



Dear friends in Christ Jesus, our Lord:

I have heard more than a few people talking already about the way to make your COVID Valentine's Day a special day.

Our world has built up quite the mystic around Valentine's Day. The problems, of course, is that so many of the things that people normally do to celebrate the day cannot happen this year. There may be no opportunities for a romantic dinner. Of course, you will still be able to buy roses, but then it may be harder to get into the stores to pick them up. The bigger problem and concern is that if your sweetheart is not part of your cohort, you shouldn't actually be visiting! Somehow a Zoom or Skype date doesn't seem quite as romantic.

I've never been a great believer in the idea of Valentine's Day as a special celebration of love. The day itself is on the calendar to remember St. Valentine, although there is a great deal of extra legend that has been added to this day. What we do know is that Valentine was a physician and priest living in Rome during the rule of the Emperor Claudius, Valentine become one of the noted martyrs of the third century. The commemoration of his death, which occurred in the year 270, became part of the calendar of remembrance in the early church of the West. Tradition suggests that on the day of his execution for his Christian faith, he left a note of encouragement for a child of his jailer written on an irregularly-shaped piece of paper. This greeting became a pattern for millions of written expressions of love and caring that now are the highlight of Valentine's Day in many nations.

Now, please don't misunderstand. I am not opposed to a celebration of love. I just don't see the reason to tie so much of it to February 14<sup>th</sup>. Our celebration of love should be a daily part of our lives! I am a strong believer in saying, "I love you" to those who are dear to me. I want to see that love manifest in the things I do for others. It may be as simple as cleaning the toilets for my wife. It may be blowing a kiss to my children and grandchildren as we video chat. Cards or words of encouragement don't have to be saved for a special day—they can be shared any time. Shovelling someone's sidewalk can be as much an act of love—maybe even more—than a box of chocolates!

For us, love isn't taught by St. Valentine, but by the Saviour who first loved Valentine, and you and me and all the world. The apostle John tells us: *"Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God."* . . . *"Beloved, if*

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**God so loved us, we also ought to love one another.”** (1 John 4:7, 11, ESV) What the world tends to think of as love is so often self-centred and self-serving. God’s love is different. His love is made known as Christ gives Himself to save and deliver sinners like you and me from the consequences and judgement of our sins. It is made known in the life we have as His dear children, brought into His family at the price of the death of God the Son on the cross. It is also a love revealed in the victory that is ours in the resurrection of Jesus Christ. As the hymn writer says, *“what wondrous love is this that caused the Lord of bliss to bear the dreadful curse for my soul”*. (LSB 543, st. 1)

But this is where love finds its strength, its purpose and its full joy. It is not in a day, but in a life that we have in Christ. Again, John says: ***“We love because he first loved us.”*** (1 John 4:19, ESV) His love flows through us into the ways that we show love for all people. Yes, that love moves us to do special things for our sweetheart. But it is never restricted, never focussed on a day, but on each and every moment of our lives.

How will you celebrate Valentine’s Day? Don’t wait until it is too late to tell those dear to you that you love them. If you can and desire to do so, make a special effort. But let love be the daily joy of your life as you celebrate Christ’s love for you, His dear people.

In His love and service,

Pastor Bode



**The Sufficient Christ**

I need a strength to keep me true  
And straight in everything I do;  
I need power to keep me strong  
When I am tempted to do wrong.  
I need a grace to keep me pure  
When passion tries its deadly lure;  
I need a lot to keep me sweet  
When hardness and mistrust I meet.  
I need an arm to be my stay  
When dark with trouble grows my day:  
And naught on earth can these afford,  
But all is found in Christ my Lord.

Theodore Horton

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# Children & Family Ministry

## SUNDAY SCHOOL

*“Remember your word to your servant, in which you have made me hope. This is my comfort in my affliction, that your promise gives me life.” Psalm 119:49-5*

After nearly three months of in-person Sunday School, as a result of Covid-19 restrictions, we returned to home Sunday School, supplemented by a weekly 15-minute Zoom opening. Families receive a weekly e-mail which includes Sunday School materials, a link to our 9:00 am Sunday Zoom opening, and the children’s bulletin for the upcoming Sunday.

Our Lutheran Women’s Missionary League is asking for members to make Valentine’s Day cards and notes for other members who are more isolated or homebound. If your children would like to participate in this activity, please let me know, and I will make sure you receive the name and address of someone who would love to be encouraged in this way.

Your Sunday School teachers miss you, and look forward to the time when we can be together in class again!

