

# September/October 2018

## At a glance

### Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>9</b> Kick-off! 10:30am Worship 11:15 Open Hearts Jar	<b>10</b> Meditation 7 pm AA 8 pm	<b>11</b> Cards 9:30 TOPS 6:30	<b>12</b>	<b>13</b> Craft/Study 1:30	<b>14</b>	<b>15</b> Treaty 4 Pow Wow with ICF 10 am
<b>16</b> Worship 11:15 <i>Arise!</i>	<b>17</b> Meditation 7 pm AA 8 pm	<b>18</b> Cards 9:30 TOPS 6:30 LSC Council 7 pm	<b>19</b> Leadership Team 7pm	<b>20</b> Craft/Study 1:30 Community Dinner 6 pm	<b>21</b>	<b>22</b> ICF BF 9 am
<b>23</b> Worship 11:15 Parish Sunday Potluck	<b>24</b> Meditation 7 pm AA 8 pm	<b>25</b> Cards 9:30 TOPS 6:30 Film and Faith	<b>26</b> Faith Formation 6:30pm	<b>27</b> Craft/Study 1:30	<b>28</b> St. Philip Steak Dinner 6 pm	<b>29</b>
<b>30</b> Worship 11:15 Matt Epp Concert 7 pm	<b>1</b> Meditation 7 pm AA 8 pm	<b>2</b> Cards 9:30 TOPS 6:30	<b>3</b>	<b>4</b> Cong. Care 10 am Craft/Study 1:30	<b>5</b>	<b>6</b>
<b>7</b> Worship 11:15 Communion TG <i>ARISE!</i>	<b>8</b> Meditation 7 pm AA 8 pm	<b>9</b> Cards 9:30 TOPS 6:30	<b>10</b>	<b>11</b> Craft/Study 1:30	<b>12</b>	<b>13</b> Women's Breakfast 8 am

TOPS = Take Off Pounds Sensibly  
AA = Alcoholics Anonymous



# ANNOUNCEMENTS

September 9, 2018

306-761-0556 eastsideunited@sasktel.net  
Like us on facebook (Eastside United Church)  
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: John Bishop, Doug and Leslie Scheurwater  
Congregational Care Greeter: Elaine Hill  
Prayers: Taylor Balfour  
PowerPoint: Donna Lindskog  
Pianist: Michelle Dickie  
Last week's attendance: 39

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:

Tuesday, Wednesday and Thursday, working from home Friday

Russell is holding **Coffee Shop Office Hours** Wednesdays from 2 to 4:30 at the Second Cup on Quance Street.

**Scripture Reading:** Genesis 6:16-22, 9:8-15

#### Songs –

*With Open Hearts, Open Minds, Open Doors*  
*Behold, I Make All Things New* MV #115  
*For the Beauty of the Earth* VU #226  
*Bim Bom (All God's Children Sing #68)*  
*Called by Earth and Sky* MV #135  
*Our Hearts that Beat* (Tune MV #37)  
*Touch the Earth Lightly* VU #307  
*We Will Go With God* MV #223

# September Dates

- 10<sup>th</sup> LSC Meditation group resumes
- 13<sup>th</sup> Craft/Study program begins
- 15<sup>th</sup> Eastside and ICF at the Treaty 4 Pow Wow
- 16<sup>th</sup> Worship Band *Arise!*
- 20<sup>th</sup> Eastside Community Dinner 6 pm
- 25<sup>th</sup> Film and Faith

**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.

**LSC Meditation Group** beginning Monday, September 10 at 7 pm 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.

**Eastside's Craft/Study Group** resumes **Thursday, September 13** at 1:30 pm in the Multipurpose Room and East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are starting another great new book, *Everything Happens for a Reason: And Other Lies I've Loved* by Kate Bowler. Suzanne ordered an extra copy of the book, so let us know if you'd like to jump in – the more the merrier!

**Next ICF Breakfast is Saturday, September 22 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](mailto:peterbraun@myaccess.ca) to find out more about this opportunity.

