
THE MESSENGER OF HOPE



HOPE LUTHERAN CHURCH

2174 Departure Bay Road Nanaimo, BC V9S 3V6

Phone: (250) 758-1232 ~ Email: hope2174@shaw.ca

Website: www.hopelutherannanaimo.com/



Epiphany 5 to Lent 1

February 2023



WORDS OF HOPE

Reflections by Pastor Terry Richardson

When the days drew near for him to be taken up, he set his face to go to Jerusalem. Luke 9:51

Lent

The church season of *Lent* begins on February 22 with *Ash Wednesday*. There is nothing in the Bible about Lent or Ash Wednesday. These are examples of traditions that have been developed by the church over the centuries. Part of the reason for such traditions which also include *Epiphany*, *Easter*, *Pentecost* and *Advent*, are for us to honor major themes and events in the life of Christ in the New Testament.



Sometimes traditions can lose their impact if they become used in a wooden or thoughtless way. You have probably heard the expression of "giving something up for Lent." When I was new to the church I didn't understand that at all. Gradually, it became clear to me that Lent and other seasons and traditions of the church year were about having a certain focus on the life of faith. Lent has little to do with giving up chocolate, or watching too much TV, or some other habit. However it has a lot to do with shifting focus toward the journey of Jesus to the cross out of love for us and culminates in *Good Friday*. That puts a different twist on Lent. Any shift in habit or change in direction is best led by the goodness of God toward people like you and me. Maybe there is a new way for us to pattern our everyday lives like the ready compassion of Jesus.



You may have noticed that what was our *Christmas tree* has become - an *Epiphany tree* with decorations that carry unique symbolism. As you pay attention to that front corner of the sanctuary, you will see other changes as we follow Jesus through the year. Soon it will transform into a *Lenten tree* and will carry other messages. We are even creating traditions of our own as we honor the journey of Christ who loves us as no other. The light of Epiphany will soon shift to the darker story of Lent. Perhaps it will all give

us new courage to trust God with every turn on our road.

WORSHIP REPORT

Submitted by Carolyn Iles

Epiphany

We are in the middle of the season of Epiphany. The season is 40 days long – not counting the Sundays, which occur between January 8th and February 22nd. The Bible readings during Epiphany tell us about the early years of Jesus’s ministry, how He brought Light into the world. That is why we have the strings of lights on the windowsills, and in the floral bouquets near the Altar. They remind us of the Light of Christ, come to the world.

For example, on February 5th, the lessons remind us of our calling to “*be salt to the earth and light to the world.*” On February 12th, the focus is on the Sermon on the Mount in which Jesus calls us to a way of living that brings life - Light - to ourselves, one another and the community. February 19th, which is also called The Transfiguration of the Lord, includes the reading of Moses receiving the Ten Commandments, and the revelation on a mountaintop, of Jesus as God’s beloved son: again, reminding us that Jesus is the Light of the World, and that we are all being called to be Light in the world.



Through prayer, conversations, and actions Epiphany encourages us to consider how our actions can be a light in the darkness for one another.

Ash Wednesday, February 22nd



We begin a 40 day journey toward Easter. This day of repentance reminds us that we are marked with the Cross of Christ, and His light of love that saves us. Our service will be at 11:00 am, and all are invited to join us in person or via Zoom.

Lent, February 26th

Is the first Sunday in Lent. You will find our services change slightly. There will be different liturgical music, - no Alleluia’s - and we will chant the psalms like we did during Advent. (Our liturgy and services change slightly during different church seasons, to remind us that we are traveling through different ‘seasons’ of the church year.)

Seniors may remember a time when people were asked to ‘give up’ something for Lent...an action that was to remind us of the struggles Jesus had in the wilderness. Perhaps as a child you were encouraged to give up candy or comics for Lent. Another tradition was to encourage a good habit such as saving 10 cents a week for church projects, or doing an extra chore for family or neighbour. This year, you will have an opportunity to consider what you might be willing to ‘give up’ or ‘do’ for Lent. There will be paper and pencils in the Narthex, and a bowl into which you can put your written responses. For example, one week perhaps you would like to work on ‘giving up’ impatience. Write the word(s) impatience, (“I will stop being impatient”) on the paper and slip it into the bowl. Another week, you may be encouraged to consider what you would like to do. For example, support the homeless, (“I will donate to Crisis Society* or donate to our food bank.”). All comments are meant to be anonymous. Writing your intentions down helps reinforce your determination to engage in new ways of bringing God’s love to the world during Lent.

