



HELLO
FEBRUARY

Monthly Newsletter of LAKELAND LUTHERAN CHURCH

February 2019

Cold Lake, Alberta

780-639-4673

Church Office Hours:

Monday-Thursday 9:00am-12pm

Pastor's Office hours

Wednesday-Friday 9am-12pm

lakelandlutheran@telus.net

Pastor:

AnnE Zimmerman

anne.zimmerman53@gmail.com



From the desk of AnnE....

I thought it might be helpful to publish the dates I am not here in February and March due to my continuing education. It is a true gift that I have been allowed this time.

Away at Seminary in Saskatoon: Mon 3rd February to Fri 8th February.

Away at Seminary in Saskatoon: Mon 25th February to Fri 1st March.

Away for Colloquy in Winnipeg: Sat 9th March to Tuesday 12th March

With days off Wednesday 13th March and Thursday 14th March . (I will be driving back to Cold Lake on Tue 12th Mar)

In Course: Mon 18th March to Sat 31st March.

In Course: Mon 25th March to Fri 29th March.

I will not be reachable during my times away on study leave. Please call Joel Zimmerman at our home number: 780-639-0029, or, Kathy Pedersen at the Church Office Mondays to Thursdays: 780-639-4673 . If a Pastoral emergency occurs, they will be able to contact me or the emergency pastor in my place.



February 2019 Message for Congregations and Lay and Rostered Leaders

Dear Beloved of God –

Over the past several months I have participated in three continuing education opportunities which were each very good learning experiences.

- “Shared Stories: Promising Practices in Canadian Churches” through Ambrose University, Calgary and its *flourishing Congregations Institute*.
- A leadership development event for Bishops from across North America and representing several denominations.
- The ELCA/ELCIC Bishop’s Academy which focused on: Caring for Our Common Home with keynote presenters: Dr. Cynthia Moe-Lobeda and Dr. Larry Rasmussen

Continuing education is an important piece for all rostered and lay leaders, including bishops. As a way to remain diligent to learning goals, ELCIC rostered ministers are expected to engage in at least ninety hours of continuing education over each three-year period. Rostered Ministers have you reported all your 2018 continuing education hours to ELCIC Group Services Inc.? Members are encouraged to submit continuing education hours, even when no funds were used. You can report your continuing education hours to GSI, using the CEP Expense Reimbursement Form: <https://www.elcicgsi.ca/wp-content/uploads/2019/01/CEP-Short-Term-Expense-reimbursement-request-form-revised-Jan-2019.pdf>

Continuing education is not just important and valuable for rostered ministers...and bishops...it is equally as important and valuable for lay leaders and for congregational members.

Have you considered participating in “Pathways to Prayer” offered through the Lay Academy at our Seminary? Join Deacon Dr. Faith Nostbakken from our Synod online or in person (Ascension, Edmonton and Hope, Calgary) as we look at the Lord’s Prayer and its invitation to intimacy with God. Feb. 2 and Feb. 9, 2019 from 9:30am – 12 Noon. For Registration and Payment see: <https://layacademy5.wixsite.com/elcicwla/prayer2> To learn more about the Lay Academy see: <http://www.usask.ca/stu/luther/programs-lay-academy.html>

Happy learning lifelong learners!

In Christ Jesus –

Shalom,

+Bishop Larry Kochendorfer

“The God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” (Romans 15:13)

Notice of Lent Services at Lakeland Lutheran Church

Tuesday March 5th—Shrove Tuesday (Pancake Tuesday) catered and led by CLAY Youth Group and leaders at 6pm.

Wednesday March 6th—Ash Wednesday. Service will be held at 7pm at the Anglican Church.

Wednesday March 13th—Soup & Bun Supper at 6pm with Holden Evening Prayer following.

Wednesday March 20th—Soup & Bun Supper at 6pm with Holden Evening Prayer following.

Wednesday March 27th—Soup & Bun Supper at 6pm with Holden Evening Prayer following.

Wednesday April 3rd—Soup & Bun Supper at 6pm with Holden Evening Prayer following.

Wednesday April 10th—Soup & Bun Supper at 6pm with Holden Evening Prayer following.



A sign-up sheet for the soup/bun donations will be on the table by the library (under the Sunday school bulletin board).

Other Dates for your Calendar



Saturday March 2nd—World Day of Prayer Service at 7pm.

Sunday March 10th—Lay Led Service at 10am.

Sunday March 24th—Lay Led Service at 10am.

Sunday April 14th—Palm Sunday Service at 10am.

Thursday April 18th—Maundy Dinner and Service at 6pm.

Friday April 19th—Way of the Cross Service at 10am.

Friday April 19th—Good Friday Service at 10.30am.

Saturday April 20th—Easter Vigil CLAY event at 7pm.

Sunday April 21st—Easter Sunrise Service at 7am

(Easter Continental Breakfast to follow).

Sunday April 21st—Easter Worship Service with Holy Communion at 10am.

WOULD YOU LIKE THE OPPORTUNITY TO SERVE OUR CHURCH?

Our Church Council is looking for new members to serve. Service would begin (after voting for council members) at the Annual General Meeting on Sunday 24th February 2019 (directly after Worship).

*** COMMITTEES PLEASE REMEMBER TO PREPARE YOUR REPORTS FOR THE A.G.M.**

Confused what a Church Council Member actually does?

