



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

March 22, 2026

**Today:**

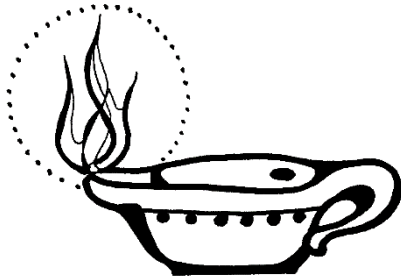
9:30 AM **Choir Rehearsal**

10:30 AM **Sunday Worship**

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

306-586-0006

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



**Monday:**

9:30 AM Monthly Book Study in Fireside Room

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

**Tuesday:**

9 AM **Quilting** in Fellowship Hall

**Wednesday:**

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

6 PM **Soup & Buns** at Our Savior's

7 PM Lenten Service at Our Savior's

**Thursday:**

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

**Saturday:**

Meditation & Muffins in Fireside Room

**Next Sunday:**

9:30 AM **Choir Rehearsal**

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.**



**Holy Week: March 29 – April 5, 2026**

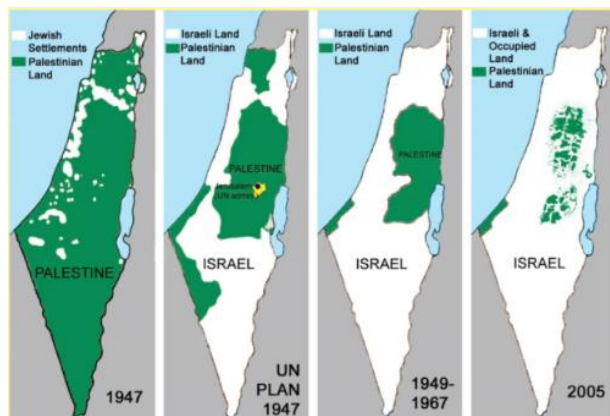
<b>Palm Sunday/Sunday of the Passion</b>	<b>10:30 AM</b>
<b>Holy Tuesday, Service of Healing</b>	<b>7 PM</b>
<b>Holy Wednesday: Music for Holy Week, Luther Bach Choir</b>	<b>7 PM</b>
<b>Maundy Thursday Worship</b>	<b>7 PM</b>
<b>Good Friday, "Service of Shadows" with readings by Bonhoeffer</b>	<b>7 PM</b>
<b>The Resurrection of our Lord</b>	<b>10:30 AM</b>

**For Easter Sunday, please bring a bell to ring.**



**Events**

- Wednesday Morning Prayer:** All are welcome to join us through Lent as we strive to hear the voices of Palestinian Christians through the study 'A Moment of Truth: Faith in a Time of Genocide'. We gather, too, to pray for the needs of the community. We meet in the Fireside Room at 9:30 AM.
- Wednesday, March 18 Mid-Week Lenten Worship will be hosted by Our Savior's at 7 PM with Soup and Buns at 6 PM.**
- Palm Sunday Potluck** following service on Sunday, March 29.



- 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.

## 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, by calling the church office, or in case of urgent care, by phone at 306-530-4328.
2. Calling for **volunteers for our Palm Sunday Potluck** on Sunday, March 29. Please consider volunteering for set up starting at 9:30 AM, assisting during lunch, clean up after. There is a sign-up sheet in the Narthex. Thank-you!
3. For those wanting to donate flowers for Sunday worship, there is a sign-up sheet in the narthex. During Lent we welcome **Greens ONLY!** 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. 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).
5. Our **quilters** continue their work on Tuesday mornings and are **in need of fabric and sheets**. If you have anything to donate, feel free to drop these off on Tuesday morning in the Fellowship Hall or in the Office during office hours.
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. Thank-you to all who helped to dress our **MITTEN TREE**. We've put it away now as we approach (hopefully) warmer weather. What was decorating the Mitten Tree has been delivered to Carmichael Outreach.
8. 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.
9. **Green Note**

Often times the most powerful messages come in simplistic form. I was looking through the children's section of our OSL library not long ago and came across this little book entitled- God Made All the Colors (Here's a sneak peak...)

It really reminded me of just how beautiful and interesting nature can be and how inquisitive it makes us. It also reminded me of how important our roles are as keepers of the Earth. Check it out on the library table!



**Thanks for thinking Green ♡! Barbara Jones**



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).

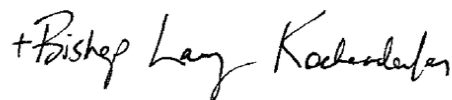
To ensure CLWR receives your congregation's gifts quickly, consider setting up a fundraising page through CLWR's website. Fundraising pages can be created at [clwr.org/fundraise](https://clwr.org/fundraise). Please feel free to contact us at [churches@clwr.org](mailto:churches@clwr.org) if you need any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

## **Lutheran Organizations Information**

1. **Evangelical Lutheran Church In Canada News** can be found here:  
<https://mailchi.mp/elcic/elcic-news356789-4750877?e=df7c8f7cf9>
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.

### **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: Larry Mossing & Diane Mossing  
Children's Church: Donna Achtzehner &  
Ann Marie Melvie

Coffee: Verna Anderson

Communion: Barbara Anderson &  
Donna Ottenson

Counters: Larry Johnson & Janis Johnson

Liturgist: Ann Marie Melvie

Musician: Barbara Reul

Reader: Wendy Koch

Tech Team: Levi Berg & Ken Stalwick

Tech Script: Mark Anderson

Ushers: Heather Mollison & Warren Mollison

Flowers: sign up today!