

## March/April 2020 At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>22</b> Worship Lent IV 11:15	<b>23</b> Meditation 7:15 pm AA 8 pm	<b>24</b> Cards 9:30 LSC Council 7pm	<b>25</b> Coffee Shop 2 – 4:30 pm	<b>26</b> Craft/Study 1:30 pm	<b>27</b> Film and Faith	<b>28</b>
<b>29</b> Worship Lent V 11:15	<b>30</b> Meditation 7:15 pm AA 8 pm	<b>31</b> Cards 9:30	<b>1</b> Coffee Shop 2 – 4:30 pm	<b>2</b> Craft/Study 1:30 pm	<b>3</b>	<b>4</b>
<b>5</b> Worship 11:15 Palm Sunday Walk Through Holy Week	<b>6</b> Meditation 7:15 pm AA 8 pm	<b>7</b> Cards 9:30	<b>8</b> Coffee Shop 2 – 4:30 pm	<b>9</b> Craft/Study 1:30 pm Maundy Thursday with BoL 7pm	<b>10</b> Good Friday with BoL 11am	<b>11</b>
<b>12</b> Worship 11:15 Easter Sunday	<b>13</b> Meditation 7:15 pm AA 8 pm	<b>14</b> Cards 9:30	<b>15</b> Coffee Shop 2 – 4:30 pm	<b>16</b> Craft/Study 1:30 pm	<b>17</b>	<b>18</b>

**TOPS = Take Off Pounds Sensibly has been suspended until April 21st**

**AA = Alcoholics Anonymous**

**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](mailto:eastsideunited@sasktel.net) to check. Also, some organizers haven't confirmed all cancelations yet. Please be patient as we adjust during this transition.



## ANNOUNCEMENTS

March 22, 2020

306-761-0556 eastsideunited@sasktel.net  
Like us on facebook (Eastside United Church)  
Follow us on Twitter @Eastside\_united

[www.eastsideunited.ca](http://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  
Prayers: Donna Lindskog  
Pianist: Michelle Dickie  
Tech Support: Brian Mitchell-Walker

Last week's attendance: 47      Offering: \$2930      Weekly budget: \$1463  
(not incl. PAR)

### Office Hours:

Harvey is working remotely during this time, if you need to contact the Eastside United Office, please email him at [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net) Tuesday through Thursday.

Russell's Office Hours: Tuesday, Wednesday and Thursday, working from home Friday. Russell's e-mail address: [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net)

Russell will be holding **Coffee Shop Office Hours** Wednesdays through March from 2 to 4:30 at **The Living Spirit Centre**

**Scripture Reading:** Old Testament: Ephesians 5: 8-14  
Gospel: John 9: 1-41

### Songs –

Be Still and Know MV #77  
Spirit, Open My Heart MV #79  
Turn the World Upside Down  
For the Healing of the Nations VU #678  
We Give our Thanks to God MV #187  
Amazing Grace #266  
Go Now in Peace Songs for a Gospel People #67

**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 has been suspended until further notice.** For more information please call Heather at 306-737-4681.



**Eastside's Craft/Study Group**, Thursdays at 1:30 pm **online with Zoom!** Join us as we share in discussion, handiwork and coffee time following. We are reading *Church Forsaken: Practicing Presence in Neglected Neighbourhoods* (Chapter 10) by Jonathan Brooks.

**Lenten Worship on Wednesday evenings has been suspended**

**Lent has begun!** As a spiritual practice during Lent, you are invited into some actions and reflection toward Reconciliation with Indigenous Peoples. **A calendar of 40 days for Truth and Reconciliation is available.** A digital copy was sent with the newsletter on February 25<sup>th</sup>, 2020. If you would like a digital copy and/or would like to be added to Eastside's mailing list, contact Harvey at [eastsideunited@saktel.net](mailto:eastsideunited@saktel.net)

**LSC Meditation Mondays at 7:15 pm:** Meditation Mondays are looking at a digital option to continue meeting on-line. More information to come.

**Film and Faith will continue! It is moving online on March 27th until further notice.** If you would like to participate in Film and Faith, please contact Russell to let him know.



