

February/March 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
16 Worship 11:15 Prayer Candles Wascana Worship 1:30 pm	17 AA 8 pm 	18 Cards 9:30 TOPS 6:30	19 Coffee Shop 2 – 4:30 pm Brewed Aw	20 Forever in Motion 10 am Craft/Study 1:30 pm Community Dinner	21	22 ICF Breakfast 9 am
Russell Away AC-UC Dialogue						
23 Worship 11:15 Finance AGM Potluck Cong Care Seminar	24 Meditation 7:15 pm AA 8 pm	25 Cards 9:30 TOPS 6:30 Shrove Tuesday PC Supper 5 pm Faith Form. 6:30 pm	26 Coffee Shop 2 – 4:30 pm Brewed Aw BoL Community Potluck Ash Weds. Service 7 pm	27 Forever in Motion 10 am Craft/Study 1:30 pm	28 INI Film & Faith <i>Smoke Signals</i> 6 pm	29
1 Worship 11:15 Communion	2 Meditation 7:15 pm AA 8 pm	3 Cards 9:30 TOPS 6:30 Gratitude Team	4 Coffee Shop 2 – 4:30 pm Lenten Worship 7 pm	5 Forever in Motion 10 am Cong Care 10 am Craft/Study 1:30 pm	6	7 Messy Church 4 pm
8 Worship 11:15 Open Hearts	9 Meditation 7:15 pm AA 8 pm	10 Cards 9:30 TOPS 6:30	11 Coffee Shop 2 – 4:30 pm Lenten Worship 7 pm	12 Forever in Motion 10 am Craft/Study 1:30 pm	13	14 Women's Breakfast 8 am Pie Day 7 pm

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

February 16, 2020

306-761-0556 eastsideunited@sasktel.net
Like us on facebook (Eastside United Church)
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: Lori Latta and Leanne Sudom
Congregational Care Greeter: Clare Banks
Prayers: Sarah Tkachuk
PowerPoint: Stephannie Banks
Pianist: Josh Hendricksen



Eastside Finance AGM
Sunday, February 23
During worship

Last week's attendance: 50 Offering: \$1300 Weekly budget: \$1100
(not incl. PAR)

Office Hours:

Harvey's hours: Tuesdays, Wednesdays, Thursdays 9:00am – 3:00pm

Russell's Office Hours: Cancelled during the week of February 16th while he is away at the Anglican-United Dialogue in Toronto. Pastoral care coverage is by Ken Powers.

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

Russell will not be holding **Coffee Shop Office Hours** while he is away during the week of February 16th.

Scripture Reading: Old Testament: Genesis 1:26-28
Gospel: Galatians 5:1, 13-26

Songs –

Jesu, Jesu, Fill Us with Your Love VU #593
Come Touch Our Hearts MV #12
Goodness is Stronger than Evil ELW #721
Just Like Salt AGCS #33
My Lord, What a Morning VU #707
Walls That Divide VU #691
We Will Go with God MV #223

LSC Meditation Mondays at 7:15 pm. No meditation on February 17th because of the long weekend. We resume the next week on February 24th with Connor and Shauna hosting yoga meditation. Bring a yoga mat or blanket for next time.

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.

Forever... in motion at the LSC, Thursday mornings at 10 am!

Forever... in motion is a physical activity program for adults 50 and over. And it's FREE! Wear comfortable clothing and running shoes, and bring a water bottle. For more information please call Heather at 306-737-4681.

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 *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* by Jonathan Brooks.

CONGREGATIONAL CARE FAITH AND WELLNESS SERIES:

February 23, March 22, April 26, 2020 following Eastside's potluck lunch.

February 23 - Connie Moker Wernikowski will talk about Holy Yoga and lead us through some focused breathing exercises. For more information about Connie and Holy Yoga, check out her website, bigfishyoga.ca.

March 22 - Elaine Carlson will describe how the practice of meditation can calm us and improve our health. She may lead us through a short meditation.

April 26 - Munch Café will share about their work including our partnership with Glen Elm School. Munch is providing lunch (freewill offering, \$10) and showcasing some of their lunch menu.

