



OPEN MINDS. OPEN HEARTS. OPEN DOORS.

Horizons

Newsletter of Eastside United Church



Sept/Oct 2015

Proposed group to provide safe, caring space for youth

by Taylor Balfour

For people today, especially youth, it's extremely difficult to find a place where you feel like you belong. Even more difficult is finding a place where you're supported, accepted, cherished, loved and where no matter what happens a group of people have your back. That is the struggle that far too many adolescents face in today's world.

I, like many others, have faced this struggle. It's hard to find a place or a group that make you feel like you can be completely comfortable and open about who you are and what you've been through. But hopefully, soon, we can change that. At least for some.

After facing this past year head on and accepting all the metaphorical "bricks" that have been thrown at me, I've experienced what it feels like to feel alone. I know all about the struggle to find a place where you can find true friends and support and so, through this and the struggle, I thought the best thing I could do would be to help others through what I have learned.

Coincidentally, Russell and I began talking throughout the summer about ways to improve youth ministry in church and one of the first things I remember saying was about the misconception that too many teenagers have about what church is. Church isn't just a Sunday service or worshipping a God that you cannot touch or see. Church is about having a community of people that will be there when it feels like nobody else is. It was around this time that the two of us decided that a youth program, to show people exactly that, was the best thing that we could do as a church.

The plan that we have is very different and nothing at all as spiritually based as many other youth groups are. We are planning to give teenagers and children all around our community a group of people, of friends, that will be by their side when it feels like nobody else is. We won't force them to come to services, we won't push them to join our church, we'll simply show them what church is really supposed to feel like; a second family. We'll go out for ice cream or go bowling, have movie nights and potlucks and talk about our days at school or our plans for the weekend. We'll share our stories and express our thoughts, we'll become close friends and have each other's backs. We'll



"We'll become a group of friends and companions who will be there for each other when times get tough and who, more importantly, will be there when our lives are wonderful."

become a support group of our very own. A group of people who will stick together, who will be happy together, and who will live our good and bad times together. We'll become a group of friends and companions who will be there for each other when times get tough and who, more importantly, will be there when our lives are wonderful. We will love each other, grow together, support each other and lean on each other. More than anything, we'll be a community bound together by one thing; acceptance.

Because really, that's what church is all about.

For more information please contact Taylor at taylor.balfour1@gmail.com or Russell at russell.eastside@sasktel.net. We'll also need adult mentors to support us, so let us know if you are interested!

Russell's Reflection

by Russell Mitchell-Walker



Why do you cry out to me? Tell the Israelites to go forward.

Exodus 14: 15, Moses asking God for help when the Israelites are complaining about being brought out of Egypt as the Egyptians approach them at the Red Sea.

When God is about to do something, God shows up...we are a people called to stay at the sea's edge...Get moving, let's go, now is the time!

Danielle Ayana James, preaching at GC42 on Exodus.

FALL WORSHIP SERVICES

Sept 13 Open Hearts Jar, Labyrinth

Sept 20 Kick-off Sunday

Sept 27 Come to Church Sunday

Oct 3 Blessing of the Animals 4:30 pm

Oct 4 World Wide Communion

Oct 11 Thanksgiving, Open Hearts Jar

Do We Dare?!

I have had an August full of experiences with [Skylight Festival](#) and the [General Council](#) meeting. I am ready to embark on another season and year of ministry with all the folk here at Eastside. As we enter into this season, it is a time of discerning. Of discerning how we spend our time; of where God is calling us; of what God is calling us to do; of how we church in our time. The theme at General Council was "Behold, I make All things New" and an underlying theme became "Do We Dare" from a song that was written for Council that we sang throughout the week. Do we dare embrace God's new thing that is being created? Can we be open to new ways of offering ministry in our community? Can we commit to supporting the church worship Sunday mornings? Can we support this church to continue to offer ministry in this place, and explore new ideas or programs? Can we all do this together? Can we go forward into the unknown like the Israelites, because now is the time? These are the questions we are being called to explore as we seek to be church and offer spiritual nurture to all who are seeking it.

