



“For with you is the fountain of life; in your light do we see light.” (Psalm 36:9, ESV)

Dear friends in Christ, our Light and Life:

It was hard to miss all the excitement and wonder that surrounded the total solar eclipse that crossed North America, passing over Mexico, the United States, and Canada. For weeks people were being warned about the dangers of looking directly at the eclipse and the importance of protective lenses. There were many who feared the coming eclipse, seeing it as a sign of the end of the world. On the other hand, many people travelled to areas where the full eclipse could be viewed in its splendour; some only to discover that the cloud cover hid the wonder of the eclipse. During the eclipse, there were reports of zoos where the animals were unsettled, confused by the untimely darkness.

From light to darkness to light. That is what happens during a full solar eclipse. It is something marvellous, but it happens because of the design of God, the creator of the heavens and the earth. As David says in one of his psalms, ***“The heavens declare the glory of God, and the sky above proclaims his handiwork.”*** (Psalm 19:1, ESV) These heavenly declarations of God’s glory also show God’s gracious work for us, as all creation has moved from light (the glory of God’s creation in the garden of Eden) which was eclipsed by the darkness of sin through the fall, and which gives way to light again in Jesus Christ.

The service of Evening Prayer begins: Jesus Christ is the Light of the world, the light no darkness can overcome. Jesus declares: ***“I have come into the world as light, so that whoever believes in me may not remain in darkness.”*** (John 12:46, ESV) We know that darkness covered the earth when Christ was crucified, but the darkness gives way to the glorious light of Easter dawn. Where sin left us in darkness and without hope, the sacrifice of our Saviour on the cross and His resurrection from the dead scatter the darkness with light.

David understood that, as he wrote in another psalm: ***“in your light do we see light.”*** (Psalm 36:9, ESV) What a blessed change this is for us! The light that was hidden has been revealed again. Sin cannot keep us from that light. Brighter than the sun, more blinding than an eclipse, the glory of the risen, living Lord shines to bring us hope and forgiveness and peace.

The ancients saw an eclipse as an omen—an omen of what may depend on what was happening to them at that time. In our day and age people worried and wondered about the eclipse. Sadly, I didn’t see any of it. I didn’t even notice if it was a dull day here in Calgary. Thankfully, I do know this—just as the moon passed by and revealed the sun again, so sin has passed away so that in His light we see the light of life and salvation, the light that will always shine for us!

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Paul David M. Bode

Message from the Vice President

So here we are entering spring of 2024.

For myself it has been a long Fall & Winter, and I look forward to a wonderful Spring/Summer.

I know so many of us have various gifts, that are utilized at Foothills. We often take for granted the things that happen at Foothills and often don't notice the many things that are done with so much care by all of our volunteers and paid workers as well. I think of the example of our dear friend, the late Pam Goebel, who humbly gave so much time and effort in the property's director roll. As we near our time for nominations and elections, we will be looking for that same spirit among our members. If you have some gifts and are willing to share them with Foothills Lutheran Church, please speak to me or the pastor.

Another area that we are working on is a review of our future direction at Foothills. This is a huge task, and we continue to look at the best way to carry it out. With so many things happening here at this time, I believe we need to slow down and deal with our more immediate needs.

Having said this I am encouraged and excited about the enthusiasm that every member I talk to about Foothills direction. We also have been blessed with a great deal of material regarding visioning from other Lutheran churches and the Missouri Synod. I do look forward to working with the Elders to establish a survey to FLC members as step one to establishing our congregational needs. Remember the Israelites spent 40 years in the desert looking for their direction! So, if we spend a little extra time on our visioning I am comfortable with that.

Going forward please keep the direction of Foothills in your prayers.

Hans Dueck
Vice President

May Mission of the Month **Youth Gathering Supports**

Support for the work of the gathering and for the youth who attend.

Board of Elders

Dear brothers and sisters in Christ,

Over the past few months, the Elders have primarily focused on congregational support and a new visioning process.

Congregational outreach and support is being pursued through individual relationships, and encouragement for members to connect with any Elder, rather than an assigned Elder. Pastor Bode has also assisted by cleaning up the congregational member list as it is dated and includes many people that the Elders do not know or are no longer with the congregation.

On Easter Sunday, March 31, the Elders were blessed to prepare and serve breakfast for the congregation. Thanks to Rob Kaut for organizing and ensuring a good meal was had by all.

A new visioning process is being discussed to assist FLC in focusing its resources for its future needs. A congregational survey to collect data for this was drafted and it was our intention to distribute this to the congregation for feedback in April. Unfortunately, we have had to table this in the short term, as a more pressing matter came to the forefront; the topic of this will become apparent at the time of publication.

