**eastside_logo_basic_cmyk.tif**

**February/March 2017**

**At a glance**

**Full descriptions of activities in bulletin.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **19**  **Worship**  **11:15**  **Prayer Candles**  **Wascana Worship**  **1:30 pm** | **20**  **AA 7:30 pm**  **Meditation**  **7 pm** | **21**  **Cards**  **9:30**  **TOPS**  **6:30** | **22**  **Faith Exploration 7 pm** | **23**  **Craft/Study**  **1:30** | **24** | **25**  **IMCF Breakfast**  **9 am** |
| **26**  **Worship/**  **Financial AGM**  **11:15**  **POTLUCK**  **Cong. Care Speaker** | **27**  **AA 7:30 pm**  **Meditation**  **7 pm** | **28**  **Cards**  **9:30**  ***Pancake Supper 5:30-7pm***  **TOPS**  **6:30** | **1**  **Ash Wednesday**  **Holy Rosary Cathedral**  **7 pm** | **2**  **Craft/Study**  **1:30**  **Faith Formation** | **3** | **4** |
| **5**  **Worship**  **11:15**  **Communion** | **6**  **AA 7:30 pm**  **Meditation**  **7 pm** | **7**  **Cards**  **9:30**  **TOPS**  **6:30** | **8**  **Soup Supper**  **6 pm**  **Lent**  **Service**  **7 pm**  **Faith Expl. 7:30 pm** | **9**  **Craft/Study**  **1:30**  **Godly Play Training**  **6:30 pm** | **10** | **11**  **Women’s Breakfast**  **8 am** |
| **12**  **Worship**  **11:15**  **Open Hearts Jar**  **Farewell for Pastor Carla 2 pm** | **13**  **AA 7:30 pm**  **Meditation**  **7 pm** | **14**  **Cards**  **9:30**  **TOPS**  **6:30** | **15**  **Lent**  **Service**  **7 pm**  **Faith Expl. 7:30 pm** | **16**  **Craft/Study**  **1:30** | **17**  **Film & Faith** | **18**  **Russell away** |
| **19**  **Worship**  **11:15**  **Russell away** | **20**  **AA 7:30 pm**  **Meditation**  **7 pm** | **21**  **Cards**  **9:30**  **TOPS**  **6:30** | **22**  **Lent**  **Service**  **7 pm** | **23**  **Craft/Study**  **1:30** | **24** | **25** |

**TOPS = Take Off Pounds Sensibly**

**AA = Alcoholics Anonymous**

**ANNOUNCEMENTS**

**February 19, 2017**

****306-761-0556 eastsideunited@sasktel.net

Like us on facebook (Eastside United Church)

Follow us on Twitter @Eastside\_united

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

Greeting: Teresa Strachan and Cathie Henderson

Congregational Care Greeter: Barb Rio

Prayers: Ken Powers

PowerPoint: Michael Tessier

Piano: Michelle Dickie

Attendance last week: NA

Russell’s e-mail address: [russell.eastside@sasktel.net](mailto:russell.eastside@sasktel.net)

**Office Hours:**

Tuesday, Wednesday and Thursday from 8:30 am to 3:30 pm

Russell is in the office Tuesday through Thursday from 9 am to 4:30 pm, working from home on Friday.

Brewed Awakening Office Hours, Wednesday afternoons from 2 to 4:30 pm. ***At 3115 Woodhams Drive location for the remainder of February.***

