



Dear Friends in Christ Jesus, our Living Lord!

Many years ago, the Lutheran Church–Missouri Synod conducted a major stewardship initiative to fund special programs and ministry opportunities in the church at large. The goal was to have people recognize their new life in Christ, and the blessings of that life in Christ. In addition, it was hoped that people would see the privilege of being part of the mission of the church, to bring the gospel of Jesus Christ to people throughout the world.

St. Paul often spoke of our being alive in Christ. He tells us: *“And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience. . . But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ.* (Ephesians 2:1-2, 4–5, ESV) We were dead, but we live! We enjoy the assurance of life by the grace of God, given to us in the resurrection of Jesus Christ.

At this time of year, we look at the world around us coming to life again. We see new buds on the trees; plants start to emerge from the ground. The grass greens and grows, as nature comes alive after the cold and snow of winter. In the same way, these Easter days become a testimony to us of the life we have—a life we want to see in God’s Church. That life can be seen in our worship and bible study. It can be seen in our service to one another and with one another. Yes, it is even seen through our stewardship of our time, our talents and our treasures. These are all ways that can declare that we are, indeed, alive in Christ.

Different poets and authors have picked up on the thought that “he lives long who lives well”. I believe that the idea behind this is that we must take the life that we have as a gift of God and live it to the fullest. It means putting our heart and soul into the life we have as the people of God. As those alive in Christ, we live in His grace and by His power and strength. We live as we are fed by His Word and Sacraments, and as we exercise our life through service to God and to one another. We live in a living, active hope in a living, active Lord. The liveliness we see in our congregation is only a small portion of all we can be as we, who are alive in Christ live by faith in Christ.

May God continue to bless our lives together in Him! May we continue to see the growth and blessings that are so evident among us. And may we all take hold of the life we have in Christ, and live in Him in all we do day by day.

In His Service,

*Barth Parikh M/Book*

#### **Foothills Lutheran Church**

3104 - 34<sup>th</sup> Avenue NW

Calgary, Alberta T2L 2A3

Phone: 403-284-1342

[www.foothillslutheran.com](http://www.foothillslutheran.com)

[office@foothillslutheran.com](mailto:office@foothillslutheran.com)

#### **David Bode, Pastor**

[flcpastor@foothillslutheran.com](mailto:flcpastor@foothillslutheran.com)

#### **Eric Moffett, Associate Pastor**

[flcpastoreric@foothillslutheran.com](mailto:flcpastoreric@foothillslutheran.com)

#### **Miriam Winstanley, Deaconess**

Children & Family Ministry

[miriam@foothillslutheran.com](mailto:miriam@foothillslutheran.com)

#### **Eldon Ohlinger, Pastor Emeritus**

#### **Foothills Lutheran Christian Preschool**

Phone: 403-284-1360

#### **Betty Ann Chandler**

Preschool Principal/Teacher

[school@foothillslutheran.com](mailto:school@foothillslutheran.com)

Website:

[www.preschool.foothillslutheran.com](http://www.preschool.foothillslutheran.com)



# Children & Family Ministry

## SUNDAY SCHOOL

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

We are continuing through the chronological Sunday School curriculum, and, having worked our way through Old Testament promises of a Saviour from sin, New Testament fulfillment in Jesus Christ, we are now about to begin our learning about the Early Church. Our lessons continue through May and into the first weeks of June. On June 16<sup>th</sup> we will have a wrap-up activity during Sunday School hour, and recognize students, teachers and helpers during worship. Sunday School will break for the summer, resuming on Rally Day, September 8<sup>th</sup>. Thank you to the children who sang their "hosannas" on Palm Sunday!

We meet Sunday mornings at 9:00 am in the Sanctuary for our opening, after which children are dismissed to their classes. Their class time will end by 10:05 so that families have time to prepare for worship.

**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.**

Our lessons for May and June are:

May 05	John's Vision of Heaven	Revelation 21-22
May 12	God Sends the Holy Spirit	Acts 2:1-21
May 19	Peter and John Heal the Lame Man	Acts 3
May 26	God's Servant Stephen	Acts 6-7
June 02	Philip and the Ethiopian	Acts 8:26-40
June 09	The Conversion of Paul	Acts 9:1-31
June 16	<i>Sunday School Closing Activity</i>	

Sunday School Hymn of the Month:  
May #469 June #547

Sunday School is part of our children's ministry and is supported by the congregation. We do, however, 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 once again 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.

