

December 2019/January 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
15 Advent 3 Worship 11:15 Prayer Candles Wascana Worship	16 Meditation 7:15 pm AA 8 pm	17 Cards 9:30 TOPS 6:30	18 Coffee Shop 2 – 4:30 pm @B.A. Blue Christmas 7pm	19 Forever in Motion 10 am Community Dinner	20	21 Christmas Beer & Hymns @ Leopold's 3 pm
22 Advent 4 Worship 11:15	23 AA 8 pm	24 Christmas Eve Worship Family 7 pm Communion 9 pm	25 	26	27	28 ICF Breakfast 9 am
29 Worship Lessons & Carols w LSC 9:30 am!	30 AA 8 pm	31	1 	2	3	4
5 Worship 11:15 Epiphany Communion	6 AA 8 pm	7 Cards 9:30 TOPS 6:30	8 Coffee Shop 2 – 4:30 pm 2 nd Cup	9 Cong Care 10 am Craft Study 1:30 pm Forever in Motion 10 am	10	11 Women's Breakfast 8 am Messy Church 4 pm
12 Worship 11:15 Open Hearts Jar	13 Meditation 7:15 pm AA 8 pm	14 Cards 9:30 TOPS 6:30	15 Coffee Shop 2 – 4:30 pm 2 nd Cup	16 Forever in Motion 10 am	17	18

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

December 15, 2019

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: Cathie Henderson and Carol Murray
Congregational Care Greeter: Linda Fowler
Prayers: Cathie Henderson
PowerPoint: Jayne Krueger
Pianist: Joshua Hendricksen



Last week's attendance: Offering: \$2400 Weekly budget: \$1100
(not incl. PAR)

Office Hours:

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

Russell's Office Hours:

Tuesday, Wednesday and Thursday, working from home Friday
Russell's e-mail address: russell.eastside@sasktel.net

Russell will again be holding **Coffee Shop Office Hours** Wednesdays through November from 2 to 4:30 at Second Cup on Quance Street.

Scripture Reading: OT Reading: Isaiah 35: 1-10
Psalm 146 VU pg 868
Matthew: 11: 2-11

Songs –

Hope Shines as a Solitary Star
All Earth is Waiting VU #5
A Candle is Burning VU #6
Flowers Shall Bloom in the Desert
O God of Advent Peace *Tune VU #541*
Down to Earth VU #42
Prepare the Way of the Lord VU #10

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. For more information, call Rod 306-535-2877. There is a short morning prayer service from 9 am for those interested. Everyone is welcome.

Forever... in motion at the LSC, Thursday mornings at 10 am! *Forever... in motion* is a physical activity program for adults 50 and over. And it's FREE! Wear comfortable clothing and running shoes, and bring a water bottle. For more information please call Heather at 306-737-4681. This group will take a Christmas break from December 19 to January 9, 2020.

Eastside's Craft/Study Group, Thursdays at 1:30 pm in the East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are on Christmas break until January 9, and will resume in the new year with the book *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* by Jonathan Brooks. If you wish to participate please let the office know by December 18.

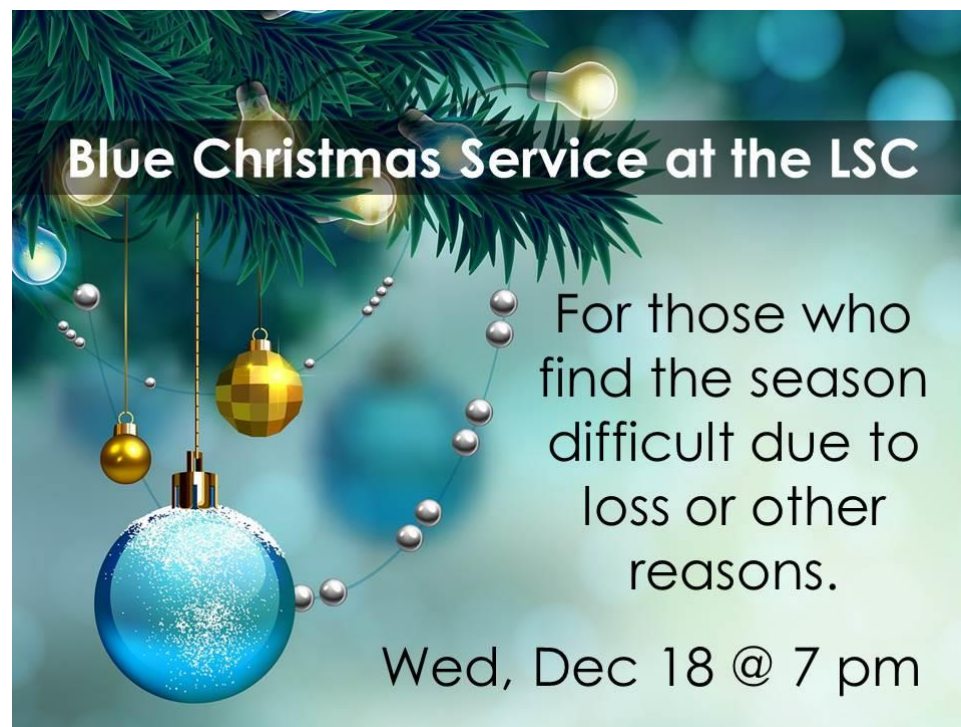
LSC Meditation Monday, December 16 at 7:15 pm. This week, our last gathering before Christmas, will be a Walking Meditation in the West Sanctuary. We resume Monday, January 13 with a meditation led by Maureen Hughes. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

Eastside Community Dinner, Thursday, December 19 at 5:45 pm. We begin with a short service – prayer, scripture, candle-lighting, singing – followed by a meal. Please RSVP by December 16 if you can join us. Suggested cost \$7/person; \$20/family. Pay in advance at the office or purchase a ticket at www.Bit.ly/Dinnertickets (NO fees!). We'll need helpers for set up and clean up – come have fun with us! Talk to Russell if interested.

