

January 2018 At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7 Worship 11:15 am Come to Church Sunday Communion World Religions: Islam	8 Meditation 7 pm AA 8 pm	9 Cards 9:30 TOPS 6:30	10 Taste of Skylight Meeting 7pm	11 Craft Study 1:30 Family Dinner 6pm	12	13 Women's Breakfast 8 am
14 Worship 11:15 am Open Hearts World Religions: Hindu	15 Meditation 7 pm AA 8 pm	16 Cards 9:30 TOPS 6:30	17	18 Craft Study 1:30	19 Film & Faith	20
21 Worship 11:15 am Prayer Candles World Religions: Buddhism	22 Meditation 7 pm AA 8 pm	23 Cards 9:30 TOPS 6:30	24	25 Craft Study 1:30	26	27 IMCF Breakfast 9 am
28 Worship 11:15 am World Religions: Sikh POTLUCK Cong Care Speaker	29 Meditation 7 pm AA 8 pm	30 Cards 9:30 TOPS 6:30	31	1 Cong Care 10 am Craft Study 1:30	2	3

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

January 7, 2018

306-761-0556 eastsideunited@sasktel.net
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www.eastsideunited.ca



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

Ministers:

Worship Leader: Hazel Arbon
Greeting: Teresa Strachan and MaryBelle Powers
Congregational Care Greeter: Sheri Nupdal
Prayers: Ken Powers
PowerPoint: Mya Jickling
Music: Michelle Dickie
Last week's attendance: NA

Ken's e-mail address: kmpowers@sasktel.net
Hazel's e-mail address: pinkhouse@sasktel.net

Office Hours:

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

Scripture Reading: John 1:35-51

Songs –

Open hearts, Open minds, Open doors
Arise Your Light is Come VU #79
A Light is Gleaming VU #82
We Are One VU #402
We Give our Thanks to You MV #187
Will You Come and Follow Me? VU #567
Hope Shines as a Solitary Star MV #220

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.

LSC Meditation Group: Resumes Monday, January 8 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.

Eastside's Craft/Study Group resumes Thursday, January 11 at 1:30 pm in the Multipurpose Room and East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are reading *The Great Spiritual Migratio* by Brian McLaren. Let the office know if you'd like to jump in and we'll get you a book!

Eastside Family Dinners are continuing during Russell's sabbatical. Our next one is Thursday, January 11 at 6 pm. All shapes and sizes of families are invited to join us for a meal and community! Suggested donation of \$5 per person or \$20 per family. In Russell's absence, it would be lovely to have someone to host – to welcome the community and say grace. If you can help out in this way, please let the office know. Our next dinner will be Thursday, January 11 and following dinners will take place the second Thursday of the month until May.

LSC Women's Spirituality Breakfast, January 13, 2018 from 8 to 10 am. This month's special guest is Sue Bernt who will be speaking about her travels to Dubai, Egypt and Jordan. Sue is a tourist who is interested in seeing different parts of the world. She and her husband recently returned from a three-week vacation to Dubai, Egypt and Jordan. Come as an "armchair traveler" or to get ideas for future travels of your own! Sue will share pictures and some of her experiences while she was there. All women are welcome; please bring two toonies to help with costs.

Registration for Winter 2018 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 15, 2018. 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.

Congregational Care Faith and Wellness Speaker Series: Following our potluck lunch on Sunday, January 28, Rev. Ken Powers will be speaking on his involvement with the Regina Multi-Faith Forum. In this series, we will hear from a number of Eastsiders on how their volunteer involvement is a critical component of living out their personal faith.

Mark your calendars! The Living Spirit Centre will be hosting **A Taste of Skylight** event of Arts, Spirituality and Justice, April 20-21, 2018. We have confirmed Zarqa Nawaz, creator of Little Mosque on the Prairie!

Did you know? Russell is on Sabbatical until April 2, 2018. The Faith Formation Committee has worked with Russell to line up a number of great guests to share their faith and experiences over this time – we will hear from other religions, youth, indigenous folk, and learn about oppression and privilege. We are grateful to Ken Powers and Hazel Arbon who have agreed to lead worship and offer pastoral care during this time. When not in Australia or at a conference, Russell will be focusing his sabbatical in the neighbourhood (the Parish), making connections, listening, and seeing where God is at work. This is a fully paid sabbatical so if you wish to give a little extra, it will help with our extra costs each Sunday! **Don't be surprised if you notice that Russell's office is empty in his absence. He will be packing up for renovations that will take place while he is away.**

THE NEW PARISH – Connecting with the neighbourhood

As part of Russell's *New Parish* coursework, he is looking for two or three individuals interested in exploring a vision of our neighbourhood. There will be an assignment that will involve people from the congregation; watch for information about this after January 22. Have you put your pin on the *Who is My Neighbour?* map? See where our congregation members live on the map in the narthex.

Do you have a group in the neighbourhood that you have coffee with regularly? Russell would love to join you and have a visit with your group as part of his *New Parish* and sabbatical work. You can extend an invitation to Russell to join you between now and April.

Russell will be working out of a few different coffee shop "offices" while doing *The New Parish* study part of his sabbatical. If you would like to get together with him to talk about the neighbourhood, email him at russellmw88@gmail.com to see where he'll be on any given day.

You are invited to Russell and Brian's for a **House Concert with Skylight Festival Contributor, singer-songwriter Drew Brown**. January 29 at 7pm; doors open at 6:30 pm. Cost: \$20/person by cash/cheque in advance (payable: Russell Mitchell-Walker) or pay online (<http://bemindfullywell.com/rbmw-house-concerts-presents/>). Space is limited. Your payment gets your name on our list. A tradition of the R&BMW House Concerts – Punch will be offered as you arrive and home-made ice cream will be shared during intermission. You are welcome to bring an appetizer or dessert to share. There is a Facebook event "Drew Brown House Concert".

Film & Faith continues on the third Friday of each month with Heather Balfour hosting and Amanda Tessier promoting. January 19 will be the next one. Keep an eye on our Facebook event page as more details emerge: <https://www.facebook.com/events/2594199237385466/>