

February 2018
At a glance
Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
28 Worship 11:15 am World Religions: Sikh POTLUCK Cong Care Speaker Gong Bath 3 pm	29 Meditation 7 pm AA 8 pm	30 Cards 9:30 TOPS 6:30	31	1 Cong Care 10 am Craft Study 1:30	2	3 Epiphany Supper 5 pm
4 Worship 11:15 am Brandon Robertson via Skype Worship Band!	5 AA 8 pm	6 Cards 9:30 TOPS 6:30	7 Unconf. Pew 7 pm	8 Craft Study 1:30 Family Dinner 6 pm	9	10 Women's Breakfast 8 am
11 Worship 11:15 am Youth Service Open Hearts Hymn Sing for Carmichael	12 Meditation 7 pm AA 8 pm	13 Cards 9:30 TOPS 6:30 Shrove Tuesday Games Night	14 Ash Wednesday	15 Craft Study 1:30	16 Film & Faith	17
18 Worship 11:15 am Communion Wascana Worship 1:30 pm	19 AA 8 pm	20 Cards 9:30 TOPS 6:30	21	22 Craft Study 1:30	23	24 IMCF Breakfast 9 am
25 Worship 11:15 am Annual Meeting Potluck	26 Meditation 7 pm AA 8 pm	27 Cards 9:30 TOPS 6:30	28	1 Craft Study 1:30	2	3

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

January 28, 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.

A special thank you today to Gagan Deep-Singh for coming to speak to us on Sikhism.

Ministers:

Worship Leader: Ken Powers
 Greeting: Jean Henders and Holly Mah
 Congregational Care Greeter: Clare Banks
 Prayers: Anita Tessier
 PowerPoint: Kyan Benesh
 Music: Cindy Haynes
 Last week's attendance: 77

Ken's e-mail address: kmpowers@sasktel.net
 Hazel's e-mail address: pinkhouse@sasktel.net

Office Hours:

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

Scripture Reading: John 3: 1-8; 16-17

Songs –

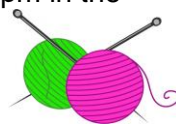
With Open Hearts
Make a Joyful Noise VU #820
Let there be light VU #679
We Give Our Thanks MV #187
Bring Many Names VU #268
Hope Shines as a Solitary Star MV #220

House of Esther is in need of a new house group leader to work with Dale Banks. Please see Dale if you can help share the work load a bit. Dale has been serving as house leader for some time and can show you the ropes. A huge thank you to Leona Martin who has shared the position with Dale until recently and has decided to step down at this time.

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: Monday, January 29 at 7 pm 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. For more info, please get in touch with Sheri Nupdal at sherinupdal7@gmail.com. We are switching to every other Monday until spring. Following dates are: February 12 and 26, March 12 and 16.

Eastside's Craft/Study Group Thursday, February 1 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 reading *The Great Spiritual Migration* by Brian McLaren. Let the office know if you'd like to jump in and we'll get you a book!



Congregational Care Faith and Wellness Speaker Series: Following our potluck lunch TODAY Sunday, January 28, Rev. Ken Powers will be speaking on his involvement with the Regina Multi-Faith Forum. In this series, we will hear from a number of Eastsiders on how their volunteer involvement is a critical component of living out their personal faith.

Gong Bath: TODAY Sunday, January 28 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.

You are invited to Russell and Brian's for a **House Concert with Skylight Festival Contributor, singer-songwriter Drew Brown**. January 29 at 7pm; doors open at 6:30 pm. Cost: \$20/person by cash/cheque in advance (payable: Russell Mitchell-Walker) or pay online (<http://bemindfullywell.com/rbmw-house-concerts-presents/>). Space is limited. Your payment gets your name on our list. A tradition of the R&BMW House Concerts – Punch will be offered as you arrive and home-made ice cream will be shared during intermission. You are welcome to bring an appetizer or dessert to share. There is a Facebook event “Drew Brown House Concert”.

