

May/June 2018
At a glance
Full descriptions of activities in bulletin.



ANNOUNCEMENTS

May 20, 2018



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: Russell Mitchell-Walker
 Greeting: Lori Latta and Jean MacKay
 Congregational Care Greeter: Sheri Nupdal
 Prayers: Prepared by Heather Herrell and read by Jean MacKay
 PowerPoint: Ernie Poirier
 Music: Michelle Dickie
 Last week's attendance: 44

Russell's Office Hours:

Tuesday through Thursday, working from home Fridays
Coffee Shop Office Hours: Wednesday afternoons from 2 to 4:30 pm, at Quance Street Second Cup.
 Russell is away at the SK Conference Annual Meeting in North Battleford May 24-27.

Eastside Office Hours:

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

Songs –

Spirit God, Be our Breath MV #150
 Oh, A Song Must Rise MV #142
 Dance with the Spirit MV #156
 Come, O Holy Spirit MV #23
 Ev'ry Day is a Day of Thanksgiving MV #185 vs 1
 Come O Spirit, Dwell Among Us VU #198
 Spirit of Gentleness (chorus) VU #375

For those interested in an online resource for *Daily Prayer*, this link will provide you with a traditional and contemporary option for each day from the Church of England <http://www.oremus.org/cofe.html>. Interested in an app?(available on iPhones only), try Common Prayer, by Shane Claiborne of The Simple Way. Print copies available on back table.

The scripture readings this week: Philippians 4:2-9 Acts 2:1-21

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
20 Pentecost Worship 11:15 am Prayer Candles	21 AA 8 pm	22 Cards 9:30 TOPS 6:30 FILM AND FAITH		23	24	25
				Russell at SK Conference Annual Meeting		
27 Worship 11:15 am POTLUCK Russell away	28 Meditation 7 pm AA 8 pm	29 Cards 9:30 TOPS 6:30 Taste of Skylight Eval 7 pm	30	31	1	2 LSC Garage Sale 9 am to 3 pm
3 Worship 11:15 am <i>Arise!</i> Program AGM	4 AA 8 pm	5 Cards 9:30 TOPS 6:30	6	7	8	9 Women's Breakfast 8 am
10 Worship 11:15 am Outdoor Service and BBQ Open Hearts Communion	11 AA 8 pm	12 Cards 9:30 TOPS 6:30	13	14	15	16 Pride Parade
Russell away – United Anglican Dialogue, New Parish course						
17 Worship 11:15 am Father's Day Prayer Candles	18 AA 8 pm	19 Cards 9:30 TOPS 6:30	20	21	22	23 ICF Breakfast 9 am
Russell away						

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous

SUZANNE NEEDS SUBMISSIONS FROM COMMITTEE CHAIRS AND PROGRAM LEADS FOR THE ANNUAL PROGRAM REPORT NO LATER THAN TUESDAY, MAY 22.

House of Esther is in need of a new house group leader to work with Dale Banks. Please see Dale if you can help share the work load a bit. Dale has been serving as house leader for some time and can show you the ropes.

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 is on summer vacation! Stay tuned to learn about our book choices for Fall 2018!

LSC Meditation Group: Our last gathering before summer is this Monday, May 28 starting at 7 pm. Remember to wear comfortable clothing and feel free to invite a friend! For more information please contact Sheri Nupdal at sherinupdal7@gmail.com.

Join us for Film and Faith Tuesday, May 22. Movie will be The Leisure Seeker 6:30 pm at Rainbow Cinemas, arrive by 6:15. Let Russell know if you are coming. Head on over to our Facebook event page at <https://www.facebook.com/events/2594199237385466> to RSVP!



Indigenous Christian Fellowship's (ICF) annual **Walk of Faith Hope & Love** (a relaxed and friendly walk, jog, wheel, bike, skate or run followed by a hot dog and drink) is taking place at the ICF ministry TODAY Sunday, May 20th, beginning at 2 pm. The starting point of the 5 K route is Indigenous Christian Fellowship (3131 Dewdney Avenue). Pledge forms are available from the office or ICF. More information is available from Shirley Blythe (306.543.7801 or esblythe@sasktel.net), or Bert Adema (306.359.1096 or imcf.bertadema@sasktel.net).

The next Newcomer's Market at Westminster United Church is coming up on Saturday, June 9 from 10 am to 2 pm. Come for this time of food, crafts and meeting new people! Admission is a donation to the WUC Refugee Fund.

Strawberry Sale: Saturday, June 2 8:30 am to 1pm, Broadway United Church, 105 Broadway Avenue, Regina. \$25 full flat \$14 half flat. Tickets call 306-352-1526. Advance tickets will be sold until Friday, May 25

2018 Merrill Brinton Tournament of Hope in support of Carmichael Outreach. This year's tournament is on Monday, June 25 at the Royal Regina Golf Club. We are so excited to see everyone out on the green coming together to support our programs and services. For more information and registration forms, please see the Eastside bulletin board.

