



# Our Family

Hope Lutheran Monthly Newsletter

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## *From the Pastor*

Fairly recently, I had a conversation with someone about anxiety. To my dismay and theirs, this person was beating their self up about having anxiety due to a rather troubling situation they were facing. The person thought that a faithful Christian should never have anxiety. This all sounded familiar to me since I've had similar conversations before with other people. I asked if this person had in mind Jesus telling us not be anxious in Matt 6:25 and they replied in the affirmative.

What happened, as is fairly common nowadays, was the directive "do not be anxious" was taken out of the surrounding context of Matt 6:25-34, and out of Matt 6 as a whole, in order to create a commandment "thou shall not be anxious." Such a thing is not surprising since a person experiencing anxiety tends to zero-in on the most anxiety-producing thing in front of them and cannot shift their attention to what is good and pleasant. Given the events of the past couple years and the uneasiness of the future currently sprouting from them which produces anxiety and poor mental health, I thought exploring the imperative "do not be anxious" in Matt 6:25 would be helpful. First, we'll explore what "do not be anxious" means in the context of Matt 6, then we'll apply this to the anxiety we might experience.

What people often miss when they see "do not be anxious" is the surrounding words. Jesus actually says, "Therefore I tell you, do not be anxious..." A "therefore" implies a concluding

thought derived from what came was said prior. "Do not be anxious" is not an absolute command ("thou shall not be anxious") but the resulting disposition a person is expected to have based on what comes up earlier in the chapter. So, why shouldn't be anxious?

Jesus spent Matt 6:5-24 talking about prayer, encouraging us in our devotions and fasting, and focusing on the eternal treasures of heaven instead of the perishable goods of this earth. In this way, Jesus assures us that our heavenly Father is listening to our every word and He sees all that we need in this world. We know that the things of this world will fail us, but the faithfulness of our God will see us through to that which does not fail: your secured place in heaven. Rather than try to serve two masters, one which is eternal and faithful and the other which can only disappoint as it perishes (those masters being God and money/possessions, 6:24), serve the one master who alone promises to you all you need.

*Therefore [Jesus tells] you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? (6:25)* This conclusion to not to worry about things of this world results from the promises of the Lord that are found in your life of prayer. Part of this daily prayer to the Lord is to deliver us from temptation and evil (6:13) which is found in this world. We need not be anxious when God promises to supply us with our daily bread. He supplies daily bread to plants and animals by doing things like feeding birds

despite them not growing crops and adorning plants with flowers despite them not labouring to make clothes themselves (6:26-29). If all these plants and animals have what they need in this world despite their lack of effort, will not your Lord freely give to you what you truly need (6:30)? The birds do not sow crops. Plants do not weave clothing to make flowers. Therefore, you do not need to frantically act in anxiety to receive what you need. The Lord readily provides all things to you. You told Him in prayer that you need your daily bread, so you can rest assured your Father knows what support you need in this world (6:32). Rather than worry about things of this world (things that fade and perish) that you cannot bring about through your anxiety, know that your Lord is with you in your hardships so you do not need to worry about tomorrow, or any other morrow for that matter. God is supporting you eternally.

When Jesus declares we should not be anxious, he is telling us that our heavenly Father is taking care of us so there is no reason to be anxious. When people shift “do not be anxious” into “thou shall not be anxious,” they shift a conclusion speaking about God’s grace into a law for themselves to follow. The passage as a whole is about Gospel but people read it as a Law. And to think Jesus meant not being anxious as a hard Law statement can cause harm the person making this assumption. They are trying to fulfill a law instead of simply receiving God’s grace apart from the law. Jesus is seeking to calm anxious people by offering a word of grace to them, not increase their burdens.

The anxiety described in Matt 6:25 is an obsessive worrying about earthly things instead of relying on God. Typically, someone experiencing anxiety is going through a form of

emotional trauma (mild or extreme, such as panic attacks). There are also people with anxiety disorders where they have uncontrollable feelings of fear. Jesus sets out to calm this fear by assuring us that the Lord knows our needs and has promised to see us through the troubles we face. His grace is as eternal and secure as heaven itself.

By way of analogy, think of a child scared by thunder. The thunder and lightning are real but they do not need to be feared. Despite this, the child is still blubbering in fear. The child’s father can embrace her and calmly declare, “Do not be scared, everything will be alright.” This is like the Christian with anxiety. The Christian’s fear and emotional trauma real. The object of their fear is real (e.g. ill health, poor finances, etc.). Yet the grace of God is also real and promises eternity in the hearts of those who believe (Ecc 3:11). There are truly dangers in this world but they cannot rob you of God and His love for you.

