

# The Vine

July 2018



YOU ARE WELCOME

**HERE**

• A P L A C E F O R Y O U •

## Ministry Team

*All members of Lutheran Church of Our Saviour*

### **Pastor**

Lee Woolery  
403-253-1453 ext. 11  
403-301-0011 (home)  
403-809-3487 (cell/text)  
pastor@oursaviourchurch.ca

Pastor Lee's Office hours:  
Monday to Thursday  
9:00 am to Noon

### **Administration**

Katharine Heimbigner-Tenor  
403-253-1453  
403-540-1765 (cell/text)  
admin@oursaviourchurch.ca

### **Director of Children & Youth Ministry**

Jesse Ramson  
403-253-1453 ext. 14  
403-200-1740 (cell/text)  
youth@oursaviourchurch.ca

Jesse's Office Hours:  
Tuesday to Friday  
9:00 am to 1:00 pm

### **Office Hours**

Tues thru Thursday  
9:00 am to Noon

### **Church Board 2018-2019**

Doug Gebrandt  
Jens Kaack  
Avril LeBlanc  
Dale Mass  
Bob Montgomery  
Shirley Moule  
Nick Perchthaler  
Darren Tenor  
Les Walker

### **Office Assistant**

Judy McDonald  
office2@oursaviourchurch.ca  
Returning Sept 2018

[www.oursaviourchurch.ca](http://www.oursaviourchurch.ca)

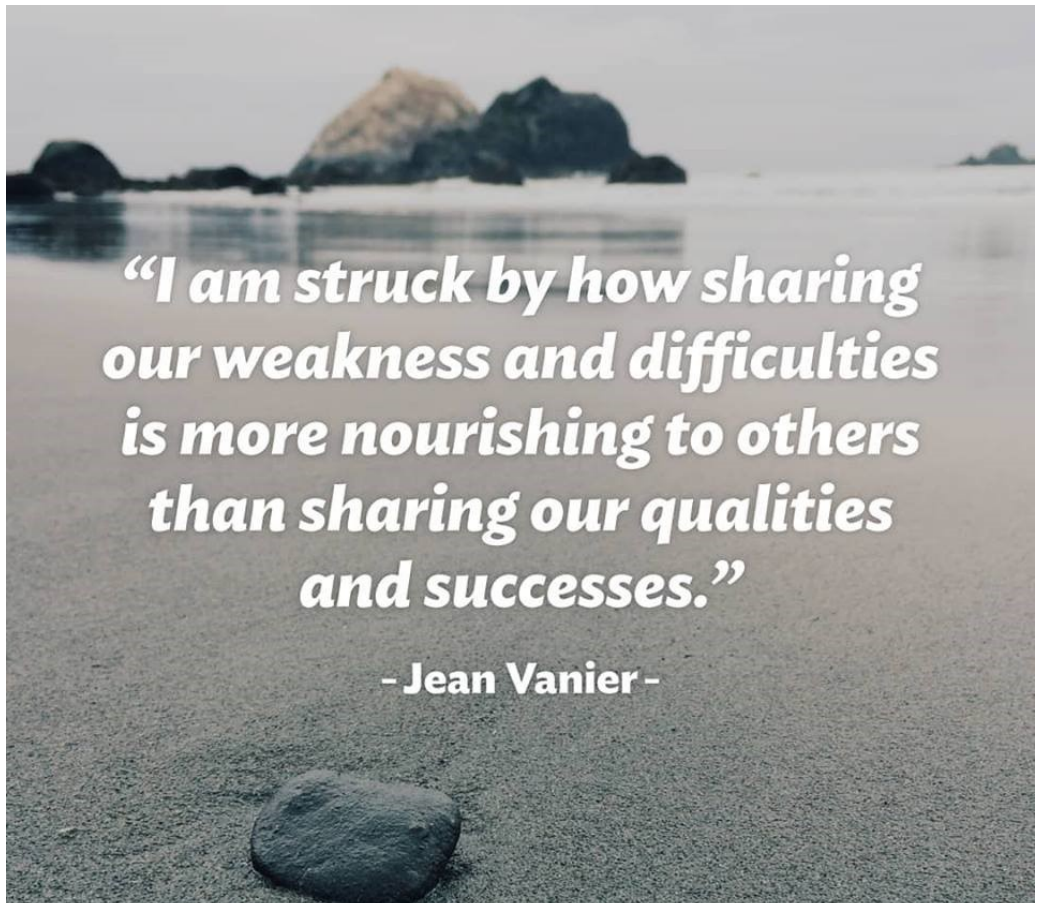
8831 Fairmount Drive SE, Calgary, T2H 0Z4

Facebook: Lutheran Church of Our Saviour



***"I am struck by how sharing  
our weakness and difficulties  
is more nourishing to others  
than sharing our qualities  
and successes."***

**- Jean Vanier -**



# Retirement Party for Pastor Lee



On Saturday, August 25th we will be hosting a retirement party for Pastor Lee's forty three years in ministry. The program begins at 4:00 pm in the Sanctuary and is open to everyone. A ticketed, catered meal will begin at 6:00 pm. Tickets to the catered portion of the evening will be available soon.

