**eastside_logo_basic_cmyk.tif**

**September 2017**

**At a glance**

**Full descriptions of activities in bulletin.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **27** | **28** | **29**  **Cards**  **9:30**  **TOPS**  **6:30** | **30** | **31** | **1** | **2** |
| **3**  **Worship**  **11:15**  **Communion** | **4**  **AA 8 pm**  http://www.imagesbuddy.com/images/69/2013/07/happy-labour-day-animated-bee-graphic.jpg | **5**  **EASTSIDE**  **OFFICE**  **CLOSED**  **Cards**  **9:30**  **TOPS**  **6:30** | **6** | **7**  **Cong. Care**  **10 am** | **8** | **9**  **Women’s BF**  **8 to 10 am** |
| **10**  **Worship**  **11:15**  **Open**  **Hearts**  **Jar** | **11**  **Meditation 7 pm**  **AA 8 pm** | **12 Cards**  **9:30**  **TOPS**  **6:30** | **13** | **14**  **Craft/Study**  **1:30**  **Family Dinner**  **6 pm** | **15** | **16**  **Treaty 4 Pow Wow with IMCF**  **1 pm Fort Qu’Appelle** |
| **17**  **Worship**  **11:15**  **Kick-off!**  **Lunch** | **18**  **Meditation 7 pm**  **AA 8 pm** | **19 Cards**  **9:30**  **TOPS**  **6:30**  **LSC Council**  **7 pm** | **20** | **21**  **Craft/Study**  **1:30** | **22**  **Film and Faith** | **23**  **IMCF BF**  **9 am** |
| **24**  **Worship**  **11:15**  **Potluck** | **25**  **Meditation 7 pm**  **AA 8 pm** | **26 Cards**  **9:30**  **TOPS**  **6:30**  **New Parish Study 7 pm** | **27** | **28**  **Craft/Study**  **1:30** | **29**  **St. Philip Steak Dinner**  **6 pm** | **30** |

**TOPS = Take Off Pounds Sensibly**

**AA = Alcoholics Anonymous**

**ANNOUNCEMENTS**

**September 3, 2017**

306-761-0556 eastsideunited@sasktel.net

****Like us on facebook (Eastside United Church)

Follow us on Twitter @Eastside\_united

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: Rev. Russell Mitchell-Walker

Greeting: Sheri Nupdal, Marg and Leif Riesach

Congregational Care Greeter:

Prayers: Heather Balfour

PowerPoint: Taylor Balfour

Pianist: Michelle Dickie

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 from 2 to 4:30. This year he will be alternating months between Le Macaron at 2705 Quance Street and the U of R Brewed Awakening in Campion College. ***Wednesday, September 6 will be at U of R.***

**Scripture Reading:** Mark 14: 12-25

**Songs –**

*Who is My Mother?* MV #178 vs. 1,2

*I Come With Joy* VU #477

*I Can Feel You Near Me God* MV #48

*All Who Hunger* VU #460

*What Can I Do?* MV #191

*The DayYou Gave Us, God is Ended*

*May God’s Sheltering Wings* MV #214

**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.

**Eastside’s Craft/Study Group resumes Thursday, September 14 at 1:30 pm** in the Multipurpose Room and East Sanctuary! We are starting another great new book, *Flipped* by Doug Pagett*:* ***How would your life change if you flipped your understanding of God?*** *We all have stories in our heads about God, humanity, life, and the meaning of it all. One of the most common—and misleading—stories is “If I’m faithful in doing this, then God promises to do that.” Jesus didn’t believe it and neither should you. God does not insist that you play by the rules before he will respond to you. A careful reading of the Bible will free all of us from trying to make a deal with God, inviting us instead to live in God.*Join us as we share in discussion, handiwork and coffee time following. Let the office know if you are interested by Sept 6.

**LSC Women's Breakfast, Saturday, September 9**, 8 to 10 am in the LSC Multipurpose room and East Sanctuary. Join us for breakfast followed by the documentary “Up the Ladder In High Heels”, the story of Frances Olson and the challenges she overcame to become one of the first successful Regina women in real estate. At age 89, Frances is still fully engaged in life with a positive outlook that is inspiring and motivational. All women are welcome. Bring a toonie to cover breakfast costs.