Our upcoming lessons include:

Feb 07	A Telling Truth (Pentecost)	Acts 2:1-24
Feb 14	Family Day Weekend— No Lesson	
Feb 21	A Servant Speaks (Stephen)	Acts 6-7
Feb 28	A Deacon Delivers (Philip and an Ethiopian)	Acts 8:26-40
Mar 07	An Enemy Converts (Saul)	Acts 9:1-31
Mar 14	A Soldier Believes (A Philippian Jailer)	Acts 16:16-40
Mar 21	A Returning Truth (Christ Returns)	Revelation 21:1 – 22:5
Mar 28	Palm Sunday Lesson	

## MOMS

We’d love to encourage you during these days. Please contact Deaconess Miriam if you are interested in a short time of conversation and prayer in a small group on Skype or Zoom.

## LADIES BIBLE STUDY OPPORTUNITIES

Our Tuesday evening Bible study meets weekly now. We are currently working through a resource entitled “Be Thou My Guide”, on trusting in God. We meet on Zoom Tuesday evenings at 7:30 pm. If you’d like to join us, please contact Deaconess Miriam.

Our Wednesday afternoon study also meets weekly – Wednesdays at 1:15 pm – for an in-depth study of the readings for the upcoming Sunday. We are currently meeting on Zoom. Contact Deaconess Miriam if you are interested in joining us.

## VBS UPDATE

# VBS

While we are not sure exactly how VBS will look this year, one thing that we do know is that it will happen! Pastor Eric and Deaconess Miriam are busy planning the curriculum, so watch for more information on that. We will be deciding by early April whether we will be in-person on a smaller scale, or online again this year. Stay tuned and if you would consider helping with this year, contact Deaconess Miriam.

## Mission of the Month

### FEBRUARY LUTHERAN HOUR MINISTRIES

Bringing Christ to the Nations—and the Nations to the Church has been the mission of Lutheran Hour Ministries for many years. Through ministry programs such as The Lutheran Hour, International Ministries, Men’s NetWork, MISSION U and others, LHM is calling our communities, our country, and our world back to God. Your gift to this mission of the month helps bring a message of rescue, restoration and renewal in Jesus Christ to millions of people who desperately need to hear it.

## Board of Christian Education

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Youth events were able to happen at the church regularly for most of the fall, but after mid-November we transitioned to having virtual events, including a “visit” from Rhonda Kelman, the Director of the BC Mission Boat. We wrapped up 2020 with a Zoom Christmas party, with gingerbread houses built from kits the leaders dropped off to the families, and a showing of Home Alone.

Since the end of November, Sunday morning youth Bible study has also been happening online, with the youth leaders emailing weekly devotional resources to the families. We wrapped up our look at the Old Testament with King David, and transitioned to the New Testament after Epiphany. When we can meet in person again, we hope to begin a series of topical studies.

Thank you to everyone who ordered chocolates through Purdy's for the youth group fundraiser. We raised \$888! The National Youth Gathering registration fee is \$495/person, plus travel, so essentially this fundraiser raised enough to send one youth to Winnipeg in 2022! Your support is greatly appreciated.

Unfortunately, we won't be able to host our popular annual Shrove Tuesday Pancake Dinner this year, but we're planning for a Coco Brooks fundraiser later in the spring instead.

Until the current restrictions ease, we're planning to have one youth event per month. Our tentative plans for upcoming youth events are:

- February 19: Sledding
- March 19
- April 16
- May 7: Parents' session with Miriam, and a youth event

If you have any questions or suggestions for events/study topics, please talk to Pastor Eric or Michelle Heumann! And if you aren't already on the youth group email list, give your email address to Pastor Eric to be included in news about upcoming events.

Kayla Moffett/Tobi Stene

## LWML-C

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**Thank you for your support of our mission work!**

**Our Current At Home Mission Project:**

**Spreading the Love of Jesus through Distribution of Home Made 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.

**We received thank you notes from:**

- Foothills Manor residents for the Christmas gift bags
- Women's Centre of Calgary for knitted neck warmers
- Canadian Bible Society for our donation of used postage stamps, which are sold by weight to stamp collectors with proceeds going toward the purchase of Bibles for inmates in Canadian prisons. Bill, a Prison Chaplain, had this to say: *“I cannot imagine this ministry being as relevant to the lives of the inmates we meet without the Key to Freedom Bibles. We have seen more men saved in jail in the last two years than any other time, and CBS has played an important role in that.”*

**LWML-C Mites: Mission of the Month for January**

Your offerings help us honor our commitments to: Rancheria Feeding and Education Program, Nicaragua; Evangelists/Deaconesses, Nicaragua; Circuit Rider transportation, Atlantic Canada and the Evangelism outreach course, CLTS, St. Catharines.

