



Horizons

Newsletter of Eastside United Church



Advent 2018

OPEN MINDS. OPEN HEARTS. OPEN DOORS.

Messy Church comes to the LSC!

by Russell Mitchell-Walker

We are excited to be offering Messy Church as a shared program pilot project for all three congregations. The clergy are working together to coordinate this ministry and are looking for your help and support. But first, what is *Messy Church*? *Messy Church* began in England as a "Fresh Expression" of church. A fresh expression is a form of church for our changing culture established primarily for the benefit of people who are not yet members of any church.

Messy Church began at St. Wilfrid's Anglican Church near Portsmouth, England by Lucy Moore in 2004. The concept was to be "church" in a way that appealed to whole families through listening to the needs of the local community and as a way to reach those who were not connected to any church. There are now almost 4000 Messy Churches registered in the UK and over 265 in Canada, plus New Zealand, Australia, Denmark, the USA and around the world. MC Regional Coordinators help to support and assist those already running Messy Churches and help others to establish new Messy Churches. In Canada the Team Leader is Sue Kalbfleisch from Ancaster (Hamilton)

Ontario and there are Regional Coordinators all across Canada.

Traditional Church starts on time (and don't you be late!) but not so with *Messy Church*. *Messy Church* starts for you, when you arrive. The doors open at 5:00 (or whatever time you have chosen), but you come as you are able.

Messy Church is CHRIST CENTERED. It is for all ages and is family friendly. It is creating, worshipping and sharing a meal together. It is Spirit led and encourages all to discover Jesus. It is fun and builds communities with Christ as the focus.

Messy Church happens once a month, with the following aims:

- To provide an opportunity for people of all ages to worship together
- To help people of all ages feel they belong in church and to each other
- To help people have fun and be creative together
- To introduce Jesus through hospitality, friendship, stories and worship

Includes four main components, with all three related to a theme...

- Activities (crafts, games)
- Celebration (worship)
- Prepared meal
- Take-home material (to connect families between MC months)

We invite all families from our congregations and your friends from other or no congregation to come and check out *Messy Church*. Individuals who want to come and experience this Our first pilot event will be Messy Advent on December 2, at 4pm in the Lower Hall of the Living Spirit Centre. In order for this to happen, **we need the support of** lay people in our community. Eastside is coordinating the Activities; Bread of Life the Celebration worship; and St. Philip the Meal. If you can help in any of these areas, please speak to Russell or let the office know. If you are able to let us know ahead of time that you/ your family is coming that would help with the meal planning. Just call the office. We are looking forward to offering this ministry and hope that you will join us!

Advent Reflection

by Russell Mitchell-Walker



Now is the time for the colour purple. Purple is the colour of kings and queens. ... A king is coming but he is not the kind of king people thought was coming. This king had no army, no great house, and no riches. This king was a baby who was born in a barn.

So begins the Advent story of Godly play. We are preparing for the coming of Jesus, as we enter into the season of Advent, which begins December 2. We take time, four weeks, to prepare for the celebration of Jesus being born into our lives, into the world. We take that time because, as Godly Play describes it, we are entering a great mystery. It is a mystery as we celebrate the coming of Jesus, who is already with us, and still coming. In preparing for the celebration that is coming, we can become so involved in other preparations that we lose sight of the reason for all the preparations. As the Godly Play story names:

Sometimes people can walk right through a mystery and not even know it is there. This time of year you can see people hurrying in the malls, buying this and that, but they will miss the mystery. They don't know how to get ready or perhaps they forgot.

Advent is an opportunity to take some intention to explore the meaning and message of the Christ child coming into our world. Christ breaks through our normal expectations in ways that turns them upside down. Jesus comes into the world in poverty, in a barn, celebrated by lowly shepherds and heralded by wise magi. May we take time to engage in this mystery during the season.

This Advent, to help you with an intention to prepare, we have a few opportunities. For your family or the families you know, we are offering Messy Church, an opportunity for families, young and old together to explore the season through craft, celebration and food. See the article in this newsletter for more information (link to page?). For our Advent services on Wednesday nights, we are offering a city wide ecumenical experience where congregations from all three denominations we represent (Anglican, Lutheran, United) are invited to join us. The theme will be Preparing to be Together, with this theme being broken down each week:

Dec 5: Preparing

Dec 12: Preparing to Be

Dec 19: Preparing to be Together.