This fall, we will seek to offer that spiritual nurture in a variety of ways, familiar and creative:

- We will continue to offer vibrant worship, including the worship band on the third Sunday of each month.
- We will continue to offer a Sunday School program for our young folk and a larger critical mass of children to enjoy it would be wonderful. I am excited that Amanda Tessier is able to continue coordinating and for the infectious enthusiasm of Taylor Balfour and Stephannie Banks who will be teaching. We will be using a new Interfaith curriculum, I discovered at the interfaith conference I went to.
- We will continue to offer programs and studies for adults and all ages, exploring what will be of interest to our community and those outside of our community. Check out the variety of options in our program sign-ups which are available on our website and will be a shorter paper copy available on our Kick-off Sunday September 20. The response to this will determine what is

offered. We will have an opportunity to invite friends and family to experience our Worshiping community on Come To Church Sunday, September 27th.

- We will be open to the Spirit and new ideas that may be presented to us.
- We will work with our partners here at the Living Spirit Centre to offer shared worship services (outside of Sunday morning) and programs that will nurture us all.

I am also embarking on a new journey that I want to share with you. I have been presented with an opportunity to take a [Deep Coaching Certification](#) training program which will deepen my work and experience with the [Enneagram](#) (a personality typing system). It is a step toward my qualification to offer [spiritual direction](#). I have the support of the Ministry and Personnel Committee in this venture, which will be a weekly online course, and 2 retreats, one at the end of September and one in early March. These weeks will count as part of my continuing education time, but I will be responsible for the costs. While this is related to my ministry, the course work will be on my own personal time.

It is my hope that you will consider what you can engage in to support the ministry and programs offered here for you and your family. I recognize we lead busy lives and are involved in many things. As we move through this time, may you dare to consider what role the church and your faith has in your life. I leave you with these words from the song from General Council, which you will be hearing throughout the season:

Do we dare try God's new thing?

As for me my house,

we'll serve the Lord

Let the soles of our feet

touch the rivers we ford.

Baptism blessings

for our new beginnings

Yes me and my house

we dare to serve the Lord.

Blessings,
Russell Mitchell-Walker
Diaconal Minister

Ministry and Personnel Committee plays critical role at Eastside

by Cathie Henderson

This committee supports the minister and communications coordinator, and acts as a liaison with the congregation.

We meet with staff members in the fall to establish goals for the coming year and to discuss continuing education plans. In the spring, we meet again to look back at the church year and conduct performance reviews. This past spring we also asked for input from the congregation to provide Russell with additional feedback for his review.

The Ministry and Personnel Committee does not actually make decisions; rather, its role is consultative and supportive. The committee looks into matters and then makes recommendations to the staff member or other church committee, such as the leadership team.

Did you know that Russell is entitled to, and is encouraged to take advantage of, 21 days of study time, including three Sundays, each year? These are often conferences within the United Church, or wider church. Even though Russell is away from Eastside at these times, they should be seen as events that benefit both Russell and the congregation. Our minister benefits from the opportunity to learn new things, re-energize, and confer with colleagues. The congregation benefits by the incorporation of these new ideas in sermons and plans for Eastside.

Russell is presented with more continuing educational experiences each year than he can possibly attend, and the M&P Committee helps him to choose which ones would be most beneficial to our congregation, and which times and costs are the most feasible.

Another way in which the M&P Committee supports the staff is with time management. Committee meetings, phone calls, extracurricular commitments and regular church business often extend far beyond a 40 hour week. Our committee can help by working with staff to find a better balance, and by adjusting the job description if necessary.

The Ministry and Personnel Committee also has the important role of receiving any concerns or complaints from the congregation regarding the minister or other staff. A letter of complaint would be dealt with, in confidence, by the committee. We would attempt conflict resolution, but use mediation, or ask for help from Presbytery pastoral relations to solve more serious issues. Concerns or complaints should be made in writing and addressed to the Ministry and Personnel Committee.

In conclusion, the M&P Committee has an important role in supporting the staff and enhancing communication with the congregation. We would be delighted to welcome new members to the committee, so if this is an area of interest to you, please email [Cathie](#) or [Peter](#).



New this year! We will be selling 2016 Multifaith Calendars.

We are all privileged to live in a society that is diverse, multicultural and engaging. A common theme underlying mutual respect and understanding is getting to know each other better. Festivals and religious holidays are an important part of many peoples' lives and being aware of these occasions can foster harmony in both our personal and working lives.

The Multifaith Calendar facilitates understanding of these religious occasions and festivals important to our diverse cultural society, providing a basis for discussion and involvement. Find out more about these calendars [here](#).

We will be offering the Multifaith Calendar in addition to the [United Church Calendars](#), and will be purchasing only as many as we have orders for. Please let the [office](#) know ASAP if you would like to order either of these 2016 calendars!

Great news!

Eastside Go Cups are still available!

