




OPEN MINDS. OPEN HEARTS. OPEN DOORS.

**Horizons**  
 Newsletter of Eastside United Church



**eastside**

May / June 2015

# Meditation provides chance to connect with the divine

by Suzanne Joyce

*On eight Sunday evenings throughout March and April, up to 12 members of Eastside United enjoyed meditation classes led by Elaine Carlson.*

Eastside's Sheri Nupdal collaborated with Elaine to offer the classes. Sheri has been meditating regularly since participating in a Spirituality and Creativity class led by Elaine in the past. Following that class, several people inquired about her experience with meditation: "Others were very curious about it and asked me lots of questions. I wanted to give them an idea of what it was about, so I led members of the Congregational Care committee through a very short meditation at one of our meetings." Over time, Sheri found there to be so much curiosity and interest from her fellow Eastsiders, she contacted Elaine to see about leading another group.

Elaine has been meditating for 20 years and describes meditation as another spiritual practice in which individuals can engage: "It's really like an alternative form of prayer, a way of stilling yourself so you can hear the God voice within you, a means of connecting

the divine within us to the divine outside of us."

Through her meditation classes, Elaine tries to introduce newcomers to the variety of practices, including healing meditations, body awareness meditations, and mindfulness meditation in which participants quiet their minds. She uses visualization techniques often. Sheri has found being exposed to this variety of practices to be very helpful: "You may find one works best for you and that's the one you'll use 99% of the time."

Elaine believes that anyone has the ability to meditate, but qualifies that somewhat: at a minimum, individuals need to have a sense of the spirit we each have within us.

Class participants are encouraged to practice meditation at home throughout the week, aiming for 10 minutes each day, up to 20 minutes if they are able. Some enjoy writing their experiences in a journal. On Sunday evenings people are invited, but not required, to share what they experienced through the week.

*Continued on next page.*



*"As you watched, a great stillness came into you. The brain itself became very quiet, without any reaction, without a movement, and it was strange to feel this immense stillness. 'Feel' isn't the word. The quality of that silence, that stillness, is not felt by the brain; it is beyond the brain. . . . You are so still that your body becomes completely part of the Earth, part of everything that is still. And as the light breeze came from the hills, stirring the leaves, this stillness, this extraordinary quality of silence, was not disturbed." ~ Meditations by J. Krishnamurti*

## CONTACT INFORMATION

If you would like to be involved in future meditation classes at Eastside, please contact Sheri Nupdal with times that work best for you and the ideal frequency with which you'd prefer to attend.

[sherinupdal7@gmail.com](mailto:sherinupdal7@gmail.com)

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### Meditation, continued

Eastiders have found there to be many benefits to meditation, one describing relief from arthritic pain. Sheri agrees that the practice has added value to her life: "It really brings you back to earth, it grounds you. It allows you to let go of busyness and stress, and gives your body, mind and even your soul a chance to relax".

Elaine sees meditation practices as a valuable addition to the other spiritual nourishment offered by Eastside United. "It's a means of having an experience of the sacred that can be done independently. And why not enjoy as many God experiences as you can?"

This last session of classes was so successful, there are already tentative plans to start up again in the fall. Organizers are looking to share the responsibility a bit, possibly training a few people to lead participants in a meditation circle. All are welcome to join the group at any time, on a regular or drop-in basis.

WANT ADS:



### Wanted: Photographers

We just know there are a bunch of you out there with a hidden talent for photography, possibly with pics of Eastside happenings on your cameras or phones right now! Please consider sharing your talents with us. And if you enjoy posting pics on social media, we would love to have you do a little of that too. Contact the office for details.



### Wanted: Newsletter submissions

Did you catch an Eastsider doing something awesome? Anything we should know about you or a friend or family member? We love Eastside news and love even more to share it with our Eastside family! Please let us know by emailing [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net).

