

Parish Pump

Grace Lutheran Church

4218 - 56 Avenue
Wetaskiwin, Alberta T9A 2W3

Pastor: Fred Schneider

“Reflecting and Sharing Jesus Christ”

Missionary: (IELCO) Evangelical Lutheran Church of Columbia

March 2024

Phone No. (780) 352-5121



Women

This month showcases Women. It is Women's History Month. The first of March is International Women of Color Day. The eighth of March is International Women's Day.

We see vestiges of the Old Men's club in the bible. The disciples were considered only to be men. Women were told to be silent in church. Women were considered temptations. Women were seen as second-class citizens. Just because one was a different gender, they were considered inferior.

Jesus' interaction with women was shocking. Sometimes the disciples were shocked that Jesus was talking to women. He treated them as equal to men. When Mary decides to spend time at Jesus feet listening with the disciples, Jesus compliments her. In Luke's gospel, the women come off looking better than the men. The women were more faithful. They were with Jesus all the way. Jesus stood up for women. Jesus defended them. In Jesus, there are no barriers. No one is

excluded. Paul writes in Christ, there is no distinction between male and female.

In our gospel readings this month, on Palm Sunday, we read about a woman who anoints Jesus on his head. People scolded her. Jesus says, she has performed a good service for me. Truly I tell you, wherever the good news is proclaimed in the whole world, what she has done will be told in remembrance of her. On Good Friday, after the male disciples have abandoned Jesus, the women were at Jesus crucifixion looking on. They had been with him from the beginning. On Easter Sunday, it was the women who first witnessed the empty tomb. They eventually became the proclaimers of the resurrection.

This month, we will help support the Women's Shelter in Camrose with some of our offering.

Pastor Fred

LADIES' MORNING OUT

Ladies' Morning Out meets Tuesday mornings at 10:00 a.m. in the Youth Room. New members are always welcome. You are welcome to join this growing group!



GROWING IN GRACE PRESCHOOL PROGRAM

Our Valentine Party was filled with lots of beach



fun! March will bring spring &
Easter! Where did the time go?
And of course we will be searching
for Leprechauns – don't be

surprised if you find one hiding in the corners of the church.

Easter break will be a nice time for family activities.

We will also be learning about nutrition and food groups during "Nutrition Month" and will be going to Wetaskiwin Gymnastics.

Yours in Christ, Betty Grayson

Growing In Grace Preschool Open House and Registration



March 12, 2024, 6:00 – 7:00 p.m.



2024 FINANCIAL SNAPSHOT of BUDGETED FUNDS

| | |
|-------------------------|-----------------------|
| Carry over from 2023 | \$0.00 |
| 2024 Receipts | \$18,200.33 |
| 2024 Expenses (1 month) | (\$27,975.24) |
| YTD difference | (\$9,774.91) |
| YTD to January 31 | Balance: (\$9,774.91) |



CHURCH COUNCIL "HIGHLIGHTS" - FEBRUARY, 2024

One of the best news shared at the council meeting was that just over \$6000 was raised at the Shrove Tuesday pancake supper. This brings the total donated to the Roof Fund to approximately \$32,000, leaving a balance of about \$13,000. Thanks to all who donated.

The County of Wetaskiwin cemetery grant has been applied for use with the St. Johns cemetery.

Consensus from council was that "loose" offerings for March, as well as the Easter Sunday Breakfast, would be divided between Camrose Women's Shelter/Victims Services and GLC general account.

Congregational Constitutional Meeting to take place right after church on March 3rd, to adopt a resolution supporting the motion carried at the January 28th meeting. We need a quorum of 36 people.

Synod Convention originally to be held at Augustana from June 4-6 has been changed. Augustana is in the middle of renovations and won't be available for this Convention. Other plans are being arranged as to place and dates. We will have that information in the next short time.

Boxes for CLWR ended up at Home Hardware Warehouse as they were one of the carriers. They were delivered to Grace. These goods were distributed to various places in the community.

