

October/November 2018

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
21 Worship 11:15 Prayer Candles	22 Meditation 7 pm AA 8 pm	23 Cards 9:30 TOPS 6:30	24	25 Craft/Study 1:30	26 Film and Faith	27 ICF Breakfast 9 am
28 Worship 11:15 Potluck	29 Meditation 7 pm AA 8 pm	30 Cards 9:30 TOPS 6:30	31 	1 Craft/Study 1:30	2	3
4 Worship 11:15 Communion	5 Meditation 7 pm AA 8 pm	6 Cards 9:30 TOPS 6:30	7	8 Craft/Study 1:30	9	10 Women's Breakfast 8 am
Photo Sitzings 2:30 – 8:30 pm						
11 Shared Rem Day Worship 10 am 	12 Meditation 7 pm AA 8 pm	13 Cards 9:30 TOPS 6:30	14	15 Craft/Study 1:30 Community Dinner 6 pm (volunteers needed)	16 Evening of Music and Song 7 pm	17
18 Children's Sunday Worship 11:15 Prayer Candles	19 Meditation 7 pm AA 8 pm	20 Cards 9:30 TOPS 6:30	21	22 Craft/Study 1:30	23	24 ICF Breakfast 9 am
Russell away Skylight Meeting						

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

October 21, 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: Russell Mitchell-Walker
Greeting: Brenda and Barry Adamko
Congregational Care Greeter: Barb Rio
Prayers: Lucille Henderson
PowerPoint: Janet and Sterling Bjorndahl
Music ministry: Michelle Dickie
Last week's attendance: 52

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:

Russell will be in the office Tuesday through Thursday, with coffee shop office hours Wednesday from 2 to 4:30 pm; working from home Friday.

Scripture Reading: Samuel 11-1-5, 14-17, 26-27; 12: 1-9
Psalm 51 p 776

Songs –

Come All You People MV #2
God Who Gives to Life its Goodness VU #260
I Can Feel You Near Me (Jump for Joy) MV #48
God Weeps MV #78
What Can I Do? MV #191
There's a Wideness in God's Mercy VU #271
May the God of Hope VU #424 vs 1

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, October 22. 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 Thursdays at 1:30 pm in the East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are reading *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!

Music Ministry at Eastside: We are thrilled to announce that Ethan Williams has offered to lead the choir for Advent/Christmas and Lent/Easter, and Maureen Hughes is willing to lead it the rest of the time. If you would like to join the choir, let Ethan know (ethanwilliams4@gmail.com). If you wish to offer music (singing, instrumental) in a service before Advent, let Russell know.

We are looking at having a Transfer of Membership service on October 28. If you would like to officially transfer your membership to Eastside, please let Suzanne know. She'd be happy to help make it happen.

The Living Spirit Centre presents An Uplifting Evening of Music and Song, Friday, November 16 at 7 pm. Rachel MacDonald and Joshua Hendricksen are looking forward to providing a night of joyful and hope-filled entertainment for a glorious winter evening. Tickets \$20 available from Clare 306-781-4121 or c.banks@sasktel.net. The evening will include pie and beverages and a pie auction at intermission. Door prizes too!

Are you curious about the Joint Needs Assessment Committee (JNAC) process that Eastside is undertaking? Committee members include Sarah Tkachuk (chair), Janet Bjordahl, Brian Abrahamson, Linda Fowler, Taylor Balfour and Anita Tessier, as well as Diane Gingras from St. Philip Anglican, Doug Schmidt from Bread of Life Lutheran and Bryan Tudor and Cameron Fraser from Wascana Presbytery. The UCC Handbook covering the JNAC process can be found at <http://bit.ly/JNACprocess>.

