



Dear friends in Christ:

*Thank the Lord and sing His praise; tell ev'ryone what He has done.*

*Let all who seek the Lord rejoice and proudly bear His name.*

*He recalls His promises and leads His people forth in joy with shouts of thanksgiving.*

*Alleluia, alleluia.*

You may recognize those words from the Communion liturgy, specifically as the post-Communion canticle of thanksgiving. After coming to the altar and receiving the blessed gifts our Lord gives us as He gives His very body and blood to us for our forgiveness, strength and deliverance it should be only natural that we respond with grateful, thankful hearts.

Only a few weeks ago we celebrated Thanksgiving Sunday. We take the day to focus on God's goodness to us. Yet every Thanksgiving I am drawn back to a comic from Bil Keane, who gave us The Family Circus cartoon. In a very simple panel, we see Thelma, the mother, offer a prayer for her family, in which she says, "Thank you for this day". We then see the angels in heaven all excited, "A prayer of thanks, and she didn't even ask for anything!"

I think of that cartoon, because it does seem that while we have every reason to thank the Lord and sing His praise, we often fail to actually give Him the thanks He deserves. The psalmist says: **"Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!"** (Psalm 118:1, ESV) Each and every day we see the goodness of the Lord. His blessings surround us in the beauty of the world He has made. As Luther reminds us in the 1<sup>st</sup> Article of the Apostles' Creed, He gives us all we need to support this body and life. On top of all this, He has saved us from sin and death. He has delivered us from sin and the devil. He has given us the living hope that comes as we know all we are in Christ. For all this and for so much more, we thank the Lord and tell everyone what He has done.

The point is that thanksgiving is not about a day; it is about an attitude that rejoices in His great love for us. In the Passover Seder, there is a section known as the *Little Thanksgiving*. While we use some of the traditional parts, we also add our confident faith in Christ, as we say:

P: The Almighty has done so much for us; any one of His gifts or saving acts would have been sufficient to evoke from our hearts thanks and praise.

## **Foothills Lutheran Church**

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(Da-yenu means, it would have been enough for us)

P: Had he but brought us out of Egypt	C: Da-yenu
P: Had he judged the Egyptians	C: Da-yenu
P: And destroyed their gods	C: Da-yenu
P: Had he slain their firstborn	C: Da-yenu
P: And given us their riches	C: Da-yenu
P: Had he divided the sea to let us pass through	C: Da-yenu
P: But sank our foes into the depths	C: Da-yenu
P: Then supplied our needs for forty years	C: Da-yenu
P: And fed us with manna in the wilderness	C: Da-yenu
P: Had he given us the Sabbath to renew our strength	C: Da-yenu
P: And brought us to hear him at Mount Sinai	C: Da-yenu
P: Giving us his Torah to guide us	C: Da-yenu
P: Planned and built the Tabernacle, his dwelling place	C: Da-yenu
P: Brought us to the land he promised to Israel	C: Da-yenu
P: Consecrated the Temple He permitted to be built	C: Da-yenu
P: Sent Jesus, the "Temple not built with hands"	C: Da-yenu
P: That atonement he made for all our sins.	C: Da-yenu

If God had only provided salvation through the death of our Messiah Jesus: ***It would have been enough!*** But we know that He has done much more. Jesus said: "*I have come that they may have life and have it abundantly.*" He gives us a joy in living which comes from a personal faith in Him. That brings forth thanksgiving not on a day or a weekend, but in each and every day of our lives.

*And so we thank the Lord and sing His praise; we tell ev'ryone what He has done.*

*Let all who seek the Lord rejoice and proudly bear His name.*

*He recalls His promises and leads His people forth in joy with shouts of thanksgiving.*

*Alleluia, alleluia.*

With thanks to God, our Saviour,



## Elders Report

Dear fellow members of Foothills,

As I write this, the new group of Elders has met in person two times and is actively working to support the spiritual health of the ministry staff and congregation.

One of our tasks is to identify how we can best focus our time and limited resources. The "sheparding" list that the Elders have worked on in the past requires considerable updating. Unfortunately, as a result of the Covid disruption, we have seen a noticeable turnover in our members, and reluctance by some to attend in person. We hope to focus on this in the short term so we can be more proactive in meeting members' needs. This has a significant impact on the things our church is able to do, as we are very reliant on volunteers to support us.

