

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

Pastor Victoria Mwamasika's days of rest are Mondays and Fridays, subject to pastoral care needs. While she has no set office hours, you may find her in the Office on Tuesdays, Wednesdays or Thursdays. She can be reached via email at PastorVictoria@oslregina.com, by calling the church office, or in case of urgent care, by phone at 306-530-4328.



This week

Sunday:

10:30 AM **Sunday Worship**

Monday:

9:30 AM **Tai Chi** (Fellowship Hall)

9:30 AM **Monthly Monday Book Study** (Fireside Room)

Tuesday:

9:00 AM **Quilting** (Fellowship Hall)

7:00 PM **Council Meeting** (Fireside Room)

Wednesday:

7:00 PM **Choir** (Choir Loft)

Thursday:

9:30 AM **Tai Chi** (Fellowship Hall)

Next Sunday:

10:30 AM **Sunday Worship**

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 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. **Pastor Victoria's Installation Service** will be held on **Sunday, October 18th at 3:00 p.m.** We hope you can attend. There will be snacks following the service.

2. Please note that with the Installation service being held at 3:00 p.m. on **October 18th**, there will be **NO Sunday morning service at 10:30 a.m.** that day.

3. **Martha Tastad's Funeral** will be held at Our Savior's on **Saturday, October 3rd at 11:00 a.m.**



4. **Indigenous Christian Fellowship** welcomes OSL Breakfast Volunteers for the **Saturday, October 17th** breakfast. Sign-up sheet in narthex or please contact Bert Ottenson: bottenson@sasktel.net



5. **Monthly Monday Book Study:** You are welcome to join the book study on Monday, **October 5th at 9:30 a.m.** in the Fireside Room. Donna Gartshore will lead the discussion of the final four chapters of "The Season After Pentecost" section from the book *Home By Another Way* by Barbara Brown Taylor. Please join us for a time of reflection and refreshments.

6. Please note that the **October Council meeting** will be held on **Tuesday, October 6th at 7:00 p.m.**



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)

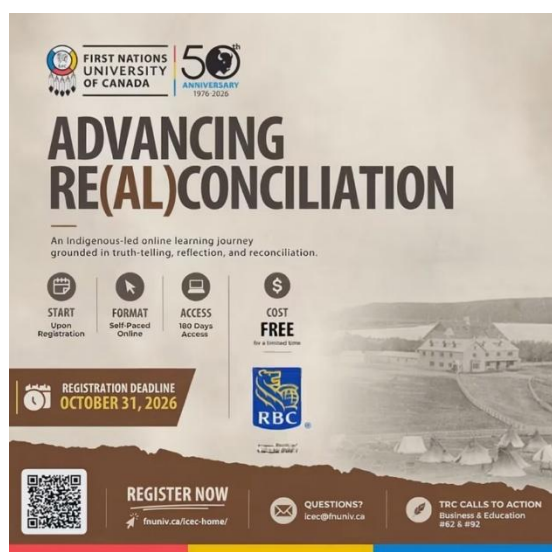
Friday:

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)



7. As part of our **Truth and Reconciliation** journey, the Justice and Peace Committee invites you to join others in taking an online course through First Nations University of Canada. The course is called "**Advancing Re(al)conciliation**". The course explores Indigenous histories and truth-telling, and is connected to the TRC's Calls to Action #62 and #92. It is an online course delivered via readings, audio recordings, and videos. **If you register before Oct. 31**, the course is free, thanks to a community grant from RBC. It is a self-paced course, and will likely take between 5-10 hours to complete. After you have signed up you have 180 days to complete the course. If you sign up, please let someone from Justice and Peace know, as a group of us plan to meet at some point to discuss our

experience with the course. To register, go to

<https://iceclearning.fnuniv.ca/courses/advancing-re-al-conciliation-rbc>

8. **October 23-25, 2026** is the annual **Synod Youth and Young Adult Retreat** at Camp Kinasao. National Bishop Larry Kochendorfer, Synod Bishop Ali Tote and Dr. KSG will be speaking about Leadership. If you are interested, please contact Pastor Victoria, Levi Berg or visit the Saskatchewan Synod website: [SK Synod Youth and Young Adult Retreat](#).



