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"



BLESSED·ARE·YOU AMONY·WOMEN AND·BLESSED·IS THE·FRUTI·OF·YOUR·WOMB

Fourth Sunday in Advent December 19, 2021

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)

Pastor Emeritus: Eldon Ohlinger

A Prayer Upon Entering: Fill us with the Holy Spirit, O God, as we prepare to greet Your Son. May our hearts leap for joy in His presence, and may our mouths be ready to sing praises to this child who has come to save the whole world.

O Great and Giving God, may we spring to life because of Your Son.

OUR WORSHIP TODAY

As projected
814; 935; 384; 348
Micah 5:2-5a
Hebrews 10:5-10
Luke 1:39-56

SERMON: What Does That Voice Do For You? – Luke 1:39-45

WELCOME: We gather to rejoice this day in the goodness of the Lord! We invite you to join us in our songs of praise, our words of love, our prayers, and as we listen to the Word of God. May God bless your worship here today and fill your life with His love as you go through this coming week!

WE CELEBRATE HOLY COMMUNION TODAY as 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.

SERVING IN GOD'S HOUSE TODAY:

Music	Deaconess Miriam Winstanley; Sarah Knudtson
Ushers	Elfrieda Heiden; Lorne Rosenau
Acolyte	Faith Dueck

THIS WEEK AT FLC

Friday 4:00, 6:00; 11:00 pm Christmas Eve Services

Saturday 10:15 am Christmas Day Family Celebration/Communion

Sunday 10:15 am Sunday Worship



DID YOU LOSE SOMETHING? Lost and found items are on display in the narthex. Did you misplace a pair of reading glasses? They, too, are on the same table. Pick these items up soon, before we pass them on to Goodwill.

LAST WEEK AT FLC

Week of	Attendance	Wednesday/Communion
December 12	119	23/20

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
Envelope Gifts Received Last Week	\$13,126.95	\$425,000.00
Envelope Gifts Received to Date	\$366,066.95	+/ - YTD
Total Offerings Needed to Date	\$408,653.85	-\$42,586.90

Miscellaneous Offerings: Visitor 1,050.00; CLWR 50.00; Concordia Seminary 50.00; Benevolence 80.00; Organ 125.00; Other Miscellaneous \$250.00.

SUNDAY SCHOOL: Thank you to the children, youth and adults who participated in our Children's Service last Sunday. Your work in proclaiming the good news of Jesus' birth is appreciated by many! Please note that Sunday School will break over Christmas, resuming Sunday, January 9th. Today's lesson moves to the fulfillment of God's Old Testament promises! In this week's lesson, "A Nativity Night," Mary and Joseph travel from Nazareth to Bethlehem, where a simple stable serves as the birthplace for the promised Christ Child. Angelic hosts announce the birth of the Savior to ordinary shepherds, who hasten to worship the child. Having seen the Savior in the flesh, the shepherds quickly spread the news of His birth. Ask one another, "How can we share the message of the birth of the Savior today?"

MISSION OF THE MONTH FLC BENEVOLENCE FUND

There are many times when our members have been in need of help and support. Different from our Human Care Ministries budget, this fund would provide for special needs – typically within Foothills or even larger needs than we generally support now.

FOOTHILLS LUTHERAN CHURCH HAS BEEN BLESSED WITH

VOLUNTEERS with Meals On Wheels for over 30 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 2-5 deliveries every Thursday morning. 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 christineheumanncgy@gmail.com or 403-710-8347. Your heart for volunteering is much needed!!!

WITH MULTIPLE CHRISTMAS SERVICES it will be necessary to sanitize the pews before each service. With many hands this is a relatively simple task. Our caretaker, Brian Vincent, would love to have your help. Let him know, or let us know in the office, that you can assist with this.

The Oromo congregation also has returned to worship. We will need to sanitize each week, to enable them to be able to worship. They will sanitize after their service. Again, if you can help, please let us know.

WE THANK YOU FOR REGISTERING for our Christmas service. We know that there are those who visit churches on Christmas and who may not register. We are eager to share the Good News of Christ's birth with them. We are hoping to use the parish hall for some extra overflow as a contingency if needed and are asking for volunteers to consider being in God's house, but worshipping in the hall. Please speak to the pastors if you are willing to help in this way.

THE LUTHERAN HOUR: Speaker: Rev. Dr. Michael Zeigler. The drama surrounding the first airing of "The Charlie Brown Christmas Special" 56 years ago, against all odds, it gave viewers the true story of Christmas and doomed aluminum Christmas trees to near extinction. (Luke 2:1-15) Hear this inspirational message on CHRB 1140 AM at 8:00 am Sunday morning. Streaming audio and podcasts at www.lutheranhour.ca



MISSION PRAYER: Deaconess Maura Lourdes Juárez, serves Lutheran Church of the Lamb of God. 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 Juárez 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 forever. **C: Amen**

WE ARE LOOKING FOR A RECORDING SECRETARY for our PPC and Voters' meetings. We thank Elfrieda Heiden for her service in this way for the past few years. The secretary is asked to be present at all Voters' meetings of the congregation and at all meetings of the Parish Planning Council and shall enter the minutes of all said groups in a permanent record book. Please speak to Tim Roth if you are able to serve in this way.

