

FOOT PRINT



A Letter from the Pastor

Dear friends in Christ:

During the Advent season, we focussed on the theme of “Every Heart Prepare”, looking at some of the ways that we prepare our homes for the season of Christmas. As we talked about lights, I mentioned several times how much I have always enjoyed (and my children will tell you I really am a big kid when it comes right down to it) is the lights of Christmas. I still like to drive around, see how people have decorated their homes, and marvel at the splendour of colour that fills the night.

In some ways, it is always such a let-down when the days of Christmas are over, and the lights go out. I know that some people will leave them on until the end of January, but most of us turn them off after New Years or after Epiphany, which is January 6th. What was once bright and colourful now seems drab and boring. Oh, I miss those lights!

But, in the midst of the darkness of the winter nights, God gives us a message that the church remembers in these post-Christmas days. “Arise, shine, for your light has come, and the glory of the LORD has risen upon you. For behold, darkness shall cover the earth, and thick darkness the peoples; but the LORD will arise upon you, and his glory will be seen upon you. And nations shall come to your light, and kings to the brightness of your rising.” (Isaiah 60:1–3, ESV)

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That message of light is something we need throughout the new year. We know that there are those who suffer from SAD: Seasonal Affective Disorder. This condition causes depression. It can sap people's energy and make them feel moody. What is the treatment? Light therapy! There have been other studies that look at the effects of darkness on society. It was no surprise to me that, after months of research, a professor noted that darkness brings out the darker side in people, too. We would simply say that evil grows in the dark. Again, no surprise here. That message of light is something we need throughout the new year. We know that there are those who suffer from SAD: Seasonal Affective Disorder. This condition causes depression. It can sap people's energy and make them feel moody. What is the treatment? Light therapy!

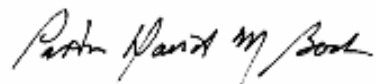
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In the darkness of this world and in the darkness of our lives, God gives us the bright, eternal light of Christ's love and grace. And how our world needs that light! His light scatters the darkness that has brought war and hatred and envy and strife into our world. His light can overcome the dark things that we read about in the paper or hear on the news. His light shines with hope and help, with forgiveness and life for all who come into the light.

His light also guides us through each and every day of our lives. It is the light that guides our way in the new year. We may not be able to see what lies ahead. We cannot pierce the darkness of the unknown, but God can. The psalmist says: "If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you." (Psalm 139:11-12, ESV)

We go into the new year with the light of God's love and truth. When the late winter days of January and February seem dark; when we miss the bright lights of Christmas, may we still find hope for our lives in knowing this: the God of grace is the God of Light and He shines to brighten up our day—and our eternity.

A blessed new year to you all!



Family Time in Christ

by Deaconess Miriam

The first Christmas is sometimes referred to as the day "when love came down." As we move through the season of Epiphany we see in the readings how that expression of God's love in the sending of His Son is shared. First, Jesus calls His disciples, who will be witnesses to His teaching and miracles, and will be sent to bring his love out into the world. He goes throughout Galilee, "teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people" (Matt. 4:23). Then He proclaims the blessings given to those who trust in Him (Matt. 5:1-12); and then, as we walk through the rest of the Sermon on the Mount shows how those who are blessed live lives of love toward others.

- February 14th - Valentine's Day arrives just before the beginning of Lent. On that day, cards will be exchanged, flowers given, and chocolates eaten. It's all about love! Take time as we lead up to that day to teach your children what the Bible tells us about love:
- Talk about each Sunday's readings, looking for the indications of God's love both then and for us now.
- Read and memorize together John 3:16. What did God's love move Him to do? Read together 1 John 3:16-20, and discuss: How do we know what love is? What does God's love enable us to do? Think of ways that you as a family can show love to others.
- Take a look at 1 John 4:10 and 19. Who loves first? Talk about how that love is shown in your lives.
- Reflect together on Romans 5:8. What is the importance of the phrase "while we were still sinners"? What does that mean for how we deal in love with people who have perhaps done wrong to us?
- Read portions of Psalm 118, and discuss what the writer says about the steadfast love of the Lord. What does steadfast mean? How has this steadfast love been demonstrated to your family? How does that comfort you during this time in particular?

