

April 2016



Augustana & St. Timothy's PREVIEW



Augustana & St. Timothy's Church 1201 Broadway Avenue Saskatoon, SK S7H 2A4

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www.augustana-st-timothys.org

WELCOMING CELEBRATORY INSPIRING ADVENTUROUS IN MISSION



I'll admit it. I'm not a big fan of Taizé music yet one of my favourite hymns for the Easter season is hymn 388 "Be Not Afraid" In this simple two line hymn we are given some very simple instructions from Matthew 28:5 "Be not afraid, sing out for joy! Christ is risen alleluia!"

In our lives there is much of which we are afraid. We are afraid of uncertainty around employment. We are afraid that the economy might not recover or even that there might be a drought this year. We are worried about violence around the world or even closer to home. Throughout my time of taking Clinical Pastoral Education this past winter I learned that no matter how out going, how upbeat some people might appear, if you probe just a little you find that they are just as afraid, just as uncertain about things as those of us who are classed as introverts. As Dr. Craig Van Gelder said last year at the spring festival at LTS, "guess what they're normal." Being afraid is normal and can be healthy as it protects us.

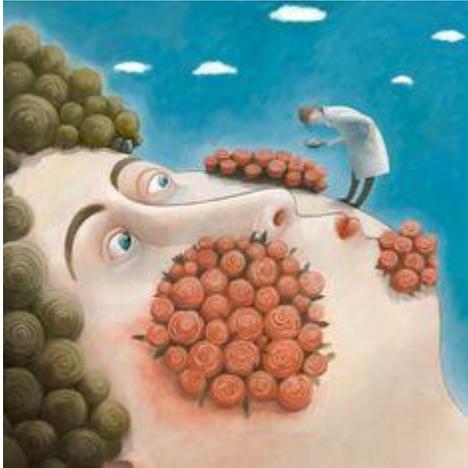
So how do we humans, who are afraid, proclaim our Easter faith? We do so through our lives, lives which are lived in service to others. The command of Maundy Thursday to love one another as Christ has loved us reminds us of how Christ supports us, as we support and serve others. Faith supersedes fear as we move beyond the grave. Move beyond the grave to the world and to the mission we share guided by the Holy Spirit.

In Christ:
Pr. Michael Diegel + OCT

Parish Nurse Notes

April Health Awareness

Rosacea



Rosacea often begins as a tendency to flush and blush frequently. In time, persistent areas of redness appear on the cheeks and nose. The noticeable effects, such as facial redness, visible blood vessels and for some, pimples, can cause low self-esteem, embarrassment, frustration and social anxiety.

Who gets rosacea? Commonly ages between 30 to 50 years old; fair-skin, including people of Celtic or Northern European descent; more women than men; a family history of the condition; and those with extremely sensitive skin.

Signs of rosacea: persistent areas of redness in the center of the face gives the face a red, ruddy appearance; there may be visible tiny blood vessels on the cheeks and nose; skin may

feel dry, rough or swollen; long periods of flushing (from 10 minutes to over an hour) during which the skin feels burning hot, stings or itches. After flushing subsides, there is redness on the face that does not go away; inflamed, red bumps and pimples on the cheeks, chin or forehead; dry, red and gritty eyes. Sty's and eyelid cysts may also occur.

If you have any of the above symptoms, please see your Medical Doctor who will refer you to a dermatologist who specializes in skin conditions. They will help you get rosacea under control, help minimize the visible effects, improve the harmful impacts on your social life and insure there is no possibility of vision loss. Rosacea can last for decades and does not go away on its own. If left untreated, the condition may slowly get worse over the years.

Causes:

1. Researchers believe part of the innate immune system – the first line of defense, may be involved in causing rosacea. This system responds immediately to ‘attacks’ through the following inflammatory reactions in the skin: dilation of blood vessels causing visible redness, heat, swelling and pain.

2. Impaired skin barrier function. A weakened skin barrier contributes to the inflammatory response seen and is linked to the innate immune system reaction mentioned above.

3. Genes. 30% of rosacea sufferers have a family history of the condition.

4. Other possible causes: The skin of rosacea sufferers has a significantly lower heat-pain threshold compared to normal skin.