On Sunday, August 26th at 10:00 am Pastor Lee will be conducting his last Service as our Senior Pastor.

On Sunday, August 26th following the Service we will be having a Pie Social and Ice Cream Sundae Sunday. Please bring your favorite pie cut-up and ready to serve.

*Do you have something you would like to share about Pastor Lee's time here at LCOS? Please contact Katharine.*

**Retirement Gift for Pastor Lee:** For those wishing to contribute to a retirement gift for Pastor Lee please place the cash donation in the collection plate marked "retirement gift" or make a contribution online when purchasing your meal ticket. Please note that this is not tax receiptable as it is a direct gift for Pastor Lee.

Questions, concerns or offers of assistance about this weekend can be directed to Katharine in the office.

## Call Committee

The Call Committee has been active on two important areas:

- 1) Starting to get ideas on the questions to discuss with the congregation in September and
- 2) Starting the investigation of potential interim pastors with the board.



The questions for the small congregational groups which will be initiated in September was discussed with Rev. Dr. Julianne Barlow, Assistant to Bishop Larry, on June 5<sup>th</sup>. There was a good discussion of the various areas that we should pursue with the congregation but it started with getting an understanding of where God is leading the congregation and what connects us to LCOS. These would lead into further examinations into who are we as a congregation and what is important to us. Although these may be worded differently or more may be added it would provide the Call Committee with valuable information to have us complete our Mission Profile.

The second area is the investigations into an interim pastor. We are currently reviewing the options and have met with the Bishop and started preliminary work on candidate(s). Much more work to be completed on this before the fall when we are targeting to have the person in place. This process alone has made us determine what is important to the congregation so that we can get a good fit between the interim candidate and the congregation.

As always, if you have questions please contact me.

Garry Mihaichuk



Y'ALL ARE INVITED

TO LCOS'S 26TH ★★

# STAMPEDE BREAKFAST



*Sunday, July 15th*

**8am to 10:30am**

CHURCH SERVICE TO FOLLOW AT 11AM



HELP US PUT THE BOOTS TO HUNGER

BRING AN ITEM FOR THE FOOD BANK

# Bishop's Message by Bishop Larry Kochendorfer

Dear Beloved of God –

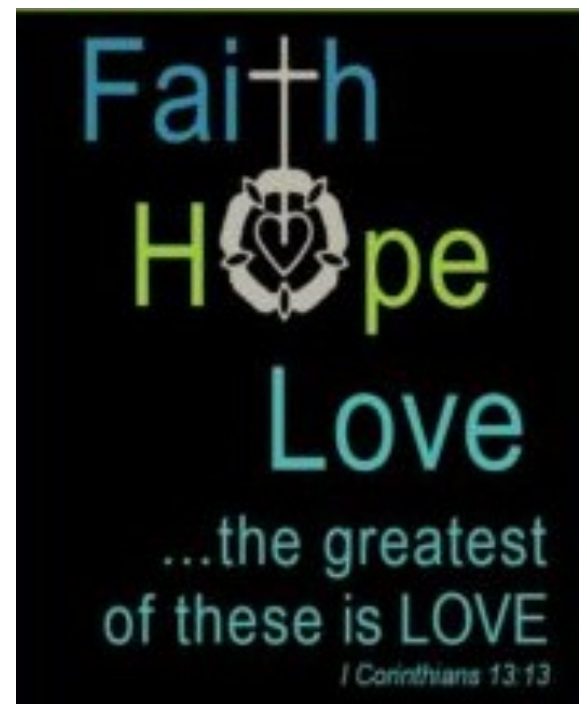
I am writing on Tuesday morning, June 12, just days before the Synod Convention begins in Camrose under the theme based on I Cor. 13:13, **“Faith, Hope, Love: and the greatest of these is love.”**

As we gather on Thursday afternoon we will take time for a few minutes of conversation around expectations of our time together: what are you looking forward to at this convention? What do you anticipate taking home with you from convention? What am I looking forward to? What are my hopes as we gather? In no particular order:

