

Oct 13, 2022



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## Bread Crumbs

*“I was glad when they said to me  
‘Let us go up to house of the Lord..’” (Ps 122:1)*



**Join Bread of Life for Sunday Morning Worship In Person at 9:30 a.m.**

**We will continue to welcome everyone ON FACEBOOK LIVE**

(At 9:30 am and the service is available on our website afterward)

Join us on the Bread of Life Facebook page

[Bread of Life Facebook page](#)

It will then later be posted on the Bread of Life Webpage

[Bread of Life Webpage](#)

### Curious 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 (PAR) for more information;  
<https://www.breadoflifelutheranchurch.ca/new-to-bread-of-life/giving>
- By credit card or PayPal on <https://www.breadoflifelutheranchurch.ca/new-to-bread-of-life/giving>
- Bank eTransfer to [breadoflife@sasktel.net](mailto:breadoflife@sasktel.net) (Please include your name and email in the notes for tax receipt purposes)



## Bread of Life

**All Saint's Sunday** is approaching (**November 6th**). On this day as part of our worship we remember & give thanks for the people who have been dear to us in this life and have encouraged us in our journey of faith. Most especially during this service we give thanks for those who have died in recent years. If you have a name you would like us to remember in the prayers that day, please email or call the office 306-789-0265 or [breadoflife@sasktel.net](mailto:breadoflife@sasktel.net). There will also be a part of the service where we will be lighting candles of remembrance.



### From the desk of Bishop Sid

Saskatchewan Synod, ELCIC

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#### Brief update on synod advice re COVID

We have had a number of calls at synod office on what the current synod advice might be on the current state of the pandemic. I am thankful that Pastor Ali has provided the following message to share with our faith communities:

*The current state of the pandemic with effective vaccines and widespread vaccination has allowed a new normal to increasingly emerge where physical distancing and face masks have become more and more optional. Measures such as hand sanitizing continue to be effective in reducing infections and are strongly encouraged. Variant-specific vaccines are now available for increased protection. Safe public gatherings are taking place across the country, and it has been a while since the last declared public gathering-related outbreak.*

*As a result of this progress, faith communities are encouraged to meet in person with measures such as hand sanitization and making facemasks available for those who may need them. Everyone is encouraged to be vaccinated against COVID and to get the applicable boosters.*

*Rev. Dr. Ali Tote.*

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#### **Come Let's Celebrate!**

40 years of Opening Hearts and Opening Doors - Bread of Life Anniversary Celebration

**Saturday, Oct 29, 2022 7-9 p.m.** Join us for food, trivia, singing and fellowship at the church.

**Sunday, Oct 30 9:30 a.m.** Reformation Sunday Service. Cupcakes and Coffee to follow the Service. [Register now](#)

**Looking forward to celebrating with you!**



## WE CAN'T DO IT WITHOUT YOU!!

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

ICF is 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 Bartolf 306-566-2971, [dbartolf@saskpower.com](mailto:dbartolf@saskpower.com)

I have found it a lot of fun and encouraging.

We plan to help on the first Saturdays of November (**November 5**) and December (**December 3**).

## 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.





**World Food Day**  
Sunday October 16th

***Did You Know?***

- Up to 828 million people in the world experience hunger
- Around 80% of displaced people live in countries affected by long-term hunger
- Women, the elderly, people living with disabilities, and racial, ethnic and religious minorities experience a disproportionate amount of hunger
- Climate change is increasing strain on people working to produce their own food

Your support is providing families the food they need today, plus skills and supplies to grow their own food tomorrow—like in Burundi, where 2,790 people recently received emergency food support and 1,200 households received farm starter kits, including seeds and small livestock.

Hunger is a growing threat, but together we can make a difference. Please join us in prayer today for those facing food insecurity and visit [clwr.org/food](http://clwr.org/food) to find out more. Thank you for your compassion and support!

 Canadian Lutheran  
World Relief

## St. Paul's Edenwold



October 16 – Pastor David  
 October 23 – Lay Service  
 October 30 – Sean Bell  
 November 6 – Pastor David  
 November 13 – Pastor Stewart  
 November 20 – Pastor David  
 November 27 – Sean Bell

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

## Living Spirit Centre

**Whist for Seniors** at Living Spirit Centre 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](mailto:rodashley@sasktel.net)

Did you know? The Living Spirit Centre is a busy place! In addition to the activities of the 3 faith communities that share space in the LSC, there are many other tenants that work and use our kitchens, meeting spaces, and common areas, such as Holy Yoga and the Arcola Wellness Centre. Over the past several years, we have been blessed to share space with Munch Café. <https://www.munchinregina.ca/> In 2023, Munch Café has the opportunity to occupy space in the Sask Abilities building, and will be moving out of the LSC. We will continue to work in partnership with them and wish them all the best in their new space.



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 Cheryl or Becca know!

