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**February/March 2017**

**At a glance**

**Full descriptions of activities in bulletin.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **12**  **Worship**  ***In the West Sanctuary* 11:15**  **Open Hearts Jar** | **13**  **AA 7:30 pm**  **Meditation**  **7 pm**  **Youth Forum 7 pm** | **14**  **Cards**  **9:30**  **TOPS**  **6:30**  **New Parish Book Study**  **7 pm** | **15**  **Leadership Team Meeting 7pm** | **16**  **Craft/Study**  **1:30**  **Solar Committee**  **7 pm** | **17**  **Film & Faith** | **18** |
| **19**  **Worship**  **11:15**  **Prayer Candles**  **Wascana Worship**  **1:30 pm** | **20**  **AA 7:30 pm**  **Meditation**  **7 pm** | **21**  **Cards**  **9:30**  **TOPS**  **6:30**  **New Parish Book Study**  **7 pm** | **22**  **Faith Exploration 7 pm** | **23**  **Craft/Study**  **1:30** | **24** | **25**  **IMCF Breakfast**  **9 am** |
| **26**  **Worship/**  **Financial AGM**  **11:15**  **POTLUCK**  **Cong. Care Speaker** | **27**  **AA 7:30 pm**  **Meditation**  **7 pm** | **28**  **Cards**  **9:30**  ***Pancake Supper 5:30-7pm***  **TOPS**  **6:30**  **New Parish Book Study**  **7 pm** | **1**  **Ash Wednesday**  **Holy Rosary Cathedral** | **2**  **Craft/Study**  **1:30**  **Family Dinner**  **6 pm**  **Faith Formation** | **3** | **4** |
| **5**  **Worship**  **11:15**  **Communion** | **6**  **AA 7:30 pm**  **Meditation**  **7 pm** | **7**  **Cards**  **9:30**  **TOPS**  **6:30**  **New Parish Book Study**  **7 pm** | **8**  **Soup Supper**  **6 pm**  **Lent**  **Service**  **7 pm**  **Faith Expl. 7:30 pm** | **9**  **Craft/Study**  **1:30**  **Godly Play Training** | **10** | **11**  **Women’s Breakfast**  **8 am** |
| **12**  **Worship**  **11:15**  **Open Hearts Jar** | **13**  **AA 7:30 pm**  **Meditation**  **7 pm** | **14**  **Cards**  **9:30**  **TOPS**  **6:30**  **New Parish Book Study**  **7 pm** | **15**  **Lent**  **Service**  **7 pm** | **16**  **Craft/Study**  **1:30** | **17**  **Film & Faith** | **18** |

**TOPS = Take Off Pounds Sensibly**

**AA = Alcoholics Anonymous**

**ANNOUNCEMENTS**

**February 12, 2017**

****306-761-0556 eastsideunited@sasktel.net

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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

Greeting: Anita and Michael Tessier

Congregational Care Greeter: Elaine Hill

Prayers: Jayne Krueger

PowerPoint: Kyan Benesh

Piano: Michelle Dickie

Attendance last week: 59

Russell’s e-mail address: [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net)

**Office Hours:**

Tuesday, Wednesday and Thursday from 8:30 am to 3:30 pm

Russell is in the office Tuesday through Thursday from 9 am to 4:30 pm, working from home on Friday.

Brewed Awakening Office Hours, Wednesday afternoons from 2 to 4:30 pm. ***At 3115 Woodhams Drive location for the remainder of February.***

**Scripture Reading:** Luke 7: 18-35

**Songs:**

*Come All You People/Uyai Mose* MV #2

*Tell me the Stories of Jesus* VU #357

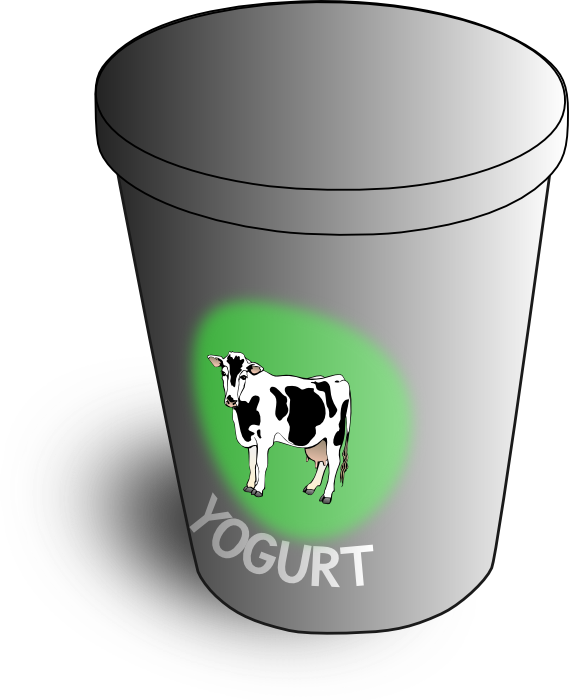
*It’s a Me, It’s a Me, It’s a Me O Lord*

