

3018 Doan Drive, Regina, Saskatchewan S4V 1M1

Phone: 306 789-0265 email: breadoflife@sasktel.net Rev Stewart Miller – Pastor Phone: 306-535-5052

Email: pastor.stewart@sasktel.net Cheryl Conly – Administrative Assistant



Bread Crumbs

Join Bread of Life for Sunday Morning Worship In Person at 9:30 a.m.

Masks are still mandatory for the safety of all.

We WILL also continue to welcome everyone ON FACEBOOK LIVE

(At the usual 9:30 am time... and is available on our website afterward)

Join us on the Bread of Life Facebook page

https://www.facebook.com/breadoflifelutheranchurch/?ref=aymt_homepage_panel&eid=ARDUm-Ngck_itDM-D_0dTF3eXWATI-Xxxq9IDq2HBh5NwuSDXbuMadipilD70QtDHZN64zdBznZke7gh

It will then later be posted on the Bread of Life Webpage

https://www.breadoflifelutheranchurch.ca/

<u>Curious How You Can Support Bread of Life</u>

The methods you can use to give to Bread of Life include:

- Cheques, or post-dated cheques (mailed or dropped off)
- Pre-Authorized Remittance (PAR) for more information;
 https://www.breadoflifelutheranchurch.ca/about-us/giving
- By credit card or PayPal on https://www.breadoflifelutheranchurch.ca/about-us/giving



Then Jesus said to the Jews who had believed in him, "If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free."

- John 8

As children one of the things we are all taught early is.. to "tell the truth." As laudable as that is however, it is not until a bit later that we discover that to do so is often challenging and *sometimes* can be quite costly. For not only can this get you into various kinds of trouble by being honest when you have done something "wrong" but just so... you can, almost as often, get yourself in hot water for

speaking the truth about things people aren't that ready to have to face (think about calling out the "less-than-above-board" practices of your company at work.. or the racist/sexist joke told among friends). Which is to say... the truth is not ALWAYS as popular as we are lead to believe as kids. After all, one needs only reflect on how often Jesus is seen "telling the truth" – about what real love looks like.. about how much God loves justice and mercy.. about how little pious piety means to God – and look where that got him!?!

The same kind of thing can be said about "freedom". As kids we can't wait to get out from underneath our parents' thumbs. We can't wait to be the "boss of ourselves" and be FREE to do whatever **we** want. Once again though, it is pretty quick that we can discover that *being on our own* can also be kind of lonely and scary. Or likewise, we rather quickly get confronted by the reality that being "free" not only means that there are no limits to what you are *allowed* to do but ALSO fewer constraints on what you are on what you are *able* to do.. that there is nothing holding you back from doing what you are "called" to do. As the saying goes "as often as freedom means being *free from* be held back something/someone, it is also simultaneously a *freedom FOR/TO!!!* (As in.. there are no walls keeping us from – allowing us to hide from – living into what our love for each other might ask us to take on.) Again, I challenge you to think of a single time Jesus used His power/freedom for Himself.. or to "opted out" of the messiness of life. "NOT my will but yours be done!" Jesus prayed.

As we enter this holiest of weeks of our church year may we all be ready to feel the deep truth of how much God's unconditional love is revealed to us in Christ (most incredibly in Jesus the footwasher AND as the one who calls out to us from the cross). So also though.. may that love reach deep inside of each of us and "free us" to see how we too are called engage even more deeply in life – free us to likewise love without limits, and give of our-selves from the heart. That being the "true" meaning of discipleship!

Blessed Holy Week to you all...

Be well, be safe, be hope!

- Pastor Stewart, April 6/22

Bread of Life





EASTER ALLELINIA BREAKFAST!!

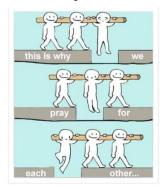
Though we have not been holding an EARLY(?!!?) Sunrise Service on Easter Sunday's of late, there are people who miss them!! (And THE BREAKFAST!!) Back in his Estevan days, Pastor Stewart came up with a creative way to have us enjoy a bit of both in one hour. The EASTER ALLELUIA BREAKFAST invites you to come at 8:00 am, April 17 and enjoy together some of those "ole staples" (eggs, fruit, hot-crossed buns) AND a few surprises in the midst of the eating. It is both a bunch of fun and a great way to celebrate Christ's Resurrection "on the first day of the week at early dawn".



PALM\\PASSION SUNDAY - SUNDAY APRIL 10

If you won't be attending worship in-person for Palm Sunday, April 10 there will be palms available for pickup at the office **Wed. & Thurs. April 6 & 7** between 9:30 & 3:30.

Walking Together – A Group for Anyone who is feeling a bit weary in heart or spirit these days!



The next "gathering" of this group will be **Sunday**, **April 24th from 3:30 – 4:30**. For this meeting you will have the option to meet in-person in the small/east sanctuary or by Zoom.

The Zoom link will be – https://us02web.zoom.us/j/2409648121

The hope is that this group will offer folks a caring place to talk though our feelings and find ways to support each other. In the future we may access some of the many resources we have available to us for educational/intentional times if the group asks for it, but for now it will be mostly a time to chat and encourage one another.

Messy Church is wanting to launch in-person gatherings again!!!



