

February/March 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
23 Worship 11:15 Finance AGM Potluck Cong Care Seminar	24 Meditation 7:15 pm AA 8 pm	25 Cards 9:30 TOPS 6:30 Shrove Tuesday Pancake Supper 5:30 pm Faith Form. 6:30 pm	26 Coffee Shop 2 – 4:30 pm Brewed Aw BoL Community Potluck Ash Weds. Service 7 pm	27 Forever in Motion 10 am Craft/Study 1:30 pm	28 INI Film & Faith <i>Smoke Signals</i> 6 pm	29
1 Worship 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 11:15 Open Hearts	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 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 meeting 7pm	19 Forever in Motion 10 am Craft/Study 1:30 pm Community Dinner	20 INI Café canteen 6pm Performance 7pm	21

TOPS = Take Off Pounds Sensibly
AA = Alcoholics Anonymous



ANNOUNCEMENTS

February 23, 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: Ernie Poirier and Greg Thomas
Congregational Care Greeter: Linda Fowler
Prayers: Carol Hein
PowerPoint: Stephannie Banks
Pianist: Corinne Groff



Eastside Finance AGM
Sunday, February 23
During worship

Last week's attendance: 48 Offering: \$1600 Weekly budget: \$1463
(not incl. PAR)

Office Hours:

Harvey's hours: Tuesdays, Wednesdays, Thursdays 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 Brewed Awakening on Woodhams Dr.

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

Scripture Reading: Old Testament: Psalm 9 VU pg 732
Gospel: Matthew 17:1-9

Songs –

Arise Your Light is Come VU #79 vs 1
Let Us Build a House MV #1
Just Like Salt – All God's Children Sing #33
Teach Me to Dance
O God you are both light and love Tune VU #541
Draw the Circle Wide MV #145
We Will Go with God MV #223

Newsletter deadline: Our Lent Newsletter will be out the first week of March so if you have something from your group or committee to include, please send it to the office **by Feb 24** at eastsideunited@sasktel.net

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 7) by Jonathan Brooks.

CONGREGATIONAL CARE FAITH AND WELLNESS SERIES:

February 23, March 22, April 26, 2020 following Eastside's potluck lunch. **February 23 TODAY-** Connie Moker Wernikowski will talk about Holy Yoga and lead us through some focused breathing exercises. Check out her website, bigfishyoga.ca.

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 begins on March 1 and 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 as well as will be sent with the newsletter later this week.**

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.

LSC Meditation Mondays at 7:15 pm: February 24th at 7:15 pm with Connor and Shauna hosting yoga meditation. Bring a yoga mat or blanket for next time.

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!

INI Café/Film & Faith: Friday, February 28th at 6 pm. The film being screen is *Smoke Signals* (Farmer, 1998). Join us for concession and discussion at 3131 Dewdney Avenue.

Friends & Faith - Open House at Regina Islamic Centre: You are invited to attend an Open House at the Regina Islamic Centre and Mosque at 3273 Montague St. (at Argyle) on **Friday, February 28 at 7pm**. Come for a tour, food, and friendly faces. Imam Mohamed will greet guests and answer questions. You are invited to observe the evening prayer at 8:00pm. Etiquette: modesty of dress. Please consider bringing a scarf. This visit is part of the Muslim-Christian dialogue sponsored by the Islamic Association of Saskatchewan (Regina) and the Archdiocese of Regina. A further visitation project to other places of worship is planned by the Regina Multifaith Forum. Watch for further advertising. Contact Nick Jesson: njesson@archregina.sk.ca or 306-352-1651.

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.

SHROVE TUESDAY *Pancake Supper*

TUESDAY Feb 25

Featuring
Pancakes Sausages & Fruit

5:30 to 7 pm



Living Spirit Centre
3018 Doan Drive
Info: 306-761-0556

FREEWILL OFFERING

Brought to you by the Lutheran and Anglican youth. Proceeds to CLAY.

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.

iNi
Indigenous Non-Indigenous

Presents
Film & Faith
Movie & Discussion

Friday February 28

Doors open & Canteen 6:00pm

Movie begins 7:00 pm

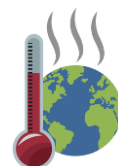
3131 Dewdney Ave
Parking in back lot

A Partnership between Indigenous Christian Fellowship and Eastside United

Reconciliation through Performing Arts




eastside



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.

St. James Dinner Theatre:
We would like to support St. James by going to their Dinner Theatre as a group. We have set aside two tables of 8 people each to fill. The show is called Leading Ladies and have booked for the dessert theatre Sunday, March 22 at 2 pm, Dinner Theatre Saturday, March 21 at 6:30 pm. If you have signed up and haven't paid, please do so at the Gratitude Table or at the office. Once we have all payments, St. James will bring us the tickets.

*St. James Players
Proudly Presents:*

Ken Ludwig's

LEADING LADIES

*Directed by:
Allan Barse*

*Produced by special arrangement
with Samuel French, Inc.*

Appy Nights \$30
Thursdays @ 6:30
March 26
April 2


Dinners \$40
Fridays & Saturdays @ 6:30
March 20
March 21
March 27
March 28
April 3
April 4

Dessert/Matinée \$25
Sunday @ 2:00
March 22

St. James United Church:
4506 Sherwood Drive

Tickets:
Call the office:
306-543-2626
or email:
stjames.office@sasktel.net

Starring:
Casey Elgren
Allan Barse
Sarah Elgren
Jaquana Euteneler
Milan Folnovic
Lary Bryan
Ashley Curtis
Jakob Elgren



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. The means to achieve this is the creation of small gatherings of an equal number of Indigenous and non-Indigenous people in discussion circles. Each group of ten participants, led by two trained facilitators meets weekly or biweekly for ten gatherings 75 minutes in length. These ten meetings allow for the beginnings of respectful relationships, which the TRC stresses is the basis of reconciliation. The participants sit in a circle, providing greater opportunities for consensus and being respectful of traditional Indigenous values and customs. There is no cost for individuals to participate, only a common interest in working toward truth and reconciliation and equality of opportunity for Indigenous people. 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 Gronhovd
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



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.