**Community Dinner:** Our Family Dinner is morphing into a Community Dinner and needs more volunteers for it to continue. If you are willing to be on a volunteer team let Russell know. The teams are: Cooking (Wanda Barr), set-up and clean up (Linda Fowler), and administration (financial, promotion, etc.). We need enough for two Cooking/Kitchen teams in order to offer a dinner every month. Our first dinner for the fall will be September 20. We are asking people to pay in advance, \$7/person, \$20/family or pay what you can – maximum 30 people. Pay in the office to reserve your spot or on Eventbrite (added fees) - <http://bit.ly/2MZ9nkb>.

## No Justice, No Adaptation: Climate Change and Palestine

Local groups in Regina join with *Just Peace Advocates* to present Suha Jarrar, researcher at respected Palestinian human rights group, and Al Haq, discussing justice and adaptation in relation to the politics of climate change in Palestine. Wednesday, September 12 from 7 to 9 pm. University of Regina, Room 208 in the Research and Innovation Centre. Cost \$10 at the door or Pay What You Can.

**Treaty 4 Traditional Pow-Wow**, part of the 32<sup>nd</sup> Annual Treaty 4 Gathering in Fort Qu'Appelle, Saturday, September 15 from 10 am to 8 pm: Join us as a group from Eastside travels together with Indigenous Christian Fellowship folk (ICF) to Treaty 4 Days and the Pow Wow in Fort Qu'Appelle! We will gather at ICF on Dewdney Avenue for breakfast together at 10 am then ride-share out to Fort Qu'Appelle. Sign up at church on a coming Sunday or by emailing Russell. In your RSVP, please indicate your interest in attending; whether you need a ride or can offer a ride; and whether you'd like to sponsor a member of ICF for meals of \$20. **If you RSVP'd via the Facebook event page, please confirm with the office.** This will be a great opportunity toward reconciliation through relationship building and experiencing culture!

**FALL GONG BATHS:** Sunday, September 16, 3 pm; Sunday, October 14, 3 pm; Sunday, November 18, 3 pm; Sunday, December 16, 3 pm. A gong bath is a deep meditation in which you are bathed in vibration and sound. Most people feel very peaceful and happy afterwards. Please register if you are coming by contacting Lorraine at [prairie.flow@gmail.com](mailto:prairie.flow@gmail.com). Cost is \$20, includes tea and snacks afterwards, and 2:30 pm circle dance (optional). Circle dance is easy and fun. You don't need previous dance experience. Bring enough blankets, pillows, mats to be comfortable lying on the floor for an hour. Everyone is welcome.

St. James United Church at 4506 Sherwood Drive will be holding their **Fall Supper** on Friday, September 21 from 5 – 6:30 pm continuous. Turkey and all the trimmings – catered by Charlotte's Catering of Moose Jaw. Tickets - \$20 for adults and \$7 for ages 6-12. Tickets are now available from the church office at 306-543-2626.

**CHILDREN'S CLOTHING & TOY CONSIGNMENT SALE** Saturday September 22 from 12 to 3 at Sunset United Church, 177 Sunset Drive. Please note our NEW opening time! Come shop our fantastic selection of clothing from newborn to size 14, toys, books, shoes, outerwear and more! Like our Facebook page to hear about future sales. TO VOLUNTEER email Michelle at [sunset.volunteers@gmail.com](mailto:sunset.volunteers@gmail.com). TO CONSIGN email Hilary at [clothingsale@live.com](mailto:clothingsale@live.com).

**WHITMORE PARK UNITED CHURCH CELEBRATION WEEKEND,**  
336 Durham Drive, Regina. "All are welcome in this place." Members, family and friends are invited to join the Whitmore Park United Church congregation as they celebrate a 59-year history of faith and community.

**Celebration Dinner Friday,** September 14, 2018 Doors open at 5:30 pm. Dinner at 6 pm. Speakers and entertainment to follow until 9:30 pm. Roast beef dinner provided by Charlotte's Catering. Tickets: \$25 for adults. \$15 for children ages 4 to 12. Under 4 free. Available from Pam Bristol (pam.bristol@sasktel.net or 306 569-9015), Edith Nagy (edithnagy@sasktel.net or 306 789-4754), or the Church office (office@wpuc.ca or 306 586-3977).

