

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
Presbyterian Church

Mental Health First Aid

March 16 & 23,
11:00 am - 3:00 pm
Eastridge Presbyterian Church

*Did you know:
From 1999 to 2019,
841,000 people died
from drug overdoses?
Source: Centers for Disease Control and
Prevention*

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
email: mjonespointon@eastridge.org**

**Thomas Dummermuth's extension: 102
email: tdummermuth@eastridge.org**



Our Staff

EASTRIDGE
Presbyterian Church



The weekly lamp

TODAY AT EASTRIDGE—March 9

- 9:30 am Worship—Sanctuary and online
- 10:45 am Fellowship—Welcome Center
- 11:00 am Session meeting—M12
- 1:00 pm Special Musicians—Huxtable Lounge

TODAY in worship:

Pastors: Melodie Jones Pointon, Thomas Dummermuth

Worship Connection: Kris Adler-Brammer

Liturgist: Shirlette Hershiser

Music: Kirk Ringers, Will McGuire, Brent Shaw



LENT AT EASTRIDGE: Wednesday, March 12, 6:30 pm - Holy Anger "Smash Room" 6:30 pm

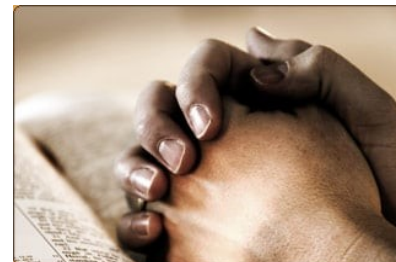
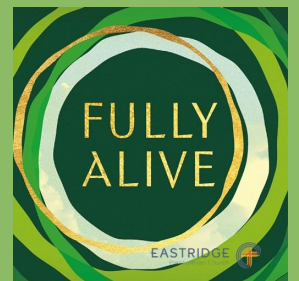
Monday, March 17, 5:30 pm - Take a Holy Walk on the Sunrise Road (meet in Welcome Center)

Monday, March 24, 6:00 pm - Join in a Centering Prayer (Sanctuary)

Tuesday, April 1, 5 pm - Make a card or write a letter to someone you love (Welcome Center)

Tuesday, April 8, 5 pm - Join us for a food taste test (Welcome Center)

Wednesday, April 16, 6 pm - All abilities yoga and meditation (Sanctuary)



The 2025 liturgist sign up is now online!

Here is the link: <https://bit.ly/liturgist2025epc>

Let the office or a pastor know if you are interested in serving as a liturgist on Sunday mornings.



Join us at Eastridge during Holy Week!

Sunday, April 13, 9:30 am - Palm Sunday
Worship

Wednesday, April 16, 6 pm-7 pm - All abilities
yoga and meditation (sanctuary)

Thursday, April 17, 6 pm - Maundy Thursday dinner followed by service at 6:45 pm (welcome center)

Friday, April 18, 12 pm - Good Friday worship

Easter Sunday, April 20, 6:30 am - Sunrise Service (weather permitting, east patio)

Easter Sunday, April 20, 9:30 am - worship with traditions old and new (sanctuary)



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>

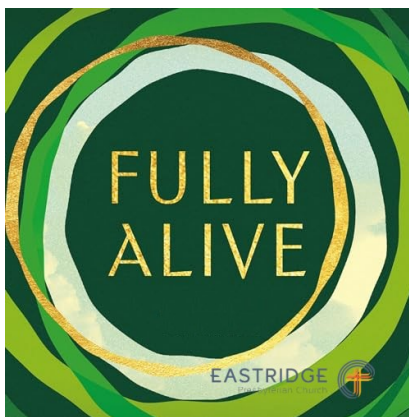


FULLY ALIVE book study:

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 are available at the Welcome Desk. Please sign up in the office or here:

<https://bit.ly/fullyaliveepc>

Watch for more activities during Lent in the March newsletter (also available at the Welcome Desk). **It's not too late to join!**



BAPTISM

Baptized today: Blakely Hinrichs, daughter of Mikayla Hinrichs. Grandparents are Bryan & Valerie Hinrichs. Great-grandmother is Barb Haith.

Flowers in worship: sign up below (link in online version of lamp):

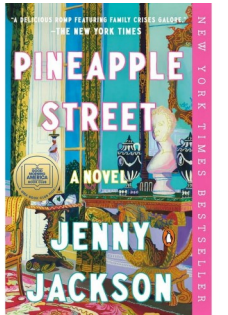
All EPC members: [Provide flowers for sanctuary for worship 2025](#)

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.



YANA:

You Are Not Alone, a group for those who have lost a spouse, meets the first Tuesday of each month for a meal and fellowship.

Contact the office or Berna Stading for more information.

Eastridge Food Pantry volunteer sign ups:

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

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



Devotion Ministry:

We are always looking for new writers for our online devotion ministry. If you are interested in writing, even just occasionally, please contact the office for more information. If you'd like to receive a prompt and the link five days a week via email, let the office know as well.