

**January/February 2018**  
**At a glance**  
**Full descriptions of activities in bulletin.**

| Sun   | Mon  | Tues  | Wed                           | Thurs   | Fri                          | Sat   |
|---|--|---|-------------------------------|---|------------------------------|---|
| <b>21</b><br>Worship<br>11:15 am<br>Prayer<br>Candles<br>World<br>Religions:<br>Buddhism                                | <b>22</b><br>Meditation<br>7 pm<br>AA 8 pm | <b>23</b><br>Cards<br>9:30<br>TOPS<br>6:30  | <b>24</b>                     | <b>25</b><br>Craft Study<br>1:30                            | <b>26</b>                    | <b>27</b><br>IMCF<br>Breakfast<br>9 am<br>Norma<br>Wheatley's<br>Birthday<br>Tea 2 pm |
| <b>28</b><br>Worship<br>11:15 am<br>World<br>Religions:<br>Sikh<br>POTLUCK<br>Cong Care<br>Speaker<br>Gong Bath<br>3 pm | <b>29</b><br>Meditation<br>7 pm<br>AA 8 pm | <b>30</b><br>Cards<br>9:30<br>TOPS<br>6:30  | <b>31</b>                     | <b>1</b><br>Cong Care<br>10 am<br>Craft Study<br>1:30       | <b>2</b>                     | <b>3</b><br>Epiphany<br>Supper<br>5 pm  |
| <b>4</b><br>Worship<br>11:15 am<br>Brandon<br>Robertson<br>via Skype  | <b>5</b><br>Meditation<br>7 pm<br>AA 8 pm  | <b>6</b><br>Cards<br>9:30<br>TOPS<br>6:30   | <b>7</b>                      | <b>8</b><br>Craft Study<br>1:30<br>Family<br>Dinner<br>6 pm | <b>9</b>                     | <b>10</b><br>Women's<br>Breakfast<br>8 am   |
| <b>11</b><br>Worship<br>11:15 am<br>Youth<br>Service<br>Open<br>Hearts  | <b>12</b><br>Meditation<br>7 pm<br>AA 8 pm | <b>13</b><br>Cards<br>9:30<br>TOPS<br>6:30<br>Shrove<br>Tuesday<br>Games<br>Night | <b>14</b><br>Ash<br>Wednesday | <b>15</b><br>Craft Study<br>1:30                            | <b>16</b><br>Film &<br>Faith | <b>17</b>   |
| <b>18</b><br>Worship<br>11:15 am<br>Communion<br>Wascana<br>Worship<br>1:30 pm  | <b>19</b><br>Meditation<br>7 pm<br>AA 8 pm | <b>20</b><br>Cards<br>9:30<br>TOPS<br>6:30  | <b>21</b>                     | <b>22</b><br>Craft Study<br>1:30                            | <b>23</b>                    | <b>24</b>   |

**TOPS = Take Off Pounds Sensibly**  
**AA = Alcoholics Anonymous**



# ANNOUNCEMENTS

January 21, 2018

306-761-0556 eastsideunited@sasktel.net  
 Like us on facebook (Eastside United Church)  
 Follow us on Twitter @Eastside\_united  
 www.eastsideunited.ca



**W**elcome to Eastside United. May our opportunities of ministry offer you rest, challenge and peace on your Christian journey.

**A special thank you today to Uttam Barua for coming to speak to us on Buddhism.**

**Ministers:**

Worship Leader: Hazel Arbon  
 Greeting: Mick and Shelley Williams  
 Congregational Care Greeter: Elaine Hill  
 Prayers: Jayne Krueger-Jickling  
 PowerPoint: Kyan Benesh  
 Music: Worship Band *Arise!*  
 Last week's attendance: 63

Ken's e-mail address: kmpowers@sasktel.net  
 Hazel's e-mail address: pinkhouse@sasktel.net

**Office Hours:**

Tuesday, Wednesday and Thursday from 8:30 am to 3:30 pm

**Scripture Reading:** John 2:13-25

**Songs –**

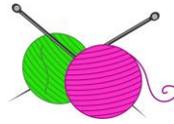
*Raise Your Hands Up*  
*Turn your Radio On*  
*All Who Are Thirsty*  
*Shout to the Lord*  
*A Light is Gleaming VU #82*  
*Give Thanks*  
*Open the Eyes of My Heart*  
*Hope Shines as a Solitary Star MV #220*

**House of Esther is in need of a new house group leader to work with Dale Banks.** Please see Dale if you can help share the work load a bit. Dale has been serving as house leader for some time and can show you the ropes. A huge thank you to Leona Martin who has shared the position with Dale until recently and has decided to step down at this time.

