

**February/March 2019**  
**At a glance**  
**Full descriptions of activities in bulletin.**



# ANNOUNCEMENTS

February 17, 2019

306-761-0556 eastsideunited@sasktel.net  
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 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  
 Greeting: Sheri Nupdal  
 Congregational Care Greeter: Clare Banks  
 Prayers: John Bishop  
 PowerPoint: Donna Lindskog  
 Music ministry: Michelle Dickie  
 Last week's attendance: NA  
 Last week's offering: \$2187.40

Russell's e-mail address: [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net)

**Office Hours:**

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

**Russell's Office Hours:**

Russell will be in Toronto for the Anglican-United Dialogue from February 19 to 23.

**PRAYER SERVICES RESUME WEEK OF FEBRUARY 26: Russell is inviting anyone who wishes to join him for a short service of prayer. NEW SCHEDULE FOR FEBRUARY! Tuesdays at 12 noon, Wednesdays at 8:15 am, and Thursdays at 4 pm.**

**Scripture Reading:** Matthew 13: 24-43

**Songs:**

You are Holy/Hamba Nathi MV#45  
 Come Let us Sing VU#222  
 Down by the Riverside  
 Amazing Grace VU#266 vs 1-4  
 We Give our Thanks to God (Reamo Leboga) MV#187  
 I Want Jesus to Walk with Me  
 Ameni/Ba-ba-ba-bum MV#223

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>17</b> Worship 11:15 Prayer Candles Wascana Worship Service	<b>18</b> Baptism Orientation 7 pm AA 8 pm	<b>19</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>20</b> Prayer 8:15 am	<b>21</b> Craft/Study 1:30 Prayer 4 pm	<b>22</b>	<b>23</b> ICF Breakfast 9 am Epiphany Dinner 5pm
Russell in Toronto for Anglican-United Dialogue						
<b>24</b> Worship 11:15 Faith Story Special Music!!! Baptism POTLUCK Cong Care Seminar	<b>25</b> Meditation 7 pm AA 8 pm	<b>26</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>27</b> Prayer 8:15 am	<b>28</b> Craft/Study 1:30 Prayer 4 pm Comm Din 5:45pm Refounding God's Pple 7:30	<b>1</b> World Day of Prayer at LSC 2 pm Film & Faith	<b>2</b>
<b>3</b> Worship 11:15 Communion FF 1230 pm	<b>4</b> Meditation 7 pm AA 8 pm	<b>5</b> Cards 9:30 Prayer 12 pm TOPS 6:30 Pancake Supper 5pm	<b>6</b> Prayer 8:15 am Ash Wednesday 7 pm	<b>7</b> Craft/Study 1:30 Prayer 4 pm Refounding God's Pple 7:30	<b>8</b>	<b>9</b> Women's Breakfast 8 am
<b>10</b> Worship 11:15 1 Lent Finance AGM Open Hearts Jar	<b>11</b> Meditation 7 pm AA 8 pm	<b>12</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>13</b> Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	<b>14</b> Craft/Study 1:30 Prayer 4 pm Refounding God's Ppl 7:30pm	<b>15</b> INI Café (ICF) 6:30 pm	<b>16</b>
<b>17</b> Worship 11:15 II Lent	<b>18</b> Meditation 7 pm AA 8 pm	<b>19</b> Cards 9:30 Prayer 12 pm TOPS 6:30	<b>20</b> Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	<b>21</b> Craft/Study 1:30 Prayer 4 pm Refounding God's Ppl 7:30pm	<b>22</b>	<b>23</b> ICF Breakfast 9 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. If you need a ride call Rod 306-789-1388. Everyone is welcome.

**LSC Meditation Group: NO MEDITATION MONDAY, FEBRUARY 18.** Join us Monday, February 25, 2019. 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 *Daring Greatly: How The Courage To Be Vulnerable Transforms The Way We Live, Love, Parent, And Lead*.

**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.

**World Day of Prayer worship service is being hosted by the congregations of the Living Spirit Centre this year!** Planned for Friday, March 1, 2019 at 2 pm, we need a few volunteers from Eastside to help make this happen. Each year, on the first Friday of March, the World Day of Prayer brings Christians together in worship around the world and in more than 2000 communities across Canada. Christian women of many traditions come together to observe a common day of prayer. This year's service has been written by the World Day of Prayer Committee of Slovenia. The theme is "Come – Everything is Ready!" For more information and to volunteer, please contact St. Philip's Rita Brann at 306-757-3173.

**SHROVE TUESDAY:** Eastside is hosting the **Annual LSC Shrove Tuesday Pancake Supper** on Tuesday, March 5. We would love your family to come and help us make this happen! Hosts, servers, and cooks needed. Please let Russell know if you're interested. We have information on file of grocery lists, past quantities served, etc. **SIGN UP SHEETS ON THE EASTSIDE BULLETIN BOARD!**

**PIE DAY, MARCH 14, 2019:** Pi Day is observed each year on March 14 since 3, 1, and 4 are the first three significant digits of  $\pi$ . **Affirming Ministries of the United Church is planning its first ever PIE Day and Eastside United is taking part!** *Public. Intentional. Explicit. Those are the standards we hold ourselves and our welcome to when we become Affirming or affirming.* Mark your calendars and stay tuned for details around this event scheduled to take place Thursday, March 14 at 6 pm. **We will need donations of pies as well as helpers for set up and clean up.** Talk to Russell!

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.

A **Take Two free clothing program** kicked off January 29 at Lakeview United Church (3200 McCallum Avenue). We will be open every second Tuesday from 6:30-8:30pm. Everyone in the community is welcome to access good used clothing for free. Foster families are especially welcome and can contact us to arrange assistance outside of scheduled hours at [taketwofreeclothing@gmail.com](mailto:taketwofreeclothing@gmail.com).