## MOMS & TOTS

### *Mothers of infants and toddlers...*



Moms and their children not yet in school are invited to join us for a short Bible study, prayer and fellowship the first and third Thursdays of the month, from **9:30-11:00 am (but note a small change for the month of May)**. It's a great way to make new friends. Mark your calendars for **May 2<sup>nd</sup> and May 30<sup>th</sup>**, and **June 6<sup>th</sup> and June 20<sup>th</sup>**. Our current study is entitled *"The Beauty of Holiness"*.

## LADIES' BIBLE STUDY

We meet for Bible study and snacks at 7:30 pm the second and fourth Tuesdays of the month. We have finished our study on the minor prophets Hosea, Joel and Amos, and in April began our look at the Seminary's Spring Quest Course, *"Heroes and Heretics in the Early Church"*. We will meet May 14<sup>th</sup> and 28<sup>th</sup>, and June 11<sup>th</sup> and June 25<sup>th</sup>. Please contact Deaconess Miriam for her address. Bring a small snack to share AND YOUR BIBLES!

## CHILDREN'S CHOIR



We are working on a variety of music to sing at Foothills Lutheran Manor on May 9<sup>th</sup>. The children are excited to visit with the seniors living there, and to present what they have been learning. We meet the second and fourth Thursdays of the month from 6:00 – 7:00 pm in the Fireside Room. Bring your children age 4-10 to spend some time in song. We meet to learn a bit about music, learn how to use our voices, and most of all plant God's Word in our hearts through song. Our year will end in May, but we look forward to coming back together again with more voices in September! Please speak with Deaconess Miriam for more information or to register.

# Family Time In Christ

## **SATURDAY KIDS BIBLE CLUB!**

Our last monthly KIDS BIBLE CLUB date will be Saturday, May 4th, from 9:30 am to 11:30 am, looking at the last of **God's Great Gifts**, Eternal Life. If you are interested in having your children join us for singing, a Bible lesson, crafts and games, please contact Deaconess Miriam to register your child age 4-10 years. Bring a friend, or offer to volunteer!

## **VACATION BIBLE SCHOOL**

### ***Journey With Jesus. He is the Way Home!***



Our summer Vacation Bible School runs the weeks of **July 15-19** and **July 21-26**. Registration is already at 66 children for the first week and 71 for the second, so if you have friends or family who have not yet registered, please encourage them to do so soon! We are also looking for teachers and classroom helpers in both weeks, crafts leaders for week 1 and other various helpers. Please contact Deaconess Miriam or Pastor Eric to discuss how you can help!

**MARRIED COUPLES OF ALL AGES:** We want to encourage you in your life together! We're still looking for feedback on the possibility of running either a marriage retreat (a few days away with other married couples that includes devotional time, learning time, and time with your spouse), or a marriage course run over a few Saturdays here in Calgary. If either of these possibilities would be of interest to you, please contact Deaconess Miriam or either of the Pastors.

## **GROWING FAITH AT HOME**

We will soon begin including a resource from our sister Church, the Lutheran Church of Australia, in our bulletins. This resource, called "*Growing Faith at Home*", can be used in your household as a tool to share faith with one another at home. A sample is printed below. You will see that each week's handout will include devotional resources such as faith conversation-starters based on one of the Sunday readings, daily Bible readings, a weekly Bible verse that you can memorize together, and a blessing and prayer that changes each week. Creative activities are suggested, as well as simple ways for households to engage in service together. Households can choose what aspects they can best include as part of their family's faith routine. Have a look, and watch for more information!

## **District Corporation Information**

At our last Voters' Meeting, questions were raised regarding the continuing A-BC District Corporation, and our participation in it. The corporation exists as the means of "winding down" the affairs of the district, and by default, all congregations and called workers are part of the corporation.

A set of bylaws were adopted by the delegates at the last district convention. It was felt that it would be beneficial to have this information, along with the letter sent to the congregation from Rev. Roland Kubke, the chair of the corporation, available to our members. We have included this at the end of the newsletter.

