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**February/March 2017**

 **At a glance**

**Full descriptions of activities in bulletin.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **5****Worship****11:15****Communion** | **6****AA 7:30 pm****Meditation****7 pm** | **7****Cards****9:30****TOPS****6:30****New Parish Book Study****7 pm** | **8****Faith Exploration 7 pm** | **9****Craft/Study****1:30** | **10** | **11****Women’s Breakfast****8 am** |
| **12****Worship*****In the West Sanctuary* 11:15****Open Hearts Jar** | **13****AA 7:30 pm****Meditation****7 pm** | **14****Cards****9:30****TOPS****6:30****New Parish Book Study****7 pm** | **15****Leadership Team Meeting 7pm** | **16****Craft/Study****1:30****Solar Committee****7 pm** | **17****Film & Faith** | **18** |
| **19****Worship****11:15****Prayer Candles** | **20****AA 7:30 pm****Meditation****7 pm** | **21****Cards****9:30****TOPS****6:30****New Parish Book Study****7 pm** | **22****Faith Exploration 7 pm** | **23****Craft/Study****1:30** | **24** | **25****IMCF Breakfast****9 am** |
| **26****Worship/****Financial AGM****11:15****POTLUCK** | **27****AA 7:30 pm****Meditation****7 pm** | **28****Cards****9:30*****Pancake Supper 5:30-7pm*****TOPS****6:30****New Parish Book Study****7 pm** | **1****Ash Wednesday** | **2****Craft/Study****1:30****Family Dinner** **6 pm** | **3** | **4** |
| **5****Worship****11:15****Communion** | **6****AA 7:30 pm****Meditation****7 pm** | **7****Cards****9:30****TOPS****6:30****New Parish Book Study****7 pm** | **8****Lent Service 7 pm** **Faith Exploration 7:30 pm** | **9****Craft/Study****1:30** | **10** | **11****Women’s Breakfast****8 am** |

**TOPS = Take Off Pounds Sensibly**

**AA = Alcoholics Anonymous**

**ANNOUNCEMENTS**

 **February 5, 2017**

****306-761-0556 eastsideunited@sasktel.net

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***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: Shelly and Mick Williams

Congregational Care Greeter: Clare Banks

Prayers: Ken Powers

PowerPoint: Michael Tessier

Piano: Michelle Dickie

Attendance last week: 108 Last year:

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

**Office Hours:**

Tuesday, Wednesday and Thursday from 8:30 am to 3:30 pm

Russell is in the office Tuesday through Thursday from 9 am to 4:30 pm, working from home on Friday.

Brewed Awakening Office Hours, Wednesday afternoons from 2 to 4:30 pm. ***At 3115 Woodhams Drive location for the remainder of February.***

**Scripture Reading:** Luke 7: 1-17

**Songs:**

*Come All You People/Uyai Mose* MV #2

*I am the Light of the World* VU #87

*It’s a Me, It’s a Me, It’s a Me O Lord*

*Jacob’s Ladder*

*Like a Healing Stream* MV #144

*Grateful* MV #187 Chorus only

*African Spiritual:* *Tis the Old Ship of Zion*

*We Will God with God/ Sizohumba Naye* MV #223

**Please note: Our Sunday worship service will take place in the West Sanctuary next Sunday, February 12 to allow St. Philip additional time for their AGM in the East Sanctuary.**

**We are collecting empty yogurt containers with lids for Carmichael Outreach.** Every day Carmichael gives out 60 to 120 meals in these 500 g – 750 g containers. Please wash them well and place WITH THE LIDS ON in the cardboard box in the Administration entrance***.***

**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. If you need a ride call Rod 306-789-1388. Everyone is welcome.

**![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5B95B9LU\meditating-buddhist-woman[1].png]()LSC Meditation Group:** The Meditation Group will meet again at 7 pm Monday, February 6 in the East Sanctuary.  This week Elaine Carlson rejoins us to guide the evening's meditation – *Circle of Friends –* designed to help broaden our perspectives on a particular issue, situation or relationship; help us move from a fixed outlook to one that is more flexible and open if we feel stuck in a particular frame of mind; and help improve our decision-making processes through a more thoughtful discernment process.  Feel free to bring a friend, and dress comfortably.

