



**FIRST THINGS FIRST
MONTHLY NEWSLETTER
FIRST PRESBYTERIAN CHURCH, REGINA
September 2025**

MINISTER'S MESSAGE

On the first Sunday in September, the people of First Church gathered for worship. It was a lively Sunday with more people back at church after a quieter summer season. We enjoyed an intentionally intergenerational service, including a celebration of the Lord's Supper, lots of movement in worship, and an invitation to play with some play-doh while we reflected on God as the potter and ourselves as the clay.

We ended the service with a "Blessing of the Backpacks." As I said during worship, I was surprised and delighted by how many students, teachers, and workers remembered to bring their school bags or work bags to worship with them. But for those who didn't remember to bring their bags, I also noted that it wasn't really the bags that we were blessing, but the people who would be carrying those bags to school or work throughout the year.



I invited students and workers who wished to receive a special blessing to come up to the front of the sanctuary. Each person received a backpack tag to attach to their bag with the message "Be Kind."

Just as we are commissioned at the end of every Sunday worship to go out in the name of Christ to love and serve in the world, we were commissioned to go out to school and work this year with a challenge to embody the kindness of Jesus in all that we do.

Then Sumi Jung prayed a prayer of blessing over us all. In the photo above, you may notice that we have our hands out to receive the

blessing of God. And when the prayer was concluded, we took that blessing and put it in our hearts.

Whether you were at worship last Sunday or not, whether you came up to the front with your backpack or not, or whether you are a student, a worker, or at some other stage of life, Sumi and I and all your friends at First Church are praying that blessing for you as you begin this new season.

**Children of God,
born from the breath of God's compassion,
may you be brave enough to share kindness,
even when it's not easy
or popular with your friends.**

**May kindness flow from your actions,
your words, your facial expressions,
and your songs.**

**May the people around you
feel safe in your presence.**

**May you receive kindness from teachers,
coaches, co-workers, and friends.**

**And when mean-spiritedness
seems too great to overcome,
may you find peace in the arms of loving
caregivers and friends
who will be brave and kind while you rest.
Amen.**

I'm looking forward to this new season of ministry and mission with all of you at First Church.



Please know that you are always in my prayers as you walk through the challenges and joys of your daily life in school, work, and the world. And more importantly, remember that Christ is with you all the way.

Rev. Amanda Currie

SESSION

There's a lot going on at First this fall!

- The Presbytery of Assiniboia will be meeting at First on Sept. 20. On the agenda is our Call to Sumi Jung. All are welcome and encouraged to attend to support the call. If approved, the tentative date for Sumi's ordination/induction is Saturday Oct. 4 at 10:30 am so keep that time open!
- The Directions Task Force is reviewing proposals for our Feasibility study on the future of our buildings. The Session has set a congregational meeting for Sunday October 26 following worship, so please plan to attend. The recommendation and chosen proposal will be circulated prior to that meeting.
- The Synod of Saskatchewan will be meeting at First on October 17-19. On Friday, Oct. 18, The Rev. Dr. Patricia Dutcher-Walls will conduct a workshop, followed by a banquet to celebrate 150 years of PCC (catered by Charlotte's) and a service in the sanctuary. Register and get your banquet tickets at <https://form.jotform.com/242266058596264> and contact Amanda if you have questions. If anyone can help with coffee breaks, it would be appreciated.
- Messy Church is this Saturday at 10:30 am with a theme of Noah's Ark. A second year of Messy Church is being planned.
- Lunch Bunch starts on Sept. 16. We **need help** with setting up tables and chairs and taking them down afterwards. If anyone knows someone capable of doing this who would be available on Tuesdays, we would like to hire them for this job. Please contact Jo with suggestions.
- Margaret MacDonald has retired from active duty as an elder on the Session. We thank Margaret for her decades of dedicated service as an elder!

Jo Szostak
Clerk of Session

MISSION & OUTREACH COMMITTEE

Turn Debt into Hope: Jubilee 2025

Jubilee 2025 is a global ecumenical initiative that builds on the transformative success of Jubilee 2000, which canceled \$100 billion of debt for 36 low-income countries. In Canada, KAIROS Canada is leading the campaign in collaboration with Christian and civil society groups. They are mobilizing communities of faith and conscience to demand:

- Debt cancellation for unjust and unsustainable debts.
- Global financial reform to prevent future crises.
- A debt resolution framework within the United Nations that is transparent, binding and fair.

More than 3 billion people live in countries that are spending more on debt payments than on vital services like health or education. This immense financial burden severely hinders sustainable development and, in many cases, outweighs spending on crucial climate action. For heavily indebted nations, public debt has become an impossible burden, passed down through generations.

