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## Bread Crumbs



### 40 YEARS... OF OPENING HEARTS & OPENING DOORS

By Oct 1982... forty years ago... Pastor Bob Goos had already spent much of two years knocking on doors (in East Regina) getting to know you. and beginning to share the journey of faith & discipleship with you. As you each opened your hearts and doors to one another, a dream began to take shape and the adventure began. The first big step came when you began to hold worship together. Then came the first big milestone - your formation as a congregation of the (then) Central Canada Synod of the Lutheran Church in America.

And what a wild/wonderful journey it has been since.. building a building.. new pastors & interns.. entering into the ecumenical partnership we now call the Living Spirit Centre.. and indeed declaring ourselves a Reconciling In Christ congregation (intentionally welcoming, giving dignity to and pledging advocacy for people of the LGBTQ+ community). Each of these challenging us to open ourselves (our hearts & doors) to both the call of the Gospel, each other and the world around us. Each step supported, goaded, empowered, and inspired by Christ and the Spirit “moving mightily” among us.

Next month we will celebrate our 40<sup>th</sup> year as a congregation and all God has done in & with us. Plans include an evening of fun, music and community on **Saturday October 29<sup>th</sup>** (“**Savoury Saturday**” with wine, cheese, crackers etc.) and then a special Worship event on “**Sweet Sunday**” (WITH CUPCAKES!!!) – **Oct 30<sup>th</sup>**.

Over the next weeks we plan to get a phoning group together to reach out to as many folks as we can with a “how ya’ doin’” and a personal invite to come out (or tune in) and be a part of the celebrations. (So, if you see a weird number on your phone or get a strange message on your voice mail it could be us!?) Please mark the date in your calendars... *AND if YOU know someone with a connection to Bread of Life* who we may not have a contact for or has moved on.. please share the info with us or just give them an invite yourself. And indeed.. even if you feel relatively “new” to Bread Of Life.. realize that we value/love you as much as anyone and this is your chance to get to know each other even a bit better. **EVERYONE... past.. present or even future(??) is WELCOME!!!**

After these last long two plus years (of “pandemic”) a party is maybe just what we need most – a chance to reconnect.. remember who we are.. and begin to look to what we might yet become!!!

I for one.. am looking forward to it!! Hope you are too!

Be well, be safe BE HOPE!!!

- Pastor Stewart – Sept 15/22

*"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



### 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 10:00 a.m.** Reformation Sunday Service. Cupcakes and Coffee to follow the Service.

**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** Saturday morning breakfast could use a return of volunteers to help prepare breakfasts "to go" from **9:00 a.m. to noon on the first Saturday of the month, at 3131 Dewdney**. Everyone is welcome to help. Please contact Dave Bartolf at 306-566-2971 if you need more information or can help.

## Season of Creation Begins September 1



The ELCIC invites members and congregations to join with Christians of various traditions in celebrating and honouring a **Season of Creation**, held annually **from September 1 to October 4**. This year's theme is "*Listen to the voice of creation*." This is an opportunity to affirm the Lutheran World Federation's commitment to address climate change through liturgy, prayer and action.

For more information on the Season of Creation and to download the 2022 Celebration Guide and other wonderful resources, please [click here](#).

## Thursdays in Black: Working Together to End Gender-based Violence in Canada

You are invited to attend the webinar **Thursdays in Black: Working Together to End Gender-based Violence in Canada** on **Tuesday, September 20 at 1:00-2:00 p.m. (EDT)**. Come and hear the speakers from [Moose Hide Campaign](#) and justice advocate Danielle Strickland talk about Canadian realities and share what is already being done to counter this heartbreaking reality faced by so many people. Leave knowing more about our Canadian landscape, what you can do to change it, and how you might invite others to join you in this work. Emotional support will be available. For more information and to register for this event, please [click here](#).

## CARING FOR EACH OTHER IN TIMES OF SORROW

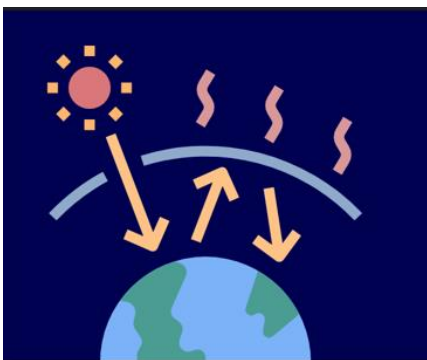
Did you know that most times when Bread of Life hosts a funeral we are also asked to help serve a lunch for the family and guests to share after the service? This is often a very healing time where people get to share their memories of the person who has died, get to reconnect with each other and (of 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.