Tips: Stay cool – chew ice chips, stay close to an airy entrance, don't sit by the fireplace, if you feel a flush coming on, head for a cool spot. Eat healthy food, get plenty of rest and exercise and carefully select skin care products such as cleansers and moisturizers.

Quote of the day: *Some people try to turn back their “age” odometers. Not me, I want people to know why I look this way – I’ve traveled a long way and some of the roads weren’t paved!*

AUGUSTANA & ST. TIMOTHY'S

Readings for April:

April 3

Acts 5:27-32
Psalm 118:14-29
Revelation 1:4-8
John 20:19-31

April 10

Acts 9:1-6(7-20)
Psalm 30
Revelation 5:11-14
John 21:1-19

April 17

Acts 9:36-43
Psalm 23
Revelation 7:9-17
John 10:22-30

April 24

Acts 11:1-18
Psalm 148
Revelation 21:1-6
John 13:31-35



Many Thanks to our **Altar Guild Members** who so readily help out with setting up for communion and other worship requirements. For April, this will be Sharon Morley & Linda Stauffer

Lectors

Apr. 03 Betty Lloyd, Bonnie Moser
Apr. 10 Noreen Donald, Dale Johnson
Apr. 17 Wayne Carlson, Faith Rohrbough
Apr. 24 Jim Sharp, Angie Johnson

Prayers

Bryan Tastad
Eileen Carlson
Heather Kleiner
Larry Trenouth

Our Welcoming Statement

We are a Christ-centred, welcoming community. We commit ourselves to modeling Christ's unconditional love in our worship, learning, fellowship, friendship, and service to others. Just as God welcomes and cares for us, so we welcome everyone to participate in all aspects of our community, without regard to sexual orientation, gender identity and expression, race, culture or ethnic background, physical or mental abilities, family or economic status, gender, or age. We pledge to ourselves and all others that we will strive to live as a reconciling people in our life together and in our outreach to the world.

Church Office: 306-242-9553
Pastor Michael Diegel 203-0269
Office: Georgina Krenn 242-9553
Parish Nurse: Carol Kostiuk 291-2586
Custodians: Tammi/Brandi Schumaker
Chair: Jim Sharp
Vice-Chair: Larry Trenouth
Treasurer: Ron Belke
St. Timothy's Liaison: Jim Sharp

Augustana's Policy Regarding Designated Offerings:

Spending of funds is confined to Augustana's approved programs and projects. Each restricted donation toward an approved program or project will be used as designated on the understanding that when the need for such a program or project has been met, or cannot be completed for any reason as determined by Council, the remaining restricted donations designated for such program or project will be used for a purpose determined by Augustana Council to be consistent with the spirit of the gift. Remember: when writing cheques for funds that will go through Augustana, make your cheques payable to Augustana Lutheran Church and not directly to the charity who will ultimately receive your gift.

Our Mission Statement

Augustana Evangelical Lutheran Church is a family in Christ. We gather to worship God and to celebrate God's grace received through faith. We are Christians who proclaim the universal lordship of Jesus Christ and, as Lutherans, we believe that we receive salvation through faith, not through our own works. Our congregation aims to serve God and use our different talents in Christian service in our community and the world. Through the Holy Spirit, we draw closer to Christ, spreading His good news and sharing His love through word and deed to foster the continual growth of the church.

