

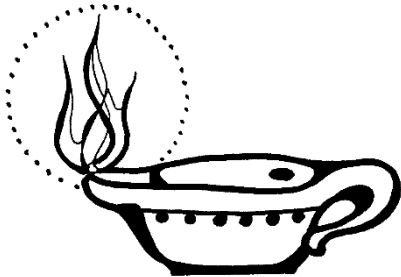


## OUR SAVIOR'S LUTHERAN CHURCH NEWS, EVENTS AND INFORMATION April 16, 2026

[office@oslregina.com](mailto:office@oslregina.com)

306-586-0006

[www.oslregina.com](http://www.oslregina.com)



**Today:**

10:30 AM **Sunday Worship**

**Monday:**

9:30 AM **Tai Chi** in Fellowship Hall

**Tuesday:**

9 AM **Quilting** in Fellowship Hall

**Wednesday:**

9:30 AM **Morning Prayer** in Fireside Room

7 PM Choir rehearsal

**Thursday:**

9:30 AM **Tai Chi** in Fellowship Hall

Friday:

**Next Sunday:**

10:30 AM **Sunday Worship**

**Community Use of Building:**

During the week we welcome a number of outside groups into our building: Narcotics Anonymous on Sunday at 7 PM, Tuesday at 7 PM, Friday at 7 PM and Saturday at 6:30 PM; Forever in Motion on Monday at 1 PM; Al-Anon on Monday at 1:30 PM; Alcoholics Anonymous on Monday & Wednesday at 8 PM; Kathy's Tai Chi Tuesday & Thursday at 6 PM & 7 PM; Naranon on Friday at 7 PM.

**Welcome to all those worshipping** with us today. 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 AM to noon.

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

## Events

1. **The next ICF breakfast is on Saturday, April 18.** Please consider volunteering. There is a sign-up sheet in the Narthex.
2. **Wednesday Morning Prayer:** We gather, to pray for the needs of the community. We meet in the Fireside Room at 9:30 AM.
3. **Adult Fellowship and Games,** Friday, April 17 from 7 PM to 9 PM at St Mark's Lutheran Church.
4. **Palestine Land Exercise (PLE)** on Saturday, April 18 at 1:30 PM. This a participatory educational process that explores the history of Palestinian-Israeli relations. Participants take on the role of Palestinians to experience key events and personal stories from the late 19<sup>th</sup> century to today. **Please call the church office to register by April 16. Space is limited.** Offered by the Just Peace Palestine/Israel Ecumenical Network and hosted by Our Savior's.
5. M&M (Muffins and Meditations) study Saturday April 25 will focus on "Problems and Protests in the Psalms" looking specifically at Psalm 42. Pastor Brenda will guide this study. Come early for coffee and a muffin and then at 9:30 be ready to join in thoughtful conversation as we learn more about the Psalms. All are most welcome.
6. CLWR Friends of Creation Lake Chad Project: This year, as part of our **Greening Sunday celebration on April 26,** Our Savior's will be collecting funds for Canadian Lutheran World Relief's (CLWR) Friends of Creation Lake Chad Project.



7. On Sunday, April 26, we will be celebrating **Earth Day** as part of **Greening Sunday. We invite everyone to wear green.** At the end of service, we'll be taking a congregation picture.

8. The OSL quilters invite you to this year's Pie Social on **Thursday, May 14 at 6:30 PM.** Please join us – in the Fellowship Hall - for an enjoyable evening of fundraising, fellowship, and delicious pies.  
**Call for Pie Social silent auction donations.** Since many of us are trying to downsize and/or don't need more items in our homes, we're going to try something a bit different this year with the silent auction. We're asking for donation of "consumable" items or "experiences" e.g. a jar of jam; a plate of cookies; a soup to be delivered when requested; or a lesson. We hope you appreciate this slight twist. If you have something to donate for the silent auction – thank you! – **please deliver to the church before Tuesday, May 12.**

