



**eastside**  
united church

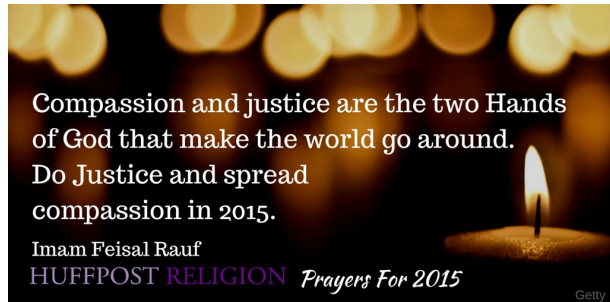
**JANUARY 2015**



## Minister's Reflection

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As the new year turned, Huffington Post Religion posted many prayers and blessings from religious leaders around the world. The one above spoke to me from an Imam of Islam. I have also found myself reflecting on the crisis in Iraq and Syria with Isis, articles I have read about the lack of impact that have been made or will be made by the forces that are fighting to stop the violent movement, and the possibility of the military action needing to be years rather than months in order to make any difference. I also read items of the offensive violence and power of this growing movement and find myself worrying that we could move into a wider war against ISIS. I realize how easy it can be to fall into this line of thinking. And then I remember the season we just celebrated, the message of Jesus, of God breaking into the world and the importance of working for and living peace. Jesus never said it would be easy, and he certainly did not have it easy but God broke through the chains of violence and death to show us that the way of peace and justice and compassion is the way God wants us to live. That is our calling and challenge as people of faith.

So as we enter a new year, what will that mean for us in our part of the world, in our community of East Regina? Living out peace and justice means moving beyond our community that we are comfortable with, moving outside our church doors. I read an article this week called 7 New Years Resolutions for Progressive Churches. Two of them encourage churches to Dream Bigger and Collaborate like it is 2015. Dream big, means moving beyond focusing on filling pews on Sunday morning to recognizing the multiple ways we contribute to the community. It asks "What can your church do to live its faith so boldly and powerfully that the world is changed by dreaming bigger?" What are the issues in our neighbourhood that we might engage in? I have wondered this holiday about exploring being involved at the community centre. Is anyone in our community on the board or committees at either Arcola Community Centre or Sandra Schmirler Community Centre or Leisure Centre ? I would love to hear from you.

### Minister's Reflection Cont'd,...

Collaborating like it is 2015 means not doing everything on our own and indeed societal changes and issues are too complex to deal with independently. We need to work with community organizations, governments, businesses and other faiths. An example of this is a conversation I had with someone during my coffee shop hours who saw my sign "Tell me about the God you don't believe in". He took a card that we've made which describes who we are and then we had a conversation after he had his meeting. He was an atheist part of the 'Centre for Inquiry' and noticed we support a lot of the same values and ideals (being an Affirming Ministry). So we talked about things we could do together. This would be collaborating like it is 2015.

As we move into this new year and continue to explore how we be church in our time, may we be open to dreaming big and collaborating, inviting others into what we offer, and going out to find out what is needed in our community.

Blessings for a wonderful new year!

Russell Mitchell-Walker  
Diaconal Minister

## Sunday School

Happy New Year!!! This year Sunday school is taught by Amanda Tessier with the help of Steph Banks and Rachel Balfour. We are looking forward to a brand new year with lots of goals, projects, and most of all, fun! There will be no Sunday School on the first Sunday of January but will resume on January 11<sup>th</sup>. In the New Year we will continue to journey through our Spark Bible and make the stories come alive through music, drama, art, food and other exciting activities. Sunday January 11<sup>th</sup> we'll join with Joshua to fight the battle of Jericho! Sunday January 18<sup>th</sup> we'll take a break and join the rest of the congregation in an inter-generational service. If you or your children would like to participate please speak to Amanda or Russell. On the last Sunday of the month we will learn the 10 commandments and consider how they relate to this big world, here and now in 2015. If you have any questions feel free to contact Amanda at (306) 527-5570 or a.c.tessier@hotmail.com

"We are beginning to think about next fall and are wondering if there are people who are willing to consider working with the Sunday School. There is an honourarium for a coordinator and we have a practice of having them volunteer for 6 months before they are paid. We are also looking for volunteers."

**Join us Sunday, January 18 for a special interactive worship experience.** During our regular scheduled service, there will be a number of activity centers set up for us to explore spirituality and prayer. These centers will be appropriate for all ages!  
**Russell needs a few volunteers to help set up following Bread of Life's worship service, let him know if you can spare a few**



**The Living Spirit Centre Women's Spirituality Breakfast** meets on the second



Saturday of each month from 8:00 to 10:00am. Two women volunteer each month to prepare coffee and breakfast. Women who attend the gathering make a small donation to cover costs and to create a fund for presenters and special projects. Through a simple brainstorming process, the group chooses program topics for the coming year at one of its spring gatherings.

**What to expect:** a warm welcome; an open process that allows you to drop in or attend regularly; engaging topics and discussions that challenge, educate and provoke; opportunities for spiritual growth and exploration; friendship; to be accepted for who you are.