Speak to our Council President Keith Scheidt. He will give you any information you need together with an opportunity to come and see what actually does happen at a Council meeting.

FYI all Church Council meetings are open to all church members.



*THE NOMINATION COMMITTEE ARE SEEKING
VOLUNTEERS*



There are a several opportunities available within the church this year; in particular, we are searching for a new Treasurer. If you are interested, in any of the volunteer positions, please contact Richard Davis, Tel: 780-639-0551, email: ppaulellard@live.ca

UPCOMING EVENTS & ANNOUNCEMENTS



CHECKOUT THE FEBRUARY 2019 CALENDAR FOR ALL ACTIVITIES.

Are we missing anything in our newsletter? Or is there something you wish we would have in our newsletter on a ongoing basis?

Remember all inclusions for the February newsletter must be to the church office by February 25th, 2019. Please contact the church office with your ideas or necessary inclusions. Kathy is waiting for your call or email.



Wednesday February 6th from 5:00 – 7:00 p.m.

Location – Cold Lake Mental Health Meeting Room

For information or to pre-register (required) call 780 639-4922

Stress – the good, the bad, the ugly

We all feel stressed at times, we talk about it, and sometimes we even worry about it. But we're not always clear about what it is. Stress is a natural response to life situations that changes how we feel physically, mentally, and emotionally. But it can begin to have negative effects on our physical and mental well being if allowed to continue beyond its usefulness. This session will explain what stress is and how it changes how we feel physically, mentally, and emotionally.

We will talk about ways to reduce the effects of ongoing stress through use of:

1. Progressive muscle relaxation
2. Meditation
3. Journaling
4. Creativity
5. Music
6. Good Sleep habits
7. Nutrition
8. Physical activity
9. Social supports
10. Visualization





Volunteer Staff Appreciation Dinner

Saturday February 23, 6:00pm
Community Baptist Church

YOU ARE WHAT MAKES THE FOOD BANK WHAT IT IS!

Thank you for volunteering with the Cold Lake Food Bank. Join us as we celebrate our work together and express our appreciation for one another.

Catering By

Joly's Fine Cuisine

- *Roast beef in demi-glace *Maple glazed ham
- *Mashed potatoes *Vegetable medley
- *Caesar salad *Asian salad
- *Cheese buns with butter
- *Assorted squares
- *Coffee & Tea *Water dispenser
- *Biodegradable plates, cutlery, napkins



Please Register for the Dinner by Wednesday February 20 at coldlakefoodbank@incentre.net or Texting (780) 201-6589. There is seating for 100 ready for our celebration, adults only please. Tickets are available at \$28 for any non-volunteering spouse/partner.

The 3rd Annual General Meeting of the Cold Lake Food Bank Society will be held following the dinner, 7:30 - 8:30pm. Everyone is welcome to stay for this short meeting.

World Day of Prayer



***7:00 PM on Saturday March 2nd
2019 at Lakeland Lutheran Church***
*Located just south of Cold Lake Energy Center and
about 1km north of Tri-City Mall*

780-639-4673



Our Church, Our Story, Our World

May 3-5, 2019

Hastings Lake Bible Camp, Hastings Lake

More to follow ... watch this space!



FEBRUARY Refugee Support Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pastor AnnE Away At Seminary	2
3 4 th Sunday after Epiphany 10 AM Worship with Holy Communion PM – Pastor leaves	4 AnnE' Day Off	5 AnnE's Day Off	6 9.30 AM – Noon, Noon - 2.30 PM Food Bank 7 PM Praise Team <i>7 PM AA Meeting</i>	7 9.30 AM Bible Study 9.30 AM Service & Care Meeting	8	9
	Pastor	AnnE	Away	At	Seminary	
10 5 th Sunday after Epiphany 10 AM Worship, Service of the Word – Lay led. Linda Klinger, Temple Talk- 2018 Worship Convention	11 AnnE's Day Off	12 AnnE's Day Off	13 4.30 PM Worship Committee Meeting 7 PM Praise Team <i>7 PM AA Meeting</i>	14 9.30 AM Bible Study 11.30 AM Ministerial Meeting 4.30 PM Pub Theology	15	16
17 6 th Sunday after Epiphany 10 AM Worship with Holy Communion Church Cleaning: G&C Benoit, Mathews, Walchuk, Affolter	18 AnnE's Day Off Family Day OFFICE CLOSED	19 AnnE's Day Off	20 7 PM Council Meeting 7 PM Praise Team <i>7 PM AA Meeting</i>	21 11.30 AM Ministerial Meeting 9.30 AM – Bible Study 4 PM Long Term Care Service	22 5 PM CLAY (Youth Group)	23 6 PM Food Bank Volunteer Staff Appreciation Dinner @ Community Baptist Church
24 7 th Sunday after Epiphany 10 AM Worship, Service of the Word Finger food POTLUCK with AGM to follow	25 AnnE's Day Off	26 AnnE's Day Off	27 9.30 AM – Noon, Noon – 2.30 PM Food Bank 4 PM Education Meeting 7 PM Praise Team <i>7 PM - AA Meeting</i>	28 9.30 AM Bible Study 4.30 PM Pub Theology	Mar 1	Mar 2
	Pastor	AnnE	Away	At	Seminary	

REGULAR OFFICE OPEN HOURS – MON – THURS, 9AM –NOON

**All words in italic print are friends in Cold Lake who use our building*