



OPEN MINDS. OPEN HEARTS. OPEN DOORS.

Horizons

Newsletter of Eastside United Church



eastside

Lent 2022

Minister's Lenten Reflection

Love is more than a feeling. Love is a form of sweet labor: fierce, bloody, imperfect, and life giving – a choice we make over and over again. If love is sweet labor, love can be taught, modeled, and practiced. This labor engages all our emotions: Joy is the gift of love. Grief is the price of love. Anger is the force that protects that which is loved. And when we think we have reached our limit, wonder is the act that returns us to love.

Valarie Kaur, *See No Stranger*,
quoted in *Faith After Doubt*, by
Brian McLaren

The Craft/Study group has been reading Brian McLaren's book, *Faith After Doubt, Why Your Beliefs Stopped Working and What to do About It*. It has been a great book that many are enjoying and getting much out of. Our conversations are rich and challenging. His most recent chapter that we read, begins with the above quote and he shares two slogans that summarizes the heart of his message to this point in the book (Chapter 10):

Faith before doubt: it's about correct beliefs.

Faith after doubt: it's about revolutionary love.

He defines revolutionary love as: "love beyond: love that goes beyond myself to my neighbor, beyond my neighbor to the stranger, alien, other, outcast and outsider; beyond the outsid-

er to the critic, antagonist, opponent, and enemy; and even beyond the human to my non-human fellow creatures. In short, revolutionary love means loving God as God would love: infinitely, graciously, extravagantly." As we move into Lent, as we experience the invasion of Russia into Ukraine, I think more than ever we need this revolutionary love of God.

Lent is a time of reflection on our faith journey to seek ways to draw nearer to God. To develop and deepen our relationship with Jesus, the one we know as the Prince of Peace, who embodied revolutionary love. It is often seen as a time of prayer, alms (giving to charity), and fasting, which is where the concept of giving up something for Lent comes from. As we move through these next 40 days of Lent, I invite us to con-

Reflection Continued and In-Person Worship

sider how we might express revolutionary love? How do we live out God's love in Jesus in our day to day lives? Is what we believe or how we love more important? McLaren talks about apostle Paul saying that it is faith expressing itself in love that matters, not circumcision, not dietary restrictions, not who is in or out, but love.

So, I invite you to consider this Lent, how is your faith expressing itself in love? As we enter this tumultuous time with one large, powerful country invading another, can we love and pray for the leaders, for their well being, as we pray for peace, as Jesus named in the readings last week (Luke 6: 27-38)? I invite us to consider what it would look like for our community to reflect revolutionary love, to be a community that embraces faith after doubt.

As we reflect on how Jesus calls us to live during these times, may we engage ourselves in love as a priority over all else. May you fast and pray and give and do good so that people experience your love, God's love in all that you do. May this Lent bring meaning to you of what revolutionary love is, and how we may embrace it and live it as individuals and as a community.

Russell Mitchell-Walker



Return to Hybrid In-Person and Online Worship



Please note:

We will be returning to hybrid Worship **March 6**

Being fully vaccinated is heavily recommended for in-person attendance to support those who cannot be vaccinated

Please continue to practice physical distancing!

Do not attend service if you have any COVID symptoms. If you test positive within 2 weeks of attending in-person, please let our office know

Eastside will be resuming hybrid Worship with options for gathering online via Zoom and in-person at the LSC. Following careful consideration from the Leadership Team, we will be continuing with protocol as detailed above. To ensure that we do not run into technical issues, there will be no projection for in-person attendees for the time being. Hymn books and printed materials will be provided. [Click here](#) to register for these in-person services weekly and provide us info on how many materials to print. Please contact our office if you have any questions or concerns.

Craft/Study

After Easter, we will begin reading a new book following *Faith After Doubt*.

The next book selected is *My Grandmother's Hands—Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem. Physical copies that will be available at our office will cost \$30. If you would like to get on our list for the order, please let Becca know by **March. 20**. The reading schedule for this book will be provided in our weekly email announcements and printed Sunday announcements on April 5. We will begin this book April 21 in-person with an online option.

