

March/April 2019
At a glance
Full descriptions of activities in bulletin.



ANNOUNCEMENTS

March 3, 2019

306-761-0556 eastsideunited@sasktel.net
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 Follow us on Twitter @Eastside_united
 www.eastsideunited.ca



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3 Worship 11:15 Communion FF 1230 pm	4 Meditation 7 pm AA 8 pm	5 Cards 9:30 Prayer 12 pm TOPS 6:30 Pancake Supper 5pm	6 Prayer 8:15 am Ash Wednesday 7 pm PIE Day planning 7:30pm	7 Cong Care 10am Craft/Study 1:30 Prayer 4 pm Refounding God's Pple 7:30	8	9 Women's Breakfast 8 am Messy Church 4 - 7 pm
10 Worship 11:15 1 Lent Finance AGM Open Hearts Jar	11 Meditation 7 pm AA 8 pm	12 Cards 9:30 Prayer 12 pm TOPS 6:30	13 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	14 Craft/Study 1:30 Prayer 4 pm PIE Day 6 pm	15	16
17 Worship 11:15 II Lent Prayer Candles	18 Meditation 7 pm AA 8 pm	19 Cards 9:30 Prayer 12 pm TOPS 6:30	20 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	21 Craft/Study 1:30 Prayer 4 pm Community Dinner 6 pm Refounding God's Ppl 7:30pm	22 INI Café (ICF) 6:30 pm	23 ICF Breakfast 9 am
24 Worship 11:15 III Lent Arise! Potluck	25 Meditation 7 pm AA 8 pm	26 Cards 9:30 Prayer 12 pm TOPS 6:30	27 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	28 Craft/Study 1:30 Prayer 4 pm	29 Film & Faith	30
31 Worship 11:15 IV Lent	1 Meditation 7 pm AA 8 pm	2 Cards 9:30 Prayer 12 pm TOPS 6:30	3 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	4 Craft/Study 1:30 Prayer 4 pm	5	6

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

Ministers:

Minister: Russell Mitchell-Walker
 Greeting: Lucille Henderson and Bev Thompson
 Congregational Care Greeter: Barb Rio
 Prayers: Rachel MacDonald
 PowerPoint: Brian Mitchell-Walker
 Music ministry: Michelle Dickie
 Last week's attendance: 86
 Last week's offering: \$1507

Russell's e-mail address: russell.eastside@sasktel.net

Office Hours:

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

Russell's Office Hours:

Tuesday, Wednesday and Thursday, working from home Friday.
 Coffee Shop Office Hours, Wednesday afternoons from 2 to 4:30 pm

PRAYER SERVICES: Russell is inviting anyone who wishes to join him for a short service of prayer. **Tuesdays at 12 noon, Wednesdays at 8:15 am, and Thursdays at 4 pm.**

Scripture Reading: Psalm 22:23-31 (parts 3 and 4) VU pg. 746.
 2 Timothy 1:1-14 Mark 10: 13-16

Songs:

You are Holy/Hamba Nathi MV#45
 Let us Build a House #1 More Voices
 Like a Rock #92 More Voices
 We Are Pilgrims' #595 Voices United
 We Give our Thanks to God (Reamo Leboga) MV #187
 Be Thou My Vision VU #642
 Ameni/Ba-ba-ba-bum MV #223

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. For more information, call Rod 306-535-2877. There is a short morning prayer service from 9 am for those interested. Everyone is welcome.

LSC Meditation Group: Join us Monday, March 4, 2019 at 7 pm. We'd love to have you join us whether you're new to meditation or an experienced practitioner. This guided meditation will be led by one of our young people, Connor Jones Duch! All are welcome, remember to wear comfortable clothing.

Eastside's Craft/Study Group Thursdays at 1:30 pm in the East Sanctuary! Join us as we share in discussion, handiwork and coffee time following. We are reading *Daring Greatly: How The Courage To Be Vulnerable Transforms The Way We Live, Love, Parent, And Lead*.

Eastside United Church is no longer collecting money for Mission & Service. We still strongly encourage you to make Mission & Service giving a part of your life! Visit <https://www.united-church.ca/donate> to give to M&S directly.

LSC Women's Spirituality Breakfast, Saturday, March 9 from 8 to 10 am. Kathy Waite from CARP will be speaking and has given us the opportunity to fill out a survey on a Seniors Strategy for Saskatchewan. The Executive members are collaborating with the Saskatchewan Seniors Mechanism to determine seniors' opinion about the need for a Seniors Strategy in the province. Visit <http://bit.ly/saskseniors> to complete the survey.

PIE DAY, MARCH 14, 2019: Pi Day is observed each year on March 14 since 3, 1, and 4 are the first three significant digits of π . **Affirming Ministries of the United Church is planning its first ever PIE Day and Eastside United is taking part!** *Public. Intentional. Explicit. Those are the standards we hold ourselves and our welcome to when we become Affirming or affirming.* Mark your calendars and stay tuned for details around this event scheduled to take place Thursday, March 14 at 6 pm. **We will need donations of pies as well as helpers for set up and clean up.** Sign up sheet on Eastside bulletin board.

