

Bread Crumbs

May 4, 2023



BREAD OF LIFE
LUTHERAN CHURCH



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

Pastor Stewart is now away on sabbatical.

Please note the contacts listed here:

Pr. Diane Nokonechny (Vice Pastor): 306-531-3997 revdnoko@gmail.com

Becca Anderson (Office): 306-789-0265 breadoflife@sasktel.net

Valerie Brown (Council Chair): 306-201-8220 vfbrown@gmail.com

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

Spring Church Yard Work Bee!

A spring church yard work bee is organized for the Living Spirit Centre (LSC), 3018 Doan Drive on Saturday morning May 27, 2023 at 9:30 AM to noon. Please mark your calendar. Please bring your metal rake, push-broom, wheel barrow, shovel and elbow grease to the church. We will ask you to help raise and level concrete blocks at the two main entrances, bank the old building foundation with crusher dust and paint lines on the parking lot. We are hoping some younger volunteers (less than 50 years!) are able to help, especially with the concrete blocks! In case the weather does not cooperate, our secondary day is the following Saturday June 3, 2023. For more information, please contact Ray McVicar at: raymcvicar@gmail.com or 306 789-1958 or the LSC Office at 306 789-0265.



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.

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.

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



May 7 ~ Pr. David Kaiser
May 14 ~ Pr. David Kaiser
May 21 ~ Pr. David Kaiser
May 28 ~ Pr. Boyd Molder
June 4 ~ Pr. David Kaiser
June 11 ~ Pr. Diane Nokonechny

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

Pastor Diane Nokonechny is our new Vice Pastor and her contact information. Please contact her with your pastoral needs: revdnoko@gmail.com or 306 531-3997.

Save the Date: June 18th, 2023

You are invited to: St. Paul's Lutheran Church 110th Anniversary 🏛️ †
Outdoor worship service at 11:30 AM – please bring your lawn chair
Lunch provided after service
If planning to attend RSVP: tsnameth@hotmail.com

The Living Spirit Centre

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

Climate Justice Notes

As spring arrives, many of us are turning our thoughts to gardening! One very effective way to help our prairie ecosystems by supporting native pollinator species is to plant some native wildflowers. It's easy to start by adding some native species to your existing flower beds, or of course you can always turn a patch of lawn into a native wildflower garden too. There are many sources of perennial wildflower seeds and plants native to southern Saskatchewan that will be hardy and live for many years. Normally one should choose seeds or plants grown from seeds collected within about 100 km of Regina so that you are using ecotypes suited to our climate. However, since we water in the city and our gardens are fairly protected from strong winds and coldest winter temperatures, we can get away with using seeds collected or plants grown in southern Alberta, southern Manitoba, or Saskatoon. You can choose plants by preferred habitat (dry to moist soils, full sun to shady exposures), the pollinators you want to attract and help out (bees – we have at least 350 native species, butterflies, moths, birds), height, colour, how quickly they grow and spread, and so on. It is possible to start native wildflowers from seed with patience and a sunny windowsill. Many need some sort of pre-treatment to germinate, for example, some time in a moist environment in a fridge or freezer. But some greenhouses grow native plants from seed and will ship them directly to you. I recommend starting this way and then plants you grow from seed can always be added later. I advise against starting with seed mixes of several species because it will be hard to distinguish them from weeds and you can get some fairly aggressive plants in the mix. Here are some sources of information, plants, seeds, and information to get you started:

- Wild About Saskatoon (great source of information): <https://wildaboutsaskatoon.org/growing-with-native-plants/>
- Prairie Originals (a little north of Winnipeg): <https://www.prairieoriginals.com/>
- Wild About Flowers (between Okotoks and Black Diamond, AB): <https://www.wildaboutflowers.ca/index.php>
- ALCLA Native Plants (Calgary, AB): <https://alclanativeplants.com/>
- Prairie Flora (Teulon, MB): <https://www.prairieflora.com/>

- Blazing Star Wildflower Seed Company (seeds only; Aberdeen, SK); very knowledgeable and local!): <https://www.growwildflowers.ca/>
Mary Vetter, for the Climate Justice Committee

At Eastside United:



EASTSIDE UNITED CHURCH INVITES YOU TO JOIN US FOR OUR

Community Dinner

This Month's Theme:
Missing and Murdered Indigenous Women

Guest Speakers: Elder Lorna Standingready
and Dr. A Brenda Anderson.

Thursday, May 18 at 6:00 pm

Dinner: Shepherd's Pie and Salad
provided by Munch Catering

Moose Hide pins will be available in
ongoing support of Reconciliation
efforts. This event is our gift to you.

Register by May 15 - Text: "RSVP" to 306-517-6797
or email: eastsideunited@sasktel.net

Did you know? Your feedback is a gift! If you have any comments, questions, or concerns regarding office produced documents (such as the weekly newsletter, Sunday bulletin, etc.), please contact Office Admin Becca at breadoflife@sasktel.net. Bread Crumbs will now be delivered to your inbox on Thursday afternoons!