



OPEN MINDS. OPEN HEARTS. OPEN DOORS.

A Taste of Skylight Festival

Over 200 people enjoyed some aspect of A Taste of Skylight that took place April 20 and 21, 2018. The weekend began with 170 people attending a wonderful musical and spiritual exploration of Leonard Cohen by Rabbi Jeremy Parnes, Archbishop Don Bolen and Pastor Sarah Dymond, as a free pre-event. The main event began with traditional drumming by the Buffalo Boys, and a teaching message of traditional stories and challenges for reconciliation by Chief Cadmus Delorme. Roberta Nichol then serenaded the audience with her wonderful melodies and stories.

Saturday kicked off with a great talk by Zarka Nawaz, sharing some funny stories of her adjustment to the CBC schedule and moving to a thought-provoking reflection on resilience of communities in times of trouble. She described a connection made by people in Saskatchewan following the Humboldt tragedy and a bus accident in India around the same time. Saskatchewan donated significantly to the tragedy in India. When we are struck with tragedy we are more empathetic to others who experience tragedy.

The rest of the day was filled with choices of a wide diversity of speakers and

performers, including African drumming with Coffieman, a performance by Listen to Dis' about disabilities, Cindy Bourgeois speaking about transgender concerns, Jamie Arpin Ricci of Winnipeg, sharing his stories and experiences of starting a worshipping community with people on the margins, a Messy Church workshop, Blanket Exercise and more! It was a very full day that was enjoyed by those who came. We had about 70 people registered for the whole event and came in under budget. With the leftover money, the committee agreed to sponsor a performer for Skylight Festival this summer for \$500. This level of sponsorship also provides us with a free ticket so if you want to go to the Festival and this will help, contact [Russell](#).

The event could not have happened without those who agreed to serve on the committee from all three congregations and all those who volunteered to help during the event. It was truly a Living Spirit Centre program! The committee consisted of: Janet Bjorndahl, Sarah Tkachuk, Jean MacKay and Russell Mitchell-Walker from Eastside; Rev. Nancy Yee and Diane Gingras from St. Philip; and Pastor Stewart from Bread of Life.

Horizons

Newsletter of Eastside United Church

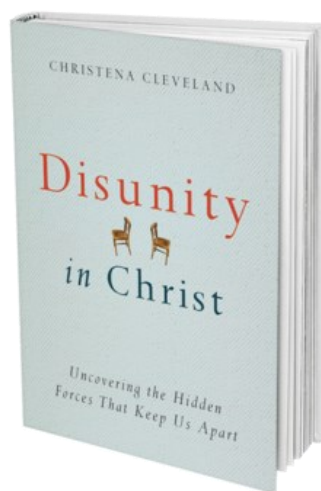


Summer 2018



People can meet God within their cultural context but in order to follow God, they must cross into other cultures because that's what Jesus did in the incarnation and on the cross. Discipleship is cross-cultural. When we meet Jesus around people who are just like us, and continue to follow Jesus with people who are just like us, we stifle our growth in Christ and open ourselves up to a world of division. However when we are rubbing elbows in Christian fellowship with people who are different from us, we can learn from each other and grow more like Christ.

Disunity in Christ: Uncovering the Hidden Forces That Keep Us Apart by Christena Cleveland



Russell's Reflection

The challenging quote at left is from a book I read for the *Leadership in the New Parish* course I have been taking in Seattle. The program has challenged my thinking and practice of ministry, and provided me with opportunity to explore what it means to be parish, listen, and try to practice what we call faithful presence in the neighbourhood. Parish is the neighbourhood that the church is in, ours being Arcola East. This quote is part of the challenge as it pushes us to get to know people who are different from us. That may be people of colour or different cultural backgrounds, but it could also be different contexts or experiences from ourselves. We have much to learn from each other, and that is part of being faithful and Christ-like. Jesus often gathered with people who were different from himself and that others were not comfortable associating with. It is about loving one another.

