

March/April 2019
At a glance
Full descriptions of activities in bulletin.



ANNOUNCEMENTS

March 17, 2019

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: Brenda and Barry Adamko
 Congregational Care Greeter: Clare Banks
 Prayers: Sarah Tkachuk
 PowerPoint: Janet Bjorndahl
 Music ministry: Joshua Hendricksen
 Last week's attendance: 68
 Last week's offering: \$1809

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

Office Hours:

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

Russell's Office Hours:

Tuesday, Wednesday and Thursday, working from home Friday.
 Coffee Shop Office Hours, Wednesday afternoons from 2 to 4:30 pm

PRAYER SERVICES: Russell is inviting anyone who wishes to join him for a short service of prayer. Tuesdays at 12 noon, Wednesdays at 8:15 am, and Thursdays at 4 pm.

Scripture Reading: Matthew 20: 1-16

Songs:

O God We Call VU #411
 Bless Now O God the Journey, VU #633 vs 1&2
 Serve the Lord
 Though Ancient Walls (Walls that Divide) VU #691 vs 1,2,5
 Grateful MV #182 (chorus)
 For the Fruit of All Creation VU #227
 May God's Sheltering Wings MV #214

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
17 Worship 11:15 II Lent Prayer Candles Special Music by Ken Powers and Sharon David	18 Meditation 7 pm AA 8 pm	19 Cards 9:30 Prayer 12 pm TOPS 6:30 LSC Council 7 pm	20 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm Gratitude Team 7:30pm	21 Craft/Study 1:30 Prayer 4 pm Community Dinner 5:45 pm Refounding God's Ppl 7:30pm	22 INI Caf� (ICF) 6:30 pm	23 ICF Breakfast 9 am
24 Worship 11:15 III Lent Arise! Cong Meeting Potluck	25 Meditation 7 pm AA 8 pm	26 Cards 9:30 Prayer 12 pm TOPS 6:30	27 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm Leadership Team 7:30pm	28 Craft/Study 1:30 Prayer 4 pm Refounding God's Ppl 7:30pm	29 Film & Faith	30
31 Worship 11:15 IV Lent	1 Meditation 7 pm AA 8 pm	2 Cards 9:30 Prayer 12 pm TOPS 6:30	3 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm	4 Craft/Study 1:30 Prayer 4 pm Faith Formation 6:30pm	5	6 Messy Easter 4 pm
7 Worship 11:15 V Lent Communion	8 Meditation 7 pm AA 8 pm	9 Cards 9:30 Prayer 12 pm TOPS 6:30 Self-care Session 7 pm	10 Prayer 8:15 am Lent Soup and Service 6 pm & 7 pm Eastside hosts	11 Craft/Study 1:30 Prayer 4 pm	12 Gratitude Dinner 6pm	13 Women's Breakfast 8 am EASTER EGG HUNT 1PM
14 Worship 11:15 Palm Sunday In West Sanctuary	15 Meditation 7 pm AA 8 pm	16 Cards 9:30 Prayer 12 pm TOPS 6:30	17 Prayer 8:15 am	18	19 Good Friday Service w BoL 11am	20

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.

LSC Meditation Group: Join us Monday, March 18, 2019 at 7 pm. We'd love to have you join us whether you're new to meditation or an experienced practitioner. All are welcome, remember to wear comfortable clothing.

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. Our **next book** will be *The Inconvenient Indian: A Curious Account of Native People in North America* by Thomas King. Let Suzanne know if you'd like to join in by March 21. We will be ordering books shortly.

Eastside United Church is no longer collecting money for Mission & Service. We still strongly encourage you to make Mission & Service giving a part of your life! Visit <https://www.united-church.ca/donate> to give to M&S directly.

We now have a Forever... in motion at the LSC, Thursday mornings at 10 am! *Forever... in motion* is a physical activity program for adults 50 and over. Benefits include stronger muscles and bones, better overall health, weight control, improved posture and balance, reduced risk of injury, relaxation and reduced stress, improved quality of life, and improved cognitive ability. And it's FREE! Wear comfortable clothing, running shoes and bring a water bottle. For more information and to register, please call 306-537-4488 or 306-737-4681.

An Evening for St. Andrew's Gala & Fundraiser, Tuesday, May 14, 2019
Gathering 5 pm Dinner 6:15 pm at Wascana Country Club, Regina
Tickets \$125 (partial tax receipt), ticket deadline May 6, 2019
Contact your United Church or call the college at 1-877-644-8970.
GUEST SPEAKER Archbishop Don Bolen, EMCEE Shauna Powers
PRINCIPAL Dea. Richard Manley-Tannis, ENTERTAINMENT QuarterNotes Flute Ensemble.

G4G Regina 'Fabric, Yarn and More' Sale – Drop off donations of fabric, yarn and notions *any Saturday in March between 10 and 2*, at Lakeshore Mall, corner of 23rd. Ave and Hillside. Sale will be held April 27, 2019 between 10 am and 3 pm, Glen Elm Church of Christ, 1825 Rothwell Street. Questions? Please call Charlotte at 306-539-4135 or email g4gregina@gmail.com and check us out on Facebook.

Sunset Spring Clothing Sale Saturday March 30 from 11 – 2. Planning is well under way for the next clothing sale. We still have room for a few consignors and volunteers. To consign please email clothingsale@live.com
To volunteer email sunset.volunteers@gmail.com

Knox-Metropolitan United Church is having its **annual book sale** on April 26 and 27. We are accepting donations of books, vinyl records, CDs, DVDs, games and puzzles. No encyclopedias, text books or magazines please. You can drop them off in the front entrance any time that the church is open.

