

# Christ Calling

THE WEEKLY NEWSLETTER for SUNDAY MARCH 10<sup>TH</sup>, 2024

## Christ Evangelical Lutheran Church

*"A Christian community worshipping together and working with others, locally and globally, to serve those in need, to care for the earth, and to work for justice."*

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SUNDAY WORSHIP 10:00 am (IN-PERSON & LIVE-STREAMED)

TUESDAY MEDITATION GROUP 12:15 pm (ALTERNATING WEEKLY BETWEEN ONLINE & IN-PERSON)

TUESDAY & THURSDAY 9:30 am - 12:30 pm CHURCH OFFICE & PASTOR'S STUDY OPEN

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## Time Change This Sunday



Daylight Saving Time begins this Sunday March 10, so before going to bed on Saturday night, turn your clocks forward by one hour. And you'll be in worship Sunday morning on time at 10 am!

## This Coming Wednesday in Lent – March 13



Under the theme "Spiritual Practices as Self-Care", join other Lutheran and Anglican friends from area churches this coming Wednesday March 13 at **Mount Zion Lutheran Church 29 Westmount Rd. South Waterloo** for a simple soup supper beginning at 6 pm, followed by Holden Evening Prayer at 7 pm. Then, at 7:20 we welcome Rev. Joanna Miller, pastor serving the United in Faith Ministry in Conestogo, St. Jacobs and Elmira. Pastor Joanna will speak on her journey in prayer. See you there!

See the poster below for upcoming topics during this season of Lent.

## In Our Prayers in Sunday Worship

In this coming Sunday's worship service, we lift up in name to the grace of God ... Renate, Marty, Sue, Deborah, Jo-Anne, Russ, Richard, Heidi, Jay, Oz and Bonnie ... trusting in God's steadfast love and mercy. (Each Sunday we include several people who've requested prayer on a rotational basis, Sunday to Sunday. Please let me, Pr. David [dmalinachurch@gmail.com](mailto:dmalinachurch@gmail.com) or Janet Heimpel [janetmheimpel@gmail.com](mailto:janetmheimpel@gmail.com) know of any updates.)

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You are receiving this newsletter because you are listed as a member or friend of Christ Lutheran Church in Waterloo. If you do not wish to receive further emails, please send an email to [office@christwaterloo.ca](mailto:office@christwaterloo.ca) from the email address you received our email on, with the subject line 'Unsubscribe'.  
Christ Evangelical Lutheran Church, 445 Anndale Rd., Waterloo, N2K 2E3, 519-885-4050, [www.christwaterloo.ca](http://www.christwaterloo.ca)

## Coffee and Tea Are On



After worship, you're invited to stay while to visit over coffee and tea. Thank you to all who prepare these refreshments. We will acknowledge those who celebrate birthdays in March during Coffee & Conversation time after worship on Sunday March 17<sup>th</sup>.

### Spiritual Practices As Self Care

Waterloo Anglicans/Lutherans 2024 Lenten Series



#### Wednesdays in Lent

6:00 pm

Each evening begins with a  
Community Meal of Soup,  
Bread and Water

7:00 pm

Worship - Holden Evening  
Prayer

7:15 pm

Presenter and Discussion

8:15 pm

Blessing & Journey home

Feb 21 St Matthew's, Conestoga (131 Flax Mill Dr)

"Action/Contemplation Connection" with Jeff Steckle

Feb 28 Trillium Lutheran Church (22 Willow St)

"Spiritual Practices with Children" with Rebekah Ludolph

March 6 Holy Saviour (WK Mennonite Church at  
15 George St.)

"Spirituality of Singing" with Debbie Lou Ludolph

March 13 Mt Zion Lutheran (29 Westmount Rd S)

"My Journey with Prayer" with Joanna Miller

March 20 Christ Lutheran Church (445 Anndale  
Rd)

"Silence, Stillness, Simplicity" With Andre Choquet

# Christian Meditation: “Silence, Stillness, Simplicity”

Andre Choquet, National Coordinator (Canadian Christian Meditation Community)

