

February 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 Worship 11:15 Communion	3 Meditation 7:15 pm AA 8 pm	4 Cards 9:30 TOPS 6:30 Gratitude Team 7 pm	5 Coffee Shop 2 – 4:30 pm Brewed Aw Ken Jones Funeral 1 pm	6 Cong Care 10 am Forever in Motion 10 am Craft/Study 1:30 pm Dog Park Stkhdr Mtg	7	8 Women's Breakfast 8 am Epiphany Dinner
9 Worship 11:15 In West Sanctuary Open Hearts Jar	10 Meditation 7:15 pm AA 8 pm	11 Cards 9:30 TOPS 6:30	12 Coffee Shop 2 – 4:30 pm Brewed Aw Worship Feedback Team 12 pm KAIROS Meeting 7 pm	13 Forever in Motion 10 am Craft/Study 1:30 pm	14 	15
16 Worship 11:15 Prayer Candles Wascana Worship 1:30 pm	17 Meditation 7:15 pm AA 8 pm 	18 Cards 9:30 TOPS 6:30	19 Coffee Shop 2 – 4:30 pm Brewed Aw	20 Forever in Motion 10 am Craft/Study 1:30 pm Community Dinner	21	22 ICF Breakfast 9 am
Russell Away AC-UC Dialogue						
23 Worship 11:15 AGM Potluck Cong Care Seminar	24 Meditation 7:15 pm AA 8 pm	25 Cards 9:30 TOPS 6:30 Shrove Tuesday PC Supper 5 pm Faith Form. 6:30 pm	26 Coffee Shop 2 – 4:30 pm Brewed Aw BoL Community Potluck Ash Weds. Service 7 pm	27 Forever in Motion 10 am Craft/Study 1:30 pm	28 INI Film & Faith <i>Smoke Signals</i> 6 pm	29

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

February 2, 2020

306-761-0556 eastsideunited@sasktel.net
Like us on facebook (Eastside United Church)
Follow us on Twitter @Eastside_united
www.eastsideunited.ca



Welcome to Eastside United. May our opportunities of ministry offer you rest, challenge and peace on your Christian journey.

Ministers:

Minister: Russell Mitchell-Walker
Greeting: Tkachuk Family
Congregational Care Greeter: Clare Banks
Prayers: Carol Hein
PowerPoint: Stephannie Banks
Pianist: Michelle Dickie

Last week's attendance: NA Offering: \$1019 Weekly budget: \$1100
(not incl. PAR)

Office Hours:

Suzanne's hours during transition: Fridays 8:30 am to 4:30 pm

Russell's Office Hours:

Tuesday, Wednesday and Thursday, working from home Friday
Russell's e-mail address: russell.eastside@sasktel.net

Russell will be holding **Coffee Shop Office Hours** Wednesdays through February from 2 to 4:30 at Brewed Awakening on Woodhams Dr.

Scripture Reading: Old Testament: Micah 6: 1-8
Gospel: Matthew 5: 1-12

Songs –

Arise Your Light is Come VU #79 vs 1
Praise to the Lord, the Almighty VU #220
Jesus Came Bringing Us Light MV #33
Blest are They VU #896
O God you are both light and love Tune VU #541
What Does the Lord Require of You? VU #701
We Will Go with God MV #223

LSC Meditation Monday, February 3 at 7:15 pm. Delia Baidoo will be leading us through this week's meditation. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

St. Philip Senior Ministry Outreach card playing program, Tuesday mornings at 9:30 am in the East Sanctuary at the Living Spirit Centre. Whist and lessons to those that would like to learn. Come out and enjoy fellowship, coffee and card playing. For more information, call Rod 306-535-2877. There is a short morning prayer service from 9 am for those interested. Everyone is welcome.

Forever... in motion at the LSC, Thursday mornings at 10 am!

Forever... in motion is a physical activity program for adults 50 and over. And it's FREE! Wear comfortable clothing and running shoes, and bring a water bottle. For more information please call Heather at 306-737-4681.

Eastside's Craft/Study Group, Thursdays at 1:30 pm in the East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are reading *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* by Jonathan Brooks.

