

Lighthouse Church











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No Greater Love

When you consider love, what comes first to mind? Is it the form of a person: a spouse, child, parent, grandparent? Is it a friend, neighbour, or figure of influence? Is it a moment or memory in which you experienced a genuine gesture of compassion or generosity? Is it a series of small sacrifices that were made on your behalf? Or is it a feeling? A feeling of being known and accepted. A feeling of protection and connection. Whatever definition you may attribute to love, I would dare to say that your experience and expectation has been met with disappointment and hurt at some point in your life. Why? ... Because we were created by a Heavenly Father who is the very essence and being of LOVE itself. We were created and wired to be in relationship with this God of love. As His children, we are wired to not only crave this perfect and boundless love, but to actually receive it. Nothing else, from anyone else on this Earth can satisfy. God demonstrated His love for each and every one of us by giving us His only Son, Jesus Christ who sacrificed His life, taking the penalty for our guilty transgressions SO THAT we might be saved and enter into relationship with our Great Father of Love. [Romans 5:8-9

Whenever I consider love, I cannot help but recall the lyrics from the Hymn of old, 'The Love of God'.

"Could we with ink the ocean fill, and were the skies of parchment made; were every stalk on earth a quill, and every man a scribe by trade; to write the love of God above would drain the ocean dry; nor could the scroll contain the whole, though stretched from sky to sky."

Let us rejoice that God's love endures forever and is available to each and every one of us who call upon His name. [Psalm 136; Romans 10:9]

-Laura Bartel

Connect
With
Us



lighthouse@lhpc.ca



food4soul@lhpc.ca



garments@lhpc.ca



780-963-3110



lhpc.ca



49 Boulder Blvd.Stony Plain, Ab T7Z 1V6



Food for the Soul HEARTY BITES



MEET THE TEAM

Jackie Giselbrecht COORDINATOR/PUBLICITY

Jackie is a devoted wife to her beloved and supportive husband Jason, and

proud mother of two children and three stepsons. While working as a full-time High-Risk Youth & Family Support worker, Jackie also serves in full-time ministry overseeing the F4S Outreach. Jackie is a gifted evangelist and is passionate to see the lost come to Christ. Serving her community in love is how she gives back after so many showed her support in her time of need. Jackie is on a mission to share the love of Jesus one sandwich at a time, and to see lives like her own. transformed by the power of God!



Fanet Sawatzky CHURCH LIASON COORDINATOR

Janet has been married to her dear husband for 33 years. They have 3

adult children - 2 daughters and a son. She is blessed to have 2 amazing sons in law, and a most precious 2 year old grandson! She has served for many years in ministry with children, youth and families. Her life's passion is to see families know God fully, love Jesus intimately and serve Him wholeheartedly. Food for the soul is a natural part of loving and serving Jesus and her desire is to see the families who come to Food for the Soul encounter the living God and be changed for eternity.

In Proud Sponsorship with:











Who are we?

Food for the Soul (F4S) is an outreach of Lighthouse church which exists to provide FREE food to those in need within our community. It runs every 1st and 3rd Saturday of the month alongside her sister outreach Garments of Praise. The mission of F4S is to build relationship and heartfelt connection with those in our community; to meet a physical need in order to also have opportunity to meet a spiritual need. Often, we have prayer tables on site with volunteers who are eager to meet our guests and offer prayer and support.

Food for the Soul is run entirely on volunteer support and donations. One hundred percent of all proceeds raised for F4S go back into the outreach.

Each month we see lives that are touched and even changed because of the care and support that they received at this outreach.



Pastor Vic Letendre SPIRITUAL FORMATION LIGHTHOUSE CHURCH



Patricia Addai-Mensah DELIVERY & PICK-UP LIGHTHOUSE CHURCH



Shawna/Noah/ Connor Dinelle DELIVERY & PICK-UP LIGHTHOUSE CHURCH



Fen Graves CHURCH LIASON FOR EAST PARKLAND BIBLE CHURCH



Stacy Bennett HOSPITALITY LIGHTHOUSE CHURCH



Garbielle Moores DELIVERY & PICK-UP LIGHTHOUSE CHURCH



Florence Trautman CHURCH LIASON FOR IMMANUEL LUTHERN CHURCH OF ROSETHAL



HEARTY BITES

Taste & see what happened in F4S this semester!