*Open my Eyes That I May See* VU #371

*Grateful* MV #187 Chorus only

*African Spiritual:* *Lord I Want to be a Christian*

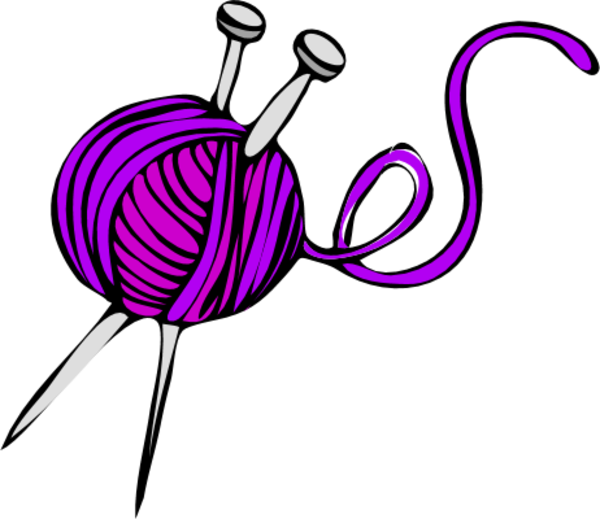
*We Will Go with God/ Sizohumba Naye* MV #223

**We are collecting empty yogurt containers with lids for Carmichael Outreach.** Every day Carmichael gives out 60 to 120 meals in these 500 g – 750 g containers. Please wash them well and place WITH THE LIDS ON in the cardboard box in the Administration entrance***.***

**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. If you need a ride call Rod 306-789-1388. Everyone is welcome.

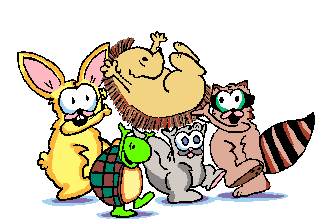
**LSC Meditation Group:** The Meditation Group will meet again at 7 pm Monday, February 13 in the East Sanctuary. Feel free to bring a friend, and dress comfortably.

**Regina Youth Forum Valentine's Treat Decorating! Monday, February 13 at 7 pm** Tell all the youth you know about this fun event! Bring some toppings and come decorate treats for loved ones just before Valentine's Day! Cupcakes and brownies supplied. :) If you have any questions or allergies we need to be aware of, please email [reginayouthforum@gmail.com](mailto:reginayouthforum@gmail.com). *The Regina Youth Forum is a place where all youth are accepted, loved, and cherished, as friends and as new family.*

****Eastside’s Craft/Study Group Thursdays at 1:30 pm** in the Multipurpose Room! Join us as we share in discussion, handiwork and coffee time following. We are reading and will begin discussing *The Alchemist* by Paulo Coelho. We have an extra copy of the book if you’d like to join us.

**The New Parish Book Study:**  Join us as we explore what it means to be a church of your neighbourhood and how we connect with our neighbours. This could be an important opportunity for us to build relationship with our neighbours and the community around us. A ten-week Tuesday night study (including Lent) **starting shortly**. Please let Russell know of your interest ASAP so we can order books.

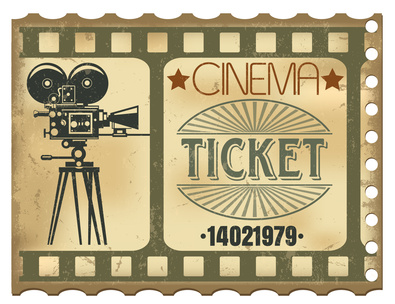
**2016 Tax Receipts are in your Eastside mail slot for you! Please help us save on postage and check for yours! We have assigned mail slots to all regular church-goers.**

***We’d love you to join our family!*** We are planning a Transfer of Membership service in the near future. If you are interested in being included or have questions, please let Russell know.

**Faith Exploration: Every other Wednesday at 7 pm in the Youth Room, our next session is February 22.** *Faith Exploration* is an opportunity to explore United Church of Canada beliefs, understandings of basic Christianity, your own beliefs, and to experience other faith traditions. We will be offering this eight-session program over the next few months. This is a good program for newcomers or youth or those wishing to renew their faith. You can still join for the Feb. 22 session, let Russell know if you are interested.

