

# 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”*



MARK 1 : 27

*Fourth Sunday after the Epiphany*

*January 28, 2024*

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

**A Prayer Upon Entering:** Lord Jesus Christ, You have authority over everything in heaven and on earth. May we respect Your power and trust in Your ability to overcome the forces of evil all around us.

*Lord of all, protect us by Your might.*

**OUR WORSHIP TODAY**

**ORDER OF SERVICE:** .....As projected  
**HYMNS:** ..... “Your Name”; 849; “Goodness, Love and Mercy”; 842; 810  
**FIRST LESSON:**.....Deuteronomy 18:15-20  
**EPISTLE LESSON:** ..... 1 Corinthians 8:1-13  
**GOSPEL LESSON:** ..... Mark 1:21-28  
**SERMON:**

**WELCOME** in the powerful and precious name of Jesus! We invite you to pray with us; sing with us; learn from God's Word with us. We are glad that you have joined us, and we hope you will come again. Please take a moment to sign our guest book at the back of the church. May God richly bless your worship here today!

**WE CELEBRATE HOLY COMMUNION WEDNESDAY** 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).

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!

**SERVING IN GOD'S HOUSE TODAY**

Organist..... Deaconess Miriam Winstanley  
Ushers..... Lorne Rosenau; Ellen Wagner  
Acolyte ..... Julia Han  
Lector ..... Faith Dueck  
AV Operator..... Michelle Funke; Evan Stene  
Coffee Team.....Tim and Sarah Knudtson

### ***THIS WEEK AT FLC***

<b>Today</b>	12:15 pm	<b>Voter's Meeting</b>
<b>Monday</b>	7:00 pm	Board of Education
<b>Tuesday</b>	10:00 am	LifeLight Bible Study
	7:30 pm	Ladies Bible Study
<b>Wednesday</b>	6:30 pm	Midweek Worship/Communion
<b>Thursday</b>	1:30 pm	Ladies Bible Study
<b>Saturday</b>	9:00 am	Men's 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:*** Widespread sin and corruption filled the earth, but “Noah found favor in the eyes of the LORD” (Genesis 6:8). In today’s lesson, “A New Beginning,” students will learn how, following God’s command, Noah and his family begin constructing a massive ark, with provisions for an extended journey. At the Lord’s direction, each animal kind boards the ark, along with Noah and his family. The fountains of the deep open and rain falls for forty days, swallowing up every living thing. Through the flood, God keeps Noah’s family safe and lands them on a mountain. Discuss the sign of the promise God gives us: the rainbow.

***THE LUTHERAN HOUR: "Forgiveness Is a Gift from Far Away".*** Guest Speaker: Rev. Dr. Daniel Paavola. Forgiveness is a gift Christ won for us on a cross, thousands of miles away and two thousand years ago (Psalm 103:11-12). Hear this inspirational message on CHRB 1140 AM at 8:00 and/or CJLI-The Light-700 AM at 9:30 Sunday mornings. Streaming audio and podcasts are available at [www.lutheranhour.ca](http://www.lutheranhour.ca).

**LAST WEEK AT FLC**

<b>Week of:</b>	<b>Sunday/Communion</b>	<b>Education Hour</b>	<b>Wednesday</b>
January 21	149/101	34	8

*\*Attendance includes online participation.*

**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	\$11,305.00	
Envelope Gifts Received to Date	\$25,105.00	<b>+/- YTD</b>
<b>Total Offerings Needed to Date</b>	\$24,865.38	\$239.62

**Non-Budget/Miscellaneous Gifts:** Plate 110.00; Visitor 165.00; FLSR 2000.00; Inn from the Cold 50.00; Lutheran Hospital Ministries 20.00; Lutheran Hour 0.50; LWML 80.00.