CONGREGATIONAL CARE FAITH AND WELLNESS SERIES:

February 23, March 22, April 26, 2020 following Eastside's potluck lunch.

February 23 - Connie Moker Wernikowski will talk about Holy Yoga and lead us through some focused breathing exercises. For more information about Connie and Holy Yoga, check out her website, bigfishyoga.ca.

March 22 - Elaine Carlson will describe how the practice of meditation can calm us and improve our health. She may lead us through a short meditation.

April 26 - Munch Café will share about their work including our partnership with Glen Elm School. Munch is providing lunch (freewill offering, \$10) and showcasing some of their lunch menu.

HEARTS OF LOVE: The Gratitude Team invites you to participate in a **Valentine Gratitude Fundraiser** for Eastside. We are creating Valentines with scripture messages of love for you to give to a loved one for a donation. Suggested amount of \$5 to \$50 or whatever you wish, and \$1 for children's valentines. These will be available at the Gratitude Table after Church on Sundays February 2 and 9. Donations of \$20 or more are eligible for a donations receipt. Thanks to Clare Banks, we now have crocheted heart suncatchers available as well!



The Regina Philharmonic Chorus is presenting its annual fundraiser, "**A Canadian Winter**", TODAY Sunday, February 2 at 2:00 p.m. (doors open at 1:30 p.m.) at the DoubleTree Hotel, 1975 Broad Street. Come and enjoy Starbucks coffee and five kinds of cake and fruit, and hear a concert of wonderful Canadian songs sung by the Chorus and soloists. Tickets are \$35 available from members of the Chorus or at reginaphilharmonic.com.

LSC Women's Spirituality Breakfast, Saturday, February 8 from 8 to 10 am. Catch your summer travel bug early as we hear from speaker Mary Taylor-Ash with SaskTourism! *Come learn all about Tourism in Saskatchewan and get answers to questions like: Where do our visitors come from (both domestic and international)? Why do they travel here? (events, festivals, meetings, conferences, leisure, etc.) As a Crown Corporation, how does SaskTourism promote the province as a tourist destination?* It will be riveting! All women are welcome; please bring two toonies to help with costs

LSC Men's Epiphany Supper, Saturday, February 8, 2020 in the Lower Hall of the LSC. Happy Hour 5 pm; buffet style dinner 6 pm. Cost \$ 20 per person includes your beverage. Proceeds from the dinner will be donated to a local charity. Sign up in the narthex before or after worship to express intention to attend; pay at the door. ***We need one more man from Eastside to be part of the planning group.*** If you are willing to help please contact Jerry Borkowsky text or phone 306-529-9259, email pastorj@sasktel.net.

KAIROS Regina Inaugural Meeting, February 12: The inaugural meeting of the new ecumenical justice group, KAIROS Regina, will be Wednesday, February 12 at 7 pm at the Living Spirit Centre, 3018 Doan Drive, Regina. Our speaker for this meeting will be Cam Fraser, minister at Knox-Metropolitan Church, who will reflect on the theme "*Why do we do social justice ecumenically?*" In addition, the meeting will include the approval of the "Terms of Reference" of the new group, reports from working groups, and an opportunity to share news and announcements of other social justice initiatives. All are welcome. No registration is required. For further info, contact KAIROS Regina at kairos.yqr@gmail.com.

Eastside Community Dinner, Thursday, February 20 at 5:45 pm. We begin with a short service – prayer, scripture, candle-lighting, singing – followed by a meal. Please RSVP by January 21 if you can join us. Suggested cost \$7/person; \$20/family. Pay in advance at the office or purchase a ticket at www.Bit.ly/Dinnertickets. We'll need helpers for set up and clean up – come have fun with us! Talk to Russell if interested.

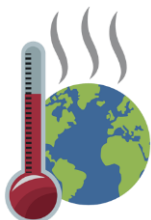
Our next ICF Breakfast is Saturday, February 22 from 9 am to 12 noon. The fourth Saturday of each month, Eastside volunteers help set up, serve and clean up following breakfast for residents of north-central Regina. Please come help with this awesome, feel-good ministry! Let Doug know of your availability for this or a future breakfast at dscheurwater@sasktel.net.

