

**April/May 2019**  
**At a glance**  
**Full descriptions of activities in bulletin.**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>21</b> Worship 11:15 Easter Sunday Communion Wascana Rehab Worship	<b>22</b> AA 8 pm	<b>23</b> Cards 9:30 TOPS 6:30 Film & Faith	<b>24</b> Prayer 8:15 am Community Potluck (BoL) 6 pm Gratitude Team 7pm	<b>25</b> Craft/Study 1:30 Prayer 4 pm Community Dinner 5:45 pm	<b>26</b> INI Café 6pm	<b>27</b> ICF Breakfast 9 am  Matt Epp House Concert 7:30 pm
<b>28</b> Worship 11:15 POTLUCK	<b>29</b> Meditation 7 pm AA 8 pm	<b>30</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>1</b> Prayer 8:15 am	<b>2</b> Cong Care 10 am Craft/Study 1:30 Prayer 4 pm	<b>3</b> Harold Howard Funeral 2 pm Regina Funeral Home	<b>4</b> LBC Cleanup 10 am Messy Church 4 pm
<b>5</b> Worship 11:15 Communion	<b>6</b> Meditation 7 pm AA 8 pm	<b>7</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>8</b> Prayer 8:15 am	<b>9</b> Craft/Study 1:30 Prayer 4 pm	<b>10</b>	<b>11</b> Women's Breakfast 8 am LBC Banana Sprint 1 pm
<b>12</b> Worship 11:15 Open Hearts	<b>13</b> Meditation 7 pm AA 8 pm	<b>14</b> Cards 9:30 Prayer 12 pm TOPS 6:30 St Andrew's Gala 5 pm	<b>15</b> Prayer 8:15 am	<b>16</b> Craft/Study 1:30 Prayer 4 pm	<b>17</b>	<b>18</b>
Russell away at Festival of Homiletics, Minneapolis						
<b>19</b> Worship 11:15 Prayer Candles	<b>20</b> Meditation 7 pm AA 8 pm	<b>21</b> Cards 9:30 Prayer 12 pm TOPS 6:30 Film & Faith	<b>22</b> Prayer 8:15 am Leadership Team, 7 pm	<b>23</b> Craft/Study 1:30 Prayer 4 pm Community Dinner	<b>24</b> St. Philip Lobster Supper 6 pm INI Café 6 pm	<b>25</b> ICF Breakfast 9 am



# ANNOUNCEMENTS

April 21, 2019

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: Russell Mitchell-Walker  
 Greeting: Teresa Strachan and Cathie Henderson  
 Prayers: Ken Powers  
 Reader: MaryBelle Powers  
 Music ministry: Ethan Williams and Eastside's choir  
 Last week's attendance: 78  
 Last week's offering: \$6211, \$5320 to M&S Debt



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

**Office Hours:**

**THIS WEEK: Thursday and Friday from 8:30 am to 3:30 pm**

Russell's Office Hours week of April 22:  
 OFF Tuesday, working Wednesday and Thursday, and from home Friday.  
 Coffee Shop Office Hours, Wednesday afternoon from 2 to 4:30 pm,  
 at the Woodhams Drive Brewed Awakening.

**PRAYER SERVICES: Russell is inviting anyone who wishes to join him for a short service of prayer. Wednesday at 8:15 am, and Thursday at 4 pm.**

**Scripture Readings:** Psalm 118 VU pg 837, Part One and Two  
 Gospel: Matthew 28: 1-10

**Songs:**

Jesus Christ is Risen Today! VU #155  
 Hey Now, Singing Hallelujah 2 verses  
 Welcome, Happy Morning VU#161  
 It's a Song of Praise to the Maker MV #30  
 Thine is the Glory VU #173  
 Halle, Halle, Halle VU #958

**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.

**LSC Meditation Group: No Meditation April 22.** Join us Monday, April 29, 2019 at 7 pm as Delia Baidoo leads our meditation. 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 *The Inconvenient Indian: A Curious Account of Native People in North America* by Thomas King.

