



Making the most of COVID-19



As many of you are aware, in mid-March I drove down to Texas to be with my father as he died. When I returned to Calgary in during Holy Week, I had to go into mandatory quarantine for two weeks. On the day I emerged from the basement and the quarantine, one of the first things we did was go for a walk along the hike and bike trail along the Bow River. Part of the reason was that Laura wanted to show me the “painted rocks.” The pictures on this page are rocks that are along that hike and bike trail. These rocks struck me as a really great way to do something at home that can make a difference for others. Of course, painting rocks are just one of the things that one can do with the extra time one has at home.



One of things we would like to do is to share with each other the things that we are doing to pass the time, stay sane, and thrive (instead of just survive) during this time.

**What are you doing that is fulfilling?  
What are you doing that is creative?  
What are you doing that is making a difference for others?**

We invite you to share your ideas, creations, and accomplishments with each other. Please send your “good news” items to Pastor Laura at [lauraholck@gmail.com](mailto:lauraholck@gmail.com). These will be posted on our website: [churchofthecross.ca](http://churchofthecross.ca).



**Also on our website, you will find:**

Pre-recorded Worship, worship activities for children, and on-line Bible studies and workshops (via Zoom). On Sunday mornings after you have worship online, you can join us at 11am for Holy Communion (via Zoom). Also, every morning (except Sundays), you can join us for morning prayer at 10am.

If you have any problems accessing these resources, please contact the office.



*Pastor Fluel*

Dear Friends,

Thank you, on behalf of the Council for your support as we deal with COVID-19 pandemic. The hard work of the Pastoral team, the Administrators, the Minister of Music and the congregation has been overwhelming.

Thanks especially to those who have written to suggest ways to keep costs down until we can start to hold Sunday morning services again. Some of you have made very helpful suggestions, and we take them seriously. I encourage you to keep sending them. But I also ask that you send these suggestions directly to Council. Any anonymous letters will, of course be disregarded.

We have no real concerns that we won't be able to weather the storm. Steps have been taken that will hopefully get us through, while at the same time maintaining Sunday worship services and keeping in touch with everyone. Not all these steps are publicly known, but a few have involved personal cost to some of our members. It's almost certain anyone you talk to has already made – or offered to make- a deeply personal sacrifice. It is to those people, who have quietly offered their gifts that we owe our deepest thanks; and it because of the generous spirit of each and every member of the congregation that we will get through this together.

Stay strong in your faith: it will see you through life's darkest moments.

Yours in faith,

Bill Ogilvie  
Chair, Church Council



## COUNCIL UPDATES



**CHURCH OF THE CROSS**

# LEAD ... love God with all your heart

Weekly offerings may be mailed into the church, or go on our website [www.churchofthecross.ca](http://www.churchofthecross.ca)

and click the **DONATE** button, **OR**  
etransfer to [churchofthecross@shaw.ca](mailto:churchofthecross@shaw.ca)

**OR** mail to: 10620 Elbow Dr. SW

Many thanks to those of you who have continued your weekly offerings.

## Let's Zoom!

Get in touch with the people in your small group!



We encourage your small group to meet online.

The Church has a Zoom meeting room available for your use. Contact **Sasha Craven** to schedule a meeting time. Her number is available in the member directory, or by phoning the church office.

Don't know how to use Zoom? No problem! Let Sasha know and we'll arrange to show you the ropes.

Would you like to read lessons for our Sunday morning on-line worship services? Go on our website - find '*online opportunities*' and click the link. Sign up where you'd like to read - It's easy! A recording app is offered there too. Record your

reading and email to Pastor Laura.

Need help? Contact the church office.



# LEAD ... love God with all your heart

## Cause of the month for May

### Lutheran Hospital Ministries



Our **22<sup>nd</sup> Annual Walk for Love** will take place on **May 2, 2020**. However, due to the COVID19 pandemic, **it will be a “virtual” walk.**

We ask that you continue to support us by walking 5km and asking your family and friends to sponsor you.

Because of this pandemic, our visitors are unable to go about their regular visitations, but our expenses to keep the office open remain. As soon as this health crisis is over, our visitors will once again volunteer their time and energy to minister to those in hospitals and care facilities.

Our Walk is the only fundraiser and we need your support.

