



OPEN MINDS. OPEN HEARTS. OPEN DOORS.



INI Café part of journey to Reconciliation

by Delia Baidoo

We have attended INI Cafe about five times, and hope to attend many more. It is a monthly gathering in the building belonging to the Indigenous Christian Fellowship at 3131 Dewdney Ave. This monthly cafe is hosted by ICF and Eastside with the goal of building bridges of reconciliation between Indigenous and non-Indigenous through the performing arts. Each time we get to hear an Indigenous and a non-Indigenous performer and have the option of purchasing delicious food and pop for minimal price from the canteen; and coffee is free.

Some musicians invite us to sing along and play familiar hit songs. Others play their own compositions. We laugh along with funny stories told, and cry as some of

the artists share gripping stories from their own lives. Sometimes we come home with new CD's. Last month we met a family who had recently moved into the neighbourhood. We sit around tables sometimes with others we know from Eastside, sometimes with people we just met, and we've been delighted to meet up with people Sam knew from years ago. There is no admission fee; however there is opportunity for a free donation for the performers.

Hearing each other sing and listening to each other's stories is an important part of the journey toward Truth and Reconciliation between Indigenous and non-Indigenous people. Check it out some time if you can!



Advent Reflection

by Russell Mitchell-Walker

God of the watching ones

God of the waiting ones,

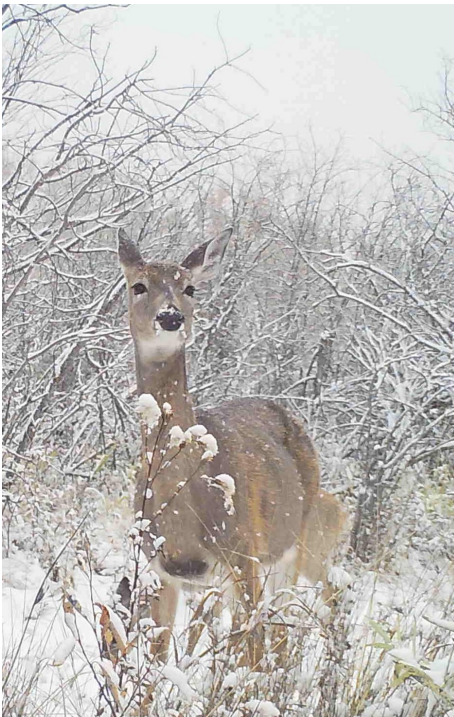
The slow and suffering ones

Give us your benediction

Give us your good word for our souls

That we might rest and rise

In the kindness of your company



The words at left are part of a Celtic Advent Blessing, from the same resource that I use for the daily prayer services.

Advent is a time of watching and waiting for the Christ Child to come, for the celebration of Christmas and Light coming into the world in a time of darkness.

These days we are experiencing the darkness more and more. As the days grow shorter, we experience the darkness more than we experience the light. As we move through these times, we can also be aware of increasing challenges we see in the world that can feel like light disappearing.

We may have concerns about climate change, unrest and protest in countries, racism and oppression of those marginalized, violence in families and communities, political institutions failing, the list could go on and on. It can sometimes seem that the light is disappearing more and more.

Yet into that darkness, God promises Light that brings Hope, Peace, Joy and Love. Christ breaks into the world in

unexpected ways, bringing a message of love and peace, to those excluded, downtrodden, and left out of systems and structures. The message of the One who is to come and who comes, brings hope and joy to those in need, to those who find themselves in darkness. The Christ breaks into our lives and works through us to bring that hope and joy, through the call to live with all in love and peace.

What are we waiting for? What are we watching for? We are waiting and watching for the love of God in Christ to break into our lives in unexpected ways. We are waiting and watching for the ways that love and peace brings hope and light to the darkness, to the challenging places where we can feel discouraged and filled with doubt.

We are called to rest in God, that we might rise to the kindness and love the comes in Jesus, so hope, peace, joy and love may abound as we wait and watch for new life, in the birth story and celebration of this season.

May your watching and waiting be a blessed time this Advent.