**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. If you need a ride call Rod 306-789-1388. Everyone is welcome.

**LSC Meditation Group:** Monday, January 29 at 7 pm in the East Sanctuary. We'd love to have you join us whether you're new to meditation or an experienced practitioner. All are welcome, remember to wear comfortable clothing. For more info, please get in touch with Sheri Nupdal at [sherinupdal7@gmail.com](mailto:sherinupdal7@gmail.com). We are switching to every other Monday until spring. Following dates are: February 12 and 26, March 12 and 16.

**Eastside's Craft/Study Group** Thursday, January 25 at 1:30 pm in the Multipurpose Room and East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are reading *The Great Spiritual Migration* by Brian McLaren. Let the office know if you'd like to jump in and we'll get you a book!



**Congregational Care Faith and Wellness Speaker Series:** Following our potluck lunch on Sunday, January 28, Rev. Ken Powers will be speaking on his involvement with the Regina Multi-Faith Forum. In this series, we will hear from a number of Eastsiders on how their volunteer involvement is a critical component of living out their personal faith.

**Mark your calendars!** The Living Spirit Centre will be hosting **A Taste of Skylight** event of Arts, Spirituality and Justice, April 20-21, 2018. We have confirmed Zarqa Nawaz, creator of Little Mosque on the Prairie!

**The 3<sup>rd</sup> Annual Warm Up Your Winter Chili Cook-Off** in support of IMCF is being held TODAY Sunday, January 21 from 5:30 to 7 pm at the Merlis Belsher Heritage Centre at Luther College. Come for the chance to taste a variety of chili dishes created by folks from various churches – good food, good times! Cost: Adults \$10, Children under 12 \$5, Families \$25 max. Tickets available at IMCF and Regina Lutheran Churches.



**FRIARS' BRIAR:** From March 4 to 9, Regina will be the site for the annual Friars' Briar. This curling competition is held each spring during the national men's bonspiel and 2017 marks its 40th year! It welcomes clergy and spouses, and faith-based workers, from many denominations. Participants come from across Canada to enjoy some friendly competition and fellowship. Register a team, or register individually and a team will be assigned. More information and registration forms can be found on line at <https://friarsbriar.ca>. From the website: "The association aims to promote fine fellowship and good curling on a national basis among clergy and other associates."

**Russell is on Sabbatical until April 2, 2018.** The Faith Formation Committee has worked with Russell to line up a number of great guests to share their faith and experiences over this time – we will hear from other religions, youth, indigenous folk, and learn about oppression and privilege. We are grateful to Ken Powers and Hazel Arbon who have agreed to lead worship and offer pastoral care during this time. When not in Australia or at a conference, Russell will be focusing his sabbatical in the neighbourhood (the Parish), making connections, listening, and seeing where God is at work. This is a fully paid sabbatical so if you wish to give a little extra, it will help with our extra costs each Sunday! **Don't be surprised if you notice that Russell's office is empty in his absence. He has packed up for renovations that will take place while he is away.**

### THE NEW PARISH – Connecting with the neighbourhood

As part of Russell's *New Parish* coursework, he is looking for two or three 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 will be working out of a few different coffee shop "offices" while doing *The New Parish* study part of his sabbatical. If you would like to get together with him to talk about the neighbourhood, email him at [russellmw88@gmail.com](mailto:russellmw88@gmail.com) to see where he'll be on any given day.



**The Uncomfortable Pew: Ecumenical Sensitivity at Weddings and Funerals.** The Prairie Centre for Ecumenism invites you to a workshop Wednesday, February 7 at 7 pm at the Living Spirit Centre. Have you ever been to a wedding or funeral from a different denomination? Have you ever felt uncertain of what to do? Awkward? Excluded? Explicitly welcomed? Put at ease? Come and reflect on experience of ecumenical etiquette and sensitivity in a friendly and hospitable environment. Join us and share your experiences! For further information contact the PCE at 306-653-1633 or [admin@pcecumenism.ca](mailto:admin@pcecumenism.ca). Freewill offering.