Simultaneously, wealthy countries like Canada, and powerful corporations, continue to exploit resources from these heavily indebted countries and from Indigenous communities worldwide. This leads to severe human rights violations and profound ecological damage, creating an "ecological debt" owed to these nations and Indigenous peoples.

However, this situation can change. We believe it is imperative that public, private, and multilateral creditors cancel or significantly reduce these unsustainable debts. Furthermore, political leaders must actively support a robust multilateral framework for debt resolution.

Implementing such changes would be truly transformative for billions of people. It would enable a fundamental shift away from a model focused on profit and enriching creditors, towards one that prioritizes a just society, centering the well-being of people and the health of the planet.

Please consider adding your voice to this important issue by signing the petition to Turn Debt into Hope. The petition is available for signature in the narthex throughout September.

Saturday Lunch Program: Nov 1

First Presbyterian will be hosting the weekly meal program for neighbours in need on Nov 1. We need 12-14 volunteers to make sandwiches and set up and serve at First Baptist that day. If you can help that day please sign up in the Narthex or contact Mary Jesse by Oct 15.

We also welcome your donations of toiletries and new socks (especially for men) for the lunch program. You can drop them off in the blue bin in the Narthex.

Mary Jesse
M&O Committee Convener

YOUTH

In June, on the 14th, we began writing and drawing messages of love and inclusivity around the church using chalk. On the same afternoon, we volunteered to pack and serve lunches at the Ecumenical Lunch Program, which provides food to those in need within our community.



We felt grateful to gain those meaningful experiences. At the last youth gathering before summer, we finished the mural project in the church basement with inspiring, encouragement words. After finishing all of these tasks, it was time to start enjoying the summer outdoors.

With Rev. Taemin Roh's friendship, we had a fun time participating in various outdoor games, making s'mores, and roasting wieners at Rick Hansen Park. We celebrated with Aina Ferozdin, who graduated in 2025. The blessings from Rev. Amanda Currie and the congregation were an honour and a wonderful moment.

In July, about two weeks after summer vacation began, Youth volunteering helped us get active and engaged. We also had a fun time at the gym, where we enjoyed various indoor games and sports together. On the last Wednesday of the month, we had an energetic outdoor activity at Wascana Lake, which included canoeing, snacks, discussions, and games. During our resting time, we discussed the Friendship series, focusing on how to be a good friend and find good friends. For Lesson #1, we talked about how Jesus is the best friend we could ever have. To celebrate the birthdays of our friends Eli and Jonah in July, we delivered them a friendship birthday card, which they liked.



In August, one hot day, it was also a hot time at the cool Kennedy room and kitchen at church as we baked cookies and played board games. Under Amari Vixamar's guidance, we baked delicious chocolate chip cookies together. While enjoying our cookies, we played our favourite board games, and the atmosphere was lively with everyone. Another outdoor activity we enjoyed was participating in Praise in the Park at

the Wascana Park Bandstand. It provided a good opportunity to experience a different aspect of the Christian community. In the third week of August, our youth served as helpers for four days of Vacation Bible School (VBS) at our church. It was impressive to support our church program with our youth. The final youth summer activity involved our monthly volunteering at SHRM, where we assisted 241 people in need within our community.



Before school starts, we would like to express our heartfelt gratitude to **Mary Jesse** and **Heather Pockett** for their contributions in cleaning, decorating, and painting various items in the classrooms. Additionally, we are also thankful to **Charles Kooger** and **Brad Jetko**, who worked to deep-clean the Kennedy Room for everyone. Their support has benefited us all.

Thank you very much!

Youth Leader
Sumi Jung

STEWARDSHIP COMMITTEE

Pizza Pasta Fundraiser

First Church is holding a Pizza Pasta fundraiser at 4Seasons on Wednesday, October 22 from 6 - 8 pm. Tickets are \$30. The *All You can Eat* buffet dinner includes lasagna, Caesar salad and several varieties of pizza. The ticket does not include drinks or tips. Minors are welcome, but they need to eat on the restaurant side and

not in the sports bar. Proceeds will go to our Ministry for Youth and Families. Tickets will be available every Sunday until Oct. 12. Be sure to stop by the FundScrip table after worship and buy your tickets as we only have 100 tickets available! Thanks for your support!

LUNCH BUNCH

The Lunch Bunch will resume meeting on Tuesdays starting September 16th. We start with the Forever-In-Motion exercise class from 11:30 – 12:00 in the gym. Then we have lunch together from 12 – 12:30, followed by a program.

