

June/July 2018

At a glance

Full descriptions of activities in bulletin.



# ANNOUNCEMENTS

June 10, 2018



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**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: Ken Powers and Cathie Henderson  
 Congregational Care Greeter: Elaine Hill  
 Prayers: Ken Powers  
 Music: Joshua Hendricksen  
 Last week's attendance: 68

**Russell's Office Hours:**

Russell is away at the United/Anglican Dialogue in Saskatoon and then Seattle for the last session in his Leadership for the New Parish Course, between June 11 and 18.

**Eastside Office Hours:**

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

**Songs –**

Spirit Open My Heart  
 Spirit God, Be our Breath MV #150  
 Come and Find the Quiet Centre VU #374  
 Dance with the Spirit MV #156  
 I Thank You, Thank You Jesus MV #188  
 Guide Me O Thou Great Jehovah VU #651  
 Spirit of Gentleness VU #375

For those interested in an online resource for *Daily Prayer*, this link will provide you with a traditional and contemporary option for each day from the Church of England <http://www.oremus.org/cofe.html>. Interested in an app?(available on iPhones only), try Common Prayer, by Shane Claiborne of The Simple Way. Print copies available on back table.

The scripture readings this week: Exodus 20:3-11  
 Matthew 22:34-40

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>10</b> Worship 11:15 am Outdoor Service and BBQ Open Hearts Communion	<b>11</b> Pride Flag Raising @ City Hall 9 am AA 8 pm	<b>12</b> Cards 9:30 TOPS 6:30	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Pride Parade Decorate @ 9:30 am 
Russell away – United Anglican Dialogue, New Parish course						
<b>17</b> Worship 11:15 am Father's Day Prayer Candles	<b>18</b> AA 8 pm	<b>19</b> Cards 9:30 TOPS 6:30 LSC Council	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> ICF Breakfast 9 am
Russell away						
<b>24</b> Worship 11:15 am	<b>25</b> AA 8 pm	<b>26</b> Cards 9:30 TOPS 6:30	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>1</b> Tri-parish Canada Day Worship <b>9:30 am</b>	<b>2</b> AA 8 pm	<b>3</b> Cards 9:30 TOPS 6:30	<b>4</b>	<b>5</b>	<b>6</b> Queer and Faith Friendly Coffee House Wesley UC 7 pm	<b>7</b>
<b>8</b> Worship Hosted by Eastside Communion <b>9:30 am</b>	<b>9</b> AA 8 pm	<b>10</b> Cards 9:30 TOPS 6:30	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Russell holidays						

TOPS = Take Off Pounds Sensibly  
 AA = Alcoholics Anonymous

**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.

**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.

**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)

**Summer Solstice Gong Bath** at the Living Spirit Centre from 3 to 4 pm on Sunday, June 24. The gong bath meditation bathes us in vibration and sound. It is an ancient and profound healing technique. Bring mats or a foam, and blankets, pillows to lie on the floor. The cost is \$20, and includes tea and snacks.

Over the summer, our minister Russell invites you to find out what God is up to in your neighbourhood, to meet with your neighbours with the goal of getting to know them or if you know them, to get to know them differently. Gather a group of your neighbours and have conversation. It may include exploring the following questions:

- Who is your neighbour? Who are the people in your neighbourhood? Are the demographics changing?
- What are the assets of your neighbourhood? What do people love about it?
- What are the hurts of the neighbourhood? What are the issues or concerns?
- What would you like to see happen in the community? What is happening that you like or is exciting?

Be creative about how you might do this. We will share stories at a Parish Ministry Sunday in the fall.

**Lumsden Beach Campn spring programs:**

**Day Camp** – 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.

Thank you for supporting your United Church Summer Camp! Contact Vicki at 306-539-7772 or [info@lumsdenbeachcamp.com](mailto:info@lumsdenbeachcamp.com).



**Start off your Canada Day Sunday celebrations with a Tri-Parish service!**

We kick off the summer of church crashing by having a shared service planned jointly by your ministry staff from all three congregations: Bread of Life Lutheran, Eastside United and St. Philip Anglican. Come as we celebrate and reflect on the joys and challenges of this great country of ours. There will be refreshments following the 9:30 am worship.

## SUMMERTIME Worship!

Sundays from July 1 to August 19, Eastside will be joining St. Philip Anglican and Bread of Life Lutheran Churches for church-crashing once again! Each Sunday one of the three churches will host the service and the other two will join in and get a chance to experience the worship traditions in their partner churches. **All services will be at 9:30 am.** We will need a few helpers to prepare refreshments for the Sundays Eastside is hosting worship: July 8 and August 12.

**PRIDE PARADE** – June 16 is the parade to celebrate LGBTQ folk in our city. We will be walking with the Welcoming Faiths contingent, expanding this year to include all faiths. Parade is at 12 noon, gather at 2070 Broad Street by 11am. Decorating of vehicle and sign making is at St. James UC (4506 Sherwood Drive) starting around 9:30 am. A group will gather to watch the parade in front of Knox Met UC. **LOTS MORE ACTIVITIES IN THE PRIDE GUIDE!** Available on the narthex shelves.