



BREAD OF LIFE
LUTHERAN CHURCH



Bread Crumbs

February 9, 2023

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“Fearfully and Wonderfully Made”

There is no question that of all the malaises of our present day one of the most destructive (often fatal) and always limiting is the “pandemic” of self-minimization/self-deprecation. And by that I mean...the whole spectrum from the simple throw-away type comments like “you can’t mean me” (when someone asks for help or even gives you a compliment).. through the daily haunting fear many folks have that we are imposters (and about to be “found out”).. through to that most tragic version of self-doubt (self-loathing?) that can too often end in either intentional or unintentional self-destruction.



It is staggering (if you stop to think of it) how much doesn’t get done.. the beauty and creativity that is left unshared.. the love and compassion that goes ungiven simply because the person from whom they *could* come does not believe **they** have anything worth contributing.. that **they** aren’t “enough” (in whatever self-convicted way). For sure.. part of this is a result of our society’s obsessions with unattainable measures of popularity/success/beauty etc. (that have been become even more toxically plaguing thanks to “Social (anti-social) media”). That cliché aside... another of the big pot-holes I hear people fall into though is the too pervasive idea that who we are (and thus our worth to the world) is measured by what we DO.. most specifically by what we do to EARN MONEY (our job). I was reminded of how “wrong” that can be by an article I read this week that invited readers to realize that very *seldom* does our “calling” (our primary purpose) in the world have anything but a casual connection to where we “work” and “what we do for a living”. (All by itself that is an awful phrase when you really think about it!!)

All of this however.. is the ABSOLUTE OPPOSITE of how the Bible talks about who we are.. the ABSOLUTE OPPOSITE of what the revelation of God's true love (Jesus) showed us about our "value" in how He treated people. Indeed as the article I shared a month ago talked about (courtesy of Henri Nouwen) our God loves us simply because we ARE.. names us God's BELOVED **as we are!** One of my personal favourite texts (in the Bible) is, in fact, the one from Psalm 139...

*¹³For it was you who formed my inward parts;
you knit me together in my mother's womb.
¹⁴I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well.
¹⁵My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
¹⁶Your eyes beheld my unformed substance.*

For not only does this so beautifully portray God as this gentle and talented sculptor who "fearfully and wonderfully" brings us into being and shapes us into who we are, but so too (critically) reminds us that God's loves for us begins before we are even born.. before we can "do" anything to prove our worth or earn love.

To be sure.. there are no end of verse in the Bible that seem to vigorously DEMAND certain behaviours, and ways to live as God's will for us. And yeah.. I would never dare suggest God is. Less-than-serious about how God wants us to live.. and live together. But as the above Psalm reminds us.. it is crucial that we remember the "order" here!! That FIRST God love us.. FIRST God gives us life.. FIRST God names and claims us as GOD'S BELOVED. And then.. *only then*.. does God invite us to use who we are.. ALL we can do (whether we see it or not).. and every moment of lives as a celebration of what God has created in us. It is only in realizing how deeply precious to and loved by God we are.. that we then let "gratitude".. become our fire, and love shared our true purpose for life!!!

Be well, be alive.. BE HOPE!!

- Pastor Stewart - Feb 9/23

Join us for Worship:

Join Bread of Life for Sunday Worship In-Person at 9:30 am.

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)

Bread of Life

Bread of Life's AGM - March 5, 2023 following Worship.

2022 tax receipts are ready – there are a few ways to receive your receipt, and deadlines for pickup/mailling methods.

If you gave directly to Bread of Life, please note the options below:

- a. **If you wish to receive your tax receipt by email, you have until 4:00 on Wednesday, February 15th to send an email to breadoflife@sasktel.net.** In the body of the email state that you wish to receive your tax receipt by email. We will reply to your email with the tax receipt attached.
- b. Tax receipts will be available at worship on **Sunday, February 12th and 19th.**
- c. If you wish to pick up your tax receipt from the church, they will be available at worship on Sunday February 12th and 19th. Or you can stop by the church office Tuesday, **February 14th to Thursday, February 16th** (office hours between 9:00 am and 4:30 pm).
- d. All tax receipts that have not been emailed or picked up by will be sent by Canada Post by **February 28th.**

If you gave through the Bread of Life website using **Canada Helps**, access to your tax receipt would have been provided immediately on the Canada Helps site. If you need to download it again this is the link [Receipt Download Tool](#).

