

The Messenger of Hope



The Newsletter of Hope Lutheran Church

2174 Departure Bay Rd. Nanaimo, BC V9S 3V6

Phone: (250) 758-1232 ~ E-mail: hope2174@telus.net

Website: <http:HopeLutheranNanaimo.org>



Easter 5 to The Holy Trinity



May 2010

Words of Hope

Reflections by Pastor Terry Richardson

To all God's beloved.. who are called to be saints Romans 1:7 To .., those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours.. 1Corinthians 1:2 To the saints who... are faithful in Christ Jesus. Ephesians 1:1 To the saints and faithful brothers and sisters in Christ... Colossians 1:2

Hope Lutheran Church

It is interesting to consider to whom the letters in the New Testament are addressed. The recipients are called: "God's beloved", "saints", "those who are faithful", "brothers and sisters" and so on. These are strong identifiers. We are people who receive mercy, who live by faith and who are bonded like family. I say "we" because these letters are also addressed to us today.

What about Hope Lutheran Church? In addition to what is mentioned above who are we? Well, we are Lutheran so that provides an identity. We track ourselves back to Martin Luther who refused to tolerate anyone saying that you can earn your way into God's love. We are loved by God in Jesus Christ and that is it. Baptism is our touchstone where such promises are often first applied to us. And as Lutherans we are refreshed and renewed by God's promises at the Eucharist and whenever we come to God with our concerns. We are loved by God and that is it.

We also take the name Hope. You are probably aware of the congregation's logo which includes an anchor. Hebrews 6:19 states, "We have this hope, a sure and steadfast anchor of the soul..." So we are saying that people can anchor here in our community. Hope speaks of our concern for

those we meet. We are saying that there is something strong and steady here among us regardless of the storms that life may carry. What does "Hope" mean to you?

Finally, we say that we are a church. We gather because we have our faith and our baptism in common. We gather because in a unique way we see ourselves as family. We pray together, we eat together, we laugh or cry together. We are together because the Holy Spirit – God's activity in our midst – has brought us into relationship with each other. And so we journey together.

Where are we going? As I get to know you and the rich history of this congregation I see people who are passionate about their faith. You have been through ups and downs. You have made inroads into the community and have a reputation of being well respected among the faith communities in Nanaimo. You have been gracious with people and flexible in your attempts to include others with various approaches to worship. There is a heart for the marginalized and disadvantaged present in this church and I also share that with you. Nobody wants to be forgotten – not the people in nursing homes, not the shut-in, not the hungry, not the prisoner or parolee, not the children or youth, and not those of any group that is shunned or rejected. Like many of you, I have seen enough hate, violence and rejection to last me a lifetime. May God continue to build us into a people who smile, open the door and offer a helping hand.

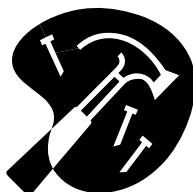
We have a lot of opportunities to be *In Mission for Others* in Nanaimo and the surrounding area.

I invite you to join me in praying and discerning where we can best channel our loving energy as we move forward together. Let's put our heads and hearts together as we follow Christ.

THE PROPERTY MINISTRY REPORT Submitted by Frances Hastings

Four (4) new safety glass doors are now installed on the different rooms (Pastor's office, end hallway, conference room, and multi-purpose room) located on the lower floor of the church. Unfortunately, Pastor Terry arrived without a door to his new office. Thanks to his good nature, he worked around us. Thanks, Charlie, for a pick-up that sent him home empty-handed (no doors). A few days later Jan and Rosina were able to pick up the doors. Thanks to Jan & Charlie for installing the doors and Rosina and Linda K. for painting them.

Thanks, Frieda, for coming to our rescue by repairing the hall wall (the hands were showing through) saving us the job of re-sanding and repairing. Thanks, Linda K., for re-painting said wall. Thanks, Jan & Rosina, for re-trimming the corkboards for the Youth and Sunday School that hang on said wall. And thanks, Rosina, for the re-do on the corkboard for Pastor Terry's office.



Thanks so much Sonja and Linda H., and Linda K., for cleaning out the crawl space – it was creepy. Thanks, Joan N., for your knowledge and helpful advice in sorting out all the bones from under the crawl space. Thanks, Charlie and the two Linda's for shredding; and a large thanks to Emily, coming to our rescue, saving us many hours of shredding.

