



BULLETIN BOARD SERVICE

The religious community's bulletin board of activities appears each Saturday in The Herald.

- 7-9 p.m. **Feb. 25-March 25** at Martha Retreat Centre, 1130 Scenic Drive S. Facilitators are Sr. Jean Harris and Sr. Theresa Parker. For details or to register, call 403-328-3422.
- LENTEN RETREAT** Martha Retreat Centre, 1130 Scenic Drive S., will offer a Lenten Retreat from 7:30 p.m. **March 5** to 1 p.m. **March 7**. The Lenten/Easter season is a time to deepen our appreciation of the dying and rising of Jesus which is at the heart of the Gospel message and all Christian life. Reflecting on this theme will include scripture, silent prayer and the celebration of the liturgy. Director will be Charles Pottier-Pate, sj.
- GOSPEL MESSAGE** Come hear the Gospel message Wednesdays until **April 7** with the exception of Feb. 17 and March 17. Meetings start at 7:30 p.m. at the 702 Wing Hall, 174 Stubb Ross Road at the Lethbridge County Airport. The purpose is to create faith in those who do not believe and to strengthen the faith of those who do. For more details, call Lloyd Haugen at 1-403-837-4796.
- CENTENNIAL CELEBRATION** Former members and family who may have attended St. Matthew's United Church in Calgary in years past are invited to join the church in celebrating its 100th anniversary throughout the year. Centennial celebrations will culminate with a dinner and social windup **Dec. 4**. Former attendees are welcome to take part in regular Sunday worship services at 10:30 a.m. The church is located at 2035 26A St., S.W. For more details, phone 1-403-249-1721 or email st.matthews@telus.net.
- DEVOTIONAL GATHERING** An interfaith devotional gathering is held every **Sunday** from 1-3 p.m. at the Baha'i Information Centre, #2, 310 12 St. S. A light lunch is followed by prayers and readings from various faiths. Everyone is welcome. Details: 403-394-8888.
- BIBLES FOR MISSIONS** The Bibles for Missions Thrift Store, located at 1004 1 Ave. S., is open Monday-Saturday from 10 a.m. to 5 p.m. Profits go toward mission work and Bibles for people in China and other Asian countries. Phone 403-327-3199.
- MCC THRIFT SHOP** Tuesday is Bag Sale Day at the MCC Thrift Shop, located at 1251 2 Ave., S. Proceeds go to support poverty reduction projects around the world through Mennonite Central Committee. The shop is open Monday to Friday from 9:30 a.m. to 4:30 p.m. and Saturday from 9:30 to 4:30 p.m. For more information, call 403-329-4808.
- THRIFT SHOPPE** Coaldale United Church operates Ye Old Thrift Shoppe Thursdays, 9 a.m. to 1 p.m., 2022 18 St., Coaldale. Please use northeast entrance. For more information, call 403-345-3240. Send Faith Today items to Dave Sulz, The Herald, Box 670, Lethbridge, T1J 3Z7, fax 403-329-9355; or email to dsulz@lethbridgeherald.com

**FAITH BAPTIST CHURCH**  
Meeting at Lethbridge Senior Citizen's Organization  
500 - 11 Street South Lethbridge  
**SUNDAY 11:00 A.M.**  
Pastor Lloyd Kohl • Phone: 381-8237

New to Lethbridge? Be our guest this Sunday!  
**victory CHURCH**  
A place to believe, to belong, to become... the place to be.  
**Sunday 10 AM**  
Children's Ministry provided  
One Mile East of Lethbridge on Hwy 3  
Ph: (403)320-1565. Dial-a-Ride ext.236  
www.victorylethbridge.ca

**United Church of Canada**  
**Southminster United Church**  
across from the Yates at  
1011 - 4 Ave. S. at 11<sup>th</sup> Street Phone: 327-3404  
Open Hearts, Open Doors, Open Minds  
**Sunday Worship 10:30am**  
Guest Soloist: Alicia Hill  
Sunday School, Nursery Care refreshments to follow  
UCW Fundraising Luncheon after Church, \$5.00  
Visitor and Disabled parking available in the rear lot  
Need a ride TO worship? Call 5th Ave. Cabs 381-1111  
Visit us at: www.southminsterunited.org

