

Our Savior's Lutheran

The Weekly Newsletter



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

Pastor Brenda Nestegaard-Paul interim, three-quarter-time Pastor. She will regularly be in the office Tuesdays, Wednesdays & Thursdays from 9:00 a.m. – noon. She can be reached via e-mail at 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. Monday Book Study in Fireside Room

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

Tuesday:

10:00 a.m. Ministerial in Fireside Room

7:00 p.m. Council Meeting in Fireside Room

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:

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



A Message from Pastor Brenda

In this season of light, as we continue to learn and be reminded of how God in Christ is our light in this world, we are reminded as to how we as God's children in baptism are called to be a light in this world as well. Let me begin with a story.

Many years ago when I was serving the Cross and Spire Parish (Redeemer Lutheran, Esterhazy and New Stockholm Lutheran, countryside) I toured a potash mine. This was a new experience for me, travelling deep down into the earth. We exited the elevator into a cavernous space replete with artificial lighting. The air was still. Our guide described how a potash mine functions and then warned us that he was going to turn out the lights. I thought I knew darkness but soon realized I knew nothing. The dark was so dark I couldn't even see my finger when I held it in front of my eyes. The depth of the dark was all consuming and disorienting. And then, a little wooden match was lit. That tiny spark of light was all that was needed to break open that vast cave of darkness. Didn't matter the size differential between the darkness and the light. That little bit of light was so illuminating, it was enough to experience relief and hope, to know that I was okay.

These days, I, a self-proclaimed news hound, can find myself turning off the media because the reality is so bad, the darkness so overwhelming. These days, it can be tempting to simply hunker down under the weight of reality and focus on what makes me and mine okay.

And then I am reminded of my call in Christ, the same for all the baptized, to 'proclaim Christ through word and deed, care for others and the world God made, and work for justice and peace.' I am reminded of the words of welcome at the end of the baptismal rite - 'Let your light so shine before others that they may see your good words and glorify your Father in heaven.' And then there are these words spoken by the gathered assembly - We welcome you into the body of Christ and into the mission we share.' In other words, I am reminded of the light I have been given in my baptism, the light I am called to be, to break the darkness I encounter AND that I do not do this alone. Thanks be to God!

As I recall that long ago tour, I remember the power of a little light. I am reminded to never underestimate the power of a smile, an act of kindness, a timely email or phone call, showing up and just being present, the gift of respect and creating space to understand. Though it's true that none of these little sparks of action on their own will cure the ills of the world, I do believe in the power of their accumulative effect.

God help us to allow our little light to shine.
PB+





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.



Thank you to everyone who donated to the Carmichael Outreach Warming Centre initiative. There were enough sandwiches, pieces of fruit, juice boxes, coffee or tea or hot chocolate, granola bars or cookies or muffins for 85 meals. There were many granola bars, cookies, fruit and beverages for people to have extra for snacks. There were 23 packages of menstrual supplies donated for this initiative. Thanks again: Michelle Lipka cell 306-552-9893

The Office will be closed Monday, February 16th for Family Day

Please note that the **quilters** will **NOT** be meeting Tuesday, February 10th.

ELCIC News

Check out the ELCIC News here:
[ELCIC News: February 3, 2026](#)

We begin our Lenten journey on February 18th with **Ash Wednesday**. There will be a service at 7:00 p.m.



Our Savior's will also be sharing in the **Wednesday Evening Lenten Services** with Bread of Life Lutheran and Eastside United. Our Savior's will be hosting on February 25th and March 25th, with the Wednesdays in between hosted by the Living Spirit Centre, all beginning at 7:00 p.m. Each of these five services will be preceded by Soup and Buns at 6:00 p.m. Watch for more information about these services and suppers.



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 Flore, 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 or grape juice, please raise your finger and the communion assistant will provide you with either of these instead.

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.



