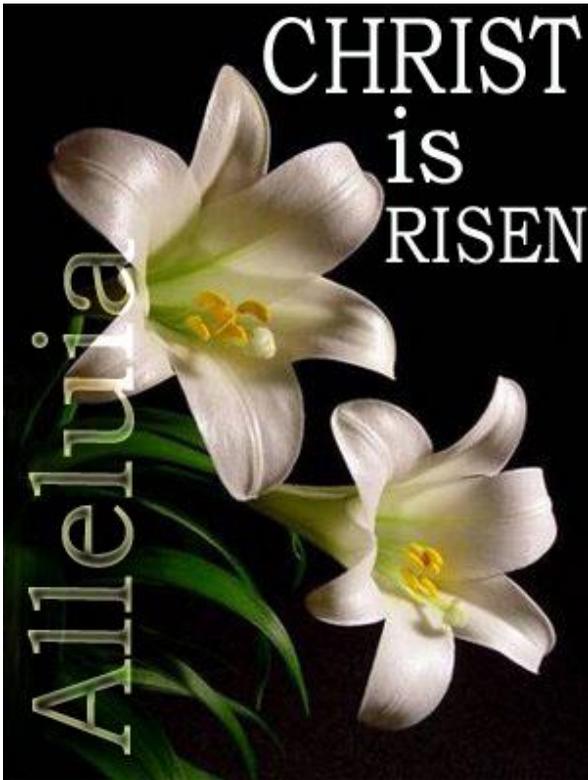




## Spring 2026 Newsletter



Luke 12:27, ESV: Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.

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## Our Vision Statement

To envision and expand Lutheran Hospital Ministries- Southern Alberta Society as a serving, Christ-centered ministry, which is integral to spiritual, emotional and physical healing. Trained volunteer visitors give support through compassionate listening, prayer and Scripture.

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### 29<sup>th</sup> Annual Walk for Love

The annual Fundraising Walk, Run or Roll is set for April 25<sup>th</sup>. We will start and finish at Faith Lutheran Church. Faith Lutheran has been graciously sponsoring their location for many years. Registration begins at 8:30 am. The Walk begins at 9:30 am.



Bridge at Confederation Park, Calgary AB,  
Photographer Unknown

A poster and pledge form and the map route will be e-mailed out to all the churches. You can also download the poster and pledge form off our

website at [www.lhmsa.ca](http://www.lhmsa.ca) It is located near the bottom of the home page.

This will be awesome whether we have sun, rain or snow or all three! So, please dress appropriately and walk in fellowship with family and friends.

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### **Remember the Ministry of Presence**

In our Visitor Training sessions, one of the things we teach our visitors is the value of what is called “the Ministry of Presence”. The Ministry of Presence is the understanding that simply by being present we are helping and serving the person we are with.

Of course, that is not meant to say we should not be bringing listening, prayer, scripture, and blessings to our visits- of course we should! But it is important to remember that simply being present is its own form of ministry.

One little verse that has recently stood out to me is from 2 Timothy 4:9: “do your best to come to me soon.” What makes that verse so outstanding is the surrounding context. 2 Timothy

was written by the great Apostle Paul. He was the missionary to the Gentiles. He had spent and exhausted his life in service to Christ. He had faced danger, hardship, persecution, and so many other trials, and yet he continued on. If there was ever a person with a strong and mighty spirit, surely Paul was it! Likewise, 2 Timothy was the last letter Paul wrote before he died. In fact, it appears he has already received the death sentence and is now waiting until the day comes for his execution. As Paul considers his looming fate he is brimming with confidence and joyful expectation. He says: “For I am already being poured out as a drink offering, and the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing.” (2 Timothy 4:6-8)

Paul sees his end coming and he faces it without fear. His race is done. He has overcome. He is now awaiting the crown and the joyful moment when he will finally gaze upon the face of

His Lord and beloved Master Jesus Christ!

He is strong in his faith; he knows where he is going; and yet, what does he say immediately after all of this?

“Do your best to come to me soon.”

Paul asks Timothy to come and see him. He is in a jail cell and even though he knows Christ is with him and he will shortly enter paradise; nevertheless, Paul’s heart craves the simple presence of a fellow Christian. We all need company. We need the presence of others. I want to remind our community that this simple service of being present is a highly valuable and important work. Our Lord Jesus Himself asked His disciples to stay up with Him and watch while He wrestled in the garden of Gethsemane.

Dear reader, perhaps you are a visitor, or perhaps you are not but you care for others through other ways, either way, remember the ministry of presence.

Did you go and the conversation was halting and awkward? Remember the Ministry of Presence. You were there, and that counts for a lot! Did you visit someone with dementia who could only talk about things from 60 years

ago? Remember the Ministry of Presence. You were with them. You listened. You honored their life’s story. Your presence communicated to them that they still matter.

Did you seek to minister to someone, and they refused to hear any Scripture or to be prayed for? Remember the Ministry of Presence. You went as a representative of Jesus and your very presence communicated that His hands are held open to this person. Your presence was a message in itself that there is a shepherd who loves them and is seeking them. Perhaps they will still come to receive that message.

