



Dear Friends in Christ:

As I sit down to write this article, our observance of Mother's Day is just around the corner. Of course, this Foot Print spans May and June—the times when we observe both Mother's Day and Father's Day. While advertisers are now encouraging us to remember mom on her special day, there continues to be a fairly noticeable difference between Mother's Day and Father's Day celebrations. Mother's Day was first celebrated in 1872; Father's Day was first celebrated in 1910. And while President Wilson set the 2<sup>nd</sup> Sunday in May as Mother's Day in 1912, it wasn't until 1966 that President Johnson signed a presidential proclamation declaring the 3<sup>rd</sup> Sunday of June as Father's Day.

The differences go on. Restaurants tell us that Mother's Day is their second busiest day of the year. Father's Day, though, is just another Sunday. Mothers are given special gifts to brighten their days. Dads receive gifts, too—usually something very practical, and so we have the stereotype of the black socks or the new tie.

Mothers are seen as the nurturers and the care-givers of the family. Fathers are practical people. We think of fathers as being concerned with rules, with work and with the house. It is mothers who are concerned with the home. We hold up a mother's love for her children as the purest and strongest of loves. But fathers are seen in a different light. Fathers care, fathers love, but somehow we perceive this to be different than the love of a mother for her children.

Whether or not we honour them in different ways, fathers and mothers really aren't different. They are both entrusted by God with the care of the children that He has created, in the realm of the family that He has established. That is why God says so much about our home and family life in the Bible. I remember someone pointing out before the birth of my first child that children don't come with instruction manuals. But there is a handbook for parents, prepared for us by the Creator of the family; by the Father who first loved us.

In a day and age when both mom and dad seem to be struggling in their roles; in a time when many families are going through difficult times, we might be surprised to learn that the secret to a good family is simple: *"Unless the Lord builds the house, those who build it labour in vain"* (Psalm 127:1) With His blessings, we have something to celebrate in our homes, as father, mother and children live together in love and care under God's guiding hand. (You may also want to look at the *Table of Duties* that Luther included in his *Small Catechism*. It talks about the vocation of fathers and mothers, as God describes this work in Scripture).

Happy Mother's Day, to all our moms! God bless you in your care and ministry to your families. You are doing the work the Lord has called you to do.

Happy Father's Day, to all our dads! God bless you in your care and ministry to your families. You are doing the work the Lord has called you to do.

In His Service,

#### **Foothills Lutheran Church**

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## Board of Human Care Ministries



*Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having*

*all that you need, you will abound in every good work. As it is written: 'They have freely scattered their gifts to the poor; their righteousness endures forever.'* 2 **Corinthians 9:7-9**

How blessed we are as God's children, knowing that by the grace of our Lord Jesus' death and resurrection, we are deemed righteous. This freedom of faith in everlasting life with our Lord enables us to freely give of our hearts and hands in service to those in our church family and community.

### Upcoming Events

**Mother's Day Roses** - in support of the Calgary Women's Emergency Shelter, pre-order your roses on Sunday, April 29 & Sunday, May 6th after worship service. The roses will be ready for pick up after worship service on *Mother's Day, May 13th.*



**Good Food Box** - if you joined us last year, you know how much fun it was to package fresh veggies and fruit for distribution through the Calgary Community Kitchen. Well, we had so much fun and felt so good in that service event, that it's back! Mark it in your calendars! We will post a sign-up sheet closer to the time.

**Who:** 15 to 20 youth and adults from Foothills - great for families

**When:** Monday, June 25th from 6 to 9 p.m.

**Where:** Community Kitchen - 3751 - 21 St. N.E.



*Respectfully submitted in His service, Stacey Bablitz*

## Family Time in Christ

We've looked at the Cornerposts for building faith in families: receiving the Word of God, "Faith Talk" in the home; faith rituals and traditions; and service to others. What about building faith in the context of the family of God?

