

Fifth Sunday in Lent

March 22, 2026

WE ACKNOWLEDGE THAT WE LIVE AND WORSHIP ON THE UNCEDED TRADITIONAL TERRITORY OF THE KWIKWETLEM FIRST NATION, WHICH LIES WITHIN THE SHARED TERRITORIES OF THE TSLEIL-WAUTUTH, KATZIE, MUSQUEAM, SQUAMISH AND STÓ:LŌ NATIONS. WE ARE GRATEFUL FOR THE PEOPLE WHO HAVE CARED FOR THIS LAND SINCE TIME IMMEMORIAL AS WE SEEK TO JOURNEY TOWARDS A MEANINGFUL RECONCILIATION.

Liturgy: Contemplative Chants

Gathering

The Holy Spirit calls us together as the people of God

Welcome, Announcements & Land Acknowledgement

Confession & Forgiveness

P: Blessed be the holy Trinity, † one God,
who forgives all our sin,
whose mercy endures forever.

C: Amen.

P: Let us confess our sin before God, who removes our guilt
and blots out all offenses.

Silence is kept for reflection.

P: Gracious God,

C: have mercy on us according to your steadfast love.

P: For desiring self-reliance instead of hungering for your word: Gracious God,

C: have mercy on us according to your steadfast love.

P: For failing to recognize your presence in our lives,
and the way the Spirit calls us to new behaviours: Gracious God,

C: have mercy on us according to your steadfast love.

P: For drawing from the well of self-serving ambition,
and for disdaining the living water Christ offers: Gracious God,

C: have mercy on us according to your steadfast love.

P: For disregarding voices from the margins,
and for distrusting signs of your healing and hope in the world: Gracious God,

C: have mercy on us according to your steadfast love.

P: For dwelling in tombs of self-pity and discontent,
and for disregarding Christ's call to come forth to life: Gracious God,

C: have mercy on us according to your steadfast love.

P: God's steadfast love, grace, and forgiveness abound.
Through faith, the free gift of God,
you have been clothed in the righteousness of Christ.

In the name of † Jesus Christ, your sins are forgiven.

The Spirit of the One who raised Christ from the dead dwells in you,
pours God's love into your hearts,
and gives you life and peace.

C: Amen.

Gathering Hymn ELW # 334 - Tree of Life and Awesome Mystery (verses 1, 2, 3 & Lent 5)

Greeting

L: The grace of our Lord Jesus Christ,
the love of God,
and the help of the Holy Spirit be with you all.

C: **And also with you.**

Kyrie (Sing 3 times)

Translation from Latin: "I will sing of the mercies of the Lord forever"



Mi - se - ri - cor - di - as Do - mi - ni in ae - ter - num can - ta - bo.

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Salutation

P: The Lord be with you.

C: **And also with you.**

Prayer of the Day

Word

God speaks to us in scripture reading, preaching, and song

Children's Time

First Reading: Ezekiel 37:1-14

Ezekiel's vision of the valley of dry bones is a promise that Israel as a nation, though dead in exile, will live again in their land through God's life-giving spirit. Three times Israel is assured that through this vision they will know that "I am the Lord."

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all round them; there were very many lying in the valley, and they were very dry. He said to me, 'Mortal, can these bones live?' I answered, 'O Lord God, you know.' Then he said to me, 'Prophecy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord.'

So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, 'Prophecy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath,

and breathe upon these slain, that they may live.' I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

Then he said to me, 'Mortal, these bones are the whole house of Israel. They say, "Our bones are dried up, and our hope is lost; we are cut off completely." Therefore prophesy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act, says the Lord.'

P: The word of the Lord.

C: Thanks be to God.

Psalm 130

Refrain: 
Mer-cy em - brac - es those who trust in the Lord.

L: Out of the depths I cry to you, O Lord.
Lord, hear my voice!
Let your ears be attentive
to the voice of my supplications!
If you, O Lord, should mark iniquities,
Lord, who could stand?
But there is forgiveness with you,
so that you may be revered.

C: Refrain

L: I wait for the Lord, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than those who watch for the morning,
more than those who watch for the morning.

C: Refrain

L: O Israel, hope in the Lord!
For with the Lord there is steadfast love,
and with him is great power to redeem.
It is he who will redeem Israel
from all its iniquities.

C: Refrain

Second Reading: Romans 8:6-11

For Paul, Christian spirituality entails living in the reality of the Holy Spirit. The driving force behind our actions and values is not our sinful desire for self-satisfaction but the very Spirit by which God raised Jesus from the dead and will also raise us from the dead.

