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Bread Crumbs

Join Bread of Life for Sunday Morning Worship In Person at 10:00 a.m.

We will continue to welcome everyone ON FACEBOOK LIVE
(At 10:00 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](#)

Worship time will be 10 am from July 3rd thru Sept 4

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 (Please include your name and email in the notes for tax receipt purposes)

When Dreams Converge – the rest of the story...

If you read July's Bread Crumbs episode, this is a follow up article regarding our new Ukrainian friends.

The Ukrainian family Anton, Anna their daughter Veronica and Anton's mother Ludmilla were able to move into their own rental house in Regina only three weeks after arrival! They are very appreciative of all assistance they received. They do want to be independent and as a family group they are very organized and cohesive. The baby boy expected in mid September arrived August 14th! Earlier than planned but at 7lbs 2oz he is doing well as is his mother, Anna. Big sister Veronica is so excited and grandmother Ludmilla is overjoyed. Dad, Anton, is very happy he has a good job and can provide for his family in this new peaceful country.

They named the baby David, same in Russian as in English they say. They chose a very good name because August 14th is also Pastor David Kaiser's birthday as well!

Now for another chapter of the story;

Meanwhile our daughter had begun communication with another couple from Kyiv. They were looking for a host family as they, with others were recipients of Canadian anonymous air mile flights. Our daughter and her husband were unable to host this time due to work and school commitments. We were happy to host Denis and Elena (Helen). We were expecting them in September, but received an email August 6th that they had left and were to arrive in Regina on August 10th. We are both retired, so we have lots of time to drive them to all their initial appointments such as banking, SIN registration, health care application, medical assessments, job fairs and so on.

Denis worked as a tv cameraman in Ukraine and his English is quite good. Elena has a degree in journalism from Kyiv University, unfortunately her English is very poor. In the two weeks they have been with us she is much improved. Their resumes are both impressive. They have no children and admit they are bit old for a restart in a new life and career path. They express that for their future they must start over in Canada because Ukraine is often troubled. They have a fully furnished apartment in Kyiv, they left all that behind and are not even sure if the place is still intact.

Elena has been using her journalism contacts and experience to help families reunite. She helps many types of cases. Some are tragic life situations and some are situations caused by the war. Last week she was helping a grandmother find her sixteen-year-old granddaughter. The white slave market is, of course, a horrible threat in such situations.

We have found them to be delightful houseguests and very helpful. They pitch right in with any chore around here and are very appreciative of all we do for them. They often say or indicate we should sit and rest awhile, they will do it because they are young and strong (ie laundry, haul in groceries, housework or work in the garden). We have been treated to some very delicious new foods too.

They are both looking for work in a variety of fields but the options are limited. Unfortunately, many jobs are in the fast-food service industry and not good long-term career type positions. They would like very much to stay in Regina.

So, it is small step by step and day by day. Who knew we would be breaking bread and making new friends with wonderful people from 8,000 miles away! Well, I guess God knew....

Submitted by Kathleen Schwentke

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!

DID YOU KNOW?????

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.

WE NEED YOUR TALENT/TIME... A Couple of Ways YOU can help...

In addition to our request for help with Funeral lunches (also here in the **Bread Crumbs**) 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 Langenburger 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](#).

St. Paul's Edenwold



September 4 – Sean Bell
September 11 – Pastor Stewart
September 18 – Sean Bell
September 25 – Pastor Stewart

October 2 – Pastor David
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

Living Spirit Centre

A colorful poster for a 'Messy Church' event. The background is a vibrant, abstract watercolor-style pattern in shades of pink, purple, blue, and green. At the top right, the words 'Messy Church' are written in a playful, bubbly font, with 'Messy' in white and 'Church' in yellow, set against a red splatter background. On the left, the text 'Monthly 4 - 7 pm' is displayed in a bold, black font. Below this, a white rounded rectangle contains the text 'Next Date: Saturday, September 24, 2022'. In the center, the main text reads 'An event for families with crafts, worship, fun, and a meal!' in a large, bold, black font. At the bottom, there is a row of ten cartoon children of various ethnicities and ages, holding hands and smiling. 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'.

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

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



Forever...



in motion™

Physical Activity - do it for life!

Forever in motion will be starting at Living Spirit Centre on **Thursday, September 8th at 10:00 a.m.**

There is a **New Choir in town** starting this **September 2022**, in partnership with the Conservatory of Performing Arts, we will be starting a new choir called ACCENT! The choir is for students with changed voices, between the ages of 14 and 18, who sing Tenor or Bass.

For more information you may scan the QR code or contact *Brianna Levesque* at 306.580.4684 briannalevesque7@gmail.com



University of Regina Study on Ageism If by chance you are interested in participating in a research survey on ageism, please contact Pastor Stewart for more details. The survey will take approximately 60 minutes and the research findings will be used to develop an awareness campaign that challenges the more negative representations of aging.

LIFELONG LEARNING CENTRE OPEN HOUSE

September 8 at 2155 College Ave

Learn what the Lifelong Learning Centre has to offer and hear from some of our instructors!

Take a tour, meet our staff, ask questions about our courses and activities, and enjoy light refreshments.

11:00am What is Compassionate Communication?

Dr. Muhammad Asadullah

12:30pm LLC Fitness Courses

Ageless Grace and Forever in Motion

2:00pm Intro to Ecuador

Paulina Larreátegui

306-585-5748
uregina.ca/cce



University
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