

May 2019
At a glance
Full descriptions of activities in bulletin.



ANNOUNCEMENTS

May 5, 2019

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: Russell Mitchell-Walker
 Greeting: Linda and Larry Fowler
 Congregational Care Greeter: Elaine Hill
 Prayers: Russell Mitchell-Walker
 PowerPoint: Stephannie Banks
 Music ministry: Michelle Dickie
 Last week's attendance: NA
 Last week's offering: \$3447

Congregational Meeting
Sunday, June 9
Program reports are due May 21.
Thank you!

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 through Thursday in the office, and working from home Friday.
 Coffee Shop Office Hours, Wednesday afternoon from 2 to 4:30 pm, at the Quance Street Second Cup for the month of May.

PRAYER SERVICES: Russell is inviting anyone who wishes to join him for a short service of prayer. Tuesday, at 12 noon, Wednesday at 8:15 am, and Thursday at 4 pm.

Scripture Readings: New Testament Reading: Acts 10: 1-17, 34-48
 Gospel Reading: Mark 4: 18-22

Songs:

This is the Day That God Has made MV #122
 Let us Build a House MV #1
 Hey Now, Singing Hallelujah
 Jesus, You Have Come to the Lakeshore VU #563
 It's a Song of Praise to the Maker MV #30
 Lord of the Dance VU #352
 Halle, Halle, Halle VU #958

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|--|--|--|--|---|
| 5 Worship 11:15 Communion Stwrdship 2 | 6 Meditation 7 pm AA 8 pm | 7 Cards 9:30 Prayer 12 pm TOPS 6:30 | 8 Prayer 8:15 am Music and You 7 pm | 9 Craft/Study 1:30 Prayer 4 pm Regina Cluster @ St. James 5 pm | 10 | 11 Women's Breakfast 8 am LBC Banana Sprint 1 pm |
| 12 Worship 11:15 Open Hearts Stwrdship 3 Response Cards due | 13 Meditation 7 pm AA 8 pm | 14 Cards 9:30 TOPS 6:30 St Andrew's Gala 5 pm | 15 Music and You 7 pm | 16 Craft/Study 1:30 | 17 | 18 Sikh Day Parade 11 am |
| Russell away at Festival of Homiletics, Minneapolis | | | | | | |
| 19 Worship 11:15 Prayer Candles | 20 AA 8 pm | 21 Cards 9:30 Prayer 12 pm TOPS 6:30 Grat. Team 7 pm | 22 Prayer 8:15 am Leadership Team, 7 pm Music and You 7 pm | 23 Craft/Study 1:30 Prayer 4 pm Community Dinner Faith Form. 7 pm | 24 St. Philip Lobster Supper 6 pm INI Café 6 pm | 25 ICF Breakfast 9 am |
| 26 Worship 11:15 Potluck | 27 AA 8 pm | 28 Cards 9:30 Prayer 12 pm TOPS 6:30 Film&Faith Holy Yoga fundraiser 7 pm | 29 Prayer 8:15 am | 30 Craft/Study 1:30 Prayer 4 pm | 31 | 1 Messy Church 4 pm |
| Living Skies Annual Meeting | | | | | | |
| 2 Worship 11:15 Communion | 3 AA 8 pm | 4 Cards 9:30 Prayer 12 pm TOPS 6:30 | 5 Prayer 8:15 am | 6 Cong Care 10 am Craft/Study 1:30 Prayer 4 pm | 7 | 8 Women's Breakfast 8 am LBC Big Shred |

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.

LSC Meditation Group: May 6 at 7 pm join us as Shauna Powers leads our meditation. 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. May 13 will be our last gathering until fall; we will be doing a colouring meditation and having a chocolate snack. Bring your favorite colouring pencils, crayons etc. if you like, there will be some provided.

Our group is planning to do a Sunday afternoon road trip to Moose Jaw to walk the labyrinth. It will likely be a Sunday in early June, further info to follow. If you are interested, please contact Elaine Hill at ehill@accesscomm.ca.

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 reading *The Inconvenient Indian: A Curious Account of Native People in North America* by Thomas King.

BAPTISM SERVICE COMING UP ON SUNDAY, JUNE 23: Do you or someone you know have a family that would appreciate knowing about this service? Please talk to Russell.

An Evening for St. Andrew's Gala & Fundraiser, Tuesday, May 14, 2019
Gathering 5 pm Dinner 6:15 pm at Wascana Country Club, Regina
Tickets \$125 (partial tax receipt), ticket deadline May 6, 2019
Contact your United Church or call the college at 1-877-644-8970.
GUEST SPEAKER Archbishop Don Bolen, EMCEE Shauna Powers
PRINCIPAL Dea. Richard Manley-Tannis, ENTERTAINMENT QuarterNotes Flute Ensemble.

