

# November/December 2019

## At a glance

### Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>17</b> Worship 11:15 Prayer Candles	<b>18</b> Meditation 7:15 pm AA 8 pm	<b>19</b> Cards 9:30 TOPS 6:30 LSC Council	<b>20</b> Coffee Shop 2 – 4:30 pm @2 <sup>nd</sup> Cup Leadership Team 7 pm	<b>21</b> Forever in Motion 10 am Craft/Study 1:30 Community Dinner 5:45 pm	<b>22</b> INI Café 6pm	<b>23</b> ICF BF 9 am
<b>24</b> Worship 11:15 Potluck	<b>25</b> Meditation 7:15 pm AA 8 pm	<b>26</b> Cards 9:30 TOPS 6:30	<b>27</b> Coffee Shop 2 – 4:30 pm @2 <sup>nd</sup> Cup Community Potluck Faith Form. 7 pm	<b>28</b> Forever in Motion 10 am Craft/Study 1:30	<b>29</b> Film & Faith	<b>30</b>
<b>1</b> Advent 1 Worship 11:15 Comm. Collecting for Rainbow Youth Xmas	<b>2</b> Meditation 7:15 pm AA 8 pm	<b>3</b> Cards 9:30 TOPS 6:30 Gratitude Team 7 pm	<b>4</b> Coffee Shop 2 – 4:30 pm @ 2 <sup>nd</sup> Cup Caroling	<b>5</b> Forever in Motion 10 am Craft/Study 1:30 Carols & Nativity 7 pm	<b>6</b>	<b>7</b> Messy Church 4 pm
<b>8</b> Advent 2 Worship 11:15 Open Hearts Jar	<b>9</b> Meditation 7:15 pm AA 8 pm	<b>10</b> Cards 9:30 TOPS 6:30	<b>11</b> Coffee Shop 2 – 4:30 pm @B.A. Soup & Advent Service 5:30 pm	<b>12</b> Forever in Motion 10 am Craft/Study 1:30	<b>13</b>	<b>14</b> Women's Breakfast 8 am
<b>15</b> Advent 3 Worship 11:15 Prayer Candles	<b>16</b> Meditation 7:15 pm AA 8 pm	<b>17</b> Cards 9:30 TOPS 6:30	<b>18</b> Coffee Shop 2 – 4:30 pm @B.A. Blue Christmas 7pm	<b>19</b> Forever in Motion 10 am Craft/Study 1:30	<b>20</b>	<b>21</b>

TOPS = Take Off Pounds Sensibly  
AA = Alcoholics Anonymous



# ANNOUNCEMENTS

November 17, 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: Brenda and Barry Adamko  
Congregational Care Greeter: Linda Fowler  
PowerPoint: Janet Bjorndahl  
Pianist: Michelle Dickie  
Last week's attendance: NA      Offering: \$865      Weekly budget: \$1100

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

Russell will again be holding **Coffee Shop Office Hours** Wednesdays through November from 2 to 4:30 at Second Cup on Quance Street.

**Scripture Reading:** Luke 10:25–37 (The Good Samaritan)  
Psalm 82 VU pg 799

### Songs –

With Open Hearts  
Gather Us In MV #7  
Child of God  
Shout for God (All God's Children Sing #48)  
Will You Come and Follow Me VU #567  
Every Day is a Day of Thanksgiving MV #185  
Go Make a Difference MV #209  
Like a Rock MV #92

**Advent Newsletter:** If you would like to include something in the Advent newsletter, please forward to Suzanne at [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net) by November 26.

**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.

**LSC Meditation Monday evenings 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.

**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. If you are interested in serving on our Board of Directors, please let Vicki know!

**Our November Community Dinner is coming up November 21 at 5:45 pm.** Munch Café is catering this meal for us -- Pulled Pork, buns, Caesar salad and broccoli salad, plus dessert! Join us for a suggested donation of \$7/person or \$20/family (a real deal for this meal!) or pay what you wish. Please RSVP asap, by Tuesday Nov 19. Tickets can be purchased online as well at [www.bit.ly/Dinnertickets](http://www.bit.ly/Dinnertickets).

