

# Our Savior's Lutheran

The Weekly Newsletter



For all OSL Worship Events on Zoom  
Meeting ID: 3065860006  
Password: 190

Please welcome Pastor Brenda Nestegaard-Paul as she returns to Our Savior's for a three-month interim, three-quarter-time position. She will regularly be in the office and can be contacted via e-mail at [PastorBrenda@oslregina.com](mailto:PastorBrenda@oslregina.com), by calling the church office at 306-586-0006, or in case of urgent care, by phone at 306-530-4328. We look forward to her leadership as we soon enter Lent and experience Easter.



Welcome to all those who will be worshipping with us on Sunday. Please come again. You are always welcome! If at some point, you would like to talk to a pastor – to find out about this community of faith, to find a listening ear, or simply to have a friendly visit – please call the church office. Regular office hours are Monday to Thursday 9:00 a.m. – 12:00 noon.

## This week

### **Sunday:**

**10:30 a.m. Worship**

### **Monday:**

**9:30 a.m. Tai Chi in Fellowship Hall**

### **Tuesday:**

**9:00 a.m. Quilters in Fellowship Hall**

### **Wednesday:**

**9:30 a.m. Morning Prayer in Fireside Room**

**7:00 p.m. Choir Practice in Choir Loft**

### **Thursday:**

**9:30 a.m. Tai Chi in Fellowship Hall**

## Community Use of Building

### **Sunday:**

**1:30 p.m. NA Group Area**

**Meeting in Fireside Room**

**7:00 p.m. NA Serenity Now in Fellowship Hall**

### **Monday:**

**1:00 p.m. Forever in Motion in Fellowship Hall**

**1:30 p.m. Al Anon in Fireside Room**

**8:00 p.m. AA in Fellowship Hall**

### **Tuesday:**

**6:00 & 7:00 p.m. Kathy's Tai Chi in Fellowship Hall**

**7:00 p.m. NA 12 Steps in Conference Room 1**

### **Wednesday:**

**8:00 p.m. AA in Fellowship Hall**

### **Thursday:**

**6:00 & 7:00 p.m. Kathy's Tai Chi in Fellowship Hall**

### **Friday:**

**7:00 p.m. Naranon in Fireside Room**

**7:00 p.m. NA Living in Solutions in Fellowship Hall**

### **Saturday:**

**6:30 p.m. NA RC in Fireside Room**



ELCIC News  
Check out the ELCIC News here:  
[ELCIC News: January 27, 2026](#)



It's no secret that Lutherans love their coffee! In fact most people do. It's often the beverage of choice at morning and afternoon work breaks as well as mealtimes. There seems to be coffee shops on every street corner who are willing to make a variety of specialty coffees to suit your taste. After Church on Sunday mornings, folks make their way to the Fireside Room to socialize over a cup of coffee (and often times a cookie too)! While there are many brands of coffee to choose from, OSL sources theirs from the well known Canadian Company Van Houtte, whose products are responsibly sourced and with some of their blends coming from more vulnerable regions and carrying fair trade certification. This is good news! You can check out the following links to learn more about fair trade coffee and the importance of supporting it.



We're looking for a back-up Admin. Assistant while Kathleen is off on sick leave. If you want to know more about the position, just give her a call at the Office.



The Justice and Peace committee is doing the Carmichael Outreach warming centre food initiative and donations for menstrual products for Sunday, February 1, 2026. The lack of menstrual products prevents low income individuals from attending school or work. Last year's food initiative was very successful exceeding the request for 60 meals. This year we would like to provide another 60 meals consisting of: a sandwich, a piece of fruit (i.e. banana, apple or orange), a juice box, a granola bar or muffin or cookie, and supplies for coffee, tea and hot chocolate. The sign up sheet to contribute is in the Narthex. Please bring the food and menstrual products donations for Sunday, February 1, 2026 at 10:30 a.m.



Fidgets and other sensory items

are available in a basket on the big table near the hearing headsets. Also, in the middle drawer are noise-cancelling headphones, and pink and blue coloured overlays to assist with reading. If there are other items like these that you would appreciate having available at Our Savior's, please talk to Carol Flotre, Marja Hordern, Cindy Leggott, or Wendy McCutcheon.

## Things to Know Sunday Morning

During **communion**, we offer alternatives for the bread and wine. If you would like gluten free bread, please help yourself to the wafers in the fluted cup. For grape juice, please raise your finger and the communion assistant will provide you with this instead of the wine.

