

August/September 2021

At a glance

Full descriptions of activities in bulletin.

All worship and programming is currently online.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29 Online Worship 10:30am	30	31 LSC Council 7:30pm	1	2	3	4
Russell away for Wild Goose Festival						
5 Online Worship 10:30am With Immanuel Anglican	6	7	8 Office Hours 2:00- 4:30pm at Second Cup	9	10	11
Wild Goose Festival, Continued						
12 In-Person Worship! 11:15am at the LSC	13 Meditation 7pm	14 Gratitude Team 10:30am Prayer Service 12pm	15 Prayer Service 8:30am Minister visiting 2:00-4:30pm	16 Prayer Service 4pm Craft/Study 1:30pm Community Dinner Online 6pm	17	18
19 In-Person Worship 11:15am	20 Election Day Meditation 7pm	21 Prayer Service 12pm LSC Council 7pm	22 Prayer Service 8:30am Zoom Office Hours 2:00- 4:30pm at Brewed Awakening	23 Prayer Service 4pm Craft/Study 1:30pm	24 Film and Faith	25

ANNOUNCEMENTS

August 29, 2021

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

Pianist: Josh Hendricksen

Tech Support: Brayden Barrett and Barry Sudom

Attendance: Stephannie Banks

Responses: Becca Dziaduck

Last week's attendance: 93 Offering: \$550 Weekly budget: \$3167
(Shared Service) (not incl. PAR) July 16-31

Worship will be happening online via Zoom [HERE](#). You can also call into the Zoom session on the phone with audio only by calling 1-587-328-1099 or 1-204-515-1268. If you have trouble with sound on your computer, you can also call in with these numbers while watching on zoom.

Office Hours:

If you need to contact the Eastside United Office, please email Becca at eastsideunited@sasktel.net.

- **Russell's Hours:** Away at the Wild Goose Festival in the U.S. from August 30 to September 7.
- **Becca's Hours:** Tuesday, Wednesday, Thursdays.

Please call our office at 306-761-0556 if you are in need of emergency pastoral care while Russell is away.

Hymns:

Where Two or Three are Gathered MV#14

Come and Find Quiet Centre VU#374

Open My Eyes, That I May See VU#371

It's a Song of Praise to the Maker MV#30 vs 1 & Chorus

To Show by Touch and Word VU#427

Draw the Circle Wide MV#145

In-Person Worship: As we will be resuming our services in person this September, the Eastside Leadership Team has discerned the following after careful reflection of the current situation (including concerns of increasing variants):

- We are offering in-person services beginning September 12. You may attend service at the Living Spirit Center if you are comfortable.
- If you are attending in-person, all (over 5 years old) are required to wear a mask and practice social distancing.
- We ask that adults only attend in-person if you are fully vaccinated as we are hoping to make service more accessible and safe for those who are ineligible to receive vaccines (immuno-compromised, children under 12, etc.). Those who are ineligible may attend without being vaccinated.
- If you are experiencing COVID-like symptoms or may have recently been in contact with someone who has COVID, please join us online.
- If you are not yet vaccinated, we invite you to join us online via Zoom or Facebook Live.
- Please let us know if you would be able to assist as a volunteer on Sundays as we will need help with ensuring pandemic protocols are followed.

We thank you for helping us keep our community safe as we continue to monitor the pandemic. We plan to resume in-person worship on September 12. We are confident that this will allow us the time to prepare for this re-integration. If you are uncomfortable resuming in person worship there will be options to continue worshipping with us online. This preparation work is consistent with the recommendations of the Living Skies Regional Council and the United Church of Canada, and done in a manner that is meaningful for our community and is safe for every member of our congregation. As part of this we will require physical distancing and use of masks. We ask that you hum along to hymns and music at this time. If you have questions or feedback, please let Sarah Tkachuk know.

We still need your support as our ministry continues! We are presently behind in our revenues, both budget and with regard to expenses. Making your offering online (<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. **We now take e-transfer! You can send**

e-transfers using eastsideunited@sasktel.net. Thanks for your generosity!

Financial update for July: If you would like to view Eastside's July financial statement, please [click here](#). Eastside has experienced shortfalls in our envelope giving this year. We appreciate all of those who give to Eastside and are thankful to all of our givers. As summer continues and many will be going to cabins or away for holidays, we would like to gently remind our friends that we continue to have regular expenses and appreciate your support. If you would like to sign up for regular giving through PAR, please contact Becca. We also accept e-transfer which can be sent to eastsideunited@sasktel.net.
Insert update from Jim

Covid Vaccine Fact Sheet: We are all encouraged to get vaccinated when our turn comes, to protect ourselves and others, and to return to a new normal. Download the fact sheet [here](#), and check out Saskatchewan's vaccination plan. Remember that once vaccinated you can still be a carrier of the virus so masks and distancing practices are recommended when out in public.

