

# OSL Weekly News

Sunday November 24

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## THIS WEEK FOR OSL

**21 November: Library Ministry Team** 9:30 AM, Fireside Room.

**21 November: Tai Chi**, 9:30 AM, Fellowship Hall.

**23 November: M & M's – Muffins and Meditations** (see below). 9:30 AM, Fireside Room.

**24 November: Sunday Worship** 10:30 AM. [Zoom Link: ID 3065860006, pw: 190](#)

**24 November: J & P Ministry: Film Presentation, *I Ploughed the Sacred Soil*** (see below). 2 PM.

**25 November: Tai Chi**, 9:30 AM, Fellowship Hall.

**25 November: Forever in Motion**, 1PM, Fellowship Hall.

**26 November: Quilting**, 9AM, Fellowship Hall.

**27 November: Morning Prayer**, 9:30 AM, Fireside Room.

**28 November: SaskAbilities Volunteers** 9:30 AM, Fireside Room.

**28 November: Tai Chi**, 9:30 AM, Fellowship Hall.

## NEWS & EVENTS

**In Worship:** At OSL we endeavor to be a radically welcoming and inclusive community. As such, during worship we invite you to position your body as best meets your needs. Please sit, stand, or kneel as works best for you, knowing that your worship is valid and cherished by God.

**Thank you:** Our time, talents and everything in our lives are all gifts from God. We thank God for these gifts and the opportunities to share them with others.

**Office (Admin) Connection:** Tim will be away until November 27. The office will be open and Pastor Diane will be responding to messages as able. Please connect with Tim after that time if there's anything you would like his assistance with.

**SATURDAY, NOV. 23: Muffins and Meditation (M&Ms)** meets on the 4th Saturday of the month. The agenda goes like this: 9 AM: muffins, coffee, and visiting. At 9:30 the study begins and concludes around 11:00. The study this time is being led by Don Lee and it is based on Exodus 7:1-13 and 12:1-14. The Israelites are in slavery to Egypt and God sends the iconic Ten Plagues to deliver an important message to Pharaoh. An unforgettable, historic event.

You are most welcome to join us for this discussion. Extra Learner Guides are available for you.  
*Hope to see you there!*

**24 November:** Invitation to see a new film!  
 The Justice and Peace Ministry Team of Our Savior's Lutheran Church, in co-operation with Indigenous Christian Fellowship (ICF), and funded by a grant from the Saskatchewan Synod of the ELCIC, invites you to a viewing of the documentary film "I Plowed the Sacred Soil" from 2 to 4 PM at Our Savior's Lutheran Church, 190 Massey Road. This documentary explores the history of the File Hills Farm Colony experiment on the Peepeekisis Cree Nation. Following the viewing, all are invited to stay for conversation, coffee, and refreshments. We hope you can join us!

**1 December: Membership Sunday - An Invitation from Church Council:** We are holding a Membership Sunday on December 1, the first Sunday of Advent. If you've been considering becoming a member or have any questions, please reach out to Pastor Diane or a member of the church council. While membership isn't required to participate in the life of our congregation, it does grant you the ability to vote on important decisions. As well, publicly affirming your connection to this community can be a meaningful step in your spiritual journey.



Members of the Peepeekisis Cree Nation share stories of their family ties to the File Hills Farm Colony experiment and the impact it has had on their community.

Presented by the Justice and Peace Ministry Team of Our Savior's Lutheran Church, in co-operation with Indigenous Christian Fellowship (ICF), supported by the Saskatchewan Synod of the ELCIC

**November 24, 2 - 4 PM**  
**Our Savior's Lutheran Church**  
**190 Massey Road**  
*coffee and conversation to follow*

**I Plowed the Sacred Soil**

Mark Dieter Writer/Director    D. Andrew List Producer    Shannon Elizabeth Rae Host/Narration

We acknowledge the support of the Canada Council of the Arts. Canada Council - Conseil canadien des arts et des lettres



ACTUMEDIA



**ADVENT**

**Still Point with God**

*In the Womb of Advent  
 new life grows  
 in the dark ...*

Time out from hectic winter days  
 to stop and ponder ...