When Jesus tells us “do not be anxious,” he is cautioning people not to turn away from the gracious Lord toward worldly things. People suffering from emotional trauma are not trying to focus on worldly concerns—as if they had complete control over the situation. But looking towards these anxious people, we can tell them that the Lord is with them. He will not stop being gracious and merciful to them. If they are worried, they can call out to Him in prayer. They can continue in confessing their every trouble to Him. He listens and desires to deliver them from their anxiety. Do not be anxious because the Lord is here with you and is giving you His grace.

God’s peace,  
Pastor Adam Chandler

## Planning for the Fall

*"I was glad when they said..."*



I recall as a young 'tween in VBS making a banner with a crude sketch of a church on burlap with this accompanying Bible verse underneath: I was glad when they said to me "Let us go to the house of the Lord" (Psalm 122:1).

Growing up in a rural Lutheran congregation and community, I was glad to "go to the house of the Lord." That is what you did. That is where you joined up with your friends. That is where you had youth group. That is where, after evening Lenten services, you went to the local ice rink to watch hockey with your friends.

The House of the Lord was the hub of activity. The pandemic changed the hub of activity in every aspect of our lives, especially activity in our place of worship. Even though restrictions are slowly being lifted, are we glad when they say, "Let us go to the house of the Lord"? Or is fear holding us back? Is the sin of slothfulness keeping you in pj's, watching streamed worship services along with a hot beverage?

It will be difficult transitioning back to a changed normalcy. As followers of Christ, we should be glad when called to "go to the house of the Lord." In the house of Lord, we are fed and nourished by the Word of God, we are strengthened in our faith, sins forgiven in the Sacrament of the Lord's Supper. By these means, we are encouraged but also by Christian fellowship. That is where joy abounds as we see friends smile not hidden by masks. That is where we gather to plan and execute the Lord's mission work. That is where after Divine Service we may gather at a coffee shop to chat about life's joys and trials.

(from Tapestry, September 17, 2021 — LWML-Canada)

We are welcoming you back with cookies and encouraging words. " As some of you are not able or not yet comfortable to return to church in person, we continue to pray for you and would love to chat with you by phone. Feel free to call Pastor Chandler, and any of the elders (Bert Weiss, Mike Rumsch, Fred Smale or Gene Murdoch). The LWML ladies are also reintroducing the idea of having a Mug mate and more information about this is coming your way. God's blessings to you all!

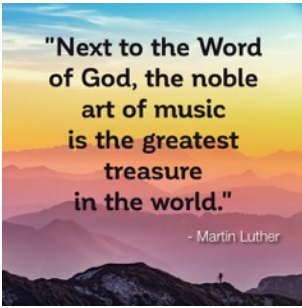
A brief summary of the PPC and congregation meetings of Sept 15<sup>th</sup> and Sept 26<sup>th</sup> respectively.

The boards are continuing with keeping the workings of the church running. Bible Studies, Theology on Tap, Confirmation classes, and Sunday School classes are starting up again. The financial statement for August 31<sup>st</sup> shows that to date, total income is \$95, 635.06 and total expenses is \$94, 695.92. The insurance has been paid for the year. The income is being supported by the Canada Emergency Wage Subsidy by \$6,074.71 as the parking is much lower. The next Congregation meeting will be on Nov 21<sup>st</sup> and can be attended in person or by Zoom. The 2022 budget will be presented at this meeting. There is also a request for participants on a nominating committee to be formed in the coming year.

Board of Evangelism,  
Louise

*God's Blessing to everyone  
with October birthdays!*





## From the Worship Committee

Greeting to all from the church musicians:

We invite you to attend our 'Afternoon of Church Music' on Saturday, Nov 20<sup>th</sup>, 2:30 pm - 3:30 pm, here in the sanctuary at Hope.

We have all been craving our beautiful hymns, liturgy, psalms, and rejoicing in singing these together as a congregation, since the pandemic struck.

Please join us for this afternoon of church music, to celebrate in song. We of course, must abide by all health regulations, and this event is strictly for the members of our congregation.

We will be setting the chime tables up in the sanctuary for this event, so you can 'hear' and 'see' the chimes!

God's blessings to all,  
Barbara



October is Mustard Seed Month

October is a month of thankfulness and as we give thanks to all what we have received let us remember those who have less, homeless and hungry. We will adorn the altar as we often do for Thanksgiving Sunday, if you wish to contribute with fresh fruits and vegetables (apples, squash, pumpkins, etc.) we would be glad to receive them. Please drop off at the church by Saturday, Oct 9<sup>th</sup> – thank you. These items will be donated to Mustard Seed Food Bank.

Throughout the month of October, we will be collecting donations for Mustard Seed Food Bank. Monetary donations can be placed in your offering envelop and please mark Mustard Seed.