Another area of focus at this time of year is assisting the PPC in preparing the church budget. The Elders are responsible for making recommendations regarding remuneration for the paid church workers. Over the last number of years during the economic downturn, our staff has generously limited their compensation. Now that times are better, and with the substantial increase in inflation, it is important that we properly recognize everything they do and find ways to support them.

I was saddened to hear that the choir will no longer continue on a regular basis. We have all enjoyed and benefited from the beautiful voices God has blessed us with. I would like to thank Christine Heumann as choir director for her time and commitment to this labor of love!

I encourage you to attend one of the many Bible study alternatives being offered. I personally have found this as a great way of understanding and strengthening my faith. Being in the Word regularly provides wonderful support and comfort for everything you may be dealing with, but it also opens the door for many questions, and the small groups in the studies provide a supportive environment to help you better understand what you are reading. I have found it to be a lively discussion that I always learn and grow from.

Finally, I encourage you to reach out to any of the Elders, should you need support in any way. Your Elders are: Hans Dueck, Rob Kaut, Tim Knudtson, Austin Voss, and

Yours in Christ,

Ralf Hinterleitner

# Children & Family Ministry

## SUNDAY SCHOOL

*“But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.” 2 Timothy 3:14-15*

Just as Timothy learned the faith from his mother and grandmother, so our children first hear about Jesus from their parents. God bless you as you share your faith in your families! It is a privilege to partner with parents in teaching the Christian faith.

Children aged 3 through grade 5 are welcomed each Sunday morning at 9:00 am. We begin with an opening all together in the Fireside Room; after which children will go to classes for their age level. Thank you to our teachers who willingly give of their time each week to prepare and teach lessons.

After two years of recorded children's' Christmas services, we are planning for an in-person service this year, entitled “Illustrations of Immanuel”. Children will present Old Testament illustrations foretelling the coming of the Saviour, and the fulfillment of that promise in the birth of Jesus. Rehearsals will take place Saturday, December 10<sup>th</sup> at 1:00 pm and Saturday, December 17<sup>th</sup> at 10:00 am. On the 17<sup>th</sup>, children are invited to stay for lunch and a craft activity to allow parents time to finish last-minute Christmas errands. Please let Deaconess Miriam know if they will be staying for lunch so that she can plan accordingly.

## FAITH AT HOME

As a congregation, we are encouraging our families to adopt a Faith-at-Home lifestyle, where parents claim their God-given role as primary faith-teachers of their children. Deaconess Miriam has resources for families to help them fill this role at every age and stage. She'd love to talk with you!

## ADVENT FAMILY ACTIVITY NIGHT

Please join us at 5:30 pm Friday, **December 2<sup>nd</sup>** for some Advent family fun. Bring a pot-blessing dish to share. We'll eat, have a family devotion time, and then have some Advent crafts to do together. All are welcome!



Our upcoming Sunday School lessons include:

Nov 06	Living Water (Jesus Teaches the Samaritan Woman)	John 4:1-42
Nov 13	No Sunday School— Remembrance Day Weekend	
Nov 20	The Poolside Sign (Jesus Heals at Bethesda)	John 5:1-17
Nov 27	The Matthew Matter (Jesus Calls Matthew)	Matthew 9:9-13
Dec 04	A Water Wonder (Jesus Walks on Water)	Matthew 14:22-33
Dec 11	A Confident Confession (Peter Confesses Christ)	Matthew 16:13-23
Dec 18	Christmas Lesson (Children's Christmas Service (during worship))	
Dec 25	No Sunday School— Christmas Day	

## LADIES' BIBLE STUDY OPPORTUNITIES

Two ladies study groups are currently running. New members are always welcome! Please contact Deaconess Miriam for more information or to join us.

Our Tuesday evening group meets at 7:30 pm at the Church, and is working through a study entitled *Promised Rest: Find Peace in God's Presence*.

Our Thursday afternoon study meets weekly at 1:30 pm for an in-depth study of the readings for the upcoming Sunday.