In His service,

Ralf Hinterleitner, Rob Kaut, Brian Kehler,
Tim Knudtson, Robert Kubke, Rick Nelson, Austin Voss

June Mission of the Month

Hope Mission

Hope Mission exists to serve, strengthen and uplift men, women, youth and children through the life-changing gospel of Jesus Christ. Working in the Forest Lawn area of Calgary, they provide meals and care to people in need. Much of the effort provides for children.

Children & Family Ministry

SUNDAY SCHOOL

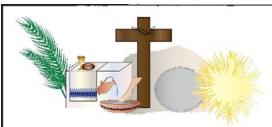
“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.” 2 Timothy 3:16-17

Our Sunday School classes will run until June 16, finishing off our high level view of the Old Testament. We'll be ready to begin with the birth of Christ in September! We give thanks to God for our students, our teachers, and our parents who partner with us to help their children grow in the Christian faith.

Our upcoming lessons include:

May 05	<i>Mephibosheth (The King's Table)</i>	2 Samuel 4:4; 9:1-13
May 12	<i>Jeroboam and Rehoboam (A Divided Kingdom)</i>	1 Kings 11:9-13; 26-40; 12:1-24
May 19	<i>Victoria Day Weekend No Classes</i>	
May 26	<i>Jeremiah (Comfort in Captivity)</i>	Jeremiah 1:4-10; 29:1-14; 31:31-34; 33:14-16
Jun 02	<i>Daniel (A Trap and a Release)</i>	Daniel 6
Jun 09	<i>Return from Exile (Homecoming Hopes)</i>	Ezra 1:1-2; 7:11-28; Nehemiah 2:1-8; 12:27-43
Jun 16	<i>Sunday School Activity; End of classes</i>	

VACATION BIBLE SCHOOL 2024



Registration is open for this year's summer Vacation Bible School! "A Week with Jesus" will run the mornings of **July 22-26** and lessons will cover Holy Week and a bit beyond. Feel free to invite friends and neighbours to participate. We give thanks to God for all of those who have stepped forward to commit their time to ensure that it is a week of learning and fun for those who attend. If you are considering volunteering, but have some questions, please speak with Deaconess Miriam.

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LADIES' BIBLE STUDY OPPORTUNITIES



Two Ladies' study groups continue, with new members always welcome.

Our Tuesday group will wrap up it's study of the book of Colossians in May, and then will use the recent Concordia Lutheran Seminary Quest Course on C.S. Lewis to finish out the year. We meet weekly at the church at 7:30 pm.

Our Thursday afternoon study meets weekly at the church at 1:30 pm for an in-depth study of the readings for the upcoming Sunday. We have changed locations to the basement, Rooms 4 and 5, during renovations and beyond!

Both studies take place in person, with the option of participation online via Zoom. 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! You and your children will receive an invitation to the sessions appropriate for their age. Upcoming sessions include "Let's Pray" on **May 26th** and "Catechism for Life" on **June 2nd**. Watch your mailboxes for invitations!

CHILDREN'S CHOIR

Children's choir will wrap up in early June. We plan to sing during worship and at Foothills Manor in early June. God willing, we will resume in the fall. If you are interested in having your children participate, please contact Deaconess Miriam.



Family Time In Christ

On June 16th we will celebrate Father's Day. We take time to appreciate Dad and all the wonderful things he does for his family. Both mother and father play key roles in the family, but the Bible has a few things to say about Dads and their special assignment in raising their children. Fathers have a specific word from God about their privileged role in passing faith on to their children – Ephesians 6:4 says "Fathers, do not provoke your children, but raise them in the discipline and instruction of the Lord". Why so specific?

Researchers in the area of child faith development generally agree that we begin to comprehend who God is to us through our parents – certainly through their words or instruction, but also through their loving and caring actions, their discipline, and their forgiveness. More specifically, children comprehend who "God the Father" is to us through the person here on earth that we call Father. Christian Fathers are called on to take an active role in their child's faith development; to teach God's Word and to model the Christian life; to discipline and to forgive.

This is no small task, and might be a bit intimidating. Remember, fathers, that you also have a Heavenly Father who has given you this privilege and upholds you daily in your fatherly responsibilities. You can look to Him and to His Word for guidance as you raise your children in the faith and care for their earthly needs. You can link with other Christian fathers and encourage one another.

