

April/May 2018

At a glance

Full descriptions of activities in bulletin.



ANNOUNCEMENTS

April 15, 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.

Ministers:

Minister: Russell Mitchell-Walker
 Greeting: Brenda and Barry Adamko
 Congregational Care Greeter: Linda Fowler
 Prayers: Wanda Barr
 PowerPoint: Janet Bjorndahl
 Music: Michelle Dickie
 Last week's attendance: 67

Russell's Office Hours:

Tuesday through Thursday, working from home Friday

Coffee Shop Office Hours Wednesdays from 2 to 4:30

Office Hours:

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

Scripture Reading: Acts 9: 1-19

Songs –

And on This Path MV #8
 Christ is Alive VU #158
 Hey Now, Singing Hallelujah MV #121 v1
 I Heard the Voice of Jesus VU #626
 I Thank You, Thank You Jesus MV # Vs 1
 Open My Eyes That I May See VU #371
 Don't Be Afraid MV #90

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.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
15 Worship 11:15 am Prayer Candles	16 Meditation 7 pm AA 8 pm	17 Cards 9:30 TOPS 6:30 LSC Meeting 7 pm	18	19 Craft Study 1:30	20	21
				Taste of Skylight Festival		
22 Worship 11:15 am POTLUCK Congr. Care Speaker GONG BATH	23 Meditation 7 pm AA 8 pm	24 Cards 9:30 TOPS 6:30	25	26 Craft Study 1:30	27	28 ICF Breakfast 9 am
		Russell Away – Leadership in the New Parish				
29 Worship 11:15 am	30 Meditation 7 pm AA 8 pm	1 Cards 9:30 TOPS 6:30	2	3 Craft Study 1:30	4	5
Russell - Seattle						
6 Worship 11:15 am Communion	7 Meditation 7 pm AA 8 pm	8 Cards 9:30 TOPS 6:30	9	10 Craft Study 1:30	11	12 Women's Breakfast 8 am
13 Worship 11:15 am	14 Meditation 7 pm AA 8 pm	15 Cards 9:30 TOPS 6:30	16	17 Craft Study 1:30	18	19

TOPS = Take Off Pounds Sensibly
 AA = Alcoholics Anonymous

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, April 16 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 resuming weekly gatherings now that winter is over!!

Eastside's Craft/Study Group Thursdays 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 covering the appendices of *The Great Spiritual Migration* by Brian McLaren and will also be making use of DVD content on this book. This should take us into May and we will break for summer at that time.

A Night for St. Andrew's Gala Dinner and Fundraiser, Tuesday, April 17, 2018 at the Wascana Country Club, 6500 Wascana Parkway. Gathering 5 pm, dinner 6:15 pm. Tickets \$125 (partial tax receipt), ticket deadline April 9. See Ken Powers or contact the church office if interested. This year's fundraiser includes an address by Rabbi Jeremy Parnes.

The **Regina Philharmonic Chorus** with the Regina Symphony Orchestra and soloists, Allison Arends and Matthew Cassils are presenting a "**A Brighter Heaven**" including the choral works of Dvorak's *Te Deum* and Vaughan Williams' *Dona Nobis Pacem* on **Saturday, April 28, 2018 at 8 pm** at Knox-Metropolitan United Church (2340 Victoria Ave). Tickets: \$30 Adults, \$15 Students, \$5 Children and are available online at www.reginaphilharmonic.com, from any RPC member and also at the door. All are welcome.

Gong Bath: Sunday, April 22 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 prairie.flow@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.

Annual Garage, Book, Clothing & Bake Sale Wesley United Church, 3913 Hillsdale St. Friday, April 20, 4:30 – 9 pm; Saturday, April 21, 9 am – 1:30 pm. Lunch & refreshments. Call 306.586.5220 for more info.

The next ICF (Indigenous Christian Fellowship) Breakfast is coming up on Saturday, April 28 from 9 am to 12 noon. If you're looking for a family-friendly, feel-good volunteer opportunity, we are in need of helpers to set up, serve, and clean up following breakfast. Let Peter Braun know of your availability!

Atamiskākēwak National Gathering 2018 is the bringing together of all people in a week of experiences, education, understanding, and fun, bridging the gap between Indigenous and non-Indigenous peoples! It is taking place in Moose Jaw, Saskatchewan April 23rd - 28th, 2018 in Treaty 4 Territory; Nēwō Tipahātamin Askiy and the traditional territory of the Cree and Saulteaux, Assiniboine, and Métis. Check out the event website: <http://www.nationalgathering.ca/index.php>. The week will consist of national and international attendance on "how" to build right relationships on the journey of reconciliation between Indigenous and non-Indigenous peoples. It will be "how" do we apply and act on the '94 Calls to Action' in today's reality.

