

FOOT PRINT



A Letter from the Board of Elders

by Lorne Rosenau

The Board of Elders continue to support Pastor Bode and Deaconess Miriam wherever they can as the call process for a new pastor continues. The elders are looking into contacting retired pastors, who would be willing, to fill in on Sundays when Pastor Bode is unavailable. Additionally, the elders continue to share the Sunday worship service duties in the absence of Pastor Bode. We would like to thank Sarah Knudtson for her work in organizing the schedule for the elder-led services and her ongoing scheduling of the ushers in order to keep our worship services as “normal” as possible during this time of pastoral vacancy.

The elders took part serving pie and ice cream during the fellowship time on Sunday, October 18 as the congregation recognized and showed their appreciation of the work done by our ministry staff, namely Pastor Bode and Deaconess Miriam. Thanks to Heather Sommers for coordinating this celebration.

It can be a stressful time for our congregation as time goes on and FLC remains vacant of a permanent pastor. The Board of Elders want to remind...

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Eldon Ohlinger, Pastor Emeritus

the members of Foothills that we are here to support and help you and to listen to your concerns.

If any member of our congregation would like to speak with an elder, please feel free to approach any one of us on a Sunday. Refer to the latest church directory or contact the church office, and Amber Myers or Deaconess Miriam can give you a telephone number or email address of one of the elders.

The board is made up of the following: Rick Nelson, Rob Kaut, Kellen Rosenau, Lorne Rosenau (chair), Tim Hohm, Trevor Heumann, and Hans Dueck.

In the service of our Lord,
Lorne Rosenau (Board of Elders chair)

A Letter from the Pastor

by Rev. David Bode

Dear friends in Christ:

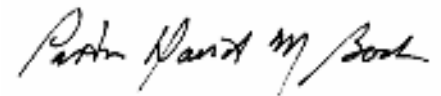
We live in a fast-paced and hectic world. Some days we know we don't have enough hours to do the things we plan to do. There are the days when we don't simply feel overwhelmed by the constant running and rushing from one activity to another; we actually begin to wonder how we survive the frantic pace of our lives. We long for a sense of quiet; we yearn for some time out from the rat race and from the constant pressure of life.

While the church itself can be a busy place, filled with meetings and classes and activities, it is also a haven of rest in the midst of life. We gather here, at the invitation of the Lord, who says, "Come to me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28, ESV) When we gather here in God's house, we have a chance to leave the hustle and bustle of the world behind. We stop for a moment, as our loving Father feeds and nourishes us with His Word and Sacraments. We the time to think about God's goodness, and to rejoice in His blessings to us. We stop to recharge, and to be strengthened for the days ahead. This is why many people have noted that their whole week seems out of sorts if they haven't been to church on Sunday.

It is sad that in our day and age that far too many people see church as just another thing to do, just another activity to fill up their time. It is an activity we give up far too readily, because we tell ourselves we are too busy to take the few hours of a Sunday morning for worship and study of God's word. But can we afford not to take the time? More than a few studies have shown that Christians seem better equipped to handle the stresses of life than their non-Christian neighbours. That shouldn't be surprising to anyone who understands the nurture that God gives to us as we gather together around His Word of life. This wonderful Word puts things into perspective for us. It shows us what matters and what doesn't. It gives courage to flagging hearts. It speaks promises of encouragement and hope to those overwhelmed by life. It lifts us into the presence of God, the God who holds the whole world, and our very lives in His gracious hands. Here, we come with our burden of sin and shame, our load of care and concern, and He takes it off our shoulders, and gives us rest in the gifts He gives us. Now, refreshed, strengthened, admonished and forgiven through His word, we are ready for the days that lay before us.

The real rest we need in the busyness of our lives is not going to be found in our pillow on Sunday morning. It is found in the loving Lord, who wants us to enjoy a Sabbath—a rest—that isn't just a matter of a few hours, but a rest that remains and endures in Him forever. So take a break, and spend time with the Lord. I believe it's the most relaxing thing we can do for our lives.

Confident of His help and strength,



PS - Why not take a moment to read over the words of hymn 684 (Lutheran Service Book), and see what it has to say about this wonderful rest in Christ?



The President's Report

by Dale Dusterhoft

Let me first report that for the first time in over 14 years, we have all volunteer board chair positions filled for the upcoming year. I want to thank Betty Ann Chandler for volunteering to lead the Board of Evangelism. It is great to see continued engagement of our members in our congregation.