**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. Our funding runs out soon. If you know of any sources, let us know.** If you are interested and able to help out once a month, sign up on the

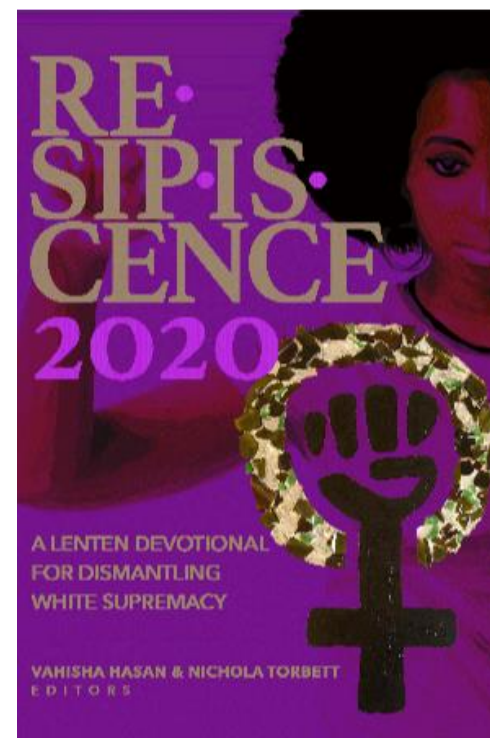
Eastside bulletin board, or contact the office or Russell and indicate if you prefer a particular week. Thanks!

**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.

**Resipiscence 2020: A Lenten Devotional for Dismantling White Supremacy:**

In *Resipiscence: A Lenten Devotional for Dismantling White Supremacy*, Vahisha Hasan and Nichola Torbett, the editors, curated 40+ contributors of many identities, theologies, and lived experiences across the U.S. who each reflect on Lent in a revolutionary and liberating way.

The book's devotionals are organized by week, and each section contains seven reflections on the scriptures for that coming Sunday. Order a copy (physical copies and ebooks available!) at <http://bit.ly/2PtsXFe>



**Tax receipts for 2019 that were not picked up will be mailed out!** Due to in-person worship being suspended, any tax receipts for pick up in individual mailboxes at Eastside will be mailed out.

**Courageous Faith:** Over the next few months, we will offer an online program called Courageous Faith. This program is from an online summit hosted by Convergence US, of The United Church of Christ, that helps congregations find ways to be church in our changing times. The summit was a virtual gathering of people of faith and moral conscience. We

purchased the ability to use this material after the summit is over so 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.](#)

**Please note the revised schedule for program activities at Indigenous Christian Fellowship in regards to ICF Breakfast.**

Our hospitality activities will be restricted to 'take out' services.

- Coffee, tea and snacks will be shared in take out containers at the north door (facing Dewdney Avenue).
- Soup and bannock will be shared in take-out containers at the south door (from the main hall).
- Family Breakfast will be served in take out containers at the south door (from the main hall).

The restriction of service to take out means that a lower level of help is required for the hospitality, the Soup and Bannock and the Family Breakfast programs. (WE do not have to set up and take down tables and cutlery etc.)

Therefore, at this time, we will not expect volunteers from our supporting churches. However, we continue to request your prayers and support. We will need ongoing encouragement and support to continue to provide the take out services.

**We still need our support as our ministry continues!** Making your offering [online](http://www.eastsideunited.ca/donate2.html) (<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 offering box at the front door. Thanks for your donation!



**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](http://www.eastsideunited.ca) under the **What's New** heading!

**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](mailto: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.



**Suspended Programming as of March 19th:**

- **TOPS** is cancelled until April 21st
- **Eastside Community Dinner** is suspended until further notice
- **Yoga** is cancelled until the fall
- **Fitness in Motion** is suspended until further notice
- **KAIROS** is postponed until further notice
- **Meditation** is cancelled in-person, will be moving to a digital platform
- **Craft/Study** is cancelled in-person, has moved to a digital platform
- **St. James Dinner Theatre** has been cancelled. Tickets may be returned to the St. James church office in exchange for a charitable tax receipt.
- **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