The **Inhabit Conference** is a three-day experience (with Pre Day) April 26-28 dedicated to helping you practice faithful presence and seek the flourishing of your place. Join hundreds of practitioners from across North America at the beautiful Seattle School of Theology and Psychology for one of the most transformative breakthrough gatherings of the year. Join Russell as he attends this conference as part of his *Leadership in the New Parish* Course. He is encouraged to bring people from his community. A special ticket rate is available until February 25, 2018 and Russell also has a discount code. The rates are \$119USD for individuals, \$109USD per person if there is a group of three or more. If you are interested, contact him at russell.eastside@sasktel.net.

Indigenous Spirituality study series with Dr. Blair Stonechild:

First Presbyterian Church is hosting a 3-part study series on Indigenous Spirituality on Monday evenings, April 30, May 7 and May 14. Dr. Blair Stonechild, Professor of Indigenous Studies at First Nations University will lead the sessions, including time for discussion and conversation. Bring along a friend and join us from 7 to 8:30 pm at First Presbyterian, 2170 Albert St. For more information contact Mary at 306-570-8662.

LBC Banana Sprint: On Sunday, May 6 runners, walkers, rollers and strollers will all be hitting Wascana Park for what is sure to be a bunch of fun. The Banana Sprint is similar to other fun runs, except participants will be issued a banana at the beginning of the 3.5 KM course and encouraged to eat their banana in a banana split at the end. There will also be a few camp-themed challenges along the way. Funds raised through the Banana Sprint will go directly towards essential building and site improvements for Lumsden Beach Camp.

Drumming Workshop Sunday, April 22 from 2 to 4 pm Location TBD

Come and join Evans Coffie AKA Coffieman as he takes you through an adventure of rhythms. Through songs you will learn the basics of all African rhythms. You will discover the three basic tones of the dgembe, and will be able to apply your learning to multiple songs. Come and discover your inner rhythms with Coffieman.

Originally from Ghana, now living in Winnipeg, Coffie performs a rocking melodic modern African music and rhythm show. Coffieman's repertoire encompasses calypso, reggae and African hi-life music, particularly from Ghana where he participated with the National Dance Company for a number of years.

Cost \$25/Adult; \$15/youth(12-18); \$10/child(5-12).
Register at joannec@sasktel.net or call 306-537-7181.



A Taste of Skylight

Come and get a flavour of Skylight Festival, a festival of Arts, Spirituality and Social Justice held in Paris ON, each summer. **A Taste of Skylight April 20-21**, planned jointly by Eastside United Church, Bread of Life Lutheran, and St. Philip Anglican churches will provide the opportunity for you to experience the intersection of these elements of life through dynamic and engaging contributors. **Friday night begins with a free pre-event at 6 pm with Archbishop Don Bolen and Rabbi Jeremy Parnes offering a further dialogue on the work of Leonard Cohen.**

The paid program starts at 7:45 pm Friday evening with Chief Cadmus Delorme welcoming us to the land and speaking after the Buffalo Boys drumming group, followed by musician Roberta Nichol. Saturday, April 21 starts at 9 am with speaker Zarqa Nawaz (Little Mosque), followed by a variety of musicians, presenters and artists throughout the day. There will be a children's program, including a Messy Church workshop for all ages. The day concludes with an all ages worship experience at 3 pm followed an optional session of Beer and Hymns from 4-5 pm.

Advance tickets \$25 for Adults, \$15 for seniors, \$10 for youth and young adults, and children are free. Registration AT THE DOOR will be \$30 for adults. To register and for information on speakers and schedule, check our website: <http://bit.ly/TasteofSkylight>. Ticket price does not include lunch - a separate lunch ticket can be purchased, offered by Munch Café. If the ticket price is a hindrance to your attendance please contact us to get information regarding how to register.

We need volunteers in the following areas: Hospitality (greeting, refreshments, snacks) especially greeters; Site logistics (decorating, sound, set up); Registration (registrar and people to help at registration table). Team leaders are needed for both Site logistics and Registration. Sign up sheets will be available at a table in the narthex on Sunday mornings between 10:30 and 11:15 am. Talk to Russell for more info or to express interest in any of the opportunities russell.eastside@sasktel.net.



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