## Eastside Sunday School kids enjoy variety of activities!

by Amanda Tessier

We recently wrapped up the Easter season which was full of new beginnings, celebrations of life, and lots of chocolate of course! Now we resume with our SPARK Bible stories. Throughout the fall and winter we enjoyed several parables such as, 'David and Goliath,' 'Jesus feeds 5000,' and 'The 10 Commandments'. Some of our favourite activities included making baskets to hold our fish and bread, making stick picture frames to hold our favourite photos and racing in the Defeating David relay. Another crowd favourite was our celebrations during the greatest seasons of year. With cake, balloons, and music, we partied for Jesus' birthday. We also decorated cookies in celebration of St. Valentine and put on our fun and freaky costumes for Hallows Eve.

With children ages 3 through 12, there is never a dull moment in Sunday School. They bring so much excitement, and love partaking in all of the games, crafts, and activities. They show their creativity and enthusiasm to learn Jesus' word and be a part of the church community.

To finish off the Sunday School year we will celebrate on June 7<sup>th</sup>. Don't miss an afternoon of cupcakes, festive games, and enjoyable chaos! Also, make sure to join us for the outdoor service and carnival on June 14. It will be a blast!

Sunday School will begin again in September for the 2015-2016 year. If you have any questions feel free to contact Amanda at [a.c.tessier@hotmail.com](mailto:a.c.tessier@hotmail.com).



### We Can't Do It Without You!

At Eastside, we work really hard to provide a wide variety of opportunities for spiritual nourishment and fellowship. We hope you get enjoyment from these activities and also derive the strength and support you need from your faith community. But we can't do it without you! Please continue to consider ways in which you can support the good work of Eastside, through your time, talents, and financial resources. Thank you!



### Eastside Program AGM

Sunday, June 7

During worship

Come and learn about the exciting year enjoyed by Eastside's various programs and ministries! Program Annual Reports will be ready on Sunday, May 17.

This is also a great opportunity to join a group that strikes your fancy!

### Eastside United Go Cups For Sale!

Just in time for Father's Day, Eastside Go Cups are ready for pre-order! Great at coffee time to save on disposable cup use! **Jean Braun will be available following worship services** to take orders and so you can see the cups in person. You can also order by emailing Jean at [jeanh@accesscomm.ca](mailto:jeanh@accesscomm.ca). Cost is \$15 – we are only ordering as many as we have interest for, so you'll need to purchase by May 17 in time for our mid-June delivery.

Cups feature colourful Eastside logo, with our vision statement, website, and More Than Sunday programs. Great conversation starter to spread the word about our faith community too! Proceeds support the valuable work of the M&S Fund.



## SPECIAL THANKS TO OUR APRIL WORSHIP HELPERS!



### Taylor Balfour

We were thrilled to have Taylor deliver the Reflection during April 19's service. Taylor spoke on her experiences at the Ontario Youth Forum last summer. She did a fabulous job and we would enjoy having her back to speak any time!



### Rev. Ken Powers

A big thank you to Ken for coming out of retirement once again to lead us in worship on April 12. Ken often puts a musical spin on worship and we always enjoy our time with him!

## UPCOMING WORSHIP SERVICES

May 10 Mother's Day All Ages Celebration

May 31 Worship Band Fundraiser Service

June 7 Program AGM

June 14 Outdoor service and BBQ

# Russell's Reflection

by Russell Mitchell-Walker

## Being the Body

*For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. ... Now you are the body of Christ and individually members of it.*

1 Corinthians 12: 12, 27

This is an important passage from Paul's letter to the Corinthians explaining how we are all connected in the community of faith, the church and that we need each other. I have been thinking a lot about this lately as I consider the life of the community of Eastside. We need one another, and each of you is an important part of this community. Some are very involved, some come fairly regularly to worship (and regular these days can be 1 in 4 Sundays!), some are very busy and we see less frequently, and some I have never met, but still feel this community to be important to them. Regardless where you fit, you are a part of the Eastside body of Christ.