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

P: The word of the Lord.

C: **Thanks be to God.**

Gospel Acclamation ACS # 1031 – In God Alone (Sing twice)

In God a - lone my soul can find rest and peace, in
God my peace and joy. On - ly in God my
soul can find its rest, . . . find its rest and peace.

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L: The holy Gospel according to John, the 11th chapter.

C: **Glory to you, O Lord.**

Gospel: John 11:1-45

Jesus is moved to sorrow when his friend Lazarus falls ill and dies. Then, in a dramatic scene, he calls his friend out of the tomb and restores him to life.

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, 'Lord, he whom you love is ill.' But when Jesus heard it, he said, 'This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it.' Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, 'Let us go to Judea again.' The disciples said to him, 'Rabbi, the Jews were just now trying to stone you, and are you going there again?' Jesus answered, 'Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them.' After saying this, he told them, 'Our friend Lazarus has fallen asleep, but I am going there to awaken him.' The disciples said to him, 'Lord, if he has fallen asleep, he will be all right.' Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, 'Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him.' Thomas, who was called the Twin, said to his fellow-disciples, 'Let us also go, that we may die with him.'

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?' She said to him, 'Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world.'

When she had said this, she went back and called her sister Mary, and told her privately, 'The Teacher is here and is calling for you.' And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, 'Lord, if you had been here, my brother would not have died.' When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, 'Where have you laid him?' They said to him, 'Lord, come and see.' Jesus began to weep. So the Jews said, 'See how he loved him!' But some of them said, 'Could not he who opened the eyes of the blind man have kept this man from dying?'

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, 'Take away the stone.' Martha, the sister of the dead man, said to him, 'Lord, already there is a stench because he has been dead for four days.' Jesus said to her, 'Did I not tell you that if you believed, you would see the glory of God?' So they took away the stone. And Jesus looked upwards and said, 'Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.' When he had said this, he cried with a loud voice, 'Lazarus, come out!' The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, 'Unbind him, and let him go.'

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

L: The Gospel of the Lord.

C: **Praise to you, O Christ.**

Sermon

Hymn of the Day ELW # 666 - What Wondrous Love Is This

Apostles' Creed

**I believe in God, the Father almighty,
creator of heaven and earth.**

I believe in Jesus Christ, God's only Son, our Lord,

who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen

Prayers of the People

Prayers will be offered in a bidding style. The Pastor will introduce the subject of each petition, followed by a time for silent or spoken prayer from the congregation. After each group of petitions the Pastor will say "God of endless mercy" and the congregation will sing the following refrain.

O Lord, Hear My Prayer - ELW # 751

The musical score is written for two voices (Soprano and Bass) and piano accompaniment. It consists of two systems. The first system has a vocal line with the lyrics "O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me." and a piano accompaniment. The second system has a vocal line with the lyrics "O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me." and a piano accompaniment. The key signature is one sharp (F#) and the time signature is 4/4.

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Sharing of the Peace

P: The peace of Christ be with you always.

C: **And also with you.**

All are invited to share a sign of peace with those around them as we recognize the image of God in each other.

Meal

God feeds us with the presence of Jesus Christ

Offering & Offering Prayer

The Great Thanksgiving

Sanctus ACS # 1089 – Holy, Holy, Holy



Ho - ly, ho - ly, ho - ly, Lord God of might and mer - cy,
your glo - ry fills all heav-en and earth. . . . You are ho - ly, God.
. . . . Bless - ed be the Sav-ior, the one who comes in your name.
Ho - san - na in the high - est. You are ho - ly, God.

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Thanksgiving at the Table

The Lord's Prayer

C: Our Father in heaven,
hallowed be your name,

your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and forever. Amen.

Invitation to Communion

Lamb of God ACS #989 – Let Your Peace Rain upon Us (Sing twice)



Let your peace rain up - on us, O liv - ing God of . . . peace.



Let your peace rain up - on us, Lord, fill our hearts . . with your peace.

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Communion is distributed

Directions for Communion: All are invited to this meal of grace, including children. At the Usher's direction, you are invited to advance to the communion rail through the centre aisle, commune in groups, and exit back to your pews through the window aisles, depositing your used wine/juice vessel in the repository tray at the head of each window aisle. If you would prefer to receive communion in your pew once all have come forward, please raise your hand and the servers will come to you. Wine is located in the two outer rings of the tray and the lighter-coloured grape juice in the centre. We also have a gluten-free option for bread and a common cup option for wine. Just make your preference known at the time of being served.

