



The Vine
February 2019

Ministry Team

All members of Lutheran Church of Our Saviour

Pastor

Rev. Dr. Julianne Barlow
403-253-1453 ext. 11
403-464-8254 cell/text
pastorjuliannelsoc@gmail.com

Administration &

Congregational Care

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

Office Hours

Monday - Friday
9:00 am - 1:00 pm

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 - Friday
9:00am - 1:00pm

Office Assistant

Judy McDonald
office2@oursaviourchurch.ca

Church Board 2018-2019

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

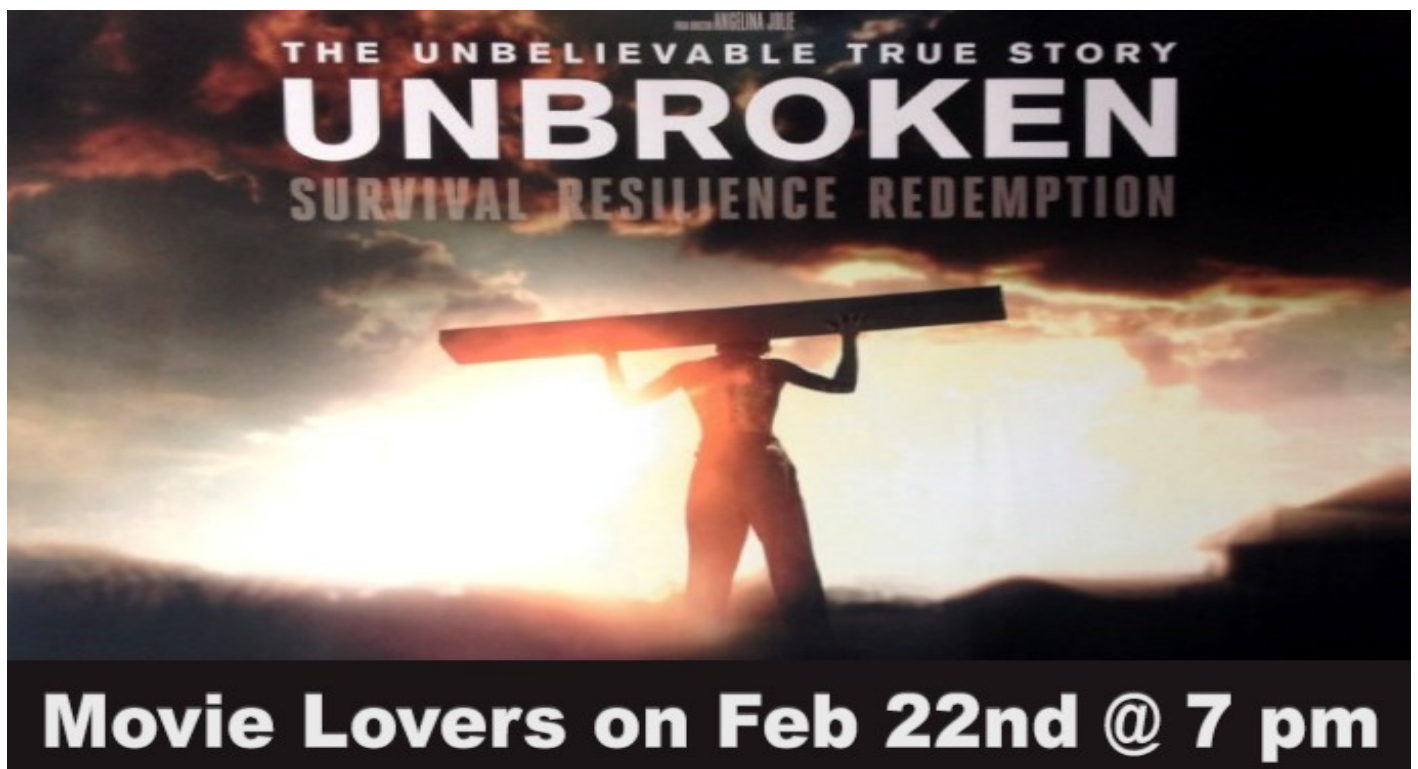
Please call ahead to
access the building outside
of regular office hours.

www.oursaviourchurch.ca

8831 Fairmount Drive SE, Calgary, T2H 0Z4

Facebook: Lutheran Church of Our Saviour

Movie Lovers



From Pastor Julianne

In the first three months of the intentional interim time here at LCOS, we have experienced three sudden and tragic deaths, Advent and Christmas and the changes and transitions that simply come from a different pastoral leader. I am grateful for the patience and support many have offered me as I begin transitional ministry here.

