

January/February 2018

At a glance

Full descriptions of activities in bulletin.

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

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

January 14, 2018

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.

A special thank you today to Dr. Shreedhar Jachak for coming to speak to us on Hinduism.

Ministers:

Worship Leader: Ken Powers
Greeting: Jean Henders and Cathie Henderson
Congregational Care Greeter: Barb Rio
Prayers: Cathie Henderson
PowerPoint: Michael Tessier
Music: Michelle Dickie
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 2:1-11

Songs –

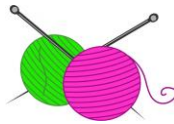
Open hearts, Open minds, Open doors
Called by Earth and Sky MV #135
A Light is Gleaming VU #82
Deep in our Hearts MV #154
We Give Our Thanks MV #187
O Beautiful Gaia MV #41
Hope Shines as a Solitary Star MV #220

Worship Band *Arise!* will be leading and playing during next week's worship service, Sunday, January 21!

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 15 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. We are switching to every other Monday until spring. Our upcoming dates are: January 29, February 12 and 26, March 12 and 16.

Eastside's Craft/Study Group resumes Thursday, January 11 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 Migratio* by Brian McLaren. Let the office know if you'd like to jump in and we'll get you a book!



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.

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 3rd Annual Warm Up Your Winter Chili Cook-Off in support of IMCF is being held 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.



Film & Faith continues on the third Friday of each month with Heather Balfour hosting and Amanda Tessier promoting. January 19 will be the next one. Keep an eye on our Facebook event page as more details emerge: <https://www.facebook.com/events/2594199237385466/>

Did you know? 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 to see where he'll be on any given day.



Service of Prayer for Unity: The Regina Council of Churches invites you to join in the Week of Prayer for Christian Unity, on 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 85th 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).

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