

# Foothills Lutheran Church

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

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



## *Third Sunday in Lent*

### *March 12, 2023*

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

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

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

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

**Pastor Emeritus:** Eldon Ohlinger

**A Prayer Upon Entering:** Christ, our Healer, You restored sight to a man born blind. Now help us to see You at work in our lives. Remove the blinders of sin and evil. Take away all that obstructs our view of You. And clear our vision to see the glory that awaits us in heaven.

*O guiding Lord, lead us into the bright light of Your love.*

**OUR WORSHIP TODAY**

**ORDER OF SERVICE:** ..... As projected

*Please note: We omit the Hymn of Praise and the Alleluias during Lent.*

**HYMNS:** ..... Our God Saves; You are My King (Amazing Love)

..... My Saviour, My God; Your Name; Revelation Song

**FIRST LESSON:** ..... Exodus 17:1-7

**EPISTLE LESSON:** ..... Romans 5:1-8

**GOSPEL LESSON:** ..... John 4:5-26 (27-30, 39-42)

**SERMON:**

**WELCOME!** It is a joy to have you with us today, especially the visitors who have joined us this morning. We gather together this day to be fed with the life-giving word of God. If you are visiting with us today, we hope you will join us again and find the joy, peace and life we have as God's people. We also hope you will sign our guest book at the back of the church.

**WE CELEBRATE HOLY COMMUNION NEXT SUNDAY** 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.

**A NOTE ABOUT OUR OFFERINGS:** We are blessed through the faithful stewardship of God's people. Many of our members have chosen to give their gifts either through pre-authorized payments or by e-transfer. If you wish to give your gifts to the Lord by e-transfer, you can do it through your online account. The transfer address is: [financials@foothillslutheran.com](mailto:financials@foothillslutheran.com).

Offering plates are at the door, both before and after service, for those who want to give their offerings in God's house. These will be brought to the altar during the service.

In all things, let us remember that we give from the bounty that our Lord first bestows upon us. Thanks be to Him for every good and perfect gift!

**THE FLOWERS** that grace our altar are given to the glory of God by Bill and Erika Schultz in remembrance of Erika's mother, Lydia Schmidt.

**SERVING IN GOD'S HOUSE TODAY**

Music..... Contemporary Musicians  
Ushers..... Carter Stene; Jaxson Stene  
Acolyte.....Charlie O’Krafka  
Lector ..... Heather Sommers  
Coffee Team..... Eden, Sarah and Tim Knudtson

**THIS WEEK AT FLC**

<b>Monday</b>	7:00 pm	Lenten Leaders Bible Study
<b>Tuesday</b>	10:00 am	LifeLight Bible Study
	7:30 pm	Ladies Bible Study
<b>Wednesday</b>	6:30 pm	Lenten Worship (Pastor Mark Rekken)
<b>Thursday</b>	1:30 pm	Ladies Bible Study
<b>Sunday</b>	9:00 am	Education Hour
	10:15 am	Worship/Communion

**IN OUR PRAYERS THIS WEEK:**

***In Hospital:***

***Homebound:***

***For Special Intercession:***

***Family Focus:***

**SUNDAY SCHOOL:** Students will study “Forever Food” this week. Jesus sends Peter and John to prepare the Passover for Himself and the others. They follow a man carrying water to a home with a furnished upper room, where they prepare the Passover meal. During the meal, Jesus institutes what we now call the Lord’s Supper. Through the bread and wine, Jesus lovingly gives them, and us, His very body and blood.

**AS OUR PASTORS ARE PREACHING ELSEWHERE,** our Wednesday Communion schedule is being changed during Lent. We did have the opportunity for Holy Communion this past Wednesday, since Pastor Eric was here. He is also preaching here on the 22<sup>nd</sup>, so we will have Holy Communion that night. We give thanks to God for this special gift of God’s grace and forgiveness.

**OUR LENTEN SERVICES ARE ONLINE!** If you can’t be here in person, join us at [www.facebook.com/foothillslutheran](http://www.facebook.com/foothillslutheran) for our time of Lenten meditation.