Lobster Supper: St. Philip's annual Lobster Supper will be held on Friday, May 24. Doors open at 6 and lobsters will be served after 6:30. Tickets are \$35 per person (or chicken for \$20). Dinner includes salads, baked potato, buns, dessert and hot butter. Wine and beer will be available to purchase. For tickets or more information, contact Don Metz at 306-789-5241 or dmetz@accesscomm.ca.

If you have recently submitted a *Gratitude Program Response Card* with increased givings and have not yet received a thank you card, please check your Eastside mail slot. Deadline for submitting your Response Card is Sunday, May 12 when we will dedicate and celebrate these financial commitments at our final Stewardship worship service.

LSC Forever... in Motion program is taking a break until September!
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! More info will be available toward end of summer. **Start date Thursday, September 5 at 10 am.**

LUMSDEN BEACH CAMP NEWS

Registration is Open! Lumsden Beach Camp has programs for children from ages 5-18, plus a super fun Family Camp. Join us for a summer you won't forget. www.lumsdenbeachcamp.com

LBC Banana Sprint - Run, Walk, Roll or Stroll!

Join your friends from Lumsden Beach Camp on Saturday, May 11 at 1 pm in Wascana Park. This fun-run starts and ends behind the Royal Sask Museum. Friends and spectators are welcome!

Whether you want to take it slow or run as fast as a chee-qui-tah, the Banana Sprint will have you peelin' good. Participants will be given a banana at the beginning of the 3KM course and encouraged to eat their banana in a banana split at the end. There will also be a few camp-themed challenges along the way. Participants of all ages are welcome! There will be prizes for fundraisers, best costume, and more! To get more information or sign up contact Vicki at info@lumsdenbeachcamp.com or 306-539-7772.

The Big Shred

Saturday, June 8 – Living Spirit Centre parking lot (3018 Doan Drive)

In partnership with Crown Shred Recycling Management, Lumsden Beach Camp is inviting you to bring your paper recycling to us on June 8th.

The experienced professionals of Crown Shred will be on-hand and donating their services to take and confidentially shred whatever you bring. A single bag or a van load, we will deal with it for a donation (recommended \$5/bag or \$10/ box). Plus, you will be supporting Lumsden Beach Camp!

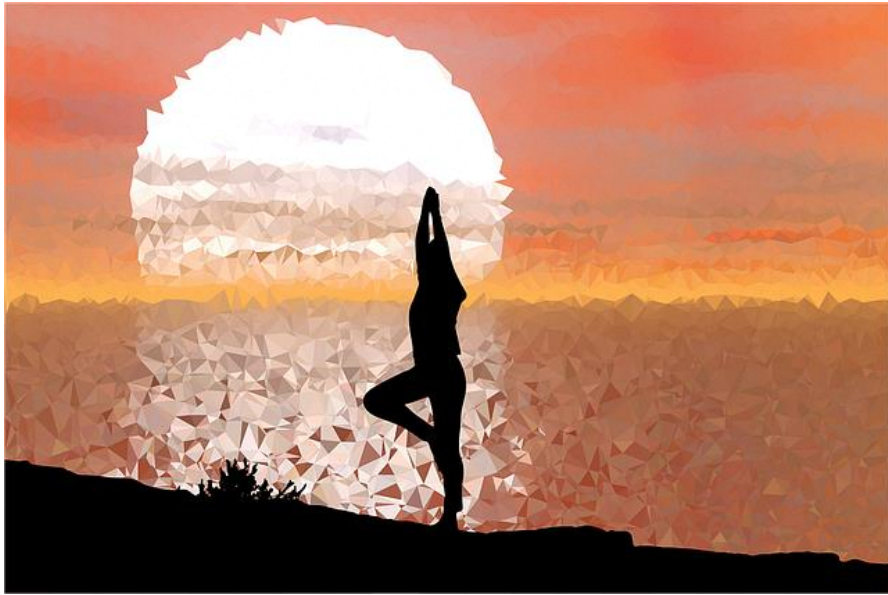
LSC Women's Spirituality Breakfast, Saturday, May 11 from 8 to 10 am:

This month's topic is "*Putting Your Best Face Forward: Facts about skin care you didn't know*". With more than 30 years in the complementary health industry, *Barb Bentley* has a wealth of knowledge and expertise as a Yoga Instructor and Touch for Health Coach. *Violet Fahlman* is a Nutritional Holistic Wellness Coach, Biofeedback Stress Reduction Specialist, author of the Simple Changes Cookbook, Spiritual Health Coach with a degree in Pastoral Studies (2018) and runs her own business from her home. Both Barb and Violet have overcome health challenges and passionately share information about their experiences. Barb and Violet will present on care of our skin and how products we use can affect our health. All women are welcome; please bring two toonies to cover costs.

Holy Yoga for Eastside

Have you ever wondered what *Holy Yoga* is? Want to find out and support Eastside United? On Tuesday, May 28 at 7 pm, Connie Moker Wernikowski has agreed to offer a Holy Yoga session at the Living Spirit Centre as a fundraiser for Eastside United Church. Whether you are new to Holy Yoga or a regular, you are welcome. Men who have been looking for an opportunity to try out yoga are especially encouraged. Minimum donation \$10, can be paid at the door.

