

The Weekly Wander

Bread of Life Lutheran Church and
Eastside United Church Newsletter



Bread of Life Lutheran Church

Rev. Stewart Miller

breadoflife@sasktel.net

306-789-0265



Eastside United Church

Rev. Russell Mitchell-Walker

eastsideunited@sasktel.net

306-761-0556

September 28, 2023

In this Week's Newsletter:

Sunday Worship and Offering information

This Week at a Glance

Bread of Life Lutheran Church (including St. Paul's Edenwold)

Eastside United Church

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Sunday Worship

Bread of Life – 9:30 am

In-Person or Online!

We 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](#)

Eastside – 11:15 am

In-Person or Online!

We welcome everyone to join us online via Zoom at 11:15. Services are recorded and will be available on our Facebook Page afterwards.

[Zoom – Join us online!](#)

[Facebook – Recorded services are posted](#)

Please join us online if you are having COVID/Flu/Cold-like symptoms. Masks are welcome in the Living Spirit Centre.

**Are you looking to further support these ministries?
Your generosity matters! Both churches accept (and deeply
appreciate) the following methods of giving:**

- Sign up for **Pre-Authorized Remittances (PAR)** with Becca at the office! Completing a simple form can get you signed up for easy automatic monthly remittances!
- Send in your cheque or cash offering **by mail**
 - (CHURCH NAME)
3018 Doan Drive
Regina, SK S4V 1M1
- We accept **e-transfers!** Send your offering to a designated email address:
 - Bread of Life – breadoflife@sasktel.net
 - Eastside – eastsideunited@sasktel.net
- We have options online with **CanadaHelps**
 - [Click here to donate to Bread of Life](#)
 - [Click here to donate to Eastside](#)
- We also accept envelopes in the offering plate on Sundays.

This Week at a Glance



Friday, September 29

❖ **Eastside Film and Faith – 7:00 pm**

Sunday, October 1

❖ **Bread of Life Worship - 9:30 am**

❖ **Eastside United Worship - 11:15 am**

❖ **Eastside Congregational Care Meeting – 2:00 pm**

Monday, October 2

❖ **Arcola Bridge Club – 1:00 pm**

❖ **A.A. and Essay meetings will be taking place in the evening**

Tuesday, October 3

❖ **Whist for Seniors – 10:00 am**

❖ **Eastside Prayer Service – 12:00 pm (FB Live)**

❖ **Holy Yoga – 7:00 pm**

❖ **TOPS – 6:00 pm**

Wednesday, October 4

❖ **Eastside Prayer Service – 8:45 am (FB Live)**

❖ **Tai Chi – 10:00 am**

❖ **Holy Yoga – 12:00 pm**

❖ **Eastside Coffee Shop Office Hours at Second Cup on Quance – 1:00 – 2:30 pm**

❖ **Quilting Group 1:00 – 9:00 pm**

Thursday, October 5

❖ **Forever in Motion – 10:00 am**

❖ **Eastside Open Minds, Open Books – 1:30 pm**

❖ **Eastside Prayer Service – 4:00 pm (FB Live)**

❖ **Eastside Courageous Faith – 7:00 pm (Online)**



Please find more information about each ministry/event as you read on in the newsletter.



Bread of Life Lutheran Church

DON'T FORGET!!!

That our tradition is that we invite you to bring an item or two (suitable for Donation to the Regina Food Bank) for us to add to our Thanksgiving Sunday Display. We will then make sure they make their way to the Food Bank in the week following. If, of course, you can't join us for worship this Sunday.. Don't Forget ..that you can also make a donation on your own (through your grocery store etc.). This is gratitude in action!!!



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. 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. 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. 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

CONFIRMATION!? Let's See What's Possible

Last year (& during most of COVID) there was not much traction to hold traditional Confirmation instruction "classes".

Confirmation classes are meant to be a time for grade 7 & 8 young people to spend time digging a bit deeper into what faith and God might mean to them. It is also a time when LOTS of school/extra-circular activities make their lives very busy. I (Pr.



