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**September 2017**

**At a glance**

**Full descriptions of activities in bulletin.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **3****Worship****11:15****Communion** | **4****AA 8 pm**http://www.imagesbuddy.com/images/69/2013/07/happy-labour-day-animated-bee-graphic.jpg | **5** **EASTSIDE****OFFICE****CLOSED****Cards****9:30****TOPS****6:30** | **6** | **7****Cong. Care****10 am** | **8** | **9****Women’s BF****8 to 10 am** |
| **10****Worship****11:15****Open** **Hearts** **Jar** | **11** **Meditation 7 pm****AA 8 pm** | **12 Cards****9:30****TOPS****6:30** | **13** | **14** **Craft/Study****1:30****Family Dinner****6 pm** | **15** | **16****Treaty 4 Pow Wow with IMCF****1 pm Fort Qu’Appelle** |
| **17****Worship****11:15****Kick-off!****Lunch** | **18****Meditation 7 pm****AA 8 pm** | **19 Cards****9:30****TOPS****6:30****LSC Council** **7 pm** | **20** | **21** **Craft/Study****1:30** | **22****Film and Faith** | **23****IMCF BF****9 am**  |
| **24****Worship****11:15****Baptism****Potluck** | **25****Meditation 7 pm****AA 8 pm** | **26 Cards****9:30****TOPS****6:30****New Parish Study 7 pm** | **27** | **28****Craft/Study****1:30** | **29****St. Philip Steak Dinner****6 pm** | **30** |
| **1****Worship****11:15****Communion** | **2****Meditation 7 pm****AA 8 pm** | **3****Cards****9:30****TOPS****6:30****New Parish Study 7 pm** | **4** | **5****Craft/Study****1:30****Family Dinner****6 pm** | **6** | **7** |

**TOPS = Take Off Pounds Sensibly**

**AA = Alcoholics Anonymous**

**ANNOUNCEMENTS**

 **September 10, 2017**

306-761-0556 eastsideunited@sasktel.net

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Follow us on Twitter @Eastside\_united

www.eastsideunited.ca

*W*

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

**Ministers:**

Minister: Rev. Russell Mitchell-Walker

Greeting: Sheri Nupdal, Marg and Leif Riesach

Congregational Care Greeter: Sheri Nupdal

Prayers: Donna Lindskog

PowerPoint: Taylor Balfour

Pianist: Michelle Dickie

Last week’s attendance: 43

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 from 2 to 4:30. This year he will be alternating months between Le Macaron at 2705 Quance Street and the U of R Brewed Awakening in Campion College. *Wednesdays throughout September will be at U of R.*

**Scripture Reading:** Genesis 21: 1-3, 22: 1-14

**Songs –**

*Open Hearts, Open Minds, Open Doors*

*Who is My Mother?* MV #178 vs. 1, 3

*God Help us to Treasure* MV #147

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

*To Abraham and Sarah* VU #634

*What Can I Do?* MV #191

*Great is thy Faithfulness* VU #288

*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 resumes Thursday, September 14 at 1:30 pm** in the Multipurpose Room and East Sanctuary! We are starting another great new book, *Flipped* by Doug Pagett*:* ***How would your life change if you flipped your understanding of God?*** *We all have stories in our heads about God, humanity, life, and the meaning of it all. One of the most common—and misleading—stories is “If I’m faithful in doing this, then God promises to do that.” Jesus didn’t believe it and neither should you. God does not insist that you play by the rules before he will respond to you. A careful reading of the Bible will free all of us from trying to make a deal with God, inviting us instead to live in God.*Join us as we share in discussion, handiwork and coffee time following. Let the office know if you are interested by Sept 6.

**Meditation Group** Monday, September 18 at 7 pm with a walking meditation, and meeting each Monday in the East Sanctuary, 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.

**Fall Book Study, Tuesday evenings at 7 pm, starting Tuesday September 26.** We will be reading *The New Parish: How Neighbourhood Churches are Transforming Mission, Discipleship and Community* by Paul Sparks, Tim Soerens and Dwight J. Friesen*. Headlines rage with big stories about big churches. But tucked away in neighborhoods throughout North America there is a profound work of hope quietly unfolding. Paul Sparks, Tim Soerens and Dwight J. Friesen have seen--in cities, suburbs and small towns all over North America--how powerful the gospel can be when it takes root in the context of a place. The future of the church is local, contextual; the seeds of that future are shared and spread here.* This study will coincide with Russell taking the *Leadership in the New Parish program.* Please let Russell know if you’d like to attend. We’ll be ordering books shortly.

**Next IMCF Breakfast is Saturday, September 23 from 9 am to 12 noon**. Please contact Peter Braun at peterbraun@myaccess.ca to find out more about this exciting volunteer opportunity.

**HOLY YOGA CLASSES FALL 2017:** Connie Moker Wernikowski will be offering holy yoga classes again this fall at Living Spirit Centre.  All levels are welcome.  For more info go to Connie’s website at [www.bigfishyoga.ca](http://www.bigfishyoga.ca/) or call Connie at 306-551-6933 or email mokerw@sasktel.net . Holy Yoga enhances strength, coordination, balance, relaxation, and flexibility integrated with breath exercises and Christian scripture. It offers time to be quiet, exercise and pray.

**Family Dinner, Thursday, September 14 pm at 6 pm.** Parents and grandparents bring your kids and grandkids to join us for a delicious meal (including homemade ioce cream!) and a time of community! Suggested donation $5 per person or $20 per family. RSVP to Russell at russell.eastside@sasktel.net by Tuesday, September 12.

