



# Advent Journey

Advent Lutheran Church — February 2008

*For giving, forgiving,  
... not just for giving up*

## A Lenten Psalm of Growth

As our Lent begins, O God,  
may we offer our work  
and our labour as a kind of prayer  
so that all we do,  
we do with you.

May the buried seeds of love  
tucked within our hearts be awakened, Gentle One,  
so that compassion  
for our brothers and sisters  
might become a tree within,  
sending out roots and new leaves  
and offering a place of rest and shelter  
for any in need.

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And together may we  
become a forest -  
a rich and luxuriant community  
of shelter and growth  
in whose midst  
your people and your earth  
can find life.

# Michael's Meanderings...

## WHERE ARE WE GOING?

### - A CONVERSATION STARTER

*At our last Mutual Ministry meeting we challenged ourselves to put into words a vision for our church over the next five years (our current mission statement is well over ten years old.) It's an invitation we would like to extend to congregational members and council, as well – indeed, anyone who is a passionate about the Christian Church. This article, then, is the first in a small series, that includes: Our Public Ministry; Our Public Worship; Building Community in the Modern World; and Encouraging Personal Spiritual Growth. I invite you to reflect on this subject and add your own thoughts and voice to the discussion. Who knows where God might lead us, but to be sure, wherever we go, we can only do it by traveling together.*



## OUR PUBLIC MINISTRY

Researchers tell us that in Canada the first thing outsiders ask about the church is: “How is it serving the community?” This is different from the United States where the first question is: “How does it conduct its worship life?” So I will start my own reflections on the future of the church with an examination of our public ministry and where this ministry might go. Again, these are simply my reflections. They are offered to encourage conversation.

### *A Place to Be*

One of the essentials for building community is having a place to gather. There are no town squares in our day and age. There are all sorts of places that give people a place to shop, but that kind of space has a different energy. Except for the five old Iranian guys who hang out in the food court at Fairview Mall every day (I love them), few of us use the mall as a place simply to unwind, talk, and be. I would like us to build on Advent Lutheran church as a community gathering spot – a place where people gather simply to ‘be’. In conversation with other community leaders, there is a consensus that Advent Lutheran Church could play a much more vital role in the well-being of the larger North York Community. Two things stand out in my mind’s eye: The redevelopment of our kitchen and fellowship hall into a community kitchen with industrial ovens and space for nutritional counseling, teaching, and after-school programming for teens. This type of space has been cited as one of the largest needs in our community. The second thing I envision is a coffee shop. The goal of which is not first the bottom line, although this is important, but making a place for people to connect up with one another. Could we host something like this? Could we staff it? Could we see such a thing as an authentic ministry? I’m not sure. But creating community gathering space will be vital for the church in the future.

### *Food Security and the Environment*

I was introduced to Mayor David Miller very briefly at an event in the fall. His first words to me were, “I know you, you’re the pastor at Advent Lutheran Church.” Note: he did *not* say: I know that church because *you* are the pastor. Advent Lutheran church has an enormous reputation now in our city,

and sometimes I feel like I don't say this often enough. What's our reputation? We are the largest urban community garden in North America. Not in terms of acreage, but in terms of the number of people who use this land to grow food, to gather, to build community and to rest in the shade on hot summer days. That's right, we're now larger than community run co-operative gardens in New York, Chicago and LA. Over 900 people are associated with the 104 garden plots that we offer. On top of that we have a glorious new garden facility (thanks to Green Force) that gives people a quiet place to sit and relax so that they can think, enjoy the birds and the rabbits (we're getting a healthy number of these lovely creatures making their home on the island), flowers and each other. Our garden is a significant community ministry. There is talk among some members of Advent about forming a small cadre of volunteers to gather one night a week to help weed the newly landscaped portion. I think this is a brilliant idea. If we gather on a night when gardeners from the community are here, who knows what relationships, friendships, ideas will continue to grow. In addition we are beginning our second year of the "Everything Grows Good Food Market." This is a way for our church to help get fresh local produce into the hands of people who live in the community. In the bible, the growing of food to nourish one's family and to provide for the needs of *widows, orphans and aliens* is considered one of the essential ways in which people show their love of God. So my vision for the next five years is that Advent Lutheran will continue to open itself up to the community in ways that get fresh local produce into people's hands, contribute to the community by reducing it's environmental footprint, maybe even work toward reducing our dependence on the electricity grid by establishing a green roof on Cedar Hall and installing solar panels to convert sunlight into useable heat energy. Who wouldn't want to be a part of such a church?

