

January/February 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
19 Worship 11:15 Prayer Candles ICF Chili Cook-off 4:30 pm	20 Meditation 7:15 pm AA 8 pm	21 Cards 9:30 TOPS 6:30 Gratitude Dinner	22 Coffee Shop 2 – 4:30 pm 2 nd Cup Community Potluck	23 Forever in Motion 10 am Craft/Study 1:30 pm Comm Dinner 5:45	24 INI Café 6 pm	25 ICF Breakfast 9 am
26 Worship Mental Health Awareness 9:30 am	27 Meditation 7:15 pm AA 8 pm	28 Cards 9:30 TOPS 6:30	29 Coffee Shop 2 – 4:30 pm 2 nd Cup	30 Forever in Motion 10 am Craft/Study 1:30 pm	31 Film & Faith	1 Messy Church 4 pm
2 Worship 11:15 Communion	3 Meditation 7:15 pm AA 8 pm	4 Cards 9:30 TOPS 6:30 Gratitude Team	5 Coffee Shop 2 – 4:30 pm Brewed Aw	6 Cong Care 10 am Forever in Motion 10 am Craft/Study 1:30 pm	7	8 Women's Breakfast 8 am Epiphany Dinner
9 Worship 11:15 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	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	21	22 ICF Breakfast 9 am

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

January 19, 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:

Worship Leader: Deb Anderson Pratt
Greeting: Ian and Elaine Hill
Congregational Care Greeter: Sheri Nupdal
Prayers: Linda Fowler
PowerPoint: Ernie Poirier
Pianist: Joshua Hendricksen

Last week's attendance: Offering: \$1989 Weekly budget: \$1100
(not incl. PAR)

Office Hours:

Suzanne's hours during transition: Fridays 8:30 am to 3:30 pm

Russell's Office Hours:

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

Russell will again be holding **Coffee Shop Office Hours** Wednesdays through January from 2 to 4:30 at Second Cup on Quance Street.

Scripture Reading:

Songs –

Arise Your Light is Come VU #79 vs 1
Spirit of Gentleness VU #375
Jesus Came Bringing Us Light MV #33
O Jesus Christ, Grow Thou in Me Songs for a Gospel People #108
O God you are both light and love Tune VU #541
God of All Good VU #539
We Will Go with God MV #223

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.

LSC Meditation Monday, January 20 at 7:15 pm. This week will be a meditation led by Diane Dopko. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

Eastside Community Dinner, Thursday, January 23 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.

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.

January 26, 2020: Shared Mental Health Awareness service at the LSC at 9:30 am, with Dr. Todd Sojonky and Anne Penniston Gray presenting during the sermon time. This will be in place of our regular 11:15 am service.

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.

5th Annual ICF Chili Cook-off January 19 at 4:30 pm at Luther College. Our entry is in – come vote for us! Tickets at the door: adults \$10, kids \$5.

Week of Prayer for Christian Unity: The 2020 theme, "They showed us unusual kindness" (Acts 28:2), remembers the historic shipwreck of St. Paul on the island of Malta and calls us to a greater generosity to those in need. You are invited to join in prayer with other Christians on January 26 at 3 pm at All Saints Anglican Church, 142 Massey Road, Regina. Our preacher will be Pastor Joel Russell MacLean (First Baptist, Regina). All are welcome.

Our next ICF Breakfast is Saturday, January 25 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.

Office Transitions: Over the Christmas break, we received notice from Suzanne Joyce, our Data and Communications Coordinator, that she has been hired by Ducks Unlimited Canada as their new Communications Specialist. While we are excited for Suzanne in this new opportunity and challenge, it is a great loss for Eastside. Many of you will know Suzanne as the friendly welcoming presence in the office who offered us great expertise in a variety of areas, including weekly emails, social media, and promotional materials. Suzanne will continue to serve Eastside on Fridays to help with the transition and prepare the weekly emails, PowerPoints for worship, and printed announcements. The Ministry & Personnel Committee, along with the Leadership Team, have advertised the job posting. You can find it on our website and on Facebook too. We will be having a celebration of Suzanne's ministry with us at the Gratitude Dinner on January 21.