On Dec 20 we are also offering a shared Blue Christmas Service for those who have experienced loss and/or find the season difficult. The season culminates with our Christmas Eve services, a Family all ages worship at 7pm and a shared Candlelight Communion Service with Bread of Life at _____.

I pray that in the midst of the busyness that this season can be, that you will take time to enter into the Mystery of Christmas this Advent.

During this time we are all on our way to Bethlehem. We are making the journey together. We are all getting ready to enter the Mystery of Christmas, so let's go...to make the journey that was not just back then. It is also now.

The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than in things.

~ Thomas S. Monson





**Sunday
DEC 2
at 4 pm
at the LSC**

**An Advent-themed
event for families –
crafts, worship,
and a meal!**



**This is a shared ministry program of the Living Spirit Centre!
3018 Doan Drive, Regina
INFO: 306-761-0556**

**Eastside Community Dinner
Thursday, December 6
at 6 pm**

All shapes and sizes of families are welcome to join us for a delicious home-cooked meal and community. Cost is \$7 per person or \$20 per family. We prefer pre-payment—please purchase your tickets in the church office or through Eventbrite: <http://bit.ly/eastdinner>

This special Christmas gathering will be following by a carol singing and nativity evening. **Join us!**

**LSC Women's
Spirituality Breakfast
Saturday, December 8
from 8 to 10 am**

All women are invited to join us for this special festive breakfast! Sheri Nupdal will be leading us as we share our favourite Christmas traditions and/or Christmas memories. If you would like to bring an ornament or picture or other item to show while you share your story, that would be great. Please bring two toonies to help with breakfast costs.

Craft Study Group to start new book in New Year!

Join us as we share in discussion, handiwork and coffee time following.

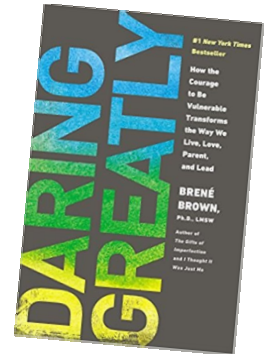
We will be choosing between a few books to read and discuss in the New Year. In

*Daring Greatly: How
the Courage to Be
Vulnerable*

*Transforms the Way
We Live, Love,
Parent, and Lead,*

Brené Brown
explains how

vulnerability is both
the core of difficult
emotions like fear,
grief, and
disappointment, and the birthplace of love,
belonging, joy, empathy, innovation, and
creativity.



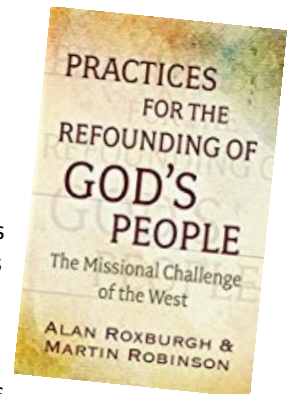
In *Practices for the Refounding of God's People: The Missional Challenge of the West* authors Alan Roxburgh and Martin Robinson speak to the bewilderment and helplessness many churches feel in the face of current events.

Throughout its history, the church has faced crises of meaning and identity in all kinds of changing contexts. The crises facing the churches of the western hemisphere today are no different. At their best, churches

have recognized that their challenge is not their own fixing or even "reformation" but a deep engagement with the ways the gospel transforms society. This book explores how this can happen again in a radically changing western world.

There are a few other possibilities as well. If you're interested, Russell has set up a poll for you to indicate your preference. Please email him at russell.eastside@sasktel.net and he'll send the link.

Newcomers are always welcome at this fun group.



ICF Breakfast

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

Six volunteers are needed to help make this happen. 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 Peter if your children would like to be involved.

Our next breakfasts Saturday, November 24 and Saturday, December 22.



CONTACT INFORMATION

For more information on Eastside's involvement with the ICF Breakfast please contact:

PETER BRAUN

peterbraun@myaccess.ca

306-789-3830

**Do you LOVE
Eastside's
Worship Band?**



FYI, *Arise!* will be playing during worship services on **November 28** and **December 16**, as well as several dates in the New Year.

