



#### Finding God in our hearts

As a mother of three young children, I often find that my days are chaotic. Between the noise and the messes and the school pick up, hours can pass by without a minute of true quiet. And the peaceful moments I do enjoy rarely last longe than my kitchen is clean. But whether we have small children or not, most of us can probably relate. There are always more bills to pay, more dishes to clean, more errands to run. Silence, and even prayer, can feel like luxuries for which we don't have space or time.

Given all the chaos, we can be tempted to consider that prayer filled life of a contemplative saint is our of our reach. Elizabeth of the Trinity, a Carmelite who lived in France at the turn of the 20th century would disagree. She can teach every one—from tired moms like me to busy professionals to retirees – how to live a contemplative, prayerfully life in the midst of our responsibilities.

Here her first teaching: Build your inner cell.

"You must build a little cell within your soul as I do," Elizabeth wrote to a young woman whom she had a motherly regard. "Remember that God is there and enter it from time to time; when you feel nervous or you are unhappy, quickly seek refuge there and tell the Master all about it". According to Elizabeth, we can build "this cell" by recognizing that the Father , Son and holy Spirit have made each of us their holy dwelling at our baptisms. Calling their presence to mind as we go about our days, and brining them our difficultiesm can break down the barrier we often create between our spitirual lives and our regular lives. "Everything lies in the intention" she wrote to her mother, " how we can sanctify the smallest things, transform the most ordinary actions of life into divine actions! A soul who lives in union with God does nothing that is not supernatural, and the most common actions.... Draw us even nearer" In other words, everything we do, from answering emails, to wiping down the kitchen counter is holy, even "divine" when we try to stay aware of God's presence within us.

Second teaching: Clean your heart.

This is recognition that God dwells within us is also a call to action. Just as we tidy our homes before a guest comes to visit, so must we consider the state of our hearts. Elizabeth reminds us how easy it can be to fill in the gaps in our days with distraction: turning to our phones or TV, checking our work email at all hours of the day. Only when we reduce the noise, can we begin to quiet our hearts. "To walk in Jesus Christ seems to me to mean to leave self, lose sight of self, give up self, in order to enter more deeply into him with every passing moment, so deeply that one is rooted there, she wrote. The circumstances that most threaten to tear us form our Lord are often our trials. At such moments , he asks us to keep our eyes on eternity, to remember that he is always with us, within us.

Laura Loker, The Word Among us



# Hurray, Hurray the 1<sup>st</sup> of May!

Exodus Chapter 12 verse 2 states, "This month shall be for you, the beginning of months; it shall be the first month of the year for you." Word has it that May is the month referred to as, that first month.

Not to diminish the other months of the year but May does generally bring forth the hope for new beginnings. Farmers will be busy with calving and lambing of livestock. Gardeners and farmers are buying seeds and planting crops with the hope of harvesting bumper crops.



We are blessed in Saskatchewan and Canada to have 4 definite seasons to celebrate. Just this morning (April 26<sup>th</sup>) who should Global TV broadcast an interview of but our own Shirley Steiger, who prayed that did not forget all her golf skills over winter!

At Redeemer Lutheran Church (RLC), we spring forth with a reactivation of outside activities. We have a date for our church yard clean up. The annual church Garage Sale and BBQ is set for Saturday May 11<sup>th</sup>. For all of us, the time is now to clear our storage areas of items no longer needed and support our garage sale and the local community.

We encourage members and friends to deliver the majority of garage sale items the FRIDAY afternoon (May 10<sup>th</sup>) to the Fellowship Hall. If you have bigger items for pick up, contact the church office and we will arrange for pickups.



RLC is blessed with compassionate givers. At men's breakfast last week, the round table discussion asked 2 questions:

"How has someone blessed you this past week?" "How have you blessed someone else this past week?" Please reflect on those questions with your family and friends during this month... Hurray, Hurray, the month of May.

Your Stewardship Committee



#### STEPHEN MINISTRY

The following excerpt is taken from a share in one of our world-wide Stephen Ministry groups. It is very fitting of what Stephen Ministers are about. We walk along our care receivers, being the care givers and letting God be the "cure-giver"!

Me: Hey God.

God: Hello.....

Me: I'm falling apart. Can you put me back together?

God: I would rather not.

Me: Why?

God: Because you aren't a puzzle.

Me: What about all of the pieces of my life that are falling down onto the ground? God: Let them stay there for a while. They fell off for a reason. Take some time and decide if you need any of those pieces back.

Me: You don't understand! I'm breaking down!

God: No - you don't understand. You are breaking through. What you are feeling are just growing pains. You are shedding the things and the people in your life that are holding you back. You aren't falling apart. You are falling into place. Relax. Take some deep breaths and allow those things you don't need anymore to fall off of you. Quit holding onto the pieces that don't fit you anymore. Let them fall off. Let them go.

Me: Once I start doing that, what will be left of me?

God: Only the very best pieces of you.

Me: I'm scared of changing.

God: I keep telling you - YOU AREN'T CHANGING!! YOU ARE BECOMING!

