from the Board and the Call Committee, and were thrilled to consider Pastor Julianne who understood our congregation and preferred a relaxed worship service making her an excellent fit for our congregation. Pastor Julianne also has a passion for being an Intentional Interim pastor and sees this as God's plan and calling for her ministry.

After her last day in the Synod office (Sept 28th) Julianne is leaving on a much needed vacation and will not return until October 21st which is why we have the start date as Monday October 22nd.

During this time Katharine will continue to provide the excellent planning for the regular services which will include sermons completed by a variety of supply pastors and individuals.

Please continue to pray for our congregation and staff and add Pastor Julianne as we continue our service to the Lord.

If you have any questions please let me know. I have again attached the interim model configurations.

Garry Mihaichuk

Call Committee Update

A Variety of Interim Ministry Configurations

	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

Youth & Children Ministry



I WILL GIVE THANKS TO YOU, O LORD MY
GOD, WITH ALL MY HEART, AND WILL
GLORIFY YOUR NAME FOREVER.
PSALM 86:12

Well, all of our family programs are truly under way. All of our launches were fantastic, and we are finally settling back into the routine of events. This month we have a ton of fall-themed activities, from Halloween to Harvest to Thanksgiving! There are so many options for everyone!

Have you liked our Facebook page, or followed our Instagram page yet? If not, get on your phone and go check it out! We have tons of great material being published every week, including event posters, and recap photos! Find us on Instagram at [experimentyouth](#) and on Facebook at [TheExperimentStudentMinistries!](#)

Youth & Children Ministry

Family Thanksgiving Class Sunday October 7th at 10 am

Instead of having Young Explorer classes this morning, we will be combining all ages into a special Thanksgiving class! We'll have crafts, story time, snacks, games, science experiments, and so much more, as we focus on the theme of being thankful.

Family Thanksgiving Class

SUNDAY, OCTOBER 7 10:00AM



YOUTH MONSTER MINI GOLF

**FRIDAY, OCTOBER 12
7:00PM**

SIGN UP BY SEPTEMBER 30

CARPPOOLING WILL BE ARRANGED

COST: \$15



Youth - Monster Mini Golf Friday October 12th at 7pm

It's October, which means it's almost Halloween time! To get into the spirit, join us at Monster Mini Golf, for some spook-tastic fun playing golf, and some arcade games too. Please sign up by Sun. Sept. 30th so we can organize carpooling. Cost is \$15 (extra for arcade games or snacks).

Tween - Corn Maze Saturday October 13th at 1pm

October marks the beginning of fall, and what better way to celebrate than getting outdoors! Sign up by Sun. Sept. 30th to join us as we head to the Calgary Corn Maze and Fun Farm. There's a petting zoo, mini golf, low ropes, obstacles courses, and of course the corn maze! Cost is \$15, we will be organizing carpooling.

TWEEN CORN MAZE AND FUN FARM



SATURDAY, OCTOBER 13 1:00PM

SIGN UP BY SEPTEMBER 30

CARPPOOLING TO BE ARRANGED

Cost: \$15

Youth & Children's Ministry

Family - Bowling Friday October 19th at 6 pm

This is a great opportunity for family fun and competition! We'll be heading to Toppler Bowl for a night of bowling, cost is \$20 per person. Please sign up by Sun. Oct. 7th so that we know how many lanes to reserve.



Youth Band Saturday October 20th 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 - Halloween Party Saturday October 27th at 7 pm