In these next six months, together the congregation will have opportunities to explore, discern and articulate our identity, purpose and mission. While we have begun to explore our Baptismal identity, there is a need to better understand who we are today in this neighbourhood.

One of the next steps in our journey together is to fully participate in the Flourish Congregations national survey. (Dr Joel Thiessen, professor of Sociology at Ambrose University here in Calgary is spearheading this cross denominational survey to develop the best and right resources available to Canadian churches.) Each participating congregation will receive a free church specific report.

This opportunity fits this moment in our journey very well, as it asks us to answer questions about LCOS' organizational ethos including self-identity, leadership, innovation and structure and process. Questions will also speak to our diversity, hospitable community, engaged laity and discipleship. The third area of exploration is our outward approach to partnerships, evangelism and neighbourhood involvement.

The more participants we have in the survey, the more accurate and clear the picture of LCOS will be. All people who consider LCOS home are invited to add their voice to this exciting possibility to better understand who we are. The information from the survey will benefit the Call Committee who are preparing the congregational profile necessary for finding a new pastor, as well as other leaders in the congregation. Details on how to participate are available from the Call Committee.

From Pastor Julianne (continued)

In February, a diverse small group will meet with me for the first time as the transitional ministry team. Keith R., Jaqui A., Lloyd M., Terrylee Mc., Andrew L. will meet with me monthly to prayerfully consider and discern next steps as this intentional interim ministry unfolds.

We also can continue to explore the gifts the Holy Spirit gives us. On Sat. March 2 from 9:00 am to 4:00 pm, Jens K. will again offer the Redemptive Gifts course based on Romans 12:6-8. All are welcome!

A new small group, led by Pastor Julianne will gather on Wednesday evenings at 7:00 pm starting March 6, to share insights and things we wonder about, using the Book of Faith Lenten Journey. "You are invited to a forty-day journey exploring Romans 12. In this chapter the Apostle Paul calls us to new life in Christ and identifies the marks of the Christian life. David L. Miller's deep reflections and insightful questions will help you explore how your life is marked by Christ and consider how you live the marked life for the sake of the world." Please contact Pastor Julianne with any questions you have and let her know if you are interested in joining in this Lenten Journey.

"Lord God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading and your love supporting us; through Jesus Christ our Lord. (Eric Milner-White, Daily Prayer, 1956)

One of the Christmas gifts I received this year was a Noah's Ark snow globe.

I love snow globes, and am slowly amassing quite the collection (right beside my bobble heads!). This particular snow globe is incredibly special, for many reasons, and interestingly, it actually gave me a new perspective when it comes to the story of Noah's Ark. On the front of this snow globe, it has the words: Overflowing with Love. In the actual snow globe is the ark, filled with animals. That ark was overflowing, not just with physical bodies, but with visual reminders of the love of God.

February tends to be a month when love is the forefront theme. But may we always be reminded, not just in February but in every month, of the overflowing nature of God's love for us.



Youth & Children's Ministry

Friday February 1st at 7:00 pm – Tween Sleepover



Drop-off Fri, Feb 1st @ 7:00 pm & Pick-up @ 10:00 am

Please bring sleeping gear (tooth brush, pillow, pajamas and sleeping bag).

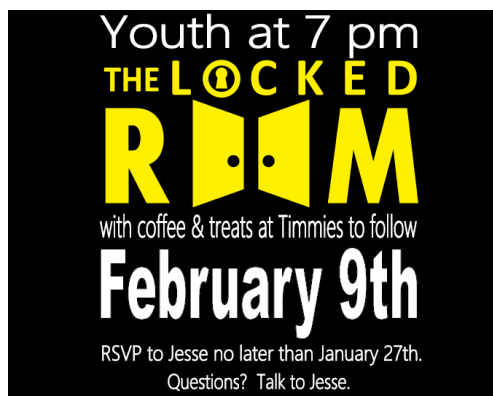
It's our annual favourite; the sleepover! Bring your sleeping gear (sleeping bag, pillow, pajamas, toothbrush/toothpaste) as we bunker down in the church for the night. We'll be playing some games, watching a movie, sharing some snacks, and of course, sleeping! Tons of fun!

