

Our Savior's Lutheran

The Weekly Newsletter



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



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 9:00 a.m. – 12:00 noon.

Bishop Sid Haugen is our three quarter time interim pastor to the end of January 2026. He is regularly in the church office and can be contacted via e-mail at BishopSid@oslregina.com, by calling the church office, or in case of urgent care, by phone at 306-530-4328.

It's Name Tag Sunday this week!

With the beginning of the Church year, let's get to know one another by writing our name on a sticky name tag for others to see.



This week

Sunday:

10:30 a.m. Worship

Monday:

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

Tuesday:

9:00 a.m. Quilters in Fellowship Hall

Wednesday:

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

7:00 p.m. Choir rehearsal in the loft

Thursday:

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

Next Sunday:

10:30 a.m. Worship

Community Use of Building

Sunday:

1:30 p.m. NA Group Area Meeting

7:00 p.m. NA Serenity Now in Fellowship Hall

Monday:

1:00 p.m. Forever in Motion

1:30 p.m. Al Anon

6:00 & 7:00 p.m. Kathy's Tai Chi in the Fireside Room

8:00 p.m. AA in Fellowship Hall

Tuesday:

7:00 p.m. NA 12 Steps in Fireside Room

Wednesday:

6:00 & 7:00 p.m. Kathy's Tai Chi in the Fireside Room

8:00 p.m. – AA in Fellowship Hall

Friday:

6:00-9:00 p.m. NA in Fellowship Hall

Saturday:

6:30 p.m. NA RC Group in Fireside Room



ELCIC News

Check out the ELCIC News here: [ELCIC News: November 26, 2025](#)

We have a **new phone system**. Now when you call 306-586-0006, you will be greeted by an Auto Attendant who will ask you to depress certain numbers on your phone to get the Administrative Assistant, the Pastor, the Pastor on Call or the Hours for both the Office and Sunday Worship. Voicemail is accepted on both the Administrative Assistant and Pastor phone lines.

Monthly Monday Book Study

The group will begin studying *Home By Another Way* by Barbara Brown Taylor on **December 8th** at 9:30 a.m. in the Fireside Room. Books are still available from the Office for \$20.15 per book. Cash, cheque or e-transfer is accepted. Contact the office for more details.

M&M (Muffins & Meditation Monthly Book Study)

Due to the delay in the book *Together by Grace: Bible Conversations PSALMS* arriving, the group will next meet on the **January 24th** at 9:00 a.m. for coffee and the 9:30 a.m. for the study.

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 gather together again this Advent for a **Chili and Carols Lunch on Dec. 14th** immediately after service. We are looking for 10 people to bring a batch of Chili each, 8 people to each bring a dozen buns and an unlimited number of people to bring Christmas baking. We also need 6-8 people to help with set-up at 9:15 a.m. Please sign-up for these roles in the Narthex. There is also a sign-up sheet to let us know if you plan to attend so we ensure there is enough food for everyone.

The Justice and Peace Ministry Team invites you to support the **Regina Food Bank** this Christmas through participation in the **Reverse Advent Calendar**. For every day in Advent (this year there are 25!), you are asked to donate one item to the Food Bank, for a total of 25 items. Donations can be brought to the church and placed in the blue barrel under the stairs to the balcony. Monetary donations are also welcome--please clearly label them "Food Bank". For more information please see the handout on the Usher's Table and in this newsletter.

The **Salvation Army Christmas Kettles** program is looking for volunteers. They have kettles all through the city from 10:00 a.m. until 8:00 p.m. now until December 24th. If you're interested in providing support, please call Laura Lee at 306-757-6405.

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.

Things to Know Sunday Morning

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 Orders of Worship and Bulletins have been printed for those with hearing and vision difficulties. 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

Conversations Across the Church – Join our National Synod Bishop, Larry Kochendorfer for an hour of devotion, reflection and conversation on Sunday, November 30th at 5:00 p.m. Please register at [Bitly | bit.ly/4otMfZB](https://bit.ly/4otMfZB).

