



Horizons

Newsletter of Eastside United Church



Summer 2019

OPEN MINDS. OPEN HEARTS. OPEN DOORS.

Minister's Reflection for June 2019

This spring the Craft/Study group finished the book The Inconvenient Indian from which the quote at right was taken. It was an insightful, challenging, and engaging book study. The quote indicates the importance of the land to the Indigenous culture, which sometimes we forget or miss its significance and that according to King, non-Indigenous people have quite a different concept of the land, primarily as a commodity.

While this may be the case, (especially from a corporate, capitalist market perspective), there are many for whom the land is very important, especially farmers and those who grew up on farms. As people of faith, we often talk about the blessing of creation and caring for the earth, which includes the land. Our challenge is to honour this when it seems that corporate interests seem to override the sacredness of land.

As we move into our summer Sabbath time, many of us will spend time in places where we regenerate and reconnect with God in nature, with the land. As we do, I invite you to take time to express gratitude for the opportunity to be in natural settings and reflect on how we may better take care of the earth, as well as honour the Indigenous people's connection to the land.

In whatever you do to enjoy this summer season, may you find blessing in this time, enjoy the warmth and beauty of the season, and live in gratitude for God's blessings on the land and us.

Russell Mitchell-Walker

Diaconal Minister

Land has always been a defining element of aboriginal culture. Land contains the languages, the stories, and the histories of a people. It provides water, air, shelter, and food. Land participates in the ceremonies and the songs. Land is home.

The Inconvenient Indian, pg 218

by Thomas King.



**Brian and Russell
Mitchell-Walker**

Present:



LIVING IN THE MOMENT:

THE SPIRITUALITY OF THE ENNEAGRAM

Fri. Sept. 20, 7:00 – 9:00 pm

Cost: \$30

and

**A DEEP LIVING APPROACH TO THE
9 ENNEAGRAM PERSONALITY TYPES**

Sat. Sept. 21, 9:30 am – 3:30 pm

Cost (includes lunch): \$70

**at the Living Spirit Centre
3018 Doan Dr. Regina, SK**

(Corner of Doan Dr. and Arcola Ave.)



To register or for more information:

visit www.bemindfullywell.com

or call 306-535-3591

or email bmw@bemindfullywell.com

**Register
for both
workshops
for only
\$80**

SUMMERTIME Worship!

We are moving to **9:30 am worship** for the months of July and August again this year, sharing with St. Philip Anglican and Bread of Life Lutheran! In the spirit of celebration, sharing, and fun, we are again practicing “church crashing”, in which each congregation will host the service and members of the other two congregations are invited to “crash” it. What a great way to spend more time together and get to know each other better! We invite you to come and be open to experiencing whichever denominational tradition is leading! There will be a special time of refreshments following worship; we could use volunteers to help set out the cold treats and drinks following worship on June 30, July 28 and August 18. Let Russell know if you can help!



God the Artist by Angela Morgan (abridged)

God, when you thought of a pine tree,
How did you think of a star?
How did you dream of the Milky Way
To guide us from afar.
How did you think of a clean brown pool
Where flecks of shadows are?

God, when you thought of a cobweb,
How did you think of dew?
How did you know a spider's house
Had shingled bright and new?
How did you know the human folk
Would love them like they do?

God, when you patterned a bird song,
Flung on a silver string,
How did you know the ecstasy
That crystal call would bring?
How did you think of a bubbling throat
And a darling speckled wing?

God, when you chiseled a raindrop,
How did you think of a stem,
Bearing a lovely satin leaf
To hold the tiny gem?
How did you know a million drops
Would deck the morning's hem?

God, when you thought of a pine tree,
How did you think of a star?



Greetings from the Leadership Team

It is my pleasure to be taking on the role of Chair of the Leadership Team of Eastside United. As many are aware, this has been a challenging year for Eastside. We have been through a Needs Assessment process and a Review by the United church. We have dealt with financial difficulties, and many hard conversations about what is working at Eastside and what we need to further reflect on.

One thing that we have heard as a leadership team is that we need to communicate more frequently. We now understand that many in our community did not appreciate the financial situation that we were in. We have heard from you that we need to focus on being community together, in being neighbors to each other in the ways that meet our faith needs. With your help and support, we have implemented new practices, such as communicating more frequently about finances. We will be working over the summer and fall to implement what we have heard, including determining additional ways to make information more readily available to the community.

