

Our Savior's Lutheran

The Weekly Newsletter



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



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 9:00 a.m. – 12:00 noon.

Bishop Sid Haugen is our three quarter time interim pastor to the end of January 2026. He is regularly in the church office and can be contacted via e-mail at BishopSid@oslregina.com, by calling the church office, or in case of urgent care, by phone at 306-530-4328.



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.

This week

- Sunday:**
9:45 a.m. **Choir Rehearsal** in the loft
10:30 a.m. **Worship**
- Monday:**
9:30 a.m. **Tai Chi** in Fellowship Hall
- Tuesday:**
9:00 a.m. **Quilters** in Fellowship Hall
7:00 p.m. **Council Meeting** in Fireside Room
- Wednesday:**
9:30 a.m. **Morning Prayer** in the Fireside Room
- Thursday:**
9:30 a.m. **Tai Chi** in Fellowship Hall **(Last one until the new year!)**
- Next Sunday:**
9:45 a.m. **Choir Rehearsal** in the loft
10:30 a.m. **Worship**

Community Use of Building

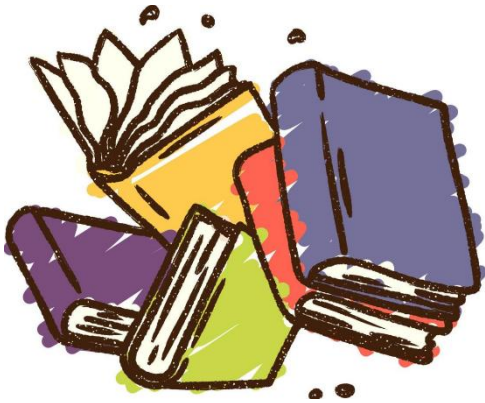
- Sunday:**
7:00 p.m. **NA Serenity Now** in Fellowship Hall
- Monday:**
1:00 p.m. **Forever in Motion** in Fellowship Hall
1:30 p.m. **Al Anon** in Classroom 1
8:00 p.m. **AA** in Fellowship Hall
- Tuesday:**
7:00 p.m. **NA 12 Steps** in Fellowship Hall
- Wednesday:**
8:00 p.m. **AA** in Fellowship Hall
- Friday:**
6:00-9:00 p.m. **Narc Anon** in Fellowship Hall
- Saturday:**
6:30 p.m. **NA RC Group** in Fireside Room



Indigenous Christian Fellowship: 4-5 volunteers are needed to help with breakfast on **Saturday, December 18th**. If you are interested in volunteering, please provide your name and phone number on the Sign-up Sheet located on the bulletin board in the Narthex.



Monthly Monday Book Study
The study will be held on **Monday, December 8th at 9:30 a.m.** in the Fireside Room. Marilyn Scheske will lead the study on the first 4 chapters contained in the section called “Advent and Christmas” from Barbara Brown Taylor’s *Home By Another Way*. Barbara Jones will provide refreshments and coffee.



M&M (Muffins & Meditation Monthly Book Study)
The books have arrived! Yay!!! Diane Mossing will be in the Church Office this Sunday morning, **December 7th**. If you would like to pick up your copy of *Together by Grace: Bible Conversations PSALMS* for \$18 each, you can give her cash or a cheque. If paying by cheque, please note in the memo section “book study” and make the cheque out to Our Savior’s Lutheran Church.

ELCIC News

Check out the ELCIC News here: [ELCIC News: December 4, 2025](#)



We will gather together again this Advent for a **Chili and Carols Lunch on Dec. 14th** immediately after service. We are looking for 10 people to bring a batch of Chili each, 8 people to each bring a dozen buns and an unlimited number of people to bring Christmas baking. We also need 6-8 people to help with set-up at 9:15 a.m. Please sign-up for these roles in the Narthex. There is also a sign-up sheet to let us know if you plan to attend so we ensure there is enough food for everyone.

The Justice and Peace Ministry Team invites you to support the **Regina Food Bank** this Christmas through participation in the **Reverse Advent Calendar**. For every day in Advent (this year there are 25!), you are asked to donate one item to the Food Bank, for a total of 25 items. Donations can be brought to the 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 and in this newsletter.

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.**

Things to Know Sunday Morning

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 Orders of Worship and Bulletins have been printed for those with hearing and vision difficulties. 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.