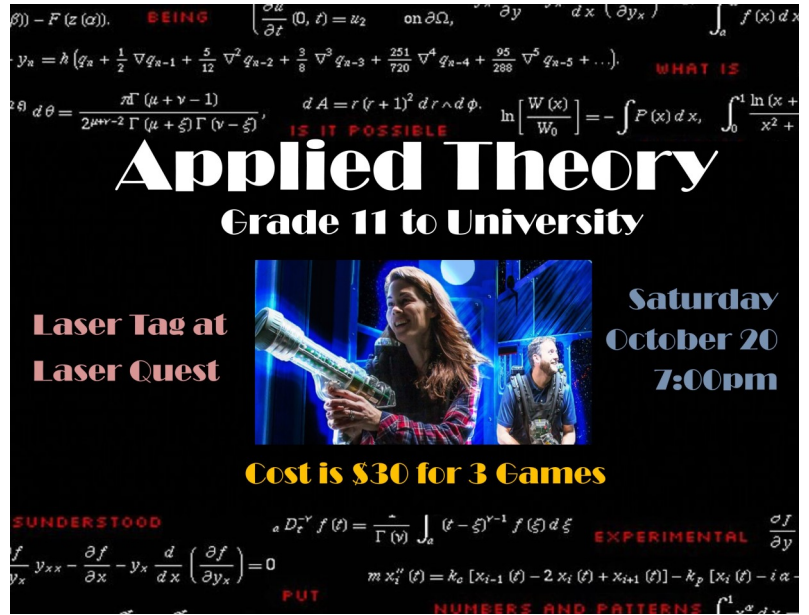
Back by popular demand, it's our youth Halloween party! Invite your friends for a great night of Halloween games! There will be some classics (bobbing for apples), and some new games (flashlight tag)! Wear an appropriate costume, and come on out ready for fun!



Applied Theory

Young Adults - Laser Tag Saturday October 20th at 7 pm

It's one of our favourite things to do: laser tag! We're heading to Laser Quest for 30\$ per person for 3 games, to see who is the best at dodging, aiming, and ultimately winning! Please sign up by Sun. Oct. 7th.



Applied Theory
Grade 11 to University

**Laser Tag at
Laser Quest**

Cost is \$30 for 3 Games

**Saturday
October 20
7:00pm**

Christian Book Sale

Used Book Treasures

will be selling used and new
Christian and family friendly
children, teen & adult books.

Hours:

10 am to 8:30 pm Thursday and Friday

10 am to 2:30 pm on Saturday

Cash or Cheque only please.

**Oct 18th to 20th
at LCOS**

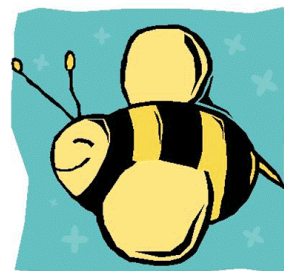


Shoe Box Work Bee—Nov 17th



Help with sewing kit prep required! Why sewing kits? The kits provide an opportunity for girls in third world countries to gain valuable employment skills. If you would like to purchase items we are looking for: buttons (they don't have to match), needles, straight pins, bobbins of thread and scissors. We also will require some pre-work bee prep with the sewing kits. Date to be determined.

Nov 17— Work bee: Please look for: Pencil crayons, pencil sharpeners, notebooks, pencils, erasers and other small school supply items. Also, check the clearance bins for summer items such as small beach balls, tennis balls, blow up balls and Canada Day items. These items will be used towards our work bee or to top up boxes that need an extra bit of love at the Samaritan Purse warehouse in Calgary. As storage space is limited at the church please keep items at home until closer to the work bee.



Questions? If you have purchased items, want to volunteer at the work bee, or help with the lunch please contact Jaqui Anderson or Katharine in the office.



Overwhelmed!

"I'm overwhelmed, I'm overwhelmed by you." Big Daddy Weave

With a great full heart I would like to express my deep, deep appreciation for the Retirement Weekend and the wonder of it all. To put it quite simply, I was truly **overwhelmed!** And wasn't that quite a party! All of you touched my heart with the generosity of your prayers, hugs, kind and gracious words, gifts, laughter and tears. To celebrate God's guiding hand through 43 years of ordained ministry was an **overwhelming** blessing.

Thanks to Katharine and her committee for organizing such a wonderful program and glorious supper. I know a lot of hours were spent ensuring that our time together would be uplifting, giving God all the glory and praise. Thanks to everyone who participated in the program; it indeed was top shelf!

Thanks for the gifts from our LCOS family: a Garmin watch which keeps track of just about everything (right now I'm just keeping track of time and steps and trying to figure out the rest of it!); a gift card to the Running Room (which is helping me replenish my running gear); an extremely generous gift of money (a part of which is giving me the opportunity to join part of my family in Disneyland); and the very meaningful gift of 43 packed shoeboxes for Operation Christmas Child.

