

# 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”*



COME  
TO ME  
ALL YOU  
WHO  
ARE  
WEARY

M A T T H E W 11:28

*Sixth Sunday After Pentecost*

*July 5, 2026*

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

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

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

**Office Administrator:** Jessica Tonn – [office@foothillslutheran.com](mailto:office@foothillslutheran.com)

**Pastor Emeritus:** Rev. Eldon Ohlinger

**A Prayer Upon Entering:** Lord, we are weary--weary from all that we have had to do at work, at home, and at school. We are burdened, too, Lord--burdened with problems, concerns, nagging sins, and doubts. Restore our strength and lift our heavy loads, we pray, so that we can become closer to You.

*Gentle and humble Lord, grant us peace and rest.*

**OUR WORSHIP TODAY**

**ORDER OF SERVICE:** ..... Divine Service 3, p. 184

**HYMNS:** ..... 504; 699; 832; 922; 622; 752; 540

**FIRST LESSON:**.....Zechariah 9:9-12

**EPISTLE LESSON:**.....Romans 7:14-25a

**GOSPEL LESSON:**.....Matthew 11: 25-30

**SERMON:**..... From First to Last, It's All About God - Philippians 1:3-6

**SUMMER IS A TIME** for rest and refreshment, vacations and leisure activities. It is spiritually refreshing to gather with God's people and to hear and reflect on God's Word, and the promises and strength that we find there. As we worship God in the company of our brothers and sisters in Christ, our thoughts turn from the regular, worldly thoughts to thoughts of God and things spiritual. May this time in God's house today refresh your spirit and equip you to live purposefully as God's child in the days to come. If you are visiting with us today, we are certainly glad to have you join us! Please fill out a visitor card from your pew and be sure to come and worship with us again soon. If you are travelling in Canada, you can find LCC congregations at <https://www.lutheranchurchcanada.ca/find/>.

**WE ARE CELEBRATING THE SACRAMENT OF HOLY COMMUNION TODAY:** Jesus' true body and blood for the forgiveness of all our sins. We ask that all who plan to attend Holy Communion read the Holy Communion card and sign the friendship register.

**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 this day are given to the glory of God in thanksgiving for God's blessings, and for the birthdays of Theresa Jesudasan, Thelma Christopher, Shalini Christopher-Vivek and Colin Williams by Michael Vivek.

**SERVING IN GOD'S HOUSE TODAY**

- MUSIC**..... Deaconess Miriam; Choir and Accompanist
- USHERS**..... Barb Vincent; Ellen Wagner
- LECTOR**..... Stacey Bablitz
- A/V** ..... Ralph Hinterleitner; Michelle Funke
- COFFEE TEAM** ..... Heather Sommers; Sarah, Eden and Paxton Knutson
- ELDERS** ..... Rob Kaut; Tim Holm

**THIS WEEK AT FLC**

<b>Today</b>	10:15 am	Worship with Communion
	4:00 pm	Installation Service for Pastor Glenn
		Dinner to follow service
<b>Monday</b>	6:30 pm	VBS Training
<b>Tuesday</b>	7:00 pm	Ladies' Walk & Devotion
<b>Thursday</b>	1:30 pm	Ladies Bible Study
<b>Sunday</b>	10:15 am	Worship

**IN OUR PRAYERS THIS WEEK:**

***In Hospital/ Hospice:***

***Homebound:***

***For Special Intercession:***

***Family Focus:***



**SPECIAL VOTER'S MEETING:** Our sister Oromo congregation has made an offer, which has been accepted, on a property suitable for their needs. A special voter's meeting will be held **Tuesday, July 28<sup>th</sup> at 7:00 pm** to approve our donation to support this endeavor.



**WE EXTEND OUR CHRISTIAN SYMPATHY** and the glorious hope of the resurrection

In Sympathy

**LAST WEEK AT FLC**

*Includes online participation*

<b>Week of:</b>	<b>Worship</b>	<b>Education Hour</b>
June 28	115	5

**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	\$3586.92	
Envelope Gifts Received to Date	\$183,631.37	<b>+/- YTD</b>
<b>Total Offerings Needed to Date</b>	<b>\$189,903.85</b>	<b>\$-6,272.48</b>

**Non-Budget/Miscellaneous Gifts:** Plate Offerings \$70.00; CLWR Refugee Sponsorship \$10.00; Youth Gathering Fund \$590.00.