### **Catechism for Life**

#### **Take It Home!**

**Sunday, June 9, 2019 Following our Worship Service**

Luther's Small Catechism is a roadmap to the Bible, and a lifelong companion. At this session you will have an opportunity to fulfill one of the promises you made at your child's baptism by placing the catechism in his or her hands! A copy of "My First Catechism" will be provided.

Please bring your child so you can participate together. Younger children are welcome in the session so that mom and dad can come together. Lunch will be provided.



**RSVP TO: Foothills Lutheran Church**

**403-284-1342**

**miriam@foothillslutheran.com**

**Designed for children born in 2011 and their parents.**

## LYF in Christ (Youth)

### UPCOMING YOUTH EVENTS

Youth group, or LYF (Lutheran Youth at Foothills), is for youth in grades 7 to 12, and usually meets every other Friday from 7 to 10 pm. Bring your friends!

We also meet every Sunday during the school year at 9 am for Bible study in the youth room (except for long weekends).

The youth leaders are Pastor Eric and Kayla, and Trevor and Michelle Heumann, with help from Deaconess Miriam. Talk to any of us if you have questions!

Stay connected with youth news by joining the youth Snapchat (talk to Kayla or Michelle to join), giving Pastor Eric your email address, or joining the Facebook group!

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

**May 10: Disc Golf.** Bring your favourite frisbee and get ready to conquer a new Disc golf course. Each hole will pose a new challenge, so get prepared (for something you can't possibly prepare for).

**May 24: Paintball.** We're going out to Bragg Creek paintball! The cost is \$25 + more if you need more paintballs and if you're a stormtrooper...you'll need more paintballs. Invite your friends, this one is a blast.

For those that don't want to play there is awesome hiking in the area. So put on your hiking boots!

**May 26: NYG Meeting.** If you're registered for the National Youth Gathering, plan to come to this lunch after church to talk about the final details. If you're coming to the NYG, but absolutely cannot be at this meeting, please speak with Pastor Eric ASAP.

**June 7: Annual Photo Scavenger Hunt.** We're looking for a volunteer or two to organize it! If you're interested, talk to Pastor Eric, Kayla, or Michelle for more info.

**June 21: Circuit Youth Event.** Every Spring we try and get together with youth from across our fair city and we have a blast doing it. Be checking your emails for further details coming soon.

**Volunteer at VBS: Journey With Jesus July 15-19 and 22-26.** If you would like to volunteer one or both weeks (or even for a couple days), please talk to Pastor Eric about volunteering. It's a great experience and you'll love it (you will...really).

**Beach Day in Chestermere!** Be looking in the bulletins and your emails for more details on heading out to Chestermere in July or August for a sweet day on the beach.

**Slo-pitch Tournament: August 9-11** in Golden BC. This is our Annual regional Ball tourney. If you're interested in playing, scorekeeping, or just coming to watch we'd love to have you there. We've had some great youth players recently (don't tell them I said that, it'll go to their heads) and I know that there are some of you that want to come play! It's a lot of fun, good scenery and you get to play slo-pitch for a weekend. Ask Pastor Eric for details.

*First youth event of the year* is **September 13**. Mark your calendars.

Save the date for the *Fall Youth Retreat* from **November 1-3**. Pastor Mike Kuhn will be our speaker this year! Registration forms will be available in September.



**Let's Pray!  
Take It Home!  
Sunday, May 5, 2019 Following our Worship Service**

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. Lunch will be served!

**RSVP TO: Foothills Lutheran Church  
3104—34 Avenue NW  
403-284-1342  
miriam@foothillslutheran.com**

**Designed for parents with children born in 2014.**

# A Peek Into Our Preschool

## A PEEK INTO OUR PRESCHOOL

### Spring and New Life

Spring has arrived at our preschool. The children have been enjoying the outdoor climber once again and having the opportunity to run and shout together. It has been a joy to see one of our students who finds interacting with his peers difficult in a classroom setting, feel more comfortable participating in interactive play outside without staff support. The change in season is providing multiple opportunities for the children to experience and learn.