Conversations Across the Church

Sunday, November 30, 2025
5:00 p.m. to 6:00 p.m. CST

As we enter the season of Advent, you are invited to join **National Bishop Larry Kochendorfer** for an hour of devotion, reflection and conversation.



REGISTER HERE: bit.ly/4otMfZB

Join us for **Conversations Across the Church** on **November 30, 2025 from 5:00 p.m. to 6:00 p.m. CST** for what we hope will become a regular churchwide online gathering.

Be a part of the conversation! Make sure you complete the following question on the registration form: *If you could ask Bishop Larry one thing as he begins his new ministry as National Bishop, what would it be?* You might hear your question asked during the gathering!

We encourage you to have a candle ready to light before the start of the event. We'll take time at the beginning to light the candle together.

*This event will be recorded. Not able to attend? Sign up so you can receive a link to the recording.

Did you have a chance to watch Bishop Larry's first video as National Bishop? Have you shared this with your congregation? You can [access the video here](#).

new hope
LUTHERAN CHURCH

Christmas Carol Sing-a-long

With the Amigos

Place: New Hope Lutheran Church
370 McIntosh Street N, Regina, Sk.

Date: Friday, December 12, 2025
Time: 7:00 pm
Inquiries: 306-543-0118
Free Admission

accessible

Free Will Offering to Support
North Central Community Centre

New Hope Lutheran Church is hosting a **Christmas Carol Sing A Long with The Amigos** on Friday, December 12, 2025, at 7:00 p.m. This event is a free event, with a free will offering. Proceeds will be given to the North Central Community Centre.

Check Out What's Happening Continued

You are invited! Bread of Life Lutheran Church and Eastside United Church will be worshipping on Wednesday evenings during Advent. On December 3rd and 10th, they will use the Holden Evening Prayer and on December 17th they will have a Blue Christmas service.



Vivace
Choral Ensemble
presents
"A CHRISTMAS NOËL"
John Nelson, director
Christa Walsh, accompanist
Saturday, December 6, 2025
7:00 p.m.
First Baptist Church
2241 Victoria Avenue
Guest musicians:
Quinn Bell, Lyle Buddecke, Corinne Heroux,
Alaina Majewski, Abby Nagel, Rob Nelson, Kevin Rich
Tickets \$15
Available from
Vintage Vinyl
Traditions Hand Craft Gallery
Online at www.vivace.ca
At the door

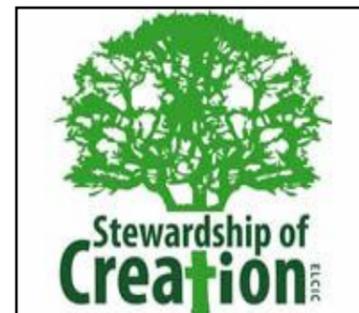
Vivace Choral Ensemble presents A Christmas Noël on Saturday, December 6, 2025 at 7:00 p.m. at the First Baptist Church at 2241 Victoria Avenue. Our very own Harold Weiss is a member of this choir.

Taizé Prayer Around the Cross

Blessed Sacrament Parish in Regina invites people to join them in the Taizé Chant, an ecumenical, meditative common prayer where we are gathered in the presence of Christ, sing simple, beautiful songs that are uncluttered by an excess of words to allow the mystery of God to dwell in the centre of our being. The event is being held on the four Tuesdays of Advent, **December 2, 9, 16, 23 at 5:00 p.m.** at Blessed Sacrament Parish, 2049 Scarth Street, Regina.

