

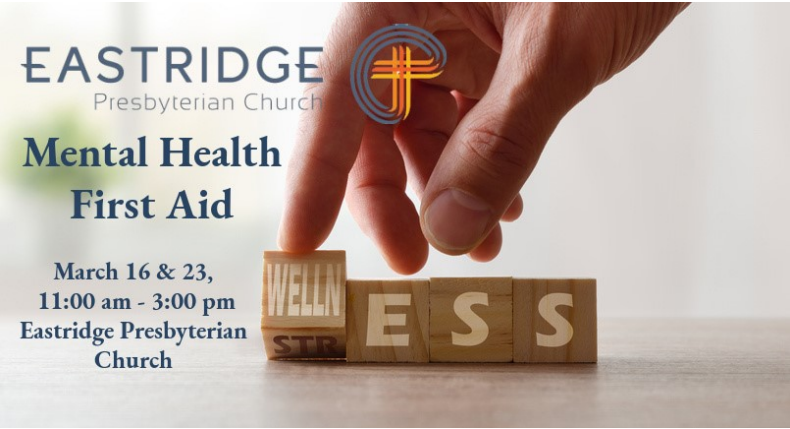
LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.



**Eastridge Faith Partners is hosting this event! Look for a sign up next week, emailed to you and in our February newsletter/February 9 lamp bulletin. More information on the flyer at the Welcome Desk.**

For more information, visit [MHFA.org](http://MHFA.org)

**Eastridge Church Staff**

Rev. Dr. Melodie Jones Pointon.....Senior Pastor  
Rev. Thomas Dummermuth.....Associate Pastor  
Kris Adler-Brammer.....Youth and Children's Ministries  
Donna Gustafson.....Office Manager  
Andy Kalnins.....Night/Weekend Custodian  
Brent Shaw.....Choir Director/Organist  
Will McGuire.....Worship Leader  
Vince Ruhl.....Director of Online Worship  
Brett Meier.....A/V Tech  
Sydney Mitchell.....Nursery attendant  
Laura Siemsen.....Administrative Assistant  
Kristen Unterseher.....Choir Accompanist

**Office number.....402-488-7844**

**Melodie Jones Pointon's extension: 101**  
**email:** [mjonespointon@eastridge.org](mailto:mjonespointon@eastridge.org)

**Thomas Dummermuth's extension: 102**  
**email:** [tdummermuth@eastridge.org](mailto:tdummermuth@eastridge.org)



**Our Staff**



*The weekly lamp*

**TODAY AT EASTRIDGE—February 2**

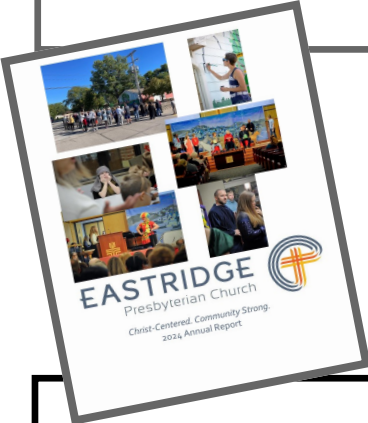
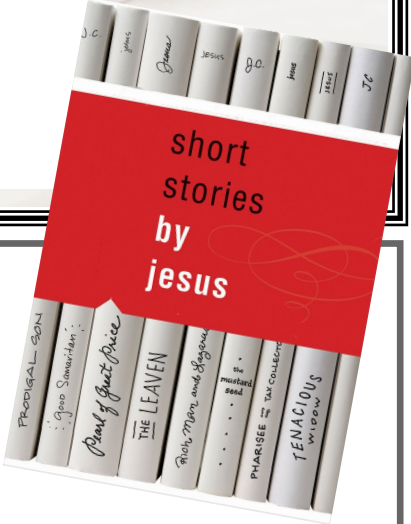
- 9:30 am      Worship —Sanctuary and online
- 10:45 am    JIA Meeting—M12
- 11:00 am    Session Retreat—Huxtable Lounge
- 1:00 pm      Special Musicians—Huxtable Lounge
- 1:00 pm      NA Leaders Meeting— Fellowship Hall

**TODAY in worship:**

**Pastors:** Melodie Jones Pointon, Thomas Dummermuth

**Worship Connection:** Kris Adler-Brammer

**Music:** Chancel Choir, Bill Reichert, Kristen Unterseher, Will McGuire, Brent Shaw



The **Eastridge 2024 Annual Report** is complete! Thank you to those of you who contributed to the report. Short versions of the report are available at the Welcome Desk and online. Full version is available via email and was sent out last week via Constant Contact.