**FIRST UNITED CHURCH**  
502 - 13th Street North • 327-2659  
10:30 a.m. Worship  
"The Destiny of the Prophet"  
Sunday School and Nursery Space Available  
Minister: Rev. Dr. Austin Fennell  
Music: Cheryl Nelson  
**A Warm Welcome Awaits You!**  
2329 - 15th Ave. S.  
Ph: 328-2703  
United Church www.mckillopunited.ca  
Nursery & Church School Available  
**10:00 AM Worship (traditional)**  
**11:00 AM "Refreshments"**  
**11:30 AM Worship (contemporary)**  
Ministry:  
Trevor Potter/Cathy Coates  
M. Sinclair, K. Rogers, D. Croft

**Japanese United Church**  
821 - 9 Avenue North • 328-1207  
**10:00 A.M. Sunday Worship**  
Come join us in Worship and Fellowship  
All services in English  
Rev. Aldeen McKay 328-2285

- TURKEY SUPPER** St. Ambrose Parish/CWL Turkey Supper will be held **today** from 4:30-7 p.m. at St. Joseph's School gym, 1413 23 Ave. in Coaldale. Admission is \$10 for adults and \$5 for children ages 6-12, with children under six admitted free. Take-out meals are \$10. Everyone is welcome.
- ECM ANNIVERSARY** A service celebrating the 15th anniversary of Ecumenical Campus Ministry will be held **Sunday** at 2 p.m. at McKillop United Church, 2329 15 Ave. S. Everyone is welcome. Ecumenical Campus Ministry operates on the campuses of the University of Lethbridge and Lethbridge College.
- RECOLLECTION PRACTICE** The Martha Retreat Centre will offer "The Way of the Mystics," a series of presentations that will examine the practice of recollection through the writings of Francisco de Osuna, which can involve reading, scripture and contemplation. They will be held Thursdays, **Feb. 4, 11 and 18**, from 7-9 p.m. Presenter is Brad Wolcott.
- BOOK SALE** Southminster United Church, 1011 4 Ave. S., will hold its Book Exchange and Sale **Feb. 6** from 10 a.m.-noon. Buy books for a toonie each, or trade your old books for different books for only a loonie each. Books may be donated from 9-10 a.m. Use the 11 Street entrance to the hall. Muffins, coffee and tea will also be available for a small charge.
- TURKEY SUPPER** The Annual Turkey Supper will be held **Feb. 7** from 4-6:30 p.m. at Coaldale United Church, 2022 18 St. in Coaldale. Cost is \$10 for adults, \$5 for children ages 6-12 and free for children under six. Take-out is available; phone 403-345-3240.
- OASIS DAY** An Oasis Day will be held **Feb. 9** from 9 a.m.-4 p.m. at Martha Centre, 1130 Scenic Drive S. Participants are invited to come and enjoy a time to be, a time to pray, a time to rest, a time to be with their God. Facilitator is Sister Loretta Gillis, csm. For details and to register, call 403-328-3422.
- DREAMS AND PERSONALITY** Martha Retreat Centre will offer "Dreams and Personality: a call to integration," from 7:30 p.m. **Feb. 12** to 1 p.m. **Feb. 14**. Through prayer, dream-work in groups, the Myers Briggs Personality Inventory and sharing, participants will see how God is calling them to wholeness and holiness. Presenter is Ita Conery, fcj. For details and to register, call 403-328-3422.
- ROAST BEEF SUPPER** First United Church, 502 13 St. N., will hold its Valentine Roast Beef Supper **Feb. 13** in the lower hall, with punch served at 6 p.m. and supper to follow. Tickets are \$12.50 and must be purchased by noon Feb. 11. Tickets are available at the church office (phone 403-327-2659) or from Special Projects folks. There will be no tickets at the door. Everyone is welcome.
- SINGLES AT HOCKEY** Unity Christian Singles, an interdenominational fellowship group for singles in the 30-50 age range, will attend the Lethbridge Hurricanes' game **Feb. 13** at 7 p.m. at the Enmax Centre. Meet in the lobby at 6:30 p.m. For more details, check out the blog at http://ucsflethbridge.blogspot.com or email unitychristiansinglesleth@gmail.com.
- BEREAVEMENT SUPPORT** Coping, a bereavement support group for widows, will begin **Feb. 22**. For more details, call St. Augustine's Church office, 403-327-3970.
- MYSTERY OF HEALING** Those who would like to knit a shawl for someone in need of comfort are invited to join other knitters for "Knitting into the Mystery of Healing," running Thursday evenings from

