



CROSSWORDS

St. Luke - Lutheran

Our Vision...

Jesus is the centre of life for everyone in our community

September 2015

We Welcome Visitors from Slovakia

Sunday, September 13

Our congregation has a special opportunity to welcome a group of 50 Slovakian Lutheran travellers to Canada and our congregation on Sunday, September 13. What a great honour it will be to have them join us for worship that Sunday.



Travelling from Vrbovce, a village in northern Slovakia, the group will arrive in Toronto on Thursday afternoon and spend a couple of days sightseeing. On Sunday we will have a special English/Slovak language service at 11 a.m. Rev. Dr. Miroslav Hvozدارa will preach in Slovak, while Pastor Dusan Toth will translate his message into English.

The visitors are embarking on an ambitious tour of Canada and the United States. Their first stop is Toronto. From here they will proceed to visit cities on the U.S. west coast and then fly east to take in the sites in cities such as New York City and Washington D.C.

Pastor Miro and the other travellers come from a far-flung congregation that encompasses 99 villages and hamlets. It is said to be the largest Lutheran parish in Slovakia. In the smallest communities, which Pastor Miro tries to visit at least once a year, he holds worship services wherever he can — back yards, schools, meeting halls. Understandably, the pastor is very busy. He may be called upon to officiate at as many as 6 weddings, baptisms, or funerals in any given week. Pastor Toth sometimes preaches at this church during his annual visits to Slovakia.

All are welcome to mingle with our guests at the congregational BBQ following the service. You are invited to bring salads and desserts to share.



Blessing of the children at the Lutheran church in Vrbovce before the start of the school year

Everyday Miracles

by Pastor Jeff



As I sit here about to hit the send button to send the CrossWords files off to Donna so she can work her editing magic, it is an everyday miracle that this month's articles actually made their way to her inbox.

Pastor Derek and now Brian are on vacation and that has left me, by process of elimination, in charge of gathering the CrossWords articles. That is a little like having a fox guard the hen house. You see, there are few things that I dread more than the monthly newsletter. The pressure of a deadline.....the pressure of trying to sound like I know what I am talking about....the pressure of coming up with a topic. Like the fox that would do anything to get into the hen house, I would similarly try anything to get out of writing an article. *[Editor's note: As challenging as you would have us believe it is to write an article for the newsletter, you certainly produce excellent pieces!]*

So the fact that you are actually reading this (hopefully) is nothing short of an everyday miracle. And that got me thinking. What other everyday miracles do we witness and yet spend little or no time thinking about — much less giving thanks for?

What about the miracle of the sunrise, or sunset, a rainbow, life, art, music, family, friends, love. When was the last time you thought about these things as everyday miracles, as gifts from God, or have they become such an accustomed part of life that we take them for granted? Do we focus on the negatives of our lives more that these daily miracles in our midst?

Just a thought.

Men for Christ

by Ian Farquharson



Next meeting September 12 at 9 a.m. in the fellowship hall

Have you ever felt that you were at the end of your rope? Suppose that rope was suspended about 160 feet across the Niagara River and you were on that rope. We all experience scary situations in which we need the help of another person, someone we can trust. But this help comes at a price, a price so high that some are unwilling to pay it. In order to form a bond of trust we get to give up all control of this situation. In our September Men for Christ meeting we will watch a short 10-minute video titled Being at the End of Your Rope and discussing it afterwards.

For breakfast we offer the freshest bagels in town dressed with cream cheese, homemade jams, tea and coffee at the low price of \$5 per person.

If you have any questions, please call me at the church at 416-221-8900 or email me at missionspecialist.ian@stluketoronto.com.

IN Report

by Samira Gebhardt

Our congregation has had a busy summer. We've had four driveway parties and appreciate Pastor Justin, our Persian fellowship group, and others from Tea Time and ESL for their hard work.

We're looking forward to a great start this fall. We've scheduled Wednesday, September 16 and Thursday September 17 between 2 and 8 p.m. for the photography sessions for our next congregational directory. Look for sign-up sheets in the lobby. See you soon!

September Means Back to Normal

Regular Office Hours

Resume Wednesday, September 9

Welcome back to Pastor Derek, Deb and Amy, who are returning from a well-deserved vacation. Many thanks to Pastor Jeff and Pastor Toth for filling the breach during Pastor's absence.

Office manager Brian will return from his vacation on Wednesday, September 9.

Regular Worship Times

Resume Sunday, September 20

- 9 a.m. — Family Worship
- 10:30 — Coffee Fellowship
- 11:00 — Family Worship with Holy Communion
- 1 p.m. — St. Luke Persian Fellowship
- 4:00 — New Hope St. Luke Fellowship

ESL Bible Study, ESL Classes, and Tea Time



- ESL Bible Study resumes — Wednesday, September 9, at 7 p.m.
- ESL classes resume — Thursday, September 10, at 7 p.m.
- Tea Time continues — every Friday from 2 to 4 p.m.

Oktoberfest 2015

Saturday, October 24, 5 p.m.

Oompah! Oompah! Oompah!
Let's dance and have some fun!
Only \$12 per person.



With real German food, and beer!
For congregation, family, friends.
Let us know if you're coming.

Service Guild News

September meeting

Thursday, September 17, at 1 p.m.

Dessert, tea and coffee will be provided

Topic

Jewelry That Has a Story to Share

Jewelry's history can be traced back thousands of years. The Bible has many references to it. Jewelry often carries special memories; we'd like to hear yours.