The finishing touches are slowly coming together to complete our projects. For example we found a cabinet in the janitors' room that needed some T.L.C., so by

sanding, painting and applying new handles; and thanks to Rosina and Linda K., we have a new cabinet for the Sunday School.

We have also been busy re-organizing the janitors' room. In the past, at times, it's been difficult for Howard to access the sink, making the room unsafe. The groups that use the church also use the space (janitors' room) for storage. Each group will be given a space (rubber tub in size) and their excess to be taken home. I've spoken to the different groups and there's no problem with that arrangement.

Sonja and Linda H. have been busy removing the articles from the large hall closet, cleaning the shelves, then replacing said articles back – a big job. Thanks.

Thanks, Rudy, for keeping the driveway in front of the church free of pine needles and leaves each week. Thank-you, Rudy, for putting a lock on the sand-box. Some of you wonder, 'why a lock on the sandbox?' – simply because whoever they are (a mystery) use it as a garbage can. One day when Keith and Shirley went to clean it out, a rat jumped out! Need I say more? Thanks, Raili, for keeping the library so nice, lots of interesting books just waiting for us to read.

Our book, plant, DVD and bake sale was a huge success. Working together we raised \$606.85 with a matching grant of \$500 from Faithlife. It was a wonderful experience from start to finish. Everyone was so positive and up-beat; even the people who attended the sale. It was a sunny day all round. Wendy and I would like to thank each and every one of you for your support and help in making our fundraiser enjoyable and a success. So with Thrifty's Cards and donations it enables us to put new flooring in the multi-purpose room. The Thrifty's Smile Card program will continue, enabling us to continue with new projects (more new flooring); so keep eating. If you have not gotten a card and are interested, please contact Wendy at 250-741-1028.

The Tuesday Gardeners are still busy making Hope Shine. This year we have been enjoying gardening believe it or not, we started outdoors. We continue to keep busy with the up-keep inside and out, with lots of laughs, friendship, fellowship and pride in jobs well done. Each day I put my trust in the Lord and bless each and every one of you for your helpful hands in keeping Hope shining.



Thanks again and God Bless.

DID YOU KNOW?

Submitted by Carolyn Iles

In last month's newsletter there was a challenge put forth. Just for knowing the name of Hope's librarian you could win a candy bar. Thanks to all those who submitted guesses, and of course, the correct answer is...Raili Heller.

Raili has established our library, carding the books, categorizing and organizing all the donated materials. Heartfelt thanks for your service, Raili. Thanks for sharing your talents and helping to create our library.

LOAVES and FISHES

Submitted by Carolyn Iles



Suppose you needed some food to make it through the week. Maybe you are between jobs, or on disability. Perhaps your rent has increased again, or you needed some medicine for an illness, and had to spend your 'food' money to keep a roof over your head. or to maintain your health. What if in addition to yourself you had a spouse and children..and they all

needed food? In Nanaimo you could turn to the Salvation Army or Loaves and Fishes.

Here at Hope, we have been supporting Loaves and Fishes since it began, as an outreach program of St. Paul's Anglican Church in downtown Nanaimo. Several members assist with food distribution at Brechin United Church. Some help out at St. Pauls Lutheran Church in Harewood. You can help this outreach by providing foodstuffs and/or money. The blue Tupperware bin underneath our mailboxes is seldom full. Why not choose one Sunday a month and make it your Sunday to share some food with those in need?

Want to have an idea of the 'bare bones' food bags provided through Loaves and Fishes? Here's what was in a recent bag for a single person:

1 box Mac and Cheese, 1 Mr. Noodle soup, 1 can mushroom/or other soup, 1 tin tuna, 1 can cream corn, ½ liter milk, and 1 bread item -buns or bread.

A family receives a "singles" bag and:

1 pkg. cookies, 1 pkg. pasta, 1 jar tomato sauce, 1 large can tomatoes, 2 small cans of tomato sauce, 1 ½ liters milk, and 1# of hamburger. (Other weeks there might be 6 eggs instead of hamburger, or a liter of yogurt, or a can of beans for protein.)

If there are 3 - 5 children the family would receive two "singles" and two "family" bags.