**MISSION OF THE MONTH**

**CANADIAN LUTHERAN BIBLE TRANSLATORS**

Canadian Lutheran Bible Translators is the agency that seeks to bring the Word of God to people in their “heart language” and provides for the work done by the Kuhns and other missionaries. The task can be daunting, but faithful servants work in places like Cameroon to make God’s Word accessible to all, and your gifts help facilitate this work.



**VBS 2026, “JESUS, BREAD OF LIFE”** will run **July 20-24**.

Registration is open at [www.foothillslutheran.com](http://www.foothillslutheran.com) and there are forms on the Welcome Desk. Invite grandchildren, neighbours and friends to join us! If you are interested in volunteering, please contact Deaconess Miriam!

**PASTOR GLENN WORCESTER INSTALLATION:** Join us **this afternoon at 4:00 pm** as Pastor Glenn Worcester is installed as the pastor of this congregation. A dinner will follow. Please let us know **by the end of day today** if you plan to stay for dinner and sign up to bring **nut and kiwi-free green or vegetable salads** only. See the sign-up sheets on the Fellowship Board in the narthex. Please continue to keep the Worcester family in your prayers as they prepare for their move.



**ATTENTION! On July 9<sup>th</sup>,** we are repairing the storm drain on the lower-level parking lot, and painting both parking lots. During the day, **please park on the upper lot** or at the far end of the lower lot to allow repairs to be made, and ensure your vehicle is **gone by 6:00 pm**.

**THE LUTHERAN HOUR:** (July 12). "**Knight, Death, and the Devil**". Lutheran Hour Speaker: [Rev. Dr. Michael Zeigler](#). Jesus has triumphed over all the powers of death and hell and He has pledged Himself to be your protector and the armor that you wear. **Ephesians 6:12**. Hear this inspirational message on CHRB 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.

**VBS IS JUST DAYS AWAY** and we look forward to the opportunities to share the love of God and the Good News of the Living Bread which came from heaven with the children who attend. Please continue to pray for God's blessings upon the children who attend and pray for all the staff—teachers, helpers, support workers and each and every wonderful volunteer who makes this work possible.

**STUDENT RESIDENCE – VACANCY:** Do you know a Lutheran student attending the fall 2026 semester at any of Calgary's post secondary schools? There is a vacancy at the Foothills Student Residence, rent is \$2,080 per four month semester and includes utilities. Common spaces are furnished and you will have to bring your own bedroom furniture. You will share a bathroom with one other student. If you have questions, please contact Heather Sommers.

**FELLOWSHIP GOODIES:** Do you like to bake or purchase goodies for Sunday fellowship time? The cupboard is getting bare again and we would love to share your favorite cookies etc. with our Foothills family. Chocolate and marshmallow items seem to be particularly popular. Please ensure any product does not contain **NUTS** due to some severe allergies. Any questions, contact Heather Sommers.



**OUR THANKS** to Margit Hopkins and Irma Stockler for working on the flower beds. We appreciate your efforts to beautify our church property.

**PPC/ELDERS PORTRAITS:** We request that the PPC members and Elders have their photos taken either before the Divine Service in the office or afterwards in the fellowship hall on July 12 and 19. If it cannot be done on those dates or for sending photos, contact Michael Vivek ([williamsj michael2015@gmail.com](mailto:williamsj michael2015@gmail.com)).



This week, we pray for **Rev. Van Ravy** who serves as assistant pastor at Christ Lutheran Church in Phnom Penh, Cambodia and also serves with Lutheran Hour Ministries. Heavenly Father, we ask You to sustain him by Your Spirit and bless his labours for the sake of the Gospel.