Wear or bring a piece or two of jewelry that has a story to tell. For example:

- a cross from confirmation or baptism
- a family heirloom or antique
- something purchased on your travels
- a piece found at a lawn sale
- something that you wore on a special occasion, eg., wedding, birthday, etc.

Join us for fellowship and sharing.

Mission projects for 2015–2016 will be chosen and mites will be collected.

Mite Boxes: You are welcome to support our mission projects! Thelma Short has mite boxes available, or you can simply put your donation in an envelope and leave it in the Service Guild mail slot in the church office.

Scrubbies: There is a new supply of scrubbies available – thanks to Betty Fenzl. Cost is \$2.00 each. They are always available after church for anyone needing to stock up.

Also on our agenda will be a discussion of ways to celebrate our 60th anniversary in 2016. Bring your ideas!

All ladies are welcome.

St. Luke Young at Heart Seniors

No gathering in September

**October gathering
Wednesday, October 7, at noon**

Bring a sandwich
Dessert, coffee and tea will be
supplied

Special Presentation

Choosing the Right Care for You

Featuring

Jane Teasdale, Principal and
Director, Business Development,
Mosaic Home Care Services and
Community Resource Centre

Come and find out about Mosaic Home Care Services and Community Resource Centre and the activities and events they provide **free** to the community at their two locations:

- Steeles Ave. and Don Mills Rd., Markham
- Bayview Ave. and Eglinton Ave. E, at the CNIB Centre.

Our program will also feature

Connie Shea-Fox, MSW, RSW, who will tell us about the services provided by

The Mobility Shop
Home Health Care.

This is an opportunity you really don't want to miss. Our presenters will provide a lot of valuable information to help you make informed decisions when needed.

September Staff Administrator Report

by Linda Farquharson

2015 Financial Update

As expected, contributions were lower over the summer months than in prior months, and in order to stay on top of things, payment schedules needed to be adjusted. Bills were paid, but in some cases a bit later than usual. I ask that you keep praying for God's continued provision through His people. God has promised He will provide what is needed, and He is.

The Administration committee has been reviewing our financials for the period of January to June of 2015, and I can confirm that they are on track for the year. I expect to be in a position to report on the benevolence account at the November congregational meeting.

Maintenance

To date the focus of the administration committee has been on our finances, understandably so, but when the weather turned warm, it was time to turn part of our attention to maintenance activities.

Andrew Black repaired the brickwork in front of the three crosses in the spring (thank you, Andrew), and we will be working on the actual crosses next.

The garden was looking a bit the worse for wear as the summer wore on. In early August an impromptu garden cleanup took place in which 12-15 people pitched in to do some weeding, trimming and deadheading of much of the garden. What a difference two hours can make when we all work together. I will admit I am a terrible gardener and could not give much direction, so it was somewhat of a free-for-all, but boy did it look good by

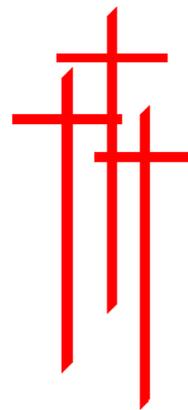
the time we were done! Thank you to all who helped.

I will be doing a walkthrough of the church in the next few weeks to see what needs attention. At this point the flooring in the sanctuary needs to be repaired/replaced. No work will proceed until funds are in place to move ahead.

If there are things around the church that you believe need attention, please let me know. You can either email me or put a note in my communication folder in the narthex or mail slot in the office. Projects will be prioritized.

I know you are likely tired of hearing this, but I believe it's worth repeating: We are not broke. We are able to continue in our mission work by watching our expenses carefully and operating on a cash basis only. Please continue to pray for God's provision.

If you have any questions, you are free to contact me at 647-896-0673 or Linda.Farquharson@sympatico.ca.



Health Awareness

by Karin Bogad RN

September is Arthritis Awareness Month

Why should I be concerned about arthritis?

Arthritis affects 4.6 million Canadians and can affect anyone at any age. Three out of five Canadians with arthritis are under age 65. Arthritis is also among the most common chronic diseases in children, affecting one in 1,000 children. It is among the top three chronic diseases in Canada.

What is arthritis?

Arthritis is not a single disease. There are more than 100 different types of arthritis. It can affect a single joint or multiple joints, or it can be an autoimmune disease that attacks the whole body, including organs such as the eyes, kidneys, heart and lungs. Different types of arthritis include osteoarthritis, rheumatoid arthritis, lupus, gout, psoriatic arthritis and ankylosing spondylitis.

What causes arthritis?

There is no known cause for arthritis. Possible causes include age-related wear and tear, infections, autoimmune conditions, injuries and genetics.

What can be done to prevent arthritis?

There is currently no guaranteed way to prevent arthritis. However, the following tips can help you manage your arthritis:

- Exercise regularly
- Eat a well-balanced diet
- Maintain a healthy weight
- Lose weight if you are overweight
- Avoid repetitive motions
- Practice good posture
- Drink plenty of water daily
- Manage stress
- Protect your joints by wearing splints, braces, knee pads and supportive footwear



For more information about arthritis, call the Arthritis Society at 1-800-321-1433 or go to www.arthritis.ca.

If you have a topic you would like to see discussed in CrossWords, please email Karin at kbogad@mail.com.