Recently, Katharine and I delivered the shoeboxes to Samaritan's Purse. It was an emotional time as we met some of the people Gretch worked with processing the shoeboxes. We shared stories, tears and laughter remembering her passion for this heart-touching, life-changing ministry.

Above all, I was **overwhelmed** by God calling Gretch and me to share in this ministry together. Gretch's support, encouragement, nudging and partnership in the Gospel was the most beautiful gift of all. Together we would echo the words of "Only Jesus," by Casting Crowns:

"I don't want to leave a legacy, I don't care if they remember me, only Jesus."

To God be the glory

Pastor Lee



Pastor Lee's Retirement Weekend

Thank you to congregation member and owner of Memory Box Photography
Mariette Jessup for taking the photos.



Bishop's Message



October 2018 Message for Congregations and Lay and Rostered Leaders

Dear Beloved of God –

Cathy and I were privileged to travel with our Synod youth and home team leaders on the ABT Synod bus trip to and from the CLAY (Canadian Lutheran Anglican Youth gathering) 2018 in Thunder Bay. Soon you will read some of my thoughts regarding the CLAY gatherings in the October-November edition of the *Canada Lutheran*. Here is the full article:

I'm already counting the days to CLAY 2020, the joint youth gathering between the Evangelical Lutheran Church in Canada and the Anglican Church in Canada, which will take place in Calgary, AB., on the traditional territories of the Niitsitapi (Blackfoot) and the people of the Treaty 7 region at the Southern Alberta Institute of Technology (SAIT).

I'm already counting the days to CLAY 2020 because I'm a youth gathering fanatic. I've been to several, well thirteen gatherings, and only missed two since being ordained a Pastor because I was facilitating a youth journey to the Lutheran Centre in Mexico City, and because I had just received a call to serve as Assistant to the Bishop.

I'm counting the days. Let me tell you why:

The bus trip. There is nothing better than travelling for several days on a packed bus handing out snacks, teasing, laughing, watching movies, singing, worshipping together, sharing the Eucharist, packing and unpacking. Some of my fondest and most vivid memories of Gatherings are of the bus trip. It is true, that it is all about the journey not the destination.

Forming community. There is nothing better than conversation, opportunity for prayer, listening, learning, building relationships with youth and leaders...and knowing that we are not alone.

Leadership development. There is nothing better than encouraging and affirming gifts for leadership in youth. Gathering after gathering, whether national or synodical, youth are given opportunities to share in and develop their leadership skills. Reading scripture at worship, being in charge of loading a bus, leading in prayer each morning as the bus doors close and the journey continues, gathering in small groups. Walking with a youth who begins as a gathering participant, becomes a home team leader and then storyteller at CLAY 2018.

Hearing stories from and learning from the youth. There is nothing better than hearing and learning from the youth. Gathering at CLAY 2018 under the theme, "Threads," there was much time spent on story-telling, story-tending, and what it truly means to listen. Five Large Group Gatherings (LGG) tended to the following themes/questions, including: How to listen to the

Pastor Lee's Retirement Weekend



Bishop's Message—continued

stories of others, How to trust God in our unravelling, Where God fits within our stories, Good news stories from God, and Where do we go from here as unfinished but beloved children of God? Throughout CLAY 2018, there were opportunities for all to share our own stories and practice tending to the stories of others, with Home Team members, strangers, and new friends, and even Bishops!

Working together. There is nothing better than working together toward a common goal. At CLAY 2018, for example, with different home teams and CLAY volunteers, the youth continued to fulfil their commitment to address issues such as homelessness and unaffordable housing through the National Youth Project. By first learning of the issues contributing to poverty and homelessness, and then acting and advocating in supporting the local networks and agencies through partner programs, the youth visited a mock homeless shelter, gathered/donated socks, and sent postcards to the Federal Government and local Members of Parliament, in hopes of raising awareness and advocating for a greater responsibility and accountability in addressing the underlying causes of homelessness.

Learning together. There is nothing better than a common learning experience. While at CLAY 2018, for example, participants took part in the second-largest KAIROS blanket exercise in the world, and the largest ever by youth. This learning experience helped participants gain a better understanding of colonization and the process of displacement endured by Indigenous Peoples here in Canada. De-briefing in home teams which followed, was facilitated by Indigenous Elders and Leaders who were also present to provide support during the exercise.