I want to update you about a few items that the Leadership team has been working on:

1. A delegation of Eastside folk have attended Meetings of the Regina and Area cluster of United Churches. This has been exciting conversations about the way forward of the United Churches in Regina and area and how we might further share resources in our city. Stay tuned for more information in the fall about these conversations.
2. The Living Skies Region has reviewed our Faith Story and our responses to the recommendations from the Region. They are very excited about what has been accomplished in our community in the last year and they are here to support us as we move forward.
3. We continue to place a very high value on our partnership in the Living Spirit Centre and our relationships with Bread Of Life and St Philip. Please take the opportunity this summer to "Church

Crash" and share in the LSC community.

4. The Joint Needs Assessment Committee ("JNAC") has presented the Eastside Faith Story and recommendations for a path forward. If you haven't had a chance, please review the Faith Story and the recommendations. We would love to hear your feedback about these recommendations. Please send any comments to one of the members of the JNAC, or to the office at eastsideunited@sasktel.net.

I want to thank each and every one of you that has participated in this conversation and visioning that has happened over the last year, and who has helped us financially to meet our goals. I want to especially thank the members of the JNAC, who have spent many thoughtful hours listening and discerning. I also want to thank those that have displayed such great leadership, including the members of the Gratitude team, the Leadership Team, and the Ministry and Personnel Committee.

It is also worth special mention what exceptional leadership we have seen from Russell and Suzanne over the last year. Many of us have had the opportunity to experience change in our personal and professional lives, and we can appreciate how challenging it can be to carry on in the midst of the ups and downs of a review process like we have seen at Eastside this year. Our team of Russell and Suzanne have dealt with this turmoil with a professionalism, commitment and passion for this community that is amazing. We are blessed to have them walk this path with us.

Exciting things are happening at Eastside! Thank you for being a part of it. Blessings to you and your families for a happy and healthy summer,

Sarah Tkachuk
306-527-5060



Join us for these Fall dates!

Sunday, September 1

Worship returns to 11:15 am

Monday, September 2

Labour Day

Sunday, September 8

Kick Off Sunday, Communion 11:15 am

Thursday, September 12

Craft and Study Group 1:30 pm

Saturday, September 14

LSC Women's Breakfast 8 to 10 am

Sunday September 15

Open Hearts Jar, Sunday School starts

Thursday, September 19

Eastside Community Dinner 5:45 pm

Sunday, September 22

Baptism Sunday, 11:15 am,
Congregational Meeting

Friday, September 27

Film and Faith



***Did you enjoy Messy Church?
Didn't get a chance to participate
but hoped to? Know people who
would enjoy it?***

We will be evaluating this pilot program as a shared ministry and welcome your feedback. E-mail Russell with your hopes, thoughts, reflections for this program and watch for information about it continuing in the fall.

ICF Breakfast

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

Six volunteers are needed to help make this happen. 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. ICF is a very family oriented facility; please talk to us if your children would like to be involved.

Summer breakfasts are on Saturday, July 27 and Saturday, August 24.

Peter Braun has coordinated Eastside's involvement in this outreach ministry and is stepping down in October. *Thank you Peter for your contribution to Eastside and the ICF community!*

Would YOU like to take on this position? The main responsibilities involve communicating with potential volunteers on an email distribution list to make sure each Sunday is appropriately staffed. And the rewards are many!

Please let Russell or the office know of your interest and feel free to talk to Peter to find out more.



CONTACT INFORMATION

For more information on Eastside's involvement with the ICF Breakfast please contact:

PETER BRAUN

peterbraun@myaccess.ca

306-789-3830



Sunday, September 8 at 11:15 am

Respond with Gratitude this summer

By Wanda Barr, for the Gratitude Team (Teresa Strachan, Maureen Hughes, Russell Mitchell-Walker)

The Gratitude Team formed in response to the recent financial crisis at Eastside and to embark on a stewardship campaign.

We are filled with gratitude for the generosity we have experienced in this community. We surpassed our goal for pledged giving and as a result were able to approve a balanced budget at the congregational meeting June 9.

In the fall we will be looking have a workshop on planned giving, jointly with Wesley United Church. We also plan to have a volunteer appreciation dinner. There will be continued work as well for Rachel MacDonald's ideas for raising our visibility in the neighbourhood and fund-raising at the same time.