**Children's Church:** All are welcome to join their instructors in the Fireside Room following the Prayer of the Day and the Children's Message. They will return to the service in time for the celebration of communion.

**Flowers** behind the altar: For those wanting to donate flowers for Sunday worship, there is a sign-up sheet in the narthex. Please note flowers need to have little or no scent. Write your name beside the date to which you are committing, and optionally the reason why (e.g. In honour of someone's anniversary OR In memory of a loved one).

**Hearing Assistance** headsets and receivers are available in the narthex. Please check with the ushers if you would like to try out a set. Please note we have recently added 4 new devices to our inventory.

**Large Print Hymns and Bulletins** have been printed for those with hearing and vision difficulties, or can't see the projection when people are standing. Please ask an usher if you'd like one to use.

**Envelope and Loose Offering:** Envelope and loose offering is being collected as you enter the Sanctuary. Prior to worship, please note the offering plate is on the table at the entrance to the Sanctuary. Please place your offering there as you enter. The plate will only be passed during the service on special occasions.



Pastor Brenda  
Nestegaard-Paul

## Check Out What's Happening



**Wednesday Morning Prayer:** All are welcome to this weekly gathering to ponder the text(s) for the upcoming Sunday and pray for the needs of the community. We will meet in the Fireside Room at 9:30 a.m.

### Our Council:

**Ann Marie Melvie, Chair (Worship)**

**Dave Solheim, Vice-Chair (Worship, Technology)**

**Bev Tastad, Secretary, Treasurer (Finance, Governance)**

**Nancy Hognestad (Welcoming the Newcomer, Children's Ministry)**

**Barbara Jones (Justice & Peace)**

**Murray Knuttila (Governance)**

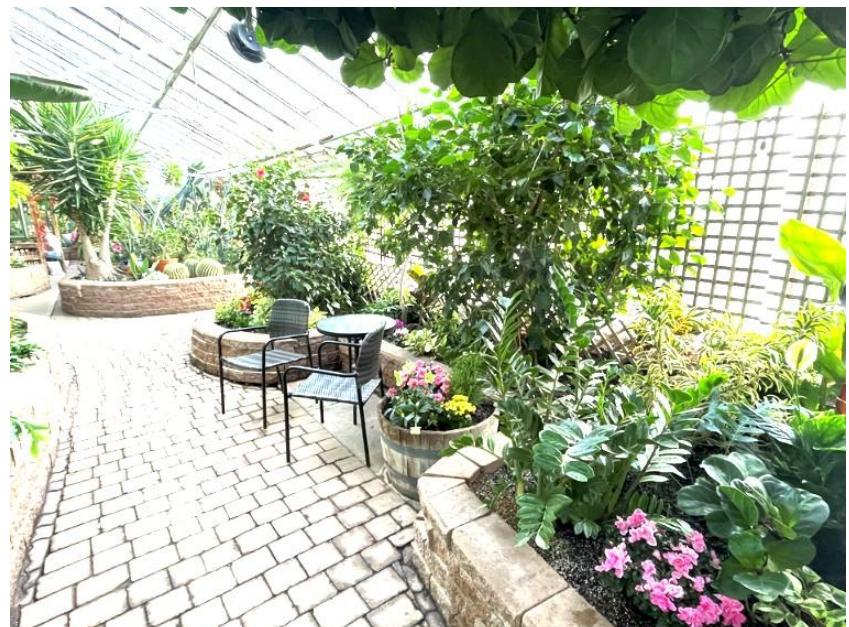
**Daryl Nelson (Finance, Governance)**

**Linda Nilson (Worship)**

**Bert Ottenson (Property)**

**Ken Stalwick (Youth Ministry)**

**Coffee at the Conservatory:** The Justice and Peace Ministry Team is planning an outing to the Regina Floral Conservatory on Tuesday, February 3, at 1:30, to enjoy the flowers and have a visit over coffee. There is space for a few more people to come if you would like to join us. A sign-up sheet is in the narthex on the bulletin board (the sign-up sheet with the flowers on it).



The MITTEN TREE is set up again in the Narthex waiting to be dressed with used or new Toques, Mittens, Scarves, or Socks. These will be given to those who need warm wear this winter



Tuesday Sep 23, 20XX

# Lutheran Organizations Information

Saskatchewan Synod  
ELCIC

Join Us at this year's Winter Youth Retreat:

## CAMP BUTT-FREEZE

All youth aged 12-17 are invited to join their friends and favourite youth leaders from across the province for an offline weekend filled with snow and grace! Pastor Ron Shumba will be speaking on the role of sacraments in the lives of young people.

