

# October/November 2019

## At a glance

### Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>20</b> Worship 11:15 Prayer Candles	<b>21</b> FEDERAL ELECTION POLLING STATION AT LSC AA 8 pm	<b>22</b> Cards 9:30 TOPS 6:30	<b>23</b> Coffee Shop Hrs 2 – 4:30 pm @ B.A. Community Potluck 6pm Faith Formation 7 pm	<b>24</b> Forever in Motion 10 am Craft/Study 1:30	<b>25</b> INI Café 6pm	<b>26</b> ICF BF 9 am Canadian Council Churches 75 <sup>th</sup> Anniv. 10 am
<b>27</b> Worship 11:15 Potluck	<b>28</b> Meditation 7 pm AA 8 pm	<b>29</b> Cards 9:30 TOPS 6:30	<b>30</b> Coffee Shop Hrs 2 – 4:30 pm @ B.A.	<b>31</b> Forever in Motion 10 am Craft/Study 1:30 	<b>1</b> Film & Faith	<b>2</b> Messy Church 4 pm RAPM Fundraiser 7 pm
<b>3</b> Worship 11:15 Comm.	<b>4</b> Meditation 7 pm AA 8 pm	<b>5</b> Cards 9:30 TOPS 6:30 Gratitude Team 7pm Poor Bashing Bk St 7 pm	<b>6</b> Coffee Shop Hrs 2 – 4:30 pm @2 <sup>nd</sup> Cup Regina UC Transitional Cluster 7pm Westminster	<b>7</b> Cong Care 10 am Forever in Motion 10 am Craft/Study 1:30	<b>8</b>	<b>9</b> Women's BF 8 to 10 am
<b>10</b> Shared LSC Worship <b>9:30 am</b>	<b>11</b> Meditation 7 pm AA 8 pm 	<b>12</b> Cards 9:30 TOPS 6:30 Poor Bashing Bk St 7 pm	<b>13</b> Coffee Shop Hrs 2 – 4:30 pm @2 <sup>nd</sup> Cup	<b>14</b> Forever in Motion 10 am Craft/Study 1:30	<b>15</b>	<b>16</b>
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TOPS = Take Off Pounds Sensibly  
AA = Alcoholics Anonymous



# ANNOUNCEMENTS

October 20, 2019

306-761-0556 eastsideunited@sasktel.net  
Like us on facebook (Eastside United Church)  
Follow us on Twitter @Eastside\_united  
[www.eastsideunited.ca](http://www.eastsideunited.ca)



**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: Debbie and Perry Morehouse  
Congregational Care Greeter: Elaine Hill  
PowerPoint: Ernie Poirier  
Pianist: Michelle Dickie  
Last week's attendance: NA Offering: \$757

Russell's e-mail address: [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net)

### Office Hours:

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

### Russell's Office Hours:

Tuesday, Wednesday and Thursday, working from home Friday

Russell will again be holding **Coffee Shop Office Hours** Wednesdays through October from 2 to 4:30 at Brewed Awakening on Woodhams Drive.

**Scripture Reading:** 2 Samuel 5: 1-5, 6: 1-5 Psalm 150 pg 874

### Songs –

Gather us in MV #7  
Praise the Lord with the Sound of Trumpets VU #245  
Shout for God (All God's Children Sing #48)  
Teach Me to Dance  
Every day is a day of Thanksgiving MV #185  
Sent Forth by God's Blessing VU #481  
Like a Rock MV#92

**LSC Shared Worship Service, Sunday, November 10 at 9:30 am in the West Sanctuary. This is in place of our regular 11:15 am worship service! Please note the time change. This will be a Peace Service.**

**LSC Photo Directories:** Directories are available for pick up briefly before 11:15 am worship and again following – please ask a greeter! We have a copy of the directory for you if you had a picture taken. We also have a small number of extras for those individuals and families who did not manage to get a picture taken this time. Please get in touch with Suzanne to request a copy. These will be given out on a first come first served basis.

**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. Benefits include stronger muscles and bones, better overall health, weight control, improved posture and balance, reduced risk of injury, relaxation and reduced stress, improved quality of life, and improved cognitive ability. 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 starting another great new book, *Searching for Sunday: Loving, Leaving, and Finding the Church* by Rachel Held Evans.

**NO LSC Meditation October 21. We resume Monday, October 28 at 7:15 pm.** All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

**Our Choir is meeting regularly thanks to Maureen Hughes and Ethan Williams' leadership! Rehearsals after church on Sundays from 12:30 to 2 pm (sometimes before from 10 to 11 am). New members welcome!**

**Munch Lunch:** Monday afternoons, three students from Glen Elm School, one school staff person, and an LSC helper have been led by Munch Café in the preparation of 50 student lunches. Would you like to get involved in this fun and important program that teaches healthy food habits to Glen Elm kids? We are in need of one LSC person each Monday afternoon from 1 to 4 pm.

**Add your name to the schedule posted on the Eastside bulletin board!** A Criminal Record Check is required and the Eastside office can provide you a letter to take to Regina Police Service. We will cover the cost.

**Film & Faith has been moved from Friday, October 25 to Friday, November 1. Stay tuned for details. Scan code to get to Facebook event page.**



**ICF Breakfast:** The fourth Saturday of each month Eastside volunteers help set up, serve and clean up following breakfast for north-central Regina residents. Our next breakfast is Saturday, October 26. Can you join us in carrying out this wonderful outreach ministry? Please let Peter Braun know at [peterbraun@myaccess.ca](mailto:peterbraun@myaccess.ca). Peter is looking to pass on the coordinator role to another Eastsider! Reach out to him to learn more about what this involves and how rewarding it is!