- Worship that is deeply meaningful
- Welcoming and learning from our Colombian guests
- Signing, together with Bishop Atahualpa, the “Covenant” between our Synod and The Evangelical Lutheran Church of Colombia
- Daily Eucharist
- Singing that blows the roof off of the Convention Hall
- Nourishment through the three presentations – Faith, Hope, Love – from Rev. Dr. Anna Madsen
- Enriching debate, decision-making and elections
- Conversations
- Learning through “Lunch and Learn” opportunities and guests to the Convention: for example, CLWR, Pastor Brian Rude, Lutheran Theological Seminary, and so on
- Ordination Anniversaries and presentation of the first Synod of Alberta and the Territories *Stephen D. Wildfang Leadership Award*
- Chillin’ with the Chaplains gelato event
- Mission Priority videos – hearing the stories
- Prayerfully walking through the Art Display with items from across the Synod
- And the list could go on...

As we gather from across our Synod please remember all who gather in your prayers that together we will be open to the Spirit’s work among us...shaping...transforming...reworking... guiding...and that we will know the reality of the words of Paul to the church in Rome (15:13): *“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.”*

In Christ Jesus – Shalom,  
+Bishop Larry Kochendorfer





# Vacation Bible School—August 20th to 24th

Guac



For Pre-School to Grade 5  
9:00 AM until Noon  
Sign-up to help online or in the lobby  
Registration at: [www.vbsfun.ca](http://www.vbsfun.ca)

Hope



Beacon



## Set-up & Take-down crews wanted!

We are looking for helpers on Saturday, August 18th (time to be announced) and Sunday, August 19th after the Service for set-up of VBS. Following the end of VBS we need a take down crew Friday, August 24th starting at noon. Come to one or all of these days to help out. It is lots of fun!

Moe



# VBS

## Decorating Sessions

**Thursday, July 5th**

**7:00 pm**

**Saturday, July 28th**

**4:00pm**



Help us prepare decorations to transform our church  
into an island paradise for:

**Shipwrecked VBS: Rescued by Jesus.**

No Experience Necessary





# Christian Music Festival—Aug 11th & 12th



No Greater Love Christian Music Festival is the ultimate non-denominational FAITH experience! Going into it's third year of a first class Music Festival that celebrates God's un-failing love and encourages people to show 'great love' to each other and to the community. Thousands gathering together at the foot of the majestic Canadian Rockies, now being recognized as one of the most spectacular festival backdrops in North America.

Hosted on the lands of the Stoney Nakoda First Nation, where Hollywood Blockbusters like The Revenant, Legends of The Fall and Shanghai Noon were filmed. This is a one of kind, Jesus centred, family friendly festival experience you don't want to miss!

Group ticket purchases are available at a significant discount for groups of ten or more. If you are thinking of attending please contact Katharine in the office by July 16th to see if a coordinated purchase is possible.

Camping and parking packages can also be purchased.

## BIG DADDY WEAVE



TENTH AVENUE NORTH

ZACH WILLIAMS

- PLUMB • SIDEWALK PROPHETS • 7EVENTHTIMEDOWN •
- THE UNION OF SINNERS & SAINTS (PETRA & WHITEHEART) •
- FRESH IE • THE COLOR • FAITH ALIVE BAND • CITIZEN WAY •

**#thisismyfestival**

**TICKETS @ NOGREATERLOVE.CA**

# Mental Health

It was a hot humid day in Madagascar as our group of 20 from Lutheran Theological Seminary in Saskatoon made our way to the local Toby—a sort of hospital for the mentally ill and demon possessed. I quickly noticed this hospital was unlike the ones at home in Canada—patients were restrained with chains linking their feet together. We soon found out that the patients couldn't afford medication, so the director and caregivers were forced to restrain them for the patient's own well-being.

At the age of 24, I wasn't unfamiliar with the mentally ill. My maternal grandmother suffered severe depression and an addiction to valium until she died at the age of 54. My beloved aunt suffered from depression and post-traumatic stress disorder. An uncle with schizophrenia and several cousins with mental illness rounded out the rest of the family. In Madagascar, in that Toby, I was taken back to age 15, to the days, weeks, and months following a traumatic assault, to the desire to take my own life, to escape the pain of depression.



Later, at age 29, I sat alone in the dark at our kitchen table, with uncontrollable shaking in my body, gasping to breathe, as overwhelming panic coursed through my body, bringing tears and sobs to echo in my mother's small kitchen. My dad had passed away mere weeks before, and I was suddenly thrust, again, into my own battle with mental illness: extreme panic and anxiety, as well as severe depression.