Great at coffee time to save on disposable cup use, you can get yours by talking to **Jean Braun** after worship or emailing her at jeanh@accesscomm.ca. Cost is \$15.

Cups feature colourful Eastside logo, with our vision statement, website, and More Than Sunday programs. Great conversation starter to spread the word about our faith community too! Proceeds will support the valuable work of either the M&S or a local charity, to be determined.



Camp Fyrefly Fundraiser with Jeffery Straker
Wednesday, September 23 at 7:30 pm
Westminster United Church

Tickets \$40, includes a \$20 tax receipt, available at the Living Spirit Centre Sunday mornings and during office hours.

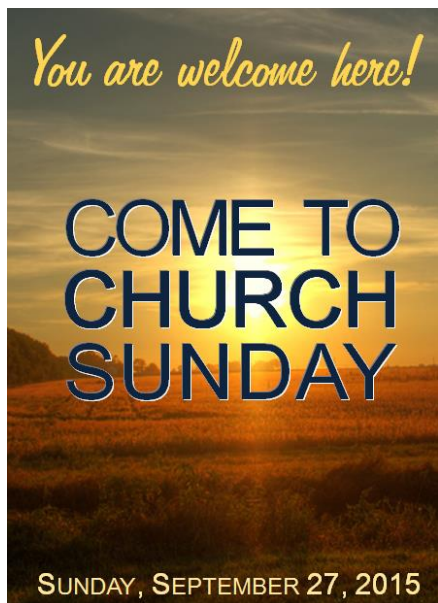
WANT ADS:

**Wanted: Photographers**

We just know there are a bunch of you out there with a hidden talent for photography, possibly with pics of Eastside happenings on your cameras or phones right now! Please consider sharing your talents with us. And if you enjoy posting pics on social media, we would love to have you do a little of that too. Contact the office for details.

**Wanted: Newsletter submissions**

Did you catch an Eastsider doing something awesome? Anything we should know about you or a friend or family member? We love Eastside news and love even more to share it with our Eastside family! Please let us know by emailing eastsideunited@sasktel.net.

Invitations to "Come to Church Sunday" will be available September 13!


First Skylight Festival a Success

by Russell Mitchell-Walker

Skylight Festival of Arts, Faith and Justice gathered over 175 participants (230 people counting contributors and volunteers) July 31-August 2 for a weekend of exploring spirituality and faith in a variety of ways. There were diverse speakers, workshops and artists. A tent-city emerged as people arrived, and while there was some wild weather around us, the sun shone for us all weekend (there was a five-minute downpour on Saturday!). We were there during the Blue Moon, and one native speaker commented on this when she arrived, and that she was feeling a new consciousness emerging. People experienced opportunities to learn about First Nations issues ("How does a nation of stealers inherit the earth?" Adrian Jacobs); Emerging Church and the Inventive Age; Moving out of fundamentalism; poetry writing; Climate Justice; Activism and Solidarity; Film talks; Faith formation with all ages; and four musicians performing each night. The closing worship was a real celebration of God's inclusive love and joy complete with balloons, a powerful message, including a rap, prayer stations and a knotty prayer, which made it engaging for all ages.

A few comments from participants says it all:

"Arrived in a completely different space than I left. My time there was heart opening, generative, and transformative. I felt the feeling of the Skylight (in the sense in which it was treated in the poem) beginning Saturday night. I was in tears of heart opening, walls coming down energy before and through the Sunday service."

"The experience of people finding common ground, between different denominations, church/non-church, it was exciting to see the many ways people live their faith/beliefs."

As a member of the organizing team, we sat having supper after it was all over and cleaned up, knowing that we had planned this in just 5 months and said to one another, how did that go so well?! We had a real sense that we have started something larger than ourselves and the Spirit was actively a part of it. I hope you will consider joining us in Paris ON next year, July 29-August 1 for the next annual Skylight Festival! In the meantime, keep an eye on the website <http://www.skylightfestival.ca/>.

**The Skylight**

You were the one for skylights. I opposed Cutting into the seasoned tongue-and-groove Of pitch pine. I liked it low and closed, Its claustrophobic, nest-up-in-the-roof Effect. I liked the snuff-dry feeling, The perfect, trunk-lid fit of the old ceiling. Under there, it was all hutch and hatch. The blue slates kept the heat like midnight thatch.

But when the slates came off, extravagant Sky entered and held surprise wide open. For days I felt like an inhabitant Of that house where the man sick of the palsy Was lowered through the roof, had his sins forgiven, Was healed, took up his bed and walked away.

