

**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. Sign up here: <https://bit.ly/strangetimesepc>



You Are Invited! February 9—February 22

What: Help make a gigantic toilet paper snowman
Who For: Fresh Start & Eastridge Food Pantry
Where: EPC Welcome Center
What to bring: toilet paper! 1 roll, 4 rolls, 12 rolls, every roll helps!

What to do: Bring your contributions (rolls) to the Welcome Center and add them to the snowman. You can do this anytime between February 9-22.

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

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



EASTRIDGE

Presbyterian Church



The weekly lamp

TODAY AT EASTRIDGE February 8, 2026

9:30 am	Worship —Sanctuary
10:45 am	Soup Lunch and Fellowship —Welcome Center
1:00 pm	Special Musicians—Huxtable Lounge

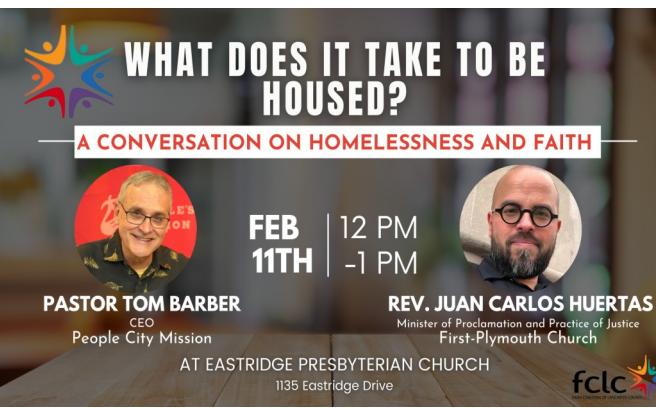


TODAY in worship:

Pastors: Melodie Jones Pointon, Thomas Dummermuth

Worship Connection: Kris Adler-Brammer

Music: Brett Meier, Kirk Ringers, Will McGuire, Brent Shaw, Michael Jha and Iesha Clanton



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.



The youth will be hosting the **Souper Bowl of Caring** offering TODAY! (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 volunteer sign ups:

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

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



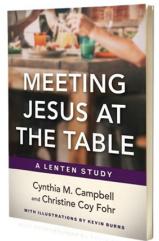
Contemplative Prayer:

During Lent, join us in the sanctuary each Wednesday from 6:30-7:00 pm for a time of contemplative prayer (Ash Wednesday has its own service/activities).

A reminder email will be sent out each week via Constant Contact.

Meeting Jesus at the Table: Join one of three offerings of this book study during Lent: Thursday mornings at 10:00 am via Zoom (signup below); Wednesday mornings at 10:30 am (beginning February 25); Monday evenings at 6:30 pm.

Sign up here for the Thursday Zoom option: <https://bit.ly/meetingjesusepc>



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!**



Ash Wednesday: Join us around the table between 8 am and 8 pm for a short service of ashes and contemplation. Ashes will be available all day, with music for contemplation in our sanctuary.

Can't make it to the church on Ash Wednesday? Packets of "ashes and prayers" will be at the Welcome Desk beginning Sunday, February 15.



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>.