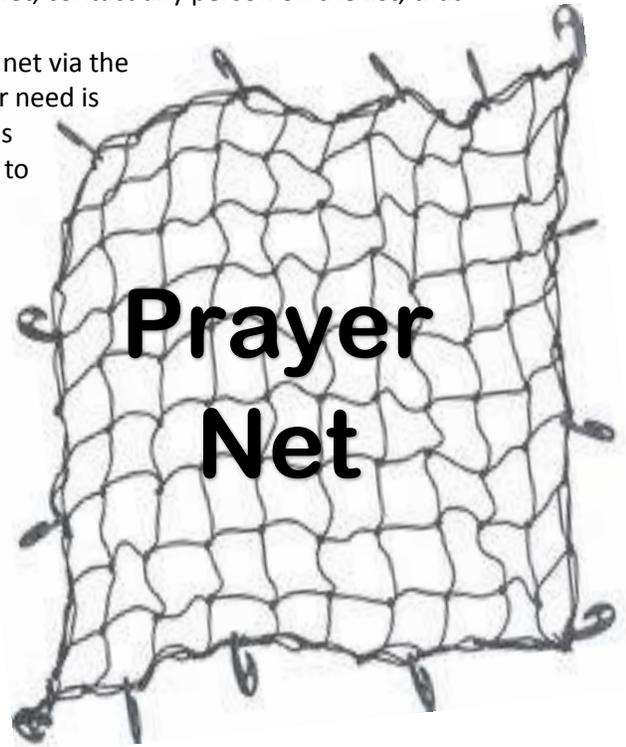
Prayer Changes Things

Prayer Net -- Volunteers on this list will respect the confidential nature of information given to them. As members of the prayer net, our commitment is to .pray for those who ask for special prayers or for those whose need has been made known to us. To activate the prayer net, contact any person on the list; that person

will then spread the information to other members of the prayer net via the internet as soon as possible. When a prayer request is received or need is known, we should pray as soon as possible and as often and for as long as seems appropriate. Prayer is a gift God has given us to use to share joys and sorrows. God hears our prayers. Intercessory prayers, prayers for others, are offered as we follow Christ's example.

THE PRAYER NET

Pastor Michael	242-9553 augustanapastor@sasktel.net
Sandra Cey	373-1071 s.cey@shaw.ca
Alice Hamp	956-0049 amhamp@sasktel.net
Ev Schumacher	374-2134 evelyn.s@shaw.ca
Faith Rohrbough	373-3192 faith.rohrbough@shaw.ca
Noreen Donald	477-2663 noreen.donald@shaw.ca
Heather Kleiner	244-2726 kleiner@sasktel.net
Marion Turnbull	652-0090
Meta Freitag	373-8191
Marie Ebbert	374-2536 km.ebbert@sasktel.net
Ev Knoll	343-0313 irvevknoll@shaw.ca
Grace Frank	664-4923 gef58@shaw.ca
Jim Komar	665-6913 charliesplace@sasktel.net



April - Sweet Pea



Innocence, Modesty and
Simplicity

Volunteer Opportunity: The Saskatchewan Synod Biennial Convention is being held in Saskatoon, June 3-5, 2016. Help is needed in the finalizing of details and volunteer resources for this event. If you are able to assist with this project, please call the Synod Office-306-244-2474 and talk to Lindsay or Joan.

Announcements and Upcoming Events



Augustana Youth!
We're always on the go!

Would you like to help serve lunch at the **Friendship Inn** on an occasional basis? Augustana's day is



Thursday,
April 14th
from

11:30 AM - 1:15 PM
Contact Heather
at 306-244-2726
for more information or to volunteer.



Please note that off-street parking is accessible from the alley at the bottom of the ramp.

Handicapped Parking may be used by anyone with the appropriate parking permit. There is also room for a couple of vehicles to park at the bottom of the ramp for those who need it.

Augustana & St. Timothy's Previews info

Please feel free to submit items for the newsletter to publicize events or activities in your group.

Digital pictures from events would be great!

Information should be submitted in detailed written form to the office

by April 22 for the May issue:

augustana@sasktel.net or 306-242-9553



We remind the people of Augustana & St. Timothy's that the church is a **scent-free zone**. Please be considerate of others who have serious allergies or reactions to scents, especially artificial ones. Fragrance is a part of many cosmetics or lotions, and the combined effect of several products can be overwhelming to some.

Trail appreciation in your wake – not perfume!



Walk for Parish Nursing

Date: Saturday, May 7, 2016

Location: The walk a thon will start at 9:30 am from the parking lot at St. Andrew's Presbyterian Church

Feel free to walk at your own skill level, for the amount of time that is healthy for you.

Pledge forms are on the Health Cabinet bulletin board. Half the monies collected stay with Augustana Church and half goes towards Inter Church Health Ministries for Parish Nurse/Health Cabinet Education.