**Lethbridge Mennonite Church**  
4303 - 3rd Ave. S. - Ph: 403-329-8557  
www.lethbridge.mennonitechurch.ca  
Sunday School for all ages at 9:50 a.m.  
Worship Service at 11:00am  
"Buckle Up - Wear Love"  
Pastor: Rev. Ruth Preston Schilk

**COALDALE MENNONITE CHURCH**  
"The Cross Makes All The Difference" Committed to Calling Equipping and Sending God's People.  
2316 - 17 St. Coaldale, AB Ph: 345-3363 Fax: 345-5303  
Christian Education Hour 9:30am  
Family Worship Service 10:45am  
Speaker: Phil Sharp  
Sermon Title: "God's Unspoken Word"  
Scripture: Psalm 33:1-9

**St. Andrew's Presbyterian Church**  
1818 - 5th Avenue South  
327-2582 andrewst@telus.net  
www.standrewslethbridge.ca  
Minister: Rev. Hugh Jack  
**10:30 am Worship Service**  
**10:45 am Church School**  
DIAL-A-RIDE between 8:45 & 9:15 a.m.  
327-2582

**SUNDAY 10 AM** COME JOIN US January 31, 2010  
Pastor Wayne Boersma  
Zechariah 9:12a  
Return to the stronghold, You prisoners of hope.  
Kingdom Kids children's ministry & nursery provided  
**Dominion GateWay Center**  
5th Ave & 31 Street North (At the Miracle Channel)

**King of Kings Fellowship**  
relational, relaxed, real  
Pastors Bob and Patty Butler  
Sunday 10:30 am Celebration Service  
Non-Denominational, Evangelical, Lethbridge  
6th Avenue & 18th St. South, Lethbridge  
394-0990  
www.kingofkingsfellowship.com

spouses in the event of chronic illness.

His reflections upon how biblical examples of people in the Scriptures dealt with anguish, he hopes, will equip couples dealing with illness to cope and even thrive in the midst of their trauma.

Many Christian couples are afraid to be angry with God, says Guretzki. But one of the most important methods of coping with illness is lament — couples must grieve the pain they're experiencing. Guretzki points to King David, who wrote many biblical Psalms, and who had no trouble crying out to God in anger.

The difference, he says, between lament that leads to despair and Scriptural lament that leads to emotional healing is hope. The Psalmist always concludes by crying out to God for relief. And God always gives it.

Other Christians fall into a different trap — that of the eternal, unrelenting expectation of physical healing. Some spend their lives searching for the next cure instead of trusting that God will sustain them even without a cure. Hope without lament and acceptance leads to denial. And when physical healing doesn't come, hope is shattered.

Guretzki confesses that the acceptance of his wife's illness — which took him four years after she was diagnosed with MS — was a major milestone in the healing and coping process for him. He used to wake up and think, "Today, maybe she'll be better." Eventually, he learned to think, "Today, she won't get better. And tomorrow, she might be worse." At that point, he was able to pray for God's grace in the midst of the pain.

Students leave the course encouraged.

One student, a young man named Conrad, has a daughter who suffers from a genetic mutation that causes severe, frequent seizures. He says he particularly appreciates what Guretzki taught about lament.

"As a pastor, I sometimes feel like I need to keep a smile on my face," Conrad says. "If I lose faith, then what?"

Now he feels the freedom to fully lament his daughter's illness — to be upset with God, and to tell him so — but also to have hope as he calls out to God for the grace and peace his family needs.

When Conrad and his wife wake up in the morning and begin to get their older children ready for school, he says, they have no idea what to expect from the day. When they wake up to their daughter having a seizure at 2 a.m., they're reminded that it's definitely "not the way it's supposed to be."

Strangely enough, they can rest peacefully in that — because they know God's grace is coming.

