

THE GUIDING LIGHT

APRIL 2024

Celebrating God as We Serve Others



Monthly Newsletter

Zion Evangelical Lutheran Church
454 Miller Street
Pembroke, ON
K8A 5Z4

Phone: 613-732-8792

Fax: 613-732-1650

E-Mail: zionoffice@nrtco.net

Pastor Scott Schellenberger

Cell: 705-313-0333

E-Mail:

sschellenberger@hotmail.com

Pastor Sue Nevile

Cell: 905-441-3283

E-Mail: suebird98@hotmail.com

Office Hours: Monday, Wednesday, Thursday
9:00 am – 1:00 pm

Every Sunday 10:00 am Worship & Sunday school

Third Sunday 10:00 am Living Stones Worship

Third Wednesday 10:30 am Mid-week Worship

All Sunday morning services are available on Cogeco TV on Sunday mornings as well as our YouTube page and after the service on the Facebook page. YouTube (live streamed), Zion Lutheran Pembroke Facebook, Zion Lutheran Church Pembroke, Cogeco: community channel and broadcasts of previous week's service.

From the Pastor's Desk – Why Easter Matters

"Jesus said, "It is finished."

Then he bowed his head and gave up his spirit. "

— John 19:30

Now, if this is where our story stopped, we would not be living as people of the resurrection. We would be stunted at the crossroads, having no clue where to go and what to do. We would not know who we are or where we were going. But, thanks be to God, that is not where our story ends, that is just the beginning. God does something miraculous through Jesus Christ, so we are able to shout with joy-filled hearts on Easter Sunday, "**CHRIST IS RISEN!**"

"He is not here; for he has been raised."

— Matthew 28:6

This is what we proclaim on Easter Sunday and every day following. Because of God's greatest promise, that he is not dead, but Christ lives! And through Christ's life, death and resurrection we are granted grace upon grace. Through this unflinching, unfaltering, unparalleled love, we are set free to be people of the resurrection, covered by grace and forgiven. No longer finding ourselves at a crossroads, but rather, covered in grace. Therefore, in this grace we receive from Christ Jesus, we give God our praise and thanksgiving. For the light of Christ is found in the resurrection, we see Christ in his glory and we receive the gift of grace.



(From The Pastor's Desk Cont'd)

We sing and we trust the light of Christ will never burn out, it will never be dim, it will not let us stumble in the darkness, no Christ's light will shine and guide our steps. This is why Easter matters. Because we are never to be forsaken, we will never be left alone to wander in the darkness. True light has come and God has done something extraordinary through Jesus Christ. God, the creator of the world and liberator of all people has brought Christ to new life, and through the resurrection of Jesus we are freed from our fears, and ignited with the light of Christ. It is through Jesus Christ that we are forgiven, set free and saved by grace. There is no greater love than this and nothing compares to this grace. Almighty God has restored humanity and in God's mercy, we are called to share this love and grace with all whom we encounter. Let the light of Christ shine in your hearts, illumine your path and guide your comings and goings so that you might always know the way, the truth and the light. Because we know this only through Jesus Christ, who is, who was and who will always be our Savior and Lord. Thanks be to God.

Remember the true meaning of Easter, which is the resurrection. Be rooted in the promises of forgiveness and grace that comes from a crucified and risen Savior. Remember that when you come to worship every week, we worship together a God of unparalleled love. We worship a God who gave everything so we might know the comfort and promise of grace. Remember that even when the glory and fanfare fade away after Easter morning and the work week resumes that we are still covered in God's abundant grace. Remember that as we go about our daily lives and the glorious nature of Easter Sunday fades in your memory, God is still loving us and Christ still died and rose again so we might know this AMAZING GRACE!

Peace,
Pastor Scott



THANK YOU!

How often have you sat in the sanctuary admiring the beauty of the building? When you drive up to the church building do you notice how well the building is being tended to? It isn't often that you come to worship on a Sunday and are told to keep your coat on as the furnace isn't working or that the roof is leaking or... We have an amazing group that make sure everything is kept up to date and working properly. This is a huge job. There are times that major repairs need to be completed and large amounts of money must be made available to pay these bills. Our property committee makes sure that this work is completed. We want to thank the following people for their dedication to this ministry.



