



Horizons

Newsletter of Eastside United Church



Advent 2017

OPEN MINDS. OPEN HEARTS. OPEN DOORS.

Our Minister takes Sabbatical in early 2018

Russell will be on sabbatical for the three months of January, February, and March 2018. He will not be at the church or doing ministry tasks during this time. His focus will be on rest, renewal, and education. You may have heard him talk about his work and course on *The New Parish*, which is focused on how we be church in and with the neighbourhood. This will be the focus of his time away from the church (when not vacationing in Australia in February). There are ways that you can support him in this ministry focus (*see adjacent*) and getting to know the neighbourhood and the people in it. He will also be visiting organizations and individuals who are working in or connected in the neighbourhood of Arcola East. If you know of someone he should meet with and talk to, let him know (russellmw88@sasktel.net). During this sabbatical time, retired ministers Ken Powers and Hazel Arbon are taking turns covering worship and pastoral care. There is also a number of great guests lined up to speak on Sundays for much of the time. *See page 3 for a complete listing.*

THE NEW PARISH – Connecting with the neighbourhood

As part of Russell's study and exploration through *Leadership in The New Parish*, he will be spending more time out and about in our neighbourhood. To enjoy this experience even more and engage more fully with area residents, he is offering a free **Dog Walking Service**. If you live in the vicinity of 3018 Doan Drive (University Park, Arcola East, Wascana, etc.) and have a pooch that would appreciate some exercise, please let [Russell](#) know. FYI, dog owners are welcome to go on these walks, too!

Also part of Russell's *New Parish* coursework, he is looking for individuals interested in exploring a vision of our neighbourhood. There will be an assignment that will involve people from the congregation; watch for information about this after January 22. Have you put your pin on the **Who is My Neighbour** map? See where our congregation members live on the map in the narthex.

Do you have a group in the neighbourhood that you have coffee with regularly?

Russell would love to join you and have a visit with your group as part of his *New Parish* and sabbatical work. You can extend an invitation to Russell to join you between now and April.



Russell's Reflection for Advent

by Russell Mitchell-Walker

"You are the light of the world...let your light shine before people, so they can see the good things you do and praise your God who is in heaven. [Matthew 5: 14-15] ...You are the light of God! When people see your life they will connect it to God... We are called to let our light shine bright, to do what we were born to do. You are the only one who can live the life given to you...if you don't shine your particular light it won't be shown. But also know that it doesn't all depend on you. You are part of the Big Story. You and I each have our contribution to make and we are not alone." Flipped pg 158-159 by Doug Pagitt

In our afternoon craft/study group we have been enjoying the book *Flipped* by Doug Pagitt, quoted above. He focuses on the messages of Jesus that flip past (and present) understandings of faith and God. One of the main flips he talks about is that we are "in God". For a long time I have thought of God being in us, but wrapping my head around us being in God, is another level of understanding. We exist in God, God is in everything and all around us. It connects with the scripture, 'In God, we live, move and have our being' or as the Common English Bible translates, 'in God, ...we exist'. (Acts 17:28) As we enter into Advent, the time of preparing for the coming of Jesus,

understood as 'God with us', we are invited to move deeper into that understanding that God with us, is more than God in us – we are in God. Jesus comes to show us the light – the energy that is in us all and in all things, which is God. We shine our light when we live our lives faithfully, seeking love and justice. Jesus not only proclaimed that he is the light of the world, but also that we are the light of the world. The same light of God that emanates from Jesus is also in us. This is the Good News, we celebrate at Christmas and in our faith.

It is this Light that is in everyone as well, regardless of race, or religion, or sexual or gender identity. The coming of Christ, the incarnation, God coming in humanity, is a reminder of God's presence with us. It is a message of hope in a time of challenge and struggle. It is a message that we can use and be reminded of today. May this season bring you hope, as we celebrate the love that breaks into our lives, into our world, into our existence, reminding us not only that God is with us and in us, but that we are in God.