For those who aren't familiar.. "Messy Church" is a unique kind of intergenerational church gathering for people looking for something a bit different AND for those who might be just looking for a different way to connect with a faith community. As part of the time together we learn the season and the Gospel through crafts, worship (informal), music and sharing supper together.

BREAD OF LIFE IS IN NEED OF SOMEONE TO HELP US.. contribute to this Living Spirit Ministry. A team works together to plan, get volunteers & hold the monthly event. If you would like to assist in this please talk to Pastor Stewart.

CLAY 2022 - Ashes & Embers Postponed To 2023

After talking to church leaders, youth groups, and parents, the planning committee for CLAY has heard a lot of uncertainty around gathering in 2022. As a result, the planning committee has announced that the 2022 CLAY gathering will be postponed until August 2023. This will give time for youth groups to reconnect, for leaders to get the rest they need, and for the planning team to organize a gathering that is meaningful, impactful, and safe experience for all. Please watch the announcement when you click here.

Applications Open for Youth Positions - CLAY 2023 National Planning Committee

The planning team is looking for two youth (age 18-25) to join in the planning for **CLAY 2023 - Ashes and Embers.** Are you creative, energetic, committed, responsible to report and follow-up on tasks, organized, able to work with others, aware of youth needs and concerns? Do you have passion for youth ministry? Are you interested in being part of a team who plans and executes a CLAY gathering? Consider applying to be part of the team! Applications are **due on April 20.** To apply, please <u>click here.</u>

St. Paul's Edenwold



Holy Week Services

Sunday, April 10 - Palm Sunday - Pr. Stewart Sunday, April 17 - Easter Sunday - Pr. David Maundy Thursday, April 14 - 7 pm at Bread of Life or on Facebook Live Good Friday, April 15 - 11 am at Bread of Life or on Facebook Live



Living Spirit Centre

Living Spirit Centre Council have made the decision that, at this time, mask wearing continues to be mandatory along with physical distancing, when in the church. Thank you.







Beans, beans, the musical fruit The more you eat, the more you toot, The more you toot, the better you feel, So let's eat beans with every meal!



Community agencies and churches are collaborating to raise funds for Ukraine

CHILI & BANNOCK TO GO \$10.00 PER BOWL



All funds will be forwarded to Canadian Foodgrains Bank for supporting Ukraine hunger needs. https://foodgrainsbank.ca/donate/ukraine/

SERVING FROM 4:00 - 6:00 PM THURSDAY APRIL 21ST



Come to 3131 Dewdney Ave (rear parking lot)

The 'Chili for Ukraine' partners includes:

- Birdsong Communications (Story Teller's Vegetarian)
- Bread of Life Lutheran ELCIC
- Christ Lutheran ELCIC
- Circle Project
- Indigenous Christian Fellowship
- More partners to be announced

LET'S TOOT TOGETHER FOR UKRAINE!

If you wish to collaborate, please contact Bert Adema at T: 306.359.1096 or E: BertA@icfreqina.ca

Doctrine of Discovery Lenten Series

As part of your Lenten Spiritual Practice join us on Zoom for 6 weeks **starting March 3rd** as we take an in depth look at the Doctrine of Discovery, a document that has shaped western attitudes towards indigenous people for the past five centuries.

Organized by the Journey Towards Reconciliation Group form the BC Synod each evening will start at 9 pm with a 20-minute Lenten Vespers led by different congregations in the BC Synod. Then we take a short break before we dive into a one-hour discussion with video on the Doctrine of Discovery.

Come to one or all of them. This is a great chance to start or continue your journey of reconciliation with your indigenous siblings both as individuals and as a congregation. We invite people to sign up on Eventbrite. While you can sign up for every session individually you are invited to simply sign up for the first one as a way for us to get an estimate of attendance. Below you will find the Eventbrite Link and two promo videos you might want to check out.

We hope this inspires you to worship with us and learn about the Doctrine of Discovery in your journey towards Reconciliation.

Eventbrite Link: https://bit.ly/3IQ3peD

Video 1: https://youtu.be/iAj7OP_oYbc Video 2: https://youtu.be/bhezcVydARE



<u>Lenten Listening – Reading Scripture In/Through</u> <u>Different Voices</u>

Join us for this exciting series of Lenten Listening and praying. To obtain the link, email: angluth.watrous@gmail.com

How do the ancient holy words speak to us today, especially through the lens of those from different ethnic and racial perspectives? Join us on Zoom for five Thursdays and one Wednesday in lent. March 10-April 13, 2022, 7:00-8:30pm

For more information, contact –
The Rev. Matteo Carboni, Humboldt – m-carboni@hotmail.com
The Rev. Marie-Louise Ternier, Watrous –
angluth.watrous@gmail.com

The <u>Coalition for the Human Rights of Indigenous Peoples</u> together with <u>The University of British Columbia</u> (UBC), and <u>Canadian Friends Service Committee</u> (CFSC Quakers) are hosting an expert symposium, **The UN Declaration and Sustainable Development: Indigenous Peoples' Human Rights & Ecological Knowledge.** The event will focus on the relationship between the 2030 Agenda for Sustainable Development Goals (SDGs) and the UN Declaration on the Rights of Indigenous Peoples which are interconnected and interdependent. This online event will take place **on April 6-7, 2022**. For more information and to register to watch this free livestreamed event, please click here.