

January/February 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12 Worship 11:15 Open Hearts Jar POTLUCK	13 Meditation 7:15 pm AA 8 pm	14 Cards 9:30 TOPS 6:30	15 Coffee Shop 2 – 4:30 pm 2 nd Cup Faith Formation 6:30 pm	16 Forever in Motion 10 am Craft/Study 1:30 pm	17	18
				Russell Away – Skylight Gathering		
19 Worship 11:15 Prayer Candles ICF Chili Cook-off 4:30 pm	20 Meditation 7:15 pm AA 8 pm	21 Cards 9:30 TOPS 6:30 Gratitude Dinner	22 Coffee Shop 2 – 4:30 pm 2 nd Cup Community Potluck	23 Forever in Motion 10 am Craft/Study 1:30 pm Comm Dinner 5:45	24 INI Café 6 pm	25 ICF Breakfast 9 am
26 Worship Mental Health Awareness 9:30 am	27 Meditation 7:15 pm AA 8 pm	28 Cards 9:30 TOPS 6:30	29 Coffee Shop 2 – 4:30 pm 2 nd Cup	30 Forever in Motion 10 am Craft/Study 1:30 pm	31 Film & Faith	1
2 Worship 11:15 Communion	3 Meditation 7:15 pm AA 8 pm	4 Cards 9:30 TOPS 6:30 Gratitude Team	5 Coffee Shop 2 – 4:30 pm Brewed Aw	6 Cong Care 10 am Forever in Motion 10 am Craft/Study 1:30 pm	7	8 Women's Breakfast 8 am Epiphany Dinner
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TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

January 12, 2020

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: Lil Grauer and Alma Pockrandt
Congregational Care Greeter: Barb Rio
Prayers: Linda Fowler
PowerPoint: Ernie Poirier
Pianist: Michelle Dickie

Last week's attendance: 59 Offering: \$4247.35 Weekly budget: \$1100
(not incl. PAR)

Office Hours:

Suzanne's hours during transition; Fridays 8:30 am to 3:30 pm

Russell's Office Hours:

Tuesday, Wednesday and Thursday, working from home Friday
Russell's e-mail address: russell.eastside@sasktel.net

Russell will again be holding **Coffee Shop Office Hours** Wednesdays through January from 2 to 4:30 at Second Cup on Quance Street.

Scripture Reading: New Testament Reading: Acts 10: 34-43
Gospel: Matthew 3: 13-17

Songs –

Deep in our Hearts MV #154
Arise Your Light is Come VU #79 vs 1
Will You Come and See the Light VU #96 vs 1,2,3,5
Jesus Came Bringing Us Light MV #33
I Was There to Hear Your Borne Cry VU #644
O God you are both light and love Tune VU #541
O Master Let Me Walk with Thee VU #560
We Will Go with God MV #223

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.

Forever... in motion at the LSC, Thursday mornings at 10 am!

Forever... in motion is a physical activity program for adults 50 and over. And it's FREE! Wear comfortable clothing and running shoes, and bring a water bottle. For more information please call Heather at 306-737-4681.

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 *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* by Jonathan Brooks.

LSC Meditation Monday, January 13 at 7:15 pm. This week will be a meditation led by Maureen Hughes. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

Eastside Community Dinner, Thursday, January 23 at 5:45 pm. We begin with a short service – prayer, scripture, candle-lighting, singing – followed by a meal. Please RSVP by January 21 if you can join us. Suggested cost \$7/person; \$20/family. Pay in advance at the office or purchase a ticket at www.Bit.ly/Dinnertickets. We'll need helpers for set up and clean up – come have fun with us! Talk to Russell if interested.

CONGREGATIONAL CARE FAITH AND WELLNESS SERIES:

February 23, March 22, April 26, 2020 following Eastside's potluck lunch.

February 23 - Connie Moker Wernikowski will talk about Holy Yoga and lead us through some focused breathing exercises. For more information about Connie and Holy Yoga, check out her website, bigfishyoga.ca.

March 22 - Elaine Carlson will describe how the practice of meditation can calm us and improve our health. She may lead us through a short meditation.

April 26 - Munch Café will share about their work including our partnership with Glen Elm School. Munch is providing lunch (freewill offering, \$10) and showcasing some of their lunch menu.

January 26, 2020: Shared Mental Health Awareness service at the LSC at 9:30 am, with Dr. Todd Sojonky and Anne Penniston Gray presenting during the sermon time. This will be in place of our regular 11:15 am service.

LSC Men's Epiphany Supper, Saturday, February 8, 2020 in the Lower Hall of the LSC. Happy Hour 5 pm; buffet style dinner 6 pm. Cost \$ 20 per person includes your beverage. Proceeds from the dinner will be donated to a local charity. Sign up in the narthex before or after worship to express intention to attend; pay at the door. ***We would also like to have two men from each congregation to be part of the planning group.*** If you are willing to help please contact Jerry Borkowsky text or phone 306-529-9259, email pastorj@sasktel.net.