Seamus Heaney





The LSC Labyrinth is looking spiffy after many volunteer hours spent this summer.

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, September 26, and the one following is Saturday, October 24. As we move forward, we hope to develop a volunteer roster and schedule in advance of the breakfast dates, so our volunteers and organizers can make the best use of their time. 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

LSC Labyrinth ready for fall worship service

by Suzanne Joyce

As the only outdoor labyrinth in Regina, the LSC labyrinth provides a unique opportunity for those looking to engage in this spiritual practice.

Last spring, the need was identified to tidy and weed the existing labyrinth, as well as develop a long-term plan for its maintenance going forward. Thanks to the input of a number of Eastside volunteers, the labyrinth has received a facelift over the summer months.

Following a request for volunteers, a number of individuals graciously put their names forward. A discussion via email resulted in agreed upon first steps, as well as possibilities for a labyrinth structure that will require less maintenance in the long run.

Labyrinth volunteers got to work right away, digging out stumps, applying herbicide and exploring alternatives to the current structure that would not require constant weeding.

While the labyrinth is now much more presentable, the need remains to plan and construct a low maintenance structure. For now, please join us in thanking our dedicated volunteers for their hard work to date: Brian and Sonia Abrahamson, Marg and Leif Riesach, Clare and Mary Jane Seal, and Greg Thomas. ***The labyrinth will be blessed during worship on Sunday, September 13 at 11:15 am. Come help us experience and celebrate this unique feature of the Living Spirit Centre!***

Sunday School Welcome Back Bash on September 27!

by Amanda Tessier

Welcome back! Get ready for another exciting year of Sunday School! This year Sunday School will be coordinated by Amanda Tessier and taught by Taylor Balfour and Steph Banks. We will continue with our Spark Bible Stories curriculum but will also be introducing a brand new Interfaith curriculum (found at faithseekerkids.com).

There will be registration at the church on Kickoff Sunday, September 20th. Registration can also be done online at <http://www.eastsideunited.ca/sunday-school-registration.html>. Sunday school will begin on September 27th with a Wild Welcome Back Bash! Make sure you don't miss it. All are welcome. :) If you have any questions, concerns, or comments please contact [Amanda](#) at 306-527-5570. See you all soon!



LSC Women's Breakfast resumes September 12

by Suzanne Joyce

On Saturday, September 12, the LSC Women's Spirituality Breakfast will resume their monthly gatherings.

An invitation has been extended to all women of the Living Spirit Centre – come for breakfast and conversation!

This first breakfast of the fall program season will invite LSC women to *bring a photo or object that represents a place they experienced God this past summer.*

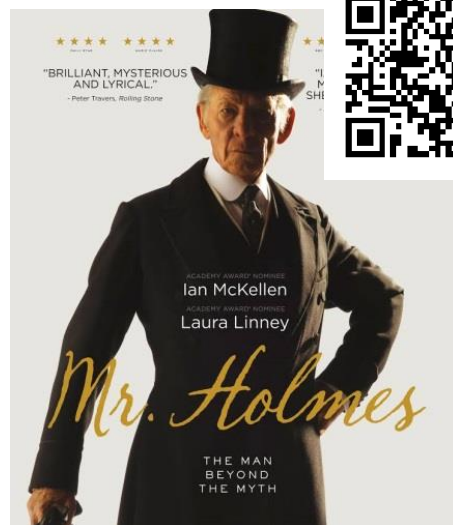
Breakfasts take place from 8 to 10 am the second Saturday of each month, in the East Sanctuary and Multipurpose Room at the Living Spirit Centre. Participants are asked to bring a toonie to cover the cost of breakfast ingredients each time.



At this gathering, LSC women will also be discussing ideas of speakers and themes they'd like to see for the 2015/16 year. Volunteer breakfast servers are always welcome! Please contact Anita Tessier at anita@accesscomm.ca or 306-789-7976.

September Film and Faith

Join us on Friday, September 18 for our first Film and Faith of the season! We plan to watch Mr. Holmes: "Long-retired and near the end of his life, Sherlock Holmes (Ian McKellen) grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement." At Southland Cineplex, time TBA. Follow our [facebook event](#) page for up-to-the-minute details.



Blessing of the Animals
Saturday, October 3
4:30 pm

Living Spirit Centre
3018 Doan Drive

"It is amazing how much love and laughter pets bring into our lives and even how much closer we become with each other because of them."
~ John Grogan

Brought to you by:
 Bread of Life Lutheran Church
 Eastside United Church
 St. Philip Anglican Church

For information, please call 306-761-0556.