- | | |
|-------------------|--------------------------|
| Wilmer Verch | Peter Wegner |
| Brent Wolfgram | Wayne Reiche |
| Al Kellough | Barry Schizkoske |
| Don Boldt | Kevin Rutz |
| Gerry Vandersleen | Kathy Nieman (secretary) |

A NOTE FROM PASTOR SCOTT REGARDING LIVING WITH EPILEPSY AND SEIZURE IDENTIFICATION

It is odd for anyone to share their health issues in a church newsletter. However, after a recent experience in a council meeting, and now being three years since last educating the people of Zion, about the epilepsy I suffer from, it is time. I am also not the only one who has epilepsy in the congregation.

There are several different types of seizures.

Generalized onset seizures (most familiar):

During these seizures motor skills are impaired. A person may experience sustained rhythmical jerking movements, muscles can become weak, or tense and rigid, perhaps muscles twitch and epileptic spasms occur (body flexes and extends repeatedly). Usually, people fall to the floor. I have had these types of seizures before and am susceptible to them, but my anti-epileptic medication controls them.

Focal onset impaired awareness (hard to identify): When a person is confused or their awareness is affected in some way during a focal seizure, it's called a focal impaired awareness seizure.

The **non-motor symptoms of focal onset impaired awareness seizures** affect thinking or cognition. These seizures could appear as changes in sensation, emotions, or lack of movement called behavior arrest. This means that movement stops – the person may just stare and not make any other movements.

My seizure activity and how to deal with it

When I have a seizure usually it reveals itself as a focal onset impaired seizure. I can look like I am functioning normally, carry on conversations, walk, and remain active. The conversation probably is confusing because I don't understand anything that is coming out of my mouth. I am disoriented and probably unaware of my surroundings. I may show signs of anxiety. The odd time I simply do not respond to conversations.

Recently in a council meeting I was asked a question, proceeded to fumble with an answer which should have been simple. I eventually got back to the originally question. I kind of answered it. No one was aware that I had a seizure. Another time, at a different meeting out of the blue I said, "I need some air" and went outside. This was a seizure. If something like this happens someone go with me.

Unfortunately, I deal with these seizures on a more regular basis in the past six months. I am now connected to a new neurologist which is a good thing.

I need you: if you think that I may be having a seizure simply ask me if I am okay. Ask more than once. You will not offend me. In fact, I always have some anxiety after a seizure. The seizures last 3-5 minutes.

If by chance I happen to have a seizure and fall to the ground do the following: move things out of the way. Find something soft to protect my head (pillow, sweater, anything soft). Roll me on my side if possible. DO NOT stick anything in my mouth. If more than one seizure occurs call an ambulance otherwise just let me rest. I will be extremely tired. Then call Pastor Sue.

It is wonderful to belong to such a loving parish at Zion. I trust that if anything were to happen I would be cared for. Thank you in advance.

Sincerely,

Pastor Scott

From Your Treasurer,

Zion's Income and Expenses as of Mar.26, 2024

The weekly amount of \$6,106.00 is needed to cover our budgeted costs. Of this weekly amount approx. \$4,539.00 has to come from e-transfers, PAR and regular offerings and \$1,567.00 comes from hall rent, office admin. fees, interest, general reserve, house rentals, solar panels and other revenue.

Offerings	50,960.60
Missions and Outreach	808.61
Other Donations	1,255.00
Solar Income	1,591.38
Other Earned Income	3,306.06
Fundraised for general use	0.00
Total Income to Mar.26	57,921.65
Benevolence Expense	2,000.00
Directed Gifts Expense	290.16
Committees Expense	1,222.21
Utilities Expense	4,921.71
Church Insurance	0.00
Property Maintenance	6,825.27
Other Operating Expense	11,196.61
Net Payroll	23,112.05
Benefits Expense	9,175.46
Expense Total to Mar.26	58,743.47
Net as of Mar.26,2024	(-821.82)

To all that attend Zion,

AS YOUR TREASURER I WOULD ASK THAT YOU SUPPORT THE GENERAL FUND.