Russell Mitchell-Walker
Diaconal Minister

Craft Study Group explores *The First Christmas*

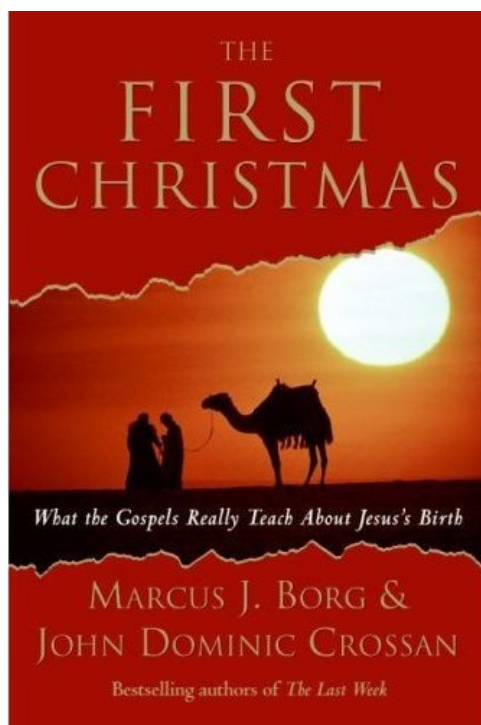
Eastside's Craft Study Group will be enjoying some special Christmas material during their December gatherings. On December 6 and 13, we will be looking at the Christmas Stories and background from John Dominic Crossan's *The First Christmas*.

From amazon.ca: In *The First Christmas*, two of today's top Jesus scholars, Marcus J. Borg and John Dominic Crossan, join forces to show how history has biased our reading of the nativity story as it appears in the gospels of Matthew and Luke. As they did for Easter in their previous book, *The Last Week*, here they explore the beginning of the life of Christ, peeling

away the sentimentalism that has built up over the last two thousand years around this most well known of all stories to reveal the truth of what the gospels actually say. Borg and Crossan help us to see this well-known narrative afresh by answering the question, "What do these stories mean?" in the context of both the first century and the twenty-first century. They successfully show that the Christmas story, read in its original context, is far richer and more challenging than people imagine.

Join us as we share in discussion, handiwork and coffee time following.

Newcomers are always welcome at this fun group.



Music the focus of December Women's Breakfast

Saturday, December 9 from 8 to 10 am

This month's topic:

Listening to Your Inner Voice with Dr. Wendy Hardman.

Wendy has worked and studied how we learn, what gets in our way and how we can learn more easily and more quickly. She has a background in adult learning, training and development, with a love of music and a pull to use music for rest and restoration. Her many years as a church musician and more recently as a composer and music designer has interwoven with her interest in learning. Wendy recently moved here from Ontario and is excited about finding her way here in Saskatchewan and Regina.

She writes: *Music is a powerful means of communication. It bypasses many of the filters that we have in place that generalize, delete and distort the millions of bits of information that bombard us every day. It*



allows us to go deeper into our inner self. If you're willing to come on a journey with me, let's go exploring. Stretch out and invite our inner voice to share with us. This musical experience is voluntary and requires no special skills, mostly listening. You only need to relax and present.

P.S. If you have some special coloured pencils or crayons that you like to use, please bring them with you. This is NOT an art class nor will you be required to eat the crayons.

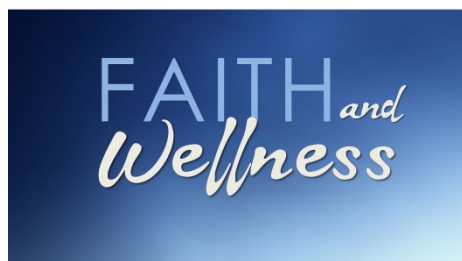
All women are welcome. Please bring two toonies to cover costs.



Eastside Family Dinner Thursday, December 7 at 6 pm

All shapes and sizes of families are welcome to join us for a delicious home-cooked meal and community. Suggested donation is \$5 per person or \$20 per family. This special Christmas gathering will be following by a carol singing and nativity evening. **Join us!**

Can't make it to this one? Eastside's Family Dinners will take place the first Thursday of each month (but will be January 11 next month).



The Congregational Care Committee will be holding its **Faith & Wellness Series** again this January, February and March, on the *last Sunday of each month* following our potluck.

Plan to join us to take in these great speakers:
In January, **Ken Powers** will be speaking on The Multi Faith Society.

In February, **Rachael MacDonald** will be speaking on working at The Open Door Society.