Each day one of the children is designated as the helper for the day. In the month of April the helper has been going with Ms. Amy to observe the weather outside our classroom and then report back to the class. We are in the process of building a bar graph to see if there are more sunny, partly sunny, cloudy, rainy or snowy days in the month of April. We then learn to read the graph together to see which category has the most and the least number of days. (As I am writing this, there have been more cloudy days. Rainy and snowy days are tied for last place.) The helper also waters the seeds that we have planted in 3 pots that are utilizing the sunshine on the window sill in one of the Sunday School rooms. We are anxious to see the seedlings sprout as we watch the grass and trees outside turn green, as we talk about new life during the Easter season.

In May, our theme will be “Bugs”. We have ordered some caterpillars and one of the parents has donated a new re-usable environment for them to live in as we observe them spinning a chrysalis and changing into butterflies. I hope to release the butterflies as we study the account of Jesus’ ascension so we can watch the butterflies go up until we can’t see them anymore, much as the disciples watched Jesus ascend into heaven.

At the end of May a field trip to Butterfield Acres to see the spring babies is scheduled so the children have an opportunity to interact with animals. Few of our urban families have a pet, especially since many of them live in rental housing. They have seen photos of animals, seen them on a screen or visited some at the zoo, but they will have an opportunity to interact with and touch a variety of animals. For example, the children can see up close the cross on the donkey’s back as we think back on the Palm Sunday account.

These activities are in line with Play, Participation, and Possibilities: an Early Learning and Child Care Curriculum Framework for Alberta. In particular, the values of environmental sustainability, multimodal literacies, and interconnectedness of ideas. We are operating under the guiding principle of children being “active co-constructors of knowledge through first-hand experiences and in reciprocal relationships with people and things in their environment”.

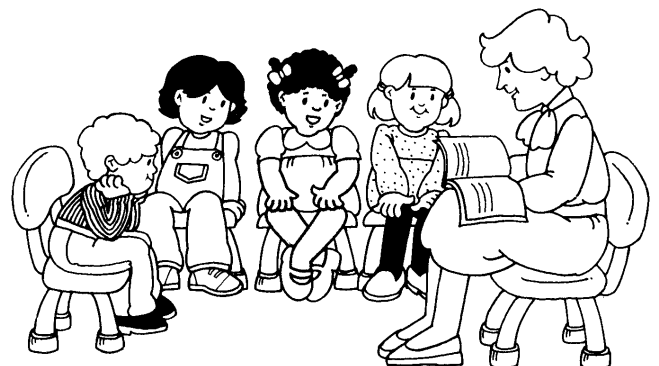
Please keep new registrations for the fall in your prayers as this preschool year draws to a close and many of our students move on to kindergarten.

*Submitted by Betty Ann Chandler*

## PRESCHOOL REGISTRATION FOR FALL

Foothills Lutheran Christian Preschool is a licensed, non-profit, half-day program for 3 and 4 year-olds that facilitates the development of whole child in a caring Christian environment. Children have fun with friends, laugh and learn, pray and play, enquire and engage as they are nurtured in their cognitive, physical, creative, spiritual, social, and emotional development by experienced staff. Both our teacher and teaching assistant are members of FLC, have first aid training, and are government certified. We offer services for early intervention for children with special needs on site including a free speech screening for all our 4 year olds in September and are approved to accept children eligible for the stay-at-home parent government subsidy. Registration for the fall has begun.

Forms are available at [www.preschool.foothillslutheran.com](http://www.preschool.foothillslutheran.com) or on the table outside our classroom. Phone, email, or schedule a visit. Betty Ann would be happy to speak with you.



## 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](mailto: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, Marilyn Harrison and Kathy Hilland
- Team 3 Elise Glans, Vi & Otto Dusterhoft and Anne Marie Kothari
- Team 4 Pat & Lorne, Kristy & Kellen Rosenau and Lucy Oberhammer
- Team 5 Tracy & Tim Roth and John & Diane Voss
- 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, Merv and Kareen Borgeson
- Team 10 Carol & Lloyd Sandau, Bob & Elsie Will and Bill & Erika Schultz

### UPCOMING EVENTS

#### Celebrating Women Dinner – Monday May 13<sup>th</sup>

Organized with the LWML, we celebrate Mother's Day on May 13. As a church, we also want to celebrate the important women in our lives with a mother, daughter, and friend potluck dinner on Monday at 6:00 PM. There will be a signup sheet on the Fellowship bulletin board.