Families, this month recognize what a great responsibility the fathers in your lives have been given. Give thanks to God for them, and remember them in your prayers. In your family discuss:

- Dads are a gift of the Lord. How has your dad been a gift?
- Read Proverbs 23:15-25. What is the greatest gift that a child can give a father? Why?
- How is God your Father? Read Romans 8:12-17. Talk about what it means to be an "heir". What does it mean that we can say "Abba" (daddy) to God?

God's blessings,

Deaconess Miriam

Board of Fellowship

Due to the ongoing kitchen renovation, we will be having a modified fellowship time after Sunday services Starting April 28, we will be having fellowship time every other Sunday with cold refreshments and small snacks. If you are interested in bringing in treats to share, please give to Heather Sommers or Sarah Knudtson. Unfortunately we can't accept items that require plates and utensils until the kitchen renovation is completed.

Square Dancing - April 26th

A great group took the opportunity to learn some new dance moves with a professional square dance caller on Friday evening. Now they will be ready to show off their new dance steps for our Stampede Breakfast.

Stampede Breakfast - July 14th

Book it in your calendar for Sunday, July 14th. Look for volunteer opportunities as we get closer.

Catechism for Life



Take it Home!

Sunday June 2, 2024 following worship service

Luther's Small Catechism to the Bible, and a lifelong companion. At this session you will have an opportunity to fulfill one of the promises you made at your child's baptism by placing the catechism in his or her hands! A copy of "My First Catechism" will be provided. Please bring your child so you can participate together. Younger children are welcome in the session so that mom and dad can come together. **Lunch will be provided.**

RSVP to Foothills Lutheran Church

403-284-1342

miriam@foothillslutheran.com

Designed for children born in 2016 and their parents.

Kitchen Renovations

The kitchen renovation started on April 8th, with the electricians and plumber disconnecting the power and water to everything so demo could start the next day. Moving the fridge using a hover moving vacuum was the most interesting part of day one. Apparently the hover part doesn't work too well on carpet as we discovered.

I'm sure you have seen our lovely blue bin in one of the church parking spots filled with everything including the kitchen sink. The commercial undermount dishwasher was sold helping reduce the budget of the new upright dishwasher. New electrical was run throughout the kitchen to a very enlarged electrical panel. This work was successfully inspected by the City of Calgary. The kitchen flooring has been removed and the new plumbing lines were installed and new insulated venting for the three stoves. The heat vent was also moved away from the front of the stove to the cabinet toe-kick. There was some interesting things from the decades of dropping food into it.

The last week of April, Rock Solid will be reinsulating the walls and drywalling the bottom 4 feet that was removed to allow for easier access for the electrical work. It's so exciting to be on the rebuild side of the renovation.

New kitchen flooring and cabinets will be installed during the month of May with countertops being installed early June.

If you have questions or concerns about the kitchen renovation, please talk to Heather Sommers, Brenda Bode, Sarah Knudtson or Christine Heumann.



LWMLC News

St. Patrick's Tea at Foothills Manor

On March 15th, we celebrated St. Patrick's Day with the residents of Foothills Manor. We enjoyed singing old time favorite Irish songs and some familiar hymns. Thanks so much to Pastor Bode for leading us in singing and to Deaconess Miriam for accompanying us on the piano. A wonderful time of fellowship over refreshments followed. A good time was had by all!

Upcoming Events

South Alberta Zone Spring Rally

Our South Alberta Zone Spring Rally will take place at Immanuel Lutheran Church in Lethbridge on Saturday, **May 25th**. We will meet to enjoy worship, Bible study and fellowship with other ladies in our zone. The theme is: "*Trees of Righteousness*" based on Isaiah 61:3. Our Bible study will focus on the roles women played in the Easter story.

We are all excited about this gathering and hope other ladies from Foothills and other congregations in Southern Alberta will join us!

National LWMLC Convention

With the theme: "*Sing to the Lord a New Song*" (Psalm 149: 1), LWMLC women from across Canada will convene in London, Ontario **July 11-14**. Brenda Bode will be our South Alberta Zone Delegate. All ladies are welcome to attend in person or online.

Ongoing Mission Projects

Donating Used Postage Stamps and Used Eyeglasses

Please continue to save your used postage stamps for the Canadian Bible Society and used eyeglasses for Optiks International. Donations can be placed in the designated bins in the narthex.

Participation in our Prayer Shawl Ministry

Please continue to create shawls for your friends and relatives and for our congregational members in need of a "wearable hug".

Next Foothills Society Meeting

Our next society meeting will take place on **May 27th**.

For further details about our initiatives and events, check out our bulletin board display by the kitchen entrance. Thanks for your prayers and support!

