

September 2019

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Worship 11:15 Communion	2 AA 8 pm 	3 Cards 9:30 TOPS 6:30	4 Coffee Shop Hrs 2 – 4:30 pm @ 2 nd Cup Leadership Team 7 pm	5 Forever in Motion 10 am Cong. Care 10 am Faith Form. 6:30 pm	6	7
8 Worship 11:15 Open Hearts Jar Kick-off! Photo Directory Pick-up	9 AA 8 pm	10 Cards 9:30 TOPS 6:30	11 Coffee Shop Hrs 2 – 4:30 pm @ 2 nd Cup	12 Forever in Motion 10 am Craft/Study 1:30	13	14 Women's BF 8 to 10 am Treaty 4 Pow Wow with ICF 10 am
15 Worship 11:15 <i>Sunday School begins</i>	16 Meditation 7 pm AA 8 pm	17 Cards 9:30 TOPS 6:30 LSC Council 7 pm	18 Coffee Shop Hrs 2 – 4:30 pm @ 2 nd Cup	19 Forever in Motion 10 am Craft/Study 1:30 Community Dinner 5:45 pm	20 Enneagram Workshop 7-9 pm	21 Enneagram Workshop 9:30 am- 3:30 pm
22 Worship 11:15 Baptism Potluck & Cong Mtg	23 Meditation 7 pm AA 8 pm	24 Cards 9:30 TOPS 6:30 Film and Faith	25 Coffee Shop Hrs 2 – 4:30 pm @ 2 nd Cup	26 Forever in Motion 10 am Craft/Study 1:30	27 St. Philip Steak Dinner 6 pm	28 ICF BF 9 am
Russell away Skylight Evaluation						
29 Worship 11:15 Russell away	30 Meditation 7 pm AA 8 pm	1 Cards 9:30 TOPS 6:30	2 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	3 Forever in Motion 10 am Cong. Care 10 am Craft/Study 1:30	4	5 Messy Church 4 pm

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

September 1, 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: Rev. Russell Mitchell-Walker
Pianist: Michelle Dickie

Russell's e-mail address: russell.eastside@sasktel.net

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

Scripture Reading: Acts 2: 1-18; Matthew 28: 17-20

Songs –

Holy Spirit, Come into Our Lives MV #6
Come O Holy Spirit MV #23
The Spirit in Me, Greets the Spirit in You
For the Fruit of All Creation VU #227
Everything That We Have
Spirit of Gentleness VU #375
Oh, A Song must Rise MV #142 (chorus)

Please plan to attend a Potluck and Congregational Meeting following worship on Sunday, September 22. This will be your chance to vote on approval of the Community of Faith Profile for Eastside, the report that stemmed from the JNAC process engaged in last year.

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.

We have a *Forever... in motion* at the LSC, Thursday mornings at 10 am starting Thursday, September 5! *Forever... in motion* is a physical activity program for adults 50 and over. Benefits include stronger muscles and bones, better overall health, weight control, improved posture and balance, reduced risk of injury, relaxation and reduced stress, improved quality of life, and improved cognitive ability. 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.

Registration for Fall 2019 Holy Yoga: Holy Yoga classes are offered at the Living Spirit Centre Tuesday evenings and Wednesday noon hours. The fall session of classes will start the week of September 10, 2019 and registration has begun. Holy Yoga is exercise, stretching, relaxation, Christian scripture and prayer all in one enjoyable class. All levels are welcome. For further info and registration go to bigfishyoga.ca. You may also phone Connie at 306-551-6933 or email mokerw@sasktel.net.

Eastside's Craft/Study Group resumes Thursday, September 12 at 1:30 pm in the East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are starting another great new book, *Searching for Sunday: Loving, Leaving, and Finding the Church* by Rachel Held Evans. We've ordered our books, but if you'd like to join us please let Russell know and we'll place a second order!

LSC Women's Breakfast, Saturday, September 14, 8 to 10 am. Join us for breakfast and conversation. All women are welcome. Bring two toonies to cover breakfast costs.

