

Good morning,

“Do not be afraid.”

You don’t have to read too far in the Bible to come upon that phrase. It has been said that some version of that statement has been said roughly 365 times. You could find the encouragement every day if you had a mind to. There is a kind of spectrum of fear that runs from feeling uneasy to dread. God seems to know that our default position often lands somewhere on that spectrum. Too bad for us. Being wisely cautious in situations is one thing, but being full of fear on a regular basis is a hard way to live.



I think that is why there is so much counsel in the scriptures to not let fear take over our lives. The threat of harm, or the unknown can trigger a lot of emotions. A community of support like a congregation can be a great help in helping us find our balance and not feel so alone. Prayer that counts on the assurance of God’s care has helped people deal with their fear from Abraham, to Mary and Joseph, right through the trials of God’s people down through the ages.

One of my favourite reminders during the roller-coaster of life has been from *Isaiah 43:1* where these words are addressed to God’s people, including you and me: ***“Do not fear, for I have redeemed you; I have called you by name, you are mine.*** Jesus used versions of these words many times for his followers. I am reminded that we are known, loved, and accompanied by God who loves us.

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Please consider taking part in this **survey** for the future put out by the **BC Synod**. Details are below:



**We Are One Body
Inviting Your Wisdom and Prayers**

The following notification is being sent from the BC Synod Office on behalf of Bishop Kathy Martin and the planning team

Next week, on March 22-23, people from across the BC Synod will meet in Coquitlam for a two-day conversation focused on exploring innovative ways to collaborate across congregations/geographies as we consider the challenges and opportunities ahead.

As you think about the future, as Lutherans engaged in the work of the Gospel across BC:

1. What important things should we protect, save, and use wisely?
2. What is one question you would like to ask about how our BC Synod works?
3. What are 1-2 creative ideas you have for working together across congregations and geographies

Please respond before March 14th. [You can access the survey here.](#)

We would like to get input from as many people in the BC Synod as possible so ***please send this along to your church email list to invite their participation.*** The survey responses will guide our conversation on Saturday.

Thank you for your prayers, and for joining us in this work.

For your information, a couple (Becky & Lyle) who sometimes attend Hope were profiled on CHEK news last week due to an eviction notice over some tenancy issues (<https://cheknews.ca/there-is-no-reason-given-seniors-face-eviction-from-their-nanaimo-apartment-1242616/>). The media has brought this to

public attention. They are currently looking for another affordable apartment in Nanaimo and may eventually need some support with moving costs. I will keep you posted.

Coming up at Hope:

Mar 12 @ 10:00 am *Hymn Sing* on Zoom

Mar 12 @ 10:45 am *Worship & Music Committee*

Mar 14 @ 8:30 am *Men's Breakfast* meeting

Mar 14 @ 9:00 am- noon *Hope Quilters* in the sanctuary

Mar 16 @ 10:00 am *Sunday Worship Service*

Mar 16 @ 1:30 pm *Eden Gardens service*

Mar 18 @ 1:30 *Tuesday Afternoon Bible Study*

Mar 20 @ 1:00 pm *Memorial Service for **Sivert Vedoy***

The *Sunday service* and *Invitation to Zoom* will appear in your email on Saturday morning.

The Lord is with us.

Pastor Terry