So far I've just talked about the ministry that we can undertake by nature of our being a part of the community infrastructure. Next edition I'll talk about our Public Worship and ways in which I imagine we might expand in the future. In the meantime, please give some thoughts to these ideas about our public ministry and add your own. Drop me a note, send me an email, catch my sleeve in the hallway some Sunday morning. Together let's continue to build on the very successful work that we are doing and sharpen our vision even more.

Blessings,  
Michael



A thank you to John Krause, Fred Roth and Claus Brandes for obtaining, transporting and installing the Christmas tree in the church. Thank you to Judy Baribeau for helping me to decorate the tree, which has become a tradition for Judy and I. Sometimes we have had helpers but often it is the 2 of us. We have had the same traditional tree of white folded stars, clear lights, silver beads and angels since 1999 when Judy and Gerard donated a very large tree from their back yard. It was a poignant time for me personally this year. I learnt to make the white folded stars from my cousin Eugenie who died on Sept. 27<sup>th</sup>, 2006. Many people had helped to make the stars including Eugenie. This past year my friend Edgardo Aquino died on the first anniversary of Eugenie's death. Eddie had donated the thousands of beads that adorn the tree. It is odd that they should have died on the same day one year apart.

A thank you to all the people who donated poinsettias. It takes many hands and people to beautify our worship space.

Walter Rothenburger



# Annual Meeting Update

Thank you, everyone, for coming to the annual meeting, for supporting the church and for sharing your ideas. We had 45 people present. Here is a snapshot of what we accomplished:

## **Auditor's Report and the 2008 Budget:**

Fred Roth noted that The Auditors' report has not been finalized due to time constraints at this busy time of year. Council will call a brief meeting when the report is ready so that it can be presented. We don't envision anything being out of the ordinary and expect this meeting to be brief. A budget was presented and approved totaling \$141,806. Income to support the budget comes from two sources. 1) Envelopes and loose offering (\$93,456) and User fees (\$65,000). This gives us a total anticipated revenue for 2008 of \$158,956. Transfers to reserve funds will total \$7,150 and regular benevolence to Synod is set at \$10,000. We have a special target goal for benevolence of an additional \$2,500, and council has been asked to implement a special givings event to reach this goal. It deserves to be said: the people in this parish are very generous with offerings to the church – thank you all. Financial Secretary Claus Brandes thanked Fred Roth for his excellent work.

## **Cranberry Books:**

Donations for Cranberry books totals \$3,261. This includes several large single donations. \$253.36 is still outstanding on the Cranberry book fund. Again, thank you everyone for your generosity.

## **The Roof Fund:**

To the end of January 2008 Advent members donated \$20,566.61 toward the roof fund. Worldwide Church of God had donated \$5,000. We are now 40% of the way towards paying off the roof. (The total cost is \$92,090.60). Stewardship and Finance will be looking at ways in which we can pay down this loan in the coming year.

## **40<sup>th</sup> Anniversary Fund:**

As of January 2008, we have collected \$35,549 of our \$40,000 goal. We have done very well and should be proud of ourselves for this excellent community ministry. We will close our 40<sup>th</sup> Anniversary project at the end of February this year. Currently \$25,796 has been paid out to help build Lester B. Pearson Place (a rent-geared-to-income housing project). A further \$2,004 dollars will be transferred to LBP Place to total \$30,000. Advent's Refugee fund will stand at \$5,549. If individuals would like to donate to the refugee fund to bring it to the \$10,000 mark that was envisioned in 2004 there is still time to do so. Again, thank you everyone for such phenomenal support.

