
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/



Pentecost 9 to Pentecost 12

August 2022



WORDS OF HOPE

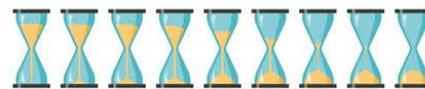
Reflections by Pastor Terry Richardson

Late Summer 2022

Yours is the day, yours also the night; you established the luminaries and the sun. You have fixed all the bounds of the earth; you made summer and winter. Psalm 74:16-17

Time Passes

Time keeps flying by. The summer is half over. We are all ten years older than we were ten years ago, and were it not for the changes that we see and feel, it doesn't seem like so much time has passed.



My dog who was just a tiny pup a few years ago is now a furry big girl. My grandson will be six years old in a few months. It seems like life keeps moving past us and we are standing still, but we have changed too. We find ways to spend our days and then lay down to rest at night. Sometimes there is a full moon that we watch for. The sun can beat heat down on us in the summer, and then we miss it in the winter.



God keeps the world turning, in spite of our attempts to control everything or dismiss God from the equation. Thankfully people of faith insist on the basis of their faith: that God is present. We may disagree or argue about the details, but God is bigger than our thinking.

That God is the creator is a statement of faith. It means we are privileged to be alive, however long we may have, and however that has been experienced. God has somehow loved us into being with everyone else and made us a people. Jesus has fine-tuned this picture by directing us to compassion as the means by which we can best live together with the passing of the days and seasons. By compassion we care for each other, or at least model a way of being with each other that challenges competition, violence and hate.



Long after we are gone, the world will continue to turn, days will pass, and seasons will come and go. We always have the opportunity as we live to make decisions and take actions that improve the passing of time for ourselves and those around us: a people... of God. This is why Jesus said one day, "Love one another as I have loved you." It's a good way to pass the time.

WISDOM FOR OUR FAITH AND LIFE

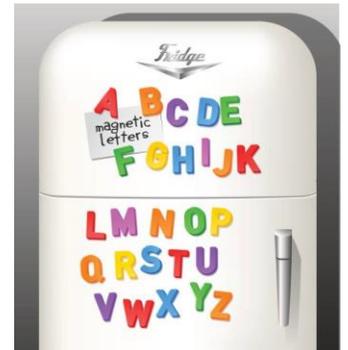
Submitted by Carolyn Iles

The **Lutherans Connect** devotion for this summer is called “Wise ones and wisdom seekers”. (You can check out this devotion on Hope’s website, look under Devotions.) Here is a bit from one of the early devotions I read last week.

“...yet as human beings, we don't always act according to ... essential goodness, (to which we are called). We need those wiser than us to keep us on the right path”... Wisdom instruction comes from deepest and most tender love: it represents a genuine desire for us all to be the best version of ourselves.

When has there been a time when you have heard God speak to you, through a loved one, with good advice about what to do? Who, in turn, can you offer such loving wisdom to today, to help encourage them in their journey of faith?”

I finished the devotion, thinking about wisdom, and walked into the kitchen, right past the ‘fridge’. That’s where I saw some wisdom. **Bet you also have some wisdom attached to your fridge door, or maybe another place in your house.** And, knowing that this newsletter would soon be coming out, I had an idea.



I invite you all to share the wisdom of the fridge magnets that are in your house. Some may be silly, like the one that was on my fridge years ago, stating that “Paul Newman was over 50 too”, some may be very special because of the circumstances or person who gave you the magnet. So, let us share the wisdom found on our fridge. You can text me, e-mail me, drop them in my church mailbox or call me with your bits of wisdom, and they will be included in next month’s newsletter. To get you started, here are two of mine.

“Thank someone who has changed your life or brightened your day.”

“Kindness in words creates confidence. Kindness in thinking creates profoundness.

Kindness in giving creates love”. Lao Tzu

Over to YOU!

For This Day

By Gillian Ames

This prayer was written by Gillian Ames many years ago. She wrote it, prayed it daily, and shared it with people. May her prayer bring peace to you, Carolyn Iles

A quiet moment, Lord, to begin my day with thanks—
For a restful night—a fresh new day—for hands to hold—
and love to share—a life to be lived together.
I’m thankful for my family, friends, neighbours, and community –
I put all into your hand this day, along with those in special need of prayer
(by name....),
trusting that You will guard and protect, strengthen and nourish,
comfort and guide each one thru this day.