Saturday February 9th at 10:00 am – Youth Band

Join us as we continue to practice our new praise and worship songs. Come on out, play some songs, and have lots of fun!



Saturday February 9th at 7:00 pm – Youth – Locked Room



Can you make it out? We need you on our team as we head to the Locked Room to participate in an hour of challenges using your logic, your searching skills, and your courage! Afterwards we'll head to Tim Hortons for some snacks. Please sign up by Sunday January 27th to reserve your spot.

Sunday February 10th at 10:00 am - Coldest Night of the Year Bake Sale

Stop on by, and pick up a fantastic baked good. Everything is sold by donation, with all raised funds going towards our CHILL Team for the Coldest Night of the Year! This fundraiser is ran by the youth, although we would love for everyone to get involved by donating, or bringing a baked good (nut free) to be sold.

Youth & Children's Ministry

Friday February 15th at 6:30 pm – Family Night – Date Night for Parents

In celebration of Valentine's Day, we invite parents to drop off their children at the church and to take a night off together! The children at the church will be participating in some games, snacks, crafts, and a short movie. To ensure we have adequate supervision, please register your children by Sunday February 3rd. A permission form will also have to be filled out.



Saturday February 16th at 7:00 pm – Applied Theory – Game Night

Bring your favourite board game as we get together for another night of games and snacks. It's always a blast, so make sure to invite your friends!

Sunday February 17th – NO Young Explorer/Youth Family Day

Please note that there will be no Young Explorer or Youth classes today, as it is the Family Day Weekend.



Saturday February 23rd at 5:00 pm Coldest Night of the Year

It's that time of the year again! Join the Chill Team as we participate in the Coldest Night of the Year, walking 5k or 10k to raise funds for some local organizations that help people experiencing poverty here in Calgary. Register today at the chillteam.com.



The Mustard Seed

Dear Lutheran Church of Our Saviour Men's Group,

Have I told you lately how much your support means to me?

2018 was an extraordinary year for The Mustard Seed, thanks to you, Lutheran Church of Our Saviour Men's Group.

You helped us expand our ministry far beyond expectations. You funded community hubs that serve families in need right where they live.

You helped vulnerable women and children live better lives. And you even helped us expand into Kamloops, BC.

So you can see exactly how you've changed lives in 2018, we've prepared our annual Report to Community, which I will be sending to you early next week.

In the report, you can read all about how your generosity was invested in the lives of those with nowhere else to turn. Because of you, thousands of men and women found a place to sleep and receive nourishing meals — and get the spark of hope back in their eyes.

In the coming year, we'll keep working valiantly towards our vision until everyone has a place to live and homelessness is a thing of the past.

It really means a lot to me to have dear friends like you to support this vision. You not only care about ending homelessness, you take concrete action through your giving so that those living in poverty have a chance at a better life.

That's what compassionate people do — and it's why I'm eternally grateful for you.

Thank you for sharing our vision for a better world, and thank you once again, for your support of The Mustard Seed.

Look for my next email to read your report!

Sincerely,

Stephen Wile, Ed.D
Chief Executive Officer
The Mustard Seed



Coldest Night of the Year



Join the CHILL team

Walk together on Saturday, February 23, 2019
in the Coldest Night of the Year to raise money
for the hungry, homeless and hurting across Canada

sign up to walk or donate at
www.thechillteam.com

Coldest Night of The Year
Canada's (unofficial) Walk for Homelessness

**Coldest Night of the Year is a fun, family-friendly
event that raises money for the hungry, the homeless
and the hurting in 100+ communities across Canada.
We will be raising funds for "Feed the Hungry" and
"Kairos" this year.**

You can donate or sign-up to walk at
www.thechillteam.com

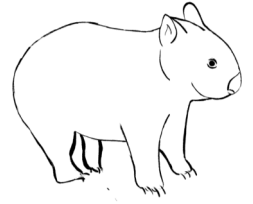
it is cold out there



February 10th
Fundraiser &
Bake Sale

Painted Wombat Preschool

This is our third year of preschool at LCOS and we are enjoying every moment. Last January we had 24 kids enrolled between the two classes and currently have 41 kids enrolled for the 2018/19 year. Twenty-four of these kids are enrolled in the Monday/Wednesday/Friday class with the 17 others attending our Tuesday/Thursday class, both have waitlists. This year we changed our hours from 9:00 - 11:30 am to 9:30 - noon. The two art shows we host in the Fellowship Hall in December and June continue to be successful, with us having to separate the classes on these nights due to the numbers of family members and children attending. Other fun events were our Mother's Day event with Wymbin Yoga, Little Yogis, photography by Up and Away Studio & Shannon Yau Photography and our bubbly potion Halloween party with Mad Science. We are looking forward to the second half of this school year and opening up our registration for 2019/2020 this month.