#### Hot Dog Indoor Picnic - Sunday, June 9<sup>th</sup>

As Sunday School and other activities wind down for the summer, let's get together and have an indoor picnic. Hot dogs and condiments will be supplied. Bring along a salad or side dish to share with your FLC family. There will be a sign-up sheet on the Fellowship bulletin board.



#### Father's Day - Sunday, June 16<sup>th</sup>

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

## Notes from the Choir



What an exciting season we've had, singing our way through our Lord's passion and resurrection – HALLELUJAH!! Mother's Day will be the last Sunday for the choir for this season, and we look forward to seeing everyone back again, as well as NEW voices in early September!! MEN! Would you like to join a small group to sing for Father's Day?? Send me an email or see me after Church. Thank you to everyone for your encouragement and kind words for the choir – it truly is a blessing for this fellowship. Do you have a favorite song that the choir has sung in the past and want to hear it again? Send me a note! Watch Sunday bulletins in August for more information about when our first Wednesday practice will be in the fall. For more info, please contact Christine Heumann ([christineheumannnecgy@gmail.com](mailto:christineheumannnecgy@gmail.com)).

### MAY MISSION OF THE MONTH

#### Lutheran Hospital Ministries

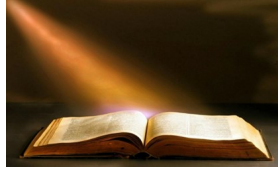
Through Lutheran Hospital Ministries of Southern Alberta, trained visitors give support to Lutheran patients in Calgary hospitals and care centres through compassionate listening, prayer and Scripture. Visitors are always needed and regular training is scheduled. Your gift helps provide the resources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

### JUNE MISSION OF THE MONTH

#### 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*

**The National Youth Gathering** is in 2019 and will be held at Trinity Western University in Langley, BC. We are hoping to take 20 youth and 4 leaders to this gathering. For more information, please visit the website at <http://nyg19.ca/>. Thanks to everyone who so generously supported Foothills attendance at youth gatherings during the November 2018 Mission of the Month!

The annual **Lent Bible Study** for our church leaders saw an average of 20 people attending and was a wonderful opportunity to study the Scriptures together. The topic this year was Lutheran Doctrine and Practice Today.

We have many **Creation Ministries** resources in the Narthex on the rack above the guest book. Please take any you want, and let us know if you're looking for any info on topics that aren't there!



The **Library** is under continual improvement right now. Please stop by and see the resources available, including the cart of videos that are free to a good home. We also have a cart of popular resource that Dianne sets up around the church some Sundays, so look for it. For any questions, please contact our librarian, Dianne Frayne, and we will help you find what you're looking for. If you have any resource suggestions, let Dianne know and we will look into getting them for you.

We are planning on hosting a **presentation and discussion** on the topic of assisted dying. This issue has become a very hot topic in our world these days and we want to provide an opportunity for everyone to learn about it and discuss it in a loving, Christian environment. Please stay tuned for more information as we plan and schedule this presentation.

There is some sort of Christian education opportunity at Foothills nearly every day of the week. If you are not already involved with something, please contact one of the staff to find out what opportunities interest you.

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

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



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!

God bless us all as we continue learning about God and his great love for us!



*Shrove Tuesday 2019*



## Noteworthy

**FLC Camping Trip FLC May 31- June 2** at Crawling Valley. Cost is \$30 per night per unit (same rate for tenters). A sign-up sheet is posted on the bulletin board near the entrance to the Fellowship Hall. For more information contact Hans Dueck at 403-208-0854 and/or check out the campground information at: <http://crawlingvalleycampground.ca/>

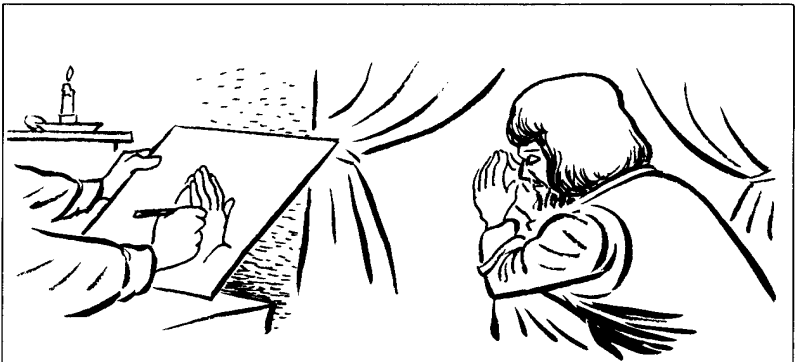
**Our next Voter's Meeting** will be held after service on **June 2<sup>nd</sup>**. Please mark it on your calendar and plan to attend.

