



the LuMinHoS Caregiver

LUTHERAN MINISTRY IN HOSPITALS OF SASKATOON
luminhos.org PO Box 23019, RPO Market Mall, Saskatoon, SK S7J 5H3



November
2026
41.3

PAUSE AND RENEWAL IN ADVENT

Chaplain Rev. Richard Engel

"In the tender compassion of our God, the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace."

- Luke 1:78-79

As our church year and calendar year draws nigh, our time and energy turn once more to busy and often fast-paced preparations for Christmas celebrations with friends and family. Lutherans begin the new church year with the season of Advent, a season of waiting, watching, and preparing. Those four weeks leading up to Christmas are a time for us to prepare for Christ's birth, to remember and reflect on this gift of God's love and grace for all the world.

Commercialized holiday rhetoric tends to overshadow the Advent season of waiting and watching and preparing. Societal expectations and retail ads tell us there is much more we need to do. And so, sometimes, we get caught up in the world's demands for the season and unintentionally neglect what God intends for us as Advent and Christmas draw near.

Those in hospital during the holidays, in some ways, have the gift of time. I know that not one patient would ever describe their stay as such. If I was a patient, waiting day after day for tests, surgeries, consultations, etc., I wouldn't describe time in hospital as any kind of gift. So, what do I mean? Well, I get to hear in words, tone, and body language, how patients in hospital during the holidays would give *anything* to be home, to partake in the frenzy we often create around Christmas each year. Why?

Because somehow, in the midst of all the holiday hubbub, sacred and meaningful moments (if only for a second or two) take place in the preparations, the planning, the gatherings. These moments turn into memories, which the hospital patients have time to reflect on. Leading up to Christmas, many patients grieve that they may not get well enough to be home for Christmas. They would tell *you* to make the most of those moments when they happen. It is also in this time patients need the comfort of Christ to wrap around and remind them of God's gifts of hope, peace, love and joy. These are God's gifts which are also for us to share with the whole world.

As we approach Advent and Christmas, may you and I take several breaks while we prepare for Christmas with friends and family. In those breaks, may we prepare our hearts and minds for Christ. May we open our Bibles to those opening chapters of Matthew or Luke (my favourite) and read again those gospel accounts culminating with the birth of our Saviour. May we remember once more the true meaning of Christmas and may we share that gift this season through our words and deeds.



LuMinHoS Vision Statement:

LuMinHoS will present the comfort of Christ to all Lutheran patients admitted to Saskatoon hospitals.

ALWAYS A GIFT

Board Chair Rhea Galeschuk

Sometimes grace arrives in the smallest ways.

This week, it came as an unexpected call from a friend. Our conversation held both heartbreak and hope, yet that little visit made a world of difference. Sharing memories, exchanging a few encouraging thoughts over lunch — it reminded me how deeply our connections shape the future. Friendship is such a gift, arriving quietly and unexpectedly, and lifting us in ways we did not even know we needed.

At LuMinHoS, we see these same gifts every week. A kind word from a nurse or friend, a quiet prayer at the bedside, a moment of courage in a difficult day — these little gifts often become the very things that carry us through life's unexpected turns. They remind us that even when our path shifts, God's presence meets us right where we are. As Scripture

reminds us, *"Do not despise the day of small things,"* (Zechariah 4:10) because God often works through the humble and the ordinary.

We held a walkathon in September, which will be a sustaining memory for those involved. We had good support for this fundraiser, and a beautiful sunny day to walk this year!

Thank you for supporting a ministry that helps bring these moments of comfort and connection to patients, families, and staff. Your generosity makes room for hope to appear — sometimes quietly, sometimes unexpectedly, always as a gift.



IN SUPPORT OF A VITAL MINISTRY

Earl Nostbakken

In Matthew 25:36 Jesus tells us that one of the marks of his followers is that "I was sick and you visited me." That is the ministry that LuMinHoS pursues through the hospital system in Saskatoon. Due to the centralization of some health services into the larger cities in the province, it is a ministry that serves people from across Saskatchewan as they receive spiritual care while being treated in one of Saskatoon's three hospitals. LuMinHoS depends on donations from individuals and churches to sustain its ministry. If it is a ministry that you feel called to support, in addition to cash donations made on a regular or one time basis, there are a couple of other methods of giving you might consider.

First, if you have invested in shares that have increased in value you might want to consider donating them instead of cash. It is a form of giving that has benefits both for the charity receiving them and for the person who donates them. No capital gains tax is charged on the increased value of the shares. This means the full value of the shares minus a modest fee goes to the charity you wish to support. In addition, the giver receives a tax-deductible receipt for the donation. It might also allow you to give a larger amount than you might be able to do if your giving were to come directly from your income which already has so many other demands on it.