**Memories Come-and-Go Tea** Saturday, September 15, 2018 2 to 4 pm. Come visit old friends and walk down memory lane perusing memorabilia from the congregation's history. No cost.

**Celebratory Service** Sunday, September 16, 2018  
10:30 am. Coffee and fellowship to follow after the service.

**House Concert with Jeffery Straker.** Russell and Brian are hosting a house concert on September 21 with Jeffery Straker at 8pm. Space is limited so reserve your spot by paying the \$20 in advance, to Russell or Brian.

Westminster United Church invites you to **The Newcomer's World Market,** Saturday, September 22 from 10 am to 2 pm. Admission by donation to the refugee fund. *Come and experience food and crafts from around the world!*

**Film and Faith starts Tuesday September 25.** Details to come. Let Russell know if you are interested.

**St. Philip Steak Supper:** Join us for St. Philip's annual steak supper on Friday, September 28. Doors open at 6, meal starts at 6:30. Tickets are \$25 per person and are available after worship on Sundays or call Don Metz (306-789-5241). Tickets include 10 oz. steak, baked potato, Caesar salad, St. Philip's Heavenly beans, bun and dessert.

**Flea Market!** Saturday, September 29 from 9 am to 3 pm at Knox-Met, 2340 Victoria Ave. Browse thousands of items. Free admission and amazing deals. Everything from games, to clothes, to household items. Lunch available with proceeds supporting the refugee sponsorship program. Find out more on Facebook - <https://www.facebook.com/events/662384357473724/>

***Are you interested in participating in the process to shape the future of Eastside United?***

Eastside United, in cooperation with the Wascana Presbytery, is undertaking a Joint Needs Assessment process and we are seeking members of the Eastside congregation that wish to participate on the committee. The purpose of the Joint Needs Assessment Committee (JNAC) is to consider and review the ministry and mission of our pastoral charge and the relationship with the community we serve. The JNAC then considers how what ministry personnel resources (staff and financial) are needed and possible to meet the mission and ministry for the pastoral charge.

We encourage you to get involved in this process that will create a path forward for Eastside. We anticipate that the commitment will be regular meetings for the next few months, with the process likely to be complete by the end of the calendar year.

If you are interested in participating, please contact the office at eastsideunited@sasktel.net prior to September 17, 2018. If you have questions regarding the process please contact Sarah Tkachuk at 306-527-5060 or stkachuk@kpmg.ca.

**Matt Epp Concert, September 30 at 7 pm at the Living Spirit Centre:** Matt, a regular performer at Skylight Festival, is a singer songwriter focusing on faith, social justice, love and peace. Come out and enjoy a great night of music. Tickets \$25 will be available at the office and at church starting this week. If you prefer, they can also be purchased through EventBrite at <http://bit.ly/2LYkqW3>.

**Music Ministry at Eastside:** Do you have a love of music? Want to be involved in delivering this critical ministry at Eastside? We are looking for a new **Music Director** as Cindy Haynes has retired this year! Do you know of anyone in our faith community who **plays trumpet?** There are a number of services each year for which this instrument is the perfect accompaniment! Please let Russell know of your interest. Cindy is continuing her leadership with the worship band, Arise!

**Turkey Supper** at Broadway United Church, 105 Broadway Avenue. Saturday, October 13, 2018 Sittings 4:15pm, 5:30pm and 6:30pm. Tickets: Adults \$18; children ages 5 to 10 \$10; ages 4 & under free. **Advance tickets only 306-352-1526.**

## WHITMORE PARK UNITED CHURCH CELEBRATION WEEKEND,

336 Durham Drive, Regina. "All are welcome in this place." Members, family and friends are invited to join the Whitmore Park United Church congregation as they celebrate a 59-year history of faith and community.

