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**October/November 2017**

**At a glance**

**Full descriptions of activities in bulletin.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **22**  **Worship**  **11:15**  **Faith Story Norma Wheatley**  **POTLUCK** | **23**  **Benvenuto - sensory-friendly concert**  **6 pm**  **AA 8 pm** | **24**  **Cards**  **9:30**  **TOPS**  **6:30** | **25**  **Coffee Shop Office Hours**  **At Le Macaron**  **2 to 4:30** | **26**  **Craft/Study**  **1:30** | **27**  **Film and Faith** | **28**  **IMCF Breakfast**  **9 am** |
| **29**  **Worship**  **11:15** | **30**  **Meditation 7 pm**  **AA 8 pm**  **Faith Formation 7pm** | **31**  **Cards**  **9:30**  **TOPS**  C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0305493.wmf**6:30** | **1**  **Coffee Shop Office Hours**  **U of R** | **2**  **Craft/Study**  **1:30**  **Family Dinner**  **6 pm** | **3** | **4**  **LBC Musical Milestone**  **UC**  **7pm** |
| **5**  **Worship**  **11:15**  **Communion** | **6**  **Meditation 7 pm**  **AA 8 pm** | **7**  **Cards**  **9:30**  **TOPS**  **6:30** | **8**  **Coffee Shop Office Hours**  **U of R** | **9**  **Craft/Study**  **1:30**  **Munch Café Fundraiser**  **6 pm** | **10** | **11**  **Women’s Breakfast**  **8 am**  C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8JKO8N7N\remembrance-day-poppy-7136914[1].jpg**St. P Fowl Supper** |
| **12**  **Worship**  **11:15**  **Open Hearts**  **Gong Bath 3 pm** | **13**  **Meditation 7 pm**  **AA 8 pm** | **14**  **Cards**  **9:30**  **TOPS**  **6:30** | **15**  **Coffee Shop Office Hours**  **U of R** | **16**  **Craft/Study**  **1:30** | **17** | **18**  **LBC Musical**  **St. James**  **UC**  **7pm** |
| **19**  **Worship**  **@ 10 am St. James**  **United**  **For LBC Musical** | **20**  **Meditation 7 pm**  **AA 8 pm** | **21**  **Cards**  **9:30**  **TOPS**  **6:30** | **22**  **Coffee Shop Office Hours**  **U of R** | **23**  **Craft/Study**  **1:30** | **24** | **25**  **IMCF Breakfast**  **9 am** |

**TOPS = Take Off Pounds Sensibly**

**AA = Alcoholics Anonymous**

**ANNOUNCEMENTS**

**October 22, 2017**

306-761-0556 eastsideunited@sasktel.net

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www.eastsideunited.ca

*W*

***elcome to Eastside United. May our opportunities of ministry offer you rest, challenge and peace on your Christian journey.***

**Ministers:**

Worship Leader: Rachel MacDonald

Greeting: Linda and Larry Fowler

Congregational Care Greeter: Barb Rio

Prayers: Linda Fowler

PowerPoint:

Music: Michelle Dickie

Last week’s attendance: NA

Russell’s e-mail address: [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net)

**Office Hours:**

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

Russell’s Office Hours:

Russell is out of town for a family funeral and a course from October 12 to 22.

Russell is holding ***Coffee Shop Office Hours*** Wednesdays from 2 to 4:30. Wednesdays throughout October will be at Le Macaron at 2705 Quance Street. ***NO Coffee Shop hours on October 18.***

**Scripture Reading:** 1 Samuel 16:1-13

**Songs –**

*Who is My Mother?* MV #178 vs. 1, 4

*Walk With Me* VU #649

*I Can Feel You Near Me God* MV #48

*Great is Thy Faithfulness* VU #288

*What Can I Do?* MV #191

*Bless Now O God the Journey* VU #633

*May God’s Sheltering Wings* MV #214

**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.

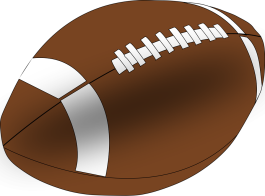
**Eastside’s Craft/Study Group Thursdays at 1:30 pm** in the Multipurpose Room and East Sanctuary! We have started another great new book, *Flipped* by Doug Pagitt*.*Join us as we share in discussion, handiwork and coffee time following. All books have now arrived and we have an extra copy - let the office know if you are interested.

**Gong Bath: TODAY at 3 pm at the LSC.** Doors open at 2:30 pm. Bring blankets, pillows, a yoga mat or something soft to lie on. Cost is $20 per person. Stay for tea and snacks afterwards. Please register with Lorraine Walker at lorraine.l.walker@gmail.com. A gong bath is an hour-long meditation. You lie on the floor and are immersed in the sounds and vibrations of the gong. It is an ancient sound that allows you to experience a deep meditation. These meditations are open to everyone, so feel free to invite your friends.

**NO LSC Meditation Group Monday, October 23.** Join us on Monday, October 30 at 7 pm in the East Sanctuary with the second part of our Introduction to Meditation led by Elaine Carlson. We’d love to have you join us whether you’re new to meditation or an experienced practitioner. All are welcome, remember to wear comfortable clothing. For more info, please get in touch with Sheri Nupdal at sherinupdal7@gmail.com.