Research tells us that our children need intergenerational relationships as well as peer relationships in the broader Church in order to develop a mature faith. What does that look like? At Foothills we do not separate the generations in worship. Our members age 0 – 101 worship together. What a blessing for children to be welcomed to worship by their fellow members of the Body of Christ of all ages. As children come to the altar for a blessing during communion, they kneel with the whole family of God. As they speak the Lord's Prayer or the Creed, they speak it with Christians of all ages. As they say a response such as "and also with you", they say it with everyone. Pot blessing meals, special church functions, mission presentations – all of these bring the extended family together. Help your child to understand that they too are a valued member of the body of Christ as you encourage their participation in this extended family!

### VACATION BIBLE SCHOOL



**GOOD NEWS!** Planning is well under way for our summer Vacation Bible School, offered July 16-20 and July 23-27. There are only a few spaces left in the upper grades during week one, but space in every level for week 2. We encourage you to invite children of friends and neighbours to hear the GOOD NEWS of salvation in Jesus Christ.

We are still looking for volunteers for these two weeks, in particular crafts leaders and classroom helpers. Why not join us?

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# Children & Family Ministry

## SUNDAY SCHOOL

*"How sweet are your words to my taste, sweeter than honey to my mouth!" Psalm 119:103*

We have just completed a series of lessons that taught us how God fulfilled His Old Testament promises by sending us Jesus, our Saviour. Now we begin a lesson series that teaches us that this Saviour is true God, as well as true man. We will see Him call His disciples, and show His power over creation, over sickness, and even over death!

**Our last formal class will be held on Sunday, June 10<sup>th</sup>, but please bring your children for a special activity day on Sunday, June 17<sup>th</sup>. Watch the bulletin for more information!**

All classes (adults and children) begin at **9:00 am** with an opening together in the sanctuary. We sing, pray, and have an introduction to our day's lesson. Our lessons for May and June are:

May 06	Jesus Clears the Temple	John 2:13-22
May 13	Jesus Teaches Nicodemus	John 3:1-21
May 20	Jesus and the Samaritan Woman	John 4:1-42
May 27	Jesus is Rejected at Nazareth	Luke 4:16-30
June 03	Jesus Calls Disciples	Matthew 4:12-25
June 10	Jesus Heals Many	Luke 4:31-44
June 17	Closing Activity	

Our hymns of the month are #554 for May and #903 for June.

Sunday School is part of our children's ministry supported by the congregation. However, we do receive an offering at each Sunday School opening to remind us that all we have is a gift from God. Each year, Sunday School offerings are designated to a mission serving children. This year our offerings are being sent to Shepherd of the Hills Lutheran Church, Airdrie, for their children's programs. Offering envelopes are available from Deaconess Miriam.

**Parents! You are encouraged to attend Adult Bible Study while your children are in Sunday School. If you have children not yet Sunday School age, you are welcome to bring your little ones along to Adult study, upstairs in the Fellowship Hall, where the book of Revelation is being studied.**

## MOMS & TOTS

**Mothers of infants and toddlers...** We continue our look at God's gift of the Ten Commandments and how they teach us to love Him and others. Join us with your young child (age newborn to 4 years old) to spend some time together with other moms in study, prayer and fellowship. We normally meet the first and third Thursdays of the month at 10:00 am in Room 8, just off the Fireside Room. *Please note the schedule change for May.* It's a great way to make connections! Mark these dates on your calendar: **May 3<sup>rd</sup> and 24<sup>th</sup> and June 7<sup>th</sup> and 21<sup>st</sup>.** See you there!



## LADIES' BIBLE STUDY

Ladies, you are invited to join us for Bible study and snacks at 7:30 pm the **second and fourth Tuesdays** of the month. We began our study of **"Christianity: The First Three Centuries"** in February, but new faces are always welcome! This is a study that includes video segments by Paul Maier as well as Bible study and discussion time. Mark these dates on your calendar: **May 8<sup>th</sup> and 22<sup>nd</sup> and June 12<sup>th</sup> and 26<sup>th</sup>.** We meet at Deaconess Miriam's home, 10122 Hidden Valley Dr. NW. Please bring a small snack to share AND YOUR BIBLES!

