

A community of life & love hope & healing



Advent Prayer: Reveal Yourself God \*\*\*\*\*\*\*\*\* In the promise which is everywhere about us Hold us God In the longing for a new world and new living Cradle us God In the hunger for justice that aches in us Feed us God In the search for healing in our broken world Find us God In the gathering round the table Gather with us God In the breaking of bread and spilling of wine Share with us God In the community of faith

**Reveal yourself God** 

Adapted from a litany on the Church of Scotland's Starters for Sunday website.

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## Join us THIS Sunday, December 1st

—the 1st SUNDAY OF ADVENT as we explore and celebrate some of our ADVENT & CHRISTMAS Faith Practices.

Waiting...Wondering...Journeying...

ON THE ROAD TO BETHLEHEM.

We will also hear more about our GIFTS of the HEART Advent Project—an opportunity with ways that will better their living condito gift others tions.

Remember to pick up your GIFTS of the HEART Catalogue in the Place of Welcome so you can see what your gifts can provide to families and communities around the world.

Mark Dec. 1st on your calendar and plan to join us at 11:00, following worship, in the Fellowship Hall. Grandparents—this is a time that we love to welcome grandchildren (& children) along with ALL AGES! ... children, students, youth, young adults, older adults, seniors **... EVERYONE is WELCOME!!** We will connect all generations through songs, stories, creating a nativity set for a part of Advent and Christmas in your home ... & **EATING** a warm chili lunch prepared for all.

YOU ARE INVITED!! THERE'S ROOM & FOOD FOR ALL!!

ALSO if you missed our November gathering, we will be happy to gift your children with a of **Children's Bible Story Books** (for pre-schoolers and kindergarten) or **Children's Bibles** (for Gr.1-6) There will also be Youth Bibles for Youth who are new to Confirmation at Redeemer. It is our prayer that these Bibles and resources will provide opportunities for families to grow together in Faith as they explore God's generous gifts in scripture and in daily life!



An Invitation to ... A Service of Remembrance and Healing

You, your family and friends are invited to a Candlelight Service of Remembrance and Healing on Thursday, December 19, 2024 at 7:30 p.m.

Resurrection Lutheran Church 210 Lenore Drive

Christmas without a loved one can be a difficult time for those left behind. Other losses, such as the loss of a relationship, health or job can be the cause of loneliness in the midst of Christmas celebrations. Please join us in a service of prayer, scripture, communion and music knowing that God is present. May we find hope and comfort in knowing that we are not alone at this time.

Refreshments to follow hosted by Saskatoon Lutheran Stephen Ministers.





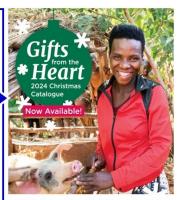
## OLDER BUT WISER LUTHERANS CHRISTMAS BRUNCH WEDNESDAY, DECEMBER 11 12:00 PM FIRESIDE LOUNGE THERE IS NO COST FOR THIS EVENT BUT SEATING IS LIMITED RSVP TO THE CHURCH OFFICE BY MONDAY, DEC. 9



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In the Womb of Advent Time out from hectic winter days to stop and ponder ...

## Meditative Prayer 7:00 — 8:10pm sK time

**Tuesday** December 3 — 10 — 17

### Leaders of Prayer:

Rev. Christine Burton (Anglican) Stephanie Molloy (Roman Catholic) Rev. Daphne Bender (Lutheran)

To obtain the Zoom-Link contact: **Rev. Marie-Louise Ternier** St. Andrew's Anglican Parish, Humboldt, SK <u>standrewshumb@qmail.com</u> or <u>marliset135@qmail.com</u>



Saturday, Dec 21st at 8am @ Smittys in Maket Mall

ALL MEN WELCOME

## This Holiday Season, Offer the Gift of Remembering to Those Who Are Grieving

by Rev. Kenneth C. Haugk, Ph.D.

W ith the holidays quickly approaching, a season that's normally a time for celebration may have a more somber tone for some—particularly those who have lost loved ones in the past year or so. Someone who would have been there to share the Thanksgiving meal, help hang the Christmas lights, or ring in the New Year is gone, with each event a reminder of their absence. The painful feelings that come as a result, especially when it seems everyone else is celebrating, can make the holidays a very difficult time.

In addition to all this, people often avoid those who are grieving, uncertain what to say or do. But there's a simple, powerful way anyone can offer care: giving the gift of remembering the grieving person's loved one with them.

## Say the Loved One's Name

The gift of remembering begins with being willing to say the loved one's name.

