



Horizons

Newsletter of Eastside United Church



MAY / JUNE 2016

OPEN MINDS. OPEN HEARTS. OPEN DOORS.

New programs a hit with Eastside families

by Suzanne Joyce

It's been a fun and busy few months for Eastside families and their friends with a series of new programs designed with families in mind.

At Eastside, Russell is often asking us "As a church, what do people need us to be? How can we best serve individuals and families today?"

One of the needs that arose from conversations around these questions involved supporting families with young children. It's a familiar scenario: family members arrive home from work, school, and activities at the end of the day and are immediately faced with the challenge of "What's for dinner?" Social outings can also be hard to come by for young families and seem to be most available at opposite ends of a spectrum, leaving parents to choose between pre-planned date nights with the kids at home with a sitter, and taking the entire family for fast food at a restaurant chain with a play space. It can be hard to find opportunities in between that offer the

welcome convenience of a nutritious meal and the chance to socialize with other families, as a family.

In February, at a meeting of the newly formed Faith Formation Committee (a combination of the Worship and Christian Education Committees), when reflecting on committee goals, Russell proposed the idea for a Family Dinner. This dinner would not have an agenda or program, its only intention would be providing the opportunity to enjoy community with others.

The first Family Dinner was planned for Thursday, March 3 and was a great success, with several families in attendance and a delicious meal served thanks to Wanda Barr and a crew of helpers. Families appreciated the time to get together and share a meal, and the kids appreciated the chance to run around and play with friends. This event was so well-received that the group wanted to try it as a regular gathering, planned for the first Thursday of



Hear ye! Hear ye! Here is your summer worship schedule!

We are thrilled to be joining in worship with St. Philip Anglican again this summer.

St. Philip will lead worship through the month of July; Eastside will lead through the month of August.

Mark your calendars and start wrapping your head around this NOW:

Our summer start time will be 9:30 am!

the next three months. The April and May dinners also received rave reviews! These dinners led to the suggestion that families get together for play time at the new east end YMCA. On Sunday morning before church on April 10, 11 children and their families including grandparents enjoyed time at the play structure.

Easter time brought its own share of family fun! Thanks to the hard work and creativity of Terri Frederickson, Eastside held its first ever Community Easter Egg Hunt. In a similar vein to Night in Bethlehem, this event was offered to the public free of charge as a way to reach out and offer a time of fellowship and community building for neighbourhood residents.

The turnout of people was overwhelming and a surprise to all organizers. Several extra trips were made to the store to pick up more Easter eggs and treats, and there still weren't enough to meet the demand of over 400 people! People were very respectful and understanding despite the shortage, and were genuinely appreciative of the efforts of volunteers to provide an event like this in their community.

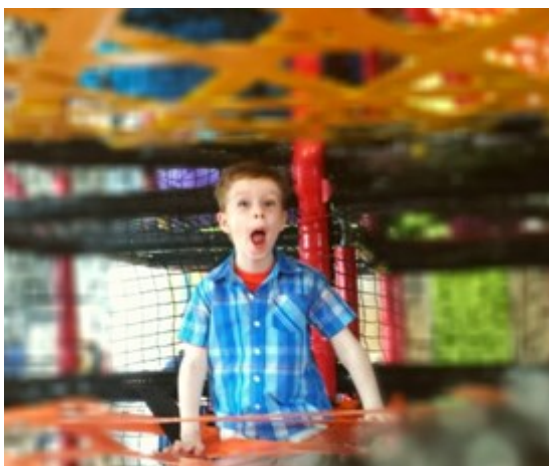
The final Family Dinner before summer is scheduled for Thursday, June 2 and will be a picnic at Candy Cane Park. The meal will again be provided at a recommended donation of \$5 per person or \$20 per family. We hope you and your kids and grandkids will plan to join us. Please continue to invite families you know –

the more the merrier – and we would love more families to be able to experience the community we are offering here!

These family events could not have happened without the help of many volunteers, both in their inception and their execution! Wanda Barr has been pivotal in planning, preparing and serving the family dinners each time with the help of a large crew of volunteers and Taylor Balfour has been a huge help occupying the kids and giving the parents a chance to talk to other grown-ups! Following Terri Frederickson's suggestion to hold the Community Easter Egg Hunt, many, many people stepped up to help with this event, providing time, energy and resources to make it happen. Thank you!