Leadership Team Update

by Sarah Tkachuk

Over the last year at Eastside, we have embarked on a journey to explore our community of faith. As many are aware, in 2018, Eastside faced many challenges. Our financial situation was precarious, and we heard from our community that we were facing many challenges. In response to this turmoil, the Leadership Team, in consultation with the Wascana Presbytery (now the Living Skies Region), embarked on a path to discern our path forward. This included a Joint Needs Assessment Process, a formal Review by the Living Skies Region, and the completion of the Eastside Faith Story. As well, the community responded in an amazing way, through financial contributions, engagement in this process, and an amazing demonstration of commitment to the Eastside community.

The Leadership Team, together with the Region, our Living Spirit Centre partners, the various committees in our community and many of us individually have done some soul searching. We have spent much time exploring what it means to be faithful servants of God in our time and place.

The result of this process was the recommendations continued in the [Eastside Faith Story](#). These recommendations were approved by the congregation in a meeting on September 22, 2019. In a brief summary, the recommendations are as follows:

1. Budgeted revenues and expenses can be supported through 2021
2. Eastside continue with the existing staff level, including a full time minister and a part time administrator, for the next 3 years.
3. Communication around the financial wellbeing of the community should be critical moving forward.
4. The community continue to hold Intergenerational engagement as a priority and consider whether this can

be developed through work with our LSC partners or the other Regina United Churches.

5. We acknowledge that continued work needs to be done to balance the need for spiritual nurture and service to the broader community

On October 19, 2019 the Leadership Team, as well as representatives from the various committees at Eastside, met to develop an action plan as a result of these recommendations. These action plans are being fine-tuned, but a draft version can be found [here](#)

This has not been an easy path. Many of us are feeling renewed and reengaged, but many challenges remain. We appreciate that the financial distress felt in our community was the symptom of other issues that need to be addressed. Our job as a Leadership team as we move forward will be to continue to implement this action plan, and (perhaps even more importantly) to continue to listen to each and every one of you about what is working, and what is not. I encourage you to share any thoughts or feedback that you have with us, through our email eastsideunited@sasktel.net, by phone at 306-761-0556 or in person with Russell or one of the members of the Leadership Team (members can be found [here](#)).

I wish to express my heartfelt gratitude for each and every one of you that have participated in this process and demonstrated how valued Eastside is to all of us. I believe that we are undoubtedly broken, but we do continue to be hopeful believers, and grateful servants of God.

Blessings as we move into this Advent season,

Sarah Tkachuk,
Leadership Team

We are called together

by Christ

as a community of broken

but hopeful believers,

loving what he loved,

living what he taught,

*striving to be faithful servants
of God*

in our time and place.

A Song of Faith, 2006



**LSC Women's
Spirituality Breakfast
Saturday, December 14
from 8 to 10 am**

All women are invited to join us for this special festive breakfast! **Acts of Loving Kindness:** In the spirit of Christmas, bring an ornament and tell us why it's a favourite. Come prepared to share a story about an act of loving kindness - yours or someone else's. Please bring two toonies to help with breakfast costs.

ICF Breakfast

Eastside continues its involvement with Indigenous Christian Fellowship by preparing and serving breakfast the fourth Saturday of each month, from 9 am to 12 noon.

Six volunteers are needed to help make this happen. Volunteers typically help with setting up tables and chairs; laying place settings at the tables; preparing and cooking breakfast; clean up including washing dishes and putting away tables and chairs. All volunteers are invited to join in for breakfast and conversation, the emphasis is on fellowship. ICF is a very family oriented facility; please talk to Doug Scheurwater if your children would like to be involved.

Our next breakfast is Saturday, December 28.



CONTACT INFORMATION

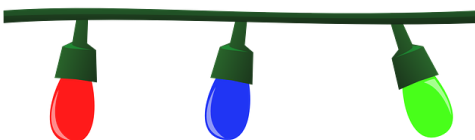
For more information on Eastside's involvement with the ICF Breakfast please contact:

DOUG SCHEURWATER

dscheurwater@sasktel.net

306-529-5009

FAITH *and*
Wellness



Stocking stuffers being collected for RYC Christmas Party!

This Advent, Eastside is again collecting items in support of Rainbow Youth Centre (RYC).