**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, November 23. Can you join us in carrying out this wonderful outreach ministry? Doug Scheurwater has stepped in as interim coordinator - thank you Doug! If you would like to volunteer for this or a future breakfast, or to get on the reminder email list please let Doug know at [dscheurwater@sasktel.net](mailto:dscheurwater@sasktel.net).

**Carol Singing in the Community** – Join Russell at Second Cup on Wednesday, December 4 at 3 pm for some Carol Singing to help the community get into the Spirit of Christmas! Let Russell know if you can join.

**Once again this year Eastside is pleased to support the Rainbow Youth Centre with stocking stuffers for their annual Christmas party.** You will find candy canes hanging on the Christmas tree on December 1, each labeled with potential gifts you can give. ***We wanted to give you a bit more time to shop so are providing the list of items here as well.*** All gifts must be brought to the church by December 8 as they will be delivered to the Rainbow Youth Centre on December 9. Thank you for your generous giving again this year!

## Rainbow Youth Centre Christmas Stocking Project



### *Most Needed List*

*Below are the gift items needed to fill 180 Christmas Stockings that will be distributed to children and youth at Rainbow Youth Centre this holiday season.*

### 2019 Shopping List

☆ Toques	* new, not used	(size: adult)
☆ Mittens	* new, not used	(size: adult)
☆ Socks	* new, not used	(size: infant and toddler)
☆ Bibs		
☆ Baby Shampoo		
☆ Toothbrushes		(children's and adult)
☆ Toothpaste		(children's)
☆ Deodorant		(female)
☆ Shampoo/Body Wash		(children's)
☆ Shampoo		(adult)
☆ Coloring Books		(children's)
☆ Reading Books		(infant and children's)
☆ Crayons		(wax crayons)

**If you prefer, make a cash donation or donate a gift card from Shoppers Drug Mart or Wal-Mart, and let *Rainbow Elves* do the shopping.**

The Living Spirit Centre  
invites you to



## A Carol Singing and Nativity Evening

Thursday,  
December 5  
at 7 pm

We are inviting families to share their Nativity scenes by putting them on display. If there is a special story to your scene, please include that for the display. Nativity scenes may be dropped off at the LSC from December 1 to 5 and picked up Saturday, December 7.

3018 DOAN DR.

306-761-0556

Wesley United Church is proud to share that their Senior Choir will be performing on December 2, 2019 at Carnegie Hall in New York City. They have been invited to perform by Distinguished Concerts International New York (DCINY) after seeing an online video of them singing a song composed by Mark Hayes. The annual Choir Service at Wesley United Church is scheduled for December 8, 2019 if you wish to attend. For more information about our amazing choir, please visit [WesleyUnitedRegina.ca](http://WesleyUnitedRegina.ca).

# Messy Advent

Sat  
Dec 7  
4-7 pm

An event for  
families with  
crafts, worship,  
and a meal!

This is a shared ministry program of the  
Living Spirit Centre!  
3018 Doan Drive, Regina  
INFO & RSVP: 306-761-0556

The Living Spirit Centre  
invites you to



## A Carol Singing and Nativity Evening

Thursday,  
December 5  
at 7 pm

3018 DOAN DR.

306-761-0556

We are inviting families to share their Nativity scenes by putting them on display. If there is a special story to your scene, please include that for the display. Nativity scenes may be dropped off at the LSC from December 1 to 5 and picked up Saturday, December 7.

Wesley United Church is proud to share that their Senior Choir will be performing on December 2, 2019 at Carnegie Hall in New York City. They have been invited to perform by Distinguished Concerts International New York (DCINY) after seeing an online video of them singing a song composed by Mark Hayes. The annual Choir Service at Wesley United Church is scheduled for December 8, 2019 if you wish to attend. For more information about our amazing choir, please visit [WesleyUnitedRegina.ca](http://WesleyUnitedRegina.ca).

# Messy Advent

Sat  
Dec 7  
4 - 7 pm

An event for  
families with  
crafts, worship,  
and a meal!

This is a shared ministry program of the  
Living Spirit Centre!  
3018 Doan Drive, Regina  
INFO & RSVP: 306-761-0556