Youth do not need to be part of a youth group to attend!

**\$185** per youth

**DALLAS VALLEY RANCH CAMP**

**FEBRUARY 27 - MARCH 1, 2026**

Outdoor & Indoor Activities    Wide Games  
Worship & Music    Campfires & Cocoa

To Register: [HTTPS://FORM.JOTFORM.COM/250645994740264](https://form.jotform.com/250645994740264)



**ADULT FELLOWSHIP AND GAMES**  
FEBRUARY 13TH | 7-9 PM

ST MARK'S LUTHERAN CHURCH, FELLOWSHIP HALL  
3510 QUEEN ST

GAMES: CARDS & BOARDGAMES – BRING YOUR FAVOURITES  
COFFEE, TEA, AND COLD (NON-ALCOHOLIC) DRINKS, AND  
SNACKS (INCLUDING SOME GF) PROVIDED

FOR MORE QUESTIONS CONTACT MELISSA AT  
MELISSA.DOLFF@GMAIL.COM

**Shrove Tuesday Pancake Supper**

Tuesday, February 17  
Come & Go, 5:00 - 6:30 pm  
By Donation  
3018 Doan Drive, Regina

Hosted by Bread of Life Lutheran & Eastside United Churches  
Info: 306-761-0556 [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net)



**SAVE THE DATE**  
**WORSHIP & MUSIC SYMPOSIUM 2026**

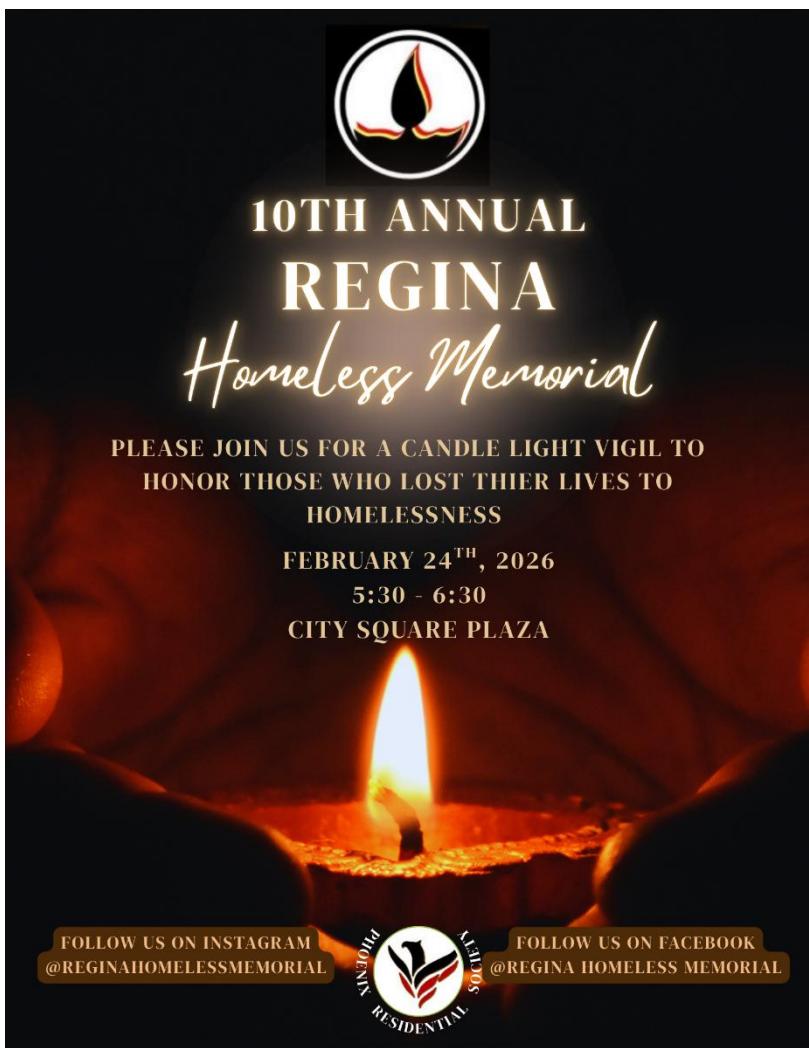


**MAY 7-9**  
**CHRIST LUTHERAN CHURCH - REGINA, SK**

**Workshops and Worship led by**  
REV. DR. DENNIS HENDRICKSEN - Worship & Music Creator  
DR. JOY BERG - Diaconal Choral Musician & Educator  
REV. KRISTIAN WOLD - Director of Kuriakos & Song Leader  
REV. DR. LARRY KOCHENDORFER - National Bishop & Encourager of the Worship Arts  
BEN JOHNSTON-UREY - Composer & Worship Innovator  
NEIL COCKBURN - Master Organist & Hymn Leader