We have just received our insurance bill for over \$21,500.00. This will be paid by April15th. It went up 3% from last year. Our insurance is provided locally by the Co-operators and is in line or better than others.

All of us in this congregation are helping and working together in faith. We have been rewarded with the riches of a good life here. Your generosity helps us continue our call to serve as a Christian. We are a family here, helping each other and our community. Thank you Pastor Scott and Pastor Sue for leading us.

If you cannot attend, we have set up e-transfer to the church's office e-mail zionoffice@nrtco.net for online donations. You can still mail your cheque or arrange to drop off at the office. **Pre-Authorized Remittance (PAR)** is another way to give weekly whether you're away or here. Contact the church office at 613-732-8792 for more information. Thank you for your prayers and continuing support. May God bless you and keep you safe,

Your treasurer, Gerry Vandersleen

Morning Social Gatherings



Are you looking to spend some time having coffee, tea and goodies while sharing conversation with others?

Come to our bi-weekly fellowship hours:
April 10 and April 24 at 10:00am

You need not be a member of Zion.
Everyone is welcome.

Zion Lutheran Women



Please join us on

Wed. May 1, 2024

At 2:30 pm *(new time)*

High Tea

with Mothers and Others

Please bring a favourite treat to share

APRIL SCHEDULE OF EVENTS & HAPPENINGS

ZION LUTHERAN WOMEN: “The Other Mary”

Please join the ZWL on **Wednesday April 3rd at 2:00 pm** for “The Other Mary” with Diane Hammel at Zion Lutheran Church.

On **Wednesday May 1st at 2:30 pm** the ZLW will be featuring “High Tea with Mothers and Others”.

PLEASE NOTE ZLW TIME CHANGE FROM 2:00 PM TO 2:30 PM BEGINNING MAY 2024.

PASTORAL CARE

Pastoral Care will be meeting on **Monday April 8th at 10:00 am**.

Council Meeting Tuesday April 9th at 7:00 pm.

MORNING SOCIAL

Join us on **Wednesday April 10th at 10:00 am** and **Wednesday April 24th at 10:00 am**. in the Parish Hall for our Morning Social! Come on out for fun and fellowship. Pull up a chair, grab a coffee (or tea) and a snack, and enjoy the company. Bring a friend!

UPCOMING CONFIRMATION CLASSES

We will gather for classes **Wednesdays April 10th and 17th at 6:15 pm**, and **Wednesdays May 1st and 22nd at 6:15 pm**.

Worship and Music Meeting - Monday April 15th at 7:00 pm.

MID-WEEK WORSHIP SERVICES

Midweek worship services are beginning again. Please join us on the **3rd Wednesday of the month at 10:30 am** for services with Holy Communion. **Wednesday April 17th at 10:30 am** is our next service. In May Pastor Scott will be away the third week so the Midweek Service will be held **Wednesday May 22nd at 10:30 am**.

SENIORS EXERCISE CLASSES

Join us every **Monday, Wednesday & Friday at 1:00 pm** in the Parish Hall.
Be Sure to Bring a Friend!

RETIREMENT HOME SERVICES

Pastor Scott will be doing Communion services on **Wednesday April 10th at Riverview Heights at 10:00 am**. Thank you to Lillian Michel for playing the organ and the members of the Pastoral Care team that assist.

APRIL-NO-FOOLS MONTH DONATIONS

April-No-Fools (underwear: briefs/shorts for men and women - no thongs pls!)

**YOUTH GROUP
KARAOKE AND PIZZA NIGHT AND
OTHER STUFF**



**FRIDAY APRIL 19 2024
6:30PM**

**BRING A SNACK
BRING YOUR VOICE
BRING A FRIEND
EVERYONE IS WELCOME**



PULSE MINISTRY

PULSE MINISTRY consists of three different programs. Every generation is invited to worship and to Messy Church: Messy Church, Youth Group, and worship. The worship Service is called “Living Stones”.

Messy Church

Messy Church is a program that runs the **first Monday of every month 5:30 pm – 7:30 pm**. Messy Church will be held on **Monday April 1st and Monday May 6th at 5:30 pm**.



