

Bread Crumbs

January 27, 2023



BREAD OF LIFE
LUTHERAN CHURCH



3018 Doan Drive, Regina, Saskatchewan S4V 1M1
breadoflife@sasktel.net | 306-789-0265

Rev. Stewart Miller - Pastor
306-535-5052
pastor.stewart@sasktel.net

LET'S TALK...
Let's listen...
Let's LOVE!

³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies (compassion) and the God of all consolation (comfort), ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction with the consolation with which we ourselves are consoled by God. ⁵ For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. – 2 Corinthians 1

There is a fine line between “feeling sorry for someone” (pity) and sharing compassion (empathy) with someone. For you see... *feeling sorry for someone* is too often based in a sense of us looking on from a place of “good/wellness” *down* on someone who is (in that time) “broken/needing/ suffering”. To give it a visual...it’s basically walking by someone who has fallen (down) into a hole and shouting (down) to them about how bad you feel for them!?!

Compassion/empathy is, however, literally “feeling with” that other person – opening yourself to feel what they feel or in the least being with them in that feeling (most often possible because *you too have been there*). In my visual it means that rather than simply standing above the person and calling out to them, you join them in the hole. Let them know that you care so much that you are ready to join them in their moment of.. . (And to be clear this is not just to martyr yourself by “dying” with them but much more so exactly because *having*



been their yourself you not only know what it is like but so too you know the way out.) This second way – the way of “compassion” (what one author calls the “Wounded Healer”) always being the most risky & “messy”. But yes.. also.. always.. the most powerful!

This week.. our calendars, FB feeds, and a myriad of TV commercials have reminded us that Wednesday was “Bell Let’s Talk” day and that this is a time for us to become more aware of and caring toward people who may in some (big or small) way be struggling with mental/spiritual/emotional burdens (many of whom we may not even realize ARE struggling or working through stuff right now). The first step being, obviously, that we do what we can to dispel the stigmas/shames that still come when people have to talk openly about their need for help and patience. We need to make safe places and safe relationships where people can take the risk. And though many of those ads have actually done a good job of letting us know how common mental health issues are (esp. after the last 3 years we have been through).. that doesn’t mean it is yet easy, and instantly understood when someone steps out of those shadows.

The irony here is, though, that if those numbers are even close to being accurate in suggesting that many, many, of us (if not most of us) know only too well what it feels like.. or (have ourselves) had to deal with something or go through something in *our* stories & lives. *And that being true..* compassion – not just feeling bad *for* but sharing the feelings **with** each other – could/ should come naturally!?! Or in the least we could/ should realize how precious and healing it is when someone dares to come to sit with us when we are in that lonely place. It is precisely because I have had people in my life that have given me space & then stuck with me when I did share my story that has enabled me to more healthily work on my stuff and be as open about it myself.

When Jesus (and later Paul) talk about “love”.. give us the commandment to “love one another” they are both quick to add something akin to “as I/Christ loves us”. And we know how deep that love is. So too, the word used is almost always “agape” ... the Greek word for the kind of love that is always compassionate.. given with no judgement of whether we deserve it or not.. with no expectation of something in return.. love that loves because you are worth it *simply because you are..* – ARE a child of God.

The most important part about taking one day a year to “talk” about all this is that the deep hope is that it will not be limited to “one day a year”.. that we will all continue to work to be people who are first compassionate & then are moved by our compassion to walk gracefully with one another (through whatever). And most especially for us a people who “follow Christ” may that following find us as ready as we can be to make space for the people around us who need to share their weariness..

ready to be there with them.. and then help them find hope again in that love(God's love) we share.

Keep talking... keep listening... keep LOVING!

Be well, be alive, BE HOPE!

- Pr. Stewart ~ Jan 26/23

Join us for Worship:

Join Bread of Life for Sunday Worship In-Person at 9:30 am.

We also welcome everyone to join us online via Facebook Live at 9:30. Services are recorded and will be available on our website afterwards.

[Facebook Page – Join us online!](#)

[Webpage – Recorded services are posted](#)

Are you curious about how you can support Bread of Life?