Check Out What's Happening

You are invited! **Bread of Life Lutheran Church** and **Eastside United Church** will be **worshiping on Wednesday evenings during Advent**. On December 3rd and 10th, they will use the Holden Evening Prayer and on December 17th they will have a Blue Christmas service.

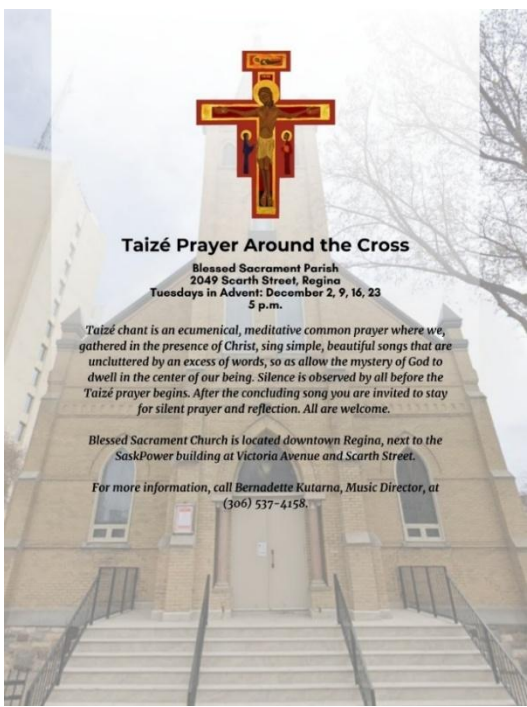


New Hope Lutheran Church is hosting a **Christmas Carol Sing A Long with The Amigos** on Friday, December 12, 2025, at 7:00 p.m. This event is a free event, with a free will offering. Proceeds will be given to the North Central Community Centre.

Check Out What’s Happening Continued

Taizé Prayer Around the Cross

Blessed Sacrament Parish in Regina invites people to join them in the Taizé Chant, an ecumenical, meditative common prayer where we are gathered in the presence of Christ, sing simple, beautiful songs that are uncluttered by an excess of words to allow the mystery of God to dwell in the centre of our being. The event is being held on the four Tuesdays of Advent, **December 2, 9, 16, 23 at 5:00 p.m.** at Blessed Sacrament Parish, 2049 Scarth Street, Regina.



🎄 🎁 🚲 **DECEMBER GREEN NOTE** 🚲 🎁 🎄
Here are several **Green** things to think about during the holidays. The following is put out by Eco Canada...

1. **A Guide to a Sustainable Christmas in Canada** As the festive season approaches, Canadians have a wonderful opportunity to celebrate Christmas in a way that not only brings joy to their families but also minimizes the impact on the environment. Here at ECO Canada, we are trying our best to practice a sustainable Christmas with thoughtful choices while still enjoying festivities! In this guide, we’ll explore various ways you can have a green and sustainable Christmas!
2. **Eco-Friendly Decorations!** Transform your home into a winter wonderland without compromising on sustainability. Opt for reusable, eco-friendly decorations made from materials like wood, cloth, or recycled paper. Consider crafting your own ornaments or repurposing items from nature, such as pinecones and branches. By embracing a more natural aesthetic, you not only reduce waste but also

capture the true essence of a Canadian winter.

3. **Local and Sustainable Gifts: Shop Canadian** Support local businesses and reduce your carbon footprint by choosing gifts that are made in Canada. Whether it’s artisanal crafts, locally sourced foods, or sustainable products, there’s a wide range of options that contribute to the local economy and minimize environmental impact. Consider experiences or consumables that won’t contribute to clutter, or opt for gifts with minimal packaging.
4. **Mindful Gift-Giving: Quality Over Quantity** Shift the focus from quantity to quality when it comes to gift-giving. Consider giving experiences, such as concert tickets, spa vouchers, or cooking classes, instead of physical items. If you prefer tangible gifts, look for products that are ethically made, locally sourced, and have minimal packaging.
5. **Energy-Efficient Lighting!** Capture the magic of the season with energy-efficient LED lights. These lights not only consume less energy but also last longer, reducing the need for frequent replacements. Additionally, consider using timers or smart plugs to regulate the hours your lights are on, minimizing energy consumption during the night.
6. **Waste Reduction and Recycling: Wrap it Up Sustainably** The holiday season often results in an increase in waste. Make a conscious effort to reduce, reuse, and recycle. Consider giving experiences or consumables as gifts to minimize packaging waste. Traditional wrapping paper is often not recyclable, contributing to unnecessary waste. Instead, opt for reusable options like fabric gift wrap, or get creative with newspaper, old maps, or brown paper. Encourage your friends and family to save and reuse gift wrap for future celebrations. Another option is to use reusable gift bags or containers that can be part of the gift itself.
7. **Embrace the Outdoors!** Take advantage of Canada’s stunning natural surroundings and incorporate outdoor activities into your festive celebrations. Whether it’s a winter hike, ice skating on a frozen lake, or building a snowman in your backyard, connecting with nature is a wonderful way to celebrate the season while appreciating the beauty of the season!

