

Lutheran Church of the Good Shepherd

40 Holmes Street, Red Deer, Alberta T4N 6L6

Office: (403)340-1022

Interim Pastors: Rev. Darryl Roste & Rev. Rita Roste

emails: rev_dar@telus.net / rita.roste@gmail.com

Parish Administrators: Darlene Kneller

email: goodshp@telusplanet.net

Music & Worship Director: Nadine Harshenin

email: gsmusic@telus.net

Office Hours: Monday, Tuesday, Wednesday, Friday 9am – noon, Thursday 1-3pm



A Caring Community Anchored in Christ, Reaching Out to All People

March 2020

NEWSLETTER

Vol. 36 No. 02

From Our Pastors

LENT – that season in the early Christian church that was for Baptismal preparation with Baptisms happening during the Easter Vigil services. All five Sundays of Lent this year are in March and we will be reminded through the readings about people of God who both strive to and fail to live faithfully as God's people.

We will hear the stories again of Abraham and Sarah; Nicodemus; Mary, Martha and Lazarus; and a conversation between a woman of Samaria and Jesus that changed her life – stories of dying and rising, of sin and grace, and new life discovered. Sundays in the season of Lent are **not** counted in the 40 days – but rather are celebrations of the resurrection!

Mary confronts Jesus at the time of her brother's death; "*Lord if you had only been here....*" John 11:21. But, isn't that just the point? Jesus was there all along, and Jesus is here as well but we are sometimes too pre-occupied in our lives and issues to notice. Each Sunday, Jesus will call us back to life saying, "Come out and live a new life."

During our WEDNESDAY EVENING SERVICES throughout Lent, we will gather to share soup and a bun, then follow that with a short time of worship. This year, five of our members of Good Shepherd will share their own **Faith Stories** with us – how/when Jesus became real to them; times they may have felt far away from God and God's love; times of joy and fulfillment.... This will prove to be a wonderful time, drawing us all closer to each other as family.

The evening will close as we sing Holden Evening Prayer – again led by other members of this congregation with leadership in singing and in music.

Please come on Sunday mornings and on Wednesday evenings to prepare yourselves for Holy Week and Easter.

Pastors Darryl and Rita Roste

From Bishop Larry

Dear Beloved of God –

“giving something up for Lent”



I've often struggled with the notion of “giving something up for Lent.” Now don't get me wrong; I am all for spiritual practices and discipline. I'm just not sure that the act of giving up chocolate or movies or texting for Lent can draw us closer to God in and of itself.

Laurence Hull Stookey puts it well when he writes: “Lenten disciplines are not temporary deletions or additions, but spiritual exercises that permanently alter us....The fuller Lenten discipline is a self-examination that seeks greater conformity to the mind of Christ, and more effective ministry on behalf of the world” (Calendar: Christ's Time for the Church, Abingdon Press, 1996, p. 82).

The concept of a period of penitence and preparation for the celebration of Christ's resurrection through spiritual exercises such as fasting originated as a way of preparing new converts for their baptism, which would occur at the Easter Vigil. As Christianity gained a foothold in the culture and infant baptism became the norm, this time of preparation was extended to include those who had already been baptized.

Within our faith communities' “giving something up for Lent” is frequently heard. “Giving something up” as a reminder of what Christ gave up for us in his incarnation, his life on earth, and his death. But while we may have the right intentions, I wonder if our practices truly alter how we view the world around us; our relationship with Christ; or our relationship with one another.

This Lenten season I encourage you to think deeply about your Lenten observance. Instead of asking what you can give up for Lent, consider what stands in the way of a closer walk with God. Do you need to turn the Netflix off in order to spend more time in prayer and Scripture reading? Then by all means limit your viewing and replace it with devotional time. In other words, whatever we choose ought to bring us closer to Christ himself.

But there is more. Christ gave himself up for others, and through our baptism into Christ we are called to do the same. During Lent, consider what practices will help bring about Christ's kingdom here on earth. Are there people with whom you need to be reconciled? Is there a way to promote justice in your community? What action might you take to care for creation? Are there opportunities to serve the poor, the widow, and the orphan? Asking these kinds of questions will lead us to practices that result in the deep transformation intended by Lenten observances.

This year, rather than simply “giving something up for Lent,” I challenge you to give more of yourself to Christ by finding one or two ways in which your life can more fully emulate his. Perhaps these will become habits that don't end with Easter but continue to sustain you throughout the year.