Did you rush out to see someone in distressing circumstances only to find them calm and confident in their faith? Though you were glad and relieved that they were doing well, perhaps you felt a little embarrassed that you had nothing really helpful to say to them... Remember the Ministry of Presence. Even the Apostle Paul who could almost taste the cup of heaven still was blessed by the presence of another Christian. Even if your words added nothing, your presence did!

To my fellow caretakers, if you ever feel like your visit was a flop or like your efforts were in vain, remember the Ministry of Presence and let this little verse ring in your ears: “do your best to come to me soon.”

With Peace,  
Rev. Mark Rekken  
Director of Pastoral Care

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### **Our Mission Statement**

Bringing Jesus’ Healing and Promise of Salvation to Lutherans who are in care facilities or hospitals, and their families.

If you are interested in becoming a visitor, please call Rev. Mark Rekken at (587) 228-2597 or the office at (403) 264-4045.

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### **Board Meetings, AGM and Budget Meetings**



We appreciate all that everyone has done for LHMSAS. We invite your participation. There is still much to be done. Board members are elected for 2-year terms at our Annual Meeting every spring.

LHMSAS Annual General Meeting takes place on the 3<sup>rd</sup> Saturday of March each year (March 21, 2026 at 10 am, St. Matthew Lutheran Church) and the Board of Directors Budget meeting, occurs on the 3<sup>rd</sup> Saturday of November each year (Nov 21, 2026). The regular Board meetings occur on the fourth Thursday of January, May and September at 10 am, St. Matthew Lutheran Church Parish Hall.

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### **Hopes and Dreams and Goals for Lutheran Hospital Ministries**

Everybody’s got to have dreams, goals and hope. Lutheran Hospital Ministries included. We want to share some of ours.

- Allow patients to access brochures and devotional videos and daily scripture readings through our website using their cell phones. This includes modernizing our

website. THE UPDATED WEBSITE IS LIVE. Try it on your phone or tablet.

- Getting some large print hymnals for folks at our worship services. WE ARE GOING TO TRY BINDERS TO HOLD THE HYMNS.
- Training people in rural Southern Alberta so they can do visits in clinical settings for people around them.
- Increase attendance to our Education sessions to all Lutherans in Southern Alberta. Many, many people will end up being care givers at some point to members of their family or their friends. Wouldn't it be great to have some knowledge.
- Being able to provide worship services in all the CareWest facilities.

We thank God for opportunity of serving Him and His Children here on Earth!

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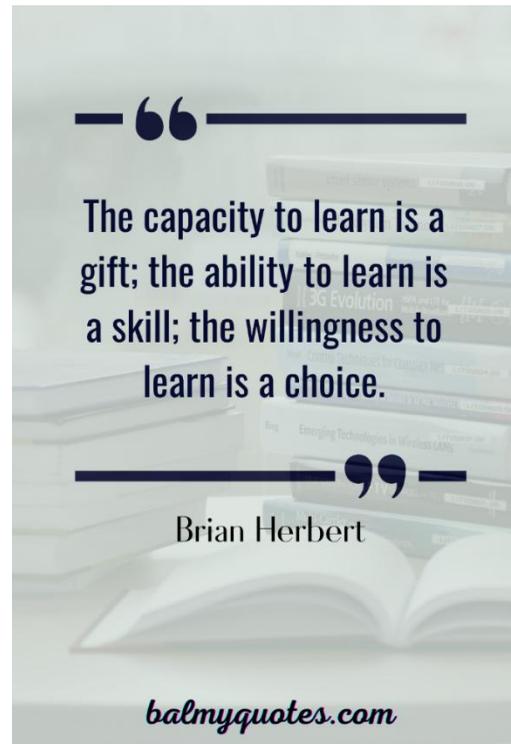
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## The Education Luncheon

To our volunteer visitors or any other interested person, the Education Luncheon will be hosted on June 6, 2026 at St. Matthew Lutheran Church starting at 11:30 am. **The topic for the luncheon is Suicide Prevention and Intervention.**

Please RSVP the office should you like to attend and let me know if you have a food allergy. I need to make sure we enough food and it won't hurt you.

We do hope you will attend!!



## What does Luke 12:27 mean for us?



<https://images.knowing-jesus.com/i/luke-12-27-consider-the-lilies-of-the-field-white-4170#>

When we worry and fret about things, it displays a lack of faith in our heavenly Father. Frequently in Scripture, we are called upon to refrain from worry and to cast all our cares upon Him because He cares for us. We are reminded to cast our burdens upon the Lord for He has promised to sustain us. The Lord will never allow the righteous to be shaken. The eyes of the Lord are towards the righteous because He cares for His people, and His ears are open to their cry.

We are also encouraged to think about the provision God has made for animals, and all wildlife; for birds of the air and the trees and flowers on

the hillside. We read in Psalms: "He gives drink to every beast of the field and the wild donkeys quench their thirst." And in His Sermon on the Mount, He calls us to consider the birds of the air and the flowers of the field. We are to reason that IF God has provided such abundance for common little birds, and dresses insignificant wayside flowers in such beauty, surely He will care for those who have become His children, by faith.