**\*Please Note:** Our offering numbers/needs will be updated when the new budget for 2024 is adopted.

**MISSION OF THE MONTH**

**LUTHERAN WOMEN'S MISSIONARY LEAGUE - CANADA**

Based on the biblical story of the widow's mite (Luke 21:1-4 KJV), "mites" – offerings above and beyond the support given to the congregation and the synod – are collected by women of Lutheran Church-Canada. Mite contributions amount to thousands of dollars, supporting LWML-Canada district and national grants to mission projects around the world as well as implementing the LWML-Canada program. Mite offerings are gathered at meetings, preferably with prayer or special devotions.

**OUR VOTERS WILL BE MEETING TODAY** to adopt the budget for 2024. Voter packages are available on the Welcome Desk.

**HELP BEAUTIFY GOD'S ALTAR!** Our flower chart has many openings for the new year. Sign up for a week, and if the flowers are in memory of someone, or celebrating a special occasion, please let us know.



**VACATION BIBLE SCHOOL:** In the past (pre-Covid) we ran 2 weeks of VBS at Foothills Lutheran Church, and we would like to go back to 2 weeks again, provided we have the volunteers needed to do so. That's why we are checking with you, our dear members. We will definitely run one week, **July 22-26**. The second week would run **July 29-August 2**. If you would prayerfully consider whether you can help us out, and which weeks would work best for you (or if you would be willing to help both weeks), we would appreciate hearing from you. Please let us know your thoughts by the end of January.

**LENT BIBLE STUDY:** The Board of Christian Education will be holding our annual Lent Bible study starting on **Monday, February 26**, at 7 pm for five Mondays, though March 25. The study will examine the apostle Paul, who is perhaps the most popular letter-writer of all time. This study explores the life, faith, and ministry of the apostle Paul and teaches readers about God's plan and purpose for our lives. You will learn how the inspired letters of Paul speak to you today as powerfully as they did to their first audience. Everyone is invited to attend, and we particularly encourage the leaders of our congregation to participate. If you're interested in coming, please let Trevor Heumann ([education@foothillslutheran.com](mailto:education@foothillslutheran.com)) know.



**THE ANNUAL SHROVE TUESDAY PANCAKE DINNER**, hosted by the youth group, will be returning on **February 13**, and pancakes and ham will be served from 5:30 to 6:30 pm (gluten-free pancakes will be available as well). Please sign up on the sheet on the youth bulletin board by Wednesday, February 7, so we have an idea of how many people to prepare for, although you are welcome to attend even if you don't sign up.

Donations towards our trips to gatherings, like the 2025 Lutheran Church-Canada National Youth Gathering, are appreciated!

**Youth**, come at 4pm, or as early as possible, to help set up and cook. You'll get to eat dinner, and help clean up, too!

**OUR MEN'S BIBLE STUDY** will gather Saturday, **February 3<sup>rd</sup>** at 9:00 am. We invite the men of the congregation to join us. We have breakfast at 9:00 am (free-will offering) and study following. We wrap up at 10:30 am. Come for the fellowship and the food, both earthly and heavenly!



**TAX RECEIPTS FOR 2023** will be available in your mailbox next week. We will leave them there until mid-February then, if not picked-up, will mail them out. If you would like your receipt mailed sooner, please contact the church office.



**POT BLESSING - LOVE FOR GOD AND ONE ANOTHER:** Join us after service for a pot blessing on **February 11<sup>th</sup>** to celebrate the 4 very special types of love captured in the scriptures. Storge (family love), Philia (friendship love), Agape (unconditional love) and Eros (romantic love).


Please sign up in the narthex to bring your favorite main, appetizer, side or salad to share in love with your Foothills family.

**SQUARE DANCING:** The Fellowship Board welcomes you to join us in some early Stampede fun and learn some square dance steps on **Friday, April 26<sup>th</sup>**. Watch out for further details as the date gets closer.



**MISSION PRAYER CAMBODIA:** This week, we pray for **Rev. Romass Svell** who serves as pastor for the Jarai community in Ratanakiri. **Prayer:** Heavenly Father, as Your Son sent forth His Church to make disciples in all nations, we lift up before You, Pastor Svell, 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.**



 **ONCE AGAIN, WE DRAW NEAR TO THE SACRED SEASON OF LENT**, which begins on Ash Wednesday, February 14<sup>th</sup>. We will hold special services to lead us to the cross and a deeper appreciation of all that our Saviour has done for us in His death and resurrection.

