

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
22 Worship 11:15 am POTLUCK Congr. Care Speaker GONG BATH	23 Meditation 7 pm AA 8 pm	24 Cards 9:30 TOPS 6:30	25	26 Craft Study 1:30	27	28 ICF Breakfast 9 am
Russell Away – Leadership in the New Parish						
29 Worship 11:15 am	30 Meditation 7 pm AA 8 pm	1 Cards 9:30 TOPS 6:30	2	3 Craft Study 1:30	4	5
Russell - Seattle						
6 Worship 11:15 am Communion	7 Meditation 7 pm AA 8 pm	8 Cards 9:30 TOPS 6:30	9	10 Craft Study 1:30	11	12 Women's Breakfast 8 am
13 Worship 11:15 am	14 Meditation 7 pm AA 8 pm	15 Cards 9:30 TOPS 6:30	16	17 Craft Study 1:30	18	19
20 Worship 11:15 am	21 AA 8 pm	22 Cards 9:30 TOPS 6:30 FILM AND FAITH	23	24	25	26 ICF Breakfast 9 am

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

April 22, 2018

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: Ruth Hannah and Laura Muxlow
 Congregational Care Greeter: Linda Fowler
 Prayers: Bonnie Yake
 PowerPoint: Brenda Adamko
 Music: Michelle Dickie
 Last week's attendance:



Russell's Office Hours:

Tuesday through Thursday, working from home Friday

Coffee Shop Office Hours Wednesdays from 2 to 4:30

Office Hours:

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

Scripture Reading: Gospel: John 10: 11-18; Epistle: 1 John 3: 16-24

Songs –

And on This Path MV #8 vs 2
 The Spring has Come VU #187
 Hey Now, Singing Hallelujah MV #121 v1
 All things Bright and Beautiful VU #291
 I Thank You, Thank You Jesus MV # Vs 1
 Called by Earth and Sky MV135
 O Beautiful Gaia MV#41 vs 4

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, April 23 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. We are resuming weekly gatherings now that winter is over!!

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. This should take us into May and we will break for summer at that time.

The **Regina Philharmonic Chorus** with the Regina Symphony Orchestra and soloists, Allison Arends and Matthew Cassils are presenting a "**A Brighter Heaven**" including the choral works of Dvorak's *Te Deum* and Vaughan Williams' *Dona Nobis Pacem* on **Saturday, April 28, 2018 at 8 pm** at Knox-Metropolitan United Church (2340 Victoria Ave). Tickets: \$30 Adults, \$15 Students, \$5 Children and are available online at www.reginaphilharmonic.com, from any RPC member and also at the door. All are welcome.

Gong Bath: TODAY Sunday, April 22 at 3 pm at the LSC. Doors open at 2:30 pm. Bring blankets, pillows, a yoga mat or something soft to lie on. Cost is \$20 per person. Stay for tea and snacks afterwards. Please register with Lorraine Walker at prairie.flow@gmail.com. A gong bath is an hour-long meditation. You lie on the floor and are immersed in the sounds and vibrations of the gong. It is an ancient sound that allows you to experience a deep meditation. These meditations are open to everyone, so feel free to invite your friends.

Atamiskākēwak National Gathering 2018 is the bringing together of all people in a week of experiences, education, understanding, and fun, bridging the gap between Indigenous and non-Indigenous peoples! It is taking place in Moose Jaw, Saskatchewan April 23rd - 28th, 2018 in Treaty 4 Territory; Nēwō Tīpahātamin Askiy and the traditional territory of the Cree and Saulteaux, Assiniboine, and Métis. Check out the event website: <http://www.nationalgathering.ca/index.php>. The week will consist of national and international attendance on "how" to build right relationships on the journey of reconciliation between Indigenous and non-Indigenous peoples. It will be "how" do we apply and act on the '94 *Calls to Action* in today's reality.

Saturday, April 28: Concertino Regina concert "Romantic Requiem" at 7:30 pm. The program includes:

1. Mendelssohn String Quintet No. 1 in A Major, Op. 18, performed by: Elizabeth Sihua & Djo Louise Mercado Anacio (violin); Shalva Chabukiani & Ben Polasek (viola); and Cameron Lowe (cello)
2. Brahms String Sextet No. 1 in Bb Major, Op. 18, performed by: Elizabeth Sihua & Djo Louise Mercado Anacio (violin); Shalva Chabukiani & Ben Polasek (viola); Cameron Lowe & Jeanie Kim (cello)
3. Popper Requiem for Three Cellos and Piano, Op. 66, performed by Jeanie Kim, Cameron Lowe & Alison Lohans (cello) and Mark Ancheta (piano)