Hymns Sung during Communion

- ELW # 758 - You Are the Way
- ELW # 773 - Precious Lord, Take My Hand
- ELW # 770 - Give Me Jesus
- ELW # 472 - Eat This Bread (Chant)

Communion Blessing

Prayer After Communion

Sending

God blesses us and sends us in mission to the world

Blessing

- P: Receive the blessing of the holy Trinity:
God, who calls all things into existence,
Jesus Christ, who redeems us,
and the Holy Spirit, whose breath sustains creation,
✠ bless you now and always.
- C: Amen.

Sending Hymn ELW # 333 - Jesus Is a Rock in a Weary Land

Dismissal

- P: Go in peace. Believe the good news.
- C: Thanks be to God.

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ANNOUNCEMENTS

March 22, 2026

To open hyperlinks right-click on your mouse while on the link and select Open Hyperlink or Control-Click

Flowers are placed on the altar in thanksgiving for God's power over death, the promise of resurrection life, and the gift of life-giving water that bestows God's mercy, grace and forgiveness to us.

Being Lutheran Today: Our final session in our **Being Lutheran Today** series takes place next **Sunday, March 29th** at the usual time of 5:30 pm. All are welcome to attend. Just let Pastor Eric know you will be attending so we can order enough pizza. Child minding is available.

'Pick Up Your Branches and Lay Down Your Garments': As Jesus entered Jerusalem, on what we know as Palm Sunday, the people waved leafy branches and lay down their garments before Him. To echo those crowds, we too will "lay down garments", by acknowledging those who are in need of warm apparel. On **Palm Sunday, March 29**, are asking you to spread your "garments for Jesus" ... the garments being new **SOCKS**, which will be distributed to those in need of warm, dry footwear. {socks for both men and women}. Please donate only new and unused socks. God Bless.

Easter Sunday Breakfast: On **Easter Sunday morning, April 5th**, we will again enjoy a Continental-style Potluck Breakfast **from 9 am to 10 am**. All are invited to bring finger-food style items to contribute (like croissants, muffins, cheese, kolbassa, cut up ham, fruits, mini quiche, hot cross buns, veggies... etc.). We are also hoping to provide some Easter activities for kids as we gather to worship with our Easter Celebration Service at 10:30 am.

Seeking Accommodation: Yvon Malenfant and Michelle Ryu are seeking temporary housing. If you have any, or know of any, please let them know. Yvon writes:

We are looking for temporary housing for the interim. 1 bedroom with a bathroom would be great! Something not too expensive. Let us know if you have anything. Thank you for your kind consideration.

Yvon and Michelle

778-862-5240 Y

778-863-5240 M

Middle East Emergency Appeal: In response to the events in the Middle East, the ELCIC and Canadian Lutheran World Relief (CLWR) has launched an Emergency Appeal for the Middle East to provide emergency relief to children and families that have had to flee their homes. You can donate through your regular offering method designated for "Middle East Appeal" or online at CLWR [here](#).

In Response to the Situation in the Middle East: Please note the following letters and statements written by Church Leaders:

- **Our National and Synod Bishops** have published a letter to all members of the ELCIC following the recent events in Iran. [Read the full letter here](#). They have also written to Bishop Haddad and members of the ELCJHL, expressing support and solidarity for them. You can read the letter [here](#).
- **The World Council of Churches** (WCC) has expressed grave concern over the attack against Iran and subsequent escalation. Read their statement [here](#). They have also launched a campaign calling for Israel to be held accountable for ending the illegal occupation of Palestine. Learn more about the campaign [here](#) and watch the video of the launch event [here](#).

Soup & Sing: Every **Wednesday during Lent** we will be offering *Soup and Sing*, where we gather for a meal of soup and bread followed by *Holden Evening Prayer* Service at 6:45 pm. There is a sign-up sheet available on

the Ushers should you wish to bring soup or contribute bread on each of the successive midweek Wednesdays that precede Holy Week. During Holy Week we will be offering *Soup and Sing* on Maundy Thursday instead. If you can't make it for dinner, please know you are welcome to join us for the service. Please consider attending this event as part of your Lenten Fast from your usual Wednesday dinner routine.