- Including **Workshops** on a variety of aspects of Christian Worship, a **Hymn Fest**, and creative **Worship experiences** led by skilled and knowledgeable leaders.
- For worship leaders, lay and clergy, musicians, and anyone with an interest in worship of the Church.
- More details to come. For more information contact Dennis Hendricksen at [dennisdh@sasktel.net](mailto:dennisdh@sasktel.net).

# Other Organizations Information



**10TH ANNUAL**  
**REGINA**  
*Homeless Memorial*

PLEASE JOIN US FOR A CANDLE LIGHT VIGIL TO  
HONOR THOSE WHO LOST THEIR LIVES TO  
HOMELESSNESS

FEBRUARY 24<sup>TH</sup>, 2026  
5:30 - 6:30  
CITY SQUARE PLAZA

**FOLLOW US ON INSTAGRAM** @REGINAHOMELESSMEMORIAL

**FOLLOW US ON FACEBOOK** @REGINA HOMELESS MEMORIAL

**RESIDENTIAL** **SOCIAL**

A candle is lit in the background.



**Regina Philharmonic Chorus** *Let your soul sing*

**With Special Guests**  
**LeBOLDUS HIGH SCHOOL CHOIR**

**Violin Soloist**  
**MARIA GUIDOS-ALBERT**

**With Glowing Hearts**  
A FUNDRAISING CONCERT & SILENT AUCTION

**@ DARKE HALL**  
**SUNDAY**  
**FEB 8<sup>TH</sup>**  
**2026**  
**3PM**

**2PM Auction Opens**

**Tickets available ONLINE at [darkehall.ca](http://darkehall.ca) or at door**  
**TICKETS: ADULT \$35 STUDENT \$20 CHILD \$10**

**TD Asset Management** **CAPITAL AUTO MALL** **PAPER UMBRELLA** **SPEERS** **Jay's** **DUTCH AGRICULTURE**

**Accessibility and Inclusion During Worship**  
**at**  
**Our Savior's Lutheran Church**

Here at Our Savior's Lutheran Church, we strive to be inclusive of everyone, including people with disabilities. Below is information about some of the ways Our Savior's is working to make worship more accessible and inclusive. If you have a need that isn't included below, please let us know! -The Accessibility and Inclusion Subcommittee

**Hearing/Auditory Disabilities**

**Hearing challenges and hearing disabilities** vary a lot from person to person, and there is no one solution that fits all, so we have tried to come up with many solutions that will give you options. Hopefully one of the options below will be helpful to you or your neighbour.

**Noise-Amplifying Headsets:** Available on the table at the back of the church, these headsets work very well for most people --when they have working batteries! The headsets are simple to use. Put the headphones over your ears, and roll the dial to your preferred volume level. There is a clip on the device which allows you to clip it on to your belt, or you can slip it into a pocket so it doesn't drop. If you prefer a different style of headphone, you are welcome to bring a set from home that has a 3.5 mm jack; we can store it in a bag with your name on it in the drawers. If you are having trouble with the headset during worship, please talk to the ushers—they have extra batteries if needed. We have tried to have enough headsets to meet the need, plus a few extra headsets for visitors. If we need to acquire more headsets, please let us know.

**Where you sit can makes a difference in the sound you hear:** Sound travels, and where you sit in the sanctuary can make a difference on how well you are able to hear. We encourage you to experiment with sitting in different places to see where the sound is best for your particular needs.

**Pew Bibles:** Every week this congregation rotates who reads the Bible lessons, trying to have as many people participate in worship as possible. With so many different voices using the lectern microphone, sound can sometimes be inconsistent. All Bible lessons can be found in print form in the pew Bible; some people find it easier to hear when you also follow along with the written word.

**Large Print Worship Bulletins (these are to help with hearing too!):** Some people hear better when they can read what is being said; our Large Print bulletins include most of the words being spoken from the lectern microphone. Large Print Bulletins are available from the ushers at the usher's table.