Our next **ICF Breakfast** is being held Saturday, April 27 from 9 am to 12 noon. The fourth Saturday of each month Eastside volunteers help set up, serve and clean up following breakfast for residents of north-central Regina. Will you join us in offering this family-friendly outreach ministry? Please let Peter Braun know @ peterbraun@myaccess.ca.

**LSC Forever... in Motion program is taking a break until September!** *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! More info will be available toward end of summer. **Start date Thursday, September 5 at 10 am.**

**An Evening for St. Andrew's Gala & Fundraiser**, Tuesday, May 14, 2019 Gathering 5 pm Dinner 6:15 pm at Wascana Country Club, Regina Tickets \$125 (partial tax receipt), ticket deadline May 6, 2019 Contact your United Church or call the college at 1-877-644-8970. GUEST SPEAKER Archbishop Don Bolen, EMCEE Shauna Powers PRINCIPAL Dea. Richard Manley-Tannis, ENTERTAINMENT QuarterNotes Flute Ensemble.

**Lobster Supper:** St. Philip's annual Lobster Supper will be held on Friday, May 24. Doors open at 6 and lobsters will be served after 6:30. Tickets are \$35 per person (or chicken for \$20). Dinner includes salads, baked potato, buns, dessert and hot butter. Wine and beer will be available to purchase. For tickets or more information, contact Don Metz at 306-789-5241 or dmetz@accesscomm.ca.

## LUMSDEN BEACH CAMP NEWS

Registration is Open! Lumsden Beach Camp has programs for children from ages 5-18, plus a super fun Family Camp. Join us for a summer you won't forget. [www.lumsdenbeachcamp.com](http://www.lumsdenbeachcamp.com)

### Camp Clean Up

**Saturday, May 4 – 10 am until 3 pm**

This is a really fun day in the valley. We need a large number of hands to get the site up and running for the summer. Jobs vary, but we will find something for everyone! LBC will also provide a hotdog roast lunch for volunteers. Please bring your own drinking water. Gates open at 9:30 am.

### LBC Banana Sprint - Run, Walk, Roll or Stroll!

Join your friends from Lumsden Beach Camp on Saturday, May 11 at 1 pm in Wascana Park. This fun-run starts and ends behind the Royal Sask Museum. Friends and spectators are welcome!

Whether you want to take it slow or run as fast as a chee-qui-tah, the Banana Sprint will have you peelin' good. Participants will be given a banana at the beginning of the 3KM course and encouraged to eat their banana in a banana split at the end. There will also be a few camp-themed challenges along the way. Participants of all ages are welcome! There will be prizes for fundraisers, best costume, and more! To get more information or sign up contact Vicki at [info@lumsdenbeachcamp.com](mailto:info@lumsdenbeachcamp.com) or 306-539-7772.

If you share announcements online, please include this link - <https://www.canadahelps.org/en/charities/lumsden-beach-camp-inc/p2p/Banana-Sprint/>

### The Big Shred

**Saturday, June 8 – Living Spirit Centre parking lot (3018 Doan Drive)**

In partnership with Crown Shred Recycling Management, Lumsden Beach Camp is inviting you to bring your paper recycling to us on June 8th.

Whether you are Tidying Up with Marie Kondo, want to get rid of your tax documents, or work in an office that needs to confidently dispose of private information, this event is for you!

The experienced professionals of Crown Shred will be on-hand and donating their services to take and confidentially shred whatever you bring. A single bag or a van load, we will deal with it for a donation (recommended \$5/bag or \$10/ box). Plus, you will be supporting Lumsden Beach Camp!

More info on Facebook - <https://www.facebook.com/events/407046830071993/>

**TODAY: Worship Service at Wascana Rehabilitation Centre, Sunday, April 21 at 1:30 pm.** We need volunteers to help make this service happen; individuals to escort worshippers from their rooms to the chapel and singers are nice too! Please talk to Shelly Williams or Linda Fowler.