**Silver Saints** will meet again on May 8th to hear a presentation from Dr. Stephen Chambers on "Jesus and Archology".

Mark you calendars and save the date for the wind-up barbeque at Sandau's on June 19th.

**Save the Date for our Annual Stampede Breakfast:** Invite your family and friends to our Stampede Breakfast **on July 14, 2019**. This is our 18<sup>th</sup> breakfast, as we seek to meet neighbours, share with friends and feast on God's Word. 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.

Email [annibrad@hotmail.com](mailto:annibrad@hotmail.com)



### The Story of the Praying Hands

For years people have admired the art masterpiece known as "The Praying Hands." Behind this work of art is a fascinating story of love and sacrifice.

In the late fifteenth century two struggling young art students, Albrecht Dürer and Franz Knigstein, worked as laborers to earn money for their art studies. But the work was long and hard and it left them little time to study art.

Finally they agreed to draw lots and let the loser support them both while the winner continued to study. Albrecht won, but he agreed to support Franz after achieving success so his friend could finish his studies.

After becoming successful, Albrecht sought out Franz to keep his bargain. But he soon discovered the enormous sacrifice his friend had made. As Franz had worked at hard labor, his fingers had become twisted and stiff. His long, slender fingers and sensitive hands had been ruined for life. He could no longer manage the delicate brush strokes so necessary for executing fine paintings. But in spite of the price he had paid, Franz was not bitter. He was happy that his friend Albrecht had attained success.

One day Albrecht saw his loyal friend kneeling, his rough hands entwined in silent prayer. Albrecht quickly sketched the hands, later using the rough sketch to create his masterpiece known as "The Praying Hands."

**BABY BOTTLE  
CAMPAIGN**  
FOR THE CALGARY PREGNANCY CARE CENTRE  
Sunday, May 12 - Sunday, June 16



Your change  
changes lives



When you give to the Calgary Pregnancy Care Centre, even little gifts can make a big difference for the women, babies and families in our community. The Baby Bottle Campaign is easy.



Pick up your bottle on Mother's day. Put your cash, coins or a cheque in the bottle, or donate using your credit card. Bring your bottle back on June 16th, Father's Day.



Pray for the ministry of the Calgary Pregnancy Care Centre and look forward to hearing about the impact your donation make.

\*All gifts over \$25 will be issued a donation receipt

## PAST EVENT

### Saint Patrick's Tea at Foothills Manor

On March 15, we hosted a tea for the residents of the Manor. Together, we sang Irish songs and hymns and visited over refreshments. Two lucky people went home with shamrock plants: Zohara, a Manor resident and Mark Kihn. Elise Glans won the delicately embroidered Irish handkerchief, a gift from the residents.

Special thanks to our pianist, Deaconess Miriam, our emcee Mark Kihn and Marilyn Harrison for the decorations and shamrock plants.

## UPCOMING EVENTS

### Mother/Daughter/Friend Pot Blessing Dinner

**Monday, May 13, 6:00 p.m.**

Our theme: *My Favourite Things*

Ladies of all ages are invited to join us for dinner and fellowship at this annual event. Look for the sign-up sheet on the Fellowship bulletin board. To help us with our planning, indicate how many are in your party and what you would like to contribute to the dinner. Gentlemen, we would appreciate your help in serving the ladies and helping in the kitchen. Thanks!



## UPCOMING EVENTS CONT'D

### ABC District Convention June 20 – 22

Our theme: *Serve With Gladness in Purpose and Spirit*

Ladies, we are still accepting registrations for this inspiring and spiritually uplifting event! With our famous Stampede hospitality, we will be hosting ladies from throughout Alberta and British Columbia at The Best Western Premier Calgary Plaza Hotel and Conference Centre. For more information, check out our bulletin board display by the kitchen entrance. You may also contact Cheryl Lemke by e-mail: [cheryl.lemke@shaw.ca](mailto:cheryl.lemke@shaw.ca) or by phone: (403) 851 – 2049 (home) or (403) 660 – 3887 (cell).