**Congregational Council:**

Four people have been elected to Congregational Council. They are: Peter Reble, Jia Sahadeo, Adele Buckley and Tara Linderman. Thank you for your willingness to serve! These four join Rebecca Taylor, Robert Wraith, Erika Day, Fred Roth, Carol Peck and Fran Brandes as our 2008 Congregational Council.

**Mutual Ministry:**

Jim Doak agreed to serve as the Congregational Representative to Mutual Ministry. Thank you Jim. Your work is much appreciated.

**Endowment fund committee:**

Gabi Schickedanz's agreed to serve another 3 year term. Thank you Gabi.

**Delegate to Synod Assembly:**

Walter Rothenburger was elected as our delegate to Synod Assembly. Assembly takes place July 9-13 in London, ON. Thank you, Walter.

**Annual Meeting Date:**

Because our auditors have found the timeline between year-end and our Annual Congregational Meeting to be too narrow for them to do due diligence to their task, Council made a motion to change our constitutional bylaw accordingly: Moved that the annual meeting of the congregation (See Article III, Section 1) shall be held prior to ~~February 15~~ **April 30** each year at a time determined by the Congregational Council." This motion was carried.

Again, it was an excellent meeting. Thank you everyone for all that you do to make our parish the fine church it is.



# Sunday Church School

These past few months have been fun. The children created some snowflake and winter character ornaments to sell for the Roof Fund. We raised \$108!!! We hope to continue with similar projects this year.

The Sunday School class is looking forward to the Easter season and we hope that everyone can attend classes in the coming weeks. A repeat from last years successful activities, the children will be creating a Lenten calendar that may be used at home to mark the days till Palm Sunday.

Also, this year we are planning to participate in the processional for Palm Sunday, so all little ones are welcome to come and help us celebrate. Those grandparents who have visiting little ones are especially welcome to bring them along.

We look forward to seeing any little ones from 2 years old and up to have some fun and share in our program, "Come and See Jesus".

*Snowmen fall  
from heaven...  
unassembled*

Erika Day

# Just the Right Size

Matthew 6:1-6, 16-21

Ash Wednesday, A / February 6, 2008

Michael Mills, Pastor / Advent Lutheran Church, Toronto

*Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. 'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. 'And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. 'And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. 'Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also. (Matthew 6:1-6, 16-21)*

A friend of mine came to one of the Christmas eve services here. He had not been to church since he was a young boy. What moved him most was communion. He didn't commune, but he was moved by the sight of the rest of us coming up to the altar rail and kneeling. He remarked that nowhere in our modern North American culture do we see people perform such an act of humility. Anywhere. It's just not done. That's an observation worth thinking about.

It's like when you were a kid and you would lay on the ground at night feeling the hard knots of earth pressed into your back and looked up at the stars. You knew there were hundreds upon thousands of them. Mixed up with countless planets and solar systems and galaxies – all reaching out into space light-year after light year from your small patch of hillside beside your house way back there on tiny blue earth. That's a humility moment. Humility is not an exaggerated contrition or a deep sense of unworthiness. Who needs that? Humility is simply knowing where you fit in in the grand scheme of things.

At the turn of the 20<sup>th</sup> century Scientist William Beebe and U.S. president Teddy Roosevelt would spend time together at Sagamore Hill, Roosevelt's home from 1885 till his death in 1919. After an evening of talk, the two would go out on the lawn and search the skies for a small spot of light near the lower left-hand corner of the Square of Pegasus. Then Roosevelt would recite: "That is the Spiral Galaxy in Andromeda. It is as large as our Milky Way. It is one of a hundred million galaxies. It is 750,000 light years away. It consists of one hundred billion suns, each larger than our sun." After this there would be appropriate silence. Then Roosevelt would invariably add, "Now I think we are small enough! Let's go to bed."