**Scripture Reading:** Luke 7:36-50

**Songs:**

*Come All You People/Uyai Mose* MV #2

*Breathe on Me Breath of God* VU #382

*It’s a Me, It’s a Me, It’s a Me O Lord*

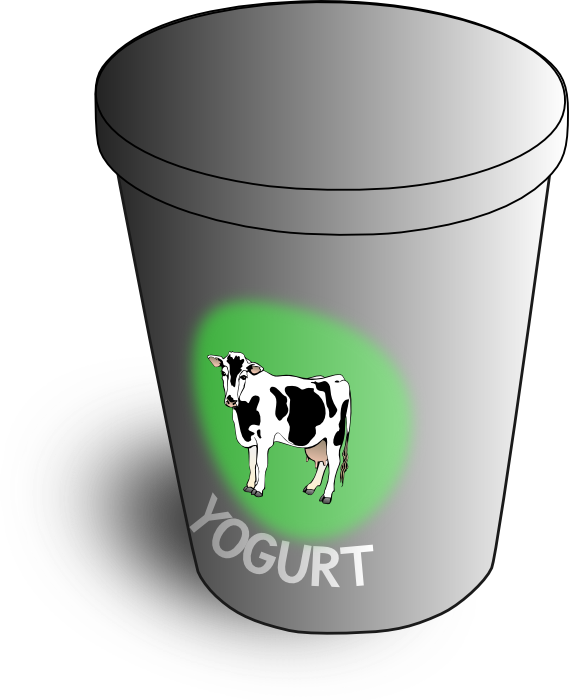
*Your Love is Amazing* MV #26

*Grateful* MV #187 Chorus only

*I’m Gonna Sing*

*We Will Go with God/ Sizohumba Naye* MV #223

**2016 Tax Receipts are in your Eastside mail slot for you! Please help us save on postage and check for yours! We have assigned mail slots to all regular church-goers.**

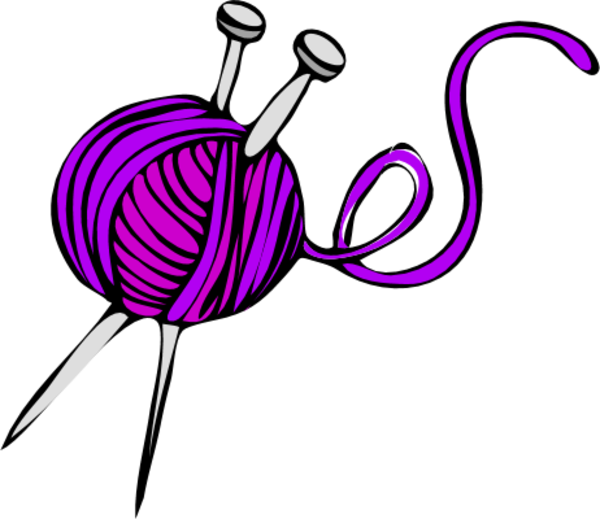
**We are collecting empty yogurt containers with lids for Carmichael Outreach.** Every day Carmichael gives out 60 to 120 meals in these 500 g – 750 g containers. Please wash them well and place WITH THE LIDS ON in the cardboard box in the Administration entrance***.***

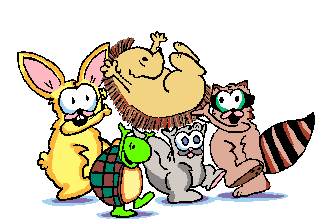
**St. Philip Senior Ministry Outreach card playing program**, **Tuesday mornings at 9:30 am** in the East Sanctuary at the Living Spirit Centre. Whist and lessons to those that would like to learn. Come out and enjoy fellowship, coffee and card playing. If you need a ride call Rod 306-789-1388. Everyone is welcome.

**Arcola East Senior Bridge Club:** Looking for a fun way to get out and socialize with other seniors? The Arcola East Senior Bridge Club gathers for social bridge each Monday at 1 pm at the Living Spirit Centre (3018 Doan Drive). No prize money; weekly fee is $1. For more information, please contact Bill Jeske at 306-789-2430 or Alma Pockrandt at 306-789-5981 or [apockra@yahoo.ca](mailto:apockra@yahoo.ca).

****

**LSC Meditation Group:** The Meditation Group will meet again at 7 pm Monday, February 20 in the East Sanctuary. Feel free to bring a friend, and dress comfortably.

****Eastside’s Craft/Study Group Thursdays at 1:30 pm** in the Multipurpose Room! Join us as we share in discussion, handiwork and coffee time following. We are reading and will begin discussing *The Alchemist* by Paulo Coelho. We have an extra copy of the book if you’d like to join us.



***We’d love you to join our family!*** We are planning a Transfer of Membership service in the near future. If you are interested in being included or have questions, please let Russell know.

