



eastside
united church

FEBRUARY 2015

Minister's Reflection

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Last week I was in Phoenix for the event, Christianity 21 – 21 speakers, sharing for 21 minutes how they are living out being church in the 21st Century and reflecting on what they think “needs to rise from the ashes of the church”. One of the recurring themes was hospitality which is an important and integral mission for any church. How do we welcome people into our community and build community? Chris Seay founder of a missional church Ecclesia in Houston, that



includes a fair trade coffee shop, outlined 9 Marks of a Healthy Church. One of these marks is Hospitality, he says: “it is what we do. When rich and poor come together and we share great food with great people wonderful things happen”. He related the story of the Magnificat, of Mary praising God because the powerful were going to be brought low and the lowly lifted up. He has found in his enterprises like the coffee shop that hiring people off the street become the best employees. Richard Beck is a theologian and author who spoke specifically about hospitality. He challenged us with the reality that we are easily tribalistic in our communities. He gave the example of dividing a room into east and west, and someone in the west quickly yells out “West Rules!!”. Richard just as quickly called out that behaviour as the epitome of evil in our society and the church. He then shared with us the practice of the Little Way, by St. Therese of Lisieux who went into the monastery at age 15 in the 1800’s. She found the importance of living out Jesus’ way by seeking out “those who are disagreeable to me and practice the office of the Good Samaritan” - befriend and love them. She says we don’t really have enemies, but we have a lot of FEELINGS about others! We are to approach them with a kind word or smile. Beck invites us to develop a ‘no detour’ practice for Lent – do not avoid approaching anyone. We are encouraged to treat everyone as if they are family or friend. What would that look like if we really did?? Did you know that kindness and kin come from the same root. Can we treat everyone in our community, especially those who are new, especially those who annoy us, with kindness? This could be our Lenten Practice.

As we move into Lent this month, you are invited to take in the weekly Lenten Services, Wednesday at 10am. We will have an information evening on the Wild Goose Festival after the Shrove Tuesday Pancake Supper February 17 to give you an opportunity to consider over Lent whether you’d like to join the Eastside Wild Goose Pilgrimage this summer. There will also be a Lent Event for all ages Shauna Niequist is a woman who shared the importance of being present to life, and not worrying about doing and succeeding and left us with this question: Is there any good thing that you have been doing that you need to stop doing, in order to live a more present connected life? I leave you also with a definition of hospitality she offered: hospitality is when people leave their home feeling better about themselves, not better about you! May we offer real hospitality in our community of Eastside and in our daily lives as we enter this Lenten season.

Blessings
Russell Mitchell-Walker
Diaconal Minister

Sunday School



This year Sunday school is taught by Amanda Tessier with the help of Steph Banks and Rachel Balfour. This month is a short one so we will only have a couple weeks of Sunday School. February 1st we will travel to Nazareth with Jesus and struggle with him as he tried to spread God's word. "Jesus was sharing the message that God's love is for all people, but not everyone believed that message." On the second Sunday of the month, February 8th, we will begin to prepare for the Lenten journey that is ahead of us. We will try to understand the Lenten journey Jesus endured. How can we be as strong as he was? Of course all of this will be done through games, crafts, stories, and snacks! The last two Sundays of the month are surrounding winter break so we will enjoy time with family and then resume on March 1st. If you have any questions feel free to contact Amanda at (306) 527-5570 or a.c.tessier@hotmail.com

Have a wonderful February!

Lent Event for all ages



Lent Event for all ages

Come and enjoy an opportunity to experience Lent in a new way; through stories, crafts, and creativity. March 3, 6-7:30pm. Come for dinner, stay for fun



Art & Spirituality

Art & Spirituality

Come and experience one of our own artists' share how their art nurtures their spirituality and have an opportunity to express yourself creatively.

Watch for this in March!

A Pilgrimage – a journey of faith and exploration



July 9-12, 2015
Hot Springs, NC

spirit. justice. music. arts.

This festival, inspired by the Greenbelt Festival in England is an opportunity to explore creative ways of being church in our time, build our faith, and enjoy community. Our minister, Russell and our Leadership Team chair are inviting anyone who is interested to join them on this pilgrimage. They had such a meaningful time last year, that they want to offer it to more people. Join us for an information evening where we will share pictures and experiences from last year and talk about plans for this year. February 17 at 7pm. This festival has something for all ages and this year's theme is Blessed are the Peacemakers. Contact Russell or Nicole if you are interested or for more information. <http://wildgoosefestival.org/>

**DONATE
NOW**

“DID YOU KNOW you can make a donation to support the ministry and work of Eastside United Church on our website? Look for the red “DONATE NOW” button, click on it and it will take you to the CanadaHelps.org site where you can quickly and easily make your donation.