Stewart) am open to trying any kind of program that you as parents and students might imagine & are ready to commit to. Such could include traditional class times.. monthly class times.. individual study stuff (with occasional group sessions).. etc. etc.. If you have or know of young people who would like to try coming up with a program that works for folks, please contact Pr. Stewart or the office ASAP and we can make it work. I apologize to those who have checked in during these past years and have not felt like we responded (I simply never got a clear indication of what people were hoping for from enough people).

ADULTS CAN GROW/LEARN TOO!!!

Do you an idea, Biblical question, theological concern, movie or book you want to unpack.. or any other itch that you would like to have a conversation or study about? If so please talk to Pr. Stewart and we can make plans to do so this fall. There is a lot going on out there and, believe it or not, our faith and our discipleship can deeply engage many/all of those challenges. Let's get together and chew on what we feel called to as Christian in 2023.



October 1 – Pr. David Kaiser

October 8 – Pr. Pastor Stewart Miller

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



Eastside United Church

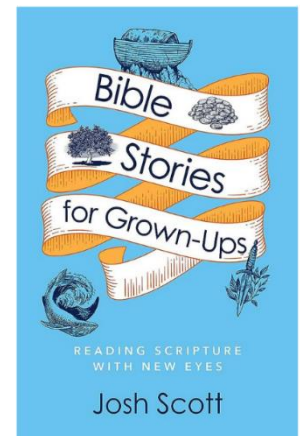
Courageous Faith

Courageous Faith resumes this fall on October 5th. If you are interested in more details, please contact Russell. This group gathers on Thursdays at 7:00 pm. Join us online to listen to a speaker followed by discussion. The speakers are faith leaders who offer insights and experience about being church and Christian for our time. To register text "faith" to 306-517-6797 October 5: Brian McLaren - Can the Church Change?

Open Minds, Open Books

Open Minds, Open Hearts, Open Books will be resuming on September 14th. This group gathers on Thursdays at 1:30 pm at the LSC. We will be reading *Bible Stories for Grown Ups* by Josh Scott this session.

September 14	Intro	October 12	Chapter 4
September 21	Chapter 1	October 19	Chapter 5
September 28	Chapter 2	October 26	Chapter 6
October 5	Chapter 3	November 2	Chapter 7



Calling All Volunteers!

We are looking for volunteers to assist with the following activities:

- ❖ **We are looking for someone to cover tech on October 15! If you may be available and have time for some quick training, we would deeply appreciate your help!**
- ❖ ICF needs volunteers to assist in making lunches (Fridays) and breakfast (fourth Saturday of the month) onsite! Please contact [Doug Scheurwater](#) if you can help!
- ❖ If you are able to help with our community dinner on the third Thursday of the month, set up and/or clean up, let the office know.

Your time and talents are a gift, thank you for your help!

Film and Faith

Join us for a Film and Discussion on the last Friday of each month at Film & Faith! Stay tuned in to our weekly emails for movie selection and gathering announcements. Text “Film” to 306-517-6797 to stay in the loop! **We will be watching *Women Talking* this Friday, September 29 at 7:00 pm. Join us at the LSC - please bring along snacks and drinks!**

We are Accepting Donations!

Please drop off any donations you would like for the following ministries:

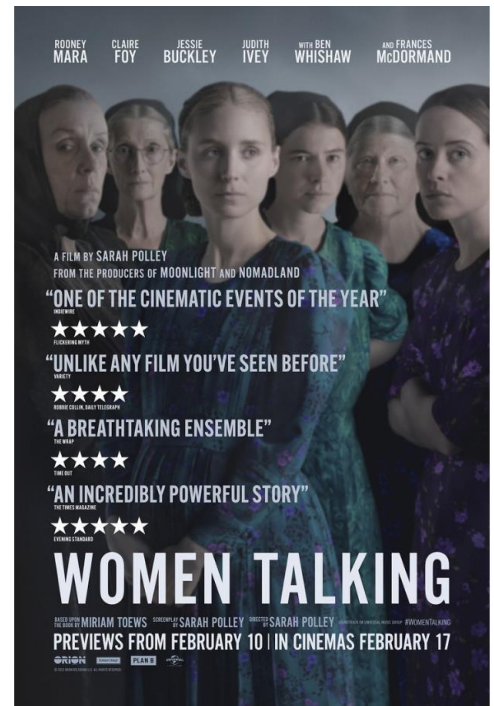
- ❖ Regina Native Outreach Ministry is looking for many things for new Indigenous mothers including baby blankets, cards, small gifts for new mothers (such as lip balm and lotion), and whatever you may be interested in donating. If you have any questions, please contact Office Admin, Becca.
- ❖ We are still collecting for Glen Elm School! If you would be willing to provide food donations for children’s lunches, it would be appreciated! We drop them off at the school each week when we get some in.

Weekly Happenings and More

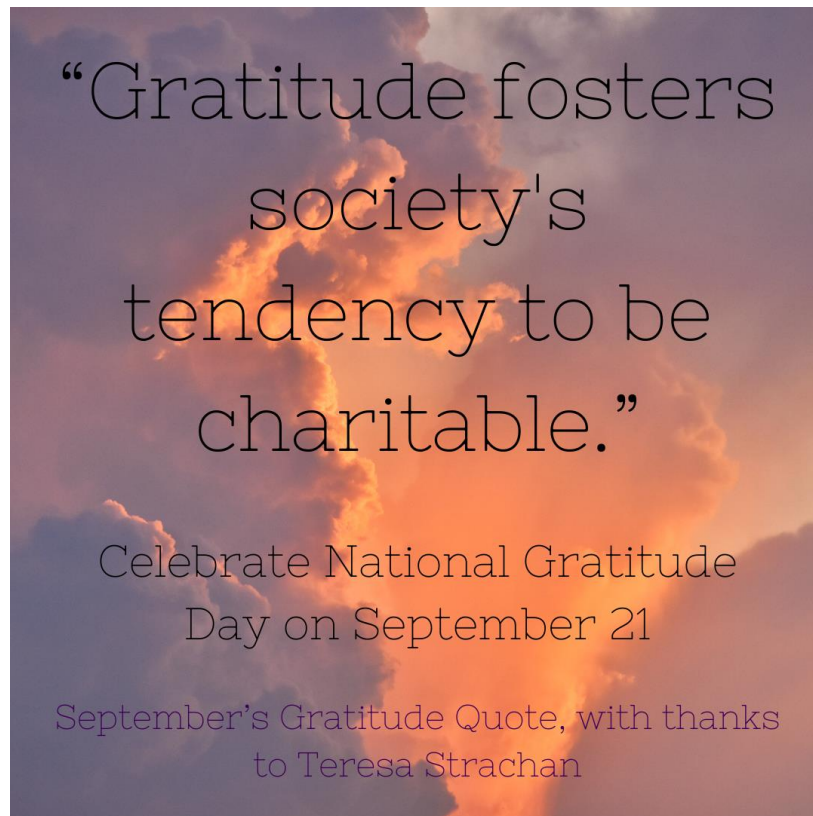
- ❖ Russell is in the office from Tuesday – Thursday, and works from home on Fridays. You can reach him via [email](#).
- ❖ Coffee Shop Office Hours take place on Wednesdays at Second Cup on Quance from 2:00 pm – 4:30 pm. Coffee shop hours will end at 2:30 on October 4
- ❖ Prayer services take place on Tuesdays at 12 pm, Wednesdays at 8:45 am, and Thursdays at 4 pm. They are live streamed on [Facebook Live](#) to the Eastside Facebook Page.
- ❖ Please let our office know if you are in need of pastoral care. Phone calls and visits (in-person/online) can be arranged.

More Information

- Mailboxes in the East Sanctuary are being used - please check them!
- Eastside's bulletin board in the East Sanctuary is regularly updated!
- Have you missed a service? Click [here](#) to view our Facebook Page. Recordings of our services are posted here on Mondays.



