


November/December 2019

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3 Worship 11:15 Comm.	4 Meditation 7 pm AA 8 pm	5 Cards 9:30 TOPS 6:30 Gratitude Team 7pm	6 Coffee Shop 2 – 4:30 pm @2 nd Cup Regina UC Transitional Cluster 7pm Westminster	7 Cong Care 10 am Forever in Motion 10 am Craft/Study 1:30	8	9 Women's BF 8 to 10 am
10 Shared LSC Worship 9:30 am	11 Meditation 7 pm AA 8 pm 	12 Cards 9:30 TOPS 6:30	13 Coffee Shop 2 – 4:30 pm @2 nd Cup	14 Forever in Motion 10 am Craft/Study 1:30	15	16
17 Worship 11:15 Prayer Candles	18 Meditation 7 pm AA 8 pm	19 Cards 9:30 TOPS 6:30 LSC Council	20 Coffee Shop 2 – 4:30 pm @2 nd Cup Leadership Team 7 pm	21 Forever in Motion 10 am Craft/Study 1:30 Community Dinner 5:45 pm	22 INI Café 6pm	23 ICF BF 9 am
24 Worship 11:15 Potluck	25 Meditation 7 pm AA 8 pm	26 Cards 9:30 TOPS 6:30	27 Coffee Shop 2 – 4:30 pm @2 nd Cup Community Potluck Faith Form. 7 pm	28 Forever in Motion 10 am Craft/Study 1:30	29 Film & Faith	30
1 Advent 1 Worship 11:15 Comm. Collecting for Rainbow Youth Xmas	2 Meditation 7 pm AA 8 pm	3 Cards 9:30 TOPS 6:30	4 Coffee Shop 2 – 4:30 pm @B.A.	5 Forever in Motion 10 am Craft/Study 1:30 Carols & Nativity 7 pm	6	7 Messy Church 4 pm

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

November 3, 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: Brenda Adamko and Sharon Oudot

Congregational Care Greeter: Clare Banks

PowerPoint: Janet Bjorndahl

Pianist: Michelle Dickie

Last week's attendance: 58 Offering: \$1727 Weekly budget: \$1100

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 November from 2 to 4:30 at Second Cup on Quance Street.

Scripture Reading: Old Testament: 1 Kings 18: 17-39
Gospel: Mark 9: 2-4

Songs –

Gather Us In MV #7

Come Touch our Hearts MV #12

Shout for God (All God's Children Sing #48)

Shine, Jesus Shine

Every day is a day of Thanksgiving MV #185

For All the Saints VU #705

Like a Rock MV #92

LSC Shared Worship Service, Sunday, November 10 at 9:30 am in the West Sanctuary. This is in place of our regular 11:15 am worship service! Please note the time change. This will be a Peace Service. We will be sharing in fellowship following and are looking for cookie donations. Please let Russell know if you would like to donate.

LSC Photo Directories: Directories are available for pick up briefly before 11:15 am worship and again following – please ask a greeter! We have a copy of the directory for you if you had a picture taken. We also have a small number of extras for those individuals and families who did not manage to get a picture taken this time. Please get in touch with Suzanne to request a copy. These will be given out on a first come first served basis.

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. 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, Thursdays 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.

LSC Meditation Monday evenings at 7:15 pm. 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, November 9 from 8 to 10 am. This month's special guest is Spurgeon Root speaking to us about the Healing Hearts Ministry. Spurgeon is currently Director of Outreach Ministries; he and his wife have been at the Ministry for the last 20 years. Spurgeon has also been involved in prison and anti-gang work. Come hear all about Healing Hearts Ministry and some new things planned in the coming months. All women are welcome. Please bring two toonies to help with costs.

