
THE MESSENGER OF HOPE



HOPE LUTHERAN CHURCH

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Pentecost 9 to Pentecost 13

August 2020



Words of Hope

Reflections by Pastor Terry Richardson

“My child, do not forget my teaching, but let your heart keep my commandments; for length of days and years of life and abundant welfare they will give you.” Proverbs 3:1

Limitations



On Sunday afternoon, June 28, my bicycle hit a pavement ripple on the Parkway Trail and I went down hard onto the pavement. In Emergency a little while later, I was told that my collar bone and 8 ribs were broken. No wonder I was sore. I encountered limitations to judging my way on a shadowy trail, to the impact my body could manage, and to what I could control over the next month or so.

Limitations became my teacher.

Not allowed!

When Mona took me into Emergency there was another limitation. Because of Covid 19, she could come no further. That was alarming and troubling. She had to return home and we talked by text or on the phone as I was able. She had to trust that medical professionals would take care of me and that I was also in God's care.



I was too limited to get out of bed or move around much. When X-rays, EKG, and CT scan were taken I required a lot of help to move or get off the gurney or stand. Staff made sure I was okay, lifted or dragged me across an inflatable mattress, and wheeled me back and forth down mysterious hallways as I stared at the ceiling lights and asked them about their lives and work. I couldn't help them help me.

When I was home the next day, I was concerned that if I sat down, I might not be able to get up. I felt limited in my own home. With Mona's encouragement I did find a couple of chairs that I could rise from. The next day I was presented with a cane for support. I never thought I would ever need such a thing and considered it a limit to my self-sufficiency. But I soon came to depend upon it and was glad to have it handy as I slowly moved around the house and yard.

As the weeks passed, my strength was returning. When I realized that I was not alone, I thanked God and those who reminded me. I slept a lot and realized that doing nothing was a significant element in

healing. My limitations showed me my needs. My situation showed me that self-sufficiency was a huge limiting factor to recovery.



Now four weeks have passed. I have stored my cane away. My world has become larger again. I can walk at normal speed. I can drive again. I don't need my sling very often unless I am really tired. I can sit and rise without much difficulty. I have learned that limitations open space in my life for the presence of God and others.

I will not soon forget the lessons that my teacher Limitations has given me. Thank you for the role that you have played.

WORSHIP NOTES

Submitted by Worship Committee

Zoom worship has become our way of worshiping together –ish in this time of pandemic. We share familiar hymns, listen to scripture, hear a message and even join in communion. We are blessed with people who can make this happen, and people who accept the invitation to come to church – more people than usually attend our in-person services during the summer.

Your worship committee would like your feedback. What is it you especially like about Zoom church? We usually have three hymns – is that too many? Do you want more? Do you print off the service, or use the instructions on our website to 'split' your screen with the service on one side, some people on the other? Do you have suggestions for making our service better?

As Pastor Terry is back at work, healing as he goes, you can expect your Home Worship Material to arrive late Saturday morning or early that afternoon. That is a very good thing!

Please let us know what you think about Zoom worship. Send an e-mail to Carolyn Iles kiles@island.net, or call at 250-753-8095. We value your opinion.

MARTIN LUTHER AND PRAYER

Submitted by Continuous Learning Committee

On Prayer

For the past year, we have included articles on Prayer in our newsletter. This was in support of the ELCIC's focus on prayer. As we conclude this series, perhaps it is good to return to our roots, to Martin Luther himself.

What did Martin Luther say about prayer?

Prayer is a part of the human response to God's speaking, a response itself shaped by the words of command and promise. **Luther** thought that God's promise to hear **prayer** defines both the nature of God and the nature of the human relationship to God, as well as the human approach to life.



Along with explanations of each petition of the Lord's Prayer, Martin Luther, in his Small Catechism, included samples of Morning and Evening prayers. These were to be led by the "head of the

household". Although written long ago, you may enjoy reading them...and perhaps adopting parts or all of them for your own prayer life. Though 'old' they speak to and for us, even in 2020.