- If you would like to get text reminders about up-coming events and special services, text "Loop" to 306-517-6797 to receive notifications. You will only receive a few texts in a week!
- Share your favorite hymns with us by clicking [here](#)!
- Have a prayer request for worship? Send them in each week by texting them to 306-517-6797. Please send them in by Thursdays each week so that we can include them at worship on Sundays.



Russell's Sabbatical

Russell will be taking a three month sabbatical from December 7, 2023 to March 11, 2024. This period will include the last part of Advent, Christmas, as well as the first four Sundays of Lent.

Ministers are encouraged, when they plan their sabbatical, to include one of the busy church seasons, such as Christmas. This gives them a break from the planning and hard work these special seasons often entail, as well as the opportunity to spend the time with their families.

Ministers are entitled to a sabbatical every five years, and Russell's last sabbatical was in the spring of 2018, which included Easter.

Russell has approached a retired minister to offer supply preaching coverage, and possibly pastoral care, for some of the time he is off. This will most likely be during Advent and Christmas, which is good news for the congregation, since we will have continuity and regular services at Eastside.

Faith Formation will be organizing coverage for the other Sundays. They will attempt to have as many services as possible at Eastside, so that the congregation can stay connected during the time Russell is away.

There are many mid-week programs at Eastside, and the hope is that some of these will continue with lay leadership during Russell's absence.

If you would be interested in serving as a leader for a mid-week program, or even on Sunday morning during Russell's sabbatical, please consider it. We will be reaching out for volunteers over the coming months.

Also, there is always an increase in costs during the minister's sabbatical, as we need to pay for supply ministers, or other guest speakers. Please consider whether you are able to increase your giving during this time.

Although we will miss Russell when he is away, we understand the importance of sabbaticals as an opportunity for education, rest and renewal.

Cathie Henderson
Ministry and Personnel Committee



The Living Spirit Centre

Events/Gatherings in the Schedule

The following groups gathering at the LSC are private renting groups, and may require registration for their activities. Some programs listed below are paid programs. Please contact the office if you would like more information about these gatherings or groups:

- A.A. Harmony Group
- Essay Group
- TOPS (Take Off Pounds Sensibly)
- Holy Yoga - Connie Moker Wernikowski will again be offering Christ-centred yoga classes in the fall of 2023. Christ-centred yoga includes exercise/stretching, prayer and scripture, breathing and relaxation. Classes run from September to early December. A Tuesday 6:30 pm in-person class and a gentle Wednesday noon in-person class will be offered at Living Spirit Centre. A Tuesday morning class will be offered on Zoom. All classes require pre-registration for the session. More info can be found at <https://www.bigfishyoga.ca/> or email Connie at cmwernikowski@gmail.com or phone 306-551-6933.
- Tai Chi – more information is available on their website: <https://www.taoist.org/locations/regina-southeast/>
- Arcola Bridge Club
- Forever in Motion

Calling All Volunteers!

We are looking for volunteers to assist with the following activities:

- ❖ A group will be gathering monthly at the LSC to cook meals for the houseless. If you would like to be on our volunteer roster, please contact the office. We have a wonderful group of activists and advocates from across the city joining us!

Messy Church – Session on October 12

Messy Church will be taking place on the second Thursday of each month from 5:30 to 7:00 pm. These events are in partner with Sunset, Wesley, Westminster, and Bread of Life Lutheran Church. If you would like to help out, let Russell or Mary Vetter know. Christ Lutheran Church will also be offering gatherings: September 28, October 26, November 23, and December 21.



Whist for Seniors

...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



ARCOLA EAST SMALL BUSINESS FAIR

Do you have your own small or home-based goods or services business in the Arcola East neighbourhoods? Do you want to know how to support businesses in your neighbourhood?

Artisans, crafters, home and personal service providers are welcome and invited to be part of this small and home based business fair sponsored by Eastside United Church. Small and home based business fair Saturday October 14 from 1:00-4:00 at 3018 Doan Drive (Living Spirit Centre).