Lutheran Organizations Information



Canadian Lutheran World Relief The season of giving is here, and CLWR is thrilled to announce the return of its Advent **Calendar of Kindness!**

This year they have been so inspired by how many of our congregations are taking part in the Friends of Creation challenge - so they **put together a special edition of the calendar** with activities that support farmers around Lake Chad and ones that reduce our own environmental impact.

Each day from Nov. 30th to Dec. 24th, you'll find small, meaningful ways to spread kindness and help support families fighting against climate change around Lake Chad. It's a wonderful way to count down to Christmas while making a difference.

Download your calendar **here** to get started. **Last year's calendar** is also still available, and full of ideas that you can do to spread joy this Christmas season.

- 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)



**Advent Message
To Rostered Leaders and Congregations
of the Saskatchewan Synod ELCIC**

November 27, 2025

Dear sisters, brothers, siblings in Christ,

Grace to you and peace from God our Father and our Lord and Saviour, Jesus Christ. As we enter this holy season of Advent and draw near to the joyful celebration of Christmas, I write to you with a heart full of gratitude, hope, and deep pastoral concern. These past months and years have carried more than their share of uncertainty. We continue to witness global turmoil, wars and conflicts that fracture communities, financial pressures that weigh heavily on households and congregations, and the ongoing struggle of many of our congregations striving faithfully to keep their doors open. I want you to hear clearly: you are not walking this path alone. Jesus, Emmanuel, God with us, is indeed with us!

Advent teaches us to wait, not in fear, but in expectation. Advent reminds us that God comes precisely into the world as it is: fragile, imperfect, longing for redemption. The Christ child is born not into comfort or stability, but into a world marked by sociopolitical tension, displacement, and danger. And yet, into that world the angels proclaim, "Do not be afraid." That promise still holds. Christ enters our uncertainty with courage; Jesus enters our scarcity with abundance; Christ enters our weariness with new strength.

I want to encourage each of you, rostered leaders, lay leaders, congregations spread across the vast geography of our synod, to trust that God is at work even in what feels small, stretched, or fragile. Your ministries matter however big or small. Your presence in your communities matters. Your faithful witness in these challenging times shines with the light that no darkness can overcome. Do not give up, but walk faithfully and boldly!

As you gather for worship, as you prepare Advent liturgies, as you offer care, compassion, and leadership amid real constraints, know that the Holy Spirit goes before you, beside you, and behind you. The One who promises to be Emmanuel, God with us, is steadfast by our side. The same God who has sustained the church through centuries of change will sustain us now and into the future. There is no doubt about that.

This Christmas season, may you glimpse again the profound hope that comes wrapped not in power, but in vulnerability; not in certainty, but in trust; not in abundance, but in a manger. May Christ's peace settle into your hearts and into congregations, faith communities and ministries of our beloved synod, strengthening you for the ministry to which you have been called.

You are held in my prayers and in the love of the One who is our Light and our Salvation.
Abundant blessings in Christ,

Bishop Ali Tote, MDiv, MBA, PhD
Saskatchewan Synod
Evangelical Lutheran Church in Canada (ELCIC)

Thursday, December 4, 2025

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 25 days in Advent (Nov. 30 - Dec. 24). For each of those 25 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 25 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
- 3 cans of soup/stew
- 4 jars of peanut butter
- Total: 25 Items of Food

If I go to the store and discover that one of the food items listed is on sale, can I buy 24 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 in 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!