

September/October 2019

At a glance

Full descriptions of activities in bulletin.

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|--|--|---|---|--|--|
| 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 Sunday School begins | 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 |
| 6 Worship 11:15 Communion | 7 Meditation 7 pm AA 8 pm | 8 Cards 9:30 TOPS 6:30 | 9 Coffee Shop Hrs 2 – 4:30 pm @ B.A. | 10 Forever in Motion 10 am Craft/Study 1:30 | 11 | 12 Women's BF 8 to 10 am |

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

September 8, 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
Greeting: Greg Thomas and Barb Rio
Congregational Care Greeter: Clare Banks
PowerPoint: Ernie Poirier
Pianist: Michelle Dickie
Last week's attendance: 38 Offering: \$3055

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: Genesis 2: 4a-25

Songs –

Spirit Open my Heart
Called by Earth and Sky MV #135 *chorus*
All Things Bright and Beautiful VU #291
If I Were a Butterfly
To Show by Touch and Word VU #427
For the Fruit of All Creation VU #227
God, Who Gives to Life its Goodness VU #260
O Beautiful Gaia MV #41 *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. If you have questions or want something specific discussed, please let Sarah Tkachuk know.

Our LSC Photo Directories have arrived! Directories are 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.

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! *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 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. If you've already indicated your interest with Russell, our books have arrived and are in the office for you. The cost is \$15. If you haven't already let us know but would still like to join us it's not too late. We can still order another copy of the book for you.

LSC Women's Breakfast, Saturday, September 14, 8 to 10 am. Join us for breakfast and conversation. *Feed your spirit with great reads!* Just in time for fall weather when you may wish to be indoors with a good book, we are excited to welcome back RPL Librarian Kendra Bender to tell us about library services and some new books. 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 late afternoon or early evening. 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 Monday, September 16 at 7 pm. Anyone interested in the practice of meditation or learning more about its many mind-body-spirit benefits is welcome to join us. *The guided meditation on September 16 will be led by Elaine Carlson and will be a colour awareness meditation -- "Colour Your Inner World". The purpose of this meditation exercise is to explore and heighten our awareness of colour and how our mind and emotions, our body and energy levels, and our spirit all respond to different colours. As we meditate with a focus on different colours, participants will be asked to pay particular attention to how these colours affect them. Some colours may energize, others may bring deep relaxation and peace, others may provide clarity and insight, while still others stimulate creativity. Colour meditations have also been used to reduce stress, provide pain relief, promote healing, or to draw attention to an area of the body in need of more care.* Dress comfortably. Bring a friend. Anyone is welcome to explore meditation with us within a friendly and loving circle of people. Email Elaine at wordworks@sasktel.net with your questions.

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 go to bemindfullywell.com/schedule and scroll down to 'events' or talk to Russell or Brian. 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 in October. Talk to Russell if you are interested.

September Film & Faith: Tuesday, September 24. Join us for a movie and conversation following. Details TBD!

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.

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.

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. Eastside has reserved a table and you can reserve a spot at the table for \$35 through the office. You can also partner with us by sponsoring your own table of 10 for \$350. 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!

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!

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.

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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