Upper left and right: A good crowd showed up for the first annual Community Easter Egg Hunt on Saturday, March 26. Lower left and right: Eastside families enjoy time together at the play structure at the new east end YMCA.



Ministerial Musings for Spring

by Russell Mitchell-Walker

I have to say, I am feeling pretty good about this community of Eastside these days. It is a tough time in the church and many ministers are feeling it. We just had a friend who is a UC minister stay with us as before he went on a [Deep Coaching](#) retreat at the beginning of the Coaching program. This is the same program that Brian has taken, and that I am presently finishing, which I will use as spiritual direction for those who wish and just in general pastoral counselling. He plans to go into business for himself as he is tired of working with congregations who don't seem to be open to changing. He has had a series of congregations that are content to continue as they are even though the trend of declining and aging attendance is a concern.

I hear similar stories from others as well, so when I think about our community, the vibrancy, the energy, the openness to trying new or different things, along with the commitment to tradition are all things

that are exciting and hopeful. I have been excited by new energy and ideas, particularly from Terri-Lynne Frederickson who is showing us what evangelism for today can look like. She organized the Easter Egg Hunt that was an overwhelming success, partially because of Terri advertising on sites I never would have thought of! She has brought three new families to the family dinner, and one has come to services. This is an example of the kind of sharing our enthusiasm and energy for our faith that is important for our time.

We can't assume that people are not interested in issues of faith or spirituality. They may not be interested in church, but they may be open to coming to something the church offers which may open them up to coming Sunday morning. Especially if they get a sense that what happens here on Sunday morning may not be like what they think! I had a talk with one young father who grew up Catholic and isn't interested in church but listens to sermons

online. According to a new [Angus Reid poll](#), almost 50% of Canadians pray once a month or more (with 35% weekly or more). God is working in our communities, our work is to go to where that is happening, as they may not come to us in the same way. That is our present day challenge. I think we are well on our way to doing pretty well at it, and need to continue on the journey! As you move into your spring and summer routines which include travel and maybe more time with family and friends, I invite you/challenge you to have conversations about church and faith and why Eastside is an important part of your life and community!

Blessings for a wonderful summer!!

Russell Mitchell-Walker
Diaconal Minister

YOU ARE THE ONES FOR SKYLIGHT!

Do you have friends or family who don't want to have anything to do with church?
Who might consider themselves Spiritual but not Religious?
Do you enjoy learning about new insights and issues in areas of Social Justice – racism, indigenous rights, climate change, LGBT and faith, and more?
Do you enjoy listening to musicians who have a message?
Who integrate spirituality and justice? Who are activists in their message?
Do you enjoy creative expressions of personal story that make links with political and social realities?
Do you like meeting new people from diverse backgrounds across the country?
Do you love gathering for worship with a large community that is creative, justice oriented and meaningful?

If you answered YES to any of these questions, then the [Skylight Festival](#) is for you! And for your friends and family if you answered YES to that first question! Nurturing a narrative of hope, joy and transformation, the Skylight Festival is a celebratory and creative space where diverse communities connect to explore arts, faith, peace and justice. Join us **July 29-31** for an awesome experience of faith and spirituality!

We just need a few more people to be able to register 6 for \$600.
If you like the idea but can't come, [spread the word!](#)

YOU ARE THE ONES FOR SKYLIGHT!

July 29—31, 2016



PARIS, ON



Sunday School Winds Up June 19!

by Amanda Tessier

As spring is in full swing and summer is approaching we near the end of the Sunday School season.

In May we will take part in two interfaith lessons of creation. *How did it all come to be? What questions do we have about 'the beginning'.* There will be no Sunday School on May 22 as it is the long weekend.

On June 12, we invite all children and families to join us for a BBQ, games, and

festivities following the AGM. Yes there will be a bouncy castle!!! Lastly, on June 19 we will have our Sunday School wind-up. Can't wait to see everyone out, to end the year with a bang!

SS is taught by Taylor Balfour and Steph Banks. If you have questions feel free to contact SS coordinator Amanda Tessier at a.c.tessier@hotmail.com.

