

October/November 2019

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6 Worship 11:15 Worldwide Comm.	7 Meditation 7 pm AA 8 pm	8 Cards 9:30 TOPS 6:30 Gratitude team 7 pm	9 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	10 Forever in Motion 10 am Craft/Study 1:30	11	12 Women's BF 8 to 10 am
13 Worship 11:15 Open Hearts Jar 	14 AA 8 pm	15 Cards 9:30 TOPS 6:30	16 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	17 Forever in Motion 10 am Craft/Study 1:30 Community Dinner 5:45	18 Hurt, Healing & Hope ICF Gala	19 Leadership Team Planning Day
20 Worship 11:15 Prayer Candles	21 FEDERAL ELECTION POLLING STATION AT LSC AA 8 pm	22 Cards 9:30 TOPS 6:30	23 Coffee Shop Hrs 2 – 4:30 pm @ B.A. Faith Formation 7 pm	24 Forever in Motion 10 am Craft/Study 1:30	25 Film & Faith INI Café 6pm	26 ICF BF 9 am Canadian Council Churches 75 th Anniv. 10 am
27 Worship 11:15 Potluck	28 Meditation 7 pm AA 8 pm	29 Cards 9:30 TOPS 6:30	30 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	31 Forever in Motion 10 am Craft/Study 1:30 	1	2 Messy Church 4 pm RAPM Fundraiser 7 pm
3 Worship 11:15 Comm.	4 Meditation 7 pm AA 8 pm	5 Cards 9:30 TOPS 6:30 Poor Bashing Book Study 7 pm	6 Coffee Shop Hrs 2 – 4:30 pm @ 2 nd Cup Regina UC Transitional Cluster 7pm Westminster	7 Forever in Motion 10 am Craft/Study 1:30	8	9 Women's BF 8 to 10 am

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

October 6, 2019

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.

Ministers:

Minister: Russell Mitchell Walker
Greeting: John Bishop and Sheri Nupdal
Congregational Care Greeter: Linda Fowler
PowerPoint:
Pianist: Joshua Hendricksen
Last week's attendance: 52 Offering: \$2410

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:

Tuesday, Wednesday and Thursday, working from home Friday

Russell will again be holding **Coffee Shop Office Hours** Wednesdays through October from 2 to 4:30 at Brewed Awakening on Woodhams Drive.

Scripture Reading: *Old Testament* Deuteronomy 5: 1-21, 6: 4-9
Gospel Mark 28: 28-31

Songs –

Called by Earth and Sky MV #135 *chorus*
We are One VU #402
If I Were a Butterfly
All Who Hunger VU #460
For the Fruit of All Creation VU #227
Guide Me O Thou Great Jehovah VU #651
O Beautiful Gaia MV #41 *chorus*

Our LSC Photo Directories have arrived! Directories are available for pick up briefly before 11:15 am worship and again following – please ask a greeter! We have a copy of the directory for you if you had a picture taken.

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.

Forever... in motion 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 and running shoes, and bring a water bottle. For more information please call Heather at 306-737-4681.

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 starting another great new book, *Searching for Sunday: Loving, Leaving, and Finding the Church* by Rachel Held Evans.

LSC Meditation Monday, October 7 at 7 pm. Are you interested in the practice of meditation or learning more about its many mind-body-spirit benefits? Join us for this Guided Colour Awareness Meditation led by Elaine Carlson. Dress comfortably and bring a friend. Come explore meditation with us within a friendly and loving circle of people. Email Shauna at Shauna.powers@cbc.ca with your questions.

Munch Lunch is off to a great start! Monday afternoons, three students from Glen Elm School, one school staff person, and an LSC helper have been led by Munch Café in the preparation of 50 student lunches. Would you like to get involved in this fun and important program that teaches healthy food habits to Glen Elm kids? We are in need of one LSC person each Monday afternoon from 1 to 4 pm. **Add your name to the schedule posted on the Eastside bulletin board!** A Criminal Record Check is required and the Eastside office can provide you a letter to take to Regina Police Service.

