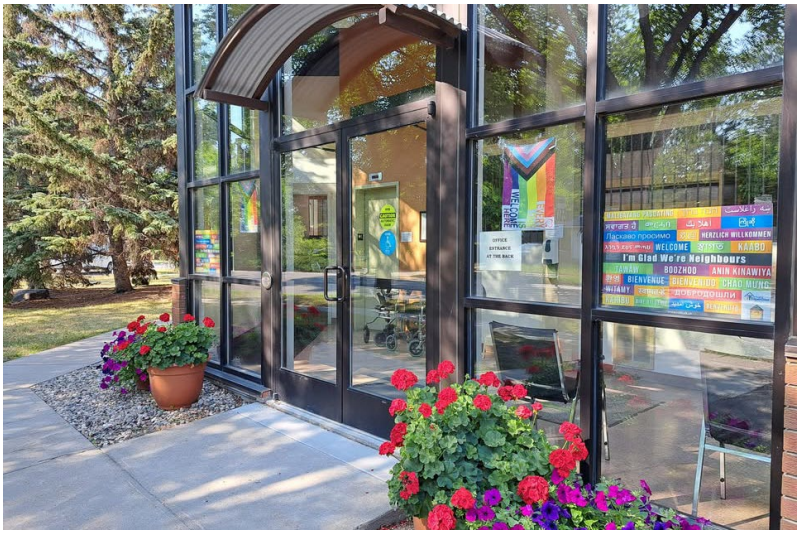
Friday November 21, 2026 Issue 50

Our Savior's Lutheran

The Weekly Newsletter



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

office@oslregina.com
306-586-0006
www.oslregina.com

This week

Sunday:
10:30 am **Sunday Worship**
Monday:
9:30 am **Tai Chi** (Fellowship Hall)
Tuesday:
9:00 am **Quilting**
(Fellowship Hall)
Wednesday:
5:00 pm **Confirmation**
(Fireside Room)
7:00 pm **Choir** (Choir Loft)
Thursday:
9:30 am **Tai Chi** (Fellowship Hall)
Saturday
9:00 am **Muffins and Meditation**
(Fireside Room)
***Next Sunday*:**
10:30 am **Sunday Worship**



Pastor Victoria Mwamasika

If you are in need of pastoral care, please call Pastor Victoria at 306 540-7454 or send her an email at PastorVictoria@OSLRegina.com

Welcome to all those 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 contact Pastor Victoria or call the church office. Regular office hours are Tuesday to Thursday 9 AM to noon.

Scent Awareness: Help us keep the air we share healthy and fragrance-free. Please refrain from using strong scents while in the church. Thank-you.

Events

1. Please remember Pastor Victoria's father **Dr Peter Mwamasika, Bishop**, in your prayers this week.
2. Please remember **Yvonne Seckler** in your prayers this week.
3. M&M (**Muffins and Meditations**) study on November 28 will focus on Psalm 148, a beautiful example of a Psalm of Praise. At 9:30 Donna Gartshore will guide this final study in the Psalm series. Come early for coffee and a muffin and then enjoy a meaningful time of sharing together. All are most welcome.
4. We are planning a **Pot-luck lunch** on November 29, *the first Sunday in Advent*. We will need some help setting up, serving, and putting things away. If you can help, there is a signup sheet in the narthex.

News

1. CONFIRMATION CLASSES:
   Classes are held every **Wednesday from 5:00 p.m. to 6:00 p.m**. In person and on Zoom with Pastor Victoria. **Ages: 12 and up** are welcome to join. It's not too late. If you have a child, grandchild, neighbour, or know a person who might be interested, please let them know and invite them to join us.
   For more information or to register,
   please call or text Pastor Victoria at 306-540-7454
   or call the office at **306-586-0006**
2. A BIG shout out to the **folks who prepare coffee and treats** every Sunday.
   Your service to the church community is greatly appreciated.
   These folks need our help to refill the coffee time pantries: If you can provide goodies (home made or store bought) please put them in the freezers in the kitchen downstairs marked 'Coffee Time' or bring them to the church on Sunday or Tuesday mornings, and Bernice Casper will help you find a place for them.
3. Barbara Jones sent this **Green Note**:
   Next time you're heading to the Fireside Room, I'd invite you to check out the certificate hanging in the hallway on the right-hand side. It's our very own Stewardship of Creation acknowledgement that we received several years ago for taking on the challenge to become a Greening Congregation. It came with a big commitment and a lot of hard work. Please check out the link to find out more about the criteria for becoming a Green Congregation set out by the National Church.
   Fun fact … There are only 2 Stewardship of Creation Congregations in Saskatchewan - Our Savior's Lutheran and St. John Lutheran in Laird.
   That is something to be proud of!