**Red Cross Blood Drive: Eastridge is sponsoring another drive!**

Please consider donating blood on Thursday, February 20, 12:00 PM - 6:00 PM in Huxtable Lounge. In only 30 minutes you can help save a life!

Schedule a Blood, Platelet or Plasma Donation. Click here:

[rcblood.org/4g8lB3w](http://rcblood.org/4g8lB3w)





**Sign up to provide a meal for our youth!** Each Wednesday evening, youth group begins with a meal. Providing a meal includes a main dish, side(s), and dessert. The church provides drinks and all the paper products. This year the group will consist of about 12 people.

Link is here: <https://bit.ly/youthmeal2425>



**Eastridge Food Pantry volunteer sign ups:**

Distribution: <https://bit.ly/FPDistFood>

Filling boxes: <https://bit.ly/FPFillingBoxes>



**Ladies Night Out Brunch at Carmela's Bistro**

Sunday, February 23  
following worship  
(around 11:00 am)



**Ladies Night Out Brunch at Carmela's Bistro:**

Join us Sunday, February 23 following worship (around 11:00 am) at Carmela's Bistro for brunch and fellowship!

Call the office or respond to the Facebook event so that we know how many to expect. Questions, please contact the church office or send a message/post in the event online.

**THE GATHERING PLACE:** Eastridge Presbyterian Church arranges to provide 4-5 volunteers at The Gathering Place, a local soup kitchen, on the 4th Monday of each month. For more information on what this entails, contact the church office. Thank you to all Eastridge members who volunteer to serve at The Gathering Place.

**Updated sign up:** <https://bit.ly/gatheringplace2025epc>



**PRAYERS**

**Prayers:** Jim Budka, for health concerns.



**Trailblazers for February: Join us February 21 for entertainment at 7:00 p.m. in Huxtable Lounge.** Marcia Claesson is playing dulcimer autoharp...free will offering taken.

Committee: Nelsons, Jim Gies, Noel DeKalb



**Join us for an informative talk on the history of the Eastridge Neighborhood!**

Please join us to learn about the **history of Lincoln's Eastridge neighborhood** from Dr. Edward Zimmer. Dr. Zimmer was the Lincoln-Lancaster County Planning Department's historic preservation planner and has numerous publications on Lincoln's history. This event will take place in the **Huxtable Lounge at Eastridge on Sunday, February 16 following worship (approx. 11:00 am). Light refreshments will be served.**

During the month of February, the **EPC youth** will be participating in worship in different ways. In addition to these things, the youth will also be hosting the **Souper Bowl of Caring offering on February 9.**

We will divide the offering in two ways. The first part of our offering will go to the Eastridge Food Pantry. We would like to ask folks to bring Dawn dish soap. While there are many brands of dish soap, Dawn is a favorite and we would like to stock the shelves with this brand specifically. The second part of our offering will go to some of our

agencies around Lincoln that provide folks a space to shower. Some of these agencies charge a small fee and we can support this service by providing funds for shower vouchers. These shower vouchers are around \$4-\$5.



We want YOU to help us predict the Super Bowl winner again this year! If you think the Chiefs will win, we invite you to bring Dawn dish soap. If you NEED the Eagles to win, we invite you to bring \$4 for a shower voucher.

And, in the spirit of Souper Bowl Sunday, we invite you wear your gear from your favorite team!

The **EPC Book Club** meets the second Monday of each month September through June at 7:00 pm. Locations vary...check the Welcome Center for info when you arrive!

Our selection at right, *Horse* by Geraldine Brooks, is our pick for February.

**Join us February 10 at 7:00 pm in M12** for discussion and refreshments.