As we move into the summer season here are some ideas to consider:

When you are on holiday make a point of visiting other United Churches. Support their ministry at the offertory and also see how they are fulfilling God's mission in their corner of the vineyard. Bring the ideas and the bulletin back to your home congregation.

We are so often inspired by the beauty and power of nature. Let's respond with gratitude. There are so many ways we can honour the creation that provides our every need. Whatever you do, take it to the next level, whatever that may be.

Make or remake your commitment to the environment, particularly reducing the use of plastics.

[NO MORE BOTTLED WATER!](#)

Check out this [Plastic Facts](#) poster.

Commit to cleaning up discarded plastics this summer.

For ideas on reducing consumption of single-use plastics, visit [Zero Waste Canada](#).

We look forward to the future with optimism, faith and deep thankfulness for all that God has supplied through your generosity. We welcome any and all help on the Gratitude Team as we continue to write many, many notes of thanks.

Women's Breakfast resumes Sept. 14

The LSC Women's Spirituality Breakfast is taking a break for the summer! Following our wind-up Retreat at Qu'Appelle House on Saturday, June 1, we now have two months to plan an outstanding list of speakers for the 2019/2020 season!

As we go about finding and organizing speakers and topics for our upcoming breakfasts, we can provide a glimpse into some of ideas that have come forward. We are looking at speakers and presentations around the following: human trafficking, a female Indigenous elder, Al-Anon, medical directives, Days for Girls International, and spirituality

practices. We look forward to the return of Kendra the RPL Librarian and Amber-Joy, the inspirationally busy and well-organized young woman who also happens to be legally blind.

Details around each month's theme will be emailed as they are firmed up. Would you like to be on our email distribution list? Please let Anita know at anita@accesscomm.ca.

The LSC Women's Spirituality Breakfast gathers the second Saturday of each month from September to June. All women are welcome to join us for fellowship and conversation. Please bring two toonies to help with costs.

Join us for Craft Study and one of these great books!

Eastside's Craft Study group will resume on Thursday, September 12. For this fall's program, we have FIVE proposed books to consider!

Check out these book possibilities!

[Church Forsaken by Jonathan Brooks](#)

In *Church Forsaken*, Brooks challenges local churches to rediscover that loving our neighbors means loving our neighborhoods. Unpacking the themes of Jeremiah 29, he shows how Christians can be fully present in local communities, building homes and planting gardens for the common good. His holistic vision and practical work offers good news for forgotten people and places. And community stakeholders and civic leaders will rediscover that churches are viable partners in community transformation in ways that they may never have considered.

[Grateful by Diana Butler Bass](#)

Although most of us know that gratitude is good — and good for us — there is a gap between our desire to be grateful and our ability to behave gratefully. The implications of the gap are bigger than we realize, affecting both our personal and public lives. In *Grateful*, Bass weaves together social science research, spiritual wisdom, and contemporary issues as she calls for a richer understanding and practice of gratitude. What emerges are surprising insights about the power of thankful living to change how we treat one another, and how we might transform our world.

[Inspired by Rachel Held Evans](#)

If the Bible isn't a science book, instruction manual, or position paper, then what is it? New York Times bestselling author Rachel Held Evans invites readers on a journey of rediscovery as she explores the magic of the Bible, engaging the old, familiar stories in new ways that honor the past and enlighten the present.

[Searching for Sunday by Rachel Held Evans](#)

Like millions of her millennial peers, Rachel didn't want to go to church anymore. The hypocrisy, the politics, the gargantuan building budgets, the scandals—church culture seemed so far removed from Jesus. Yet, despite her cynicism and misgivings, something kept drawing her back...

[Seeking Mino-Pimatisiwin by Micheal Heart](#)

Seeking Mino-Pimatisiwin encourages Aboriginal concepts, values and perspectives to be effectively incorporated by helpers trained in counselling, supporting, and teaching disciplines. Micheal Hart uses his own personal and professional experiences and that of other Aboriginal helpers. Throughout the book he outlines ways of adopting an Aboriginal Approach to helping.

Please rank your choices in this poll:

http://bit.ly/book_choice or e-mail Russell. We need your response by **August 21** so we can decide, order books, and have them delivered by our program start date.



Forever...