Community Use of Building

Sunday:
7:00 p.m. **NA Serenity Now** *(Fellowship Hall)*
Monday:
1:00 p.m. **Forever in Motion** *(Fellowship Hall)*
1:30 p.m. **Al Anon** *(Fireside Room)*
8:00 p.m. **AA** *(Fellowship Hall)*
Tuesday:
6:00 & 7:00 p.m. ***Kathy's Tai Chi*** *(Fellowship Hall)*
7:00 p.m. ***Men's NA 12 Step Group*** *(Meeting Room 1)*
Wednesday:
6:30 p.m. **AA** *(Fellowship Hall)*
Thursday:
6:00 & 7:00 p.m. ***Kathy's Tai Chi*** *(Fellowship Hall)*
Friday:
7:00 p.m. **Naranon** *(Fireside Room)*
7:00 p.m. ***NA Living in Solutions*** *(Fellowship Hall)*
Saturday:
6:30 p.m. **NA-RC** *(Fireside Room)*

4. Our Savior's has an account with **Capital Cabs** should you require a ride to the church and back home. Just call **306-791-2222** to call a cab and give the *dispatcher* (not the driver) our account code, which is **577**.

5. **Office:** The office will be covered at a minimum on Tuesday through Thursday mornings from 9:00am to 12:00pm. Phone messages and emails are monitored all through the week, so please reach out whenever you have a message for the office.

6. The Accessibility and Inclusion Subcommittee would appreciate any **feedback** on the **signage** or have other ideas about ways Our Savior's can improve our accessibility for people with disabilities. Please talk to anyone on the Accessibility and Inclusion Subcommittee, the Justice and Peace Committee, or leave us a note in the yellow box on the Usher's Desk in the narthex. Your feedback and ideas are appreciated!

7. The **CLAY (Canadian Lutheran Anglican Youth)** gathering takes place in Nanaimo, British Columbia in **2027**. You can help Our Savior's youth attend this exciting event by donating your cans and bottles at any SARCAN location! Simply use the code **CANS4CLAY** at the Drop 'n Go terminal at any **SARCAN** location. It will ask you how many bags you have brought with you. Stickers will be printed to attach to your bags, and you can leave them with the SARCAN staff. It's easy, and there's not even any need to wait around for the cans to be counted! Thanks for using this fun and easy way of donating your cans to the Our Savior's youth 2027 CLAY trip!



8. The *Justice and Peace Ministry Team* invites you to support the **Regina Food Bank** this Christmas through participating in the **Reverse Advent Calendar**. For every day in Advent (this year there are 26!), you are asked to donate one item to the Food Bank, for a total of 26 items. Donations can be brought to church and placed in the blue barrel under the stairs to the balcony. Monetary donations are also welcome--please clearly label them "Food Bank". For more information, please see the handout on the Usher's Table (reproduced on the next page).

Our Council:

Ann Marie Melvie, Chair
Dave Solheim, Vice-Chair (Technology)
Bev Tastad, Treasurer (Finance)
Barbara Anderson, Secretary
(Welcoming the Newcomer, Justice & Peace)
Murray Knuttila (Governance)
Daryl Nelson (Finance)
Linda Nilson (Children's Ministry, VBS)
Bert Ottenson (Property Management)
Ken Stalwick (Youth Ministry)
Garnet Mang (Worship)

The Justice and Peace Ministry Team Invites You
to participate in a
Reverse Advent Calendar
in Support of
the Regina Food Bank

What is a Reverse Advent Calendar?
Traditional Advent Calendars have you receiving a small gift for every day in Advent. A reverse Advent Calendar has you *giving away* a small gift for every day in Advent.

