

# Foothills Lutheran Church

3104 – 34 Ave NW Calgary, AB T2L 2A3 403-284-1342 [www.foothillslutheran.com](http://www.foothillslutheran.com)

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



*Fourth Sunday after the Epiphany*

*January 31, 2021*

**Senior Pastor:** David Bode  
([flcpastor@foothillslutheran.com](mailto:flcpastor@foothillslutheran.com))

**Associate Pastor:** Eric Moffett  
([flcpastoreric@foothillslutheran.com](mailto:flcpastoreric@foothillslutheran.com))

**DPS:** Deaconess Miriam Winstanley  
([miriam@foothillslutheran.com](mailto:miriam@foothillslutheran.com))

**Office Administrator:** Carol Kehler  
([office@foothillslutheran.com](mailto:office@foothillslutheran.com))

**Pastor Emeritus:** Eldon Ohlinger

**A Prayer Upon Entering:** Lord Jesus Christ, You have authority over everything in heaven and on earth. May we respect Your power and trust in Your ability to overcome the forces of evil all around us.

*Lord of all, protect us by Your might.*

**OUR WORSHIP TODAY**

**ORDER OF SERVICE:** ..... Divine Service Setting Three, p. 184

**HYMNS:** ..... 528 (1-5); 528 (6-7); 842; 975; 698

**FIRST LESSON:**..... Deuteronomy 18:15-20

**EPISTLE LESSON:** ..... 1 Corinthians 8:1-13

**GOSPEL LESSON:** ..... Mark 1:21-28

**SERMON:** *Patience, Please* – 1 Corinthians 8:1-13

**WELCOME** to all members and visitors with us this morning. Jesus told His followers to go and make disciples, and we exist here to carry out that task, by baptizing and teaching the Word of God. We invite you to worship with us again. Please sign our guest book at the back of the church before you leave.

**WE CELEBRATE HOLY COMMUNION TODAY**, in which our Lord offers us His true body and blood for the forgiveness of our sins and the strengthening of our faith. By partaking of this Sacrament together, we confess our unity in faith and are drawn closer to one another and to the Lord. If you are a visitor, not belonging to the Lutheran Church-Canada, and wish to commune, please speak with the pastor before the service. Anyone is welcome to come to the Altar for a blessing, please simply cross your arms across your chest and we will know how to respond.

**IN OUR PRAYERS THIS WEEK:**

***In Hospital:***

***Homebound:***

***For Special Intercession:***

***Family Focus:***

**LAST WEEK AT FLC**

<b>Week of:</b>	<b>Attendance/Online</b>	<b>Wednesday/Communion/Online</b>
January 24	44/57	14/14/7

**SERVING IN GOD'S HOUSE TODAY:**

Organist..... Deaconess Miriam Winstanley  
 Cantors .....Tim and Sarah Knudtson  
 Acolyte ..... Paxton Knudtson

**OUR STEWARDSHIP OF GOD'S GIFTS**

Weekly Offering Needs	\$8,173.08*	<b>Our Budget Goal</b>
Operating Receipts Received Last Week	\$9,645.00	
Total Operating Receipts Received to Date	\$24,240.00	<b>+/- YTD</b>
<b>Total Offerings Needed to Date</b>	\$32,692.31	<b>-\$8,452.31</b>

*Miscellaneous Offerings:* LWML 80.00; Initial Offering 50.00.

**THE LUTHERAN HOUR: (January 31) "Under the Impression"** Speaker: Rev. Dr. Michael Zeigler. Jesus overturned and upended people's first impressions of Him. (Mark 5-6). Hear this inspirational message on CHRB 1140 AM at 8:00 am Sunday morning. Streaming audio and podcasts at [www.lutheranhour.ca](http://www.lutheranhour.ca)

**THIS WEEK AT FOOTHILLS**

<b>Mon</b>	7:00 pm	Sunday School Meeting
<b>Tues</b>	10:00 am	Bible Study – contact Pastor Bode
	6:30 pm	Elders Meeting
	7:30 pm	Ladies Bible Study – contact Deaconess Miriam
<b>Wed</b>	1:15 pm	Ladies Bible Study – contact Deaconess Miriam
	6:30 pm	Worship
<b>Sat</b>	9:00 am	Men’s Bible Study– contact Pastor Bode
	1:30 pm	Voters Meeting
<b>Sun</b>	10:15 am	Worship/Communion

- *Worship services are in-person and at [Facebook.com\foothillslutheran](https://www.facebook.com/foothillslutheran)*
- *Online registration is accessed at <https://reopen.church/r/aTJSxeNQ>*
- *Bible studies and meetings are via Zoom*

**•HELP!• CAN YOU HELP WITH OUR STREAMING SERVICES?** We have some preparations for making this better for all our members, but we can't do it without two people each week to run the system. We have a couple of volunteers, but are looking to have 3 teams, so that we always have the ability to do this. Can we count on you? Please let the pastors know that you are interested!