New projects will be approved at the LWML-C virtual Convention July 8-11, 2021.

**Upcoming Foothills Society Zoom Meetings**

February 22 and March 22, 2021 1:00 p.m. All ladies are welcome to join us! Our meetings begin with Bible Study, led by Pastor Bode, followed by a short business meeting.

God's blessings,

Cheryl Lemke, Foothills LWML-C Society President

## Youth Group (LYF)

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Respectfully submitted,  
Michelle Heumann



## Board of Stewardship

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Stewardship is about giving of our time, talents and treasures to God out of thankfulness for all he has done for us. Even though 2020 was a very difficult year, we have still been blessed with many gifts from our Lord. The most important of these gifts has not changed in 2020. It is the gift of salvation and eternal life through our belief that Christ died to save us. There are other gifts as well. We still live in one of the most affluent countries in the world that allows us the freedom to worship our Lord. We have excellent health care and health care workers who have been so important in preventing loss of life during the Covid crisis. When we examine our lives, we have many blessings to be thankful for and it is out of this thankfulness that we should cheerfully give back to the Lord of our time, talents and treasures.

We have the time as the Lord has blessed each of us with 24 hours of it every day. We should give some of this time back to God every day in Christian service to him and others, in prayer, personal devotion, worship and Bible study. God has also blessed each of us with gifts and talents and we should willingly look to how we can use our gifts in his Church and in our daily lives to further his mission of bringing all people to know Christ. We have also been blessed with wealth and treasures. Our jobs and wealth are blessings from our Lord, and we should cheerfully give our treasures to God. For as God has told us in 2 Corinthians 9:7 "Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."

In February we will be focusing on Stewardship and reminding each of us of our duty to give back of our time, talents and treasures. You will be seeing information throughout the month that is focused on Stewardship and we ask each member to personally examine how you can give back to your Lord. At the end of the month we will ask all members to fill out a Time and Talents questionnaire which will help us to use the talents of our members in the various volunteer opportunities and roles in the congregation.

An immediate need for use of talents is for members to run audiovisual equipment on Sunday mornings. We are planning on buying some new software and hardware that will improve our delivery of online services. There is a definite need in our congregation for this upgrade to improve the quality of our online services, however, there is no point in buying the equipment if we don't

have people to run it. It is not complicated equipment and if you can run a video camera or computer you will be able to run this system. Please let me know if you have any skills in this area. We require at least 6 volunteers that will spread the work around so each person likely only needs to work once per month. This is an immediate need for our congregation, and I ask each of you to prayerfully consider if you have time and talents in this area.

I ask each of you to also examine what you can give of your treasures. We have set our 2021 offerings goal at \$425,000.00, which is 2.2% increase in giving over 2020 levels which I believe, is very attainable. Even with this increase we will fall short of our mission commitments to Lutheran Church Canada, Lutheran Bible Translators, and Lutheran Hospital Ministries for 2021 and will have to borrow from our savings this upcoming year to keep our giving to these organizations at the same level as last year. We are willing to do this due to the unique situation we are in and recognizing that our members are under financial strain due to the Covid situation. We don't, however, want to be in the habit of using our savings every year to meet our commitment so continue to ask each of you to prayerfully examine if you can increase your offerings in 2021 more than 2%. This would help our situation.

Please take the time in February to read the various Stewardship information we will be providing, to fill out the Time and Treasures questionnaire and to personally reflect on the gifts God has given you and how you can give those gifts back to Him out of thankfulness for all He has given you.

In Service to our Lord,

Dale Dusterhoft

Chairman

Board of Stewardship

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

"Daddy, what happened to him?" the son asked.  
"He died and went to Heaven," the Dad replied.  
The boy thought a moment and then said, "Did God throw him back down?"



## Family Time in Christ

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On February 14<sup>th</sup> Valentines will be exchanged, flowers given, and chocolates eaten. It's all about love! Take time this month to teach your children what the Bible tells us about love:

- Read and memorize together John 3:16. What did God's love move Him to do? Read together 1 John 3:16-20, and discuss: How do we know what love is? What does God's love enable us to do? Think of ways that you as a family can show love to others.
- Take a look at 1 John 4:10 and 19. Who loves first? Talk about how that love is shown in your lives.
- Reflect together on Romans 5:8. What is the importance of the phrase "while we were still sinners"? What does that mean for how we deal with people who have perhaps done wrong to us?

