

# September/October

...at a glance

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>26</b> Hybrid In-Person Worship 11:15 am  Pick-up Lunch	<b>27</b> Meditation Online 7pm	<b>28</b> Prayer Service Online 12pm Courageous Church 7pm	<b>29</b> Prayer Service Online 8:30am Zoom Office Hours 2- 4:30pm Leadership Team 7pm	<b>30</b> Offices Closed for National Day of Truth and Reconcili- ation	<b>1</b>	<b>2</b>
<b>3</b> Hybrid In-Person Worship 11:15 am Communion	<b>4</b> Meditation Online 7pm	<b>5</b> Prayer Service Online 12pm Courageous Church 7pm	<b>6</b> Prayer Service Online 8:30am Zoom Office Hours 2-4:30 pm Gratitude Team 6:30pm	<b>7</b> Cong. Care 10am Prayer Service Online 4pm Craft/Study	<b>8</b>	<b>9</b>
<b>10</b> Hybrid In-Person Worship 11:15 am	<b>11</b> Meditation Online 7pm	<b>12</b> Prayer Service Online 12pm Courageous Church 7pm	<b>13</b> Prayer Service Online 8:30am Zoom Office Hours 2-4:30 pm	<b>14</b> Prayer Service Online 4pm Craft/Study	<b>15</b>	<b>16</b>
<b>14</b> Hybrid In-Person Worship 11:15 am	<b>15</b> Meditation Online 7pm	<b>16</b> Prayer Service Online 12pm Courageous Church 7pm	<b>17</b> Prayer Service Online 8:30am Zoom Office Hours 2-4:30 pm	<b>18</b> Prayer Service Online 4pm Craft/Study Community Dinner Online 6pm	<b>19</b> Film & Faith	<b>20</b>

## ANNOUNCEMENTS

September 26, 2021



306-761-0556 | eastsideunited@sasktel.net  
 Eastsideunited.ca | **Join us on Zoom here!**  
 Like us on Facebook (Eastside United Church)  
 Follow us on Twitter! @eastside\_united



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

**Minister:** Russell Mitchell-Walker

**Pianist:** Wendy Hardman

**Tech Support:** Brayden Barrett

**Greeting:** Cathie Henderson

**COVID Protocol:** Bonny Manz, Becca Dziaduck

**Prayers of the People:** Jayne Krueger

**PowerPoint:** Michelle Dickie

**Minute for Mission:** Marybelle Powers

**Congregational Care Greeter:** Linda Fowler

**Zoom Host:** Brian Mitchell-Walker

**Facebook Live Host:** Stephannie Banks

Mavis Olesen will be sharing with us the impacts of Agent Orange on children and how this mission work has been a part of her faith journey. The project is also a fundraiser - donations will be accepted, and in return you can receive a book, "Just Max Stories"!

**Sunday Scripture:** Mark 9:38-50 and James 5:13-20

**Hymns:**

Called by Earth and Sky – MV#135 chorus

Spirit Dancing – VU#388 vs 1, 3, 5

Sow Seeds - All God's Children Sing #54

Jesus Loves Me – VU#365 vs 1 & 2

It's a Song of Praise to the Maker – MV#30 vs. 1 and chorus

Like a Healing Stream – VU#144 vs 1, 2, 4

Like a Rock – MV#92

Last week's attendance: **57**      Offering: **\$1762.20**      Weekly budget: **\$3167**  
 (not incl. PAR) Sept. 1-15

## Office Hours and More:

- **Russell's Hours:** Tuesday, Wednesday, Thursday, and Friday. Russell's e-mail address: [russell.eastside@gmail.com](mailto:russell.eastside@gmail.com).
- **Office Hours:** Wednesdays from 2 – 4:30 online.
- **In-Home Visits:** Please let us know if you would like to have an in person visit. More information is available in the bulletin.
- **Church Office Hours:** Tuesday, Wednesday, Thursdays, 9 am – 3 pm. You can reach our office by email: [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net).
- **Prayer Services:** Tuesday at noon, Wednesday at 8:15am, Thursday at 4pm.