***![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QXOTN1YX\large-thread-crochet--0-15842[1].gif]()*Eastside’s Craft/Study Group Thursdays at 1:30 pm** in the Multipurpose Room! Join us as we share in discussion, handiwork and coffee time following. We are reading and will begin discussing *The Alchemist* by Paulo Coelho. We have an extra copy of the book if you’d like to join us.

**Patagonia Catering** is offering cooking classes in the LSC Kitchen Sunday afternoons. Each class stands alone and is on a different theme. The February 12 class is ***Valentines with Amor***. Cost is $120 and includes supper finale, tools and ingredients, a complementary beverage, and Chef Ricardo's wealth of culinary knowledge. For more information or to register, email patagoniacateringsk@gmail.com or visit Patagonia's Facebook event page https://www.facebook.com/events/1092783987499168/.

**![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RHBQ9OLX\histoireducinema[1].jpg]()The New Parish Book Study:**  Join us as we explore what it means to be a church of your neighbourhood and how we connect with our neighbours. This could be an important opportunity for us to build relationship with our neighbours and the community around us. A ten-week Tuesday night study (including Lent) **starting February 14**. Please let Russell know of your interest ASAP so we can order books.

**2016 Tax Receipts are in your Eastside mail slot for you! Please help us save on postage and check for yours! We have assigned mail slots to all regular church-goers.**

**Faith Exploration: Every other Wednesday at 7 pm in the Youth Room, starting February 8.** *Faith Exploration* is an opportunity to explore United Church of Canada beliefs, understandings of basic Christianity, your own beliefs, and to experience other faith traditions. We will be offering this eight-session program over the next few months. This is a good program for newcomers or youth or those wishing to renew their faith. Let Russell know if you are interested.

The LSC has purchased an **automated external defibrillator (AED).** This portable electronic device automatically diagnoses life-threatening cardiac events and is able to treat them through defibrillation. With audio and visual commands, AEDs are designed to be simple to use for the layperson. The LSC AED is hanging in an alarmed box beside the elevator in the narthex. This box is not locked, but an alarm sounds when the door is opened to prevent tampering and notify those in the building that an emergency may be in process. Staff and LSC program leads have received a brief training on use of the AED. If there is interest, another training session could be arranged in the future. To learn more, please contact the office staff: Cheryl 306-789-0265 or Suzanne 306-761-0556.

![C:\Users\home-user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RHBQ9OLX\2625[1].gif]()**The World Day of Prayer ecumenical service will be held on Friday March 3, at 2 pm at Holy Cross Church, 315 Douglas Ave. E with lunch to follow.** This year’s service has been written by The Philippines’ World Day of Prayer Committee and the theme is “Am I Being Unfair To You?” Suzanne has contact info in the office if you are interested in being involved in the planning committee for this event.

***We’d love you to join our family!*** We are planning a Transfer of Membership service in the near future. If you are interested in being included or have questions, please let Russell know.

**LSC Women’s Spirituality Breakfast, Saturday, February 11 from 8 to 10 am.** This month we will be joined by Holly Schick, who some of you may remember from Eastside’s early days as Prince of Peace United Church. Holly is now the Executive Director with the Saskatchewan Seniors Mechanism and will be sharing some of the highlights of the work of this organization, including age-friendly communities, *Celebrating Seniors* provincial volunteer awards, media and ageism, prevention of older adult neglect and abuse, and advocacy on issues relevant to older adults. All women are welcome – please bring a toonie to help with breakfast costs!

**Film and Faith, Friday, February 17 and the third Friday of each month.** Join us for a movie and conversation following. A Facebook event page will be set up shortly; check back regularly for updates on movie selection and to RSVP!