## CHILDREN'S CHOIR

Our last rehearsal will be May 31<sup>st</sup>. We will be singing at Foothills Lutheran Manor on May 10<sup>th</sup>, and during worship sometime in May. Watch for news about registering for the fall!



## SATURDAY KIDS BIBLE CLUB!

KIDS BIBLE CLUB will meet **Saturday, May 5<sup>th</sup>** from 9:30 – 11:30 am. This will be our last time together before breaking for the summer. This year our theme is **Love in Jesus**. We are looking at the Ten Commandments as gifts from God, and how He works to help us love Him and love others. We will finish looking at the Second Table of the Commandments, which are teaching us how to love others. Watch for information for our fall start-up!

## LYF in Christ (Youth)

As always with all events, be checking your emails for times and locations. Also, always feel free to bring your friends to these events.

**May 4<sup>th</sup>**- May the 4<sup>th</sup> be with you! On this night we'll be doing some sweet Star Wars themed games and activities. Do you have to know anything about Star Wars to participate and have a good time...no! But you get to look forward to games, activities, and devos that you've never experienced before...almost as if they are from a galaxy far, far away.

**May 25<sup>th</sup>**- Frolf! What's that? It's Frisbee golf and we will be heading to Baker Park (across the river from Bowness Park). Bring a frisbee! Also we may be doing some All Sports Frolf, look forward to upcoming emails for details.

**June 8<sup>th</sup>**- St. Matthew's is hosting a circuit wide Capture the Flag (CTF) night, and we are excited to be able to go take part with youth from across the city.

**June 22<sup>nd</sup>**- Our Annual Photo Scavenger hunt/Car Rally. **EVERYONE IN THE CONGREGATION IS INVITED TO TAKE PLACE IN THIS!** The trophy is up for grabs and I know how badly everyone wants to get their names etched into it, so come out and have a great time.

**June 23<sup>rd</sup>**- Ssh, this is an unofficial "official" youth event. I can't say more about it here because it's unofficial. It's going to be awesome though I can promise you that. It's a Saturday so it'll be during the day. Mark it on your calendar and check your emails soon.

## LWML-C

### MAY FELLOWSHIP EVENTS SPONSORED BY FOOTHILLS LUTHERAN LWML-C SOCIETY

**Our annual Mother – Daughter – Friend Dinner  
Monday, May 14<sup>th</sup> at 6:00 p.m.**

**CELEBRATING WOMEN OF ALL AGES!**



Bring a dish for the pot blessing dinner, relax and enjoy the fellowship. We always appreciate the men who come to serve us and do the kitchen duties.

**South Alberta Zone Spring Rally  
Saturday, May 26<sup>th</sup> from 9:00 a.m.-4:00 p.m.  
THEME: THE GREAT COMMISSION  
(MATT 28:18-20)**

Bring your friends and enjoy the day. You do not have to be a member of LWML-C nor LCC to attend. Our guest speakers will be Deaconess Miriam Winstanley who was part of the Alberta missionary team that went to Cameroon in January, 2018 and Joyce Lobitz who went to Nicaragua in November, 2017 with her husband Pastor Mark Lobitz.



Check out our bulletin board by the kitchen entrance! Signing up for these events helps us in our planning.

### District Softball Tournament



The final District softball tournament is coming once again this year! **August 11-12** in beautiful Revelstoke. There is a skills competition on the 10<sup>th</sup> at the ball diamonds. If you'd like to take part sign up outside of Pastor Eric's office and be quick booking your campsite/hotel room/VRBO. We'd love to have you out everyone out! Be looking in the bulletin for some easy practice times (which all are welcome at whether you want to play in Revelstoke or not).

### Joyful Notes from the Choir!



A blessed Easter season to everyone! We are preparing now for special Sundays coming up and all-around singing of His glory!! If you would like to help us raise a joyful noise to the Lord, please join us Wednesdays at 7:30 in the choir loft. **M E N** ---- We have a selection of men-only pieces coming up and need more male voices, all ages! We'll start these pieces at 8:30 on Wednesday evenings. **JOIN US!!** For more info, please contact Christine Heumann or just come Wednesday evenings.



