



# Horizons

Newsletter of Eastside United Church



Summer 2017

OPEN MINDS. OPEN HEARTS. OPEN DOORS.

## Gong Bath Meditation Coming to LSC this Fall

by Suzanne Joyce

**W**e are excited to have a new program coming to the Living Spirit Centre this fall.

Starting the afternoon of Sunday, September 24 and typically running the fourth Sunday of each month, Lorraine Walker will be offering a gong bath.

A gong bath is an hour-long meditation in which participants lie on the floor with their feet toward a gong and are immersed in the gong's sounds and vibrations. Participants bring a yoga mat as well as blankets and pillows to ensure comfort for the duration of the hour. The gong produces an ancient sound that allows one to experience a deep meditation. A special spiced tea and cookies are always served during a time of fellowship afterwards.

Lorraine meditates, teaches sacred circle dance, and does energy healing. When living in the Qu'Appelle valley, she built a seven circuit labyrinth out of natural stones (the same design as the

LSC Labyrinth). She became involved in gong bath meditations when she and a friend invited practitioner Hari Dev to Moose Jaw to lead a group in this practice.

When Hari announced she was moving to BC, Lorraine decided to buy a gong and continue offering these meditations locally. With only the name of a website and a recommendation around what to buy, Lorraine started researching gongs and in February 2017 (and on her 71st birthday), she and her husband made the trek to Lincoln, Nebraska, the home of *Gongs Unlimited*. Once there, she had the opportunity to test a number of different gongs and select the one with preferred reverberations. Since then, Lorraine has been offering gong baths in Mortlach, Moose Jaw, and Regina and is excited to have the LSC's East Sanctuary as her new Regina home for this practice.

The addition of the gong bath very nicely rounds out a lengthy list of spiritual

*Continued next page*



*Lorraine test driving one of many gongs at Gongs Unlimited in Lincoln, Nebraska. This one is great but a bit big for transport!*

### CONTACT INFORMATION

If you are interested in participating in a Gong Bath meditation please contact:

Lorraine Walker

lorraine.l.walker@gmail.com

practices being offered at the LSC and is a wonderful complement to our ministry here. We invite you to participate in one or more of these offerings this coming fall!

### **The LSC Labyrinth**

The LSC is home to the only outdoor labyrinth in Regina and provides a unique opportunity for those wishing to engage in this spiritual practice. Based on the circle, the universal symbol for unity and wholeness, the labyrinth is a sacred space to have conversation with the divine and a tool that helps one think, meditate, or pray about something. You are welcome to visit the labyrinth any time.

### **Holy Yoga**

Offered by Connie Moker Wernikowski, Holy Yoga enhances strength, coordination, balance, relaxation, and flexibility integrated with breath exercises and Christian scripture. It offers time to be quiet, exercise, and pray. Connie runs these classes at the LSC Tuesday evenings and Wednesdays at noon. For more information or to register, please visit Connie's website [www.bigfishyoga.ca](http://www.bigfishyoga.ca) or email her at [mokerw@sasktel.net](mailto:mokerw@sasktel.net). Classes resume Tuesday, September 12.

### **LSC Meditation Group**

Offered Monday evenings at 7 pm and resuming Monday, September 18, the LSC Meditation Group is co-led by participants who take turns guiding the

group through a variety of meditations. All are welcome to join this group; please remember to dress comfortably. For more information, contact Sheri Nupdal at [sherinupdal7@gmail.com](mailto:sherinupdal7@gmail.com).

### **Mindfulness Meditation**

An experienced Registered Doctoral Psychologist, Dr. Todd Sojonky runs Mindfulness Regina offering meditations the third Sunday afternoon of each month. This is an opportunity to learn the practice of Mindfulness Based Stress Reduction, rooted in the work of Thich Nhat Hanh and Jon Kabat-Zinn. Group members learn together in order to support well-being and emotional health. You can reach Todd for more information through the Mindfulness Regina Facebook page: [www.facebook.com/mindfulnessregina/](http://www.facebook.com/mindfulnessregina/).