If you are making or revising a will, a second type of giving you might consider is to make a donation through your estate. It might be in the form of a designated amount or as a percentage of the final value of the estate. This type of giving has tax advantages too, but more importantly allows you to continue to support a worthwhile cause even after you have passed on. Estate giving has already helped keep LuMinHoS financially viable in recent years.

As congregations shrink and some disappear, making fewer pastors and volunteers available for hospital visitation, LuMinHoS' services become even more necessary. With that in mind, whatever form of giving best serves your circumstances, please consider supporting this vital ministry.



Mission Statement: *LuMinHoS is a ministry of spiritual care sharing the gospel of Jesus Christ with Lutheran patients and their families in Saskatoon hospitals*

MEETING OUR NEW BOARD MEMBERS



Sandra Sawatsky:

I have been a Lutheran all my life and have been a member of Redeemer for over twenty years. After graduating from LCBI, I studied and trained as a Medical Laboratory Technologist. I had a long and varied career, mostly in hospitals, the last being RUH. After several intermissions and 'sort of retired', I finally did hang up my lab coat for good in 2019, thankfully just before COVID. I was assured 'You're going to find lots of things to fill your spare time', and it wasn't long before I found that to be true. Anyone involved in caring needs to ask, "Why do I do what I do?" For Christians, the answer is the teachings and examples of Jesus and his instruction to love and care for others, especially the poor, sick and dying. LuMinHoS is only one example of this caring and I am honored to now be a small part of this ministry. I have also been a

Stephen Minister for twenty years and I believe these two ministries complement each other. In addition, Bishop Grundahl nominated me and who can say no to him?

As for family, I have two children, a daughter who lives in the city, a son living in Ontario and a grandson who is a Computer Science student at the U of S and a part-time restaurant cook. And Tony, a rescue cat who after eight years has finally decided he prefers my warm comfy house to the thrills of roaming the neighborhood.

In my spare time I am a huge lover of nature and enjoy anything that gets me outdoors - hiking, gardening, camping (especially in the mountains). I also enjoy travelling and for the last twenty years I have managed at least one European Walking Holiday per year, which I like to classify as '*seeing and learning about a small part of the country in a big way*'. I prefer summer but am not a 'winter-whiner', and a big snowstorm means great X-Country skiing.



Gary Rusu:

I was born and raised on a small farm south of Avonlea, Sk. After holding a number of jobs following high school, I joined the Life Insurance industry at the age of 21 and after 58 yrs, still active, but seriously considering retirement by year end.

One of the most beautiful things that occurred in my life was to meet and marry Marjorie in June of 1968. We raised two children together. After 55 wonderful years together, I lost Marjorie in May of 2023. Blessed a second time, I met another beautiful lady, Kathy Jo Simmie and we were married this past March 2026. Both Marjorie and I were involved with our church, Zion Lutheran, since 1972. From Sunday School Teachers to serving on the church board to serving a 3-year term as the Chair of the congregation, we have maintained some element of service within our church community.

Over the years I have become aware of the great work LuMinHoS Ministry has done in our community. However, if it wasn't for Bishop Allan Grundahl extending the invitation to become part of the board, it is highly unlikely that I would be here today. I look forward to learning and experiencing more of what LuMinHoS brings to our community.



Current LuMinHoS Board Members: Rhea Galeschuk (Chair), Gord Martens (Vice Chair), Rik Cherland (Secretary), Karen Harilstad (Treasurer), Sonje Finnestad, Sheila Gnam, Elaine Hobden, Harley Johnson, Gene Mau, Gary Rusu, Sandra Sawatsky

2026 WALKATHON GOAL SURPASSED!!



What a beautiful, sunny fall day it was for the 2026 LuMinHoS walkathon! The walk along the South Saskatchewan River was a time of fellowship and thankfulness for many of God's gifts that are all around us!

Some of these gifts include:

- the planners and prayers for this day
- the 15 walkers who walked that day plus others who completed their walkathon in other places
- the 13 pledge sheets received from individual walkers and congregations
- representation from at least 7 congregations
- gifts received from 173 donors
- and the **amazing total** raised surpassing the **\$10,000 goal** set by the Events committee.

For a GRAND TOTAL of \$13,748.91!!

THANKS BE TO GOD! And a tremendous thanks to ALL who supported the 2026 LuMinHoS Walkathon!

