

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! More information on the sign up at the Welcome Desk. SPACE IS LIMITED!

SIGN UP HERE: <https://bit.ly/mhfaeastridge>

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

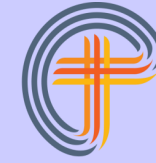
Office number.....402-488-7844

**Melodie Jones Pointon's extension: 101
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**Thomas Dummermuth's extension: 102
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EASTRIDGE
 Presbyterian Church



The weekly lamp

TODAY AT EASTRIDGE—February 16

- 9:30 am Worship—Sanctuary and online
- 11:00 am Eastridge History Informative Talk—Huxtable Lounge
- 1:00 pm Special Musicians—Huxtable Lounge

TODAY in worship:

Pastors: Melodie Jones Pointon, Thomas Dummermuth

Music: Kirk Ringers, Michael Jha, guest organist Willa Foster Jones, Kristen Unterseher, Brent Shaw, Will McGuire



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 on Sunday, February 16 (today!) following worship (approx. 11:00 am)**. Light refreshments will be served.



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: rclblood.org/4g8IB3w



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:

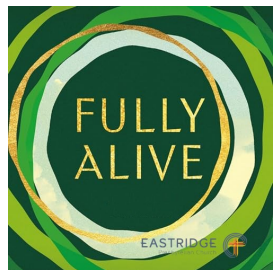
Distribution: <https://bit.ly/FPDistFood>

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



The **family of Duane Olsen** wishes to thank all who sent cards, ushered, fixed lunch, served at the memorial and mourned with us. It is so nice to feel love—*Carolyn, Lise, & Mary*

The **family of Virginia Dietrich** would like to express our sincere thanks and gratitude to the church and all of those who assisted in making our mother's funeral service a truly beautiful occasion. Thank you for your heartfelt condolences and sharing such an accommodating and welcoming atmosphere for our family and friends to celebrate her wonderful life in the church where she and her husband Alex were active members for many years. ~ *Family of Virginia Dietrich*



FULLY ALIVE book study: Pastor Melodie will be leading a Lenten Study on the book, *Fully Alive* by Elizabeth Oldfield on Thursday mornings at 10:00 am beginning March 6, on Zoom. Books will be available at the Welcome Desk soon. Please sign up in the office or here:

<https://bit.ly/fullyaliveepc>

Watch for more activities during Lent in the March newsletter!

PRAYERS

Contact the church office to be included here or in our online group for prayer.



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.

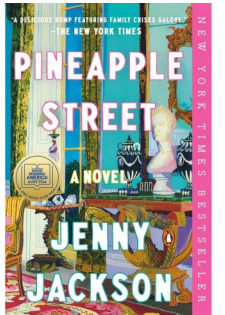
Committee: Nelsons, Jim Gies, Noel DeKalb

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!

The selection at right, *Pineapple Street* by Jenny Jackson, is our pick for March.

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



Fourth Friday Women's Coffee Fellowship:

Join the ladies in Huxtable on February 28 at 8:30 am for our monthly coffee fellowship!

Let the office know if you would like to be included in an email reminder.



Thank you to everyone who donated to the **Souper Bowl of Caring**. We collected 111 bottles of Dawn dish soap for the Eastridge Food Pantry and collected \$ 465 for showers. The collection for the showers will go to the "F" St. Recreation Center. This goes a long way in support our Lincoln residents!



Ladies Night Out Lunch at Carmela's Bistro
Saturday, February 22 at
12:00 pm

Ladies Night Out at Carmela's Bistro: Join us Saturday, February 22 for lunch! NOTE DATE AND TIME CHANGE!

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.