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On **Wednesday, April 22**, a few of the Quilting women packed up **69 quilts** to be shipped to CLWR along with **265 We Care Kits** that had been assembled in March at a BLAST event following worship. Unfortunately, the warehouse in Winnipeg closed that morning, so the boxes are still in the church waiting for the re-opening of the CLWR warehouse. Many thanks to all the quilting women, all the people who donated items and money for the We Care Kits, the people who assembled the kits and the people who packed the kits. Hopefully it won't be too long and we can ship them to Winnipeg.

*We Care...*

*We Care...*



Canadian Lutheran  
World Relief

Canadian Lutheran  
World Relief

# LEAD ... love God with all your mind

There are on-line Zoom courses being offered by our Pastors during this time.  
Check them out on our website.

**Scripture Study** - Tuesdays from 11 am - 12:30 pm -  
Corinthians 1 & 2

**Financial Peace** - Sundays, 12:30 - 2:30 beginning May 3

**Online Biblical Storytelling** - Saturdays 1 - 3 pm -  
May 16 & May 30

**Praying in Colour** - May 2



## The Bible in Broad Strokes

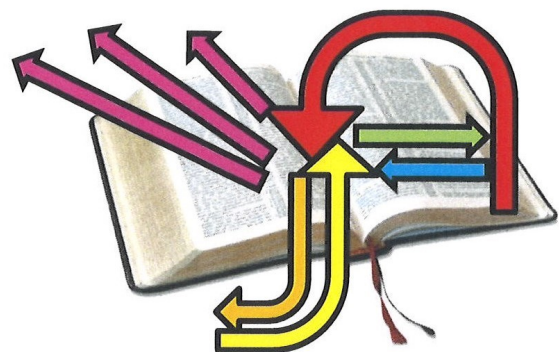
*With Pastor Phil*

**Session 1: Old Testament**

**10:30am-noon, Thursday May 7**

**Session 2: New Testament**

**10:30-noon, Thursday, May 14**



The Bible includes 66 books written over the span of centuries. This course is designed to introduce participants to the major people, events and places in the Bible. Session 1 will focus on the Old Testament movement and people. Session 2 will focus on the movements of Jesus and the early church. No knowledge of the Bible is required. Sign up on the website under "Online Opportunities."

# LEAD ... love God with all your mind

## Do you have a spare computer that you can donate to a family in need so that they can educate their children during the COVID19 pandemic?

As we listen to our community during this time we have been hearing about how families are struggling to educate their children and that a major challenge for low-income families is access to computers and the internet.



The **Calgary Alliance for the Common Good** is helping Education Matters of the CBE <https://www.educationmatters.ca/> get computers in the homes of Calgary families who are currently trying to homeschool without computers. There is a huge need and while the CBE is doing great work, they are only starting to get through all the high school students who need computers and are not yet meeting the need for junior high and elementary school children.

The CBE obtains computers to pass on to students from the non-profit Electronic Recycling Association. This organisation works across the country but reports that 75% of its demand is right here in Calgary. If you have any computers that you can donate to the ERA, please donate them ASAP. The ERA does all the work of wiping the hard drives etc. so that you do not need to worry about privacy and security concerns. Obviously the newer the computer the better but they take donations of all kinds and do what they can with them. You can read more about the ERA here <https://www.electronicrecyclingassociation.ca/>

There are a few ways to donate to the ERA. You can call and arrange to drop off your computer safely at their Calgary location. 1-877- 9EWASTE.

Finally, if other groups or individuals want to organize a 'group drop' for computers in their neighborhood that would be fantastic. The ERA will come pick up those computers from you should you collect 25 or more.



# LEAD ... love God with all your mind

## COVID-19: Connected as Never Before *Participating in the Calgary Alliance*

At this time of social isolation and significant restrictions on our lives as a result of COVID-19, we have all very quickly become very aware of the myriad ways in which each of us belongs to an interconnected set of communities that embrace the entire world. As individuals, we are finding new ways to connect to our families, our friends, our faith communities, our neighbourhoods, and our organizations. We are also members of the city (Calgary) and the province (Alberta) we live in, we are Canadians, and we are all “in this together”, now more than ever. We belong to a world community in which the impact of the pandemic anywhere impacts all of us everywhere.