In March, **Steve Duch** will be speaking on Ukrainian Orthodoxy.

Worship Schedule January-April 2018

January 7—Communion

Minister: Hazel Arbon

World Religions I-Islam

Guest: Sabreena and Maysa Haque

January 14—Open Hearts

Minister: Ken Powers

World Religions II - Hindu

Guest: Dr. Shreedhar Jachak

January 21—Prayer Candles, Arise!

Minister: Hazel Arbon

World Religions III—Buddhism

Guest: Uttam Barua

January 28—Potluck

Minister: Ken Powers

World Religions IV—Sikh

Guest: Gagan Deep-Singh

February 4—Communion

Minister: Hazel Arbon

Guest: Brandan Robertson via Skype

February 11—Open Hearts

Minister: Ken Powers

Youth and Young Adult Service

February 18—Lent I, Prayer Candles

Minister: Hazel Arbon

Understanding Oppression & Privilege I

Guest: Carol Schick

February 25—Lent II, Potluck

Minister: Ken Powers

Understanding Oppression & Privilege II

Guest: Carol Schick

March 4—Lent III, Communion

Minister: Hazel Arbon

World Religions—Judaism

Guest: Rabbi Jeremy Parnes

March 11—Lent IV, Open Hearts

Minister: Ken Powers

Kenya

Guest: Sandra Fowler

March 18—Lent V, Prayer Candles

Minister: Hazel Arbon

Indigenous Rights

Guest: Arlene Dieter

March 25—Palm Sunday, Potluck

Minister: Ken Powers

April 1—Easter Sunday, Communion

Ministers: Ken Powers & Hazel Arbon

IMCF Breakfast

Eastside continues its involvement with Indian Metis 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. IMCF is a very family oriented facility; please talk to Peter if your children would like to be involved.

Our next breakfast is Saturday, December 23.



CONTACT INFORMATION

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

PETER BRAUN

peterbraun@myaccess.ca

306-789-3830



Are you interested in a **2018 Multifaith Calendar**? This year's theme is ***The Power of Inspiration***. The cost is \$20; you can leave payment on the offering plate (write "MultiFaith Calendar" on a visitor envelope with your name) or in the office. Suzanne will be in touch when calendars arrive. They make great gifts!

An Evening of Carol Singing and Nativity

**Thursday, December 7
at 7 pm
At the Living Spirit Centre**



As well as being a festive evening of carol singing and goodies, we are inviting families to share their Nativity scenes by putting them on display. If there is a special story to your scene, please include that for the display. Nativity scenes may be dropped off at the LSC from December 3 to 6 and picked up Saturday, December 9 between 3 and 3:30 pm.



For more info, call
306-761-0556.

Come get in the Christmas spirit!

Christmas Turkeys!

Order your Christmas turkey through LBC this year and **everyone wins**. For \$100 you will receive an 8 kg (approx) turkey and charitable tax receipt for \$50. Turkeys can be picked up on Sunday, December 17 from 3 to 5 pm at Eastside United. Or for \$10 more an LBC volunteer will deliver your turkey to your doorstep. To place your order, email info@lumsdenbeachcamp.com.



**Our December Potluck
has been moved to
Sunday, December 17
following worship.**

**We look forward to
sharing a meal and some
Christmas spirit with you
then!**

Stocking stuffers needed for RYC Christmas Party

This Advent, Eastside is again collecting items in support of Rainbow Youth Centre (RYC).

This December, RYC will be holding its Annual Christmas Celebration for participants. The celebration includes a traditional Christmas supper and the distribution of Christmas Stockings to the youth and the young adults (including their infants and toddlers) who are regularly involved with programming. It is anticipated that there will be approximately 300 Christmas stockings given to participants this year.

In early December, the Christmas tree in the East Sanctuary will be decorated with candy canes. Each of these will be labeled with the name of an item to be donated for RYC stockings. Items include things like

toques and mittens, toothbrushes, toothpaste and shampoo, as well as children's books, colouring books and crayons.

All donations need to be returned to the LSC by Sunday, December 10.

RYC is a multi-cultural, community-based organization providing support services for young people aged 11 to 25 years in the City of Regina. Programming at the Centre includes: educational, social, and recreational activities for youth 11 – 19 years; and employment preparation, and parenting programs for youth up to 25 years.