In Christ Jesus –
Shalom,
+Bishop Larry Kochendorfer

“The God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” (Romans 15:13)

Worship Committee

I appreciate the days getting a bit longer – a sure sign that we get closer to spring – right? In the midst of the cold wind and snow it is a bit harder to remember that. With the first calf on the ground at our farm I sure hope for a reasonably mild winter for the rest of the way, . . .

The next Annual General Meeting is just around the corner and with that several church council members will complete their final 3-year term. Exciting opportunities to serve are available for those who can help this congregation to be the best it can be. Maybe you can help with a few hours per month for a year or three?

We will have had a second ‘usher training session’ on February 23rd after church service and hopefully a few more volunteers will have stepped forward to help with that. My goal was to have another one or two usher groups so every team would be ‘on duty’ once a month. If you missed the meeting and can help out some – please contact me after or before church.

For our Sunday Worship in March we will have the third of Rev. Don Stoesz sermons to look forward to on March 1st with Pastor Dave Larsen presiding. Interim pastors Darryl and Rita Roste will be here to lead the March 8th, 15th, and 22nd Worship services. On March 29th Rev. Mabel Woo will preside and Rev. Don Stoesz will preach that day.

If you have any questions or concerns - please call me at 587-877-5378, or talk to me after church.

God bless and stay warm. Annette Suominen, Worship Committee Chair

Learning

All teaching dates have been filled. Thank you to all the volunteers.

Plans are underway for this year’s VBS, The Knights of North Castle, to be held at Good Shepherd July 6-10. Volunteer meetings will begin in April.

Glen Kneller
Learning Committee

Notes from Nadine



Zephaniah 3:17 says: 'The Lord your God is WITH YOU; he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you WITH SINGING.'

Even as we feel God's love and presence in quiet ways which flow into our being like His song over us - which is essential - we also see His love expressed in striking and 'disruptive' ways.

A piece of music by a 'classical master' presents melodies and themes of contrasting natures / styles which are gloriously woven as threads through the piece in different musical 'disguises' - providing a cohesion for the piece, holding it artistically together, and aurally as we listen, whether we realize it or not.

On another 'note', in a piece of music - even contemporary popular styles - the musical aspect of 'dynamics' adds interest and variety, even passion, sorrow, ecstasy, intimacy, confrontation, challenge, and so on. Musical dynamics add to the power of expression, being the degrees of gentle, secretive quietness of sound (pianissimo) all the way up to explosive, overpowering tumult and avalanches of sound an orchestra can make (fortissimo plus!). And of course, there is available every degree of volume / power in between.

This March and Lent, let us reflect with open, listening, humble and childlike hearts on Christ's life and suffering, all for the sake of us sinful, weak humans - out of his incredibly beneficent love for each of us beings made in the image of God. And let us not be afraid to consider the strikingly CONTRASTING themes interwoven in God the Father's dramatic, hyper-opera-scale story of His Son's time on earth and climactic 'conclusions'.

As Bishop Ron mentioned recently in a message, when we consider our leader and King, Jesus, we can see that following him makes us more different from the world around us than similar – yet we bring much-needed salt and light. Dorothy L. Sayers (1893-1957) British crime author and poet challenges us:

'The people who hanged Christ never, to do them justice, accused him of being a bore – on the contrary, they thought him too DYNAMIC (caps mine) to be safe. It has been left for later generations to muffle up that shattering personality and surround him with an atmosphere of tedium.'

We can be excited and changed by God's Spirit, revealing and acting dynamically this season of the year - even as we anticipate the dynamic growth ahead in the seasons of nature.

Blessings on each of you!
Nadine Harshenin, Worship and Music Director

Witness

"We must not become tired of doing good. We will receive our harvest of eternal life at the right time if we do not give up." Galatians 6:9

I have noticed it is still bright at 6pm which only means spring is around the corner! We patiently wait for warmer temperatures.

Thanks to everyone who has already signed up for our Soup and a Bun supper at the Holden Evening Service. Still a few spots open so sign up and bring your favorite soup recipe or perhaps a dozen buns. We always end up with a huge variety of delicious soups. Everyone pitches in with clean up and we are upstairs by 7pm.