Your parish planning council met and set our goals for 2025/26. These have been assigned to the various boards to undertake this year. Some of the larger goals are:

- Prepare a list and cost of repairs, maintenance and improvements to our church properties.
- Establish a new on-line church directory that will be behind a members only section on our church website that we can only be accessed by a personal ID and password.
- Post PPC/Elders pictures in the Narthex.
- Develop a job description for a small group ministry coordinator.
- Develop and roll out a large-scale bible study program that offers members numerous options to attend.
- Develop a job description for a business administrator to reduce the administrative burden of our ministry staff.
- Examine a volunteer coordinator position in the Board of Stewardship.
- Build a job board for the fellowship hall.
- Re-establish greeters before service at the entry doors.
- Elders are looking at a 50/50 split between contemporary and traditional services.
- Expand our Vacation Bible School to two sessions increasing the number of children who attend.
- Meet with a contractor to examine adding a half gymnasium to our church property and get an estimate of costs to bring back to the voters.

We are also looking for volunteers to help us accomplish our goals:

Welcome Greeters - We are re-establishing welcome greeters before service. Welcome greeters need to arrive about 20 minutes before service and will stand at the main doors welcoming visitors and our church members. Welcome greeters will help visitors with any questions they have, direct them to a seat in the sanctuary, tell them about fellowship coffee after service, and help them with any questions they may have. If possible, they will also introduce them to other members to make them feel welcome in our church. We need a Welcome greeter coordinator and we need greeters. Please contact me if you have an interest in either coordinating a schedule for welcome greeters or being a welcome greeter. Families, couples, and individuals could all be welcome greeters. Greeter time commitment can be what you like. You can volunteer once per month or a few times a year. The coordinator would ensure a schedule is in place and would recruit greeters as needed.

In service to our Lord,
Dale Dusterhoft, President

Children and Family Ministry

by Deaconess Miriam Winstanley

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

We welcome all children age 3 through grade 5 to our Sunday School, where they will hear and learn about Jesus’ love for them! We begin Sunday mornings at 9:00 am with an opening in the Fireside Room (parents are welcome to join us), and then children go to their classes. We are beginning our look at God’s rescue of His people from slavery in Egypt as He worked through Moses, His chosen servant. Every lesson will point us to God’s ultimate plan of salvation through His Son, Jesus Christ, and we will see how He frees us from our own slavery to sin.

Children will soon be preparing this year’s Children’s Christmas Service, *“His Name is Jesus,”* which will be presented on Sunday, December 14th during our regular worship service. Rehearsals will be held Saturdays, December 7 at 1:00 pm and December 14 at 10:00 am.

Thank you to our teachers and helpers, who meet monthly for study and planning, and who work diligently to prepare their lessons each week. Our upcoming lessons include:

Nov.2	Signs of the True God	Exodus 7
Nov. 9	Remembrance Day/Fall Break – No Sunday School	
Nov. 16	The Passover Promise	Exodus 12:1-32
Nov. 23	Food From Heaven	Exodus 16
Nov. 30	Water from the Rock	Exodus 17:1-7
Dec. 7	Mary’s Christmas Story	Luke 1:26-56; 2:1-20
Dec. 14	Baby Jesus is Born	Luke 2:1-20
Dec. 21	Songs of Christmas	Luke 1:46-56; 2:1-40
Dec. 28	Christmas Break – No Sunday School	

LADIES BIBLE STUDY OPPORTUNITIES

Two Ladies’ study groups are running, with new members always welcome.

Our Tuesday group meets weekly at Deaconess Miriam’s home. We have begun a new study looking at God’s promises in Joshua in a resource entitled “Strong and Courageous.”

Our Thursday afternoon study group continues its practice of meeting weekly at 1:30 pm for an in-depth study of the readings for the upcoming Sunday. We meet in rooms 4-5 on the lower level of the church.

Both studies take place in person, with the option of participation online via Zoom. Contact Deaconess Miriam for more information!

CHILDREN’S CHOIR

Children’s Choir is back in session. Children age 4 and up join us for twice monthly practices where we learn God’s Word through song, learn what we can do with our voices, learn a bit about music, and learn how to sing with others. If you are interested in having your children participate, please contact Deaconess Miriam for more information.

*Poppies planted by Charlotte Rentz,
in full autumn bloom.*



FAMILY TIME IN CHRIST

We will soon be approaching the season of Advent...a wonderful time to engage your child's senses as you point forward to the celebration of Jesus' birth. This year Advent begins on November 30th. While the world will already be celebrating its version of Christmas, Christians will begin this season of quiet anticipation. Use activities which include the sights, smells and sounds of the season to engage your child in this time of waiting.

