

OPEN MINDS. OPEN HEARTS. OPEN DOORS.

New Tenants Make Joyful Additions to LSC Family

by Suzanne Joyce

The lower level of the Living Spirit Centre has seen a lot more mid-week activity over the past few months.

In fall 2015 we were joined by Myrna Pitzel Bazylewski who moved into the renovated nursery.

Myrna is a registered social worker and former social work professor. Through her counselling firm, **Garnet Counselling and Training**, Myrna sees children from 5 to 16 years of age who are experiencing problems with anxiety, depression, grief, adjustment to separation and divorce, sexual, emotional and physical abuse. Myrna also provides family therapy and marriage/couple counselling to help with issues that arise in families.

Located in the lower hall in the former nursery, Myrna's "playroom" - now fully equipped with puppets, dolls and dollhouses, sandbox, dress up clothes and art supplies - provides a child-friendly and safe place for children to express their emotions through play.

Setting up the room in mid-September, with help from the Property and

Maintenance Committee's Bob Stevenson and Don Metz, was exciting for Myrna as she extends her post retirement career to fulfil a need in the community.

More recently, the "waiting area" outside Myrna's office (between the men's and ladies' restrooms) also received child-friendly touches. Thanks to Jan Cibart and Glenda Hunter who painted a lively and inviting nature scene on the wall.

Myrna typically sees clients Wednesdays, Thursdays and Fridays each week, often working into the evening to accommodate the schedules of families with school-aged children. If you see her yellow placard in the lower hall, you'll know Myrna is hard at work improving the lives of kids and their families.

We are also excited to welcome **Munch Cafe and Catering**, who have been busy getting settled in the lower kitchen. Following a successful kitchen inspection by the Regina Qu'Appelle Health Region, Munch received their license to operate out of the LSC and the good news of their arrival became public.



TOP: Myrna and some of her toys
 BOTTOM: New mural in Myrna's waiting area

Munch Cafe and Catering is a dedicated team of individuals working hard to provide employment and food service training opportunities to adults with intellectual disabilities. They will initially offer catering services to the community, with plans for the enterprise to grow at its own pace into a sit-down cafe.

Munch's first big meal prepared in the LSC kitchen was part of a Food Tasting Night held on Friday, February 5. The event was a great success, serving tasty food to about 125 people and raising over \$1500 to go toward new equipment and company t-shirts/aprons for Munch staff!

We are pleased to be Munch's first catering client in their new home, as LSC staff have contracted Munch to prepare five Lenten Soup Suppers that will be served to congregation members prior to our Evening Prayer Services Wednesdays throughout Lent. Suppers will include both meaty and meatless soup options and bread, and will begin at 5:30 pm. The cost is \$5 per person, with kids under 12 eating for free. We'd love you to attend one or more of these suppers (and services!) and get a chance to meet the delightful folks at Munch in person. Please RSVP to the church office.

We hope you'll join us in welcoming Myrna and Munch Café and Catering to the LSC! We are excited to have two new businesses sharing our space that truly live out our collective mission of meeting the needs of the people in our community.

Munch cafe & catering



Munch staff hard at work preparing food for their Tasting Night on February 5.

*Slow Down with us
this Lenten Season*

Ash Wednesday Service
FEB 10 at 7 pm

Evening Prayer Services
Wednesdays at 7 pm
FEB 17, 24; MAR 2, 9, 16, 23
Join us for a simple soup meal
beforehand. 5:30 pm, \$5 pp
RSVP 306-761-0556

As I unclutter my life, I free myself to answer the callings of my soul.

Lenten 2016 Reflection

by Russell Mitchell-Walker

We once again enter into the season of Lent, a period of 40 days of reflection, letting go, renewal, and walking with Jesus in the wilderness. This season we have two study groups meeting through Lent, studying books that may help us reflect on our lives, our beliefs, and our church. The one is an ongoing group of the Craft/Study program, where we are exploring the book Did God Kill Jesus? by Tony Jones. This book explores the traditional understanding of the cross that Jesus 'died for our sins'. It also examines the history of sacrifice in our traditions and the variety of other understandings of the cross over the years. This is an appropriate study to be exploring through Lent! I hope to bring some of the learnings and insights to our Good Friday service.

