



Dear friends in Christ Jesus, our Lord:

One of the great reliefs of springtime is the return of light to our world. In December we may enjoy the lights on our homes, but the nights themselves seem long, as the hours of darkness are greater than the hours of daylight. But bit by bit, day by day, the sun rises earlier and sets later. It seems like only a few days ago we needed the headlights on in our cars as we drove home from work. Now we can go out for a walk after supper and the sun is still shining. Maybe it is easier to get up in the morning, as the sun rises before you do. We appreciate the change. We note the contrast.

When a room is totally dark, a small light can seem so much brighter than it actually is. When the sun is at its brightest, we may be more aware of the shade and shadow that is around us. The contrast helps us to appreciate light or dark even more. To a certain extent we can't understand what dark and light are without the contrast between them.

That is one of the blessings that the season of Lent brings to us. These Lenten days establish a contrast: a contrast between the joy of Christmas and the great joy of Easter, and yet in between them we have a different mood; different music; different observances within the church. We omit the word, *alleluia* from our worship (see President Teuscher's article in the March 2021 issue of *The Canadian Lutheran*). The purple paraments are a reminder of our penitence—our sorrow for our sin—and the symbols focus on the instruments of Christ's suffering, including the cross, the crown of thorns and the nails that were driven into his hands and feet.

Yet it is the music of the season that stands out for many. Our hymns are often in a minor key. They are more subdued. The texts of the hymns—at least the great ones—focus on the terrible reality of our sin and the consequences of that sin. They bring hope and comfort as even as they speak of the suffering of Christ, our Saviour, for we are assured that His love leads Him to endure the shame of the cross for us. We hear the testimony of great hymn writers like Paul Gerhardt, who wrote:

What language shall I borrow
To thank Thee, dearest Friend,
For this Thy dying sorrow,
Thy pity without end?
O make me Thine forever!
And should I fainting be,
Lord, let me never, never,
Outlive my love for Thee. (*LSB* 449, st. 3)

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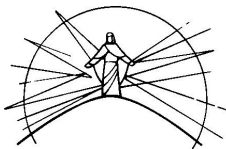
Eldon Ohlinger, Pastor Emeritus



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We go through these Lenten days to see our sin for the terrible reality of what it is. We see what Christ had to endure for us and for our salvation. They slow us down, helping us to think less of ourselves and more about the love and mercy of our God. In many ways, these days bring on the darkness, even though the light of God's love and grace in Christ always shines through. But they also help us to understand, to appreciate and to rejoice all the more in the wonder and majesty of Easter. They help us see, in ways that the unbelieving world cannot see, just how bright life now is, because Jesus has risen from the dead!

We need the darkness of Lent if we are truly to appreciate the brightness of Easter. That is why we *Go to Dark Gethsemane* and *Calv'ry's mournful mountain* climb. (LSB 436, st. 1, 3) Thankfully, we also know that Easter comes to



Scatter the Darkness,
Break the Gloom
Sun, reveal an empty tomb
Shining with joy for all our sorrows,
Hope and peace for all tomorrows,
Life uneclipsed by doubt and dread:
Christ has risen from the dead! (LSB 481, st. 1)

Just as we rejoice in the longer hours of daylight, so we rejoice in the light of life in Jesus Christ. We may take time to remember the dark, but how blessed we are to know the light of Easter joy. He lives! We will live with Him in light!

May that Light shine for you this Easter season.

In His service,

Patricia Hand M. Book

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Mission of the Month

APRIL: Our LCC Seminaries

Jesus bids us to "pray earnestly to the Lord of the harvest to send out labourers into his harvest" (Matthew 9:38, ESV). We help support that work by our support of the seminaries. Your gift to this Mission of the Month helps in the training and preparation of those who will be labourers in His harvest field.

MAY: Lutheran Church—Canada

From preparing church workers and caring for them to reaching out through mission work at home and abroad, LCC helps us work together as congregations to accomplish more together than we could do on our own.

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

Until Alberta moves to Step Four of the re-opening plan Sunday School continues to be home based. Please join us at 9:00 am Sunday mornings for a 15-minute opening on Zoom. Children take turns doing a Bible reading, we introduce the week’s lesson, and confess the Creed and pray together. It’s a good opportunity to stay connected. Links are sent out each week. For more information, contact Deaconess Miriam.

After Easter we move to a more in-depth study of key Bible accounts, beginning “in the beginning”.

