

March 2020 At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Worship Lent I 11:15 Communion	2 Meditation 7:15 pm AA 8 pm	3 Cards 9:30 TOPS 6:30 Gratitude Team 7pm	4 Coffee Shop 2 – 4:30 pm Soup and bun 5:30 pm Lenten Worship 6:30 pm	5 Forever in Motion 10 am Cong Care 10 am Craft/Study 1:30 pm	6	7 Messy Church 4 pm
8 Worship Lent II 11:15 Open Hearts Climate Christians On Climate Change	9 Meditation 7:15 pm AA 8 pm	10 Cards 9:30 TOPS 6:30	11 Coffee Shop 2 – 4:30 pm Soup and bun 5:30 pm Lenten Worship 6:30 pm	12 Forever in Motion 10 am Craft/Study 1:30 pm	13	14 Women's Breakfast 8 am Pie Day 7 pm @ Wesley UC
15 Worship Lent III 11:15 Prayer Candles	16 Meditation 7:15 pm AA 8 pm	17 Cards 9:30 TOPS 6:30	18 Coffee Shop 2 – 4:30 pm Soup and bun 5:30 pm Lenten Worship 6:30 pm	19 Forever in Motion 10 am Craft/Study 1:30 pm Comm. Dinner	20 INI Café canteen 6pm Performance 7pm	21
22 Worship Lent IV 11:15	23 Meditation 7:15 pm AA 8 pm	24 Cards 9:30 TOPS 6:30	25 Coffee Shop 2 – 4:30 pm Soup and bun 5:30 pm Lenten Worship 6:30 pm	26 Forever in Motion 10 am Craft/Study 1:30 pm	27 Film and Faith	28 ICF Breakfast

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

March 1, 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: Sam Baidoo, Linda Richards
Congregational Care Greeter: Sheri Nupdal
Prayers: Donna Lindskog
PowerPoint: Ernie Poirier
Pianist: Josh Hendricksen

Last week's attendance: 57 Offering: \$1910 Weekly budget: \$1463
(not incl. PAR)

Office Hours:

Living Spirit Center office hours: Tuesdays, Wednesdays, Thursdays from 9:00am – 3:00pm

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

Russell will be holding **Coffee Shop Office Hours** Wednesdays through February from 2 to 4:30 at **Second Cup** on Quance St.

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

Scripture Reading: Old Testament: Genesis 2:15-17, 3:17
Gospel: Matthew 4:1-17

Songs –

Be Still and Know MV #77
Spirit, Open My Heart, MV #70 verse 1
Turn the World Upside Down
Jesus Christ is Waiting VU #117
We Give our Thanks to God MV #187
O Jesus I Have Promised VU #120
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, 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* (Chapter 8) by Jonathan Brooks.

CONGREGATIONAL CARE FAITH AND WELLNESS SERIES:

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

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.

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. The congregation hosting the service also provides soup. **If you would like to provide soup for March 11 and 25, email Harvey at eastsideunited@sasktel.net**

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 at the back.** A digital copy was sent with the newsletter on February 25th, 2020. If you would like a digital copy and/or would like to be added to Eastside's mailing list, contact Harvey at eastsideunited@sasktel.net

LSC Meditation Mondays at 7:15 pm: March 2nd at 7:15 pm with Bonnie Yake hosting yoga meditation. Bring a yoga mat or blanket.

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!

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.



Special Discussion Event - Christians on Climate Change, Sunday, March 8 at 7 pm at the LSC. In this brief presentation, followed by discussion, we will explore together the consequences of a warming climate for our part of the world.

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.

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.

Circles for Reconciliation: The aim of Circles for Reconciliation is to establish trusting, meaningful relationships between Indigenous and non-Indigenous peoples as part of the 94 Calls to Action from the Truth and Reconciliation Commission. Each group of ten participants, led by two trained facilitators meets weekly or biweekly for ten gatherings 75 minutes in length. Our Guiding Principles for these circles are for the safety, dignity and respect for all participants. For more information: <http://circlesforreconciliation.ca/>

Affirming Ministries of Regina



PIE Day Coffee House

(PUBLIC-INTENTIONAL-EXPLICIT)

**Signature Concert:
Songs & Stories of
Wanda Gronhvd
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

Volunteers are needed to provide pies for this event!

