

Our Family

Hope Lutheran Monthly Newsletter

March 2024

Volume 14 No. 03

Pastor's Message

Hope Lutheran Church has communion on every Sunday except the fifth Sunday of the month, although this was not always the case and there are exceptions. Easter this year takes place on the fifth Sunday of March and we will definitely be receiving communion for the greatest feast day on the Christian calendar. Incidentally, on Ash Wednesday communion was celebrated in addition to the imposition of the ashes, which was unexpected for people in our church despite this being a common practice in other congregations.

I think it good to comment on what the Bible says about the frequency of communion, which is not much. The Christian Church of the New Testament did not need to explicitly comment on this because it was not a major issue at the time. However, we can still find some hints about how frequently communion was and should be received.

Jesus says about the Supper, "This do, as often as you drink it, in remembrance of me." By saying "often", Jesus is implying that we should be receiving the Supper often. We can also look to the word "remembrance" and say that, if we remember Jesus by participating in his life and forgiveness, we should be compelled to go to the Supper which gives us his life and forgiveness.

When the Church began meeting following Pentecost, Christians were breaking bread in each other's homes daily (Acts 2:46). There are two ways to interpret "breaking bread". One is as

a fellowship meal much like our potlucks and after-service goodies. Another is that this is the Lord's Supper where the breaking of bread causes believers to recognize Jesus in their midst (cf. Luke 24:31-32). Paul also "broke bread" on a Sunday when he gave a sermon and performed a miracle, implying this is communion (Acts 20:7-12). Likely the case, as time moved from Pentecost to Paul's journeys, communion was more celebrated during common worship on Sundays. One of the earliest Christian writings was a text on worship, the Didache (c. 100 AD), which says to break bread every Sunday.

St Basil the Great (330-378) comments in one of his letters that it is good to receive communion every day and that he personally takes communion four times a week. It is only during the medieval period and after people received communion less often. When North America was being colonized, congregations usually took communion between once a month or once a year because pastors could only come by once a month, or less often, and that was how often the congregation could celebrate communion.



Having communion is not necessary every day, but communion does offer the grace of Christ. It should be hungered for and should be offered often. For Hope Lutheran, this can be every week and some midweek services, but it can also be every Sunday except the fifth Sunday of the month.

God bless,
Pastor Adam Chandler

Music Notes



On Saturday, March 16th at 3 pm we will host another 'Repose Recital', here at Hope, 30 minutes of meditative music.

This Recital brings 'Songs from Ireland!'. All welcome, bring your friends and neighbours to celebrate St. Patrick with this lovely Irish music.



There will be light snacks afterwards for all to enjoy.

Belle Voci choir will sing for the worship services on March 3rd and Good Friday.

Our Chime choir will play for the services on March 10, 17, and Good Friday.

All choirs will take a short break following Easter Sunday, and will resume rehearsals to prepare for our Spring Recital on Saturday, May 25th at 3 pm.

For Easter, we look forward to hearing Andrew on his trumpet and Ian on his cornet once again!

Blessings to all,
Barb

LWML-C News



Throughout the Bible there are numerous examples of bearing each other's burdens or taking up the cause for someone else.

LWML ladies try to follow this example by heeding the call to serve. Each month we gather together to study God's word, our source of strength, followed by a light lunch: always the last Thursday of the month at noon with bible study at 1pm. Together we

strengthen and encourage each other in our faith journeys.

Pictured below is a still from Reverend Les Carlson's funeral held on February 10, which we watched online at Hope. Through the exchange of anecdotes and stories we were reminded that we are not alone in our grief. Although Rev. Carlson was called home and will be missed, our common faith assures us that we will meet again.



Opportunities to serve and care for one another emerged with the annual pancake/waffle supper. Special thanks to April Gibson, the waffle maker, Sally Corry for flipping the pancakes, and Theo Henry for cooking the sausages. The Youth ably served, and Adele Yager provided her famous blueberry syrup. An enjoyable evening indeed!





February also marked our Second Anniversary of sewing heart pillows for the BC Heart and Stroke Foundation. They are distributed to heart patients at the Royal Jubilee Hospital. Sixty pillows are sewn each month so in two years that's a lot of pillows (you can do the math!).



We will be meeting again on Thursday, March 21st at 1:00 pm. We would be happy if you could join us!

As Spring approaches, take a look around; God's creation will soon be awakening from its winter sleep, and flowers will soon be budding all around us. The ladies of LWML also encourage you to look around for opportunities to serve God's people and perhaps discover your hidden talents. We look forward to the Easter season!



Other Coming Events:

Vancouver Island Spring Rally April 27, hosted by our sister Society in Duncan. More details to follow.

