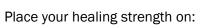


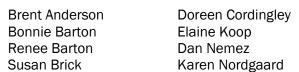
Margaret Brown

Last Saturday night at Laser Tag, 10 youth chased 3 adults around the Laser Tag arena for 2 hours! Erica Todd won the award for wearing the most white (and was therefore the biggest target)...

Prayers

Prayers Chain Ministry is always ready to receive prayer requests. Information is kept strictly confidential. Contact Linda Joehnck at 403 279-3770, or the office.







A young woman in need of prayer...

We remember those in care centres or "shut-in" at home, including:

Tom Bergman	Alexa Nernberg	Anne Sands
John Claussen	Robert Ohlhauser	Brenda Scott
Irene Dekowny	Betty Oldis	Willy Singbeil
Alma Krueger	Betty Sabo	Kelly Williams
Caroline Lutz	Andrew Sands	•



Dear Lord,

May my family be protected from harm, misfortune and sadness. May we enjoy the privilege of spending time together to share joy, celebrate happy occasions and to be there for each other when there is need for comfort. May good health prevail and may there be ever-present faith in God's mercy and grace. Amen

Lutheran Church of Our Saviour 8831 Fairmount Drive S.E.

T2H 0Z4

403-253-1453 www.oursaviourchurch.ca

Facebook: "Lutheran Church

of Our Saviour" &

"The Experiment Student Ministries"

Instagram: Icos_youth

The Rev. Dr. Julianne Barlow pastorjulianneLCOS@gmail.com 403-464-8254 (cell/text)

Judy McDonald
Office Assistant
office2@oursaviourchurch.ca

Johanne Johanson Office Assistant office@oursaviourchurch.ca

Katharine Heimbigner-Tenor Administration & Congregational Care

Our Mission...We are an inviting and growing Christian presence, with a passion for living and sharing Jesus Christ.

Our Vision...To be a Christ-centered community that Equips Disciples to Make Disciples.

If you are a visitor, during the time of offering, we have no financial expectations of you. Following the service you are invited for coffee and fellowship.

We would be blessed to have you share in worship with us again.



Sunday, February 16, 2020 9:00 & 11:00 am



Welcome/Announcements

Confession and Absolution

Gathering Songs

"Lord Reign in Me"

"Holy is the Lord"

Children's Story: What's in Your Heart?

The New Zealand Creed

God's Word: Mark 7:1-23 (NLT)

Message: What is Inside?

9:00 AM "Change My Heart, O God"

11:00 AM "Refiner's Fire"

Ministry Moment: Installation of LCOS Board Members

Offering and Prayers

Special Music 11:00 am: "Carried to the Table"

The Lord's Prayer and the Lord's Supper

"I Sing Praises"

"In Remembrance of Me"

"He is Able"

"Amazing Grace"

Blessing and Sending

"Heaven is in My Heart"

Today:

There will be **no Sunday school today** because of the long weekend.

All believers are welcome to join in **Holy Communion** this morning. Please indicate to the server if you wish to have grape juice rather than wine. A gluten-free wafer option is also available.

Today we introduce the LCOS Board for the year 2020-2021:

Brent Anderson	Kathy Gibson	Bob Montgomery
Alfred Forbrich	Lora Lodberg	Shirley Moule
Doug Gerbrandt	lain McKay	Nick Perchthaler
	Garry Mihaichuk	



Your 2019 tax receipts are now available for pick up in your church mailbox. Please pick them up to avoid having to mail them via Canada Post. This saves the church postage costs. For any not picked up today, they will be mailed.

Do you have an interest in technical operations? Are you great at Power Point? We are always looking for volunteers to run the sound and visual portions of the 9:00 am and 11:00 am services. Training is provided, and a commitment of one or two Sundays a month is all that's required. If this is something you might have a gift for, please contact the office.

Upcoming:

With the approach of Lent, it's time to begin collecting items for the Brenda Strafford Centre:

Combs/Hairbrushes, Shampoo/Conditioner, Hairspray, Toothbrushes/Toothpaste, Hand/Body lotion, Deodorant, Wash cloths/Hand towels, Baby Wipes, Dish Soap, Mr. Clean, etc...



The time of Lent (40 days starting Ash Wednesday) represents the 40 days Jesus spent in the wilderness. Some Christians choose to remove something from their lives as a sign of fasting (chocolate, coffee, etc.). Another Lenten practice is to add a spiritual practice (study, prayer, etc.).

Every Wednesday we will continue to meet for Dwelling in the Word. This year's Lenten Study, "The Lutheran Course" will be held on Thursdays beginning Feb. 27. Each is a stand-alone session so attendees can come once or to all the sessions, from 7:00—8:30 pm.

Feb 27	How to tell the Difference Between Law and Gospel
Mar 5	Five Things You Should Know about the Lutheran Reformation
Mar 12	How to Receive Holy Communion
Mar 19	The Three Most Rebellious Things Jesus Did
Mar 26	How to Read the Bible
Apr 2	How to Share Your Faith with Someone

Mark your calendars for the following Worship Services:

Feb 26	Ash Wednesday	7:00 pm
Apr 9	Maundy Thursday	7:00 pm
Apr 10	Good Friday	11:00 am
Apr 12	Easter Sunday	9:00 and 11:00 am

On **March 1 at 10:00 am** you are invited to join us for a family Lenten craft—all are welcome!

You are invited to join in an **Evening Prayer Choir Festival** on February 23, 2020 at 7:30 PM at Bethel Reformed Church (corner of 101 Street and Old Banff Coach Road SW). Music Director Rick Vander Woude will be participating in this concert with the New Beginnings Choir. Admission is a monetary or food donation to the Calgary Food Bank.

Today No Sunday School today

9:00 am Worship Service
10:00 am Adult Bible Study
11:00 am Worship Service
12:00 pm Coffee and Conversation

This Week

Feb 1/	
1:00 pm	Memory Plus
Feb 18	
1:00 pm	Games Group
7:00 pm	Board Meeting
Feb 19	
9:30 am	Experiencing God
10:00 am	Staff Meeting
11:00 am	Acadia Lunch Program
7:00 pm	Al-anon
7:00 pm	Drop In Dwelling
7:00 pm	11:00 am Praise Team
Feb 20	
7:15 pm	Flock Care
Feb 22	
8:30 am	50+ Exercise Class

Coming Up

Feb	23	Hot Dog Sunday
Feb	24	Memory Plus
Feb	24	March Vine Deadline
Feb	25	Today's Pilgrims
Feb	26	Ash Wednesday
Feb	26	Experiencing God
Feb	26	Acadia Lunch
Feb	26	Drop In Dwelling
Feb	27	Falling Upward
Feb	27	Lenten Study Begins
Mar	1	Family Lenten Craft
April	9	Maundy Thursday
April	10	Good Friday
April	12	Easter Sunday

And Pillows!