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

- Your offering during worship on Sunday mornings
- Cheques, or post-dated cheques (mailed or dropped off)
- Pre-Authorized Remittance ([Click here for more information](#))
- [By credit card or PayPal](#)
- eTransfer to breadoflife@sasktel.net (Please include your name and email in the notes for tax receipt purposes)

Bread of Life

Bread of Life's AGM - March 5, 2023 following Worship.

~~~

**We are looking for a few people who might like to get trained to help us out on Sunday mornings with getting the Worship out on Facebook/Internet.**

1) Facebook Host - this is a relatively easy job of putting greetings/announcements/assisting note into the comments section of the Facebook feed during the worship time. Brent Langenberger has been super faithful in looking after this for us EVERY WEEK during pandemic but I think it is time we step up to help

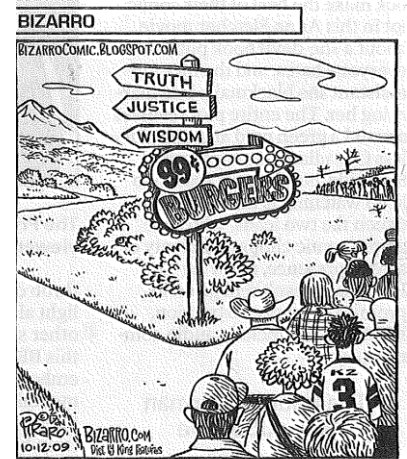
him and enable him to take the occasional Sunday off. Please connect with Brent or the pastor if you would be willing.

2) Camera/Streaming host - this is a slightly more “techy” kind of work but the Bread of Life services are relatively straightforward. This would involve being trained on how to use the camera and streaming equipment for Sunday’s and/or other services that take place at Bread of Life. Let Pastor Stewart know if you would like to help out with this.

~~~

Time For a Mid-Winter Dive...??

I (Pr. Stewart) feel like it is time for us to offer a study/discussion group during late Feb and March. I am – as always – open to create a group around any topic you might like to take on so please let me know if you have ideas. Some that I have considered are... “Reconciliation with our Indigenous Siblings”, “What is a church?”, Lutheranism 101, etc.. Or maybe we could have a series of movie nights with discussion to follow. Or another possibility is to take on a “book study” (I have many that would be worth it). Please let me know what YOU would be interested in. As usual we try to find a time that works for everyone who eventually “signs up.”



Contact me at pastor.stewart@sasktel.net or give me a call!

~~~

### **REFUGEE UPDATE - FARDOUS RECEIVES FILE NUMBER!**

Fardous Ginawi and her family, the most recent sponsorship of the Regina Lutheran Refugee Ministry, have received file numbers from the Government of Canada, putting them on the path to immigration. We hope this South Sudanese family will be able to join us in Regina in about a year. Bread of Life is an active member of the Regina Lutheran Refugee Committee, an informal partnership of local ELCIC congregations. BOL members of the Committee are Gwen Fex, Larry Fry, Joanne McLeod, and Doug Schneider. We are actively encouraging donations to complete our preparations; donations can be made to BOL, clearly marked "Fardous" or "Refugee ministry".

~~~

This Saturday (January 28) is the last Saturday of the month; David Bartolf has booked a couple of tables at Cravings – Bagels (in behind the Home Depot on Victoria Ave. E) for a **Men’s breakfast at 9:00 a.m.** (They do have more than bagels, so if you want more than that, they can help you out. Click on the link for a breakfast menu.) If this is

the first time you've been to Cravings, just head south on Truesdale Ave., south from Victoria Ave. E: Men, please join us for a good breakfast before taking on the rest of the weekend. If you want to be added to the email list for reminders about the monthly Men's breakfast, please contact David at dbartolf@saskpower.com .

~~~

**Indigenous Christian Fellowship Could Use Our Help!** Bread of Life will be assisting with community breakfasts served at ICF. When we help out with Indigenous Christian Fellowship's community breakfast, we aim to have four or five volunteers.

ICF is at 3131 Dewdney Avenue.

There are currently providing breakfasts in brown bags; if weather allows, people sit at the picnic benches outside; if weather is inclement, people will pick up the breakfasts and return home.

We are one of several churches who help with these breakfasts. We aim to start at 8:30 a.m. and finish by 11:30 a.m. or noon. If you are able to help out please let me and know. I would very much appreciate it. David Bartle 306-566-2971, [dbartolf@saskpower.com](mailto:dbartolf@saskpower.com)

~~~

CARING FOR EACH OTHER IN TIMES OF SORROW

Did you know that, most times when Bread of Life hosts a funeral, we are also asked to help serve a lunch for the family and guests to share after the service? This is often a very healing time where people get to share their memories of the person who has died, get to reconnect with each other and (of course) care for one another.