Sip with the Spirit: This coming **Wednesday, March 25th** we'll gather in the Fireside Room at 7:45 pm after the *Holden Evening Prayer Service*. Bring your favourite beverage and stay for the lively, engaging conversation that always follows.

2025 Church Directory: A new church directory is in the works, and current information from our database is shown on the printed pages on the tables in the hall. Please find your family name, and update any information on the right side of the page. These pages will be out for three weeks only. We will then make the changes as noted and publish our new directory. Alternately, you are welcome to simply call the office to verify the correctness of the information we have on file for you. Thank you for your time and effort in helping us publish an accurate directory.

Luther Manor Society of Vancouver – Notice of AGM: The Board of Directors of the Lutheran Manor Society of Vancouver BC calls the Annual General Meeting for Thursday, May 12th, 2026, at 7:00 PM. See the poster on the bulletin board for all the details.

Protect the progress around Lake Chad: Funding for nature-based solutions, including CLWR's Friends of Creation project around Lake Chad, is at risk with the next federal budget. Use your voice now to let the government know you care about this work and want to see it protected. Use CLWR's letter-writing tool to send an email to your MP in just three minutes. Find the tool online at clwr.org/advocate.

LENTEN RESOURCES:

- **Devotional from Reconciling Works:** A weekly devotional from Reconciling Works, focusing on justice, liberation, and flourishing. You can download the booklet [here](#).
- **Lenten Reflection from LWF:** [Click here to read the full letter.](#)
- **Lent Resource on Modern Slavery:** The [World Council of Churches](#) prepared a Lent resource addressing modern slavery. To access it, please [click here](#).
- **Prayer Vigils for Climate Justice:** Each Tuesday evening during Lent, 5:00-5:30 pm, , the ELCIC and its synods are hosting a *Prayer Vigil for Climate justice*. Feb. 24, and March 3, 10, 17, 24, & 31. Please [register here](#) to join the vigils live and/or to receive a link to the recording. See the poster that follows.
- **Global Systemic Carbon Fast:** The World Council of Churches (WCC) invites you to participate in a Global Systemic Carbon Fast: a faith-rooted journey through Lent. For more information, please [click here](#).
- **Lutherans Connect:** Lutherans Connect is a seasonal devotional by Deacon Sherry Coman from Eastern Synod Daily devotionals are published on Facebook, or they're available over email . Contact Deacon Sherry at Lutheransconnect@gmail.com
- **Daily prayers:** Sent to you by email, created by Rev. Bruce Ehlert (Saskatoon, SK). You can subscribe [here](#).
- **Journey Through Lent:** CLWR has prepared a series of short studies for Lent focussing on a specific theme. They can be done individually or as a small group. They are available at clwr.org/lenten-journey.

Youth Justice Camp: BC Synod is hosting a Youth Camp later this year from August 10-14 at Loon Lake Lodge in Maple Ridge. It is open to all youth ages 11 to 18. If you are interested in helping in any capacity with this event, please contact the synod office at bcsynod@elcic.ca.

'Every Square Foot Counts' – Educational Opportunities for Congregations:

- This month's blog post is "**From Visibility to Viability: External Communication as Public Stewardship**" which invites congregations to reflect on how their buildings are seen and understood by their neighbourhoods. Read post [here](#).

ignYte Return it Express Account: You're invited to support our ignYte Youth Ministry with your recyclables. See the instructions on the bulletin board.



Karren Stinson Bursary: This bursary, offered by Lutheran Church of the Cross in Victoria, offers financial assistance to Lutherans and Anglicans based in Western Canada who are currently involved in post-secondary education leading to a vocation of service. The bursary amount is \$1,500.00. The deadline to apply is April 30th. For more information and to download the application please click [here](#).

Partner Impact Grant Applications: *Charitus* is offering grants to ELCIC congregations for projects addressing the elimination of poverty, reconciliation with Indigenous peoples, or sustainable environmental practices. Grants of up to \$3,000 covering up to 75 percent of project costs, are available. If you have an idea for such a project, please speak to any member of council before May 15th.

Blanket Exercise Workshop: Como Lake United Church is once again hosting an opportunity to share in the Blanket Exercise Workshop on **Sunday May 3, 2026 at 1:00PM**. Register early to ensure a spot! We highly recommend this workshop, it is very well run, educational, and a personal opportunity to understand and feel the strong need for Truth and Reconciliation in today's world. The \$10 registration fee can be sent, upon registration, by e-transfer as listed in the poster below. To register, please phone the Church at 604-931-8555 or email office@comolakeunited.ca

Save the Date - Installation of Rev. Courtenay Reedman Parker: On **Saturday, May 23rd** Rev. Courtenay Reedman Parker will be installed at Mount Zion Lutheran Church in New Westminster at 3:30pm. More details, and an invitation, will be sent out a closer date.