**Westside Community Church**  
480 McMaster Blvd. West Phone: 381-7211  
**10:30 am - SUNDAY CELEBRATION**  
**Kidz Church & Nursery in lower auditorium**  
Pastors: Rev. Bert Faulkner & Shaun Romano  
Affiliated with the Pentecostal Assemblies of Canada

You are invited...  
**First Baptist Church**  
1614 - 5th Ave. S. 327-2082  
www.firstb.net info@firstb.net  
**SUNDAY WORSHIP SERVICES & EDUCATIONAL PROGRAMS**  
9:30 A.M. & 11:00 A.M.  
Thursday Morning Adult Drop-In Activities @ 9:30 a.m.  
"As a Christ-centered community, our mission is to know Christ and make Him known."  
Affiliated with the Canadian Baptists of Western Canada

**ROC Christian Ministries**  
Sunday Service 10 a.m.  
Pastors Frank & Sally Harms  
You're among friends.  
1220 23 Avenue Coaldale, AB  
403.345.5776  
roccm.org

**THE CANADIAN LORD'S DAY ASSOCIATION**  
FOR THE PURPOSE OF PRESERVING THE SANCTITY OF THE LORD'S DAY (Ex. 20-8-11)  
The Sabbath (Sunday) is to be regarded as a holy day and honourable.  
**Matthew Henry (Bible Commentator)** says the following:  
"We then put honor upon the day, when we give honor to Him that instituted it, and to Whose honour it is dedicated."  
The Sabbath is to be sanctified by a holy resting all the day, even from such worldly employments and recreations as are lawful on other days.  
**C.L.D.A.**  
Box 1369 Picture Butte T0K 1V0



Photo by Amy Robertson

David Guretzki teaches a class called "In Sickness and in Health" Jan. 23 at the Evangelical Free Church in Lethbridge.

"I apologize in advance," he says at the beginning of class. "If you've come to hear an expert, I'm not. I'm a theologian."

The purpose of this course, he says, isn't to provide answers — he knows there are none for chronic illness. Instead, he wants to encourage his students by working through some biblical responses to pain and suffering within the context of marriage.

"The issue isn't what to do with illness," says Guretzki. "It's what you do in the midst of it."

One of the foundations of Guretzki's presentation is this: "Illness is not the way it's supposed to be." He is emphatic, stressing each word.

He shares that many well-meaning Christians have told him and his wife that her illness is, somehow, a gift — that God has given it to her so she can help others with their pain.

"Baloney," Guretzki says bluntly. "I could use a stronger word . . . but baloney."

He talks about the fact that in the imperfect world we live in, battling chaos is a fact of life — illness is merely another symptom of our world's brokenness.

The relief in the room is tangible.

Guretzki goes on to say marriage is a gift and a tool God has given us that symbolizes the relationship between himself and the world. As God cares for us amid the chaos, husbands and wives must also care for one another as an outworking of their marriage vows.

Marriage is a covenant, says Guretzki. "Sickness is not an out." God calls us to face the chaos together.

Unfortunately, many people who encounter illness in their families don't see it that way. He says some statistics show that 70 per cent of males and 50 per cent of females are likely to leave their

**PARK MEADOWS BAPTIST CHURCH**  
2011 - 15th Avenue North Ph. 327-4422  
www.parkmeadows.ca  
**Sunday, Jan. 31, 2010**  
"The Unity We Can Embrace"  
Sermon Series: What We Have Because of Jesus  
Pastor Barry Seifert  
Worship Services - 9:15 & 11:00 a.m.

**IMMANUEL LUTHERAN CHURCH**  
20 Rocky Mountain Blvd. W. 403-327-4336  
**SUNDAY, JAN 31, 2010**  
Traditional Worship 9:00am  
Sunday School 9:45am  
Contemporary Worship 11:00am  
Pastor: Richard Brown  
Pastor: Nathan Fuehrer  
EMAIL: ilchurch@immanuel Lutheran.ca  
www.immanuel Lutheran.ca

"No two men can be found outwardly and inwardly united. The evidences of discord and malice are apparent everywhere, though all were made for harmony and union."  
Baha'u'llah  
**SUNDAY DEVOTIONALS**  
1-3 PM #2 - 310-12 ST. S. - 403-394-8888