# A Peek Into Our Preschool

## A PEEK INTO OUR PRESCHOOL

For some of our preschool students, this spring was the first time they heard how Jesus died and then came alive again to pay for the sins of the whole world. He did this because of His great love for us all. As I was sharing this Easter message with one of our classes, I began by saying that “Jesus died for all of you. Jesus died for me. Jesus died for everyone.” One child raised his hand and asked, “What about my mom? Did Jesus die for her too?” From the look on his face, he was clearly concerned. I was able to reassure him that Jesus loves everyone. He died and came alive again to pay for the sins of everyone in the whole world, which includes his mother. It was a joy to see the look of relief on his face. It is a privilege to be able to share our Easter joy with the children in our preschool. I pray that the seeds of faith that are planted in these young hearts are nurtured as these little ones leave our program at the end of June.

*Respectfully submitted by Betty Ann Chandler*

## PRESCHOOL REGISTRATION FOR FALL

Foothills Lutheran Christian Preschool is accepting registrations for the September 2018 – June 2019 school year. Registration packages may be obtained on the table outside our preschool room (room 5 on the walkout level) or by printing them from our website at [www.preschool.foothillslutheran.com](http://www.preschool.foothillslutheran.com). Once forms are fully completed, they may be submitted to our preschool principal/teacher along with the registration fee and one month’s tuition deposit to hold the child’s spot. Betty Ann (i.e. Mrs. Chandler) would be happy to answer any questions or set up a time for you to visit the preschool.



Thursday Morning Preschool 2018

## Faith @ Home!

### Let's Pray!

**Sunday, May 6, 2018 at 9:15 am**



What happens in families that pray for and with each other? Learn how a simple daily discussion about the highs and lows of the day can lead to regular family prayer.

Please bring your child so you can participate together. Sunday School is available for children age 3-10, and younger children are welcome in the session.

**RSVP to Deaconess Miriam at [miriam@foothillslutheran.com](mailto:miriam@foothillslutheran.com)**

**Designed for parents with children born in 2013**

# Board of Fellowship

## Coffee Teams

We are blessed to have the following teams provide coffee, tea and a little treat to welcome us on Sunday mornings. If you are interested in joining a team, please contact Belinda Perrin at (403) 239-9100 or belindaperrin@gmail.com



- Team 1 Mark Kihn, Art Hanger, Kim Harvey, Alice Churney, Ron & Diane Voss and Liane Voss-Roper
- Team 2 Anni & Brad Adams, Elfrieda Stewart, Jan Geggie, and Marilyn Harrison
- Team 3 Elise Glans, Vi & Otto Dusterhoft and Ann Marie Kothari
- Team 4 Pat & Lorne, Kristy & Kellen Rosenau and Lucy Oberhammer
- Team 5 Tracy & Tim Roth and Jay & Kim Anderson
- Team 6 Belinda & Dave Perrin, Herb & Jane Gurski and Brenda Bode
- Team 7 Ingrid Kubke and Robert Kubke
- Team 8 Shirley & Carl Berdahl, Ellen Wagner and Cheryl Lemke
- Team 9 Heather Sommers, Warren Kee, Matthew Pfaff, Merv and Kareen Borgeson
- Team 10 Carol & Lloyd Sandau and Joan & Tom Copeland

## Baking for Coffee Treats

What's coffee without treats? If you enjoy baking, we would greatly appreciate treats for Sunday morning coffee. Please **label items with the date**, and put them in the upright freezer in the kitchen. We **prefer cookies and squares** instead of whole loaves as they are easier to thaw on Sunday morning. Due to allergies, please do not use peanut butter in your baking. If you have any questions, please contact Heather Sommers.

## Upcoming Events

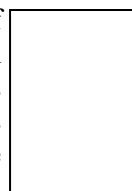
### Celebrating Women "Pot-Blessing" Dinner Monday May 14th - co-sponsored with LWML

We celebrate Mother's Day on May 14<sup>th</sup>. As a church, we also want to celebrate the important women in our lives with a mother, daughter, friend potluck dinner on Monday at 6:00 PM. There will be a signup sheet on the Fellowship bulletin board. Last year we enjoyed time to dine, talk, laugh and sing with women and girls, both members and visitors. We also hope that some of the men will volunteer to serve again.



