

**May/June 2018**  
**At a glance**  
**Full descriptions of activities in bulletin.**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>6</b> Worship 11:15 am Communion LBC Banana Sprint 1 pm	<b>7</b> Meditation 7 pm AA 8 pm	<b>8</b> Cards 9:30 TOPS 6:30	<b>9</b> Order deadline for REACH Mother's Day fruit baskets	<b>10</b> Craft Study 1:30	<b>11</b>	<b>12</b> Women's Breakfast 8 am
<b>13</b> Worship 11:15 am Open Hearts 	<b>14</b> Meditation 7 pm AA 8 pm	<b>15</b> Cards 9:30 TOPS 6:30	<b>16</b>	<b>17</b> Craft Study 1:30 Family Dinner 6 pm	<b>18</b> LBC Day Camp	<b>19</b>
<b>20</b> Pentecost Worship 11:15 am Prayer Candles	<b>21</b> AA 8 pm	<b>22</b> Cards 9:30 TOPS 6:30 FILM AND FAITH	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> ICF Breakfast 9 am
				<b>Russell at SK Conference Annual Meeting</b>		
<b>27</b> Worship 11:15 am POTLUCK	<b>28</b> AA 8 pm Meditation 7 pm	<b>29</b> Cards 9:30 TOPS 6:30	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b> LSC Garage Sale 9 am to 3 pm
<b>3</b> Worship 11:15 am <i>Arise!</i> Program AGM Communion	<b>4</b> AA 8 pm Meditation 7 pm	<b>5</b> Cards 9:30 TOPS 6:30	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Women's Breakfast 8 am

**TOPS = Take Off Pounds Sensibly**  
**AA = Alcoholics Anonymous**



## ANNOUNCEMENTS

May 6, 2018

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



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

### Ministers:

Minister: Russell Mitchell-Walker  
 Greeting: Greg Thomas and Carl Klein  
 Congregational Care Greeter:  
 Prayers: Carol Hein  
 PowerPoint: Ernie Poirier  
 Music: Michelle Dickie  
 Last week's attendance: 71

### Russell's Office Hours:

Tuesday through Thursday, working from home Fridays  
*Coffee Shop Office Hours:* Wednesday afternoons from 2 to 4:30 pm, at Quance Street Second Cup.

### Eastside Office Hours:

Tuesday, Wednesday and Thursday from 8:30 am to 3:30 pm

**Scripture Reading:** Philippians 1: 1-18

### Songs –

And on This Path MV #8 vs 2  
 Come Let us Sing VU #222  
 Hey Now, Singing Hallelujah vs 3  
 Though Ancient Walls VU #691  
 I Thank You, Thank You Jesus Vs 1  
 Rejoice the Lord is King VU #213  
 Don't Be Afraid MV #90

**House of Esther is in need of a new house group leader to work with Dale Banks.** Please see Dale if you can help share the work load a bit. Dale has been serving as house leader for some time and can show you the ropes.

**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. If you need a ride call Rod 306-789-1388. Everyone is welcome.

**LSC Meditation Group:** Monday, May 7 at 7 pm in the East Sanctuary. We'd love to have you join us whether you're new to meditation or an experienced practitioner. All are welcome, remember to wear comfortable clothing. For more info, please get in touch with Sheri Nupdal at [sherinupdal7@gmail.com](mailto:sherinupdal7@gmail.com).

**Eastside's Craft/Study Group** Thursdays at 1:30 pm in the Multipurpose Room and East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are making use of DVD content on *The Great Spiritual Migration* by Brian McLaren. We will break for summer in around two week's time.

**Wondering what to do for mom for Mother's Day? REACH has you covered!** We are a local food security organization and our programs ensure everyone has access to safe, affordable and nutritious food. We are currently selling small and large fruit baskets for your mom OR you can donate to a mom using one of Regina's shelters like the YWCA, Sofia House and Regina Transition House. Baskets are \$25 (individual) or \$45 (family) and free delivery is available. Order deadline is May 9, 2018. Visit [www.reachinregina.ca](http://www.reachinregina.ca) to order yours today!

**2018 Merrill Brinton Tournament of Hope** in support of Carmichael Outreach. This year's tournament is on Monday, June 25 at the Royal Regina Golf Club. We are so excited to see everyone out on the green coming together to support our programs and services. For more information and registration forms, please see the Eastside bulletin board.



**Indigenous Spirituality study series with Dr. Blair Stonechild:** First Presbyterian Church is hosting a **3-part study series on Indigenous Spirituality** on Monday evenings, April 30, May 7 and May 14. Dr. Blair Stonechild, Professor of Indigenous Studies at First Nations University will lead the sessions, including time for discussion and conversation. Bring along a friend and join us from 7 to

8:30 pm at First Presbyterian, 2170 Albert St. For more information contact Mary at 306-570-8662.