Wednesday, March 20, 2024

Christ Lutheran Church, 445 Anndale Rd. Waterloo



6 pm: Simple Soup Supper

7 pm: Holden Evening Prayer

7:15 pm: Andre Choquet on Christian Meditation

8:15 pm: Sending and Departure

*Join Anglicans and Lutherans in the north Waterloo area for the last of the Lenten Wednesday evening series on the theme “Spiritual Practices as Self-Care”, with guest speaker Andre Choquet who will share about the practice of Christian meditation.*

*André Choquet is an Actuary and a Chartered Investment Manager. He has more than 30 years of experience serving institutional investors in the areas of actuarial valuations, investments, risk management and Environmental Social & Governance (ESG) factors. The ESG topics he holds dear include climate change risk mitigation/adaptation solutions, and indigenous reconciliation.*

*In September 2023, André took on the volunteer role of National Coordinator for the Canadian Christian Meditation Community, a charitable organization registered with CRA counting about 2500 members countrywide. The theme he has chosen for his term of office is “How can we teach meditation for Life?”. Not only for a lifetime, but for the experience and enjoyment of life at its fullest. For what it was meant to be.*

*André was born in Montreal from a Québécois father and an Austrian mother. He has lived for 5 years in the Caribbean in the late 1990’s (Trinidad & Tobago and Jamaica) where he was first introduced to meditation.*



*Christian Meditation, as taught by Fr. John Main, “found” him in 2017 during an interview Fr. Laurence Freeman gave on the CBC radio program Tapestry.*

*He lives in the Beach area of Toronto with his wife Annie and his two soccer fanatic sons, Alexandre (15) (Manchester United fan) and Mathieu (13) (Manchester City fan). His home church is Corpus Christi Catholic church (Rev. Faustino Kusoka) where he led a 6-week introduction course to meditation to a group of 15 parishioners in 2023.*

## Worship Tip: Reading or Hearing the Scriptures



Each Sunday in worship, we are presented with a lot of biblical text. The appointed readings for the Sunday include a passage from the Hebrew Scriptures (First Reading), a Psalm (which we read or sing together responsively), a passage from the New Testament, and a Gospel reading.

While this may sometime seem like a lot, one helpful way to approach these readings is by way of *Lectio Divina* (Latin for "Divine Reading"), a traditional monastic practice of reading the scriptures. We read (or hear) the words of the text not with the goal of collecting more information for our knowledge bank, or gaining more trivia to appear more well-read or smarter for water-cooler conversations. Rather we want to engage the biblical text on a personal, heart level.

Pick just one of the passages on Sunday morning, and later on after worship (or before worship) read the text slowly, ask yourself these questions: What word or phrase pops out for me in this passage? Why do I think this word or phrase popped out for me today? What might God be nudging me to do? How might the Spirit be at work through this text in addressing what's going on in my life, and world, today? Monastics would also frequently share their reflections with others in small groups. Reading the bible, receiving its message, and growing in discipleship and the Spirit of Christ has always been best done together with others in small group conversations. With whom do you share your questions and reflections after encountering, and being encountered by, a biblical text?

## Kids Group – Next Sunday March 17th



All kids are welcomed! If parents and kids wish, kids may also remain in worship on any Sunday – that's perfectly fine as well. (Check out the activity boxes for kids in worship.)

Every 1st and 3rd Sunday of the month, kids first gather with their parents at the beginning of worship in the sanctuary. Then, following a short kids' chat and song at the beginning of worship, children are invited to follow the group and teacher out to the church hall for your time together. A bible story, activities and fun crafts are part of this time together for our young friends!

A reminder to kids and parents: when your child and their group come into worship for Holy Communion, you all are invited to partake in the sacrament. Please remain in worship to the end of the service, after which everyone can enjoy visiting and treats in the church hall.

Thank you to our teachers and assistants who host these gatherings.



## Lunch & Birthday Celebration



### **Lunch & Birthday Celebration March 17**

You are invited to stay for a soup lunch on March 17 after church. Desserts will include gluten, dairy free & nut free options.

A Free will offering will be collected and put towards the Operating Fund.

Take out soup will also be available while quantities last.

There will also be a celebration for the people  
who have birthdays in March.

## Good Friday Food Truck



Following worship on Good Friday (10 am), enjoy a good lunch provided by the "Berlin 95" food truck which will be parked on the church parking lot from 11 am - 7 pm.