### Taking Part in a City-Wide Conversation

Lutheran Church of the Cross is one of currently 30 institutions that comprise the Calgary Alliance for the Common Good (CACG).

CACG is a non-partisan and non-profit organization of congregations, unions, schools and community groups representing more than 30,000 people in Calgary. These organizations came together to form the Calgary Alliance for the Common Good in order to organize the power of our communities to shape a just and compassionate city. Based on the input from its members last year, CACG has been focussing on the following issues:

- addressing mental health and addictions,
- social isolation,
- truth and reconciliation, and
- the environment.

At the CACG Delegates Assembly on May 25<sup>th</sup>, the Alliance will be deciding which actions it will take in these areas.

Church of the Cross’s membership in the Alliance provides a unique vehicle for us (as members of the congregation) to not only strengthen our community within our congregation but to both reach out to our neighbours and to share in the benefits of living in a city and a broader society in which the values of caring and compassion, particularly for those less fortunate, are acted upon and lived out together.

Paddy Colfer  
ELCOC Liaison to CACG

#### *What do you think?*

At the CACG Delegates Assembly in May, we will be considering the following proposals from the Alliance’s *Research Action Teams*:

- **Mental Health** – Advocate for a full-time Counselor to be in each school to help with the widespread mental illness amongst our youth
- **Reconciliation** – Have an Aboriginal Liaison Officer in each police district to improve the relationship between indigenous communities and the police.
- **Environment** - That any stimulus spending be done on sustainable infrastructure and operations.



## Hearts on Fire!



**Our second annual art show will take place online!**

God is everywhere, doing good things amongst families, neighbours and friends. Get inspired by the goodness in life around you! What lights your heart on fire?

What inspires you and gives you hope?

Our art show is inspired by the story "*The Walk to Emmaus*," found in Luke 24:13-35.

### Here's what to do:

- 1) Create your work of art. The sky is the limit, as long as your art can be photographed or video filmed.
- 2) Take a photo of your art. If your art is a skit, play, drama, or story, make a video!
- 3) Make a short video of yourself. Say "Hi, my name is \_\_\_\_\_" and then tell us what you love about life or what sets your heart on fire.
- 4) Email your photos and videos (or a link to them) to [luraholck@gmail.com](mailto:luraholck@gmail.com) by May 3.

**Look for the opening of the Hearts on Fire Art Show online beginning**

**May 10!**



# LEAD ... love God with all your **soul**



## *He is Risen!*

During the Easter season, we will offer Holy Communion, celebrated live via our Zoom Prayer room. Prepare wine or grape juice and bread in your home prior to worship. Worship using the pre-recorded service on Sunday morning (<https://www.churchofthecross.ca/podcasts/media>). Choose the service appropriate for the day. Be sure to finish your worship before 11am. At 11 am, click the link embedded in the worship service text to join the Holy Communion portion of the service.

Morning Prayer **EVERY DAY** (except Sunday)

at

**10am** in the  
Zoom Prayer Room

Can't find it? Go to the **COVID-19 tab** on the  
church website



## AFFIRMING MINISTRY TEAM

### LCOC Bookmobile

For those who are using the social distancing time to catch up on reading, we have a fine selection of books in our Affirming Ministry library. In addition to our usual array, we have novels and collections of stories, mostly by Canadian authors.



We are delighted to have added a beautiful new book for families titled *For Everyone Who Loves Me; A Savvy Parent's Guide* by Susan Ohman and one of her teaching colleagues Dulcie Ingram. You can find information on the book at [www.savvyparent.ca](http://www.savvyparent.ca) where is a downloadable "Daily Checklist" which is included in the book. I highly recommend this book for its lovely design, simplicity, and wisdom.

Books are meant to be read, and I would be happy to deliver your choices to your doorstep, as well as accept returns of any of the Affirming library books which you currently have at home.

You can contact me by email: [bjhegerat@gmail.com](mailto:bjhegerat@gmail.com) or phone 403 278 9871.

I will leave the books on your front step, letting you know in advance that they will be arriving.

All of the covers of the books have been cleaned with a sanitary wipe, and the research I've done tells me that porous material (cloth, paper etc) are poor hosts for the virus and not likely to pose a risk.

So, when you tire of Netflix, or those many tasks around your home that you've just never before had time or inclination to complete (*I still don't have inclination for most of what I could/should be doing in my house*) here's access to new reading material.

