

November 2018

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
28 Worship 11:15 Potluck	29 Meditation 7 pm AA 8 pm	30 Cards 9:30 TOPS 6:30	31 	1 Craft/Study 1:30	2	3
4 Worship 11:15 Communion	5 Meditation 7 pm AA 8 pm	6 Cards 9:30 TOPS 6:30	7	8 Craft/Study 1:30	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

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

October 28, 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: Tkachuk Family
Congregational Care Greeter: Clare Banks
Prayers: Sarah Tkachuk
PowerPoint: Tkachuk Family
Music ministry: Ethan Williams and Maureen Hughes
Piano: Michelle Dickie
Last week's attendance: 61

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 Reading: 1 Kings 3: 3-9,10-15,16-28
Gospel Reading: Matthew 6:9-10

Songs –

Come All You People MV #2
Come and Find the Quiet Centre VU #374
I Can Feel You Near Me (Jump for Joy) MV #48
Who Comes from God VU #892
What Can I Do? MV #191
God of Grace and God of Glory VU #686 (Tune #651)
May the God of Hope VU #424 vs 1

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 Monday, October 29. 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 are reading *Everything Happens for a Reason: And Other Lies I've Loved* by Kate Bowler. Suzanne ordered an extra copy of the book, so let us know if you'd like to jump in – the more the merrier!

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>.

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>.

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.**



LSC PHOTO DIRECTORY: BOOK YOUR PHOTOGRAPHY SITTING NOW! The online tool for booking your photography sitting can be found at <http://bit.ly/lscphotos>. **Remaining dates include November 7 and 8 (2:30 pm to 8:30 pm) and 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!

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!



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.

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.

You're invited to:



Free event for all ages!

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

**TUES NOV 13
at 7 pm**
at the Living Spirit Centre
3018 Doan Drive, Regina
INFO: 306-761-0556

Mindfulness Based Stress Reduction is rooted in the work of Thich Nhat Hanh and Jon Kabat-Zinn (U of Massachusetts Medical Centre). It is an evidence-based best practice approach for personal well-being and emotional health.

Dr. Todd has taught Mindfulness Based Stress Reduction for over twenty years. He is a registered doctoral psychologist in private practice at 3018 Doan Drive in Regina, Saskatchewan (306-737-6533). He works in the areas of marriage and family counselling, depression, anxiety, stress, eating disorders and addictions. He is a published author and has lectured throughout Canada and in Ireland.

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