**Did you enjoy A Taste of Skylight Festival and want more?** Did you hear how great it was and are sorry you missed it?! Gather a group of 6 and get a group rate!! Please let Russell know of your interest. [www.skylightfestival.ca](http://www.skylightfestival.ca)

The Regina Mandolin Orchestra presents **Wings, Strings and Musical Things**, TONIGHT Sunday, May 6 at 2 pm at the Living Spirit Centre. Featuring guest artists **Hummingbird Crossing** bluegrass band. Tickets from Bach and Beyond, [www.eventbrite.ca](http://www.eventbrite.ca) or at the door \$15 adults, \$10 seniors and students.



**Hello from Lumsden Beach Camp!**  
**We are still searching for a Cook for the summer.**

Need a self-esteem boost? The most popular person at camp is the Cook. Ideally we are looking for someone for the entire summer, but if you or someone you know would be available for a week or two that could work really nice. The full posting can be found on our website – [www.lumsdenbeachcamp.com](http://www.lumsdenbeachcamp.com)

**Two fun spring programs:**

**Day Camps** – May 18 & June 15. We bus campers from Knox-Met in Regina out to the camp for a day full of fun and exploration. Cost is \$45 and this includes lunch and transport.

**Take Your Grandparent to Camp Day** – June 16. LBC staff will lead you and your grandparent through all sorts of camp activities, including canoeing, swimming, archery, art, hikes and more! The activities are most appropriate for children 3 years and older.

**Banana Sprint** – TODAY May 6 at 1PM in Wascana Park. The Banana Sprint is similar to other fun runs, except participants will be issued a banana at the beginning of the 3.5 KM course and encouraged to eat their banana in a banana split at the end. There will also be a few camp-themed challenges along the way. Funds raised will go directly towards essential building and site improvements.

Thank you for supporting your United Church Summer Camp! Contact Vicki at 306-539-7772 or [info@lumsdenbeachcamp.com](mailto:info@lumsdenbeachcamp.com) if you have any questions about the camp, have a good idea for us, or just to say "hi".

**Join us for Film and Faith Tuesday, May 22. Details TBA, please watch our Facebook page for the event to vote for movie preference and to RSVP.**



**Living Spirit Centre Spirituality Women's Breakfast, May 12, 2018 from 8 to 10 am. This month's guest speaker is Stephanie Molloy on Labyrinth Meditation.** *Trained in Ignatian spirituality and spiritual direction, Stephanie Molloy has devoted the last three decades to learning about and helping others to discover a deep relationship with God, self, and others. She has a Masters degree in Divinity and Theology. As a Roman Catholic lay woman, she has been in parish ministry (in charge of parishes with no priests) and most recently retired from Campus Ministry at Campion College at the U of R. Stephanie has prayed in and with labyrinths across Canada, and is eager to share the experiences and insights she has garnered in doing so. All women are welcome; please bring two toonies to help with costs.*

**The Psalm Remains the Same?** The next evening in the "A Rabbi and a Bishop" series, Monday, May 14 @ 7pm at Holy Rosary Cathedral (2104 Garnet St. at 13th Ave., Regina). Rabbi Jeremy Parnes and Archbishop Donald Bolen, together with local choirs, will look at some of the Psalms and their insight into human experiences of suffering and rejoicing. All are welcome at this free event. For further information, contact Nick Jesson, [jesson@ecumenism.net](mailto:jesson@ecumenism.net) or 306-352-1651.

**The next Eastside Family Dinner is coming up on Thursday, May 17 at 6 pm, doors open at 5:30 pm.** We invite all shapes and sizes of families to join us for a meal and community! Suggested donation of \$5/pp or \$20 per family. RSVP by Tuesday, May 15 so our volunteers are able to purchase the correct amount of food. We are looking for helpers with food prep, set up and clean up. Please email Linda at [lindlou@sasktel.net](mailto:lindlou@sasktel.net).

Indigenous Christian Fellowship's (ICF) annual **Walk of Faith Hope & Love** (a relaxed and friendly walk, jog, wheel, bike, skate or run followed by a hot dog and drink) is taking place at the ICF ministry Sunday, May 20th, beginning at 2 pm. The starting point of the 5 K route is Indigenous Christian Fellowship (3131 Dewdney Avenue). Pledge forms are available from the office or ICF. More information is available from Shirley Blythe (306.543.7801 or [esblythe@sasktel.net](mailto:esblythe@sasktel.net)), or Bert Adema (306.359.1096 or [imcf.bertadema@sasktel.net](mailto:imcf.bertadema@sasktel.net)).

**LSC Garage Sale is planned for Saturday, June 2 from 9 am to 3 pm.** Think of us when doing your spring cleaning this year! Household items and small pieces of furniture can be brought to the church from May 15 on (music room in the LSC basement). Watch for sign-up sheets for helpers!