This December, RYC will be holding its Annual Christmas Celebration for participants. The celebration includes a traditional Christmas supper and the distribution of Christmas Stockings to the youth and the young adults (including their infants and toddlers) who are regularly involved with programming. It is anticipated that there will be approximately 200 Christmas stockings given to participants this year.

Eastside is supporting the Rainbow Youth Centre again this year. On December 1, you will find candy canes with potential gifts you can give attached to candy canes hanging on the Christmas tree. Items include things like toques and mittens, toothbrushes, toothpaste and shampoo, as well as children's books, colouring books and crayons.

All gifts should be brought to the church by December 8 as they will be delivered to the Rainbow Youth Centre on December 9.

RYC is a multi-cultural, community-based organization providing support services for young people aged 11 to 25 years in the City of Regina. Programming at the Centre includes: educational, social, and recreational activities for youth 11 – 19 years; and employment preparation, and parenting programs for youth up to 25 years.

Thank you for your generous giving in keeping with the true meaning of Christmas!



Congregational Care Speaker Series

by Linda Fowler

Plans are well underway describing faith and wellness programs within the Living Spirit Centre, occurring the fourth Sunday of the month; January 26, February 23, March 22 following Eastside's potluck lunch.

January 26 - Munch Café will share about their work including our partnership with Glen Elm School. Munch is providing lunch (free will offering) and showcasing some of their lunch menu.

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.

All three presentations promise to be informative and interesting.

The Living Spirit Centre
invites you to



A Carol Singing and Nativity Evening

Thursday,
December 5
at 6:30 pm

We are inviting families to share their Nativity scenes by putting them on display. If there is a special story to your scene, please include that for the display. Nativity scenes may be dropped off at the LSC from December 1 to 5 and picked up Saturday, December 7.

3018 DOAN DR. 306-761-0556

Messy Advent

Sat
Dec 7
4-7 pm

An event for families with crafts, worship, and a meal!

This is a shared ministry program of the Living Spirit Centre!
3018 Doan Drive, Regina
INFO & RSVP: 306-761-0556

Craft Study Group to read *Church Forsaken* this January

Join us as we share in discussion, handiwork and coffee time following.

Starting in January, our craft study group will be reading *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* by Jonathan Brooks.

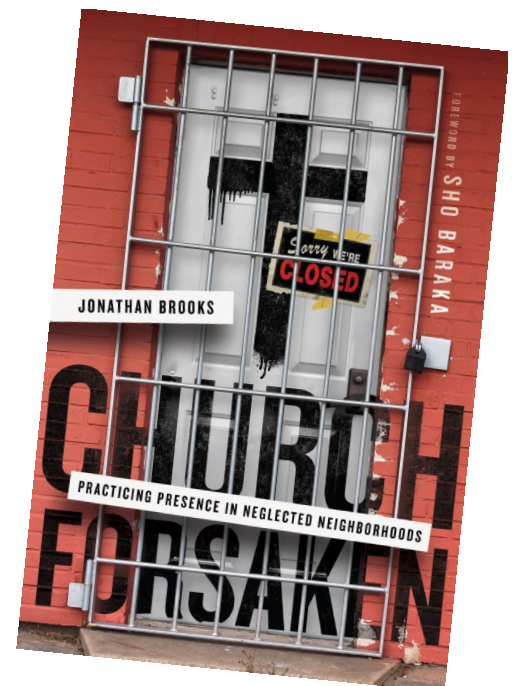
Jonathan Brooks was raised in the Englewood neighborhood on the south side of Chicago. As soon as he was able, he left the community and moved as far away as he could. But through a remarkable turn of events, he reluctantly returned and found himself not only back in Englewood but also serving as a pastor ("Pastah J") and community leader.

In Church Forsaken, Brooks challenges local churches to rediscover that loving our neighbors means loving our neighborhoods. Unpacking the themes of Jeremiah 29, he

shows how Christians can be fully present in local communities, building homes and planting gardens for the common good. His holistic vision and practical work offers good news for forgotten people and places. And community stakeholders and civic leaders will rediscover that churches are viable partners in community transformation in ways that they may never have considered.

God has always been at work in neglected neighborhoods. Join Pastah J on this journey and discover new hope for your community.

Newcomers are always welcome at this fun group. Please let Russell know of your interest by December 19. We will be ordering books before Christmas break.