**OUR VOTERS MEETING TO ADOPT THE BUDGET FOR 2021** will be **this coming Saturday, February 6 at 1:30 pm.** A draft of the budget is available in the Voters' package located on the Welcome Desk.

Our meeting will be in person, but we will provide an opportunity, as requested, to join via Zoom to observe and listen to the discussion. Please note that while we can share the information, we will not be providing discussion online. Registration will be required and can be entered at our registration site: <https://reopen.church/r/aTJSxeNQ>.

**MISSION OF THE MONTH: LWML-CANADA**

Based on the biblical story of the widow's mite (Luke 21:1-4 KJV), "mites" – offerings above and beyond the support given to the congregation and synod, are collected by women of Lutheran Church-Canada. Mite contributions amount to thousands of dollars, supporting LWML-Canada district and national grants to mission projects around the world as well as implementing the LWML-Canada program. Mite offerings are gathered at meetings, preferably with prayer or special devotions.

**SUNDAY SCHOOL:** The Bible lesson this week is "An Ascending Truth." During His last days on earth, Jesus instructs His disciples, preparing them for the challenges that lie ahead. Gathering His disciples on the Mount of Olives one last time, Jesus physically ascends to heaven. Two angels repeat Christ's promise to return in the same way He ascended into heaven. Discuss, "What great commission does Jesus give His followers?"

*Thank You* **OUR DEAR BROTHERS AND SISTERS IN CHRIST:** You have again shown your love for us, the pastors and workers in this church with a gift this Christmas. We are blessed through your thoughtfulness and appreciate your kindness. We truly hope that you know we return that love and appreciation to you. We thank God for you, for your kindness and for your support. May He continue to bless us in our work and service together, to the glory of His name!

**HOSPITAL VISITOR TRAINING & COMMUNICATION SKILLS:** Would you like to learn about becoming a Trained Visitor in a hospital or care facility setting and at the same time enhance your communication skills? Join us for an initial Visitor Training Session, sponsored by Lutheran Hospital Ministries-Southern Alberta Society. The class will be held on **Saturday, February 13**, from 10 a.m. to 2 p.m. We plan to meet in the basement of St. Matthew Lutheran Church, 66-7<sup>th</sup> St. NE Calgary (D.V.). Bring a bag lunch. We will have room to social distance. Please have a mask. The class provides opportunity to learn and to practice visitation skills. There is no charge. Please contact Pastor Mark Rekken at 780-718-4472 or mrekken@princeofpeace.ca for more information.

**UPCOMING QUEST - THE HISTORY OF THE BIBLE:** Concordia Lutheran Seminary is offering a Quest course, featuring LCMS theologian Rev. Dr. Jeff Kloha, Chief Curator at the Bible Museum in Washington D.C., who will cover this important history: From Manuscript to Modern Translations... including a virtual tour of the museum. Quest is scheduled for March 2-23 (finishing before Holy Week begins). The course is only offered via Zoom. For more information, visit the seminary website: <https://www.concordiasem.ab.ca/home/engage>

**MEALS ON WHEELS:** Since 1965, Meals On Wheels, volunteers make this organization what it is today. Volunteers deliver not only meals, but also flowers, birthday gifts, Christmas gifts, and invoices. As such, the opportunities are not limited to meal delivery! It is a thriving, innovative production facility that prepares, packages and delivers nearly 3,000 meals every day and over 660,000 meals a year. This program is available to anyone, regardless of age or income.

Foothills Lutheran Church has been blessed with volunteers with Meals On Wheels for many, many years and it is through these volunteers that have been warming the hearts and delivering food to many people in need. The Human Care Ministry is asking for volunteers to help us deliver these much-needed meals. Our route consists of 4-5 deliveries every Thursday. Most volunteers take 1 month at a time, and sometimes have a buddy with them for company. Please prayerfully consider if you might assist in delivering these meals. For more information, please contact Christine Heumann at [christineheumanncg@gmail.com](mailto:christineheumanncg@gmail.com) or 403-710-8347. Your heart for volunteering is much needed!!!

**MISSION PRAYER: Deaconess Lixia del Carmen Chevez** serves the Principe de Paz Lutheran Church in Las Marias, Nicaragua as an instructor of the faith.

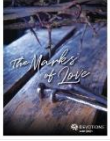
**Prayer:** Heavenly Father, since Your Son has saved the world through His holy, innocent, bitter sufferings and death and sent forth His Church to proclaim the Good News of this salvation to the ends of the earth and to distribute His saving gifts of grace, we pray that You would sustain Deaconess Chevez by Your Spirit and richly bless her labours for the sake of the Gospel; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. **C: Amen**



**SPREAD THE LOVE OF JESUS THROUGH DISTRIBUTION OF HOMEMADE VALENTINES:**

If you are interested in creating a valentine for a shut-in or another member of our congregation who may be in need of a cheerful message, please contact the church office. This initiative is sponsored by the ladies of Foothills LWML-C Society, with our special thanks to the staff for orchestrating it!