Munch Lunch: Monday afternoons, three students from Glen Elm School, one school staff person, and an LSC helper have been led by Munch Café in the preparation of 50 student lunches. Would you like to get involved in this fun and important program that teaches healthy food habits to Glen Elm kids? We are in need of one LSC person each Monday afternoon from 1 to 4 pm. **Add your name to the schedule posted on the Eastside bulletin board; we still need help on Nov 25, Dec 2, 9 and 16.** A Criminal Record Check is required and the Eastside office can provide you a letter to take to Regina Police Service. We will cover the cost.

HOUSE GROUP LEADERS WANTED! Eastside United may be shifting from five house groups to FOUR*, due to challenges filling weekly tasks, starting January 2020. House groups 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. **We currently need house leaders for TWO of our groups. This is a very manageable role if shared with one other person.** 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! *We will initially see if some more active members will shift to another house group in need.

Muslim-Christian Dialogue - Four evenings exploring aspects of Muslim-Christian relations. Mondays, 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

Regina UC Cluster Meeting to continue conversations of how we work together and share ministry. Wednesday, November 6 at 6:45 pm at Westminster United. Six from Eastside are invited. See Russell if interested.

On Sunday, November 10 at 2 pm, Knox Metropolitan United Church will present "**ORGAN CELEBRATION HYMN SING**", in celebration of the 50th Anniversary of our magnificent Casavant organ. Come and spend a musical hour with us as we sing great hymns of the church. Also featured will be our Senior Choir and Big Sky Brass, as well as guest soloists Tara Semple (flute), Tanya Bergen (organ), and April Polasek and Victoria Stroeder (sopranos). Admission will be by donation. "Sing praises to Godloud organs, your glory tell out in deep tone!"

A Covenanting Service for Lorna King and the South Saskatchewan Hospital Chaplaincy, and Living Skies Region will be held at St. James United Church (4506 Sherwood Dr, Regina) on Friday, November 8 at 4 pm. Covenanting Service will be followed by appetizer potluck and social. All are welcome.

Living Apology outreach to diverse communities: your help needed

The Living Apology is a journey approved at the 2015 General Council: a space for us to tell stories of both pain and transformation before, during and after the 1988 decision that sexual orientation was not a barrier to membership. In the years since, equal marriage and the long delayed rights of Two Spirit, trans and non binary people became part of this conversation. This may eventually lead to a national church apology to Two Spirit and LGBTQIA+ people and communities. The project would like your help reaching out to two broad groups:

- LGBTQIA+ people who are racialized, Indigenous, Two-Spirit, and/or disabled—often marginalized within the LGBTQIA+ community in the United Church and wider society;
- People who want to engage on the issue but have not yet done so. We are looking for people willing to share their stories about conflict, growth, learning, and transformation. We're looking for people who may have been on 'the other side' of the issue, have never talked about what happened in 1988, but during the last 30+ years have shifted into a place of openness and willingness to start talking about their experience, learnings and growth, and what it means to be affirming of LGBTQIA+ and Two-Spirit people.

If you or someone you know falls into one of these focus groups, please contact Jordan at jsullivan@united-church.ca.

Lumsden Beach Camp AGM! Monday, November 18 at 7 pm at Westminster United Church (3025 13th Ave, Regina). All are invited to hear about the 2019 camping season at LBC. Spend an hour getting a financial update, listening to stories from our camp staff, electing a new board, and hearing about LBC's bee hives! Refreshments will be served. Please let Vicki know if you will require childcare at info@lumsdenbeachcamp.com. If you are interested in serving on our Board of Directors, please let Vicki know!

Wesley United Church is proud to share that their Senior Choir will be performing on December 2, 2019 at Carnegie Hall in New York City. They have been invited to perform by Distinguished Concerts International New York (DCINY) after seeing an online video of them singing a song composed by Mark Hayes. The Senior Choir sings nearly every Sunday at Wesley United Church, and their annual Choir Service at Wesley United Church is scheduled for December 8, 2019 if you wish to attend. For more information about our amazing choir, please visit WesleyUnitedRegina.ca.

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