Chairperson
Barbaranne Stickelmier

World day of prayer - March 6, 2020

Informed Prayer. Prayerful Action. For nearly 100 years, Christians from over 170 countries have united on a common day to pray for relevant issues affecting women and children. Generally celebrated on the first Friday of March, this year, the writing country is Zimbabwe:

"Rise! Take Your Mat and Walk." For more info: <https://wicc.org/world-day-of-prayer/>

Lent Begins

Lent is the season of the church year that invites us to prepare our hearts and our lives for the celebration of Jesus' resurrection. We are encouraged to spend more time in prayer, to fast, and to be more generous in giving gifts of money. It's a time of reflection, when we may decide to give up a bad habit or take up a good one.

February 25th Shrove Tuesday, Pancake Supper 5-7pm at St. Leonard's (poster in Narthex)
Ash Wednesday February 26 at St. Leonard's Anglican Church at 7pm
Mid-week Lenten Services - Wednesdays, March 4, 11, 18, 25, and April 1
at Good Shepherd, 6pm Soup and a Bun, 7pm Holden Evening Prayer

Recipe for Gluten Free Bread in a Cup

The following recipe, shared by Pastor Anne Zimmerman and used at Lakeland Lutheran Cold Lake, was served at the recent ABT Synod Study Conference and recommended by Bishop Larry.

Grease one large cup (coffee cup, measuring cup, etc.) and add to it:

- 1 large egg
- 1 tsp water
- 3 tablespoons buttermilk – or 3 tablespoons of milk substitute (almond, rice, soy) plus $\frac{3}{4}$ tsp vinegar
- $\frac{1}{3}$ cup Pamela’s Gluten Free Baking Mix (Gluten-Free Bisquick or Bisquick All-Purpose Baking Mix would work as well)
- 1 tsp Sugar (1 tsp honey, agave, molasses or 1 tablespoon applesauce works well as a sweetener substitute)

Combine the wet ingredients first and then incorporate the baking mix and the sugar (makes the bread softer) and stir until well combined. Use a rubber spatula or your finger to push the dough down into the cup and clean the surface of an extra batter.

Put the cup in your microwave and cook for 85 seconds (cooking times may vary).

A moment to pause, and reflect.....

Many people “give something up” for Lent. This year, you’re invited to “receive” something for Lent! And it’s free!

Subscribe today to get a prayer (along with a picture to ponder) each day during the Lenten season, via email. Some of the prayers come from ancient sources. Others are contemporary. And all of prayers are concise, and thought-provoking.

Click on the link, or send an email with “subscribe” in the subject line to:
<https://mailchi.mp/mountolivet.ca/signup-for-prayers> And may God bless your Lenten discipline!

Pastor Bruce Ehlert, Mount Olivet Lutheran, Sherwood Park

Fundraiser for St. Luke's

The Cow Patti **Brunch** Theatre at the Lacombe Golf and Country Club in April is our main fundraiser for 2020. Some information on this.

- **Event Date: Saturday, April 4th (Brunch)**
- **Tickets are \$68 each and can be purchased from Bob Dixon bdixon1@telus.net , or by contacting St. Luke's office office@oldchurchrd.com**
- **If you would like to attend but find transportation to be a deterrent - no problem as Bob Dixon has offered to arrange carpooling if needed and will deliver tickets if you are unable to get to St. Luke's to pick up.**

Those that have attended in prior years have spoken very positively about these events so please consider attending and bring your friends.

The Play: **Lunenburg by Norm Foster** This year join us in Lunenburg, Nova Scotia for some homegrown hospitality. Lunenburg has all the laughs of Foster's best! American widow Iris Oulette and her good friend Natalie travel up to the coastal village of Lunenburg, Nova Scotia to a house she's inherited from her recently deceased husband. The only problem is that Iris didn't know anything about her Canadian abode! As next-door neighbor handy man Charlie brings the gals up to speed, be prepared to laugh and gasp at the twists and turns in this newest Maritime comedy by Norm Foster. A fall down funny, romantic adventure that will envelope you in its warmth.



Wednesday Evening Ladies Bible Study

The Ladies Evening Bible Study will be after the Lenten service on March 4th and April 1st at 7:30 pm. in the upstairs kitchen at the church.