Treaty 4 Traditional Pow-Wow, part of the 33rd Annual Treaty 4 Gathering in Fort Qu'Appelle, Saturday, September 14 from 10 am to 8 pm: Join us as a group from Eastside travels together with Indigenous Christian Fellowship folk (ICF) to Treaty 4 Days and the Pow Wow in Fort Qu'Appelle! We will gather at ICF on Dewdney Avenue for breakfast together then ride-share out to Fort Qu'Appelle. We will leave around noon and come back at 4 pm or later. Sign up at church on a coming Sunday or by emailing Russell. In your RSVP, please indicate your interest in attending; whether you need a ride or can offer a ride; and whether you'd like to sponsor a member of ICF for meals of \$20 supper. This will be a great opportunity toward reconciliation through relationship building and experiencing culture!

LSC Meditation Group beginning Monday, September 16 at 7 pm and meeting each Monday 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.

Enneagram Workshop Friday Sept 20, 7-9pm; Sat Sept 21, 9:30-3:30pm
Come and learn about presence and the Enneagram, a personality typing system and effective tool toward wholeness when combined with presence. These two workshops can be taken together or separately.

* **Friday: Living in the Moment:** One of the key messages that the Enneagram Personality Type System offers is that we are not just our personalities – we are so much more. Who are we when we stop reliving the past or worrying about the future? When we can understand some of the blocks we have created to stop us from being Present – living in the moment – we can find an entry way to profound and universal spirituality – no matter what religious background.

* **Saturday: A Deep Living Approach to the Nine Enneagram Personality Types:** In this introductory workshop, participants will explore the nine different personality types of the Enneagram through theory, interactive exercises, and movement.

For more information or go to bemindfullywell.com/Schedule and scroll down to 'events'. Cost: \$80 for both; Friday only \$30; Saturday only \$70

Next ICF Breakfast is Saturday, September 28 from 9 am to 12 noon. The fourth Saturday of each month, volunteers from Eastside share the love at this important ministry by helping set up, serve and clean up following breakfast for north-central Regina residents. Please contact Peter Braun at peterbraun@myaccess.ca to find out more about this opportunity. Peter will be retiring as coordinator of this important Eastside ministry. Please speak with him if you think you might be interested in this role.

Our **September Community Dinner**, Thursday, September 19 at 5:45 pm
We begin with a short service – prayer, scripture, candle-lighting, singing – followed by a meal. Please RSVP by September 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.

Learn more about what the **Lifelong Learning Centre** has to offer this fall at the **Open House** which includes tours, FREE presentations, refreshments, and a draw for a FREE course, Friday, September 6 from 10:30 am-2:30 pm at 2155 College Avenue.

10:30 am Masai Mara Game Park with Wilma and David Wessel

12:00 pm Fitness Courses with Marj Thiessen and others

1:00 pm National Film Board and Writing for Film with Michael Dancsok

2:00 pm Introduction to Islam(s) with Maysa Haque

Visit us at www.uregina.ca/cce/lifelong or call 306-585-5748 to register or get information.

Our LSC Photo Directories have arrived! We will have directories available for pick up on Kick-off Sunday, September 8, briefly before 11:15 am worship and again following. We have a copy of the directory for you if you had a picture taken.

Debbie Menz is moving on September 14 and could use a few strong helpers! Please get in touch with Russell and he will connect you with Debbie.



Munch Lunch: Eastside has entered into partnership with Glen Elm School and Munch Café to provide a **Munch Lunch Program** for children at the school who come without lunch. The LSC staff have agreed to support this program as a shared ministry. Munch will work with older Glen Elm students to make lunches as well as educate these students on healthy lunch preparation. The program will take place each Monday from 1 to 4 pm in the LSC kitchen. We need 1-2 volunteers each Monday to help out in the kitchen with food preparation (not the same people each week) starting September 16 as a pilot project until December 16, with potential to continue contingent on further funding. If you are interested and able to help out once a month, please contact the office or Russell (Russell.eastside@sasktel.net) and indicate if you prefer a particular week. If you cannot help but wish to support the program, we appreciate donations of gift cards to Wholesale Foods, Superstore or Costco to help with food costs. These can be dropped off at the office. Thanks!