Forever... in motion is coming to the LSC, Thursday mornings at 10 am! *Forever... in motion* is a physical activity program for adults 50 and over. Benefits include stronger muscles and bones, better overall health, weight control, improved posture and balance, reduced risk of injury, relaxation and reduced stress, improved quality of life, and improved cognitive ability. And it's FREE! Wear comfortable clothing, running shoes and bring a water bottle. For more information and to register, please call 306-537-4488 or 306-737-4681.

Knox-Metropolitan United Church is having its **annual book sale** on April 26 and 27. We are accepting donations of books, vinyl records, CDs, DVDs, games and puzzles. No encyclopedias, text books or magazines please. You can drop them off in the front entrance any time that the church is open.

A **Take Two free clothing program** at Lakeview United Church (3200 McCallum Avenue) is open every second Tuesday from 6:30-8:30 pm. Everyone in the community is welcome to access good used clothing for free. Foster families are especially welcome and can contact us to arrange assistance outside of scheduled hours at taketwofreeclothing@gmail.com.

Can you help? From time to time, we get requests from individuals in the community for donations of non-perishable food items and grocery and gas gift cards. To ensure we can meet these needs in a timely fashion, we would like to have a small pantry of food items on hand, as well as a few gift cards we can leave locked in a safe place. If you would like to help by making a donation, please leave food and gift cards in Suzanne's office. Thank you!

SAFE Workshop: Suicide Awareness for Everyone – This is a practical workshop for anyone who works or deals with at risk individuals or is concerned about the rising incidence of suicides. You will become aware of signs and things to watch for and receive positive interventions you can take. The workshop is 2 ½ hours offered through the Regina Health District and we have arranged for it to be offered at no cost Saturday, March 9 starting at 10 am. You must pre-register (maximum of 20 participants). Call Westminster at 306-757-6444 or email westminsterreginauc@sasktel.net.

The new Regional Council for Saskatchewan needs a name – we are currently referred to as “Region 4”. Come on people, you can do better than that! Voting is open until March 5! Go to: <https://form.jotform.com/90428049751258>

The Board of Directors of Spring Free From Racism and Saskatchewan Association on Human Rights invite you to their **20th Annual Family Day** celebration. This event will take place at the Italian Center on Sunday, March 24 from 11 am to 6 pm. Admission is free for everyone.

G4G Regina 'Fabric, Yarn and More' Sale – Drop off donations of fabric, yarn and notions *any Saturday in March between 10 and 2*, at Lakeshore Mall, corner of 23rd. Ave and Hillside. Sale will be held April 27, 2019 between 10 am and 3 pm, Glen Elm Church of Christ, 1825 Rothwell Street. Questions? Please call Charlotte at 306-539-4135 or email g4gregina@gmail.com and check us out on Facebook.

Show and Tell With Pride: Saturday, March 16 2 pm at Western Development Museum Moose Jaw, 50 Diefenbaker Drive, 306-693-5989. You're invited to share a story or object of LGBTQ2+ significance with others. Whether it's a vintage Pride button, a newspaper clipping, a memento from a first date or anything in between, come show your connection to the LGBTQ2+ community and tell others about something that you love! Special guests from the WDM Corporate Office will be on hand speaking about our upcoming Saskatchewan LGBTQ2+ History project. This event is FREE to attend. Regular admission applies for Museum galleries. Refreshments to follow.

An Evening for St. Andrew's Gala & Fundraiser, Tuesday, May 14, 2019 Gathering 5 pm Dinner 6:15 pm at Wascana Country Club, Regina Tickets \$125 (partial tax receipt), ticket deadline May 6, 2019 Contact your United Church or call the college at 1-877-644-8970. GUEST SPEAKER Archbishop Don Bolen, EMCEE Shauna Powers PRINCIPAL Dea. Richard Manley-Tannis, ENTERTAINMENT QuarterNotes Flute Ensemble.