**Poor Bashing Book Study, November 5, 12, 19 & 26 at various churches in Regina, 7– 9 pm.** Join facilitator Bonnie Morton from the Regina Anti-Poverty Ministry as she guides this multi-week discussion of the book *Poor Bashing: The Politics of Exclusion* by Jean Swanson. *Swanson, a twenty-five-year veteran of anti-poverty work, exposes the ideology of poor-bashing in a clear, forceful style. The special language of poor-bashing disguises the real causes of poverty, hurts and excludes people who are poor, cheapens the labour of people who have jobs, and takes the pressure off the rich.* Bonnie will facilitate a conversation around this book and the climate of poor bashing in Saskatchewan. Books will be pre-ordered and available before November. Please fill out the registration form at <https://bit.ly/2AYRmuE> by October 22 for us to get the books ordered in time.

**HOUSE GROUP LEADERS WANTED!** Eastside United will be shifting from five house groups to FOUR, due to challenges filling weekly tasks, starting January 2020. House groups share responsibility for worship duties throughout the church year, including greeting, operating the PowerPoint, doing prayers and readings, and helping with coffee clean-up and potluck lunches. ***We currently need house leaders for TWO of our groups. This is a very manageable role if shared with one other person.*** If you would like to serve Eastside in this capacity, please let Suzanne know. She can tell you what you need to know to take on this role with confidence and enthusiasm!

**Muslim-Christian Dialogue** - Four evenings exploring aspects of Muslim-Christian relations. Mondays, Oct. 28, Nov. 4, Nov. 18, and Nov. 25, from 7 to 9 pm. Locations and speakers will be different each week. Topics include:

*Muslims & Christians:* Should we even be talking (and listening) to each other?

*Muslims & Christians:* On peace and persecution

*Muslims & Christians:* Living together

*Muslims & Christians:* A Common Word

This project is sponsored by the Archdiocese of Regina together with the Islamic Association of Saskatchewan (Regina), the Regina Multifaith Forum, Luther College, and Campion College. Contact Nick Jesson for further details: 306-352-1651 or [njesson@archregina.sk.ca](mailto:njesson@archregina.sk.ca)

### Living Apology outreach to diverse communities: your help needed

The Living Apology is a journey approved at the 2015 General Council: a space for us to tell stories of both pain and transformation before, during and after the 1988 decision that sexual orientation was not a barrier to membership. In the years since, equal marriage and the long delayed rights of Two Spirit, trans and non binary people became part of this conversation. This may eventually lead to a national church apology to Two Spirit and LGBTQIA+ people and communities. The project would like your help reaching out to two broad groups:

- LGBTQIA+ people who are racialized, Indigenous, Two-Spirit, and/or disabled—often marginalized within the LGBTQIA+ community in the United Church and wider society;
- People who want to engage on the issue but have not yet done so. We are looking for people willing to share their stories about conflict, growth, learning, and transformation. We're looking for people who may have been on 'the other side' of the issue, have never talked about what happened in 1988, but during the last 30+ years have shifted into a place of openness and willingness to start talking about their experience, learnings and growth, and what it means to be affirming of LGBTQIA+ and Two-Spirit people.

If you or someone you know falls into one of these focus groups, please contact Jordan at [jsullivan@united-church.ca](mailto:jsullivan@united-church.ca).

**Lumsden Beach Camp AGM!** Monday, November 18 at 7 pm at Westminster United Church (3025 13th Ave, Regina). All are invited to hear about the 2019 camping season at LBC. Spend an hour getting a financial update, listening to stories from our camp staff, electing a new board, and hearing about LBC's bee hives! Refreshments will be served. Please let Vicki know if you will require childcare at [info@lumsdenbeachcamp.com](mailto:info@lumsdenbeachcamp.com). If you are interested in serving on our Board of Directors, please let Vicki know!

**Green Parenting Series #2: How to Talk to Your Kids about Climate Change** Tuesday, October 22 from 7:30 to 9 pm at Wesley United Church, 3913 Hillsdale St, Regina. Anyone interested in the topic is welcome. Our speakers are Dr. Katherine Arbuthnott, Professor of Psychology, Champion College, and Ada Dechene, youth climate activist. Coffee and tea will be served, and there will be a freewill offering. Childcare will be provided.

**Next Messy Church is coming up on Saturday, November 2 from 4 to 6:30 pm.** Invite families you know to join us for crafts, a celebration and a meal. Theme: All Saints/Halloween! We have invitations available to hand out – ask a greeter or check the narthex shelves!

### Christians Together in Canada Today - October 26

The Canadian Council of Churches celebrates its 75<sup>th</sup> Anniversary in 2019. To mark the event, we're hosting "Christians Together in Canada Today", a cross-Canada live-streamed event featuring dialogue with prominent church leaders interacting with participants across the country. Celebrate *#75YearsTogether* with the Canadian Council of Churches. Be sure to save the date for this cross-Canada event from 10:30 am to 1:30 pm, Saturday, October 26 here at the Living Spirit Centre. Hosted by the Regina Council of Churches and the Living Spirit Centre. Contact Rev. Amanda Currie at [revfpc@sasktel.ca](mailto:revfpc@sasktel.ca) for details.



**Regina Anti-Poverty Ministry (RAPM)**  
Presents

**HYPNO FUN-D-RAISER**

A FAMILY COMEDY  
HYPNOSIS SHOW

SEE THE SHOW  
OR  
BE THE SHOW

**Wesley United Church**  
3913 Hillsdale Street

An Interactive Event filled with Fun and Laughter

Saturday November 2, 2019 @ 7:00 pm

Tickets Adults \$15 and Children 12 and under \$5

Tickets can be purchased by emailing  
[RAPMFinances@gmail.com](mailto:RAPMFinances@gmail.com)  
or calling Donna at 306-924-2254

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