

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



# ANNOUNCEMENTS

March 24, 2019

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: Tkachuk Family  
 Congregational Care Greeter: Sheri Nupdal  
 Prayers: Keith Hopkin  
 PowerPoint: Janet Bjorndahl  
 Music ministry: *Arise!*  
 Last week's attendance: NA  
 Last week's offering: \$2115

**Review  
 recommendations  
 will be shared at a  
 Congregational  
 Meeting following  
 worship TODAY!**

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'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:** Matthew 22: 1-14

**Songs:**

Change My Heart, O God  
 All Who Are Thirsty  
 Jesus Walked This Lonesome Valley  
 Serve the Lord  
 Tell Your Heart to Beat Again  
 I Can Only Imagine  
 Give Thanks  
 How Great Thou Art  
 May God's Sheltering Wings MV #214

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>24</b> Worship 11:15 III Lent <i>Arise!</i> Cong Meeting Potluck	<b>25</b> Meditation 7 pm AA 8 pm	<b>26</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>27</b> Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm Leadership Team 7:30pm	<b>28</b> Refounding God's Ppl 7:30pm	<b>29</b> Film & Faith	<b>30</b> AC-UC Conversation 2 – 3:30 pm
<b>31</b> Worship 11:15 IV Lent	<b>1</b> Meditation 7 pm AA 8 pm	<b>2</b> Cards 9:30 Prayer 12 pm TOPS 6:30 Gratitude Team 7 pm	<b>3</b> Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	<b>4</b> Cong Care 10 am Craft/Study 1:30 Prayer 4 pm Faith Formation 6:30pm	<b>5</b>	<b>6</b> Messy Easter 4 pm
<b>7</b> Worship 11:15 V Lent Communion	<b>8</b> Meditation 7 pm AA 8 pm	<b>9</b> Cards 9:30 Prayer 12 pm TOPS 6:30 Self-care Session 7 pm	<b>10</b> Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm Eastside hosts	<b>11</b> Craft/Study 1:30 Prayer 4 pm	<b>12</b> Gratitude Dinner 6 pm	<b>13</b> Women's Breakfast 8 am EASTER EGG HUNT 1PM
<b>14</b> Worship 11:15 Palm Sunday In West Sanctuary	<b>15</b> Meditation 7 pm AA 8 pm	<b>16</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>17</b> Prayer 8:15 am	<b>18</b> Maundy Thursday Service 7 pm	<b>19</b> Good Friday Service w BoL 11am	<b>20</b>
<b>21</b> Worship 11:15 Easter Sunday In West Sanctuary	<b>22</b> AA 8 pm	<b>23</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>24</b> Prayer 8:15 am	<b>25</b> Craft/Study 1:30 Prayer 4 pm	<b>26</b>	<b>27</b> ICF Breakfast 9 am

**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 25, 2019 at 7 pm. Shauna Powers will be leading this meditation. We'd love to have you join us whether you're new to meditation or an experienced practitioner. 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. Our **next book** is *The Inconvenient Indian: A Curious Account of Native People in North America* by Thomas King. We have an extra copy if you'd like to join us! Starts April 4, 2019.

**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.

**We now have a Forever... in Motion at 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.

**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.

**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!

**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 Hillsdale. 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](mailto:g4gregina@gmail.com) and check us out on Facebook.

**Sunset Spring Clothing Sale** Saturday March 30 from 11 – 2. Planning is well under way for the next clothing sale. We still have room for a few consignors and volunteers. To consign please email [clothingsale@live.com](mailto:clothingsale@live.com) To volunteer email [sunset.volunteers@gmail.com](mailto:sunset.volunteers@gmail.com)

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](mailto:taketwofreeclothing@gmail.com).

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.

The Regina Philharmonic Chorus presents "Carmina Burana" Friday, April 5, 2019 at 8:00 p.m. at Knox-Metropolitan United Church. This exciting work will feature soloists: April Polasek, Aaron Balkaran, Chad Stanton and Michael Hawkes, and choirs: Cantate Youth Choir and Halcyon Chamber Choir. Tickets: \$30 Adult, \$15, Student, \$5 Children. Available from Gail Fry (306-789-9260) or at [www.reginaphilharmonic.com](http://www.reginaphilharmonic.com).

**Self-Care Information Session:** Are you feeling busy, stretched and stressed? Please join us at Living Spirit Centre on **Tuesday, April 9 at 7 pm** as Anne Penniston Gray will offer a creative tool to assess your balance and present on the importance of self-care to overall wellness: *You will leave with the beginnings of a self-care plan to assist your own emotional wellbeing. Healing is not linear or even circular, it is a process that is more like a spiral, it may feel like you are at the same place but you have skills, abilities and strengths you did not have the first time you were in this place. It would be my honour to be a companion on your journey.*

**Take action: contact our Senators re: the UN Declaration on the Rights of Indigenous Peoples.**

Bill C-262 is potential legislation that would require Canada to bring its laws into line with the UN Declaration on the Rights of Indigenous Peoples. Bill C-262 has passed through Parliament and now needs Senate approval. Here's the problem: The Senate isn't moving on this bill. We have until late March to get it unstuck, or else the whole process will die when Parliament dissolves for the fall federal election. This concern crosses all party line: it's about respecting a call to action from the TRC and residential school survivors. And it's about being serious about reconciliation together as a country and church.

Please: join with other churches across Canada and take just a few minutes to write or call the Senate. Do this individually, or get together and have a writing or phoning bee after church. For full background, including a faith leader's letter, see KAIROS' action: <https://www.kairoscanada.org/what-we-do/indigenous-rights/pass-bill-c262>

Senator Dennis Glen Patterson is the Conservative critic for Bill C-262. He is key to getting this moving. Please contact him first: 613-992-0480 or [dennis.patterson@sen.parl.gc.ca](mailto:dennis.patterson@sen.parl.gc.ca)

Saskatchewan Senators are: Sen. Raynell Andreychuk; Sen. Denise Batters; Sen. Lillian Dyck; Sen. David Tkachuk; Sen. Pamela Wallin

Please hand-write your letter if possible. Postage is free. Mail to:

Name of Senator, The Senate of Canada, Ottawa ON K1A 0A4

**Less Plastic for Lent:** It is estimated that the world produces over 300 million tons of plastic yearly. And that 91 percent of those plastics are never recycled, which puts the environment and ecosystem at risk. Will you join us in giving up single use plastics for Lent? Check out the calendar on Facebook (and hard copies at church this morning). We will post tips and information daily on Facebook throughout Lent.

**Please mark your calendars for these Holy Week services:**

**Sunday, April 14 at 11:15 am: Palm Sunday**

**Thursday, April 18 at 7 pm: Maundy Thursday LSC**

**Friday, April 19 at 11 am: Good Friday with Bread of Life**

**Sunday, April 21 at 11:15 am: Easter Sunday with Communion**



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.*



 Come celebrate all  
that Eastside  
means to us at our

*Stewardship Campaign*  
**Gratitude  
DINNER**

Friday, April 12  
@ 6 pm

Join us in a meal of lasagna,  
Caesar salad and buns.

RSVP by April 7—sign up or call office INFO 306-761-0556



**Saturday  
APR 6  
at 4 pm  
at the LSC**

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



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



We are in need of donations of egg cartons, as well as foil-wrapped chocolate mini eggs (nut-free options too), and goodie bags.