“In this groundbreaking book,

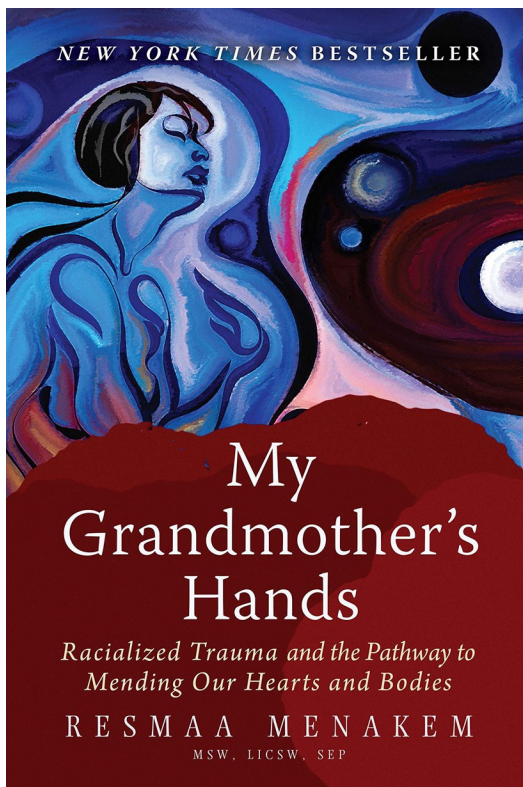
therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered psychology. The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. Menakem argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well. So do blue Americans—our police.

My Grandmother's Hands is a call to action for all of us to rec-

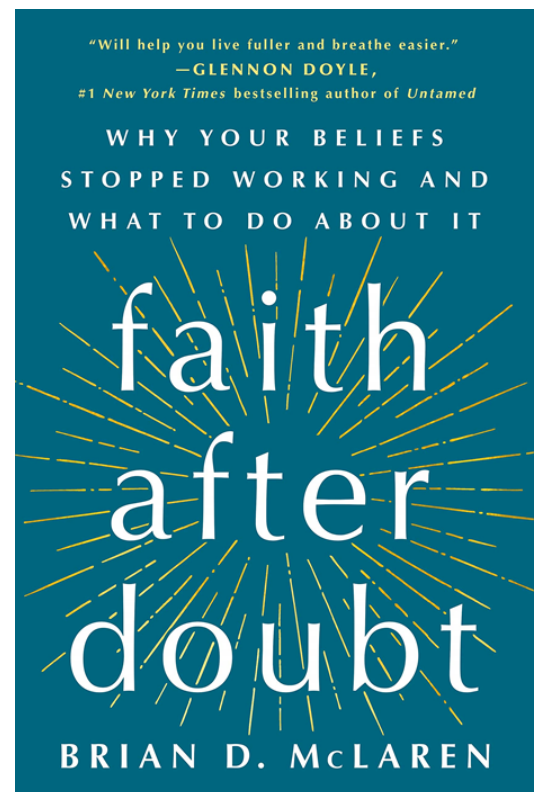
ognize that racism is not only about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide. [This book:]

- ◆ Offers a step-by-step healing process based on the latest neuroscience and somatic healing methods, in addition to incisive social commentary.
- ◆ Paves the way for a new, body-centered understanding of white supremacy—how it is literally in our blood and our nervous system.”

- Description provided by Indigo



Our Craft/Study group will continue reading *Faith After Doubt* on Thursdays at 1:30. These sessions will conclude on March 21.



Upcoming Events and Programs

LIVE AT THE LIVING SPIRIT CENTRE



THE ARROGANT WORMS



AN EASTSIDE UNITED CHURCH FUNDRAISER

MARCH 15TH, 2022
7:30 PM
DOORS OPEN AT 6:30

THE LIVING SPIRIT CENTRE
3018 DOAN DRIVE
REGINA SK

MASKS REQUIRED
DISTANCING ENCOURAGED

QUESTIONS? CALL 306-761-0556



The Arrogant Worms will be joining us for a fundraiser. Tickets are now sold out! **Thank you so much for your support!** [A waitlist for tickets is available for here!](#) You will need to enter the code: Eastside. If you have questions, call Becca at the office (306-761-0556) or send her

Now In-Person:

Film and Faith (7:00 pm)

March 25

April 29

May 27

Community Dinner (6:00 pm)

March 17 (online)

April 21

May 20

Potlucks following Sunday Service

March 27

April 24

May 22

These events will be online if in-person gatherings are untenable due to COVID concerns.

March 16
March 30
7:00 pm

LSC Partners Shared Lenten Services

Taking place Mar. 16 at the LSC, and Mar. 30 at Immanuel Anglican's main location, 142 Massey Rd. Join us in-person or online via Facebook Live.