**Meditation Group** Monday, September 18 at 7 pm with a walking meditation, and meeting each Monday 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.

**Fall Book Study, Tuesday evenings at 7 pm, starting Tuesday September 26.** We will be reading *The New Parish: How Neighbourhood Churches are Transforming Mission, Discipleship and Community* by Paul Sparks, Tim Soerens and Dwight J. Friesen*. Headlines rage with big stories about big churches. But tucked away in neighborhoods throughout North America there is a profound work of hope quietly unfolding. Paul Sparks, Tim Soerens and Dwight J. Friesen have seen--in cities, suburbs and small towns all over North America--how powerful the gospel can be when it takes root in the context of a place. The future of the church is local, contextual; the seeds of that future are shared and spread here.* This study will coincide with Russell taking the *Leadership in the New Parish program.* Please let Russell know if you’d like to attend. We’ll be ordering books shortly.

**Next IMCF Breakfast is Saturday, September 23 from 9 am to 12 noon**. Please contact Peter Braun at [peterbraun@myaccess.ca](mailto:peterbraun@myaccess.ca) to find out more about this exciting volunteer opportunity.

**HOLY YOGA CLASSES FALL 2017:** Connie Moker Wernikowski will be offering holy yoga classes again this fall at Living Spirit Centre.  All levels are welcome.  For more info go to Connie’s website at [www.bigfishyoga.ca](http://www.bigfishyoga.ca/) or call Connie at 306-551-6933 or email [mokerw@sasktel.net](mailto:mokerw@sasktel.net) . Holy Yoga enhances strength, coordination, balance, relaxation, and flexibility integrated with breath exercises and Christian scripture. It offers time to be quiet, exercise and pray.

**LBC MUSICAL:** Regular rehearsals for our next musical fundraiser, ***The Sailor's Bible***, begin Saturday, September 9 at St. James UC and take place at 1 pm each Saturday following, split between St. James United and Milestone United Churches. We are still accepting new cast members: all ages are welcome of those who like to sing and/or act! Contact Russell at [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net) to find out more or join in the fun.

**Be involved in a network of support for John Bishop!**   
Congregation member John Bishop is currently looking for individuals interested in joining his network. Areas of support include: computer help, providing rides to church services and events, helping figure out ways for John to maintain his home, and joining his network committee. For more information or to volunteer, please contact Russell or John's network facilitator, Jim Elliott at [caar@accesscomm.ca](mailto:caar@accesscomm.ca).

**Treaty 4 Traditional Pow-Wow**, part of the 31st Annual Treaty 4 Gathering in Fort Qu’Appelle, Saturday, September 16 at 1 pm. Please consider participating in this shared experience with our friends at IMCF! It would be great if Eastsiders could help with driving members of the IMCF community to Fort Qu’Appelle that day. Let Russell or the office know of your interest please.



**Dates**

**5th Eastside Office Closed**

**9th LSC Women’s Breakfast**

**14th Craft/Study program begins**

**14th Eastside Family Dinner**

**17th Kickoff Sunday**

Wear the jersey or colours of your favourite sports team!

**18th LSC Meditation group resumes**

**22nd Film and Faith**

**26th *The New Parish* Book Study**

***We are excited to continue offering Godly Play for Eastside kids and families this year!*** This variation on Sunday School involves a hands-on telling of a Bible story during Theme Time in worship, followed by supervised worktime where kids continue to explore the story using toys and objects downstairs.

***We need you!*** We need storytellers to lead the Theme Time portion on those occasions Russell is away, as well as people to watch over the kids when they head downstairs. Please let Russell know of your interest.

### Youth Retreat: Let Your Whole Life Speak. St. Andrew’s College is hosting its first youth retreat for youth in grades 10 to 12. If you love to be inspired, challenged to think, meet new people and hang out with good friends; if you enjoy being in an open and welcoming community where you are free to be completely yourself; if you’ve been wondering what comes next for you after graduation …. then this is an event for you!

**Let Your Whole Life Speak** runs Friday, September 22, to Sunday, September 24, at St. Andrew's College on the University of Saskatchewan campus and McClure United Church. Registration is free.