Hurt, Healing & Hope ICF Annual Fundraising Gala: On Friday, October 18, 2019 at DoubleTree by Hilton Regina, ICF will be hosting their 1st Annual Gala Fundraiser. An evening hearing from individuals who have been impacted by ICF, through their stories of Hurt, Healing & Hope. We would like to invite you to partner with us by sponsoring a table. For \$350 you can sponsor a table of 10. Table sponsors are eligible for tax receipt. As a sponsor, you can fill the table or ICF can fill the table on your behalf. Cheques payable to Indigenous Christian Fellowship. Your sponsorship of a table will help Indigenous Christian Fellowship raise funds to expand to offer more programs and serve more children, youth, families and the community. Silent Auction items are welcome. Contact Bert at BertA@icfregina.ca.

HOUSE GROUP LEADERS WANTED! Eastside United has five house groups that share responsibility for worship duties throughout the church year, including greeting, operating the PowerPoint, doing prayers and readings, and helping with coffee clean-up and potluck lunches. **Currently THREE out of FIVE of our house groups are without leaders and we really need your help to fill these positions.** If you would like to serve Eastside in this capacity, please let Suzanne know. She can tell you what you need to know to take on this role with confidence and enthusiasm!

Sunset Trivia Night: Come and enjoy this FUNdraiser. Friday, September 27, 6:30 to 9 pm. All ages are welcome. Come with a team of up to six people, or join a team when you arrive - \$10 per adult, 12 and under free. Child-care available. Loonie canteen. To register or for more info. contact Marion Tudor 306-789-3250 or at mjtudor50@gmail.com. Bring a team and compete for the church team award!!! (Remember - this is a fundraiser so expect your award to behmmm, a surprise!)

Muslim-Christian Dialogue - Four evenings exploring aspects of Muslim-Christian relations. Mondays, Oct. 28, Nov. 4, Nov. 18, and Nov. 25, from 7 to 9 pm. Locations and speakers will be different each week. Topics include:

Muslims & Christians: Should we even be talking (and listening) to each other?

Muslims & Christians: On peace and persecution

Muslims & Christians: Living together

Muslims & Christians: A Common Word

This project is sponsored by the Archdiocese of Regina together with the Islamic Association of Saskatchewan (Regina), the Regina Multifaith Forum, Luther College, and Campion College. Contact Nick Jesson for further details: 306-352-1651 or njesson@archregina.sk.ca

Mino-Maawanji'itiwag: Coming Together in a Good Way. Rooted in Faith - November 8-9. A gathering of Indigenous and non-Indigenous Christians. Hearing from those who have journeyed before us, offering their perspectives on walking the Jesus Way while being both Indigenous and Christian. Open to all. Friday, November 8 & Saturday, November 9 at Living Hope Alliance Church, 3900 Arcola Ave., Regina. Sponsored by iEmergence, Indigenous Pathways. Contact Diane Campeau, dcampeau@iemergence.org.

Get to know your community ministry! On Sunday, September 15 Lumsden Beach Camp (LBC) is hosting any and all United Church folks out to their site for an afternoon of exploration, contemplation and community building. Gates open at 2 pm followed by time for canoeing, hiking, games and more. Hot dog roast at 4:30 pm followed by a music-filled campfire. The Regina and Area Cluster is hosting this event in coordination with Lumsden Beach Camp to offer people the opportunity to learn more about this vital and vibrant ministry, and to meet others from United Churches in this area. All ages are welcome! More details to follow, but mark your calendar right now!

Skylight Festival 2020: Have you wanted to go but it has not worked out? Mark the calendar now for 2020! July 17-19. There is a ticket sale from September 3-17: get a weekend pass for only \$79! www.skylightfestival.ca

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