**OCTOBER FILM & FAITH, Friday, October 27:** Film & Faith is an opportunity to attend a movie and have discussion afterward about the spiritual themes experienced or observed in the film. We will determine the movie by the poll on Facebook event page (Stronger, Victoria and Abdul, or Wonder) and the availability the week of. RSVP through Facebook or by e-mail: russell.eastside@sasktel.net. It is PWYC, we purchase the tickets and you pay Russell when you arrive, so we need to know who is coming to know how many tickets to purchase. We apologize that this is a Rider game night!

**Next IMCF Breakfast is Saturday, October 28 from 9 am to 12 noon**. Please contact Peter Braun at [peterbraun@myaccess.ca](mailto:peterbraun@myaccess.ca) to find out more about this exciting volunteer opportunity.

***Football season is here!*** Did you know you can support both the Riders and Indian Metis Christian Fellowship by parking in the ministry’s parking lot? A $10 contribution provides you with great parking within a few blocks of the game. Park at 3131 Dewdney Avenue and walk to the game in less than five minutes. (The gospel of Google reveals that the ministry’s parking lot is only 850 metres from Mosaic Stadium!) Directions: from Dewdney Avenue turn south from Garnet Street and turn left into the alley and you have arrived!

**Disaster relief:** Mission and Service is assisting with flood and hurricane relief in South Asia and the US. Please visit www.united-church.ca/news/emergencies-home-and-around-globe to see how you can help. Our givings make a difference as millions confront the impact of global climate change.

The **Licensed Lay Worship Leaders Program** is again being offered in a two-year program (7 weekends) to begin in January 2018. A minimum enrollment of 10 is required to go ahead. More details are available on the Eastside bulletin board. Registration deadline: October 15, 2017.

***A Taste of Skylight:*** Skylight Festival of Arts, Spirituality, Faith and Justice is a national event started three years ago in Paris, Ontario. Russell is the program chair for the event. We are looking to form a team with 2-3 members from each congregation, to plan a tri-parish, ecumenical event in the flavour of Skylight Festival ([www.skylightfestival.ca](http://www.skylightfestival.ca)) in early spring 2018, and provide an opportunity for local folk to experience what the Festival is about. If you are interested in being part of this team, or for more information, please see Russell.

The **Regina MultiFaith Forum** sponsored a refugee family that arrived in Regina almost a year ago and is getting settled very nicely. Refugee committee members have very generously given of their time in seeing that the family’s needs around language, transportation, and job seeking have been met but have determined that an extension of financial assistance to the family would be beneficial. The RMFF is therefore looking to raise an additional $15K to extend support to their family. Please make cheques payable to The Archdiocese of Regina noted for RMFF Refugee Fund and send c/o Dwaine Dornan at 207-4451 Nicurity Dr. Regina, SK S4X 0E5.Tax receipts will be issued by the Archdiocese.

**Christmas Turkeys!**

Order your Christmas turkey through LBC this year and **everyone wins**. For $100 you will receive an 8 kg (approx) turkey and charitable tax receipt for $50. Turkeys can be picked up on Sunday, December 17 from 3 to 5 pm at Eastside United. Or for $10 more an LBC volunteer will deliver your turkey to your doorstep. To place your order, email [info@lumsdenbeachcamp.com](mailto:info@lumsdenbeachcamp.com).

**The Holy and the Profane: A Rabbi and A Bishop Remember Leonard Cohen One Year On.** You are invited to join Rabbi Jeremy Parnes and Archbishop Donald Bolen for a discussion of the songs of the late Leonard Cohen. All are welcome to this free evening of dialogue on **Thursday, October 26, 7pm at Beth Jacob Synagogue**, 4715 McTavish Street, Regina. Leonard Cohen (1934-2016) was a Canadian singer, songwriter, musician, poet, and novelist. His work explored religion, politics, isolation, sexuality, and personal relationships. An observant Jew, Cohen was strongly influenced by Christian and Buddhist themes, which he brought into his work. About his work, he said: "At our best, we inhabit a biblical landscape, and this is where we should situate ourselves without apology."

**November Family Dinner: Thursday, November 2 at 6 pm.** All shapes and sizes of Eastside families are invited to join us for a meal and community. If you are able to help with meal prep or clean up, please let Wanda know at [j.barr@sasktel.net](mailto:j.barr@sasktel.net).

**Munch Café and Catering 2nd Annual Fundraising Dinner:** Thursday, November 9, doors open at 5:30, supper at 6, program at 7. Sausage and perogie supper; cash bar; amazing silent auction and raffle prizes; entertainment by Colby Nargang. Entry by donation. At Holy Child Parish hall, 2636 7th Avenue. RSVP by emailing [catering@munchinregina.ca](mailto:catering@munchinregina.ca).

Everyone is invited to attend **St. Philip's Annual Fowl Supper** on Saturday, November 11. Serving starts at 5:30 pm. Tickets are $18 for adults ($10 for children under 10) and must be purchased in advance. Call Don Metz for tickets 306-789-5241.

**LBC MUSICAL:** Mark yourcalendar for the performances in Milestone: November 4 at 7 pm; St. James November 18 7 pm and Sunday Worship November 19 at 10 am. ***Heads up:* Eastside worship will be at St. James November 19 at 10 am.**

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