

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

This week

Sunday:

10:30 AM **Sunday Worship**

Monday:

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

Tuesday:

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

Wednesday:

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

Thursday:

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

7:00 PM **Worship Committee**
(Fireside Room)

Saturday:

11:00 AM **Martha Tastad**
Funeral

Next Sunday:

10:30 AM **Sunday Worship**

Pastor Victoria Mwamasika is our new pastor and she is regularly in the church office Tuesday through Thursday. 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.



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. **Muffins & Meditations (M&M)** study on **Saturday, September 26th** will focus on Refuge in the Psalms including Psalm 91a famous song of trust that depicts God as our refuge and protector. Marilyn and Lynda Scheske will guide our study that morning.

Come early for coffee and a muffin and then at 9:30 be ready to discover, once again, how the Psalms speak to every aspect of our lives. All are most welcome.

2. A huge thank you to everyone who will bring donations of sturdy vegetables on Sunday for the **Regina Food Bank**.

They will be 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>



3. **After worship on Sunday**, you are invited to a **special coffee time** with foods featuring local ingredients from Saskatchewan, Manitoba, and Alberta. We have quite a variety of local ingredients including vegetables, grains, seeds, dairy, meat, and honey. We even have tea harvested in Northern Saskatchewan. This event is the final component of our congregation becoming a Canadian Lutheran World Relief "Friends of Creation" congregation, which also included our involvement in CLWR's Lake Chad Project earlier this year. We hope you can join

us for a taste of the Canadian Prairies



Community Use of Building

Sunday:

1:30 p.m. **NA Group Area Meeting**
(Fireside Room)

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)

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)

4. 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>



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



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

7. **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.



8. **October 23-25, 2026** is the annual **Synod Youth and Young Adult Retreat** at Camp Kinasao. If you are interested, please contact Pastor Victoria.



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



**Canadian Lutheran
World Relief**

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.

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

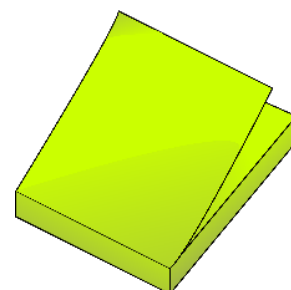
For the Justice and Peace Ministry Team, and for the Welcoming the Newcomer Ministry Team.

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. **Green Note:** With autumn just around the corner, I'm reminded of what an interesting summer it's been weatherwise. Some of the statistics I've read indicate that in Regina, between June through to August, we've received 800-900 total bright hours (this is the way Environment Canada measures sunshine) and 16 days that reached over 30 degrees C. which is double the typical annual average of 8 days.



Reading about all of this weather stuff, I began thinking about our OSL solar panels and how they've been performing and decided to contact Wendy McCutcheon, who was a member of the OSL Solar Panel Committee, and who kindly provided the following update (see below). Thank-you Wendy, for putting this together.

And thanks everyone for thinking Green!

Barbara Jones ♥♥

We're happy to give you an update on our solar panels. They are most productive over the summer months. In fact, on our May to September power bills, we did not have to pay for any electrical charges because all the power used by the church during this period was either provided directly from solar power or paid for with electrical generation credits. As of our September power bill, we have saved \$2,927 in electrical charges this year. Their environmental benefit continues to grow as they have saved over 45,900 Kg of CO2 from entering the earth atmosphere since their installation.



5. Please note that **Pastor Victoria's land line voicemail** has been set up. Apologies if you tried to leave a message previously and heard a strange voice giving you a strange number.

6. 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!



7. We will be using our name tags again this Sunday. If you filled out a name tag last Sunday, 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.

Lutheran Organizations Information

1. **Evangelical Lutheran Church In Canada News** can be found here: [ELCIC News: September 23, 2026](#)
2. **LCBI Campus Clips for September 15, 2026:** [Campus Clips - Two new job opportunities!](#)

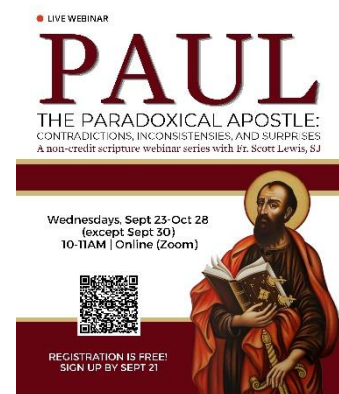
Community Events

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>



2. The **TLC Pantry** invites you to join us for a few hours to meet each other and the Pantry Board, to see what we do with the donations you provide, to show you where we do the work we do to serve those who live in food insecurity in the Heritage area and to enjoy some light refreshments. Also, it is a small way in which we can show our appreciation for all you do for the people the Pantry serves.

When: **Saturday, Sept. 26 from 2-4 PM** (come and go as you are able)

Where: Trinity Lutheran Church site, 1909 Ottawa Street (Parking on the streets around the church)

Please RSVP to Donna at dmhuntley@sasktel.net.

Looking forward to seeing you there!!

Kathy Cameron, for TLC Pantry

[TLC Pantry Regina | coming soon](#)

3. **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...



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
Enjoy some lifelong learning while you meet and connect with others. Discover something new then take time afterwards to discuss what you've learned, chat socially or participate in an activity.

WHERE

George Bothwell Branch

With financial support from
Blue Cross



HOW TO BECOME A **Forever...in motion VOLUNTEER**

Volunteer Orientation Session

Thursday, October 1, 2026

10:30 a.m. – 11:30 a.m.

George Bothwell Library

Interested in becoming a **Forever...in motion** volunteer?

What You'll Learn

- Application Process
- About the **Forever...in motion** program
- Volunteer roles and expectations
- What to expect after the 30-hour training
- Leading exercises and fall-prevention
- Mentoring and support for new volunteers

For more information contact:

Marisol Molina-Smith

306-766-7163

marisol.molinasmith@saskhealthauthority.ca

Forever...



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)