Me: Becoming who?

God: Becoming who I created you to be! A person of light and love and charity and hope and courage and joy and mercy and grace and compassion. I made you for more than the shallow pieces you have decided to adorn yourself with that you cling to with such greed and fear. Let those things fall off of you. I love you! Don't change! ... Become! Become! Become who I made you to be. I'm going to keep telling you this until you remember it. Me: There goes another piece.

God: Yep. Let it be.

Me: So ... I'm not broken?

God: Of course Not! - but you are breaking like the dawn. It's a new day. Become!!! ~*Author John Roedel* 





Rebekah Circle May Bible study will be held on **Tuesday, May 21 @ 7:00 pm. in the Fireside Lounge.** Mary Lou Grahan will be our study leader. All ladies are welcome to attend.

#### MONDAY, MAY 6TH @ 6PM

Join us for physical fellowhip in getting our yard ready for spring! Bring along whatever yard tools you may have- rake, shovel, pruning shears.









ELCIC/ACC National Worship Conference July 18-21, 2024 — Regina, Saskatchewan

## **Registration is open!**

Early bird price, before May 31: \$475 per person

> June 1 and later: \$525 per person

Visit www.nationalworshipconference.org to register now!



There was a surplus of \$3,062.90 for March 2024 before the fund account revenues and expenses. There is a small deficit for the year so far to the end of March 2024 of \$3,093.92. The envelope giving for March 2024 was \$22,359.20 and \$62,417.46 for the year to the end of March 2024. Thank you to everyone who has so generously contributed to Redeemer's operations.

An offering plate is located at the top of the stairs in the sanctuary for you to drop off your donation as you enter or exit the church service. In addition, the following options are available for you to make a donation:

#### 1. Mail to or drop off a cheque at the church

You can mail a cheque directly to the church office. Mailing address: 812 Preston Avenue, Saskatoon, Sask. S7H 2V2. You can also drop off a cheque in the mailbox at the front of the church or in the church office.

#### 2. Interac E-Transfer using online banking

We are set up for automatic deposit. If you use online banking, you may make a payment to Redeemer Lutheran Church by:

i. Logging into your personal banking account, add Redeemer Lutheran Church as a recipient using the email address <u>redeemer.luth.stoon@sasktel.net</u>

ii. Enter the desired amount and click send. Instructions on how to send and receive an e-transfer are found on Interac's website: <u>https://www.interac.ca/en/consumers/products/interac-e-transfer/</u>

#### 3. Monthly PAD donation

You may request to sign up for a monthly Pre-Authorized Debit (PAD) donation. This option allows you to automatically make your donation monthly by allowing the church to debit your account for your donation. Please contact the church office if you would like to take advantage of this giving option.

Please note that you may also donate marketable securities to the church. This will allow you to eliminate any capital gains taxes and allow you a tax donation credit at the same time.

Please contact the church office for details on making a donation of marketable securities to the church.

Ron Litzenberger



### THANK YOU !!!

Thank-you to Redeemer people who have so generously supported our Go N'Piece quilters. Your encouragement, purchases, and donated fabrics have enabled us to bless others! We have/will be donating quilts within our Saskatoon community as we wind up our sewing year. We have also been able to sew new church banners, paraments and stoles. We enjoy receiving sewing machines as friends and neighbours have down-sized! We will be selling a couple at our garage sale!

Recently, we have donated \$1000 to CLWR and \$500 to LuMinHoS. We have donated quilts to Adele House, the Salvation Army, Sanctum 1.5 and the Bridge.

Blessings abound!

May God's loving presence surround you and your loved ones as we enjoy summer!

Audrey Miller

Go N'Piece Quilters

## "O LIVING BREATH" AUGUSTANA CHOIR CONCERT



## • MAY 24<sup>TH</sup> 7:30 PM•

## AUGUSTANA LUTHERAN CHURCH •

1201 Broadway Avenue S.

Enjoy a program featuring choral, organ, and other instrumental music. A Coffee Reception will follow. Admission is free.

Proceeds from the evening's Free Will Offering will raise funds for Prairie Harm Reduction, as well as repairs to Augustana's digital organ. Donations over \$20 will receive a tax receipt if addresses or emails are provided. For more information contact Deborah Buck, <u>dbuck@sasktel.net</u> or 306-652-0379

## **Redeemer Lutheran Church**

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Office hours

Monday to Thursday 9am-12pm & 1-4 (Friday afternoon office is closed) A Community of Life & Love, Hope & Healing



We're on the web! redeemersaskatoon.ca





If you are unable to worship with us in person, join us each week at 9:50 am on YouTube by clicking this link: Redeemer Lutheran Saskatoon - YouTube

This link is also available on the homepage of our website

#### redeemersaskatoon.ca at any time.

You can also go to this same link at any time afterwards to view the service if you are unable to join at 10am. We encourage you to hit 'subscribe' on our YouTube page, so that all future worship services will be highlighted for you. If you have any questions or need assistance in connecting to our YouTube site, just give us a call and we will be glad to help you out.