- *Island Crisis Care Society is a local organization working with the unhoused; & support and recovery. It is one of the programs Hope Lutheran Supports.



- Those individuals who are comfortable attending church are asked to consider becoming a worship assistant during the service. Hopefully some people have indicated their willingness on the recent “Time and Talent” form distributed. If you missed the form, or would rather just talk to Pastor or a member of the Worship Committee, we would love to hear from you so we can work together, providing service to one another during our in-church worship times. Training is provided.



THE TREE

Submitted by Linda Harvey

You may have noticed the evergreen tree in the corner of the sanctuary. The tree is a symbol of “eternal life”. This evergreen will be used during the church year to showcase the “seasons of the church”. The liturgy is divided into several seasons starting with Advent, followed by Christmas, Epiphany, Pre-lent, Lent, Easter and Ordinary Time (referred to as Pentecost and Trinity).

There is a tradition of decorating the church during the different seasons. “This heightens the awareness of the festive, solemn, or penitential nature of these seasons.” As we change the appearance of each liturgical season, our minds and hearts will be stimulated by the colors, banners, flowers, light, and paraments. Each season brings powerful impressions of the story of grace. The church also celebrates other festivals associated with the life of Jesus. These, too, will be included. The symbolism of each phase will adorn the “tree of eternal life” which stands in our sanctuary at Hope.

TABLE TALE

Submitted by Linda Harvey

A new table has been acquired by Hope! This table can be used in front of the altar for memorial services and for holding adornments for the various seasons of the church.

Example: Thanksgiving display.



During the snowy and icy Christmas season, I was unable to get to the church to change it from Advent to Christmas as Glenn was in Saskatoon. My friends and neighbours offered to drive me to Hope. Cathy and Gene also helped me change the banners and altar cloths. I mentioned in passing that I would like to get a table to use in front of the altar. No more was said.

In two weeks, on the day of my birthday, a knock came at the door and the table was on my doorstep! Gene had made a table of maple and oak for the church. I was completely blown away by their thoughtfulness

and generosity. I am so thankful for friends.

Above, is a picture of Gene and me with the table on our front doorstep.

Many thanks to Gene and Cathy.

CONTINUOUS LEARNING

Submitted by Carolyn Iles

Epiphany: Season of Light

Epiphany is known as the Season of Light. Jesus came into the world at Christmas...and during the church season of Epiphany we learn about the early years of His ministry, how The Light of the World challenged and changed society.



Recently, on CBC radio's program, Ideas, there was an interview with the three time mayor of Calgary, Naheed Nemshi. Mr. Nemshi's parents immigrated from Tanzania. The family is Muslim. Naheed is a graduate of the University of Calgary, and Harvard University in the United States. Before entering politics he worked with a consulting firm, and with the United Nations. Like many Muslims, "seva", or service to others, is an important calling. The hour long interview included many memorable stories/comments, two of which stayed with me. Both are examples of bringing Light to our world.



Remember the severe flooding in Calgary some years ago? Mayor Nemshi's office fielded many calls for help. There were also calls from people who wanted to help. He asked a city hall staff person to organize a gathering of those who wished to help. Later the same day he was told the gathering would take place in two days. When he asked why the short time line, the staffer replied, they didn't think many would show up, and thought it best to get the event over so the staff could concentrate on other flood related business. Notices went out on the internet, radio and TV. About 300 registration forms were prepared.

The day of the gathering, Mayor Nemshi drove over to the site, and had to park several blocks away. Over 1,500 people had responded to the call. Eventually he found the city staffer in charge, standing on a table, and without any microphone, suggesting people go home, as they had run out of forms. Mayor Nemshi asked a nearby fire truck if he could borrow their loudspeaker, and got up onto the table. Using the loudspeaker, he explained how proud he was of all those who came. Then he said "You all know where help is needed. Just go out and help however you can." And the people did. They went into neighbourhoods with buckets and brooms. They did inventories of buildings to see if there were handicapped people in need of transport to support centres. They worked at makeshift kitchens to prepare meals, serve them and deliver them as needed. They cleaned up the mud, and comforted the frightened.

When a reporter asked him how all this help was possible in such a short time, the mayor responded. "That's what Canadians do. They ask, '**How can I help?**', and then they help." Light breaking into the world.

Later in the program, Mayor Nemshi was asked how politics can work in this era of extreme polarization. Here is his response.