The other group is exploring the book called Fishing Tips. This is the story of Hillhurst United Church in Calgary and how they went from a congregation of 50 to a thriving ministry in their community gathering over 250 worshippers each Sunday. There are many ideas and

insights we are gathering. This last chapter was called *Don't Fight the Resurrection* and talked about what might need to be let go of to move into new life. These were some of the questions raised which while focused on the church, can also apply to our lives:

What fears must I/we let go of?

Where are we/am I stuck and what needs to be let go of to get moving again?

How might we let go so we are more clear, more free, more trusting of where the Spirit might lead us?

Where is the experience of Spirit leading us/me?

These are good questions to reflect on for yourself this Lenten season, as well as for the church. A tradition during Lent has been one of giving up something. Letting go is another deeper practice. What are things – behaviours, practices, patterns – that are part of your life that you might need to let go of; that might be lifegiving for you to work on letting go. This is not easy. I am very much aware of this as I

take a coaching course that includes me being coached and working on some of these patterns and challenges of behaviour that do not serve me well. I know that by working on them and letting go, I will be more in tune with who God wants me to be. This is the purpose of Lent - self-examination to open ourselves up to being closer to God and who God is calling us to be.

We hope you will also take advantage of the opportunities we provide during Lent for some of this self-reflection: our Wednesday Lent services; the Lent Carbon Fast Calendar; and a new resource – *An Illustrated Lent* for families. May you have a blessed season of letting go and renewal.

Blessings,

Russell Mitchell-Walker

Diaconal Minister





Spring Sunday School Excitement!

by Amanda Tessier

Roses are red, violets are blue, it's almost spring, I can't wait, can YOU? With spring just around the corner there are lots of exciting things coming up. Our Valentine's party is on Sunday, February 14, come celebrate God's love that shines through all of us! Come March we will begin our Easter celebrations with our March 13th Sunday School lesson. Then we'll join in on Palm Sunday festivities with the multigenerational service on

March 20th. There will be no Sunday School on Easter Sunday and on the following Sunday, April 3rd. Sunday school will resume on April 10th with a new inter-faith curriculum we'll be incorporating into our weekly lessons. All are welcome! SS is taught by Taylor Balfour and Steph Banks. If you have questions feel free to contact Amanda Tessier the SS coordinator at a.c.tessier@hotmail.com.

IMCF Breakfast

Eastside continues its involvement with Indian Metis Christian Fellowship by preparing and serving breakfast the third Saturday of each month, from 9 am to 12 noon.

Six volunteers are needed to help make this happen. If you are able to spare any time at all, as your schedule allows, you are more than welcome. Volunteers typically help with setting up tables and chairs; laying place settings at the tables; preparing and cooking breakfast; clean up including washing dishes and putting away tables and chairs. All volunteers are invited to join in for breakfast and conversation, the emphasis is on fellowship. IMCF is a very family oriented facility; please talk to me if your children would like to be involved.

Our next breakfast is Saturday, February 27 and the one following is Saturday, March 26. Please contact Peter Braun if you are interested in helping on one of these, or a future, date.

CONTACT INFORMATION

If you would like to volunteer with the IMCF Breakfast please contact:

PETER BRAUN

peterbraun@myaccess.ca

306-789-3830

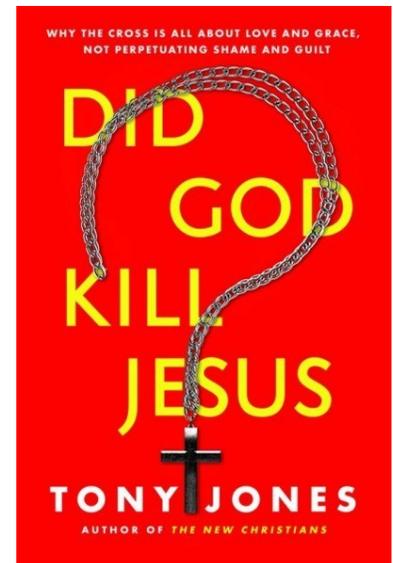
Craft/Study Group: New Year, New Book, New Space!

Eastside's Craft/Study Group has continued in the New Year, with the reading of the book, "Did God Kill Jesus?" by Tony Jones. The addition of new members has warranted a larger space for the meetings, which now take place in the East Sanctuary.