Read portions of Psalm 118, and discuss what the writer says about the steadfast love of the Lord. What does steadfast mean? How has this steadfast love been demonstrated to your family? How does that comfort you during this time in particular?

When you give or make Valentines this year, consider including a message from Scripture, or in your own words, about the love of God, demonstrated for us in Jesus' life, death, and resurrection.

God's blessings to you, dear families!

## Silver Saints

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As we are not allowed to gather, we will not enjoy our usual activities at this time. Some of our members may be lonely, so I suggest we all phone one another on an occasional basis.

Pray that this pandemic is soon over so we can socialize with one another and worship our God without government rules. May God continue to bless us, guide us and keep us safe.

Helen Duholke

## History of the Bible

### Quest Course

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Twice yearly Concordia Lutheran Seminary offers a free course for anyone who is interested. The 2021 Winter Quest will feature 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.

Contact Joshua Timm at [aassist@concordiasem.ab.ca](mailto:aassist@concordiasem.ab.ca) or 780-474-1468 to register and for information on how to connect.

*"Love the Lord, your God" and "love your neighbor as yourself" are the most-repeated passages in the Bible. They have been memorized, copied, recited, translated, and lived out for over 3000 years. But how was that passage—indeed the entire Bible—handed down to us? These sessions will describe the fascinating journey of the Bible, from prophets and apostles to manuscripts and modern translations. Featured will be manuscripts and artifacts from the collections and exhibits of Museum of the Bible in Washington DC.*

#### **Tuesday, March 2, 2021, 7 p.m. Mountain**

- Session 1: What is the Bible?
- Session 2: The Hebrew Bible: The Law, The Prophets, and the Psalms

#### **Tuesday, March 9, 2021, 7 p.m. Mountain**

- Session 3: The Formation of the New Testament: The Apostles and the Gospel Message
- Session 4: Copying the Bible (before there was cut-and-paste)

#### **Tuesday, March 16, 2021, 7 p.m. Mountain**

- Session 5: Let There be Light: Luther, Tyndale and the King James Bible
- Session 6: Modern Translations: Bibles for All

#### **Tuesday, March 23, 2021, 7 p.m. Mountain**

- Session 7: Tour of Museum of the Bible, Part 1
- Session 8: Tour of Museum of the Bible, Part 2

## Board of Elders

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Similar to other boards of the Church, the Elders are experiencing challenges as the Covid-19 pandemic persists. We continue to keep the spiritual well-being of our church members at the core of our focus.

We worked closely with the pastors and deaconess, throughout Advent and Christmas, to ensure that we offered services that were celebratory while adhering to AHS and government guidelines. It was evident that the Covid-19 restrictions took the interactive celebration out of our traditional festival Christmas Eve and Christmas Day services. We know that your Christmas was different than any other year as some of you were unable to be with your loved ones. We hope that you still experienced the joy of the birth of our Lord and Saviour wherever you were and whomever you were with.

The Elders have liaised with the Covid committee in trying to make our services as edifying and “normal” as possible. Revised guidelines, prior to Advent, has limited our gathering capacity to 15% of the total seating capacity of the sanctuary and overflow area. This equates to a total of 49 persons including those participating in the service, that is, pastors, organist, cantors, and audio/visual assistants. The Elders would like to thank Sarah Knudtson for her work of recruiting ushers and assistants to help the Covid committee with preregistration, seating, communion, and dismissal of our attendees.

The ongoing pandemic has made the Elders aware that on-line services are going to be an ongoing practice of the Church. The upgrading of our technology to improve the streaming of our services over the internet, is a work in progress.

The Elders have also concentrated their efforts on the portion of the budget which includes the salaries and benefits of the ministry staff, the support staff, as well as worship service and music supplies.

Please continue to worship with us in person Sunday mornings or Wednesday evenings via preregistration through our website, [www.foothillslutheran.com](http://www.foothillslutheran.com), or on-line through Facebook. The Elders are continuing to make contact with our members through telephone calls, emails, or other modes of social media. As our isolation from one another and our limited contact with our family and friends continues, it is vital that we encourage one another and remain positive knowing that God is truly in control and is with us always. If an Elder has not connected with you during Covid, and you would like to

share your thoughts, concerns, or questions with an Elder, please contact the church office and an Elder will be asked to contact you.

