

# Our Savior's Lutheran

The Weekly Newsletter



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

Pastor Brenda Nestegaard-Paul is our 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](mailto: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 Tuesday to Thursday 9:00 a.m. – 12:00 noon.

The Office will be closed Monday, February 16<sup>th</sup> for Family Day

## This week

### **Sunday:**

10:30 a.m. **Worship**

### **Monday:**

Family Day – Office Closed

### **Tuesday:**

9:00 a.m. **Quilting in Fellowship Hall**

### **Wednesday:**

9:30 a.m. **Morning Prayer in Fireside Room**

7:00 p.m. **Ash Wednesday Service in Sanctuary**

### **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**



## ELCIC News

Check out the ELCIC News here:  
[ELCIC News: February 10, 2026](#)



### *A Message from Pastor Brenda*

Lent is almost upon us, that annual 40 day journey of prayer, faith study and charitable acts. Lent is an opportunity for self-reflection that can create the space to clear out whatever is necessary in order to make room for God and to re-commit to God's way in Christ. Here at OSL we have created opportunities for you to be engaged on your Lenten Journey in numerous ways beyond Sunday morning.

- **Ash Wed Liturgy**, Feb 18th - 7 PM
- **Mid Week Lenten Services** (7 PM) preceded by **Soup and a Bun** (6). OSL hosts Feb 25<sup>th</sup> and March 25<sup>th</sup>. All other services will be held at the Living Spirit Centre.
- **A Moment of Truth: Faith in a Time of Genocide** (faith study), Wed Morning Prayer, 9:30 AM. Begins Feb 18th. All are welcome.



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).



**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 Flotre, Marja Hordern, Cindy Leggott, or Wendy McCutcheon.

Bettyann Cox's mother, Mildred "Blondie" Siegel was recently profiled in the news about her 100<sup>th</sup> birthday. Check it out here: ['Just keep busy,' advises Sask.'s newest centenarian | CBC Featured](#)

## 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). Please note we only use "greens" during Lent.

**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.



---

## OFFICE UPDATE

Our administrative assistant, Kathleen Peterson, will be on medical leave until the end of April as she recovers from knee surgery. We ask that you keep her in your prayers and join us in wishing her God's blessings for a smooth and speedy recovery.

During this time, the church office will be open Tuesdays, Wednesdays, and Thursdays only.

We are pleased to welcome **Jade Gritzfeld** as our interim administrative assistant. Jade will be working 12 hours per week and will be in the office on Tuesday, Wednesday, and Thursday from 9:00 a.m. to 12:00 p.m., beginning Tuesday, February 17.

As Jade will be covering many responsibilities in a limited number of hours, we ask for your patience and understanding as she manages her workload.

We are grateful for Jade's willingness to step into this role and appreciate the congregation's support during this time. Ann Marie Melvie, Council Chair

## Check Out What's Happening



**Wednesday Morning Prayer** during Lent will be guided by a congregational study guide by KAIROS Palestine called *A Moment of Truth: Faith in a Time of Genocide*. We will begin on Ash Wednesday with the showing of a video that helps to prepare us for the reality of present day life in Gaza and the West Bank. All are welcome. We begin at 9:30 AM.

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, tuna, salmon, egg salad. Peanut butter sandwiches are also okay, but they do get a lot of this type 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 **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 21<sup>st</sup>. The Sign-up Sheet is located on the bulletin board in the Narthex

### Seedy Saturday

Buy, sell and exchange local seeds at Regina Seedy Saturday. Seedy Saturdays are annual community events held across Canada that celebrate seed saving, gardening, and local food security. These gatherings provide a platform for gardeners, farmers, and eco-conscious individuals to buy, sell, or exchange seeds. These events are part of a larger movement to promote sustainable gardening practices, preserve seed knowledge, and strengthen local food systems. They offer a valuable opportunity for community members to learn about seed saving, gardening, and the earth. Like many other cities across Canada, Regina hosts its own Seedy Saturday on the first Saturday of March each year. This year's event is happening on **March 7th, 2026, from 10 a.m. to 3 p.m. at the Riddell Centre at the University of Regina**. We invite you to join us with your family and friends to buy local seeds and other garden products. Learn more here: [www.rpirg.org/regina-seedy-saturday](http://www.rpirg.org/regina-seedy-saturday)



# 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](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





A Grief Support Group meets  
at the Living Spirit Center on the  
2nd Monday of each month at 7:00 pm  
and on the 3rd Tuesday at 2:00 pm.  
3018 Doan Drive, Regina.