Tables (6'x3') are \$10 (Register by Oct. 10).

Bake sale, and refreshments available.



Eastside United is a progressive spiritual community, celebrating God's love through ALL diversity. This home based and small business fair is part of our belief in community.

Come out and support our neighbourhood businesses!

SATURDAY, OCTOBER 14 1:00 - 4:00 PM



INFO/REGISTRATION:
306-761-0556 EASTSIDEUNITED@SASKTEL.NET

Quilting Group

An ecumenical crafting group gathers on every second and fourth Wednesday of the month, with come an go times between 1:00 and 9:00 pm at the LSC! “Any age, any gender, any denomination – or none is invited to join in quilting! We’re people of good will having a good time and doing good work. We have some 20 folks already involved, but we hope to see YOU!” For more information, contact Deacon Christine Burton at christinemburton1@gmail.com or phone/text 306-540-7903.

Arcola Art Gallery

Check out the Arcola Art Gallery in the Arcola Wellness hallway! Current works exhibited include beadwork created by artist Pr. Frank Armistead.

From LSC Climate Justice:

“Where will the frogs sing?” Is an exploration of our vanishing wild spaces both rural and urban, and is part of the exhibition at the Art Gallery of Regina “A View from the Edge of the World.” It continues until Oct 21. Recommended by LSC Climate Justice Committee member!



The LSC Office

Bread of Life Lutheran Church

breadoflife@sasktel.net

306-789-0265

Eastside United Church

eastsideunited@sasktel.net

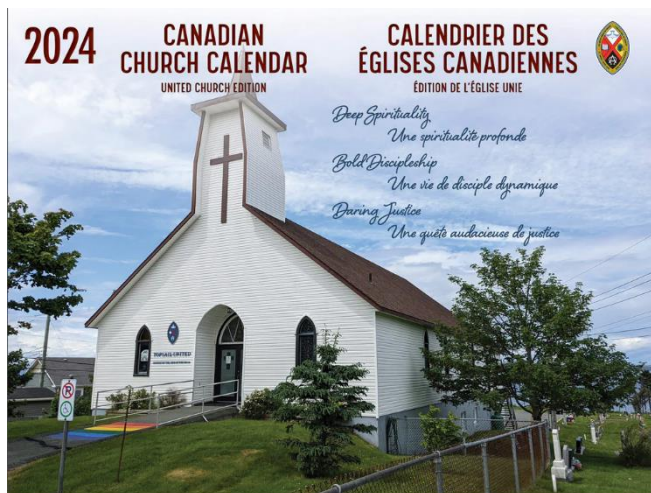
306-761-0556

The Living Spirit Centre (Rentals & Bookings)

livingspiritbookings@gmail.com

Multi-faith 2024 Calendars and UCC Calendars

We will be placing orders for these calendars in November. Please let Becca know if you would like to order either by October 30. The UCC calendar will be \$10, and the multi-faith calendar will be \$20.



Office Hours

The Living Spirit Centre Office is open Monday-Thursday from 9 am – 12:30 pm, and from 1:00 – 4:00 pm. We are closed for a short lunch break. **The LSC Office will be closed on Monday, October 2.**

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. The Weekly Wander will be delivered to your inbox on Thursday afternoons!

If You Have Questions...

Feel free to click “reply” to the weekly email we send, and your question will be directly forwarded to Becca.

The LSC is Open for Rentals

Considering where to throw a party? Know someone who is interested in holding a weekly event and needs space? Do you know of a small organization looking for office space? Contact Becca in the Eastside or Bread of Life office for more details.

Lost and Found

If you happened to leave something behind and are looking for our lost and found, please check inside the office! We have a new Lost and Found basket.



and More in the Community!