All are welcome! Bring your pets!

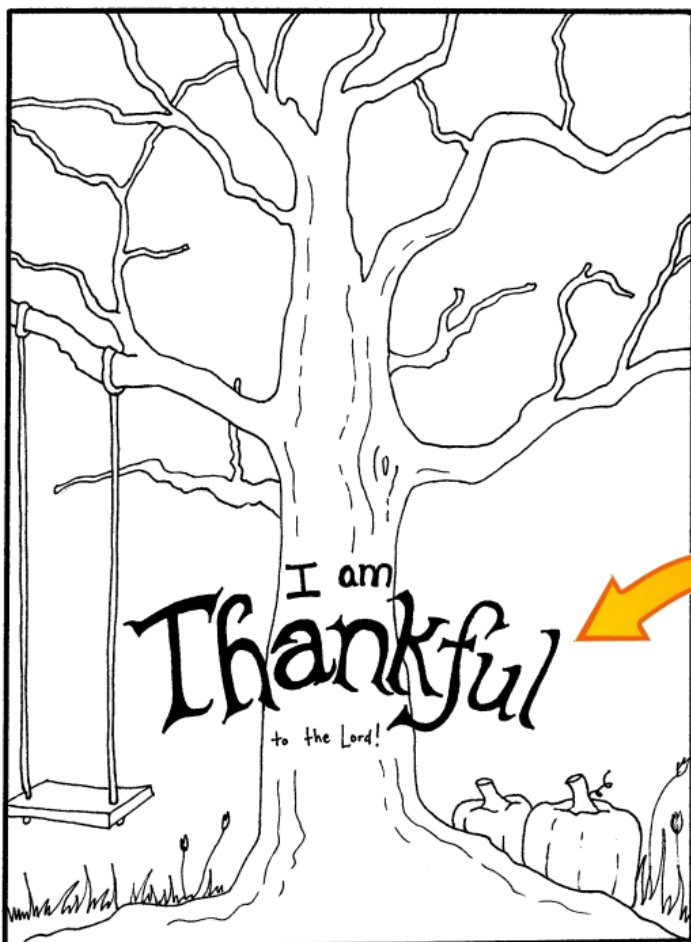


Wishing all Eastside Kids a Happy Fall!

Celebrate World Food Day 2015!

World Food Day is a day of action against hunger. On October 16, people around the world come together to declare their commitment to eradicate hunger in our lifetime. Marking this day is a great way for us to share our blessings with others! Here are some things you may like to do!

- 10 Organize a food drive on your block to gather food for the Regina Food Bank.
- 10 Volunteer at the next IMCF Breakfast or at Carmichael Outreach.
- 10 Ask your local supermarket to donate food to the food bank.
- 10 Ask a friend or family member with a garden patch to donate a portion of their harvest. Help them pick the vegetables!
- 10 Have a bake sale and donate the proceeds to an organization working to end hunger in our community or around the world.



Mandy Groce '10

ministry-to-children.com

A Bible Verse for Fall!

Psalm 65:11-13

- ¹¹ You crown the year with your bounty,
and your carts overflow with abundance.
- ¹² The grasslands of the wilderness overflow;
the hills are clothed with gladness.
- ¹³ The meadows are covered with flocks
and the valleys are mantled with grain;
they shout for joy and sing.

Fall Word Search

M	N	I	H	S	Q	U	I	R	R	E	L
L	Y	I	P	R	E	B	O	T	C	O	J
Z	E	Y	K	X	Y	D	F	A	L	L	Y
R	A	E	G	P	X	L	I	T	J	Z	E
E	F	L	L	O	M	R	L	R	A	K	E
B	E	L	G	P	O	U	E	I	Y	R	Y
M	C	O	R	D	P	T	P	D	H	A	A
E	O	W	E	Q	U	A	E	E	I	C	H
T	L	R	W	O	R	C	E	R	A	C	S
P	L	A	O	V	N	M	U	T	U	A	W
E	A	V	L	E	A	V	E	S	X	B	C
S	B	C	F	S	O	R	A	N	G	E	F
A	T	J	N	G	C	P	N	B	R	Y	E
J	O	Q	U	Q	M	H	Q	X	Z	O	F
D	O	S	S	A	C	O	R	N	E	P	K
C	F	Q	F	N	W	O	R	B	X	R	H