These days the church (we used to say "church ladies") don't actually make or provide the lunches – that has gotten a bit too complicated. Instead the family themselves purchases or arranges what they want served and we provide the people power to serve and clean-up afterward.

In the past we have had a few of our folks "at the ready" to help out in this way. But for a whole variety of reasons some have had to step back a bit.

If you would be willing to help out with these lunches - most especially if you would like to take on the role of coordinating them - please talk to Pastor Stewart or call the office and share your name. This is a very important ministry of our church and I thank you in advance for your willingness to share yourself in this way.

St. Paul's – Edenwold



Jan. 29 ~ Stewart Miller
February 5 ~ David Kaiser
February 12 ~ Stewart Miller

We have resumed coffee fellowship time after church each Sunday! Please join us. Offering/donations will be accepted by eTransfer to stpaulsedenwold@gmail.com

AGM- Jan. 29, 2023 - following church service.

St. Paul's Lutheran Church is asking for your prayerful consideration for an additional council member. Church councils are an environment where we pray and ask for God's guidance to make decisions to better serve individuals and families and to plan and coordinate the work of the church. It consists of 6 council meetings per year via zoom for 1 hour duration. If interested please call or text Juliann @ 306 530-1610

The Living Spirit Centre



Monthly
4 - 7 pm

Next Date: Saturday, January 28

**An event for families
with crafts, worship,
fun, and a meal!**



This is a shared ministry program of the Living Spirit Centre! To RSVP: Text "Merry" to 306-517-6797 or contact eastsideunited@sasktel.net for more

Whist for Seniors at Living Spirit Centre is on Tuesday mornings at 10:00. If you are unfamiliar with the game, we will teach you. For more information phone/text Rod at 306-535-2877 or email rodashley@sasktel.net

~~~

Connie Moker Wernikowski will again be offering Christ-centred yoga classes in the winter of 2023. Classes run from January to early April. A Tuesday 6:30 pm in-person class will be offered at Living Spirit Centre. A Tuesday morning class and Wednesday noon class will be offered on Zoom. All classes require pre-registration for the session. More info can be found at <https://www.bigfishyoga.ca/> or email Connie at [cmwernikowski@gmail.com](mailto:cmwernikowski@gmail.com) or phone 306-551-6933.

~~~

At the LSC, we are interested in partnering with various groups to share the space and create a vibrant community providing spiritual, wellness and social support for all. If you are aware of a group or organization that might be interested in either short term or longer-term rentals at the LSC, please let Becca know!

Community

Mother and Baby Welcome Bags

Coordinated by Regina Native Outreach Ministry (RNOM)

Collection period: January 1 to 31, 2023

Drop off donations at any Regina United Church Office
or Contact RNOM at (306) 533-6858

The Welcome Bags created with donations to this project are given to Indigenous mothers at Regina General Hospital. Indigenous mothers often experience racism, discrimination and violation of rights during their stay at hospital. Some Indigenous mothers are identified as 'birth alerts', who are unfit to care for the baby. Their babies are taken and placed in foster homes. Although Saskatchewan announced that it would end its use of birth alerts on February 1, 2021, the practise continues.



Regina Native Outreach Ministry created the Mother and Baby Welcome Bags project to show the new moms that they are respected, loved and supported as they use the items to care for their newborn and themselves.

RNOM has a goal of assembling 25 Mother and Baby Welcome Bags four times per year. If you would like to be an ongoing sponsor of this project please call (306) 533-6858

Essential Items Needed

Newborn/Size 1 diapers
Diaper cream
Baby wipes
Nursing pads
Baby blankets
0-3 month onesies
0-3 month sleepers
Baby shampoo
Menstrual pads (Heavy flow)
Gift for Mom
(Such as hand lotion,
lip balm, socks, candle)
Large reusable bags

Please Follow us on Facebook.

Contact email:

reginanativeoutreachministry@gmail.com

~~~

The Regina Council of Churches invites you to a **city-wide ecumenical worship service** at New Hope Lutheran Church (370 McIntosh Street N) on Sunday, February 5th at 3:00 pm. The Rev. Dr. Ali Tote, Assistant to the Bishop, ELCIC Saskatchewan Synod, will be the homilist.

---

**Did you know?** Your feedback is a gift! If you have any comments, questions, or concerns regarding Bread Crumbs, contact [breadoflife@sasktel.net](mailto:breadoflife@sasktel.net). Bread Crumbs will now be delivered to your inbox on Thursday afternoons!