We will be placing an order for **name tags** shortly. Please let Suzanne know if you would like one. Cost will be \$8 and can be left in a specially marked envelope (with correct spelling of your name) with your offering or in the office.

Worship service at Wascana Rehabilitation Centre, TODAY Sunday, December 15 at 1:30 pm. *Will you join us in providing a special Christmas worship service to residents at Wascana?* We are always in need of helpers to usher worshippers to the chapel and extra singing voices are great too! Please get in touch with Shelly Williams mwilliams@sasktel.net.

The Regina Cluster is working toward a **city-wide confirmation/faith exploration program**. If you know of youth who may be interested, let Russell know.

A graphic for a Blue Christmas Service. It features a close-up of a Christmas tree branch with green needles, gold and blue ornaments, and warm white lights. The background is a soft, out-of-focus blue and green bokeh.

Blue Christmas Service at the LSC

For those who find the season difficult due to loss or other reasons.

Wed, Dec 18 @ 7 pm

A graphic for Christmas Beer & Hymns. It has a dark red background with a stylized white Christmas tree on the right. A green Christmas ornament on the left contains the date and time. The text is in white and green fonts.

DEC 21
3 - 4:30 pm

Christmas Beer & Hymns

Carol Singing at
Leopold's Tavern
3735 East Quance Gate

Songsheets available!
Check out Facebook event here!
<http://bit.ly/BeerHymns>

All are welcome!

INFO 306-761-0556



Gifts with Vision catalogues are back and on the shelves in the narthex. If you are looking for a more meaningful gift for that person who has everything, or a way to challenge the consumer culture, there are some great options contained in these pages! You can also visit www.giftswithvision.ca to shop online!

EXPLORING THE UNIVERSAL CHRIST: An 8-Week Book Study in Regina. If you are looking for a more inclusive and compassionate spirituality, you are invited to join a book study featuring Fr. Richard Rohr's newest book, *The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe*. Tuesday evenings, 7:30 – 9 pm, beginning January 14, ending March 4. Location: St. Luke's Anglican Church, 3233 Argyle Road, Regina. Facilitator: Margi Hollingshead. Cost: \$80, which includes the companion study guide. Come with your own copy of *The Universal Christ* and the ability to commit to at least six of the eight sessions. Minimum eight participants are needed to offer this program - registration deadline Jan 9.

CONGREGATIONAL CARE FAITH AND WELLNESS SERIES:

February 23, March 22, April 26, 2020 following Eastside's potluck lunch.
February 23 - Connie Moker Wernikowski will talk about Holy Yoga and lead us through some focused breathing exercises. For more information about Connie and Holy Yoga, check out her website, bigfishyoga.ca.
March 22 - Elaine Carlson will describe how the practice of meditation can calm us and improve our health. She may lead us through a short meditation.
April 26 - Munch Café will share about their work including our partnership with Glen Elm School. Munch is providing lunch (freewill offering, \$10) and showcasing some of their lunch menu.

January 26, 2020: Shared Mental Health Awareness service at the LSC at 9:30 am, with Dr. Todd Sojonky and Anne Penniston Gray presenting during the sermon time. This will be in place of our regular 11:15 am service.

5th Annual ICF Chili Cook-off January 19 at 4:30 pm at Luther College. Our entry is in place, we need folk to come and vote for our chili! Tickets available at the office for adults \$10, kids \$5.

Full Tilt: Contemporary Dance Choreography by Connie Moker Wernikowski. These performances, January 17 at 7:30 pm and January 18 at 2 pm feature four works:

- whatever they sing, is inspired by Connie's love of songbirds and her concern about their declining numbers.
- Salute to the Early Rockin Women to music of Grace Slick (Jefferson Airplane) and Janis Joplin.
- Kudro is a collaboration by choreographer, Connie Moker Wernikowski, media and sound artist, Garry Wasyliv, and dancer, Katrina Currie.

At the Shu-Box Theater, Riddell Centre, U of R. For tickets, visit Eventbrite.ca and search "Full Tilt Connie".



*Come now,
O God of Peace...*

Join us for Christmas worship

Christmas Eve
Family service
@ 7 pm

Candlelight &
Communion service
Shared service
@ 9 pm

All are welcome. INFO 306-761-0556

eastside



Join us for a Tri-parish

**Lessons &
CAROLS
Service**

**Sunday, December 29
at 9:30 am**

In the West Sanctuary
of the Living Spirit Centre

Thanks to Bread of Life Lutheran Church for planning and hosting this service!

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