Apple Sale – Broadway United

McIntosh, Gala, Spartan - direct from the Kelowna orchard to YOU! Broadway United Church – 105 Broadway Avenue, \$35 per 20lb box (box included). Advance tickets only. Contact Church Office broadwayunited@accesscomm.ca, 306-352-1526 or Lorna Bennett 306-757-1149. Pick-up location: 339-20th Avenue East. We are still waiting on a delivery date, hoping for mid-October.

Luther College: Future Luther Student Program

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

Westminster United Church

3025 13th Avenue

Presents

The Chancel High Tea



Enjoy the view of the 111-year-old sanctuary with its stained-glass windows and woodwork, all original.

September 30, 2023

Settings 1, 2, & 3pm (55 minutes in length)

Tickets \$20/person

Tickets are limited. Book your time by calling **306-757-6444, ext. 1**

Payment by cheque, cash, or e-transfer to wucrevents@gmail.com.

Some limited gluten free options will be available.

Celebration of the Healing Garden at ICF

Friday, September 29. Gate opens at 5:30pm.

Program by ICF & friends. Music by Fallynn Baptiste.

Come and celebrate our garden for healing and reconciliation.

Donations welcome! This event replaces the annual ICF fundraising gala.

Contact Bert Adema @ ICF, BertA@icfregina.ca, 306-359-1096

Aboriginal/Non-Aboriginal Relations Community (ANARC)

ANARC Potluck and Sharing Circle, Sept 27th at St. Mary's Anglican (3337 corner of 15th Ave and Montague). Potluck supper around 5:30 followed by sharing circle. Contact Sr. RéAnne Letourneau, srletourneau@hotmail.com

The Bible and Violence: Exploring the Uses and Abuses of Scripture over the Centuries

Campion's Scripture Webinar Series - Campion College Campus Ministry is presenting another online non-credit scripture course with Rev. Dr. Scott Lewis SJ, former Dean of Regis College in Toronto, and current Faculty at Campion College in Regina, SK.

For more information and to register, see Eventbrite,

<https://www.eventbrite.ca/e/719910219847>

"The Bible and Violence: Exploring the Uses and Abuses of Scripture Over the Centuries" will be held on Tuesday mornings from 10-11 on Zoom beginning on Tuesday, September 26 and ending on November 7, 2023 (except October 10).

Registration is required. A Zoom link will be sent out to registered participants on Friday, September 22nd, and a reminder will go out on Tuesday morning. The course is offered by donation with a suggested amount of \$40. Current Campion College students are welcome to attend without a donation.

Contact Kelly Bourke, kelly.bourke@uregina.ca, 306-359-1235

On the National Day for Truth and Reconciliation:

At the mamaweyatitan centre, 3355 6th Ave., Regina: Sat., Sept. 30

The Equity Diversity Inclusion Network is hosting the Orange Shirt Day Walk & BBQ - Healing Our Communities, presented by Reconciliation Regina. To commemorate National Day for Truth and Reconciliation, participants will gather at the mamaweyatitan centre (3355 6th Ave., Regina). The agenda is:

8:30am - Pipe ceremony

10am - Program

11am - Healing walk (the walk will be led by jingle dress dancers, as it signifies healing)

12pm - Free BBQ



St Cecilia's Parish, 5070 7th Ave., Regina: Sat., Sept. 30

4 to 5pm: (Church basement hall) - Cultural experience and teaching through traditional Pow Wow dancing and singing with Indigenous children and youth; steps towards healing and reconciliation. 5 to 6:30pm: Soup and Bannock supper. 7pm: Eucharistic celebration 26th Sunday of Ordinary Time; Mass intention for National Day for Truth and Reconciliation. Presider Archbishop Don Bolen.