**SHROVE
TUESDAY
SUPPER**

FEB 17, 2015 5:30-7 PM

- ✧ Pancakes
- ✧ Sausages
- ✧ Fruit

**FREEWILL
OFFERING**

Living Spirit Centre
3018 Doan Drive
Info: 306-761-0556

*Brought to you by the
Bread of Life Lutheran Youth Group*

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ASH **WEDNESDAY**

FEBRUARY 18, 2015 † 7 PM

A LENTEN SERVICE OF PRAYERS

**LIVING SPIRIT CENTRE
3018 DOAN DRIVE
INFO: 306-761-0556**

**CREATE IN ME A CLEAN HEART,
O GOD, AND PUT A NEW AND
RIGHT SPIRIT WITHIN ME**

PSALM 51: 10



LENTEN MEDITATION

Please **JOIN US**
for **PRAYERS**
AROUND the
CROSS



Wednesdays at 7 pm
FEB 25 MAR 4, 11, 18, & 25

**LIVING SPIRIT CENTRE
3018 DOAN DRIVE
INFO: 306-761-0556**

**These are shared worship services of
Bread of Life Lutheran, Eastside United and St. Philip Anglican Churches**

The Living Spirit Centre Women's Spirituality Breakfast meets on the second



Saturday of each month from 8:00 to 10:00am. Two women volunteer each month to prepare coffee and breakfast. Women who attend the gathering make a small donation to cover costs and to create a fund for presenters and special projects. Through a simple brainstorming process, the group chooses program topics for the coming year at one of its spring gatherings.

What to expect: a warm welcome; an open process that allows you to drop in or attend regularly; engaging topics and discussions that challenge, educate and provoke; opportunities for spiritual growth and exploration; friendship; to be accepted for who you are.

Next LSC Women's Breakfast, Sat Feb 14, 2015 from 8 - 10 am

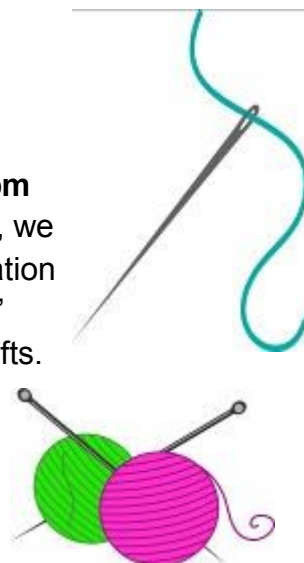
Guest: Brenda Fedorchuk.

Topic: Brenda is a published author, licensed and accredited Heal Your Life® Teacher and Life Coach, teaching techniques by Louise Hay that have been used successfully by millions over the past 25 years. Brenda is passionate about inspiring individuals to discover their true magnificence and is excited to present 12 Steps to Self-Care. All women are welcome to join us. Bring a toonie to cover costs.

Eastside United's Craft/Study Group

Eastside United's Craft/Study Group runs Thursdays at 1:30 pm

in the Multipurpose Room. If you haven't done so already, we hope you'll consider joining us as we continue our exploration of Brian McLaren's book "We Make the Road By Walking" and enjoy each other's company while working on our crafts.



Indian Metis Christian Fellowship Breakfast



Eastside continues its involvement with Indian Metis Christian Fellowship by preparing and serving breakfast on Saturday mornings.

The next breakfast will be on Feb 28, 2015.

Six volunteers are needed to help make this happen.

The breakfast runs from 9:00 am to 12:00 noon, but you are not committed for the whole time period. If you are able to spare any time at all, as your schedule allows, you are more than welcome.

Duties for the volunteers can include: setting up tables and chairs in the dining room; place settings at the tables; prepare and cook breakfast; clean up including washing dishes and putting away tables and chairs.

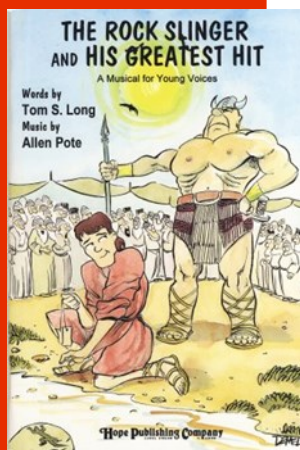
There will be at least an equal number of volunteers from the local community helping, and many hands make the work light.

The menu varies from month to month, but is always nutritious. There will be coffee and tea, with milk and juice for the children. All volunteers are invited to join in for breakfast and conversation, the emphasis is on fellowship.

There is no cost to volunteer, just the gift of your time. IMCF is a very family oriented facility; please talk to me if your children would like to be involved.

