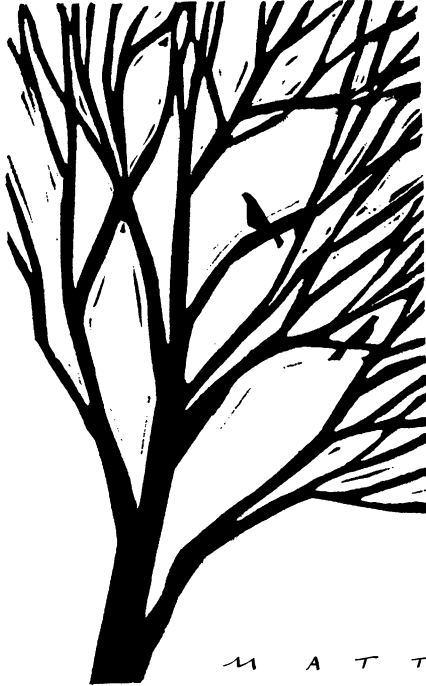


Foothills Lutheran Church

3104 – 34 Ave NW Calgary, AB T2L 2A3 403-284-1342 www.foothillslutheran.com

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



COME
TO ME
ALL YOU
WHO
ARE
WEARY

M A T T H E W 11:28

Sixth Sunday after Pentecost

July 9, 2023

Senior Pastor: David Bode (flcpastor@foothillslutheran.com)		DPS: Deaconess Miriam Winstanley (miriam@foothillslutheran.com)
Associate Pastor: Eric Moffett (flcpastoreric@foothillslutheran.com)		Office Administrator: Carol Kehler (office@foothillslutheran.com)
Pastor Emeritus: Eldon Ohlinger		

A Prayer Upon Entering: Lord, we are weary--weary from all that we have had to do at work, at home, and at school. We are burdened, too, Lord--burdened with problems, concerns, nagging sins, and doubts. Restore our strength and lift our heavy loads, we pray, so that we can become closer to You.

Gentle and humble Lord, grant us peace and rest.

OUR WORSHIP TODAY

ORDER OF SERVICE: Divine Service Setting One
HYMNS: 349; 699; 366; 353;966
FIRST LESSON:.....Zechariah 9:9-12
EPISTLE LESSON: Romans 7:14-25a
GOSPEL LESSON:Matthew 11:25-30
SERMON

WELCOME: If you come as a visitor today, we hope you will leave as a friend. Whether you are a newcomer to the community or to our church, we are honoured to have you here. If you are a member of this congregation, please be sure to extend a warm greeting and a friendly welcome to our sisters and brothers in Christ. Speak to someone you don't know before you speak to someone you know.

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.

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.

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 God's altar this morning are given by Alice Churney in loving memory of her husband, Vic.

SERVING IN GOD'S HOUSE TODAY

Organist..... Deaconess Miriam Winstanley
 Ushers..... Elfrieda Heiden; Heather Sommers
 Lector Heather Sommers
 AV Operators Evan Stene
 Coffee Team.....The Knudtson Family

THIS WEEK AT FLC

Tuesday	10:00 am	VBS Training
	7:00 pm	Ladies Walk/Devotion
Wednesday	6:30 pm	Midweek Worship/Communion
Sunday	8:30 am	Stampede Breakfast
	10:15 am	Outdoor Worship

IN OUR PRAYERS THIS WEEK:

In Hospital:

Homebound:

For Special Intercession:

Family Focus:

THE LUTHERAN HOUR: Speaker: Rev. Dr. Michael Zeigler. Jesus changes the way we see ourselves and others, even our villains. He died and rose for them, too. (Romans 7:24). Hear this inspirational message on CHR 1140 at 8:00 Sunday morning. Streaming audio and podcasts are available at www.lutheranhour.ca.



In Sympathy

WE EXTEND OUR CHRISTIAN SYMPATHY and the glorious hope of the resurrection to Joe and Donna Poirier and family at the death of their son, Jeff. We pray that God would comfort this family with His everlasting love.