Russell is on Sabbatical until April 2, 2018. We are grateful to Ken Powers and Hazel Arbon who have agreed to lead worship and offer pastoral care during this time. When not in Australia or at a conference, Russell will be focusing his sabbatical in the neighbourhood (the Parish), making connections, listening, and seeing where God is at work.

THE NEW PARISH – Connecting with the neighbourhood

As part of Russell's *New Parish* coursework, he is looking for two or three individuals interested in exploring a vision of our neighbourhood. There will be an assignment that will involve people from the congregation; watch for information about this after January 22. Have you put your pin on the *Who is My Neighbour?* map? See where our congregation members live on the map in the narthex.

Do you have a group in the neighbourhood that you have coffee with regularly? Russell would love to join you and have a visit with your group as part of his *New Parish* and sabbatical work. You can extend an invitation to Russell to join you between now and April.

Russell will be working out of a few different coffee shop “offices” while doing *The New Parish* study part of his sabbatical. If you would like to get together with him to talk about the neighbourhood, email him at russellmw88@gmail.com to see where he'll be on any given day.

Are you interested in how we can connect with the neighbourhood? Do you know or have a desire to know your neighbours? At the latest *Leadership in the New Parish* training, I have a "Practicing Parish" assignment that includes forming a Parish Team. Would you like to be part of this team? It would meet less than once a month to be a part of planning a Parish Sunday in the fall. Let me know at russellmw88@gmail.com

Another idea for sabbatical time: Do you know your neighbours? Would you be willing to have a gathering in March (or April) with your neighbours and invite me so we can talk about their experience of the neighbourhood? Let me know at the e-mail above.



FRIARS' BRIAR: From March 4 to 9, Regina will be the site for the annual Friars' Briar. This curling competition is held each spring during the national men's bonspiel and 2017 marks its 40th year! It welcomes clergy and spouses, and faith-based workers, from many denominations. Participants come from across Canada to enjoy some friendly competition and fellowship. Register a team, or register individually and a team will be assigned. More information and registration forms can be found on line at <https://friarsbriar.ca>. From the website: "The association aims to promote fine fellowship and good curling on a national basis among clergy and other associates."

Your Help Needed: As chairperson of the planning committee for the Friars' Briar I am asking if people would be willing to donate empty 4-litre ice cream pails with lids. We are having a banquet on March 8, 2018 and would like to donate any leftover food to Carmichael Outreach and plan to use pails for transport. Thank you for being willing to help in this way. There will be a box in the narthex until February 28 for pail drop off. ~
Jerry Borkowsky

Mark your calendars! The Living Spirit Centre will be hosting **A Taste of Skylight** event of Arts, Spirituality and Justice, April 20-21, 2018. We have confirmed Zarqa Nawaz, creator of Little Mosque on the Prairie! Visit the Eventbrite page for ticket information and to purchase and watch the Eastside website for more information on presenters.

The **Inhabit Conference** is a three-day experience (with Pre Day) April 26-28 dedicated to helping you practice faithful presence and seek the flourishing of your place. Join hundreds of practitioners from across North America at the beautiful Seattle School of Theology and Psychology for one of the most transformative breakthrough gatherings of the year. Join Russell as he attends this conference as part of his *Leadership in the New Parish* Course. He is encouraged to bring people from his community. A special ticket rate is available until February 25, 2018. The rates are \$119USD for individuals, \$109USD per person if there is a group of three or more. If you are interested, contact him at russellmw88@sasktel.net.

Epiphany Roast Beef Supper (Believe it or not, cooked by the men of Living Spirit Centre!) Saturday, February 3 at 5 pm. Entertainment by the Jazz Bandits Big Band playing jazz and familiar big band tunes from the 1940's to present day show tunes. Cocktails 5 pm; supper 6 pm (vegetarian option available); entertainment 7:15 with a dessert break. Suggested donation of \$12 to \$15 per person to cover costs with proceeds to charity. Donations gratefully accepted from the winemakers within the congregations for cocktail hour. Contacts: Ivan Millard (St.Philip) Jerry Borkowsky (BOL), Roger Burns (BOL) and Leif Riesach (Eastside).