## Family Time in Christ

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“Healthy families value service to others.” This little statement from a book written in 1983 (*Traits of a Health Family*, by Dolores Curran) holds true yet today. For Christians, service to others is a characteristic our life in Christ. Many adults serve as volunteers in church and in the community, according to the gifts and talents that have been given to them by God. It is good for our children to see us living lives of service. It is even better when we can engage our children in service with us. Even small children like to help. They can know that what they are doing is helping someone in need, or contributing to the life of their Church family.

Understand that the task you undertake together may not be done as efficiently as it could be with one person or with adults only, but the benefits to the family are worth it! As parents and children serve together, they grow in love for each other as they support each others’ efforts, and in love for those they serve. They have shared experiences which they can talk about and pray about. They expand their family circle to embrace people they would not otherwise have known. Consider your family, its collective gifts and talents, and look for simple ways that you, together, can serve others. Advent is a good time to begin!

Here are some simple suggestions:

- Bake Christmas cookies together and take them to a new neighbour.
- Make home-made Christmas cards and drop them off at your local Fire/EMS Station with a big “thank-you!”
- Offer to shovel your elderly neighbour’s sidewalks. Get the whole family involved.
- Ask the church for the name of a homebound person and send him or her regular home-made encouragement cards. If possible, deliver them yourselves and have a short visit.
- Go Christmas caroling together.
- Usher together with your teens.
- Collect warm clothes from your friends and deliver them as a family to the *Mustard Seed* or *Inn from the Cold*.

- Put together backpacks containing warm socks, mittens, toques, scarves, and hygiene items and deliver them to the *Mustard Seed* or *Inn from the Cold*. Include a home-made encouragement card. Pray together for the person who will receive the backpack.
- Shop for and fill Operation Christmas Child shoeboxes, praying for the children who will receive them.

God bless your family as you find ways that can serve others – together!

God’s blessings to you and your families,

Deaconess Miriam

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## LWML-Canada

Thank you, Foothills for partnering with us in our mission projects:

- ✓ Your **mite donations** help us reach our mission grant goals.
- ✓ **Used eyeglasses** help the visually impaired around the world. Please leave the eyeglasses in the designated bin but no eyeglass cases.
- ✓ **Used postage stamps** are sent to Canadian Bible Society and sold by weight to stamp collectors. Proceeds are used to buy Bibles for inmates in Canadian prisons. Please leave ¼” border around the stamps and place them in the designated bin.

Our next monthly meeting will be **Monday, November 28<sup>th</sup> from 1:00 – 3:00 p.m.** We begin with Bible Study led by Pastor Bode, followed by a short business meeting. All ladies are welcome!

God’s blessings,

Cheryl Lemke

Foothills LWMLC Society President



## President's Report

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Again, I give thanks for all the efforts of all my fellow volunteers who have served on the Parish Planning Council (PPC), the Board of Elders, and on the various boards of our congregation. Special recognition goes out to Robert Heumann who has done so much work to steer our congregation's financials to current accounting standards. He has applied the recommendations of the Metrix Group out of Edmonton to untangling the "designated funds" into proper accounts so that we can properly use our funds for the work of the church.

We are blessed with a devoted and dedicated ministry staff who has worked diligently on behalf of our congregation to provide Word and Sacraments, to build and strengthen our faith in Christ, and to help us as Christians to show our love and praise for the Triune God: Father, Son, and Holy Spirit.

I thank Carol Kehler, our office administrator, who keeps us all organized and informed about the activities of our congregation. Also, thank you to Brian Vincent who looks after our facility and grounds and keeps me informed as to their related issues.

All these important people have been workers who ensure that our congregation may function in a God-pleasing manner and to support our ministry goals.

### Elections

Here is a list of the volunteers in our **Parish Planning Council**:

President – Tim Roth

Vice President – vacant

Treasurer – Robert Heumann

Head Elder – Ralf Hinterleitner

Stewardship – Dale Dusterhoft

Fellowship – Sarah Knudtson

Christian Education and Youth – Tobi Stene

Human Care Ministries – Christine Heumann

Church Properties – Pam Goebel

Evangelism – Mark Kihn

**Elders** – Ralf Hinterleitner, Tim Knudtson, Rob Kaut, Austin Voss, Hans Dueck.

Rather than following a time line of events over the year, I will handle them topic by topic.

