



BREAD OF LIFE
LUTHERAN CHURCH



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Bread Crumbs March 23, 2023

Rev. Stewart Miller - Pastor
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Pop Quiz.. “What was the last thing God created??”

Ironically, it is Biblical.. from one of the 1st stories in the Bible – the creation story. On the first day God’s Spirit moved over the darkness and chaos to begin to bring from it light, order, beauty and life. And with each new day the adventure, the intricacy, and the promise of us and the world grew... as of course did the vulnera-bilities, risks, and responsibilities for God’s grace to keep it from spiralling back into chaos. Which is maybe why on the 7th day.. God knew that they had to prepare & be ready for all that would come next.. knew that intrinsic to responsibility that God had & that God shared with us to be good stewards of the creation.. there would need to be woven into the very fabric of it a time for pause.. for RE-creation.. and for renewing ourselves to be ready to take on the next chapter of the story. And so on that 7th day God created one of the most holy and precious gifts for us.. REST.. the Sabbath.. time off to make ready for the next time on.



I mentioned that it is “ironic” that this is actually “from the Bible” because one of the last vocations to take up “remembering the Sabbath” and taking a Sabbatical leave was that of the clergy (pastors, priests, ministers, etc.). The first and the one we are most familiar with is, of course, the university crowd (professors, administrators, etc.).

Bread of Life, in keeping with the guidelines of the Saskatchewan synod & the ELCIC encourages pastors to take at a three month Sabbatical during every 7th year of their call to a congregation. As such I am scheduled to take my 1st Sabbatical as your pastor during this coming year. (To keep down the amount of chaos & expense for the congregation I asked to take it a smidgen early (3 months) during this coming May-July). My Sabbatical will begin officially May 1. And I will adding a month of 2023 vacation time to this as well in August.

During my time away, Pastor Diane Nokonechny has been engaged to be our “Vice-Pastor”. In addition to leading worship on many of the Sundays she will be available for pastoral leadership, pastoral care and emergencies. Other pastors will also be helping out as needed.

For now I won't go into too many details about my more intentional Sabbatical plans except to say I will be trying to do some reading about what the needs are (spiritual, communal, emotional) of those folks who don't call a church or religion “home” these days. And yes... I will be heading back to Spain to once more walk the Camino both for renewal of my spirit and to spend time chatting (as that walk enables me to do) with just those folks who are looking for “something” but not necessarily finding traditional “religion” helpful.

The main goal of any Sabbatical is to spend time resting, re-creating, renewing and retooling. And though I would never dare claim the kind of power/grace God has.. the hope is to return in the fall ready to once more (with you.. & God's Spirit empower-ing us) *take on the chaos* and see what kind of new life and beauty we can help God nurture for us.

If you have any question about Sabbatical, or how I will be spending the time, don't hesitate to grab me and check in.

In advance, I thank you for this time and look forward to the renewed energy and spirit I will bring to our work together in the fall.

- Pastor Stewart – March 23/23

Till then... let us continue to “Be well, be alive.. BE HOPE!”

Join us for Worship this Sunday at 9:30 am:

Join Bread of Life for Sunday Worship In-Person

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](#)
- e-transfer to breadoflife@sasktel.net (Please include your name and email in the notes for tax receipt purposes)

Bread of Life

“A Man Called Otto” - Thursday, March 30th 7 pm.

I (Pastor Stewart) am setting the above date for a movie and discussion night for the “A Man Called Otto”. I will also be putting out a sign up sheet this Sunday. IF... you would prefer this to happen on a Sunday evening please still sign up but check the appropriate box on the sheet. (I try to make these things work for as many as possible). Please note: we would like to include a content warning as this film includes themes of suicide.



Men’s Breakfast

Join us on Saturday morning, April 29 at Living Spirit Centre for breakfast. All are welcome; breakfast preparation is provided by our BOL men’s breakfast group. Guest speaker will be Robert Fry, agent for over 80 athletes and coaches in the CFL, NFL, and NHL. Rob will reflect on his professional life through the lens of his Christian faith. A group of BOL men met monthly for breakfast for several years until Covid hit. We feel like it’s now time to emerge from Covid and enjoy our church fellowship again! Help us play a part in renewing our ministry!