**THE LUTHERAN HOUR: "Thirsting for Life"** Guest Speaker: Rev. Dr. John Nunes. Jesus gives living water to those who are spiritually dehydrated. (John 4). Hear this inspirational message on CHRB 1140 AM and/or 1060 AM at 8:00 Sunday morning. Streaming audio and podcasts at [www.lutheranhour.ca](http://www.lutheranhour.ca)

**LAST WEEK AT FLC**

Week of:	Sunday/Communion	Wednesday	Education Hour
March 5	160/96	27/21	41

\* Attendance numbers include online participants

**OUR STEWARDSHIP OF GOD'S GIFTS**

Weekly Offering Needs	\$8,288.46	<b>Our Budget Goal</b> \$431,000.00
Envelope Gifts Received Last Week	\$5,645.00	
Envelope Gifts Received to Date	\$76,314.00	<b>+/- YTD</b>
<b>Total Offerings Needed to Date</b>	<b>\$82,884.62</b>	<b>-\$6,570.62</b>

**Non-Budget and Miscellaneous Gifts:** Plate 20.00; Visitor 710.00; FLSR Rent 500.00; CLWR 175.00; Concordia Seminary 75.00; Lutheran Hour 50.00; LWML 25.00; Flowers 60.00.

**MISSION OF THE MONTH  
VBS PROGRAMME**

We have plans to hold an outreach VBS that will be off-site and is aimed at those who do not attend church. Along with this, support for our VBS will be necessary for the summer efforts.

**LENTEN SOUP SUPPERS:** It is with sadness that we have made the decision to cancel our soup suppers for this Lenten season. We know that it is taking time to get back into the routine of many of the things we have done in the past. Hopefully we will be able to gather for this time of both fellowship around the table and the spiritual fellowship of worship in the days to come.



**ONE DAY VACATION BIBLE SCHOOL – MAY 29<sup>TH</sup>:** We are planning a one-day VBS outreach, entitled “*Treasured by God*”, focusing on the Lost and Found parables of Luke 15. This will take place on Monday, May 29<sup>th</sup>, which is a non-instructional day for children in public school. We plan to have it offsite, at Capitol Hill Community Centre. Please consider volunteering your time and talents for that day. We will need teachers, helpers, a crafts leader, and games leaders. Our member families are invited to attend, and we encourage your children to bring an unchurched friend. Talk with Deaconess Miriam and Pastor Eric if you are interested and watch the bulletin and newsletter for more information.

**SPRING SLO-PITCH TEAM:** If you're at least 18 and are interested in playing some slo-pitch on a regular basis (before the tournament in Golden on August 11 to 13!), we're hoping to put together a team to play on Monday nights in the Calgary Sport and Social league, starting April 24th for 8 weeks. Cost will depend on how many people sign up. Contact Michelle Heumann ([michelleheumann@gmail.com](mailto:michelleheumann@gmail.com)) before March 21 if you're interested!

**OUR LENTEN LEADERS BIBLE STUDY** continues Monday, **March 13<sup>th</sup>** at 7:00 pm. We will be looking at our wounded Saviour and the wounds of betrayal, apathy, denial, mockery and abandonment. These wounds came from those close to the Lord, who suffered for us. We hold these studies as times of spiritual refreshment for our leaders, but you are invited to join us. Let one of the pastors know you would like to attend.

**PASTOR BODE IS OFFERING A THURSDAY EVENING BIBLE STUDY.** The study would be held in Tuscany, at the Bode home. We would follow the LifeLight programme. Are you interested in this? Let Pastor Bode know that you would welcome another bible study opportunity!



**THANK YOU** to Sarah Knudtson and her fellowship team of volunteers for staging last Sunday's pot blessing noon meal. Approximately 60 people attended and enjoyed the food and fellowship on a cold wintry day. Our fellowship group did a great job. God's blessings to all!

**JOIN US FOR OUR SPECIAL LENTEN SERVICES** as we look at "*Chronicles of the King*", and through a look at some of the kings who followed in the line of David we will look to the rule of the coming King—the Christ, who will sit on the throne of his father David forever.