St. James United Church Stew Supper will be held on Thursday, February 20. Continuous from 4:30 to 6:30. Homemade stews, buns, salads and desserts. Reserve your tickets by calling the church office at 306-543-2626. Adults - \$20 and children under 10 - \$5.

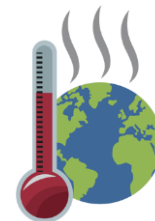
World Day of Prayer 2020: Holy Child Parish (2636 7th Ave. E.) is hosting a service in celebration of World Day of Prayer on Friday, March 6 at 2 pm. The year's World Day of Prayer has been organized by the women of Zimbabwe, with the theme "Rise! Take Your Mat and Walk". RSVP to Marian at 306-789-8276 or mariangrady@sasktel.net.

Eastside Community Dinner, Thursday, February 20 at 5:45 pm. We begin with a short service – prayer, scripture, candle-lighting, singing – followed by a meal. Please RSVP by January 21 if you can join us. Suggested cost \$7/person; \$20/family. Pay in advance at the office or purchase a ticket at www.Bit.ly/Dinnertickets. We'll need helpers for set up and clean up – come have fun with us! Talk to Russell if interested.

Our next ICF Breakfast is Saturday, February 22 from 9 am to 12 noon. The fourth Saturday of each month, Eastside volunteers help set up, serve and clean up following breakfast for residents of north-central Regina. Please come help with this awesome, feel-good ministry! Let Doug know of your availability for this or a future breakfast at dscheurwater@sasktel.net.

KAIROS Regina-Reconciliation Sharing Group will meet on the 3rd Tuesday of each month at 7 pm at Wesley United Church. The Reconciliation Sharing Group was formed so that people who are working on Truth and Reconciliation projects or on other projects aimed at improving the conditions for Indigenous People have an opportunity to connect, network, encourage and support each other. For further information, contact Sandra Blenkinsop at sandra.blenkinsop@sasktel.net.

Special Discussion Event - Christians On Climate Change, Sunday, March 8 at 7 pm at the LSC. Please mark your calendar; more info to follow.



Munch Lunch: Eastside's partnership with Glen Elm School and Munch Café is continuing into 2020! Through the **Munch Lunch Program** Munch Café staff work with older Glen Elm students to make lunches as well as educate these students on healthy lunch preparation. The program takes place each Monday from 1 to 3 pm in the LSC kitchen. We need 1-2 volunteers each Monday to help out in the kitchen with food preparation (not the same people each week) starting April 6th. If you are interested and able to help out once a month, sign up on the Eastside bulletin board, or contact the office or Russell (Russell.eastside@sasktel.net) and indicate if you prefer a particular week. Thanks!

INI Café: Friday, February 28th at 6 pm. The film being screen is *Smoke Signals* (Farmer, 1998). Join us for concession and discussion.

Lenten Worship: Soup and bread at 5:30/5:45 service at 6:30pm. March 4 St. Philip – Holden Evening Prayer; March 11 Eastside – Prayers around the Cross; March 18 Bread of Life – Holden; March 25 Eastside - Prayers around the Cross; April 1 Bread of Life - Holden

SHROVE TUESDAY Pancake Supper

TUESDAY
Feb 25

Featuring
**Pancakes
Sausages
& Fruit**

5:30 to
7 pm

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

Brought to you by the Lutheran and Anglican youth. Proceeds to CLAY.

**FREEWILL
OFFERING**

Knox-Metropolitan United Church Annual Book and Music Sale:
Knox-Met is holding its annual Book and Music Sale on Friday, April 17 and Saturday, April 18. We are now accepting donations of books, games, puzzles, CDs, DVDs and LPs. NO cassettes, VHS, textbooks, magazines or encyclopedias please. Drop off until 8:00 pm every day at 2340 Victoria Avenue. Call 306 525 9128 for info.

