

Finding Your Personal Expression of Faith: Spiritual health at St. John's Lutheran Church

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In 2007, St. John's Lutheran Church celebrated their 140th anniversary of "Reaching up to Christ and out to others." Reverend Beverley Nitschke (Pastor Bev) explains some of the ways that St. John's continues to reach out to the community.

"Pastoral care is always available," Pastor Bev says, "and there are opportunities to worship together on Sundays and throughout the week."

St. John's also offers Sunday school for kindergarten to Grade 8 children.

St. John's has an active women's organization which sponsors guest speakers related to growth in faith and often centred around health issues. The women's organization also works with the church's visitor group to spend time with shut-ins and the elderly in retirement homes.

Pastor Bev says that their small prayer group meets weekly for "mutual support and to pray for the concerns of the world and the church" and that St. John's also offers "an opportunity for social interaction and services to the community."

Pastor Bev says that Lutherans love life

"Sometimes church people are considered sour or folk who don't know how to have a good time. That's not true! We revel in and enjoy God's good creation and encourage others to do the same."

When it comes to difficult issues, she says, "We realize that there are very few simple answers to serious questions in life, so we try to recognize the grace of God above all else. We try to see God's grace working in every circumstance of life."

St. John's Lutheran Church welcomes members and friends to these services.

"If you are on a spiritual journey or quest, seeking the presence of God in your life, we can help," she says. "Faith is always personal. One size does not fit all. We aim to help you find your personal expression of your faith. You may need to continue your search in another direction. If so, we aim to help you find the right direction or the right place for you."

Pastor Bev maintains that "faith, hope and love are contagious."

With the incentive of discovering love, joy and peace, she encourages people to participate in the activities offered by St. John's to feel "renewed energy for life and peace of mind."

Whatever your involvement, Pastor Bev claims, "You will find yourself reaching up to God and out to others!"