One of the most common misconceptions about grief is that talking about a person's loss or saying the name of the deceased will only cause more pain. But the reality is just the opposite—people *want* to talk about the loved one they've lost. During the research for my book *Don't Sing Songs to a Heavy Heart*, people I spoke with expressed that sentiment almost universally. One shared, "Mentioning my wife's name after she died was so hard for some people. It was almost as if she never existed. But I want them to remember her."

That's why it's important to say the loved one's name. Doing so acknowledges the loss and communicates that you're safe to talk to, that you won't shy away or abandon them because of their grief. In other words, it lets the grieving person know that you're with them in their grief and invites them to talk about what they're going through.

You don't have to say a lot. Some brief, compassionate words are often enough—for example, "The holidays must be hard for you without [name]" or "I remember the time when [name]..."



"Mentioning my wife's name after she died was so hard for some people. It was almost as if she never existed. But I want them to remember her."

So, don't be afraid to mention the name of the deceased loved one, because saying

### This Holiday Season, Offer the Gift of Remembering to Those Who Are Grieving

their name opens the door to the gift of remembering.

## Listening to and Sharing Memories

Once you've opened the door to remembering, be ready to listen to the grieving person's memories. Sharing memories is a way for them to express their love for the deceased, feel closer to their lost loved one, and experience comfort.

Although a grieving person can certainly reflect and remember on their own, there's something special about sharing memories with someone who will listen and care. Whether they're sharing happy memories, sad stories about the deceased's final days, funny anecdotes, or somber reflections, your being there to listen sends a clear message: *You are not alone*.

Each conversation is different. Some people may want to talk and talk, while others may be eager to hear *your* recollections about their loved one. It varies by individual, so follow the other person's lead. Stay focused on their needs, and you'll be on the right track to providing meaningful care.

## **Embracing Every Emotion**

One reason people often hesitate to bring up someone's loss is because they're worried about how the grieving person might respond. Memories of a loved one may bring strong emotions—anger, sadness, loneliness, regret—as well as the tears that often come with such feelings. It can be uncomfortable to encounter these strong feelings because we don't know what to say or do. But here's a secret: Usually, the best response is simply to listen and embrace whatever emotions might come. You don't have to say exactly the right thing; in fact, trying to find the perfect words often leads to clichés, platitudes, or other unhelpful responses. In contrast, listening to, accepting, and validating a grieving person's emotions brings comfort.

Of course, it isn't always easy to listen as someone cries, expresses anger, or shares how lonely they feel. But when you set aside your discomfort and focus on being present with the other person, you'll be providing exactly the kind of care they need.

## Making the Holidays a Little Easier

Grief has no expiration date. Whether it's been a year, two years, or longer since someone lost a loved one, consider offering the gift of remembering to them, too. No matter how long it's been, listening and reminiscing together is a wonderful way to bring comfort, deepen relationships, offer care, and bring Christ's healing love to those who are hurting during the holidays.

Doing that can make a difficult holiday season a little easier.

Kenneth C. Haugk is the founder and Executive Director of Stephen Ministries, an international Christian educational organization based in St. Louis, Missouri. A pastor and clinical psychologist, Dr. Haugk has authored numerous books on caregiving topics, including *Journeying through Grief* and *Don't Sing Songs to a Heavy Heart*. To learn more about Stephen Ministries, visit **stephenministries.org** or call **(314) 428-2600**.



There was a small deficit of \$124.96 for the month of October 2024 before the fund account revenues and expenses. There is a surplus for the year so far to the end of October 2024 of \$15,214.17. The general fund giving for October 2024 was \$18,706.00 and \$232,224.42 for the year to the end of October 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 <a href="mailto:redeemer.luth.stoon@sasktel.net">redeemer.luth.stoon@sasktel.net</a>

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

# BE A CHRISTMAS STAR Variety Night

SUNDAY DECEMBER 15TH

1215 MCKERCHER DRIVE GOOD SHEPHERD LUTHERAN CHURCH

DOORS OPEN 6:30 STARTS 7:00PM

> ANY AND ALL TALENTS WELCOME

Ticket Price \$20 Coffee and dainties will be available at intermission

and

THE FLOCK

...

Tickets are available on Eventbrite and on Sunday mornings at church

## **Redeemer Lutheran Church**

812 Preston Avenue Saskatoon SK S7H 2V2

Phone: 306-374-7585 E-mail: redeemer.luth.stoon@sasktel.net

## Office hours

Monday to Thursday 9am-12pm & 1-4 (Friday afternoon office is closed)





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.





We're on the web! redeemersaskatoon.ca