For more information contact: [Heather Balfour](#)

Lumsden Beach Camp Musical



Saturdays at 1:30 pm January through March, we will be rehearsing for this year's Lumsden Beach Camp Musical! We are doing *The Rock Slinger and His Greatest Hit: The Story of David and Goliath*, This year our rehearsals are being shared between Eastside and Broadway United. Performances will be March 13 at 7pm and March 14 Worship at 10AM at Broadway United Church and Eastside Worship, March 22.

Liberation:

Explorations in Spirituality

An LGBT2Q-Straight Alliance

Spirited discussion - Faithful explorations.



Meeting Once a Month

The last Tuesday of each month



7 pm University of Regina

Riddell Centre

Board room (upstairs)



For more information or to be put on our distribution list,

Contact Russell Mitchell-Walker

Narrative Lectionary

News

We have now made the switch to the *Narrative Lectionary*, a four-year cycle of readings for worship and preaching. Texts follow the sweep of the biblical story, from Creation through the early Christian church, showing the breadth and variety of voices within Scripture.

We've been offering brief handouts each Sunday that supplement the weekly readings, and these have proven to be enormously popular! Handouts include suggestions for devotions, prayers, reflections and activities to help us put the Bible passage for the week into action. Watch for them on coming Sundays! And FYI, when we stumble upon anything else we think may enrich your experience with the texts, we post it on our facebook page!



Animate Faith is seven-session adult faith formation course that imaginatively explores the central topics of Christianity. The phenomenal list of presenters includes Brian McLaren, Lillian Daniel, Mark Scandrette, Shane Hipps, Nadia Bolz-Weber, Lauren Winner and Bruce Reyes-Chow. Visit <http://wearesparkhouse.org/adults/animate/faith/> to learn more. We meet Thursday evenings at 7 pm until March 5. If you are unable to commit to all seven sessions, don't worry! Each session can stand on its own. We have ordered extra journals, so come for a little, or come for all seven.



Film and Faith

Film and Faith, Friday, February 20 time TBA. Keep up to date at our Facebook event: <http://on.fb.me/1ChwxGX> There is presently a vote on whether to go to The Imitation Game or The Theory of Everything about Stephen Hawking and it is very close. Get your vote in now! . Please let Russell or the office know or join the Facebook event. This is a Pay-What-You-Can Event.



Spirituality on Tap

Spirituality on Tap Tuesdays 4:30 pm at Beer Brothers. An opportunity for all men over 19 to relax and explore issues of life, spirituality, faith, and the world. Join us February 3, 10, 17 and 24.





February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 11:15 am Worship Communion</p>	<p>2 8:00 pm AA</p>	<p>3 4:30 pm Spirituality on Tap Beer Brothers</p> <p>6:30 pm TOPS</p>	<p>4</p>	<p>5 1:30 pm Craft Group</p>	<p>6</p>	<p>7</p>
<p>8 11:15 am Worship Open Hearts Jar</p>	<p>9 8:00 pm AA</p>	<p>10 4:30 pm Spirituality on Tap Beer Brothers</p> <p>6:30 pm TOPS</p> <p>7:00 pm CE Committee</p>	<p>11 7:00 pm Joint Worship Committee</p>	<p>12 1:30 pm Craft Group</p> <p>7:00 pm Animate Faith</p>	<p>13</p>	<p>14</p>  <p>8:00 am Women's Breakfast</p> <p>1:30 pm LBC Musical rehearsal</p>
<p>15 11:15 am Worship Choir Service - Black History Month</p> <p>1:00 pm Wascana Rehab Worship</p>	<p>16 8:00 pm AA</p>	<p>17 4:30 pm Spirituality on Tap Beer Brothers</p> <p>5:30—7:00 pm Shrove Tuesday Pancake Supper</p> <p>6:30 pm TOPS</p> <p>Wild Goose Festi- val Info night</p>	<p>18 7:00 pm Ash Wednesday Worship Service</p>	<p>19 1:30 pm Craft Group</p> <p>7:00 pm Animate Faith</p>	<p>20 Film and Faith</p>	<p>21 1:30 pm LBC Musical rehearsal</p>
<p>22 11:15 am Worship</p> <p>Financial Annual Meeting during worship</p> <p>Pot Luck!</p>	<p>23 8:00 pm AA</p>	<p>24 4:30 pm Spirituality on Tap Beer Brothers</p> <p>6:30 pm TOPS</p> <p>7:00 pm Liberation</p>	<p>25 7:00 pm Lenten Meditation</p> 	<p>26 1:30 pm Craft Group</p> <p>7:00 pm Animate Faith</p>	<p>27</p>	<p>28 9—12:00 pm IMCF Breakfast</p>  <p>1:30 pm LBC Musical rehearsal</p>

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