"I think if we reach out to people and say: "you want to live in a community where your kids have more opportunities than you had. You want to live in a community that is prosperous — and I use the word prosperity rather than wealth. You want to live in a community where we look after our land, air and water. People don't disagree on those things. **We disagree on the means of how to get there. But we have to remind people that ultimately my neighbour's strength is my strength, my**

neighbour's success is my success. Those are the first words of Calgary's anti-poverty strategy." Finding common ground, building upon that ground: And that is how the Light breaks into the world. Perhaps you have an example of the Light of Christ in our world today. Send it to Hope's Newsletter, at the church. We can all use a little more Light today!

Living our **FAITH**
PRAY READ WORSHIP **LOVE**

“What would you say to others who want to live more generously and live their faith?”

Loving our neighbours is an opportunity to break down walls that keep us afraid. Meeting our neighbour and learning about them is in itself an act of love.

- Lynn Granke



**NEED A PLACE FOR A COFFEE OR A LUNCH?
WANT TO JOIN A COLDEST NIGHT OF THE YEAR TEAM?
Submitted by Joan Roszmann
For the Witness and Mission Committee**

Island Crisis Care Society has purchased the Nanaimo Bakery for the launch of **Project Rise**. This new ICCS program enhances their housing program portfolio, offering life skills, pre-employment and employment skills training and select work placements for program participants, supporting them on their path towards recovery and independence.

The building will provide space for the planned skills and employment training, and the Bakery and Café will serve as one of the potential employment placements offered through the program. Alongside these operations, the larger building at 2025 Bowen Rd. will be adapted to house ICCS and Project Rise program offices as well as new community collaboration spaces to benefit the most vulnerable in the community. It's a great place for a coffee or lunch!



Our church has been involved with Island Crisis Care Society for several years now. We participated in "More Room for Hope" raising more than \$1000 dollars and earning a spot on their commemorative quilt. We participated in the blue bank housing campaign which moved to online donations the last two autumns due to the pandemic.

ICCS is the front-line organization in Nanaimo dealing with homelessness and they are doing an amazing job! Check out their many programs at islandcrisiscaresociety.ca. If we want to help the crisis of homelessness in our community, this is the place to look. Drive south on highway 1 past

London Drugs and you will come to **Samaritan Place**, a most impressive edifice! It will continue the tradition of a program for women in crisis with 14 shelter beds, 52 units of longer-term supportive housing and a 2-bedroom unit for families in crisis.

Mark your calendars for **Coldest Night of the Year, February 25**. You can join a team or donate online. Speak to me for more information or check islandcrisiscaresociety.ca. Donations to ICCS can be made at their website or with your offering envelope.

Prayers to Share: 100 pass-along notes to Share the Love by Candace Bure (#1)

I pray that God will give you strength and courage today.
Hatred stirs up strife, but love covers all offenses. Proverbs 10:12
"Darkness cannot drive out darkness, only light can do that.
Hate cannot drive out hate; only love can do that." Martin Luther King, Jr.



MEN'S CLOTHING DRIVE

**Submitted by Joan Roszmann
For the Witness and Mission Committee**



The Witness and Mission Committee is sponsoring a men's clothing drive at the request of prison chaplain, Michael Burdge. There is a need for warm men's clothing for inmates released from the Nanaimo Correctional Centre. A bin is provided in the narthex for MEN'S jackets, sturdy shoes, jeans/sweat pants, sweat shirts, and any other clothing appropriate for a young man. Rain jackets, backpacks and duffel bags are also welcome. Should you need to have items picked up from your home or would be willing to pick up, please contact Joan Roszmann or leave a message at the church office.

WOULD YOU LIKE TO HELP MAKE SOUP?

Submitted by Joan Roszmann

Do you know that the Winter Shelter at St. Peter's (runs from Nov 1-Mar 31) could do with one or two more soup makers? One of our members is doing this! She arrives at St Peter's at 6:15 pm with her soup supplies and, with 1 or 2 others, prepares the soup and leaves it ready to go by around 7:15. It just takes about an hour of kitchen time.

This project operates under Nanaimo Family Life. Supplies for the soup come from various places including Loaves and Fishes and donated grocery cards.



There are no standard recipes; the need is to make about 8 or 9 litres of soup for the 30ish guests.

Home-made bread is welcome! Loaves and Fishes sometimes provides fruit, too.