Our theme is *Coming Home from Exile: The Exoduses of the Scriptures*. and we will see how God brings the lost, wandering and exiled sinners back to His promised land.

We will again have a Lenten rotation, sharing together 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:

- Ash Wednesday -Feb. 14** The Ashes of Paradise Lost, Genesis 3  
Pastor Bode / Pastor Moffett
- February 21** "Out of Egypt I Have Called My Son," Exodus 14  
Pastor Rekken – Prince of Peace
- February 28** Abram's Exodus before the Exodus, Genesis 12:10–20  
Pastor Zeuch – St. Matthew
- March 6** The Promise of a Cosmopolitan Exodus, Isaiah 11:11–16  
Pastor. Dressler – Lutheran Church of the Good Shepherd
- March 13** Jacob the Heel Comes Home, Genesis 28:10–17 – Pastor Moffett
- March 20** Exile and Return from Our Babylons, Ezra 1:1–4 – Pastor Bode

**DO WE WANT SOUP SUPPERS DURING LENT?** If we are going to be able to do this, we will need volunteers to make soup. Normally, we would have our supper at 5:30, with service at 6:30 pm. We will post a sign-up sheet or you can speak to one of the staff. We would love to have this time of fellowship together—can you lend a hand?



## Growing FAITH at home

FOURTH  
SUNDAY AFTER  
EPIPHANY

YEAR B

Jesus is our  
great teacher



GrowMinistries  
LCA CHILD YOUTH & FAMILY MINISTRY



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



## CONVERSATIONS

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

1. Talk about a teacher you liked and respected. What did you learn from him or her?
2. Read Mark 1:21-28. Why do you think people were amazed at Jesus' teaching?
3. What do you find amazing about Jesus? What do you wish to learn from Jesus?



## BIBLE READINGS

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

- |          |                             |                                  |
|----------|-----------------------------|----------------------------------|
| <b>S</b> | <b>Mark 1:21-28</b>         | Jesus casts out an evil spirit   |
| <b>M</b> | <b>Deuteronomy 18:15-20</b> | The Lord promises a prophet      |
| <b>T</b> | <b>1 Corinthians 8:1-13</b> | Love builds up others            |
| <b>W</b> | <b>Matthew 7:24-29</b>      | Jesus teaches with authority     |
| <b>T</b> | <b>John 14:23-31</b>        | Obeying Jesus' teaching          |
| <b>F</b> | <b>Joshua 1:6-9</b>         | The Lord speaks to Joshua        |
| <b>S</b> | <b>Psalm 111</b>            | Praise for God's wonderful works |

## VERSE OF THE WEEK

They were amazed at his teaching, for he taught them with real authority, quite unlike the teachers of religious law.

MARK 1:22





## CREATIVE RESPONSE

Take time this week to remember students.  
Use this prayer to pray for those in your household.

Heavenly Father, be with \_\_\_\_\_ in his/her studies.

Keep \_\_\_\_\_ safe from anything that would harm him/her in body, mind or spirit.

Help \_\_\_\_\_ to gain enjoyment from learning and to learn well.

Help \_\_\_\_\_ to be happy at school and to have good friendships.

Help \_\_\_\_\_ to show your love to others at school and to do what is right.

And help \_\_\_\_\_ to remember that you are with him/her every day, whatever happens; through Jesus Christ our Lord. Amen.



## ACTION RESPONSE

Make it a focus of your home prayer time this week to pray for teachers and leaders in schools and churches. Think of a teacher you are thankful for, write them a letter or send them a card of encouragement.



## MEALTIME PRAYER

Lord, without food  
we'd go unfed.  
Thank you for our  
daily bread. Amen.



## PRAYER

Amazing Lord  
Jesus, teach us  
to know you,  
love you and  
serve you. Amen.



## BLESSING

May God teach  
you his ways.  
May you learn  
of his love and  
grace and live in it  
always.