We are experiencing a challenge in our community and as a Body, we need all of our parts to work together. I have heard the challenges of house group leaders. It seems very difficult to get people to help out with the tasks of house group. Even though we have combined house groups and have a larger pool to choose from. I have heard the challenges of chairs of committees. We have chairs of committees who have worked hard and faithfully for many years and are ready to take a break, but have trouble thinking of or finding someone to take over. Committees are losing members and having difficulty finding new members. I have heard the challenge of our finance team. You will read in this newsletter the financial challenge we are facing. Our givings since the beginning of the year have declined comparatively to the last years.

This sounds like a lot of bad news but it doesn't have to be. If we are the Body of Christ, we need each other to function effectively as a body. So if you can help out in any of these areas, I encourage you to do so. We need chair people for all our committees: Christian Education, Congregational Care, Worship, and Affirming Ministry. We would also benefit from a small group of folk willing to develop a stewardship campaign in the fall.

Eastside has worked hard to restructure, recognizing people lead busy lives and don't want to commit to things in the same way; joining a committee or becoming chair, does not mean a three year term. Many committees have talked about having a rotating chair, where each committee member takes a turn each meeting. The reality is that if we don't have people doing tasks or taking on roles then it leaves more work for those who are doing it and the minister – me! I would like to spend more time visiting and developing programs, and that is hard if there is too much administration to do.

We can come together and address this. Is this community important to you? What does it mean to be connected to Eastside? Is it important enough to consider helping out if you are not? I invite you to consider these questions carefully and prayerfully. Churches all face a challenge these days, and we all need to work together so that we can continue to be church and explore new ways of being church. May we all embrace this challenge together and live out faithfully being the Body of Christ.

## IMCF Breakfast

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

Six volunteers are needed to help make this happen. If you are able to spare any time at all, as your schedule allows, you are more than welcome. 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 me if your children would like to be involved.

**Our next breakfast is Saturday, May 23, and the one following is Saturday, June 27.**

As we move forward, we hope to develop a volunteer roster and schedule in advance of the breakfast dates, so our volunteers and organizers can make the best use of their time. Please contact Peter Braun if you are interested in helping on one of these, 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



*The LSC Labyrinth provides an opportunity for individuals to engage in an alternative spiritual practice but is in need of maintenance.*

## Skylight Festival First of its Kind in Canada

**July 31 - August 2, 2015: the Skylight Festival of Arts, Faith & Justice** is coming to the Paris, Ontario Fairgrounds and you will not want to miss it! Over 22 contributors are confirmed including our moderator Gary Patterson, Sylvia McAdams (Idle No More), and Doug Pagitt.

Patterned after the UK's Greenbelt Christian Arts Festival and the Wild Goose Festival held annually in Hot Springs, North Carolina, Canada's inaugural **Skylight Festival** will offer music, drama, art, film and inspiring talks on faith, peace and justice - in a celebratory space created to nurture a narrative of hope, joy and transformation.

With camping space for all, **Skylight** will be easy on the pocket book, and everyone is welcome, regardless of race, gender, sexual orientation or religious affiliation.

Information on singers, speakers and artists will be released in upcoming weeks. Check the Skylight website regularly ([www.skylightfestival.ca](http://www.skylightfestival.ca)) for the latest information and registration details.

Eastside's Nicole Haynes attended the Wild Goose Festival with Russell last summer. When Russell first approached her about the Wild Goose Festival, she felt it sounded like a great place to meet others who were on a similar path (and some who weren't) and to have very

meaningful conversations with both groups. "The more I learned about it, I felt that it would be so beneficial not only spiritually for me, but also for our church, that I needed to go and spend a weekend immersed in emerging church philosophy, thought-provoking discussion, and speakers from many different spiritual places."

Nicole found that the best thing about the Wild Goose Festival was that people challenged her: "Speakers on stage and people standing beside me at a talk or in the beer tent, just to avoid the rain of course, they said things to shock people into action. They asked that you listen, but at no point was anyone being forced into believing something they didn't want to. There was nothing that I didn't hear and spend some time reflecting on."