**Faith Exploration: Every other Wednesday at 7 pm in the Youth Room, our next session is February 22.** *Faith Exploration* is an opportunity to explore United Church of Canada beliefs, understandings of basic Christianity, your own beliefs, and to experience other faith traditions. We will be offering this eight-session program over the next few months. You can still join for the Feb. 22 session, let Russell know if you are interested. We will start at 7:30 pm during Lent, to allow participants to attend the Lenten worship services at 7 pm.

**Lenten Soup Suppers are back!** *Munch Café and Catering* will again be providing simple meals for us prior to our Lenten worship services on Wednesday, March 8 and Wednesday, April 5 at 6 pm. Vegetarian and meaty soup options and bread will be served. RSVP to eastsideunited@sasktel.net.**Information Session on Solar Energy Co-ops:** Tuesday, February 21 from 7 to 9 pm at the Cathedral Neighbourhood Centre at 2900-13th Avenue. Come learn how you can generate your own power, contribute power to the grid, and help grow solar energy across Saskatchewan. This event will provide an opportunity to learn about options for producing solar power and will have representatives from SaskPower and local solar providers in attendance. Several members of the LSC Solar Committee plan to attend and welcome you to join them.



**IMCF Breakfast**: Saturday, February 25 from 9 am to 12 noon. Looking to get involved in a rewarding, family-friendly outreach ministry? This is just for you! We need volunteers to help set up, serve, and clean up breakfast the fourth Saturday of each month. Please contact Linda Fowler to learn more.

**UPCOMING EVENTS IN CELEBRATION OF BLACK HISTORY MONTH**

* **Saskatchewan African Canadian Heritage Museum presents Measha Brueggergosman performing “Songs of Freedom”** – in celebration of Canada 150 and Black History Month February 2017. Tuesday, February 21 at Conexus Arts Centre; Price: $43.75 adults, $15 students; Red Carpet Gala: 6:30pm, concert: 7:30pm
* **BAC’s Annual Pancake Breakfast.** Saturday, February 25 at Bethlehem Apostolic Church from 8 am to 11 am; Adults $15, Children under 10 yrs $10. Jamaican Style Breakfast!
* **SCCA’s Black History Month Banquet.** Saturday, February 25 at Performing Arts Center, 1077 Angus St. Adults $40, Youth $30, Children $20. Doors open at 5:30 pm.
* **Regina Public Library presents… An Evening Under the African Skies.** Monday, February 27 from 7 to 8 pm. An evening of storytelling and entertainment!

**Death Café, Ash Wednesday, March 1 from 7 to 9 pm:** Bread of Life Lutheran Church will be hosting this opportunity for conversation at the Living Spirit Centre. Facilitated by Myrna Pugh and Brent Langenberger, the purpose of this event is to help normalize the topic of death in everyday language and discussions. It is NOT a grief support or counselling session. For more information, please contact Brent at [brent1048@sasktel.net](mailto:brent1048@sasktel.net) or 306-533-5806.

**The World Day of Prayer ecumenical service will be held on Friday March 3, at 2 pm at Holy Cross Church, 315 Douglas Ave. E with lunch to follow.** This year’s service has been written by The Philippines’ World Day of Prayer Committee and the theme is “Am I Being Unfair To You?”

**PaintNite Fundraiser** - March 10, 2017, 7 to 10 pm, Lakeview United Church, 3200 McCallum Ave. Cost is $45, funds raised will be used to purchase school supplies for children in Regina and to advance international outreach to United Church partners. An artist will lead us through the steps to create “Misty Mountain Sunrise”. No previous painting experience necessary! All levels of skill welcome!  Beverages will be available for purchase during the event.  Purchase tickets at: <https://www.paintnite.com/events/_1159993>.

**A Night for St. Andrew’s Gala Dinner and Fundraiser**, Tuesday, April 18, 2017 at the Wascana Country Club, 6500 Wascana Parkway. Gathering 5 pm, dinner 6:15 pm. Tickets $110 (partial tax receipt), ticket deadline April 10. See Leona Martin or contact the church office if interested. This year’s fundraiser includes an address by Right Reverend Jordan Cantwell, UCC Moderator, and music by Lori Erhardt and Corinne Groff!