Thanksgiving BBQ.

WHAT? Yes, you heard it – we had a Thanksgiving BBQ – in Alberta! With exceptional weather and a sensational team of volunteers, hungry members in our community received a BBQ turkey sandwich this Thanksgiving.

Nearly 110 were fed not just a warm meal but were served a generous helping of love from our devoted volunteers. Outreach Coordinator, Jackie Giselbrecht who also serves as Lighthouse Church's Youth Coordinator, recruited the help of our youth this Thanksgiving to help serve our guests. What wonderful memories were made this Thanksgiving as we fellowshipped at picnic tables over turkey sandwiches.

Praise Items of 2023

- Approximately 10 Salvations through the outreach!
- Over 200 salvations through street evangelism!
- 8452 people were served meals/snacks through the outreach!
- The renovation on the main level of the outreach house is nearly complete!
- More church's have partnered with F4S to better serve our community!
- God provided exceedingly for all F4S's financial needs this year!







Hospitality Branch

As our impact in the community continues to grow, our mission remains the same: to reach the one. Each and every individual that comes through our doors is special to us and we want each of our guests to feel seen and cared for. It is with this heart, that a new facet to our outreach was birthed – our hospitality branch! We're very excited to be launching the branch this upcoming Easter inside our newly renovated outreach centre (see page 16 for more details).

What is the hospitality branch? Our hospitality branch will consist of a caring, devoted team of volunteers whose purpose is to connect with each of our guests. Generally, due to higher capacities of families being served, our current volunteers are unable to interact with individuals as much as they'd like since they are occupied with serving. The hospitality team's soul purpose will be to greet and connect with each guest, to be available to listen to their stories, and offer encouragement and/or prayer.

As mentioned, by Easter 2024, we will be serving from our newly renovated kitchen in the outreach house which will diversify our approach of outreach. No longer, will guests arrive for pick-up style service. We are very excited to announce that we will be serving in a cafe-style approach which will allow guests to sit at tables, enjoy a cup of coffee and/or an assortment of pastries/sandwiches. Guests will still have the option of pick-up but will also have the opportunity to stay and mingle. Another facet to this outreach centre, will be the opportunity to evangelize and share the Word of God in a more structured format. Beginning this Easter, we will be running the Alpha program followed by the series: The Chosen (a film series depicting the life of Jesus during his public ministry leading up to his death on the cross). Stay tuned for details as these programs start up!

We are full of anticipation for the fruit that will be birthed as we deepen our roots and deepen our impact in the community through connecting and evangelizing on a more personal level. If this ministry stirs your heart and you would like to be involved, we are looking for volunteers to commit to this ministry. Please email (food4soul@lhcp.ca) or call us (780-963-3110) if you are interested or would like more info to serve as a volunteer at Food for the Soul.



Christmas Dinner

On December 2, Lighthouse Church sanctuary was transformed into a banquet hall to feed those less fortunate in our community. Nearly 160 were in attendance to enjoy a home-cooked Christmas dinner. We could not have done it without our remarkable volunteers, including the U16 hockey team division, the Stony Plain Predators. Volunteers from all ages came together to serve and bring a smile to those gathering for a Christmas meal.

You could hear children's laughter all throughout the room as they gleefully enjoyed the games that were prepared with just such an intention. Milt & Yvonne Owen, longtime Lighthouse members, cheerfully serenaded folks Christmas hymns accompanied by their guitar.

All in all, the day was a remarkable representation of love, witnessing so many people come together to serve our community. What a privilege it was to serve and give back to those in need during this special season of giving. God gave us the most precious gift of all, Jesus Christ His Son. So, with overwhelming hearts of gratitude, we give back as a reflection of our God who demonstrated love through the generous gift of His Son.

















