

November/December 2018

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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 Open Hearts 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 Russell Away Worship 11:15 Arise! Potluck	26 Meditation 7 pm AA 8 pm	27 Cards 9:30 TOPS 6:30	28	29 Craft/Study 1:30	30 Film & Faith	1
2 Advent I Worship 11:15 Communion Messy Advent 4 pm	3 Meditation 7 pm AA 8 pm	4 Cards 9:30 TOPS 6:30	5 Advent Service 7 pm	6 Craft/Study 1:30 Community Dinner and Evening of Carols and Nativity 6 pm	7	8 Women's Breakfast 8 am
9 Advent II Worship 11:15 Open Hearts	10 Meditation 7 pm AA 8 pm	11 Cards 9:30 TOPS 6:30	12 Advent Service 7 pm	13 Craft/Study 1:30	14	15

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

November 11, 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.

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 Readings:

Micah 4.1-5
Psalm 85:8-13
Ephesians 2:13-18
Matthew 5:1-11

Songs:

O Canada #892 (ELW)
Kyrie Eleison #155 (ELW)
Alleluia, Give Thanks #671 (WOV)
Streams of Living Justice #710 (ELW)
Christ Be our Light #715 (ELW)



REMEMBRANCE DAY

Let's We Forget

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: Next class is Monday, November 12. 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 have finished our last book and will now be looking at the Advent chapters of *We Make the Road by Walking* by Brian McLaren until December 13.

Music Ministry at Eastside: Soprano voices required! If you like to sing, the choir needs you for the Advent season. We will be practicing right after the 10 am joint worship service this Sunday, November 11 and at 12:30 most Sundays until December 23. We will be singing anthems on December 3, 10 and 23. Please contact Ethan Williams or Wanda Barr!

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>.

Our next **Community Dinner** is being held on Thursday, November 15. All are welcome to join us for a meal and fellowship! Doors open at 5:30, supper at 6 pm. We are asking people to prepay, \$7 per person or \$20 per family; you can pay at the church office or through our Eventbrite site <http://bit.ly/eastsidedinner>. If you would like to be part of one of the fun teams heading up these suppers, please let Russell know.

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.

Interested in being part of a young adult group? Want to have meaningful conversation about a broad range of topics? Want to do fun social stuff with others in your age group? Sunset United is hosting an exploratory meeting for Young Adults (ages 18 -25) on Friday November 9 from 7:00 pm to 9:00 pm at Sunset (177 Sunset Dr, Regina). If you are interested please RSVP to sunsetunited.tricia@gmail.com or hstrinholm@gmail.com.

Christmas Tea Saturday, November 24 from 1 pm to 4 pm at Broadway United Church, 105 Broadway Avenue. Bake Sale, White Elephant Table, Craft Tables Tea, Coffee and Dessert Admission: \$3 at the door.

Westminster United Church presents **The Newcomer's World Market**, Saturday December 1 from 10 am to 2 pm. Come, and buy from around the World! Over 15 Countries represented! Admission is a donation at the door to the WUC Refugee Fund. Please use the Cameron Street Entrance.

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.

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!

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.

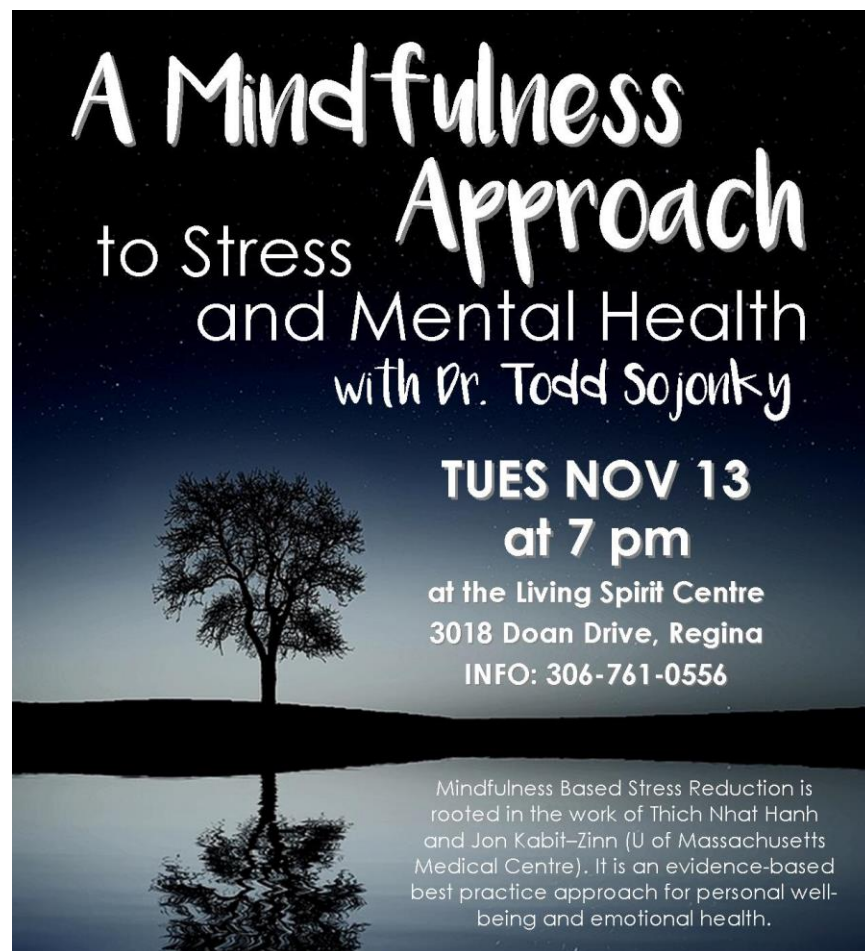
Gifts with Vision catalogues are back and on the shelves in the narthex. If you are looking for a more meaningful gift for that person who has everything, there are some great options contained in these pages! You can also visit www.giftswithvision.ca to shop online!