Our presenters on Sept. 23 will be Susan Wood and Marena Charron from Age-Friendly Regina. Find out more about Age-Friendly Saskatchewan in the article on page 7.

Don't forget to bring a bag lunch. Coffee and tea are provided.

WORSHIP COMMITTEE



But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

~ Isaiah 40:31

The Worship Committee met on Tuesday, September 2nd to make plans for the Fall. Thank you to all our committee members: Heather Mazurak, Wendy Prior, Chloe Golden, Ruth Adema, Ron Pugsley, Andrew Donovan, Douglas Stewart and of course Rev. Amanda Currie.

Scripture readers are needed for the months of October, November and December. We are very fortunate to have many members of our church family who are willing to read on a regular basis. The reader carries in the Bible with Rev. Amanda at the beginning of the service and places it on the stand while she lights the Christ Candle. Readings are e-mailed by Shirley Durell, our Office Administrator in advance to the reader participating for that week and a copy is left in the Narthex as well. Please call or text Marianne Woods at 306-541-9358 or e-mail

mariannewoods1955@gmail.com if you are willing to participate.

Two greeters are needed each week from 10:00 10:30 am, to welcome those attending and make them feel 'at home'. If you would be willing to participate, please contact Wendy Prior in person at kwprior@gmail.com. Your help would be greatly appreciated.

Ron Pugsley and his team of ushers - Murray Kyle, Alfred Ferozdin, Keith Prior and Andrew Donovan, do a splendid job of assisting with the elevator and chair lift, supporting worshippers with mobility needs, and gathering the offering during worship. If this is something that interests you, please contact Marianne or Ron to assist. There are times during the year when your help would be appreciated, and there is 'on the job' training!

Choir practice resumed on Thursday, September 4 at 7:00 pm. New members are welcome, please come by if you are interested.

Wishing each of you a Blessed Autumn!
Marianne Woods,
Worship Committee Convener



Prayer Walk for Peace

On the International Day of Prayer for Peace (Sept. 21st) people of faith around the world will pray for much needed peace with justice. On the same weekend here in Canada, Christians are invited to join a Prayer Walk for Peace in support of the ministry of The Canadian Council of Churches. When you walk, pray, and give, you help the CCC:

- Advocate for justice and peace across Canada.
- Build interfaith and intercultural bridges.
- Stand with refugees and victims of trafficking.
- Foster reconciliation with Indigenous communities.
- Equip all of us to be a unifying voice of hope.

On Saturday, Sept. 20th at 3:00 pm in Regina, the President of the CCC, the Rev. Amanda Currie is inviting Christians to gather for prayer at the Peace Pole in Rotary Park, followed by a

gentle walk beside Wascana Creek. (The Peace Pole is on the south side of Wascana Creek, just west of the Albert Street bridge.)

You can make a donation to support the Canadian Council of Churches at <https://ccc-2025.raiselysite.com/en/> and/or join us at the Peace Pole to connect, pray, and walk together. Questions? Email Rev. Amanda Currie at amand@curriejesson.ca.



Saskatchewan Presbyterians Celebrate 150 Years of Ministry in The PCC

You are invited to join members of the Presbyterian Synod of Saskatchewan at First Presbyterian Church in Regina (2170 Albert Street) as we celebrate our denomination's 150th Anniversary on Friday, October 17, 2025.

Special events will include a workshop on "Hope and Possibility" from 1-4 pm, an Anniversary Banquet at 5:30 pm, and an Anniversary Worship Service at 7:30 pm. (The workshop and worship are free, but the banquet tickets are \$25 for adults, \$15 for children 6-12 years, free for children 5 and under.)

Come to the banquet prepared to share one or two historical anecdotes, memories, or highlights from your congregation's ministry over the years. Bring your family, carpool with friends from your congregation, and join us for this special celebration. Our guest speaker will be the Rev. Dr. Patricia Dutcher-Walls, Moderator of the 149th General Assembly of the PCC!

If you plan to attend, please complete the registration form by Oct. 1, 2025, at this link: <https://form.jotform.com/242266058596264>.

NEPAL MISSION STAFF UPDATE

The Rev. Lora Nafziger and Gerald (Gerry) Kent, both PCC Mission staff, along with family members, are safe, as political unrest grips Nepal. PCC staff and committee members currently on a PWS&D study tour to the country are also safe.

