

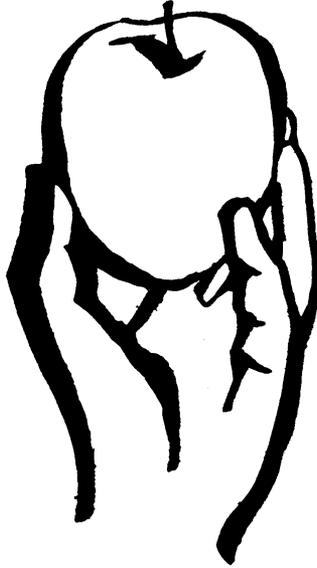
# Foothills Lutheran Church

3104 – 34 Ave NW Calgary, AB T2L 2A3 403-284-1342 [www.foothillslutheran.com](http://www.foothillslutheran.com)

**Office Hours: Monday – Thursday 9:30 am-1:00 pm**

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

HOW LOVELY AND FRESH  
LOOKING IT WAS! AND IT  
WOULD MAKE HER SO  
W · i · s · e



G E N E S I S 3 : 6

*First Sunday in Lent*  
*February 22, 2026*

Education Hour..... 9:00 am  
Morning Worship..... 10:15 am

**Pastor Emeritus & Vacancy Pastor:** David Bode – [flcpastor@foothillslutheran.com](mailto:flcpastor@foothillslutheran.com)

**DPS:** Deaconess Miriam Winstanley – [miriam@foothillslutheran.com](mailto:miriam@foothillslutheran.com)

**Interim Office Administrator:** Carol Kehler – [office@foothillslutheran.com](mailto:office@foothillslutheran.com)

**Pastor Emeritus:** Rev. Eldon Ohlinger

**A Prayer Upon Entering:** Since the time of Adam and Eve, your people have been tempted to go astray. And we are no exception. Forgive us, O Lord, for even thinking of abandoning You and going our own way. May the words of Scripture give us the strength to turn away from Satan's lures and turn back to You.

*God, whose promises are sure, guide us away from the devil's false hopes.*

**OUR WORSHIP TODAY**

**ORDER OF SERVICE:** ..... The Office at Prime

*Please Note: We omit the Gloria in Excelsis and the Alleluias during Lent.*

**HYMNS:** ..... Amazing Grace / My Chains are Gone; 404;

..... Wonderful Cross / When I Survey the Wondrous Cross; 431

**FIRST LESSON:**..... Genesis 3:1-21

**EPISTLE LESSON:**..... Romans 5:12-19

**GOSPEL LESSON:**..... Matthew 4:1-11

**SERMON:**..... *The Champion* – Romans 5:12-19

**A JOYOUS WELCOME** to all who worship here this morning. May you find forgiveness and strengthening through God's Word and promise. If you are visiting, please honour us by signing our guest book at the back of the church. If there is any way we can be of service to you, please speak to the pastor or one of the elders. If you have no church home of your own, please consider making Foothills your church.

**WE CELEBRATE HOLY COMMUNION NEXT SUNDAY** 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).



**THE FLOWERS** which beautify our altar today are given in memory of Rick Bennetts (Michelle Heumann's father) and Iain Graham (Christine Heumann's father).

**SERVING IN GOD'S HOUSE TODAY**

- MUSIC**..... Contemporary Musicians; Hannah Edel
- USHERS**..... Tim Roth; Ellen Wagner
- ACOLYTE**..... Elliانا Legroulx
- LECTOR**..... Kelly Dueck
- WORSHIP ELDERS**..... Trevor Heumann; Lorne Rosenau
- AV OPERATORS**..... Michelle Funke
- COFFEE TEAM**..... Vi Dusterhoft

**THIS WEEK AT FLC**

<b>Monday</b>	12:00 pm	LWMLC
	7:00 pm	Lent Study – <i>Every One His Witness</i>
<b>Tuesday</b>	10:00 am	LifeLight Bible Study Group
	12:15 pm	Lunch Bunch @ Chianti’s in Crowfoot
	7:00 pm	Ladies Bible Study
<b>Wednesday</b>	5:30 pm	Soup Supper
	6:30 pm	Lent Service
<b>Thursday</b>	1:30 pm	Ladies Bible Study
	6:00 pm	Children’s Choir
	7:00 pm	Adult Choir Rehearsal
<b>Sunday</b>	9:00 am	Christian Education Hour
	10:15 am	Sunday Worship with Communion

**IN OUR PRAYERS THIS WEEK:**

***In Hospice:***

***Homebound:***

***For Special Intercession:***

***Family Focus:***



In Sympathy

**WE EXTEND OUR CHRISTIAN SYMPATHY** and the glorious hope of the resurrection to Marj Fiesel and family at the death of our brother in Christ, Cliff Fiesel. We pray that God would comfort this family with His everlasting love and peace. Cliff’s Christian funeral will be here at FLC on Friday, **March 6<sup>th</sup>** at 11:00 am.

