

# January/February ...at a glance

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>30</b> Online Worship 11:15 am	<b>31</b> Mediation 7pm	<b>1</b> Prayer Service 12pm  Climate Convos 7pm	<b>2</b> Prayer Service 8:45am Zoom Office Hours 2:30-4:30 pm LSC Partners Mtg 7pm	<b>3</b> Craft/Study 1: 30pm Prayer Service 4:00pm	<b>4</b>	<b>5</b>
<b>6</b> Online Worship 11:15 am Communion	<b>7</b> Mediation 7pm	<b>8</b> Prayer Service 12pm Gratitude Team 10:30am Climate Convos 7pm	<b>9</b> Prayer Service 8:45am Zoom Office Hours 2:30-4:30 pm	<b>10</b> Craft/Study 1: 30pm Prayer Service 4:00pm	<b>11</b>	<b>12</b>
<b>13</b> Online Worship 11:15 am Open Hearts	<b>14</b> Mediation 7pm	<b>15</b> Prayer Service 12pm Faith Formation 6:30pm	<b>16</b> Prayer Service 8:45am Zoom Office Hours 2:30-4:30 pm Leadership Team 7pm	<b>17</b> Craft/Study 1:30pm Prayer Service 4:00pm Community Dinner online 6pm	<b>18</b>	<b>19</b>
<b>20</b> Online Worship 11:15 am	<b>21</b> Mediation 7pm	<b>22</b> Prayer Service 12pm	<b>23</b> Prayer Service 8:45am Zoom Office Hours 2:30-4:30 pm	<b>24</b> Craft/Study 1:30pm Prayer Service 4:00pm	<b>25</b> Film & Faith 7pm	<b>26</b>

## ANNOUNCEMENTS

January 30, 2022



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:** Hyun Ju Park

**Tech Support:** Brayden Barrett

**Faith Story:** Heather Balfour

**Responses:** Brian Mitchell-Walker

**Prayers of the People:** Brian Mitchell-Walker

**Counting:** Wanda Barr

**Congregational Care Greeter:** Elaine Hill

**Zoom Support:** Brian Mitchell-Walker

**Sunday Scripture:** Lamentations 5: 19-22; John 13: 31-35

### Hymns:

A Light is Gleaming – VU#82 Chorus

Come and Find the Quiet Centre – VU #374

We are Pilgrims – VU# 595, vs 1,3,4

Behold I Make All things New – MV#115 1x

O Love that Wilt not Let me Go – VU#658 vs. 1,2,3

I am the Light of the World – VU#87

Last week's attendance: **43**

Offering: **\$6561** (not incl. PAR)

December 2021

Weekly budget: **\$3290**

### 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).
- **Zoom Office Hours:** Wednesdays from 2 – 4:30 online.
- **LSC Office Hours:** Tuesday, Wednesday, Thursdays, 9 am – 3 pm. You can reach our office by email: [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net). Becca will be in office on Thursdays from 9-10 am.

- **Prayer Services:** Tuesday at noon, Wednesday at 8:15am, Thursday at 4pm online.
- **Office move** – Becca will be moving her office to the office across the hall over the next few weeks.

**COVID Protocols:** We thank you for helping us keep our community safe as we continue to monitor the pandemic. Those involved in leadership at Eastside have decided to continue online at this time. Please join us on Zoom!

## Eastside Announcements

**Worship will also be happening here on Zoom!** 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 will be posting the service on Facebook afterwards.

### 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 November:** If you would like to view Eastside's November financial statement, [please click here](#). Eastside has experienced shortfalls in our envelope giving in the past 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).

**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.

and Creator God, and uniting Indigenous ministries with the larger United Church of Canada. Our hope is a future where First Nations and non-native people are repairing relationship, encouraging the voice of the voiceless, and walking the paths of our spiritualities together.

RNOM's first project toward these goals is to prepare welcome and support packages for new, Indigenous moms. This project is borne out of a personal experience where a Indigenous mom had a negative experience in hospital while delivering her baby. We want these new moms to feel loved and supported, and so we will provide a few items to help these new moms care for their babies and themselves in the early days after the baby is born. The Ministry will assemble the packages and Rev. Deb will deliver the packages to the new moms. This is made possible through Deb's knowledge and interactions with Indigenous women in Regina, and through coordination with the United Church's chaplaincy program.

Thank you to Rev. Lorna King for her cooperation, encouragement and support of this project, and her help coordinating with the Chaplaincy Program. She has helped make this project possible!