Once in a while there would be a few 'treats'..laundry soap, coffee, tea, dog or cat food, small tubs of margarine. Only one 'treat' is available for each family or single, so you choose soap, margarine, tea.

It is said that most Canadians are just three paychecks away from their local food bank. Right now, there are statistically, some people in our congregation may well be in need of food. If you have enough for your needs, consider sharing with those in need. Consider making one Sunday a month the day to support Loaves and Fishes. Every

can or box of pasta helps. Let's keep our Loaves and Fishes food bin full!

FRAGRANCE IN THE WORKPLACE **Adapted from an article in Health magazine.** *(via F. Hastings)*

Though washing, deodorizing, and spritzing with perfumed products brings promises of alluring glances from across the office, there may be unintended results. Once-friendly co-workers may view the wall of scent as an annoyance and may even experience severe allergic reactions.

In 2007, the American Contact Dermatitis Society awarded fragrances the title Allergen of the Year. F.J. Storrs of Oregon Health and Science University cited the following research: "There are more than 2,800 fragrance ingredients listed in the database of the Research Institute for Fragrance Materials, Inc. (RIFM). At least 100 of these ingredients are known allergens." Reported allergic responses to fragrance vary from sneezing to trouble breathing.

Luckily, scent-free products are becoming easier to find. Fragrance-free cosmetics and cleaning solutions have now made their way into many popular drugstores and grocery outlets. Using naturally based cleaning products is a simple and effective way to reduce allergens. A natural health retailer will stock effective and hypoallergenic cleaning products.

CLWR ONE COMMUNITY **Submitted by Joan Nolting**



We hope you have taken the opportunity to examine the display of our community on the bulletin board in the narthex.

In addition to the wells from the Advent Conspiracy project and the goats from the

youth project, we have the groves of trees, a flock of chickens, training for teachers and the medical kit. We also have three fish nets toward the nine needed and two stoves towards the 17 required. A list of items from the Gifts of the Heart catalogue that are still needed is on the bulletin board below the display. New items purchased will be highlighted each week on the display.

Any contributions made to "One Community" without designating a specific item will be used toward purchasing some of the bigger items. If we have more than the required number of a particular item for our "One Community", we will keep track of what we can contribute to other communities.

Purchases can be made through your offering envelopes or directly to CLWR. If purchasing directly through CLWR, please put a note of the items purchased in the pouch below the display so that it can be updated.

Update on Haiti *(J. Nolting)*

The latest situation report on Haiti released by the ACT Alliance highlights some of the work carried out by the Lutheran World Federation (LWF) in communities in and around Port au Prince.

In Darbonne, seven tents have been erected to serve as temporary schools for 1,500 children. The tents have been furnished with items recovered from the ruins. Water and sanitation structures are being installed. Six more tents have been distributed and the ground is being prepared for installation in Leogane. These are the first educational tents to be installed in the commune of Leogane.

In the Nerette and Ste. Therese settlements in Port au Prince, "Cash for Work" activities have commenced. In addition, school kits and materials, including hardboard, chalk, paper and pencils for psychosocial activities with the children, are being provided and tents are being erected to provide transitional

housing for 67 families.

LWF will begin distribution of 11,700 family kits to the communities of Port au Prince, Leogane, Grand Goave and Petit Goave. Family kits include a mattress, blankets, mosquito nets and rice.

A CLWR video on Haiti is now showing on You Tube. It can be accessed through www.clwr.org

CLWR Alternative Trade *(J.Nolting)*

Canadian Lutheran World Relief (CLWR) is setting a new course for alternative trade programming that will replace the current Four Corners operation. The new direction will see CLWR enter into an alliance with Ten Thousand Villages. This will be the vehicle through which CLWR supporters can continue to support free traded products.

Four Corners was launched with a mandate to support artisan communities in the developing world by marketing alternatively traded handcrafts to the Lutheran constituency in Canada within a financially viable framework. While sales of Four Corners product have grown, financial viability has been impossible. Excluding overhead support, a significant annual subsidy has been required in each year of operation to offset losses, and financial projections foresee no significant change in this trend.

At its March 2010 meeting, the CLWR Board of Directors endorsed a recommendation to close the Four Corners program. This was deemed necessary to protect the viability of core programming such as community development, emergency and disaster relief, refugee resettlement and commodities.