Also that You will fill the specific needs of each one for this day.
Trusting that You will continue to work within each of us—
making us to see our own true needs and the true needs of others,
and then making us willing and able and wise to help to fill those needs,
that we too may be a blessing for this day.
I bring this prayer, Lord, in Jesus name—
knowing that you do hear the prayers of my lips and the prayers of my heart
and that You do answer in Your way and in Your time.



Again for this day, I ask for a full measure of Your spirit—
that I may live out this day in the fruits of that spirit—
sharing with others, Love, Joy, Peace, Patience, Kindness, Goodness
Faithfulness, Gentleness and Self-Control.
And I trust that You will strengthen and guide me thru' this day
In Jesus name---**Amen.**

CONTINUOUS LEARNING Submitted by Carolyn Iles

NOTES FROM THE ELCIC weekly Newsletter - Compassionate Justice

World Day Against Trafficking in Persons - July 30

July 30 is the United Nations' [World Day Against Trafficking in Persons](#). Take time to reflect and pray for respect, self-worth, healthy relationships, shared humanity, and an end to gender-based violence, rape culture, female hyper-sexualization, sex trafficking, forced labour and child slavery. Make [More Precious - National Youth Project](#) resources part of your reflections.

International Day of the World's Indigenous Peoples - August 9

August 9 is the United Nations [International Day of the World's Indigenous Peoples](#). Consider taking time to reflect and pray for the continued work of truth, reconciliation, and healing.

Google the underlined titles to see the websites that have much more information.

SHARE YOUR 'LIVING OUR FAITH: WORSHIP' REFLECTION Submitted by Carolyn Iles

Over the last three years, we have been sharing National Bishop Susan Johnson's vision for a four-year emphasis on *Living our Faith* - as together we pray, read, worship and love (www.elcic.ca/LivingOurFaith).

During this third year, we continue our focus on worship with the goal of deepening our experience in worship when the community gathers (either together, in-person or online) and to deepen our individual practice of daily devotion.

This week's submission comes from Rev. Carol Dennison (Comox), who lists a few of her go-to resources for daily reflection. (Rev. Carol joins us on zoom, with others from Comox. Thanks for sharing your resources, Carol).

Living our **FAITH**
PRAY READ WORSHIP LOVE

I use a number of resources in my devotional practice:

Eternity for Today, the Canadian Bible Society's "Bible in a Year" guide, daily lectionary readings in the EvLW worship book, as well as the Responsive Prayer/ Suffrages resource.

- Rev. Carol Dennison

ELCIC
In Mission
for Others

CONTINUOUS LEARNING

Submitted by Carolyn Iles

There is a book, called Sundays and Seasons, which the worship committee uses to help shape our worship services. There are comments about the lessons, ideas for children, hymn possibilities, prayers and more. One of the items, listed for each Sunday, has to do with honoring the Saints of the Church or Society whose lives have greatly influenced our church and/or society. Here are a few entries from Sundays in July and August.

(July 28) **Heinrich Schutz**, died 1672; **Johann Sebastian Bach**, died 1750; **George Frederick Handel**, died 1759: Musicians.

These three composers have done much to enrich the worship life of the church. Schutz wrote choral settings of Biblical texts, and paid special attention to ways his compositions would underscore the meaning of the words. Bach drew on the Lutheran hymnody traditions, and wrote over 200 cantatas, including at least two for every Sunday and feast days in the Lutheran church calendar of his day. (Sometimes he is called the “fifth evangelist.”) Handel was not a church musician, but his great work, Messiah, is a musical proclamation of the scriptures still sung today.

(August 10) **Lawrence**, deacon, martyr, died 258

Lawrence was one of seven deacons of the congregation at Rome. He was responsible for the financial matters in the church and for the care of the poor. He lived during the time of persecution under emperor Valerian. The emperor demanded that Lawrence surrender the treasures of the church. Lawrence gathered lepers, orphans, the blind and lame. He brought them to the emperor and said, “Here is the treasure of the church.” An enraged emperor sentenced Lawrence to death. His martyrdom was among the first to be observed by the church.