AT OUR VOTERS' MEETING, we made the decision to offer our Regional Pastor, Rev. Robert Mohns, the use of the downstairs office for his work with our region of LCC. Pastor Mohns (who is also a member of our congregation) spends much of his time travelling, but this will give him a place to work when he is home in Calgary. Welcome, Pastor Mohns!

LAST WEEK AT FLC

Week of:	Sunday/Communion	Wednesday
July 2	106/82	10

* Attendance includes online participants.

OUR STEWARDSHIP OF GOD'S GIFTS

Weekly Offering Needs	\$8,288.46	Our Budget Goal \$431,000.00
Envelope Gifts Received Last Week	\$6,322.00	
Envelope Gifts Received to Date	\$183,206.00	+/- YTD
Total Offerings Needed to Date	\$223,788.46	-\$40,582.46

Non-Budget/ Miscellaneous Gifts: Visitor 305.00; Parking 400.00; FLSR 500.00; Lutheran Bible Translators 65.00; Ukraine Mission 75.00; Lutheran Hour 90.00; LWML 75.00; Youth Group 720.00; A/R 25.00.

STAMPEDE BREAKFAST: Our stampede breakfast is only a week away! It's time to warm up your YEEHAWES! We still need a few things:

- Draw baskets, please drop off at the office.
- Flyer delivery to the communities of Brentwood, Charleswood and Varsity. Please sign up on the Stampede Sign up sheet on the fellowship bulletin board.
- We also have a few spots left for volunteering at the actual event, sign up at the fellowship bulletin board.
- Prayers for good weather and receptive guests.

Thank you all for helping to make this event a success!

SUMMER VACATION BIBLE SCHOOL: We've had an excellent response for our **July 24-28** summer VBS, "Loved by God". We are still taking registrations; however, as most classes are nearly full, we have begun a wait list. To register, go to <https://www.foothillslutheran.com/ministries/christian-education/vbs2023/>



Thank you to all who have stepped forward to help with this week!

We are still looking for some volunteer helpers to round out our team, including people willing to put on a hot dog lunch on Friday July 28th. Contact Deaconess Miriam or Pastor Eric if you have any questions or wish to volunteer.

The craft department is looking for donations of some everyday items! We are looking for jam jars, and 4oz. and 8oz. (500 ml) Mason jars, with lids. If you can help supplying any of these items, please leave them in the box marked "VBS" under the mailboxes. We thank you for your help as we touch the hearts of children through this ministry.

UPDATE
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PLEASE NOTE: During the summer months, we will only hold our coffee fellowship following worship on **non-communion Sundays**.



Growing FAITH at home

9 July 2023

SIXTH SUNDAY
AFTER PENTECOST
– PROPER 9

JESUS
INVITES US TO
BRING OUR
WORRIES
TO HIM



growministries
LCA CHILD YOUTH & FAMILY MINISTRY



www.growministries.org.au



CONVERSATIONS

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

1. Have you ever felt 'worn out'? Share your experiences.
2. Have you helped someone who was weary? How did that feel?



BIBLE READINGS

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

1st reading

Genesis 24:34-67
Isaac meets Rebekah

2nd reading

Romans 7:15-25
A slave to God's law

Gospel reading

Matthew 11:16-19, 25-30
Rest for the weary

DISCUSS

Jesus invites those who are weary and carrying heavy burdens, to come to him and he promises to give them rest. How does Jesus help us when we are weary?



ACTION RESPONSE

Do you know someone who is burdened? (e.g. by sickness, grief, depression or other troubles?) Is there a way you could help them in their time of need? You might consider sending them an encouraging card or note featuring Jesus' words from Matthew 11:28.



PRAYER

Dear Jesus, help us to bring our burdens to you. You promise to give us rest. Help us to be gentle and humble like you.
Amen.



MEALTIME PRAYER

God, you love and care for us more than we know. Thank you! Bless this food that comes from the earth you made. Amen.



BLESSING

May the Lord take your worries from you and give you rest.

JESUS SAID, "COME TO ME, ALL OF YOU WHO ARE WEARY AND CARRY HEAVY BURDENS, AND I WILL GIVE YOU REST."

MATTHEW 11:28

VERSE OF THE WEEK