Morning Prayer

In the morning when you get up, make the sign of the holy cross and say:

In the name of the Father and of the + Son and of the Holy Spirit. Amen.

Then, kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may also say this little prayer:

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.



Then go joyfully to your work, singing a hymn, like that of the Ten Commandments, or whatever your devotion may suggest.

Evening Prayer

In the evening when you go to bed, make the sign of the holy cross and say:

In the name of the Father and of the + Son and of the Holy Spirit. Amen.

Then kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may also say this little prayer:

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

Then go to sleep at once and in good cheer.



CLWR COVID-19 UPDATE

Submitted by Joan Nolting



Canadian Lutheran World Relief (CLWR) has reported the following examples of how they are responding to the COVID-19 virus crisis.

Augusta Victoria Hospital in Jerusalem is continuing its life-saving cancer and dialysis treatments as well as preparing to provide isolation and treatment for patients infected with COVID-19. They are also leading public awareness campaigns about the virus.

In Myanmar, limited testing is available and they are fearing an undetected spread of the virus. CLWR's partners are working in 220 communities to share messaging on prevention. CLWR continues its ongoing work which includes providing sanitation and hygiene resources to families living in displaced person camps. Despite restrictions on movement, staff still have access to camps for humanitarian purposes.

In Lalibela, Ethiopia, construction has started on a major irrigation canal that will provide 105 families with better access to water. Pausing the construction because of the virus could cause existing work to be destroyed by seasonal flooding. CLWR's partners have introduced new safety protocols and protective equipment for community members working on the canal.

Water purification tablets and jerry cans give families a way to get and store clean water.



Also in Ethiopia, millions of people are displaced due to conflict, and are living in temporary settlements in crowded conditions, which makes them especially vulnerable to the COVID-19 virus. CLWR's partners are working closely with communities and local authorities to try to prevent a widespread outbreak. CLWR has made a rapid response which has included: 3,611 large jerry cans for families to store and carry water; laundry and bathing soap for 5,254 families, to increase handwashing and household sanitation; and personal protective equipment for staff so vital aid efforts can continue.

In Uganda, CLWR is working with the Lutheran World Federation (LWF), which is one of the organizations with permission from the country's Ministry of Health, to continue their work in the area. They are providing basic services like shelter and clean water to over 450,000 refugees from conflicts in South Sudan and the Democratic Republic of the Congo. To meet the challenge of the COVID-19 epidemic they are using radio talk shows and trucks with megaphones to broadcast information about prevention measures. They are also providing hygiene items like handwashing facilities, soap and personal protective equipment.

In Canada, CLWR is working with the ELCIC and LCC in projects across Canada with people affected by the COVID-19 virus. This includes feeding programs for families in need and support for recent refugee arrivals whose sponsoring churches may be suddenly facing budget challenges.

HOPE LUTHERAN DONATES \$675 TO CLWR 'SCHOOLS IN JORDAN PROJECT' **Submitted by Joan Roszmann for the Witness and Mission Committee**

From the CLWR website:

Thanks to your support, thousands of students in Jordan are going to school in safe, supportive environments that allow their knowledge and creativity to thrive.

In 2015, the Jordanian Ministry of Education reached out to Canadian Lutheran World Relief and our partners to begin what would become a five-year partnership to improve the conditions at 75 schools in Amman, Irbid and Zarqa.



Jordan is host to hundreds of thousands of Syrian refugees who have been forced to flee their homes due to violence and civil war. As these refugees settled into their new homes in Jordan, many public schools, which were already in disrepair, struggled to meet the needs of both their Jordanian students and the influx of new Syrian students.

Schools, which should have been providing safe, supportive environments for children to learn, grow and heal, were instead dealing with conflict among students, a lack of proper hygiene facilities and spaces that left students feeling unsafe.

Now, thanks to your generous support and funding from the Government of Canada, these schools have seen an incredible transformation. And, as the schools changed, so did the students.