**Next LSC Women's Breakfast, Sat Jan 10, 2015 from 8 - 10 am**

**Guest:** Kendra Bender

**Topic:** Wonderful Books!



**Wonderful Books!**

All women are invited for breakfast and to talk books with Kendra Bender.

Kendra is a librarian with the Regina Public Library. She'll discuss some of the best kept secrets that the library has to offer, and share some of her favourite book titles with you.

## Eastside United's Craft/Study Group

**Eastside United's Craft/Study Group runs Thursdays at 1:30 pm in the Multipurpose Room.** If you haven't done so already, we hope you'll consider joining us in the New Year as we continue our exploration of Brian McLaren's book "[We Make the Road By Walking](#)" and enjoy each other's company while working on our crafts.



## Indian Metis Christian Fellowship Breakfast



Eastside continues its involvement with Indian Metis Christian Fellowship by preparing and serving breakfast on Saturday mornings.

### **The next breakfast will be on Jan 24, 2015.**

Six volunteers are needed to help make this happen.

The breakfast runs from 9:00 am to 12:00 noon, but you are not committed for the whole time period. If you are able to spare any time at all, as your schedule allows, you are more than welcome.

Duties for the volunteers can include: setting up tables and chairs in the dining room; place settings at the tables; prepare and cook breakfast; clean up including washing dishes and putting away tables and chairs.

There will be at least an equal number of volunteers from the local community helping, and many hands make the work light.

The menu varies from month to month, but is always nutritious. There will be coffee and tea, with milk and juice for the children. All volunteers are invited to join in for breakfast and conversation, the emphasis is on fellowship.

There is no cost to volunteer, just the gift of your time. IMCF is a very family oriented facility; please talk to me if your children would like to be involved.

For more information contact: [Heather Balfour](#)



# Indian Metis Christian Fellowship

*Building an urban Aboriginal community serving spiritual and social needs.*

*3131 Dewdney Avenue, Regina, SK S4T 0Y5 Canada*

*Fax: 306.359.0103 Tel: 306.359.1096*

## Friends of Indian Metis Christian Fellowship

Greetings,

Over the past few years, the ministry of Indian Metis Christian Fellowship has been encouraged to request Christmas gifts from supporting congregations and individuals. These Christmas gifts have been much appreciated by the IMCF ministry. This year's request is a little different ...

While preparing for Christmas 2014, the ministry, staff and Council members of IMCF are also looking forward to the presentation of a theatrical production based on the 'Kisemanito Pakitinasuwin – The Creator's Sacrifice' series of paintings. (Many will recall that the ministry commissioned First Nation artist Ovide Bighetty to create this series of paintings depicting the Easter story.) Earlier this year, the ministry commissioned Mark Dieter a First Nations playwright to write a stage play involving this art work. Michele Sereda of Curtain Razors has agreed to direct this play and Birdsong Communications has committed to producing a video of the play. We anticipate that performance of the theatrical production for **Easter 2016** will be a tribute to Ovide Bighetty's artwork and inspire people with the story of 'Kisemanito Pakitinasuwin – The Creator's Sacrifice'.

Therefore I am encouraging congregations and individuals to consider making a contribution to the cost of the theatrical production and related activities as part of their Christmas giving in 2014. The budget for the theatrical production, videotaping and related activities has not been determined; early 'guestimates' ranged from \$50,000.00 to \$200,000.00. Therefore it is impossible to suggest contribution amounts; any and all contributions are gratefully accepted!

A friend reminded me to advise the friends of Indian Metis Christian Fellowship that the theatrical project will be in addition to the ongoing work and costs of the ministry.

Thank you for your consideration of this request.

Bert Adema  
IMCF Executive Director

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Liberation:

Explorations in Spirituality

An LGBT2Q-Straight Alliance

Spirited discussion - Faithful explorations.



Meeting Once a Month

The last Tuesday of each month



7 pm University of Regina

Riddell Centre

Board room (upstairs)



For more information or to be put on our distribution list, Contact [Russell](#)

[Mitchell-Walker](#) 306.761.0556.

[russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net)

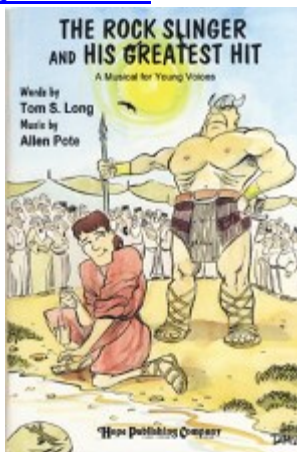
### Narrative Lectionary News

We have now made the switch to the *Narrative Lectionary*, a four-year cycle of readings for worship and preaching. Texts follow the sweep of the biblical story, from Creation through the early Christian church, showing the breadth and variety of voices within Scripture. Beginning January 11, to enrich our experience with the text, brief handouts will be available that complement and supplement the weekly readings. These include suggestions for devotions, prayers, reflections and activities to help us put the Bible passage for the week into action. Watch for them on coming Sundays!