Thank you for supporting this project in keeping with the true meaning of Christmas!



All earth is waiting...
Join us for *Christmas worship*

Christmas Eve
Sunday December 24

11:15am All Ages Worship Service

9pm Candlelight Communion Service

Shared with Bread of Life Lutheran Church

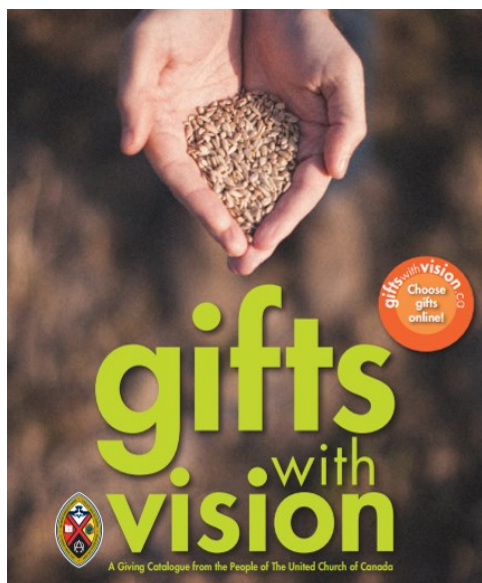
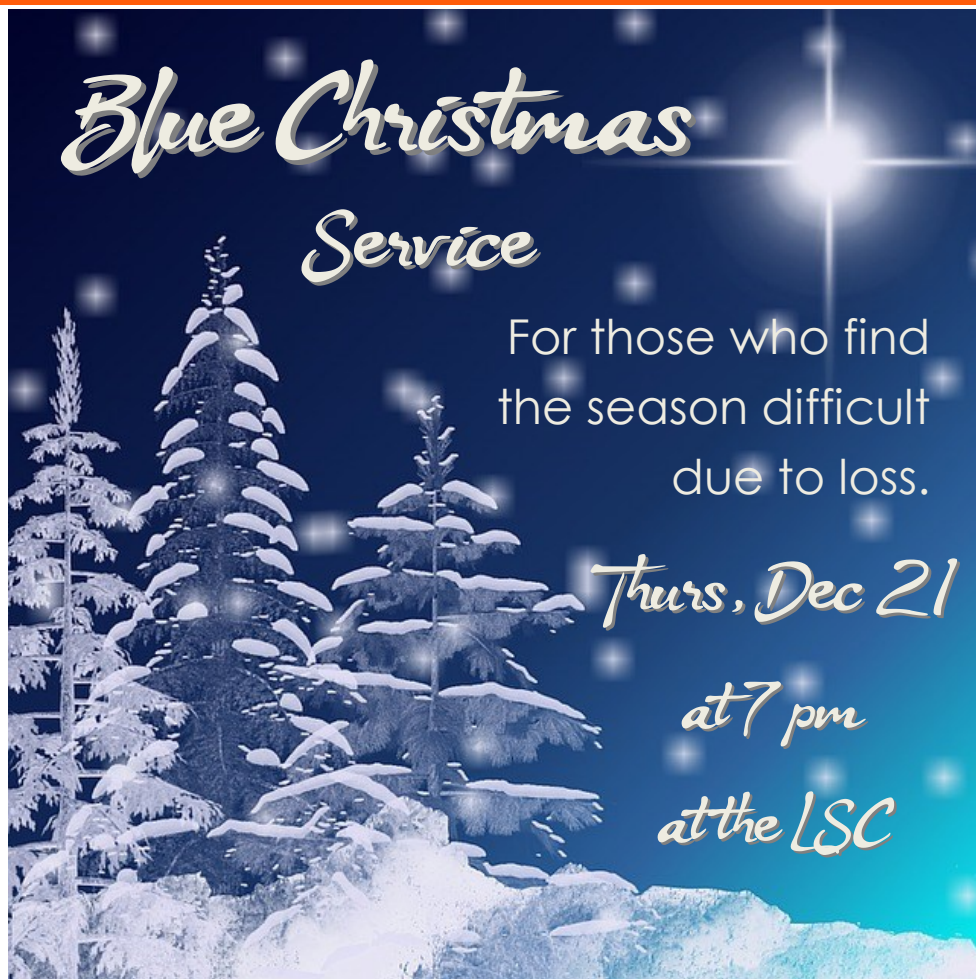


Worship at Wascana Rehabilitation Centre

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, December 17.