## In-Person Worship Details

- We will be holding in-person services – you are welcome to attend if you feel comfortable doing so!
- **If you are planning to attend in-person services:**
  - We are required to wear masks and practice social distancing at the LSC.
  - We ask that adults only attend if you are fully vaccinated. We hope this will make our services more accessible to those who are ineligible to receive a vaccine (immuno-compromised, children under 12, etc.). Those who are ineligible may attend without being vaccinated.
  - Please do not attend in-person services if you are experiencing any COVID-like symptoms, or have possibly been in contact with someone who has COVID.
  - Please hum along to hymns at this time!
- If you are not yet vaccinated, we invite you to join us online via Zoom or Facebook Live.
- Please let us know if you would be able to assist as a volunteer on Sundays as we will need help with ensuring that pandemic protocols are followed.



We thank you for helping us keep our community safe as we continue to monitor the pandemic. This practice and policy is consistent with the recommendations of the Living Skies Regional Council and the United Church of

Canada, and done in a manner that is meaningful for our community and is safe for every member of our congregation. If you have questions or feedback, please let Sarah Tkachuk know.

## Eastside Announcements

**Worship will also be happening here on Zoom as an online option!** You can also call into the Zoom session on the phone with audio only by calling 1-587-328-1099 or 1-204-515-1268. If you have trouble with sound on your computer, you can also call in with these numbers while watching on zoom.

### We still need your support as our ministry continues!

We are presently behind in our revenues, both budget and with regard to expenses. Making your offering online couldn't be easier on our website! 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 (mail is checked Tuesday, Wednesday, Thursday). You can also send e-transfers to our email: [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net).

**Thank you for your generosity!**

**Financial update for August:** If you would like to view Eastside's July financial statement, please [click here](#). Eastside has experienced shortfalls in our envelope giving this quarter. We appreciate all of those who give to Eastside and are thankful to all of our givers! If you would like to sign up for regular giving through PAR, please contact Becca. We also accept e-transfer which can be sent to [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net).



### Supporting a conversion therapy ban in

**Saskatchewan:** Thank you to all who have supported the gay conversion therapy ban in Regina! If you would like to sign a petition to ban conversion therapy throughout the province, a petition will be available to sign at the office and after worship until October 14.

**PAR and M & S Donations:** If you would like to add or increase PAR and/or M&S offerings, please contact Becca and she will help you get set up or make changes. Email [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net) to let Becca know what changes you would like to make, and he will submit the changes for processing.

**We are continuing the A Work of Art, Culture, and Its Story during worship!** If you have a piece of work or cultural item that has a story or holds spiritual meaning for you and would like to share on Sunday during worship, please let Russell know.

**Sunday School with Eastside will be resuming in October!** We are looking for people to join our Sunday School Teaching Team of Stephannie Banks, Cathie Henderson and Leanne Sudom. If you are interested in sharing in this important work, please contact Leanne Sudom at 306-924-0055 or email [leanne.sudom@gmail.com](mailto:leanne.sudom@gmail.com). We are presently exploring the best way to offer the program during this time.



Once we return to larger in-person services, we will be in need of more offering counting volunteers! Please let the office know if you can assist us with counting!

**COVID Vaccine Fact Sheet:** We are all encouraged to get vaccinated, to protect ourselves and others, and to return to a new normal. Download the fact sheet [here](#), and check out Saskatchewan's vaccination plan. Remember that once vaccinated you can still be a carrier of the virus so masks and distancing practices are recommended when out in public.

**Eastside T-Shirts:** T-shirts can be picked up during LSC office hours. If you did not order but are interested in purchasing one, email Becca to see what colour and sizes are available. \$30/each.



**Cloth Masks:** It is a good idea to double mask when we are out in public, especially indoors. If you would like a cloth mask, please contact or drop into the office as we still have some in the bin.



