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**October 2017**

**At a glance**

**Full descriptions of activities in bulletin.**

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| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **1****Worship****11:15****Communion** | **2****Meditation 7 pm****AA 8 pm** | **3****Cards****9:30****TOPS****6:30** | **4****Coffee Shop Office Hours** **At Le Macaron****Leadership Team 7 pm** | **5****Cong Care****10 am****Craft/Study****1:30****Family Dinner****6 pm** | **6** | **7** |
| **8****Worship****11:15**C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\K37O3VU0\Happy_Thanksgiving2[1].gif**Open Hearts Jar *Arise!*** | **9****Meditation 7 pm****AA 8 pm** | **10****Cards****9:30****TOPS****6:30** | **11****Coffee Shop Office Hours** **At Le Macaron****2 to 4:30** | **12****Craft/Study****1:30*****Losing Our Religion* at RPL Film Theatre** | **13** | **14****Women’s Breakfast****8 am****Pie Social and Raffle****1 pm** |
| **15****Worship****11:15****Baptism****Korea Overseas Personnel****Wascana Rehab Worship****Russell in Seattle** | **16****Meditation 7 pm****AA 8 pm** | **17****Cards****9:30****TOPS****6:30** | **18** | **19****Craft/Study****1:30** | **20** | **21** |
| **22****Worship****11:15****Faith Story Norma Wheatley****POTLUCK** | **23****Benvenuto - sensory-friendly concert****6 pm****AA 8 pm** | **24****Cards****9:30****TOPS****6:30** | **25****Coffee Shop Office Hours** **At Le Macaron****2 to 4:30** | **26****Craft/Study****1:30** | **27****Film and Faith** | **28****IMCF Breakfast****9 am** |
| **29****Worship****11:15** | **30****Meditation 7 pm****AA 8 pm** | **31****Cards****9:30****TOPS**C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0305493.wmf**6:30** | **1****Coffee Shop Office Hours** **U of R** | **2****Craft/Study****1:30****Family Dinner** **6 pm** | **3** | **4****LBC Musical Milestone****UC** **7pm** |

**TOPS = Take Off Pounds Sensibly**

**AA = Alcoholics Anonymous**

**ANNOUNCEMENTS**

 **October 1, 2017**

306-761-0556 eastsideunited@sasktel.net

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

**Ministers:**

Minister: Rev. Russell Mitchell-Walker

Greeting: Clare and Dale Banks

Congregational Care Greeter: Elaine Hill

Prayers:

PowerPoint: Stephannie Banks

Music: Michelle Dickie

Last week’s attendance: 71

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 from 2 to 4:30. This year he will be alternating months between Le Macaron at 2705 Quance Street and the U of R Brewed Awakening in Campion College. ***Wednesdays throughout October will be at Le Macaron.***

**Scripture Reading:** Exodus 2: 23-25; 3: 1-15; 4: 10-17

**Songs –**

*Who is My Mother?* MV #178 vs. 1, 3

*God We Praise You for the Morning* VU #415

*Pharaoh Pharaoh*

*When Israel was in Egypt’s Land* (Joyful Noise #138)

*What Can I Do?* MV #191

*Guide Me O Thou Great Jehovah* VU #651

*May God’s Sheltering Wings* MV #214

![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5N4JWWZ5\playing-cards[1].jpg]()**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.

**Eastside’s Craft/Study Group Thursdays at 1:30 pm** in the Multipurpose Room and East Sanctuary! We are starting another great new book, *Flipped* by Doug Pagitt*.*Join us as we share in discussion, handiwork and coffee time following. Most of our books have now arrived and we hope to have a few extras - let the office know if you are interested.

**LSC Meditation Group** Monday, October 2 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.

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**LBC MUSICAL: Mark your** calendar for the performances in Milestone: November 4 at 7 pm and Sunday worship Nov 5 11 am; St. James November 18 7 pm and Sunday Worship November 19 at 10 am. ***Heads up:*** We may have our worship at St. James that morning.