**LAST WEEK AT FLC**

<b>Week of:</b>	<b>Worship/ Communion</b>	<b>Education Hour</b>	<b>Ash Wednesday</b>
February 15	109/92	Adult Study - 5	36/33

**OUR STEWARDSHIP OF GOD’S GIFTS**

Weekly Offering Needs	\$7,596.15	<b>Our Budget Goal</b> \$395,000.00
Envelope Gifts Received Last Week	\$4,004.00	
Envelope Gifts Received to Date	\$51,358.45	+/- YTD
<b>Total Offerings Needed to Date</b>	<b>\$53,173.08</b>	<b>-\$1,814.63</b>

**Non-Budget/Miscellaneous Gifts:** Plate Offering 46.00; Visitor Offering 220.00; FLSR 520.00; LWMLC 30.00.

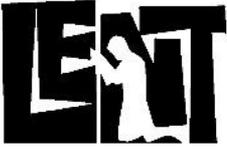
**THE LUTHERAN HOUR: (March 1) "The Fifth Act" Lutheran Hour Speaker: [Rev. Dr. Michael Zeigler](#). Through the Bible, God invites us to help Him complete the unfinished drama He’s been writing for the world. 1 Corinthians 4:1.** Hear this inspirational message on CHR B 1140 AM at 8:00 or CJLI-The Light-700 AM at 9:30 am Sunday mornings, at [www.lutheranhour.ca](http://www.lutheranhour.ca), or download the Lutheran Hour app.

**SUNDAY SCHOOL:** The account of Deborah serves as today’s lesson, “The Palm-Tree Judge.” Judge Deborah urges Barak to gather 10,000 troops to go up against Sisera’s army of 900 iron chariots. When the battle turns against Sisera, he flees on foot, seeking refuge in Jael’s tent. Snoozing beneath a rug, Sisera meets his end at the hand of Jael as she pegs him through his temple to the ground.

**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.

**CAMPING TRIP:** We would like to have a FLC camping trip again this May long weekend. It would help with planning if we had an idea of how many families would be interested. Please contact Kelly Dueck at [Kel.frog@shaw.ca](mailto:Kel.frog@shaw.ca).



**SACRED SEASON OF LENT:** Join us Wednesdays at 6:30 pm for our Lenten services, as we move through this season to the foot of the cross. Our theme is *The Small Catechism*, and we will be looking at the chief parts of Christian doctrine as taught in the Catechism. This

Wednesday we welcome Rev. David Dressler, pastor of Lutheran Church of the Good Shepherd, who will preach on the Apostles' Creed.

**LENTEN SOUP SUPPERS ARE BACK:** Starting this Wednesday join us at 5:30 pm for soup, followed by our Lenten worship. Please sign the list on the bulletin board by the Fellowship Hall to help provide soup for these times of fellowship together. Volunteers are also needed for set up and clean up.



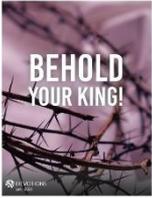
**LENTEN BIBLE STUDY:** Our Lenten Bible study entitled "Every One His Witness" begins on **tomorrow** at 7:00 pm in the Fellowship Hall. This study will continue for 6 sessions. Workbooks will be provided for the study. If you haven't signed up but want to attend, give the office a call tomorrow so that we can make sure there is a workbook for you. A freewill offering will be accepted to cover the cost of the workbook but it is not required. We invite everyone from our congregation to attend, and we hope to have you join us.



**FOOTHILLS LWMLC SOCIETY** will be meeting on Monday, **February 23** at noon in the Fellowship Hall. We will start with some social gathering - bring your own lunch - followed by a Bible study and a short business meeting. All ladies are welcome!

**THE LUNCH BUNCH** strikes at Chianti's in Crowfoot on Tuesday, **February 24<sup>th</sup>** at 12:15. A sign-up sheet is on the bulletin board outside the Fellowship Hall. (There is also a space to indicate your need for assistance with transportation if that is an issue.) Join us for food and fellowship.