### *Creation Care In our Places of Prayer: Energy Retrofits and other Faith-based climate action*

*Kairos Regina is hosting a gathering to help you and your church community learn, share, and begin to plan a path forward to decarbonize your church. We will tackle the questions of why does this question matter from a theological Christian perspective, what are others already doing about this, and what practical resources are out there to help us get started. We hope you will join us!*



*Saturday October 15th  
Living Spirit Centre,  
3018 Doan Dr., Regina  
Doors open at 9:00  
Event 9:30–4:00 Lunch included  
\$25/in-person \$10 on-line  
Register <https://bit.ly/3OL2Ki1>*



# COURAGEOUS FAITH

WITH EASTSIDE UNITED CHURCH

Join us for Courageous Faith, Thursdays from September 22 - November 17 at 7:00 pm at the Living Spirit Centre. Speakers will include: Matthew Fox, Jacqui Lewis, Brian McLaren, Trip Fuller, Anna Golladay, John Pavlovitz, Jim Keat, Rabbi Rami Shapiro. **Text "Faith" to 306-517-6797 to register!**

## OCTOBER COMMUNITY DINNER

WITH EASTSIDE UNITED CHURCH



October 20 at 6:00 pm



3018 Doan Dr. Regina

REGISTER BY OCT. 17 BY TEXTING "RSVP" TO  
306-517-6797 OR CONTACT THE EASTSIDE OFFICE.

EASTSIDE COMMUNITY DINNERS ARE FREE!



### Guest speaker:

Our local City Councillor Daniel LeBlanc will be discussing the City's role in helping the homeless in Regina

## In the Community



### Exciting News from Munch

Check out their website [www.munchinregina.ca](http://www.munchinregina.ca) to see the

### Munch menu updates

And **MUNCH IS RELOCATING** to the SaskAbilities building on 825 MacDonald Street!

Their new location has a commercial kitchen space and seating areas to allow us to expand

our training and services. Munch are excited as they will be able to make a bigger impact in the community by providing more services to adults living with Cognitive Disabilities.

**The Bearded Prairie Chef**, Josh Miller, is returning for the **Annual Fundraiser on November 9<sup>th</sup>**. Check out the Munch newsletter on their website for all the details.

### **Luther College High School students are pleased to present *Sister Act Jr.***

The dates, times and cost for the live and streamed shows are as follows:

#### **Live Shows** (at Luther College High School):

Thursday, October 20<sup>th</sup> at 7:00 pm

Friday, October 21<sup>st</sup> at 7:00 pm

Saturday, October 22<sup>nd</sup> at 7:00 pm

Sunday, October 23<sup>rd</sup> at 2:00 pm

Child (5 years and under): \$5.00

Future Luther Student cardholder: \$5.00

Student (6 – 17 years): \$10.00

Adult: \$12.00

#### **Streamed Shows** (watch from the comfort of your home):

Saturday, October 22<sup>nd</sup> at 7:00 pm

Sunday, October 23<sup>rd</sup> at 2:00 pm

Individual: \$10.00

Household: \$20.00

Tickets to the live shows and links to the steamed shows must be purchased in advance at [www.luthercollege.edu/musical](http://www.luthercollege.edu/musical). Tickets go on sale to the public on October 1<sup>st</sup> at 8:00 am.

Forever...



## Join a **Forever...in motion** program! Leader Training for Older Adults

**Forever...in motion** is an initiative that helps older adults become physically active through volunteer led physical activity groups.

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as a leader? We can help you enhance and develop your skills in leading a physical activity class for your peers.

**Forever...in motion** was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.

For more information visit: [www.rqhealth.ca/forever-in-motion](http://www.rqhealth.ca/forever-in-motion)

## Forever...in motion Leadership Training

Schedule: **Thursday, September 8,15,22,29**  
OR

**Tuesday, November 8,15,22,29**

Time: **11:00 a.m. – 4:30 p.m.**

Location: **South Leisure Neighbourhood Centre, 170 Sunset Dr.**

You will receive **Forever...in motion** Leader Manual, T-shirt, resistance band and certificate.  
Must be able to attend all four days.

For more information or to register contact Marisol: **306-766-7163**

[marisol.molinasmith@saskhealthauthority.ca](mailto:marisol.molinasmith@saskhealthauthority.ca)



**Youth Poster Contest** [KAIROS](https://kairos.ca/) is holding a **youth poster contest** which aims to lift up the artistic work of young activists. By gathering original artwork that shares a message of justice, peace and hope, the hope is that the artwork will help us as a movement and a community that embraces this *kairos* moment, leading us into action towards a just and sustainable world we want to build.

If you are a youth (under 30 years of age), consider [submitting your artistic expression here](https://kairos.ca/submit) and [sharing this opportunity with your friends](https://kairos.ca/share). If you are not a youth, please share this opportunity and help amplify the voices of young people by encouraging their participation. The contest is [open for submissions](https://kairos.ca/submit)

**from now until October 23.** Public voting will begin October 12 at the same link. Cash prizes will be awarded to pieces with the most votes. *KAIROS Choice* winners will receive additional prominence in KAIROS social media and other publications. See the 2022 contest details when you [click here](https://kairos.ca/submit).