Redemptive Gifts

March 2nd **9 AM TO 4:00 PM**
Questions? Call the office

Redemptive Gifts

DISCOVER YOUR DESIGN & PURPOSE

Bring a bag lunch. Please RSVP.

Pathways to Prayers

The LAY ACADEMY Presents

Feb. 2 & Feb. 9, 2019

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

Ascension Lutheran, Edmonton

Hope Lutheran, Calgary

Registration Fees:
\$25 for 1 session, \$45 for 2
10% discount for home attendees
Group discounts also available

[Register online today!](#)



PATHWAYS TO PRAYER

Series Two

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

Join Dr. Faith Nostbakken online and in-person (*Ascension Lutheran, Edmonton*) as we look at the Lord's Prayer and its invitation to **intimacy with God**.

We'll consider its call to radical living that addresses injustice, extends grace, and abides in **hope**.

We'll also explore how approaching **Scripture** with our imagination may be a way of **listening to God**. Some may say, "I have no imagination." Others may be suspicious of it as a **pathway to prayer**. Jesus' own parables and sayings, however, relied on the imaginative engagement of his hearers.

Continue the learning in 'prayer' as we open ourselves to **God's desire for relationship** through the Lord's Prayer, and by allowing **God's Word** to connect to us through our senses and our willingness to enter the **Gospel** stories.

For Registration and Payment see:
<https://layacademy5.wixsite.com/elcicwla/prayer2>

"Dr. Faith's presentation and her use of words create a wonderful expression of prayer for those participating."

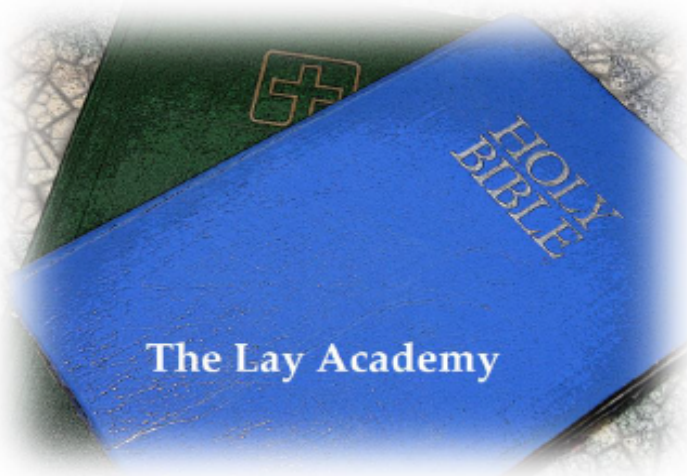
"Fabulous sessions! Very insightful and good discussions. Lots of food for the soul."

"Challenging, empowering, and very much appreciated."



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.

Pathways to Prayers



[Lay Academy, LTS](http://layacademy.lts)
114 Seminary Crescent
Saskatoon, SK S7N 0X3
(306).966.7851
layacademy.lts@usask.ca
Coordinator: Lorene Jewitt
<https://layacademy5.wixsite.com/elcicwla>

The Lay Academy



The LAY ACADEMY is program of the Lutheran Theological Seminary and four Western Synods of the Evangelical Lutheran Church in Canada (ELCIC). It evolved in response to the leadership needs of congregations and the interest expressed by the laity for a comprehensive program of study. Its purpose is to provide continuing education opportunities for lay people in the church and for those being prepared for ELCIC's national Authorized Lay Ministry program with learning that deepens the spiritual life, grows biblical and theological understanding, and develops skills and knowledge in leadership and discipleship.

Some of the LAY ACADEMY teaching is provided through an online format that allows multiple sites from across the four Western provinces and Territories to listen and interact with the presenter(s) simultaneously, while also enjoying discussion led by a facilitator within a local church or home setting. For a few hours on a Saturday morning congregations and individuals from British Columbia, Alberta, Saskatchewan, Manitoba and Northern Ontario all connect as one for learning on topics like Prayer, our upcoming session in November 2018.