"When I consider your heavens, O God, the work of your fingers, the moon and the stars you have set in their courses," says the psalmist, "what are mere mortals that you should be mindful of them, human beings that you should care for them? Yet, you have made us divine, with glory and honour you have crowned us. "

I have a confession to make. I've never cared much for Ash Wednesday worship when it's all about

*(Continued on page 7)*

Christians giving themselves grief and tearing their clothing and beating their breasts in mock humility. Sometimes this is just another way of putting ourselves at the centre of the universe. Instead of saying how good we are, we are simply saying: look how bad I am. I am more bad than the next three of you put together. William Temple (Archbishop of Canterbury in the 1920s) said, "Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself one way or the other at all."

In Matthew's gospel Jesus tells off those who love to stand in the temple and the marketplace giving alms and praying so that they can appear to be holy and pious. And frankly I don't blame him. Who needs that nonsense? But the opposite is equally true – who needs someone scraping and bowing and dismissing themselves as if they were unworthy even to draw a breath? In what way does that honour God or creation or life?

St. Francis is so beautiful. He says:

I think God might be a little prejudiced.  
For once He asked me to join Him on a walk  
through this world,

and we gazed into every heart on this earth,  
and I noticed He lingered a bit longer  
before any face that was  
weeping,

and before any eyes that were  
laughing.

And sometimes when we passed  
a soul in worship

God too would kneel  
down.

I have come to learn: God  
adores His  
creation.

St. Francis was just the right size. He knew where he fit in in the grand scheme of things. Same with William Temple, the archbishop of Canterbury and Teddy Roosevelt. When you receive the ashes today and hear the words "remember you are dust and to dust you will return" don't play that old blame game where you tell yourself how unworthy you are. Rather spend time in silence calling to mind that you are a handful of molecules in an infinitely large universe. Which is *not* nothing. You are a hundred billion atoms worth of miracle in a universe so vast and miraculous that it's humbling. You are just the right size. Your dust is the shape it should be. Glory!

1. William Beebe, *The Book of Naturalists: An Anthology of the Best Natural History*. (Princeton: University of Princeton Press, 1944), 234.
2. Psalm 8:3-5
3. William Temple, *Christ In His Church*. (London: MacMillan, 1925).
4. Daniel Ladinsky, *Love Poems from God: Twelve Sacred Voices from the East and West*. (New York: Penguin, 2002), 41.

# Finance & Stewardship...

**Cranberry Books** Total donations for the Cranberry Books to the end of January, 2008 are \$3,261.00, including several large single donations.

The books were purchased in two batches, the first in October, and the second in December, 2007. Total cost, including all taxes was \$3,616.72. Since we receive a refund of one-half the GST, our effective cost for the Cranberry Books is \$3,514.36. So we're virtually there, just \$253.36 to go. Good work Advent.

**Roof Fund** To the end of January, 2008, total Roof Fund donations by Advent members was \$20,566.61. The generosity of one of our regular users, the Worldwide Church of God, increased total donations to \$25,566.61.

This amount, combined with the redemption of \$10,000 + \$350.71 Interest from Advent GIC's has increased our total pay-down on the roof loan to \$35,917.32. Related to the total cost of the roof of \$92,090.60, less our refund of one-half the GST of \$2,606.40, or a net cost to Advent of \$89,484.20, suggests that we are about 40 % of the way there.

**40<sup>th</sup> Anniversary** As of 31<sup>st</sup> January, 2008, our total donations to 40<sup>th</sup> Anniversary, since inception, are \$35,549. As you will remember, non-specific donations are split 75 % Nuc Tuc and 25 % Refugee Fund. Where specified, the donations are applied accordingly. On the chart following is a break-down of all donations (excluding budgeted transfers from the current account and expenses) since 2004.