God's blessings, Cheryl Lemke

Youth Event News

Youth group, or LYF (Lutheran Youth @ Foothills), is for youth in grades 7 to 12, and friends are welcome! We meet every second and fourth Friday, whether it's a long weekend or not, usually from 7 to 10 pm, but we will take a break in July and August and resume in September.

Sunday morning youth Bible study is every week at 9am in the youth room through June 16, except for May 19 (the long weekend). After confirmation classes end in May, the students (even the ones in grade 6!) are invited to join youth Bible study for the rest of the school year.

May 10: Yard Cleanup

The weather was cold on the day in April we'd planned this for, so we've rescheduled it to May. Meet at the church at 6:45, and pickup will be back at the church at 10. Bring a snack, a water bottle, a rake and gloves if you have them, and dress for the weather and for getting dirty. RSVP to Trevor if you plan to come.

Cancelled: Tuesday, May 21, battle of Alberta - the Calgary Surge vs. the Edmonton Stingers - has been cancelled due to scheduling issues. If you are interested in a sports-watching party at some point in the future, let one of the youth leaders know.

May 24: Party time!

We'll be at the church from 7 to 10pm for some party games and other fun - bring a snack and a water bottle, and RSVP to Evan if you plan to come.

June 14: Laser Tag

Watch for an email from Michelle with details about timing and cost! We may also need a parent driver or two, so please keep that in mind!

June 28: End-of-year fun and games

We'll be at the church from 7 to 10 pm for some indoor and outdoor games! Bring a snack and a water bottle, and dress for the weather. As always, friends in grade 7 to 12 are welcome, and anyone currently in grade 6 (starting grade 7 in the fall) is invited that night as well.

Parents, save the evening of June 28th for a parents' event with Miriam! The topic is TBA, so let Miriam know ASAP if there's anything you're interested in discussing/learning about with other parents of youth. We'll start at 7pm with a game for the youth and the parents together, and then split into groups after that.

Bottle Drive: Thank you to Jean and Karl for their help, and to everyone who donated bottles for the fundraiser on April 26! We raised over \$260 towards our youth gathering travel fund!

Let's Pray



Take it Home!

Sunday, May 26, 2024 following the worship service

What happens in families who pray for and with each other? Learn how a simple daily discussion about the highs and lows of the day can lead to regular family prayer. Bring your family and your lunch, so you can all learn together.

RSVP to

Foothills Lutheran Church

3104—34 Avenue NW

403-284-1342

miriam@foothillslutheran.com

Designed for parents with children born in 2019.

Board of Stewardship

Time and Talents Survey

During the months of February and March, we have been focusing on what we can give back to our Lord out of thankfulness for all He has given to us. One of the key things that all of us can give back, is our time. Our Lord has gifted each of us with talents that we can use within our congregation and within the community. Our church needs volunteers in all areas to further our outreach to others and to provide Christian care, spiritual strengthening, and fellowship to our members. Our congregation cannot survive without active engaged members so we encourage each of you to prayerfully consider how you can use your talents to further God's work.

We had 47 members complete a Time and Talents survey. We will now match your talents with the various committees and volunteer opportunities in our congregation. Board Chairs and church leaders will be reaching out as volunteer opportunities arise. If no one contacts you, please feel free to call myself or anyone on the PPC if you want to get more involved.

Upcoming Elections

Election of Parish Planning Council ("PPC") committee chairpersons and church leaders will be taking place in June. We have a number of vacant positions that we need to fill on our Parish Planning Council. Some of these are President, Board of Human Care Ministry, Board of Evangelism, Elders and the Board of Stewardship. A Nominations Committee is currently being formed led by our Vice President, Hans Dueck. Pastor Bode and I also sit on this committee. Please reach out to any of us if you have an interest in serving your Lord in a leadership position in our congregation.

Financial Stewardship

Our congregational offering has been keeping up with our budgeted offerings this year. We will continue to need the financial support of all our members to ensure we can meet our ministry goals and operate our congregation.

In Service to our Lord,

Dale Dusterhoft

Chairman Board of Stewardship

Board of Fellowship

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Stampede Breakfast - July 14th

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Do you live in or are part of the Varsity, Brentwood or Dalhousie communities? If so, please contact Sarah Knudtson for advertising opportunities.

Operation Christmas Child



We will again, this year, have the opportunity to share the wonderful news that Jesus is Risen! He is Risen Indeed! with children from many countries that may have never heard the Good News! The Word is spread through the shoeboxes we complete. Spring and summer are ideal times to pickup deals on toys and clothes.