Congregational members are asked to contribute by praying for us: that we will be spiritually enriched as we seek to fulfill our mission initiatives, sponsoring one of the participants of the mission walk or sit and be fit (proceeds go towards *Lutheran Hospital Ministries*), and donating items to *The Children's Cottage*.

### Foothills Society Monthly Business Meeting and Bible Study

Monday, May 27 Noon – 2:30p.m.

### Foothills Saturday Morning Ladies Bible Studies

May 4th and June 1st 9:30 a.m.

Brenda Bode is leading the participants in a study of the Book of Proverbs.

### Graduation Blessing Sunday, June 9th 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 9th and stay afterward to enjoy the hot dog indoor picnic lunch.

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

# CHILDREN'S COTTAGE

## Visit to the Children's Cottage

The vision of The Children's Cottage began in 1986 with some nurses at The Alberta Children's Hospital who realized there were parents who were experiencing stress and needed support. Examples of stressful situations they may be dealing with are: illness, child behavioural problems, lack of food due to unemployment, anxiety and sheer exhaustion. The idea was to look after the children while their parents seek help to deal with their adult issues. Knowing parents love their children and children do better in their own homes, the mandate of the Children's Cottage is to restore that relationship so that parents can look after their own children. 97% of the children go home again.

The Children's Cottage was built in Bridgeland, Calgary in 1994. It is a three story house with similar architecture to the other homes in the neighbourhood and designed to meet the needs of the children who visit this "home away from home." Some ladies from Foothills Lutheran Church recently visited The Children's Cottage and were given a guided tour by Elisha Jackson, the Fund Development Manager.

Elisha greeted us in the living room and told us about the cottage and answered our questions. She explained that family needs are assessed and prioritized. There is room for 14 children at a time, ages newborn to 8 years old and they can stay up to three days. Last year, 3500 kids visited the Children's Cottage. Sadly, 1300 – 1400 had to be turned away. There are three staff members present all the time, including nurses and social workers. Sometimes they do home respite visits. Volunteers help in a variety of ways such as holding babies, cooking meals, organizing toys, leading playtimes and decorating the cottage for Christmas.

We then went into the kitchen, which was warm and bright. We could smell the aroma of delicious homemade soup. There is a cook on duty and the children are fed nutritiously around a table, family style. From the windows, we could see a wonderful playground in the backyard. Upstairs, we entered the nursery (playroom). I counted 5 volunteers, 4 women and one man. Another set of stairs took us to the 6 bedrooms and bathroom (with a raised tub, what a great idea!) & laundry room. Then we went back downstairs to the garage which functions as a storage area – clothing, diapers, medicine, toothpaste, car seats ....what a lot of work to keep it organized!

Because the children usually come to the Children's Cottage with nothing, they are given clothing and fed with what is available at the cottage. The comfort dolls, teddy bears, hats, scarves and other items and clothing we are donating will go home with the children.

40% of the funding comes from the Alberta Government. Other revenue comes from organizations like our LWMLC and other fundraising initiatives. In August, they have a Back to School Drive and at Christmas time, they open a toy shop where parents can buy gifts. They would rather have the parents spend their money on food and rent.

We look forward to hearing more about The Children's Cottage when Elisha comes to talk to us at the convention.



## CHILDREN'S COTTAGE WISH LIST

### Suggested Ingathering Items

Band-aids  
Anti – spill toddler cups/sippy cups  
Diapers ( sizes 4/5/6, but especially size 5 )

### New or gently used clothing:

Socks ( girls & boys – all ages )  
Underwear ( girls & boys 3-5, 4-11 years )  
T-shirts ( girls & boys – all sizes )  
Pyjamas ( girls & boys – all sizes )  
Jogging pants ( girls & boys – all sizes )  
Sweat shirts ( girls & boys – all sizes )  
Pants ( boys 2 – 10 years )

## CAN YOU HELP MAKE THESE WISHES COME TRUE?

Please place your donations in the designated bin in the church foyer. Thanks!