As I write this, I am at the beginning of my last session for the course. We will look to the sustaining the work of parish ministry - connecting with people in the neighbourhood, recognizing that it is not

something that is quick, and is about *Appreciation* of the assets and gifts in the community, *Connecting* with people, and *Adapting*, trying small experiments with folk and learning from failure. It is my hope that we can continue to engage in this ministry together, exploring what it means to be connected to the neighbourhood as a church, that we may be a parish. There is an invitation I have made and you will see in this newsletter to get out and meet your neighbours, gather with them over the summer, get to know them or know them differently. It may not be easy, but it is important as we seek to be church in this community. Do people know who we are as Eastside United Church? What might help us be a more integral part of the community, the neighbourhood? How can we engage with others, in ways that build relationship and deepen our understandings of one another and of the love we can share? These are all questions we can explore together and I invite you to join me in this ongoing journey.

Blessings,

Russell Mitchell-Walker
Diaconal Minister

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! As an added twist this year, we're not advertising which church is leading the service beforehand! 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.



HAPPY CANADA DAY

Start off your Canada Day Sunday celebrations with a Tri-Parish service!

We kick off the summer of church crashing by having a shared service planned jointly by your ministry staff from all three congregations: Bread of Life Lutheran, Eastside United and St. Philip Anglican. Come as we celebrate and reflect on the joys and challenges of this great country of ours. There will be refreshments following the 9:30 am worship.



Messy Church was started as a way of being church for families, especially those not attending or part of a church. Messy Church is missional and designed to reach families who are not 'churched' as well as those for whom a Sunday morning does not work. Most Messy Churches gather in a church or hall once a month, for a few hours, once a month with a Biblical story or concept as the theme. There is craft activity, games, worship and a meal. We are exploring starting Messy Church by have two sessions this year, one before Advent (late November) and one before Lent (February or early March). This could be a Tri-parish venture. **We need volunteers to make this happen.** Talk to Russell or let the office know if you are interested.

Skylight Festival Performer Matt Epp in Concert At the Living Spirit Centre



September 30, 2018

7:00pm

Tickets \$25 - Available in the fall

Call the office to reserve a ticket.

**Sponsored by Eastside United Church
Faith Formation**

**Craft/Study Group
resumes
Thurs September 13
at 1:30 pm**



Interested in the Craft/Study group? Which book would you like to start with? Email the office with your choice by September 1. Group starts September 13. *Russell has an extra copy of "Practices" if anyone would like to borrow it over the summer!*

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. IMCF is a very family oriented facility; please talk to Peter if your children would like to be involved.

Our next breakfast is Saturday, August 25.



CONTACT INFORMATION

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

PETER BRAUN

peterbraun@myaccess.ca

306-789-3830



Sunday, September 9 at 11:15 am:

Sunday School registration and a Bouncy Castle too!

Join us for a special **tri-parish celebration** with coffee and cake, starting at 10:30 am.

Parish Sunday, September 23

As you may know, (hopefully!) I have been taking a course at the Seattle School for Theology and Psychology called *Leadership in the New Parish*. Parish is the neighbourhood that the church is in. Our Parish is Arcola East. *The New Parish* is about the importance of the church being rooted in its neighbourhood. It is about "Practice, Presence, Place", practicing faithful presence in the community, largely by listening. Another phrase I have heard often is 'find out what God is up to in the neighbourhood and join in'. The Holy Spirit is active in the world and is up to something in our communities. Can we notice it? Can we find out what that something is?

Over the summer, I invite you to gather your neighbours in whatever way you are comfortable – for a BBQ, at a pub or restaurant, in a park – and get to know them, or get to know them better. Even if you are not in Arcola East, it is important to be rooted in your neighbourhood, so wherever you live, I invite you to try this.

We will have a Parish Sunday on September 23 where we will share stories of our experiences.

Parish Invitation

Goal:

To get to know your neighbours or get to know them better or differently.

To find out ways to connect in the neighbourhood and make our community better.