Festivals and events like Skylight and the Wild Goose Festival provide the opportunity to reach a better understanding of others, especially those that are different from us on views or lifestyles. Nicole confirms this: "Out of this weekend, I gained a better understanding that we're okay regardless of where we are in our faith journey. It's our questions and desire to learn that make us unique, human, and better Christians."

Please talk to Russell if you are interested in attending the Skylight Festival this summer. It promises to be a wonderful experience!

## LSC Labyrinth in need of TLC - can you help?

A number of years ago, Eastside clergy and volunteers worked together to build a labyrinth on the northwest corner of the Living Spirit Centre grounds. Over the years, this structure has been used in organized worship services and by individuals seeking time for quiet reflection and prayer. As the only outdoor labyrinth in Regina, the LSC labyrinth provides a unique opportunity for those looking to engage in this spiritual practice.

The LSC Labyrinth is in disrepair and is in need of a substantial input of elbow grease to return it to the original vision. We are currently looking for individuals who are able to commit to a few hours of weeding and also those who would like to have a role in the ongoing maintenance and promotion of the labyrinth.

Please contact the church office if you see yourself serving in this volunteer role at Eastside!

# Volunteers give gift of worship at WRC

by Suzanne Joyce

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.

The last Wascana service took place on April 19, at which three volunteers from Broadway United helped out as well.

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



Volunteers are always needed! We hope you'll consider joining us for a future worship service at the Wascana Rehabilitation Centre. Our next service is scheduled for the afternoon of Sunday, June 21.

RIGHT: Eastside's Anna-Marie Donovan leads the worship service.  
LEFT: Eastside and Broadway volunteers join together to provide this outreach ministry.  
Photo credit: Linda Fowler

# LSC Women's Breakfast finds the WOW in Pow wow!

by Bonnie Yake

On Saturday, April 11, the LSC Women's Spirituality Breakfast broke from their monthly routine to attend the 37th Annual First Nations University Pow wow at Evraz Place.

What an experience! There were such vibrant, colourful, amazing costumes, each one unique. All ages were represented, from tiny, little ones stomping out the beat; to grandmothers elegantly dancing and swirling; to young men, splendid in their feathers and vigour; to teenage girls, beautiful and graceful. Several groups of men and boys, sitting in circles at the edge of Evraz Place, took turns singing and drumming.

Our last two breakfasts before fall are coming up quickly. On Saturday, May 9 from 8 to 10 am our topic is "a conversation about being transgender with the Rev. Cindy Bourgeois". Our season wrap-up takes place on June 20, when we'll be enjoying a day retreat with a focus on spiritual practices with Jenni Krall at the Wild Spirit Prairie Sanctuary. Please feel free to join us, even if you've never attended an LSC Women's Breakfast in the past. And we look forward to connecting with everyone again in the fall!



It was difficult to capture the full spectacle of the Pow wow in a picture, but this gives you the idea of the amazing colour and activity!  
Photo credit: Anita Tessier

## Film and Faith Tuesday, May 19 Time TBA

We are hoping to see "Woman in Gold", the remarkable true story of one woman's journey to reclaim her heritage and seek justice for what happened to her family. Our second choice is or "McFarland, USA". Watch our facebook page for details closer to the date. All are welcome!





# Eastside Kids! Here are some springtime activities just for you!

## Spring

	egg	C	A	T	E	R	P	I	L	L	A	R	E
	snail	R	F	B	T	Y	V	I	L	Q	B	S	B
	bee	U	R	Y	W	S	D	F	V	N	U	N	C
	frog	F	O	E	A	V	M	L	Y	L	C	A	B
	caterpillar	R	G	U	B	E	G	G	O	A	W	I	K
	lamb	N	H	T	R	C	R	F	Y	D	B	L	I
	ladybug	O	W	L	G	H	V	T	A	Y	I	B	Q
	butterfly	M	N	P	O	T	G	L	E	B	S	Q	C
	owl	H	N	J	I	O	P	A	Q	U	V	G	H
	sun	F	C	N	L	F	I	M	B	G	F	Y	U
		B	E	E	C	Y	Z	B	T	H	W	P	B
		Y	B	U	T	T	E	R	F	L	Y	S	M

### A Bible Verse for Spring!

Song of Songs 2:11-12 MEV

For now the winter has past;  
 the rain is over and gone.  
 The flowers appear on the earth;  
 the time of singing has come,  
 And the voice of the turtledove  
 is heard in our land.