The LSC has purchased an **automated external defibrillator (AED).** This portable electronic device automatically diagnoses life-threatening cardiac events and is able to treat them through defibrillation. With audio and visual commands, AEDs are designed to be simple to use for the layperson. The LSC AED is hanging in an alarmed box beside the elevator in the narthex. This box is not locked, but an alarm sounds when the door is opened to prevent tampering and notify those in the building that an emergency may be in process. Staff and LSC program leads have received a brief training on use of the AED. If there is interest, another training session could be arranged in the future. To learn more, please contact the office staff: Cheryl 306-789-0265 or Suzanne 306-761-0556.

**The World Day of Prayer ecumenical service will be held on Friday March 3, at 2 pm at Holy Cross Church, 315 Douglas Ave. E with lunch to follow.** This year’s service has been written by The Philippines’ World Day of Prayer Committee and the theme is “Am I Being Unfair To You?” Suzanne has contact info in the office if you are interested in being involved in the planning committee for this event.

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**Film and Faith, Friday, February 17 and the third Friday of each month.** Join us for a movie and conversation following. Watch our Facebook event page to vote for movie selection and to RSVP!

**PaintNite Fundraiser** - March 10, 2017, 7 to 10 pm, Lakeview United Church, 3200 McCallum Ave. Cost is $45, funds raised will be used to purchase school supplies for children in Regina and to advance international outreach to United Church partners. An artist will lead us through the steps to create “Misty Mountain Sunrise”. No previous painting experience necessary! All levels of skill welcome!  Beverages will be available for purchase during the event.  Purchase tickets at: <https://www.paintnite.com/events/_1159993>.

**TIME OUT FOR BLESSINGS:** A Christ-centred yoga retreat presented by Connie Moker Wernikowski of Big Fish Yoga. Friday, April 28 at 6 pm to Saturday April 29 at 5 pm. At the living Skies Retreat Centre in Lumsden, SK. This retreat will offer both active and restorative yoga; meditation; some free time for walking, resting, visiting; Christian chanting; and an intro to the First Ignation Spiritual Exercise. Cost is $193. Please complete a registration form found on any of the LSC bulletin boards, or by emailing [mokerw@sasktel.net](mailto:mokerw@sasktel.net).

**Lumsden Beach Camp Planning Meeting,** Sunday, February 12,  
1:30-4 pm at Lakeview United Church (3200 McCallum Ave.)

The LBC Board of Directors, along with the wider community of supporters, are coming together to build a plan for camp. This plan will inform our programming and partnership priorities, as well as camp buildings and land use.  LBC has found itself at a crossroads. Business as usual isn't a viable option for the organization going forward, but the leadership at LBC believes that there are many smart, creative people who want to contribute to a vision that will set LBC up for success. If dreaming about LBC’s potential is exciting to you, please join us. **RSVP to** [**info@lumsdenbeachcamp.com**](mailto:info@lumsdenbeachcamp.com) **or by calling/texting**[**306-539-7772**](tel:(306)%20539-7772)**.** Childcare will be available, but organizers need to know numbers as soon as possible.

**Worship Service at Wascana Rehabilitation Centre, Sunday, February 19 at 1:30 pm**. We need helpers to escort worshippers from their rooms to the chapel and would also love people to come and sing! Talk to Shelly Williams.



**IMCF Breakfast**: Saturday, February 25 from 9 am to 12 noon. Looking to get involved in a rewarding, family-friendly outreach ministry? This is just for you! We need volunteers to help set up, serve, and clean up breakfast the fourth Saturday of each month. Please contact Linda Fowler to learn more.

**Thank you to the LSC Property and Maintenance Committee:**

Most people don’t realize that there is a small crew of fellas spending countless hours here at the LSC, making it the wonderful, comfortable environment that it is. They are volunteers with the Property and Maintenance Committee, and while they’re busy with a variety of indoor and outdoor projects all year round, their most recent efforts have included installing the suspended ceiling and painting the lower hall. So please, if you see Bob Stevenson, Don Metz, Paul Gebhardt or Ray McVicar, give them a big pat on the back and a thank you. The LSC wouldn’t be the same without these guys!

** Families and friends of Eastside United are hosting this year's LSC Shrove Tuesday Pancake Supper and we will need help to do so! There is a sign-up sheet posted on the Eastside bulletin board. We're looking for donations of ingredients and time!**

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