Ironically enough, that spring, I was in my second unit of Clinical Pastoral Education (CPE), this time at Alberta Hospital Edmonton. Soon I was a teaching example for my clinical supervisor, Barbara Meyer. She recognized symptoms of depression and anxiety in me, but also compassion fatigue, "an extreme state of tension and preoccupation with the suffering of those being helped to the degree that I can create a secondary traumatic stress for the helper" (Dr. Charles Figley, [compassionfatigue.org](http://compassionfatigue.org)). In other words, the more I helped, the more stress I took on myself, and the more symptoms of depression and anxiety I had.

I was quickly through my unit of CPE and on my way towards ordination, having recognized that like my family members, I too would have to live out my life experiencing mental illness, and with the help of Barbara, my doctor, husband, and counsellor, and with good medication, I was on the way towards healing.



***"I'm right there in the room, and no one even acknowledges me."***

So often those of us in the church, especially its leaders, don't want to acknowledge our own suffering. We regularly provide pastoral care, love and support to those suffering from mental illness, but when it comes to our own mental health, we often repress it, for fear of the stigma it has in society, and even in our church. However, the more we hide and fight the illness, the harder it becomes to treat. Then, one day we find ourselves in full blown panic, or attempting suicide, or in psychosis, requiring greater intervention.

One day I decided to be open and honest about what I was suffering on Facebook, and I soon found myself inundated with phone calls, emails, and messages from colleagues, friends, parishioners and even strangers, about their own suffering and experience with things like PTSD, depression, bipolar disorder, schizophrenia and anxiety. I found that once I was open about what I suffered, as a pastor, I created a safe space for those around me to share their own experience.



## Summer Reading

Read some great books this summer!  
Join our Book Club this fall.

Sept. 11 - "Ayesha at Last" by Uzma Jalaluddin. A romance novel set in a Toronto Muslim community.

Oct. 9 - "Manhattan Beach" by Jennifer Egan. A young woman working at a Brooklyn naval yard during WWII deals with the mystery of her father's disappearance.

Nov. 13 "Full Disclosure" by Beverley McLachlin. A page-turning legal thriller by the recently retired Chief Justice of the Supreme Court of Canada.



The club meets on the Second Tuesday  
of every month (except Summer).  
More information at [mratuski@shaw.ca](mailto:mratuski@shaw.ca)

## Youth Mission Trip



Our youth group will be sending a team of 8 youth to downtown Calgary as part of the Mustard Seed's DemoCrew. During July 15-19, our youth will be serving lunches, making connections, sorting clothing, and learning more about poverty in Calgary. Please be in prayer for them, as we prepare for this week!

**Mental Health** continued

Encouraged by this, I undertook training for “Mental Health First Aid (Youth) from the Canadian Mental Health Association. My first experience with mental illness happened at age 15, and the second at age 24, and this course recognized that mental health problems often occur during one’s teen years, or in early adulthood. The symptoms of mental illness are often overlooked, as they develop gradually over the years, often as the result of some sort of trauma. Being mentally ill when you are young looks very different than when you are older: social pressure is often more intense, and illness is often disregarded as a “phase” they are going through ([cmha.ca](http://cmha.ca)). The course taught me how to be sensitive to the unique needs of youth with mental health issues, and how to recognize and apply appropriate intervention for those needing help. I was the only pastor in a large group of nurses, teachers, group home workers and parents. This was a course that extends across all disciplines, that gave invaluable tools to use for those who work with and care for youth and young adults. It was a course that I wished my parents, teachers, and pastors had taken when I was 15, 24, and 29.

Mental Health First Aid (Youth) gave me tools to use in my own ministry as a parish pastor, but also as young pastor dealing with my own experience. I encourage anybody wishing to learn more about mental illness, how to recognize it in our youth and young adults, to explore this program. It's available several times a year, is inexpensive, and can be taken as part of our synod's continuing education plan (CEP). Please check out [www.cmha.ca](http://www.cmha.ca) for more information.