*The gong Lorraine eventually selected and now uses for gong bath meditations.*



*Playing outdoors has a rhythm all its own. This gives you a sense of the scale of the gong Lorraine plays.*





# Minister's Reflection Summer 2017

by Russell Mitchell-Walker

*85% of Canadians consistently reported not attending churches in the last 7 days*  
*94% of churches are losing ground against the communities they serve*

You may have seen or heard statistics or statements like the ones above over the years, especially if you have been listening to some of my sermons! A few weeks ago I went to the Canadian Church Leaders' Conference hosted by [Carey Nieuhoff](#) and Connexus Church in Barrie Ontario, where these quotes were shared. This church community has a mission to be the church that unchurched people love to attend. We heard about many ideas and strategies for welcoming unchurched people and it really got me thinking. 60% of the people attending there do not have a history of attending church. They do not get these folk coming by promotion or advertising, it is fully through those who attend building relationship with those who are unchurched and inviting them to church. It is a question we could explore - do we want to be a church that unchurched people love to attend? Are we willing to make some changes, both in our lives and in church to take this step? It is definitely something to consider. There were lots of ideas I gained on how to welcome newcomers to our community. It included things like: directing them in the parking lot and greeting them as they arrive; always assume there are guest in worship; telling them what to expect; thank them for coming; have first timers

fill out a new here card. Most newcomers decide in the first 7 minutes whether they are coming back. So I'll be working with Congregational Care on some of these ideas, but we all can continue to do our part in welcoming people we don't know and make sure they know where to go and what to expect. I know from others who have come, that we do a pretty good job of welcoming folk. I invite you as you are hanging out with friends and neighbours this summer, don't be afraid to have conversations about faith and our church. Cultivate a friendship that may lead to an invitation to church, especially if they've never been to church before. I want to be clear, we are not looking to invite people who already have a faith or are connected to a church. We celebrate those who are already in community with God, wherever that is.

As part of this ministry, I am also going to be deepening my work with regard to how we connect and work with our neighbourhood. To that end, I have been accepted into [the Leadership for The New Parish Certificate](#) program in Seattle. I will be travelling to Seattle four times over the next year (Oct, Jan, April, June) and learning about ministry in our local communities and visiting churches and ministries that are finding innovative and creative ways of connecting with their neighbourhoods. This will include a focus during my Sabbatical January-April on our church neighbourhood. I will be off during this time and will take some

time to do some intentional exploring and community development in the community. I will be open to joining folk who have coffee in the area or in your buildings and explore three questions which I invite you to consider over the summer as well:

Who is your neighbour?

What are the assets of your neighbourhood?

What are the hurts in your neighbourhood?

I have also begun walking in the neighbourhood during lunch hours and would welcome any invites to walk together in your neighbourhood, if you live in the church area. I will be trying different coffee shops in the area on Wednesday afternoons, so if you want to meet with me over the summer, text me first to see where I will be - 306-535-3720. I am excited about this work that we will do together over the next year!

As you embark on your summer activities, may you have a blessed restful and renewing time with family, friends, and neighbours.

Blessings

Russell Mitchell-Walker

Diaconal Minister



## IMCF Breakfast continues through summer months

*Eastside continues its involvement with Indian Metis Christian Fellowship by preparing and serving breakfast the fourth Saturday of each month, from 9 am to 12 noon.*

Six volunteers are needed to help make this happen. Volunteers typically help with setting up tables and chairs; laying place settings at the tables; preparing and cooking breakfast; clean up including washing dishes and putting away tables and chairs. All volunteers are invited to join in for breakfast and conversation, the emphasis is on fellowship. IMCF is a very family oriented facility; please talk to Peter if your children would like to be involved.

**Our next breakfast is Saturday, July 22.** Please contact [Peter Braun](#) if you are interested in helping on this or a future date.



### CONTACT INFORMATION

If you would like to volunteer with the IMCF Breakfast please contact:

PETER BRAUN

[peterbraun@myaccess.ca](mailto:peterbraun@myaccess.ca)

306-789-3830

Your full summer worship schedule is on the back page! See you Sunday!



## What's on this summer?

### HOUSE CONCERTS at the Mitchell-Walker household!

*Russell and Brian are hosting two summer house concerts of Skylight Festival contributors.*

#### June 30 7:30 pm Matt Epp

"Matt Epp is simply one of the best of a generation of fine songwriters emerging in this country over the last decade or so, and carrying forward the torch of Canadian songwriting that goes back to Lightfoot, Mitchell, Young, Cohen and Cockburn" Gary Cristall, Vancouver Folk Festival.  
Cost: \$20/person by cash/cheque in advance

#### July 9 7:30 pm Grace Petrie

Grace is a queer folk singer, songwriter, and activist from Leicester, UK. Her unique takes on life, love and politics, and the warmth and wit with which they are delivered have won over audiences everywhere, and she has quietly become one of the most respected and prolific songwriters working in the UK today.