## ***Q: What makes a Pastor a Pastor?***

A: We should actually ask, “**Who** makes a Pastor a Pastor?” It is Christ’s call through the Church that makes a man a Pastor in His Church. The Church exists for the sake of Christ—s that Christ may continue His work of bringing the forgiveness of sins and salvation to repentant and believing hearts. To carry out this work, our blessed Saviour has chosen to work through means, specifically the means of His Holy Word, and the Sacraments of Holy Baptism, Holy Absolution, and Holy Communion. It is by these Gospel means that Christ comes to His people with His good gifts of forgiveness, life, and salvation. In addition, Christ as chosen men through whom He would work to administer the Gospel. These men are the Pastors of His Church.

The very first pastors were the Apostles. Christ called them to this holy work and ordained them Himself. He told them that as the Father had sent Him, He was sending them, and that His work through them would consist in forgiving the penitent believer his or her sins and withholding that forgiveness from the impenitent unbeliever (John 20). This call to serve did not end with the Apostles. The Office of the Holy Ministry remain to this day and will continue until this world of sin and grace is no more.

The men who are called into the Office of the Holy Ministry are no different from any other believer in Christ insofar as they, too, are sinners in need of the mercy of God through Christ. But according to their office, as they represent Christ, pastors are called to be an example of Christian life and faith. By the grace of God they live and act in conformity with Christ according to the example He has given. No one is a minister for himself. He is a minister for others in order to serve them. Therefore, there is no ministry without the Church, that is, without the people whom a minister is given to serve. The ministry does not exist for itself. At the same time there is no Church, no congregation, no people without the ministry. There is no flock without a shepherd. The New Testament uses the picture of a shepherd and the flock to describe this relationship.

Therefore, what makes a pastor a pastor is the love of Christ which desires the salvation of sinners. The pastor is a necessary part of bringing Christ's forgiveness to His Church. Whenever you see a pastor faithfully carrying out his duties, preaching the Word and administering the Sacraments according to Christ’s command it is really Christ’s hands that you see and His voice that you hear. This gives an incomparable authority to a minister's preaching and acting as long as it is done in complete accordance with Christ and God's Word. This is the only condition. But it is an important condition.



Growing  
**FAITH**  
at home

PROPER 9

YEAR A

Jesus invites  
us to bring our  
worries to him



GrowMinistries  
LGA CHILD YOUTH & FAMILY MINISTRY



LUTHERAN  
CHURCH  
OF AUSTRALIA  
*where love comes to life*

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

Sunday between  
July 3 and July 9



## CONVERSATIONS

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

1. Have you ever felt 'worn out'? Share your experiences.
2. Jesus invites those who are weary and carrying heavy burdens to come to him, and promises to give them rest. How does Jesus help us when we are weary?



## 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 11:16-19,25-30</b>	Rest for the weary
<b>M</b>	<b>Genesis 24:34-67</b>	Isaac meets Rebekah
<b>T</b>	<b>Jeremiah 31:1-6</b>	God comes to give rest
<b>W</b>	<b>Jeremiah 31:23-26</b>	God will refresh the weary
<b>T</b>	<b>Matthew 6:25-34</b>	Do not worry
<b>F</b>	<b>Romans 7:15-25</b>	A slave to God's law
<b>S</b>	<b>Psalms 145:8-14</b>	The Lord is good to all

## VERSE OF THE WEEK

Jesus said, "Come to me, all of you  
who are weary and carry heavy  
burdens, and I will give you rest."

MATTHEW 11:28





### CREATIVE RESPONSE

Place a bowl of water on a table or bench in your home, and next to it a bowl of marbles or river stones.

Invite members of your household to symbolically place their worries into the bowl each day this week by dropping in a stone or stones.

After they do, they can make the sign of the cross on their foreheads, remembering Jesus' love for them promised in baptism.



### MEALTIME PRAYER

God, you love and care for us more than we know. Thank you!  
Bless this food that comes from the earth you made. Amen.



### PRAYER

Please help us to bring our burdens to you. Amen.



### ACTION RESPONSE

Do you know someone who is burdened? (e.g. by sickness, grief, depression or other troubles?)

Send them an encouraging card or note featuring Jesus' words from Matthew 11:28



### BLESSING

May the Lord take your worries from you and give you rest.