Janet

HOLY LAMENT



Each of the midweek lenten services will be approximately 30 minutes long. We will be using the Holden Evening

| LENTEN SERVICES FOR 2024 | | |
|--------------------------|-----------------------|--------------------------|
| DATE | THEME | SCRIPTURE |
| February 28 | Little Laments | Psalm 42 |
| March 6 | Lament From the Depth | Psalm 88 |
| March 13 | Individual Laments | Psalm 13 |
| March 20 | Communal Laments | Psalm 44:1-10, 13, 17-26 |

Special Services



Maundy Thursday - @ 7:30 p.m. – Holy Communion

Good Friday - @ 10:30 a.m. – Tenebrae

Easter Sunday - @ 9:45 a.m. – Breakfast

@ 10:30 a.m. – Holy Communion

Who's Celebrating?

Birthdays and Anniversaries?

Do you need an excuse to tell a friend that you are thinking of them? If so, let these birthday and anniversary people know that they are on your minds and in your prayers. Thank God for another year of grace!
Did we leave you out? If so, let us know. We aim to please!!



| | |
|--------------------|------------------|
| Jett Taylor | Steven Forth |
| Art Westendorf | Charlie Dumkee |
| Winnifred Kelm | Kyle Orchard |
| Eastyn Mardy | Sarah Hoglund |
| Brayden Bukkems | Kayla Shaver |
| Jeanette Martinoff | Bert Horvey |
| Kade Hoglund | Cody Scholze |
| Erin Switzer | Dale Woitt |
| Andria Taylor | Noah Orchard |
| Marjorie Loov | Flora Gavel |
| Marlyn Kaus | Roxann Buskas |
| Gail Podloski | Paisley Brown |
| Kali Metzker | Dolores Pockrant |
| Johnathan Hagstrom | Penny Feldberg |
| Joan Woitt | |



Gordon & Sheila Shantz
Kevin & Kathy Marshall
Chad & Jennifer Irwin
Rolf & Grace Nosterud
Tanner & Jordan Maygard



Suicide Alertness For Everyone

*Free suicide prevention & intervention
training, funded through FCSS.*

| DAY | TIME | Location |
|--------------|---------------|---|
| MAR 4 | 8:30AM | Horizons Centre, 5431 36 Ave, Wetaskiwin |



World Day of Prayer 2024

"I Beg You... Bear With One Another in Love"

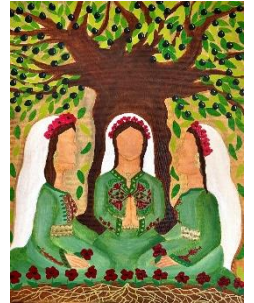
Ephesians 4:1-3

Artwork by Halima Aziz



March 1, 2024
2:00 p.m.

Sacred Heart Church
5113 – 49 Avenue
Wetaskiwin, AB.



Additional Information

Service written by the **World Day of Prayer
Committee of Palestine**, prepared and adapted for
use in Canada by the **Women's Inter-Church Council
of Canada**



https://fundraising.purdys.com/1159665-116265?fbclid=IwAR1LLGtgkaKN3mdh_eDidVXrMh7nH6AsFeq6xpFS_KXSBKM9R3e24eVdgLk

Please support Growing in Grace Preschool with this fantastic fundraiser.
With spring quickly approaching we are excited to bring you Purdy's Easter Chocolates! This week we will be receiving Catalogues from Purdy's to help you with your sales!
Order cut off will be March 4th. Delivery tentatively set for the week of March 11- 15
Our Customer Number is 68332
Happy Shopping!

Staff/Council/Missional/Justice Retreat

March 9, 2024 - 10: a.m. – 2:00 p.m.

Time for fellowship and Visioning.
All are welcome to participate.





Women and Mental Health

edited from:

<https://www.mcleanhospital.org/essential/why-we-need-pay-attention-womens-mental-health>

Sex and gender differences are important determinants of mental health and mental illness.

Depression and Anxiety

Twice as many women experience depression and anxiety at some point in their lives when compared to men. Testosterone, which is typically found in higher amounts in men than women, has been found to have antidepressant and anti-anxiety benefits. Also, women are more likely to seek help for anxiety than men. This may contribute to a higher diagnosis rate in women.

Trauma

The overwhelming majority of individuals who are exposed to violent conflicts, civil wars, displacement from home, and natural disasters are women and children. Women are exposed to higher levels of sexual violence and have higher rates of post-traumatic stress disorder associated with sexual violence.