Election day is September 20. Make your vote count. As people of faith it is important for us to be engaged in our community and make our voice heard. Check out the [United Church Your Vote, Our Future](#) page, for guidance from a faith perspective on voting and election issues.



Congratulations!

A message from Anita and Kyan:



We would like to officially welcome to the world Kinsley Mary Anne Benesh. Born at 2:43pm on August 24th, measuring 8lbs 9oz and 22.25 inches long. Mama and baby are both doing great! She is perfect in every way and we are truly blessed ❤️



REGINA On Fire: Climate Emergency Day of Action Event: On September 8th, while catastrophic climate events continue to erupt around us, Regina will be demanding emergency-level climate action. Join us at Victoria Park to call for a moratorium on fossil fuel expansion and just transition legislation. Together, we can show our elected officials that climate change will be a central issue to voters this year as record-breaking climate events ravage communities coast-to-coast. Bring face masks, friends, and signs as we demand our politicians to muster up the courage to combat the climate crisis. September 8 at 12:00pm, Victoria Ave. and Cornwall St.

We are continuing A Work of Art, Culture, and Its Story during worship! If you have a piece of work or cultural item that has a story or holds spiritual meaning for you and would like to share on Sunday during worship, please let Russell know.

LGBT Banning Conversion Efforts in Regina: Recently, Russell has been speaking about the push to ban conversion therapy in Regina. If you would like to read about it, you can find a new Leader Post article [here](#)! Thank you for your support, the ban was passed by the City Council on August 11!

Eastside T-Shirts: T-shirts can be picked up on Thursdays between 10 am and 11 am. If you did not order but are interested in purchasing one, email Becca to see what colour and sizes are available. \$30/each.

Cloth Masks: It is a good idea to wear masks when we are out in public, especially indoors. If you would like a mask, please contact or drop into the office as we still have some in the bin.

PAR and M & S Donations: If you would like to add or increase PAR and/or M&S offerings, please contact Becca and she will help you get set up or make changes. Email eastsideunited@sasktel.net to let Becca know what changes you would like to make, and he will submit the changes for processing.



Please share your favourite hymns with us! Let us know by filling out this Google Form [HERE](#).



Were you unable to attend worship in the past? Don't worry about it! You can find a video recording of past services online. Visit our website [HERE](#) to find uploaded videos of service. They can also be found on our Facebook page. We will resume posting services following Sept. 5.

Text In Church: We have signed up for a monthly subscription of Text in Church which allows us to send group texts and e-mails about events and for newcomers. If you would like to receive text notifications about special services and events at Eastside, text the word 'Loop' to 306-517-6797.



Meditation Schedule: Meditation will be resuming soon - the autumn schedule will begin on September 13.

Lumsden Beach Camp: You can email LBC to purchase unpasteurized camp honey for \$10 a container or two containers for \$15. Please email manager@lumsdenbeachcamp.com for more information.

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 them out at www.eastsideunited.ca under the **What's New** heading!

Committee Vacancies: The Gratitude Team is gearing up for it's fall campaign and could use two more members to ease the load. If you are grateful for being part of the Eastside community and would like to inspire gratitude in others and encourage people's generosity, we'd love to have you join us! Let Becca know if interested. The Worship Feedback Team is looking for a few members as well. This team evaluates services once or twice a month and meets every six weeks to discuss.

**JOIN US FOR
SHARED
SUMMER
SERVICES!**

Sundays at 10:30 am



You can join these services by using our regular worship link. More information will be included in weekly emails.

Sunset United Church
306-586-3613
June 20, 27, July 4

Wesley United Church
306-586-5220
July 11, 18, 25

Lakeview United Church
306-586-7844
August 1, 8, 15

Living Spirit Center
306-761-0556
August 22, 29, September 5

Bread of Life - August 22
Eastside United - August 29
Immanuel - September 5

Regina Native Outreach Ministry is looking for board members. If you are interested, please email reginanativeoutreachministry@gmail.com. RNOM is also selling t-shirts! They are \$20 each (\$30 if mailed), and come in sizes S-XL. Contact Deb for more information glammergirl@live.com.

THE BOOK PROJECT: BOOKS FOR PRISONERS: The Book Project, an initiative of Saskatchewan's Chief Justice and some of his colleagues, provides books to prisoners in the Regina Provincial Correctional Centre. The Book Project is asking for donations of paperback books written for adult or juvenile readers. Topics include: general fiction, mysteries, thrillers, science fiction, sports, biographies, history, science, hobbies, reference, self-improvement, cooking. PLEASE, NO romance novels, textbooks or technical manuals. Books MUST be paperback and in good condition, and MUST be boxed (a liquor box is a perfect size). Drop off your books at the curb on **Saturday, September 11 between 9:00 and 12:00 noon** at the McIntyre Street (west) door of the Victoria Avenue Court House- 2425 Victoria Avenue.