Christmas Dinner







Stony Plain Lane Fundraiser

You've heard of Candy Cane Lane but have you heard of Stony Plain Lane? Stony Plain Lane began one dear Christmas not too long ago when one "Christmas light enthusiast" began to outshine all their neighbors by decking their property with extravagant Christmas decor. It didn't take long before competitive neighbors began to follow suit, in an attempt to "outshine" one another. This soon brought attention to the community of Stony Plain as families began to flock to the neighborhood to partake of the beautiful light show. Once this traction of attention was gained, one caring and good-hearted Samaritan began an initiative to bring support and awareness to the community. She knocked on doors, gleaning support for a fundraising initiative for our local food bank to take place alongside the grand light-up. Five years later and it's become a Stony Plain tradition! This year, Stony Plain Lane chose to support Food for the Soul as one of their charities of choice at this year's light up! On the evening of December 9, the volunteers from Stony Plain Lane gathered on the streets to raise awareness for the charities as well as to generate holiday spirit. This year they were joined by the U14 hockey team division, the Stony Plain Predators. They attracted folks with hot chocolate and their joyful holiday spirit. Approximately \$200 was raised for Food for Soul because of this festive fundraiser. We want to sincerely thank Stony Plain Lane and all the volunteers who took part in bringing awareness to the needs that are in our community, as well as to those who donated to the outreach.

This Made Global News!!!!

Scan tthe QR code to see the clip!!













Live Nativity Scene Fundraiser



December 17th proved to be a very *lively* event at Immanuel Lutheran Church of Rosenthal where they reenacted LIVE nativity scenes as recorded in the Gospel of Luke. Together with Fireplace Church, over 30 volunteers rallied during the busy Christmas season to



from all over the region were welcomed to come behold a series of live scenes in which depicted the events leading up to, and surrounding the birth of Jesus Christ. Thanks to 'Jons Funny Farm', in Westlock, AB they were even able to include LIVE animals which included alpaca's, sheep, a calf and of course ... a donkey! The first half hour guests were able to walk through the maze of scenes to get a 'close-up' view of each site. Afterward, guests were requested to drive through the maze of displays. Approximately 300 guests attended this annual event.

Not only does this annual event bring together the community, and remind of us of the reason for the season but they also use this opportunity to give back to the community through fundraising. This Christmas, Immanuel Lutheran Church of Rosenthal and Fireplace Church chose to fundraise for Food for the Soul. Thanks to these efforts, 5 large boxes of food and just over \$500 was raised for F4S!! THANK

THE CHRISTMAS STORY FROM THE GOSPEL OF LUKE [Luke 2: 1 - 20]

About that time Caesar Augustus ordered a census to be taken throughout the Empire. This was the first census when Quirinius was governor of Syria. Everyone had to travel to his own ancestral hometown to be accounted for. So Joseph went from the Galilean town of Nazareth up to Bethlehem in Judah, David's town, for the census. As a descendant of David, he had to go there. He went with Mary, his fiancée, who was pregnant.

While they were there, the time came for her to give birth. She gave birth to a son, her firstborn. She wrapped him in a blanket and laid him in a manger, because there was no room in the hostel.

There were shepherds camping in the neighborhood. They had set night watches over their sheep. Suddenly, God's angel stood among them and God's glory blazed around them. They were terrified. The angel said, "Don't be afraid. I'm here to announce a great and joyful event that is meant for everybody, worldwide: A Savior has just been born in David's town, a Savior who is Messiah and Master. This is what you're to look for: a baby wrapped in a blanket and lying in a manger." At once the angel was joined by a huge angelic choir singing God's praises: Glory to God in the heavenly heights, Peace to all men and women on earth who please him.

As the angel choir withdrew into heaven, the shepherds talked it over. "Let's get over to Bethlehem as fast as we can and see for ourselves what God has revealed to us." They left, running, and found Mary and Joseph, and the baby lying in the manger. Seeing was believing. They told everyone they met what the angels had said about this child. All who heard the shepherds were impressed.

Mary kept all these things to herself, holding them dear, deep within herself. The shepherds returned and let loose, glorifying and praising God for everything they had heard and seen. It turned out exactly the way they'd been told!