IMCF Breakfast

Eastside continues its involvement with Indian Metis Christian Fellowship by preparing and serving breakfast the third Saturday of each month, from 9 am to 12 noon.

Six volunteers are needed to help make this happen. If you are able to spare any time at all, as your schedule allows, you are more than welcome. Volunteers typically help with setting up tables and chairs; laying place settings at the tables; preparing and cooking breakfast; clean up including washing dishes and putting away tables and chairs. All volunteers are invited to join in for breakfast and conversation, the emphasis is on fellowship. IMCF is a very family oriented facility; please talk to me if your children would like to be involved.

Our next breakfast is Saturday, May 28 and the following is June 25. Please contact Peter Braun if you are interested in helping on one of these, or a future, date.

CONTACT INFORMATION

If you would like to volunteer with the IMCF Breakfast please contact:

PETER BRAUN

peterbraun@myaccess.ca

306-789-3830



Craft/Study Group enjoys Ray McGinnis Journaling Workshop

On Thursday, May 5, many members of Eastside's Craft/Study group attended the Ray McGinnis Journaling Workshop in lieu of their regular Thursday afternoon program.

In this workshop, Journaling for Health and Wellness, participants discovered the ways in which journal writing can be a powerful tool to support anyone on a healing journey.

Ray led the group through four different exercises which can be used as prompts for journaling, and participants were then divided into groups of two to share their experiences with the method, and if they chose to, with the product of their journaling.

Sheri Nupdal was one of the participants and found the workshop to be a good reminder that journaling is a beneficial practice, one that she plans to take up again.

Ray McGinnis also delivered a workshop at the LSC on the evening of Wednesday, May 4 entitled Voices That Matter. The subject matter of this workshop was slightly different with a focus on the use of story as a catalyst to alter the course of our lives, choose a career, follow a spiritual path or be of service to our community and the world we live in.

Both workshops were well-attended and we were thankful to have Ray join us to share his talents.

Eastside Program AGM

During worship on Sunday, June 12

Come and learn about the exciting year enjoyed by Eastside's various programs and ministries, and celebrate the year's successes too!

BBQ and Bouncy Castle to follow!
Potluck desserts and salads.

Earth Day offers meaningful worship opportunity

by Heather Balfour

Friday, April 22 was Earth Day. A group gathered in the East Sanctuary to celebrate the planet we live on, and to think and talk about what we can do to encourage thoughtful practices to help keep our earth healthy.

We started off with environment bingo, with questions to ask our table-neighbours to stimulate thinking about what is helpful or harmful to the environment. We stood in a large circle and took turns offering our own favourite things about the environment. It was wonderful to listen to all the talk of favourite nature-filled locations, plants and animals and to share stories of enjoying vacation with family members and other interactions with nature. Then we quizzed each other on healthy earth knowledge and practices, with a different question for each colour of Smartie we chose.

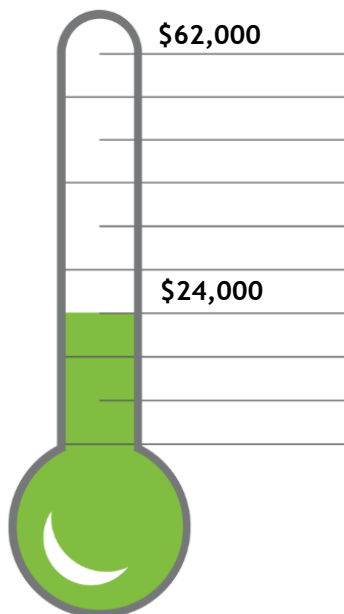
Intermixed with messages, music and food, the evening was filled with fellowship and learning about our precious planet.



One of several thought-provoking activities at the Earth Day Service.; Web of Creation helped us explore our interconnectedness to all living things.



Fundraising Goals



Thank you from Eastside!

by Sarah Tkachuk, Stewardship Team

The Stewardship team at Eastside would like to send out a big THANK YOU to everyone that has participated in the campaign to pay off the mortgage! We are truly blessed to have such a wonderful community of supporters!