Rev. Dyanna Couture

The C.A.Re Ministry Team wishes to encourage every congregation in the Synod of Alberta and the Territories to attend a Mental Health First Aid course in their neighbourhood. In order to facilitate this, they have scholarships available (\$100.00 per member to a maximum of \$300/congregation) for those attending a two day Mental Health First Aid course. Please contact the Synod office to find out how to access these funds. ([darla@albertasynod.ca](mailto:darla@albertasynod.ca))



# Financials

## Get on PAR (Pre-Authorized Remittance) at LCOS

Did you know that you may give to LCOS via pre-authorized remittance one time per month from your bank or credit union chequing account? This program is like any other pre-authorized debit program and is called the PAR (Pre-Authorized Remittance) program. Debits will be drawn from accounts on the 20th of each month. Whenever the 20th falls on a weekend or holiday, the debits will be drawn on the first business day following the 20th. Donations via the PAR program will be recorded on quarterly statements and year-end tax receipts along with all other giving.

### Amounts from PAR can be directed to:

- 1) The LCOS general budget
- 2) Canadian Lutheran World Relief (CLWR)
- 3) Capital Maintenance

You can give additional amounts and to other purposes via your regular donation envelopes.

The minimum amount to give via this program is a total of \$50.00 per month.

You can sign up, make banking or donation amount changes, or withdraw from the program at any time. These changes will be effective the month following the submission of the change. Forms are available to process these changes. The program is administered by the Financial Secretary. Authorization forms are available in the Place of Welcome.

### Internet e-transfers & PayPal are also available!

To make a one time or recurring email transfer simply send donations to [donate@oursaviourchurch.ca](mailto:donate@oursaviourchurch.ca). Please include either your envelope number or your name and address in the email so that we can give you a proper receipt at the year's end.



# Service of healing

Sunday, Aug 12th 7pm



# Financial Secretary Report—May

	YTD - 2018	YTD - 2017
Budgeted Giving	\$136,785.81	\$153,077.55
Designated Giving	\$6,586.40	\$34,897.30
Non-Receiptable / Credit	\$569.20	\$1,790.35
Other Income	\$6,434.39	\$5,062.87
<b>TOTAL</b>	<b>\$150,375.80</b>	<b>\$194,828.07</b>
Average Weekly Budget Offering	\$6,513.61	\$6,958.07
Average Weekly Budget Required	\$6,731.00	\$6,539.00
PAR Giving (included in above total)	\$23,155.00	\$23,970.00
Number of envelopes issued	179	180
Number of envelopes unused	27	22
Number of pledges (budget)	77	73
Number on or over pledge (budget)	41	48
Number under pledge (budget)	36	25
Average Weekly Attendance	186	191

## Comments:

**Year to date budgeted giving for 2018 is 10.6% lower than 2017.**

Designated >= \$1000 for 2018 includes:	CLWR (\$1,695.00) Coldest Night of the Year (\$1,803.05)
Designated >= \$1000 for 2017 includes:	CLWR (\$1,855.00) Urgent Care (\$1,885.00) AW Peterson Memorial (\$10,000.00) Coldest Night of the Year (\$1,300.00) Grant:Alberta Synod:Business Fair (\$4,440.00) Refugee Mission (\$1,913.05)

Cliff Blumhagen  
Financial Secretary

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canada Day  Communion  10:00 Worship Service	2  7:00 Al-anon	3  1:00 Games Group	4  7:00 Al-anon	5  7:00 VBS Decorating  7:00 Running Group	6	7  8:30 50+ Exercise
8 Sandwich Sunday  10:00 Worship Service	9	10	11  7:00 Al-anon	12  7:00 Running Group	13	14  8:30 50+ Exercise
15  Youth Mission Trip  8:00 to 10:30 am Stampede Breakfast  11:00 Worship Service	16  Youth Mission Trip	17  Youth Mission Trip  1:00 Games Group	18  Youth Mission Trip  7:00 Al-anon	19  Youth Mission Trip  7:00 Running Group	20	21  8:30 50+ Exercise
22  Communion Sunday  10:00 Worship Service	23	24	25  7:00 Al-anon	26  7:00 Running Group	27	28  8:30 50+ Exercise  4:00 VBS Decorating
29  10:00 Worship Service	30	31	<b>Coming Up .....</b> Aug 6—Heritage Day Aug 11/12—No Greater Love Festival Aug 12—Affirmation of Baptism Aug 12—Service of Healing Aug 14—Research Action Team: Seniors Meeting Aug 16—Flock Care Aug 18—VBS Set-up Aug 19—VBS Set-up Aug 20—24—VBS: Shipwrecked Aug 24—Afternoon: VBS takedown Aug 25—Retirement Party Aug 26—Pastor Lee's Last Service Aug 26—Pie Social & Ice Cream Sundae Sunday Aug 27—Staff day off Sept 1—Kinzel/ Piercy Wedding Sept 3—Labour Day Sept 4—Regular office hours Sept 9—Two Services Resume Fall Programming begins			