Let's Talk About "Tolerance" & Pope Francis Culture of Encounter:

A Social Justice Workshop hosted by Westminster United Outreach & Holy Rosary Social Justice Committee – Saturday, February 8 10 am to 1:30 pm at Westminster United Church . Speaker Tashia Toupin, Social Justice Coordinator, Archdiocese of Regina. Please bring your own bag lunch for the closing meal. Call Terry at 306-543- 2105 or email to hochban03@gmail.com to register by Tuesday, February 4. Childcare available on request.

KAIROS Regina-Reconciliation Sharing Group will meet on the 3rd Tuesday of each month at 7 pm at Wesley United Church. The Reconciliation Sharing Group was formed so that people who are working on Truth and Reconciliation projects or on other projects aimed at improving the conditions for Indigenous People have an opportunity to connect, network, encourage and support each other. For further information, contact Sandra Blenkinsop at sandra.blenkinsop@sasktel.net.

Special Discussion Event - Christians On Climate Change, Sunday, March 8 at 7 pm at the LSC. Please mark your calendar; more info to follow.



Munch Lunch: Eastside's partnership with Glen Elm School and Munch Café is continuing into 2020! Through the **Munch Lunch Program** Munch Café staff work with older Glen Elm students to make lunches as well as educate these students on healthy lunch preparation. The program takes place each Monday from 1 to 3 pm in the LSC kitchen. We need 1-2 volunteers each Monday to help out in the kitchen with food preparation (not the same people each week) starting February 10. If you are interested and able to help out once a month, sign up on the Eastside bulletin board, or contact the office or Russell (Russell.eastside@sasktel.net) and indicate if you prefer a particular week. Thanks!

Announcement & Invitation to attend the National gathering of Queering Christian Voices: An Ecumenical Coalition in Canada, to be held April 21-22, 2020, in Toronto, Ontario (location TBA).

Please help us with planning and RSVP ASAP if you plan on attending, so we can be sure to book a large enough venue.

In 2019, two ecumenical gatherings of people committed to LGBTQIA2S+ justice were held in Toronto (hosted by Affirm United and Generous Space Ministries), to leverage resources and strengthen understanding in dismantling barriers, knowing that increased solidarity will lead to more informed, effective, and sustainable action. We are pleased to announce the formation of "Queering Christian Voices: An Ecumenical Coalition in Canada."

Vision: We envision a world where all sexual and gender diverse people are treated justly and equitably.

Mission: To amplify a Christian voice that advocates for all sexual and gender diverse people within Christian contexts and the public sphere.

The Coalition includes representatives from LGBTQIA2S+ advocacy groups and individuals from sixteen (and growing!) Christian denominations! Alliance, Anglican, Baptist, Be in Christ, Christian Reformed, Evangelical Lutheran, Mennonite, MCC Toronto, Mormon, Presbyterian, Quakers, Roman Catholic, Seventh-day Adventist, United, Unitarian, and Vineyard.

Registration & Cost: To help cover costs, we are asking for a suggested donation of \$25 with your registration. If you are able to donate, please do so. Information on how to register for this gathering will be sent by email in early February

Travel: You will need to pay your own travel expenses.

Accommodation: Efforts will be made to secure billets for out-of-town participants.

Coffee & Meals: Coffee and Lunch will be provided free of charge on April 22.

To get on the coalition's mailing list, please send your name, email address, and the advocacy group and/or the church/denomination you work within, to queeringchristianvoices@gmail.com.

St. James Players
Proudly Presents:

Directed by:
Allan Barss

Ken Ludwig's

LEADING LADIES

Produced by special arrangement
with Samuel French, Inc.