In the past few months, Eastside has embarked on a stewardship campaign. Our goal is to retire some or all of the existing property mortgage. We are very excited with the progress made so far. To date, the community of Eastside has pledged over \$24,000 towards retiring the

mortgage, and 75% of that pledged amount has already been collected. If the mortgage is retired, that will free up significant annual cash flow that can be reinvested in the programming of our community.

There is still more work to do! If you have not completed a pledge form, please consider doing so in the next few weeks. Every bit counts!

Thank you to everyone for the time and talents that you contribute towards this great community!



Worship at Wascana Rehabilitation Centre

On the third Sunday of every other month, Eastside United Church volunteers hold a worship service for residents at the Wascana Rehabilitation Centre. The service takes place at 1:30 pm and volunteers arrive at the Centre a half-hour ahead of time to usher worshippers from their rooms to the chapel.

Our next service is scheduled for Sunday, June 19. If you are able to assist, please contact [Shelly Williams](#).

This important outreach ministry provides one of the only opportunities for patients at the Centre to attend a worship service. Thanks for your support!



Annual "IMCF Walk of Faith, Hope, and Love"

This relaxed and friendly 5K walk, jog, wheel, bike, skate or run followed by a hot dog and drink is taking place at IMCF (3131 Dewdney Avenue) on Sunday, May 15, beginning at 2 pm. Pledge forms are available from the office or IMCF. Enjoy a beautiful afternoon outside while supporting the work of this important ministry!

INFO: Bert Adema (306.359.1096 or imcf.bertadema@sasktel.net).

Eastside in the Community

In each issue of Horizons, we hope to highlight a member of Eastside working to make their community a better place. This issue we hear from Eastsider Barb Rio on her involvement with Carmichael Outreach.

I have been with Carmichael Outreach as a volunteer for 2 1/2 years. After my retirement I was wanting something to fill my time, and the church had several people who helped there and it made me think it would be a place I would enjoy volunteering. I also wanted to be able to help people less fortunate than myself.

I work in the back of the store sorting clothes from bags that have been donated, and helping people asking for particular items such as socks, towels, sheets, and blankets.

I also tidy up the store and have been in the kitchen serving food at lunch and have assisted with special events such as the Christmas and Easter dinners, garage sales, and stuffing envelopes. As a Christian, I am drawn to helping people which makes me a better person.



CARMICHAEL OUTREACH



Barb Rio has been helping at Carmichael Outreach for 2 1/2 years.



Pride Parade 2016

We are inviting any Eastsiders interested in joining the Regina United Church Affirming Ministries entry in Pride Parade 2016. On the morning of Saturday, June 25, we will meet at a location to be announced, to decorate and prepare our entry for the parade. We plan to arrive at the parade staging area at 10:30 am for start time of 12 noon. This is always a fun time and a great way to share with Regina the good news of our Affirming Ministries!

June 1 from 2:30-5 pm Christ Lutheran Church

Join us for a [Mass Blanket Exercise](#), an interactive experience that explores the impact of the history between Indigenous and non-Indigenous peoples in Canada. Without knowing our shared history, we cannot come to reconciliation.

All are welcome, no matter your background or age! If you are able, please bring a blanket. The church is wheelchair accessible.



Eastside Kids, join us in saying “welcome back” to the bees, butterflies and birds!

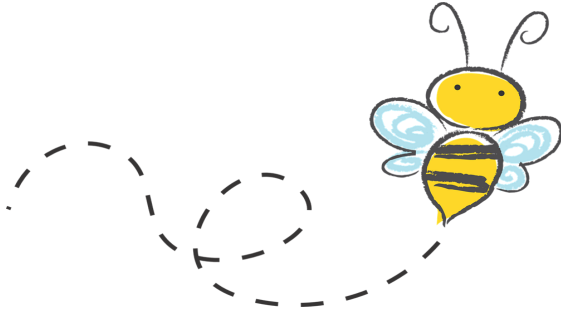
Have you heard the news? Bees are in trouble! While these cool insects can sometimes seem a bit scary, they don't mean you any harm, and we need them for many of the fruits and vegetables we like to eat!

Plant a bee garden to help bees!