**Eastside Community Dinner, Thursday, April 25 at 5:45 pm.** We begin with a short service – prayer, candle-lighting, singing – followed by a meal. Please RSVP by morning of April 23 if you can join us. Suggested cost \$7/person; \$20/family. Pay in advance at the office or purchase a ticket at [www.Bit.ly/Dinnertickets](http://www.Bit.ly/Dinnertickets) (NO fees!). **Volunteers needed in the kitchen!** We'll need helpers for set up and clean up too! Talk to Russell if interested.

**Film & Faith, Tuesday, April 23.** Film & Faith is an opportunity to attend a movie and have discussion afterward about the spiritual themes experienced or observed in the film. This month our movie choices are Breakthrough (about a mother whose prayer to save her son is answered), The Grizzlies (about an Indigenous lacrosse team in the north) or Stockholm (about a kidnapping that originated the term 'Stockholm syndrome'). Russell purchases tickets for those who RSVP and you reimburse him as you are able. Watch our Facebook event page to vote for movie and RSVP!

**INI Café, Friday, April 26** featuring Joelle Fuller & Ron Ewenin Wapemoose – Indigenous & Non-Indigenous Café is hosted by Indigenous Christian Fellowship (ICF) and Eastside. Doors open at 6 pm with performances starting at 7 pm. This is an all ages free gathering at ICF. A canteen will be available for light food and refreshments. Volunteers will be needed to manage the canteen. If you have a talent to offer (music, poetry, story, dramatic monologue, etc) or can help out, please talk to Russell.

**G4G Regina 'Fabric, Yarn and More' Sale** – April 27, 2019 between 10 am and 3 pm, Glen Elm Church of Christ, 1825 Rothwell Street. Questions? Please call Charlotte at 306-539-4135 or email [g4gregina@gmail.com](mailto:g4gregina@gmail.com) and check us out on Facebook.

Knox-Metropolitan United Church is having its **annual book sale** on April 26 and 27. We are accepting donations of books, vinyl records, CDs, DVDs, games and puzzles. No encyclopedias, text books or magazines please. You can drop them off in the front entrance any time that the church is open.



## **MAKING TREATY 4 at the Globe Theatre Apr 10 – Apr 28, 2019**

Making Treaty 4 is a captivating conceptual performance that explores the historical and contemporary significance of Treaty 4. Performed by an ensemble of ten Indigenous and non-Indigenous artists, Making Treaty 4 is a powerful, entertaining and challenging theatrical experience that

invites people of all backgrounds to move forward together in a spirit of reconciliation, equality, and a shared vision for the future.

Russell and Brian are hosting a **Matt Epp House Concert** April 27 at 7:30pm. Matt is a regular Skylight performer and Mennonite folk singer-songwriter. His music includes songs of peace and justice. If you are interested in coming or for tickets, e-mail [russellmw88@gmail.com](mailto:russellmw88@gmail.com)

## Holy Yoga for Eastside

Have you ever wondered what *Holy Yoga* is? Want to find out and support Eastside United? On Tuesday, May 28 at 7 pm, Connie Moker Wernikowski has agreed to offer a Holy Yoga session at the Living Spirit Centre as a fundraiser for Eastside United Church. Whether you are new to Holy Yoga or a regular, you are welcome. Minimum donation \$10, can be paid at the door.

Space is limited to 26 people so pre-register by calling 306-761-0556 or emailing [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net). Wear comfortable clothing that you can stretch in, and bring a yoga mat. If you need a yoga mat, please indicate that in your email RSVP as Connie has some extras.



## Quarterly Financial Update: January 1 – March 31, 2019

Eastside recorded a surplus of \$18,532 during the first three months of 2019 (see below). Of this amount, \$16,474 has been applied to reduce the M&S liability, and the remaining \$2,058 has been used to increase Eastside's bank balance to a more prudent level.