**Saint Augustine's**  
A family church in the heart of the city  
4th Avenue and 11 Street South • 327-3970  
Rector: James P. Robinson, Deacon: Chris Roth  
Music Director: Alan Young  
**Saturday, Jan. 30**  
5:00pm - Saturday Service (Contemporary)  
**Sunday, Jan. 31**  
8:00am - Holy Communion (Traditional)  
10:00am - Holy Communion (Family)  
Sunday School and nursery provided  
**Thursday, Feb. 4**  
9:30am - Holy Communion  
www.staug.org  
(listen to our sermons online)  
THE ANGLICAN CHURCH OF CANADA

# In sickness and in health

## Class offers biblical perspective on chronic illness in marriage

**Amy Robertson**  
BRIERCREST COLLEGE AND SEMINARY

We're sitting in a small, quiet room as a dozen or so people survey one another, some a little nervously.

We're in the midst of the Evangelical Free Church of Lethbridge's third annual School of Discipleship — a weekend where professors from Saskatchewan's Briercree College and Seminary come and teach a little of what they're passionate about to parishioners in Lethbridge.

The classes, which typically deal with theology, biblical studies and spiritual formation, are well-received at Lethbridge E-Free. The students are educated, curious and eager to learn something new — something they can talk about around the dinner table.

There's something different about this class, though. I don't sense the same ease among the students in this room as I do in the two other larger classes I've popped in and out of all weekend. The students in Cal MacFarlane's class on spiritual formation are quietly, calmly engaged, like their teacher. The students in Wes Olmstead's class on the Sermon on the Mount are on the edge of their seats, their adrenaline pumping as they explore the text — like their teacher.

The students in this class, called "In Sickness and in Health," a seminar on a biblical perspective on chronic illness in marriage, are uncomfortable. Apprehensive, even.

One young woman lies down in a specially made reclining chair with a pillow supporting her head. Her fatigue doesn't allow her to sit up for long periods of time.

Another woman, in her 50s, wears a green mask over her nose and mouth — she can't handle the fragrances the rest of us are wearing. His voice shaking, her husband tells us later that she's facing a third bout with cancer.

Others' ailments are unspoken, hidden for now — but we know many are suffering silently, whether from physical pain or something entirely different . . . as is their teacher.

This class's professor, David Guretzki, is quiet as he stands at the front, waiting to begin. He smiles, as if to ease the mood in the room. He knows very well what each student is going through. His wife has battled chronic illness for 17 years — multiple sclerosis for the last 10 years.

David knows he's worse off than some in the room. His wife is exhausted all the time — on a good day, she functions at half-speed. Sometimes, she has full-fledged attacks. The last one involved chronic dizziness, which kept her in bed for weeks.

He also knows he's far better off than some in the room. As a result, his biggest fear as he teaches this course for the first time is that his students will think he doesn't understand or that he's oversimplifying their problems.

**FIRST CHRISTIAN REFORMED CHURCH**  
14th St. 8 Ave. North 329-8843  
Sunday Services at 10 a.m. & 7 p.m.  
Pastor: Dr. J. Cameron Fraser  
Join us in Worship and Fellowship

**LUTHERAN CHURCH**  
**GOOD SHEPHERD ELCCLC**  
2406 - 11 AVE. S. PH: 328-3445  
Pastor: Kevin Powell  
good.shepherd@shaw.ca  
lutheranchurchoffthegoodshepherd.ca  
**SUNDAY, JAN. 31, 2010**  
10:00am Worship Service  
11:00am Sunday School

**TRINITY REFORMED CHURCH**  
1100 - 40 Avenue North  
www.trinityurc.org  
Worship Services at 10:00 a.m. & 6:00 p.m.  
"O my people, hear my teaching; listen to the words of my mouth."  
Psalm 78:1  
Rev. Hank Van der Woerd  
403-327-6434

**RIVER OF LIFE Community Church**  
**SUNDAY SERVICES**  
9:00AM, 10:30AM & 1:30PM  
2820 - 18 Avenue North  
403-320-2005  
www.rolchurch.ca  
Pursuing God's Dream - A Glorious Church