# Lumsden Beach Camp Musical

Mark your calendars and plan to join in the fun - Saturdays at 1:30 pm in the West Sanctuary, January through March, we will be rehearsing for this year's Lumsden Beach Camp Musical! We are doing *The Rock Slinger and His Greatest Hit: The Story of David and Goliath*, and welcome all ages and all levels of ability. To indicate your interest, contact Russell at [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net) or 306-761-0556



## A Pilgrimage – a journey of faith and exploration



July 9-12, 2015  
Hot Springs, NC

spirit. justice. music. arts.

This festival, inspired by the Greenbelt Festival in England is an opportunity to explore creative ways of being church in our time, build our faith, and enjoy community. Our minister, Russell and our Leadership Team chair are inviting anyone who is interested to join them on this pilgrimage. They had such a meaningful time last year, that they want to offer it to more people. We will plan to gather together beforehand to prepare ourselves as well as in the fall to follow up on our experience and how we share it with the congregation. This festival has something for all ages. Contact [Russell](#) or [Nicole](#) if you are interested or for more information. <http://wildgoosefestival.org/>

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**Coming soon: Animate Faith**

**Animate Faith** is seven-session adult faith formation course that imaginatively explores the central topics of Christianity. "by emerging leaders of the church - Faith, Religion & Spirituality, Jesus, God, Salvation, The Cross, The Bible, The Church."

Visit <http://wearesparkhouse.org/adults/animate/faith/> to learn more. We will meet on Thursday evenings beginning January 29 but need to know of your interest by January 14 to order the journals.



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## Film and Faith



**Film and Faith, Friday, January 16, time TBA.** "Selma, the story of Martin Luther King Jr and the nonviolent march for voting rights from Montgomery to Selma. Please let [Russell](#) or the office know if you would like to attend so we can confirm times with you and get tickets. This is a Pay-What-You-Can Event.

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## Spirituality on Tap

**Spirituality on Tap** Tuesdays 4:30 pm at Beer Brothers. An opportunity for all men over 19 to relax and explore issues of life, spirituality, faith, and the world. Join us on January 13, 20 and 27!





## Practising Faith with Your Family

### **Happy Epiphany!**

Epiphany, on January 6, is the official end of the 12 days of Christmas. Many Christians celebrate this day by remembering the journey of the Magi. The Magi found their way to Jesus by following a bright heavenly body, usually represented by a star. Use this activity to choose a star or stars that will guide your family through the coming year!

**Read and say:** Matthew 2: 10-12.

“This is a story about how the Magi came to Jesus and brought him gifts. They followed a star to figure out which way to go! Today we are going to pick out our own star(s) to guide us this year.”

**Materials:** paper, scissors, markers, string

**How to:** Make and decorate stars and hang them up in your house to remember and commemorate Epiphany. Label them with some or all of the following words that represent words that can provide guidance to your family (feel free to choose those that are known to your kids and are especially meaningful to your family):

*grace – mercy – love – faithfulness – peace – patience – kindness – joy – rest – adventure – attention – imagination – faith – compassion – friendship – song – art – generosity – time – humility – persistence – dedication – inspiration – comfort – wholeness*

You may wish to make one special star with only one of these guiding words and let that star guide your family for the year to come. Talk about what it would look like to be guided by your chosen star or stars.

Adapted from *Seamless Faith: Simple Practices for Daily Family Life* by Traci Smith, Chalice Press, 2014.



There's still time to sneak in last minute NAME TAG orders. Tags are approximately 1" X 3" in size, dark background with white lettering, and they attach to clothing with a magnet rather than a pin. Cost is \$4. Please let Suzanne in the office know if you're interested.



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# January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2	3
4 11:15 am Worship Communion	5 8:00 pm AA	6 4:30 pm Spirituality on Tap Beer Brothers 6:30 pm TOPS	7	8 1:30 pm Craft Group	9	10 8:00 am Women's Breakfast 1:30 pm LBC Musical rehearsal 
11 11:15 am Worship Open Hearts Jar	12 8:00 pm AA	13 4:30 pm Spirituality on Tap Beer Brothers 6:30 pm TOPS	14 7:00 pm Worship Committee Meeting	15 1:30 pm Craft Group	16 Film & Faith	17 1:30 pm LBC Musical rehearsal
18 11:15 am Worship Spirituality and Prayer Activity Centers in Worship Leadership Team Meeting following church	19 8:00 pm AA	20 4:30 pm Spirituality on Tap Beer Brothers 6:30 pm TOPS	21	22 1:30 pm Craft Group	23	24 9—12:00 pm IMCF Breakfast  1:30 pm LBC Musical rehearsals
25 11:15 am Worship Pot Luck!!!	26 8:00 pm AA	27 4:30 pm Spirituality on Tap Beer Brothers 6:30 pm TOPS 7:00 pm Liberation 	28	29 1:30 pm Craft Group Animate Faith	30	31 1:30 pm LBC Musical rehearsal  <a href="#">Return to Index</a>