Sandwich Making

If you can donate 20 minutes of your time, please join us on March 26th right after service to make sandwiches for the Trinity Lutheran Outreach program. Many hands make light work.



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!

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 contact David Bartolf at 306-566-2971 or 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



March 26 ~ Boyd Molder

April 2 ~ David Kaiser

April 9 ~ Stewart Miller

April 16 ~ David Kaiser

April 23 ~ Boyd Molder

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

The Living Spirit Centre

Climate Justice

When we think about adaptation to climate change, often the first things that come to mind are what can be called “hard (grey) infrastructure” such as reengineering bridges, moving roads, building coastal berms or dikes, building reservoirs, and so on. But there is growing recognition of the benefits of “natural (green) infrastructure” such as trees, wetlands, gardens, green spaces, etc., to ameliorate the effects of climate change.

Enhancing natural infrastructure is often much cheaper than installing hard infrastructure and brings benefits in addition to reducing greenhouse gases. Many cities and rural areas across Canada are working to enhance natural infrastructure, with support from governments and NGOs. Here are some examples close to home:

- <https://www.ducks.ca/naturalinfrastructure/>
- <https://climateinstitute.ca/green-is-the-new-grey/>
- <https://www.iisd.org/articles/press-release/new-initiative-boost-natural-infrastructure-communities-across-canadas>
- https://ccme.ca/en/res/niframework_en.pdf

One benefit of natural infrastructure is that individual property owners can use it on their own land. For example, replacing hard surfaces or even sections of lawn with food, native species, pollinator, or flower gardens can sequester CO₂, supply fruits and vegetables,

support wildlife, enhance pollination, beautify landscapes, enhance mental health, provide exercise, reduce water use, and capture stormwater runoff. And these gardens address climate justice by benefitting humans and all organisms in ways that promote equity and respect.

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



LENTEN WORSHIP

Wednesdays	Sunday Evenings
Mar. 1 ~ Immanuel Anglican Church 142 Massey Road	All Ages Worship at 7:00 at the Living Spirit Centre
Mar. 8 ~ Living Spirit Centre 3018 Doan Drive	
Mar. 15 ~ Living Spirit Centre	February 26
Mar. 22 ~ Living Spirit Centre	March 5
Mar. 29 ~ Our Savior's Lutheran 190 Massey Road	March 12
	March 19
	March 26
Worship at 7:00 - Soup and Buns at 6:15 Contact: 306-761-0265	



LENTEN AND EASTER SERVICES

Maundy Thursday 7:00 pm
Good Friday 11:00 am
Easter Sunday:
Hallelujah Breakfast 8:00 am
Worship (Lutheran) 9:30 am
Worship (United) 11:15 am

Please let Office Admin Becca know if you can assist with serving and preparing breakfast on Easter Sunday
breadoflife@sasktel.net 306-761-0265 eastsideunited@sasktel.net



Lent All Age Service

Soothing, restoring worship for the whole family



A chance to rest in the presence of God!

Life is full of stress. Children, youth, adults (young and old), all have important pressing issues on their mind. Too often there isn't a chance for us to relax and be restored in the presence of God. This year's Lenten All Age Service is designed to be a restoring prayer service where you and your family are invited to come as you are (**even if you're in your pyjamas**). Participate as much or as little as you are called to do. The services will include:

- Scripture reading in small groups
- Quiet activities and prayer time
- Taize music
- Meaningful connection and conversation.

When: Sundays in Lent

Feb 26th
March 5th
March 12th
March 19th
March 26th

Where: Living Spirit Centre 3018 Doan Dr
Regina SK East Sanctuary
(lots of parking)

Time: 7pm-8pm

Other: a small amount of Incense may be used. Any questions please contact Fr Michael Bruce

306-591-1124

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