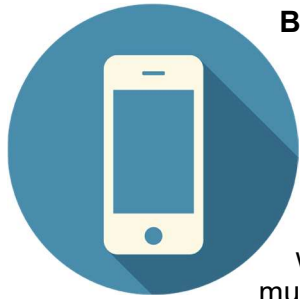
LENTEN SERVICES 2020

Soup and Buns, Prayers Around the Cross, Holden Services

**LENTEN SERVICE WILL ALTERNATE BETWEEN
PRAYERS AROUND THE CROSS AND HOLDEN EVENING
PRAYERS**

**VOLUNTEERS ARE NEEDED TO BRING SOUP AND
BUNS ON MARCH 11TH AND 25TH**

SOUP AND BREAD AT 5:30 PM, SERVICE AT 6:30 PM

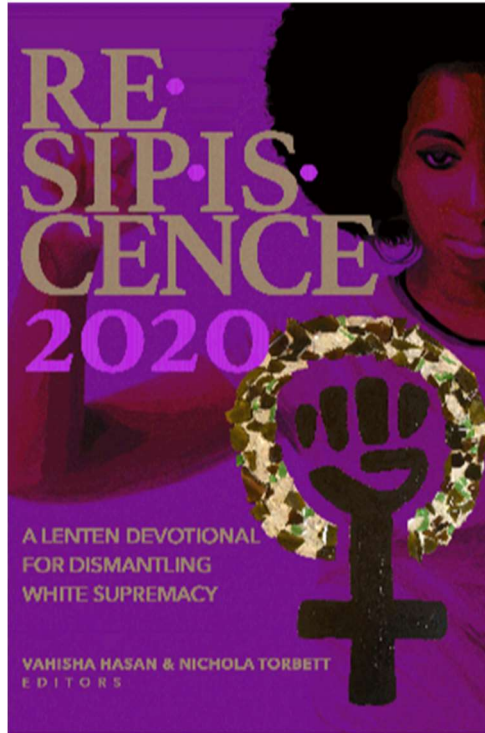


BIBLE 2020: a smart phone app, is for everyone, everywhere. It is a worldwide community speaking the words of the Bible together across cities, towns, villages, streets and continents. Simply download the smart phone app (search 'Bible 2020' in Play Store for Android or the App Store for iPhones) which delivers daily readings for the whole of 2020. The Bible verse can be accessed in multiple languages and together we can read, speak

and hear the words of the Bible each day, sharing our experience on a global platform. This event, while exploring the Easter Story, also helps to experience the Bible being read out loud, giving people a taste of what they could keep doing each day after the event. Find out more at <https://www.bible2020.org/> or follow them on Facebook, Instagram and Twitter.

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>

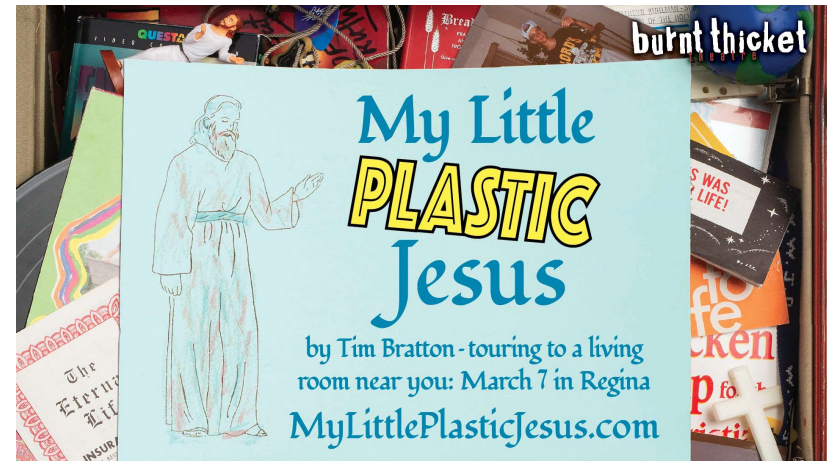


Did you know that the city is proposing a **dog park** in the park space beside us? See the plans in the foyer. If you have questions or concerns, please speak to Bonnie Yake, Sarah Tkachuk, Brian Abrahamson or Russell.

Have you signed up for the Eastside United email mailing list? Weekly information, resources, events and more are posted in the weekly email. Sign up online at www.eastsideunited.ca or email Harvey at eastsideunited@sasktel.net to ask to be added to the mailing list.



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!



Burnt Thicket Theatre is touring their new play **MY LITTLE PLASTIC JESUS** to living rooms across SK & AB. The show will play in Regina one night only *next Saturday March 7*. This challenging, hopeful comedy urges Christians to reflect on how we engage with culture and invites those who think they're done with Jesus to hear his voice. It is playing 7:30 pm on March 7 at Chris & Christie's home, 3539 Pederson Crescent, Regina. Tickets, trailer & details available at MyLittlePlasticJesus.com.

Lumsden Beach Camp: Registration Opens TODAY March 1st. Grab a friend, and make sure you get a spot at LBC this summer. Sessions have been known to fill up quickly. Before you sit down, have your camper's health card number and a credit card ready. www.lumsdenbeachcamp.com