

November/December 2018

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
4 Worship 11:15 Communion	5 AA 8 pm	6 Cards 9:30 TOPS 6:30	7	8 Craft/Study 1:30 Cong Care 10 am	9	10 Women's Breakfast 8 am
Photo Sittings 2:30 – 8:30 pm					Photo Sittings 10 am – 3 pm	
11 Shared Rem Day Worship 10 am 	12 Meditation 7 pm AA 8 pm	13 Cards 9:30 TOPS 6:30	14	15 Craft/Study 1:30 Community Dinner 6 pm (volunteers needed)	16 Evening of Music and Song 7 pm	17
18 Children's Sunday Worship 11:15 Prayer Candles	19 Meditation 7 pm AA 8 pm	20 Cards 9:30 TOPS 6:30	21	22 Craft/Study 1:30	23	24 ICF Breakfast 9 am
				Russell away Skylight Meeting		
25 Worship 11:15	26 Meditation 7 pm AA 8 pm	27 Cards 9:30 TOPS 6:30	28	29 Craft/Study 1:30	30 Film & Faith	1
2 Worship 11:15	3 Meditation 7 pm AA 8 pm	4 Cards 9:30 TOPS 6:30	5	6 Craft/Study 1:30 Community Dinner and Carol Sing 6 pm	7	8 Women's Breakfast 8 am

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

November 4, 2018

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



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

Ministers:

Minister: Russell Mitchell-Walker
Greeting: Teresa Strachan and Holly Mah
Congregational Care Greeter: Clare Banks
Prayers: Jayne Krueger
PowerPoint: Mya Jickling
Music ministry: Ethan Williams and Maureen Hughes
Piano: Michelle Dickie
Last week's attendance: 59

Russell's e-mail address: russell.eastside@sasktel.net

Office Hours:

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

Russell's Office Hours:

Russell will be in the office Tuesday through Thursday, with coffee shop office hours Wednesday from 2 to 4:30 pm; working from home Friday.

Scripture Reading: Old Testament: Micah 5: 2-5a, 6: 6-8
Gospel: Matthew 9: 9-13

Songs –

With Open Hearts
Let us Build a House MV #1 vs 1-3
I Can Feel You Near Me (Jump for Joy) MV #48
What Does the Lord Require of You VU #701
What Can I Do? MV #191
Let us Build a House MV #1 vs 4 & 5
Draw the Circle Wide MV #145 vs 3

There will be a tri-parish
**Remembrance Service at the
Living Spirit Centre on Sunday,
November 11 at 10 am.** This will
be Eastside's weekly worship
service. ***There will be no worship
at 11:15 am.***



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.

LSC Meditation Group: NO CLASS NOVEMBER 5! Next class is Monday, November 12. 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.

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 have finished our last book and will now be looking at the Advent chapters of *We Make the Road by Walking* by Brian McLaren until December 13.

Music Ministry at Eastside: We are thrilled to announce that Ethan Williams has offered to lead the choir for Advent/Christmas and Lent/Easter, and Maureen Hughes is willing to lead it the rest of the time. If you would like to join the choir, let Ethan know (ethanwilliams4@gmail.com). If you wish to offer music (singing, instrumental) in a service before Advent, let Russell know.

The Living Spirit Centre presents An Uplifting Evening of Music and Song, Friday, November 16 at 7 pm. Rachel MacDonald and Joshua Hendricksen are looking forward to providing a night of joyful and hope-filled entertainment for a glorious winter evening. Tickets \$20 available from Clare 306-781-4121 or c.banks@sasktel.net. The evening will include pie and beverages and a pie auction at intermission. Door prizes too! Share our Facebook event with your friends <http://bit.ly/LSCevening>.

Gifts with Vision catalogues are back and on the shelves in the narthex. If you are looking for a more meaningful gift for that person who has everything, there are some great options contained in these pages! You can also visit www.giftswithvision.ca to shop online!

Are you curious about the Joint Needs Assessment Committee (JNAC) process that Eastside is undertaking? Committee members include Sarah Tkachuk (chair), Janet Bjorndahl, Brian Abrahamson, Linda Fowler, Taylor Balfour and Anita Tessier, as well as Diane Gingras from St. Philip Anglican, Doug Schmidt from Bread of Life Lutheran and Bryan Tudor and Cameron Fraser from Wascana Presbytery. The UCC Handbook covering the JNAC process can be found at <http://bit.ly/JNACprocess>.