**Were you unable to attend worship in the past?** You can find a video recording of past services online. Visit our website [HERE](#) to find uploaded videos of service. They can also be found on our Facebook page.



Please share your favourite hymns with us! Let us know by filling out this Google Form [HERE](#).

**Committee Vacancies:** The Gratitude Team is gearing up for its fall campaign and could use two more members to ease the load. If you are grateful for being part of the Eastside community and would like to inspire gratitude in others and encourage people's generosity, we'd love to have you join us! Let Becca know if you are interested. The Worship Feedback Team is looking for a few members as well. This team evaluates services once or twice a month and meets every six weeks to discuss.

**Text In Church:** If you would like to receive text notifications about special services and events at Eastside, text the word 'Loop' to 306-517-6797.



**Did you miss the announcements at last Sunday's worship service?** Printed announcements are saved on the Eastside website each week - check them out at [www.eastsideunited.ca](http://www.eastsideunited.ca) under the **What's New** heading!

## Eastside Programming

**Meditation Schedule:** Meditation has resumed online! [Click here](#) to join at 7 pm on Mondays.

Craft/Study will be resuming in the fall on September 16!  
Sessions will be on Thursdays at 1:30 online.



The book for these sessions will be See No Stranger by Valarie Kaur. If you would like a book, please let Becca know.

### Reading Schedule:

September 16 ~ Chapter 1  
September 23 ~ Chapter 2  
September 30 ~ No C/S, office closed for National Day of Truth and Reconciliation  
October 7 ~ Chapter 3  
October 14 ~ Chapter 4  
October 21 ~ Chapter 5  
November 4 ~ Chapter 6  
November 11 ~ Chapter 7  
November 18 ~ Chapter 8  
November 25 ~ Chapter 9 and Epilogue

**Russell is planning to offer in-home.** If you would like to plan a visit, please let Russell know. We would ask that those who are comfortable having in-home visits let us know whether you have been vaccinated as we are planning to make arrangements that consider health and safety during the pandemic. Masking and physical distancing can be planned for as well.

**We will be delivering Messy Church** bags to families with children on October 2nd - given that we can't gather safely in person. The theme will be Thanksgiving! If you would like a bag and aren't sure you are on our family list,

let the office know. Do you want to be a part of the LSC Messy Church Community? [Follow our brand new Facebook page!](#)



Join us for the Courageous Church Summit Tuesdays at 7pm online on September 14, then each week from September 28.

Sept. 14 - Diana Butler Bass, author, (Grateful, Grounded), historian  
Sept. 28 - Rev. John Dorhauer, President United Church of Christ  
Oct. 5 - Rev. Dr. Jacqui Lewis, minister Middle Collegiate Church, New York  
Oct. 12 - Brian McLaren, author (We Make the Road by Walking)  
Oct. 19 - Bishop Michael Curry (Episcopal National Bishop) & Jim Wallis (Sojourners Magazine)  
Oct. 26 - Rev Claudio Carvalhaes, Theologian and Professor of Worship at Union Theological Seminary.

Register by texting 'Faith' to 306-517-6797 or contact the office.



FOR THE LOVE OF CREATION

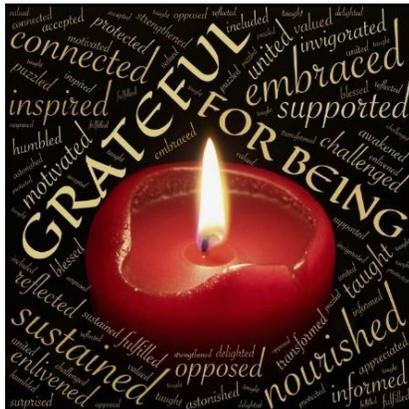
## Faithful Climate Conversations

As we live into the crisis of climate change and experience more and more the impacts of this crisis this resource encourages dialogue on climate change. For the Love of Creation developed Faithful Climate Conversations, a series of guides to facilitate small group conversations on climate change. There are three sessions and folk may participate in all or the ones that suit them and where they are at. If you are interested in participating in any of these conversations, let Russell or the office know, along with which one(s) and we will schedule them. The three sessions are:

- 1) **Creation, Climate and You** - Designed for people who have rarely, if ever, talked about climate change in a group setting before, this guide focuses on gently surfacing peoples' emotions and underlying thoughts about climate change.
- 2) **From Concern to Action** - For people who may have a basic understanding of climate change or are concerned about the effects of climate change, but remain uncertain about the best ways to act in light of this reality.
- 3) **Build a Better Future** - Meant for people who have already been involved in climate action at some level, this guide focuses on enacting political and systemic change to address the climate emergency.

