

September/October 2018

At a glance

Full descriptions of activities in bulletin.

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

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

September 2, 2018

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: Rev. Russell Mitchell-Walker
Greeting: Sheri Nupdal and Taylor Balfour
Prayers: Hazel Arbon
PowerPoint: Taylor Balfour
Pianist: Josh Hendricksen

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

Scripture Reading: Luke 12:13-34

Songs –

And On This Path MV #8
It's A Song of Praise to the Maker MV #30
You Are Holy MV #45
This Is Your Heart Linnea Good
Your Love O God to all you show Tune VU #541
Take My Life and Let it Be VU #506 vs 1,2,4,5
May God's Sheltering Wings MV #214

September Dates

8th LSC Women's Breakfast

9th Kickoff Sunday

Wear the jersey or colours of your favourite sports team!

10th LSC Meditation group resumes

13th Craft/Study program begins

15th Eastside at the Treaty 4 Pow Wow

16th Worship Band Arise!

20th Eastside Community Dinner 6 pm

25th 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 Women's Breakfast, Saturday, September 8, 8 to 10 am. Join us for breakfast and conversation. Our guest speaker this month is Sue Bernt who will be speaking to us about Hearing Loss. Sue will share her own personal journey with hearing loss and will also talk about coping strategies and how modern technology can help. All women are welcome. Bring two toonies to cover breakfast costs.

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 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>.

Treaty 4 Traditional Pow-Wow, part of the 32nd 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. This will be a great opportunity toward reconciliation through relationship building and experiencing culture!

Registration for Fall 2018 Holy Yoga: Holy Yoga classes are offered at two Regina locations: Living Spirit Centre and All Saints Anglican Hall, at different days and times. The fall session of classes will start the week of September 11, 2018 and registration has begun. Holy Yoga is exercise, stretching, relaxation, Christian scripture and prayer all in one enjoyable class. All levels are welcome. For further info and registration go to bigfishyoga.ca. You may also phone Connie at 306-551-6933 or email mokerw@sasktel.net.

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. 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.

Lifelong Learning Centre (LLC) reopening at College Ave. Campus: Join us for the LLC Fall Open House on September 8 from 10:30 am-2:30 pm at 2155 College Avenue. There will be free presentations, visits to classrooms, refreshments, and FREE gift for first 100 people in attendance. Participants can also enter draw for chance to win a FREE Fall Course. See poster on Eastside bulletin board for details.

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. TO CONSIGN email Hilary at 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!*

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 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 next week.

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