

Foothills Lutheran Church

3104 – 34 Ave NW Calgary, AB T2L 2A3 403-284-1342 www.foothillslutheran.com

“Connecting People with Christ through Worship, Relationships & Service”



COME
TO ME
ALL YOU
WHO
ARE
WEARY

M A T T H E W 11:28

Fifth Sunday after Pentecost

July 5, 2020

Senior Pastor: David Bode
(flcpastor@foothillslutheran.com)

Associate Pastor: Eric Moffett
(flcpastoreric@foothillslutheran.com)

DPS: Deaconess Miriam Winstanley
(miriam@foothillslutheran.com)

Office Administrator: Carol Kehler
(office@foothillslutheran.com)

Foothills Lutheran Christian Preschool

Phone: 403-284-1360

www.preschool.foothillslutheran.com

Preschool Teacher/Principal:

Betty Ann Chandler
(school@foothillslutheran.com)

Pastor Emeritus: Eldon Ohlinger

A Prayer Upon Entering: God the Father, You know all about us. Now may we strive to know You more. Help us to see how much You value us. Help us to see how much You care for us. And help us to see how much You love us.

OUR WORSHIP TODAY

ORDER OF SERVICE: Office At Prime

HYMNS: 684; 699; 560; 711

FIRST LESSON:..... Zechariah 9:9-12

EPISTLE LESSON: Romans 7:14-25a

GOSPEL LESSON: Matthew 11:25-30

SERMON: *The More Things Change, The More He Stays The Same – Matthew 11:28-30*

IN OUR PRAYERS THIS WEEK:

In Hospital:

Homebound:

For Special Intercession:

Family Focus:

Our Stewardship of God's Gifts		
Weekly Offering Needs	\$8,173.08	Our Budget Goal \$425,000.00
Offerings Received Last Week	\$6,570.00	
Total Offerings Received to Date	\$203,779.70	+/- YTD
Total Offerings Needed to Date	\$212,500.00	-\$8,720.30

NON-BUDGET AND MISCELLANEOUS GIFTS: 100.00 CLWR; Benevolence 50.00; Other 95.00.



Dear friends and fellow members of the body of Christ at Foothills Lutheran. What a privilege it has been to serve in this congregation these past years – I don't know where the time has gone! Thank you for your kind gifts on the tenth anniversary of my consecration as a deacon. The gift certificate for Concordia Publishing House will be well-used, and the dinner out for Bruce and I will be enjoyed. I look forward to continuing in service to my Lord and His Church.

FOOTHILLS FAMILIES: Our formal Sunday School is on hiatus now until September, but watch for your weekly e-mails, which will contain the Children's Bulletins, an activity, and other forms of encouragement. God's blessings to you, and we pray that you will continue to join us in worship this summer, either online or in person!

THE LUTHERAN HOUR: "Unhelmed" Speaker: Rev. Dr. Michael Zeigler. Are you living in the reality of life as it is right now, life as it will be, or somewhere in between? (Matt 6:1-18). Hear the inspirational message on CHR 1140 AM at 8:00 am Sunday mornings. Streaming audio and podcasts at www.lutheranhour.ca

THIS WEEK AT FOOTHILLS

The meetings and studies, such as those below, are available as online gatherings. Speak to the pastors or Deaconess Miriam for more information.

Tuesday	10:00 am	Bible Study – A Longer Look at the Lessons (Zoom, contact Pastor Bode)
	7:30 pm	Ladies Bible Study (Zoom, contact Deaconess Miriam)
Wednesday	6:30 pm	In-person Midweek Worship (must pre-register)
	6:30 pm	Midweek Worship (go to Facebook.com\foothillslutheran)
Sunday	9:00 am	In-person Worship (must pre-register)
	10:15 am	Morning Worship (go to Facebook.com\foothillslutheran)



“GOD’S PROMISES FOR US” VBS: We have been working to prepare our online VBS lessons and crafts. Thanks to volunteers who have designed and prepared our crafts, to those who have packed them for families to pick up, and to our staff, who have planned and recorded Bible lessons, application sessions, and openings. We have 75 children registered, and this VBS is part of a larger LCC initiative and will be available for families to access throughout the summer. Please pray that God would bless families as they gather around His Word.