Programming: Please see our summer newsletter for more information! We have many exciting programs to look forward to:



Faithful Climate Conversations

As we live into the crisis of climate change and experience more and more the impacts of this crisis this resource encourages dialogue on climate change. For the Love of Creation developed Faithful Climate Conversations, a series of guides to facilitate small group conversations on climate change. There are three sessions and folk may participate in all or the ones that suit them and where they are at. If you are interested in participating in any of these conversations, let Russell or the office know, along with which one(s) and we will schedule them. The three sessions are:

- 1) **Creation, Climate and You** – Designed for people who have rarely, if ever, talked about climate change in a group setting before, this guide focuses on gently surfacing peoples' emotions and underlying thoughts about climate change.
- 2) **From Concern to Action** – For people who may have a basic understanding of climate change or are concerned about the effects of climate change, but remain uncertain about the best ways to act in light of this reality.
- 3) **Build a Better Future** – Meant for people who have already been involved in climate action at some level, this guide focuses on enacting political and systemic change to address the climate emergency.

This resource has been developed by a coalition of organizations including Kairos.

[Click here to complete the survey!](#)



Join us for the Courageous Church Summit Tuesdays at 7pm on September 14, then each week from September 28. This will be both in person and online.

Sept 14 - Diana Butler Bass, author, (Grateful, Grounded), historian

Sept 28 - Rev. John Dorhauer, President United Church of Christ

Oct. 5 - Rev. Dr. Jacqui Lewis, minister Middle Collegiate Church, New York

Oct. 12 - Brian McLaren, author (We Make the Road by Walking)

Oct 19 - Bishop Michael Curry (Episcopal National Bishop) & Jim Wallis (Sojourners Magazine)

Oct 26 - Rev Claudio Carvalhaes, Theologian and Professor of Worship at Union Theological Seminary.

Register by texting 'Faith' to 306-517-6797 or contact the office

Craft/Study will be resuming in the fall on September 16! Sessions will be on Thursdays at 1:30 at the LSC and online. The book for these sessions will be *See No Stranger* by Valerie Kaur. If you would like a book ordered to be picked up at the church, **please let Becca know..** For future books, please see selections below and complete the following form: <https://forms.gle/EsBExwL6itg1qXwS7> . Please submit your top four selections!

House of Dinah is still in need of a leader! Following the passing of Linda Richards, House of Dinah is without a leader at this time. If you are able to fill this position, please let us know! As we near a time where we will be returning to in-person worship, coordinating volunteers and ensuring tasks can be managed is important to keeping our community safe.

There will be a Film and Faith session on September 24! Stay tuned for more information in weekly announcements.

Russell is planning to offer in-home visits this fall. If you would like to plan a visit, please let Russell know. We would ask that those who are comfortable having in-home visits let us know whether you have been vaccinated as we are planning to make arrangements that consider health and safety during the pandemic. Masking and physical distancing can be planned for as well.

Munch has resumed Soup's On Wednesdays!

Sept. 1 - Homestyle Chicken Noodle

Sept 8 - Tuscan Mixed Bean

Sept 15 - Ham & Corn Chowder

Sept 22 - Hearty Hamburger

Pick up between 4:30 and 6 pm that Wednesday. Soup is \$10 per litre. Add our "made from scratch" biscuits \$3 for 6, \$5 for 12!

Order by 5pm the preceding Monday. Call us at (306) 502-5113 or order through the website: <https://www.munchinregina.ca/order-now>



Food For All Fall Fundraiser

Wednesday
September 29, 2021 6:00 pm
Cost: \$50 or 2 for \$95

Tickets:
bit.ly/food-for-all-munch-fundraiser



Join **MUNCH** and the **BEARDED PRAIRIE CHEF JOSH MILLER** for an evening of fun, **DELICIOUS** food and a **LIVE VIRTUAL COOKING CLASS** led by local Regina chef and Masterchef Canada Season 6 semifinalist!

This fundraiser supports Munch's unique mission in Regina to provide food services training and employment opportunities for adults with cognitive disabilities.

Each **TAX-DEDUCTIBLE ticket** purchased will come with a **BOX OF INGREDIENTS** that participants will use to cook a delicious meal in the comfort of their **OWN HOMES**. The evening will be led by **THE ONE AND ONLY BEARDED PRAIRIE CHEF JOSH MILLER** live from Munch's kitchen in Regina.

The livestream will begin at 6:00 p.m. and will run to 7:30 p.m.

Before the event, you will receive an email with a link to the livestream as well as instructions on where and when to pick up the ingredients.

Also, there will be a **RAFFLE** with great prizes! Make sure to buy your tickets.

We **thank you** for supporting Munch's mission.

Thank you to our wonderful sponsors and donors, including **FARM CREDIT CANADA, EVERYDAY KITCHEN**, and to our hosts at the **LIVING SPIRIT CENTRE**. Also, thanks to **TANDEM X** for providing the live-streaming and filming!



Thank You
to our major
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