We are a peer-support group, available for  
those who have experienced a loss. It might  
the loss of a person, a pet, an ability or your  
health status. Each meeting has a theme and  
facilitated conversation. Group members  
share the stories of their loss, and support  
each other through the grief journey.

Contact Hazel Padfield at  
[hdpadfield@gmail.com](mailto:hdpadfield@gmail.com) or  
Heather Balfour at [balma@sasktel.net](mailto:balma@sasktel.net)  
for more information.

SAVE THE DATE

WORSHIP & MUSIC  
SYMPOSIUM  
2026

MAY 7-9

CHRIST LUTHERAN CHURCH - REGINA, SK



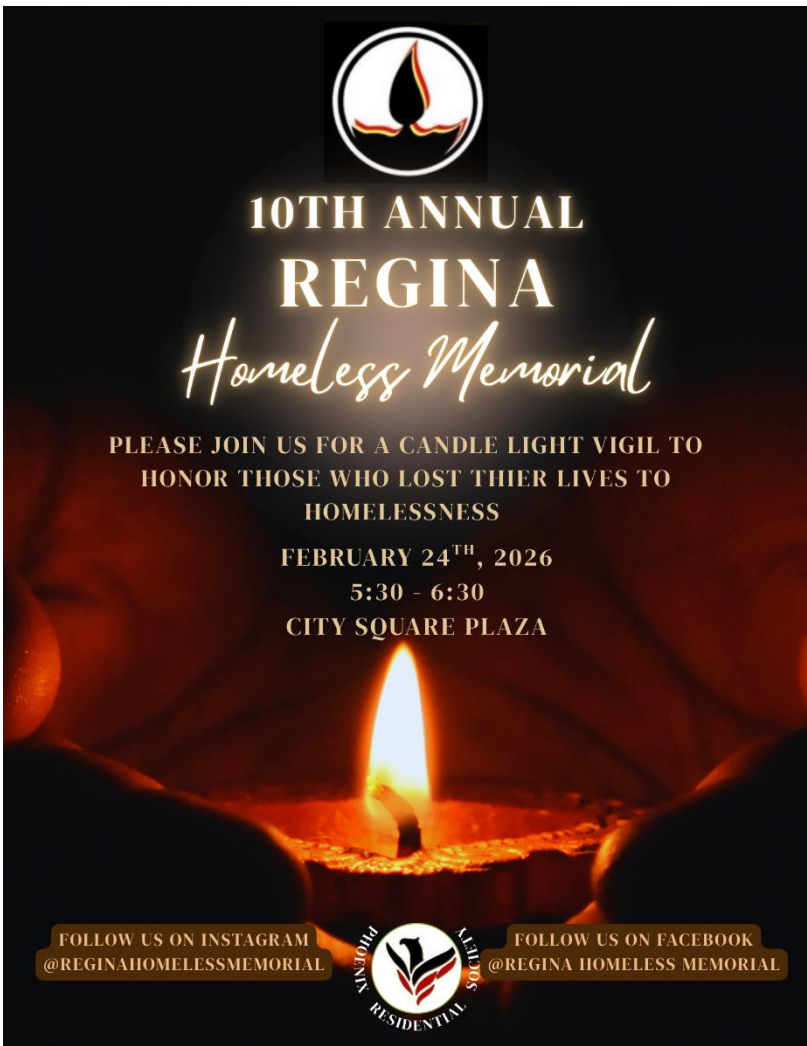
Workshops and Worship led by

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](mailto:dennisdh@sasktel.net).



# Other Organizations Information



**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)**

## 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 make 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](mailto:office@oslregina.com) or 306-586-0006.