If you prefer to donate non-perishable food stuff, take a paper bag from the Narthex, fill and return before the end of the month. Recommended food items to donate are peanut butter, canned fruits and vegetables, canned or dried beans, canned fish (there is always a need for this item), dry pasta or rice, canned soups, cooking oil, cereal (instant or cooking), baby food (jars), baby formula (powder or liquid), diapers/pull-ups, soap (laundry/dish/hand), toothpaste and brushes, deodorant and feminine supplies.

*"Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving" (Colossians2:6-7)*

## LWMLC- News



### Sewing Group

Our sewing group continues to meet each week, if you would like to come and join us or just come for the fellowship, please drop by. We have changed our meeting time to Thursdays at 1:30 pm.

If you have gently used men's shirts you no longer want, we would love to have them to be repurposed into dignity bibs for the men in the care homes.

## LWML Monthly Devotion

We continue to have our monthly devotion and fellowship. You are invited to join us on Thursday, October 28<sup>th</sup> at 1:00 pm. We will meet in person in the church hall, but we will also continue to livestream it on Zoom. To join us on Zoom follow the link below:

<https://us02web.zoom.us/j/87541596485>

Meeting ID: 875 4159 6485

## Living Forgiveness

What does it mean to love your child when that child is unhappy and willfully creates barriers to communication? How do you actively love when he or she shows no desire to find out what's wrong? This is where God's divine intervention calms a weary parent's heart. As we talk to God in prayer, He reminds us to first be still and then to just follow Him. He desires us to have an intimate relationship with Him before children, spouse, parents, friends and obligations.

God loves us personally and desires for us to be one with Him. This means to personally trust Him before all of our other worries. Back to forgiveness. If we feel we have problems in a relationship, chances are, the best thing to do is to return to examine the health of our relationship with God our Heavenly Father.

When we truly see how our Heavenly Father sent Jesus to die to reconcile sinners like us with Himself, He serves as the example of how I can choose to forgive and restore my relationships with others. I become more able to forgive my child when I realize how many times I've broken communication with God and shut off His love to me.

When I see how unworthy I am of God's unconditional love and affection, how He never stops loving me, this inspires me to apply and live forgiveness in my relationships.

Dear Lord, when I have challenges with others may I be quick to remember how You forgive me. May You be my example of patient reconciliation.

In Jesus' name, Amen.

Rena Detlefsen

Christian Growth Committee



## Mug Mates

## For Everyone



Dear brothers and sisters:

LWMLC is pleased that you have committed yourself to being a mug mate for the year. Each morning when you get your mug for a cup of coffee, tea or juice; it will remind you to talk to

the Lord about your prayer brother or sister. (Mug mate) Please ask the Lord to help you faithfully pray for your mate. This is the most important. Then please contact him or her by phone or a card within the week to identify yourself and share prayer requests or praises. Contact throughout the months is encouraged and perhaps you will be establishing lifelong friendships. What could be more wonderful!

Bring your mug with prayer form, (on bottom of page) in brown paper bag and place it in the basket on the Table after service on Oct 10 or the

following week. On Sunday Oct 17<sup>th</sup> pick up a mug from the Table after service or during the week. There will be a signup sheet on the table, please put your name and the name of you Mug Mate on the sheet. There will be Mug Mate events throughout the year.

Please accept this opportunity to create new friendships among the family at Hope. Feel free to call me at 250-478-6451 if you have any questions.

Yours in His Service  
Deborah Gruben

### Mug Mates



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone#: \_\_\_\_\_

Husband's name: \_\_\_\_\_

Children's names: \_\_\_\_\_

Anniversaries, special dates: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Interest, hobbies: \_\_\_\_\_

\_\_\_\_\_

Special prayer request: \_\_\_\_\_

\_\_\_\_\_

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Pastor Adam Chandler

778-350-9332

# Children's Corner



What is "All Saints' Day"?

All Saints' Day is the day during the Church Year that we celebrate, remember and honor all of those who have died with faith in Jesus and are now with Him in heaven.

Why do we celebrate All Saints' Day?

The word "saint" comes from the Latin word *sanctus* which means "holy" or "sacred." Saints are God's holy people. We thank God for the saints who have gone before us because of their great example of faith and God's great mercy in their lives!



Do you have to die to be a saint?

No way! All of God's faithful people are His saints! We were washed clean of our sins at our Baptism and made holy before God. That's what it means when we hear God's Word say:

"These are the ones coming out of the great tribulation. They have washed their robes and made them white in the blood of the Lamb" (Rev. 7:14). Isn't it great to know that it is not what we have done that makes us a saint, but what Jesus has done for us through His death and resurrection? He gives all of this to us through Baptism. He is the one who makes us a saint!



Happy Thanksgiving to All!

