

**Staying Sane in
STRANGE
TIMES**
— A Mental Health Café —
February 24th, 6:30 PM
Eastridge Presbyterian Church

Staying Sane in Strange Times: A Mental Health Café

This third Mental Health Café at Eastridge focuses on stress, anxiety, and emotional regulation in “strange times.” Together, we’ll name shared experiences, normalize what many are feeling, and explore practical, everyday strategies for staying grounded—while holding both the real urgency of our moment and our human need for rest, regulation, and resilience.

Our guests for the evening are: McKenzie Jones, Board-Certified Psychiatric Mental Health Nurse Practitioner, Genesis Psychiatric Group; and Teri Effle, Prevention Specialist, Region 5 Systems.

Tuesday, February 24 | 6:30 - 8:00 pm in Huxtable Lounge

Light refreshments provided. RSVP encouraged, but not required. Watch for an online signup soon.



Thanks to Ariana for playing harp again for worship today! Ariana Musgrave is a student at the University of Nebraska Lincoln, majoring in harp performance. She has played in the UNL Symphony and LSO, is the principal harpist of the UNL Symphony, and has performed with the Hastings Symphony Orchestra and Lincoln's Symphony Orchestra. Beyond her orchestral engagements, Ariana remains active across Nebraska as a freelance harpist and piano instructor.

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

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Thomas Dummermuth's extension: 102
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EASTRIDGE

Presbyterian Church



The weekly lamp

TODAY AT EASTRIDGE — February 1, 2026

9:30 am	Worship —Sanctuary
10:45 am	Coffee Fellowship—Welcome Center
11:00 am	Session Retreat—Huxtable Lounge

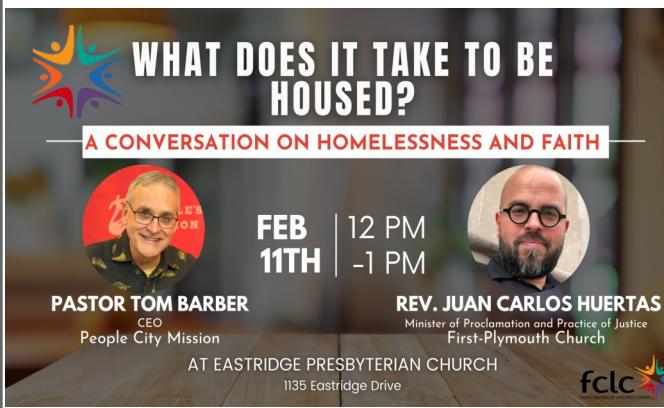


TODAY in worship: Ordination & Installation

Pastors: Melodie Jones Pointon, Thomas Dummermuth

Worship Connection: Kris Adler-Brammer

Music: Ariana Musgrave (harp), Chancel Choir, Kristen Unterseher, Brent Shaw.



Shelter and Belonging: What Does It Take to Be Housed? Join us for our February gathering of the Faith Coalition of Lancaster County for a conversation on housing, homelessness, and hope.

Wednesday, February 11 12:00–1:00 PM in Huxtable Lounge.

Bring a brown bag lunch. Zoom option available – see lancasterfaith.org for link



Join us for our **Annual Meeting, “Eastridge Celebrates”** in Huxtable Lounge following worship on **Sunday, February 22!** Watch for the annual report via email and at the Welcome Desk soon.



The youth will be hosting the **Souper Bowl of Caring** offering on February 8. This year the recipient of the Souper Bowl of Caring offering is the Eastridge Food Pantry. We would like to ask folks to bring shampoo/conditioner or feminine products.

We want YOU to help us predict the Super Bowl winner again this year! **If you are a Seattle Seahawks fan and want to give them a vote or two, please bring feminine products (maxi-pads preferred) and if you are a New England Patriots fan, we invite you to bring shampoo and conditioner.** And, in the spirit of Souper Bowl Sunday, we invite you to wear your gear from your favorite team!

Then, following worship, we invite you to stay and join the youth for a soup lunch and some fellowship in the Welcome Center. The youth will provide everything – we just need you!



EASTRIDGE FOOD PANTRY

TO VOLUNTEER in the EPC Food Pantry if you are a regular volunteer, see below. If you'd like to learn more about volunteering, contact the office!

Eastridge Food Pantry volunteer sign ups:

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

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

Eastridge Presbyterian Women monthly circles: Our next monthly circle meetings are on Wednesday, February 4. Two circles meet in the afternoon, and one meets in the evening. Contact the church office if you are interested!



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. The Gathering Place for 2026 sign up is online now! Check it out here: <https://bit.ly/epcgatheringplace26>



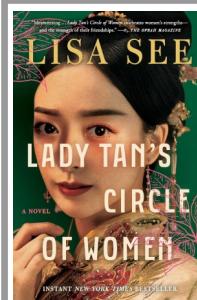
Trailblazers is a group of older adults at Eastridge that provides an opportunity for men and women, singles as well as couples, to participate together in the life of the church—in service and fellowship.

Join us on **February 20 at 7:00 pm: Fellowship & Sharing/Discussion** in Huxtable Lounge. Topic: **Vacations Good or Bad: bring your stories!**

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.



The **Eastridge Presbyterian Book Club** meets again February 9 at 7:00 pm. Our pick for the month is: **Lady Tan's Circle of Women** by Lisa See. The EPC Book Club meets monthly from September—June in M12.

Join us for discussion and refreshments! Check out the entire year's list online (link in online version of this bulletin):

[Book Club - Eastridge Presbyterian Church - Lincoln, Nebraska](#)



YOUTH FAITH FORMATION: As we move to February, we will need some folks who are willing to provide dinner. If you would be willing to feed and have some fellowship with us, please sign up using the following link. We are a fun, great group and it will be a great time. The link to sign up is <https://bit.ly/youthdinner25-26>.