**For more info visit** http://www.usask.ca/stu/standrews/our-community/College%20News/youthretreat.php.

**At the MacKenzie Art Gallery until September 10: Alex Janvier Retrospective.** This retrospective presents more than five decades of Alex Janvier’s remarkable paintings and drawings, spanning from early in the artist’s career in the 1960s to the present day. It consists of more than a hundred of his most impressive works, drawn from public and private collections across Canada, and features his best-known pieces alongside those that rarely have been seen. Janvier is one of Canada's best-known Indigenous artists, and turned to art as a child to cope with life in an Alberta residential school.



Whitmore Park United Church **Craft and Trade Show** application forms for October 20 and 21st, 2017 are now available by contacting office@wpuc.ca. Tables are $60 for 6 feet or $70 for 8 feet plus $5 for power, on a first come first served basis. For more information, see the application form.

**Now accepting donations for Knox-Met Flea Market:** The annual Knox-Met Flea Market will be held this year on Saturday, September 30. We welcome Men's, Women's and Children's clothing, shoes, hats, purses, scarves, household items, small electrical appliances, seasonal and sporting goods and jewelry. New or good quality items are also requested for the Gift Shop. **We are unable to accept cushions, pillows, comforters, stuffed toys or furniture.** Please put your donations in closed boxes or plastic bags. They can be dropped off at Knox-Metropolitan (2340 Victoria Ave) any time during office hours, Monday to Friday, 9 a.m. to 5 p.m.



**Dates**

**5th Eastside Office Closed**

**9th LSC Women’s Breakfast**

**14th Craft/Study program begins**

**14th Eastside Family Dinner**

**17th Kickoff Sunday**

Wear the jersey or colours of your favourite sports team!

**18th LSC Meditation group resumes**

**22nd Film and Faith**

**26th *The New Parish* Book Study**

***We are excited to continue offering Godly Play for Eastside kids and families this year!*** This variation on Sunday School involves a hands-on telling of a Bible story during Theme Time in worship, followed by supervised worktime where kids continue to explore the story using toys and objects downstairs.

***We need you!*** We need storytellers to lead the Theme Time portion on those occasions Russell is away, as well as people to watch over the kids when they head downstairs. Please let Russell know of your interest.

### Youth Retreat: Let Your Whole Life Speak. St. Andrew’s College is hosting its first youth retreat for youth in grades 10 to 12. If you love to be inspired, challenged to think, meet new people and hang out with good friends; if you enjoy being in an open and welcoming community where you are free to be completely yourself; if you’ve been wondering what comes next for you after graduation …. then this is an event for you!

**Let Your Whole Life Speak** runs Friday, September 22, to Sunday, September 24, at St. Andrew's College on the University of Saskatchewan campus and McClure United Church. Registration is free.

**For more info visit** http://www.usask.ca/stu/standrews/our-community/College%20News/youthretreat.php.

**At the MacKenzie Art Gallery until September 10: Alex Janvier Retrospective.** This retrospective presents more than five decades of Alex Janvier’s remarkable paintings and drawings, spanning from early in the artist’s career in the 1960s to the present day. It consists of more than a hundred of his most impressive works, drawn from public and private collections across Canada, and features his best-known pieces alongside those that rarely have been seen. Janvier is one of Canada's best-known Indigenous artists, and turned to art as a child to cope with life in an Alberta residential school.



Whitmore Park United Church **Craft and Trade Show** application forms for October 20 and 21st, 2017 are now available by contacting office@wpuc.ca. Tables are $60 for 6 feet or $70 for 8 feet plus $5 for power, on a first come first served basis. For more information, see the application form.

**Now accepting donations for Knox-Met Flea Market:** The annual Knox-Met Flea Market will be held this year on Saturday, September 30. We welcome Men's, Women's and Children's clothing, shoes, hats, purses, scarves, household items, small electrical appliances, seasonal and sporting goods and jewelry. New or good quality items are also requested for the Gift Shop. **We are unable to accept cushions, pillows, comforters, stuffed toys or furniture.** Please put your donations in closed boxes or plastic bags. They can be dropped off at Knox-Metropolitan (2340 Victoria Ave) any time during office hours, Monday to Friday, 9 a.m. to 5 p.m.