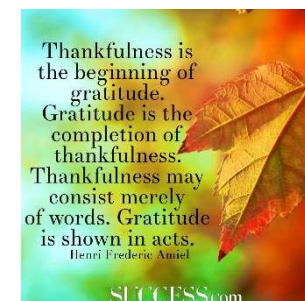
To support this project, **RNOM is looking for donations of the following items from Regina's United Churches (ideally by February 7, 2022):**

Reusable cloth bags (for holding the items and for use later)	Newborn diapers
Homemade cards that can be used for congratulating the new Mom on the arrival of her new baby	Baby soap
Knit or crocheted items for baby	Baby shampoo
Baby blankets or quilts	Baby wipes
Unisex baby sleepers	Nursing pads
Unisex baby undershirts	Sanitary supplies
Small gift for Mom such as a candle, hand lotion, lip balm, etc.	

Donations can be dropped off at your local United Church. RNOM will collect items and hope to be making the first deliveries around February 14, 2022.

Thank you for your support of this project. If you have any questions please contact Rev. Deb at 306-519-7840.

*January's Gratitude image shared by Wanda Barr.*



## Community Announcements

**Doctrine of Discovery:** Did you miss Immanuel's Indigenous Ministry Learning and Awareness Event on the Doctrine of Discovery? You can watch it on their YouTube page [here](#). This [Anglican video](#) "Stolen Lands, Strong Hearts" about the Doctrine of Discovery gives good context to the session.

### Interested in physically distanced visits with friends and family?



The Living Spirit Centre is now accepting requests for physically distanced visits in our building. Did you meet outside with friends and family over the summer, but are now looking for a large, warm, and comfortable space to meet inside? Consider meeting at the LSC! We are accepting requests for small group gatherings in our space. We will not be charging a fee for visits, but please feel free to donate to a local charity if you are inclined! We require proof of vaccination for these visits.

306-761-0556  
eastsideunited@sasktel.net

306-789-0265  
breadoflife@sasktel.net

### Immanuel Anglican Tech Support Staff position

Immanuel Anglican Church Regina is looking for an On-line Streaming Technician to provide technical expertise in overseeing live streaming of Immanuel's worship services and other key events as required.

The Technician will work with the Ministerial (clergy) Team and coordinate and lead a small group of volunteer technical assistants at two Sunday morning worship services and other worship services or events throughout the week as required. For more information contact [wardens@immanuelanglicanregina.ca](mailto:wardens@immanuelanglicanregina.ca)

### Regina Native Outreach Ministry - Request for Donations for New Mom Welcome Packages

The Regina Native Outreach Ministry (RNOM) is a ministry within the United Church of Canada and the Living Skies Region. Our minister is Rev. Deb Anderson-Pratt.

Our Ministry is focused on reaching out to First Nations people, empowering them to realize and share their gifts, nurturing their connection to community

**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. After we stopped recording on Zoom 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](#).

**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.

**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!

**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 ADMINISTRATION ENTRANCE OF THE LSC. THERE IS ALSO A BOX AVAILABLE FOR DONATIONS ON SUNDAY! THANK YOU FOR SUPPORTING YOUNG STUDENTS !**

## **NOW ACCEPTING DONATIONS TO SUPPORT MUNCH AND GLEN ELM!**

We are looking to reach a goal of \$500 in donations - Munch Catering is looking for more catering opportunities for their workers. Your donations will go towards supporting these workers who will be making muffins and cookies or granola bars. These goodies will then be donated to Glen Elm School!

Any donations can be sent to our office or by e-transfer (eastsideunited@saskatel.net) with a memo note, "Munch Lunch". Thanks for your support!



### **Eastside/LSC Programming**

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

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

**Note that the Climate Convos dates below have changed due to scheduling conflicts. Please register so we can send you the links. You may also register through the [office](#) or [Russell](#).**

## **CLIMATE CONVERSATIONS**

**FEB. 1 AND FEB. 8 AT 7:00 PM**

Feb. 1 will feature Session 2 - "From Concern to Action"

Feb. 8 will be Session 3 - "Build a Better Future."

To join us, text "Climate" to 306-517-6797



Craft/Study will be taking place this Thursday at 1:30 p.m.! We will be reading "Faith After Doubt" by Brian D. McLaren for these sessions. Please join via the Zoom link below!

### **Reading Schedule:**

Jan 13 - Preface, Intro & Chapter 1

Jan 20 - Chapter 2 & 3

Jan 27 - Chapter 4 & 5

Feb 3 - Chapter 6 & 7

Feb 10 - Chapter 8 & 9

Feb 17 - Chapter 10

Feb 24 - Chap 11 & 12

March 3 - Chap 13

March 10 - Chap 14

March 17 - Chap 15

March 24 - Afterward

"Will help you live fuller and breathe easier."  
—GLENNON DOYLE,  
#1 New York Times bestselling author of *Untamed*

WHY YOUR BELIEFS  
STOPPED WORKING AND  
WHAT TO DO ABOUT IT

**faith  
after  
doubt**

BRIAN D. MCLAREN