## 40TH ANNIVERSARY CONTRIBUTIONS AND DISBURSEMENTS

Category	2008	2007	2006	2005	2004	TOTAL TO 31-1-08
Nuc-Tuc	\$0	\$601	\$1,931	\$1,817	\$242	\$4,591
Non-specific:						
Nuc-Tuc - 75%	\$40	\$2,714	\$4,168	\$4,375	\$11,229	\$22,525
Refugee - 25%	\$13	\$905	\$1,389	\$1,458	\$3,742	\$7,507
Total Non-specific - 100%	\$53	\$3,619	\$5,557	\$5,833	\$14,971	\$30,033
Refugee	\$0	\$0	\$0	\$230	\$0	\$230
<b>TOTAL 40TH ANN.</b>	<b>\$53</b>	<b>\$4,220</b>	<b>\$7,488</b>	<b>\$7,880</b>	<b>\$15,213</b>	<b>\$34,853</b>
Total Nuc-Tuc	\$40	\$3,315	\$6,099	\$6,192	\$11,471	\$27,116
Total Refugee	\$13	\$905	\$1,389	\$1,688	\$3,742	\$7,737
Sub-total	\$53	\$4,220	\$7,488	\$7,880	\$15,213	\$34,853
Direct Donation to Nuc Tuc by Advent Member						\$696
<b>TOTAL 40TH ANNIVERSARY DONATIONS</b>						<b>\$35,549</b>
		Total Nuc-Tuc	\$27,812			
Less:		Paid Out	\$25,696			
		Balance to be Paid	\$2,116			

**Note: All amounts are based on direct donations only, ignoring budgeted transfers from the current account and expenditures.**

Donations by members consist of \$34,853 plus \$696 donated by an Advent member directly to Nuc Tuc, for a total of \$35,549. The breakdown of the donations is as follows:

Nuc Tuc	\$27,812
Refugee Fund	<u>\$ 7,737</u>
Total 40 <sup>th</sup> Anniversary	<u>\$35,549</u>

Of this total, \$25,000 has been paid out to Nuc Tuc (Lester B. Pearson Place) from Advent. The addition of \$696 paid directly by an Advent member yields a total donation to date of \$25,696. This leaves a balance of \$27,812 - \$25,696 = \$2,116 presently remaining to be paid to Nuc Tuc.

Fred Roth

## Keeping Our House...

Since this is the last Advent Journey for this fiscal year I would like to thank a few of the many people whose help has been invaluable this past year.

Have you every wondered how the refuse produced by our church, and believe me that is no small amount, gets from the bin outside out to the curb? It is done every week by a "grandmother, mother, son" combo. Hannelore Matrthews, Erika Day and Michael Day are the star players.

I am sure many of you have seen the portly gentleman that roams our halls and is a member of the Worldwide Church of God who goes by the name of Alec. He shovels walks, changes light bulbs, shores up broken window panes, keeps the intakes for the furnaces free of snow accumulation and reports any sort of possible concern that he may see. My phone has rung at 11:30 pm to say that the pilot light is out in the furnace which would mean that the heat would not be working for example for our Advent Srs. luncheon on a given Tuesday. He is truly an asset and his efforts are immensely valuable and appreciated.

When I speak of immensely appreciated effort I would not be able to discount work that Heinz Weltner contributes. His hammer is always on call but most of all he is the person that schedules the heat in the Sanctuary so that when we or our guests have functions in the Sanctuary we are all toasty.

This past year has not been as hectic as years past in the traveling area for me but I would be at a loss to not have Alex Otten available to take on the responsibility of my scheduling book in my absence. If you ever have occasion to pass the planner in the hall and take notice you will see that "Our House" is anything but a "Sunday Only" church building.

When it come to maintenance my husband Claus' "honey do" list is ever expanding. It is always "Honey please change the light fixtures, install new towel dispensers, help me take refuse to the dump and on, and on and on..... Thanks, honey.

I view myself as a fairly optimistic person so in keeping with that thought I'd like to invite any one that may be interested in gardening to contact me in the next month or so. It is my intention to organize a group of people from our congregation and any of the other congregations in order to maintain the portion of our gardens that are not occupied by the community gardeners. I thought it might be a fun thing if we would meet perhaps one evening a week, bring along a brown bag supper, pull a few weeds, rake a small area, water a bit and fellowship LOTS. Interested????this could be fun and it would help keep our property beautiful. Keep this in mind.