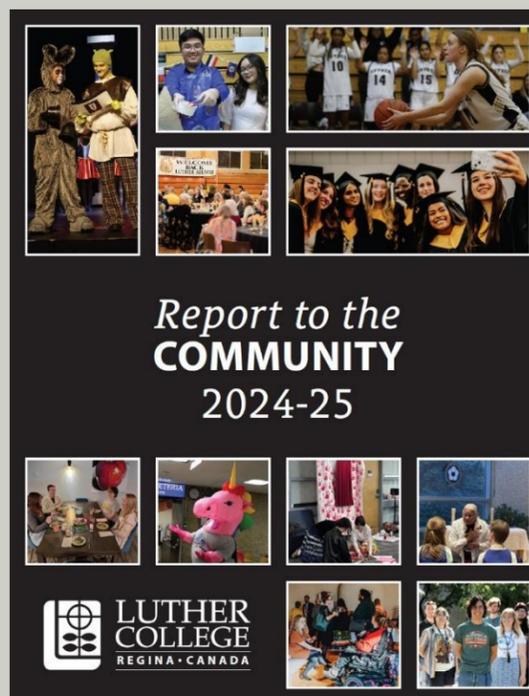
Taizé Prayer Around the Cross
Blessed Sacrament Parish
2049 Scarth Street, Regina
Tuesdays in Advent: December 2, 9, 16, 23
5 p.m.
Taizé chant is an ecumenical, meditative common prayer where we, gathered in the presence of Christ, sing simple, beautiful songs that are uncluttered by an excess of words, so as allow the mystery of God to dwell in the center of our being. Silence is observed by all before the Taizé prayer begins. After the concluding song you are invited to stay for silent prayer and reflection. All are welcome.
Blessed Sacrament Church is located downtown Regina, next to the SaskPower building at Victoria Avenue and Scarth Street.
For more information, call Bernadette Kutarna, Music Director, at (306) 537-4158.

Following worship on Sunday, stop by the table in the narthex to pick up sample letters and information about contacting the mayor and city council (via letter, email, or phone), to oppose proposed budget cuts to close the Regina Floral Conservatory. A primary outreach of the Conservatory is to teach children and youth about plants, gardening, and care of creation, especially through their kids' gardening club and through the many school programs offered each year. The Floral Conservatory supports health and wellness by providing an indoor green space and a free indoor gathering space, accessible to all regardless of income. As part of the ELCIC Stewardship of Creation program, Greening Congregations such as Our Savior's are encouraged to contact their local governments to advocate for care-of-creation initiatives such as those offered by the Regina Floral Conservatory. Members of Justice and Peace will be in the narthex to answer any questions you have, as will Bernice Casper, Sharon Solheim, and Margot Bartel, volunteers at the Floral Conservatory.



Lutheran Organizations Information

You can find the Luther College Annual Report here: [Annual Report - Luther College](#)



Canadian Lutheran World Relief The season of giving is here, and CLWR is thrilled to announce the return of its Advent **Calendar of Kindness!**

This year they have been so inspired by how many of our congregations are taking part in the Friends of Creation challenge - so they **put together a special edition of the calendar** with activities that support farmers around Lake Chad and ones that reduce our own environmental impact.

Each day from Nov. 30th to Dec. 24th, you'll find small, meaningful ways to spread kindness and help support families fighting against climate change around Lake Chad. It's a wonderful way to count down to Christmas while making a difference.

Download your calendar [here](#) to get started. [Last year's calendar](#) is also still available, and full of ideas that you can do to spread joy this Christmas season.



LAMP (Lutheran Association of Missionaries and Pilots) invites you to receive their Advent Devotions. Their dedicated staff and volunteer missionaries share their inspiring experiences in this 32-page booklet found by clicking here: [Advent-LAMP-2025 - FlowPaper FlipBook](#)

This Giving Tuesday will be TWICE as big! Giving Tuesday is December 2nd and this year, your impact will be felt twice as far! Thanks to a generous donor, a long-time supporter of CLWR who wishes to remain anonymous, every gift made to CLWR will be matched, up to a total of \$100,000. Visit [Give double the hope - Canadian Lutheran World Relief](#) to have your gift matched. Thank you for helping us create a better and brighter future!



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)**

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 25 days in Advent (Nov. 30 - Dec. 24). For each of those 25 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 25 Days might look like this:

- 3 packages of pasta or rice
- 3 jars of pasta sauce
- 3 cans of fruit
- 3 cans of vegetables
- 3 cans of tuna/salmon/chicken/ham
- 3 packages of instant oatmeal
- 3 cans of soup/stew
- 4 jars of peanut butter
- Total: 25 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.

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!