

September/October 2019

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
22 Worship 11:15 Baptism Potluck & Cong Mtg	23 Meditation 7 pm AA 8 pm	24 Cards 9:30 TOPS 6:30 Film and Faith	25 Coffee Shop Hrs 2 – 4:30 pm @ 2 nd Cup	26 Forever in Motion 10 am Craft/Study 1:30	27 St. Philip Steak Dinner 6 pm	28 ICF BF 9 am
Russell away Skylight Evaluation						
29 Worship 11:15 Russell away	30 Meditation 7 pm AA 8 pm	1 Cards 9:30 TOPS 6:30	2 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	3 Forever in Motion 10 am Cong. Care 10 am Craft/Study 1:30	4	5 Messy Church 4 pm
6 Worship 11:15 Worldwide Communion	7 Meditation 7 pm AA 8 pm	8 Cards 9:30 TOPS 6:30	9 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	10 Forever in Motion 10 am Craft/Study 1:30	11	12 Women's BF 8 to 10 am
13 Worship 11:15 Open Hearts Jar 	14 AA 8 pm	15 Cards 9:30 TOPS 6:30	16 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	17 Forever in Motion 10 am Craft/Study 1:30	18	19
20 Worship 11:15	21 FEDERAL ELECTION POLLING STATION AT LSC AA 8 pm	22 Cards 9:30 TOPS 6:30	23 Coffee Shop Hrs 2 – 4:30 pm @ B.A.	24 Forever in Motion 10 am Craft/Study 1:30	25 Film & Faith	26 ICF BF 9 am

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

September 22, 2019

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



A big welcome to our Baptism families: Kane, Brook, Jamie & Darrin Carlson and Lucy, Alice, Jessica & Matthew O'Donnell – we celebrate you joining us in worship this morning!

Ministers:

Minister: Rev. Russell Mitchell-Walker
Greeting: Sheila Kerr and Carl Klein
Congregational Care Greeter: Sheri Nupdal
PowerPoint: Michael Tessier
Pianist: Michelle Dickie
Last week's attendance: Offering: \$1250



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

Scripture Reading: Psalm 40 VU764 Responsive John 17: 14-26

Songs –

Called by Earth and Sky MV #135 *chorus*
Joyful, Joyful We Adore You VU #232
Just a Closer Walk with Thee
For the Fruit of All Creation VU #227
It Only Takes a Spark (Pass it On) VU #289
O Beautiful Gaia MV #41 *chorus*

Please plan to attend a **Potluck and Congregational Meeting** following worship **TODAY!** This is your chance to vote on approval of the Community of Faith Profile for Eastside, the report that stemmed from the JNAC process engaged in last year.

Our LSC Photo Directories have arrived! 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.

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, September 23 at 7 pm. Are you interested in the practice of meditation or learning more about its many mind-body-spirit benefits? Join us for this Guided Meditation led by Wanda Barr. Dress comfortably and bring a friend. Come explore meditation with us within a friendly and loving circle of people. Email Shauna at powerss@hotmail.com with your questions.

INI Café (Indigenous, non-Indigenous Café) Reconciliation through Performing Arts is September 20, 6pm Canteen opens, 7 pm performance.

Munch Lunch is off to a great start! Last Monday, three students from Glen Elm School, one school staff person, and St. Philip Anglican's Diane Gingras were led by Munch Café in the preparation of 50 student lunches. The kids were really excited about the opportunity and will return for the next few Mondays to learn more about preparing healthy food. Following that, a new group of lucky students will get their turn! Would you like to get involved in this fun and important program? We are in need of one LSC person each Monday afternoon from 1 to 4 pm. Please let Russell know dates you may be available and he'll add you to the schedule! A Criminal Record Check is required and the Eastside office can provide you a letter to take to Regina Police Service.

September Film & Faith: Tuesday, September 24. Join us for a movie and conversation following. We are hoping to watch either *The Peanut Butter Falcon*, *Overcomer* or *Yesterday*. **Watch our Facebook event page!**



Next ICF Breakfast is Saturday, September 28 from 9 am to 12 noon. The fourth Saturday of each month, volunteers from Eastside share the love at this important ministry by helping set up, serve and clean up following breakfast for north-central Regina residents. Please contact Peter Braun at peterbraun@myaccess.ca to find out more about this opportunity. Peter will be retiring as coordinator of this important Eastside ministry in October. Talk to Russell if you are interested.