Lora, who started a three-year term as Staff Care and Counselling Advisor with United Mission to Nepal (UMN), stationed in Kathmandu, writes in an update to her personal blog, "[Praying FOR Nepal](https://pccweb.ca/missionblog/2025/09/10/kathmandu-burning-praying-for-nepal/)" <https://pccweb.ca/missionblog/2025/09/10/kathmandu-burning-praying-for-nepal/>, that it seems as though the violence has calmed somewhat. Instead of the city "burning," she writes that "things are maybe smoldering" now. However, "there are soldiers on every corner, and most things are closed, and you are only allowed in a vehicle with proper travel documents but by foot you can go to a small shop to get carrots and after 5 pm [on Monday] absolutely no one is allowed out." Lora notes that earlier, she had written about prayer *in* Nepal, whereas now she is asking people to pray *for* Nepal.

Lora's work in Nepal is focused on providing spiritual and emotional support to all expatriate UMN staff and key Nepali staff, encouraging personal and team growth. To this mission work in Nepal, Lora brings her background as a clinical social worker and a pastor. Lora is jointly appointed by the Mennonite Mission Network and The Presbyterian Church in Canada.

Lora has been joined by Gerry, a former PCC Mission staff member, who returned to Nepal on a three-year volunteer appointment supported by Presbyterians Sharing. Gerry's new role in Nepal is Funding Manager at the UMN Headquarters in Kathmandu. Read more about Gerry here: <https://pccweb.ca/missionblog/gerald-and-lorna-kent-nepal/>.

JUSTICE and JOY: A PCC Study Tour

In March 2026, the Rev. Dr. Bob Faris is leading a study tour for the Presbyterian Church in Canada to South Africa.

This study tour is a unique opportunity to learn about the life and witness of the church in the

current and historical context of South Africa. Thirty years after the end of apartheid, you will witness how people in South Africa seek to live out the promise of a democratic and non-racial country, what Archbishop Desmond Tutu famously called the Rainbow Nation.

Through conversation with people from many different backgrounds, you will have an opportunity to hear different voices and perspectives. There will be an intentional focus on the similarities and differences between Canadian colonial history and current realities, particularly in relation to relationships with Indigenous Peoples—a chance to learn about the challenges and opportunities of working together as the global church. The trip is taking place in collaboration with the Volmoed [translated as Filled with Hope] Community in South Africa.

Find out more about this opportunity at <https://presbyterian.ca/2025/09/04/justice-and-joy-a-pcc-study-tour/>

Saskatoon's St. Andrew's Presbyterian Church is celebrating its 100th Anniversary this year!

You are invited to a Homecoming Gala weekend to be held September 26-28, 2025.

Friday, September 26 evening is the kickoff event with a guest speaker, and ordering dinner from one of the two Food Trucks we hope to have parked in our parking lot.

Saturday, September 27 includes a pancake breakfast and fellowship hour beginning at 10am. Saturday evening the Homecoming Banquet will be held at the Western Development Museum. Doors open at 5pm - Cocktails/social hour until 6pm followed by Dinner and Program.

Tickets: To place your order, call 306-242-0525 or e-mail: office@standrewsyxe.ca. **Payment can be made** by e-transfer, cash or cheque. If paying by e-transfer, please indicate in the message box the names of each person you are purchasing for the Banquet. \$35 for adults, \$20 for children 4-10 years, free for children 4 and under.

Sunday, September 28 at 11:am worship service led by the Rev. Roberto DeSandoli with a fellowship hour to follow.

AGE-FRIENDLY SASKATCHEWAN

Did you know that, in 2020, the number of people globally aged 60 years and older outnumbered children under 5 for the first time in history?! Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. Being age-friendly is an important element of modern society.

I recently read an online article about Moosomin being recognized for achieving Age-Friendly status on April 25, 2025. So that's a recent achievement! And it's a great article: Moosomin achieves Age-Friendly status https://www.world-spectator.com/news_story.php?id=5719

Since Moosomin has a Presbyterian Church, and I know the congregation is very involved in the community, I wondered how much St. Andrews is involved in being age-friendly! And I wondered about other communities where we have Presbyterian churches – it turns out that Moose Jaw, Regina, Kipling, and Saskatoon are also age-friendly (and have Presbyterian churches.) Saskatoon's committee is the Saskatoon Council on Aging (SCOA) and Age-Friendly Regina is very active.

Age-Friendly Saskatchewan is part of the Saskatchewan Seniors Mechanism (SSM), a provincial non-profit volunteer organization working toward quality of life for all older adults in Saskatchewan. They do their Age-Friendly work through the establishment of an Age-Friendly Saskatchewan committee. There is a provincial committee of volunteers that come together regularly to meet, plan and work with staff to support the establishment and the ongoing support of Age-Friendly committees across the province.