## **News**

1. **Pastor Brenda Nestegaard Paul** is our three-quarter time interim pastor to the end of April 2026. She is regularly in the church office Tuesday, Wednesday and Thursday mornings and can be contacted via e-mail at [PastorBrenda@oslregina.com](mailto:PastorBrenda@oslregina.com), by calling the church office, or in case of urgent care, by phone at 306-530-4328.
2. On Sunday, we welcome **Sadie Grace Westfield** as our new sister in Christ. Please hold her, mother and dad, Caitlyn and Mitchell in your prayers as well as her godparents as they help Sadie to grow in this loving relationship with God.
3. For those wanting to donate flowers for Sunday worship, there is a new 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).
4. **Middle East Emergency Appeal** – As violence in the region escalates, CLWR, the ELCIC and the Humanitarian Coalition are asking for your help to provide life-saving aid. Please join us in prayer and consider donating today. Give now at [clwr.org/middleeast](http://clwr.org/middleeast) or call **1-800-661-2597** (Mon-Fri 9 AM-4 PM CST).
5. The **Prayer Shawl Ministry** is looking for knitters who would like to create new prayer shawls. Supplies and instructions can be found on top of the desk and in the top desk drawer, currently draped in a red tablecloth, which is situated near the door when you enter the Fireside Room. For information, contact Donna Ottenson at [dottenson@sasktel.net](mailto:dottenson@sasktel.net).
6. From the **Accessibility and Inclusion Subcommittee**: **Fidgets** and other **sensory items** are available in a basket on the Ushers Table near the hearing headsets. Also, in the drawer below (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.
7. Not on our **e-mailing list**? Let the office know if you'd like to receive a weekly e-mail which includes the upcoming Sunday's Order of Worship and the weekly newsletter.



Please read on.  
Green Note and Earth Day  
get a full page this week. 😊

### Green Note

Ever wonder how and when **Earth Day** started? Me too! I found the answer in the following article that was posted in the most recent edition of the envirocollective newsletter. If you aren't familiar with envirocollective, I'd encourage you to check it out at: [www.envirocollective.ca](http://www.envirocollective.ca)

Thanks for thinking Green ♡!

Barbara Jones

### What is Earth Day

Earth Day, celebrated every April 22, began in 1970 as a nationwide environmental teach-in in the United States. It was sparked by growing concern over pollution and ecological damage, especially after the 1969 Santa Barbara oil spill. Senator Gaylord Nelson and activist Denis Hayes organized the first event to raise public awareness and push environmental issues onto the national agenda. Over 20 million Americans participated, making it the largest civic demonstration in U.S. history. Today, Earth Day is a global movement involving over a billion people in more than 190 countries. [Check out Earth Day Canada Website for more information](#)

## 2. Climate Justice Updates and Events

**Earth Week 2026: Turning Faith into Action for Climate Justice**



# Earth Week 2026

## Together for the Love of Creation

From **April 19-26**, faith communities across the country are invited to join together in a shared week of prayer, learning, and action for climate justice during Earth Week 2026. This is a moment to move from awareness into hope-filled action. Across Canada, congregations are stepping forward in creative and practical ways that reflect care for creation and commitment to a more just future. Every action, large or small, helps build momentum and reminds us that change happens when we act together.

We encourage you to explore ideas on the Earth Week 2026 webpage and consider how your community might participate. You can also add your event to the national map, helping to inspire and connect others across the country. As a thank you for leading the way, the first 50 groups to register will receive a special discount code for two free [For the Love of Creation Earth Week t-shirts](#).

**What's Happening Outside Our Church Community**

Regina Philharmonic Chorus *Get your soul ready*

**FAURÉ REQUIEM  
RUTTER GLORIA**  
*Featuring Brass Orchestra & Organ*

# REQUIEM & RADIANCE

**Sunday  
Apr 19th  
2026  
3PM**

Artistic Director  
EVANNE WILHELM

Special Guests  
HALCYON CHAMBER CHOIR

DANIELLE DAUNHEIMER - Soprano  
VICTORIA STROEDER - Soprano  
APRIL POLASEK - Soprano  
SERENA LA POSTA - Mezzo-Soprano  
JOSH HENDRICKSEN - Baritone

**Knox-Metropolitan United Church**  
Tickets available at PAPER UMBRELLA, from CHORISTERS, and ONLINE at [www.reginaphilharmonic.com](http://www.reginaphilharmonic.com)