**Seeing / Visual Disabilities**

**Large Print Bulletins:** Every Sunday we offer Large Print bulletins, available from the usher. These include the order of worship, announcements, and large print copies of the hymns. These are printed on white paper, with font styles and sizes that were recommended. If you have a visual disability or impairment and the Large Print Bulletins don't work for you, please let us know so we can figure out an alternative solution. If we need to print off more copies of the Large Print Bulletins, please let us know; we are happy to do so.

**Coloured Overlays:** Some people find coloured overlays helpful in reducing visual stress, making it easier to read what is on white paper. Pink and blue overlays are available in the same drawer as the noise cancelling headphones (third/middle drawer). If a different colour of

overlay works better for you, please let us know and we can acquire that colour to have on hand.

**Wall Projection vs Hymnal vs Large Print:** Different people have different visual needs, so we offer various options. Our worship liturgy and hymns can be found projected on the wall, as well as in the red/cranberry-coloured hymnals located in each pew. Additionally, the large print bulletins contain much of the service music. Coloured overlays are also available (see above) if those are helpful.

**Accessible Seating:** Our Savior's currently has two sections reserved for seating for people with mobility devices: one is located on the front left by the pulpit and the other on the right lectern side, halfway down. Our Savior's is in the process of assessing how to better accommodate accessible seating for people with mobility devices. If you know of a need that is not being met or could be better met, please let us (the Accessibility and Inclusion Committee or the Church office) know.

### Sensory Needs

**Fidgets+:** A basket of fidgets and other sensory items is at the back near the Usher's Table for use during worship. If there is a different kind of fidget or sensory item that you would appreciate having available, please let us know.

**Coloured Overlays:** Pink and blue coloured overlays are available in the third/middle drawer at the back, under the noise-cancelling headphones. If you need us to acquire a different colour, please let us know.

**Noise Cancelling Headphones:** Noise cancelling headphones are available in the third/middle drawer. They are brightly coloured to distinguish them from our black/grey noise amplifying headphones. Technically child-sized, they can fit many adult heads.

**Sensory Break Area:** If one needs a sensory break from worship, the Fireside Room is available, though Sunday School will be in there for part of the worship service. Another option is to go to the Fellowship Hall in the basement; it can be a place for either quiet and calm, or a place to run around. We request that children are accompanied by an adult if they are in the basement.

**Sensory-Friendly Worship:** We are trying to figure out ways to make worship more sensory-friendly. If you or someone you know has a need or a suggestion, please let us know.

### Washrooms

**Washrooms with Bars:** All washrooms at Our Savior's have accessibility bars to support you while you stand and sit. Each washroom is configured slightly differently, and some may be better suited to an individual's need than others. Upstairs, the washroom closest to the Fireside Room is the most spacious, and many find it the easiest washroom to use if you have a walker or large mobility device. The washroom upstairs closest to the office is the most compact, with everything in close proximity.

**Wheelchair Accessible Washroom:** The washroom that meets wheelchair accessibility standards most fully is downstairs, the one closest to the back wall. If you need to use this washroom on Sunday morning and are unfamiliar with our building, we suggest you ask an usher for assistance to make sure the basement lights are on and to assist you in locating the washroom.

### Other Important Accessibility Information

**Elevator:** Here at Our Savior's we have an independently-workable elevator (\*not\* the key kind), that is accessed through the front entrance. If the front doors are locked, please call the church office at 306-586-0006, and someone can let you in.

**Parking:** Accessible parking spots are located both to the north of the building off of Massey Road, and to the south of the building in the main parking lot.

**Scents and Fragrance:** Many people in our community have adverse reactions to perfumes, colognes, and other scented products. We strive to be fragrance-free at Our Savior's; our washrooms have unscented soap and our hand-sanitizer is fragrance-free. Please help us continue to make our community more accessible to people with scent sensitivities by refraining from wearing perfume, cologne and other scented products when you are in the building. Thank you.

**Cushions:** A large bin full of cushions is located in the entranceway/narthex by the Usher's Table. Many find these cushions improve comfort when sitting during worship.

**Sitting and Standing:** Our Lutheran style of worship involves both sitting and standing. Feel free to stand or sit as best suits you!

### Contact Information

**Accessorily & Inclusion Subcommittee:** If you have a need or idea about how Our Savior's Lutheran Church can be more accessible and inclusive of people with disabilities, please contact the Church office and they will connect you with someone from the Accessibility and Inclusion Subcommittee: Carol Flotre, Marja Hordern, Cindy Leggott or Wendy McCutcheon. The office can be reached at [office@oslregina.com](mailto:office@oslregina.com) or 306-586-0006.