



BREAD OF LIFE
LUTHERAN CHURCH



Bread Crumbs

March 9, 2023

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

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

Join us for Worship this Sunday at 10:00 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](#)
- eTransfer to breadoflife@sasktel.net (Please include your name and email in the notes for tax receipt purposes)

THANK YOU!!!!

While there is no article from this week, there does need to be a HUGE **Thank You** to all who participated in “Café Church/Question-Storming” and then the AGM last weekend. While I joked about how uncomfortable Lutherans are with change.. people participated openly and committedly in the process. And I think had some fun/insight in doing so.



Likewise... I was very empowered by our AGM. The questions asked were both challenging and earnest.. and the conversations were constructive. While we may not yet have come up with the magic answers to the challenges we face these days, it was clear we (as Bread

Of Life) are ready to get at the work. Thank you to all who helped prepare for the service.. to the council and Alicia who made the meeting so fruitful.. and to Joan McLeod for leading us in the questioning exercise.

We need to do this kind of thing MORE!!!

Gratefully...

Pr. Stewart

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).



Men's Breakfast

Please save Saturday morning, April 29, at Living Spirit Centre, for a Men's Breakfast. Everyone, not just "men" will be welcome. Further details, including guest speaker, to be announced soon - stay tuned!

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.



Refugee Ministry – Donations Needed

We are approaching "crunch" time to provide Canadian Lutheran World Relief with \$82,000 of the approximately \$93,000 required for funding the Fardous family sponsorship. The good news is our local Regina ELCIC congregations have already raised \$75,000 in donations, but we need help to reach this deadline. Donations can be made to Bread of Life for this sponsorship in all the usual ways, just be sure to indicate such donations clearly “refugees”. Thank you for the generous donations we have already received. A brochure describing this family's tragic story is available at the church.

Irish Stew

Lucky you ! You are invited to Bread of Life's St. Patty's Day Celebration - Join us March 19th after service as we celebrate St. Patrick's day with Irish Stew! **Please RSVP** by March 16th through email : breadoflife@sasktel.net (Goodwill offering).

If you would like to join us we will be making Irish Stew and baking shamrock cookies March 18th in the lower kitchen starting at 3 o'clock.

RSVP by email : breadoflife@sasktel.net



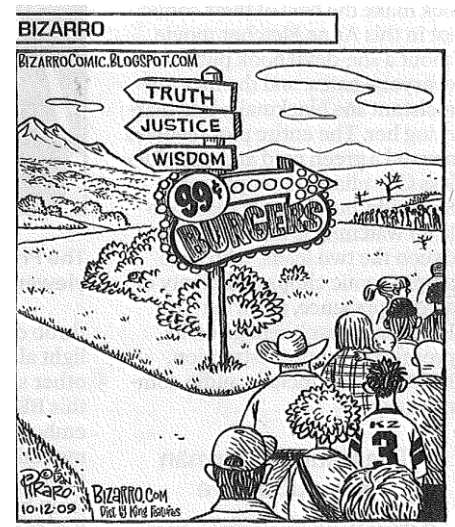
We are looking for a few people who might like to get trained to help us out on Sunday mornings with getting the Worship out on Facebook/Internet.

- 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 12 ~ Stewart Miller

March 19 ~ David Kaiser

March 26 ~ 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

LSC Women's Spirituality Breakfast - March 11 - 8:30 - 10:30

Speakers: Terri Keith
Wendy Wendel
Eileen McEwen
Hazel Arbon

Topic: Days for Girls

Days for Girls is a non-profit organization that makes reusable menstrual kits for women and girls who do not have access to menstrual supplies the way we do in most of Canada. Worldwide there are 500 million people who do not have what they need to manage their periods. The organization has been around since 2007 and has reached more than 2.5 million women and girls in 145 countries on 6 continents. It operates as a hybrid of teams like the Vibank-Francis team and entrepreneurship to create businesses in countries where women and girls are without access to menstrual supply. The name is derived from the fact that without menstrual supplies girls have to stay home from school and women from their work, so these kits literally provide extra days for them and change their lives allowing them to complete their education and hang on to jobs.

Seeding Climate Justice

The Living Spirit Centre's Climate Justice Committee will be sharing ideas about climate justice each month. "Climate justice means finding solutions to the climate crisis that not only reduce emissions or protect the natural world, but that do so in a way which creates a fairer, more just and more equal world in the process"

(<https://groups.friendsoftheearth.uk/>). Watch this space for our monthly notes! **The 20% Idea** - The climate impacts we see now and the even bigger ones looming on the horizon are contributing to anxiety and a feeling of hopelessness among so many people. The changes needed globally, nationally, and locally often seem immense and impossible. One way to think about making a difference is the "20% idea." On a regular basis take a look at your life and think about and implement some specific ways that you can REDUCE (the best of the 3 Rs) your resource use by about 20%. Why 20%? Well, it's fairly easy to envision this (one-fifth), it often can be achieved by thoughtful consideration, it's significant enough to make a difference, it's affirming, and it gets us thinking about a more equitable sharing of resources. For example, can you drive 20% less by planning more? Can you cut down your plastics use by 20% by finding alternatives? Can you cut down your water use by 20%? Keep a running list of the 20% reductions you make in your life and plant hopefulness!

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

We are looking for volunteers to supply soup and buns - please [click here](#) to view the sign up roster. We also need volunteers to help with set up/clean up on March 8.



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!