

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 mailbox at the office door. Thanks for your donation!

St. Philip Senior Ministry Outreach card playing program has been suspended until further notice.

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 11) by Jonathan Brooks. We will be starting the next book on April 16th.

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 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

LSC Meditation Mondays at 7:15 pm: Meditation Mondays have moved online. If you are interested in participating, please contact Shauna Powers at powerss@hotmail.com

Film and Faith will continue! It is moving online on March 27th and until further notice. If you would like to participate in Film and Faith, please contact Russell to let him know. We will be watching the Post online at 7pm, followed by conversation. Join us via this link: <https://zoom.us/j/835257631> Check out the Eastside United Facebook event page for Film and Faith for more details.



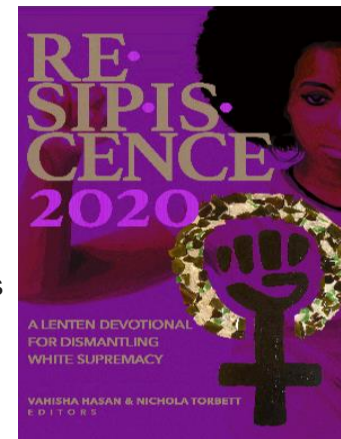
Courageous Faith: Over the next few months, we will offer an online program called Courageous Faith. This program is from an online summit

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. Each session is stand alone.](#) Each session is stand alone. This week is Rev. John Dorhauer, President, United Church of Christ (like our Moderator).

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

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>



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 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.

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

Calling out for shoe boxes! Or, similar sized boxes to be used for providing items for Palm Sunday and Easter services. They can be dropped off at the office door at the church by Tuesday next week.

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.



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!

Suspended Programming as of March 25th:

- **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, moved to Zoom
- **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.

Pandemic

What if you thought of it as the Jews consider the Sabbath—the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.

Center down.

And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.

--Lynn Ungar 3/11/20