MISSION OF THE MONTH

CANADIAN LUTHERAN BIBLE TRANSLATORS (CLBT)

Canadian Lutheran Bible Translators is the agency that provides for the work done by the Kuhns in Cameroon and others like them. While we support the Kuhns, there is a need to provide for the administration of the whole programme.



SCAVENGER HUNT: The fifth annual photo scavenger hunt is on! This year it will take place over two weeks in late July, and, as always, everyone from Foothills is invited to participate. To participate, you need to register your team with Pastor Eric, and for bonus points, you should pick up a scavenger hunt package from the church between 7 and 8 pm on Friday, July 10, or between 11:30 am and 12:30 pm on Sunday, July 12. The hunt will begin at 7 pm on Friday, July 10, and end at noon on Sunday, July 26. Look for more info in the Foot Print and at: www.foothillslutheran.com/blog/2020/06/28/scavenger-hunt/

WITH OUR ONLINE SERVICES, you don’t have to miss worship, even if you are travelling. But we do hope that you will always remember the importance of time in God’s house, gathered around His Word.

We also hope you will remember that our bills and ministry costs continue in these days. God blesses us to be a blessing, as we return to Him from the gifts He gives to us. May we continue to be faithful stewards of all His goodness.

BY THE GRACE OF GOD, WE HAVE BEGUN IN-PERSON WORSHIP. Wednesday evenings we are offering an opportunity for up to 50 people to gather in worship. Sunday worship begins today. A full outline of the plans and procedure is available on the website:

<https://www.foothillslutheran.com/wp-content/uploads/2020/06/Our-Worship-Relaunch-Guidelines-1.pdf>.

We do ask that you review this document thoroughly and carefully. As a quick recap:

- We now offer in-person worship on Wednesday evenings. We will continue to stream these services as well.
- We will offer an in-person Sunday service at 9:00 am, beginning July 5th. We will continue to stream our 10:15 am service during this time. The 10:15 service will not include in-person worship.
- Lord willing, we will add a second in-house service at 10:30 am, beginning August 9th. The change in time is to allow for the sanitizing and preparation for a new group of congregants at the second service.

Please understand that with every service or expansion of services, we will be following the guidelines on numbers (50 max), physical distancing, and sanitation. As health guidelines discourage congregational singing, there will be no sung hymns or liturgy. People must register for the service and go through a health screening questionnaire. We do ask that you not attend if you are having any symptoms; have been anywhere where you might be compromised, or if you are at high risk yourself. Do not feel obligated, but we also hope that you will know that we are trying to give you the opportunity to again gather with your brothers and sisters in person.

If you have any question or thoughts to share, you may direct them to the pastors or to your elder. May God bless us as we seek to provide for His people in our worship life together.



Caring Conversations

Share your highs and lows of the day, or respond to the following questions:

1

Have you ever felt 'worn out'? Share your experiences.

2

Jesus invites those who are weary and carrying heavy burdens to come to him, and promises to give them rest. How does Jesus help us when we are weary?



Devotions



Daily Bible Readings

S	Matthew 11:16-19,25-30	Rest for the weary
M	Genesis 24:34-67	Isaac meets Rebekah
T	Jeremiah 31:1-6	God comes to give rest
W	Jeremiah 31:23-26	God will refresh the weary
T	Matthew 6:25-34	Do not worry
F	Romans 7:15-25	A slave to God's law
S	Psalms 145:8-14	The Lord is good to all
S	Matthew 13:1-9,18-23	Parable of the sower and seed

Discuss the bible reading. What word or phrase was important to you as you read these verses?

Rituals and Traditions



PRAYER

Please help us to bring our burdens to you. Amen.

BLESSING

May the Lord take your worries from you and give you rest.

Sundays after Pentecost

GREEN is a sign of life and nature and as such represents growth, life and hope.

Creative Response

Place a bowl of water on a table or bench in your home, and next to it a bowl of marbles or river stones.

Invite members of your household to symbolically place their worries into the bowl each day this week by dropping in a stone or stones.

After they do, they can make the sign of the cross on their foreheads, remembering Jesus' love for them promised in baptism.



mealtime prayer

*God, you love and care for us more than we know.
Thank you! Bless this food that comes from the
earth you made. Amen.*

verse for the week

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

MATTHEW 11:28

Service



Do you know someone who is burdened? (e.g. by sickness, grief, depression or other troubles?)

Send them an encouraging card or note featuring Jesus' words from Matthew 11:28