Affirming Ministries of Regina



**PIE Day
Coffee
House**

(PUBLIC-INTENTIONAL-EXPLICIT)

Signature Concert:
Songs & Stories of
Wanda Gronhovd
Plus Open Mic

(pie, refreshments, fellowship)

March 14, 7- 9 PM

Wesley United Church
3913 Hillsdale Street, REGINA



A Celebration of Diversity and Inclusion

ALL ARE WELCOME

St. James Dinner Theatre:
 We would like to support St. James by going to their Dinner Theatre as a group. We have set aside three tables of 8 people each to fill. The show is called Leading Ladies and have booked for the dessert theatre Sunday, March 22 at 2 pm, Dinner Theatre Saturday, March 21 at 6:30 pm and Dinner Theatre Friday, April 3 at 6:30 pm. Please sign up if you would like to go. If you have signed up and haven't paid, please do so at the Gratitude Table or at the office.

St. James Players
 Proudly Presents:

Directed by:
 Allan Borse

Ken Ludwig's

LEADING LADIES

Produced by special arrangement
 with Samuel French, Inc.

Appy Nights \$30
 Thursdays @ 6:30
 March 26
 April 2


Dinners \$40
 Fridays & Saturdays @ 6:30
 March 20
 March 21
 March 27
 March 28
 April 3
 April 4

Dessert/Matinée \$25
 Sunday @ 2:00
 March 22

St. James United Church:
 4506 Sherwood Drive

Tickets:
 Call the office:
 306-543-2626
 or email:
stjames.office@sasktel.net

Starring:
 Casey Elgren
 Allan Borse
 Sarah Elgren
 Jaquana Euteneler
 Milan Folhovic
 Laryn Bryan
 Ashley Curtis
 Jakob Elgren



Welcome to New Staff: We are excited to welcome our new Communications and Office Coordinator, Harvey Gibson! Harvey started February 11 and is quickly getting on board. He comes to us with some great communications and social media experience. We look forward to working with him, as he learns all the ins and outs of our ministry together (especially with Russell being away next week!). Feel free to drop in and introduce yourself! Harvey is a recent University of Regina graduate. He has a BFA in Film Production and works mainly in communications. In his spare time, Harvey enjoys cinema, video games, and writing.



Donation Request: There has been a request for food donations for a single mother in need. Food donations can be dropped off at the office with Harvey by **Wednesday the 19th at the latest**. Harvey's office hours are Tuesday-Thursday 9 am to 3 pm.

Announcement & Invitation to attend the National gathering of Queering Christian Voices: An Ecumenical Coalition in Canada, to be held April 21-22, 2020, in Toronto, Ontario (location TBA). Please help us with planning and RSVP ASAP if you plan on attending, so we can be sure to book a large enough venue.

In 2019, two ecumenical gatherings of people committed to LGBTQIA2S+ justice were held in Toronto (hosted by Affirm United and Generous Space Ministries), to leverage resources and strengthen understanding in dismantling barriers, knowing that increased solidarity will lead to more informed, effective, and sustainable action. We are pleased to announce the formation of "Queering Christian Voices: An Ecumenical Coalition in Canada."

Vision: We envision a world where all sexual and gender diverse people are treated justly and equitably.

Mission: To amplify a Christian voice that advocates for all sexual and gender diverse people within Christian contexts and the public sphere.

The Coalition includes representatives from LGBTQIA2S+ advocacy groups and individuals from sixteen (and growing!) Christian denominations! Alliance, Anglican, Baptist, Be in Christ, Christian Reformed, Evangelical Lutheran, Mennonite, MCC Toronto, Mormon, Presbyterian, Quakers, Roman Catholic, Seventh-day Adventist, United, Unitarian, and Vineyard.

Registration & Cost: To help cover costs, we are asking for a suggested donation of \$25 with your registration. If you are able to donate, please do so. Information on how to register for this gathering will be sent by email in early February

Travel: You will need to pay your own travel expenses.

Accommodation: Efforts will be made to secure billets for out-of-town participants.

Coffee & Meals: Coffee and Lunch will be provided free of charge on April 22.

To get on the coalition's mailing list, please send your name, email address, and the advocacy group and/or the church/denomination you work within, to queeringchristianvoices@gmail.com.