A Generous Christmas Donation

During the holiday season, NCSG Crane & Heavy Haul donated the generous gift of a fully cooked Christmas meal! Volunteers of F4S quickly came together, to prepare individual meals, additionally including pastries, bread, and fruit. On December 8th, Lighthouse Church became a pick-up center for these meals and distributed a total of 24 meals to the unsheltered residents in our community.

THANK YOU NCSG CRANE & HEAVY HAUL!!





Share the Love

On December 15th & 16th volunteers from Lighthouse Church joined Pastor Rod, from Bethel Apostolic Church in Edmonton to feed the unsheltered in the city. Food donations came from a collaboration of local Food Banks & individuals which fed over 400 people!! Nearly 100 hours of volunteer service was spent distributing these meals to our unsheltered Edmonton friends. Volunteers had the opportunity to share the Gospel of Jesus Christ and pray with individuals on the streets. We had one recorded salvation - a man by the name of JC. Hallelujah!!!!

Spruce Grove Community
Church also took part in this
initiative by picking up and
distributing meals in the
Parkland area, and
additionally including
pastries, breads, and
potatoes with each meal.







The Gift of Christmas Hampers & Toys

Through Lighthouse Church's Kinsmen, 14 Christmas Hampers were distributed to families, widows, and seniors within Lighthouse Church's congregation on December 22. Six of these hampers were Medi Shoppe. Each of these hampers included a fully prepared Christmas dinner, as under 12. Two truck loads of donated by the Kinsmen for these hampers which were donations that came to them leftover toys that were given to Lighthouse Church, were then passed along to the Alexis Reserve. This means that nearly 150 children on the reserve, received a toy for Christmas this year!







Sharing Faith and Comfort at West Edmonton Mall



During this past Christmas, the Chapel in West Edmonton Mall pursued a meaningful goal: placing a Bible in every breakroom throughout the mall.

With its staggering 24,000 employees and a remarkable 31 million yearly visitors, West Edmonton Mall stands as a diverse and bustling hub that may not often encounter the Christian faith. Surprising, statistics reveal that about 53% of

Canadians have never attended a religious service, emphasizing the importance of finding innovative ways to connect with individuals who might not typically be reached through conventional means.

This Christmas, our mission was clear: to share warmth, kindness, and the Good News of Jesus Christ. Our aim was to gift each store in WEM with delightful cookies and a Bible. Through our efforts, we baked approximately 8000 cookies and distributed around 500 Bibles.

While delivering these treats to the stores, our team took the opportunity to introduce ourselves from the chapel and extend offers of prayer. One powerful encounter stands out: in one of the initial stores we visited, a lady working at the counter was deeply moved when offered prayer. Moments before our arrival, she had just finished writing a heartfelt letter to God. Our presence at that exact moment provided her with a much-needed opportunity for prayer and to see the providence of God.

Another heartwarming highlight was the participation of teenagers from our youth group who volunteered to distribute the Bibles and cookies. Witnessing these teens, who had never prayed publicly before coming to the chapel, now confidently praying with mall employees mere months later, was truly inspiring. They selflessly prayed over various concerns and requests for the people they encountered.

As a result of our Christmas outreach, 500 break-rooms within WEM now have a Bible, and we had the privilege of offering prayer and support to hundreds of mall employees.





HEARTY BITES

Frequently Asked Questions

How can I support F₄S?

- Volunteer
- Financial Support
- Donate Non-Perishable Food Items
- Pray for us

Where can I drop off non-perishable donations?

- At the Lighthouse Church office
- **NOTE:** Office hours are 9:00am-4:00pm
 Tuesday Thursday

What can I expect to do if I volunteer?

- Help with delivery & pick-up of donations
- Join the hospitality team
- Assist with serving food on Saturday's that the outreach is open
- Food preparation
 [making sandwiches,
 putting together
 bagged lunches]
- Volunteer at special events

Where does the food come from?

- Personal donations [Non-perishables only]
- Partnerships with local business' [i.e. Safeway] & other charitable organizations [i.e. Food Bank]
- Financial donations
 help to purchase
 fresh produce &
 other non-perishable
 items, including
 grocery gift cards

How do I financially support F4S?

- E-Transfer: financial@lhpc.ca
- Cash/Cheque
- Online: Ihpc.ca
- REMEMBER TO PUT 'F4S' IN THE MEMO

Who do I contact to volunteer?