- Make or purchase an advent wreath, and as you gather around it for family devotions, watch the light grow brighter each week as Jesus' birth gets closer. He is the light of the world!
- Keep an advent calendar to count the days until the Christmas celebration. Notice how the sense of excitement increases as the calendar days pass. Some advent calendars come with ready-made devotions (see Deaconess Miriam for a sample).
- Check out the Christmas decorations around town and help your children to identify ones which point them to Jesus.
- Smell the scent of the evergreen boughs and trees used to decorate homes and shops and remind the children that the smell of the evergreen tree can remind them that because God sent Jesus to die and rise again for us, we can be with Him forever.
- Make a paper chain with links that contain Scripture passages about Jesus that include both prophecy and fulfillment and hang it on your Christmas tree. Use the Scripture passages for your devotions, and hang it on your tree, adding one link each day of Advent (see Deaconess Miriam for one resource).
- Listen to the radio and help your child to identify the songs that point them to Jesus' birth. Learn some Advent and Christmas songs together.
- Help your child to identify Christmas decorations on your tree that point to Jesus' birth – the star, angels, shepherds, etc.
- Set up a crèche under the Christmas tree, adding a few figures to the nativity scene every week, and finishing with the baby Jesus on Christmas Eve.
- As gifts pile up under the Christmas Tree remind your children that the greatest gift did not come wrapped in colourful paper – He came wrapped in swaddling clothes and lying in a manger.
- Finally, remember that for Christians the Christmas season begins on Christmas Eve and doesn't end until Epiphany – January 6th. While the world is putting away Christmas, you are still celebrating the birth of your Saviour!

May God richly bless
your Advent and
Christmas family time.

Deaconess Miriam



ADVENT FUN FOR EVERYONE!

Come to the church from 10:00 am to 1:00 pm on Saturday, November 29th and get ready for Advent! We'll have a devotion, make Advent wreaths (and other fun crafts) and decorate the sanctuary and the Christmas tree. Lunch will be provided, so if you plan to come, please fill out the sign-up sheet on Deaconess Miriam's door so that we have enough for everyone.

FAITH AT HOME

As a congregation we are encouraging the families of our congregation 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! See below for more information on our upcoming sessions.

Family Time Devotions



Take it Home!

**Sunday, November 23, 2025
following worship**

The daily rhythms of our lives - how we spend our time - teach our children what we are devoted to. Family devotions - regular time spent together with Jesus - keep Him at the centre of your home. At this session you will learn some tips for successfully incorporating family devotions into your regular routine.

Please bring your 3-year-old so you can participate together. Join us after worship in Room 1. Bring the whole family!

RSVP TO:

**Deaconess Miriam
miriam@foothillslutheran.com**

**Designed for children born turning 3
this year and their parents.**

Money and Me



Take it Home!

**Sunday, December 7, 2025
12:00 pm**

All we have comes from and belongs to God - including the allowance your child receives and the gifts of money that come at special occasions. Help your child to learn what God tells us about money and work together on a plan for good stewardship beginning now!

We will meet in the Fireside Room. Please bring your child so you can participate together. Lunch will be provided, and younger children are welcome in the session so that mom and dad can come together.

RSVP TO:

**Deaconess Miriam
miriam@foothillslutheran.com**

**Designed for parents with children
turning 11 this year.**

Board of Christian Education Update

by Tobi Stene



“Let the Word of Christ dwell in you richly ...”

Colossians 3:16

September was a busy month with Rally Sunday being held on September 7th. The morning started with youth Bible study, Confirmation class, and Sunday School classes along with the continuation of adult Bible study. Following Worship Service, coffee was served in the Fellowship Hall and ice cream sundaes were provided to mark the start of the many education opportunities that are available at Foothills.

There are several Bible studies that are currently being held each week. LifeLight is held on Tuesday mornings and Ladies Bible study is on Tuesday evenings or Thursday afternoons. Men’s Breakfast Study is also available once a month, typically planned on the first Saturday of the month. All these show on the church calendar and with information included in the Sunday bulletin. If you are interested in joining one of the groups or have questions, ask Pastor Bode, Deaconess Miriam, or email the board at education@foothillslutheran.com.