**TIME OUT FOR BLESSINGS:** A Christ-centred yoga retreat presented by Connie Moker Wernikowski of Big Fish Yoga. Friday, April 28 at 6 pm to Saturday April 29 at 5 pm. At the living Skies Retreat Centre in Lumsden, SK. This retreat will offer both active and restorative yoga; meditation; some free time for walking, resting, visiting; Christian chanting; and an intro to the First Ignation Spiritual Exercise. Cost is $193. Please complete a registration form found on any of the LSC bulletin boards, or by emailing [mokerw@sasktel.net](mailto:mokerw@sasktel.net).

**Thank you to the LSC Property and Maintenance Committee:**

Most people don’t realize that there is a small crew of fellas spending countless hours here at the LSC, making it the wonderful, comfortable environment that it is. They are volunteers with the Property and Maintenance Committee, and while they’re busy with a variety of indoor and outdoor projects all year round, their most recent efforts have included installing the suspended ceiling and painting the lower hall. So please, if you see Bob Stevenson, Don Metz, Paul Gebhardt or Ray McVicar, give them a big pat on the back and a thank you. The LSC wouldn’t be the same without these guys!

**Easter is Coming!**

**We are beginning to prepare for our *Easter Egg Hunt*, our gift to the community. If you wish to help with the planning, let Russell or Terri Lynn Frederickson know. We also need egg cartons, so please bring them to the church. Thanks!**

**Families and friends of Eastside United are hosting this year's LSC Shrove Tuesday Pancake Supper and we will need help to do so! There is a sign-up sheet posted on the Eastside bulletin board. We're looking for donations of ingredients and time!**



**PaintNite Fundraiser** - March 10, 2017, 7 to 10 pm, Lakeview United Church, 3200 McCallum Ave. Cost is $45, funds raised will be used to purchase school supplies for children in Regina and to advance international outreach to United Church partners. An artist will lead us through the steps to create “Misty Mountain Sunrise”. No previous painting experience necessary! All levels of skill welcome!  Beverages will be available for purchase during the event.  Purchase tickets at: <https://www.paintnite.com/events/_1159993>.

**A Night for St. Andrew’s Gala Dinner and Fundraiser**, Tuesday, April 18, 2017 at the Wascana Country Club, 6500 Wascana Parkway. Gathering 5 pm, dinner 6:15 pm. Tickets $110 (partial tax receipt), ticket deadline April 10. See Leona Martin or contact the church office if interested. This year’s fundraiser includes an address by Right Reverend Jordan Cantwell, UCC Moderator, and music by Lori Erhardt and Corinne Groff!

**TIME OUT FOR BLESSINGS:** A Christ-centred yoga retreat presented by Connie Moker Wernikowski of Big Fish Yoga. Friday, April 28 at 6 pm to Saturday April 29 at 5 pm. At the living Skies Retreat Centre in Lumsden, SK. This retreat will offer both active and restorative yoga; meditation; some free time for walking, resting, visiting; Christian chanting; and an intro to the First Ignation Spiritual Exercise. Cost is $193. Please complete a registration form found on any of the LSC bulletin boards, or by emailing [mokerw@sasktel.net](mailto:mokerw@sasktel.net).

**Thank you to the LSC Property and Maintenance Committee:**

Most people don’t realize that there is a small crew of fellas spending countless hours here at the LSC, making it the wonderful, comfortable environment that it is. They are volunteers with the Property and Maintenance Committee, and while they’re busy with a variety of indoor and outdoor projects all year round, their most recent efforts have included installing the suspended ceiling and painting the lower hall. So please, if you see Bob Stevenson, Don Metz, Paul Gebhardt or Ray McVicar, give them a big pat on the back and a thank you. The LSC wouldn’t be the same without these guys!

**Easter is Coming!**

**We are beginning to prepare for our *Easter Egg Hunt*, our gift to the community. If you wish to help with the planning, let Russell or Terri Lynn Frederickson know. We also need egg cartons, so please bring them to the church. Thanks!**

**Families and friends of Eastside United are hosting this year's LSC Shrove Tuesday Pancake Supper and we will need help to do so! There is a sign-up sheet posted on the Eastside bulletin board. We're looking for donations of ingredients and time!**