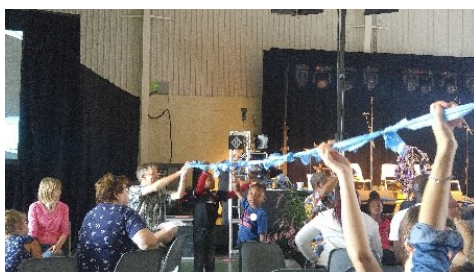
This important outreach ministry provides one of the only opportunities for patients at the Centre to attend a worship service. Thanks for your support!



The new **Gifts with Vision** catalogue is ready to help you make a difference in the world – with no excessive packaging and no exchanges! Please look for your copy on the shelves in the narthex or visit giftswithvision.ca to select gifts online and read inspiring stories of how your generosity has already changed lives.

A Taste of Skylight Comes to LSC

This spring, there will be a tri-parish planned and hosted ecumenical event, *A Taste of Skylight*. This event will provide people with an opportunity to have a little experience of Skylight Festival (www.skylightfestival.ca) with speakers, musicians, artists, exploring the intersection of arts, faith and justice. We have a joint planning team from the three congregations and are excited to be offering this event for our community and province. We will promote the dates as soon as they are confirmed.



Worship on
Sunday, December 31
will be a shared
Lessons and Carols
service with St. Philip
Anglican Church
at 10 am.



We wish you an Advent Season filled with hope, peace, joy and love!

SPOT THE DIFFERENCE THE BIRTH OF JESUS

Help the shepherds find the path to Jesus.



There are eleven differences between these two otherwise identical pictures. Can you find them all?

When you find something that is different put a circle round it!

SundaySchoolResources.co.uk



Welcome to Bread of Life's new pastor, Stewart Miller

Pastor Stewart Miller started with Bread of Life Lutheran Church in early October, and he is no stranger to Regina. Moving here as a boy and living here for his school years, it was during high school that he became more involved in church, youth and even Synod – deciding at that time that he could feel God calling him to become a pastor. Over the next eight years he attended the University of Winnipeg and University of Saskatchewan (BA in English Lit.), worked as a synod youth worker (one year), and then completed a Masters Of Divinity at the Seminary in Saskatoon (1987).

Pastoral calls have taken Pastor Stewart to Concordia in Churchbridge, Saskatchewan (3 years), Trinity in Estevan (9 years), Hope in Calgary (12 years) and then *back* to Trinity in Estevan (for the last six years). In his own words: "During these years, I have also often served on a wide variety of Synod & National committees for the church, a bunch of community organizations, ran for city council in Estevan, became a member of the Order of St. Lazarus (ask me about this another time), sang in a bunch of different choirs, learned guitar (a bit) and pretended to be vaguely athletic in a few different ways (mostly curling and golf). To top it all off, I have twice walked across Spain completing the



Camino de Santiago (by far one of THE most profound experiences of my life – be careful about asking me about this!?!). Other hobbies include wood working (including twice building my dream garage/shop only to move soon after it was completed), fly fishing, writing, Scotch tasting, and, of course, traveling."

As a pastor, he has always felt that a church is – in its best form – a community or family, being part of which we are alternately held in great grace and love, while at the same time goaded and challenged to be more than we might otherwise selfishly allow ourselves to be. It is community we come to be fed and healed, but it is also the launching pad from which we move out into the world to be Christ to all those who also seek love and compassion.

We are excited to have Pastor Stewart join our family at the Living Spirit Centre!



Registration for Winter 2018 Holy Yoga

Holy Yoga classes are offered at two Regina locations: Living Spirit Centre and All Saints Anglican Hall, at different days and times. The winter session of classes will start the week of January 15, 2018.

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.

LSC Meditation Group

Monday evenings at 7 pm

in the East Sanctuary

Join us to quiet
your mind and
body during
this busy time
of year.



All are welcome !



Horizons: The Newsletter of Eastside United Church

3018 Doan Drive, Regina, SK S4V 1M1 306.761.0556

eastsideunited@sasktel.net

www.eastsideunited.ca

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