In His service

Lorne Rosenau (Chair of the Board of Elders)

## Board of Human Care Ministries

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2020 was a challenging time for all of us – not being allowed to shake hands, hug or greet even our closest family and friends. The HCM volunteers have been instrumental in keeping in contact with people of the congregation by providing food for distribution to those in need, sending out cards and emails and phoning members to check on their well-being. Thank you to everyone who have donated food and personal items to be delivered – they were received with MANY thanks!

Meals are most welcome for our freezer to help those who are shut-in or in need. If you have an extra meal to share, please put them in the chest freezer with my name on them and then let me know they are there.

**MEALS ON WHEELS** – Please prayerfully consider if you might take a few hours on a Thursday morning to help deliver 4 meals to people in need. There are many months that are open to help with this ministry. As some of our volunteers are not able to deliver in these winter conditions, we are looking for drivers to fill those spots. There is no contact with the people we deliver to as we leave the meals in coolers or on the front steps. Please contact me if you are interested in assisting as a driver.

**THE COVID-19 COMMITTEE** has done a tremendous job with seating our registered attendees, as well as being cognizant of mobility and other issues when assigning seats. Again, we ask you to please register for services (and the upcoming Voters meeting) so that we can take all the precautions needed to ensure your safety. We understand that it's a nuisance to have to follow all the directions on the floor and of the registration desk, but we are fortunate that we have not had a case of Covid-19 from any lack of preparation. We all pray that soon we will be able to greet one another again as we did before.

If you can assist us in the position of registration or sanitizing after services, please contact me, and we will set you up with a mentor to show you how it's done – it's very organized and easy!! There are SO many ways you can volunteer in the church to help everything we do run smoothly! Just ask any elder or board member .....

Christine Heumann



## Board of Evangelism

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The Evangelism Committee had a busy year in 2020. We handed out 179 Care packages/items to Church and non-Church members. Plus we had another 95 porch visits and 145 check-up phone calls. In many ways, we tried to become the helping hands and feet of Jesus.

Our largest effort came with our Fall Harvest Project, beginning in early October. With that, we gathered fresh russet potatoes at a Carstairs Berry/Potato farm, we bagged them in about 9 lbs bags, and handed them out to church members and others. We handed out 63 bags to 57 people. We just finished that effort. We made the local newspaper with the benevolent potato harvest.

I have already received an e-mail from another Lutheran Church who wants to use our idea and do their own Potato Harvest this coming fall.

In all of these Care ideas, we went beyond our church membership borders. We'd often put a church brochure in the box or bag.

Your cards, phone calls, and in-person "thanks" encouraged us. We regularly heard "Thank you for thinking of me."

As a bonus, we used the visits to hand out church newsletters, Lutheran magazines, and daily devotions booklets. Furthermore, church members often used the opportunity to hand us offering envelopes for the Sunday morning plate. And we did a grocery store trip for a single mother.

The projects were funded by three gifts from Safeway (Beddington) for \$550. We also secured a non-church member energy industry executive's gift (\$500), and we graciously received four extra smaller gifts from FLC members. To date, these efforts have cost FLC nothing.

Heading into the New Year, we have further ideas to reach out to those among us. We have begun to clean out church mailboxes and deliver the contents. We have added a bag of Maple Cream Fudge to make it more interesting.

Canada's largest farm newspaper, the Western Producer, in their Jan. 14 edition, wrote up our church Easter Lily Project from last spring. It was in their Family Living section of ways to show extra kindness to people during COVID 19.

May our great God continue to guide us, bless us, and keep us in 2021 and beyond.

Mark Kihn



**LENTEN DEVOTIONS:** Following the narrative of Mark's Gospel, *The Marks of Love* explores the life and ministry of Jesus. The tragedy of Golgotha is met with the triumph of the resurrection on Easter morning. Along the way, we learn of Jesus' deep com-

passion for those He loved and served, including those who put Him to death.

No story in human history is like the narrative of Jesus' Passion. In it we see God in the flesh, coming to seek and to save the lost. 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 in regular and large print are available on the Welcome Desk.

**IF YOU'RE LOOKING FOR SEASONAL READING,** Mark Kihn wrote a series of pieces for the Western Producer, Canada's largest circulation farm newspaper. They came out in December, January, and will continue into February.

They deal with Manitoba farm boys contending with the onset of Christmas and dealing with winter. They include themes such as: hockey-crazed brothers skating on the frozen farm pond, finding the ultimate toboggan run, acting in the school Christmas pageant, and connecting to the faraway metropolis of Chicago.

You can easily access them through Mark's article archive by googling: "Western Producer Mark Kihn."

*Submitted by Maxine Abraham*