Poor Bashing Book Study, November 5, 12, 19 & 26 at various churches in Regina, 7– 9 pm. Join facilitator Bonnie Morton from the Regina Anti-Poverty Ministry as she guides this multi-week discussion of the book *Poor Bashing: The Politics of Exclusion* by Jean Swanson. *Swanson, a twenty-five-year veteran of anti-poverty work, exposes the ideology of poor-bashing in a clear, forceful style. The special language of poor-bashing disguises the real causes of poverty, hurts and excludes people who are poor, cheapens the labour of people who have jobs, and takes the pressure off the rich.* Bonnie will facilitate a conversation around this book and the climate of poor bashing in Saskatchewan. Books will be pre-ordered and available before November. More info coming soon.

Hurt, Healing & Hope ICF Annual Fundraising Gala: On Friday, October 18, 2019 at DoubleTree by Hilton Regina, ICF will be hosting their 1st Annual Gala Fundraiser. An evening hearing from individuals who have been impacted by ICF, through their stories of Hurt, Healing & Hope. Eastside has sponsored a table! Would you like to join us for a fun and meaningful night out? We appreciate a donation of \$35 per person joining us at our table and we have room for 10! Please let Russell know of your interest.

HOUSE GROUP LEADERS WANTED! Eastside United will be shifting from five house groups to FOUR, starting January 2020. House groups share responsibility for worship duties throughout the church year, including greeting, operating the PowerPoint, doing prayers and readings, and helping with coffee clean-up and potluck lunches. **We currently need house leaders for TWO of our groups. This is a very manageable role if shared with one other person.** If you would like to serve Eastside in this capacity, please let Suzanne know. She can tell you what you need to know to take on this role with confidence and enthusiasm!

Muslim-Christian Dialogue - Four evenings exploring aspects of Muslim-Christian relations. Mondays, Oct. 28, Nov. 4, Nov. 18, and Nov. 25, from 7 to 9 pm. Locations and speakers will be different each week. Topics include:

Muslims & Christians: Should we even be talking (and listening) to each other?

Muslims & Christians: On peace and persecution

Muslims & Christians: Living together

Muslims & Christians: A Common Word

This project is sponsored by the Archdiocese of Regina together with the Islamic Association of Saskatchewan (Regina), the Regina Multifaith Forum, Luther College, and Champion College. Contact Nick Jesson for further details: 306-352-1651 or njesson@archregina.sk.ca

LSC Women's Spirituality Breakfast, Saturday, October 12 from 8 to 10 am. All women are welcome to join us for breakfast and conversation! Please bring two toonies to help with costs.

ICF Breakfast: The fourth Saturday of each month Eastside volunteers help set up, serve and clean up following breakfast for north-central Regina residents. Our next breakfast is Saturday, October 26. Can you join us in carrying out this wonderful outreach ministry? Please let Peter Braun know at peterbraun@myaccess.ca. Peter is looking to pass on the coordinator role to another Eastsider! Reach out to him to learn more about what this involves and how rewarding it is!

Regina Anti-Poverty Ministry (RAPM)
Presents

HYPNO FUN-D-RAISER

A FAMILY COMEDY
HYPNOSIS SHOW

SEE THE SHOW
OR
BE THE SHOW

Wesley United Church
3913 Hillsdale Street

An Interactive Event filled with Fun and Laughter

Saturday November 2, 2019 @ 7:00 pm

Tickets Adults \$15 and Children 12 and under \$5

Tickets can be purchased by emailing

RAPMFinances@gmail.com

or calling Donna at 306-924-2254

Want to spread the exciting news about programs at Eastside? We have new postcards available with Community Dinner on one side and Film & Faith on the other! Please help yourself to a few (on narthex shelves and with the greeters) and pass along to your friends and family!

Eastside United Church invites you to join us for

Contact us if you can pitch in!

Community DINNERS

All are welcome. Join us for a meal and conversation.

3rd Thursday of the month
3018 Doan Dr.
INFO and RSVP: 306-761-0556
Pre-purchase tickets at the Ecumenical Center
<http://bit.ly/CommunityDinner>

LAST FRIDAY OF EACH MONTH
INFO: 306-761-0556

Join us for a movie and conversation following!

Watch our FB page for details!

FILM AND FAITH

All are welcome!

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