Betty Jane

See following pages for the list of books.....

# LEAD ... love God with all your soul

## LCOC Affirming Faith Library

(\*\* Reviews at end of list)

### For children of all ages:

*Heather Has Two Mommies*

Author Lesléa Newman illustrated by Laura Cornell  
Candlewick Press 2015

*Red, A Crayon's Story*

Author Michael Hall  
Greenwillow Books (Harper Collins) 2015

*Introducing Teddy*, a gentle story about gender and friendship

Author Jessica Walton illustrated by Dougal MacPherson  
Bloomsbury Books 2016

*A Church for All*

text by Gayle E. Pitman pictures by Laure Fournier  
Albert Whitman and Company 2018

*The Most Beautiful Place in the World*

Author Ann Cameron  
Yearling Press 1993

*Worm Loves Worm*

Author J.J. Austin  
Harper Collins 2016

*To Everyone Who Loves me*

*A Savvy Parent's Guide*  
Authors: Susan Ohman and Dulcie Ingram  
<https://savvyparent.ca/>

### For older children of all ages:

*When Everything Feels Like the Movies*

(winner of the GG award for children's literature 2015)  
Author Raziel Reid  
Arsenal Pulp Press 2015

*Queer Heroes: Meet 53 LGBTQ Heroes From Past and Present*

Author Arabel Sicardi

Wide-Eyed Editions 2019

\*\**Two Boys Kissing*

Author David Levithan  
Knopf Books for Young Readers 2015

\*\**Be My Love*

Author Kit Pearson (also a GG winner for children's literature  
Harper Trophy Canada, an imprint of Harper Collins 2019-10-12)

*the love and lies of rukhsana ali*

Author Sabina Khan  
Scholastic Press 2019

*Dr. Edith Vance and the Hares of Crawley Hall*

Author Suzette Mayr  
Coach House Books 2017

*Better Nate Than Never*

Author Tim Federle  
Simon and Schuster

### Adults of all ages

*Transforming*, The Bible and the Lives of Transgender Christians

Author Austen Hartke  
Westminster John Knox Press 2018

*a family by any other name*, Exploring Queer Relationships

edited by Bruce Gillespie  
Touchwood Books 2014

*God and the Gay Christian*

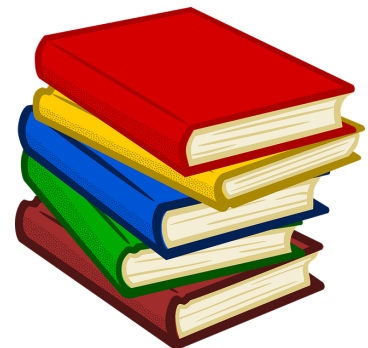
Author Matthew Vines  
Convergent Books 2014

*Double Pregnant*, Two Lesbians Make a Family

by Natalie Meisner  
Roseway Publishing 2014

*This One Looks Like a Boy: My Gender Journey to Life as Man*

Author Lorimer Shenher  
Greystone Books 2019-10-07



# LEAD ... love God with all your soul

*\*\*A Two-Spirit Journey: The Autobiography of a Lesbian Ojibwa- Cree Elder*

Author Ma-Nee Chacaby Marie Louisa Plummer

University of Manitoba Press 2019

*Red and White and Royal Blue*

Casey McQuiston

St. Martin's Press

*Pride: The Unlikely Story of the True Heroes of the Miners' Strike*

Author Tim Tate

John Blake Publishing 2018

(there is a very fine film adapted from this title)

## Comic Books

*Ultra Chicken Fun-Time Super Special*

by Sophie Labelle

*The Assgnment*

by Sophie Labelle

*Tools against a cissexist world*

by Sophie Labelle

*A bas le cis-teme! Assigneee garcon*

by Sophie Labelle



Our LCOC library has a great many books that have not been out on loan in a very long time. One of the collections we have is a complete set of "Christian fiction" by Janette Oke. If anyone is a fan of Mrs. Oke's and would like these books for their own library, please let us know and we will get them to your door.