The group meets each Thursday afternoon at 1:30 pm. Members read a chapter of the book during the week and discuss it as they do their handiwork.

The formal part of the meeting is always followed by coffee time and fellowship.

We have an extra copy of the book for anyone who would like to pop in for a week ... or longer! Newcomers are always welcome.



Many benefits for LSC Meditation Group members

by Sheri Nupdal

The Living Spirit Meditation Group started up this fall. We meet on Sunday evenings at 7 pm in the East Sanctuary for about one hour. To date we have 18 members. Elaine Carlson leads most of the meditations, but occasionally some of our members lead the group.

Meditation can be a tool to alleviate stress, deepen your spirituality, improve your focus and for relaxation. No previous meditation experience is necessary. All are welcome!

If you would like more information please contact Sheri Nupdal at sherinupdal7@gmail.com.



Health and Wellness Series connects congregation to community resources

by Suzanne Joyce

Each year, Eastside's Congregational Care Committee schedules three to four speakers to present on a range of health and wellness topics. These presentations typically take place following the monthly potluck lunches, and have included topics such as addiction, mental illness, and problem solving using the Enneagram.

This speaker series was designed to bring the wealth of resources in the community to the members of our congregation. It has proven to be a great way for Congregational Care to be involved in supporting everyday wellness of Eastside members.

And indeed, the role of Congregational Care has typically been to reach out to people in need: those who are ill, who have lost a loved one, and who are confined to their homes due to disability. "If everything is good in your world, you won't hear from us", says one committee member, referring to the predominant role of the committee in the past.



While this support role of the committee is critically important, it is of benefit both to committee members and the congregation, for Congregational Care to have a role on the wellness and prevention side of the equation as well.

If you would like to be involved in Congregational Care, if you would like a visit, or if you know of or would like to request a future speaker, please let Russell know.

Don't miss upcoming speakers in the Series:

Sunday, February 28

Myrna Pitzel Bazylewski, play therapist at Garnet Counselling and Training, will speak on the use of play therapy in child development.

Sunday, April 10

Brian McDonald with Catholic Family Services will speak on approaching people in crisis.



Worship at Wascana Rehabilitation Centre

On the third Sunday of every other month, Eastside United Church volunteers hold a worship service for residents at the Wascana Rehabilitation Centre. The service takes place at 1:30 pm and volunteers arrive at the Centre a half-hour ahead of time to usher worshippers from their rooms to the chapel.

Our next service is scheduled for Sunday, February 21. If you are able to assist, please contact [Shelly Williams](#).

This important outreach ministry provides one of the only opportunities for patients at the Centre to attend a worship service. Thanks for your support!



You too could look this cool!

We are grateful to all the Eastside folks who have stepped up and offered to drive residents from Queen Victoria Estates to our Sunday worship services. We could still use a few more drivers on our roster. If this is something that appeals to you, please let the [office](#) know and we'll get you all the info you need.

Eastside in the Community

NEW FEATURE! In each issue of *Horizons*, we hope to highlight a member of Eastside working to make their community a better place. Here we begin with a submission by Rachel MacDonald. If you would like to tell us your story, or the story of an Eastsider you know, please let Suzanne know.

I've been at the Regina Open Door Society since 2006, as a full-time and part-time English as an Additional Language (EAL) teacher. I teach literacy and English to ten non-educated former refugees, but we have more than 350 students in our programme. Six ethnicities and 4 religions get along in my classroom!

As a kid I was a natural welcomer. I understand being different, ethnically and otherwise, and my family is multi-ethnic and travels a lot. One of our settlement workers used to take immigrants to appointments and I would see them, and think what a great job that would be!

I've volunteered in global justice groups, refugee sponsorship and travelled with a Christian group to seek justice for the poor in the Philippines, and when I subbed at RODS I felt that NGO passion for making a difference.

As a Christian and social gospel adherent, I feel we can build a better world. Faith enters into it, because Jesus tells us to love all, radically, even the aliens in our midst. My relatives' example as Christians taught me to include and see with an open heart how we are all God's children, acceptable and loveable. I want to bring this love to the world, in Jesus' way, too.

