

March/April 2020
At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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 KAIROS 7pm	19 Forever in Motion 10 am Craft/Study 1:30 pm Comm. Dinner 5:45 pm	20 INI Café Round Dance Circle Project 5:00 pm	21
22 Worship Lent IV 11:15 Potluck Faith & Wellness	23 Meditation 7:15 pm AA 8 pm	24 Cards 9:30 TOPS 6:30 LSC Council 7pm	25 Coffee Shop 2 – 4:30 pm Soup and bun 5:30 pm Lenten Worship 6:30 pm ES Leadership Team 7pm	26 Forever in Motion 10 am Craft/Study 1:30 pm	27 Film and Faith	28 ICF Breakfast
29 Worship Lent V 11:15	30 Meditation 7:15 pm AA 8 pm	31 Cards 9:30 TOPS 6:30	1 Coffee Shop 2 – 4:30 pm Soup 5:30 pm, Lenten Worship 6:30 pm	2 Forever in Motion 10 am Craft/Study 1:30 pm Cong. Care	3	4 Messy Church
5 Worship 11:15 Palm Sunday Walk through Holy Week	6 Meditation 7:15 pm AA 8 pm	7 Cards 9:30 TOPS 6:30 Gratitude Team	8 Coffee Shop 2 – 4:30 pm	9 Forever in Motion 10 am Craft/Study 1:30 pm Maundy Thursday with BoL 7pm	10 Good Friday with BoL 11am	11 Women's Breakfast

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

March 15, 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: John Bishop, Maureen Hughes, Diane Funk, Mauren Hughes, Liz Schmidt
Congregational Care Greeter: Linda Fowler
Prayers: Donna Lindskog
PowerPoint: Ernie Poirier
Pianist: Michelle Dickie

Last week's attendance: 50 Offering: \$240 Weekly budget: \$1463
(not incl. PAR)

Office Hours:

Living Spirit Center office hours: Tuesdays, Wednesdays, Thursdays from 9:00am – 3:30pm

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: Exodus 17: 1-7
Gospel: John 4: 5-42

Songs –

Be Still and Know MV #77
Spirit, Open My Heart MV #79
Turn the World Upside Down
I Heard the Voice of Jesus VU #626
We Give our Thanks to God MV #187
Guide me O Thou Great Jehovah VU #651
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 9) by Jonathan Brooks.

Lenten Worship: Soup and bread at 5:30/5:45 service at 6:30pm. March 4 Bread of Life – Holden Evening Prayer; March 11 Eastside – Prayers around the Cross; March 18 St. Philip – 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 or buns/bread for March 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@saktel.net. Hard copies are on the back table.

LSC Meditation Mondays at 7:15 pm: Mary Belle and Shauna will lead meditation on March 16th. All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

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.



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!

Living Spirit Centre Women's Breakfast - March 14th, 8-10 am

Speaker: Patricia Orban, who has been a Member of the Sisters of Our Lady of the Missions since 1965. She will share the story of her 19 year missionary journey with the Peruvian People. We will also celebrate our Cosmic Story with a meditative walk. All women are welcome.

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.

March 14 PIE Day: Wesley United Church will be having a PIE Day coffee house sponsored by Affirming Ministries in Regina. Wanda Gronhovd was booked to perform, however due to a family emergency she will no longer be available. There will be an open mic, so bring your guitar, singing voice, etc.! Please let Russell know if you can bring a pie.

KAIROS Regina-Reconciliation Sharing Group will meet on March 17th, 7 pm at Wesley United Church. For further information, contact Sandra Blenkinsop at sandra.blenkinsop@sasktel.net.

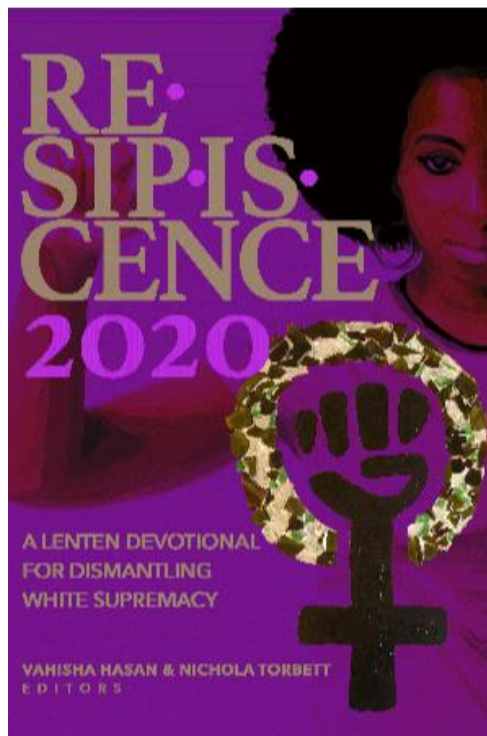
Knox-Metropolitan United Church Annual Book and Music Sale:

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.

Eastside Community Dinner, Thursday, March 19th at 5:45 pm. We begin with a short service – prayer, scripture, candle-lighting, singing – followed by a meal. **Please RSVP by March 17th** 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. We'll need helpers for set up and clean up – come have fun with us! Talk to Russell if interested.

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 are available for pick up in mailboxes! If you elected to have your receipt mailed, they were posted during the last week of February.

The Eastside Choir is performing for a couple of services throughout the Lenten season and could use a couple of extra voices. There is no pressure, and we rehearse once a week! Email Ethan at ethanwilliams4@gmail.com to join or for more information.



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!

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 or call 306.761.0556

Carpooling Volunteering: If you would like to volunteer to be a driver to carpool with fellow church-goers who may not be able to drive to attend worship on Sundays, let Harvey know! Email eastsideunited@sasktel.net or call 306.761.0556 if you are interested or have questions.



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