Outreach and More

Glen Elm School is taking food donations! If you would like to drop off food donations, you can do so during office hours, or leave non-refrigerated items in the blue-bin at the LSC office administration entrance.

The Indigenous Christian Fellowship is looking for people on Fridays to make 90 lunches on-site. If you can help out, contact [Doug Scheurwater](#) and indicate which Friday(s) you are available. ICF is also looking for people to help bake cookies and muffins. Supplies are provided.

Regina Food for Learning is looking for an upright freezer. If you know of someone who would like to donate one, please have them call 306-565-8632. If you would like to make a donation to Regina Food for Learning, they can be sent via mail to: P.O. BOX 3524 | Regina SK S4S 3J8

Regina Food for Learning (RFFL) is a non-profit that partners with the community to provide nourishing food to children in schools. We are the largest child feeding program in the city, providing services to Regina schools and neighbourhoods since 1988.

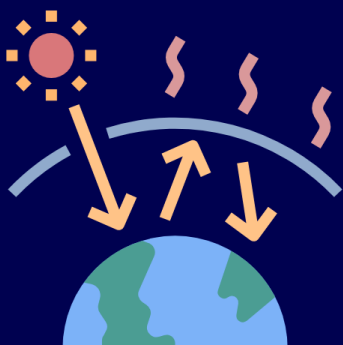
**MUNCH AND GLEN
ELM SCHOOL STILL
NEED OUR SUPPORT!**



Thank you to all who have supported our Munch and Glen Elm School Fundraiser! As of February 28, we have raised \$450. We are *very close* to our goal of \$500! Please continue donating! We will update this total in our weekly announcements until this goal is reached.

Events from the Living Skies Region

- Living Skies Regional Council Affirming Task Group presents P.I.E. Day, March 14, 2022 7-8pm
- Doors of our Heart: A Journey through Palm Sunday to Easter and Beyond - Online Retreat Series over 5 Tuesdays Via Zoom - March 29, April 5,12, 19 & 26, 2022 1:00-4:15pm
- An Imagination Pilgrimage for the Soul: Knitting our Lives into the Sacred Landscape of the Earth, Online Retreat Series over 5 Thursdays Via Zoom - March 31, April 7, 14, 21, 28, 2022 2:00-5:30pm



LSC CLIMATE JUSTICE GROUP

March 24 | 7:00 pm | East Sanctuary

RSVP by texting "Climate" to 306-517-6797
or let Russell know.

Thank you for your generosity!

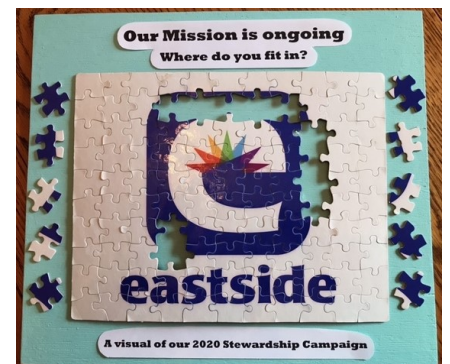
Donating to Eastside couldn't be easier with our range of options:

- Sign up for **PAR** with Becca at the office! Completing a simple form can get you signed up for easy automatic monthly remittances!
- Send in your **cheque or cash** offering by mail
- We accept **e-transfers!** Send your offering to our email address: eastsideunited@sasktel.net
- We also have options online with **CanadaHelps**, through our **website**, or by using the **offering plate** on Sundays.

In a small puzzle every piece is so important! The Gratitude Team would like to offer a heartfelt thank you to each and every “piece” of our “Eastside United Church puzzle.” We appreciate the fact that we are a small congregation, and that it does take significant individual financial commitments to keep our doors open.

Eastside United Church financial reports indicate that there was a deficit of \$5,387.00 at the end of December 2021.

If you haven't returned your Response form (from your Stewardship Package delivered in the fall) to let us know your commitment “piece” to the puzzle for 2022, we are still collecting them. Signing up for PAR (Pre-Authorized Remittance) assures us of steady support. Please let Becca know if you need a copy of the Response form or a PAR form.



Horizons: The Newsletter of Eastside United Church

3018 Doan Drive, Regina, SK S4V 1M1 306.761.0556

eastsideunited@sasktel.net

www.eastsideunited.ca

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