Did you enjoy A Taste of Skylight Festival and want more? Did you hear how great it was and are sorry you missed it?! Gather a group of 6 and get a group rate!! Please let Russell know of your interest. www.skylightfestival.ca

Hello from Lumsden Beach Camp!
We are still searching for a Cook for the summer. Need a self-esteem boost? The most popular person at camp is the Cook. Ideally we are looking for someone for the entire summer, but if you or someone you know would be available for a week or two that could work really nice. The full posting can be found on our website – www.lumsdenbeachcamp.com



Two fun spring programs:

Day Camp – June 15. We bus campers from Knox-Met in Regina out to the camp for a day full of fun and exploration. Cost is \$45 and this includes lunch and transport.

Take Your Grandparent to Camp Day – June 16. LBC staff will lead you and your grandparent through all sorts of camp activities, including canoeing, swimming, archery, art, hikes and more! The activities are most appropriate for children 3 years and older.

Thank you for supporting your United Church Summer Camp! Contact Vicki at 306-539-7772 or info@lumsdenbeachcamp.com if you have any questions about the camp, have a good idea for us, or just to say "hi".

LSC Garage Sale is planned for Saturday, June 2 from 9 am to 3 pm. Think of us when doing your spring cleaning this year! Household items and small pieces of furniture can be dropped off after May 15 (music room in the LSC basement). Watch for sign-up sheets for helpers.



SUMMERTIME Worship!

Sundays from July 1 to August 19, Eastside will be joining St. Philip Anglican and Bread of Life Lutheran Churches for church-crashing once again! Each Sunday one of the three churches will host the service and the other two will join in and get a chance to experience the worship traditions in their partner churches. **All services will be at 9:30 am.**

The YMCA of Regina's Homelessness Partnering Strategy is excited to invite our community partners to join us at our **Plan to End Homelessness in Regina Design Labs**. These Design Labs will focus on a number of priority issues identified at the Community Summit for Regina's Plan to End Homelessness we hosted in March of this year. Community participants were very eager to tackle several issues at the Summit in an inclusive and respectful manner. It is imperative to have key stakeholders join the discussion and to be active participants in this Design Lab process. This is a process of empowerment, education, relationship building and reconciliation that is essential to address the needs of the City of Regina. Each Design Lab is scheduled for two hours and will include introductions, objective setting, issue overview, clarifying deliverables, setting boundaries, breakout sessions, discussion and action planning. A description of each Design Lab, along with the date, time and location can be found at <https://bit.ly/2lnkbHk>.

Some locations are still to be determined, so please register with full information so we can inform those registered of any changes or updates. If a topic is something that you are invested in, we invite you to join and contribute. If more than one topic is of value to you, please join us as often as you'd like. It is important to make sure you select all options you plan to attend, so we can account for space and ensure there is room for everyone at the table. We hope to see you at one or more of our Design Labs! Feel free to reach out to Blair Roberts, Director of HPS Communications, YMCA of Regina blair.roberts@regina.ymca.ca, if you have any questions.

PRIDE PARADE – June 16 is the parade to celebrate LGBTQ folk in our city. We will be walking with the Welcoming Faiths contingent, expanding this year to include all faiths. Parade is at 12 noon, gather at 2070 broad street by 11am. Decorating of vehicle and sign making is at St. James UC before that.

Over the summer, our minister Russell invites you to find out what God is up to in your neighbourhood, to meet with your neighbours with the goal of getting to know them or if you know them, to get to know them differently. Gather a group of your neighbours and have conversation. It may include exploring the following questions:

- Who is your neighbour? Who are the people in your neighbourhood? Are the demographics changing?
- What are the assets of your neighbourhood? What do people love about it?
- What are the hurts of the neighbourhood? What are the issues or concerns?
- What would you like to see happen in the community? What is happening that you like or is exciting?

Be creative about how you might do this. We will share stories at a Parish Ministry Sunday in the fall.



The poster features a yellow background with a floral border. At the top, the word 'MELA' is written in a stylized font on either side of a central logo. The logo consists of a blue circle with a white 'Om' symbol, a purple lotus flower below it, and a sun with rays above it. Below the logo, the text reads 'Vegetarian Food Fair at Hindu Temple of Regina' in a bold, brown font, followed by 'FREE ENTRY !!!' in red. A black banner with white text states 'Saturday May 26th, 2018' and '11:30am to 7pm'. Below the banner, the text 'Delicious Vegetarian Snacks and Sweets' is displayed. Underneath, there are images of a plate with a dosa and chutneys, a glass of orange juice, a plate of dumplings, and a bowl of red sweets. At the bottom, contact information is provided: 'For More Information Visit www.reginahindutemple.ca', 'Sudhakar Chiluka - 306 551 2008', 'Vikas Thakur - 306 535 0179', and 'Renatta Varma - 306 450 4441'. The name 'Hindu Temple of Regina' and the address '3307 Pasqua Street (& Hill Ave)' are listed at the very bottom.

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