Canadian culture is so intertwined with Christianity that it's a puzzle to share this reality, but not be seen as trying to convert people. I pray for my students and for understanding to meet their learning needs better, and to hear and



Rachel MacDonald has been at the Regina Open Door Society since 2006.

respond with compassion and flexibility. I feel God is helping me in doing this.

I learn from the kindness, humility and dedication of other staff members, and also from my students. Among other things, refugees have taught me joy and gratitude. Illiterate people have taught me how to see the world in a less-formatted, more reality-based manner. EAL students have taught me to speak English and be Canadian in a way that reflects on how you are being received, and that others' ways of expression and being can be so vastly different yet just as valuable as our own.

Open hearts, open minds, open doors.

Welcome Lent!

A Lenten Calendar for Eastside Kids!

14	13	12	WALK THE LENTEN PATH...			
15 	 Lent	11	2 nd Sunday of Lent	10	9 	8
16	Prayer, Fasting & Almsgiving					7
		34	33 	32	31	
3 rd Sunday of Lent					30	6
17					29	5
18	35				5 th Sunday of Lent	1 st Sunday of Lent
19	36				28	4
20	37				27 	3 
21 	38 Holy Thursday 	39 Good Friday 			40 Holy Saturday	26
22	4 th Sunday of Lent	23	24	25	 Lent	1  ASH WEDNESDAY

Join Us for Holy Week 2016

Palm Sunday

**“A Walk Through Holy Week”
March 20, 11:15 am**

Maundy Thursday

**Teaching Seder
with Rabbi Jeremy Parnes,
followed by Holy Communion
March 24, 7 pm**

Good Friday

March 25, 7 pm

Easter Sunday

**Sunrise Service
at St. Anthony’s Mausoleum
March 27, 6:30 am**

**Easter Worship Service
All Ages Celebration of the Resurrection
March 27, 11:15 am**

**All are
welcome!**

**Info: 306-761-0556
eastsideunited.ca**

Eastside Family Dinner Thursday, March 3 5:30 pm

We provide supper,
you come for community.

Please RSVP to Russell.



10th Annual St. Andrew's College Dinner Wascana Country Club April 19, 2016 Doors open at 5 pm, dinner at 6:15

Guest Speaker:
Dr. Gordon Barnhart, Acting
President of the University of
Saskatchewan
Entertainment:
Harmony to Go

We hope you will join us for a
stimulating evening with good
conversation, very fine food, an
exceptional speaker and delightful
entertainment.

Tickets are \$110 each, available
through Leona Martin or by
contacting St Andrew's College at
1-877-644-8970.

Horizons: The Newsletter of Eastside United Church

3018 Doan Drive, Regina, SK S4V 1M1 306.761.0556

eastsideunited@sasktel.net

www.eastsideunited.ca

Follow us on twitter @Eastside_united;

Like us on facebook (Eastside United Church)



LENTEN CARBON FAST

Lent is a time of fasting and refection. It is linked to the 40 days that Jesus spent in the wilderness discerning the direction for his ministry. During Lent you are invited to engage in a carbon fast for the climate. The purpose of this calendar is to raise awareness of the carbon footprint we make in our daily lives. Explore what practices you can engage in during Lent and afterwards to care for the Earth.

			Feb. 10 Ash Wednesday Service 7pm Allow the Ashes to be Your first commitment to your carbon fast for the upcoming weeks	Feb. 11 Go vegetarian Once in A while. You will be Saving water Which would Be used To raise The animals And trees Needed to Create clear pastures	Feb. 12 Smart Fish Friday Educate yourself on which fish species are sustainable and the threats to life under the ocean's curtain. http://bit.ly/14oqNMO	Feb. 13 Go digital. Do not print unnecessarily, download digital copies of software, and avoid collecting things like phone books when the job can be done online
Feb. 14 Eating Genesis 2:15 Consider Your church's Catering practices. Can you Give up On Styrofoam? Bring your own mug to church?	Feb. 15 Meat Free Monday Commit yourself to only buying free range products during Lent. Research the conditions of factory farmed animals.	Feb. 16 What's In a Wonderbag? Wonderbags Have many different advantages for cooking and saving. http://bit.ly/1msQ9vM	Feb. 17 Buy local. Have a dinner with ingredients From only Your area and taste The deliciousness from what can be made near you!	Feb. 18 Write down what food you threw away this week. Aim to reduce it by a third by eating leftovers & shopping more carefully— using a list and planning your meals.	Feb. 19 Smart Fish Friday Plan to grow vegetables, herbs and fruit in your garden. If you don't have one, start one or use pots on a windowsill or in a sunny spot.	Feb. 20 Use a smaller plate, you will have leftovers to eat later, will reduce calories and will not provide as much demand on the production of food