The theme is **BE KIND!** So wear something that says “be kind” or something that is yellow and black to represent a bee.

Confirmation Class – THANK YOU!

The confirmation class deserves a big shoutout for assisting in all the cleanup for the Lenten Soup and Sandwich dinners. Each week after they cleaned up they came to the mid-week worship and participated as readers. They were rewarded with a pizza night.

Upcoming Confirmation Classes

We will gather for classes **April 10th and 17th at 6:15 pm** and **May 1st and 22nd at 6:15 pm**.



Youth Group

Youth Group happens on two **Friday Night of the month beginning at 6:30 pm**. Sometimes we will do some off-site events. There may be costs for these events but normally there is no cost. All friends are welcome.



Upcoming Youth Events

Friday April 19 6:30 pm – Karaoke and Pizza and Other Stuff. No cost.



Friday May 10 6:30 pm start – Bowling at Opeongo Bowl Renfrew Cost approx. \$15.

Living Stones Worship Service

The Living Stones Worship service is a service that is interactive and led by members of the congregation who play guitar and sing. It happens in the gym on the **3rd Sunday of the month at 10:00 am**. Invite a friend to join you. Our next Living Stones Service is **Sunday April 21st at 10:00 am**.



NEWS FROM THE ORGAN RESTORATION COMMITTEE

By the time that you receive this copy of the Guiding Light you will notice that our organ is now silent. Casavant workers have been at the church on Tuesday and Wednesday this past week to remove all the pipes to take to their shop for the releathering process of 2800 pipes. This will be a five-month project so the next time that we will hear our beautiful organ played will be late summer or early fall. In that five-month window we need to raise \$15,400.27 to be able to pay Casavant in full on completion of their work. you will be able to see the progression towards this goal on the wall leading into the parish hall on the sheet of music bars. There are fifteen bars, each representing \$1000.00. For every \$1000.00 increment, a bar will be filled in with pipes. Also, donor's names will be included under the bars.

Also, on Friday, May 24th we are planning to hold a dance(non-alcoholic) in the parish hall from 8:00 to 11:00 P. M. with a local band called Ryan Ziggs and the Zags. They play mainly old rock and roll with some country. There will also be a surprise musician playing when the band takes their breaks so it will be non-stop music for three hours. The cost for the dance will be \$15.00 with tickets being available in early May from any member of the committee (Kathy Nieman, Wilmer Verch, Cheryl Sack, Blaine Sack or Gayle Seegmiller). Tickets will also be available at the door. Invite your friends and come out for a fun evening.

We appreciate all donations to this cause but please make sure that you are meeting the needs of the church at large first.

Following is a description of the extensive repairs that will be done. Remember, also, that this is the final phase of the organ restoration. Following is a description of what this entails.

Update on the Organ Restoration

Each pipe in the organ has a small leather pouch under it, which can vary in size between that of a quarter and a loonie! Each pouch controls the air to the one pipe. The releathering of pipe valve actions and pressure regulating bellows, like that of an accordion, are necessary in the long term. Generally, after 50 years these leather pouches and other leather parts can start to fail, and Zion's organ turned 50 years old in 2019. So far the organ has been holding together well, but Casavant's technicians have noticed over the last year some of the leather is starting to harden and become wrinkled. Zion's organ has over 2100 pipes, meaning that over 2100 of these small, thin leather pouches have to be replaced, and most times these leather pouches are punched and formed by hand, not by a machine! Presently Casavant, the builder of Zion's organ, has releathered most of their organs installed from 1963 to 1965, and are working their way up the years. Once restored Zion's organ will be given another 50 plus years of new life!

The rate of leather deterioration is dependent upon air pollutants and tanning procedures, or quality of the leather used by the organ builder. Over time combination actions and switching systems can become unreliable, due to 'leaks' from cracks in the leather, allowing air to escape and compromising the supposed 'enclosed' wind system. Climate changes, in and outside of the church, can also affect the different materials and metal used in pipe making, along with compromising the leather, high quality canvas, rubber cloth and wood, used to construct the wind chests or 'lungs' of the organ, and other internal components of the instrument.