The "nuts and bolts" of the Property Report was found in the annual report so I'll close for now.

Thanks for reading. Fran

# TURN OFF YOUR LIGHTS

**Earth Hour Toronto**  
**March 29, 2008**  
**8 - 9 p.m.**

On March 29, join millions of people around the world and show your support for action on climate change by turning off your lights for Earth Hour.

Earth Hour is a global lights-out event coordinated by World Wildlife Fund (WWF) that will bring together people from all over the world in support of action on climate change.

More than 15 other major cities around the world are already participating including Sydney, Chicago and Copenhagen and more are signing on as the excitement builds.

Be one of the million!

Toronto's goal is to have at least one million people participate by turning off their lights and making the city as dark as possible for one hour. Everyone is encouraged to participate - residents and businesses alike. Show your commitment to fight climate change, and see the difference we can make when we all work together.

To register visit: [www.wwf.ca/EarthHour](http://www.wwf.ca/EarthHour)

*Turn off your lights, spread the word  
and help make a difference!*



## Fast facts

- ◇ About 25% of Toronto's greenhouse gas emissions come from the residential sector. The energy we use to light, heat and cool our homes generates greenhouse gases that contribute to climate change
- ◇ Other major contributors of greenhouse gases are the commercial sector at 28%, and transportation at 35%
- ◇ More than 2 million people and businesses participated in Earth Hour in Sydney, Australia last year. Electrical demand was reduced by a whopping 10 per cent and 25,000 fewer tonnes of CO2 were released into the atmosphere - in a single hour!
- ◇ We can make a world of difference if we all do it together!
- ◇ Learn more about what Toronto is doing to fight climate change and what you can do to help.

# The Path Ahead...

	ALTAR CARE	GREETER	ASST. MINISTER	READER	USHERS	COUNTERS	COFFEE HOSTS
Feb 24	Alice Hubbes	Arie Fox		George McLean			Sophie Lui, Joyce Gao & Qi Chen
Mar 2	Walter Rothenburger	Joan McLean		Martin Gangadeen			John & Erna Krause
Mar 9	Walter Rothenburger			Elizabeth Lancia			Mona Marcobelli & Mary Hassan
Mar 16	Walter Rothenburger			Carrol Pearson			Savonna Gangadeen & Family
Mar 20 7:30pm	Walter Rothenburger						
Mar 21 10am	Walter Rothenburger						
Mar 22 7pm	Walter Rothenburger						
Mar 23 10am	Walter Rothenburger			Martin Gangadeen	Olga Cosburn Carol Peck		Elizabeth & Guytano Lancia
Mar 30	Walter Rothenburger			Peter Reble			Martin & Karen Gangadeen
April 6							Olga Cosburn
April 13							De Silva Family
April 20							Indira, Nalini & Isha Beekie



**CAROL PECK IS THRILLED** to announce the arrival of her newest grandchild. Matthew Owen Peck was born January 30, 2008 and weighed in at a healthy 8 pounds, 1 ounce. Proud parents Brian and Nicole have given up sleep for Lent.



**Advent Journey** is a bi-monthly newsletter (with occasional supplements) created by the members of Advent Lutheran Church.

Congregational Council is responsible for providing regular information for the newsletter, however, we are very pleased to receive contributions from our members.

Please submit your news and creations for sharing to any member of Council or email the editor:

[journey@adventlutheranchurch.ca](mailto:journey@adventlutheranchurch.ca)

Next Issue: April 2008  
**Deadline** for submissions:  
March 19, 2008

# The Buzz



Advent's Youth have once again accepted the challenge of giving up their meals for a while. For teens who eat nutritious, generous meals several times a day, this 30 hour long fast is a painfully long to go without. For many people trying to survive in famine torn countries, this is a very short period of time to go without a meal.

