

November/December 2020
At a glance
Full descriptions of activities in bulletin.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
15 Online Worship 11:15	16	17 Prayer Service 12pm LSC Council 7pm	18 Prayer Service 8:30am Zoom office Hrs 2-4:30	19 Craft/Study 1:30 pm Prayer Service 4pm	20	21
22 Online Worship 11:15 Post-Church Tea	23	24 Prayer Service 12pm LSC Council	25 Prayer Service 8:30am Zoom office Hrs 2-4:30	26 Craft/Study 1:30 pm Prayer Service 4pm	27 Film and Faith	28
29 Online Worship 11:15 Russell Off	30	1 Prayer Service	2 Prayer Service 8:30am Zoom office Hrs 2-4:30 Faith Formation 6:30pm	3 Craft/Study 1:30 pm Prayer Service 4pm	4	5
6 Online Worship 11:15 Communion	7	8 Prayer Service	9 Prayer Service 8:30am Zoom office Hrs 2-4:30	10 Craft/Study 1:30 pm Prayer Service 4pm Online Community Dinner & Caroling 6pm	11	12

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!



ANNOUNCEMENTS

November 15, 2020
 306-761-0556 eastsideunited@sasktel.net
 Like us on Facebook (Eastside United)
 Follow us on Twitter @Eastside_unite
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: Michelle Dickie
- Prayers of the People: Heather Balfour
- Tech Support: Brian Mitchell-Walker
- Attendance: Linda Richards
- Minute for Mission: Sam Baidoo
- Congregational Care Greeter: Delia Baidoo

Last week's attendance: 55 Offering: \$1740 Weekly budget: \$1463
 (not incl. PAR) Oct 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:

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 Harvey at eastsideunited@sasktel.net.

Harvey's Hours: Tuesday, Wednesday, Thursdays, In office 10-11am
Russell's Hours: Tuesday, Wednesday, Thursday, Friday. Russell's e-mail address: russell.eastside@gmail.com. **(note change in e-mail address)**
 Russell will be holding **Zoom Drop-in Office Hours** Wednesdays from 2 – 4:30. You can join Russell online over Zoom [HERE](#).

Scripture Readings: Matthew 25: 14-30

Songs –

- Deep in Our Hearts*
- Breathe on Me Breath of God VU #382*
- Sleepers, Wake VU #711*
- I Thank You, Thank You Jesus MV#188*
- Let There be Light VU #679*
- I am Walking the Path of Peace MV#221*

In-Person Worship: Consistent with the recommendations of the Living Skies Regional Council and the United Church of Canada, we will reopen our physical space and resume traditional services when we can be confident that we can do so in a manner that is meaningful for our community and is safe for every member of our congregation. We will continue to keep you informed as our plans unfold. The Leadership Team has established a "Return to Worship Task Group" to discuss the protocols and possibilities for gathering in-person. If you are interested, or have feedback, please let [Sarah Tkachuk](#) know. Their last meeting was November 5th.

Fall Meditation Schedule: The meditation group will continue to meet via Zoom for now on Monday nights. If you have any questions, please contact [Shauna Powers](#).

Borrowing Hymn Books: If anyone would like to borrow hymn books to use at home for online worship, come in on Thursdays between 10 am and 11 am to ask Harvey and he will get you a hymn book to borrow!

Craft/Study: We will be meeting via Zoom on Thursday. You can find the Zoom link [HERE](#). The link will be sent out in Tuesday's email as well going forward. We are on chapter 9 of *Grateful* by Diana Butler Bass. Our next book will be *White Fragility* by Robin DiAngelo, beginning in January. If you wish to join and need a book, let Harvey know ASAP.

CALLING ALL RECIPES: Do you have a favourite recipe, something you make every autumn? A family favourite that you'd be willing to share? If you have a recipe that you'd like to share a tasty treat with fellow Eastsiders, send it to Harvey and he will share it on the next weekly email.

