

# November/December 2019

## At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>10</b> Shared LSC Worship <b>9:30 am</b>	<b>11</b> AA 8 pm 	<b>12</b> Cards 9:30 TOPS 6:30	<b>13</b> Coffee Shop 2 – 4:30 pm @2 <sup>nd</sup> Cup	<b>14</b> Forever in Motion 10 am Craft/Study 1:30	<b>15</b>	<b>16</b>
<b>17</b> Worship 11:15 Prayer Candles	<b>18</b> Munch Lunch 1 pm Meditation 7:15 pm AA 8 pm	<b>19</b> Cards 9:30 TOPS 6:30 LSC Council	<b>20</b> Coffee Shop 2 – 4:30 pm @2 <sup>nd</sup> Cup Leadership Team 7 pm	<b>21</b> Forever in Motion 10 am Craft/Study 1:30 Community Dinner 5:45 pm	<b>22</b> INI Café 6pm	<b>23</b> ICF BF 9 am
<b>24</b> Worship 11:15 Potluck	<b>25</b> Munch Lunch 1 pm Meditation 7:15 pm AA 8 pm	<b>26</b> Cards 9:30 TOPS 6:30	<b>27</b> Coffee Shop 2 – 4:30 pm @2 <sup>nd</sup> Cup Community Potluck Faith Form. 7 pm	<b>28</b> Forever in Motion 10 am Craft/Study 1:30	<b>29</b> Film & Faith	<b>30</b>
<b>1</b> Advent 1 Worship 11:15 Comm. Collecting for Rainbow Youth Xmas	<b>2</b> Munch Lunch 1 pm Meditation 7:15 pm AA 8 pm	<b>3</b> Cards 9:30 TOPS 6:30 Gratitude Team 7 pm	<b>4</b> Coffee Shop 2 – 4:30 pm @B.A.	<b>5</b> Forever in Motion 10 am Craft/Study 1:30 Carols & Nativity 7 pm	<b>6</b>	<b>7</b> Messy Church 4 pm
<b>8</b> Advent 2 Worship 11:15 Collecting for Rainbow Youth Xmas	<b>9</b> Munch Lunch 1 pm Meditation 7:15 pm AA 8 pm	<b>10</b> Cards 9:30 TOPS 6:30	<b>11</b> Coffee Shop 2 – 4:30 pm @B.A.	<b>12</b> Forever in Motion 10 am Craft/Study 1:30	<b>13</b>	<b>14</b> Women's Breakfast 8 am

TOPS = Take Off Pounds Sensibly  
AA = Alcoholics Anonymous



# ANNOUNCEMENTS

November 10, 2019

Shared Remembrance Worship Service  
with Bread of Life Lutheran Church and  
St. Philip Anglican Church



**W**elcome to Eastside United. May our opportunities of ministry offer you rest, challenge and peace on your Christian journey.

306-761-0556 eastsideunited@sasktel.net  
Like us on facebook (Eastside United Church)  
Follow us on Twitter @Eastside\_united  
[www.eastsideunited.ca](http://www.eastsideunited.ca)

### Last week's attendance:

**Did You Know:** To meet its 2019 Budget, Eastside needs to collect \$3000 each service. We already have approximately \$1900 a week committed in PAR (thank you to the PAR givers!). In addition, we need \$1100 in envelope and loose offering each Sunday. Last Sunday we collected \$1743.

### 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](mailto: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.

**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. 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.

**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 starting another great new book, *Searching for Sunday: Loving, Leaving, and Finding the Church* by Rachel Held Evans.

**LSC Meditation Monday evenings at 7:15 pm. No class November 11. We gather again with Shauna Powers leading a Loving Kindness meditation on Monday, November 18.** All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

**Munch Lunch:** Monday afternoons, three students from Glen Elm School, one school staff person, and an LSC helper have been led by Munch Café in the preparation of 50 student lunches. Would you like to get involved in this fun and important program that teaches healthy food habits to Glen Elm kids? We are in need of one LSC person each Monday afternoon from 1 to 4 pm. **Add your name to the schedule posted on the Eastside bulletin board; we still need help on Nov 25, Dec 2, 9 and 16.** A Criminal Record Check is required and the Eastside office can provide you a letter to take to Regina Police Service. We will cover the cost.

**HOUSE GROUP LEADERS WANTED!** Eastside United may be shifting from five house groups to FOUR\*, due to challenges filling weekly tasks, starting January 2020. House groups 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. **We currently need house leaders for TWO of our groups. This is a very manageable role if shared with one other person.** 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! \*We will initially see if some more active members will shift to another house group in need.

**Muslim-Christian Dialogue** – Two more evenings exploring aspects of Muslim-Christian relations. Monday, Nov. 18, and Nov. 25, from 7 to 9 pm. Remaining topics include:

*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

**Our November Community Dinner is coming up November 21 at 5:45 pm.** Munch Café is catering this meal for us -- Pulled Pork, buns, Caesar salad and broccoli salad, plus dessert! Join us for a suggested donation of \$7/person or \$20/family (a real deal for this meal!) or pay what you wish. Please RSVP asap, by Tuesday Nov 19. Tickets can be purchased online as well at [www.bit.ly/Dinnertickets](http://www.bit.ly/Dinnertickets). Munch Café is a program that provides food, nutrition, and catering training and life skills to those with cognitive disabilities. We are thrilled to have them as a tenant of the Living Spirit Centre!

**Country Blend's Final Tour:** Country Blend will be presenting 2 concerts at St. James United Church on Friday, November 15 at 2 pm and 7 pm. The 2 pm concert will be Classic Country and Country Gospel and the 7 pm concert will be Christmas and Country Gospel. Tickets - 1 show - \$25.00 or both shows for \$40.00 or both shows and supper for \$50.00. Call the church office at 306-543-2626 for advance tickets.

**Lumsden Beach Camp AGM!** Monday, November 18 at 7 pm at Westminster United Church (3025 13th Ave, Regina). All are invited to hear about the 2019 camping season at LBC. Spend an hour getting a financial update, listening to stories from our camp staff, electing a new board, and hearing about LBC's bee hives! Refreshments will be served. Please let Vicki know if you will require childcare at [info@lumsdenbeachcamp.com](mailto:info@lumsdenbeachcamp.com). If you are interested in serving on our Board of Directors, please let Vicki know!

**ICF Breakfast:** The fourth Saturday of each month Eastside volunteers help set up, serve and clean up following breakfast for north-central Regina residents. Our next breakfast is Saturday, November 23. Can you join us in carrying out this wonderful outreach ministry? Doug Scheurwater has stepped in as interim coordinator - thank you Doug! If you would like to volunteer for this or a future breakfast, please let Doug know at [dscheurwater@sasktel.net](mailto:dscheurwater@sasktel.net).

**Wesley United Church is proud to share that their Senior Choir will be performing on December 2, 2019 at Carnegie Hall in New York City.** They have been invited to perform by Distinguished Concerts International New York (DCINY) after seeing an online video of them singing a song composed by Mark Hayes. The Senior Choir sings nearly every Sunday at Wesley United Church, and their annual Choir Service at Wesley United Church is scheduled for December 8, 2019 if you wish to attend. For more information about our amazing choir, please visit [WesleyUnitedRegina.ca](http://WesleyUnitedRegina.ca).