We are sharing in a Lenten rotation with St. Matthew's, Lutheran Church of the Good Shepherd, and Prince of Peace. Pastors will be travelling to each church to share a sermon each week. Our services begin each Wednesday at 6:30 pm. We hope you will join us for these services:

**March 15:** Pastor Mark Rekken

**March 22:** Pastor Moffett

**March 29:** Pastor Bode

**YOUNG ADULT RETREAT:** Trinity Lutheran Church is hosting a **Young Adult Retreat** the weekend of **May 5-7** at **Camp Luther** in Mission, BC. We want to invite all young adults ages 18-35 near and far to join us at this event! Registration has just opened for the event using the following link: <https://forms.gle/ex3FEkz2ttiNo3Uv7>. More information can be found here: <https://linktr.ee/yaretreat>



**MISSION PRAYER:** This week, we remember **Reverend Bun Sopeab (Boon So-Peeb)**, the Chairman of Cambodia Lutheran Church and the pastor of Preach Lutheran Church in Kampot. He is also a part time teacher in Garuna Christ School. **Prayer:** Heavenly Father, as Your Son sent forth His Church to make disciples in all nations, we lift up before You, Rev. Sopeab, asking You to sustain him by Your Spirit and bless his labours for the sake of the Gospel; Lord in Your mercy, **C: Hear our prayer.**

**LUTHERAN HOSPITAL MINISTRIES:** Given the ongoing computer difficulties with the AHS system, we ask that you contact Lutheran Hospital Ministries directly ([lhmsac@gmail.com](mailto:lhmsac@gmail.com)) if you or someone you know is going into the hospital and desires a visit from one of our dedicated volunteers.



**WE ARE FAMILY!** More than just being a song from the 70's, that is the appropriate description of us as a church. We are brothers and sisters in Christ. Paul speaks of us as being members of the household of God. (Ephesians 2:19).

Like any family and like any household, we are best when we are together. We are best when we

work together for our mutual benefit and good. There are so many ways in which we can serve and work together. There are so many ways that we can show our love and concern for one another in the things we do for the family. We do see some great efforts—like that of our Board of Fellowship in organizing the pot-blessing lunch last week. We have the faithful work of our Board of Human Care Ministry, seeking to encourage people in various ways. Our Elders pray and encourage our members. Yet there is always more we can—and should—do.

The church doesn't need to be busy for the sake of busyness. We seek to do those things that bring us together and allow us to serve God and to serve one another in love. Read Acts 2:42-47 and see what the early church did, and how God blessed their efforts! They didn't do these to be busy; they did these things to love and care for one another.

You will soon have the opportunity to fill out a "Ways I Can Serve" form, provided by the Board of Stewardship. We hope that you will fill it out and be involved in our mutual ministry to one another. No home runs well if only one or two members do everything. God has already established this household to have the various gifts and abilities we bring together for the common good. May we work together to make this family of God the best it can be by His grace!



## Growing FAITH at home

12 March 2023

THIRD SUNDAY  
IN LENT

JESUS IS  
THE LIVING  
WATER



**Grow Ministries**  
LGA CHILD YOUTH & FAMILY MINISTRY



**LUTHERAN  
CHURCH  
OF AUSTRALIA**

*where love comes to life*

[www.growministries.org.au](http://www.growministries.org.au)



### CONVERSATIONS

*Share your highs and lows, or respond to the following:*

1. What do you use water for?
2. What is a question you would like to ask Jesus?



### BIBLE READINGS

*Read the following Bible readings throughout this week.  
Talk about what words or phrases stand out for you.*

1st reading

**Exodus 17:1-7**  
Water from  
the rock

2nd reading

**Romans 5:1-11**  
Peace and hope

Gospel reading

**John 4:5-42**  
Jesus and the woman  
at the well

### DISCUSS

Jesus says that those who drink the water he gives to them will never be thirsty again (John 4:13-14). What do you think he means?



### ACTION RESPONSE

Resolve to drink only water in your home this week. Write up or type Jesus' words 'Come to me and drink' (John 7:37) and attach to your water jugs or water bottles. Donate any money you save by not using purchased beverages (soft drinks, juices etc) to a charity of your choice.



### PRAYER

Pour your love into our hearts, God, and let it overflow to others. Amen.



### MEALTIME PRAYER

Thank you for feeding our bodies and souls for eternal life with you. Amen.



### BLESSING

May Jesus pour his love into your heart.

NO ONE WHO DRINKS THE WATER I GIVE WILL EVER BE THIRSTY AGAIN. THE WATER I GIVE IS LIKE A FLOWING FOUNTAIN THAT GIVES ETERNAL LIFE.

JOHN 4:14

VERSE OF THE WEEK