There will be a tri-parish **Remembrance Service at the Living Spirit Centre on Sunday, November 11 at 10 am.** This will be Eastside's weekly worship service. **There will be no worship at 11:15 am.**



LSC PHOTO DIRECTORY: BOOK YOUR PHOTOGRAPHY SITTING NOW! The online tool for booking your photography sitting can be found at <http://bit.ly/lscphotos>. **Remaining dates include November 6 through 8 (2:30 pm to 8:30 pm).** **If you need help making your booking please contact Suzanne in the office at eastsideunited@sasktel.net.** And remember, you are under no obligation to purchase photos! Your only commitment is the 30 minutes it takes to get your photo taken and choose any portraits you would like. **We have found the photo directory to be a really valuable tool for congregation members to stay in touch with each other. Thank you for your help making our 2018 Directory a reality!**

The **Newcomer Integration Society** has citizenship classes for refugees/new Canadians that they would welcome us to attend. They have started and are Tuesdays at Glen Elm Library 7-8 pm or Thursdays at South Library 2-3:30 pm. They also could use a retired educator to help out. For more info, speak to Russell.

Did You Know...? There is an automated external defibrillator (AED) at the LSC! This portable electronic device automatically diagnoses life-threatening cardiac events and is able to treat them through defibrillation. With audio and visual commands, AEDs are designed to be simple to use for the layperson. The LSC AED is hanging in an alarmed box beside the elevator in the narthex. This box is not locked, but an alarm sounds when the door is opened to prevent tampering and notify those in the building that an emergency may be in process. Staff and LSC program leads have received a brief training on use of the AED.

Jeremy Campbell, 25 years of age, died tragically on July 3 in Japan. His brother Zach turned people's desire to help with the cost of repatriating Jeremy back to Regina into something positive. **Zach is instead raising funds to sponsor a Syrian refugee family of four to join their immediate family here in Regina.** The Campbell's are working with the Regina Lutheran Refugee Committee and the money raised will go to the St. Mark's Lutheran Refugee Fund for this private sponsorship. The fund is approaching its goal - only \$3000 to \$4000 left to go! Any contribution you can make could help realize Jeremy's legacy. The link below will direct you to the fundraising site plus tell you a bit more about Jeremy and the family who will benefit from this tragedy. <https://www.gofundme.com/help-sponsor-a-refugee-family> Thanks for any help you can give. The Seal Family

YOUR NAME HERE

We will be placing an order for name tags shortly. Please let Suzanne know if you would like one. Cost will be \$8 and can be left in a specially marked envelope with your offering or in the office.

A Workshop on Mindfulness Based Stress Reduction with Dr. Todd Sojonky at the Living Spirit Centre on Tuesday, November 13 at 7 pm: Mindfulness Based Stress Reduction is rooted in the work of Thich Nhat Hanh and Jon Kabat –Zinn (University of Massachusetts Medical Centre). It is an evidence-based best practice approach for personal well-being and emotional health. *Dr. Todd has taught Mindfulness Based Stress Reduction for over twenty years. He is a registered doctoral psychologist in private practice at 3018 Doan Drive in Regina, Saskatchewan (306-737-6533). He works in the areas of marriage and family counselling, depression, anxiety, stress, eating disorders and addictions. He is a published author and has lectured throughout Canada and in Ireland.*

Sunday, November 18 Children's Sunday worship service requires individuals of all ages to serve on a multigenerational planning team. Let Russell know if you are interested.

Gifts with Vision catalogues are back and on the shelves in the narthex. If you are looking for a more meaningful gift for that person who has everything, there are some great options contained in these pages! You can also visit www.giftswithvision.ca to shop online!

THANK YOU: The St. Philip Anglican Church Ladies' Guild would like to thank all those members of Eastside who helped with the funeral lunch for Bob Stevenson on Tuesday, October 16. It was very much appreciated!

Messy Church at the Living Spirit Centre: Sunday, December 2 at 4pm
An event for families – crafts, worship, meal! This is a shared ministry program. Volunteers needed in each area from all three congregations. We are taking primary responsibility for the crafts. See Russell if interested.

We will be putting together a **newsletter** in time for Advent. Please send content to Suzanne!

YOUR NAME HERE

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