Work on this final phase of the organ's restoration will commence in the spring of 2024. Removal of all parts on site start after Easter of next year, which is March 31; therefore, dismantling of the organ could happen as early as April 2, 2024. The organ will be out of commission and not playable for several months, post Easter and into Pentecost. The releathering process could take up to 3 months in the Builder's workshops. The re-installation of all removed parts would happen in August of next year, followed by an extensive tuning. Payments to the Builder, being Casavant Freres, are required upon: (1) signing of the contract or 'memo of agreement', which happened on November 30th, 2023; (2) dismantling of the organ and removal of all parts from the church; (3) when all parts have been repaired, worked on and are ready for shipment from the Builder's workshops back to Zion; and (4) after the re-installation and a full tuning are completed.



Leather Pouch



Pouch Boards



A 1960's stop control switch (not from Zion's organ) showing the tears that have developed, rendering the entire stop dead.



The same stop switch releathered and ready for installation.



Reassembling the finished Casavant Primary blocks with all new gaskets, valves, and pneumatic leather.

Written and submitted by Blaine Sack

W & M Meeting Minutes - Monday, March 11, 2024

Celebrating God As We Serve Others

Present: Pastor Scott, Blaine Sack, Gayle Seegmiller, Diane Hammel, Cheryl Sack, Joan Lehman

Regrets: Lorraine MacKenzie, Koit Rull, Sandra Graham, Ellen Vandersleen

Welcome and Opening Devotions: Gayle welcomed everyone and Pastor Scott opened the meeting with a prayer.

Approval of Agenda: Approved

Approval of Last Meeting's Minutes: Approved online

Committee Reports:

Pastor Scott:

- Attendance has been very good during the months of February and March.
- Four of five Sundays had 93 or more in worship.
- Attendance was lower on March 10th (Daylight Savings and beginning of March break).
- During the week of Living Stones, there were 50 in the Sanctuary and 44 in the Parish Hall.
- Midweek worship is on the 3rd Wednesday of the Month (March 20th).
- 44 people attended the Ash Wednesday service on February 14th.
- The Lenten Wednesday evening services have had good attendance.
- Holden Evening Service liturgy is used during the evening Lenten Services.
- Important dates are as follows:
 - Palm Sunday - March 24th at 10:00 am
 - Maundy Thursday - March 28th at 7:00 pm
 - Good Friday - March 29th - 10:00 am
 - Easter Sunday - March 31st at 8:00 am and 10:00 am
 - Pinewood Service - March 21st
 - Living Stones Worship - March 17th and April 21st
 - Pentecost Sunday (Blended Service in the sanctuary) - May 19th
 - No Living Stones Worship in May
- Setting One in the ELW will be used during the Easter season.
- It has been a good experience to use setting twelve during Lent.
- Pastor Scott will take April 28th as a holiday. Gayle will try to find a replacement for that Sunday.

Blaine Sack: Church Musician

- The second and final tuning of the grand piano has occurred. There was an additional cost involved which will come out of the grand piano fund.
- At this time, other pianos have not been tuned.

- The organ will be decommissioned after Easter. Restoration will take about five months. During this time, upstairs will be off limits to most people. Worship will continue in the sanctuary during the restoration process.
- Choirs continue to practice/sing as per their singing schedule, with minor changes.
- It's nice to see the return of several choir members.
- Special thanks to Pastor Metzger who played his harmonica during last month's hymn sing. Together with Blaine on piano, their music was enjoyed by all. Upcoming hymn sings are scheduled for March 17th and April 28th.
- Both choirs have participated in the midweek evening Lenten services. Special music is also shared at these services. Thank you to all who share their talents with us.
- The next singing of the psalms will be on April 14th.

Miscellaneous:

Easter Flowers:

- Gayle and Sandra will look after purchasing Easter flowers. Lilies will be limited since a few people have shared they are allergic. Hydrangeas and other flowers will be used.

Gayle will put a notice in the bulletin about Easter flowers for those who wish to donate.

Waterfront Service:

- Gayle will ask to have June 23rd reserved for our waterfront service. More details to come.