The Uncomfortable Pew: Ecumenical Sensitivity at Weddings and Funerals. The Prairie Centre for Ecumenism invites you to a workshop Wednesday, February 7 at 7 pm at the Living Spirit Centre. Have you ever been to a wedding or funeral from a different denomination? Have you ever felt uncertain of what to do? Awkward? Excluded? Explicitly welcomed? Put at ease? Come and reflect on experience of ecumenical etiquette and sensitivity in a friendly and hospitable environment. Join us and share your experiences! For further information contact the PCE at 306-653-1633 or admin@pcecumenism.ca. Freewill offering.

SHROVE TUESDAY

Pancake Supper

TUES FEB 13 2018
5:30 to 7 pm

Featuring
Pancakes Sausages & Fruit

FREEWILL OFFERING

Living Spirit Centre
3018 Doan Drive
Info: 306-761-0556
Brought to you by the Bread of Life Youth

Join us for an **LSC Games Night** following the Pancake Supper on Tuesday, February 13. Bring a game you'd like others to play, or join in on something being played by others. **Would you like to learn how to play Mah-jong?** St. Philip's Rev. Nancy Yee is offering to teach us and has room for 12 players!

Please join us for World Religion Day and the premiere viewing of our Canada 150 project

National Highway to Harmonious Canada



Hosted by Multi-Faith Saskatchewan and the Regina Multi-Faith Forum

Sunday, January 28th, 2018
2:00 PM - 4:00 PM
Luther College Auditorium
U of R Campus
Refreshments to follow

Free Parking: Lot 13's
M or Z zones

Many thanks to:

- Access Communications
- Multicultural Council of Saskatchewan
- Canada 150
- South Saskatchewan Community Foundation
- Community Foundations of Canada
- Regina Multi-Faith Forum
- SaskCulture
- Saskatchewan Lotteries
- Luther College




A Helping Hand

REGINA PHILHARMONIC CHORUS
let your soul sing

Hymn Sing

for **Carmichael Outreach**

Sunday, February 11, 2018 at 3 pm
Knox-Metropolitan United Church
2340 Victoria Avenue, Regina



This Valentine's season share the love of music with the **Regina Philharmonic Chorus** and the **Halcyon Chamber Choir** at a traditional **Hymn Sing** in support of **Carmichael Outreach**.

Admission by donation in support of  CARMICHAEL OUTREACH

For more information go to www.reginaphilharmonic.com and carmichaeloutreach.ca.

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Spirituality of Parenting - Rituals and Spiritual Practice
February 17 from 2-4 pm at Knox-Met United Church (2340 Victoria Ave). Knox-Met has a regular gathering of parents and caregivers, who informally chat about the joys and challenges of caring for the spiritual nature of children. This monthly discussion is open to anyone, regardless of religion. Childcare is provided and if you are able, please consider bringing a snack to share. Find out more here:
<https://www.facebook.com/events/2036047776608961/>
February's conversation will be around building meaningful ritual and spiritual practice in your family.

February Family Dinner, Thursday, February 8 at 6 pm. All shapes and sizes of families are invited to join us for a meal and community. Arrive any time after 5:30. RSVP to the office by Tuesday, February 6, with numbers of adults and children or RSVP on Facebook. Suggested donation \$5/person, \$15/family. If you are willing to help with clean up let us know as well.

LSC Women's Spirituality Breakfast,
Saturday, February 10 from 8 to 10 am.

All women are welcome to join us for breakfast and conversation. Please bring two toonies to help with costs. Information on this month's speaker in next week's announcements.