A CALL FOR HELP: We have an amazing group of volunteers who diligently work to keep us safe at worship each and every Sunday, without complaint! Thank you to all of you who have stepped up during this pandemic to fill the positions needed to guide our members to their seats safely. We do, however, occasionally have difficulty finding enough volunteers to help with our registration desk and are looking for people who are willing to help. This position can be done alongside someone else or independently. The more volunteers we have, the less work we put on each person. Consider your God given gifts and contact Sarah Knudtson (knudtson.sarah@gmail.com) or the office if you feel called to help.

THE NEW OFFERING ENVELOPES FOR 2022 are available on the tables outside Deaconess Miriam's office. If you need offering envelopes, and don't see a set with your name on them, please let the office know. Continue to use your current envelopes until December 31st, then please use the new envelopes starting January. 1st, as numbers may have changed.

THE JOYOUS SEASON OF CHRISTMAS is a wonderful time to share your joy and worship of the Newborn King. We continue to hear that many people would consider coming to worship, if only someone would invite them. Our 4:00 pm service is full, but also will be streamed at facebook.com\foothillslutheran. You can still register for 6:00 and 11:00 pm at https://rsvp.church/r/aTJSxeNQ

Our festive services are as follows (please note that registration is required for all these services)

- ☆ Dec 24 4:00 pm; 6:00 pm; 11:00 pm Candlelight Carol Services
- → Dec 25 10:15 am: Christmas Day Family Celebration (Communion) (also online)
- ☆ Dec 31 6:30 pm New Year's Eve Vespers (Communion) (also online)

With all the festive services, there will not be a Wednesday service December 22^{nd} or December 29^{th} .

OUR MEMORY VERSE CHALLENGE

This week's verse: John 20:31 But these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

OUR COMMUNION PREPARATION

Many of our members have used the cards in the pew racks to help them with their preparation for Holy Communion. We removed the cards and the pencils because of the difficulty of proper sanitization in these days of COVID-19. To help you, we have the questions from the card below, along with the prayers before and after Communion that were in the hymnal. We pray that this will help you prepare your heart as you come to the Lord's Table.

By celebrating Holy Communion, I give witness that:

- I believe that Jesus Christ is my Saviour and Lord.
- I have examined my life in the light of God's Word and have confessed my sinfulness to God.
- I believe that Christ's body and blood are truly present in, with and under the bread and wine.
- I believe that in this Sacrament God gives me the forgiveness of my sins.
- I believe that God the Holy Spirit strengthens my faith and renews my life.
- I resolve, in the power of the Holy Spirit, to amend my sinful ways.

A Prayer before communing:

Dear Savior, at Your gracious invitation we come to Your table to eat and drink Your holy body and blood. Let us find favor in Your eyes to receive this holy Sacrament in faith for the salvation of our souls and to the glory of Your holy name; for You live and reign with the Father and the Holy Spirit, one God, now and forever.

Thanksgiving after receiving the Sacrament

Almighty and everlasting God, we thank and praise You for feeding us the lifegiving body and blood of Your beloved Son, Jesus Christ. Send us Your Holy Spirit that, having with our mouths received the holy Sacrament, we may by faith obtain and eternally enjoy Your divine grace, the forgiveness of sins, unity with Christ, and life eternal; through Jesus Christ, our Lord.



19th December 2021 FOURTH SUNDAY OF ADVENT

Love comes to life

Shara

Caring Conversations

SHARE

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



What is a piece of good news you remember receiving? How did you react?



In what ways is Jesus' birth good news for you? What will be your response this Christmas?



Devotions -





READ Daily Bible Readings

S	Luke 1:39-55	Mary visits Elizabeth
М	Micah 5:2-5a	A promised ruler from Bethlehem
Т	Hebrews 10:5-10	Christ's sacrifice once for all
W	Matthew 1:18-24	An angel visits Joseph
Т	Isaiah 9:2-7	To us a child is born
F	Luke 2:1-20	The birth of Jesus
S	Psalm 80:1-7	Restore us God almighty
S	Luke 2:41-52	The boy Jesus at the temple



TALK

Talk about the Bible verse. What word or phrase was important to you as you read these verses?

Rituals and Traditions •



PRAY

Lord Jesus, child of Bethlehem, come and be King in our hearts. Amen.





BLESS

May God make you strong and new. May his face smile upon you and his kindness save you.

Advent

Advent is a time for preparing, a time of waiting and watching. We celebrate Advent with the colour BLUE as this communicates the message of hope. Our Christian faith rests on the hope that one day Jesus will come again.

Creative Response

Build a simple manger scene as a final Advent activity. Construct a stable out of a shoe box.

Add straw (or shredded paper) and a manger (e.g. using a matchbox and matches) and cardboard animal figures.

on December 24th have the expectant parents arrive (use paper cutout figures).

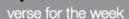
Finally, place a baby Jesus figure in the manger on Christmas Day.



mealtime prayer

Lord Jesus, bless our home with hope this Advent.

As we enjoy your gifts, make us ready for your coming again. Amen.



With all my heart
I praise the Lord,
and I am glad
because of God my
saviour. He cares
for me, his humble
servant.

LUKE 1:46-48A



Is there room for more at your meal table this christmas?

Be on the lookout for someone who may be without friends or family at this festive time, and invite them to join you, either on Christmas Day or the day after. Students, single adults, recent immigrants, widows and widowers and elderly persons in our communities can feel particularly lonely at Christmas time.