They'll be setting their own date for the fast and plan to collect pledges in support of this World Vision project which heightens awareness of global food security issues and raises money to help fight famine. Please be generous in your support.



David Rankine has graciously given us permission to reproduce his work in our newsletter.

To see more of his wonderful artwork, check out: [www.davidrankineart.com/index.htm](http://www.davidrankineart.com/index.htm)

## Hunger is a Community Concern

"...for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.." Mat 25:35-36.

This information is based on a survey of 798 households in the greater Toronto area which rely on food banks to make ends meet.

- ◇ The average age of food recipients is 39 years.
- ◇ 30% of people are in their thirties.
- ◇ 40% of people are over 40.
- ◇ 40% of people have a high school diploma.
- ◇ 20% of people are university graduates.
- ◇ Among unemployed recipients in their thirties, one-quarter have 10 or more years working experience.
- ◇ Among unemployed people in their forties or older, two-thirds have 15 years or more working experience.
- ◇ 56% of households assisted by food banks are receiving welfare.
- ◇ Average monthly income:
  - single persons = \$520.00;*
  - family of 3 people - \$1,001.*
- ◇ Two-thirds of households spend more than half of their income for rent alone.
- ◇ One-quarter of households have no money for food at least two days a week.
- ◇ 16% of households have no money for food one day a week.
- ◇ One in five parents have insufficient money to feed their kids at least two days a week.

### ADVENT LUTHERAN CHURCH

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The Rev. Michael Mills, Pastor  
Sunday Worship at 10:00 a.m.

To receive this newsletter by email,  
please send your request to:  
[journey@adventlutheranchurch.ca](mailto:journey@adventlutheranchurch.ca)

## PRAYERS FOR OUR PEOPLE



God of life and death, you hold your people in your gentle care. Walk with all members of our parish we pray, but especially Linda Abrahams who is recuperating from surgery, and for her family: Joan, Yvonne, Joyce and Sybil. We pray to for the friends and family of Elizabeth Hueubscher who mourn her passing and for Rosemary Gardow who mourns the death of her husband, Olaf. Many of our people continue to journey along the path of healing and life after encountering death in their families, and we remember them, especially: Erika and Michael Day and Marlene Barthelmy. Also we call to mind those in ill health: Evelyn Fromme, Jack Shave, Victor Munro and Gladys Ammatil. Bless them, O God, with courage and with peace. Amen.

## Holy Week at Advent

In five different worship services you are invited to experience the life of Jesus as we walk with him from his entry into Jerusalem through to his crucifixion at Golgotha.

### **Sunday March 16 – Palm / Passion Sunday**

We celebrate Jesus' triumphal entry into Jerusalem with palms and shouts of alleluia, only to be confronted by the reality of his upcoming crucifixion and the reading of the passion.

**10:00 AM**

### **Thursday March 20 – Maundy Thursday**

Jesus gathers with his disciples in the upper room for a final meal and we gather as a community in the quiet darkness remembering the same meal. As worship draws to a close we strip the altar in remembrance of Jesus' humiliation at the hands of the soldiers.

**7:30 PM**

### **Friday March 21 – Good Friday**

Our prayers are with the world today, its leaders and with all who suffer. We contemplate Christ's death at Golgotha. As the cross is brought into the sanctuary we also remember our own (willing and unwilling) participation in the powers of darkness.

**10:00 AM**

### **Saturday March 22 – Easter Vigil**

We celebrate the mystery of God's world tonight, by kindling the first fire, lighting the Easter candle and walking with the children of Israel out of slavery to the promised land. Then we celebrate the holy baptism and together share the Easter Eucharist. This is the best worship service of the year.

**7:00 PM**

### **Sunday March 23 – Festival of Resurrection**

Today we rejoice in the glories of Easter morning.

**10:00 AM**



*“A human being is a part of the whole called by us universe, a part limited in time and space. She experiences herself, her thoughts and feeling as something separated from the rest, a kind of optical delusion of her consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”*

*Albert Einstein*