

April/May 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5 Online Worship 11:15 Palm Sunday Walk Through Holy Week Open Hearts	6 Meditation Online 7:15 pm	7 Gratitude Team online 7pm	8 Zoom Office Hours 2 – 4:30 pm	9 Maundy Thursday with BoL 7pm online	10 Good Friday with BoL online 11am	11
12 Online Worship 11:15 Easter Sunday Communion	13 Meditation Online 7:15 pm	14 Faith Formation Zoom 7pm	15 Zoom Office Hours 2 – 4:30 pm	16 Craft/Study online 1:30 pm Courageous Faith online 7pm	17	18
19 Prayer Candles Online Worship 11:15	20 Meditation Online 7:15 pm	21	22 Worship Feedback Team Noon Zoom Office Hours 2 – 4:30 pm Leadership Team 7pm	23 Craft/Study online 1:30 pm Courageous Faith online 7pm	24 Film and Faith online	25
26 Online Worship 11:15	27 Meditation Online 7:15 pm	28	29 Zoom Office Hours 2 – 4:30 pm	30 Craft/Study online 1:30 pm Courageous Faith online 7pm	1	2

TOPS = Take Off Pounds Sensibly has been suspended until April 21st.

AA = Alcoholics Anonymous has been suspended

PLEASE NOTE: lots of programming at Eastside has been suspended or has moved online during this COVID-19 social isolation time. If you are unsure if a program you attend is suspended, contact the program organizer or email eastsideunited@sasktel.net to check.



ANNOUNCEMENTS

April 5, 2020

306-761-0556 eastsideunited@sasktel.net
Like us on facebook (Eastside United Church)
Follow us on Twitter @Eastside_united
www.eastsideunited.ca



*W*elcome to Eastside United. May our opportunities of ministry offer you rest, challenge and peace on your Christian journey.

Ministers:

Minister: Russell Mitchell-Walker
Prayers: Delia Baidoo
Pianist: Michelle Dickie
Tech Support: Brian Mitchell-Walker

Last week's attendance: 67 Please consider Weekly budget: \$1463
donating online!

Office Hours:

The Living Spirit Center is closed due to concerns over COVID-19. Both Harvey and Russell are working remotely. If you need to contact the Eastside United Office, please email him at eastsideunited@sasktel.net Tuesday through Thursday.

Russell's Hours: Tuesday, Wednesday, Thursday, Friday. Russell's e-mail address: russell.eastside@sasktel.net

Russell will be holding **Zoom Drop-in Office Hours** Wednesdays through April from 2 to 4:30 online. Use the worship [zoom link](#).

Scripture Readings: Mark 14: 1-9; Mark 12: 22-26; Mark 14: 32-36, 43-50; Mark 14: 66-72; Mark 15: 1-15

Songs –

Spirit, Open My Heart MV #79
Be Still and Know MV #77
Hosanna, Loud Hosanna VU #123
Were You There? VU #144
We Give our Thanks to God MV #187
Stay With Us Through the Night VU #182 vs 1

We still need our support as our ministry continues! Making your offering online (<http://www.eastsideunited.ca/donate2.html>) couldn't be easier. Additionally, offerings can be mailed to Eastside at:
Eastside United Church, 3018 Doan Drive, Regina, SK, S4V 1M1
Or, if you do want to drop off an offering in person, please leave offerings in the mailbox at the office door. Thanks for your donation!

Forever... in motion at the LSC has been suspended until further notice. For more information please call Heather at 306-737-4681.

Hello Neighbour Card Reminder: there are necessary situations when leaving the house is unavoidable, like groceries and prescription pick-ups. If you would like to and are healthy enough to do so, download a Hello Neighbour card that was sent with the email to let people know you're available to help! By putting these cards in mailboxes, it allows those of use who are well to help the people around us who may need it by volunteering to run errands or check-in.