### What's a "turtledove"?

The European turtle dove is a bird native to Africa, Asia, and Europe. Turtle dove populations have dropped by 62% in recent times! This is partly because changed farming practices mean that the weed seeds and shoots on which it feeds are more scarce, and partly due to shooting of birds in Mediterranean countries during their migration. While we don't have turtle doves in Canada, we do have their cousin, the Mourning dove. You may see or hear these birds cooing in your neighbourhood - a sure sign of spring!



God wants me to be a **Good Steward!**



Ways I can help:



Images © Zepher Teachers as Clips by Jenn

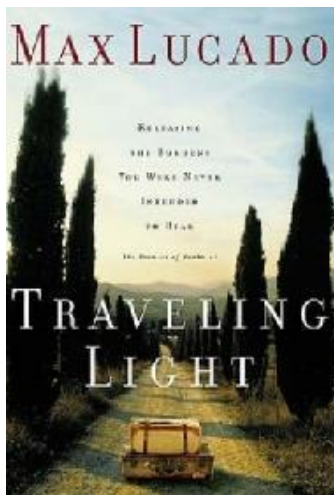


# Books in your LSC Library!

What better than a handful of books to keep you entertained as we move into summer? The Living Spirit Centre library has SO MANY great ones to choose from! In celebration of two of the things we love best about summer - time in the great outdoors and the chance to visit new places - we're featuring two books from our library. As always, you're free to borrow these and all other library books at any time! And please let us know if you come across any favourites!

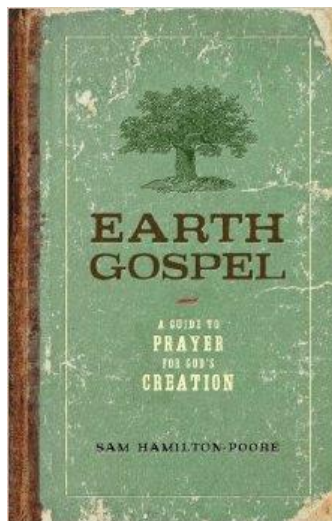
## Traveling Light: Releasing the Burdens You Were Never Intended to Bear by Max Lucado

Weary travelers. You've seen them — everything they own crammed into their luggage. Staggering through terminals and hotel lobbies with overstuffed suitcases, trunks, duffels, and backpacks. Backs ache. Feet burn. Eyelids droop. We've all seen people like that. At times, we are people like that — if not with our physical luggage, then at least with our spiritual load. We lug loads we were never intended to carry. Fear. Worry. Discontent. No wonder we get so weary. We're worn out from carrying that excess baggage. Wouldn't it be nice to lose some of those bags? That's the invitation of Max Lucado. With the Twenty-third Psalm as our guide, let's release some of the burdens we were never intended to bear.



## Earth Gospel: A Guide to Prayer for God's Creation by Sam Hamilton-Poore

How are Christians to respond as stewards of God's creation? Explore through prayer the interconnecting love that binds God, humankind and creation - forming a sacred trust. Hamilton-Poore found himself thinking about nature and preservation while being drawn to a certain riverside when he lived in Iowa. "...Every time I came within sight or sound of the river, I found myself in prayer," he writes. "'Wading into Willow Creek' was like walking into a sanctuary where a divine liturgy was already in progress - a liturgy that the creation itself was singing to its Creator. I experienced myself and creation 'held' in the hands of Christ, the 'first-born of all creation,' who holds together all life, all creation." He came to realize that loving God means also loving God's creation. Christian love-in-action on behalf of the earth is essential. How we live should be informed and shaped by prayer, and how we pray should be informed and shaped by how we live. God's beloved creation is groaning. May we rediscover hope and be led to a renewal of prayer and action on behalf of our home. Tread lightly.