Quilting Group

Our last quilting dates for the year will be here at the church, on Friday, Mar. 20, 10am – 3 pm & Sat., Mar. 21, 10am to approx. 3pm. If you plan on coming, coffee and fellowship is supplied but bring a bag lunch. **Drop in for an hour or for the whole day. Everyone is welcome!!!**

Images of Spirituality

is an ecumenical gathering organized by Anglican, Baptist, Lutheran, Presbyterian, Roman Catholic and United Church Women. The 30th annual gathering will be held April 3-5, 2019 at the Entheos Retreat Centre. It is an annual week-end of spiritual nourishment, refreshment, and fellowship for Christian women, an occasion for women to come and rest for a while in a quiet place away from their daily preoccupations.

Our theme for Images of Spirituality 2020 is "Grounded in God": In an increasingly turbulent and fast-paced world, we sometimes find it difficult to connect with God at a deeper level, find that place where we can be at peace and find the strength to show up for life.

Early bird rates end March 6th. Space is limited. For more information and registration forms, visit their website at www.imagesofspirituality.ca If you want to know more about attending the retreat you can connect with Peggy Freeman who has attended for years.

Central Alberta Pregnancy Care Centre

SPRING EVENT MARK YOUR CALENDARS!

Walk With Me...Seven Miles to Emmaus

April 9, 10 @7 pm, Saturday, April 11 @2:30 & 7 pm

Red Deer Memorial Centre, 4214 58th St.

Tickets are free but you must register online to attend.

"Our 2020 **Annual Easter Dramatic Musical Production** is an inspiring dramatic musical for the Easter season. "Walk with Me" is an original production that follows two men as they walk home to Emmaus on the first Easter morning. A 'stranger' joins them and the men unknowingly meet the risen Jesus. Travel the road to Emmaus with us and experience the greatest story ever told."

Service (Social) Ministry

Stamps for Bibles is now called **Stamps for Freedom**. Many thanks to everyone who has donated stamps over the past year. The box has been emptied, stamps trimmed and packaged. **One pound of stamps from our congregation** has been sent to a member of Bethel Lutheran Church in Sherwood Park. When she has collected 100 pounds of stamps, she forwards them to the **Canadian Bible Society for Stamps for Freedom**. Here is information she shared with me... Stamps collected from donations across Canada are combined by the Canadian Bible Society and sold to stamp collectors and vendors. The revenue generated from the stamps allows CBS to purchase bibles for Canadian Prison ministry. Ten pounds of stamps = approx. six bibles for distribution. **Instructions for collecting**-Keep the stamp on the envelope. Cut out the stamp leaving a ¼ inch border around the entire stamp. Collect stamps on white or light-coloured envelopes (not industrial brown envelopes). Deposit your stamps in the box marked STAMPS near the guest book in the narthex. Also accepted are personal collections that are already in books, binders, etc. Please keep the STAMPS box in mind when going through your mail. **Thanks** to Ed Primas for delivering our substantial collection of glasses to Dr. Leinweber for use in Jamaica.

Spring Project for the Central Alberta Pregnancy Care Centre - Fill the Cradle

Between Sunday, March 1 and Sunday, April 5th there will be a cradle in the narthex to accept your donations to support guests at CAPCC. Donations of the following new items are gratefully received by CAPCC. Please note they have **specifically requested the following items only**:

- Wipes
- Diapers (larger sizes only Size 3 – 6)
- Pullups
- Clothing (larger sizes only 12 – 24 months)
- Face cloths and towels for both babies and moms
- Good Start formula

No blankets please. No infant size clothing.

Thanks to Linda Howell for her help with this project. Thanks for whatever help you are able to give through your prayers, items for the cradle or discussion with friends.

Good Shepherd Book Club The next meeting is on March 19 at 2:00 pm at the church. To prepare for discussion we will listen to episodes of Dead Dog Café as heard on CBC radio Morningside a number of years ago when Peter Gzowski was host. I found it by going to You Tube and searching Dead Dog Café listen. The episodes are 15 minutes long and are insightful and humorous; laughing is good for the soul. Please note the time change to afternoon for this meeting. **Everyone is welcome.**

"Freely you have received. Freely give." Matthew 10:8 (NIV)

Jeanette Page 403-782-3205, cell 403-302-2468

Camp Kuriakos

Good Shepherd has a partnership membership with Camp Kuriakos. Membership benefits allow us to propose a project for a Kuriakos Service Team (2 camp staff in our congregation for a week). The camp would give \$50.00 off for new summer campers from our congregation. This membership also allows our members to book an RV site in the RV park, which is otherwise available only to group bookings of 5 or more sites, and not available to individual campers. Our pastor is also invited for a free weekday retreat in the Dana Lodge. Please visit kuriakos.ab.ca/welcome/congregations for information on membership and partnership benefits.