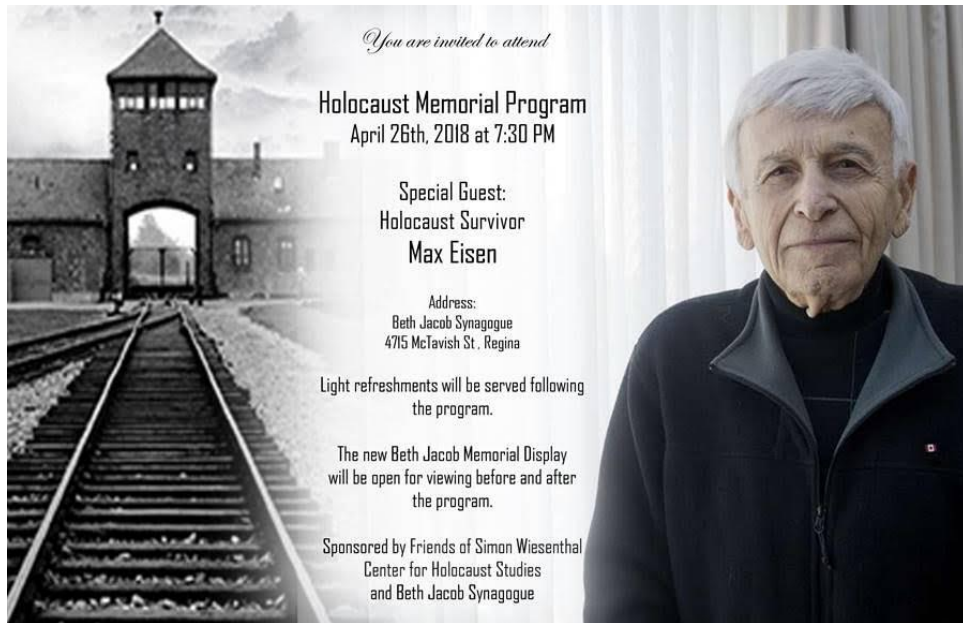
Admission is by donation.

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 to order yours today!

The next ICF (Indigenous Christian Fellowship) Breakfast is coming up on Saturday, April 28 from 9 am to 12 noon. If you're looking for a family-friendly, feel-good volunteer opportunity, we are in need of helpers to set up, serve, and clean up following breakfast. Let Peter Braun know of your availability!

The **Inhabit Conference** is a three-day experience (with Pre Day) April 26-28 dedicated to helping you practice faithful presence and seek the flourishing of your place. Join hundreds of practitioners from across North America at the beautiful Seattle School of Theology and Psychology for one of the most transformative breakthrough gatherings of the year. Join Russell as he attends this conference as part of his *Leadership in the New Parish* Course. He is encouraged to bring people from his community. A special ticket rate is available until February 25, 2018 and Russell also has a discount code. The rates are \$119USD for individuals, \$109USD per person if there is a group of three or more. If you are interested, contact him at russell.eastside@sasktel.net.

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.



You are invited to attend

Holocaust Memorial Program
April 26th, 2018 at 7:30 PM

Special Guest:
Holocaust Survivor
Max Eisen

Address:
Beth Jacob Synagogue
4715 McTavish St., Regina

Light refreshments will be served following the program.

The new Beth Jacob Memorial Display will be open for viewing before and after the program.

Sponsored by Friends of Simon Wiesenthal Center for Holocaust Studies and Beth Jacob Synagogue



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.

The Regina Mandolin Orchestra presents **Wings, Strings and Musical Things**, 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 or at the door \$15 adults, \$10 seniors and students.



Hello from Lumsden Beach Camp!

It is spring!!! This means that LBC is a buzz of activity (have you heard we are getting a bee hive and gardens this year?!). Here is some information we're excited to share with you!

1) **Summer registration is open!** Several sessions are already full or nearly full. We would love to have a sellout this summer, so help us by promoting this wonderful camp!

2) **Saturday, May 5** is camp clean up (assuming the snow is gone). This is a really fun day in the valley. We need a large number of hands to get the site up and running for the summer. Jobs vary, but we will find something for everyone! LBC will also provide a hot-dog roast lunch for volunteers. Please bring your own drinking water. Gates open at 9:30am.

Also, many congregations have buildings they are responsible for. If your community would like to be assigned a cabin or other building, please let me know. This system is great because a) LBC knows that certain spaces are automatically cared for and b) volunteers who come out know year-to-year what to expect and what to bring.

3) 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


4) 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.

5) **Banana Sprint** – 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 if you have any questions about the camp, have a good idea for us, or just to say "hi".



You are invited to attend

Holocaust Memorial Program
April 26th, 2018 at 7:30 PM


Special Guest:
Holocaust Survivor
Max Eisen

Address:
Beth Jacob Synagogue
4715 McTavish St., Regina

Light refreshments will be served following the program.

The new Beth Jacob Memorial Display will be open for viewing before and after the program.

Sponsored by Friends of Simon Wiesenthal Center for Holocaust Studies and Beth Jacob Synagogue




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.

The **Regina Mandolin Orchestra** presents **Wings, Strings and Musical Things**, 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 or at the door \$15 adults, \$10 seniors and students.



Hello from Lumsden Beach Camp!

It is spring!!! This means that LBC is a buzz of activity (have you heard we are getting a bee hive and gardens this year?!). Here is some information we're excited to share with you!

1) **Summer registration is open!** Several sessions are already full or nearly full. We would love to have a sellout this summer, so help us by promoting this wonderful camp!

2) **Saturday, May 5** is camp clean up (assuming the snow is gone). This is a really fun day in the valley. We need a large number of hands to get the site up and running for the summer. Jobs vary, but we will find something for everyone! LBC will also provide a hot-dog roast lunch for volunteers. Please bring your own drinking water. Gates open at 9:30am. Also, many congregations have buildings they are responsible for. If your community would like to be assigned a cabin or other building, please let me know. This system is great because a) LBC knows that certain spaces are automatically cared for and b) volunteers who come out know year-to-year what to expect and what to bring.

3) 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

4) 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.

5) **Banana Sprint** – 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 if you have any questions about the camp, have a good idea for us, or just to say “hi”.