Messy Church – Our next *Messy Church* will be October 5, from 4-6 pm, with the theme of “A New Start” after the flood with Noah. Come, bring children and families you know for a great time of crafts, celebration and a meal! Volunteers needed to help with craft set up and leadership. Let Russell know. *Messy Church* will continue on the first Saturday of each month.



Postcards are available for you to hand out to families you think might be interested! Check with the greeters!

Hurt, Healing & Hope ICF Annual Fundraising Gala: On Friday, October 18, 2019 at DoubleTree by Hilton Regina, ICF will be hosting their 1st Annual Gala Fundraiser. An evening hearing from individuals who have been impacted by ICF, through their stories of Hurt, Healing & Hope. Eastside has sponsored a table! Would you like to join us for a fun and meaningful night out? We appreciate a donation of \$35 per person joining us at our table and we have room for 10! Please let Russell know of your interest.

HOUSE GROUP LEADERS WANTED! Eastside United will be shifting from five house groups to FOUR, 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!

Sunset Trivia Night: Come and enjoy this FUNdraiser. Friday, September 27, 6:30 to 9 pm. All ages are welcome. Come with a team of up to six people, or join a team when you arrive - \$10 per adult, 12 and under free. Child-care available. Loonie canteen. To register or for more info. contact Marion Tudor 306-789-3250 or at mjtudor50@gmail.com. Bring a team and compete for the church team award!!! (Remember - this is a fundraiser so expect your award to behmmm, a surprise!)

Muslim-Christian Dialogue - Four evenings exploring aspects of Muslim-Christian relations. Mondays, Oct. 28, 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

Mino-Maawanji'itiwag: Coming Together in a Good Way. Rooted in Faith - November 8-9. A gathering of Indigenous and non-Indigenous Christians. Hearing from those who have journeyed before us, offering their perspectives on walking the Jesus Way while being both Indigenous and Christian. Open to all. Friday, November 8 & Saturday, November 9 at Living Hope Alliance Church, 3900 Arcola Ave., Regina. Sponsored by iEmergence, Indigenous Pathways. Contact Diane Campeau, dcampeau@iemergence.org.

New Chaplain in Regina: The South Saskatchewan Chaplaincy Board is very pleased to announce Lorna King as the new Chaplain. Lorna's calming and compassionate presence will serve this position well. Lorna has training and experience in pastoral care and palliative care along with extensive ministering experience. Lorna will be on-call 8:30 am to 4:30 pm, Monday to Friday, and can be reached by cell phone at 1-306-551-7755.

Green Parenting Series at Wesley United Church: Easy composting for families. Tuesday, September 24 at 7:30 pm. Guest Speaker: Phil Johnson, Organic Master Gardener. Freewill offering. All are welcome: parents, grandparents, and anyone interested in the topic. Childcare will be available. wesleygreenparenting@gmail.com

Anyone affiliated with the United Church in Regina & Area (rural & urban) is invited to attend an **informal gathering** Wednesday, October 2 from 6:45-9 pm at Eastside United Church, to talk about how do we do ministry & mission (nurturance, justice, education, formation of a cluster) in the future. Light refreshments will be served. Email reginaareacluster@gmail.com if you plan to attend.

Want to spread the exciting news about programs at Eastside? We have new postcards available with Community Dinner on one side and Film & Faith on the other! Please help yourself to a few (on narthex shelves and with the greeters) and pass along to your friends and family!

Eastside United Church invites you to join us for

Contact us if you can pitch in!

Community DINNERS

All are welcome. Join us for a meal and conversation.

3rd Thursday of the month

3018 Doan Dr. Regina, SK S4N 1A5

INFO and RSVP: 306-761-0556

Pre-purchase tickets at <http://bit.ly/eastsidecommunitydinner> or at the Church

LAST FRIDAY OF EACH MONTH

INFO: 306-761-0556

Join us for a movie and conversation following!

Watch our FB page for details!

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eastside

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