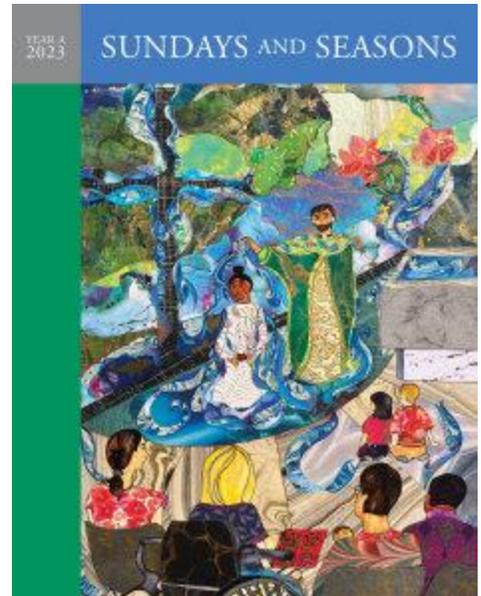
(August 13) **Florence Nightingale**, died 1910

The Nightingale family was horrified when their daughter, Florence, decided to become a nurse. (In the early 1800’s nursing was done by untrained people, who had no other way to make a living.) Determined, Florence traveled to Kaiserswerth Germany, to train with a Lutheran order of deaconesses. She returned to England, and led a group of nurses who served in the Crimean War, where they worked in appalling conditions. After the war, she returned to London as a hero and resumed her work there for hospital reform. Her reforms saved many lives.

(August 15) **Mary, Mother of Our Lord**

The church honors Mary with the Greek title *theotokos*, which means “God-bearer”. The church council of Ephesus and Chalcedon upheld this title, and Martin Luther used the same title in his writings. This honor goes back to biblical times, when Mary herself sang, “from now on all generations will call me blessed”. Mary’s life revealed the presence of God among the humble and the poor. The Magnificat, or Mary’s Song, tells of the reversals in the reign of God: the mighty are cast down, the lowly are lifted up, the hungry are fed and the rich are sent away empty-handed.”

These are just four of the saints noted in Sundays and Seasons. There are copies of Sundays and Seasons from previous years, found in our church office, should you wish to learn more about the Saints of our church and society. (Excerpted from Sundays and Seasons Year C 2022).



LISTENING TO FIRST NATIONS' ELDERS

Submitted by Eileen Garcia

Hope Lutheran Church continues to sponsor Truth and Reconciliation talks with Indigenous leaders in keeping with an ongoing commitment to action made in March, 2016 by the Evangelical Lutheran Church in Canada (ELCIC). The commitment is to assist in implementing the values and principles of the United Nations Declaration on the Rights of Indigenous Peoples.



In March, 2016 the ELCIC issued the following statement: "We are grateful to the survivors, whose courageous witness has touched the heart of the life of our churches...We acknowledge that it is the survivors' insistence on speaking truth that has brought us to this moment in history, and that has pointed the way to the hopeful and difficult work of reconciliation."

National Bishop Susan C. Johnson added: "This is a journey, one that we recognize requires a long-term commitment."



Hope Breakfast Group has undertaken this long-term commitment in Nanaimo and invited the wider community to events both in-person and on Zoom. Two talks were recently sponsored to promote "truth and reconciliation".

The first speaker was **Elder Nora Yellowknee**, who is a Curriculum & Program Developer at Bigstone Cree Nation Education Authority. Elder Nora develops curricula for First Nations children that are "holistic and organic". She says that Education for First Nations "should be something which involves Cree people, including parents, in the teaching/learning process" and not something done to them, as happened at Residential Schools.

Elder Nora also said that for her People, "health" is holistic and includes connecting to Nature and the whole community; it is not just about the individual's healing. Asked about rituals, she explained that before acting, Indigenous people smudge not just themselves but all their tools and dedicate their actions to the Creator.

The ELCIC had been active in advocating for increasing funds for First Nations Education from the Government of Canada. It recommends Indigenous control of their education in recognition of pressing and unique needs of Indigenous students. It recognizes that, whatever was intended, the effect of Residential Schools was a form of "cultural genocide" which established colonizing and oppressive patterns. These dysfunctional patterns will take time and effort by all Canadians to change.