At March 31, 2019, Eastside's M&S liability has been reduced to \$9,103. In addition, Eastside continues to owe \$7,180 to the Region with respect to the 2018 Presbytery Assessment that remains unpaid. Eastside continues to make progress in reducing its share of the Living Spirit Centre mortgage. At March 31, 2019, the remaining balance on this obligation was \$45,896.

The congregation has significantly increased its giving. For example, PAR giving increased by \$882 per month between December and March, which translates into more than \$10,000 per year. The current level of giving is sufficient to enable Eastside to meet its obligations as they come due, however further generosity will be needed to eliminate the M&S liability and the debt to the Region. *\*\*Update, the M&S Liability has been cleared!*

The congregation should be proud of its efforts to return Eastside to financial health. Keep up the good work!

### Eastside United Church

#### Statement of Surplus (Deficit) for January 1 - March 31

	2019	2018	2017
Revenue to Support Eastside United Church	\$ 39,976	\$ 32,966	\$ 35,901
Revenue to Reduce M&S Liability <sup>1</sup>	16,474	0	0
Revenue to Support Mission & Service Fund	433	3,202	3,858
<b>Total Revenue</b>	<b>56,883</b>	<b>36,168</b>	<b>39,759</b>
Eastside's Operating Expenses	35,168	37,488	34,354
Contribution to Mission & Service Fund <sup>1</sup>	433	3,202	3,858
<b>Total Operating Expenses</b>	<b>35,601</b>	<b>40,690</b>	<b>38,212</b>
<b>Operating Surplus/(Deficit)</b>	<b>\$ 21,282</b>	<b>\$ (4,522)</b>	<b>\$ 1,547</b>
Less: Mortgage Payments (principal & interest)	2,750	2,475	2,500
Add: Drawdown of Mortgage Fund <sup>2</sup>	0	(2,475)	(2,500)
<b>Equals: Surplus/(Deficit)</b>	<b>\$ 18,532</b>	<b>\$ (4,522)</b>	<b>\$ 1,547</b>

<sup>1</sup> amounts raised for the M&S liability have been paid to the M&S fund. They do not appear as M&S contributions because they relate to funding amounts reported as contributions in prior years.

<sup>2</sup> the mortgage fund was depleted in November 2018

**Living Skies Regional Council needs volunteers** to do the work required of the region. Basically, the region has all the work and responsibilities of the former presbyteries and conference. Under the previous structure many members were doing volunteer work in both presbytery and conference work.

Please consider putting your name forward or encouraging others to put their names forward the work of the region. Often, we need encouragement from others to give us enough confidence in our ability to put our names forward.

The work of nominations is difficult without presbytery and presbytery reps who knew members in their area. Presbytery was often the starting place for volunteers in our church.

The nominations committee is looking for UC members for the following committees and commissions:

- Regional Council Executive including a treasurer
- Regional Council Planning Committee
- Regional Council Property Commissions
- Regional Council Nominations Committee
- Committee on Communities of Faith Support
- Committee on Lay Leadership Support
- Committee on Ministry Personnel Support

If you are interested in any of these positions, the Structure Document describing them is on the SK Conference website on the Region 4 page.

To put your name forward for any of these positions, please complete the Expression of Interest form which is on SK Conference website under Resources > Forms.

The links to the Structure document and Expression of interest form can be found in the April Region Ramblers.

For more information contact a member of the nominations committee:

Miles Russell at [psuc@sastel.net](mailto:psuc@sastel.net)

Linda Gunningham at [lindag@sasktel.net](mailto:lindag@sasktel.net)

Jason Richards at [jasonrichards@shaw.ca](mailto:jasonrichards@shaw.ca)

Lesley Parkin at [lparkin4912@gmail.com](mailto:lparkin4912@gmail.com)

Diane Thurlow at [dlht.thurlow@sasktel.net](mailto:dlht.thurlow@sasktel.net)

Bev Kostichuk, chair at [bkosti@gmail.com](mailto:bkosti@gmail.com)