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

Our upcoming lessons include:

| | | |
|--------|---|------------------------------|
| Apr 04 | Easter Sunday (No lesson) | |
| Apr 11 | Handmade (Adam & Eve) | Genesis 1:26-2:25 |
| Apr 18 | A Sign and a Promise (Abraham) | Genesis 15:2-6; 17:121 |
| Apr 25 | A Laughable Promise (Isaac) | Genesis 18:1-15; 21:1-7 |
| May 02 | A Merciful Substitute (Abraham and Isaac) | Genesis 22:1-19 |
| May 09 | A Servant’s Mission (Isaac and Rebekah) | Genesis 24:1-4; 10-28; 50-67 |
| May 16 | Twin Troubles (Esau and Jacob) | Genesis 25:19-34; 27:1-45 |
| May 23 | A Family Grows (Jacob’s Family) | Genesis 29:1-30 |
| May 30 | A Dreamer Rises (God Works Good for Joseph) | John 2:1-11 |

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 is meeting weekly – Tuesday evenings at 7:30 pm for study and prayer. We are currently working through the Concordia Lutheran Seminary Quest course on the History of the Bible.

Our Wednesday afternoon study also meets weekly – Wednesdays at 1:15 pm – for an in-depth study of the readings for the upcoming Sunday.

Both studies are currently meeting on Zoom. New members are always welcome! Contact Deaconess Miriam for more information or to join us.

VBS UPDATE—JESUS, OUR GOOD SHEPHERD

VBS is happening this year. This year, children will learn how Jesus is our true shepherd, as we work our way through Psalm 23 and related New Testament accounts. HOW VBS will happen will depend on Government regulations and volunteer availability. A decision will be made by mid-April whether we will be online again this year, or in person, or both. We will keep you posted! Please contact Deaconess Miriam or Pastor Eric if you are interested in having your children participate, or you are interested in volunteering.



Designated Funds Project

The Metrix Group advisors have provided their reports regarding the Designated Funds Project.

The next step is for the Committee to review them and report to PPC.

Then we will develop a process to implement the recommendations.

Stayed tuned for further updates.

Board of Elders

As the Covid-19 pandemic surpasses the one year mark, the elders continue to meet, via Zoom, and assist the Pastors and Deaconess wherever possible. We are also concerned about the spiritual well-being of our members as the pandemic has affected all of us in many different ways.

The elders approved the Mission of the Month schedule for 2021. Please continue to check the bulletin on-line for the various Lutheran programs and different organizations that you can support in our mission outreach in our community and beyond.

We continue to contact our members via various social media means to “check-in” and inquire as to how you are doing during this “temporary normal” due to the pandemic. We also want to hear of any concerns or prayer requests you might have as your “walk with your Saviour” could be pretty solitary as our in-person worship numbers continue to be kept to a minimum. We have heard from a few of our members appreciating the contact that our elders make with you. We hope that as the vaccination roll out continues the restrictions for in-person worship numbers may be relaxed, to some degree, and more of our members may return to worshipping with one another within our family at Foothills.

The elders are pleased that a “Livestream Connection Card” has been set up on-line to get an idea of the impact that our livestream services have on our members and the community. In its first week, we had 36 responses from BC to Saskatchewan and also participation from Colorado. Another on-line statistical record program that we use indicates that we consistently have viewers from Eastern Canada, US, and Europe.

The elders are beginning an initiative making telephone contact with some of our non-regular attending past confirmands. This will be a work in progress and we will start with a confirmation class from 10-15 years ago. We realize that some of them may attend different churches or have moved away from Calgary. Our intent is to encourage our “Lost Sheep” to return to worship with us or continue to worship their Lord at a different Christian church.

At the present time there are 7 elders on the board, however our Pastors would like approximately 12 elders to share the workload and be active in the church. As election time approaches, a nomination committee will be contacting some members of our congregation asking

them to prayerfully consider letting their name stand as a nominee to serve on the board of elders. As the pandemic subsides, and we can return to life as it was prior to the pandemic, we will be faced with greater opportunities of serving our communicate members and getting our members back to worship as many have gotten out of the routine of worshipping in-person.

In His service,
Lorne Rosenau (chair of Elders)

Family Time In Christ

There has been lots of family time in the past year, and I pray that, in spite of the stresses and strains that Covid-19 has brought, that there have also been blessings. As spring approaches and we spend more time outdoors, our thoughts turn to gardening and new growth, and that brings opportunity for teachable moments. Use your time in the garden to sow some seeds of faith!