## Condolences in the Time of COVID-19: Guidance for Conveying Your Love and Support by Alan D. Wolfelt, Ph.D.

When someone dies—of COVID-19 or any cause—during this pandemic, their loved ones are being left to grieve in especially harrowing circumstances. They may not have been able to be by the dying person's side in the hospital or long-term care facility. They may have been prevented from spending time with the body, which we know helps mourners say hello on the path to goodbye. And due to social distancing mandates, they have probably been unable to gather with friends and family to provide each other essential mutual support.

For these and other reasons, it's a terrible time for loss. It's a terrible time to be grieving. If you would like to support a grieving person during this time, you might feel unsure about what to say or do. After all, many of the time-honored methods of demonstrating your care and concern—such as attending the funeral, or stopping by the family's home to offer an embrace and your presence—aren't options. Yet you can still be a light in this dark time. The five principles that follow will guide you.

### 1. **Get in touch, and stay in touch.**

To convey your love and support, video calls are the best substitute for face-to-face conversations. Voice calls come second. After that, emails, texting, and social media work too. And don't forget the power of the handwritten note! Depending on how close you are to the family, I recommend reaching out to the grieving person at least once a week in the coming months—and even more often than that in the beginning.

### 2. **Be an exemplary listener.**

On video calls or the phone, try to listen most of the time. When you do talk, validate what the grieving person has said to you. In their isolation, they still need their experience witnessed and affirmed. They still need to feel heard and understood. By actively and attentively listening, you will be giving them this gift.

### 3. **Say what's on your heart.**

Especially in challenging death circumstances, it can be difficult to know what to say to the grieving family. It's always OK to say, "I'm so sorry," "You've had to endure so much," and "My heart is breaking for you." Keep in mind that the word "condolence" comes from the Latin *condolens*, meaning "to suffer with another."

Be genuine, but please refrain from advice-giving, judging, and sharing your own loss stories and religious viewpoints unless you are asked. What I've learned from my work as a grief counselor and educator for more than forty years is that what you say is often less important than how you say it. As long as you are genuine and focused on the grieving person's experience and worldview, your empathy will come across.

# LEAD ... love God with all your soul

#### 4. Listen to and share memories.

In the early days after a death, grieving people are usually consumed by shock, attending to tasks related to the death, and integrating the reality of the circumstances of the death. But after some time has passed, they are often ready to start thinking about the life of the person who died. You can be someone who listens to the stories they want to tell and, if you have your own memories of the person who died, shares them with the grieving person. Remember that the love lives on, and the memories live on. You can support the grieving person by honoring this.

#### 5. Consider the love languages.

In his landmark 1995 book *The Five Love Languages*, author Dr. Gary Chapman introduced us to the idea that human beings feel cared for by others in five primary ways:

- receiving gifts
- spending quality time together
- hearing words of affirmation
- being the beneficiary of acts of service
- experiencing physical touch

With the exception of physical touch, whose lack is indeed a great hardship right now, all of these remain ways you can support your grieving friend or family member in the weeks to come. For example, you can send a gift of flowers, food, or self-care items, such as books or a candle. You can still spend quality time together, online or on the phone. By mailing cards and sending texts, you can share words of affirmation. And you may be able carry out or arrange acts of service, such as dropping off a home-cooked meal, mowing the lawn, or running errands.

I hope you will use some of the ideas in this article to reach out to your grieving friend or family member—as well as healthcare workers, emergency services personnel, funeral home employees, and others you may know who are confronting overwhelming illness and death during the pandemic. Most of all, I hope you will keep in mind that it matters less what you specifically say or do and more that you simply make efforts to get and stay in touch. If you genuinely care and you find active ways to express your empathy, the grieving person will feel your support, even from a distance. Remember that the death of someone loved is a shattering experience. Lead with your heart and be gentle, loving and compassionate in all of your helping efforts.

#### About the Author

Alan D. Wolfelt, Ph.D., is an author, educator, and grief counselor. He serves as Director of the Center for Loss and Life Transition and is on the faculty of the University of Colorado Medical School's Department of Family Medicine. Dr. Wolfelt has written many bestselling books on coping with grief, including *Grief One Day at a Time* and *First Aid for Broken Hearts*. Visit [www.centerforloss.com](http://www.centerforloss.com) to learn more about grief and loss.