## Ukrainian Egg Decorating - June 2nd

Learn Pysanky, the Ukrainian tradition of decorating eggs, from Jean Richardson on Saturday, at 1:30 pm. All wax, dyes, and eggs will be supplied. There is no cost for this workshop, just bring your enthusiasm. There is a sign-up sheet on the Fellowship bulletin board. For information, please contact Heather Sommers.



## Father's Day - June 17th

Let's celebrate the importance of the role of fathers in the congregation.



Do you have any suggestions, questions or concerns? Contact Heather Sommers at (403) 230-2487

## Recipe for a Happy Day!

1 Cup of friendly words;  
2 Heaping cups of understanding;  
4 Heaping teaspoons of time & patience;  
A pinch of warm personality;  
A dash of humour;  
Measure words carefully; add a heaping cup of understanding; and use a generous amount of time and patience. Cook on front burner, but keep temperatures low. Do not boil. Add a generous dash of humour and a pinch of warm personality.  
Season to taste with a spice of life.

- submitted by Mark Kihn from his mother. Ida Kihn found it in a 1979 Cranbrook (B.C.) Kinettes Cookbook.



Seder Supper - Maundy Thursday 2018

# Refugee Sponsorship

## Family Support Project – Update (March 16, 2018)

“For the whole law is fulfilled in one word: ‘You shall love your neighbour as yourself.’” -- Galatians 5:14  
Entering 2018, we can reflect on the success of the Calgary Circuit Refugee Family Support Project and the contributions of each of our congregations. We exceeded our goal of \$30,000 and have donated the current project balance of \$33,300 – well done!

Andrea Sovary, on behalf of St. Matthew and the Calgary Circuit, has kindly agreed to manage and disburse project funds during the reception and resettlement phase. The project is also blessed by Sabine Dillenberg who has joined the Circuit committee and will record human and material resources pledged in favour of our sponsored family.

Moving forward, we completed the formal sponsorship application in partnership with the Canadian Lutheran World Relief, last week. Today we received approval of our application! Following the Federal Government’s release of refugee allocations for 2018, the Circuit committee decided to sponsor a Blended Visa Office Referred (BVOR) family of four. The BVOR program has two clear advantages. First, the refugees will arrive within four (4) to eight (8) weeks from the time our application is processed. And second, the Government of Canada will enter into a 50/50 cost-sharing arrangement with the LCC Calgary Circuit for one year; this will definitely deliver better mileage from the financial donations!

Immigration Canada advises that our family has fled the conflict in the Sudan and currently resides in a UNHCR transit camp in Cairo, Egypt. We anticipate their arrival in Canada on or after 15 May 2018. Calgary has a vibrant Sudanese community which augers well toward embracing these new Canadians comprising: a father (58), mother (51), son (21) and daughter (19). We have received many commitments for household items to help the family set-up home – a heartfelt thank you is extended to all who have contributed! As the generosity of our congregations continues, a storage locker has been leased to concentrate donations of furniture, clothing, and household items – the location is Sentinel Storage, 410 Manning Road N.E. Starting at the beginning of March and on every Saturday thereafter, the locker can be manned from 13h00 to 16h00 to receive deliveries. This arrangement will be by *appointment only*; please contact Theo Dillenberg at 403.971.0950 or Cathy Weger at 403.225.1168 to coordinate receipt of your donations. While donations will be accepted with

heartfelt gratitude, it is requested that items be in good repair, clean and appropriate for our family. Currently, we remain in need of more individuals willing to donate time and effort in support of resettlement functions. If you are interested in contributing specific talents, please review and complete a Refugee Sponsorship commitment survey or by contacting Sabine Dillenberg at [Sabine.Dillenberg@shaw.ca](mailto:Sabine.Dillenberg@shaw.ca)

In closing, think about how we, as a collective force of the Lutheran Church of Canada, are making a difference by bringing our resources together in Calgary to help a family in need. The Circuit committee meets monthly; if you have questions, suggestions and/or require further information, please contact Jan Geggie (Chair) at [jangeggie@shaw.ca](mailto:jangeggie@shaw.ca). In His service, thank you for your generosity in helping to spread the love of God to our neighbours!