*This resource has been developed by a coalition of organizations including Kairos.*

[Click here to complete the survey!](#)



September's Gratitude image shared by Wanda Barr.

## Community Announcements

# Orange Shirt Day and National Day for Truth and Reconciliation

- [Click here](#) for more information on how to participate in Truth and Reconciliation Week, an week-long event hosted by the National Centre for Truth and Reconciliation (September 27 - October 1)
- There is an Orange Shirt Day vigil on Sept. 30 at 5pm. [Click here](#) for more information.
- Please note that the Eastside office will be closed on September 30th for National Day in Truth and Reconciliation.

**Regina Native Outreach Ministry** is looking for board members. If you are interested, please email [reginativeoutreachministry@gmail.com](mailto:reginativeoutreachministry@gmail.com). RNOM is also selling t-shirts! They are \$20 each (\$30 if mailed), and come in sizes S-XL. Contact Deb for more information [glammergirl@live.com](mailto:glammergirl@live.com).

# Kids Quest At Immanuel

Kids Ages 4 to Grade 8  
Mondays, September 27 - November 29

It's Free!

2 Programs

Ages 4 - 10 on  
ZOOM  
Tweens in  
person

Ages 4 - 10

On ZOOM  
6:30 - 7:15

Craft package will  
be provided

Ages 11 - 13

In-person at 142  
Massey Road

6:15 - 7:45

Join us on ZOOM  
for:

Puppet Shows  
Crafts  
Bible Stories  
Songs

For more information or to register visit  
[immanuelanglicanregina.ca](http://immanuelanglicanregina.ca)  
or email

[kidsquest@immanuelanglicanregina.ca](mailto:kidsquest@immanuelanglicanregina.ca)



FOOD MAKING A DIFFERENCE

Munch  
CATERING

## Food For All Fall Fundraiser

Wednesday  
September 29, 2021 6:00 pm  
Cost: \$50 or 2 for \$95

Tickets:

[bit.ly/food-for-all-munch-fundraiser](http://bit.ly/food-for-all-munch-fundraiser)



Join **MUNCH** and the **BEARDED PRAIRIE CHEF JOSH MILLER** for an evening of fun, **DELICIOUS** food and a **LIVE VIRTUAL COOKING CLASS** led by local Regina chef and Masterchef Canada Season 6 semifinalist!

This fundraiser supports Munch's unique mission in Regina to provide food services training and employment opportunities for adults with cognitive disabilities.

Each **TAX-DEDUCTIBLE ticket** purchased will come with a **BOX OF INGREDIENTS** that participants will use to cook a delicious meal in the comfort of their **OWN HOMES**. The evening will be led by **THE ONE AND ONLY BEARDED PRAIRIE CHEF JOSH MILLER** live from Munch's kitchen in Regina.

The livestream will begin at 6:00 p.m. and will run to 7:30 p.m.

Before the event, you will receive an email with a link to the livestream as well as instructions on where and when to pick up the ingredients.

Also, there will be a **RAFFLE** with great prizes! Make sure to buy your tickets.

We **thank you** for supporting Munch's mission.

Thank you to our wonderful sponsors and donors, including **FARM CREDIT CANADA**, **EVERYDAY KITCHEN**, and to our hosts at the **LIVING SPIRIT CENTRE**. Also, thanks to **TANDEM X** for providing the live-streaming and filming!



Thank You  
to our major  
sponsors