- As you plant your seeds, consider what a seed needs to become a mature plant: water, sunshine, fertilizer, protection from weeds and pests. Now consider what the seed of faith planted in your child at baptism needs in order for it to grow and mature: remembrance of Baptism, time in God’s Word, protection from the things of the world that would tear down and destroy faith. Pray that God would grant you the will and the strength to tend those faith-seeds also!
- Include your children in planting and caring for your garden. As you work, consider together Matthew 13:3-9 and 18-23. Discuss each of the soils and why seed grows or doesn’t. What “cares of the world”, or thorns distract us from the things of Christ? How does Satan try to snatch us out of His hand? Now read John 15:1-5. What promise does Jesus make?
- As you transfer your bedding plants, taking care not to damage the roots, talk about the importance of good, healthy roots. What do roots do? Where do you want the roots to be planted? Why? Read Ephesians 3:14-19 and Colossians 2:6-7. Where are a Christian’s roots attached? What blessings does that give?

God grant that the gardens in your back yards, and especially the gardens in your homes, are fruitful this planting season!

Evangelism

The Evangelism Committee has kept busy during these COVID days.

We began post-Christmas with Maple Cream Fudge-making and hand-offs to selected shut-ins, widows, and widowers. We made 23 drop-offs.

By mid-January, we were making and delivering rice/sauerkraut/chicken/vegetable casseroles to selected shut-ins. We later switched to macaroni/rice/chicken/vegetable casseroles for variety. In all, we made and handed off 18.

In February, in order to keep connected with congregation members, we took on the task on emptying and delivering the contents of church mail slots. Our porch visits brought greetings from the church and spread cheer as members accepted their “mail” of Christmas cards, Lutheran magazines, devotional booklets, and in some cases, their year-end tax receipts. By the end of February, we had delivered 35 tax receipts.

In mid-March, we were just wrapping up the mail slot hand-offs. We have completed 26 of those.

With many of these, we were able to add a bag of homemade fudge or a box of chocolates to the package.

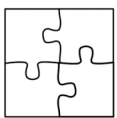
We also put together a grocery hamper for delivery.

In all of these hand-offs and front-step visits, we often gratefully and graciously accepted offering plate \$\$ contributions for Foothills Lutheran Church, as an extra service to our members.

Our great God continues to bless us and keep us during these trying times.

Onwards – Mark Kihn

A Puzzling Conundrum



With the extended days of being shut-in, many people have taken to doing jigsaw puzzles. Thrift store shelves have emptied out of this past-time activity.

With that in mind, I am liquidating my family (and some friend's) puzzle inventory with any of the \$ proceeds going to the church organ fund. There are about 50 available. Some come complete with a history.

I can meet you at a convenient location for a viewing/puzzle hand-off. Please contact Mark, Cell ph./text 403-390-4970.

Human Care Ministries

Thank you again to everyone who has donated food and sundries to care for our people in need.

If you don't have family or friends who can transport you to a Covid vaccination site, we may be able to help out with transportation. Please either call or email me and I will see what we can do for you to help out.

At the time of writing this, our Step 3 opening will not be happening, so we all hope you are staying safe and well. Take care everyone!!

Respectfully submitted,
Christine Heumann

Coco Brooks Fundraiser



To help support youth group trips like the 2022 National Youth Gathering in Winnipeg, we will be selling Coco Brooks this spring! Coco

Brooks is most well-known for pizza, but they also have vegan and gluten-free options, as well as desserts, appetizers, sausages, hamburger patties, chicken wings, and more!

Please order here:

<https://fundraising.cocobrooks.com/invite/verify?code=thir-cares>

We are accepting orders until April 21. Feel free to share the link with your family and friends!

Please note that most of the items come frozen/refrigerated and must be picked up from the church promptly on May 7 between 4 and 6:00 pm. There isn't enough space at the church to store a lot of orders, so please be sure make arrangements to pick up your order then.

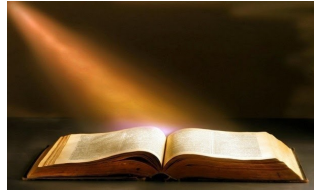
If you need a paper order form to place and order and pay with a cheque, contact michelleheumann@gmail.com or call the office and ask the staff to pass along a message. Coco Brooks doesn't provide forms, so we'll only print on demand.

Thank you for your support of Foothills Lutheran Youth!

Board of Christian Education Update

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

The season of Lent seems to be quickly slipping by and the end to our Lent Bible Study is drawing near. Pastor Bode has led the group in a study titled “Return to the Lord”. Although we couldn’t gather together in-person, many attended online while others viewed the video of the recorded session at a later time or studied the lesson material individually. Thank you to Pastor Bode for leading the study and to those who helped make it possible.



