

# OSL Weekly News

*Sunday September 8, 2024 edition*

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## THIS WEEK FOR OSL

**Traffic & Detours:** Construction in the area continues; Queen City Marathon runs this weekend. Anticipate some traffic flow changes this weekend.

**8 September: Fall Gathering Community Breakfast at OSL.** 9AM, Fellowship Hall.

**8 September: Sunday Worship** 10:30 AM, guest preacher Rev. Randall Faro.

**Zoom Link: ID 3065860006, pw: 190**

**8 September: Blessing of the Backpacks.** All students of all ages are invited to bring their backpacks to be blessed during Sunday worship as we prepare for a brand-new academic year.

**9 September: Book Study,** 9:30 AM, Fireside Room.

**10 September: Council meeting,** 7 PM Fireside Room.

**11 September: Morning Prayer,** 9:30 AM, Fireside Room.

**11 September: Choir rehearsal,** 7 PM, choir loft.

**12 September: Library Ministry Team,** 9:30 AM, Fireside Room.

**12 September: Tai Chi,** 9:30 AM, Fellowship Hall.

**13-15 September: Youth Gathering at Kinasao**

**15 September: Sunday Worship** 10:30 AM. **Zoom Link: ID 3065860006, pw: 190**

## 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.

**8 September: Fall Gathering Community Breakfast at OSL.** Bring a pot of oatmeal or your favourite hot or cold cereal!

**8 September: Blessing of the Backpacks.** All students of all ages are invited to bring their backpacks to be blessed during Sunday worship as we prepare for a brand-new academic year.

**8 September:** We welcome Rev. Randy Faro, who'll be visiting Regina and will be our guest preacher this Sunday!

**9 September: Book Study Resumes! 9:30AM, Fireside Room.**

## **SAVE THE DATE!**

**2-3 November: 65<sup>th</sup> Anniversary Celebration of Our Savior's Lutheran Church.** We'll have a catered banquet in our Fellowship Hall on Saturday, Nov. 2, with tickets sold on a cost recovery basis. A Celebration Service will be held Sunday, Nov. 3. Watch for more details to come as plans are finalized!

## **ACTIVITIES AT OUR SAVIOR'S FOR YOU: *All are welcome!***

### **LEARNING OPPORTUNITIES**

Study of the Bible and related materials promotes spiritual growth – especially if it also involves interaction with other Christian friends. The rich variety of opportunities for such studies and fellowship at Our Saviors Lutheran Church is summarized below.

Our program of learning begins with Sunday School, Vacation Bible School (VBS) and Confirmation. But, it doesn't end there. Opportunities for post-confirmation students include exercise for both minds and bodies. They vary from studies of particular scripture passages on Wednesdays to physical education on Monday and Thursday; from wide-ranging meditations to serious book studies; and from weekly gatherings to an annual breakfast with an invited speaker. And these studies are always connected with an opportunity to greet old friends, make new ones and invite visitors.

All members as well as visitors are welcome to participate in one or more of these opportunities for spiritual growth. By so doing our lives will be enriched and our congregation may experience more cohesiveness and vitality.

### **BOOK STUDIES: Every 2<sup>nd</sup> Monday, 9:30, Fireside Room, starting Sept. 9.**

Studies are available for those interested in reading and discussing books. Typically, a study may run for the entire church year or for only one semester, either before or after Christmas – in person or on ZOOM.

This year, one study group, which meets at 9:30 – usually on the second Monday of the month - will read *An Altar in the World*, a New York Times Bestseller by Barbara Brown Taylor. Reviewers of this book have said, “A delight to read and a profound experience” and “Elegant, wise, and insightful, this book is also sacramental.”

The first meeting will be in the Fireside Room on September 9. All are welcome.

*More information? Office (306) 586-0006*

**CHOIR: Wednesdays, 7PM, Choir Loft.**

Do you love music? We sure do at Our Savior's! If you'd like to join in the choral singing, there's a spot for you. All voices are welcome, no experience necessary. As well as way to share the gifts God gives us, this is a great way to get out of the house, have a great time and feel the joy of singing together. Choir meets every Wednesday evening, preparing pieces for Sunday worship, then usually meets on Sunday morning at 10 for a quick warmup before 10:30 worship. Attend as you're able. *More information? Office (306) 586-0006*

### **EMMAUS BREAKFASTS**

Emmaus Breakfasts have been held annually at Luther College on the U of R campus. It is an enjoyable event, involving a hot buffet breakfast and a speaker sharing his or her walk of faith. No ongoing commitment expected. No fundraising. No sign-up sheets. No strings attached. Just a comfortable place to invite a friend or neighbor to join you. Promoted in all the Lutheran churches of Regina, it is a very popular event.

Recently, after hosting 30 such breakfasts, the organizing committee took a brief furlough; but, there is now new interest - stay tuned!

*More information? Office (306) 586-0006*

### **MORNING PRAYER AND BIBLE STUDY: Wednesdays, 9:30 – 10:30, Fireside Room**

These studies focus on the scripture passages prescribed for the following Sunday. They are led by the Pastor and in addition to provoking a lively discussion with the sharing of ideas (some of which may occasionally make it into the Pastor's sermon) it is an excellent way to prepare for next Sunday's service.

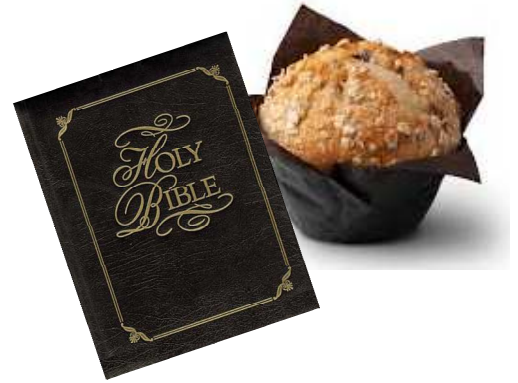
Time is also set aside for prayer concerns which are collected and incorporated into a final prayer, which is usually presented by the Pastor.

*More information? Office (306) 586-0006*

**M & M (MUFFINS AND MEDITATIONS): 4<sup>th</sup> Saturday of the month, 9 – 11 AM, Fireside Room.**

This monthly meeting provides a time of fellowship that begins with coffee or tea and muffins followed by a study. Discussions may range from community issues to spiritual concerns. A large number of interesting courses suitable for this group are readily available.

This year the course selected is from the Old Testament book, *Exodus*, a thrilling story of one of the world's greatest migrations. The existing group is providing study guides free to any new participants.



*More information? Office (306) 586-0006*

**TAI CHI: Mondays and Thursdays, 9:30 – 10:30, Fellowship Hall.**

Tai Chi is a graceful form of exercise and meditation. It emphasizes slow flowing movements coordinated with deep breathing and focused attention. Benefits range from reduced stress, improved posture, better balance and enhanced concentration capabilities.







*More information? Office (306) 586-0006*

**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)

**AT OSL**

			
AA Serenity Now – Mondays & Wednesdays, Fellowship Hall, 8PM Other AA: Step programs throughout the year.			
Al-Anon – Mondays Classroom 1, 1:30PM			
NA Living in the Solution – Fridays, Fellowship Hall, 7PM			
NA Serenity Now – Sundays, Fellowship Hall, 7PM			
NA Serenity Sisters – Tuesdays, Classroom 1, 7:30PM			