CLWR will continue to promote alternative trade to its constituency by encouraging support for Ten Thousand Villages. This organization assists many of the same artisans that were supported by Four Corners. Ten Thousand Villages operates

retail outlets in seven provinces and an online store. A link to the Ten Thousand Villages online store will be available at the CLWR website www.clwr.org. There is a Ten Thousand Villages store at 1976 Oak Bay Avenue in Victoria for personal shopping.

The CLWR Executive Director acknowledged the considerable effort many people have made to support Four Corners, including volunteers and regional representatives; Evangelical Lutheran Women and Lutheran Women's Missionary League-Canada; congregations of the Evangelical Lutheran Church in Canada and Lutheran Church-Canada and the customers, stakeholders and friends of Four Corners. To each he expressed the gratitude of the Board and staff.

RETIREMENT OF BISHOP GERHARDT PREIBISCH **Submitted by Glenn Harvey**

The BC Synod Council Executive and the Bishop's Mutual Ministry Committee are inviting pastors and congregational members to contribute to a retirement gift for Bishop Gerhard and his wife Winn. This will include both an opportunity to contribute financially to a "purse" which will be given to Gerhard and Winn at the Saturday night banquet (May 15th) of the Synod convention. It will also include an opportunity to contribute to a "giving thanks scrapbook" which will include letters, pictures, short stories, and so on. Please drop your financial contribution and/or personal letters in the basket marked "Bishop Gerhard - Retirement" located in the narthex of the church, all envelopes will be sent onto the Synod office together in time for the May 15th presentation. Please make payments payable to Gene Blishen and mark on your envelope "Bishop Gerhard - retirement".

Please note that these gifts will not be eligible for charitable donation receipts.

ANNOUNCEMENTS



A NEW LOOK!

In the next month, a few changes will take place in the Narthex. These will include:
-moving the coffee centre closer to the kitchen.
-setting up a small children's

corner. On Sundays, this will allow parents of small children to have their children nearby, while they can see into the sanctuary through the window and hear the service over the speaker in the Narthex.

If you have any other suggestions to make our church more 'user friendly, please contact Darlene Emery after church service or email her at daremery@shaw.ca
Your FLY committee (*That means Fellowship, Learning, Youth Committee!!!*)



THRIFTY SMILE CARD PROGRAM

The Thrifty Smile Card program to date has raised \$439.93 towards the flooring project - an average of \$70.00 a month. Thank you for your support.

Please call Wendy van Oldenborgh (250-741-1028) if you would like more information.

INVITATION TO JOIN THE VICTORIA SUMMER CHOIR

Victoria Summer Choir directed by Simon Leung is recruiting members for its 5th season. We have openings in all sections – sopranos, altos, tenors and basses.

No audition is required; only the ability to read music and sing in tune. Cut-off date for registration is Wednesday, June 30th.



Rehearsals will take place Wednesday nights from June 2 to August 18 at Duncan United Church, 246 Ingram Street, Duncan. The registration fee of \$50 includes music and practice CD. Please see the attached form.

Musical selections include folksongs, popular, opera choruses and classical music. Some songs will be sung by choir alone; others with soloists. A string orchestra will accompany us.

Our season finishes with 3 concerts, one each in Sidney, Victoria and Duncan from August 20th to 22nd. The Victoria Summer Choir season and concerts are produced by Clara Chay.

For further information call Michele at 250.748-0287 or email cchay@live.ca.

SANGERFEST CONCERT

Why not consider attending the German Mass Choir, including our own Karl and Edith Radom, "**Sangerfest Concert**" at the Port Theatre on May 28, 2010 at 7:00 pm.

Tickets cost \$20 and are available at the Port Theatre Ticket Office as well as at Nanaimo Bakery and Columbia Bakery. For information call 250-758-1001

A NOTE FROM THE EDITOR

For the present, and until anyone brings me to heel, I would like to see more diversity in The Messenger. I welcome, in fact request, appropriate articles from our wider congregation. What is appropriate, for the moment it will be at my discretion, but I look for things that are pertinent, personal - e.g. a third world visit, and challenging.

If in any doubt call me - David Handley at 758 7228, or e-mail mtebene@shaw.ca.