Each session each has 25 to 45 minutes of content followed by conversation or exercise periods. Everyone participating will reflect on the same presented material and discuss the questions posed in their own settings at the same time, despite 4 different time zones. To conclude there will be a 30 to 40 minute report-back period where participants have the opportunity to connect with one another and the presenter(s) with their thoughts and any further questions. It all makes for a great community educational experience! So please . . .

Join us in the learning!

Medic Alert Registry for Vulnerable Persons

The Vulnerable Persons Registry has been in place for the last couple of years. They since realized that the maintenance of the registry was unsustainable and have partnered with Medic Alert Canada to do something similar. Several major cities including the entire province of Saskatchewan are now on this system.

Anyone who is potentially vulnerable can register with [Medic Alert](#) by going online or calling 1.800.668.1507

- Caregivers, family members or service providers can also do this with the person
- It is not restricted to age.

Translation is available in 140 languages.

If someone is missing, the caregiver calls 911 as usual and indicates that the missing vulnerable person has a Medic Alert ID

If a citizen has found someone that looks like they are confused or missing and that person has a Medic Alert bracelet, they can call Medic Alert and provide the number. Medic Alert will then contact caregiver and/ or police.

- The cost is \$60/year
- This includes the bracelet identifying Medic Alert with phone number and a specific file number to identify the registered person.
- If someone cannot afford the cost, they are open to negotiating a reduced cost or no cost if cost is a barrier.
- There is no 'means test.' Just a conversation.

The application allows one to provide a host of useful information including the opportunity to upload a recent photo and the name of a contact person/ caregiver.

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.

From Pat Kaack

MY REFLECTIONS ON BEING ACCOUNTABLE TO ONE ANOTHER January 2019

“And let us hold unswervingly to the hope we profess, for He who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-----and all the more as you see the Day approaching (the day of the Lord’s return).” Hebrews 10:23-25

Back in the 1950’s I remember Saturday evenings very well. It was my job to put shoe polish on my younger brother and sister’s shoes, shine them, and line them up for the next morning. We also took a turn in the square wash tub for our Saturday night bath. Firstly my baby sister, then the next three children, then me and finally my oldest brother. That was 6 bodies washed in the scummy water, but we survived the bath each week. **We were cleansed. Why?**

Every Sunday morning we would rise very early, walk one mile to our church. I had to run to keep up to dad who was 4 steps ahead of me, but he had one thing in mind, we were to be at church for 8 am. This was every Sunday. There was no question of not going, or should I go, or whatever reason I may have had to stay home. I was expected to be there with the rest of the family of God. This was a discipline that we had as a family, and as a community of believers. We were going to worship Our Awesome God. He was at the centre of our lives every day, and Sunday we would go to affirm our belief in Him. We came to give Him homage and adoration.

When I came out west on the train from Toronto in May 1970, I was now a young woman far away from home, and I carried with me the values that my parents instilled in me. In 1971, I met the love of my life Jens, and we soon started a family. It began in our early years of marriage that we would bring our young ones to God’s church. We did the same as my parents, preparation Saturday eve, physically, and spiritually, remembering that an early start was important for a young family, (notice here we drove to church. Life had changed since the early 50’s as very few people had cars). Many times it was a struggle with four-noncompliant children saying to us, “do I have to?” Our response was, “well, yes we are going to God’s house to praise Him and worship Our Awesome God.” Over the years, the children grew up thru the tough times of child rearing. We supported them through Bible School, witnessed their weddings, and have been blessed with our 12 precious grandchildren. I am thankful to see our grandchildren receiving similar values from their parents.”

From Pat Kaack (continued)

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates. Deuteronomy 6: 4-9

What I want to express here is how we can be accountable to one another. On Sunday we come together and praise and serve Our Lord as a community. Today our fast pace life- style is more frantic. We rush all week, and Saturday comes, and we are still rushing here and there. Then comes Sunday. Jens and I drive away from the comforts of our home, we observe all the cars parked along the street, quiet homes, silence in the neighbourhood, **and yes, we are going to worship, to be with you, our community of believers.** We can have all kinds of reasons not to be here on Sunday, but ultimately, we have the chance to be serious about our commitment to one another, to be here in God's Sanctuary, praising our God who waits for us to come, and being with Him in all our humbleness, and contrite hearts. For years I had to work weekends at the hospital two Sundays in a row. Although I knew my mission on those Sundays was to serve the sick, I missed your presence very much.

