

June/July 2020
At a glance
Full descriptions of activities in bulletin.



ANNOUNCEMENTS

June 14, 2020



306-761-0556 eastsideunited@sasktel.net
 Like us on facebook (Eastside United Church)
 Follow us on Twitter @Eastside_united
www.eastsideunited.ca

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
14 Online Worship Open Hearts Jar 11:15 Annual Program Meeting	15 Final Meditation Online 7:15 pm	16 Prayer service 12pm LSC Council 7pm	17 Prayer service 8:30 am Zoom Office Hours 2 – 4:30 pm	18 Prayer service 4pm	19	20
21 Online Worship 11:15 Indigenous Peoples Day	22	23 Prayer service 12pm	24 Prayer service 8:30 am Zoom Office Hours 2 – 4:30 pm	25 Prayer service 4pm	26 Film and Faith	27
28 Online Worship 11:15 Minute for Mission Communion	29	30 T-shirt order deadline Prayer service 12pm	1 Prayer service 8:30 am Zoom Office Hours 2 – 4:30 pm	2 Prayer service 4pm	3	4
5 Online Worship 10:30	6	7	8 Prayer service 8:30 am Zoom Office Hours 2 – 4:30 pm	9 Prayer service 4pm	10	11

*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
 Prayers: Clare Banks
 Pianist: Michelle Dickie
 Tech Support: Brian Mitchell-Walker
 Attendance: Elaine Hill

Last week's attendance: 81 Offering: \$3855 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.

Harvey's hours: Tuesday, Wednesday, Thursdays

Russell's Hours: Tuesday, Wednesday, Thursday, Friday. Russell's e-mail address: russell.eastside@sasktel.net cell #: 306.535.3720

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

Scripture Reading: Matthew 9:35 - 10:16

Songs –

With Open Hearts, M.E. Kish
 Make A Joyful Noise (Psalm 100) VU #820
 Though Ancient Walls (Walls that Divide) VU #820
 Go Make a Difference MV#209

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

Summer Worship Hours: Starting July 5th, service will be held at **10:30 am** instead of 11:15. This will continue until August 30th!

We still need your 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!

T-Shirt Orders: if you would like to order an Eastside United t-shirt, you can fill out an order form [HERE](#). Make sure that all parts of the form are filled out, so that your shirt is made in the right size and colour. Shirts are 30\$ and the deadline to order is June 30th, 2020.

Russell vacation days: Russell will be away from July 27th to August 24th. During this time, First two weeks of August, we will provide links for worship possibilities online. Harvey will compile it and send out a list for reference. August 16th - 30th will be shared with Wesley using our Zoom link.

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: The final Meditation session will be **tomorrow, June 15th. Meditation will meet again on the last Monday of July for a midsummer session.** We'll restart for the new season on Monday, September 14th.

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

Cloth Masks: As places re-open it will be important to wear masks as we are out in public, especially indoors. If you would like a mask, please email the office or Russell indicating how many masks you need, and we will connect you with someone making masks. Elastic is needed if you have any! Thanks to Clare Banks, Wanda Barr, Gladys Olekson, Nancy Cranfield, Jean MacKay who are willing to make masks. More sewers are welcome!

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](#)



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. This list of resources is updated weekly.

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. Harvey will be at the Living Spirit Center on Thursdays from 10 am – 11 am if you want to drop off your donation then. If someone is able to volunteer to deliver donations to Alex, let [Russell](#) know.



Volunteers for the ICF: The Indigenous Christian Fellowship is looking for people on Fridays to make 90 lunches on-site. If you are available to help out, contact Russell or Doug Scheurwater.

Summer Newsletter: The Summer quarterly newsletter is coming out soon! If you have a submission, please email it to [Harvey](#) by June 22nd so it can be included.

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.

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 to let Harvey know what changes you would like to make, and he will submit the changes for processing.



Victoria School Meal support: If you are willing to provide a meal, baking, or grocery cards, please let Russell know. Harvey will be at the church on Thursdays from 10 am – 11 am to receive donation drop-offs. From Anna-Marie Donovan: Victoria Campus is made up of five distinct programs that allow students who

do not or cannot fit into the “regular” school program to continue with their education. During this pandemic, staff are reaching out to students to check on their mental health and to provide whatever support they can emotionally and academically. While most students, at this time, have their basic needs met, there are a handful who experience food insecurity on a weekly basis. For the past two weeks, nutritious meals and groceries have been provided by members of Eastside, and on behalf of the staff and students of Victoria Campus, I would like to thank you for your support in assisting our most vulnerable youth. For people wanting to help, we are happy to accept homemade muffins or cookies, non-perishable items, fresh fruit, and grocery gift cards. Any donation will not be turned away!

I'd like to thank everyone who has donated food or money in the past month to help the students at Victoria Campus who do not have consistent access to healthy food like they would have before the pandemic. There are four families who are receiving homemade meals on a weekly basis, and the muffins and cookies that are being donated are going to a variety of students when teachers do sidewalk visits with them. The families are so very appreciative of the healthy meals, desserts, and goodies because they have been prepared with love. Knowing that members of the wider community care for them is a gift in and of itself.

The gift cards are equally important because they allow families to have the autonomy to make decisions based on their individual needs. Words cannot truly express the gratitude of the Vic Campus staff or the recipients of the food donations, but that is all I have to offer at the present time, so on behalf of the staff and families, I send you all a huge thank you and a virtual hug,

Anna-Marie

(If you have any questions about these programs, please feel free to call Anna-Marie Donovan at 306 523-3703.)

Suspended/Moved Programming as of June 10th:

- **TOPS** is suspended until further notice
- **Eastside Community Dinner** is suspended until further notice
- **Yoga** is cancelled until the fall
- **KAIROS** meetings are 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.



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!

Were you unable to attend worship last week? 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.



“
Life is like riding a
bicycle. To keep your
balance, you must
keep moving.

ALBERT EINSTEIN

“Gratitude goes beyond words. It is a feeling that measures our combined love and respect, in many ways, for families across the world and for frontline heroes spread in every corner of each country affected by the coronavirus. Together, we synchronously feel and share in a love for each other and our world while adapting and recovering from what is a global experience. Our gratitude extends beyond our families and frontline heroes and actually has allowed us to realize a collective gratitude for the planet that we share.”

- Najma Khorrami, M.P.H. & Homa K. Ahmadzia M.D.,
M.P.H. [Psychology Today](#)