

## Have a restful summer!

*Come to me all you who are weak and heavy laden  
and I will give you rest. -- Matthew 10:28*

Summer! We waited so long for it after the rather cold and wet spring. Finally, summer arrived – days spent outdoors, traveling, enjoying some time for ourselves, recharging our batteries, and having some well-deserved rest. Rest sounds wonderful, doesn't it? God has worked rest into creation (Genesis 1). God thought it was so important that God included it as a part of the Ten Commandments (Exodus 20). For some of us, it is a hard commandment to follow. We do not feel comfortable unless we are doing something. Once we stop doing something, we feel as though we have lost our worth. We have a hard time believing that somehow God will provide. Will we have enough? If we work harder and longer, we can cut down the odds of a shortfall. But we never know how bad the shortfall might be, if there is any at all.

I find it interesting that in Psalm 23, God, the Good Shepherd, makes us to lay down in green pastures. What a beautiful image this is – you just have to stop thinking about all the insects crawling around you. Have you ever tried to lay down in a 'green pasture'? I did, as a child, with no care in the world, and I especially loved it when the grass was taller than me while lying on the ground. I remember looking up into the sky, seeing all kinds of things in the cloud formations, listening to the buzzing of the bees (but being somewhat scared of a bee sting as well), and smelling the rich fragrances of the field flowers and the grass. I sometimes use this memory when I'm in a stressful situation and need to hold on to a bit of peace. I usually find it there in the tall grass, on a warm summer day from many years ago. Sometimes, no matter how confident we are in our strength, we

are made to rest. Sometimes we just have to trust that God provides what we need. If we don't, we might be using our bodies in ways God our Creator never had in mind.

There are four purposes for rest. First, our bodies need rest. Second, it is a time to rekindle our relationship with God. You are to keep it holy. And although it sounds rather like a paradox: Our relationship with God should not rest, ever. It needs to be nurtured all the time. Third, it is a time to reconnect with family, friends and neighbours, with those who are important to us and with those who we haven't reached out to in a while. Fourth, rest is not exclusively for humans. All nature, including all living beings, the land, the plants, the animals all need rest (Leviticus 25).

Yes, it is hard to rest sometimes. There is so much temptation to work. There are so many things to trust God for. There is a rest that is out of this world. It is the true rest. It is where we can rest from all things which put stress on us. Take time to rest this summer. Take time for your bodies. Take time for God's relationship with you. Take time for family, friends and those whom God has placed before you. Take time to enjoy and care for nature. You will be more whole. Wishing you all a wonderful, peaceful and restful summer.

*God bless you as you rest in God's love,  
Pastor Heike*





Our Love and Prayers go out to all who are in need of God's grace.

Grace be to you and peace from God our Father, and from the Lord Jesus Christ.

*For a visit from the Pastor,  
please contact Pastor Heike at 519-212-9952*

### **Neighbours' Day**

We are hosting a Neighbours' Day Porch Party on Saturday, June 21 from 1:00 until 4:00 pm, in our parking lot. At 2:00 pm Ben Rollo will give a free concert. Ben Rollo is a well-known very versatile local musician – an absolute gem. Celebrate with us, bring friends. Shaded sitting space will be provided. This will be a fun afternoon with free tuck and lemonade, kid's activities with prizes, good music, fellowship and hopefully a Food Truck.

*This is a day presented by the City of Kitchener to encourage community interaction through music in numerous locations throughout the city.*

### **Summer Worship Services and Summer Safety**

After we received some input from you in regard to our Summer Worship Services, we have decided to reduce the number of outdoor worship services to once a month. If the weather is not cooperating on a scheduled Outdoor Worship Service Day we will move into the sanctuary and postpone the outdoor worship service to the next Sunday. Please note that the outdoor worship services will be more contemporary with shortened liturgy. Worship Services in July and August will not be live streamed. However, we signed up again for the Summer Sermon Series from the ELCIC and will provide their Sunday sermons every week on our YouTube channel. You don't need to bring your own lawn chair to the outdoor worship services (unless you want to) and we kindly ask you to bring umbrellas, water and sunscreen for your own safety. The outdoor services take place on the approach to the church and on the lawn in front of the education wing. Spots on the paved parts are reserved for those who don't feel safe to walk on grass.

In regard to summer safety: As you all know our sanctuary can be very hot during the summer months. We will have fans set up, but they only can do so much. Please bring a water bottle to church, remain seated during liturgy when you aren't able to stand for longer periods, and feel free to stand up and go outside to get some fresh air. Should it be very hot on summer Sundays, the Pastor and Worship Assistant will refrain from wearing liturgical clothing.