NOTE: The **2026 congregational trophy recipient** (for the highest amount raised per their average weekly attendance number) will be announced and presented at the Nov. 1st LuMinHoS Hymn Sing!!



"Then they will reply, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison and didn't do anything to help you?' Then he will answer, 'I assure you that when you haven't done it for one of the least of these, you haven't done it for me.'"

Matthew 25:44-45

"IN MEMORY" AND "IN HONOUR" GIFTS TO LUMINHOS

IN MEMORY OF

Edith Kobie

Wayne Kobie

Kelly O'Leary

Wayne Kobie

Howard Wagner

Frieda Wagner

Eva Elke Schumacher

Donelda Klinger

Alfred & Mary Meister

Verne Meister

Aaron Froese

Edith Froese

Mildred Kerber

Jim & Karen Hopkins

Hendrik Hesselink

Judy Chapman

IN HONOUR OF

Arlene & Ken Ewen's 50th

Wedding Anniversary

Zion Ladies (Jansen)

Farewell - Pam Briske

Zion Ladies (Jansen)

Farewell - Vorgeen Wacker

Zion Ladies (Jansen)

Rueban & Carolynn Amendt

50th Wedding Anniversary

Zion Ladies (Jansen)

Rev. Ron Bestvater

Frances Vanloon

Lorraine Harilstad's 90th

Birthday

Lynda Erlandson

Jim & Karen Hopkins 65th

Wedding Anniversary

Jalna Zwarich

Chaplain and all the Volunteers

Miriam Loessin

Shan Kerber's birthday

Otto & Sharon Markwart

Elmer and Hertha Dahl

Bruce & Cathy Flath 50th

Wedding Anniversary

Miriam Loessin



*Whatever is good and perfect is a gift coming down to us from
God our Father, who created all the lights in the heavens.
He never changes or casts a shifting shadow.*

- James 1:17NLT



Tips for Email Safety – ways to protect yourself as incidents of email scams are increasing

Not sure an email you have received is legitimate? Wondering how to proceed? These phishing scam emails are becoming more frequent, so here are some things to watch out for:

- No address in the "to" section where your email address would usually appear so it looks like a mass email which might not match the message in the email
- Email content that does not sound like the person it is supposedly coming from – missing a typical greeting or strange typos, spelling, and grammatical errors are all suspicious when you know how the actual person usually communicates by email with you
- Very vague subject line and content, i.e. "saw my last email"
- Be suspicious of emails demanding immediate action or urgent requests.

If you are suspicious that an email is fake, the best course of action is to contact the sender by some other means (phone or text) to confirm whether it is a legitimate email, rather than respond to the suspicious email. IF there are links or files included, **NEVER** click on them!

LuMinHoS HAPPENINGS

An Advent Prayer

"Heavenly Father,
Giver of all good things,
Thank you for the ultimate
gift of your Son, Jesus.
This Advent, open our hearts
to receive your perfect gifts:

Hope for tomorrow,
Peace for our minds,
Joy for our spirits, and
Love for one another.

Amidst the busyness
of this season,
keep our eyes fixed on you
- our greatest treasure.
In Jesus' name, Amen."



Come to enjoy music and singing!
at the

LuMinHoS HYMN SING

Sunday, November 1, 7:00 PM

at Rock of Ages Lutheran Church
130 Kingsmere Place, Saskatoon

Join us as we support our Saskatoon Lutheran
Hospital Chaplaincy Ministry!



Free will offering. Refreshments and goodies to follow!

VOLUNTEERS NEEDED



The **LuMinHoS Events Committee**
is currently seeking additional volunteers.
If you enjoy helping to plan events, please
email info@luminhos.org indicating your
interest or speak to a Board member.

Scan Here!



To make a donation
(go to Donate in menu)
or to learn more about
LuMinHoS

DID YOU KNOW? LuMinHoS is a ministry
wholly dependant on donations from our
loyal community of supporters. Donations
may be made by **e-transfer** to
info@luminhos.org, by **cheque** via mail or
through www.canadahelps.org.

For those receiving this newsletter by mail,
we have included a **donation card** and
envelope to simplify the donation mailing
process. Donations made *in honour or
memory* of someone will be acknowledged
in the next newsletter. We are so very
thankful for our generous donors and pray
God will richly bless you.

**THANK YOU FOR
SUPPORTING**



LuMinHoS!

Presenting the comfort
of Christ to patients in
Saskatoon hospitals

LuMinHoS PO Box 23019, Saskatoon, SK S7J 5H3

info@luminhos.org

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Chaplain: cell 306.229.1663

chaplain@luminhos.org