Come and join us for exercise and bring your pledge forms and monies on Saturday May 7th!

Announcements and Upcoming Events

spiritual GROWTH

Spiritual Growth Group

Tuesday April 12th – 7:00 am at the home of Heather Kleiner, 314 Cumberland Ave. N.
 Tuesday, April 26th – 7:00 am at the home of Heather Kleiner, 314 Cumberland Ave. N.

FOREVER . . . In Motion



The InMotion Exercise Group have their

Tuesday/Thursday morning exercises at 10 am. It's an excellent way to stay limber & socialize at the same time!

Jesus you! Jesus you!

SUNDAY SCHOOL TEACHERS NEEDED

Sunday School Teachers Needed

**Please contact:
 Josh or Gabriela Lindenbach
 for more information.**

At the first meeting of the Congregational Council the following were elected as the executive for the coming year:

Jim Sharp – Chairperson
Larry Trenouth – Vice Chair
Bryan Tastad – Secretary
Ron Belke – Treasurer

Thank you for your willingness to serve and may God bless you in your ministry to our congregation.

The **Holy Rollers** are also cutters and tearers and sewers. They work with used sheets from local hotels and they refit them to single-sized sheets when possible; otherwise, they tear/cut strips to measure and roll them into bandages for use in emergency or troubled areas of the world. Join this group on Fridays at 1:00 p.m. if you would like to participate.



The **Holy Rollers** need assistance with laundering sheets. Bags of sheets are in narthex with a "TAKE ME" tag.

Contact Adrienne for more information.

COLLECTIVE KITCHENS



The Bread of Life

Help this worthy ministry & contribute to the purchase of a new oven by making a donation. Designate your monetary offering to the Collective Kitchen.

Rosemarie Tirk
 306-260-9571



Assembling Baby Layettes on Saturday, April 30th-10:00 am in the Fellowship Hall.



Mealtime Assistance Program At Luther Special Care Home, we routinely need extra volunteers during every meal to assist residents who are unable to feed themselves. Having enough helping hands on a daily basis for breakfast, lunch and supper can be very challenging. Val Aubichon has stepped forward to volunteer for 2 hours each week as Mealtime Assistance Program Volunteer Coordinator. She is currently gathering information that will help us recruit and train more volunteers to provide timely and courteous meal time assistance to our residents. If you would like more information, or would like to offer your help, please contact Val at (306) 280-0309 or valaub@sasktel.net.

Do you have denim jeans that have outlived their usefulness? There is a demand for quilts made with denim, so your old pants or other denim clothing would be welcome. Traditional blue is fine, but we would welcome all colours of the rainbow. Thanks for your donation!



Augustana ELW will meet on Tuesday, April 26th at 7:30 pm in the Fellowship Hall for their Bible Study and Meeting. All ladies are invited to attend. Please note change of date.



One person is needed to serve on Church Council. This will be a one year term. To nominate someone, or to volunteer, Contact Jim Sharp 306-382-6636

Inter-Lutheran/inter-church effort to help others . . .

Reclaimed bar soap/shampoo from

Saskatoon hotels helps needy persons locally as well as refugees worldwide.

Contact Adrienne Kinchen at 306-244-5770 or

kinchen@sasktel.net

or Allan Grundahl at 306-244-3748 or

agrundahl@sasktel.net



In need of rinsed 750 ml or smaller bottles with FLIP top.

Bible Study

Tuesday afternoon Bible Study 1:30 pm.

We usually conclude at 3:00 sharp (or no later than 3:05!)

Covering Psalms 51, 121, 131, 130

Do consider joining us!

Any questions, contact Ken Peterson at:

kpeterson2@shaw.ca or 306-343-6417

Last Bible Study for this spring is Tuesday, April 5th.

Today there are more people who have been forced to flee their home than ever before-60 million people are refugees or displaced people. In the face of this astounding need many have asked, "What can I do?" The need seems to be overwhelming. Though the need is great there are many ways to respond to his crisis both globally and locally.