Worshipping together. There is nothing better than singing, praying, laughing, crying, dancing, receiving, giving, Eucharist together.

I'm already counting the days to CLAY 2020.

I'm already counting the days to CLAY 2020 because I'm a youth gathering fanatic. I'm looking forward to my fourteenth gathering.

Oh, and I'm counting the days to the Synod of Alberta and the Territories 2019 Youth Gathering, June 3-5! Watch for further information coming soon.

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)

Pastor Lee's Retirement Weekend



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.**



Pastor Lee's Retirement Weekend



Spiritual Direction



Are you interested in exploring spiritual direction?

Spiritual direction is a spiritual practice of listening and supporting someone to deepen their relationship with God and grow in their spirituality. The intention is to create a space where a person can grow in their openness to perceiving and being shaped by God's presence and activity in their life.

Spiritual direction is a simple, but profound process. A directee meets monthly with a director. The time begins with a period of immersion in prayer and scripture. Then together they listen prayerfully for how God is speaking in scripture and the circumstances of life.

For more information about spiritual direction you can visit Rev. Ryan Anderson's website at: <http://transforminggrace.org/spiritual-direction/> or you may contact him directly at engagingtransformation@gmail.com or call (403) 993-7123

Ryan's training as a spiritual director was received through Fr. Bob Mitchell at Mount Saint Francis. This training followed the Franciscan style of spiritual direction. Ryan has also been a recipient of spiritual direction since 1999 with directors from the communities of Taizé, St. John the Evangelists and Mount St. Francis. His practice of spiritual direction is also shaped by his experience in interfaith and inter-spiritual dialogue as well as his formal theological training at the Lutheran Theological Seminary and Harvard Divinity School. Ryan was ordained as a Lutheran Pastor in 2007.

At the

MOVIES

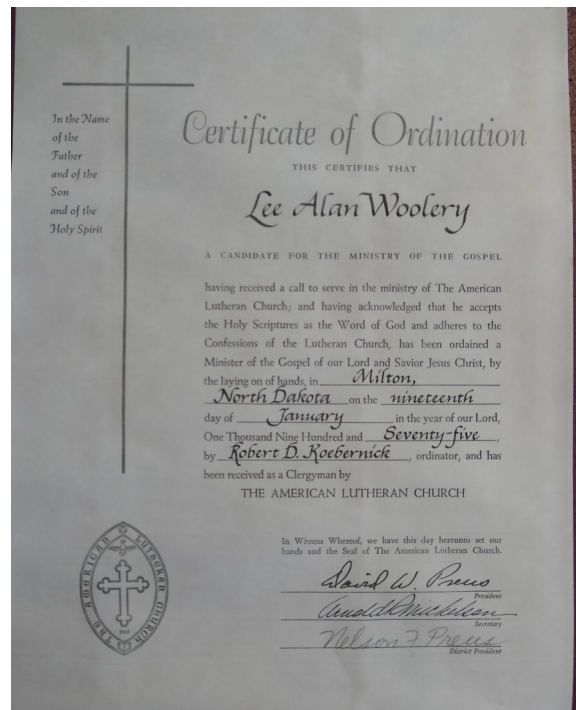
October 12th
at 7:00 pm

PAUL
APOSTLE OF CHRIST

THEIR FAITH CHALLENGED AN EMPIRE. THEIR WORDS CHANGED THE WORLD.



Pastor Lee's Retirement Weekend



Thank you for 43 years





Volunteering Sunday Morning

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.

Financial

	YTD - 2018	YTD - 2017
Budgeted Giving	\$232,810.57	\$233,152.70
Designated Giving	\$41,675.29	\$68,361.38
Non-Receiptable / Credit	\$1,478.38	\$2,099.90
Other Income	\$9,642.39	\$19,637.42
TOTAL	\$285,606.63	\$323,251.40
Average Weekly Budget Offering	\$6,847.37	\$6,661.51
Average Weekly Budget Required	\$6,731.00	\$6,539.00
PAR Giving (included in above total)	\$36,182.00	\$37,752.00
Number of envelopes issued	179	181
Number of envelopes unused	23	19
Number of pledges (budget)	77	73
Number on or over pledge (budget)	44	44
Number under pledge (budget)	33	29
Average Weekly Attendance	180	170

Year to date budgeted giving for 2018 is 0.1% lower than 2017.

