

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”



Fifth Sunday after the Epiphany
February 4, 2024

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: We look to You for help and healing, O Lord. Be with all those who are in need at this time. Lift them up and restore them so that they may continue to serve You wholeheartedly.

Gracious Savior, bless us with Your tender touch of mercy.

OUR WORSHIP TODAY

ORDER OF SERVICE: Divine Service 1, p. 151
HYMNS: 868; 795; 849; 790; 621; 620; 731
FIRST LESSON: Isaiah 40:21-31
EPISTLE LESSON: 1 Corinthians 9:16-27
GOSPEL LESSON: Mark 1:29-39
SERMON: All For the Gospel – 1 Corinthians 9:16-23

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 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.

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..... Anne Marie Kothari; Brian & Barb Vincent
Acolyte Keira Puchbauer
Lector Kelly Dueck
AV Operator..... Sacha & Derek Kiefer; Evan Stene
Coffee Team..... Ralf Hinterleitner; Ellie Marshall; Bill & Erika Schultz

THIS WEEK AT FLC

Monday	6:30 pm	Sunday School Meeting
Tuesday	10:00 am	LifeLight Bible Study
	7:30 pm	Ladies Bible Study
Wednesday	6:30 pm	Midweek Worship
Thursday	1:30 pm	Ladies Bible Study
	6:00 pm	Children's Choir
Friday		Youth
Sunday	9:00 am	Education Hour
	10:15 am	Worship
	12:00 pm	Faith @ Home – Tech Boundaries
		Pot Blessing

IN OUR PRAYERS THIS WEEK:

In Hospital:

Homebound:

For Special Intercession:

Family Focus:

SUNDAY SCHOOL: In today's lesson, "A Call to Action," Abram responds to God's calling as he leaves his idolatry and homeland to follow the one true God. Abram takes his wife, Sarai, and nephew Lot as they journey to the land of Canaan. The Lord's appearance prompts Abram to build an altar, celebrating God's promise to give this land to his descendants. Discuss how God guides and leads us by His Word today.



THE FLOWERS that grace our altar for February are given to the glory of God in remembrance of Rick Bennetts (Michelle Heumann's father) and Iain Graham (Christine Heumann's father).

THE LUTHERAN HOUR: "Nature Abhors a Vacuum" Lutheran Hour Speaker: Rev. Dr. Michael Zeigler. What fills the heart that has no room to forgive? (Ephesians 4:32). 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.

LAST WEEK AT FLC

Week of:	Sunday	Education Hour	Wednesday/ Communion
January 28	129	34	12/12

**Attendance includes online participation.*

OUR STEWARDSHIP OF GOD'S GIFTS

Weekly Offering Needs	\$7,404.00	Our Budget Goal
Envelope Gifts Received Last Week	\$2,915.00	
Envelope Gifts Received to Date	\$28,020.00	+/- YTD
Total Offerings Needed to Date	\$29,615.38	-\$1,595.38

Non-Budget/Miscellaneous Gifts: Plate 21.25; Visitor 140.00; Sunday School 11.00; LWML 100.00; Other Recoveries 65.00.

**Please Note:* Our offering numbers have been updated to reflect the adopted 2024 budget.

MISSION OF THE MONTH LUTHERAN HOUR MINISTRIES

Lutheran Hour Ministries is a trusted resource in global media that equips and engages a vibrant volunteer base to passionately proclaim the Gospel with people around the world more than 195 million times each week. Through its North American headquarters and ministry centers on six continents, LHM reaches into more than 60 countries, often bringing Christ to places where no other Christian evangelistic organizations are present. LHM's flagship ministry, **The Lutheran Hour®**, airs weekly on more than 1,800 radio stations and the American Forces Network.



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.

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



TAX RECEIPTS FOR 2023 are now available in your mailbox. We will leave them there until mid-February then, if not picked-up, will mail them out.

LENTEN BIBLE STUDY: The Board of Christian Education will be holding our annual Lenten 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) 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!

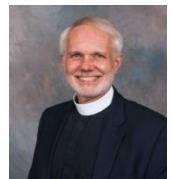


POT BLESSING - LOVE FOR GOD AND ONE

ANOTHER: Join us after service for a pot blessing on **February 11th** 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.

MISSION PRAYER: This week, we pray for **Rev. Dr. David Somers** who serves as the Missionary-at-Large for LCC's French Ministries in Quebec, as well as pastor of the Evangelical Lutheran Church of the Ascension in Montreal, Quebec.



Prayer: Heavenly Father, as Your Son sent forth His Church to make disciples in all nations, we lift up before You, Pastor Somers, 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 14th. 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

OUR VOTERS' MEETING received the reports of our boards and adopted the budget for 2024. Our new budget needs are reflected in the stewardship information above. May we be faithful in the gifts that God has given to us, as we use His gifts to us to support the work He calls us to do as His people.

HAVE YOU CHECKED OUT THE CHURCH LIBRARY? There is a host of good reading to inform, educate and inspire. Why not read a book—you can even review it and share it with others through the bulletin!



Growing FAITH at home

FIFTH SUNDAY
AFTER
EPIPHANY

YEAR B

Jesus brings
us to God's
healing.



GrowMinistries
LCA CHILD YOUTH & FAMILY MINISTRY



where love comes to life

www.growministries.org.au



CONVERSATIONS

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

1. When do you feel close to God?
2. Mark 1:35 tells us that Jesus went off to a quiet place to pray. When do you pray? Where do you pray? What do you pray about?
3. Share about a time when you felt or experienced God answering your prayers.



BIBLE READINGS

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

S	Mark 1:29-39	Jesus heals many people
M	Isaiah 40:21-31	The Lord gives strength
T	1 Corinthians 9:16-23	The rights of an apostle
W	Isaiah 35:3-10	God is coming to heal you
T	Matthew 8:5-17	Jesus heals in Capernaum
F	Luke 6:12-19	Jesus spends a night in prayer
S	Psalms 147	Praise the Lord

VERSE OF THE WEEK

Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

ISAIAH 40:30-31



CREATIVE RESPONSE

Christian people are praying people. There are many traditions we can introduce into our homes to remind us to pray and to help make prayer a routine part of our lives. Here are some ideas:

- Pray in silence to meditate on God's presence and assurance.
- Pray to God about your disappointments.
- Pray for people to receive the gospel.
- Have a prayer whiteboard, where household members can jot down prayer requests during the week for others to see.
- Make up a photo display of people you wish to pray for regularly.
- Start a household prayer journal, in which to record prayer points and answers to prayer.
- Display well-known prayers on your walls e.g. the Lord's Prayer.



ACTION RESPONSE

Caring for the sick is a special way of showing Jesus' love. Plan to visit or contact a sick friend or relative this next week. Bring their needs to Jesus in prayer throughout the week.



MEALTIME PRAYER

Lord, you set people free, you heal the sick, and you feed the hungry. We give you thanks and praise. Amen.



PRAYER

Lord, please give us strength when we are weak, and lift us up when we are tired. Amen.



BLESSING

May the Lord give you strength.