 **in motion**[™]
Physical Activity - do it for life!

We have a *Forever... in motion* Program 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, running shoes and bring a water bottle. For more information and to register, please call 306-537-4488 or 306-737-4681. **Start up date is Thursday, September 5.**



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, AUGUST 18. In addition, Wesley United Church is responsible for the service on Sunday, July 21 and may not have enough volunteers due to summer vacations. If you are able to help out with either of these dates, please get in touch with Linda Fowler or Shelly Williams.

This important outreach ministry provides one of the only opportunities for residents of the Centre to attend a worship service and is very much appreciated by residents and their families. Thanks for your support!

M&P plays valuable role at Eastside

M&P is a required committee for every community of faith. It must have between three and seven members. At present we have only two.

M & P consults with the staff about continuing education plans and needs, and makes recommendations to the Leadership team to ensure time and money are made available.

M&P works with Russell to set goals and work plans to be in line with Eastside's mission and strategic plans.

M & P reviews salaries, allowances, benefits and working conditions with the staff and makes recommendations to the leadership team. It would be helpful to have an M & P member who has some financial experience and knowledge of workplace law to help here.

M & P has a designated member who acts as a liaison with each staff member. At present Lori Latta is the designated member for Russell. We need a member who is willing to act as Suzanne's designated liaison.

M & P supports communication between the congregation and the minister. Constructive feedback, both positive and negative, can be offered and received in a loving and respectful way, and in the spirit of helping each other to be better.

Here is the formal process, as outlined in the new Resources for M&P Committees manual:

"If members of a community of faith have praise or concerns about staff, both ministry personnel and lay employees, these can be shared in signed correspondence with the committee. The issues will be considered confidentially by the M&P Committee, who will recommend action."

It is important that everyone is aware of the formal process for dealing with conflict, but it is hoped that concerns that arise can be more often dealt with informally. M&P can help here too. If someone approaches us with a concern, we will first encourage you to speak directly to the person involved. If you don't feel comfortable doing that, we would offer to go with you to talk to them. If you don't want to speak directly to the person, we would speak to them on your behalf, using your name.

We believe that clear, objective expressions of valid concerns are the best way to maintain positive relationships within our community of faith.

Cathie Henderson
Lori Latta
M&P Committee



Eastside's Community Dinner resumes Thursday, September 19 at 5:45 pm. This ministry provides an opportunity to get together and share a meal with others both from Eastside and the broader community. We welcome you to get involved—come for supper, or come out and help with set up, meal prep, or clean up too! All are welcome at our table!

Take Jesus with you this Summer!

Flat Jesus is a fun way to remember that Jesus is with us where ever we go. You are invited to colour & cut out Flat Jesus, take him with you on your summer travels, whether it is on a walk around Wascona Lake or across the country. Take a picture of him enjoying the sights, and post it on our facebook page or send it to Russell to post. Get your children and grandchildren involved in this summer church activity and enjoy!



Indigenous Christian Fellowship— ICF Partnership

In our ongoing efforts to build relationships and along with our support for their breakfast program, we are continuing with **INI Café** (Indigenous, Non-Indigenous Café) Reconciliation through Performing Arts. Each evening will have two performers, one Indigenous and one non-Indigenous. Watch for information about which Friday in September the next one will be. There may also be one in August.

We are also planning to attend the **Treaty 4 Pow Wow** together, which we think will be September 14. Stay tuned for details!



Registration for Holy Yoga Fall 2019

Holy Yoga classes are offered at the Living Spirit Centre Tuesday evenings and Wednesday lunch hours. The fall session of classes will start the week of September 9, 2019.

Holy Yoga is exercise, stretching, relaxation, Christian scripture and prayer all in one enjoyable class.

For further info and registration go to bigfishyoga.ca. You may also phone Connie at 306-551-6933 or email mokerw@sasktel.net.

Faith Exploration and Membership



Are you new to the United Church? Been away for a while? Have a youth who would like to affirm their membership? Or would just like to learn more about who we are and what we believe? Join us for an information session about *Faith Exploration*, an opportunity to explore our faith, the United Church, and discern what it means to be a member. September 24 we will learn about this program, get to know each other and explore dates. Let Russell know if you are interested.

Music and You

Did you miss the *Music and You* program we had last spring? Wendy Hardman will be offering it again in the fall. This very thoughtful and hands-on workshop provides some very practical techniques for re-centering and calming oneself through music, doodling, casual instruction and conversation. Wendy is an awesome lady and fantastic musician. Let the office know if you're interested and stay tuned for more details come fall!



Horizons: The Newsletter of Eastside United Church

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