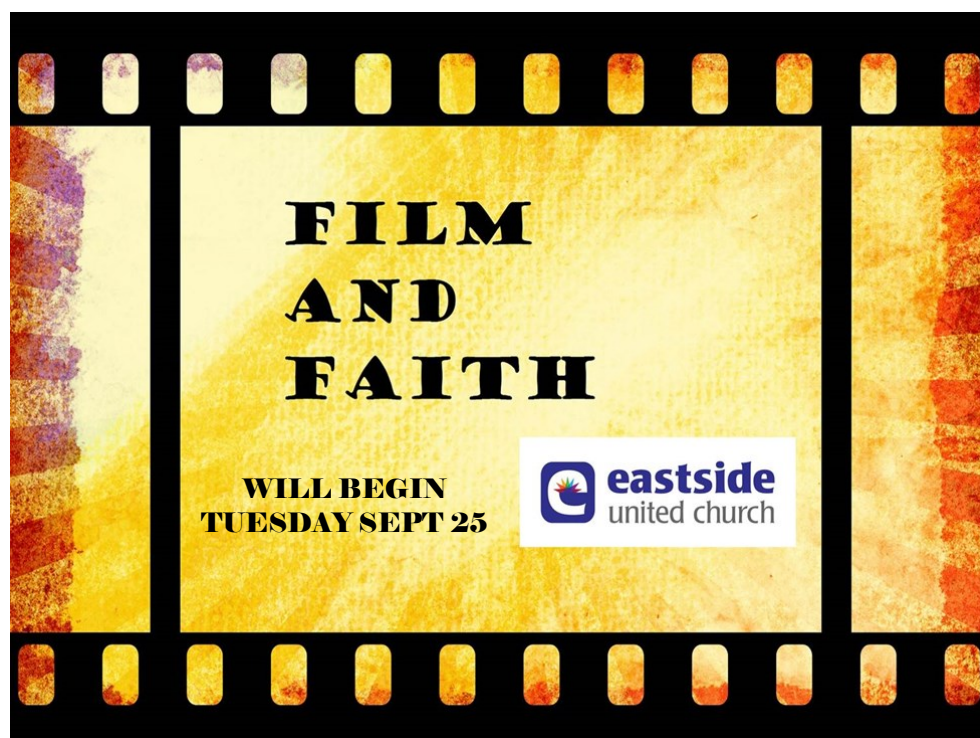
Possible Questions:

Who is your neighbour?

What are the assets of the neighbourhood?

What are the hurts of your neighbourhood?

What would you like to see happen in the community. What is happening you like?



Did you enjoy A Taste of Skylight Festival and want more?
Maybe you heard how great it was and are sorry you missed it!



SKYLIGHT
FESTIVAL

YOU ARE THE ONES FOR SKYLIGHT

JULY 27-29, 2018 AT FIVE OAKS – PARIS, ON

skylightfestival.ca

Let Russell know if you're interested in attending.
Gather a group of six and get a group rate!

There is a
place for
you at
our table...

This fall, our Family Dinners will become
Community Dinners! We need teams of
volunteers and leaders for:

Cooking

Set-up

Clean-up

Administration

If you are interested in helping with this
important community ministry,
please let Russell or the office know.

If we get enough volunteers, our first dinner will
be September 13 at 6 pm.



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, October 21.

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

Welcoming Faiths @ Pride Parade 2018!



On Saturday, June 16, a contingent of churches, faith communities, and individuals of faith walked in the 2018 Pride Parade, including good representation from Eastside! See anyone you know??



Munch

(306) 502-5113

catering@munchinregina.ca

www.munchinregina.ca

Munch Café operates out of the Living Spirit Centre downstairs kitchen, creating meaningful employment opportunities for adults with cognitive disabilities – and serving amazing food!

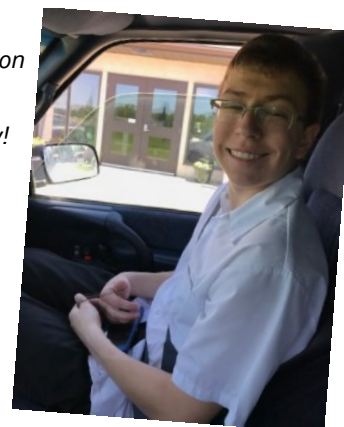
Munch Café News!

Munch Café has recently brought three new catering assistants on board! Our new catering assistants, Dawn, Dustin, and Declan, all have excellent experience and a desire to work with food. We are so excited to welcome them on board!