Eating Disorders

Eating disorders impact women much more than men. Eating disorders involve obsessive thoughts and behaviors that are associated with food, body weight, and appearance. Eating disorders represent a significant mental health issue but can also occur in tandem with other conditions like depression and anxiety disorders. Research has shown that genetic, behavioral, psychological, social, and cultural factors all contribute to the development of an eating disorder. Low self-esteem and feeling pressure to lose weight are often reported as factors in patients with eating disorders.

Sociocultural Imbalances

The societal pressure and expectations that women cope with regularly can increase the chances of developing mental health issues. This includes society's greater valuing of women who are more physically attractive, empathetic, and nurturing, and intelligent. To counter, men are regarded to be of higher value if they are more honest, have professional or financial success, and exhibit ambition or strong leadership qualities. Pressure caused by multiple societal roles and overworking has also been shown to account for poor mental health in women. Women are also more likely to be discriminated against because of their

gender when compared to men. This could increase their chances of developing a mental health issue.

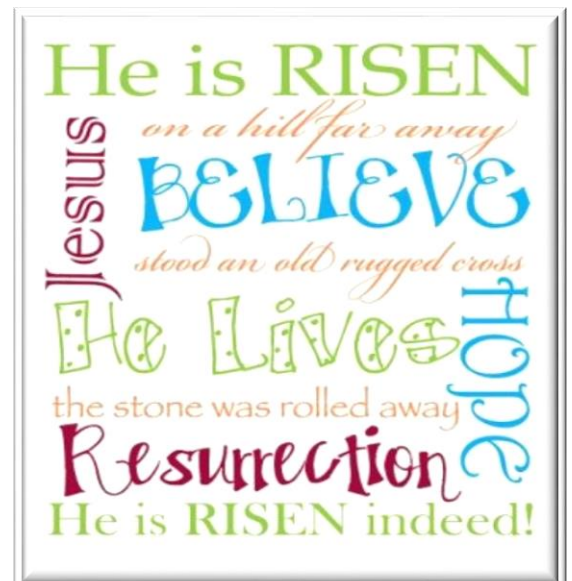
Variations in Health Care

Communication between medical providers and women is often very different from the communication between medical providers and men, particularly in developing countries. In some countries, communication can often be controlled by the government or other authorities. This can make disclosing emotional and psychological distress more difficult. There may be implicit gender bias, where someone unconsciously assumes certain attitudes about a person or group of people. This can lead to both overtreatment and undertreatment of women. As a result, it may be even harder for women to receive appropriate care.

Pastor's Reflection

Much of the mental health problems can be related back to the roles and injustice done by society and men upon women. There is much that needs to be done to liberate women from these struggles.

Our food Bank Sunday is on the first Sunday of every month. However you may bring non-perishable goods for the Food Bank on any Sunday or any day of the week during office hours. Frank & Janice Lockhart keep an eye on our Food Bank container and when it is almost full they make a delivery to the Salvation Army. Thank you for your generous donations as they are very much appreciated by those in need.



Parish Worker Part Time



We have an exciting and diverse opportunity for a motivated and enthusiastic individual to use their gifts, skills, and experience in supporting our congregation. You will organize and carry out activities and programs related to working with all members of our congregation from the youth to our more mature members.

Responsibilities and Duties

You will be working in collaboration with the Pastor and the Grace Lutheran Church team to assist with planning and coordinating Sunday School, Confirmation, Youth and Vacation Bible School. Duties may also expand to include Member Visitation with communion privileges, providing Grief books to families and Stephen Ministry.

Knowledge, Skills and Abilities

Experience with Youth/Children

Leadership/Organizational Skills

Spiritual Background

Compassion

Teaching Experience

People Management Skills

Experience with Microsoft Office Suite and Google Office

First Aid (Preferred)

Vulnerable Sector Clearance as well as a clear Background Check

Salary/Hours

Weekends and evenings will be required. Wages \$25 per hour up to a maximum of 12 hrs. Per week. No benefits however, CRA deductions be made. Two weeks holidays after one year.