Deaconess Miriam and the Sunday School teachers are making plans for the Children’s Christmas Service. The program is titled “His Name is Jesus” and it will be presented to the congregation on Sunday, Dec 14th during morning worship. The students will be practicing their song during Sunday School opening and soon their lines will be assigned to work on at home. It is a time that the students look forward to each year and it offers them an opportunity to share with the congregation the Good News of the birth of our Savior, Jesus Christ.

We are excited for an upcoming study opportunity that is presently in the planning stage. The study is titled “Every One His Witness” offered through LCMS. It is a DVD-based 6-week program that helps people learn to share their faith with those who are with us in our daily lives.

There will be more information made available in the coming weeks that will be included in the Sunday bulletin. More information is available here:

<https://www.lcms.org/how-we-serve/national/witness-and-outreach-ministry>.

We are looking for one or two more people to help with teaching youth Bible study on Sunday morning at 9am. An easy-to-prepare CPH curriculum is used, so if you would like to support the youth at Foothills and are interested in knowing more details, please contact Michelle Heumann, email the board, or contact the church office.

Everyone is welcome to stop in and visit the library or check out the brochure rack in the narthex. You will find a variety of booklets on a wide range of topics that are both interesting and very helpful. There have been some new resources added, so please help yourself to those that are of interest to you. You can email the board at education@foothillslutheran.com if there are other topics you would like to learn about. As well, if there is a book that you have enjoyed from the library and you would like to encourage others to also read it, speak to a board member about writing a brief recap on it so that we could include it in the Sunday bulletin and Foot Print.

Join the private Facebook group:
www.facebook.com/groups/flcchristianed/

The Board of Christian Education is:

Chair: Tobi Stene

Staff Members: Deaconess Miriam Winstanley

Board Members: Michelle Heumann, Trevor Heumann, Derek Kiefer, Evan Stene, Rick Nelson, Barb Vincent, Michelle Funke

Human Care Ministry

by Christine Heumann

REMINDER! Our CRAFT-TEA fellowship for the month of November will be the **THIRD TUESDAY** of the month because of Remembrance Day. December's fellowship will be Dec. 9th. The time is 1:30-3:00 – **EVERYONE IS WELCOME**. Bring something you're working on – OR – just come for tea and fellowship. Do you have a favourite recipe you'd like to share? Bring it with you!

MEALS ON WHEELS – Foothills Lutheran has been involved with this organization for over 35 years. Unfortunately, as we don't have enough drivers to cover January to June of each year and the decision has been made to cancel our participation in this endeavour. A **HUGE** thank you to everyone who has over the years been a part of this community organization.

THE BLESSINGS TREE IS COMING BACK – watch the Human Care bulletin board and Sunday bulletins for more information.

As Christmas approaches, there are **SO** many organizations that request help from the communities. The **FOOD BANK** is always looking for donations of non-perishable food and birthday bags. **MAKING CHANGES (DRESS FOR SUCCESS)** is always asking for winter coats, boots, mitts, hats and purses for their clients. **INN FROM THE COLD** requests new donations of warm clothing. The **MUSTARD SEED** is gearing up for winter for their clients looking for warm clothing as well as hygiene products.

Watch the **HUMAN CARE BULLETIN BOARD** for current listings of needs for these organizations. These may be dropped in the labelled buckets between the washrooms.

Do you know of someone who may be sick or homebound and in need of a meal delivered? Please let me know either by phone or email.

Respectfully submitted - Christine Heumann
Chair, Human Care Ministries
Cell: (403) 710-8347 /christineheumanncg@gmail.com

FLC Youth Group

Youth in grades 7-12 are invited to participate in our monthly youth activities - here is what is coming up. Please contact Evan Stene or the church office to connect!

UPCOMING YOUTH ACTIVITIES

Nov 14	7:00 - 10:00 pm	Escape Room
Dec 12	7:00 - 10:00 pm	Christmas Party
Jan 16	7:00 - 10:00 pm	Downhill Tubing
Feb 8	1:30 - 4:30 pm	Swimming
Mar 13	7:00 - 10:00 pm	Activate
Apr 18	12:00 - 2:00 pm	Paintball
May 24	1:00 - 4:00 pm	Laser Tag

PURDY'S FUNDRAISER

To help support FLC's Youth, we will again be selling chocolates from Purdy's - and they



will be delivered in time for Christmas! Purdy's has a great selection of Canadian-made Christmas goodies, boxed chocolates, and sugar-free chocolate. Order online at <https://fundraising.purdys.com/1986020-121761> and pay with a credit card. The order/payment deadline is **November 22**, and orders will be available for pick-up on **December 5 (evening) & 7**.

We thank you for your support!