### **Summer Worship Service Schedule:**

July 6 - Indoor Worship Service with Holy Communion

July 13 - Outdoor Service of the Word

July 20 - Indoor Worship Service with Holy Communion

July 27 - Indoor Worship Service of the Word

August 3 - Indoor Service of the Word with Deacon Sherry Coman

August 10 - Outdoor Service of the Word with Donna Finch

August 17 - Indoor Worship Service with Holy Communion and Rev. Hans Borch

August 24 - Indoor Worship Service with Holy Communion and Rev. Mark Jerry

August 31 - Indoor Worship Service with Holy Communion at the railing

Pastor Heike will be on vacation from July 30 until August 20, and from August 23 until August 29 she will be at Summer Lutheran Youth Camp with youth from our congregation.

### **Emergency contacts:**

July 30 until August 9 Pastor Jim Koellner,  
phone: 519.895.2527 or cell: 519.505.1876

August 10 until August 20 Pastor Shirley Ruller,  
phone: 519.748.4304

From August 23 until August 29 Pastor Heike will  
reply to Emergency Calls

## Confirmation 2026

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Calling all youth in Grade 7 and 8 or older for Confirmation Class 2025/2026. A new class starts mid-October (day and time will be determined with the group). With hands-on and fun activities, we discover our faith and will make some new friends. At the end of the Confirmation time, we celebrate our accomplishments in a festive Worship Service and affirm our baptism. Parents of youth on our membership list will receive an invitation to confirmation class by August. Please reach out to Pastor Heike if you have any questions.

## St. Luke's Women

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The ladies enjoyed a wonderful presentation by Terry Burr on "honey" at the April potluck. He will be back again with his products at the Trunk Sale.

### **Our next meeting:**

**Ladies Night Out on Thursday, October 9**

As always, thank you for your support of all our projects. We welcome all the donations.

Barb Raddatz is busy sewing quilts for Canadian Food for Children. We thank her for this and appreciate any donations of material and flannelette sheets to assist her with this endeavour.

For the knitters, we are always in need of pneumonia vests and items for our knitting table at the bazaar; donation of yarn is welcomed also.

Remember: we are collecting used postage stamps again in support of the Leprosy Mission.

St. Luke's Women continues to support Lutheran World relief with a monetary donation, likewise the Television Ministry and the ELCIC Women of Faith.

## Community Connections Committee

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### ***Blessings Box***

We are always in dire need of children's books. We appreciate your donations, thank you.

### ***Card Ministry***

Thank you to Jeanette Wyatt for her hard work in this ministry. If you would care to assist her, she is always in need of cards and postage stamps.

### ***New Venture: Coffee with Friends***

The first Tuesday of the month, except for July and August, at 1:30 pm in the boardroom. Our first event was very well attended and we look forward to continuing. Next meeting is June 3.

### ***Social Media Posting***

Barb Pitz and Pastor Heike are working towards presenting a larger presence in the community. If you have any photos of church events as they happen, please forward to one of them for posting, thank you.

### ***Trunk Sale***

**Saturday May 31**

Thanks to everyone who donated items for the garage sale table, supplied baking and assisted with the event. Proceeds from the table rentals went to Stanley Park Eats and those from the Garage Sale and Bake Table went towards supporting those attending Youth Camp.

### ***The Sharing Place***

**Friday, June 6 from 12:30 - 3:30 pm**

**Saturday, June 7 from 9:00 am – 11:30 am**

Clothing, toys and household items are free to everyone in our community. This initiative is jointly run by ourselves and Rosemount United Church. We have added "snacks and coffee" to this event, which is very well received.

We appreciate being able to assist those in need (many are new to the country) and their kind words of thankfulness ... last time we were gifted with tulips which we placed in the narthex for Sunday service. Their stories and conversation are heart-warming and sometimes we even communicate through translation on their phones!

## Council update January to April 2025

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- elected council officers and appointed committee liaisons
- set schedule for council meetings and devotions-approved FMT and Property projects (staining the choir loft railing, parking lot repairs)
- accepted thank you notes from staff and our student for their Christmas gifts
- approved Summer Lutheran Youth Camp costs
- approved costs for asbestos testing
- approved a change in the St Luke Scholarship Fund to include camp and youth gathering registrations
- approved costs for a refurbished laptop for the treasurer, a desk top computer for the office and the Microsoft office license
- May and June meetings will be combined to June 2 at 7:00 pm

## “With One Voice” Hymnals

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Many of the hymns from “With One Voice” are in the ELW hymnal. Anyone who wishes to have a copy of this hymnal, please call Gloria Berg 519-896-1918.