A **Take Two free clothing program** at Lakeview United Church (3200 McCallum Avenue) is open every second Tuesday from 6:30-8:30 pm. Everyone in the community is welcome to access good used clothing for free. Foster families are especially welcome and can contact us to arrange assistance outside of scheduled hours at taketwofreeclothing@gmail.com.

Can you help? From time to time, we get requests from individuals in the community for donations of non-perishable food items and grocery and gas gift cards. To ensure we can meet these needs in a timely fashion, we would like to have a small pantry of food items on hand, as well as a few gift cards we can leave locked in a safe place. If you would like to help by making a donation, please leave food and gift cards in Suzanne's office. Thank you!

The Board of Directors of Spring Free From Racism and Saskatchewan Association on Human Rights invite you to their **20th Annual Family Day** celebration. This event will take place at the Italian Center on Sunday, March 24 from 11 am to 6 pm. Admission is free for everyone.

Our **March Community Dinner**, Thursday, March 21 at 5:45 pm We begin with a short service – prayer, candle-lighting, singing – followed by a meal. Please RSVP by March 19 if you can join us. Suggested cost \$7/person; \$20/family. Pay in advance at the office or purchase a ticket at www.Bit.ly/Dinnertickets (NO fees!). We'll need helpers for set up and clean up – come have fun with us! Talk to Russell if interested.

INI Café, Friday, March 22 – Indigenous & Non-Indigenous Café is hosted by Indigenous Christian Fellowship (ICF) and Eastside. Doors open at 6 pm with performances starting at 7 pm. This is an all ages free gathering at ICF. A canteen will be available for light food and refreshments. Volunteers will be needed to manage the canteen. If you have a talent to offer (music, poetry, story, dramatic monologue, etc) or can help out, please talk to Russell.

Our next **ICF Breakfast** is being held Saturday, March 23 from 9 am to 12 noon. The fourth Saturday of each month Eastside volunteers help set up, serve and clean up following breakfast for residents of north-central Regina. Will you join us in offering this family-friendly outreach ministry? Please let Peter Braun know @ peterbraun@myaccess.ca.



Join us for
**Lenten
 Worship**

Evening Prayer Services
 Wednesdays
 MAR 13, 20, 27; APR 3, 10
 Bread and soup at 6 pm.
 Service at 7 pm.

Living Spirit Centre
 3018 Doan Drive
 INFO 306-761-0556

*Throughout these Lenten days and nights,
 we turn to walk the inward way.*

Eastside is hosting the meal of soup and buns and the worship service on April 10. Would you be able to provide a pot of soup or buns? Please let Russell know.

Less Plastic for Lent: It is estimated that the world produces over 300 million tons of plastic yearly. And that 91 percent of those plastics are never recycled, which puts the environment and ecosystem at risk. Will you join us in giving up single use plastics for Lent? Check out the calendar on Facebook (and hard copies at church this morning). We will post tips and information daily on Facebook throughout Lent.

The Regina Philharmonic Chorus presents "Carmina Burana" Friday, April 5, 2019 at 8:00 p.m. at Knox-Metropolitan United Church. This exciting work will feature soloists: April Polasek, Aaron Balkaran, Chad Stanton and Michael Hawkes, and choirs: Cantate Youth Choir and Halcyon Chamber Choir. Tickets: \$30 Adult, \$15, Student, \$5 Children. Available from Gail Fry (306-789-9260) or at www.reginaphilharmonic.com.

The report on the Review of Eastside United Church has now been received. Thank you to those of you who participated in the process by scheduling a meeting with the reviewer, John Burton.

TODAY is your last chance to read the Report and submit comments or questions to Nicole and Sarah. The Leadership Team will have an opportunity to respond to the report and its recommendations at a meeting of the Commission established by Region 4 to receive the report on **March 18**. Russell will have an opportunity to respond to the report **March 19**. If you have comments or questions that arise from your own reading, please pass them along to Sarah or Nicole. The Commission will make recommendations to the Regional Council Commission on **March 21**. These recommendations will be shared at a **Congregational Meeting following worship on Sunday, March 24**. If you have questions or concerns about the process, please contact Tracy Murton at tmurton@united-church.ca. A reminder that Cam Fraser from Knox Met has been appointed as a pastoral care provider to the congregation in this process should you need and can be reached at camfraser@knoxmetregina.org.

Two copies of the report are on Suzanne's desk in brown envelopes. The small office across the hall from the admin office has been booked as a reading room.

It is our hope that this will continue to move all of us forward toward health, joy and excellence in ministry as we participate in this ongoing covenant together. Thank you for your faithfulness and patience during this challenging time.

Sincerely,
 Sarah Tkachuk & Nicole Haynes
 Co-Chairs, Eastside Leadership Team

Please join us for a **presentation by the Regina Police Service** Commercial Crime Unit to learn about current trends in Regina related to fraud scams, internet scams, and safety concerns affecting residents. Thursday March 21 from 10:00-11:30 am, Lifelong Learning Centre, 2155 College Avenue, College Building Room 112. Drop in for this is FREE presentation and discussion. Light refreshments provided.

Self-Care Information Session: Are you feeling busy, stretched and stressed? Please join us at Living Spirit Centre on **Tuesday, April 9 at 7 pm** as Anne Penniston Gray will offer a creative tool to assess your balance and present on the importance of self-care to overall wellness: *You will leave with the beginnings of a self-care plan to assist your own emotional wellbeing. Healing is not linear or even circular, it is a process that is more like a spiral, it may feel like you are at the same place but you have skills, abilities and strengths you did not have the first time you were in this place. It would be my honour to be a companion on your journey.*



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