- Email Jackie: food4soul@lhpc.ca
- Email Church Office: lighthouse@lhpc.ca
- Phone Office: 780-963-3110

Thank you for your support!!













Garments of Praise THE ARTICLE

Let's cover what happened in GOP this semester!

MEET THE TEAM



Linda Joy

Linda has been a member of Lighthouse Church for over 20 years. She has the gift of an intercessor and a servant

heart. She has always had a deep desire to be used in whatever capacity the Lord desires her to invest her time in. As an avid thrift market and yard sale shopper herself, Linda is passionate to serve in GOP in this season. She has been part of the ministry since its birth, both as a volunteer and through prayer. To be involved in such a needed service to the community is her a privilege and joy. Meeting the needs of others, making connections with people and the idea of simply sharing what we have with others, for no profit, is part of what the Kingdom is about!



Danielle Norgard
ASSISTANT COORDINATOR

Danielle has been married to her loving husband Joel since 2018.
Together, they have one daughter;

she is also a proud mother to her stepson. While juggling her responsibilities as a wife and mother, Danielle also works full time as an Accounting Technician. Danielle, has the gift of compassion and a mother's heart which is why she is a wonderful asset to our outreach. She has a passion to see the lost experience the love of Christ through acts of love and kindness. Seeing lives touched and impacted through the outreach fills her cup to overflowing and spurs her on to keep pouring out.

Who are we?

Garments of Praise (GOP) is an outreach of Lighthouse church which exists to provide FREE clothing to those in need within our community. It runs every 1st and 3rd Saturday of the month alongside her sister outreach Food for the Soul. The mission of GOP is to build relationship and heartfelt connection with those in our community; to meet a physical need in order to also have opportunity to meet a spiritual need.

Garments of Praise is run entirely on volunteer support and donations. One hundred percent of all proceeds raised for GOP go back into the outreach.

Each month we see lives that are touched and even changed because of the care and support that they received at this outreach.

"Be faithful in small things because it is in them that your strength lies." -Mother Teresa



Sharon Radford



Kathy Svenshek



Rosemarie Bailleul



Janis Dipietra
VOLUNTEER



Rebecca Howard



THE ARTICLE

Let's cover what happened in GOP this semester!



Though we had a late start to winter this year, GOP store was stocked with winter clothing and outdoor gear in anticipation for the sub-zero temperatures. Many mothers/grandmothers came to the store with just a mission - to outfit their children with winter essentials. None left disappointed.

GOP, helps an upward average of 60 people per outreach!

Some of our guests are regulars. They come to outfit their children as the seasons change and as they grow into new sizes. Some of our guests even shop for their friends and neighbours who are in their building.

Can't find what you're looking for? Just ask one of our volunteers.
They may be able to find just what you need in the processed inventory!

One day, we had a guest arrive who bore a very unique and powerful story. She was a refugee from Ukraine. With nothing but what could be carried in hand, she fled with her family to Canada from the war and destruction of her homeland. She came to GOP to replace her and her families wardrobes. Our volunteers were more than happy to assist her in finding the articles and sizes she needed for each of her family members.

The coffee is always on - ready and hot for all!

Another guest who came on a mission, was looking for a long winter coat. She was surprised and excited when she found one that was just her size!



THE ARTICLE

Frequently Asked Questions

Where do I drop off my donations?

- Metal drop-off bins in front of outreach house at Lighthouse Church
- NOTE: if the donation does not fit into the deposit space of the bin, please re-adjust so that it can fit. Please do not leave donations outside.
- **All donations are collected and sorted by volunteers who come as they are able. Donations left outside, risk exposure to weather elements which may compromise the donations integrity.

What kinds of donations do you accept?

- GARMENTS/CLOTHING
 - Men's Clothing
 - Women's Clothing
 - o Children's Clothing
 - o Infant's Clothing
 - New or next-tonew underwear, socks, etc.
 - All Footwear
 - Outdoor Wear [Jackets, hats, gloves]
- NOTE: We do not accept household items, furniture, bedding, toys, etc.

How can I support GOP?