In conclusion remember to:

"Bear one another's burdens, and so fulfill the law of Christ." Gal. 6:2

"because he is at my right hand, I shall not be shaken." Psalm 16:8

His humble servant,
Deborah

Premie Hats

Do you like to knit or crochet? Some of our ladies have been knitting premie hats for the hospital. If you are interested in helping out, contact Deborah (she can provide you with some yarn, if needed). If you need a pattern, contact Deborah or Theodora. Thank you.



A Word of Thanks

Many thanks to Brenda, Linda, Mel, and Michael for their dedication and hard work as members of the Parish Planning Committee (PPC). They have served faithfully these past few years.

If you are looking for a way to serve the church, do contact any one of them; they would be more than happy to chat with you and for any help you can give.

Clarification: In February's newsletter, "The Beatitudes for Friends of the Aged" was authored by Esther Mary Walker and was submitted by Paul.

A Note from Praise Youth Group

Thank you to everyone who contributed to the free-will offering during the Ash Wednesday pancake supper. In total we raised \$90, some of which went towards our trip to Flying Squirrel trampoline park on February 23. Ten kids attended and we all had a great time. Our next Youth Group gatherings will be on March 2nd and March 16th. We will also be helping with the Easter morning breakfast where we will be collecting donations to go towards future youth activities.



In His Service,
Fisher



Some Thoughts on Well-Being

In much of the western world we now distinguish between physical and mental well-being, whereas the early Greek doctors and many for much longer considered it one, as indeed one affects the other. When you receive tragic news, for example, you may well also feel physical pain. Likewise, a severe injury will likely cause mental pain as you ponder its future effects on life and happiness.

Right up to the Middle Ages, in case of injury or sickness, you went to seek help from a doctor/healer who likely knew you and who did what little he could then and there. Today, a doctor (if you have one) often barely gets to know you in those 10-minute appointments (now often over the telephone) that may result in a referral to a specialist. That may be the answer to your problem; however, treating any absence of well-being as a whole has been abandoned. Yet the fact of wholeness remains: the natural combination of physical and mental well-being cannot be separated.

So, what to do? Well-being—the state of being healthy and happy—largely depends on moderation in everything. That means leaving youthful excesses (if any) behind and settling on a sustainable rhythm. Our physical well-being largely rests on the basics of food, shelter, and sleep—all depending on job and income. Mental well-being is based on financial and environmental security plus a healthy family or social circle. Loneliness has now been recognized as a sickness like other diseases.

God has designed our bodies wonderfully with muscles and nerves to perform and feel a wide range of functions; it is up to us to care for them and keep them in working order as long as possible.

Until the Industrial Revolution over 200 years ago, people worked and lived in motion. Today, most jobs are done while sitting (often followed by hours of watching entertainment). Ten minutes of exercise a day is more effective (and cheaper) than an hour at the gym on the weekend, and everybody who can should go for a short walk if not daily then at least often. Walking is recognized as the best (and cheapest) aid to well-being besides swimming (which unfortunately requires a body of water).

We should also eat wholesome food, that is so-called organic produce (three generations ago all agricultural products were organic) and fewer commercial/canned goods (to avoid harmful chemicals), though admittedly it takes more time to prepare. We should also ensure sufficient sleep, preferably without unnatural interruptions, as difficult as that may be in today's electronic environment.

Regarding mental well-being, the ideal is a happy childhood with siblings, a good family in adulthood based on love and respect, and congenial relatives and/or grandchildren or a circle of good friends in the retirement years. While we cannot change the past, we can and should have friends; their support and company are so comforting when age or disease limit the activities that brought us well-being. That, and relying on the care of our Lord makes everything bearable, even enjoyable as no pills can do what congregational life can.

Paul

*God's Blessings to Everyone
with March Birthdays!*



Lenten Services

March 3, 2024	Sunday	10:30 am	Third Sunday in Lent
March 6, 2024	Wednesday	6:00 pm	Soup Supper
		7:00 pm	Mid-week Service, Lent 3
March 10, 2024	Sunday	10:30 am	Fourth Sunday in Lent
March 13, 2024	Wednesday	6:00 pm	Soup Supper
		7:00 pm	Mid-week Service, Lent 4
March 17, 2024	Sunday	10:30 am	Fifth Sunday in Lent
March 20, 2024	Wednesday	6:00 pm	Soup Supper
		7:00 pm	Mid-week Service, Lent 5
March 24, 2024	Sunday	10:30 am	Passion/Palm Sunday
March 28, 2024	Thursday	7:00 pm	Maundy Thursday Service
March 29, 2024	Friday	10:30 am	Good Friday Service
March 31, 2024	Sunday	9:00 am	Easter Breakfast (free-will offering, proceeds will go to fund our Youth events)
		10:30 am	Easter Sunday Service



Children's Corner and For Those Young at Heart

A great big word of love.