When you give or make Valentines this year, consider including a message from Scripture, or in your own words, about the love of God, demonstrated for us in Jesus' life, death, and resurrection.

God's blessings to you, dear families!
Deaconess Miriam

A Letter from the Board of Elders

by Lorne Rosenau (Board of Elders Chair)

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 would like to thank Pastor Russ Howard for leading the worship service on November 9/25. We are continuing to contact retired and/or other vacancy 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.

As Austin Voss is presently the vice-president of the congregation, and is no longer an elder, he stepped down as chair of the call committee. Our constitution requires an elder to chair the call committee. Rob Kaut has agreed to replace Austin as chair. Thanks to Austin Voss for his dedication and thoroughness in chairing the committee thus far.

Amber Myers, our church office administrator, will be away for the next several weeks. We are grateful to Carol Kehler, who has agreed to fill in for her.

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 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 Carol Kehler 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, Lorne Rosenau (chair), Tim Hohm, Trevor Heumann, and Hans Dueck. Kellen Rosenau has stepped down as elder due to other personal and professional time commitments.

January 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. This month we are giving all our members an opportunity to support this work through our Mission of the Month.

February Mission of the Month:

Lutheran Hour Ministries

Bringing Christ to the Nations—and the Nations to the Church has been the mission of Lutheran Hour Ministries for many years. Through ministry programs such as The Lutheran Hour, International Ministries, Men's NetWork, MISSION U and others, LHM is calling our communities, our country, and our world back to God. Your gift to this mission of the month helps bring a message of rescue, restoration and renewal in Jesus Christ to millions of people who desperately need to hear it.



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

A blessed New Year to all of our families. May 2026 be a year of growing in faith together as you learn together of God’s plan of salvation for the world through His Son, Jesus. We will continue our walk through the Old Testament in the new quarter, from the wilderness wanderings to the entry into the promised land, and from Judges to kings, all pointing to the King of kings, Jesus Christ our Lord!

On Sunday December 14, children, assisted by confirmation students, youth, and some adults, presented *“His Name is Jesus.”* Thank you to all who helped them to present the account of Jesus’ birth.

We are grateful for our teachers, who meet monthly for study and planning, and who work diligently to prepare their lessons each week. Our upcoming lessons include:

Jan. 11	The Golden Calf	Ex. 31:18-32:35
Jan. 18	God with His People	Ex. 25:1-19; 40:1-8, 34-38
Jan. 25	The Twelve Spies	Num. 13:1-2, 25 - 14:24
Feb. 1	Rahab Believes	Joshua 2
Feb. 8	The Fall of Jericho	Joshua 5:13-6:27
Feb. 15	<i>Family Day Weekend - no lesson</i>	
Feb. 22	Deborah	Judges 4

****It’s Time to Think about VBS!****

It may seem early, but this is the time of year that we start to plan for Vacation Bible School. This year’s program is one of the early ones written by Pastor Eric and Deaconess Miriam: *Jesus, Bread of Life!* We are considering whether we might be able to run two weeks again, as we have in the past. Proposed dates are July 13-17 and July 20-24. If you are interested and able to commit to teaching, helping, or running crafts or games, for either (or both!) weeks, please contact Deaconess Miriam to let her know.

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 are continue to look at God’s promises in a study on Joshua 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

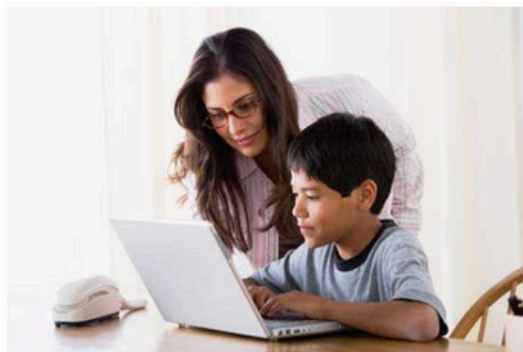
Children’s Choir resumes January 8. Children age 4 and up join us for twice monthly practices where we learn God’s Word though song, learn what we can do with our voices, learn a bit about music, and learn how to sing with others. In December we had a “family and friends” concert to practice singing for others. This year we will aim to sing in worship, and to bring our music next door to the residents of the Manor. If you are interested in having your children participate, please contact Deaconess Miriam for more information.



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 session in February.