Globally: financial donation may be made to Canadian Lutheran World Relief (CLWR) or the Primates World Relief and Development Fund (PWRDF) through your church offering. Both CLWR and PWRDF address the needs of refugees through funding and through the kits (baby layettes, children's learning, etc.) that are sent to refugee camps.

Locally: NEST is an ecumenical group who help refugees settle into life in Saskatoon. You may make a donation to them through your church offering. You may also volunteer your gifts, talents and abilities to the work of NEST. Currently NEST is looking for volunteers who can be part of a **settlement team**. A settlement team works with one family quite intensively as the *settle in*. NEST is also looking for **Wings**. Wings are the people who can help out with specific needs as they come up: driving or accompanying some to a medical appointment or shopping, childcare, etc.

For more information contact: Faith Rohrbough, Heather Kleiner, Noreen Donald, Margareth Peterson.

PER•MA•BLITZ

Noun: a organized community gathering leading to the rapid transformation of space through permaculture design

(Expect edible gardens, skills sharing and fun)

Perma = 'Permaculture' Blitz = 'Focused Energy'



The J.O.Y. Group invites you to join them for an interesting and informative afternoon on **Thursday, April 21st at 2:00 p.m.** in the Fellowship Hall speaker for the afternoon will be **Kirby McInnis** whose topic will be

Permaculture: Growing an Urban Food Forest – One Garden at a Time

Permaculture is an agricultural design system for building sustainable habitats. The Permaculture Research Institute of Saskatchewan (PermaSask) formed in 2011 with the goal of encouraging and supporting the “permaculture” community in the province. Every year, they facilitate “permablitzes”, whereby a group of volunteers overhaul clients’ yards and turn them into a resilient systems that benefits the owner. Come out and learn about permaculture and see pictures from past permablitzes to get an idea of what they are and how PermaSask is helping people produce their own food as well as encouraging ecological living and gardening, and in turn resulting in a lighter footprint on the planet.

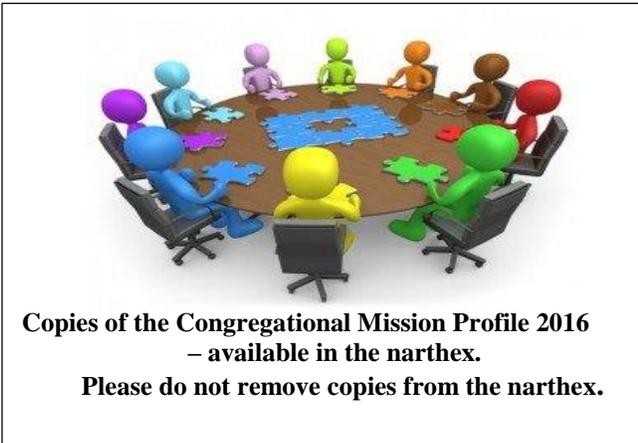


Every Wednesday Evening – 7:30 pm (March 30 – May 4)
The Reconciling in Christ committee
Is presenting a 6-week study session titled,
“The Jesus Fatwah: Love Your (Muslim) Neighbor as Yourself”

This study is one of the “Living the Question” studies designed to provide us with reliable information about what Muslims believe and how they live out their faith. Our hope is that this study will lead us into conversations with Muslims and toward building relationships with those who practice another Abrahamic faith. A reader/discussion guide for these sessions is available at www.livingthequestions.com.

Note: On March 30th, the first session there 38 participants.

