

April/May 2020

At a glance

Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>26</b> Online Worship 11:15 Shared with Wesley	<b>27</b> Meditation Online 7:15 pm	<b>28</b>	<b>29</b> Zoom Office Hours 2 – 4:30 pm	<b>30</b> Craft/Study online 1:30 pm Courageous Faith online 7pm	<b>1</b>	<b>2</b>
<b>3</b> Online Worship Communion 11:15	<b>4</b> Meditation Online 7:15 pm	<b>5</b> Gratitude Team online 7:30	<b>6</b> Zoom Office Hours 2 – 4:30 pm Faith Formation online 6:30	<b>7</b> Cong. Care 10 am Craft/Study online 1:30 pm Courageous Faith online 7pm	<b>8</b>	<b>9</b>
<b>10</b> Online Worship Open Hearts Jar Shared with Wesley 10:30 am	<b>11</b> Meditation Online 7:15 pm	<b>12</b>	<b>13</b> Zoom Office Hours 2 – 4:30 pm	<b>14</b> Craft/Study online 1:30 pm	<b>15</b>	<b>16</b>
<b>17</b> Online Worship Prayer Candles 11:15	<b>18</b> Meditation Online 7:15 pm	<b>19</b>	<b>20</b> Zoom Office Hours 2 – 4:30 pm	<b>21</b> Craft/Study online 1:30 pm	<b>22</b> Film & Faith	<b>23</b>
<u>Russell off for Online Festival of Homiletics</u>						

**PLEASE NOTE:** lots of programming at Eastside has been suspended or has moved online during this COVID-19 social isolation time. If you are unsure if a program you attend is suspended, contact the program organizer or email [eastsideunited@sasktel.net](mailto:eastsideunited@sasktel.net) to check. We are moving into May assuming that things will still be in lockdown.



## ANNOUNCEMENTS

April 26, 2020

306-761-0556 eastsideunited@sasktel.net  
Like us on facebook (Eastside United Church)  
Follow us on Twitter @Eastside\_united  
[www.eastsideunited.ca](http://www.eastsideunited.ca)



*W*elcome to Eastside United. May our opportunities of ministry offer you rest, challenge and peace on your Christian journey.

### Ministers:

Minister: Russell Mitchell-Walker  
Pianist: Michelle Dickie  
Prayers: Brian Abrahamson  
Counting: Janet Bjorndahl  
Tech Support: Brian Mitchell-Walker

Last week's attendance: 62      Offering: \$1790      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](mailto: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](mailto:russell.eastside@sasktel.net) cell #: 306.535.3720

Russell will be holding **Zoom Drop-in Office Hours** Wednesdays through April from 2 to 4:30 online. Use the worship [zoom link](#). The password is 708161

**Scripture Readings:** Luke 24: 13-35

### Songs –

Thine is the Glory VU #173  
I Love You/Wonderful World  
Breaking of the Bread  
Christ has no Body Now but Yours MV #171  
We are Pilgrims VU #595  
Bells of Norwich

**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!

**Shared Services:** In order to explore our ministry together and give the ministers a break we are looking to each share a service once a month. April 26 we are hosting Wesley, May 10 Wesley is hosting us. We have upgraded our subscription to Zoom to allow more people and it is hoped that Wesley will be moving to zoom worship as well. Presently they are recording their services.

**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 Mondays at 7:15 pm:** Meditation Mondays have moved online. If you are interested in participating, please contact Shauna Powers at [powerss@hotmail.com](mailto:powerss@hotmail.com)

**Craft/Study Group** We are reading *I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown, chapters 5 and 6. Sessions will be held over Zoom. If you would like to join and haven't, let us know, contact [Russell](#).

**Courageous Faith:** Over the next few months, we will offer an online program called Courageous Faith. This program's aim is to help congregations find ways to be church in our changing times. 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. April 30th's session will feature [Suzanne Stabile](#), Enneagram Practitioner and author of *The Path Between US*, an Enneagram Journey to Healthy Relationships.

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

**Food Donations:** Alex Pelletier is making lunches for the homeless and is accepting donations of juice boxes, granola bars and fruit. If you are able to, donations can go in the blue bin outside the office doors by Friday. Additionally, if someone is able to volunteer to deliver donations to Alex, let [Russell](#) know.

**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.

**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](#).

**Meal support:** Anna-Marie Donovan is part of our community and a teacher at Victoria School (formerly Cochrane). They have some students whose families could use some meal support during this time. If you are willing to provide a meal, baking, or grocery cards, please let Russell know. We are working out the details but if you are offering a meal, it would be less than once a week as you are able.

**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](mailto:eastsideunited@sasktel.net) or call 306.761.0556

**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](http://www.eastsideunited.ca) under the **What's New** heading!

**Were you unable to attend worship last week?** Don't worry about it! 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.

### **Suspended/Moved Programming as of April 23<sup>rd</sup>**

- **TOPS** is cancelled until May 4th
- **Eastside Community Dinner** is suspended until further notice
- **Yoga** is cancelled until the fall
- **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.
- **AA** is suspended in-person
- **Forever... in Motion** is suspended until further notice.

**I do believe we're all connected. I do believe in positive energy. I do believe in the power of prayer. I do believe in putting good out into the world. And I believe in taking care of each other.**

- HARVEY FIERSTEIN