Before, students weren't feeling safe and some were avoiding classes entirely. Now that schools are safer, cleaner and more welcoming, the number of students missing class has dropped by over 90%. Classrooms have become places that promote learning and creativity. At one school, a neglected outdoor area was transformed into a Palm Garden where students are learning through play and even hosting workshops for other schools.

Bullying and fighting has also changed dramatically, thanks to training for teachers, which introduced conflict management strategies and gender equality education into their classrooms. Now, the number of bullying incidents has dropped by 77%. At Al Areen Secondary School for Boys, new spaces are providing activities like art, games and puzzles. Students are using these emotional outlets to express themselves, instead of through violence and bullying.



Building and improving washrooms played a huge role in helping students feel comfortable at school. For girls and students with disabilities, having new washrooms that catered to their specific needs was especially important. Before, less than a quarter of girls felt comfortable and safe using the washrooms at their school. Now, that number has been reversed, with the majority of girls feeling that the washrooms meet their needs, giving them privacy and safety.

In addition to renovations, schools were given support to create their own extracurricular initiatives. Students and teachers used this opportunity to address issues in their schools and communities in a way that made sense to them.

None of this would be possible without your generous support.

HAVE YOU SAID 'HELLO' TO A STRANGER LATELY?

The quotes below come from the BendJOY project. The city of Bend Oregon, responding to an increase in suicide attempts, printed up small cards, with joyful, positive, sometimes funny quotes. These were placed into small boxes, which people purchased and gave out various quotes to strangers and friends. Even little acts of kindness can be more powerful than we know. Remember when you were asked to say hello to people you meet, maybe even ask their name and say it? Little things mean a lot!

- ❖ *Know in your heart you mean more to people than you can even imagine.*
- ❖ *Always hold the door open and put the toilet seat down.*

- ❖ *Be generous with your heart, patient with yourself, and kind to your soul.*

- ❖ *You don't have to be perfect to be amazing.*

- ❖ *You will never regret being kind.*

ELCIC SUPPORTS EMANCIPATION DAY

ELCIC National Bishop Susan Johnson has written to the Prime Minister to express support for motion, M-36 Emancipation Day, introduced by the Honourable Majid Jowhari, Liberal, Richmond Hill, to designate August 1 of every year as "Emancipation Day" in Canada.

"Commemorating Emancipation Day on August 1 is an opportunity for churches and communities to acknowledge history and to deepen engagement in eliminating anti-Black racism in our society," says Bishop Susan in her letter. "In light of this, we support designating August 1 of each year as Emancipation Day, to mark the abolishment of slavery in Canada."

We Celebrate Birthdays

For the month of **August**:

August 1 Curt Satre **August 7** Janet Dorland
August 9 Sarah Luedke **August 10** Alice Heiman
August 18 Doug Roszmann **August 20** Julie Koenig
August 28 Rosalie Pallard **August 28** Dick McManus

August 7 Arnold Gill
August 18 Don Norem
August 23 Krista Whaley
August 30 Leni Weiss



For the month of **August**:

August 4 Arnold & Olena Gill **August 9** Howard & Lori Collier **August 14** Kim & Carolyn Iles
August 21 Ray Schultz & Rebecca Garber **August 27** Doug & Joan Roszmann
August 27 Hans & Johanna Nielsen

Special Prayer Requests:

Ingy Bloodsworth, Deanna Boks, Tara Boorman & family, Pearl Dunn, Daryl Dunsmore, Tom Farkas, Shirley Forwell, Barbara Foster, Diane Fredericks, Rebecca Garber, Kim Iles, Gerry & Jean Jacob, Riley Kelm & family, Liz Knight, Donna Kuffler, Daniel & Allana Landingin & family, Derick & Loraine Mather, Linda O'Connor, Carole & Clyde Ortner, Terry Richardson, Rob Riches & family, Joan Spencer, Barbara Stokoe, Janice Vosper, Ann, Brian, Donaven, Donna, Heidi, Julie, Kari, Laila, Linley, Lone, Michael & family, Sigrid, Todd, Zack.