Technology Boundaries



Take it Home!

**Sunday, February 22, 2026
Following Worship at Foothills
Lutheran Church**

With computers, ipads, and smartphones in every home, and access to the internet easily available, Christian families are faced with questions of proper use, appropriate supervision and boundaries. We'll talk about technology use and healthy boundaries for your family! Lunch will be provided.

RSVP TO:

miriam@foothillslutheran.com

Designed for children born in 2016 and their parents.

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 contact any nuts.

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.

WATCH YOUR BULLETINS for any upcoming event!

Lunch Bunch

LUNCH BUNCH

We meet for lunch on the last Tuesday of the month at various restaurants in the NW for food and fellowship. Watch for a sign-up sheet just outside the fellowship hall in the narthex. Please sign up for each event separately so we have an accurate count for the reservation. If you need assistance with transportation, make a note when you sign-up. We would love to have you join us.

- On January 27 we meet at Stavros Pizza in Ranchlands at 12:15.

- On February 24 we meet at Chianti's in Crowfoot at 12:15.



CELEBRATING THE SAINTS

A book review by Rick Nelson

Some years ago, in a meeting with Pastor Bode we reflected on the wonderful resource that the Library at FLC is. Pastor mentioned that at one time book reviews were not an uncommon feature in our Footprint. Much time has passed without me “stepping up to the plate” and hopefully this will encourage more of us to not only read what is our library, but to encourage others to once again, make use of the many fine books we have on so many different topics and by inspirational authors, including the excellent theological writings we have. All books have been approved by our Ministry staff.

Our Lutheran Service Book has much content that is worthy of its own review. That is not the topic of this review. However, the table of Contents points out on pages x to xiii the topic of my review “Celebrating the Saints, The Feasts, Festivals, and Commemorations of the Lutheran Service Book” written By Rev William Weedon, currently an Assistant pastor of St. Paul Lutheran Church in Hamel, IL (USA). He has held several positions within the LCMS.

This book provides much historical information on why the LSB has sections devoted to the Feasts and Festivals, Commemorations, and The Church year.

The Book itself has 288 pages and is laid out according to our Church calendars with a brief biography and devotion for the Saint being honored. It also has portions of Hymns from our LSB. It is concluded with a prayer of thanks to remind us why this remembrance is so important to us. Appropriate Bible readings are included to encourage our mediation. Every entry is an important reminder of how our historical traditions are so important in strengthen our Faith and that our struggles in today’s world that have all been fought and won by those who have gone before us in past years for OUR benefit.

As I am writing, it is October 18 and the book remembers and celebrates St. Luke. ‘St Paul once called Luke “the beloved physician” (Colossians 4:14). He was, thus, doctor of the body, but even more has so as the Church honoured him a doctor of the soul. Aside from accompanying St. Paul on some of this missionary travels, St. Luke wrote more than one-third of our New Testament”.

I could write much more, but than, why would I take away from you the great joy I pray you may experience of reading not only this inspirational book but so many others.

I give thanks to Michelle Funke and Barb Vincent for all their efforts in maintaining and keeping the door to the Library open.



Board of Christian Education Update

by Tobi Stene



*“Let the Word of Christ dwell in you richly ...”
Colossians 3:16*

A Happy New Year to everyone from the Board of Christian Education.

Thank you to the staff and Sunday School teachers for the time and effort that was put into the children’s Christmas service held on Dec 14th. “His Name is Jesus” was enjoyed by those attending service and as well as those watching online. Thank you to the parents for helping their children to memorize their lines and words to the songs and also for bringing them to the practices leading up to the service. As well, thank you to the confirmation students, youth and congregation members that participated in the service and assisted with sound and props and set up. There were a lot of hands that helped to ensure that the message of our Saviour was shared and made the service such a pleasure for our congregation to watch and enjoy.

Thank you to Sarah Knudtson and Jean Bauer along with the youth that helped organize the Purdy’s Chocolate youth fundraiser. Thank you as well to all who supported the fundraiser and purchased something from the wide range of selections offered. These funds are used to help get our youth to the gatherings that are held each summer.