*By Theo Dillenberg*

## Missions of the Month

### May: Lutheran Hospital Ministries

Through Lutheran Hospital Ministries of Southern Alberta, trained visitors give support to Lutheran patients in Calgary hospitals and care centres through compassionate listening, prayer and Scripture. Visitors are always needed and regular training is scheduled. Your gift helps provide the resources and staffing that makes this ministry a blessing to those in the hospital and care centres of our area.

### June: Lutheran Church Canada

We rejoice in the opportunities we have to proclaim the Gospel. Through LCC we train pastors and deacons; we work together to send missionaries throughout the world; we support work in remote communities; we provide resources and encouragement to congregations. We ‘walk together’ so that the message of forgiveness in Christ may be brought to all people everywhere. Your gift truly helps in this work.

## Board of Christian Education Update



*Teach...that the next generation may set their hope in God” – Psalm 78*

As we continue through this year, we give thanks to God for the many blessing He has given us in this congregation through the preaching of His Word, Bible Studies, Sunday School, and all other activities and resources we have. We have something available for everyone and that is an amazing blessing that not all Christians have. As we move through Pentecost and into the rest of the year, I pray you would reflect on the great blessings and joy we have in Christ and take the opportunities God has given you at Foothills to grow in your faith and read the Scriptures daily.

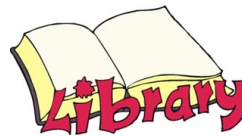
During Lent, we were blessed to have several of our church leadership come together to study the Bible, focusing on the assurance we have in the authenticity and accuracy of the scriptural text we have today. Through the 4 week study, we saw how the original texts were diligently and accurately copied, preserved, and cherished by the first Christians to have them. We also looked at how archaeology is continually finding more evidence showing that the accounts in the Bible are true, and not fictional. If you have ever wondered about this topic, contact one of church staff and we would be happy to provide you this or other resources.

Check out the Creation Ministries resources in the brochure rack above the guest book! The Board stocks information on dinosaurs, the age of the earth, carbon dating, and starlight, evolution vs natural selection, the ice age, continental drift, and Noah's ark. We've recently added information on mammoths, dating methods, and how the different "races" arose. Let us know if you're looking for any info that's not there!

[GOOD NEWS! VBS planning is well under way. If you would like to learn more, please visit the church's website and click on the front page link, or contact Miriam or Pastor Eric \(Their reports will also have more information in them\).](#)

The District Youth Gathering, UNMASKED, will be taking place early July and we are very excited to be participating with the youth. We currently have 18 people from Foothills going: 12 youth, 4 leaders, Michelle Heumann (Gathering Committee Chair), and Jean Bauer as a gathering helper (iBod).

Planning for our annual fall youth retreat, November 2-4 here at Foothills, is under way. The committee for planning it is made up of Michelle and Trevor Heumann, Pastor Eric and Kayla, Miriam, Heather Graham-Navis, and Monica Schultz. Please keep us in your prayers as we plan the topic and activities, that He would bring all things together for the betterment of his people. Pastor Eric is the speaker for the retreat.



In an effort to provide the best resources available to our members, we are in the process of updating and re-organizing the library. A big thanks to Dianne Frayne for offering to look through our current resources, and Ron Voss for volunteering to assist as well. We do still need help with cataloging, shelving, and organizing resources though. If you would like to help with that, or anything else, please contact Trevor Heumann and we would be glad to help you get involved.

Have you joined the (private) Facebook group for Foothills members who want to connect to Christian Ed via social media?

[www.facebook.com/groups/flcchristianed/](http://www.facebook.com/groups/flcchristianed/)

We post announcements and event reminders to the group; if you use Facebook more than you read the bulletin, this group might be for you!



For other Christian Education news, see Sunday school and family ministry news on pages 2 and 3, Youth on page 4, and Preschool news on page 5.