Book descriptions are from amazon.ca.



Who plants a seed  
beneath the sod,  
and waits to see,  
believes in God.

~ Author unknown



## Pride Parade 2015

We are inviting any Eastsiders interested in joining the Regina United Church Affirming Ministries entry in Pride Parade 2015. On the morning of Saturday, June 20, we will meet at a location to be announced, to decorate and prepare our entry for the parade. We plan to arrive at the parade staging area at 10:30 am for start time of 12 noon. This is always a fun time and a great way to share with Regina the good news of our Affirming Ministries!



COMING SOON TO THE LSC

# Quarterly Financial Update: January 1 - March 31, 2015

by Jim Fallows

Eastside incurred a substantial deficit of \$8,062 during the first three months of 2015 (see below). This deficit consisted of an operating deficit of \$4,387 less mortgage payments of \$3,675.

The deficit was unexpected; it resulted from a significant decline in giving in comparison to recent years. Eastside's bank account has been drained, so it is unclear at this point how we will remain financially viable through the summer.

Options for reducing costs are being considered. One option is to eliminate

plans for contributions to a maintenance reserve for the Living Spirit Centre. This would result in a temporary saving of \$4,000. Other options include deferring payment of Eastside's annual Presbytery assessment of \$7,000.

Ideally, we would prefer to avoid these cost-cutting measures, and can do so if individuals maintain their giving levels from the previous year. Members of the congregation are respectfully asked to consider what they can do in this regard.



## LSC Garage Sale - May 30 Saturday, May 30 from 9 am to 3 pm

Bring your small garage sale and flea market items to help our congregations raise money for outreach and building needs. Please price your items and label boxes with which church you would like your donation to go to.

To rent a table for \$20 to sell your own garage sale items or baking, call Clare Banks at 306-781-4121. Deadline to book your table is May 20.

We look forward to seeing you on May 30<sup>th</sup>!

## Summer Worship Schedule

As in previous years, Eastside will be working with St. Philip Anglican to provide meaningful summer worship opportunities for you! Services will take place in the East Sanctuary at 9:30 am.

July	5	Eastside
	12	St. Philip
	19	Eastside
	26	St. Philip
August	2	St. Philip
	9	St. Philip
	16	St. Philip
	23	Eastside
	30	Eastside

Eastside United Church Statement of Surplus (Deficit) for January 1 - March 31				
	2015 Actual	2014 Actual	2013 Actual	2012 Actual
Revenue to Support Eastside United Church	\$ 30,794	\$ 41,745	\$ 37,863	\$ 34,555
Revenue to Support Mission & Service Fund	3,077	3,661	3,250	3,449
<b>Total Revenue</b>	<b>33,871</b>	<b>45,406</b>	<b>41,113</b>	<b>38,004</b>
Eastside's Operating Expenses	35,181	35,249	35,540	32,045
Contribution to Mission & Service Fund	3,077	3,661	3,250	3,449
<b>Total Operating Expenses</b>	<b>38,258</b>	<b>38,910</b>	<b>38,790</b>	<b>35,494</b>
<b>Operating Surplus/(Deficit)</b>	<b>\$ (4,387)</b>	<b>\$ 5,496</b>	<b>\$ 2,323</b>	<b>\$ 2,510</b>
Less: Mortgage Payments (principal & interest)	3,675	3,050	4,000	4,125
<b>Equals: Surplus/(Deficit)</b>	<b>\$ (8,062)</b>	<b>\$ 2,446</b>	<b>\$ (1,677)</b>	<b>\$ (1,615)</b>



# Happy Father's Day!



## Horizons: The Newsletter of Eastside United Church

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