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.

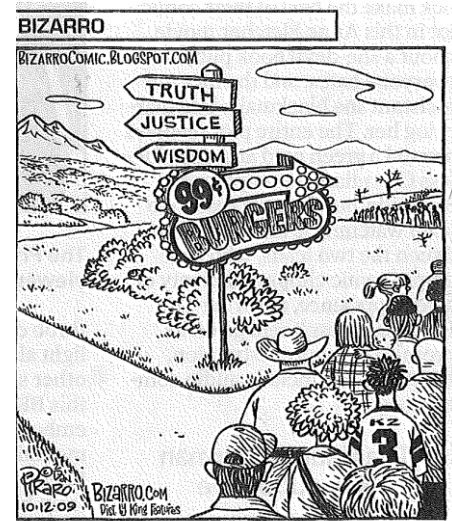
1) Facebook Host - this is a relatively easy job of putting greetings/announcements/assisting note into the comments section of the Facebook feed during the worship time. Brent Langenberger has been super faithful in looking after this for us EVERY WEEK during pandemic but I think it is time we step 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.

Time For a Mid-Winter Dive...??

I (Pr. Stewart) feel like it is time for us to offer a study/discussion group during late Feb and March. I am – as always – open to create a group around any topic you might like to take on so please let me know if you have ideas. Some that I have considered are... “Reconciliation with our Indigenous Siblings”, “What is a church?”, Lutheranism 101, etc... Or maybe we could have a series of movie nights with discussion to follow. Or another possibility is to take on a “book study” (I have many that would be worth it). Please let me know what YOU would be interested in. As usual we try to find a time that works for everyone who eventually “signs up.”

Contact me at pastor.stewart@sasktel.net or give me a call!



Refugee Update - FARDOUS RECEIVES FILE NUMBER!

Fardous Ginawi and her family, the most recent sponsorship of the Regina Lutheran Refugee Ministry, have received file numbers from the Government of Canada, putting them on the path to immigration. We hope this South Sudanese family will be able to join us in Regina in about a year. Bread of Life is an active member of the Regina Lutheran Refugee Committee, an informal partnership of local ELCIC congregations. BOL members of the Committee are Gwen Fex, Larry Fry, Joanne McLeod, and Doug Schneider. We are actively encouraging donations to complete our preparations; donations can be made to BOL, clearly marked "Fardous" or "Refugee ministry".

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 let me and know. I would very much appreciate it. David Bartle 306-566-2971, 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.

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.

St. Paul’s – Edenwold



February 12 ~ Stewart Miller

February 19 ~ David Kaiser

February 26 ~ Boyd Moulder

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

The Living Spirit Centre



Monthly
4 - 7 pm

Next Date: Saturday, February 25

**An event for families
with crafts, worship,
fun, and a meal!**



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

Women's Breakfast - Saturday, February 11 at 8:30 am

Speaker: Tina, Community Librarian

Tina will include a talk on what the library has to offer - new and old. Also, an invitation to the Library's stand to sign up for library cards, borrow books, and programming. She may have a pop-up library with some suggestions of books. Feel free to bring a book with you if you would like to share. Breakfast servers - Bonny Yake and Jean MacKay

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

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 Becca know!