There is some sort of Christian education opportunity at Foothills nearly every day of the week; if you're looking to learn, we are here to facilitate. Let the word of Christ dwell in you richly!

The Board of Ed is:

*Chair: Trevor Heumann*

*Staff Members: Pastor David Bode, Pastor Eric Moffett, Deaconess Miriam Winstanley, Preschool Director Betty Ann Chandler*

*Board Members: Kayla Moffett, Sydney Stene, Tobi Stene, Ron Voss*

- Submitted by Trevor Heumann



## Excerpt from the Canadian Lutheran: "Shall We Gather at the Gathering"



"As many LCC congregations have discovered, it's not always possible to form a youth fellowship. But that shouldn't stop young people from taking part in youth gatherings at the district or national level. Organizers of "Unmasked"—the 2018 Alberta-British Columbia District Youth Gathering — are trying to emphasize that point. They want to give all Lutheran youth from across their district (and the Central District too!) the opportunity to be together for one weekend every three years to hear and be strengthened by God's Word. This year's gathering takes place from July 5 to 8 at the University of Alberta Augustana Campus in Camrose.

The ABC District gathering's organizing committee believes it is vital to nourish the Christian beliefs in which young people were raised at a time in their lives when they face challenges from other ideas in society. Committee chair Michelle Heumann emphasizes that a lot of that nourishing begins at the congregational level. She refers to research done by Dr. James Gimbel at Concordia Lutheran Seminary in Edmonton showing that the more adults in a congregation interact with the youth, the more likely those youth will keep attending church when they are older. LCC's partner synod, the Lutheran Church—Missouri Synod (LCMS) has also researched attracting and keeping youth. A survey for the LCMS 2018 Youth Ministry Symposium shows that congregations that hired youth ministry staff have higher rates of youth retention than other congregations. So-called members of the Millennial demographic (those who became adults in the early 21st Century), make up 15% of LCMS congregations in a society where most young adults are not attending church."

"Proponents of youth gatherings don't seem to express many negative things about them. Their only complaint is that attendance numbers are never what they wish for. The events however provide opportunities for youth to ask hard questions about faith and theology and discuss their questions confidentially if they want. Michelle Heumann emphasizes that participants at the upcoming ABC youth gathering will have that opportunity...There seems to be a general theme of youth gatherings cultivating discussion as a way of forming young people in their faith and giving them a sense of lifelong commitment to their Lord.

Stressing the importance of religious instruction for young people, Martin Luther wrote, 'If an injury that really hurts is to be done [to] the devil, it must be inflicted through the young people who are reared in the knowledge of God, spread God's Word and teach it to others.' Our society increasingly marginalizes and even ridicules a biblical Christian worldview. In response, all believers need the gifts God provides in His Word and Sacraments, even more so our young people who face daily challenges to their faith."

<http://www.canadianlutheran.ca/shall-we-gather-at-the-gathering/>

The 2018 ABC District Youth Gathering committee is: Pastor James Avery (speaker), Pastor Curtis Boehm (chaplain), Michelle Heumann (chair), Pastor Eric & Kayla Moffett, Tara Sadorosney, Monica Schultz (registrar), and Pastor Glenn Worcester, with IT and AV support provided by Trevor Heumann. Eighteen people from Foothills are registered to attend!

*- Submitted by Michelle Heumann*

### SUNDAY SCHOOL & VBS TEACHERS & VOLUNTEERS

#### PAST, PRESENT & MAYBE!

Join us on Saturday, June 9th, 2018  
from 9:30am-2:30pm for a day just for you!

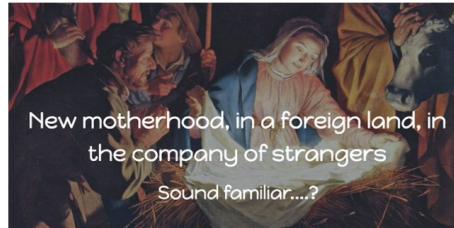
Foothills & Grace Lutheran invite all Calgary Circuit  
Sunday School & VBS Teachers & Volunteers, as well as those who  
have considered teaching, for a day of encouragement.

