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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/>

Curious How You Can Support Bread of Life

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>
- eTransfer to breadoflife@sasktel.net

BEING IN WITHOUT BEING OF THE WORLD

Whenever one goes through a “big” moment in our lives (good or bad) there is often a rather significant “hangover” – mentally, spiritual & even physically. We come out the other side wondering *a bit more out-loud* about where our *next steps* might be taking us... who we are now... how we have been changed. For the disciples in the days after the crucifixion and resurrection reports are that they spent a lot of time hiding in an upper room, afraid and not at all sure what was coming next. Until..

As we now move together into “the days after” celebrating the great passion and promise of Holy Week and Easter, it might do us well to do a bit of “wondering” too. After all, as Easter people, the power of God’s love for us as it was profoundly proven to us on the cross AND the defeat of death (of every kind) that is sealed by the empty tomb could/should change us.. transform us.. and challenge us too. In the very least we should be wondering about what it might look like to LIVE our gratitude to God for it all.

Later in the works of Paul, he will talk about how that transformation of our hearts and minds is seen in how Christians live IN the world (active and serving and loving and working to transform it) but not OF the world (as in consumed or controlled by it). In a devotion from Henri Nouwen I read this week he talks about this saying...



“Being in the world without being of the world.” These words summarize well the way Jesus speaks of the spiritual life. It is a life in which we are totally transformed by the Spirit of Love. Yet it is a life in which everything seems to remain the same. To live a spiritual life does not mean that we must leave our families, give up our jobs, or change our ways of working; it does not mean that we have to withdraw from social or political activities, or lose interest in literature and art; it does not require severe forms of asceticism or long hours of prayer. Changes such as these may in fact grow out of our spiritual life, and for some people radical decisions may be necessary. But the spiritual life can be lived in as many ways as there are people. What is new is that we have moved from the many things to the Kingdom of God. What is new is that we are set free from the compulsions of our world and have set our hearts on the only necessary thing. What is new is that we no longer experience the many things, people, and events as endless causes for worry, but begin to experience them as the rich variety of ways in which God makes his presence known to us.” (Henri Nouwen – Daily Email Devotion)

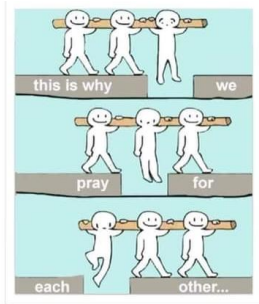
Nouwen is both a very graceful AND challenging writer/thinker. His words invite us to wonder who we now are as we walk into the world with the Good News of Easter now loudly ringing in our ears and in our hearts. We look for ways to BE thankful in our living... to show God that we know how valuable the gift of life and hope can be... and for ways to live our love for God in our love and compassion for each other.

May the Easter “hangover” be as life transforming for you as it had to be for those first disciples. And may we like them be finally driven out of hiding and in to the world to share that transformation with it.

Be well... be safe... BE HOPE!

- Pastor Stewart, May 5, 2022

Bread of Life



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

This group ***will take a break and resume in the fall.***

Have a great summer!

Know that you can call Pastor Stewart if you need to.



You are invited to the Ordination of Diane to the Ministry of Word and Sacrament

Sunday, May 8, 2022

6 pm CST

Bread of Life Lutheran Church

3018 Doan Drive, Regina, SK

It will also be live-streamed at:

<https://www.facebook.com/breadoflifelutheranchurch>

If possible, please let us know if you are
able to attend in person.

You can RSVP at

<https://dnoko.wufoo.com/forms/z1xfxpm41pnoneb/>

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.

St. Paul's Edenwold



Refugee Presentation during worship on May 29th by Meredith Cherland on the Regina Lutheran Refugee Sponsorship, followed by a group discussion and how St. Paul's Edenwold will be involved to support this program.

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.

Living Spirit Centre Women's Breakfast look forward to begin gathering in September.



 **Children's Garden**
at Immanuel Anglican Church
142 Massey Road

 Preschool Program (Parent & Tot)
Tuesdays 10:00-11:30am
Beginning May 24th-end of summer

 Elementary School Program
Wednesdays 4:00-5:00pm
Beginning May 25th-end of summer



Both programs are FREE!

Please dress appropriately for the weather, bring a snack & water bottle
To register: Scan QR or <https://forms.gle/EPGucXwGNoxobeHK8>
Questions? Contact garden@immanuelanglicanregina.ca



24.00 in

ANGLICAN
FOUNDATION OF CANADA

In the Community

CircleM Book Study: These Mountains Are Our Sacred Places, April 20 to May 11

These Mountains are Our Sacred Places, by Rev. Dr. Chief John Snow, Sr.

Join the CircleM interfaith and ecumenical book study on faith, spirituality, and Reconciliation from an Indigenous perspective.

Co-hosted by Rev. John Snow, Jr., Indigenous minister PMRC and Tony Snow, Indigenous minister, CWR
Everyone welcome!

April 20 to May 11, 2022 7-8pm, CST

Zoom meeting: 899 4431 3877

Passcode: 311859

Sponsored by CircleM, the Centre for Rural Community Leadership and Ministry.



The TLC Pantry 2nd Annual Water Fundraiser

Did you know....

- **Accessing drinking water is incredibly challenging for people experiencing homelessness**
- **Last year the TLC Pantry ministry provided over 8000 bottles of water to the people we serve between June and September**
- **Reusable water bottles are not a viable option for people experiencing homelessness**

This year our goal is **10,000** bottles of water

You can help by dropping off bottles of water at Trinity Lutheran,
or through financial donations (tax receipts provided).

E-transfers can be sent to trinityoffice@trinityregina.ca

Please indicate "water" in the memo.

Thank you for supporting this life giving ministry.

Listen to *Unpacked* Podcast - Episode on KAIROS Blanket Exercise

Unpacked hosts Tara Linsley and Evan Dewald chat with Connor Sarazin, KAIROS Blanket Exercise Communications and Partnerships Coordinator. In this podcast episode that covers KAIROS Blanket Exercise, as well as Connor's experience growing up First Nations and his passion for art. Unpacked explores the experiences of being human uncovering the strength that comes from messy failures and vulnerable moments so we can learn to live authentically. Start listening when you [click here](#).

The Lifelong Learning Centre offers a wide range of exciting personal interest courses for adults. Spring courses begin May 2.

Courses include the following:

Ageless Grace

Astronomy

Literature & Popular Songs

Middle East Current Affairs

Media and Democracy

Monty Python Film Festival

People Power for a Better World

French, Spanish and Ukrainian

To see the full range of courses and to register please visit <https://www.uregina.ca/cce/personal-enrichment/>

If you have questions please call 306-585-5748 or email SIS.Noncredit@uregina.ca



Register Now for a Free Learning Event - *Religious Community in a Digital World*

The Saskatoon Theological Union comprised of [Lutheran Theological Seminary, Saskatoon](#); [College of Emmanuel and St. Chad](#); and [St. Andrew's College](#) along with St. Thomas More College is holding an online event - ***Religious Community in a Digital World on Monday, June 13 through Thursday June 16***. This virtual event will explore our new digital church landscape through historical, theological, and pastoral lenses. Attendees can expect to learn and gather new insights from conversations that will arise from the keynote presentations, workshops, and digital spaces, that will altogether be missional and life-giving, practical and prophetic. For more information and to register for this free event, please [click here](#).