Technology:

- Diane Hammel reported that there was a broken connection at the microphone at the altar. It has been fixed but she cautions people to be careful when moving things from the altar.
- The new technician changed some settings on the sound board.
- New software and machines were installed today, March 11th.
- Diane will need to input all the information (ie. hymns, settings etc.) which will take a considerable amount of her time. Thank you, Diane, for taking on this huge task!
- Payment for Easy Worship, Microsoft office and to Shawn Behnke need to be processed.
- Pastor Scott requested a copy of the bills for Synod to confirm the grant obtained for upgrades has been used.

The meeting closed with the Lord's Prayer.

Next Meeting:

- Monday, April 15, 2024 @ 7:00 p.m.

Fill Our Virtual Bottle & Bring Hope



2024 Baby Bottle Fundraising Campaign **May 12th – June 16th**



E-transfers will be automatically deposited at firststepoptions@gmail.com.

New donors: if you would like a tax receipt (minimum \$20 donation), please include your full name, mailing address, and phone number in the e-transfer Message box. We will email your tax receipt at the end of the year unless you request snail mail in the message.



Please make **cheques** payable to First Step Options, and send them to 337 Murray Street, Pembroke, ON K8A 4P3, or deliver them to your church to be sent to FSO. New donors: if you would like a tax receipt (minimum \$20 donation), please include your full name, mailing address, phone number, and email, and indicate whether you wish to receive it by snail mail or email at the end of the year.



Our **monthly donors** are the backbone of our budget – can you commit, even to a small amount (\$10.00/month), on a regular basis? Just go to our website (www.firststepoptions.com), complete the fillable form found under the "Donate" tab, and mail or drop it off with a void cheque. Also please indicate whether you wish to receive your tax receipt by snail mail or email at the end of the year.



APRIL NEWSLETTER 2024



First Step
OPTIONS
pregnancy resource centre



FROM THE DIRECTOR'S DESK:

"You do not need a special gift or some special calling. You just need a big heart to make a difference, one person at a time." (Michael Ann Goll)

It feels good to know you are making a difference, doesn't it? So much of what we are doing at First Step Options is making a difference for one person at a time. What does this look like?

- *It may look like offering compassionate support and accurate information for the one impacted by an unexpected pregnancy who is unsure about her options.
- *Supporting those who have experienced the pain of a pregnancy loss.
- * Providing educational opportunities through our BrightCourse video lessons program.
- *Helping individuals build healthy relationships by recognizing their value and worth and learning to set healthy boundaries through our Connected program.
- *Facilitating post-abortion healing for those struggling after their abortion experience.
- *Assisting individuals and families who are finding it challenging to provide basic needs for their babies such as diapers, formula, clothing, and small baby equipment.

So feel good today, these are just a few of the things that your big heart helps us keep doing week by week and month by month, to make a difference in a life one person at a time. Thank you!

TRIVIA NIGHT FUNDRAISER:

Donalce

Saturday, May 25th, 2024 @ 7 pm

Theme - Books vs Movies: Books are often considered better than movies. This trivia night identifies differences between books and film. Costumes are encouraged. Bonus points will be up for grabs.

Place - 280 Lordsview Drive, Pembroke.

Cost per person: \$10. Register at fsocentre@gmail.com or call 613-635-7440.

4-6 people per team. Canteen & Silent Auction Available.

We welcome donations of new items for the Silent Auction.

Donated Auction items can be dropped off at the centre until

Wednesday, May 22nd. Thank you!!



HOME FOR
LIFE 2024
Campaign
Update



"To all the staff and volunteers many blessings to you. I appreciate everything you have ever done for me and my family, it has been so helpful, and I feel so very blessed because of you."
-Client

THANK YOU TO OUR "CIRCLE OF CARE" MONTHLY DONORS:

We are grateful for the solid financial foundation our committed monthly donors provide for FSO. We currently have **50** individuals giving a total of **\$3,730.00** each month. What a blessing and what an impact of support and practical help they are providing in our community. Thank you so much!