Stocking stuffers being collected for RYC Christmas Party!

This Advent, Eastside is again collecting items in support of Rainbow Youth Centre (RYC).

This December, RYC will be holding its Annual Christmas Celebration for participants. The celebration includes a traditional Christmas supper and the distribution of Christmas Stockings to the youth and the young adults (including their infants and toddlers) who are regularly involved with programming. It is anticipated that there will be approximately 200 Christmas stockings given to participants this year.

Eastside is supporting the Rainbow Youth Centre again this year. On November 25, you will find candy canes with potential gifts you can give in a basket at the back of the church (these will be hanging on the Christmas tree once it's up, as of December 2). Items

include things like toques and mittens, toothbrushes, toothpaste and shampoo, as well as children's books, colouring books and crayons.

All gifts should be brought to the church by December 9 as they will be delivered to the Rainbow Youth Centre on December 10.

RYC is a multi-cultural, community-based organization providing support services for young people aged 11 to 25 years in the City of Regina. Programming at the Centre includes: educational, social, and recreational activities for youth 11 – 19 years; and employment preparation, and parenting programs for youth up to 25 years.

Thank you for your generous giving in keeping with the true meaning of Christmas!

A Fundraiser you will gobble up!

Order your Christmas turkey through LBC this year and **everyone wins**. For \$100 you will receive an approximately 15 lb, Grade A turkey and charitable tax receipt for \$60. Your donation goes directly to keeping children swimming, singing and learning in a safe space, cared for by exceptional staff. There is nothing fowl about that! To place your order, email info@lumsdenbeachcamp.com.



**Worship on
Sunday, December 30
will be a shared
Lessons and Carols
service hosted by St.
Philip Anglican Church
at 10 am.**



Joint Needs Assessment Update

by Sarah Tkachuk

*"We are called together by Christ
as a community of broken but hopeful
believers,*

*loving what he loved,
living what he taught,
striving to be faithful servants of God
in our time and place."*

A Song of Faith, 2006

Eastside United is currently involved in a Joint Needs Assessment process. We are encouraging everyone to get involved and help shape the future of Eastside.

What is a JNA?

The Joint Needs Assessment process is outlined by the United Church of Canada policies and procedures. It can be called by either the pastoral charge or the Presbytery to explore a change in ministry.

"The purpose of the needs assessment process is to create a snapshot of the pastoral charge—the faith community and resources—in order to make a recommendation for what future ministry leadership the pastoral charge needs to live out God's mission in the world."

This is a Joint process because it includes representation from both the congregation and the Presbytery. In our case it also includes representation from our Living Spirit Centre partners, Bread of Life Lutheran and St Philip Anglican.

Normally I hear about a JNAC when a minister has decided to leave. Why is Eastside going through this process?

Our process was started because of Eastside's current financial situation. The Leadership team in conversations with

Wascana Presbytery has determined that we can no longer continue with the current financial budget. Over the past number of years our giving has declined, and our costs are going up. We are no longer in a place where the status quo is working and we need to examine changes.

Will this result in a change in ministry, such as a reduction in staff or programming?

It might. The purpose of this JNAC is to explore all options, including reductions. We are going to explore new and innovative ways to do ministry. The goal is to ascertain what is important to the folks at Eastside so that we can continue to meet the needs of our congregation and community as we move forward.

Who is on the committee?

The committee members are as follows:

Eastside representatives

Sarah Tkachuk
Janet Bjorndal
Anita Tessier
Brian Abrahamson
Linda Fowler
Taylor Balfour

Wascana Presbytery representatives

Bryan Tudor (Sunset United)
Cam Fraser (Knox Met)

Living Spirit Center representatives

Rod Ashley (St Philip)
Doug Schneider (BOL)

How can I participate?

There are several ways to participate:

Focus groups

We will be holding 1 ½ hour focus groups from November 18 – 27. There will be several time slots offered, sign up link is

Continued on page 6





Worship at Wascana Rehabilitation Centre

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.

Our next service is scheduled for Sunday, December 16.

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



The new *Gifts with Vision* catalogue is ready to help you make a difference in the world – with no excessive packaging and no exchanges! Please look for your copy on the shelves in the narthex or visit giftswithvision.ca to select gifts online and read inspiring stories of how your generosity has already changed lives.