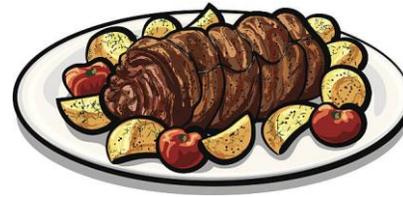
**Service of Prayer for Unity:** The Regina Council of Churches invites you to join in the Week of Prayer for Christian Unity, TODAY Sunday, Jan 21 at 3 pm at First Presbyterian Church, 2170 Albert Street. The biblical theme for the Week is "Your right hand, O LORD, glorious in power" (Exodus 15:6). Selected by the churches of the Caribbean, this theme will be used throughout the world. In Canada, as we reflect on the biblical witness of God's liberating power, we are called to action for reconciliation between our churches and within society, most particularly between Indigenous and other Canadians. Our preacher will be Dr. Michael Capello (U of Regina). Coffee, tea, and educational displays will follow the service. All are welcome.

**Norma Wheatley will be celebrating her 85<sup>th</sup> birthday at a birthday tea on Saturday, January 27 from 2 to 4 pm at the Living Spirit Centre.** Everybody is welcome – please come wish Norma a Happy Birthday!



**Gong Bath: Sunday, January 28 at 3 pm at the LSC.** Doors open at 2:30 pm. Bring blankets, pillows, a yoga mat or something soft to lie on. Cost is \$20 per person. Stay for tea and snacks afterwards. Please register with Lorraine Walker at lorraine.l.walker@gmail.com. A gong bath is an hour-long meditation. You lie on the floor and are immersed in the sounds and vibrations of the gong. It is an ancient sound that allows you to experience a deep meditation. These meditations are open to everyone, so feel free to invite your friends.

You are invited to Russell and Brian's for a **House Concert with Skylight Festival Contributor, singer-songwriter Drew Brown.** January 29 at 7pm; doors open at 6:30 pm. Cost: \$20/person by cash/cheque in advance (payable: Russell Mitchell-Walker) or pay online (<http://bemindfullywell.com/rbmw-house-concerts-presents/>). Space is limited. Your payment gets your name on our list. A tradition of the R&BMW House Concerts – Punch will be offered as you arrive and home-made ice cream will be shared during intermission. You are welcome to bring an appetizer or dessert to share. There is a Facebook event "Drew Brown House Concert".



**Men's Epiphany Roast Beef Supper** (Believe it or not, cooked by the men of Living Spirit Centre!) Saturday, February 3 at 5 pm. Entertainment by the Jazz Bandits Big Band playing jazz and familiar big band tunes from the 1940's to present day show tunes. Cocktails 5 pm; supper 6 pm

(vegetarian option available); entertainment 7:15 with a dessert break. Suggested donation of \$12 to \$15 per person to cover costs with proceeds to charity. Donations gratefully accepted from the winemakers within the congregations for cocktail hour. Contacts: Ivan Millard (St.Philip) Jerry Borkowsky (BOL), Roger Burns (BOL) and Leif Riesach (Eastside).

Please join us for World Religion Day and the premiere viewing of our Canada 150 project

**National Highway to Harmonious Canada**

Hosted by Multi-Faith Saskatchewan and the Regina Multi-Faith Forum

**Sunday, January 28th, 2018**  
2:00 PM - 4:00 PM  
**Luther College Auditorium**  
U of R Campus  
Refreshments to follow

Free Parking: Lot 13's  
M or Z zones

Many thanks to:

- Access Communications
- Multicultural Council of Saskatchewan
- Canada 150
- South Saskatchewan Community Foundation
- Community Foundations of Canada
- Regina Multi-Faith Forum
- SaskCulture
- Saskatchewan Lotteries
- Luther College

Logos for Canada, Saskatchewan, and various community organizations.

**SHROVE TUESDAY**

*Pancake Supper*

**TUES FEB 13 2018**  
5:30 to 7 pm

Featuring  
**Pancakes Sausages & Fruit**

**LIVING SPIRIT CENTRE**  
3018 Doan Drive  
Info: 306-761-0556

Brought to you by the Bread of Life Youth

**FREEWILL OFFERING**

Join us for an **LSC Games Night** following the Pancake Supper on Tuesday, February 13. Bring a game you'd like others to play, or join in on something being played by others. **Would you like to learn how to play Mah-jong?** St. Philip's Rev. Nancy Yee is offering to teach us and has room for 12 players!

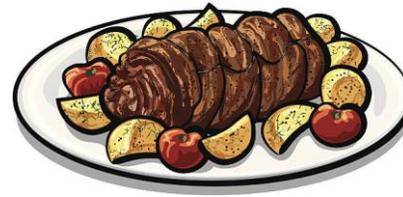
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