### The Oromo Lutheran congregation in Calgary

The Oromo Lutheran congregation approached our congregational leaders to reopen talks to allow them to worship once more at Foothills Lutheran Church. It was decided to review and edit the rental agreement so as to prevent problems that had arisen in the past. They would be restricted to using the sanctuary and upstairs washrooms. They were not to use the fellowship hall. Their children had to be directly supervised if there was a need to leave the sanctuary. They must follow the provincial restrictions due to Covid. They must clean and disinfect all surfaces used in the sanctuary, the washrooms, the narthex and the entrance doors at the conclusion of their worship service. They would be required to submit a \$1500 damage deposit in the event of any further damage occurred when they used the premises. The Oromo pastor and leadership have agreed in principle to the provisions stated in the rental agreement. A formal agreement has to be finalized and signed by their leaders.

### Covid restrictions and the operation of our congregation

As Covid restrictions were relaxed, the leadership approved of the steps to "normalize" routines used in worship and bible studies held at the church. In the future you will see other practices return to some semblance of normal. It was felt that members that mask wearing was optional but members should feel free to wear a mask as their fears of Covid direct them.

We no longer demand on-line registration for worship, nor mandatory distancing. People are encouraged to respect social distancing still as some members and visitors feel uncomfortable in a crowded situation.

This summer we held a "Stampede Breakfast". Thanks to all volunteers who helped to make this breakfast a success.

### Handling of the "Designated Funds"

Thanks to the efforts of Robert Heumann, Dale Dusterhoft and Lorne Rosenau (the Designated Funds Committee) we are able to properly have the funds in proper categories. The "Designated Funds" were valued at \$1,640,834. Some funds are now open for congregational spending, usually to cover deficits or non-budgeted expenditures that arise as we navigate through the year.

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## President's Report Cont'd

The \$500,000 donated by the former Mt. Calvary Lutheran Church to our church is being evaluated by the Metrix Group of Edmonton for how we, by law, may handle that money.

### Sage Properties Group

We have been monitoring the Sage Properties Group, who oversees the funds that once were invested by individuals and churches in the former church extension fund. When possible we have approved removal of our congregation's money. It is our hope that Sage will be able to divest themselves of the money that is tied up in the Prince of Peace School, the Harbour, the Manor, the parcel of land to the north of the school, and water pipeline project as these pieces to the puzzle are sold or in the case of the water line, completed. Sage Properties Group will be holding their annual general meeting in the near future.

### Other:

Thanks to the donations of members and the work of Mark Kihn and others in the congregation to further raise funds, the new organ is very close to being paid off in full (without being included in our church budget spending).

### Upcoming in 2022-23:

The leadership of our congregation want to return to the work of creating a new constitution that has been on hold during the Covid crisis.

A Missions and Investment Committee has been struck to set objectives and policies for our handling of funds previously thought of as the "Designated Funds" referred to above. Policies created would follow CRA Rules and Guidelines for charitable organizations. All work done will be presented for approval by the voters at future Voter's Meetings. The Committee is comprised of Robert Heumann, Dale Dusterhoft and Hans Dueck.

## Board of Fellowship

This fall we have been working toward onboarding some new software to make scheduling volunteers easier and more seamless. This technology has been a blessing to me as I can easily make schedule changes that everyone can see, and volunteers can also make changes. I hope that this will continue to work for our church and perhaps spread to other volunteering positions.

Coffee teams have been in full swing, and we have now returned to our pre-covid service style, with slight modifications. Because our volunteers are already doing so much during coffee time by serving coffee, we are asking the congregation to help with supplying goodies after church. Without congregational members stepping up to donate items, we will no longer have goodies after church. We are also always looking for people to help with coffee! If you have a serving heart, we will train you. It's a great way to connect with others and be involved!

In October as I write this, we are looking forward to two upcoming events. We have a pie social on October 23 to celebrate and thank our wonderful church staff, and we have the celebration of our Confirmants through our Confirmation dinner (and subsequent Confirmation Sunday!). We hope that these events provide fellowship amongst our church body of believers, and a feeling of connection for those who attend. Thank you again to those who volunteer for these special events. We can't do it without our fabulous volunteers!