**Tickets: Adult \$35 Student \$15 Child \$5**

TD Asset Management CAPITAL AUTO + MALL Speers Jays DUTCH AGRICULTURE



Canadian Lutheran  
World Relief



Evangelical Lutheran  
Church in Canada  
Living Out God's Grace & Unconditional Love



Dear Pastors, Rostered Leaders, Friends,

**Canadian Lutheran World Relief and the Evangelical Lutheran Church in Canada are calling on Lutherans and friends across Canada to pray for families throughout the Middle East that are caught in a rapidly escalating regional crisis, and to give generously to support their urgent humanitarian needs.**

Violence across the region has triggered a growing humanitarian emergency affecting millions of people.

In Lebanon alone, **more than 102,000 people have already been displaced**, with hundreds of emergency shelters operating at or near capacity, and many families crossing borders in search of safety. In Syria, post-regime reconstruction has been severely disrupted by this escalating conflict, exacerbating the humanitarian needs in the country. And in Gaza, the regional conflict threatens to further disrupt supply lines for the two million residents who are entirely dependent on aid.

This crisis is hitting civilians hardest. Behind every statistic, every news bulletin and every social media post is a family searching for safety, shelter and hope.

CLWR has been serving displaced communities across the region for many years. Today, along with our partners in the Humanitarian Coalition and the ELCIC, we are appealing to our faithful and compassionate Lutheran family to once again help those in need.

Your congregation's support for this response will help provide:

- Emergency shelter, blankets and bedding for displaced families
- Food assistance and safe drinking water
- Medical care and essential medicines
- Psychosocial support for children and families experiencing trauma
- **Middle East Emergency Appeal** – As violence in the region escalates, CLWR, the ELCIC and the Humanitarian Coalition are asking for your help to provide life-saving aid. Please join us in prayer and consider donating today. Give now at [clwr.org/middleeast](https://clwr.org/middleeast) or call **1-800-661-2597** (Mon-Fri 9 AM-4 PM CST).

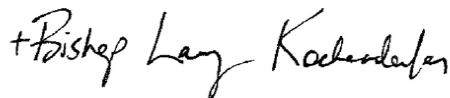
To ensure CLWR receives your congregation's gifts quickly, consider setting up a fundraising page through CLWR's website. Fundraising pages can be created at [clwr.org/fundraise](https://clwr.org/fundraise). Please feel free to contact us at [churches@clwr.org](mailto:churches@clwr.org) if you need any help setting up a fundraiser or accessing any of the church resources.

Thank you for helping to get this message out to your congregation and for your congregation's generosity and compassion in supporting this humanitarian response. Please continue to hold the people of the region in your prayers.

May God bless you,



**Rev. Dr. Michael Pryse**  
Interim Executive Director  
*Canadian Lutheran World Relief*



**Rev. Dr. Larry Kochendorfer**  
National Bishop  
Evangelical Lutheran Church in Canada



CLIMATE + ECONOMY

## AMINA'S STORY



Amina attends a weekly meeting of her VSLA + Marie Renaux/LWF

Amina, a single mother of six, lives in the 9th district of Chad, where life has not been easy. Years ago, her husband left the family, and Amina has carried the full responsibility of raising her children ever since. In 2022, things got even harder when a devastating flood destroyed her home, forcing her to start again with even fewer resources than before.

But Amina is not one to give up.

[CLWR.ORG/FOC-CHALLENGE](https://CLWR.ORG/FOC-CHALLENGE)

## CLIMATE + ECONOMY | AMINA'S STORY

Today, she is part of a Village Savings and Loan Association (VSLA) supported by CLWR's Nature Based Solutions project, implemented in partnership with the Lutheran World Federation. Her group meets once a week, where its 30 members contribute to their savings fund, a community emergency fund, and even a small penalty fund collected when someone is late or misses a rule. These funds support one another through life's challenges—whether it's illness, a death in the family, or an urgent home repair.

The savings are stored securely in a lockbox with three separate locks, each key held by a different person, and the box itself is kept by the group's president. After each weekly meeting, members can apply for small loans to grow their businesses or cover essential needs.