<p>Feb. 21 Moving Psalms 20:7</p>	<p>Feb. 22 Meat Free Monday Check your Tire pressure, under inflation can cause a 5% decrease in fuel mileage, releasing more pollution.</p>	<p>Feb. 23 Keep your Car tuned up, track your fuel economy. Your wallet will be fat and your emissions low.</p>	<p>Feb. 24 Recharge Your batteries. Rechargeable Batteries can Last 300 times Longer than Single use. And always Find a place To recycle them.</p>	<p>Feb. 25 Properly maintain major appliances and use reasonable temperatures. fill your empty fridge space with water and the freezer with ice.</p>	<p>Feb. 26 Smart Fish Friday Conserve Your light, Turn off fixtures when not in use, and use LED and other wattage lowering options</p>	<p>Feb. 27 Car Pool! Find a group To go to church with And some Office mates That are Close by or On the way. Or Walk!</p>
<p>Feb. 28 Recycling Jeremiah 6:16</p>	<p>Feb. 29 Meat Free Monday Think twice About taking A bag if your purchase is small, reuse bags and bring a cloth bag or bags</p>	<p>March 1 <i>Commit to Fasting and Praying for The climate On the First of every Month – that we live out the commitments from the Paris Agreement. Avoid using styrofoam packaging, when getting to-go use recycled paper or a reusable container</i></p>	<p>March 2 Recycle! Be aware Of packaging, Buy glass Which can Be easily recycled, and avoid excess packaging and keep an eye out for recycled containers</p>	<p>March 3 Lend ladders, mowers, share shopping trips and trade things in your community to reduce unnecessary purchasing.</p>	<p>March 4 Smart Fish Friday Arrange A swapping party. Exchange clothes, DVDs, CDs, jewelry And bags So everyone Gets something New without An extra trip.</p>	<p>March 5 Shop second hand. Save money on the products you buy, and save the transport and production costs. Great for items quickly outgrown!</p>

<p>March 6 Consuming Matthew 14:19</p>	<p>March 7 Meat Free Monday Use non-toxic products, Like natural Fibres and Home remedy cleaners</p>	<p>March 8 Keep your Lawn mower Blades sharp, Use compost For fertilizer And to lower Waste and Remember a Longer grass Will keep more moisture</p>	<p>March 9 When giving gifts, consider subscriptions or memberships to eco organizations and always give environmentally friendly products</p>	<p>March 10 Bring your Green Ideas To the office, Use ceramic Coffee cups, recycled envelopes and get your coworkers to join in.</p>	<p>March 11 Smart Fish Friday Give back By planting A tree, and Educate yourself On Invasive Species In Your area</p>	<p>March 12 Cut down On junk mail. There are many services to help reduce unwanted mailings; you will reduce clutter In your mailbox, save paper and countertop space</p>
<p>March 13 Flowing John 4:14</p>	<p>March 14 No Meat Monday How old is Your hot Water heater? Insulate Your hot Water tank, energy efficient tanks should stay at a temp of 60°C.</p>	<p>March 15 Don't go with the flow. Do not keep taps running when brushing teeth, washing dishes or cleaning your car</p>	<p>March 16 Pick up the Trash along The lake, water way or park nearby.</p>	<p>March 17 Check your flush: Fill a two litre bottle with water and put it in your toilet tank, count how many times your family flushes and figure your savings!</p>	<p>March 18 Smart Fish Friday Minimize evaporation by watering plants deeply and during the early morning or late afternoon</p>	<p>March 19 Rethink Bottled water, refill It with tap water, a great choice for the environment, saving money and possibly keeping you healthy</p>

Adapted from 2015 Lent Carbon Fast, Global Catholic Climate Movement.