So often we are told in Scripture to consider an issue; to contemplate it and to reflect upon it. We are to think about, mull over, meditate, and ponder a matter, in order to reach the right solution and a wise conclusion. In Matthew 12 we are encouraged to consider the lilies: "Consider the lilies, how they grow," Jesus told His disciples, "they don't toil or spin; but not even Solomon in all his glory was clothed like one of these."

What could be simpler than to consider a little wayside flower that dances in the sunlight, nods its head in the breeze, and bends its stalk with the wind, before shedding its sweet-smelling petals and hiding once again in its earthy bed, waiting for spring to call forth new shoots to declare the

glory of God and demonstrate once again the wisdom of His hand.

When we consider God's abundant provision for a simple little flower, how foolish to be concerned about our own necessities and needs. Too often we allow our own fretful fears to overwhelm us or to morph into anguished anxieties and unnecessary worries. But in considering the insignificant life-span of a little wild lily whose covering dress simply declares God to be its sole Creator and Provider, we are charged to cast our concerns and worries upon Him, rather than to engage in anxious pursuit of worldly wants and waste our strength in fretting about our daily needs.

The special interest and intricate care that God places on the beautiful adornment of a wild wayside flower which blossoms today, but tomorrow quickly fades and is cast into the oven and burnt in the noonday sun, should create in us a confident trust in God's faithful provision for each of His children. If the natural beauty of a wild lily-of-the-field rivals the glories of Solomon, how much more will our heavenly Father be mindful of the

everyday needs and the necessities of our daily lives.

The flowers of the field grow and are attired in simple beauty without care, labour, planning, management, or emotional worries! How much more will our heavenly Father care for us who are His blood-bought children. When fear is fermented in our heart, it displaces our faith in God. It is unbelief that deposes faith in His Word and it is worry that dislodges a simple dependence on God as our faithful Provider.

Perfect love casts out fear, so let us replace fear with faith and let us reflect upon, think about, mull over, ponder, contemplate, and simply consider the lilies of the field and how they grow: "They neither toil nor do they spin; but not even Solomon in all his glory clothed himself like one of these."

My Prayer

Father God, I thank You for the timely reminders throughout Your Word that I am to cast all my concerns on You, all my physical, emotional, financial, relational, and daily worries and fears, knowing that all things are under Your sovereign control. Thank You for

providing all I have ever needed, and may I develop the right attitude towards my everyday needs and the necessities of life. Keep me mindful that worry starts with a simple doubt about Your goodness, but doubt is displaced when I trust in You with all my heart and don't lean on my own understanding. Help me to trust You in all things. This I pray in Jesus' name, AMEN.

Source: <https://dailyverse.knowing-jesus.com/luke-12-27>

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## Spring Visitor Training

Visitor Training will be held on May 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> from 8:30 to 12:30 at St. Matthew Lutheran Church in the Parish Hall.

Please contact Pastor Mark Rekken at 587-228-2597 if you are interested in attending.



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Has your life or the life of a loved one been touched by the work of Lutheran Hospital Ministries? If so, we invite you to support our work in one or more of the following ways:

- **Pray for our Ministry**
- **Sponsor a participant** in the Walk for Love (April 27, 2024)
- **Walk in the Walk for Love on April 27, 2024**
- **Canada Helps:** giving made simple through a secure, quick and easy online method. Canada Helps does all the administration and issues tax receipts. You can set up monthly or one time donations using your credit card. Go to <http://www.canadahelps.org> and enter Lutheran Hospital Ministries Southern Alberta
- **Paypal Giving Fund Canada,** is another easy online method to donate. Paypal will issue your tax receipt. Go to [paypal.com/ca/fundraiser/charity/3448824](http://paypal.com/ca/fundraiser/charity/3448824) or go to Paypal Giving Fund Canada and enter

Lutheran Hospital Ministries  
Southern Alberta

- **Charitable Impact website**, this is another donor website that we are a part of. You have to create an account first before you can donate.
- **E-transfer**, we can now receive e-transfers with our banking institution. Just send an e-transfer using our email address, [lhmsac@gmail.com](mailto:lhmsac@gmail.com)
- **Donate** to LHMSAS by cheque

Donations of \$5 or more will receive tax receipts if you will provide an email address to receive the receipt!

Unfortunately, to physically mail receipts we still require donations of \$20 or more. Charitable Registration # BN: 107649931RR0001

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**addresses or mailing addresses, please let our office administrator, Heather, know. Thank you!**

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**If you've Read this far, you deserve a joke:**

**Where is the best place to get an ice cream cone?**

Sundae School

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**Disclaimer:** Views expressed in this newsletter do not necessarily reflect the policy of LHMSAS.

**Editors:** Rev. Mark Rekken and Heather Graham-Navis

**If you or your church has changed phone numbers and/or email**