**LENTEN DEVOTIONS FROM LUTHERAN HOUR MINISTRIES:** Following the narrative of Mark's Gospel, *The Marks of Love* explores the life and ministry of Jesus. In *The Marks of Love*, we meet a Savior who endured life's hardships, suffered our pain, and bore the weight of our sins. Each left its mark on Him as He pressed on to the cross, giving His life for ours, appeasing God's wrath against sin, and rising victorious over sin, death, and the devil.

You can get Lutheran Hour devotions in your email or read online: To subscribe, go to <https://www.lhm.org/newsroom/canada.asp>. Printed copies are available on the Welcome Desk.

**REGISTER FOR WORSHIP:** While we all look to the day when we won't have to deal with all the COVID protocols, we still do require registration for worship, which at present is limited to 49 people. Registration keeps us from having to turn anyone away and allows us to make the best use of the space that we have available. Online registration is accessed at <https://reopen.church/r/aTJSxeNQ>.

No internet? Call the office by noon on Friday to register for the Sunday service. For Wednesday registration, please call / go online by Tuesday noon. If you need to cancel, you can do this online. If you have any difficulties, please call the office.

**YOU CAN ALSO HELP SERVE IN THESE DAYS** by helping with ushering, as cantors or helping our COVID committee. To assist with any of these areas, please contact Sarah Knudtson ([knudtson.sarah@gmail.com](mailto:knudtson.sarah@gmail.com)) or the church office.



**IT SHOULD GO WITHOUT SAYING, BUT IT IS ALWAYS WORTH REPEATING:** We see so many needs for prayer in these days. We see the problems that COVID-19 has created for so many people. We know the frustration, the isolation, the fears and uncertainty that fill the hearts of many. We know the disappointments we feel from not being able to do so many of the things together that

have been part of our lives together in this place. God calls us to prayer again and again, He promises to hear and to answer. Paul says: "*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*" (Philippians 4:6-7, ESV) May we bring our needs to the Lord, especially as we see all that COVID has done, for He, and He alone, can truly deliver us from this pandemic.

**OUR MEN'S BIBLE STUDY** will meet this coming Saturday at 9:00 am. While we won't be serving breakfast, you are free to bring your own! Masks and social distancing are required. Come and join us!



# Growing FAITH at home

31 January 2021  
FOURTH SUNDAY  
AFTER EPIPHANY

## Caring Conversations

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

1

Talk about a teacher you liked and respected. What did you learn from him or her?

2

Read Mark 1:21-28. Why do you think people were amazed at Jesus' teaching?

3

What do you find amazing about Jesus? What do you wish to learn from Jesus?

## Devotions



### Daily Bible Readings

<b>S</b>	Mark 1:21-28	Jesus casts out an evil spirit
<b>M</b>	Deuteronomy 18:15-20	Treat everyone with justice
<b>T</b>	1 Corinthians 8:1-13	Love builds up others
<b>W</b>	Matthew 7:24-29	Jesus teaches with authority
<b>T</b>	John 14:23-31	Obedying Jesus' teaching
<b>F</b>	Joshua 1:6-9	The Lord speaks to Joshua
<b>S</b>	Psalm 111	Praise for God's wonderful works
<b>S</b>	Mark 1:29-39	Jesus heals many people

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

## Rituals and Traditions



### PRAYER

Amazing Lord  
Jesus, teach us  
to know you, love  
you and serve  
you. Amen.

### BLESSING

May God teach  
you his ways.  
May you learn  
of his love and  
grace and live in  
it always.

## Jesus is our great teacher

### Creative Response

Take time this week to remember students.  
Use this prayer to pray for those in your household.

Heavenly Father, be with \_\_\_\_\_ in his/her studies.

Keep \_\_\_\_\_ safe from anything that would harm him/her in body, mind or spirit.

Help \_\_\_\_\_ to gain enjoyment from learning and to learn well.

Help \_\_\_\_\_ to be happy at school and to have good friendships.

Help \_\_\_\_\_ to show your love to others at school and to do what is right.

And help \_\_\_\_\_ to remember that you are with him/her every day, whatever happens; through Jesus Christ our Lord. Amen.



### mealt ime prayer

Lord, without we'd go unfed. Thank you for our daily bread. Amen.

verse for the week

They were amazed at his teaching, for he taught them with real authority, quite unlike the teachers of religious law.

MARK 1:22

### Service



Make it a focus of your home prayer time this week to pray for teachers and leaders in schools and churches.

Think of a teacher you are thankful for, write them a letter or send them a card of encouragement.



WITNESS CHURCHES  
LIFE AND LOVE IN A WORLD TRANSFORMED

growministries  
LIFE AND LOVE IN A WORLD TRANSFORMED