How does it work?
This year there are 26 days in Advent (Nov. 30 - Dec. 24). For each of those 26 days we are asking you to donate one item for the Food Bank. It can be a Food Item, or a set amount of money (e.g. a toonie, a loonie, or a quarter a day). Gather the food or money together, then bring it to the Church.

What kinds of food should I donate?
The Food Bank's most needed items are canned fruit, canned soup, canned stew, canned fish, canned meat, canned vegetables, rice, dried pasta, pasta sauce, peanut butter, and instant oatmeal. A Reverse Advent Calendar for 26 Days might look like this:

-3 packages of pasta or rice
-3 jars of pasta sauce
-3 cans of fruit
-3 cans of vegetables
-3 cans of tuna/salmon/chicken/ham
-3 packages of instant oatmeal
-4 cans of soup/stew
-4 jars of peanut butter
Total: 26 Items of Food

If I go to the store and discover that one of the food items listed is on sale, can I buy 26 of that one item instead of all the different items?
Yes! The above list is just a suggestion. Whatever you can give the Food Bank will happily receive.

What do I do with the food after I buy it?
Bring the food to church and put it it the Food Bank Blue Barrel, located under the stairs to the balcony.

That's a lot of food to carry to the church. Can I give money instead?
Yes! We will happily take monetary donations instead. Please put your money in an envelope clearly marked "Food Bank" and put it in the offering plate or the church office. Cheques can be made out directly to "The Regina Food Bank." Or feel free to donate to Food Bank directly online.

What is the deadline For bringing the food or money to church?
Your food or money can be brought anytime during December, including Christmas Eve. These food items will help keep people fed during the cold months of January and February, when Food Bank donations are often at their lowest.

Thank you for participating!

Lutheran Organizations Information

1. **Evangelical Lutheran Church In Canada News** can be found here:
   ELCIC News November 19. Some excerpts:
   a. **Conversations Across the Church Sunday November 29**. You are invited to join ELCIC National Bishop Larry Kochendorfer for Conversations Across the Church – an hour-long online gathering bringing together members of the Evangelical Lutheran Church in Canada (ELCIC) from coast to coast. Registration is required for each gathering. Click on the link below to register for this Conversation Across the Church:
   Sunday, November 29, 2026
   b. **Building an Inclusive Church (BIC) Training**
   Do you want your church to be inclusive and welcoming? ReconcilingWorks offers training to help you design and implement a journey for your faith community to publicly and intentionally welcome people of all sexual orientations, gender identities, and gender expressions, and incorporate a commitment to the work of racial equity. There is an online option to take this training. For more information and to find out on how to get this training, please click here.

2. **CLWR Gifts from the Heart** catalogues are here. Pick one up on the usher's table in the narthex. CLWR describes how it works:
   1. You choose a gift for a loved one, like a pair of goats or a flock of chickens.
   2. CLWR will send you a card so you can tell them about the special gift made in their honour.
   3. Your gift changes lives — thank you!

   Ways to give:
   Browse all Gifts from the Heart online.
   View the 2026 catalogue and call 1-800-661-2597 to place your order by phone.

3. Please click here for **LCBI news**. The Girls Volleyball team is going to the provincials!

4. **From the Saskatchewan Synod**:
   
   Interested in becoming a Cultivator? **Cultivators** are young people aged 16–30 who help the Saskatchewan Synod build connections, create opportunities for young people across the Synod, and experiment with what peer ministry can look like in our local communities. This is a paid position with the Saskatchewan Synod, which pays $15.70/hour for roughly 10 hours per month. For more information, contact Pastor Victoria or check out the Saskatchewan Synod website here: Saskatchewan Synod | Lutheran Churches in SK & Manitoba

Community Events

1. Forever in Motion – one of the groups that uses our Fellowship Hall on Monday afternoon that is attended by at least one person from Our Savior's - is having a volunteer orientation session for anyone interested in becoming a Forever in Motion leader. See the poster in the Narthex.
2. Regina Public Library is providing an opportunity to meet and connect with others in their **Live Well Age Well** program. Two sessions remain in the four-session program on November 26 and December 10 at 10:30 am in the George Bothwell Branch. For more information visit www.ReginaLibrary.ca