Lent has begun! As a spiritual practice during Lent, you are invited into some actions and reflection toward Reconciliation with Indigenous Peoples. **A calendar of 40 days for Truth and Reconciliation is available.** A digital copy was sent with the newsletter on February 25th, 2020. If you would like a digital copy and/or would like to be added to Eastside's mailing list, contact Harvey at eastsideunited@saktel.net

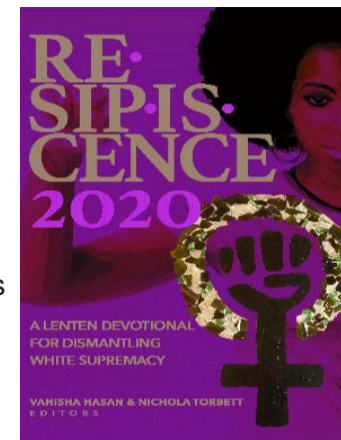
LSC Meditation Mondays at 7:15 pm: Meditation Mondays have moved online. If you are interested in participating, please contact Shauna Powers at powerss@hotmail.com

Courageous Faith: Over the next few months, we will offer an online program called Courageous Faith. This program is from an online summit hosted by Convergence US, of The United Church of Christ, that helps congregations find ways to be church in our changing times. The summit was a virtual gathering of people of faith and moral conscience. We purchased the ability to use this material after the summit is over so we will host 6 sessions online over the next 8 weeks. If you are interested in participating in this let [Russell know](#). The sessions will include a video conversation with a prominent theologian/pastor/author on a particular topic related to Courageous Faith, followed by conversation among the group online. [We will meet online Thursday evenings at 7pm. Each session is stand alone.](#) Each session is stand alone.

Munch Lunch: programming is suspended. **Our funding runs out soon. If you know of any sources, let us know.**

Resipiscence 2020: A Lenten Devotional for Dismantling White Supremacy:

In *Resipiscence: A Lenten Devotional for Dismantling White Supremacy*, Vahisha Hasan and Nichola Torbett, the editors, curated 40+ contributors of many identities, theologies, and lived experiences across the U.S. who each reflect on Lent in a revolutionary and liberating way. The book's devotionals are organized by week, and each section contains seven reflections on the scriptures for that coming Sunday. Order a copy (physical copies and ebooks available!) at <http://bit.ly/2PtsXFe>



PAR and M & S Donations: If you would like to add or increase PAR and/or M&S offerings, please contact Harvey and he will help you get set up or make changes. Email eastsideunited@saktel.net or call 306.761.0556

Did you know that the city is proposing a **dog park** in the park space beside us? If you have questions or concerns, please speak to Bonnie Yake, Sarah Tkachuk, Brian Abrahamson or Russell.



Did you miss the announcements at last Sunday's worship service? Sometimes feel like an event snuck up on you and you didn't receive proper notice? Printed announcements are saved on the Eastside website each week - check 'em out at www.eastsideunited.ca under the **What's New** heading!

Were you unable to attend worship last week? Don't worry about it! You can find a video recording of last week's service online. Visit our website under the **WORSHIP** heading to find an uploaded video of service.

Suspended Programming as of April 1st:

- **TOPS** is cancelled until April 21st
- **Eastside Community Dinner** is suspended until further notice
- **Yoga** is cancelled until the fall
- **Fitness in Motion** is suspended until further notice
- **KAIROS** is postponed until further notice
- **Meditation** is cancelled in-person, moved to Zoom
- **Craft/Study** is cancelled in-person, moved to Zoom
- **Eastside Choir** has canceled rehearsals until further notice
- **ICF Breakfast** has reduced programming
- **Congregational Faith and Wellness Series** is postponed
- **Messy Church** is suspended until further notice
- **Women's Breakfast** is suspended until further notice
- **Munch Lunch** programming is suspended until further notice
- **Film and Faith** is suspended in-person and will continue online.
- **AA** is suspended in-person