**Meditative Prayer**  
 7:00 — 8:10pm SK time

**Tuesday**  
**December 3 — 10 — 17**

**Leaders of Prayer:**

Rev. Christine Burton (Anglican)  
 Stephanie Molloy (Roman Catholic)  
 Rev. Daphne Bender (Lutheran)

To obtain the Zoom-Link contact:  
**Rev. Marie-Louise Ternier**  
 St. Andrew's Anglican Parish, Humboldt, SK  
[standrewshumb@gmail.com](mailto:standrewshumb@gmail.com)  
 or [marliset135@gmail.com](mailto:marliset135@gmail.com)

**15 December: Music Event: *Written in the Leaves* Release Concert.** OSL's Helen Chang, Tim Mrazek and family members of **Hummingbird Crossing** present a CD release concert for their latest release, *Written in the Leaves*, Sunday December 15, at 7PM. Tickets \$20 by cash or e-transfer to [hbcrossing@sasktel.net](mailto:hbcrossing@sasktel.net) (include your name in the note/memo field). CDs will be available for purchase, \$20. Doors open 6:15. Reception with light refreshments to follow.

**OUR CHURCH COUNCIL**

Nancy Hognestad (Welcoming the Newcomer / 65th Anniversary)  
 Barbara Jones (Justice & Peace)  
 Ann Marie Melvie (Chair / Worship / Call Committee)  
 Daryl Nelson (Finance, Governance)  
 Bert Ottenson (Property Management)  
 Dave Solheim (Vice Chair / Technology)  
 Bev Tastad (Secretary / Treasurer / Call Committee / Governance Committee)  
 Jonathan Achtzehner (Worship Ministry Team)



**HUMMINGBIRD  
CROSSING**  
*written in the leaves*  
**CD release  
concert**

**Sunday December 15, 7pm**  
 Our Savior's Lutheran, 190 Massey Rd  
 - doors open 6:15 -

**\$20 cash at the door**  
 or e-transfer to [hbcrossing@sasktel.net](mailto:hbcrossing@sasktel.net)  
 (include your name in the memo/note field)

**gift idea!**  
 CDs will be available for purchase: \$20

This year, you are invited to join Pastor Diane on an Advent Journey using the resource, *The Weary World Rejoices...Journey Towards the promise of Christmas*, by Kate Bowler.

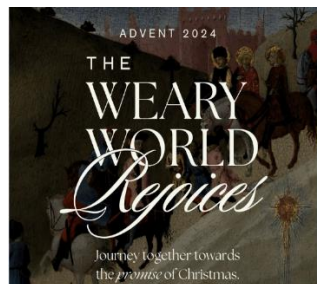
There is a reflection for each day and then we will gather weekly as a group to share our experience. There are sample copies in the Narthex and Fireside Room for you to check out.

If you'd like a printed copy, please sign up (in Narthex) or let the office know by November 24th. They will be ready to pick up December 1<sup>st</sup>.

**Free digital copy:**

[https://katebowler.com/seasonal\\_devotional/the-weary-world-rejoices/#guides](https://katebowler.com/seasonal_devotional/the-weary-world-rejoices/#guides)

**Or scan the QR code**



**Advent Devotional  
Group Discussion**

Join us as we explore the theme "The Weary World Rejoices" this Advent Season.

**Wednesday December 4, 11, and 18 at 9:30 am**  
 during Morning Prayer in the Fireside Room at OSL

**Thursday December 5, 12 and 19 at 7 pm on Zoom**

Meeting ID: 862 2293 6010

Passcode: 12345



**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 24 days in Advent (Dec. 1-24). For each of those 24 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 24 Days might look like this:

2 packages of pasta or rice  
2 jars of pasta sauce  
3 cans of fruit  
3 cans of vegetables  
3 cans of tuna/salmon/chicken/ham  
3 packages of instant oatmeal  
4 cans of soup/stew  
4 jars of peanut butter

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Total: 24 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, next to the Usher's Table.

**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!**