If you haven't heard about this initiative before, it's relatively new over the past twenty years:

- 2006 - WHO forms global Age-Friendly Communities process & identifies 8 Domains
- 2007 Work begins in Canada to develop Canadian version of the Age-Friendly process
- 2011 Public Health Agency of Canada develops Milestones (steps) for an Age-Friendly Community

- 2013 Age-Friendly Saskatchewan begins with support from SSM (Saskatchewan Seniors Mechanism)

A few quotes from the article:

- An Age-Friendly community understands and meet the age-related needs of older adults.
- This program recognizes communities which prioritize inclusion of seniors, and the valuable contributions they continue to bring to our communities.
- Age-Friendly is a journey, not a destination.

Moosomin did a survey in the community and held focus groups. They identified sidewalks that needed to be repaired, arranged for 22 benches to be built in the downtown area and arranged activities like a coffeehouse and tech-time for seniors. They also arranged Forever in Motion exercise classes.

If you live in one of these communities, you can get involved with the age-friendly work. If you would like age-friendly initiatives in your community, you can contact Age-Friendly Saskatchewan to find out what might be going on in your community, and how you could help. There is a link on the website to a resource manual for Becoming an Age Friendly Community: <https://agefriendlysk.ca/>

Age-Friendly Saskatchewan
#112–2001 Cornwall St. Regina, SK S4P 3X9
306-359-9956
agefriendly@skseniorsmechanism.ca

Age Friendly communities work on projects in 8 different areas of community life, called domains: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community Support and Health Services.

So whether you would like to help out, or enjoy the benefits of their projects, explore the Age Friendly initiatives in your own community! If you would like assistance, please feel free to contact me.

Jo Szostak
Congregational and Mission Development
Coordinator, Synod of Saskatchewan

MESSY CHURCH

Messy Church is an intergenerational program that we enjoy on Saturday mornings in the gymnasium from 10:30 am – 12:30 pm.

It includes crafts, songs, stories, and lunch together, all centered around a biblical theme.

On Sept. 13th, the theme will be Noah's Ark.

On Oct. 11th, the theme will be Thanksgiving.



SARCAN Donations for Youth

The church has set up a “drop 'n go” account so people can make donations for the First Church youth group at SARCAN without having to wait for bottles and cans to be counted.

The church's code is **FC1925**. You need this code to make sure that the church gets credit for your donation.

How to: 1. take donations to SARCAN

2. enter through the “drop 'n go” door if there is one, or just go inside

3. enter code FC1925 into computer and follow instructions - the printer will print out labels

4. attach labels to bag of bottles/cans

5. put donation in bin marked “drop 'n go” - done!

Please talk with Bette Kelly if you have any questions. If you would like to arrange a pickup, please contact the church office.



SEPTEMBER CALENDAR

Sep 13	10:30 am	Messy Church (Gym)
Sep 14	10:30 am	14th Sunday after Pentecost
		Sunday School
	11:45 am	Coffee Hour (Gym)
Sep 16	11:30 am	Forever-In-Motion (Gym)
	12:00 pm	Lunch Bunch
Sep 17	12:30 pm	Bible Study (Zoom)
	7:00 pm	Board of Managers (Zoom)
Sep 18	7:00 pm	Choir (Sanctuary)
Sep 20	9:30 am	Presbytery of Assiniboia (Gym @ First Church)
	3:00 pm	Prayer Walk for Peace (Rotary Park)
Sep 21	10:30 am	Day of Prayer for Peace
		Sunday School
	11:45 am	Coffee Hour (Gym)
Sep 23	11:30 am	Forever-In-Motion (Gym)
	12:00 pm	Lunch Bunch
Sep 24	12:30 pm	Bible Study (Zoom)
	7:00 pm	Book Club (Zoom)
Sep 28	10:30 am	Presbyterians Sharing
		Sunday
		Sunday School
	11:45 am	Coffee Hour (Gym)
	12:15 pm	Youth Gathering (Kennedy Room)
Sep 30	11:30 am	Forever-In-Motion (Gym)
	12:00 pm	Lunch Bunch
Oct 1	12:30 pm	Bible Study (Zoom)
	7:00 pm	Session Meeting (Zoom)
SAVE THE DATE: (To be confirmed)		
Oct 4	10:30 am	Ordination of Sumi Jung
	11:45 am	Potluck Lunch (Gym)
Oct 5	10:30 am	World Communion
		Sunday
		Sunday School
	11:45 am	Coffee Hour (Gym)