

September/October

...at a glance

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
19 Hybrid In-Person Worship 11:15 am	20 Meditation Online 7pm Election Day!	21 Prayer Service Online 12pm LSC Council 7pm	22 Prayer Service Online 8:30am Minister Visiting 2-4:30 pm Faith Formation Committee 6:30pm	23 Prayer Service Online 4pm Craft/Study 1:30pm	24 Film and Faith 7pm	25
26 Hybrid In-Person Worship 11:15 am Pick-up Lunch	27 Meditation Online 7pm	28 Prayer Service Online 12pm Courageous Church 7pm	29 Prayer Service Online 8:30am Zoom Office Hours 2-4:30pm Leadership Team 7pm	30 Office Closed for National Day of Truth and Reconciliation	1	2
3 Hybrid In-Person Worship 11:15 am	4 Meditation Online 7pm	5 Prayer Service Online 12pm Courageous Church 7pm	6 Prayer Service Online 8:30am Minister Visiting 2-4:30 pm Gratitude Team 6:30pm	7 Cong. Care 10am Prayer Service Online 4pm Craft/Study	8	9
10 Hybrid In-Person Worship 11:15 am	11 Meditation Online 7pm	12 Prayer Service Online 12pm Courageous Church 7pm	13 Prayer Service Online 8:30am Zoom Office Hours 2-4:30 pm	14 Prayer Service Online 4pm Craft/Study	15	16

ANNOUNCEMENTS

September 19, 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: Josh Hendricksen

Tech Support: Brayden Barrett

Greeting: Anita Tessier, Jayne Krueger

COVID Protocol: Teresa Strachan

Prayers of the People: Ken Powers

PowerPoint: Michelle Dickie

Minute for Mission: Wanda Barr, Gratitude Team

Congregational Care Greeter: Elaine Hill, Diane Dopko

Zoom Host: Brian Mitchell-Walker

Facebook Live Host: Stephannie Banks

Sunday Scripture: Mark 9:30-37, James 3:14-4:3, 7-8a

Hymns:

Called by Earth and Sky – MV#135 chorus

Come O Holy Spirit – MV#23 vs. 1 and 2

Sow Seeds - All God's Children Sing #54

God Who Gives Life Its Goodness – VU#260

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

Lord, Listen to your Children Praying – VU#400

For the Fruit of All Creation VU#227

Like a Rock – MV#92

Last week's attendance: **59**

Offering: **\$550***

Weekly budget: **\$3167**

(not incl. PAR) August

Office Hours and More:

- **Russell's Hours:** Tuesday, Wednesday, Thursday, and Friday. Russell's e-mail address: russell.eastside@gmail.com.

- **Office Hours:** Wednesdays from 2 – 4:30 on alternating weeks.
- **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.
- **Prayer Services:** Tuesday at noon, Wednesday at 8:15am, Thursday at 4pm.

**A message from Becca at the office: I would like to apologize, as there have been some issues with the offering totals included in the emails since I began my work here at Eastside. The value listed above (offering counts during each month) have not included values from CanadaHelps donations, or E-transfers. This issue will be rectified in our September 1- 15 count which will come later this month. Thanks for your patience and understanding as I continue to learn more about working in the office!*



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.

Thank you for your generosity!

Financial update for July: 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. As summer continues and many will be going to cabins or away for holidays, we would like to gently remind our friends that we continue to have regular expenses and appreciate your support. 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.

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 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!

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.

Election Day is September 20. Make your vote count! As people of faith it is important for us to be engaged in our community and make our voice heard. Check out the United Church [Your Vote, Our Future](#) page, on the UCC website for guidance from a faith perspective on voting and election issues.

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.

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.



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](#).

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.



On September 26, Eastside will be holding a "potluck" fundraiser! If you would like to place an order for a boxed lunch, please view the following details:

- You can pick up a boxed lunch after service on Sunday, September 26.
- Orders include a sandwich/wrap, a salad, and some cookies.
- Each boxed lunch costs \$20, proceeds will go to Eastside United!
- You can join us at home, online at 1:00 pm following service for fellowship on Zoom.
- There is an order form available below. You will have to select a couple of options which are detailed in the form. You can also view the menu below!
- You can let us know if you would like a gluten free option in the form.
- If you would like to order more than one box, you are invited to submit more than one form (one for each box you are ordering).
- Orders must be placed by 3 pm on September 22.
- Payment can be made to Eastside United, and can be given at the time of pick-up (you can pay by cheque, with cash, or by E-transfer). Please include "September Potluck" in the memo of your payment.

More information including Zoom links and information on how to pick up a your box will be available in weekly emails.