A Message from the Moose Hide Campaign

In Canada, September 30th is the National Day for Truth and Reconciliation, as well as Orange Shirt Day. The day honours the Survivors of Residential Schools, the children who never returned home, as well as the families and communities who have been impacted. It is an opportunity to reflect upon our country's tragic and painful history and recognize the ongoing intergenerational trauma, including violence towards Indigenous women, children and two-spirit+ people. Recognizing that reconciliation is a shared journey and responsibility of every Canadian, there are many ways for each of us commemorate the day individually and/or collectively. [Please view the PDF below to learn more about the National Day for Truth and Reconciliation and how you can show your support.](#)

**SAVE THE
DATE!**



Every Child Matters

***“Honouring Their Spirits”
Annual Gathering***

SEPTEMBER 30TH

1635 11TH AVE

11:00 AM - 2:00 PM

**BBQ
hand painting activity
bingo for elders
animal balloons
giveaways & raffles**



Craft & Trade Sale Heritage 2023

1050 N Arnason St, Regina
Heritage United Church

Friday, October 20, 2pm to 8pm
Saturday, October 21, 10am to 2pm

Admission \$2 - Door Prizes
Bake Table - Canteen Service
Great Christmas Gifts

Donations for Regina Native Ministry Mother & Baby Welcome Bags are gratefully accepted.

Drop off bin at entrance.

We are in need of Diapers (Size 1), Diaper rash cream, Baby wet wipes, Baby Soap/Shampoo, Burp cloths, Bibs, Baby blankets.



Oktoberfest 2023

Regina German Club 1727 St. John Street
www.reginagermanclub.ca
(306) 352-5897



Oktoberfest Auftakt

Friday, September 29, 2023

Cocktail hour - 6 pm
Meal served at 7 pm

Kick-off Dinner
featuring German Cuisine

Members - \$25.00/person
Non-Members - \$28.00/person
Purchase tickets in advance

Mr. and Ms. Oktoberfest
Competition Starts at 9:00 pm

Prize baskets for both winners
Call the club to pre-register

SASK LOTTERIES



Oktoberkinderfest

Saturday, September 30, 2023

2 pm - 6 pm

Fun activities & entertainment for
families & children of all ages

Cultural outfits, music & dancing

Balloon fun, craft table,
petting zoo & more

Special Raffle basket for kids

Food for purchase

All ages welcome

Admission Free



Oktoberfest

Saturday, September 30, 2023

6 pm - 2 am

Grand Entry - Keg Tapping

German Cuisine, beer, and
performances

Live Music with Cornerstone
& more

Team Challenge - 10:15 pm
Call to pre-register

Tickets - \$10
Entry only (no meal included)



R&BMW House Concerts presents
Saskatchewan Singer-Songwriter extraordinaire
Jeffery Straker!



Jeffery is a clever lyricist with an energetic piano style and dynamic storytelling make for an evening of wonderful entertainment. Having one won numerous awards and played at numerous venues around the world, we get to call him our own! Join us for another terrific concert! We are privileged and very excited to have him join us once again in our home!

October 28, 2023

**At the home of Brian & Russell Mitchell-Walker
2 O'Brien Bay, Regina**

Doors Open 7:00 p.m. Concert at 7:30p.m.

RESERVE YOUR SPOT IN ADVANCE: \$25/person by cash/cheque (payable: Russell Mitchell-Walker) or by e-transfer to russellmw88@gmail.com

\$30 at the Door

(All proceeds go to Jeffery Straker)

Space is limited and this is bound to be a sellout. Your payment gets your name on our list.

E-mail any questions to russellmw88@gmail.com

A tradition of the R&BMW House Concerts – Punch will be offered as you arrive and home-made ice cream will be shared during intermission.

You are welcome to bring an appetizer or dessert to share.

LAKEVIEW UNITED CHURCH

Take-Home Fowl Supper

**Pick up your Beautifully Packaged,
Hot, Ready-to-Eat:**

**Turkey with Cranberry Sauce
Mashed Potatoes, Dressing and Gravy
Carrots, Coleslaw
Bun
Apple Pie**

**All Made On - Site
with Love**

**Advanced Orders Only - \$30.00 / Serving
Prepayment Required -
Cash, Cheque or etransfer**

**Call 306 585 0404
From Sept. 24 to Oct. 26**

**Pick-Up Between
4:00 – 6:00pm
On Saturday October 28th
at 3200 McCallum Ave**