FALL	HAYRIDE	SCARECROW
AUTUMN	CHILLY	SEPTEMBER
LEAVES	RAKE	OCTOBER
PUMPKIN	FOOTBALL	CIDER
APPLE	SQUIRREL	YELLOW
ACORN	ORANGE	BROWN
SUNFLOWER		RED



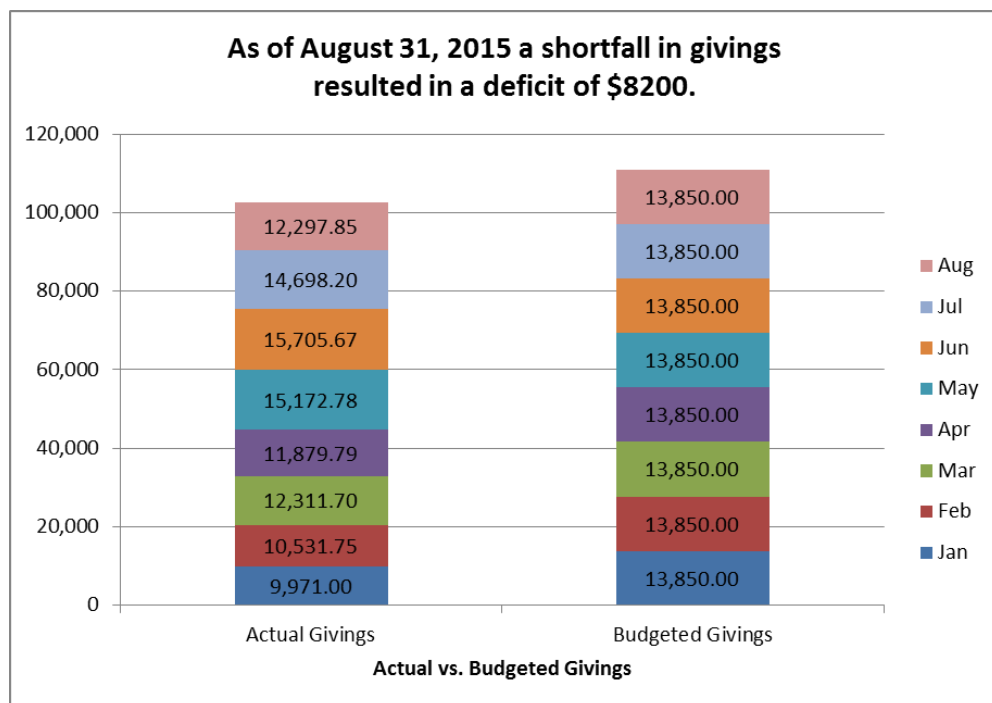
Created by superheroesandteacups.com / Graphics from mycutegraphics.com

Write the things you are thankful for in the leaves below, colour them in and cut them out. Then colour the tree and glue on your leaves!



Financial Update:

January 1 - August 31, 2015



We Can't Do It Without You!

At Eastside, we work really hard to provide a wide variety of opportunities for spiritual nourishment and fellowship. We hope you get enjoyment from these activities and also derive the strength and support you need from your faith community. But we can't do it without you! Please continue to consider ways in which you can support the good work of Eastside, through your time, talents, and financial resources. Thank you!



LSC Meditation Group is having an **Info Night Sunday, September 20 at 7 pm**. If you're new to meditation or if you're an experienced practitioner, we'd love you to join us. Newcomers will learn more about the practice and why it's so beneficial; we also want to find out what day and time works best for the majority of group members to meet, and how often members would prefer to gather. Contact [Sheri Nupdal](#) for more info: 306-541-3361.

COMING SOON TO THE LSC

St. Philip Annual Steak Dinner Friday, September 25

Tickets are \$20 and supper will include a 10-oz New York steak, Caesar salad, baked potato and of course St. Philip Heavenly Baked Beans! Dessert included.

Doors open at 6 pm with serving beginning at 6:30 pm. Wine and beer will be available for purchase during supper. Tickets will go quickly so you are encouraged to call Don at 306-789-5241 or Ivan at 306-757-318 to reserve yours.



LSC Pie Social and Craft Sale

Saturday, October 17

9 am – 3 pm

Come and treat yourself to a variety of pies, served with tea and coffee. Watch for sign-up sheets for pies; crafts are also needed.

For table rental (\$30), call [Clare Banks](#) at 306-781-4121.



Horizons: The Newsletter of Eastside United Church

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