How to Apply

Submit your cover letter and resume via Email or mail to Grace Lutheran Church Office by

April 1, 2024. To Email: office@glcw.ca or Address:

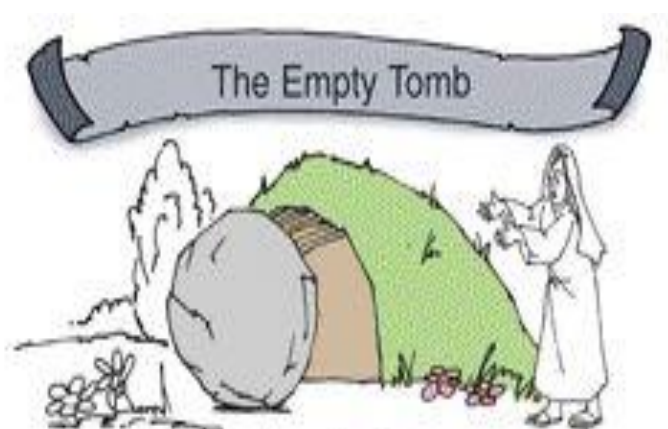
T9A 2W3

WORSHIP SERVERS FOR MARCH

| | March 3rd |
|-------------------|--|
| Accompanist | Colleen McGinnis |
| Lector | Chrissy Williams |
| Usher | Rob Sperber |
| Sound Booth | Jack Jensen |
| Projector | Brent Metzker |
| Counters | Connie Maygard/Janet Forth |
| Coffee Clean-Up | Arlen & Lynne Forth |
| Communion Set-Up | Bonnie Bukkems Lorrilyn Forth |
| Communion Servers | Connie Jensen/Dale Woitt/Larry Coroluick |
| | March 10th |
| Accompanist | Tammy Kennedy |
| Lector | Marlene Thompson |
| Usher | Dale Woitt |
| Sound Booth | Larry Coroluick |
| Projector | Susan Woitt |
| Counters | Lorrilyn Forth/Bonnie Bukkems |
| Coffee Clean-Up | Connie Maygard |
| | March 17th |
| Accompanist | Colleen McGinnis |
| Lector | Rene Faille |
| Usher | Connie Maygard |
| Sound Booth | Larry Coroluick |
| Projector | Marilyn Zielke |
| Counters | Donna Zurbrigg/Connie Jensen |
| Coffee Clean-Up | Lorrilyn Forth |
| Communion Set-Up | Bonnie Bukkems Lorrilyn Forth |
| Communion Servers | Dale Woitt/Vivian Holtby/Kathy Coroluick |
| | March 24th |
| Accompanist | Marlene Thompson |
| Musicians | Chrissy Williams/ Bert Horvey Larry Coroluick |
| Lector | Rob Sperber |
| Usher | Connie Jensen |
| Sound Booth | Jack Jensen |
| Projector | Connie Maygard |
| Counters | Chrissy Williams Rob Sperber |
| Coffee Clean-Up | Albert & Jane Wedman |
| | March 28 th – Maundy Thursday |
| Accompanist | Colleen McGinnis |
| Lector | Bernie Fietz |
| Usher | Bonnie Bukkems |
| Sound Booth | Larry Coroluick |
| Projector | Marilyn Zielke |
| Communion Set-Up | Bonnie Bukkems Lorrilyn Forth |
| Communion Servers | Kathy Coroluick/Vivian Holtby/ Rene Faille |
| | March 29 th – Good Friday |
| Accompanist | Colleen McGinnis |

| | |
|-------------------|---|
| Lector | Arlen Forth |
| Usher | Dale Woitt |
| Sound Booth | Jack Jensen |
| Projector | Connie Maygard |
| | March 31 st – Easter Sunday |
| Accompanist | Colleen McGinnis |
| Lector | Denice Monaghan |
| Usher | Bernie Fietz |
| Sound Booth | Jack Jensen |
| Projector | Susan Woitt |
| Counters | Monica Minchau Connie Maygard |
| Coffee Clean-Up | Vivian Holtby |
| Communion Set-Up | Bonnie Bukkems Lorrilyn Forth |
| Communion Servers | Rene Faille/Marilyn Zielke/Connie Jensen |

Thank you to all those who volunteer to serve at our worship services!



It was still dark in the garden. It was not yet sunrise. Mary Magdalene went to the tomb where Jesus was buried. She was surprised when she got there. What did she find?