Reserve your seat by paying in advance: <http://bemindfullywell.com/rbmw-house-concerts-presents/>



**Last Chance for a Group!** Are you thinking about joining us for [Skylight Festival](#)? Join us July 28-30 for what is bound to be an awesome experience exploring arts, faith and justice for our time! There will be children and youth programs. If we can gather 6 people tickets are \$116 each (6 for \$696) **before July 1**. Let's form a group now! Let Russell know if you are interested or if you have questions. If you can't come but would like to support the festival, donations are welcome.

**Worship with us this summer!**  
9:30 am in the East Sanctuary

*We look forward to seeing you!*



# Coming up this fall!

*Worship returns to 11:15 am each Sunday morning starting September 3!*



## Craft and Study Group

Thursdays at 1:30 starting September 14

Book to be determined; suggestions welcome!

Possibilities:

[The Great Spiritual Migration, Brian McLaren](#)

[The Age of Spirit, Phyllis Tickle](#)

[The Divine Magician - Peter Rollins](#)

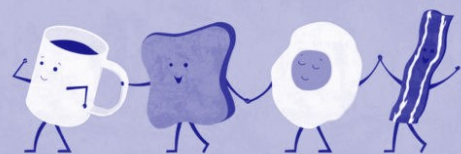
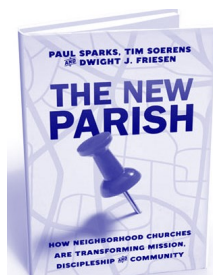
## Evening Book Study

*The New Parish: How Neighborhood Churches are Transforming Mission, Discipleship and Community*

This is a study of the book, with practical suggestions and reflections for our context.

Russell is taking the course with the authors of this book.

Runs Tuesday evenings for ten weeks starting Sept. 19.



## LSC Women's Breakfast resumes Sat. September 9

All women are welcome to join us for breakfast and conversation! Please bring two toonies to help cover costs. From 8 to 10 am



## Eastside Family Dinner

Thursday, September 14  
Doors open at 5:30 pm  
Supper at 6 pm

Suggested donation:

Meal \$5/person, \$20/family

Activities for all ages!

Conversation over the meal!

*Can't make it to this one?* Eastside's Family Dinners take place the first Thursday of each month.



## Film and Faith

3rd Friday of each month



## Fall Kick Off: September 17!

Come in your team colours  
BBQ and Bouncy Castle, Sunday School startup

Volunteers needed for Godly Play response time (creative work of the children – Sunday School)

Let Russell or Anita Tessier know if interested.



## Worship at Wascana Rehabilitation Centre

On the third Sunday of every other month, Eastside United Church volunteers hold a worship service for residents at the Wascana Rehabilitation Centre. The service takes place at 1:30 pm and volunteers arrive at the Centre a half-hour ahead of time to usher worshippers from their rooms to the chapel.

Lack of volunteers has forced us to cancel our last two worship services, leaving the residents at Wascana Rehab without this valued support. Our next service is scheduled for Sunday, October 15. If you are able to assist, please contact [Shelly Williams](#).

This important outreach ministry provides one of the only opportunities for patients at the Centre to attend a worship service. Thanks for your support!



## Wanted: Photographers

If you've been snapping the odd pic of church services and activities with your phone, we would love you to send us what you've got! We're always looking for pictures to share in reports, newsletters and online. It would also be great to have people willing to take pictures regularly and post them to our social media accounts. Pictures don't need to be perfect—that's what Photoshop is for!

# Pride Parade 2017

The rain didn't begin to dampen the spirits of the over 50 individuals walking in this year's Pride Parade with the Regina Welcoming Churches. As well as members from Eastside United, St. James United, Sunset United, Wesley United and Knox Met, individuals from Bread of Life Lutheran Church and the Buddhist Centre of Regina all walked together in a show of solidarity and ministry offered to the LGBTQ+ community! Here are some of our favourite pics from the day.







For owls night is the time for hunting. Help him find the way to a tasty mouse dinner.

Summer  
is a great  
time to get  
outside and  
explore  
God's  
world!