Board of Evangelism

by Betty Ann Chandler

WALK IN THE PARK

The phrase, "a walk in the park" means something that is easy to do. Are you aware of, or frequent any Little Free Libraries in or around your neighborhood? Let the church office or Betty Ann know. Do you like to walk outdoors? Let the church office or Betty Ann know. We are piloting a new idea to share God's love this Christmas with those in our community.

Board of Fellowship

by Heather Sommers

COFFEE TEAMS

Do you like to bake? We are always on the lookout for home baking or purchased goodies to enjoy during Sunday fellowship after Sunday service. Please ensure treats do not contain any nuts.

MINISTRY APPRECIATION PIE SOCIAL - OCTOBER 19TH

We are very blessed with the Ministry staff at Foothills. The Elders did a great job at slicing and plating up many, many pies and topping off with ice cream and whipped cream. It is always fun to see what variety of pies are brought each year.

CONFIRMATION DINNER - OCTOBER 30TH

Thanks to some great help in the kitchen, a dinner was put on for the families of our confirmation youth, Julia, Keira and Maliyah and the Ministry staff. God's bless them as they share their confirmation with their Foothills family.

UPCOMING EVENT:

POT BLESSING - NOVEMBER 16TH

Make your favorite recipe to share with the rest of the congregation for a pot blessing lunch after service. Pie will be provided as dessert.



DO YOU HAVE ANY FOOD ALLERGIES?

Do they prevent you from attending Fellowship activities? Please let me know what your allergies are so we can ensure they are avoided so you can enjoy fellowship events.

Ladies' Christmas Party

All ladies are invited to a Christmas party and gift exchange on Saturday, November 29 from 1:00-5:00pm at Tobi Stene's home. Please bring an appetizer or baked item to share, beverages will be supplied. Christmas colours will be the food theme. Please bring a gift valued \$20 or less for a fun gift exchange (no gag gifts please). A sign-up sheet will be available on the Fellowship board in November. For any questions, please contact Kelly Dueck or the church office.



Operation Christmas Child

"So now faith, hope, and love abide, these three; but the greatest of these is love."
1 Corinthians 13:13



We have the opportunity to share our gifts with children around the world who live in poverty, places where natural disasters have occurred or war zones. The most important gift of all is the sharing of the gospel through a tract put in the shoebox and an invitation to all children to attend a 12 week discipleship program. Boxes and brochures are on the table by Miriam's office. Completed shoeboxes can be left on the same table. Contact Elke (403)830-2143

Lunch Bunch

An enjoyable lunch was had by all on the last Tuesday in October and the decision was made to meet each month. The Lunch Bunch strikes next at Chianti's in Crowfoot at 12:15 on Nov. 25 and then again at Milestones in Market Mall on Dec. 30 at 12:15. If you are available at 12:15 on the last Tuesday of the month, please watch for a sign-up sheet closer to the date outside the Fellowship Hall. Join us for food and fellowship.

LWMLC News

By Geraldine Chimirri-Russell



The Foothills LWMLC society meets on the fourth Monday of the month at Church. We are an enthusiastic group of ladies committed to raising both funds for, and awareness of the needs of mission outreach in the church. Our meetings generally include a Bible study, a short business meeting and time for socializing. We have local projects such as making memory books for those who are not as able to socialize outside as much as was once the case. We will be continuing with our annual Advent visit to the Manor. We all enjoy this time to sing carols and talk to friends and new acquaintances. In the new year we hope to have our LWMLC Sunday at Church, when we will be very happy to talk to you about our work and activities

ADVENT TEA AT THE MANOR

The Foothills LWMLC Society will host their annual Advent Tea at the Foothills Manor in December with the exact date to be confirmed - please watch your weekly bulletin for details. You are welcome to join us!

November Mission of the Month: Inn from the Cold

For over 25 years, Inn from the Cold has supported families in finding stability during times of crisis. They empower independence and foster resilience, guided by the belief that every child and family should have a safe and stable place to call home.

To help bring that vision to life they provide three main programs: homelessness prevention and diversion, emergency family shelter, and supportive housing.

December Mission of the Month: Lutheran Hospital Ministries

Lutheran Hospital Ministries is celebrating 50 years of service in Southern Alberta, providing Christ-centred ministry which is integral to spiritual, emotional and physical healing.

Trained Visitors give support through compassionate listening, prayer and Scripture. Currently serving all Lutheran patients in Calgary Hospitals and Care Centres regardless of their home address.

“We love because he first loved us.”

1 John 4:19