**Can you help?** From time to time, we get requests from individuals in the community for donations of non-perishable food items and grocery and gas gift cards. To ensure we can meet these needs in a timely fashion, we would like to have a small pantry of food items on hand, as well as a few gift cards we can leave locked in a safe place. If you would like to help by making a donation, please leave food and gift cards in Suzanne's office. Thank you!

**EPIPHANY SUPPER Saturday February 23, 2019 at the Living Spirit Centre.** Cocktails 5 pm. Roast beef dinner 6 pm. Entertainment to follow. Cost \$20 per person (this includes your wine as well). There is a vegetarian option. Children are invited. We ask that a donation be made for your children's dinner. There will be a sign-up sheet in the narthex Sunday.

**AED TRAINING, THURSDAY, FEBRUARY 28 FROM 3 TO 4:30 PM**  
The LSC has an automated external defibrillator (AED). This portable electronic device automatically diagnoses life-threatening cardiac events and is able to treat them through defibrillation. To increase comfort and familiarity with the AED, the LSC has arranged for Darren Tanzell, RQHR PAD Coordinator and Advanced Care Paramedic, to deliver a training session for staff, volunteers, and all those who would find this to be of value. RSVP to the Eastside office at [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net) or 306-761-0556 so we have an idea of numbers.

**SAFE Workshop:** Suicide Awareness for Everyone – This is a practical workshop for anyone who works or deals with at risk individuals or is concerned about the rising incidence of suicides. You will become aware of signs and things to watch for and receive positive interventions you can take. The workshop is 2 ½ hours offered through the Regina Health District and we have arranged for it to be offered at no cost Saturday, March 9 starting at 10 am. You must pre-register (maximum of 20 participants). Call Westminster at 306-757-6444 or email [westminsterreginauc@sasktel.net](mailto:westminsterreginauc@sasktel.net).

**The new Regional Council for Saskatchewan needs a name.** You can vote for your preference! <https://form.jotform.com/90428049751258>

Our **February Community Dinner** is Thursday, February 28 at 5:45 pm. We begin with a short service – prayer, candle-lighting, singing – followed by a meal. Please RSVP by morning of February 26 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](http://www.Bit.ly/Dinnertickets) (NO fees!). Doug Scheurwater is cookin'! We'll need helpers for set up and clean up too! Talk to Russell if interested.

Our next sponsored **ICF Family Breakfast** will be Saturday, February 23 from 9 to 11:30 am and the fourth Saturday of each month. If you are able to volunteer this month or would like more information about our outreach ministry please get in touch with Peter Braun [peterbraun@myaccess.ca](mailto:peterbraun@myaccess.ca) or 306-520-8956. And remember friends and family are always welcome to participate with you!

**Forever... in motion is coming to 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. This program includes endurance, strength, balance, and flexibility activities, which may be performed either seated or standing. And it's FREE! For more information and to register, please call 306-766-6320

**Need help preparing for income tax time?** Come learn some general information about income tax preparation from a financial planner, Michelle Maier, CFP. Friday, February 22 from 10 am to 12 pm at the Lifelong Learning Centre - 2155 College Avenue in College Building Room 112.

The Board of Directors of Spring Free From Racism and Saskatchewan Association on Human Rights invite you to their **20th Annual Family Day** celebration. This event will take place at the Italian Center on Sunday, March 24 from 11 am to 6 pm. Admission is free for everyone.

**Becoming Dementia Friendly:** Join us to learn more about the Alzheimer Society of Saskatchewan's Dementia Friendly Communities initiative.

Participants will:

- explore ways that faith-based communities can get involved
- learn how to become more supportive, inclusive, and accessible for people affected by dementia
- get information about reducing stigma and building understanding
- consider ways the physical environment can be supportive

Led by Abby Wolfe, Public Awareness Coordinator at the Alzheimer Society of Saskatchewan at All Saints Anglican Church (142 Massey Road) on Tuesday, February 26 from 1:30-3:30 pm. RSVP by contacting All Saints (306-586-4420, [allsaints@sasktel.net](mailto:allsaints@sasktel.net)) by Friday, February 22. There is no charge for this event.

**Monthly Financial Update: January 1 – January 31, 2019**

Eastside incurred a deficit of \$69 during January 2019 (see below). The result was similar to last year, with the two key differences being incremental costs in 2018 to cover Russell's sabbatical and the absence of any remaining reserves in 2019 to assist with making Eastside's share of the mortgage payments.

Eastside was able to use a portion of its cash balance to reduce its M&S liability by \$5,366, so the obligation has declined from \$31,111 at December 31, 2018 to \$25,745 at January 31, 2019.

Eastside's share of the LSC mortgage also continues to decline, with the balance being \$47,309 at January 31, 2019. The mortgage is scheduled to be finished on August 31, 2024.

<b>Eastside United Church</b>		
Statement of Surplus (Deficit) for January 1 - January 31		
	<b>2019</b>	<b>2018</b>
Revenue to Support Eastside United Church	\$ 12,213	\$ 12,291
Revenue to Support Mission & Service Fund	189	1,089
<b>Total Revenue</b>	<b>12,402</b>	<b>13,380</b>
Eastside's Operating Expenses	(11,365)	(11,963)
Contribution to Mission & Service Fund	(189)	(1,089)
<b>Total Operating Expenses</b>	<b>(11,554)</b>	<b>(13,052)</b>
<b>Operating Surplus/(Deficit)</b>	<b>\$ 848</b>	<b>\$ 328</b>
Less: Mortgage Payments (principal & interest)	(917)	(833)
Add: Drawdown of Mortgage Reserve	0	833
<b>Equals: Surplus/(Deficit)</b>	<b>\$ (69)</b>	<b>\$ 328</b>

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