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 Savior's in conjunction with Interdenominational Sunday Lunch Auxiliary (ISLA) will be delivering sandwiches to Waterston House on Sunday, February 22nd following service. We need to provide 20 loaves of uncut sandwiches. Any type of protein is appreciated (e.g. ham, bologna and cheese. While tuna, salmon, egg salad and peanut butter are also okay, they do get a lot of these types of sandwiches. Sign your name and the number of loaves you plan to make on the sign-up sheet in the Narthex. Drop off your sandwiches to

the Fellowship Hall the morning of February 22nd.



The Monthly Monday Book Study group will continue studying *Home By Another Way* by Barbara Brown Taylor on February 9th at 9:30 a.m. in the Fireside Room. Donna Gartshore will lead the discussion on the final four chapters in the Epiphany section.



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



We will be serving breakfast for the Indigenous Christian Fellowship on February 21st. The Sign-up Sheet is located on the bulletin board in the Narthex



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>



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

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)

SAVE THE DATE
WORSHIP & MUSIC SYMPOSIUM 2026

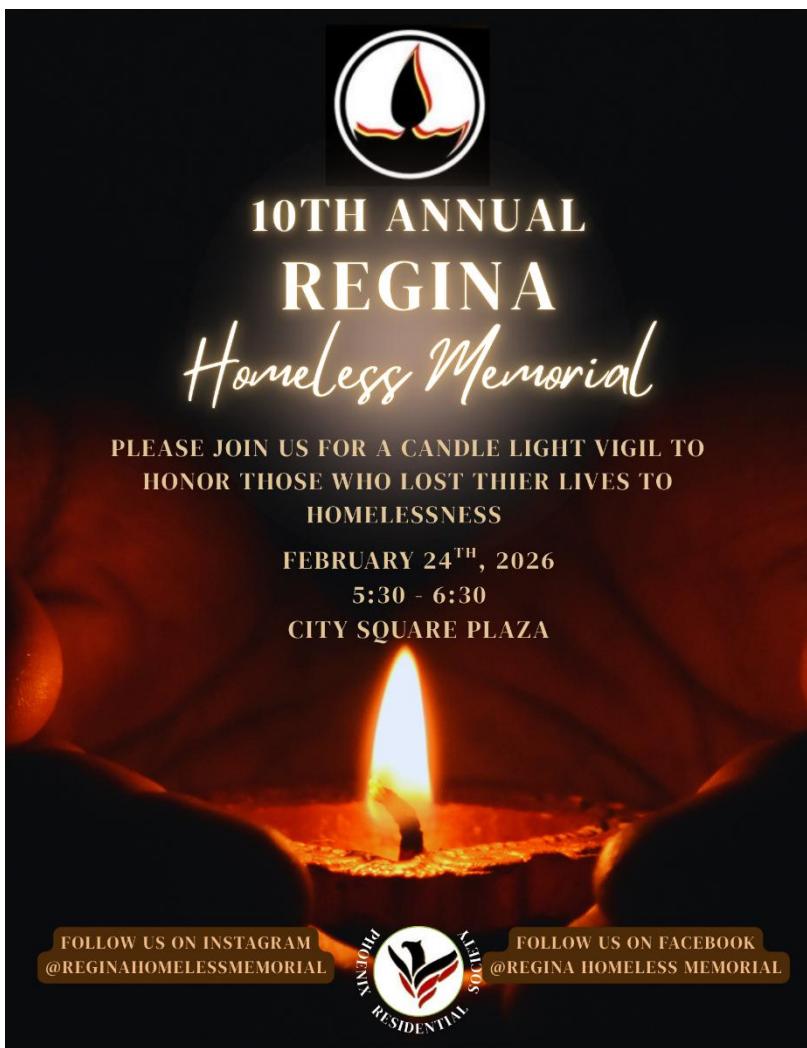


MAY 7-9
CHRIST LUTHERAN CHURCH - REGINA, SK

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.

Other Organizations Information



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 or 306-586-0006.