Space is limited to 26 people so pre-register by calling 306-761-0556 or emailing eastsideunited@sasktel.net. Wear comfortable clothing that you can stretch in, and bring a yoga mat. If you need a yoga mat, please indicate that in your email RSVP as Connie has some extras.



Sikh Society Regina would like to invite you to attend their upcoming **Sikh Day Parade on Saturday, May 18**. All faith and non-faith communities are welcome to be part of the parade and experience the Sikh culture. The parade starts at 11 am from Sikh Society Regina (Gurdwara) 3905 Princess Drive and will proceed towards Legislative building on Regina Avenue and then return to the Gurdwara via McCallum Avenue. The parade promotes values of equality, respect for all, community service, compassion and diversity. Everyone, regardless of nationality, race, ethnicity, culture or faith is welcome to attend the parade. Free food (langar) and snacks are served both at the Gurdwara and at the Legislative building.

Next INI Café Friday, May 24, doors open at 6 pm, performances at 7 pm. Volunteers needed!



Music & You at the LSC

Join us for this series of three 90-minute sessions, running May 8, 15 and 22 at 7 pm. Wendy Hardman will lead us through this program that uses music to help you reduce stress, let go of tension, and release worry (which can translate into your feeling more relaxed, sleeping better, and being more energetic!) It's best to attend ALL the sessions, for you to derive the greatest benefit. Maximum 5-8 participants. All materials provided. Cost \$40 for all three sessions, with portion of proceeds going to Eastside United.

Living Skies Regional Council needs volunteers to do the work required of the region.

Please consider putting your name forward or encouraging others to put their names forward the work of the region. Often, we need encouragement from others to give us enough confidence in our ability to put our names forward.

The work of nominations is difficult without presbytery and presbytery reps who knew members in their area. Presbytery was often the starting place for volunteers in our church.

The nominations committee is looking for UC members for the following committees and commissions:

- Regional Council Executive including a treasurer
- Regional Council Planning Committee
- Regional Council Property Commissions
- Regional Council Nominations Committee
- Committee on Communities of Faith Support
- Committee on Lay Leadership Support
- Committee on Ministry Personnel Support

If you are interested in any of these positions, the Structure Document describing them is on the SK Conference website on the Region 4 page.

To put your name forward for any of these positions, please complete the Expression of Interest form which is on SK Conference website under Resources > Forms.

The links to the Structure document and Expression of interest form can be found in the April Region Ramblers.

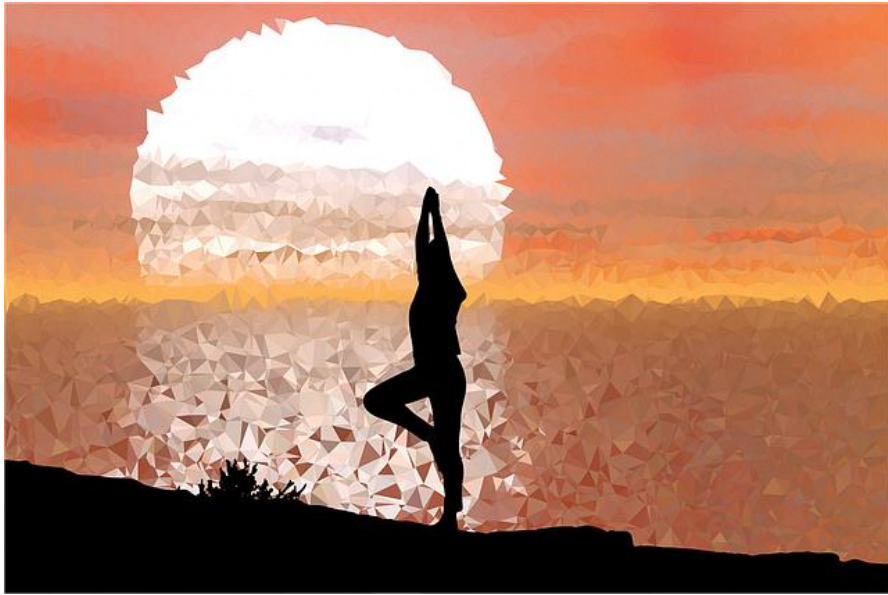
For more information contact a member of the nominations committee:

Miles Russell at psuc@sastel.net
Linda Gunningham at lindag@sasktel.net
Jason Richards at jasonrichards@shaw.ca
Lesley Parkin at lparkin4912@gmail.com
Diane Thurlow at dlht.thurlow@sasktel.net
Bev Kostichuk, chair at bkosti@gmail.com

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Diane Thurlow at dlht.thurlow@sasktel.net
Bev Kostichuk, chair at bkosti@gmail.com