EXPLORING THE UNIVERSAL CHRIST: An 8-Week Book Study in Regina. If you are looking for a more inclusive and compassionate spirituality, you are invited to join a book study featuring Fr. Richard Rohr's newest book, *The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe*. Tuesday evenings, 7:30 – 9 pm, beginning January 14, ending March 4. Location: St. Luke's Anglican Church, 3233 Argyle Road, Regina. Facilitator: Margi Hollingshead. Cost: \$80, which includes the companion study guide. Come with your own copy of *The Universal Christ* and the ability to commit to at least six of the eight sessions. Minimum eight participants are needed to offer this program - registration deadline Jan 9.

5th Annual ICF Chili Cook-off January 19 at 4:30 pm at Luther College. Our entry will be in place, we need folk to come and vote for our chili today at our potluck lunch! Tickets available at the office for adults \$10, kids \$5.

Full Tilt: Contemporary Dance Choreography by Connie Moker Wernikowski. These performances, January 17 at 7:30 pm and January 18 at 2 pm at the Shu-Box Theater, Riddell Centre, U of R. For tickets, visit Eventbrite.ca and search "Full Tilt Connie".

Week of Prayer for Christian Unity: The 2020 theme, "They showed us unusual kindness" (Acts 28:2), remembers the historic shipwreck of St. Paul on the island of Malta and calls us to a greater generosity to those in need. You are invited to join in prayer with other Christians on January 26 at 3 pm at All Saints Anglican Church, 142 Massey Road, Regina. Our preacher will be Pastor Joel Russell MacLean (First Baptist, Regina). All are welcome.

Our next ICF Breakfast is Saturday, January 25 from 9 am to 12 noon. The fourth Saturday of each month, Eastside volunteers help set up, serve and clean up following breakfast for residents of north-central Regina. Please come help with this awesome, feel-good ministry! Let Doug know of your availability for this or a future breakfast at dscheurwater@sasktel.net.

Office Transitions: Over the Christmas break, we received notice from Suzanne Joyce, our Data and Communications Coordinator, that she has been hired by Ducks Unlimited Canada as their new Communications Specialist. While we are excited for Suzanne in this new opportunity and challenge, it is a great loss for Eastside. Many of you will know Suzanne as the friendly welcoming presence in the office who offered us great expertise in a variety of areas, including weekly emails, social media, and promotional materials. While she starts her new position next week, she will continue to serve Eastside on Fridays to help with the transition and prepare the weekly emails, PowerPoints for worship, and printed announcements. The Ministry & Personnel Committee, along with the Leadership Team, are working on a job posting that should be released by the end of this week. We will be having a celebration of Suzanne's ministry with us at the Gratitude Dinner on January 21. In the meantime, please pop by the office to give her a hug. (*Suzanne wrote that last bit.*)

INI Café, Friday, January 24, doors and canteen open at 6 pm, performances at 7 pm. Wanda Gronhovd + other performer TBA!

Film and Faith, Friday, January 31. Stay tuned for details on movie selections and keep an eye on our Facebook page to vote for your preference and RSVP!

MESSIAH SING-A-LONG BENEFIT CONCERT Calling all singers and music-lovers: The Halcyon Chamber Choir will be hosting a "Messiah Sing-a-long" Concert on Sunday, January 19 at 4 pm at Knox-Metropolitan United Church. This will be a benefit concert: admission at the door will be by donation, and all proceeds will go to Carmichael Outreach to assist in their on-going work with the poor in our city. We will be presenting a shortened version of Messiah, which will include our favourite solos and choruses, and we will be accompanied by an orchestra and our majestic Casavant organ. So come out and bring a friend, and remember to bring your Messiah score, as we usher in the New Year with this glorious music. Contact Hart at hartgodden@hotmail.com.

JOB POSTING: Communications and Office Coordinator (part time)

Eastside United Church is a progressive spiritual community and an Affirming Ministry of The United Church of Canada, located in east Regina. The *Communications & Office Coordinator* provides administrative support to the Minister and congregation at Eastside by developing and maintaining communications initiatives, collecting and managing information to support Eastside programs and handling office tasks.

The ideal candidate will be a multi-tasker with excellent communication skills, an upbeat attitude and experience in office coordination, proficiency to use a variety of communication tools including social media.

Essential Functions:

- Compile content for, create and/or manage communications, including: congregation web site, social media platforms, weekly email (using MailChimp), quarterly newsletter, and promotional materials for events and programs
- Support the Minister in preparing PowerPoint and print materials for weekly worship
- Provide assistance to Eastside task groups and volunteer committees as appropriate
- Collect and manage membership information and produce reports for leadership
- Provide general administrative and office support including reception

Job Type: Half time (approx. 20 hours/week) – hours of work are negotiable.

Qualifications:

- Experience in communications or marketing
- Strong computer skills including familiarity with database management, desktop publishing, web publishing and social media (Facebook, Instagram, Twitter)
- Office experience and strong organizational skills
- Strong written and verbal communication skills
- Polite and professional with a genuine desire to help people

To apply for this position e-mail resume and cover letter to eastsideunited@sasktel.net.

This competition closes on January 31, 2020.

Thanks for your interest. Only candidates selected for interviews will be contacted.

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