News

1. **Canadian Lutheran World Relief is asking for our help.** For the past ten

years our congregation has relied on CLWR and the Government of Canada's

Private Sponsorship Program to help

refugees escape danger. Our Savior's Lutheran Church has helped more than 75 displaced people settle into a life of peace and safety with family in Regina.



**Canadian Lutheran
World Relief**

Now our Government has changed its policies toward refugees. In the past three years the IRCC (Immigration, Refugees, Citizenship Canada) has suffered budget cuts. The number of refugees allowed to enter Canada in 2025 has been reduced by 54%. This is a response to a noticeable and negative shift in public opinion about immigrants and refugees. Refugees have become for some Canadians a scapegoat for things they cannot control, like the Canadian housing crisis, and global wars. Other paths to refugee sponsorship have been closed, and all private sponsorships must now go through organizations like CLWR, so even more people are competing for a smaller number of spaces. Waiting times for refugee arrivals grow longer and longer. Our wait lists grow longer and more people suffer.

As Lutheran Christians, we believe it is our moral imperative to help refugees. God calls us to love our neighbours and help those in need. There are times when we must speak out against injustice. CLWR has told us that by the end of October the federal government will release a new number of refugees to be admitted to Canada. That number has been shrinking for the past three years. CLWR has asked us to respond. **We can send the government a message: We can ask them not to turn away from humanitarian need.**

This Sunday, September 27, our congregation's Justice and Peace Ministry Team has organized a **letter and postcard writing campaign to help us advocate for refugees**. We can act on the principles of our faith by letting our Members of Parliament and the federal Minister of Immigration, Refugees and Citizenship, know that care for refugees is important to us, and that we do not want the number of refugees to be reduced any further.

We have a month to voice our concerns about Canada's refugee sponsorship numbers. Please use the resources available in the narthex on Sunday September 27 and in October to let the government know we want to continue to welcome refugees to Canada.

Thank you!

Meredith Cherland

For the Justice and Peace Ministry Team, and for the Welcoming the Newcomer Ministry Team.

2. 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 driver our account code, which is **577**.



3. 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](#)

4. A huge thank you to everyone who will brought donations of sturdy vegetables on Sunday for the **Regina Food Bank**. They were a wonderful addition to the 192 carrots that were raised in the pots in front of our building. (Thank you Barbara J., Wendy M., and Larry M.!). To learn more about the Regina Food Bank, its programs, and its importance in our community, please visit



<https://www.reginafoodbank.ca/our-impact>

5. The **CLAY (Canadian Lutheran Anglican Youth)** gathering takes place in Nanaimo, British Columbia in **2027**, and 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!



6. We will be donning our name tags again this Sunday. If you filled out a name tag one of the two last Sundays, yours will be waiting for you on a table in the narthex. Name tags are placed in alphabetical order by first name. Before you leave the building, please drop your name tag off on the same table from where you picked up. It's helpful if you put the string in the plastic cover. If you are staying for coffee, please keep your name tag on.

7. For those of you not on Facebook:

Sunday, September 27th was a wonderfully full morning at Our Savior's Lutheran Church in Regina. In addition to our regular Sunday morning happenings, this day also included three additional goings-on: **Grow-A Row Collection Sunday** (gathering garden produce to donate to the Regina Food Bank); a **special Coffee Time** after worship with food featuring local ingredients, part of our congregation's participation in the Canadian Lutheran World Relief (CLWR) Friends of Creation Program; and **letter writing in response to an urgent appeal put out this past week by CLWR**.





First, was Grow-A-Row for the Food Bank Offering Collection day, when people were invited to bring fresh, sturdy vegetables that they had grown in and harvested from their own garden, (or "harvested" from a local store). The Sunday School participated by helping to bring some of the food offerings forward during the Offertory. Early Monday morning, the food was delivered to the Regina Food Bank-- 223 pounds, including 192 carrots that were grown in pots at Our Savior's! The Food Bank was deeply appreciative of our donations, and the food will soon be feeding hungry people in

Regina. A huge thank you to everyone who participated and brought produce!

Second, was the special coffee time of food featuring local ingredients from Saskatchewan, Alberta, and Manitoba. Co-ordinated and hosted by the Justice and Peace Ministry Team, this was our congregation's official "local action" part of our participation in the CLWR "Friends of Creation" program, which we began this past April. Other components of the program include learning about the impact of climate change in the Lake Chad area of west-central Africa, and raising money to help restore land in the Lake Chad basin through projects done in partnership between CLWR and the Government of Canada.