The library remains locked and unavailable at the present time. We look forward to when we can open its door and invite people to enjoy the resources that are in it. There is work that will need to be completed once it does open and we will be looking for volunteers to help with that. If that is something of interest to you, email and let us know. Many hands make light work.

We have many Creation Ministries resources in the Narthex on the rack as you walk towards the registration table. In addition, you will also find some new response booklets from Concordia Publishing House. They are:

- A Biblical Response to Divorce
- A Biblical Response to Transgenderism
- A Biblical Response to Suicide

Please help yourself to those that are of interest to you. You can email the board at education@foothillslutheran.com if there are other topics you would like to learn about.

Foothills Lutheran offers many Christian education opportunities throughout 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 Foothill's members who want to connect to Christian Ed via social media?

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!

God bless us all as we continue learning about God and His great love for us. And a blessed Easter to everyone.

The Board of Ed is:

Co-Chair – Kayla Moffett and Tobi Stene

Staff Members – Pastor David Bode, Pastor Eric Moffett and Deaconess Miriam Winstanley

Board Members – Michelle Heumann, Trevor Heumann

Youth Event News

In January, February, and March, we were able to have three outdoor youth events - skating, sledding, and frisbee golf.

Sunday morning Bible study is continuing via email, working through the New Testament. When we can meet in person again, we hope to begin a series of topical studies.

We’re having a spring fundraiser selling Coco Brooks, and the order deadline is April 21, and pickup is at the church on May 7 between 4 and 6pm. For more info, see page 5 of the Foot Print.

Our tentative plans for upcoming youth events are:

- April 16: TBA
- May 7: Parents’ session with Miriam, and a youth event
- June 4: TBA
- June 18: TBA

The IMPACT Youth Gathering that was scheduled for July is being rescheduled to another year, but there will be an IMPACT youth event on September 10 to kick off the fall, so save the date and watch for more info.

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.

LWML-C

LWML-C News

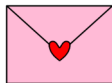
“Carry each other’s burdens, and in this way you will fulfill the law of Christ”. (Galatians 6:2)

Thank you to our fellow Christian friends at Foothills for sharing your concern for others through participation in our mission projects. It has been said that during these COVID times amidst all the restrictions, the more we are apart, the more we find new ways to connect. This is certainly true at Foothills and the LWML ladies are grateful for your support of our mission projects at home and abroad.



Your generous offerings toward LWML-C Mites through Foothills January Mission of the Month helped LWML-C fulfill all our mission grant obligations! New mission grant proposals will be voted on at our upcoming national convention in July.

Beautiful home made valentines with messages of Christian love were a welcome surprise to all recipients. Special thanks to our staff for orchestrating this endeavour.



St. Patrick’s packages were delivered to Foothills Manor residents and some of our senior congregational members. Special thanks to the LWMLC ladies who knitted the dishcloths. They will be very useful and will be a daily reminder of how much the recipients mean to us. Special thanks to Jutta Colhoun for crafting the other items and putting the delightful packages together.

Upcoming Foothills Society Zoom Meetings

April 26, 2021 and May 31, 2021. All ladies are welcome to join us! Our meetings begin with Bible Study, led by Pastor Bode, followed by a short business meeting.

LWML-C National Convention—July 8-10, 2021

This will be a virtual convention and is open to everyone! For more details, check out our website: www.lutheranwomen.ca.



Prayer shawls are sometimes called peace or comfort shawls, but whatever the name, they have the same purpose: they are wearable hugs, crafted with love from maker to recipient.

Prayers and thoughts are imbued in the shawl with each stitch. They may be prayers for healing and comfort for someone who is ill or in distress or celebratory thoughts for upcoming events such as baptisms, confirmations and weddings. Then, whenever recipients wear the shawls, they have tangible reminders of the care and prayers of others.

Foothills LWML is participating in the Prayer Shawl Ministry. Anyone can participate in this ministry. You can go to shawlministry.com for patterns and more information. We can also provide patterns and ideas for anyone interested. If there is anyone who has unwanted yarn, please let us know and our crafters can transform it into shawls!

God’s blessings,
Cheryl Lemke, Foothills LWML-C Society President



FIRST OFF, I'M HAPPY TO SEE THAT SO MANY OF YOU ARE ENJOYING THE NEW STREAMING OF OUR SERVICES ONLINE ...