COMPASSIONATE JUSTICE AND CREATION CARE:

- **"The Risks of AI" Webinar recording:** The World Council of Churches recently hosted an online panel discussion "*The risks of artificial general intelligence: how should faith communities respond?*" moderated by ELCIC member Peter Kuhnert. To watch a recording of the webinar click here. [click here](#).

A gentle reminder that in consideration of those who have severe sensitivities and allergies, the church has been designated a fragrance-free zone. Your understanding and cooperation is greatly appreciated.

This Week At Church (Note 1)

This Sunday *Bible Study* at 9:30 am (Zoom or in-person)
Fifth Sunday in Lent worship service with Holy Communion and
Sunday School at 10:30 am (view it here)

Tuesday *Woodworking & Crafters Group* at 10 am

Wednesday *Lectio Divina Prayer Gathering* over Zoom at 1:30 pm
Soup 'n' Sing dinner at 6 pm, followed by
Holden Evening Prayer at 6:45 pm, followed by
Sip With the Spirit at 7:45 pm

Thursday *Happy Hour* at 4 pm

Next Sunday *Bible Study* at 9:30 am (Zoom or in-person)
Palm Sunday worship service with Holy Communion at 10:30 am
(view it here)
Being Lutheran Today at 5:30 pm

Note: Most events are in-person events except those noted “on Zoom” or “Online”. The links to these online events are accessible through our website [here](#). Our Sunday morning worship service is offered in-person, live-streamed and via on-line recording posted to our website shortly after the service is over, unless otherwise noted.

Last Week at Church

<u>Financial Information for:</u>	<u>March 15th</u>
Total Offerings:	\$ 3,006.00
General	\$ 2,816.00
<u>Designated Gifts:</u>	
- Memorial Fund	\$ 100.00
- Property Fund	\$ 50.00
- GS Women’s Group	\$ 25.00
- SHARE	\$ 15.00



Prayer Vigils for Climate Justice

Tuesdays during Lent 2026 — February 24 to March 31.
5 pm Pacific time for 30 minutes.



Join ELCIC members and friends across Canada for a weekly prayer series for the planet. Each week is hosted by a different synod and focuses on topics such as creation, biodiversity, consumerism, living more simply, the vulnerable, immigrants and those displaced by war, First Nations/Indigenous people and reconciliation, youth and future generations, science and leadership and peace.

For more information and to register, scan this QR code or visit: bit.ly/4addgdV



Blanket Exercise Workshop

Cecelia Reekie is a proud member of the Haisla First Nation. She believes deeply in the power of personal storytelling to raise awareness and foster understanding of Indigenous cultures and the history of Indigenous Peoples in Canada. Speaking from the heart, Cecelia thoughtfully weaves together her diverse life experiences to create meaningful and engaging cultural workshops. She currently serves as a Cultural Presenter with the Langley School District, where she shares her knowledge and perspectives with students, educators, and the wider community.

Join us for this special **Blanket Exercise Workshop** with facilitator, **Cecelia Reekie**.

Como Lake United Church
535 Marmont Street, Coquitlam

May 3, 2026 at 1 pm
\$10 Registration Fee to
finance@comolakeunited.ca
(For fee assist please contact us)

Seating is limited so please
RSVP as soon as possible.
office@comolakeunited.ca
604-931-8555

When seats are full, you will be
added to a waitlist for
future dates.



Welcome to Good Shepherd Lutheran Church

We welcome you to worship today. It is our prayer that you sense the joy that is present in Jesus Christ. God loves and values each of you without conditions attached. We bring our joys and needs before God, trusting in God's presence.

1504 Spruce Avenue, Coquitlam, BC, V3J 2P6

Phone: 604-936-2939

goodshepherd@telus.net www.gslcc.ca

Find us on Facebook, Twitter, Instagram and YouTube
@GSLCoquitlam

Pastor Eric Krushel Cell: 604-220-5450

Office: 604-936-2939

General Office Hours				
Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 2:00	10:00 – 2:00	10:00 – 2:00	10:00 – 2:00	10:00 – 2:00

We always recommend phoning before stopping by.



Good Shepherd
Website