Camp Kuriakos would also ask that you remember our camp through prayer and by advertising camp programs, sending campers, renting the camp for congregational events, making donations, and encouraging volunteers to serve.

Keep Saturday, April 25th open to attend the silent auction fundraiser "Kuriakos Gathers Together" to help celebrate our 90th Anniversary. There will be fabulous food and entertainment. See the poster in the Narthex for more details or ask Ron Bjorge regarding the purchase of tickets.

Canadian Lutheran Bible Institute (CLBI)
Youth Surge 2020

March 27-29 in Camrose, Alberta Youth Surge is an excellent way to help teens make a relational connection to CLBI and learn what it means to live out a real faith. For Grades 9-12. See poster.

Bits and pieces from the office.....



Mark your calendar and plan to attend our Congregational Annual Meeting on Sunday, March 8. **Please note that this is a time change day – Spring Ahead – so make sure to move your clocks forward one hour before Sunday morning.** Immediately following worship our Council will provide a light lunch. Your freewill offering will go to Canadian Lutheran World Relief. The Annual Report for 2019 has been placed in your church mail box. There are extra copies on the shelf by the church office.

Still looking for a volunteer caller for the month of December. Please contact the office.

Anyone wishing to receive the **newsletters by e-mail** please contact the church office.

Thanks to Shane for building a change table in the upstairs men/women washroom. Also, for picking up new baby foam for both washrooms. Shane Cornelius does our weekly maintenance and upkeep of the church inside and out. If you encounter any maintenance problems at the church please call Shane at 403-506-5605.



Mutual Ministry

Housing for our Pastors - Part of our arrangement with our pastors is that we provide housing. Effective mid April, we are seeking new accommodations for Pastor Rita and Pastor Darryl. If you have or know of a suite, condo, apartment or home that may be suitable please speak to Paul Erlandson or Ron Bjorge.

Our Church Council

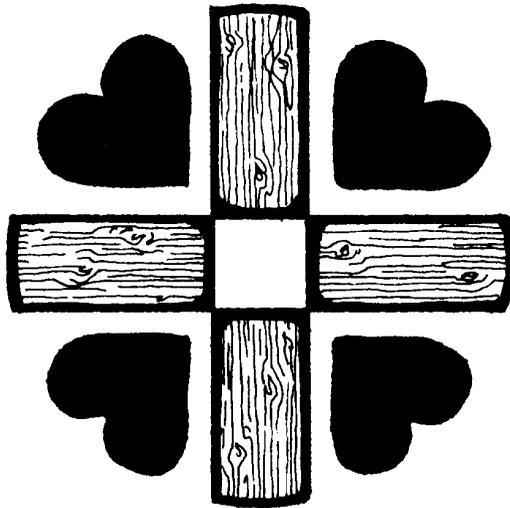
Executive:

Chair	Mary Louise Merrick (term expires 2019)
Vice-Chair	Bill Hehn
Treasurer	Paul Erlandson
Secretary	Renate Scheelar

Committees:

Worship	Annette Suominen
Learning	Glen Kneller (extension expires 2019)
Witness (Evangelism)	Barbaranne Stickelmier (extension expires 2019)
Service (Social Ministry)	Jeanette Page
Stewardship & Finance	Bill Hehn
Youth	Christine Marstaller
Mutual Ministry	Ron Bjorge (term expires 2019)
Property Management	Chris Knelson

Financial Recording Secretary: Dallas Craven



Financial Update to Jan 31, 2020

As at January 31st our bank balance is \$49,153.76. We also hold \$24,003.50 in money market. Our giving requirements are larger than last year as we put in place plans for a full-time pastor on a permanent basis. We did not run a deficit in January but we didn't meet our planned giving as shown on the chart below. On a positive note, this was a better start financially than we've seen the last few years. Thank you for your continued support in prayer, time, talent and finances.

Income

Facility Rental	500	
Designated Offerings	190	
Envelope	14,352	
Loose & miscellaneous	87	
TOTAL		\$ 15,261

Expenses

Learning	25	
Mutual Ministry	9,367	
Service		
Witness and Evangelism	43	
Property	2,134	
Stewardship and Finance		
Benevolence	1,600	
Designated	190	
Office	555	
Worship	450	
TOTAL		\$ 14,350
Income less Expense		\$ 911