Appy Nights \$30

Thursdays @ 6:30
March 26
April 2

Dinners \$40

Fridays & Saturdays @ 6:30
March 20
March 21
March 27
March 28
April 3
April 4

Dessert/Matinée \$25

Sunday @ 2:00
March 22

St. James United Church:
4506 Sherwood Drive

Tickets:

Call the office:
306-543-2626
or email:

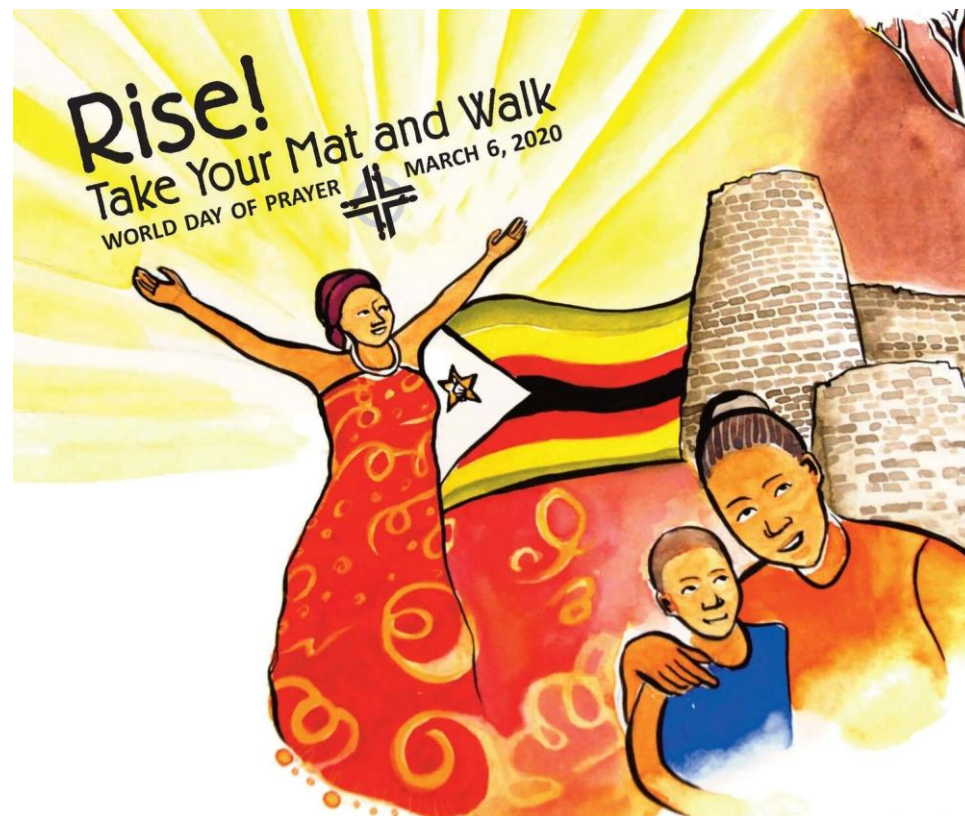
stjames.office@sasktel.net

Starring:

Casey Elgren
Allan Barss
Sarah Elgren
Jaquana Euteneler
Milan Foinovic
Larry Bryan
Ashley Curts
Jakob Elgren

St. James Dinner Theatre: St. James United Church provided the meal for our Gratitude Dinner with no expectation of us doing anything in return (which was the offer). We would like to support them by going to their Dinner Theatre as a group. We have set aside three tables of 8 people each to fill (and can get more if we need). The show is called Leading Ladies (poster in announcements) and have booked for the dessert theatre Sunday, March 22 at 2 pm, Dinner Theatre Saturday, March 21 at 6:30 pm and Dinner Theatre Friday, April 3 at 6:30 pm. Please sign up on the bulletin board if you wish to go and pay at the Gratitude Table after church or pay Russell in the office during Tuesday, Wednesday (morning, or at coffee shop), or Thursday.

St. James United Church Stew Supper will be held on Thursday, February 20. Continuous from 4:30 to 6:30. Homemade stews, buns, salads and desserts. Reserve your tickets by calling the church office at 306-543-2626. Adults - \$20 and children under 10 - \$5.



World Day of Prayer 2020: Holy Child Parish (2636 7th Ave. E.) is hosting a service in celebration of World Day of Prayer on Friday, March 6 at 2 pm. The year's World Day of Prayer has been organized by the women of Zimbabwe, with the theme "Rise! Take Your Mat and Walk". If you are interested in helping with the planning of this special day, there will be a meeting at Holy Child Church on Thursday, February 13 at 1 pm. RSVP to Marian at 306-789-8276 or mariangrady@sasktel.net.