## Meditation Group Upcoming Schedule Tuesdays 12:15 – 1 pm



Experience praying in the Christian meditation tradition. We learn best by just starting and doing! The rest of the teaching and learning will follow. Let me know if you're interested in joining. All are welcome, both first-timers and practiced meditators.

Tue Mar 12<sup>th</sup> at St Columba Anglican

Tue Mar 19<sup>th</sup> online Zoom

Tue Mar 26<sup>th</sup> at Christ Lutheran

Tue Apr 2<sup>nd</sup> online Zoom

## Spring Clothing Drive *Submitted by Jane Wahl*



Take a deep breath – do you smell it? Spring is in the air!

It's time for Spring Cleaning your closets and dresser drawers! Do you have summer items you no longer wear, but are still in good condition?

Please save them for a few weeks, as your Prayer Shawl Committee is going to have a Spring Clothing drive to help our friends who use the services of the Working Centre and are in need of summer clothing. If your items have been in your closet for a while (as mine have been!) please launder them, so they are clean and ready for distribution.

Have your kids outgrown some of their clothing before wearing them out? This year we will collect clothing to benefit the Children's Needs Distribution Centre which is run out of the Highland Road Baptist Church. We have been supporting them with toques for the past couple of years and have decided to expand our support to include clothing items. Please have items freshly laundered.

We will begin collecting on Easter Sunday, March 31, and continue on April 7 and 14.

More to come!

## Walking Wednesdays *(Pastor David)*



Join me every Wednesday at 1 pm (for an hour or less) at the church, as I continue my walking goal of 800 kms begun on October 1<sup>st</sup> 2023 and ending at the conclusion of the Easter season (Sun May 19, Pentecost Sunday). Note: This is an outdoor activity and so it's weather-permitting. If it's not safe or sensible to venture outside, for example, pouring rain, a blizzard storm, or freezing rain, and walkways are too slippery or impassable, then I won't venture out. 800 kms is the approximate length of the "Camino", a network of pilgrimage routes throughout France, Spain and Portugal, a route first

believed to be traversed in the first century by the apostle James on his missionary journey to the west coast of mainland Europe.

Accumulated kilometers clocked to date: **570**

# Sugar Bush Adventure – Saturday March 9<sup>th</sup>

*(submitted by Lana Moses, "Feather & Cross" Coordinator)*

"The Feather & Cross Organization is proudly sponsored by the ELCIC and your local Lutheran Churches. Our mission is to promote positive relationships between urban Indigenous communities and Lutherans, as a step towards healing and reconciliation. We achieve this by organizing events in safe learning spaces, with family-oriented activities, and by creating opportunities for meaningful discussions. We also collaborate with local Indigenous organizations to facilitate open dialogue and answer any questions people may have. On March 9, all are invited to attend the Sugar Bush Adventure event for outdoor learning on the land at White Owl Sugarbush in Doon. Youths wanting to help carry wood and set up before the event are asked to contact Nathan Mantey at Trillium. The event runs from 10 am -12 noon. Please sign up via Eventbrite or email [admin@featherandcross.org](mailto:admin@featherandcross.org). Spaces and parking are limited. Please see the poster or Facebook for more details.

St. Matthews Lutheran Church in Kitchener will be hosting PD Day Camps in April and June, as well as a Summer Camp in July. Each camp will feature a unique Indigenous story and craft time activity provided by Feather & Cross. To sign up for any of the camps, please visit the Eventbrite website. Thank you."

## 'Lutherans Connect' Online Devotional

A reminder that if you're looking for a good prayer/devotional resource, try this online one prepared by faculty member Sherry Coman, Director of Spirituality and Media at Martin Luther University College. Devotionals will appear on a seasonal basis, i.e. during Lent, or Advent or Christmas. These brief devotionals contain prayers, a meditation, a music selection, and are always crafted beautifully. You can contact her at [lutheransconnect@gmail.com](mailto:lutheransconnect@gmail.com) and request to be put on the emailing list.

## Canadian Lewy Body Dementia Information



If you haven't already done so, check out this 20 minute YouTube interview between Advisory Board member Joseph Daniels, and Natalia Busch, RN at Sunnyside Home Kitchener, as they talk about caring for folks with dementia, as well as addressing the question of care for the care-giver.

<https://youtu.be/3qbSkKZWZd0?si=0Gnj1-gtpg59x92v>