Sarah Knudtson

[knudtson.sarah@gmail.com](mailto:knudtson.sarah@gmail.com)

(403) 390-8967



Coming soon to a Welcome Desk near you  
Advent 2022 devotion booklets  
in regular and large print.



## Human Care



The Board is still carrying on with contacting members by phone, letters, cards and grief booklets. If you know of someone in need, please let me know how we may be able to help them. We've delivered 4 loads of items to the Mustard Seed, 3 loads to Dress For Success, and 1 box to Inn From The Cold.

The Mission of The Month for November is *Inn From The Cold*. Watch for the announcement and display in the narthex of their immediate needs. They are so appreciative of all the prayers and donations as they serve people in need, and have asked that I pass that on to our congregation.



Thank you for all your donations to the *Mustard Seed* as we brought attention to them in the Mission of The Month for August. They have immediate needs also and are asking for donations of quilts, sheets, and coats (adult and children). They now house 328 full-time residents at the Shelter in SE Calgary.

Please also remember the *Food Bank* in your prayers and donations as they struggle from lower corporate donations, as well as individual donations. They've asked me to pass on their immense gratitude for the birthday packages we put together for them (a total of 6) as well as the donations dropped off for them.



The *Christmas Shoebox campaign* is now in full swing – boxes and brochures are on the table outside Deaconess Miriam's office.

Please remember to put your \$10 shipping and handling donation inside the box before sealing, and then leave on the table with the brochures. The deadline to bring your box to church is November 15.

Do you have a heart for care and service? The Board of Human Care is looking for people to help with the event planning for the next year. Let's join together and look at ways that we can engage our members in more events as well as ensuring they are cared for in contact and prayer. For more info, please contact Christine Heumann at 403-710-8347 or [christineheumanncg@gmail.com](mailto:christineheumanncg@gmail.com).

## Board of Stewardship

Stewardship in the congregation involves giving our time, talents, and treasures back to our Lord out of thankfulness for all He has done and given to us. Our congregation is in dire need of volunteers in many areas so I ask everyone to see what they can give back in terms of their time and talents. We have vacant Parish Planning Council and Elder positions, and vacant volunteer positions on all committees. Our church runs and achieves our mission and congregational work using active volunteers who augment our Pastors and professional staff. It is important for us to have our members donate their time and talents if we are to continue in connecting with our members and those of our community. Please contact myself, our church ministry staff or any other member of the Parish Planning Council if you would like to give back with your time and talents.

Financially, we are behind about \$21,000.00 on our giving this year. Summer is always slower, so with increased giving the remainder of the year we should be able to catch up to our budget goals. One way to give and get an increased charitable tax receipt is to give a gift of shares. Our congregation is set up to receive shares as a donation. Gifting shares that have increased in value since they were purchased allows the giver to maximize their tax savings as no capital gains are paid on the gain in value of the shares. Please contact me or Robert Heumann, our Treasurer, if you have an interest in this method of giving.

As always, we ask each member to give what they can out of thankfulness for all our Lord has done for us.

In service to our Lord,  
Dale Dusterhoft  
Chairman, Board of Stewardship.

## Choir – We Are in Hiatus

As we still traverse through the season of Covid, many people were still hesitant to join the choir this fall. As we did not have enough people to support the many parts of the choir, we are now taking a break and will revisit this in the new year. **MEN – would you be willing to come and sing a song on November 27<sup>th</sup>?** We would have 2 short practices, probably after Sunday services. Watch the Sunday bulletins for more information. For more information please contact [christineheumanncg@gmail.com](mailto:christineheumanncg@gmail.com) or 403-710-8347.

# Board of Christian Education

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

Rally Sunday was held on September 11th. Sunday School class, Confirmation and Youth Bible study all began at 9am. Sunday school opening is now being held downstairs in the Fireside Room, Confirmation class is down the hall in Room 4&5 and Youth Bible study continues in the Youth Room. It has been a wonderful start to the fall programs.