Amina used her loan to set up a small food stall in front of her home, where she sells a variety of goods to her neighbours—including dried fish, a local favourite. Her daughters help run the stall, turning it into a true family business. With the income from her sales, Amina is slowly repairing her flood-damaged home and keeping her children in school.

In an economy where women often face greater barriers to land ownership and credit, savings groups like Amina's provide more than financial tools—they offer solidarity and support. They help women weather climate shocks, rebuild their livelihoods, and regain control of their futures.

Amina's journey shows the power of a small investment, made possible by her community, her resilience, and a program that puts women's leadership at the centre of economic recovery.



## **Indigenous Christian Fellowship**

*Established in 1978 as Indian Metis Christian Fellowship, Inc.*

**Building an urban community serving spiritual and social needs.**

*In Treaty 4 Territory and the traditional homeland of the Metis.*

*3131 Dewdney Avenue, Regina, SK S4T 0Y5 Canada*

*Fax: 306.359.0103 Tel: 306.359.1096*

We send our greetings in a good way and thank you for the work you do in supporting our community.

We are reaching out to invite your church to partner with us in supporting a special initiative led by Indigenous Christian Fellowship (ICF). We are organizing a community fundraising walk May 9 2026 to raise funds for our new Women's Programming, which will be held in our prayer lodge space. This space will soon receive a new Cree name through ceremony, grounding it in culture, spirit, and purpose.

Our women's programming is rooted in an Indigenous holistic approach and will provide advocacy, support, and a safe, welcoming space for women. Here, women will have the opportunity to visit, share their experiences, reconnect with culture, and access meaningful supports. This includes participation in a women's recovery group, one-on-one time with our First Nations wellness therapist, and weekly rotating workshops such as ribbon skirt and shirt making, beading, art therapy, and teachings from female Knowledge Keepers.

By supporting women in our community, we are also supporting their families. When women are strengthened, healed, and uplifted, the positive impact reaches children, relatives, and future generations.

Following our fundraising walk, we will gather to honor and celebrate the mothers in our community with a Mother's Day BBQ, bringing people together in a spirit of gratitude, connection, and care. The walk will begin at ICF 10am and the BBQ will begin at 11am.

We humbly ask for your support in making this initiative possible. Contributions can be made through sponsorship, donations, or by encouraging your congregation to participate in the walk. Any level of support will directly help us provide meaningful, culturally grounded services to the women and families we serve. Please email donations to [support@icfregina](mailto:support@icfregina) or send a cheque.

Thank you for your time, consideration, and continued care for our community.

In Kindness and Respect,

Joe Elkerton  
Indigenous Christian Fellowship  
3131 Dewdney Ave  
306.359.1096

## **Lutheran Organizations Information**

1. **Evangelical Lutheran Church In Canada News** can be found here:  
<https://elcic.ca/news/>
2. **Save the Date (May 7- 9)** for the **Worship & Music Symposium 2026**. Workshops and Worship led by Rev. Dr. Dennis Hendrickson, Dr. Joy Berg, Rev. Kristian Wold, Rev. Dr. Larry Kochendorfer, Ben Johnston-Urey and Neil Cockburn. To be held at Christ Lutheran Regina.
3. **ELCIC Day of Action on May 31**: This year marks 40 years in the life of our church! This milestone not only invites us to remember our story, but also to reflect on who we are today and how God is calling us forward as a church *Living out God's grace and unconditional love*.

### **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)



### **Thank you to today's**

#### **Worship Assistants:**

Altar Guild: Donna Achtzehner &  
Katie Achtzehner  
Children's Church: Marja Hordern &  
Laura Bacon  
Coffee: Margo Bartel  
Communion: Barbara Anderson &  
Karlee Dorey  
Counters: Jonathan Achtzehner &  
Katie Achtzehner  
Liturgist: Ann Marie Melvie  
Musician: Barbara Reul  
Reader: Wendy Koch  
Tech Team: Levi Berg & Joy Patoine  
Tech Script: Mark Anderson  
Ushers: Bert Ottenson & Donna Ottenson  
Flowers: sign up today!