Worship at Wascana Rehabilitation Centre

On the third Sunday of every other month, Eastside United Church volunteers hold a worship service for residents at the Wascana Rehabilitation Centre. The service takes place at 1:30 pm and volunteers arrive at the Centre a half-hour ahead of time to usher worshippers from their rooms to the chapel.

Our next service is scheduled for Sunday, December 15.

This important outreach ministry provides one of the only opportunities for patients at the Centre to attend a worship service. Thanks for your support!

Angels to be gifted at December 16 Wascana Rehab Centre service

by Linda Fowler

Eastside United Church leads a worship service for residents and family members every other month (February, April, June, August, October, and December) in the Multifaith Centre at Wascana Rehabilitation Centre.

Traditionally, we have given a little gift to celebrate the “the gift of Jesus” at our December service. This year Sonia Abrahamson graciously offered her home studio and expertise to help a group of Congregational Care members and Wascana volunteers create ceramic angels to present to the residents. A fun day was spent November 12 creating these very special angels. A huge thanks to all who participated in this fun and important project.

If you want to learn more about how you can help in this very appreciated ministry, contact Linda Fowler at lindlou@sasktel.net or by phone at 306-586-7147.



The new **Gifts with Vision** catalogue is ready to help you make a difference in the world – with no excessive packaging and no exchanges! Please look for your copy on the shelves in the narthex or visit giftswithvision.ca to select gifts online and read inspiring stories of how your generosity has already changed lives.

Christmas Quiet

Join us for Advent worship

December 4 @ 7 pm

Advent Service shared with Wesley United Church

December 11 @ 5:30 pm

Soup supper followed by worship at 6:30 pm, shared with LSC Partners

December 18 @ 7 pm

Blue Christmas Service for those experiencing loss

All are welcome

INFO 306-761-0556



Diverse Faith Formation offerings meet diverse needs!

Faith Formation has had a very busy fall and is looking forward to the seasons of Advent and Christmas. This fall we started with our Kick Off Sunday where we hosted a taco salad lunch and celebrated the beginning of Sunday School again this year. Film and Faith has continued each month with a consistent group gathering to view a film and engage in conversation of its greater context in the world. The Craft Study Group meets weekly with 15 members and is finishing Searching for Sunday by Rachel Held Evans. Messy Church has had smaller than anticipated numbers at the monthly gatherings, but has also

unfortunately occurred the same days as Rider games. There have been new families attending. Organizers are hoping for increased numbers during the winter months. You may have noticed the sign in front of the Living Spirit Centre advertising Film and Faith, Community Dinner, and Messy Church. The sign is paid for using grant money for Community Dinner. The Community Dinners have continued monthly with a faithful gathering each month and has become self-sustaining. Please be aware of the following dates as the Advent and Christmas seasons are upon us:

- **Carol Sing and Nativity Evening** December 5 from 6:30-8:00
- **Rainbow Youth gifts** will be received at the church from December 1-8
- **Messy Church** December 7 from 4:00-6:30 pm
- **Christmas Beer and Hymns** December 21 from 3 -4:30 pm at Leopold's Tavern 3735 E Quance Gate
- **Christmas Eve services:** All Ages Service at 7 pm and Communion, shared with Bread of Life Lutheran at 9 pm

*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

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

Christmas Beer and Hymns is an opportunity to sing Carols in the community, picking up on a movement that is popular in the Christian community seeking new ways of being church and reaching out. If this venue doesn't work for you, please note there are two other opportunities for Carol singing this month: Wednesday, December 4 at 3 pm at Second Cup; and Thursday, December 5 at 6:30 pm at the LSC.

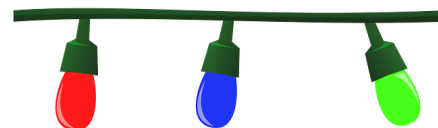


Registration for Winter 2020 Holy Yoga

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 14, 2020.

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.



LSC Meditation Group

Monday evenings at 7:15 pm
in the East Sanctuary

Join us to quiet your mind and body during this busy time of year.

All are welcome !

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!

Horizons: The Newsletter of Eastside United Church

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Like us on facebook (Eastside United Church)