General for 2018 includes:	AED defibrillator unit (\$3,300.00)
Designated >= \$1000 for 2018 includes:	CLWR (\$2,800.00)
	Coldest Night of the Year (\$1,803.05)
	AW Peterson Memorial (\$26,400.00)
Designated >= \$1000 for 2017 includes:	CLWR (\$3,050.00)
	Urgent Care (\$1,920.00)
	AW Peterson Memorial (\$37,300.00)
	Coldest Night of the Year (\$1,300.00)
	Grant:Alberta Synod:Business Fair (\$4,440.00)
	Refugee Mission (\$4,353.05)
	VBS Fees & Donations (\$1,072.23)
Other Income >=\$1000 for 2017 includes:	St. John Lutheran Closing Donation (\$13,333.00)

Cliff Blumhagen
Financial Secretary



Canada Lutheran

Connecting faith to everyday life

Find information & inspiration
to live life *In Mission for Others*

Cost: \$19.11 a year for eight magazines

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.

Choir News

We are looking for ways of maintaining a choir program at LCOS. It is becoming harder as choir members leave without new members coming in. In order to keep a viable program we need at least three members on each part. Fewer than that puts a lot of pressure on someone to attend every single Sunday, and the whole idea of being in a choir is to sing joyful praise to God, not to instill guilt!

At the following link, we have a simple 5-question survey. Click on the link or cope/type into your browser. We are hoping to get feedback so that we can set direction – soon!

<https://www.surveymonkey.com/r/N6ZYHFQ>

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.

If you have questions, talk to Alex or email him at mckayfam@telusplanet.net. We hope to see you there!



invites you to

Shoot for the Stars

an evening with Brian Propp



with **buffet supper
live & silent auction
musical entertainment**

Sunday, November 4, 2018

5:30 – 8:30 p.m.

First Lutheran Church, 7102 14 Ave SW, Calgary

tickets are \$30 (\$15 for children 12 and under)

RSVP by October 30 at lcmcalgary.com

or to Margaret Propp 403.471.9895 / Joe Stolee 403.478.9684



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!

Games Group—Celebrating Life Together



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 be 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.



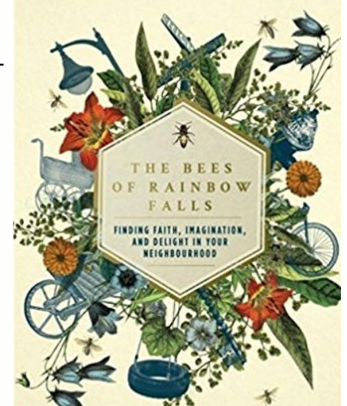
Today's Pilgrims:

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.



The LAY ACADEMY Presents

8:30 am - 11:00 am BC/Yukon

9:30 am - 12:00 pm AB/NWT

10:30 am - 1:00 pm SK/MB

11:30 am - 2:00 pm ON

Nov. 17 & Nov. 24, 2018

Registration Fees:

\$25 for 1 session, \$45 for 2

10% discount for home attendees



PATHWAYS TO PRAYER

Series One

Prayer is the foundational mystery and calling of our relationship with **God**.

It is **God's** gift to us and our response to **God**. We long for it.

We may wonder how should I pray? How can I stay faithful to it? What are its benefits?

How can I know God really has heard my prayers?

Join **Dr. Faith Nostbakken** online and in-person for a guided tour to

PATHWAYS TO PRAYER.

We'll look at what it means to meet **God in prayer**, how our personalities may influence the **way we pray**, what **Scripture** says about prayer, and above all, how we might spend time together in prayer itself.

We will also consider the treasure of the **Psalms** as the **earliest prayer book** of our tradition, one that can still be a rich guide and **source of prayer** for us today in its broad range of emotions from praise to lament.

All relationships take an investment of time. **Prayer** is our opportunity to spend time with **God** who also desires to spend time with us.

Together let us grow in experiencing afresh our relationship with **God**.