Dustin was a student in "Cooking with Munch"!

Declan on his first delivery!



Find God outdoors this summer!



Camping Word Search



s	w	i	m	s	u	f	u	n
l	s	s	c	u	r	n	q	w
e	j	m	x	m	c	a	m	p
e	d	o	t	m	f	y	p	c
p	k	r	e	e	o	i	f	h
i	d	e	n	r	g	s	r	b
b	u	g	t	z	t	f	g	e

swim

tent

fire

bug

sleep

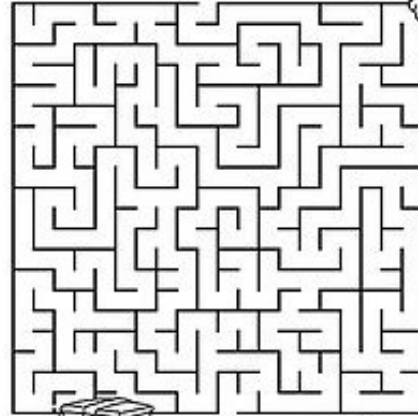
fun

summer

smore

camp

There are lots of roads on the way to the woods. Help our friends drive through the maze!



Camp out among the grasses and gentians of glacial meadows, in craggy garden nooks full of nature's darlings. Climb the mountains and get their good tidings, Nature's peace will flow into you as sunshine flows into trees.

~ John Muir



Can a Congregation Transition (to the local)?

A blog post by Alan Roxburgh (alanroxburgh.com) May 28, 2018

A lot of leaders ask me about the possibility or even viability of a congregation becoming local and dwelling among its neighbours. Chris Smith from the Englewood church responds to this in an interview I did with him for the [Journal of Missional Practice](#). One of our Editorial Team, Mary Publicover summarizes the interview here, I encourage you to check out the link to the video.

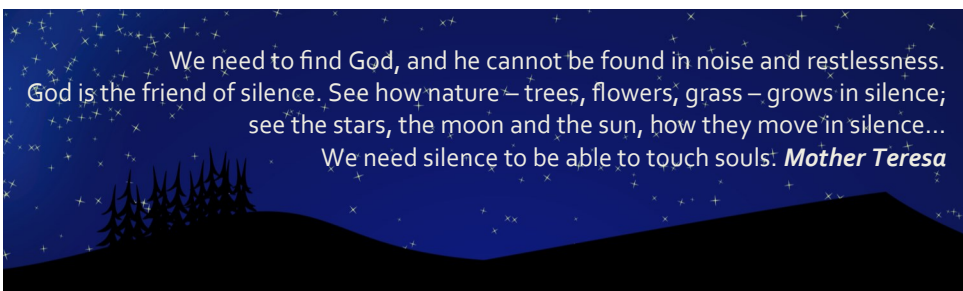
A Church in Englewood and Place in our Culture (<https://youtu.be/1gucswK8qUk>)

Chris Smith is co-author of *Slow Church* and editor of the *Englewood Review of Books*. Here in conversation with Alan Roxburgh he describes how his own church transitioned from its life as a large city church into a vibrant neighbourhood church deeply embedded within its community. That church was able to make this transition because of its long history in that part of Englewood; the place was part of its identity. It chose to embrace this identity, even as the nature of the local population changed and became more socially and ethnically mixed. The church opted to remain in the locality even when similar churches were

leaving the city for the suburbs in so called 'white flight'.

The church went on to thrive within its local community, both in the depth of their life together, and in their relationships and care for the wider neighbourhood. Chris puts this down in part to their practice of *conversation*, an organised gathering of talking and listening which allowed room for conflict. Gradually, over a decade or more, the people in the congregation became more able to be present with one another, and more at ease with difference. Chris felt they were then better equipped to engage in an open way with the diversity of their surroundings, learning to resist the desire to fix or control.

This capacity to be present to one another has led to an appreciation of every person in the congregation as a gift from the God who is shaping them all within their context. Chris describes the economy of shared gifts and skills which has emerged involving individuals and also partnerships with local organisations.



Registration for Fall 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 fall session of classes will start the week of September 11, 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



Horizons: The Newsletter of Eastside United Church

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