# LEAD ... love God with all your strength

## LEAD Team Report – Luther’s Theology of the Cross

Our April LEAD session – led by Pastor Phil – dealt with the theology of the cross - “... a stumbling block to Jews and foolishness to Gentiles” - that warns us not to rely on our own wisdom; to embrace the fact that we are fallible and weak and error-prone. Overconfidence in our own abilities leads to what has called the “theology of glory”, or “the prosperity gospel” – the belief that we are entitled to financial blessing and physical well-being because we are pious Christians. It’s a surprisingly widespread belief that began with the New Thought movement of the 1880s, and developed through the Post-War Healing Revivals, and Televangelism. One of the best known proponents of modern prosperity theology is the televangelist Joel Osteen.

In spite of its popularity – it now boasts tens of millions of followers – the theology of glory seems to many Christians, arrogant, irresponsible, contrary to scripture, and exploitative of the poor. The table below (developed by Pastor Phil) outlines the main differences between the theology of glory and the theology of the cross.

THEOLOGY OF GLORY	THEOLOGY OF THE CROSS
God is visible	God is hidden
Sight	Faith
Acceptable to human reason	Offensive to human reason
God works in power	God works in weakness
Human will is free	Human will is enslaved to sin
Righteousness is achieved doing the works of the law	Righteousness is a gift through faith in Christ alone
Characterized by either despair or arrogance	Characterized by the humility of confidence in Christ

What this means to us as Lutherans is that we are always living a paradox – that we are simultaneously sighted and blind; that we are both saints and sinners; and that God’s power is revealed in weakness and suffering – the places one least expects it.





May 2020 Message for Congregations and Lay and Rostered Leaders

Dear Beloved of God –

Christ is risen. Alleluia!

You may recall in my correspondence this year for congregational AGM's these words:

*"Since being called to serve as your bishop, October 2012, my prayer has often been the following: O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go forward with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us, through Jesus Christ our Lord. Amen.*

*One of the reasons I love this prayer is because it is realistic but encouraging, honest but hopeful. It doesn't deny difficult truths, but neither does it succumb to sterile pessimism. It was written in the first part of the twentieth century by a Church of England priest named Eric Milner-White. Like many good prayers from another time and place, it sounds like it was tailor made for us here and now."*

Little did I know the future when I first penned these words last December.

The prayer is realistic, encouraging, honest, hopeful, no denying of difficult truths nor succumbing to sterile pessimism.

The prayer continues to be 'tailor made' for us here and now. The Spirit of God continues to lead us into a future that is unfamiliar, with the assurance that God is present, that God's hand is leading us, and that we are cradled in love.

Friends, you continue to be witnesses to me of Resurrection, to the truth that there is life and hope and promise.

I have experienced in these past weeks so many signs of hope, and of faithfulness, trust, courage, and encouragement:

- Congregational leaders, lay and rostered who, under extraordinary stress, pressure and restraints have poured themselves into the work of leadership
- Congregational leaders, lay and rostered who, tired and weary and wondering, have reached out to one another, and to those in their midst, providing pastoral care, connection, compassion and care



- Congregational leaders, lay and rostered who, in the midst of an unprecedented time, exercised great skill (and energy and time) in preparing and/or searching for worship resources for Holy Week and Easter services
- Rostered Ministers who gather each Wednesday via ZOOM with Synod Staff for prayer, affirmation and encouragement, updates, and connecting
- Area Deans who gather weekly with rostered ministers via ZOOM for check-in with each other, study and/or prayer
- Creativity, ingenuity, openness, support, encouragement, trust, community....

Friends, you have been signs to me of Resurrection life.

And, I have never been so proud of you.

Alleluia. Christ is risen, indeed!

In Christ Jesus –  
Shalom,  
+Bishop Larry Kochendorfer

*“The God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” (Romans 15:13)*



Bishop Larry is inviting us all to join him in a Synod initiative, Light One Candle. He is encouraging all members of our Synod to light a candle and to pray together daily at 10:00 am.

In addition, please consider crafting a one sentence prayer with your name (optional) and your congregation's/ministry's name and location and forwarding this to him via email with Light One Candle in the Subject Line of the email (lkochendorfer@elcic.ca).

– Bishop Larry Kochendorfer, Synod Office, Edmonton

A selection of Light One Candle prayers: [www.https://albertasynod.ca/covid-19/](https://albertasynod.ca/covid-19/)