Gender Justice In The Church: A Public Presentation, Wednesday, November 14 from 7– 9:30 pm at the LSC. Featuring speakers: Jane Kryzanowski, Woman Priest/Bishop, RCWP Canada on *A new model of ordained ministry in a renewed Roman Catholic Church*; and Craig Van Parys, Teacher, feminist/activist/theologian *Shamed into Silence; Called Out to Proclaim*. Refreshments served. Suggested free will offering \$10.

This Advent, we will once again be gathering stocking stuffers in support of Rainbow Youth Centre! Toward the end of November, you will see a basket filled with slips of paper. Each slip will list items needed for Christmas stockings distributed by the Rainbow Youth Centre during their Christmas Party. Choose one or more, purchase the items on the attached, and return unwrapped items to the tree in the East Sanctuary by end of day Monday, December 10. Thanks for your support!

A fundraiser you will gobble up! This season, you can purchase a Christmas turkey through Lumsden Beach Camp. Not only will you have a beautiful bird for your friend and family, but you will support the work of Lumsden Beach Camp. For \$100 you will get you an approximately 15 pound, grade A turkey, and a charitable tax receipt for \$60. Your, donation goes directly to keeping children swimming, singing and learning in a safe space, cared for by exceptional staff. There is nothing fowl about that! Contact info@lumsdenbeachcamp.com.

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.



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.



Messy CHURCH

Sunday DEC 2
at 4 pm
at the LSC

An Advent-themed event for families – crafts, worship, and a meal!

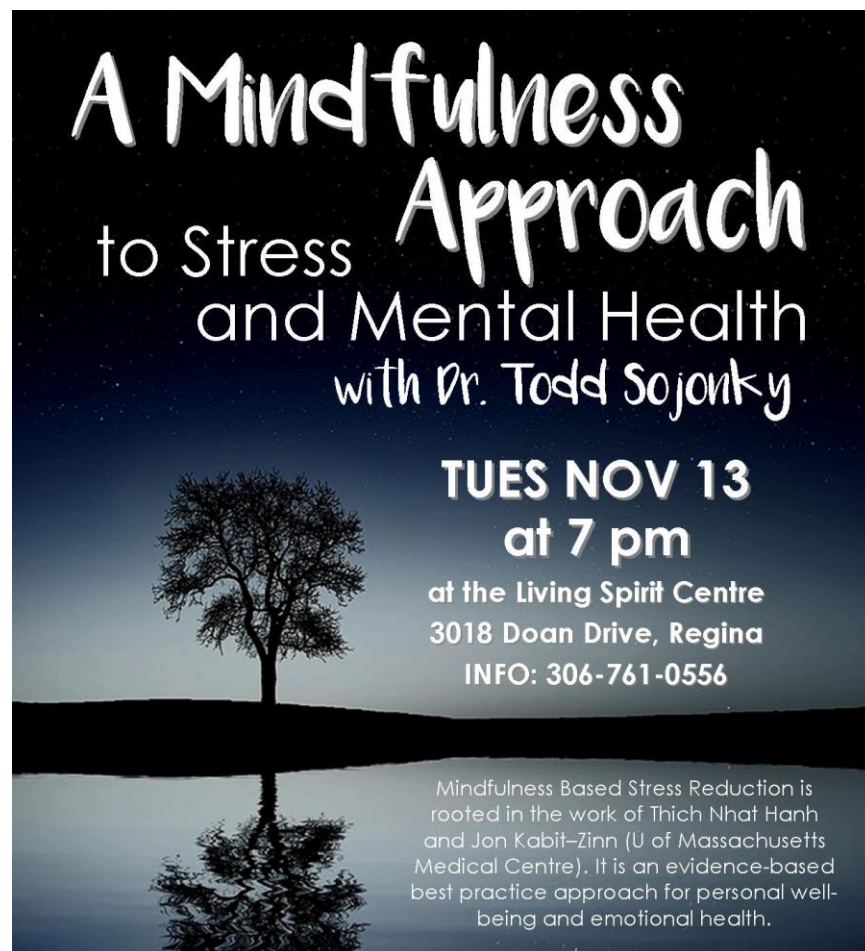
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