**LSC CLIMATE JUSTICE GROUP** next meeting is Wednesday, October 5 at 7 pm.

**City of Regina Upcoming Construction** This is a heads up that we have been notified the City will begin a wastewater renewal program on **September 19<sup>th</sup>** that will result in various traffic restrictions on Arcola Avenue. The anticipated completion is early November, pending weather and unforeseen circumstances.







**Flooding in Pakistan** — CLWR and the Humanitarian Coalition are rushing assistance to help people in need in Pakistan. Please join us in prayer and consider making a gift to provide water, food and critical supplies. Your gift will be matched by the Government of Canada! To find out more or to donate, please visit [clwr.org/pakistan](http://clwr.org/pakistan) or call 1-800-661-2597 (Mon-Fri 8:30am-4pm CST).

**Future Luther Student Program** Luther College High School invites students in Kindergarten to Grade 8 to join the Future Luther Student program. This program is a great way for students to preview Luther College High School and get to know the school community. Being part of the program means students will receive a special membership card and free tickets to school events. Register online at [www.luthercollege.edu](http://www.luthercollege.edu)

## St. Paul's Edenwold



September 18 – Sean Bell  
September 25 – Pastor Stewart

October 2 – Pastor Sean  
October 9 – Pastor Stewart  
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

A colorful poster for 'Messy Church' at the Living Spirit Centre. The background is a watercolor wash of pink, purple, and blue. At the top left, the text 'Monthly 4 - 7 pm' is written in black. To the right is a red splatter graphic with the words 'Messy Church' in white and yellow. Below this, a white rounded rectangle contains the text 'Next Date: Saturday, September 24, 2022'. In the center, the text 'An event for families with crafts, worship, fun, and a meal!' is written in bold black. At the bottom, there is a row of ten cartoon children of various ethnicities holding hands. Below the children, the text reads: 'This is a shared ministry program of the Living Spirit Centre! To RSVP: Text "Messy" to 306-517-6797 or contact eastsideunited@sasktel.net for more'.

## LAST CALL FOR GALA DINNER TICKETS

Catered by Charlotte's - Immanuel's **Gala Dinner and Silent Auction** is on **Saturday, September 17**. Doors open 4:30 pm, Entertainment 5:00 pm (Mandemonium Orchestra), Reception 5:30 pm with dinner to follow. To purchase dinner tickets online, click on the link.

<https://docs.google.com/forms/d/e/1FAIpQLSefTZ9NY-OqghuXLpczW459ubOYcRBeW-TeKr-zCbprTfkm-g/viewform>

For more information on the dinner e-mail Mae Boa at [maeboa@sasktel.net](mailto:maeboa@sasktel.net) or call 306.789.6683



### IMMANUEL ANGLICAN CHURCH INVITES YOU TO AN INDIGENOUS WORSHIP SERVICE

*Presiding: The Rev. Alexander Campbell*

*Sermon/Reflection: TBD*

*Drummers and Singers: "The Crowes"*

**WHEN:** Sunday, September 25, 2022 at 10:00 a.m.

*In recognition of Orange Shirt Day on September 30, 2022  
you are invited to wear orange*

**WHERE:** 142 Massey Road, Regina

*There will be a Smudge Ceremony between 9:30 and 10:00 a.m.*



#### *What is Orange Shirt?*

*Orange Shirt is a national movement in Canada for Indigenous and non-Indigenous people to come together in the spirit of hope and reconciliation to honour former residential school students whose families and communities have been impacted by the policies and actions of the Government of Canada and the churches that operated the schools.*



## In the Community

Forever...



**in motion**™

*Physical Activity - do it for life!*



### 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)



Saskatchewan  
Parks and Recreation  
Association



Saskatchewan  
Health Authority

Forever...



**in motion**™

*Physical Activity - do it for life!*

**Forever in motion** will be starting at Living Spirit Centre on **Thursday, September 8<sup>th</sup> at 10:00a.m.** Sessions are weekly on Thursday mornings.



# Oktoberfest 2022

The Regina German Club is pleased to announce its return event called "Oktoberfest." Our committee is working hard on making this two-day event one to remember. This event will kick off on **September 30<sup>th</sup>** and continuing on **October 1<sup>st</sup>**. Friday night will have a traditional meal (Auftakt) and end with the Mr. and Ms. Oktoberfest contest. The winners of the contest will be gifted by donations from our local communities. Saturday the doors will open at 2pm to a Family day portion. The street will be closed allowing the public to come see entertainment, Bouncy House, Mini Petting Zoo, Balloon Man, Face Painting, Corn on Cob eating contest, drinks (both alcoholic and non-alcoholic) and food. Saturday evening will conclude with a Keg Tapping Ceremony, Team Challenges, Traditional Performances, and conclude with "Corner Stone Band." All festivities at the Regina German Club 1727 St. John St. For more information call 306-352-5897