***We are excited to continue offering Godly Play for Eastside kids and families this year!*** This variation on Sunday School involves a hands-on telling of a Bible story during Theme Time in worship, followed by supervised worktime where kids continue to explore the story using toys and objects downstairs.

***We need you!*** We need storytellers to lead the Theme Time portion on those occasions Russell is away (e.g. November 15 and 22), as well as people to watch over the kids when they head downstairs. Please let Russell know of your interest.

**BAPTISM:** If you or a family member would like to participate in a baptism service, the next one is scheduled for Sunday, October 15. Please see Russell and he’ll get you the information you need.

**Wesley Social Justice Fall Potluck & Guest Speaker, "Reconciliation in 2017: Where we've been, where we are, and where we need to go".** Wednesday, October 4, 6-8 pm @ Wesley United Church. Guest Speaker is James Daschuk, U of R professor and author of the book "Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life". Please bring your own dishes and cutlery, and a potluck dish to share. If you wish to attend the presentation only, it starts at 7 pm. Donations will be accepted for the Standing Buffalo Lacrosse Program. Everyone is welcome!

**LSC Fall Pie Social and Raffle, Saturday, October 14 from 1 to**

**3:30 pm** Sign-up sheets for pies and raffle items are on bulletin boards. Contact Clare Banks if you need more information at 306-781-4121.

![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\C6Q4830A\15165-illustration-of-a-football-pv[1].png]()***Football season is here!*** Did you know you can support both the Riders and Indian Metis Christian Fellowship by parking in the ministry’s parking lot? A $10 contribution provides you with great parking within a few blocks of the game. Park at 3131 Dewdney Avenue and walk to the game in less than five minutes. (The gospel of Google reveals that the ministry’s parking lot is only 850 metres from Mosaic Stadium!) Directions: from Dewdney Avenue turn south from Garnet Street and turn left into the alley and you have arrived!

**FREE Live & Learn Celebration, Wednesday, October 4 from 12 to 1 pm**

**at the Lifelong Learning Centre, 2151 Scarth Street.**

Join us for a short presentation on interesting programs being carried out around the world and in Saskatchewan to encourage older adults to be active and engaged. The presentation will be followed by discussion about what you think of these programs and ideas you have about new kinds of programs to pilot in Regina and area to reduce social isolation of older adults. Pre-register at Student Services Office by calling 306-585-5748 or in person to let us to know how many people to expect since there will be a light lunch available.

**Broadway United Church Annual Turkey Supper,** 105 Broadway Avenue, Saturday, October 14. Sittings 4:15, 5:30 & 6:30pm. Tickets: Adults $18 children 5 - 10 $10, under 4 by donation. Please contact 306-352-1526.

Whitmore Park United Church **Craft and Trade Show** application forms for October 20 and 21st, 2017 are now available by contacting office@wpuc.ca. Tables are $60 for 6 feet or $70 for 8 feet plus $5 for power, on a first come first served basis. For more information, see the application form.

**LSC Women’s Spirituality Breakfast, Saturday, October 14 from 8 to 10 am.** This month’s topic is “Playing with Gratitude” with Joyce Belcher.

*![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8JKO8N7N\journal[1].png]()We hear often that gratitude is important, and good for us. But what does that really mean? And how do we actually ‘do’ gratitude?  Join us as we take a look at what gratitude is, why we might want to cultivate more of it, and how we can do that. We’ll create a simple handmade journal in the process so please bring a notebook, a favourite pen, and a pair of scissors.* Joyce is a life coach and artist who loves nature, creativity, and helping people feel more inspired and alive.  Please bring two toonies to help with breakfast costs – all women are welcome!

**Our next worship service at Wascana Rehabilitation Centre is scheduled for Sunday, October 15 at 1:30 pm.** We are in need of helpers to usher worshippers from their rooms to the chapel and singers too! Please let Shelly (mswilliams@sasktel.net) know if you can lend a hand in this critical ministry.