EMOTIONAL SUPPORT AFTER AN ABORTION:

Are you hurting from an abortion experience, even years later? It's normal to go through a grieving process after an abortion regardless of the reason. The intensity and duration of emotional feelings vary from woman to woman. If you have prolonged feelings of sadness, guilt, or depression it's important to talk about your feelings with a trusted supportive person. 90% of women don't know where to go to find healing or who they can talk to when they are struggling after an abortion.

We want you to know you are not alone! First Step Options offers confidential support and a post-abortion recovery program called **Living in Colour**, written and designed by Jenny McDermid who experienced two abortions herself. As you journey through the healing steps laid out in the program you have the opportunity to acknowledge and grieve your losses, develop healthy coping strategies, and find closure and hope for a healthy future. Contact us today to speak to a support worker who will listen with compassion and understanding to your unique story. Be kind to yourself and begin your post-abortion healing journey today.



We love and appreciate our volunteers. The work we do, as a small staff, would not be possible if it weren't for our volunteers. This year, 14 individuals volunteered over 1400 hours at FSO. Whether connecting with clients, bookkeeping, creating policy & procedures, answering phones, sorting donations, cleaning and organizing, facilitating classes, or helping with technology, this volunteer time represents an estimated value of more than \$28,000.00 at a minimum wage rate. Isn't that amazing!

These individuals give selflessly of their time and energy. They are 'points of light' bringing kindness and warmth to our community. We say - thank you, thank you, thank you!

NEEDS:

- double stroller 2015 or newer
- baby gate with pressure lock closure

DONATION NOTICE:

We so appreciate your donations in support of our clients. Please be aware that we can no longer accept used car seats, playpens, cribs or breast pumps due to changes in our insurance coverage. Feel free to call the Centre if you have any questions about what we are currently in need of. Thank you for your continued support and generosity.



UPCOMING EVENTS:

• Parenting Workshop

Thursday, May 2nd @ 7pm in Wesley Hall at Wesley Community Church. (210 Renfrew St.)

Featuring Kelsey Parker a registered psychotherapist. Come and learn 3 achievable strategies for addressing challenging behaviours in children.

• Virtual Baby Bottle Campaign

May 12th (Mother's Day) to June 16th (Father's Day). Please prayerfully consider supporting the work of the Center through this easy and fun initiative and encourage your church or circle of influence to promote and participate.



• The Big Give Away

Is happening on Saturday, June 1st. As you begin your spring cleaning please consider putting aside items that you could possibly donate to the Big Give Away.

Together let's continue our legacy of help and hope in our community!



FREE PARENTING WORKSHOP



**Featuring Kelsey Parker
Registered Psychotherapist**

***3 Achievable Strategies for
Addressing Challenging Behaviors***

When: Thursday May 2nd 2024

Time: 7:00pm - 8:30pm

**Where: Wesley Community Church Hall
210 Renfrew St, Pembroke**

Pre-register today



613-635-7440



fsocentre@gmail.com



firststepoptions.com

COME JOIN US FOR A FUN-FILLED

TRIVIA NIGHT FUNDRAISER FOR



✖ **THEME: BOOKS VS MOVIES**

**LOCATION: OUR LADY OF LOURDES PARISH
280 LOURDESVIEW DR, PEMBROKE**

✖ **Costumes are encouraged
for bonus points**

✖ **4-6 Players per team**

\$10

**PER
PERSON**

**SAT MAY
25TH**



7:00PM

**CASH CANTEEN
AND SILENT
AUCTION**

Register by Tuesday, May 21st

@ 613-635-7440 or email fsocentre@gmail.com

APRIL VOLUNTEERS

Worship Assistants

April 7- Elizabeth Graham
April 14- Susan Dupuis
April 21- Wayne Kirk
April 28- Ellen Vandersleen

Sexton

April 7- Koit Rull
April 14- Don Boldt
April 21- Karen Gauthier
April 28- Diane Hammel

Counters

April 7- Diane Hammel, Pamela Duplessis, Wilmer Verch
April 14- Doug & Pauline Malliff, Sandra Graham
April 21- Doug & Pauline Malliff, Sandra Graham
April 28- Andrew Zadow, Kathy Green, Lori Crigger