INI Café, Friday, January 24, doors and canteen open at 6 pm, performances at 7 pm. Wanda Gronhovd + Young @ Heart!

Film and Faith, Friday, January 31. Stay tuned for details on movie selections and keep an eye on our Facebook page to vote for your preference and RSVP!

MESSIAH SING-A-LONG BENEFIT CONCERT The Halcyon Chamber Choir will be hosting a "Messiah Sing-a-long" Concert on Sunday, January 19 at 4 pm at Knox-Metropolitan United Church. This will be a benefit concert: admission at the door will be by donation, and all proceeds will go to Carmichael Outreach to assist in their on-going work with the poor in our city. We will be presenting a shortened version of Messiah, which will include our favourite solos and choruses, and we will be accompanied by an orchestra and our majestic Casavant organ. So come out and bring a friend, and remember to bring your Messiah score, as we usher in the New Year with this glorious music. Contact Hart at hartgodden@hotmail.com.

The Regina Philharmonic Chorus is presenting its annual fundraiser, "**A Canadian Winter**", on 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.

Regina Multi-Faith Forum invites you to:

World Religion Day 2020

Sunday, January 19th

2:00 p.m.

Pearl and Max B. Herman Centre

Beth Jacob Synagogue

4715 McTavish St.

Regina

Regina and area faith traditions share on the theme of

"Relationship"

- RMFF Memberships will be available
- Multi-faith Calendars will be for sale
- The Multi-Faith Saskatchewan 2019 Saskatchewan Youth Visual Art Project will be displayed

For further information, please contact 306-536-0722



JOB POSTING: Communications and Office Coordinator (part time)

Eastside United Church is a progressive spiritual community and an Affirming Ministry of The United Church of Canada, located in east Regina. The *Communications & Office Coordinator* provides administrative support to the Minister and congregation at Eastside by developing and maintaining communications initiatives, collecting and managing information to support Eastside programs and handling office tasks.

The ideal candidate will be a multi-tasker with excellent communication skills, an upbeat attitude and experience in office coordination, proficiency to use a variety of communication tools including social media.

Essential Functions:

- Compile content for, create and/or manage communications, including: congregation web site, social media platforms, weekly email (using MailChimp), quarterly newsletter, and promotional materials for events and programs
- Support the Minister in preparing PowerPoint and print materials for weekly worship
- Provide assistance to Eastside task groups and volunteer committees as appropriate
- Collect and manage membership information and produce reports for leadership
- Provide general administrative and office support including reception

Job Type: Half time (approx. 20 hours/week) – hours of work are negotiable.

Qualifications:

- Experience in communications or marketing
- Strong computer skills including familiarity with database management, desktop publishing, web publishing and social media (Facebook, Instagram, Twitter)
- Office experience and strong organizational skills
- Strong written and verbal communication skills
- Polite and professional with a genuine desire to help people

To apply for this position e-mail resume and cover letter to eastsideunited@sasktel.net.

This competition closes on January 31, 2020.

Thanks for your interest. Only candidates selected for interviews will be contacted.

INI
Indigenous Non-Indigenous

CAFÉ

**Presents
Young@Heart**



Wanda Gronhvd



**Friday
January 24**

**Doors open &
Canteen
6:00pm**

**Performance begins
7:00 pm**

**3131 Dewdney Ave
Parking in back lot**

**A Partnership
between
Indigenous
Christian
Fellowship and
Eastside United
Church**

Reconciliation through Performing Arts



*St. James Players
Proudly Presents:*

Ken Ludwig's

LEADING LADIES

Directed by:
Allan Bars



*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 Bars
Sarah Elgren
Jaquana Eufeneler
Milan Folnovic
Larry Bryan
Ashley Curts
Jakob Elgren