

April/May 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
19 Prayer Candles Online Worship 11:15	20 Meditation Online 7:15 pm	21 LSC Dog Park 7pm	22 Worship Feedback Team Noon Zoom Office Hours 2 – 4:30 pm Leadership Team 7pm	23 Craft/Study online 1:30 pm Courageous Faith online 7pm	24 Film and Faith online	25
26 Online Worship 11:15 Shared with Wesley	27 Meditation Online 7:15 pm	28	29 Zoom Office Hours 2 – 4:30 pm	30 Craft/Study online 1:30 pm Courageous Faith online 7pm	1	2
3 Online Worship Communion 11:15	4 Meditation Online 7:15 pm	5 Gratitude Team online	6 Zoom Office Hours 2 – 4:30 pm Faith Formation online 6:30	7 Cong. Care 10 am Craft/Study online 1:30 pm Courageous Faith online 7pm	8	9
10 Online Worship Open Hearts Jar Shared with Wesley	11 Meditation Online 7:15 pm	12	13 Zoom Office Hours 2 – 4:30 pm	14 Craft/Study online 1:30 pm Courageous Faith online 7pm	15	16

PLEASE NOTE: lots of programming at Eastside has been suspended or has moved online during this COVID-19 social isolation time. If you are unsure if a program you attend is suspended, contact the program organizer or email eastsideunited@sasktel.net to check. We are moving into May assuming that things will still be in lockdown.



ANNOUNCEMENTS

April 19, 2020

306-761-0556 eastsideunited@sasktel.net
Like us on facebook (Eastside United Church)
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
Pianist: Michelle Dickie
Tech Support: Brian Mitchell-Walker

Last week's attendance: 72 Offering: \$1790 Weekly budget: \$1463
(not incl. PAR)

Office Hours:

The Living Spirit Center is closed due to concerns over COVID-19. Both Harvey and Russell are working remotely. If you need to contact the Eastside United Office, please email him at eastsideunited@sasktel.net. For the weeks for April 13th and April 20th, Harvey will be in the office Monday, Wednesday, Friday, then his office hours will resume as normal.

Russell's Hours: Tuesday, Wednesday, Thursday, Friday. Russell's e-mail address: russell.eastside@sasktel.net cell #: 306.535.3720

Russell will be holding **Zoom Drop-in Office Hours** Wednesdays through April from 2 to 4:30 online. Use the worship [zoom link](#). The password is 708161

Scripture Readings: John 20: 19-31

Songs –

Christ is Alive VU #158
Christ has no Body Now but Yours MV #171
You Shall Go Out with Joy VU #884
Don't Be Afraid MV #90

We still need our support as our ministry continues! Making your offering online (<http://www.eastsideunited.ca/donate2.html>) couldn't be easier. 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. Thanks for your donation!

Shared Services: In order to explore our ministry together and give the ministers a break we are looking to each share a service once a month. April 26 we are hosting Wesley, May 10 Wesley is hosting us. We have upgraded our subscription to Zoom to allow more people and it is hoped that Wesley will be moving to zoom worship as well. Presently they are recording their services.

Hello Neighbour Card Reminder: there are necessary situations when leaving the house is unavoidable, like groceries and prescription pick-ups. If you would like to and are healthy enough to do so, download a Hello Neighbour card that was sent with the email to let people know you're available to help! By putting these cards in mailboxes, it allows those of use who are well to help the people around us who may need it by volunteering to run errands or check-in.

LSC Meditation Mondays at 7:15 pm: Meditation Mondays have moved online. If you are interested in participating, please contact Shauna Powers at powerss@hotmail.com

Financial Update: The quarterly financial update for March, 2020 is available. A copy was sent out in the communication on April 15th. If you missed it and would like a copy, email Harvey (eastsideunited@sasktel.net), or find a copy online [HERE](#).

Craft/Study Group We are reading *I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown, chapters 3 and 4. Sessions will be held over Zoom. If you would like to join and haven't, let us know, contact [Russell](#).

Courageous Faith: Over the next few months, we will offer an online program called Courageous Faith. This program's aim is to help congregations find ways to be church in our changing times. We will host 6 sessions online over the next 8 weeks. If you are interested in participating in this let [Russell know](#). The sessions will include a video conversation with a prominent theologian/pastor/author on a particular topic related to Courageous Faith, followed by conversation among the

group online. [We will meet online Thursday evenings at 7pm. Each session is stand alone.](#) Each session is stand alone. April 23rd's session will feature [Rev. Traci Blackmon](#).

Munch Lunch: programming is suspended. **Our funding runs out soon. If you know of any sources, let us know.**

Film and Faith Online: We will watch one of The Darkest Hour, The Two Popes or Risen on April 24th. Vote for your choice in the poll in the discussion section of the event page on [Facebook](#). RSVP to Russell for the Zoom link.

Food Donations: Alex Pelletier is making lunches for the homeless and is accepting donations of juice boxes, granola bars and fruit. If you are able to, donations can go in the blue bin outside the office doors by Friday. Additionally, if someone is able to volunteer to deliver donations to Alex, let [Russell](#) know.

Illustrated Ministry: We know many of you are scrambling around, trying to get ready for virtual/online worship. We know many others are trying to think through what they're going to do with schools and day cares closed. Illustrated Ministry has set up a page where you can receive **FREE weekly resources**. To access resources from Illustrated Ministry that will help support faith exploration with children and families during this time, please visit their website [HERE](#).

PAR and M & S Donations: If you would like to add or increase PAR and/or M&S offerings, please contact Harvey and he will help you get set up or make changes. Email eastsideunited@sasktel.net or call 306.761.0556

Did you know that the city is proposing a **dog park** in the park space beside us? If you have questions or concerns, please speak to Bonnie Yake, Sarah Tkachuk, Brian Abrahamson or Russell.



Did you miss the announcements at last Sunday's worship service? Sometimes feel like an event snuck up on you and you didn't receive proper notice? Printed announcements are saved on the Eastside website each week - check 'em out at www.eastsideunited.ca under the **What's New** heading!

Were you unable to attend worship last week? Don't worry about it! You can find a video recording of last week's service online. Visit our website under the [WORSHIP](#) heading to find an uploaded video of service.

Suspended/Moved Programming as of April 13th:

- **TOPS** is cancelled until May 4th
- **Eastside Community Dinner** is suspended until further notice
- **Yoga** is cancelled until the fall
- **KAIROS** is postponed until further notice
- **Meditation** is cancelled in-person, moved to Zoom
- **Craft/Study** is cancelled in-person, moved to Zoom
- **Eastside Choir** has canceled rehearsals until further notice
- **ICF Breakfast** has reduced programming
- **Congregational Faith and Wellness Series** is postponed
- **Messy Church** is suspended until further notice
- **Women's Breakfast** is suspended until further notice
- **Munch Lunch** programming is suspended until further notice
- **Film and Faith** is suspended in-person and will continue online.
- **AA** is suspended in-person
- **Forever... in Motion** is suspended until further notice.

FEAR

By Khalil Gilbran

*It is said that before entering the sea
a river trembles with fear.*

*She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.*

*And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.*

*But there is no other way.
The river can not go back.*

*Nobody can go back.
To go back is impossible in existence.*

*The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.*