JNAC, continued from previous page

<http://bit.ly/JNACfocus>. These will be facilitated conversations to discuss your faith experience at Eastside and your vision of the future.

Online survey

Found here, <http://bit.ly/JNACsurvey>, the online survey will be open from November 13 – 27. It will take about 20 minutes to complete. Please add comments about your thoughts and vision for Eastside. There will also be hard copies of the survey available at church on Sunday or in the office. If you would like one mailed to you please contact Suzanne in the office at +1.306-761-0556

Committee member

Please reach out to any committee member. We would be happy to chat.

When will we hear about the results?

The committee will be working in December to compile the results of the process. A report will be drafted by the committee. Once it has the approval of the Leadership team, it will be made public, and voted on at a congregational meeting.

How else can I help?

Please share your thoughts with us. And spread the word. We want to talk to as many Eastside folk as we can, whether they are very involved or even if they just come every once in a while. We would also encourage you to pray and reflect on the process as we move through it.

Blue Christmas
Service

For those who find the season difficult due to loss.

Thurs, Dec 20
at 7 pm
at the LSC

*The Living Spirit Centre
invites you to*



*A Carol Singing and
Nativity Evening*

Thursday, December 6
at 7 pm

Join us for the
*Community
Dinner*

starting at 6 pm!
Tickets:
[http://bit.ly/
eastsidedinner](http://bit.ly/eastsidedinner)

3018 DOAN DR.

306-761-0556

*We are inviting families to share their
Nativity scenes by putting them on
display. If there is a special story to
your scene, please include that for
the display. Nativity scenes may be
dropped off at the LSC from
December 2 to 5 and picked up after
Saturday, December 8.*

Little Tree by E.E. Cummings

little tree
little silent Christmas tree
you are so little
you are more like a flower

who found you in the green forest
and were you very sorry to come away?
see i will comfort you
because you smell so sweetly

i will kiss your cool bark
and hug you safe and tight
just as your mother would,
only don't be afraid

look the spangles
that sleep all the year in a dark box
dreaming of being taken out and
allowed to shine,
the balls the chains red and gold
the fluffy threads,

put up your little arms
and i'll give them all to you to hold.
every finger shall have its ring
and there won't be a single place dark
or unhappy

then when you're quite dressed
you'll stand in the window for everyone
to see
and how they'll stare!
oh but you'll be very proud

and my little sister and i will take hands
and looking up at our beautiful tree
we'll dance and sing
"Noel Noel"



*Kindle a flame
to lighten the Dark...*

Join us for Christmas worship

Christmas Eve

Family service
@ 7 pm

Candlelight &
Communion service

Shared with Bread of Life Lutheran
@ 9 pm

All are welcome.

INFO 306-761-0556

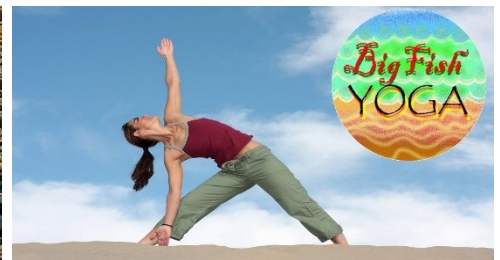


PREPARE
the Way
Ecumenical
ADVENT SERVICES
Wednesdays December 5, 12 and 19

Bread and Soup at 5:30
Service at 6:15

All are welcome.

Living Spirit Centre 3018 Doan Dr. 306-761-0556



Registration for Winter 2019 Holy Yoga

Holy Yoga classes are offered at two Regina locations: Living Spirit Centre and All Saints Anglican Hall, at different days and times. The winter session of classes will start the week of January 15, 2019.

Holy Yoga is exercise, stretching, relaxation, Christian scripture and prayer all in one enjoyable class.

For further info and registration go to bigfishyoga.ca. You may also phone Connie at 306-551-6933 or email mokerw@sasktel.net.

LSC Meditation Group

Monday evenings at 7 pm
in the East Sanctuary

Join us to quiet your mind and body during this busy time of year.

All are welcome !



Horizons: The Newsletter of Eastside United Church
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