

June/July 2020
At a glance
Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
21 Online Worship 11:15 Indigenous Peoples Day	22	23 Prayer service 12pm	24 Prayer service 8:30 am Zoom Office Hours 2 – 4:30 pm	25 Prayer service 4pm	26 Film and Faith	27
28 Online Worship 11:15 Minute for Mission	29	30 <u>T-shirt order deadline</u> Prayer service 12pm	1 Canada Day	2 Prayer service 4pm	3	4
5 Online Worship 10:30 Communion	6	7 Prayer service 12pm	8 Prayer service 8:30 am Zoom Office Hours 2 – 4:30 pm	9 Prayer service 4pm	10	11
12 Online Worship 10:30 Open Hearts Jar	13	14 Prayer service 12pm	15 Prayer service 8:30 am Zoom Office Hours 2 – 4:30 pm	16 Prayer service 4pm	17	18

PLEASE NOTE: lots of programming at Eastside has been suspended or has moved online during this COVID-19. 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.

Summer Worship Hours: Starting July 5th, service will be held at **10:30 am** instead of 11:15. This will continue until August 30th!



ANNOUNCEMENTS

June 21, 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
 Prayers: Bonny Manz
 Pianist: Michelle Dickie
 Tech Support: Brian Mitchell-Walker
 Congregational Care Greeter: Diane Dopko
 Attendance: Elaine Hill

Last week's attendance: 54 Offering: \$670 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.

Harvey's hours: Tuesday, Wednesday, Thursdays

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 from 2 to 4:30 online. Children, families, youth welcome to drop in! Use the worship [Zoom link](#).

Scripture Reading: Matthew 10: 24-39

Songs –

Many and Great O God are your Works VU #308
 When Pain of the World VU #598
 Walk with Me VU #649
 We are All One People MV #141 vs 1 & 3

We still need your 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 mailbox at the office door. Thanks for your donation!

T-Shirt Orders: if you would like to order an Eastside United t-shirt, you can fill out an order form [HERE](#). Make sure that all parts of the form are filled out, so that your shirt is made in the right size and colour. **Shirts are 30\$ and the deadline to order is June 30th, 2020.**

Russell vacation days: Russell will be away from July 27th to August 24th. On **August 2nd and 9th**, you are encouraged to check out other online worship options. You can see an interactive map of United Churches online [HERE](#), see a list of online services by province [HERE](#), or you can join St. James United Church via Facebook [HERE](#). From **August 16th to the 30th**, service will be offered with Wesley United using our usual Zoom login information.

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 **weekly 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 Update: Meditation will meet again on *July 27th* for a midsummer session. We'll restart for the new season on *Monday, September 14th*.

May 2020 Financial Report: You can find a copy of the financial report for January – May, 2020 for download [HERE](#).

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

Cloth Masks: As places re-open it will be important to wear masks as we are out in public, especially indoors. If you would like a mask, please email the office or Russell indicating how many masks you need, and we will connect you with someone making masks. Elastic is needed if you have any! Thanks to Clare Banks, Wanda Barr, Gladys Olekson, Nancy Cranfield, Jean MacKay who are willing to make masks. More sewers are welcome!

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](#)



Messy Church at Home: Once a week, between Easter and the end of June, Messy Church will be providing scheduled [Messy Church at Home Sessions](#). This is to provide a backstop if you don't have time or the energy to create your own 'at home' resources. This list of resources is updated weekly.

Food Donations: Alex Pelletier is making lunches for the homeless and is accepting donations of **juice boxes, granola bars and fruit, he could use more than what he has been receiving**. If you are able to, donations can go in the blue bin outside the office doors by Friday. Harvey will be at the Living Spirit Center on Thursdays from 10 am – 11 am if you want to drop off your donation then. If someone is able to volunteer to deliver donations to Alex, let [Russell](#) know.



Volunteers for the ICF: The Indigenous Christian Fellowship is looking for people on Fridays to make 90 lunches on-site. If you are available to help out, contact Russell or Doug Scheurwater.

Summer Newsletter: The Summer quarterly newsletter is coming out soon! If you have a submission, please email it to [Harvey](#) by **June 22nd** so it can be included.

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.

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 to let Harvey know what changes you would like to make, and he will submit the changes for processing.



Victoria School Meal support: If you are willing to provide a meal, baking, or grocery cards, please let Russell know. Harvey will be at the church on Thursdays from 10 am – 11 am to receive donation drop-offs. From Anna-Marie Donovan: Victoria Campus is made up of five distinct programs that allow students who

do not or cannot fit into the “regular” school program to continue with their education. During this pandemic, staff are reaching out to students to check on their mental health and to provide whatever support they can emotionally and academically. While most students, at this time, have their basic needs met, there are a handful who experience food insecurity on a weekly basis. For the past two weeks, nutritious meals and groceries have been provided by members of Eastside, and on behalf of the staff and students of Victoria Campus, I would like to thank you for your support in assisting our most vulnerable youth. For people wanting to help, we are happy to accept homemade muffins or cookies, non-perishable items, fresh fruit, and grocery gift cards. Any donation will not be turned away!

The last day of the school year is Thursday, June 25th so this will be the last day that donations are being accepted. Thank you very much for all the support!

Suspended/Moved Programming as of June 17th:

- **TOPS** is suspended until further notice
- **Eastside Community Dinner** is suspended until further notice
- **Yoga** is cancelled until the fall
- **KAIROS** meetings are postponed until further notice
- **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.



“Gratitude goes beyond words. It is a feeling that measures our combined love and respect, in many ways, for families across the world and for frontline heroes spread in every corner of each country affected by the coronavirus. Together, we synchronously feel and share in a love for each other and our world while adapting and recovering from what is a global experience. Our gratitude extends beyond our families and frontline heroes and actually has allowed us to realize a collective gratitude for the planet that we share.”

- Najma Khorrami, M.P.H. & Homa K. Ahmadzia M.D.,
M.P.H. [Psychology Today](#)



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? 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.