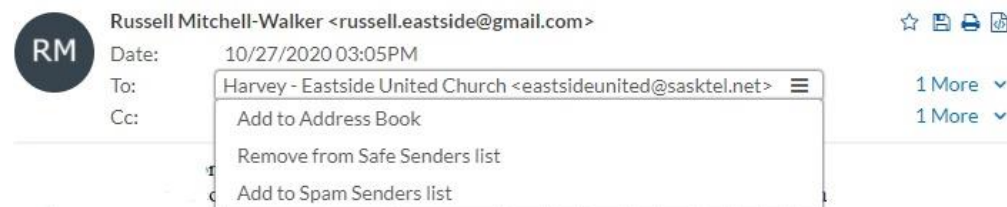
Volunteers for the ICF: The Indigenous Christian Fellowship is looking for people on Fridays to make 90 lunches on-site. If you are available to help, contact Doug Scheurwater. We are also looking for those comfortable helping with deliveries. There will be an indigenous and non-indigenous person helping. They are also looking for volunteers for cooking on the grill for Saturday morning breakfasts. Let Russell know if you can help.

Eastside T-Shirts: If you ordered a t-shirt, please come pick them up! They are ready! If you did not order but are interested in purchasing one, email Harvey to see what colour and sizes are available. \$30/each

Incoming Calls Only Phone: Hazel Padfield has a phone that only takes incoming calls, it cannot make outgoing calls that she is wanting to donate to someone who can use it. It can be a good phone for folks with

dementia or Alzheimer's. If you are interested in it, please send Harvey an [email](#).

Adding Eastside as a Trusted Sender: For some reason, the email address for the Eastside office has been flagged for some people as spam! If you are missing emails from Eastside, please check your spam folder. You can also add Eastside to your address book by clicking on the three lines behind an email address and selecting that option. If enough people do this, then we will not be flagged as spam.



Munch Lunch Revised – Our support for Glen Elm school lunches ended with the Pandemic, and school closures. Now that school is back the need for lunches continues. However, the present reality is there is no travel of students outside of the school, and no volunteers or food prepared by volunteers can go into the school. We can donate to their lunches, however. What they could use are prepackaged food such as loaves of bread, packaged meat, juice boxes, applesauce, cheese strings, granola bars, etc. and gift cards. Donations can be received into the blue bin outside under the mailbox or Thursdays from 10-11am. We also could use some volunteer drivers for delivery of the donations. If you can help with delivery let Russell know.

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

Online Community Dinner & Caroling December 10th 6pm Join us for an Advent/Christmas gathering of Story and Carols to celebrate the season. We will gather around our tables as we share a meal together, hear the stories of Christmas, and sing some Carols. Link will be the same as the worship link and shared closer to the date.

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.



Wanted: curious, thoughtful person who would like to know our partners at the Living Spirit Centre better - to sit on LSC Council as one of 3 Eastside reps, along with Russell. There are usually 5 meetings a year, 2 hours in length. Decisions on the LSC are made through discussion and reaching consensus. Meetings this year have been via Zoom. Please talk with current reps Bonnie Yake or Bonny Manz to volunteer/for more information.

Cloth Masks: It is important to wear masks when we are out in public, especially indoors. **It is now policy to wear a mask when in the church building.** If you would like a mask, please email the office 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!



Please enjoy these at-home resources that can be enjoyed as a family!
Faith at Home Resources from Pacific Mountain Regional Council of the United Church

- **Story Activities:**
 - [Manna in the Wilderness](#)
 - [Miriam led the Dancing](#)
- [Spiritual Practices for All Ages](#)
- **Create:**
 - [Marble Maze](#)
 - [Secret Message Paintings](#)
 - [Make Bannock](#)
 - [Paper Prayer Beads](#)

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.
This is more important again as we are asked to reduce our contacts and go out less!

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.



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!

Suspended/Moved Programming as of November 4:

- **TOPS** is suspended until further notice
- **Eastside Community Dinner** is suspended until further notice
- **Eastside Choir** has canceled rehearsals until further notice

Messy Church is suspended until further notice. **We are creating a box of activities for children. Let the office know if you would like one for your family,** or if you are willing to help assemble