Adult Bible studies are in full swing again this fall. Sunday morning Bible study meets at 9am in the Fellowship Hall. Ladies Bible study is held weekly on Thursday afternoons as well as Tuesday evenings on various weeks of the month. LifeLight meets Tuesday morning and Men's Morning Bible study on the first Saturday of each month. There are several opportunities throughout the week during various times of the day. If you are interested in joining a group, email the board at [education@foothillslutheran.com](mailto:education@foothillslutheran.com) or contact the office for further information.

We are very excited that the Library has re-opened. Many hours have been spent preparing the Library for the re-opening on Rally Sunday. A big thank you to our helpers. They have been very generous with their time and their hard work is greatly appreciated. There are many resources available so take a moment to have a peek inside and look over the material. The door is open every Sunday morning until after Worship service and coffee time has finished up. Arrangements can be made through the office if you need to drop in during the week.

Creation Ministries International was here at Foothills on September 30th. Gus Olsthoorn spoke on the topics titled “Amazing Evidences for a Young Universe” and “Noah's Flood” followed by a question and answer session. There were approximately 67 people in attendance. It was an informative presentation and enjoyed by those who came out for the evening as well as those that watched online.

We have many Creation Ministries resources in the Narthex. There are booklets available on a variety of topics including Noah's Flood, Who was Cain's Wife, How Did We Get Our Bible, Is Human Life Special plus many

more. In addition, you will also find some 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](mailto:education@foothillslutheran.com) if there are other topics you would like to learn about.



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/flechristianed/](https://www.facebook.com/groups/flechristianed/)

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!

Preparations are underway for the upcoming Children's Christmas Service. We look forward to returning to an in-person program. It will be held during our morning Worship service on **December 18th**. Watch for further details in your bulletins in the upcoming weeks. We wish everyone a joyous Christmas season as together we share in God's love for each of us.

The Board of Ed is:

Chair – Tobi Stene

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

Board Members – Kayla Moffett, Michelle Heumann,



## Upcoming Youth Event News

Youth group, or LYF (Lutheran Youth @ Foothills), is for youth in grades 7 to 12, and friends are welcome! We meet every second and fourth Friday, whether it's a long weekend or not, usually from 7 to 10 pm. We also have Bible study every Sunday (except for long weekends) in the youth room at 9 am. If you have questions, please ask Pastor Eric, Evan, or Michelle, and stay connected with youth news by giving Pastor Eric your email address.

### November 11: Bible study and games

We'll be at the church from 7 to 10 pm for some games and a Bible study. Bring a friend, a snack, and your Bible!

### November 25: Laser tag

More information to follow.

### Sunday, November 27: IMPACT Youth Gathering info lunch

Bring your parents and siblings to the Fireside Room after worship for pizza and some info about the youth gathering we'll be going to on the 2023 Canada Day long weekend - June 30 to July 3. RSVP to Pastor Eric by November 22 so we know how much pizza to order!

### November 27: Purdy's order deadline

To help support our trips to gatherings, we will be selling chocolates from Purdy's, and they will be delivered in time for Christmas! Purdy's has a great selection of Christmas goodies, boxed chocolates, and sugar-free chocolate. Brochures are available online at:



<https://em.purdys.com/gnf/xmas2022/SFR/>

[Purdys Seasonal Fundraising Catalogue - Christmas 2022.pdf](#)

or on the Information Centre. Please order online at: <https://fundraising.purdys.com/814849-96920>.

The order/payment deadline is November 27. Orders will be available for pick up on Sunday, December 11.

Please share this info with your friends and family and invite them to place an order.

We will be organizing the orders at 7:30pm on Wednesday, December 7; please let Michelle know if you are able to help!

### December 9: Mustard Seed sorting centre

We are planning to serve our community by helping sort donations at the Mustard Seed warehouse - watch for more info about what time to meet.

### December 23: Christmas party

Wear your favourite ugly Christmas sweater and bring a friend and a snack! We'll be at the church from 7 to 10pm.

### Save these dates:

January 13 and 27



*The Foothills Group at the 2019 NYG*

### November Mission of the Month Inn from the Cold

Homelessness is a problem in Calgary, and like the Mustard Seed, Inn from the Cold seeks to help. Other programs work on support and prevention.

### December Mission of the Month Lutheran Hospital Ministries

Trained visitors provide spiritual care to those in the hospitals and nursing homes in Calgary and nearby regions.