- Volunteer
- Donate Gently Used Clothing
- Financial Support
- Pray for us

What can I expect to do if I volunteer?

- Process Donations including sorting, washing, folding, hanging clothing
- Helping in the store on Saturday's that the Outreach is open

How do I financially support GOP?

- E-Transfer: financial@lhpc.ca
- Cash/Cheque
- Online: Ihpc.ca
- REMEMBER TO PUT 'GOP' IN THE MEMO

Who do I contact to volunteer?

- Email Linda: garmentsofpraise@lhpc.ca
- Email Church Office: lighthouse@lhpc.ca
- Phone Office: 780-963-3110

Thank you for your support!!





DFBIT/

CREDIT







SPECIAL FEATURE

THE EDMONTON AWAKENING CONFERENCE

In Other Outreach News

In November, Lighthouse Church had the privilege of hosting an evangelism conference, with Evangelist, Tommie Zito with American Awakening Ministries. Over the course of one week, Tommie Zito held teachings in the mornings for those hungry to learn and become equipped sharing the Gospel on the streets. Each afternoon, Christians from all walks of life, from seniors to youth, took to the streets to share about Jesus Christ, our resurrected Savior. Covered in prayer and commissioned by an evangelist, we



Evangelist, Tommie Zito American Awakening Mininstries

saw **over 200 people give their lives to Christ** over the course of the week!!! PRAISE THE LORD!!!! It was a harvest like we have not seen in such a short amount of time! We believe that this is only the beginning of the wonderful harvest that is yet to be reaped. As the scripture says "the harvest is great but the workers are few" [**Matthew 9:37**]. It was remarkable and humbling to realize the hunger that is in our community. So many are seeking Jesus; we need only open our mouths and share the Good News! Each and every individual who surrendered their life to the Lord, was given a personal phone call later in the afternoon so that they could be connected to a church close to them. It was beyond moving to witness believers, churches, pastors, leaders, all coming together to reach the lost, expand the Kingdom of God and to see Jesus glorified!

In the evenings, Lighthouse Church held services with Tommie Zito where we witnessed miracles, signs and wonders. Hearts were touched and lives were changed. We saw our young people (children and youth) touched and moved by the Holy Spirit. We believe that Canada is going to be monumental in the end-time harvest. And we believe that the Edmonton region is marked for a great move of God and that this conference was only the first spark of evidence of the wildfire of revival that is coming. All glory to God!!











You're Invited to the Grand Opening

IT'S NEARLY COMPLETE!! After over a year of renovations, we are VERY excited to share that the main level to the outreach house will see it's Grand Opening on March 23, 2024!!

We'd like to say a **HUGE THANK YOU** to all the volunteers who worked on the outreach house, expending time, energy, materials, and their expertise in devotion to this renovation. We'd like to give special honorable mention to a few key people who were monumental in the oversight to this project.

- Owen Goudie (Lighthouse Council Member), Project Manager
- Dwayne Ryan (Lighthouse Council Member), Assistant Project Manager
- Jason Giselbrecht, Contractor/Volunteer (Jackie Giselbrecht's husband)
- Trevor Ross, Electrician/Volunteer
- Matthew Jespersen, Plumber/Volunteer; Derick Jespersen, Plumber/Volunteer
- Steve Page, Contractor/Volunteer
- Nicole Getzinger, Volunteer
- Larry & Kathleen Lappointe, Drywallers/Volunteers
- Fern & David Winsor, Painters/Volunteers
- Parkland Flooring DONATED the flooring for the main level of the outreach house!
- Kelly Komorowski & Shirley Penner who donated two industrial kitchen appliances as well as food for fundraiser initiatives for the outreach house renovations.

And **THANK YOU** to all the other volunteers who are unmentioned, who have played a role in bringing this project to completion through various acts of service, donations, and prayer support!

Blessing of Thanks The seeds that you have sown are planted in good soil. We pray a ten-fold blessing be measured back to you for your generosity and faith in this ministry!





Nark Your Calendars

Upcoming Outreach Events



Outreach Special Event

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29			

March 2024

				•		
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

31





April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024.

			•	•		
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024

July 2024

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1		1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													