## Search For Words

Find and circle the words. They run right to left, left to right, bottom to top, top to bottom, and diagonally top to bottom or bottom to top.

scales hide colors bump sing puddles  
lair taste jump land tadpole mate



o y p p e x t p j s t j l p t  
k h m u m t s y u q a k x v u  
t u o u d c s y m f d u q e m  
b e o p a d p a p w p d g r x  
s r o l o c l n t v o e a t i  
k g e s i n g e i h l d d u t  
b s s h s b j b s w e i r r v  
l k g w h d e t d v x h d f e  
m v j l l r q b e k d u r e d  
d x t a p f k e v f l o w w c  
b c n c e t a m w v v a b t x  
m d u y t f z e s m w a i z m  
w f g k w a k l r i s g l r n  
r u u z e c u n q k d f r d n  
m z z u l w k o h g x l v f m

## Nature **WALK**



Directions: Check off the items you find on your walk.


 dirt <input type="checkbox"/>	 leaf <input type="checkbox"/>	 flower <input type="checkbox"/>
 spider <input type="checkbox"/>	 butterfly <input type="checkbox"/>	 mushroom <input type="checkbox"/>
 worm <input type="checkbox"/>	 bird <input type="checkbox"/>	 ant <input type="checkbox"/>
 bee <input type="checkbox"/>	 squirrel <input type="checkbox"/>	 sprout <input type="checkbox"/>
 tree <input type="checkbox"/>	 cloud <input type="checkbox"/>	 grass <input type="checkbox"/>

## Pre-Authorized Remittance (PAR): Giving Made Easy!

by Jim Fallows

Pre-authorized remittance (PAR) means having your gifts to the church automatically debited from your bank account. Besides being convenient, using PAR for your offering ensures regular monthly givings to help Eastside, even when you are away. You will be providing our congregation with a dependable flow of contributions, which increases Eastside's financial stability. Why not participate in PAR?

It's easy! Print this form and submit to the church office or visit the [PAR website](#). You can also take a picture of the completed form along with one of a void cheque and email them to the [church office](#).

	<b>PAR AUTHORIZATION FORM</b> (For new PAR donors and to make changes to banking details)
	Church Name: <u>Eastside United Church</u> PAR Congregational Number: <u>9180840</u>

I/We, \_\_\_\_\_ (envelope # \_\_\_\_\_), request and authorize The United Church of Canada to debit my/our account on the 20th of every month in the amount of \$ \_\_\_\_\_, starting on the 20th of \_\_\_\_\_ (enter month). This contribution is made on behalf of:

Name of Local Church: Eastside United Church

Address: 3018 Doan Drive

City: Regina Province: Sask Postal Code: S4V 1M1

This contribution by me/us to the above local church is to benefit:

Local Church \$ \_\_\_\_\_ Mission and Service Fund \$ \_\_\_\_\_ Other \$ \_\_\_\_\_

This donation/payment is made by (check one): \_\_\_\_\_ Individual(s) \_\_\_\_\_ Business

**Please attach a VOID cheque.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

- I may change the amount of my contribution at any time subject to providing notice of 15 days.
- I may revoke my authorization at any time, subject to providing notice of 15 days at which time I will submit a cancellation form obtained from the Church PAR Contact or by contacting my financial institution or visiting [www.cdspay.ca](http://www.cdspay.ca).
- I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAR agreement. To obtain more information on my recourse rights, I may contact my financial institution or visit [www.cdspay.ca](http://www.cdspay.ca).
- I waive my right to receive pre-notification of the amount of the Pre-Authorized Remittance (PAR) and agree that I do not require advance notice of the amount of PAR before the debit is processed.

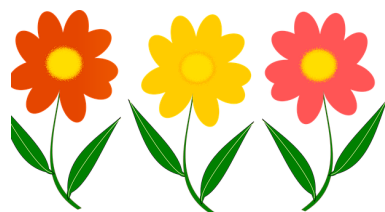
Name of Church PAR Contact: Suzanne Joye Phone No.: 306-761-0556



We will be moving to **9:30 am worship** for the months of July and August again this year, sharing with St. Philip Anglican. *On three Sundays in July*, we are trying something NEW! In the spirit of celebration, sharing, and fun, Bread of Life Lutheran, Eastside United and St. Philip Anglican will be practicing "church crashing", in which each congregation will host the service and members of the other two congregations are invited to "crash" it. What a great way to spend more time together and get to know each other better! There will be a special time of refreshments following worship.

Here is your entire summer schedule!

July 2	St. Philip leads
July 9	Church Crashing
	St. Philip leads
July 16	Church Crashing
	Eastside leads
July 23	Eastside leads
July 30	Church Crashing
	Bread of Life leads
August 6	St. Philip leads
August 13	St. Philip leads:
	Morning Prayer
August 20	Eastside leads
August 27	Eastside leads



### Horizons: The Newsletter of Eastside United Church

3018 Doan Drive, Regina, SK S4V 1M1 306.761.0556

[eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net)

[www.eastsideunited.ca](http://www.eastsideunited.ca)

Follow us on twitter @Eastside\_united;

Like us on facebook (Eastside United Church)