LSC PHOTO DIRECTORY: BOOK YOUR PHOTOGRAPHY SITTING NOW! The online tool for booking your photography sitting can be found at <http://bit.ly/lscphotos>. ***There are still some spots available on Saturday, November 10 from 10 am to 3 pm. If you need help making your booking please contact Suzanne in the office at eastsideunited@sasktel.net.*** And remember, you are under no obligation to purchase photos! Your only commitment is the 30 minutes it takes to get your photo taken and choose any portraits you would like. ***We have found the photo directory to be a really valuable tool for congregation members to stay in touch with each other. Thank you for your help making our 2018 Directory a reality!***

The **Newcomer Integration Society** has citizenship classes for refugees/new Canadians that they would welcome us to attend. They have started and are Tuesdays at Glen Elm Library 7-8 pm or Thursdays at South Library 2-3:30 pm. They also could use a retired educator to help out. For more info, speak to Russell.

Did You Know...? There is an automated external defibrillator (AED) at the LSC! This portable electronic device automatically diagnoses life-threatening cardiac events and is able to treat them through defibrillation. With audio and visual commands, AEDs are designed to be simple to use for the layperson. The LSC AED is hanging in an alarmed box beside the elevator in the narthex. This box is not locked, but an alarm sounds when the door is opened to prevent tampering and notify those in the building that an emergency may be in process. Staff and LSC program leads have received a brief training on use of the AED.

YOUR NAME HERE

We will be placing an order for **name tags** shortly. Please let Suzanne know if you would like one. Cost will be \$8 and can be left in a specially marked envelope with your offering or in the office.

Sunday, November 18 Children's Sunday worship service requires individuals of all ages to serve on a multigenerational planning team. Let Russell know if you are interested.



St. James United Church, 4506 Sherwood Drive, will be holding their **21st Annual Craft Sale** on Friday, November 23 (4 – 8 pm) and Saturday, November 24 (10 am – 4 pm). There will be 43 craft and trade tables, with some wonderful new vendors. A canteen is also available, so come and enjoy the sale and have coffee or lunch as well! Everyone is welcome!

It's time to renew your subscription to the **United Church Observer**... or sign up for the first time! Annual subscriptions are only \$25! Let the office know if you're interested.



Payment can be left in a specially marked envelope with your offering.

Gender Justice In The Church: A Public Presentation, Wednesday, November 14 from 7– 9:30 pm at the LSC. Featuring speakers: Jane Kryzanowski, Woman Priest/Bishop, RCWP Canada on *A new model of ordained ministry in a renewed Roman Catholic Church*; and Craig Van Parys, Teacher, feminist/activist/theologian *Shamed into Silence; Called Out to Proclaim*. Refreshments served. Suggested free will offering \$10.

Interested in being part of a young adult group? Want to have meaningful conversation about a broad range of topics? Want to do fun social stuff with others in your age group? Sunset United is hosting an exploratory meeting for Young Adults (ages 18 -25) on Friday November 9 from 7:00 pm to 9:00 pm at Sunset (177 Sunset Dr, Regina). If you are interested please RSVP to sunsetunited.tricia@gmail.com or hstrinholm@gmail.com.

LSC Women's Spirituality Breakfast, Saturday, November 10 from 8 to 10 am. Join us for guest speaker Grace Howlett on the topic *From Zero to Hero in Less than a Lifetime: Learning to mind your energy for greater health and happiness*. A holistic practitioner, Grace will share some of her life journey and what she has come to understand about how this world works. All women are welcome. Please bring two toonies to cover the cost of breakfast.

A promotional poster for a mindfulness event. The background is dark with a silhouette of a tree on the left. The text is white and yellow. The main title is "A Mindfulness Approach to Stress and Mental Health with Dr. Todd Sojonyk". The date and time are "TUES NOV 13 at 7 pm". The location is "at the Living Spirit Centre 3018 Doan Drive, Regina" and the contact info is "INFO: 306-761-0556".

Messy Advent at the LSC! **Sunday, December 2 at 4 pm**

An event for families – crafts, worship, meal!
This is a shared ministry program. Volunteers needed in each area from all three congregations.
We are taking primary responsibility for the crafts.
See Russell if interested.

Our next **Community Dinner** is being held on Thursday, November 15. All are welcome to join us for a meal and fellowship! Doors open at 5:30, supper at 6 pm. We are asking people to prepay, \$7 per person or \$20 per family; you can pay at the church office or through our Eventbrite site <http://bit.ly/eastsidedinner>. If you would like to be part of one of the fun teams heading up these suppers, please let Russell know.

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A Mindfulness Approach to Stress and Mental Health with Dr. Todd Sojony

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3018 Doan Drive, Regina
INFO: 306-761-0556

A silhouette of a tree against a dark sky, positioned on the left side of the poster.

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