A word that you often hear used in the church is the word "redemption" (pronounced ree-DEMP-shun). All of the events in Jesus' life work together to form God's plan of redemption.

What does "redemption" mean?

The word "redemption" is a very important word used to describe what Jesus has done for us. Redemption comes from



the root word "redeem" which means "to buy back." God's plan of redemption was His plan to buy us back from sin, death, and the power of the devil. This all happened when Jesus fulfilled the requirements of the Law perfectly and died on the cross in our place. He paid the high price for sin, and He bought us back! But He didn't stop there. He overcame death for us and rose from the dead to prove it! What a great Redeemer we have!



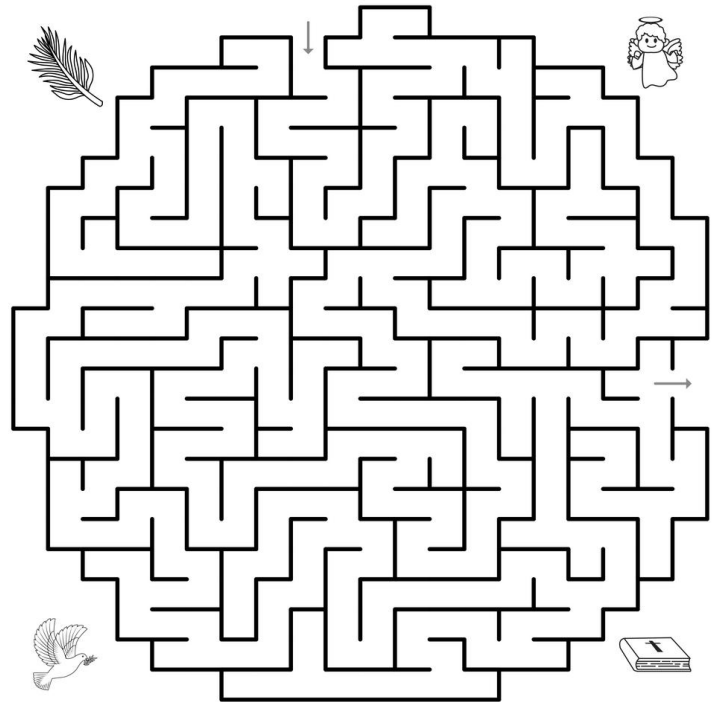
What our God has done for us in Jesus reflects the Fatherly love He has for all people. As parents, we share this love with our children through the means our Lord has provided: Word and Sacrament. This is where we receive the real fruits of redemption.

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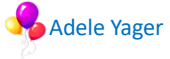



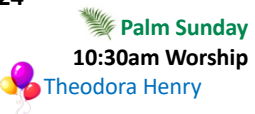

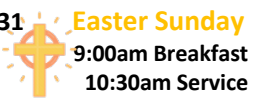
Easter Maze

Draw the way through the maze



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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
25 2 nd Sunday in Lent 10:30am Worship	26	27 10:00am Bible Study	28 6:00pm Soup Supper 7:00pm Lent 2 Service	29 1:00pm Sewing Group 3:00pm Belle Voci	1	2 10:00am Confirmation 11:30am Youth Group 2:30pm Prayer Service at Amica 3:00pm Chimes Practice
3 3 rd Sunday in Lent 10:30am Worship 12:30pm Lunch with Pastor	4 	5 10:00am Bible Study	6 6:00pm Soup Supper 7:00pm Lent Service 3	7 1:00pm Sewing Group 3:00pm Belle Voci	8	9 10:00am Confirmation 3:00pm Chimes Practice *Set clocks ahead 1 hour*
10 4 th Sunday in Lent 10:30am Worship Daylight Saving Begins	11	12 10:00am Bible Study 	13 6:00pm Soup Supper 7:00pm Lent Service 4	14 1:00pm Sewing Group 3:00pm Belle Voci	15 	16 10:00am Confirmation 11:30am Youth Group 3:00pm Repose Recital 'Songs from Ireland'
17 5 th Sunday in Lent 10:30am Worship St. Patrick's Day	18	19 10:00am Bible Study Spring Equinox	20 6:00pm Soup Supper 7:00pm Lent Service 5	21 1:00pm Sewing Group (Heart Pillows) 3:00pm Belle Voci 	22	23 10:00am Confirmation 3:00pm Chimes Practice
24 	25	26 10:00am Bible Study	27	28 12:00pm LWML Lunch & Learn 3:00pm Belle Voci Maundy Thursday 7:00pm Service 	29 Good Friday 10:30am Service	30 3:00pm Chimes Practice
31 	Notes ELDERS: Michael Rumsch (250-588-0776) Bert Weiss (250-382-2612) Fred Smale (250-652-9396) Elder of the Month: Bert Weiss		Altar Guild: Deborah Gruben Theodora Henry Eleanor Murdoch Louise Rushton		