**WHY?** to have a day where we can come together as teachers and know that you aren't alone,  
**WHAT?** to learn from each other and cover a variety of topics to benefit the children we are blessed to have in our Sunday Schools and Vacation Bible Schools.  
**WHERE?** Grace Lutheran Church, 3610 Sarcee Rd SW, Calgary

See Deaconess Miriam for more information. Registration closes June 4<sup>th</sup>.

## Baby Bottle Campaign May 13 - June 17, 2018

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**The first few months of parenthood are hard.** Sleepless nights, mental and physical exhaustion, and the emotional adjustments. But with a strong network of support, you get through it. People drop by, share advice and a helping hand. We feel gratitude for small mercies -- times when someone drops off a meal or maybe just lends an ear or another set of arms to soothe a fussy baby.

**Now, imagine adjusting to life as a new mom in a foreign country** without any outside support besides your partner. Then add postpartum depression to the mix -- an overwhelming and explainable heaviness that just won't go away. You are exhausted and in despair, not knowing where to turn.

This was Karina's experience. In Canada on a student visa, Karina met and fell in love with Ryan, and a few months later realized she was pregnant. Determined to parent, Karina was forced to decide whether to stay in Canada with Ryan or to return home to her family.

This is when she came to the Centre for help. Despite the financial challenges and limited support, Karina decided to stay with Ryan so they could raise their son together. She accessed pre-natal instruction, maternity clothing and one-on-one support.

Shortly after the birth of her son, Karina began to experience postpartum depression symptoms she had learned about in the Centre's prenatal class. Karina met with her prenatal instructor to address the anxious and fearful thoughts she was battling and she was connected with the help she needed. When finances were tight, Ryan and Karina were connected with NeighborLink to take off some of the pressure.

**Because of your support,** we can provide vulnerable families with practical and emotional support.

**Because of your generosity,** Karina didn't have to walk alone.

**Because of your love for the marginalized,** Karina was given the tools to become an empowered mother.

**Because of your support,** stories of hope exist.

Thank you for supporting displaced young moms in need of hope and connection.

Thank you for giving clients like Karina a community and a place to belong.

**Because of you,** they are not strangers alone in a foreign land.



## Noteworthy

***Save the date for our Annual Stampede Breakfast:*** Invite your family and friends to our Stampede Breakfast **on July 15, 2018**. This is our 17<sup>th</sup> breakfast and we are hoping for sunshine. Breakfast is from 8:00 to 10:00. Outdoor service at 10:15. And yes again we will be looking for help—and prayers—from all of you. Contact: Anni Adams, Stampede Breakfast Chair. Email [annibrad@hotmail.com](mailto:annibrad@hotmail.com)

***Our next Voter's Meeting*** will be held after service on **June 3<sup>rd</sup>**. Please mark it on your calendar and plan to attend.

***Super Gathering for Super Bowl:*** Thank you to Kim and Jay Anderson for hosting, and to Choir members/friends who made it out to the Super Bowl gathering on Sunday afternoon, Feb. 4. We had a great time of visiting, door prizes, and great food/drink -- and hey, the game was exciting also.

We raised more than \$50 for the Lutheran Laymen's League, who broadcast The Lutheran Hour radio program.

And in the non-football side show, Mark Kihn won the Jenga "building" competition.



***Silver Saints*** meet again on May 9th to hear Const. Duchesney give another presentation on fraud and on May 23rd Anni Adams will give a video presentation on her trip to Africa. The June date for the year-end picnic at Sandau's will be announced in the days ahead. Watch your bulletin for details.

### Graduation Blessing

**Sunday, June 17 during our 10:15 am worship service**



As you graduate from high school and plan your further education, your Church family would like to give you a blessing - a prayer that God, who has brought you this far, will continue to guide you all of your life. We also have a little gift for you to take with you to college or university.

Please come to our service at 10:15 am on Sunday, June 17, and stay afterward for coffee and cake.

**RSVP to Deaconess Miriam at [miriam@foothillslutheran.com](mailto:miriam@foothillslutheran.com)**