

December 2019/January 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
22 Advent 4 Worship 11:15	23 AA 8 pm	24 Christmas Eve Worship Family 7 pm Communion 9 pm	25 	26	27	28 ICF Breakfast 9 am
Eastside office closed						
29 Worship Lessons & Carols w LSC 9:30 am!	30 AA 8 pm	31	1 	2	3	4
Eastside office closed						
5 Worship 11:15 Epiphany Communion	6 AA 8 pm	7 Cards 9:30 TOPS 6:30 Gratitude Team 7 pm	8 Coffee Shop 2 – 4:30 pm 2 nd Cup Leadership Team 7 pm	9 Cong Care 10 am Craft Study 1:30 pm Forever in Motion 10 am	10	11 Women's Breakfast 8 am Messy Church 4 pm
12 Worship 11:15 Open Hearts Jar Eastside Chili Cook-off & Potluck	13 Meditation 7:15 pm AA 8 pm	14 Cards 9:30 TOPS 6:30	15 Coffee Shop 2 – 4:30 pm 2 nd Cup Faith Formation 6:30pm	16 Forever in Motion 10 am	17 INI Cafe	18
19 Worship 11:15 ICF Chili Cook-off 4:30 pm	20 Meditation 7:15 pm AA 8 pm	21 Cards 9:30 TOPS 6:30 Gratitude Apprec. Dinner 6pm	22 Coffee Shop 2 – 4:30 pm 2 nd Cup Community Potluck 6 pm	23 Forever in Motion 10 am Community Dinner 5:45 pm	24 Film & Faith	25 ICF Breakfast 9 am

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

Christmas 2019

306-761-0556 eastsideunited@sasktel.net
Like us on facebook (Eastside United Church)
Follow us on Twitter @Eastside_united
www.eastsideunited.ca



*The light of the Christmas star to you,
The warmth of home and hearth to you,
The cheer and good will of friends to you,
The hope of a childlike heart to you,
The joy of a thousand angels to you,
The love of the Son,
And God's peace to you.*

Welcome to Eastside United Church!

Our Minister is Russell Mitchell-Walker, russell.eastside@sasktel.net

Eastside Office Hours:

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

The Eastside Office will be closed for Christmas from December 19 to January 7.

Russell's Office Hours:

Russell will be away for Christmas holidays from December 25 to January 2 and will be available for pastoral care, while in town.

If you have a pastoral care emergency between December 27 and 30, please call Rev. Ken Powers at 306-352-3431.

Russell's regular office hours:

Tuesday, Wednesday and Thursday, working from home Friday.

Russell will be holding **Coffee Shop Office Hours** Wednesdays through January from 2 to 4:30 at Second Cup on Quance Street, beginning on January 8.



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. 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. This group will take a Christmas break from December 19 to January 9, 2020.

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 on Christmas break until January 9, and will resume in the new year with the book *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* by Jonathan Brooks.

LSC Meditation Mondays at 7:15 pm. We resume Monday, January 13 with a meditation led by Maureen Hughes. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

In January **Messy Church** will be happening the second Saturday, on January 11 from 4 to 7 pm. Families are invited to join us for crafts, a celebration and a meal! RSVP to Russell at russell.eastside@sasktel.net. We have invitations for you to share with families you know! Find on the narthex shelves.

The Regina Cluster is working toward a **city-wide confirmation/faith exploration program**. If you know of youth who may be interested, let Russell know.

EXPLORING THE UNIVERSAL CHRIST: An 8-Week Book Study in Regina. If you are looking for a more inclusive and compassionate spirituality, you are invited to join a book study featuring Fr. Richard Rohr's newest book, *The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe*. Tuesday evenings, 7:30 – 9 pm, beginning January 14, ending March 4. Location: St. Luke's Anglican Church, 3233 Argyle Road, Regina. Facilitator: Margi Hollingshead. Cost: \$80, which includes the companion study guide. Come with your own copy of *The Universal Christ* and the ability to commit to at least six of the eight sessions. Minimum eight participants are needed to offer this program - registration deadline Jan 9.

CONGREGATIONAL CARE FAITH AND WELLNESS SERIES:

February 23, March 22, April 26, 2020 following Eastside's potluck lunch.

February 23 - Connie Moker Wernikowski will talk about Holy Yoga and lead us through some focused breathing exercises. For more information about Connie and Holy Yoga, check out her website, bigfishyoga.ca.

March 22 - Elaine Carlson will describe how the practice of meditation can calm us and improve our health. She may lead us through a short meditation.

April 26 - Munch Café will share about their work including our partnership with Glen Elm School. Munch is providing lunch (freewill offering, \$10) and showcasing some of their lunch menu.

January 26, 2020: Shared Mental Health Awareness service at the LSC at 9:30 am, with Dr. Todd Sojonky and Anne Penniston Gray presenting during the sermon time. ***This will be in place of our regular 11:15 am service.***

5th Annual ICF Chili Cook-off January 19 at 4:30 pm at Luther College. Our entry is in place, we need folk to come and vote for our chili! Tickets available at the office for adults \$10, kids \$5.

Leading up to the ICF Chili Cook-off, **Eastside will be having a Mini Chili Cook-off to select our entry to the ICF Competition following worship on Sunday, January 12.** This will be our potluck for the month of January, so you are invited to bring salads or desserts (or a main course if you don't want chili).

Our January Community Dinner is planned for Thursday, January 23 at 5:45 pm. Join us for a meal and community! We begin with a short service - prayer, scripture, candle-lighting, singing - followed by a meal. Suggested donation \$7 per person, \$20 per family. Let Russell know if you'd like to attend or can help.

Full Tilt: Contemporary Dance Choreography by Connie Moker Wernikowski. These performances, January 17 at 7:30 pm and January 18 at 2 pm feature four works:

- whatever they sing, is inspired by Connie's love of songbirds and her concern about their declining numbers.
- Salute to the Early Rockin Women to music of Grace Slick (Jefferson Airplane) and Janis Joplin.
- Kudro is a collaboration by choreographer, Connie Moker Wernikowski, media and sound artist, Garry Wasyliv, and dancer, Katrina Currie.

At the Shu-Box Theater, Riddell Centre, U of R. For tickets, visit Eventbrite.ca and search "Full Tilt Connie".

*Come now,
O God of Peace...*

Join us for Christmas worship



Christmas Eve

Family service
@ 7 pm

Candlelight &
Communion service

Shared service
@ 9 pm



All are welcome.

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Join us for a Tri-parish

**Lessons &
CAROLS
Service**

**Sunday, December 29
at 9:30 am**

In the West Sanctuary
of the Living Spirit Centre

Thanks to Bread of Life Lutheran Church for planning and hosting this service!

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