Ham and Swiss Sandwich **OR**
Chicken Bacon Ranch Wrap **OR**
Vegetarian Wrap



Tossed Salad **OR** Pulse Salad (pulse grains with spinach and red pepper)



All boxes come with cookies!

[Click here to complete an order form!](#)

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 under the **What's New** heading!

House of Dinah is still in need of a leader! Following the passing of Linda Richards, House of Dinah is without a leader at this time. If you are able to fill this position, please let us know! As we near a time where we will be returning to in-person worship, coordinating volunteers and ensuring tasks can be managed is important to keeping our community safe.

Eastside Programming




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.

Meditation Schedule: Meditation will be resuming on September 13 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 visits beginning September 22. 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.

Film and Faith - Online

September 24 at 7:00pm



Stay tuned for more details on next week's Film and Faith! We will have more information about choices for films in our next announcements.

Fall Schedule:
September 24
October 29
November 26

Link coming soon!

We will be having Messy Church on October 2nd from 4-6pm - the theme will be Thanksgiving! Contact our office or text "Messy" to 306-517-6797 to RSVP. Do you want to be a part of the LSC Messy Church Community? [Follow our brand new Facebook page!](#)



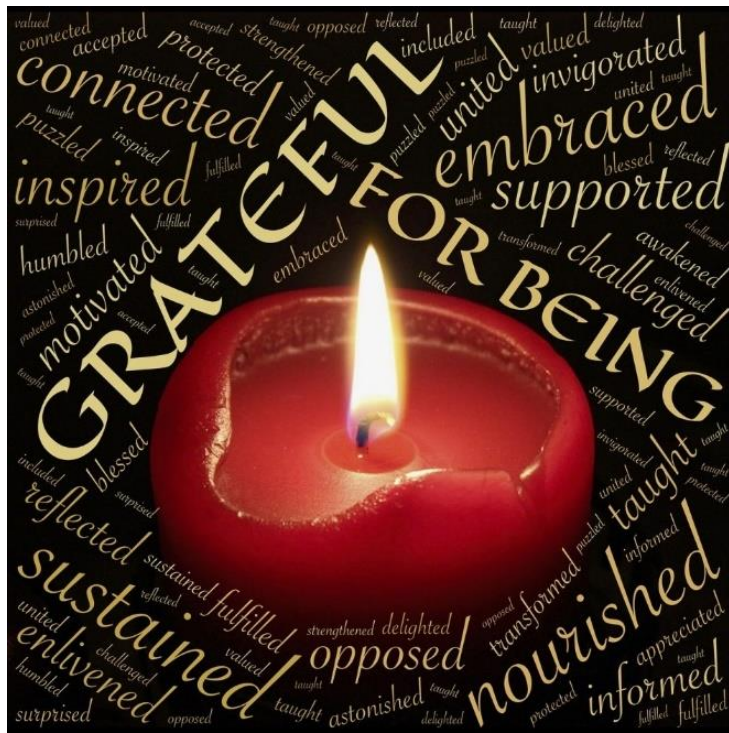
FOR THE LOVE OF CREATION Faithful Climate Conversations

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!](#)



- [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)
- 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 reginanativeoutreachministry@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.

Munch has resumed Soup's On Wednesdays!

Sept. 1 - Homestyle Chicken Noodle
Sept 8 - Tuscan Mixed Bean
Sept 15 - Ham & Corn Chowder
Sept 22 - Hearty Hamburger

Pick up between 4:30 and 6 pm that Wednesday. Soup is \$10 per litre. Add our "made from scratch" biscuits \$3 for 6, \$5 for 12!
Order by 5pm the preceding Monday. Call us at (306) 502-5113 or order through the website: <https://www.munchinregina.ca/order-now>

Community Announcements

Orange Shirt Day and National Day for Truth and Reconciliation

Kids Quest At Immanuel

Kids Ages 4 to Grade 8

It's Free!

2 Programs
Ages 4 - 10
Tweens

Mondays 6:15pm-7:45pm
September 27-November 29, 2021
Immanuel Anglican Church
142 Massey Road

Join us for:
Puppet Shows
Crafts
Games
Bible Stories
Songs
Lots of Fun!

For more information or to register visit
immanuelanglicanregina.ca
or email
kidsquest@immanuelanglicanregina.ca



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



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



WESTMINSTER UNITED CHURCH

RUMMAGE & BAKE SALE

Books Toys Jewelry Christmas Room
Small Appliances Dishes Cookware

SEPTEMBER 24 4:00PM-7:00PM
Sandwiches & Coffee

SEPTEMBER 25 9:30AM-1:00PM
Coffee Bar

13TH AVE & CAMERON STREET
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