Share in the journey of travelling **PATHWAYS TO PRAYER.**

For further information see:

<https://layacademy5.wixsite.com/elcicwla/prayer1>

Dr. Faith Nostbakken grew up in Saskatchewan and values her prairie roots. She has a Ph.D in English Literature from the University of Alberta and a Master of Theological Studies degree from Newman Theological College in Edmonton. She is an experienced spiritual director, a facilitator of retreats, and a member of the leadership team that trains spiritual directors at the Providence Renewal Centre in Edmonton. She is a diaconal minister of the ELCIC, an ecumenical officer for the ABT Synod, and member of Glory Lutheran Church in Sherwood Park, Alberta.



Small Groups For Our Younger Members



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!

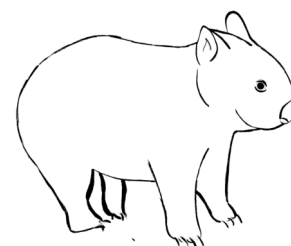


Family Events: This is our new group, although it has existed in the past. Re-launching this year, we invite all families of all ages to join us once a month on the third Friday at 6pm for tons of fun! Events range from movie night, to bowling, to craft nights. Let Jesse know if you're interested in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

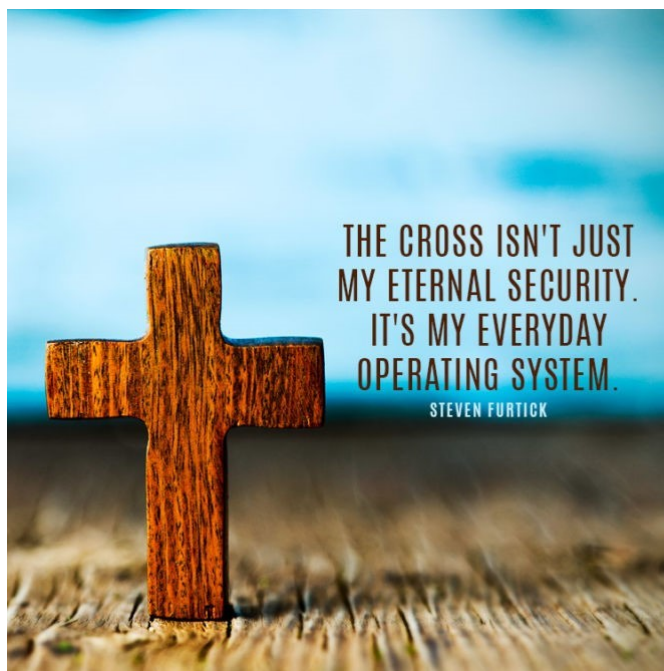


Breakfast at the Seed 6 am

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



First Aid Training on November 3rd



**CPR AND
FIRST AID
CLASSES**



3 Training Level Options

CPR & AED - Half Day - \$50.00

Emergency First Aid - Full Day - \$130.00

Standard First Aid - Two Day - \$130.00

(online & one day of training)

November 3rd Schedule:

- 9:00 am until 1:00 pm – CPR Training for child and adult
- 1:00 to 1:30 pm – Lunch break and those only taking CPR training depart
- 1:30 to 2:30 pm - Emergency First Aid Training
- 2:30 to 3:00 pm - Break and those taking part in Emergency First Aid Training depart
- 3:00 to 5:00 pm - Standard First Aid Training

Note on Standard First Aid: Prior to November 3rd all those taking the Standard First Aid will be required to complete an online training component. Depending on knowledge and speed of learning it will take 3 to 6 hours to complete.

Contact Katharine in the office for more details.

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 is 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.