LIVING SPIRIT CENTRE

*Shrove Tuesday
Pancake Supper*

HOSTED BY EASTSIDE UNITED CHURCH

February 21
5:00 - 7:00 pm
By Donation



BLACK HISTORY MONTH COMMUNITY DINNER

February 16 - 6:00 pm

3018 Doan Drive

RSVP by Feb. 12 by texting "RSVP"

to 306-517-6797 or by email:

eastsideunited@sasktel.net

Guest Speaker: Father JB - Hospital Chaplain

LENTEN WEDNESDAYS



Mar. 1 ~ Immanuel Anglican Church

Mar. 8 ~ Living Spirit Centre

Mar. 15 ~ Living Spirit Centre

Mar. 22 ~ Living Spirit Centre

Mar. 29 ~ Our Savior's Lutheran

Worship at 7:00

Soup and Buns at 6:15

Contact: 306-761-0265

Community and More

Canadian Lutheran World Relief is calling on Canadians to pray for those affected by the earthquakes in Türkiye and Syria, and to give generously to support their urgent humanitarian needs. In south-east Türkiye and northern Syria, a massive humanitarian emergency is unfolding. CLWR is joining the Humanitarian Coalition in appealing for support to respond now. Will you give today to support those people affected by this earthquake? Please give what you can by donating at clwr.org/earthquake or by calling 1-800-661-2597 (office hours Mon-Fri, 9am-4pm), and pray for all those who are affected.

41st Annual Nash Lecture: Science, Religion, and the Search for a Christian Anthropology - Wed., February 15, 2023 at 7:00 pm, Campion College Auditorium, University of Regina - Dr. Robert Allore, SJ: Father Robert Allore was born in Toronto, Ontario. He obtained a BSc in biology at the University of Ottawa and a PhD in Microbiology from the University of Toronto. After completing graduate studies, he worked in the Department of Medical Genetics at the University of Toronto studying gene expression in the nervous system. Robert joined the Society of Jesus (Jesuits) in 1990, completing philosophy studies at Loyola University in Chicago and theology studies at Regis College at the University of Toronto. He was ordained a Catholic priest in 2001. During his years of training with the Jesuits, he continued his research activities at Loyola University, Chicago, at Montreal General Hospital, and at Mount Sinai Hospital, Toronto, investigating the genetics of nervous system development. Father Robert Allore is presently pastor of St. Mark's Parish, chaplain to the University of British Columbia, and an Adjunct Professor of Theology at St. Mark's College at UBC.

Bach in Concert - Mount Olive 70th Anniversary - An organ Concert of Bach's Selected Works is being hosted by Mount Olive Lutheran Church on Saturday, February 18th, at 2:00 pm. The Concert will present conductor and Musician Paulo Brum, Master in Music and Pastor at New Beginnings Lutheran Church in Regina. He will play some of Johann Sebastian Bach's Works for organ, and the Choirs from New Beginnings Lutheran and Mount Olive Lutheran will join him in singing three hymns with Bach's harmony. The concert is the opening event of the celebration of Mount Olive's 70th Anniversary in 2023. No ticket for admission is required, the Concert is open to the whole community. Mount Olive Lutheran Church is located at 2015 4th Avenue North, Regina. For more details, please visit: <http://lutheran-church-regina.com>



February 10 at 6:00 pm (Canteen)
at Indigenous Christian Fellowship



Performances at 7:00

Register: Contact Dawn 306-541-5415



Credit: Office of the
Treaty Commissioner
Website



Credit: Carly Brown
Photography

Performers/Speakers: **Joely BigEagle-Kequahtooway** is an interdisciplinary artist whose main source of inspiration is Tatanga aka Buffalo. She is a fashion and textile designer, visual artist, beader, storyteller and co-founder of the Buffalo People Arts Institute. **Khodi Dill** is an award-winning Bahamian-Canadian spoken word artist, author, and anti-racist educator from Saskatoon.

We will be accepting donations in support of INI Cafe for our musical guests! Masks are strongly encouraged.



Did you know? Your feedback is a gift! If you have any comments, questions, or concerns regarding Bread Crumbs, contact breadoflife@sasktel.net. Bread Crumbs will now be delivered to your inbox on Thursday afternoons!