**VBS 2026, "JESUS, BREAD OF LIFE"** will run for one week this year, July 20-24. Save the date notices have been sent out, and we will aim to have registration open the end of February. God has always blessed us with enough willing hearts and hands to run our summer VBS. If you are interested in volunteering as a teacher, classroom helper, or games leader, please contact Deaconess Miriam!



**LENTEN DEVOTIONS FROM LUTHERAN HOUR MINISTRIES BEHOLD YOUR KING!**

In love, God sent His Son to redeem the world. In hatred, He was rejected. In *Behold Your King!*, we see the Savior stripped of His dignity, led away, and crucified on our behalf. No one could imagine this Man, this condemned and forsaken Man, was God in the flesh sent to liberate us from our sin by His death and resurrection. That the Son of God joined us in our frail state of humanity is testament to God's overwhelming love and concern for the world. And not only this, Jesus endured scorn and derision from His creation, His earthly subjects. And yet, as King, as Lord of all, He did the unthinkable: He laid down His life for the sins of the world.

**OFFICE ADMINISTRATOR SEARCH:** We are currently looking for interested applicants for our office administrator position. This is a 25-30 hour per week on-site position supporting the work of the congregation and the FLC staff. A job description is available on the Welcome Desk in the Narthex, or from Deaconess Miriam. If you are interested, please send resumes to our office email by February 23<sup>rd</sup> [office@foothillslutheran.com](mailto:office@foothillslutheran.com). Applicants should be members of Foothills or one of our sister LCC congregations in Calgary.

**GREETERS NEEDED:** We are still looking for greeters before and after service. It is important to make all feel welcome. This is an opportunity to share some of the ministries we have such as Sunday School, youth, etc. Please sign up on the greeter's sheet by Deaconess Miriam's office. There will be a brief 10-minute training session after the service today.

**LUTHERAN CONFESSIONS ONLINE:** Concordia Publishing House has launched a new website, making its popular English edition of the Book of Concord available to read for free online. The documents assembled in the Book of Concord are the Confession of Faith of the Evangelical Lutheran Church, and bear witness to the truth of God's Word and the salvation of the world through Jesus Christ. They form our Confession of Faith as a congregation and are a worthy read for every Lutheran! Check out the website at <https://bookofconcord.cph.org>

**MISSION PRAYER:** This week, we pray for **Rev. David Milette** who serves as pastor of Good Shepherd Lutheran Church in Moncton, New Brunswick. He also provides support for LCC's French Ministries. **Prayer:** Heavenly Father, as Your Son sent forth His Church to make disciples in all nations, we lift up before You, Pastor Milette, 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.**





Growing  
**FAITH**  
at home

FIRST  
SUNDAY  
IN LENT

YEAR A

When we are  
tempted to sin,  
God's Word gives  
us strength  
and help



**Grow Ministries**  
LGA 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. How was Jesus tempted by the Devil in the desert?  
How did he respond?
2. What can we do as Christians to help resist temptation?  
What can we learn from Jesus' responses?



## BIBLE READINGS

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

<b>S</b>	<b>Matthew 4:1-11</b>	The temptation of Jesus
<b>M</b>	<b>Deuteronomy 8:1-9</b>	We do not live on bread alone
<b>T</b>	<b>Deuteronomy 6:13-19</b>	Do not test the Lord
<b>W</b>	<b>1 Corinthians 10:1-13</b>	Warnings about temptation
<b>T</b>	<b>Genesis 2:15-17; 3:1-7</b>	The Fall
<b>F</b>	<b>Romans 5:12-19</b>	Life through Christ
<b>S</b>	<b>Psalms 32</b>	Sins are forgiven

## VERSE OF THE WEEK

People do not live on bread alone,  
but on every word that comes  
from the mouth of God.

MATTHEW 4:4



## CREATIVE RESPONSE

Jesus says that our life depends not only on eating food but on every word that God speaks.

This week, connect God's word with your bodily eating by beginning each meal with a short Bible reading.

Ask those in your household to choose a favourite Bible verse to be read on a particular day of the week. If possible, display these verses on cards or a white board for all your household to see.



## MEALTIME PRAYER

Loving God, thank you for giving us this day and our daily bread. Amen.



## PRAYER

Lord God, give us a hunger for your Word, the Bread of Life. Amen.



## ACTION RESPONSE

Genesis 2:15 says that God put Adam in the Garden of Eden to 'work it and take care of it.'

Volunteer sometime as a household to assist a neighbour with their gardening or outside cleaning, or to help maintain your church grounds or local recreation area.



## BLESSING

May God keep you safe with his life-giving words, so that you stay strong in your faith.