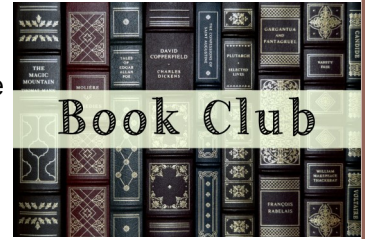
Role Playing Group: Meets Saturday nights as determined by the group. Typically twice a month. This group will meet and play roleplaying games (RPGs). Games can be set in many genres like superheroes, fantasy, science fiction, mysteries, espionage, literary horror, cartoon/slapstick, etc. Contact Darren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

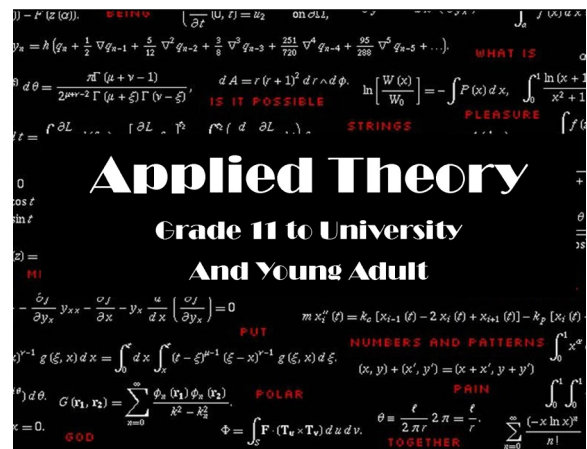


For the fall we are reading:

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.

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.

Breakforth Weekend—Group Adventure

Join us for one weekend where Christ-followers of all generations and all denominational backgrounds from all regions of Canada gather to worship one God.

Our cultural landscape is changing. The rate of change is accelerating faster than at any time in history. If the church is to speak into this changing reality with the love and grace of Jesus we will need to do so prayerfully, strategically, thoughtfully, lovingly and humbly. As One.

Break Forth One is an invitation to come together in unity. It's an invitation to leaders and the broader church to come together for one weekend to dialogue, listen, learn and pray together—to be equipped and empowered—to reach our neighbourhoods, cities, and country.

There is an opportunity for a group rate if 10 or more people would like to attend if booked by November 30th. There is programming for youth and adults and as such would be appropriate for grade 9 and up. If you are interested in attending Breakforth please contact Jesse or Katharine. The group rate by November 30th would be \$179.00 per person including the pre-conference (not including hotel). For speaker and worship line details please check out:

www.breakforthcanada.com
January 25th to 27th, 2019

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

BREAK FORTH
One

January 25 – 27, 2019
breakforthcanada.com

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1:00 Memory Plus 7:00 Al-anon 7:30 Bees Study Group	2 1:00 Games Group	3 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 8:30 11 AM Praise Team	4 7:00 Running Group	5	6 6:30 Breakfast at the Seed 8:30 50 Plus Exercise
7 Communion Sunday 9:00 Worship Service 10:00 Adult Study 10:00 Thanksgiving Event for youth and children 11:00 Worship Service	8 Thanksgiving Office Closed	9 10:00 Book Club 7:00 Today's Pilgrims	10 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 8:30 11 AM Praise Team World Mental Health Day	11 7:00 Running Group 7:00 RATS	12 7:00 Youth Monster Mini Golf 7:00 Movie Lovers	13 8:30 50 Plus Exercise Class 1:00 pm Tween Corn Maze
14 9:00 Worship Service 10:00 Young Explorers 10:00 The Experiment 10:00 Adult Bible Study 11:00 Worship Service Sandwich Sunday	15 7:00 Al-anon 7:30 Bees Study Group	16 1:00 Games Group	17 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 8:30 11 AM Praise Team	18 10:00 Book Sale 6:30 Hand Chimes 7:00 Running Group 7:15 Flock Care	19 10:00 Book Sale 6:00 Family Bowling	20 8:30 50 Plus Exercise Class 10:00 Book Sale 10:00 Youth Band 7:00 Applied Theory
21 Communion Sunday 9:00 Worship Service 10:00 Adult Study 10:00 Young Explorers 10:00 The Experiment 11:00 Worship Service	22 1:00 Memory Plus 7:30 Bees Study Group	23 1:00 Games Group 7:00 Church Board 7:00 Today's Pilgrims	24 9:30 Experiencing God 11:00 Acadia Lunch 7:00 Al-anon 8:30 11 AM Praise Team	25 7:00 Running Group	26	27 8:30 50 Plus Exercise Class 7:00 Youth - Halloween Party
28 Communion Sunday 9:00 Worship Service 10:00 Adult Study 10:00 Young Explorers 10:00 The Experiment 11:00 Worship Service	29 1:00 Memory Plus 7:30 Bees Study Group	30	31 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			