The
Jesus
Fatwah



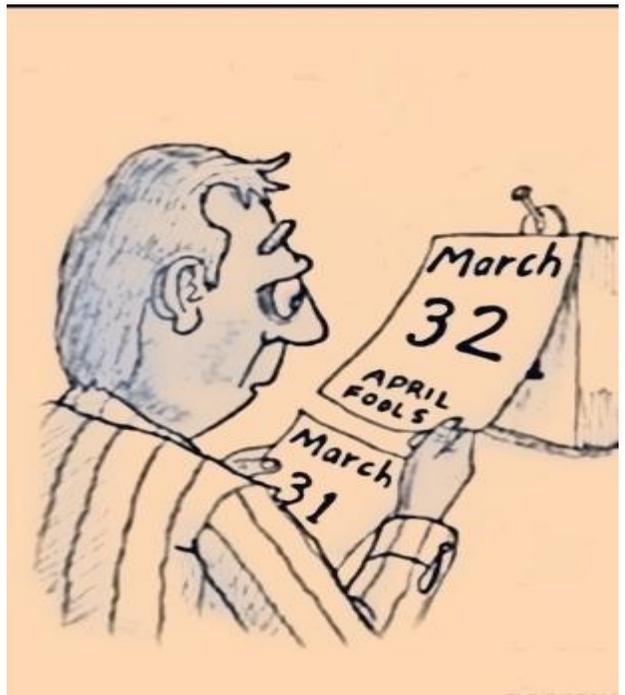
Congregational Meeting

Congregational Meeting has been called for Sunday, May 1, after worship.
 The purpose of this meeting is to have second reading of the constitutional amendments which were voted upon at the annual meeting and to receive the report of The Call Committee and to vote on the recommendation for a new pastor.

Health Cabinet Meeting:
 Tuesday, April 26th – 10:00 am



*April hath put a spirit
 of youth in everything.
 ~ William Shakespeare ~*



Calendar at a Glance

Friday, April 1	1:00 PM Holy Rollers	Saturday, April 16	3:00 PM The Tea Room Group
	9:00 PM AA Meeting	Sunday, April 17	10:30 AM Worship & Sunday School
Saturday, April 2	3:00 PM The Tea Room Group	Monday, April 18	7:30 PM Choir Practice
Sunday, April 3	10:30 AM Worship & Sunday School	Tuesday, April 19	10:00 AM InMotion Exercises
	Healing Service	Wednesday, April 20	7:00 AM Men's Book & Breakfast-Rembrandts
	7:00 PM Call Committee Meeting		7:00 PM Council Meeting
Monday, April 4			7:30 PM RIC-The Jesus Fatwah
Tuesday, April 5	10:00 AM InMotion Exercises	Thursday, April 21	10:00 AM InMotion Exercises
	1:30 PM Bible Study-K.Peterson-Last Class		2:00 PM J.O.Y. Group-Permaculture
Wednesday, April 6	7:00 AM Men's Book & Breakfast-Rembrandts	Friday, April 22	1:00 PM Holy Rollers
	7:30 PM RIC-The Jesus Fatwah		9:00 PM AA Meeting
Thursday, April 7	10:00 AM InMotion Exercises	Saturday, April 23	3:00 PM The Tea Room Group
Friday, April 8	1:00 PM Holy Rollers	Sunday, April 24	10:30 AM Worship and Sunday School
	9:00 PM AA Meeting	Monday, April 25	7:30 PM Choir Practice
Saturday, April 9	3:00 PM The Tea Room Group		7:30 PM Amnesty Int't Meeting
Sunday, April 10	10:30 AM Worship & Sunday School	Tuesday, April 26	7:00 AM Spiritual Growth-H. Kleiner's
	6:30 PM City Wide Confirmation Program		10:00 AM InMotion Exercises
Monday, April 11			10:00 AM Health Cabinet Meeting
Tuesday, April 12	7:00 AM Spiritual Growth-H. Kleiner's		7:30 PM ELW Bible Study & Meeting
	10:00 AM InMotion Exercises	Wednesday, April 27	7:00 AM Men's Book & Breakfast-Rembrandts
Wednesday, April 13	7:00 AM Men's Book & Breakfast-Rembrandts		7:30 PM RIC-The Jesus Fatwah
	10:00 AM Staff Meeting		7:00 PM Shalom-Broadway Roastery
	7:30 PM RIC-The Jesus Fatwah	Thursday, April 28	10:00 AM InMotion Exercises
Thursday, April 14	10:00 AM InMotion Exercises	Friday, April 29	1:00 PM Holy Rollers
	11:30 PM Friendship Inn Luncheon		9:00 PM AA Meeting
Friday, April 15	1:00 PM Holy Rollers	Saturday, April 30	10:00 AM Assembling Baby Layettes
	9:00 PM AA Meeting		3:00 PM The Tea Room Group

