

December 2019/January 2020 At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8 Advent 2 Worship 11:15 Open Hearts Jar	9 Meditation 7:15 pm AA 8 pm	10 Cards 9:30 TOPS 6:30	11 Coffee Shop 2 – 4:30 pm @B.A. Soup 5:30 & Advent Service 6:30 pm	12 Forever in Motion 10 am Craft/Study 1:30	13	14 Women's Breakfast 8 am
15 Advent 3 Worship 11:15 Prayer Candles Wascana Worship	16 Meditation 7:15 pm AA 8 pm	17 Cards 9:30 TOPS 6:30	18 Coffee Shop 2 – 4:30 pm @B.A. Blue Christmas 7pm	19 Forever in Motion 10 am Community Dinner	20	21 Christmas Beer & Hymns @ Leopold's 3 pm
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
29 Worship Lessons & Carols w LSC 9:30 am!	30 AA 8 pm	31	1 	2	3	4
5 Worship 11:15 Communion	6 AA 8 pm	7 Cards 9:30 TOPS 6:30	8 Coffee Shop 2 – 4:30 pm 2 nd Cup	9 Cong Care 10 am Forever in Motion 10 am	10	11 Women's Breakfast 8 am Messy Church 4 pm

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

December 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: Russell Mitchell Walker
Greeting: Holly Mah and Amanda Benesh
Congregational Care Greeter: Elaine Hill
Prayers: Russell Mitchell-Walker
PowerPoint: Michael Tessier
Pianist: Michelle Dickie



Last week's attendance:

Offering: \$1400
(not incl. PAR)

Weekly budget: \$1100

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's e-mail address: russell.eastside@sasktel.net

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

Scripture Reading:

Isaiah 11: 1-10
Matthew 3: 1-12

Songs –

Kindle a Flame VU #19
Hope Shines as a Solitary Star
Come Thou Long Expected Jesus VU #2
A Candle is Burning VU #6
Lion and Lamb
O God of Advent Peace *Tune VU #541*
There's a Voice in the Wilderness Crying VU #18
Prepare the Way of the Lord VU #10

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 will be enjoying some Advent readings and reflections for the next two weeks, will break for Christmas from December 12 to January 9, and will resume in the new year with the book *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* by Jonathan Brooks. If you wish to participate please let the office know by Dec 18.

LSC Meditation Monday evenings at 7:15 pm. Monday, December 9 at 7:15 pm Shauna Powers will lead us in a Chocolate and Colouring Meditation. Pictures and chocolate supplies by Shauna; please bring colouring supplies if you have them. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

LSC Women's Spirituality Breakfast, Saturday, December 14 from 8 to 10 am. *Acts of Loving Kindness:* In the spirit of Christmas, bring an ornament and tell us why it's a favourite. Come prepared to share a story about an act of loving kindness - yours or someone else's. All women are welcome to join us for breakfast and conversation. Please bring two toonies to help with costs.

Eastside Community Dinner, Thursday, December 19 at 5:45 pm. We begin with a short service – prayer, scripture, candle-lighting, singing – followed by a meal. Please RSVP by December 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.

We will be placing an order for **name tags** shortly. Please let Suzanne know if you would like one. Cost will be \$8 and can be left in a specially marked envelope (with correct spelling of your name) with your offering or in the office.



Christmas Quiet
Join us for Advent worship

December 4 @ 7 pm
Advent Service shared with Wesley United Church

December 11 @ 5:30 pm
Soup supper followed by worship at 6:30 pm, shared with LSC Partners

December 18 @ 7 pm
Blue Christmas Service for those experiencing loss

All are welcome INFO 306-761-0556



DEC 21
3 - 4:30 pm

Christmas Beer & Hymns

Carol Singing at Leopold's Tavern
3735 East Quance Gate

Songsheets available!
Check out Facebook event here!
<http://bit.ly/BeerHymns>



All are welcome! INFO 306-761-0556

Worship service at Wascana Rehabilitation Centre, Sunday, December 15 at 1:30 pm. Will you join us in providing a special Christmas worship service to residents at Wascana? We are always in need of helpers to usher worshippers to the chapel and extra singing voices are great too! Please get in touch with Shelly Williams mwilliams@sasktel.net.

Great Christmas Gift Idea! Give the gift of Broadview Magazine for the Special Gift Price of just \$20 (plus tax). It's the gift that keeps on giving all year long! Talk to Suzanne in the office to find out more.

Gifts with Vision catalogues are back and on the shelves in the narthex. If you are looking for a more meaningful gift for that person who has everything, or a way to challenge the consumer culture, there are some great options contained in these pages! You can also visit www.giftswithvision.ca to shop online!

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:

January 19, February 23, March 22 2020 following Eastside's potluck lunch.

January 19 - 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.

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.

All three presentations promise to be informative and interesting!

January 26, 2020: Shared Mental Health Awareness service at the LSC, with Dr. Todd Sojonky and Anne Penniston Gray presenting during the sermon time.



*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. INFO 306-761-0556





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!

Worship service at Wascana Rehabilitation Centre, Sunday, December 15 at 1:30 pm. Will you join us in providing a special Christmas worship service to residents at Wascana? We are always in need of helpers to usher worshippers to the chapel and extra singing voices are great too! Please get in touch with Shelly Williams mwilliams@sasktel.net.

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