Our youth continue to meet monthly for devotion time, fellowship and various activities that are enjoyed together as a group. Through the fall they have taken in downhill go-carting, a corn maze in October and an escape room in November. In December they all gathered together at the church for a Christmas party where they played some festive yet competitive games, along with decorating gingerbread houses and some devotion time. In the coming months they look forward to downhill sledding, swimming, paintball and laser tag. If you have a youth interested in participating, please contact a staff member or the church office and you will be given the contact info for one of the youth leaders.

We invite and encourage everyone to look into the many Christian education opportunities that are offered at Foothills. Sunday School, Confirmation and Bible studies are offered on Sunday morning along with various Bible studies throughout the week. A group of young adults meet together regularly for Bible study. As well, the Youth group is available to students in grade 7 through 12. Contact any staff member if you would like to join one of these groups or if there is a group that you would like to start.

Preparations are underway for the Lent Bible study. It will begin on the evening of Monday, February 23rd at the church and everyone is invited to participate. 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. Listen for morning announcements before worship service and keep an eye on 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. We have some new additions, including devotion books written for boys and a separate one for girls, a book on children’s baptism, books for adults about life as a Christian, and one specifically about life as a Lutheran. If there is a book that you have enjoyed from the library would like to encourage others to also read it, speak to a board member about writing a brief recap on it that we can include in the Sunday bulletin and Foot Print. Please email the board at education@foothillslutheran.com if there are other topics you would like to learn about.

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

The Board of Christian Education is:

Chair: Tobi Stene

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

Human Care Ministry

by Christine Heumann

CRAFT TEA

Join us on January 13 at 1:30 pm for some crafting and conversation. For the February 10th event from 1:30-3:00 in the fellowship hall, crafters can choose to bring a project you are working on while we fellowship, or if you are not quite as crafty, please join in a group project to decorate "God Love You" cookies to share at coffee during coffee fellowship after worship on Feb. 15.

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.

Year round, 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 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

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

Thank you to everyone who supported the youth of our congregation by purchasing Purdy's chocolates!



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 with those in our community.





By Geraldine Chimirri-Russell

As I write this my focus is on the Advent season and the preparation for the celebration of our Savior's birth. By the time it is printed, we will be into the season of Epiphany, but the wonders and blessings of Christmas will still be with us.

Since the last report our society has been busy with a number of activities. We have continued with the production and delivery of memory books. As happens with many projects there are unexpected benefits that arise. We have enjoyed going out to visit and spend some valuable time with those receiving the books. We have had some really enjoyable times as we work on the preparation of the books, looking through the photographs from our archives, to find significant photos to add to each book.

In the first week of Advent we visited the Manor for our annual Advent Tea. Pastor Bode led the residents in singing carols, while Miriam accompanied us on the piano. We certainly made a joyful noise. The spread of goodies that we had brought with us for the occasion was enjoyed by all, and while we were eating Jutta Colhoun gave everyone an M & M candy and read the following story:

M & M Christmas Story

As you hold these candies in your hand and turn them, you will see....

The M becomes a W, an E, and then a 3.

They tell the Christmas story - it's one I'm sure you know.

It took place in a stable a long, long time ago.

The E is for the East where the star shone oh so bright.

The M is for the Manger where the baby Jesus slept that night.

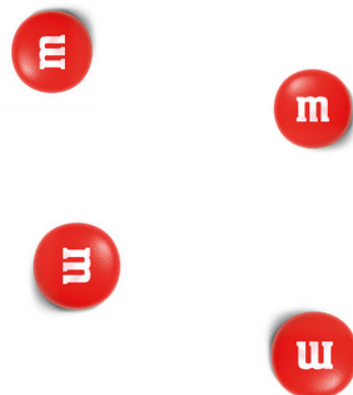
The 3 is for the Wiseman bearing gifts, they say they came.

W is for Worship, Hallelujah

Praise to His name.

So as you eat these candies or share them with a friend,

Remember the meaning of Christmas, it's a love story that never ends.



We continue with fundraising activities to support local projects and, through the donation of Mites, support the grants for various National and International Mission opportunities. We are always happy to talk about these. We are so grateful that our congregation supports us with their prayers and generous financial support.

Epiphany Sunday, January 4th 2026, is also LWMLC Sunday, and we are blessed to have the mission work prayerfully supported in Church.

2026 will be another busy year. We welcome all ladies interested in our work to attend our meetings on the fourth Monday afternoon in the month.