**Celebration Dinner Friday**, September 14, 2018 Doors open at 5:30 pm. Dinner at 6 pm. Speakers and entertainment to follow until 9:30 pm. Roast beef dinner provided by Charlotte's Catering. Tickets: \$25 for adults. \$15 for children ages 4 to 12. Under 4 free. Available from Pam Bristol (pam.bristol@sasktel.net or 306 569-9015), Edith Nagy (edithnagy@sasktel.net or 306 789-4754), or the Church office (office@wpuc.ca or 306 586-3977).

**Memories Come-and-Go Tea** Saturday, September 15, 2018 2 to 4 pm. Come visit old friends and walk down memory lane perusing memorabilia from the congregation's history. No cost.

**Celebratory Service** Sunday, September 16, 2018  
10:30 am. Coffee and fellowship to follow after the service.

**House Concert with Jeffery Straker.** Russell and Brian are hosting a house concert on September 21 with Jeffery Straker at 8pm. Space is limited so reserve your spot by paying the \$20 in advance, to Russell or Brian.

Westminster United Church invites you to **The Newcomer's World Market**, Saturday, September 22 from 10 am to 2 pm. Admission by donation to the refugee fund. *Come and experience food and crafts from around the world!*

**Film and Faith starts Tuesday September 25.** Details to come. Let Russell know if you are interested.

**St. Philip Steak Supper:** Join us for St. Philip's annual steak supper on Friday, September 28. Doors open at 6, meal starts at 6:30. Tickets are \$25 per person and are available after worship on Sundays or call Don Metz (306-789-5241). Tickets include 10 oz. steak, baked potato, Caesar salad, St. Philip's Heavenly beans, bun and dessert.

**Flea Market!** Saturday, September 29 from 9 am to 3 pm at Knox-Met, 2340 Victoria Ave. Browse thousands of items. Free admission and amazing deals. Everything from games, to clothes, to household items. Lunch available with proceeds supporting the refugee sponsorship program. Find out more on Facebook - <https://www.facebook.com/events/662384357473724/>

## ***Are you interested in participating in the process to shape the future of Eastside United?***

Eastside United, in cooperation with the Wascana Presbytery, is undertaking a Joint Needs Assessment process and we are seeking members of the Eastside congregation that wish to participate on the committee. The purpose of the Joint Needs Assessment Committee (JNAC) is to consider and review the ministry and mission of our pastoral charge and the relationship with the community we serve. The JNAC then considers how what ministry personnel resources (staff and financial) are needed and possible to meet the mission and ministry for the pastoral charge.

We encourage you to get involved in this process that will create a path forward for Eastside. We anticipate that the commitment will be regular meetings for the next few months, with the process likely to be complete by the end of the calendar year.

If you are interested in participating, please contact the office at eastsideunited@sasktel.net prior to September 17, 2018. If you have questions regarding the process please contact Sarah Tkachuk at 306-527-5060 or stkachuk@kpmg.ca.

## **Matt Epp Concert, September 30 at 7 pm at the Living Spirit Centre:**

Matt, a regular performer at Skylight Festival, is a singer songwriter focusing on faith, social justice, love and peace. Come out and enjoy a great night of music. Tickets \$25 will be available at the office and at church starting this week. If you prefer, they can also be purchased through EventBrite at <http://bit.ly/2LYkqW3>.

**Music Ministry at Eastside:** Do you have a love of music? Want to be involved in delivering this critical ministry at Eastside? We are looking for a new **Music Director** as Cindy Haynes has retired this year! Do you know of anyone in our faith community who **plays trumpet**? There are a number of services each year for which this instrument is the perfect accompaniment! Please let Russell know of your interest. Cindy is continuing her leadership with the worship band, Arise!

**Turkey Supper** at Broadway United Church, 105 Broadway Avenue. Saturday, October 13, 2018 Sittings 4:15pm, 5:30pm and 6:30pm. Tickets: Adults \$18; children ages 5 to 10 \$10; ages 4 & under free. **Advance tickets only 306-352-1526.**