The second speaker was **Elder James Quatell**, from Wei Wai Kum First Nation of Campbell River. Elder James is a respected traditional counselor at Tsow Tun Le Lum Society, the treatment centre near Nanoose. He has a strong sense of who he is, the importance of the land and our connection to Creator and the creation. He also has a great sense of humor so he had listeners laughing as he created an atmosphere of truth and trust.



Listening to the words of Elder James as he described his painful journey of separation from family at the age of ten, to Residential School for four years, was heartbreaking. He spoke of personal loss, the

destruction of his culture of origin, his later battle with alcoholism, time in jail and his recovery after 1990. He said that Residential School had, in effect, prepared him for jail. He summed up with the words: "I am not a survivor. I am the truth of residential school". His recovery, conviction and courage are an inspiration to any listener.

Follow-up discussions on both talks were held by the Breakfast Group to help the community reflect on the issues. Questions raised included:

- "How did the speakers change you or deepen your understanding of our shared history?"
- "How can First Nations spirituality give Christians fresh insight into Jesus' life?"
- "How could this process of connecting with First peoples be enhanced/improved?"
- "Where do we go from here?"

If you would like to participate, or have suggestions about future action, please let someone in the Breakfast Group know.

ANNOUNCEMENTS

TAIZE gatherings will begin again in September 2022. Taize will take place at Hope Lutheran on Sunday afternoons September 25th, October 30th, and December 4th. Musicians will practice at 3:45pm; Service takes place from 4:30pm – 5:30pm.

HEALTH STUDY PARTICIPATION – Univ. of Toronto

Study title: Developing a Patient Reported Outcome Measure on Medication-related Quality of Life for Persons with Mobility Limitations: PROM-mQoL study

Version number: 1.0 Page 1 of 1 Version date: March 1, 2022

Seeking participants! We're looking for persons with a mobility limitation to participate in our concept mapping study that will develop an outcome measure for medication-related quality of life.

PROM-mQoL study: Developing a Patient Reported Outcome Measure on Medication-related Quality of Life for Persons with Mobility Limitations

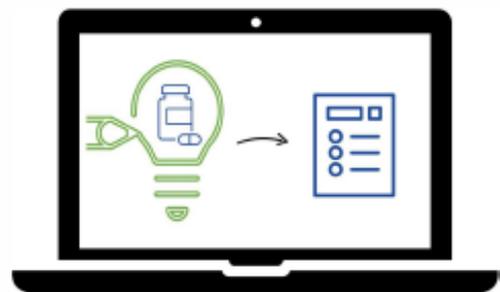


What is involved?

- Participation in virtual group discussions or independent online activities

Who is eligible?

- Canadian adults (18+) with a mobility limitation
- Taking at least one medication recommended by a healthcare provider for 3+ months
- Living in the community in Canada
- Able to read and communicate in English or French



Interested and eligible? If so, we want to hear from you...

Contact our research team: by email at medications.study@utoronto.ca

We Celebrate Birthdays



For the month of **August 2022:**

August 1 Curt Satre

August 9 Sarah Luedke

August 18 Doug Roszmann

August 28 Rosalie Pallard

August 7 Janet Dorland

August 10 Alice Heiman

August 20 Julie Koenig

August 28 Dick McManus

August 7 Arnold Gill

August 18 Don Norem

August 23 Krista Whaley

August 30 Leni Weiss

We Celebrate Anniversaries



For the month of **August 2022:**

August 4 Arnold & Olena Gill

August 9 Howard & Lori Collier

August 14 Kim & Carolyn Iles

August 15 Terry & Mona Richardson

August 21 Ray Schultz & Rebecca Garber

August 22 Glenn & Linda Harvey

August 27 Doug & Joan Roszmann

Special Prayer Requests:

...Dan A; Hillary A; Lyanne B; June C; Kent C; Ron C; Michaela E; Anne G; Anne H; Gary G; Hallowyn H; Holly H; Arlene K; Baby K; Donna K; Gloria L; Gail M; Gayle Mc; Carole & Clyde O; Eva R; Maureen R; Audrey S; Myra S; Sharon & Charlie S; Janice V; Barbara & Al; Dillon & Trinity; Ingvar; Jordan; Kira; Kon Tet Chin; Noel; Quinn; Susan; Zak; ... and their families...



SUMMER

DREAMS