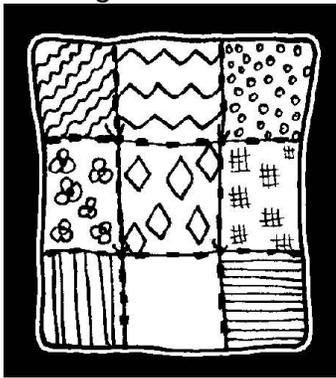


Is there someone at Hope who might interest themselves in this short-term ministry? The opportunity is available each of the week day evenings. Speak to Pastor Terry if you would like to help out!

QUILTERS

Submitted by Carolyn Iles

Although small in number, a group of quilters meet on Friday mornings. Except for the first Friday of the month - or when the Men's Group has a special guest – we meet any time after 9:30am, and quilt until 12:30pm. (When the Men's Group meets in church, we begin at 10 am.)



We gather in the sanctuary, and set up tables near the window for sewers, and near the door from the Narthex for those who cut fabric, and 'build' quilts. We have completed 29 quilts since we started in September.

In February we are going to be making wheelchair laptop quilts for Dufferin. This was a special request. These quilts are about 30-33 inches by 40 inches, with an 8" pocket in the front to keep hands warm, or treasures handy. If anyone would like to make a lap quilt at home, that would be great! Call Carolyn Iles or Terry Owen for more detailed instructions. You can either make the top/quilt, or the entire lap-quilt. As the quilts will be washed in a commercial dryer, no polyester batting will be used. We are simply using an extra layer of fabric as 'batting, and lining the laptops with flannel.

We would also accept fabric, cotton or flannel, and cotton thread! (And in case you didn't know, batting is what is put between the top and bottom of the quilt that provides the quilt with warmth.) For your quilters ... Uli, Susan, Shirley, Kathleen, Terry and Carolyn

Prayers to Share: 100 pass-along notes to Share the Love by Candace Bure

(#2)
I see your heart for helping others and your desire to show compassion and mercy. I praise God for you today. And above all things have fervent love for one another, for "love will cover a multitude of sins". 1 Peter 4:8
In my experience, service often boils down to valuing other human beings and showing love to those who are neglected.

This is something we can do for free, and by doing so we are able to bring meaningful balance to the priorities of family, faith and service.' Candace Bure

ANNOUNCEMENTS

Ukrainian Family Seeks Permanent Lodging

If you know of someone with rental accommodation, please contact Helen 250-753-0901. The family in need is a full time employed woman with her mother and young sons. Any kind of affordable family housing!

On February 25 interested citizens are walking in the **Coldest Night Of the Year (CNOY)**: a winter Fundraiser for people who need our help. This is an annual, national cross-country Canada event. Here in Nanaimo, all funds raised go to the invaluable work of the Island Crisis Care Society (ICCS) serving Nanaimo and Parksville. If you are not familiar with ICCS, information is available by telephone at # 250 585 5505 or by email to info@icccare also at <https://islandcrisiscaresociety.ca>. If you are able, they will tell you how you can get involved.

The St. Philips by-the-Sea Ladies Group
are hosting a
Costume Jewelry Sale
Saturday February 25th
9am -12pm
in the Multi-Purpose Room
(713 Lantzville Road)
Gently used items
from special occasion to casual,
retro to modern
Refresh your jewelry box!
Create new craft items!



ANNUAL GENERAL MEETING
SUNDAY AFTER 10 a.m. SERVICE **February 19, 2023**
Annual Reports available after Feb. 5th. [Please, 1 copy per household.]

We Celebrate Birthdays



For the month of **February 2023:**

February 2 Greg Vosper

February 6 Anne-Li Summa

February 18 Brenda Littlejohn

February 26 Beth Paton

February 3 Shirley Forwell

February 10 Flo Bender

February 19 Reta Rockel

February 26 David Paton

February 4 Inger Vedoy

February 10 Baily Thompson

February 21 Emily Thomas

Special Prayer Requests:

Dave C; Robert & Carol D; Michaela E; Anne G; Gary G; Rosie G; Gail L & family; Garth N; Ruth N; Carole & Clyde O; Jack R; Luke R; Audrey S; Karl S & family; the family of Janice V; Dan; Doris; Ingvar; Lil & Cal; Louise; Maya; Quinn; Zak & family...

May our actions and words offer healing and joy to all we meet in this coming week.

God of new life, **HEAR OUR PRAYER.**