## Summer Student Job

We are looking for a Social Media specialist (age 15-35) to remodel and update our webpage and social media accounts. This is a full-time paid position for 8 weeks in July and August. If you happen to know someone who might be interested, encourage them to send an application to Pastor Heike.

## St. Luke's Web presence

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As we are working on enhancing our Social Media appearance, we ask for your help. We need pictures from our church life which will be posted online. To make the process a bit easier we kindly ask you to let us know if you do **not** wish to have your picture posted on social media, otherwise we assume your consent. Help us to create content and snatch pictures from church events and forward them to Pastor Heike. Like our YouTube Channel, Facebook Page, Instagram (St. Luke's together) and give stars on Google Review. Or write a review and comment on posts. This all helps to spread the good work we are doing. If you need assistance let Pastor Heike know.

## Attention youths, graduates and post-secondary students

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Congratulations to all students from St. Luke's who are graduating this year, may it be from Highschool, College or University. You are amazing and we are proud of all of you. Your church is here to cheer you on and to support you. High school students can work towards their volunteer hours at church, for example as Sunday School Helpers, live-streaming the Worship Services, as Ushers or Worship Assistants or as helpers for church events.

Keep your eyes open for church events and reach out to Pastor Heike if you are interested ([pastor.heike@gmail.com](mailto:pastor.heike@gmail.com) or 519.212.9952). Pastor Heike is happy to be your reference as well when you apply for a job, volunteer position or scholarship. Post-secondary students who are members of St. Luke's or former members of St. Philip's can apply for a \$500 bursary fund. Application forms are available at the office.







**Easter Egg hunt**  
April 20, 2025



**Blessing of the Seeds**  
May 25



**Coffee with Friends**  
In deep conversation  
May 6



**Council Members:**

Council Chair: Kathy Thomsen  
Vice Chair: Brent Clarke  
Secretary: Donna Finch  
John Carapanta  
Nahlah Jeorje-Carapanta  
Cathy Dowsling  
Barb Pitz  
Don Snow  
Dennis Willfang

**Standing Committee Chairs:**

Finance: Christine Petersen  
Mutual Ministry: Kathy Thomsen  
Worship and Music: Kathy Thomsen  
FMT: Cathy Dowsling  
Property Mgmt: Roger Wyatt and Ken Wolfe  
Christian Ministry & Parish Life:  
- Community Connections:  
Gay Anderson & Heather Meyer-Kraft  
- Sunday School: Darlene Brooks,  
Dianne Metcalf, Rachel Sutton  
- WEPP: Pastor Heike Toeller  
Dream Team: Pastor Heike Toeller

**Church Office:**

(519) 893-3826  
Email: [info@stlukeslutheran.ca](mailto:info@stlukeslutheran.ca)  
OR [stlukeslutheran317@gmail.com](mailto:stlukeslutheran317@gmail.com)

**Office Hours:**

Mon/Wed 9:00 am – 1:00 pm  
Thu 9:00 – 3:00 pm

**Website:**

[stlukeslutheran.ca](http://stlukeslutheran.ca)

**Pastor Heike**

(519) 212-9952  
Email: [pastor.heike@gmail.com](mailto:pastor.heike@gmail.com)

## Weekly Offerings

We appreciate your support to meet our financial obligations. Please send your offerings in through the mail or drop it off in the church's mailbox on the left side of the doors to the narthex.

We also accept e-transfers, which are set up as automatic deposits. Please send e-Transfers to our email address at [stlukeslutheran317@gmail.com](mailto:stlukeslutheran317@gmail.com)

When the transfer is sent, you can put the designation into the comment box (current, benevolence, building, etc.).

If you have any questions, please contact Dave DeCoppel at [stlukestreasurer317@gmail.com](mailto:stlukestreasurer317@gmail.com)

Our mailbox is checked regularly; however, for your peace of mind, arrangements can be made with Helga to ensure your offering is retrieved the day you drop it off.

We are thankful for all who have joined PAR for their contributions. For PAR information, please contact the church office.

We graciously thank all who have continued their generous offerings.

### *Keep in touch...*

Visit our website at [www.stlukeslutheran.ca](http://www.stlukeslutheran.ca)  
for our online worship services, Newsletters,  
and updates.

Like us on Facebook and subscribe to our  
YouTube Channel under  
St. Luke's Evangelical Lutheran Church,  
Kitchener

**DEADLINE for Sept-Nov Newsletter  
is August 15.**