# Sikh Day Parade ( Nagar Kirtan )

May 12<sup>th</sup>, 2018 ( 11:00 am - 3:00 pm), Sikh Society Regina

It is with a great pleasure that we request your presence at the 3rd Annual Sikh Day Parade, a part of Vaisakhi Celebration. **Please join us with your family and friends and celebrate the event promoting Diversity and Inclusion**

## Highlights:

- Free Vegetarian Food served in the spirit of *Love, Compassion and Selfless Service* to All
- Turban Tying Experience
- Gatka (Sikh Martial Arts)
- Information Displays



## Sikh Values are Canadian Values

- Equality
- Respect for All
- Community Service
- Freedom and Liberty for Everyone
- Social Justice and Protecting Human Rights

## Where:

Program begins at Sikh Society Regina, (3905 Princess Dr.) 9:00 am with Parade starting at 11:00 am and proceeding towards Legislative Building and then back to the origin via McCallum Ave. & Montague St.  
Food served at 3905 Princess Dr. and Leg. Building.  
Contacts: S. Grewal - 306-596-5153, B. Singh-306-515-0604





**Living Spirit Centre Spirituality Women's Breakfast, May 12, 2018 from 8 to 10 am. This month's guest speaker is Stephanie Molloy on Labyrinth Meditation.** *Trained in Ignatian spirituality and spiritual direction, Stephanie Molloy has devoted the last three decades to learning about and helping others to discover a deep relationship with God, self, and others. She has a Masters degree in Divinity and Theology. As a Roman Catholic lay woman, she has been in parish ministry (in charge of parishes with no priests) and most recently retired from Campus Ministry at Campion College at the U of R. Stephanie has prayed in and with labyrinths across Canada, and is eager to share the experiences and insights she has garnered in doing so. All women are welcome; please bring two toonies to help with costs.*

**The Psalm Remains the Same?** The next evening in the "A Rabbi and a Bishop" series, Monday, May 14 @ 7pm at Holy Rosary Cathedral (2104 Garnet St. at 13th Ave., Regina). Rabbi Jeremy Parnes and Archbishop Donald Bolen, together with local choirs, will look at some of the Psalms and their insight into human experiences of suffering and rejoicing. All are welcome at this free event. For further information, contact Nick Jesson, [jesson@ecumenism.net](mailto:jesson@ecumenism.net) or 306-352-1651.

**The next Eastside Family Dinner is coming up on Thursday, May 17 at 6 pm, doors open at 5:30 pm.** We invite all shapes and sizes of families to join us for a meal and community! Suggested donation of \$5/pp or \$20 per family. RSVP by Tuesday, May 15 so our volunteers are able to purchase the correct amount of food. We are looking for helpers with food prep, set up and clean up. Please email Linda at [lindlou@sasktel.net](mailto:lindlou@sasktel.net).

Indigenous Christian Fellowship's (ICF) annual **Walk of Faith Hope & Love** (a relaxed and friendly walk, jog, wheel, bike, skate or run followed by a hot dog and drink) is taking place at the ICF ministry Sunday, May 20th, beginning at 2 pm. The starting point of the 5 K route is Indigenous Christian Fellowship (3131 Dewdney Avenue). Pledge forms are available from the office or ICF. More information is available from Shirley Blythe (306.543.7801 or [esblythe@sasktel.net](mailto:esblythe@sasktel.net)), or Bert Adema (306.359.1096 or [imcf.bertadema@sasktel.net](mailto:imcf.bertadema@sasktel.net)).

**LSC Garage Sale is planned for Saturday, June 2 from 9 am to 3 pm.** Think of us when doing your spring cleaning this year! Household items and small pieces of furniture can be brought to the church from May 15 on (music room in the LSC basement). Watch for sign-up sheets for helpers!



# Sikh Day Parade ( Nagar Kirtan )

May 12<sup>th</sup>, 2018 ( 11:00 am - 3:00 pm), Sikh Society Regina

It is with a great pleasure that we request your presence at the 3rd Annual Sikh Day Parade, a part of Vaisakhi Celebration. **Please join us with your family and friends and celebrate the event promoting Diversity and Inclusion**

## Highlights:

- Free Vegetarian Food served in the spirit of *Love, Compassion and Selfless Service* to All
- Turban Tying Experience
- Gatka (Sikh Martial Arts)
- Information Displays



## Sikh Values are Canadian Values

- Equality
- Respect for All
- Community Service
- Freedom and Liberty for Everyone
- Social Justice and Protecting Human Rights

## Where:

Program begins at Sikh Society Regina, (3905 Princess Dr.) 9:00 am with Parade starting at 11:00 am and proceeding towards Legislative Building and then back to the origin via McCallum Ave. & Montague St.  
Food served at 3905 Princess Dr. and Leg. Building.  
Contacts: S. Grewal - 306-596-5153, B. Singh-306-515-0604