Choose a variety of plants that flower at different times so there's always a snack available for when bees are out and about. Bees have good colour vision — that's why flowers are so showy! They especially like blue, purple, violet, white and yellow. Some flowers to look for include alyssum, daisies, cosmos, snapdragons, sunflowers, and zinnias.

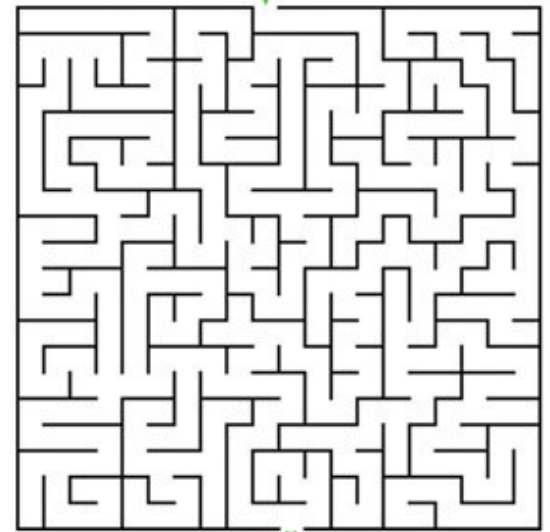
Add a Bee Bath!

Bees need fresh water to drink but most can't land in a conventional bird bath without crashing. Line a shallow bowl or plate with rocks. Add water, but leave the rocks as dry islands to serve as landing pads. Place the bath at the ground level in your garden. Refresh the water daily, adding just enough to evaporate by day's end.



HAPPY SPRING

Help Bizzy the bee get to the flower!



Luke 13:19

It is like a mustard seed, which a man took and planted in his garden. It grew and became a tree, and the birds perched in its branches.



Quarterly Financial Update: January 1 - March 31, 2016

By Jim Fallows

Eastside incurred a deficit of \$3,480 during the first three months of 2016 (see below). This deficit consisted of an operating deficit of \$980 less mortgage payments of \$2,500.

This does not include the approximately \$23,000 that has been raised to date to reduce or extinguish the mortgage. Of this amount, \$2,500 can be used for the quarterly mortgage payments, so a better measure of the deficit for the first quarter is the operating shortfall of \$980.

The deficit is a significant improvement

from 2015, however a weaker result than was achieved during 2013 and 2014.

Looking ahead to the summer, Eastside is hoping to eliminate its operating shortfall through incremental giving arising from the pledges that have been received for increased giving for operations.

Members of the congregation who have not yet responded to the mortgage and operations fundraising drive are respectfully asked to consider what they can do in this regard!

Eastside United Church

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

	2016 Actual	2015 Actual	2014 Actual	2013 Actual
Revenue to Support Eastside United Church	\$ 34,631	\$ 30,794	\$ 41,745	\$ 37,863
Revenue to Support Mission & Service Fund	3,850	3,077	3,661	3,250
Total Revenue	38,481	33,871	45,406	41,113
Eastside's Operating Expenses	35,611	35,181	35,249	35,540
Contribution to Mission & Service Fund	3,850	3,077	3,661	3,250
Total Operating Expenses	39,461	38,258	38,910	38,790
Operating Surplus/(Deficit)	\$ (980)	\$ (4,387)	\$ 5,496	\$ 2,323
Less: Mortgage Payments (principal & interest)	2,500	3,675	3,050	4,000
Equals: Surplus/(Deficit)	\$ (3,480)	\$ (8,062)	\$ 2,446	\$ (1,677)

UPCOMING WORSHIP SERVICES

- May 15** Worship Band leads PENTECOST
- May 22** Transfer of New Members POTLUCK
- May 29** Mavis Olesen leads, Jim Olesen Faith Story
- June 5** Ken Powers leads COMMUNION
- June 12** Open Hearts Jar Program AGM BBQ and Bouncy Castle
- June 19** Sunday School Windup
- June 26** NO potluck



Annual LSC Garage Sale

Saturday, June 4, 2016

From 9 am to 3 pm

This is a tri-parish event with proceeds going towards much needed building improvements. Please watch for sign-up sheets and plan to bring your garage sale items so we can make this a successful event!

Contact Clare Banks if you need more information at 306-781-4121.



Horizons: The Newsletter of Eastside United Church

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