Ushers

April 7- Stan & Debbie Sitkiewicz
April 14- Amanda Campbell & Ryan Parcher
April 21- Peter & Patti Wegner
April 28- Pamela Duplessis & Cindy Thrasher

Coffee Hour

April 7- Dornetta Mau & Wilmer Verch
April 14- Justine Mutlow & Lori Crigger
April 21- Patti & Peter Wegner
April 28- Debbie & Stan Sitkiewicz

Altar Care

April 7- Sandra Graham
April 14- Maria Denney
April 21- Wendy Schutt
April 28- Kathy Godin

Projector Operators

April 7- Diane Hammel
April 14- Rick Gerundin
April 21- Zachary Phannhour
April 28- Ellen Vandersleen

Video Recorders

April 7- Ellen Vandersleen
April 14- Ryan Schmidt
April 21- Ty Phannhour
April 28- Korbin Smith

Sound Operators

April 7- Gerry Vandersleen
April 14- Noah Schmidt
April 21- Todd Phannhour
April 28- Brian Smith

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 am Pickle Ball 1 pm Senior Exercise Class 5:30 pm Messy Church 6 pm Pickle Ball	2 9:30 am Tai Chi 6:30 pm Tai Chi 7 pm Mixed Choir	3 9 am Music Jam 1 pm Senior Exercise Class 2 pm ZLW "The Other Mary" 7 pm Men's Choir	4 9:30 am Tai Chi 6 pm Pickle Ball 7 pm Healing Vets	5 1 pm Senior Exercise Class	6
7 10 am Worship Service with Holy Communion	8 8:30 am Pickle Ball 10 am Pastoral Care 1 pm Senior Exercise Class 6 pm Pickle Ball	9 9:30 am Tai Chi 6:30 pm Tai Chi 7 pm Church Council 7 pm Mixed Choir	10 9 am Music Jam 10 am Morning Social 10 am Riverview Heights 12:00 Staff Mtg. 1 pm Senior Exercise Class 7 pm Men's Choir	11 9:30 am Tai Chi 6 pm Pickle Ball 7 pm Healing Vets	12 1 pm Senior Exercise Class	13
14 10 am Worship Service with Holy Communion	15 8:30 am Pickle Ball 1 pm Senior Exercise Class 6 pm Pickle Ball 7 pm Worship & Music	16 9:30 am Tai Chi 6:30 pm Tai Chi 7 pm Mixed Choir	17 9 am Music Jam 10:30 am Midweek Worship Service 1 pm Senior Exercise Class 7 pm Men's Choir	18 9:30 am Tai Chi 6 pm Pickle Ball 7 pm Healing Vets	19 1 pm Senior Exercise Class 6:30 pm Pulse Youth Group Karaoke, Pizza & Other Stuff! GUIDING LIGHT DEADLINE	20
21 10 am Worship Service with Holy Communion And Living Stones Service	22 8:30 am Pickle Ball 1 pm Senior Exercise Class 6 pm Pickle Ball	23 9:30 am Tai Chi 6:30 pm Tai Chi 7 pm Mixed Choir	24 9 am Music Jam 10 am Morning Social 1 pm Senior Exercise Class 7 pm Men's Choir	25 9:30 am Tai Chi 6 pm Pickle Ball 7 pm Healing Vets	26 1 pm Senior Exercise Class	27
PASTOR SCOTT & PASTOR SUE HOLIDAY APRIL 22 – 28						
28 10 am Worship Service with Holy Communion <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;"> PASTOR SCOTT & PASTOR SUE HOLIDAY APRIL 22 – 28 </div>	29 8:30 am Pickle Ball 1 pm Senior Exercise Class 6 pm Pickle Ball	30 9:30 am Tai Chi 6:30 pm Tai Chi 7 pm Mixed Choir	May 1 9 am Music Jam 9:30 am Tai Chi 2:30 pm ZLW High Tea 1 pm Senior Exercise Class 6:15 pm Confirmation Class 7 pm Men's Choir	May 3 9:30 am Tai Chi 6 pm Pickle Ball 7 pm Healing Vets	May 4 1 pm Senior Exercise Class	May 5