This special coffee time was planned to encourage sourcing local ingredients as a way to care for creation, promote sustainability, and help the climate. Signs were displayed with each food item with its featured ingredient, as well as information on where it was raised or grown. Every table also had a card that included information about local food options.

And, finally, the third special activity on Sunday was the option to participate in a letter writing and postcard mailing campaign, a response to an urgent appeal put out by CLWR this past week. Thirty-three letters were signed, sealed, and mailed on Sunday. The letter writing table will set-up again next week if you missed it this past week.

All in all, it was a wonderful morning full of community, and caring!



Lutheran Organizations Information

1. **Evangelical Lutheran Church In Canada News** can be found here: [ELCIC News: September 30, 2026](#)



**GRACE
at the
TABLE**

Two Stories, Two Journeys

Join us for a meaningful conversation with **Deacon Dr. Faith Nostbakken** (*Lutheran*) and **Jodey Porter** (*Anglican*), as they each share their personal stories of lived experience of abilities, inclusion and belonging.

Sunday, October 4, 2026
5:00 p.m. to 6:00 p.m. CST, via Zoom

Deacon Dr. Faith Nostbakken

Jodey Porter

SCAN HERE TO REGISTER:



Community Events

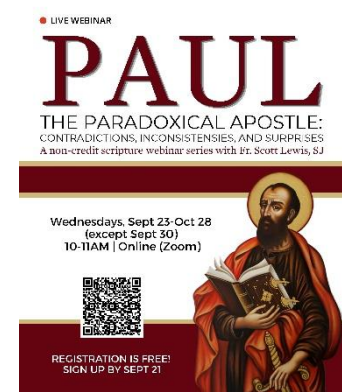
1. **Paul, the Paradoxical Apostle: Contradictions, Inconsistencies, and Surprises**

Campion College invites you to this non-credit scripture webinar series with Fr. Scott Lewis, SJ

Wednesdays, Sept 23-Oct 28 (except Sept 30)
10-11AM | Online (Zoom)

REGISTRATION IS FREE! SIGN UP BY SEPT 21

<https://campioncollege.ca/paul-the-paradoxical-apostle-contradictions-inconsistencies-and-surprises-webinar-registration>



LIVE WEBINAR

PAUL

THE PARADOXICAL APOSTLE:
CONTRADICTIONS, INCONSISTENCIES, AND SURPRISES
A non-credit scripture webinar series with Fr. Scott Lewis, SJ

Wednesdays, Sept 23-Oct 28
(except Sept 30)
10-11AM | Online (Zoom)

REGISTRATION IS FREE!
SIGN UP BY SEPT 21

2. **CiRCLe M - Centre for Rural Community Leadership and Ministry** **Offer for Seed Funding**



Do you have a dream for an innovative project in your rural community? CiRCLe M can help!

The Centre for Rural Community Leadership and Ministry (CiRCLe M) is an interdenominational non-profit organization dedicated to rural ministry leadership development. We work with clergy and lay leaders in rural and remote places to help their churches become catalysts for the development of healthy Canadian communities. You can find out more about our work right over here:

<https://www.circle-m.ca/>

Thanks to the generosity of a legacy gift from the late Rev. Dr. Joyce Sasse, CiRCLe M is now able to make modest seed grants available for rural churches seeking to discern and join the Spirit's healing and revitalizing work in their communities. Projects and "experiments in grace" which contribute to the well-being and restoration of rural life and faith will be considered for funding up to \$4,000.

What type of ministry could you accomplish with a bit of imagination, some help from your friends, and a little seed funding in your money-bag? This is not the grant for large-scale, big-budget operations, but rather for the type of creative and faithful innovation which small churches and small communities are famous for. This is "small is beautiful" funding. And we know that God honours the mustard seed and the speck of yeast.

For more information, feel free to contact Catherine Christie (christiecatherine4@gmail.com) for guidelines and an application form.

And may the Spirit move you...

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)



LIVE WELL AGE WELL

WHEN

10:30 AM
Sept. 24, 2026,
Oct. 22, 2026
Nov. 26, 2026
Dec. 10, 2026



For more information, visit
ReginaLibrary.ca

WHAT

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WHERE

George Bothwell Branch

With financial support from
Blue Cross