**LBC MUSICAL:** Regular rehearsals for our next musical fundraiser, ***The Sailor's Bible***, take place Saturdays at 1 pm, split between St. James United and Milestone United Churches. To find out more, contact Russell at russell.eastside@sasktel.net. Our next rehearsal is Saturday, September 16.

**Be involved in a network of support for John Bishop!**
Congregation member John Bishop is currently looking for individuals interested in joining his network. Areas of support include: computer help, providing rides to church services and events, helping figure out ways for John to maintain his home, and joining his network committee. For more information or to volunteer, please contact Russell or John's network facilitator, Jim Elliott at caar@accesscomm.ca.

**Treaty 4 Traditional Pow-Wow**, part of the 31st Annual Treaty 4 Gathering in Fort Qu’Appelle, Saturday, September 16 at 1 pm. Please consider participating in this shared experience with our friends at IMCF! It would be great if Eastsiders could help with driving members of the IMCF community to Fort Qu’Appelle that day. Let Russell or the office know of your interest please.

**Kick-off Sunday – September 17!**

Sunday, September 17 at 11:15 am: Please plan to join us, and invite families you know, for Kick-off Sunday and the startup of the Sunday School season at Eastside! Centred around a creation theme, we will have a Café-style All Ages worship service. Following an interactive reflection time, kids will have the chance to go and enjoy a Bouncy Castle and play games. There will be taco salad for lunch and cookie decorating for dessert! Questions? Contact the Eastside office.

**Westminster United Church is hosting its second *World Market* on Saturday, September 30.** The first one in June was very successful with 12 countries being represented. ***They are looking for vendors:***  If you are a newcomer to Canada (as in the last five years) and wish to sell your crafts, baking or food in a space provided for free, please contact Barb at 306-757-1792 before September 20.  Each vendor receives a six-foot table. This event is not for commercial vendors. Invite newcomers you know to take part in this event!



 **Dates**

**14th Craft/Study program begins**

**14th Eastside Family Dinner**

**17th Kickoff Sunday**

All Ages worship and fun for the kids!Wear the jersey or colours of your favourite sports team!

**18th LSC Meditation group resumes**

**22nd Film and Faith**

**26th *The New Parish* Book Study**

***We are excited to continue offering Godly Play for Eastside kids and families this year!*** This variation on Sunday School involves a hands-on telling of a Bible story during Theme Time in worship, followed by supervised worktime where kids continue to explore the story using toys and objects downstairs.

***We need you!*** We need storytellers to lead the Theme Time portion on those occasions Russell is away, as well as people to watch over the kids when they head downstairs. Please let Russell know of your interest.

### Youth Retreat: Let Your Whole Life Speak. St. Andrew’s College is hosting its first youth retreat for youth in grades 10 to 12. If you love to be inspired, challenged to think, meet new people and hang out with good friends; if you enjoy being in an open and welcoming community where you are free to be completely yourself; if you’ve been wondering what comes next for you after graduation …. then this is an event for you!

**Let Your Whole Life Speak** runs Friday, September 22, to Sunday, September 24, at St. Andrew's College on the University of Saskatchewan campus and McClure United Church. Registration is free.

**For more info visit** http://www.usask.ca/stu/standrews/our-community/College%20News/youthretreat.php.

Whitmore Park United Church **Craft and Trade Show** application forms for October 20 and 21st, 2017 are now available by contacting office@wpuc.ca. Tables are $60 for 6 feet or $70 for 8 feet plus $5 for power, on a first come first served basis. For more information, see the application form.

**Now accepting donations for Knox-Met Flea Market:** The annual Knox-Met Flea Market will be held this year on Saturday, September 30. We welcome Men's, Women's and Children's clothing, shoes, hats, purses, scarves, household items, small electrical appliances, seasonal and sporting goods and jewelry. New or good quality items are also requested for the Gift Shop. **We are unable to accept cushions, pillows, comforters, stuffed toys or furniture.** Please put your donations in closed boxes or plastic bags. They can be dropped off at Knox-Metropolitan (2340 Victoria Ave) any time during office hours, Monday to Friday, 9 a.m. to 5 p.m.

**Wesley Social Justice Fall Potluck & Guest Speaker, "Reconciliation in 2017: Where we've been, where we are, and where we need to go".** Wednesday, October 4, 6-8 pm @ Wesley United Church.

Guest Speaker is James Daschuk, U of R professor and author of the book "Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life". Please bring your own dishes and cutlery, and a potluck dish to share. If you wish to attend the presentation only, it starts at 7 pm. Donations will be accepted for the Standing Buffalo Lacrosse Program. Everyone is welcome!

![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\C6Q4830A\15165-illustration-of-a-football-pv[1].png]()***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!

**On Sunday, September 17 *Come Try Our Couch!***

The Arcola Wellness Centre has been in operation for over four years now! Dr. Todd Sojonky (PhD) and Anne Penniston Gray (MSW, RSW) work out of the two offices in the ‘art gallery’ hallway on the way to the church offices. Many individuals and families have entered our doors in search of quality professional counselling. Marriage and family therapy, depression, anxiety, eating disorders and other personal challenges are just some of the issues people in our community come to find hope and healing for. It has been a wonderful extension of the ministries offered here at the Living Spirit Centre! ***The doors of the offices will be open before and after worship on September 17 for you to visit and meet Todd and Anne.***



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