

January/February 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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 7 pm	5 Coffee Shop 2 – 4:30 pm Brewed Aw Ken Jones Funeral 1 pm	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 In West Sanctuary 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 Worship Feedback Team 12 pm KAIROS Meeting 7 pm	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 Community Dinner	21	22 ICF Breakfast 9 am
Russell Away AC-UC Dialogue						
23 Worship 11:15 AGM Potluck Cong Care Seminar	24 Meditation 7:15 pm AA 8 pm	25 Cards 9:30 TOPS 6:30 Shrove Tuesday Pancakes Faith Form.	26 Coffee Shop 2 – 4:30 pm Brewed Aw Ash Weds. Service BoL Community Potluck	27 Forever in Motion 10 am Craft/Study 1:30 pm	28 INI Film & Faith 6 pm	29

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

January 26, 2020

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



Thank you for joining us for Mental Health Sunday and a special welcome to Anne Penniston Gray and Dr. Todd Sojonky for sharing their stories with us this morning.

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

Last week's attendance: 58 Offering: \$490 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 be holding **Coffee Shop Office Hours** Wednesdays through January from 2 to 4:30 at Second Cup on Quance Street.

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 27 at 7:15 pm. This week will be a meditation led by Shauna Powers. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

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.

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 TODAY 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.

Film and Faith, Friday, January 31. We are looking at watching *Bombshell*, *Just Mercy*, *Jojo Rabbit* or *Little Women*. Keep an eye on our Facebook event page to vote for your preference, RSVP and for details!

HEARTS OF LOVE: The Gratitude Team invites you to participate in a **Valentine Gratitude Fundraiser** for Eastside. We are creating Valentines with scripture messages of love for you to give to a loved one for a donation. Suggested amount of \$5 to \$50 or whatever you wish, and \$1 for children's valentines. These will be available at the Gratitude Table after Church on Sundays February 2 and 9.



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.

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.

Eastside Community Dinner, Thursday, February 20 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.

Our next ICF Breakfast is Saturday, February 22 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.

KAIROS Regina Inaugural Meeting, February 12: The inaugural meeting of the new ecumenical justice group, KAIROS Regina, will be Wednesday, February 12 at 7 pm at the Living Spirit Centre, 3018 Doan Drive, Regina. Our speaker for this meeting will be Cam Fraser, minister at Knox-Metropolitan Church, who will reflect on the theme "*Why do we do social justice ecumenically?*" In addition, the meeting will include the approval of the "Terms of Reference" of the new group, reports from working groups, and an opportunity to share news and announcements of other social justice initiatives. All are welcome. No registration is required. For further info, contact KAIROS Regina at kairos.yqr@gmail.com.

Special Discussion Event - Christians On Climate Change, Sunday, March 8 at 7 pm at the LSC. Please mark your calendar; more info to follow.



KAIROS Regina-Reconciliation Sharing Group will meet on the 3rd Tuesday of each month at 7pm at Wesley United Church. The Reconciliation Sharing Group was formed so that people who are working on Truth and Reconciliation projects or on other projects aimed at improving the conditions for Indigenous People have an opportunity to connect, network, encourage and support each other. For further information, contact Sandra Blenkinsop at sandra.blenkinsop@sasktel.net.

St. James Dinner Theatre: St. James United Church provided the meal for our Gratitude Dinner with no expectation of us doing anything in return (which was the offer). We would like to support them by going to their Dinner Theatre as a group. We have set aside two tables of 8 people each to fill (and can get more if we need). The show is called Leading Ladies (poster in announcements) and have booked for the dessert theatre Sunday, March 22 at 2 pm and Dinner Theatre Saturday, March 21 at 6:30 pm. Please sign up on the bulletin board if you wish to go and pay at the Gratitude Table after church or pay Russell in the office during Tuesday, Wednesday (morning, or at coffee shop), or Thursday.

*St. James Players
Proudly Presents:*

Directed by:
Allan Barsz

Ken Ludwig's



LEADING LADIES

*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/Matinee \$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 Barsz
Sarah Elgren
Jaquana Eufenheler
Milan Folnovic
Larry Bryan
Ashley Curtis
Jakob Elgren

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.

KAIROS Regina-Reconciliation Sharing Group will meet on the 3rd Tuesday of each month at 7pm at Wesley United Church. The Reconciliation Sharing Group was formed so that people who are working on Truth and Reconciliation projects or on other projects aimed at improving the conditions for Indigenous People have an opportunity to connect, network, encourage and support each other. For further information, contact Sandra Blenkinsop at sandra.blenkinsop@sasktel.net.

St. James Dinner Theatre: St. James United Church provided the meal for our Gratitude Dinner with no expectation of us doing anything in return (which was the offer). We would like to support them by going to their Dinner Theatre as a group. We have set aside two tables of 8 people each to fill (and can get more if we need). The show is called Leading Ladies (poster in announcements) and have booked for the dessert theatre Sunday, March 22 at 2 pm and Dinner Theatre Saturday, March 21 at 6:30 pm. Please sign up on the bulletin board if you wish to go and pay at the Gratitude Table after church or pay Russell in the office during Tuesday, Wednesday (morning, or at coffee shop), or Thursday.

St. James Players
Proudly Presents:

Directed by:
Allan Barsz

Ken Ludwig's



LEADING LADIES

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/Matinee \$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 Barsz
Sarah Elgren
Jaquana Eufenheler
Milan Folnovic
Larry Bryan
Ashley Curtis
Jakob Elgren

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.