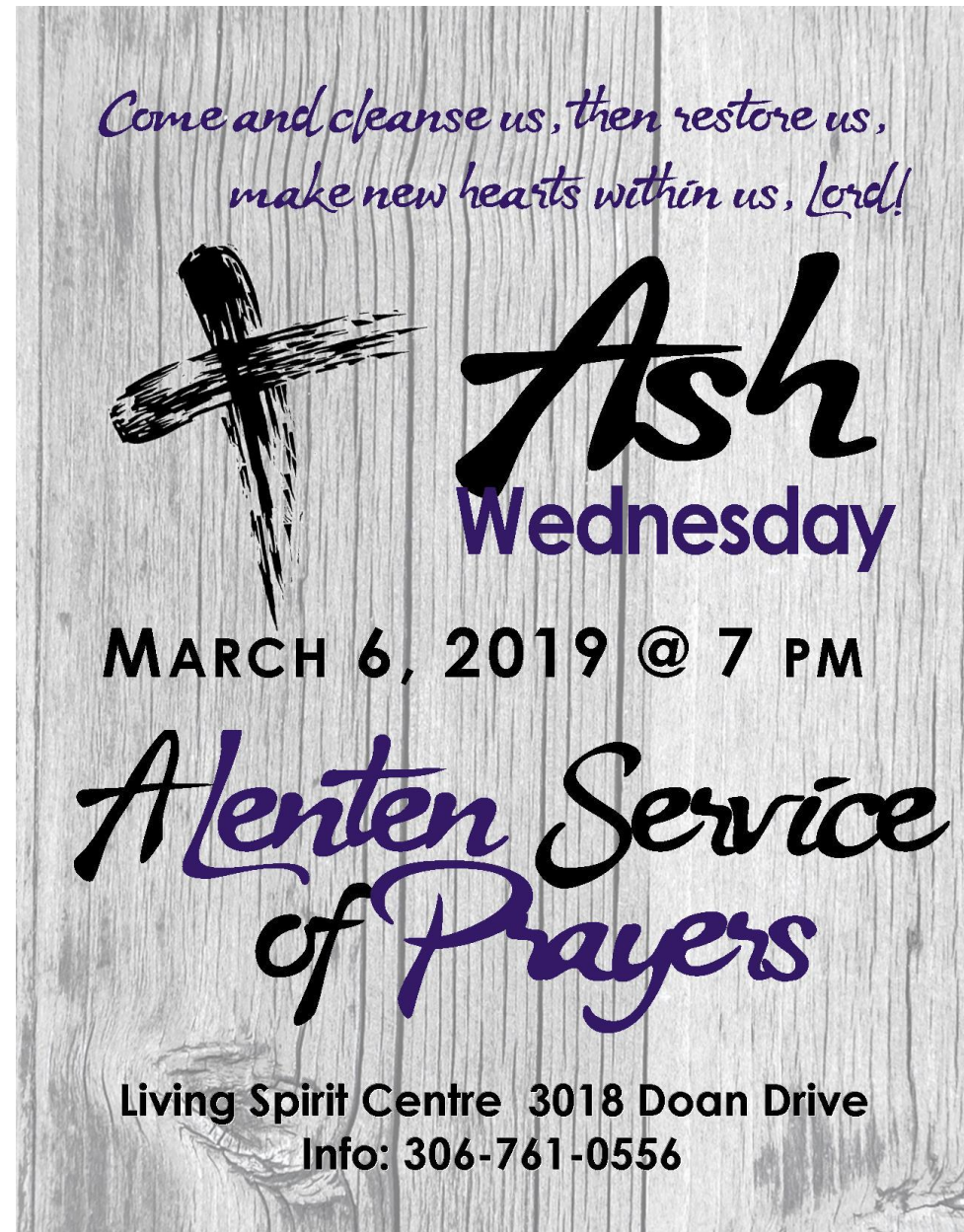
A poster for Lenten Worship. The background is a sunset over a hill with a silhouette of a person walking. A large, stylized cross is drawn with white brushstrokes. The text is in various fonts and colors.

Join us for
**Lenten
Worship**

Evening Prayer Services
Wednesdays
MAR 13, 20, 27; APR 3, 10
Bread and soup at 6 pm.
Service at 7 pm.

Living Spirit Centre
3018 Doan Drive
INFO 306-761-0556

*Throughout these Lenten days and nights,
we turn to walk the inward way.*

A poster for Ash Wednesday. The background is a light-colored wood grain. A large, dark, hand-drawn cross is on the left. The text is in purple and black. At the bottom, there is a faint sketch of a face.

*Come and cleanse us, then restore us,
make new hearts within us, Lord!*

**Ash
Wednesday**

MARCH 6, 2019 @ 7 PM

**A Lenten Service
of Prayers**

**Living Spirit Centre 3018 Doan Drive
Info: 306-761-0556**



Saturday
MAR 9
at 4 pm
at the LSC

**An Lent-themed
event for families –
crafts, celebration,
and a meal!**



This is a shared ministry program of the Living Spirit Centre!
3018 Doan Drive, Regina
INFO & RSVP: 306-761-0556

This is an LSC Shared All Ages Ministry. Bring friends and children! **We need people** to bring egg cartons and volunteers for crafts.

SHROVE *Pancake*
TUESDAY *Supper*

TUESDAY
MARCH 5

Featuring
Pancakes
Sausages
& Fruit

5:30 to
7 pm



Living Spirit Centre
3018 Doan Drive
Info: 306-761-0556

*Brought to you by the families of
Eastside United Church*

**FREEWILL
OFFERING**

Eastside is hosting the **Annual LSC Shrove Tuesday Pancake Supper** and we would love your family to come and help us make this happen! Hosts, servers, and cooks needed. **SIGN UP SHEETS ON THE EASTSIDE BULLETIN BOARD!**