

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



ANNOUNCEMENTS

April 7, 2019

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



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: Jean Henders and Shelly Williams
 Congregational Care Greeter: Clare Banks
 Prayers: Ken Powers
 PowerPoint: Mick Williams
 Music ministry: Michelle Dickie
 Last week's attendance: 79
 Last week's offering: \$4251, including \$2061 to M&S Debt Repayment

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 week of April 8:
 Wednesday and Thursday, working from home Friday.
 Coffee Shop Office Hours, Wednesday afternoon from 2 to 4:30 pm,
 at the Woodhams Drive Brewed Awakening for the month of April.

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

Scripture Reading: Luke 10: 25-37

Songs:

O God We Call VU #411
 God Weeps MV #78 vs 1 & 3
 I am the Church
 Worship the Lord VU #401 vs 1,2,3,5
 We are Pilgrims on a Journey VU #595
 Grateful MV #182 (chorus)
 Would You Bless Our Homes and Families VU #556
 May God's Sheltering Wings MV #214

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7 Worship 11:15 V Lent	8 Meditation 7 pm Gratitude Team 7 pm AA 8 pm	9 Cards 9:30 TOPS 6:30 Self-care Session 7 pm	10 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm Eastside hosts	11 Gratitude package collating 1 pm Craft/Study 1:30 Prayer 4 pm	12 Gratitude Dinner 6 pm	13 Women's Breakfast 8 am EASTER EGG HUNT 10:30-11:30
14 Worship 11:15 Palm Sunday In West Sanctuary	15 Meditation 7 pm AA 8 pm	16 Cards 9:30 Prayer 12 pm TOPS 6:30	17 Prayer 8:15 am	18 Maundy Thursday Service 7 pm	19 Good Friday Service w BoL 11am	20
21 Worship 11:15 Easter Sunday Communion In West Sanctuary Wascana Rehab Worship	22 AA 8 pm	23 Cards 9:30 TOPS Film & Faith 6:30	24 Prayer 8:15 am Community Potluck (BoL) 6pm	25 Craft/Study 1:30 Prayer 4 pm Community Dinner 5:45 pm	26 INI Café 6pm	27 ICF Breakfast 9 am Matt Epp House Concert 7:30 pm
28 Worship 11:15 POTLUCK	29 Meditation 7 pm AA 8 pm	30 Cards 9:30 Prayer 12 pm TOPS 6:30	1 Prayer 8:15 am	2 Cong Care 10 am Craft/Study 1:30 Prayer 4 pm	3 Harold Howard Funeral 2 pm Regina Funeral Home	4 Messy Church 4 pm
5 Worship 11:15	6 Meditation 7 pm AA 8 pm	7 Cards 9:30 Prayer 12 pm TOPS 6:30	8 Prayer 8:15 am	9 Craft/Study 1:30 Prayer 4 pm	10	11 Women's Breakfast 8 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, April 8, 2019 at 7 pm. 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. We are reading *The Inconvenient Indian: A Curious Account of Native People in North America* by Thomas King.

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.

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.*

Gratitude Dinner – Please sign up for our Stewardship dinner and see ideas for raising funds and awareness of Eastside at our Gratitude Table in the foyer. The dinner is for all of our Eastside community and the more who come helps lighten to load for our Gratitude team for follow-up.

Our **Envelope Fundraiser** is going great - thank you! Here's how it works: select an envelope from the bulletin boards in the East Sanctuary - they are each marked with a different dollar value from \$1 to \$100; add your donation to the envelope - feel free to add more than the marked dollar value :); leave your filled envelope in the offering box, office, or pop it in the mail. Thank you for your generosity! All proceeds go toward paying off our M&S Debt. **Would you like to redirect your 2017 and 2018 M&S givings to back Eastside?** Email the church office. This will help us further reduce our M&S Debt. Three families helped reduce our M&S Debt by over \$2000 last week through redirection of M&S amounts to the local church!

We now have 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.

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 and check us out on Facebook.

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.

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 posts tips and information daily on Facebook throughout Lent.

Maundy Thursday service at the LSC, Thursday, April 18 at 7 pm: Bishop Rob Hardwick, Anglican Diocese of Qu'Appelle, uses his skills as a trained police officer to "investigate" the Last Supper. Where were the disciples sitting and how is this significant to the Maundy Thursday story? A special presentation offering unique insights into the night our Lord Jesus was betrayed. Not to be missed!

Holy Week Services at Eastside



Sunday, April 14
at 11:15 am
Palm Sunday

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

Thursday, April 18
at 7 pm
Maundy Thursday
with LSC partners

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

We hope you'll join us.
3018 Doan Dr. INFO: 306-761-0556

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



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