May I extend a hand and say thank you for coming with me to worship on Sunday. Pray about your commitment to God, to your precious families, and to one another. May we renew our attitudes of being present with one another." *—but he rested on the 7th day. Therefore, the Lord blessed the Sabbath day and made it holy." Exodus 20:11. "You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the Lord, who makes you holy." Exodus 31:13.* Remember the other stuff in life can wait, as God wants you to spend time with Him, and to be apart of His community of believers. Be a faithful servant with one another and come. *"Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our God is a consuming fire." Hebrews 12:28-29*

"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit----just as you were called to one hope when you were called-----one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all Ephesians 4:2.

My God Sighting for this New Year 2019 Pat Kaack

"God will never, never, never let us down if we have faith and put our trust in Him. "

Mother Teresa

Bishop's Message by Bishop Larry Kochendorfer



February 2019 Message for Congregations and Lay and Rostered Leaders

Dear Beloved of God –

Over the past several months I have participated in three continuing education opportunities which were each very good learning experiences.

- “Shared Stories: Promising Practices in Canadian Churches” through Ambrose University, Calgary and its *flourishing Congregations Institute*.
- A leadership development event for Bishops from across North America and representing several denominations.
- The ELCA/ELCIC Bishop’s Academy which focused on: Caring for Our Common Home with keynote presenters: Dr. Cynthia Moe-Lobeda and Dr. Larry Rasmussen

Continuing education is an important piece for all rostered and lay leaders, including bishops. As a way to remain diligent to learning goals, ELCIC rostered ministers are expected to engage in at least ninety hours of continuing education over each three-year period. Rostered Ministers have you reported all your 2018 continuing education hours to ELCIC Group Services Inc.? Members are encouraged to submit continuing education hours, even when no funds were used. You can report your continuing education hours to GSI, using the CEP Expense Reimbursement Form: <https://www.elcicgsi.ca/wp-content/uploads/2019/01/CEP-Short-Term-Expense-reimbursement-request-form-revised-Jan-2019.pdf>

Continuing education is not just important and valuable for rostered ministers...and bishops...it is equally as important and valuable for lay leaders and for congregational members.

Have you considered participating in “Pathways to Prayer” offered through the Lay Academy at our Seminary? Join Deacon Dr. Faith Nostbakken from our Synod online or in person (Ascension, Edmonton and Hope, Calgary) as we look at the Lord’s Prayer and its invitation to intimacy with God. Feb. 2 and Feb. 9, 2019 from 9:30am – 12 Noon. For Registration and Payment see: <https://layacademy5.wixsite.com/elcicwla/prayer2> To learn more about the Lay Academy see: <http://www.usask.ca/stu/luther/programs-lay-academy.html>

Happy learning lifelong learners!

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)

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:00 Tween Sleepover	2 6:30 Breakfast at The Seed 8:30 50+ Exercise
3 Communion 9:00 Worship Service 10:00 Adult, Children and Youth 11:00 Worship Service	4 1:00 Memory Plus 7:00 Al-anon	5 10:00 Book Club 1:00 Games Group	6 9:30 Experiencing God 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 11AM Praise Team	7	8	9 8:30 50+ Exercise 10:00 Youth Band 7:00 Youth Locked Room
10 Sandwich Sunday 9:00 Worship Service 10:00 Adult, Children and Youth 10:00 Coldest Night of the Year Bake Sale 11:00 Worship Service	11 1:00 Memory Plus 7:00 Fireside	12	13 9:30 Experiencing God 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 11AM Praise Team	14 7:15 Flock Care	15 6:30 Family Night - Date Night for Parents	16 8:30 50+ Exercise 7:00 Applied Theory Game Night
17 Communion 9:00 Worship Service 11:00 Worship Service	18 Family Day Office Closed	19 1:00 Games Group 7:00 Board Meeting	20 9:00 Experiencing God 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 11AM Praise Team	21	22 7:00 Movie Lovers	23 8:30 50+ Exercise 7:00 Coldest Night of the Year
24 9:00 Worship Service 10:00 Young Explorers Class 11:00 Worship Service	25 1:00 Memory Plus	26 7:00 Today's Pilgrims	27 9:00 Experiencing God 11:00 Acadia Lunch Program 7:00 Al-anon 7:30 11AM Praise Team 8:30 Al-anon Book Club	28	Coming Up March 2 Redeeming Gifts March 6 Ash Wednesday	