

## St. James United Church Life and Work, January 14, 2018

**We offer our condolences** to the family and friends of Marilyn and Ron Feltham on the passing of Marilyn's father, Robert (Bobby) Gaulton on January 5. His funeral took place from the Carnell Memorial Chapel last Tuesday.

**We gratefully acknowledge a donation to the Memorial Fund** in loving memory of husband Bas Jamieson from Lorna.

**\*NIA (no-impact aerobics)** with Elaine Dunphy every Monday at 11am; \$5 drop-in fee. Seniors are welcomed and encouraged. If you cannot move your legs, it can be practiced in a chair. Come on out and discover the joy of movement!

**\*Chi Gong** led by Dr. Yajing Song, Ph. D. starting Tuesday, January 16 at 10:30; an 8 week program. Chi Gong (*Life Energy Cultivation*) is practiced worldwide for self-healing and health maintenance; it is suitable for all ages. If this interests you, please contact Dr. Song at 579-5799 today. There is room for 3 more participants. Cost is \$80 for the 8 weeks, to be paid at the first class. [www.drsongsac.com](http://www.drsongsac.com)

**\*Spiritual Walk and Talk** with Rev. Pamela, starting Wednesday, January 17 at 11:30am; a time of walking and talking in the Sanctuary whilst listening to spiritual music; all welcome.

**\*Uppity Women of the Bible:** Come and join our discussion group on Thursday evenings at 7 in the Fellowship Room, starting January 18. Our first uppity woman in the video-discussion is Ruth.

**\*Quilting** with Susan has been delayed until February 1. This is a beginner's class making a table runner. It will take place from 3-4pm on Thursdays for 4 week. Please contact Susan for a supply list (722-1881, ext. 204 or [susan@stjamesuc.org](mailto:susan@stjamesuc.org)). You will need your own sewing machine.

**The regular monthly meeting of AOTS** will take place in the Auditorium on Wednesday, January 17, 5:00 for 5:30pm. New members are always welcome.

**Confirmation classes:** The first class will be held on Sunday, January 21, 11:30am-1:30pm. To join the group, please contact Susan at 722-1881, ext. 204, or [youthchurch@stjamesuc.org](mailto:youthchurch@stjamesuc.org)

**On Saturday, January 27**, St James is pleased to host a workshop from 9am - noon, sponsored by the Downtown Churches committee of which St. James is a member. This will be a structured exercise, focusing on asset & resource mapping (for our own church), led by experienced facilitator Rev. Peter Bartlett. If interested, please register with the church office by January 23. Further information will be provided at that time. All UC churches in the area have been invited to participate.

**Correct date for Coffee Hour** is after the 11 am service on Sunday, January 28. As we do not have a committee responsible for bringing food, we kindly ask members of the congregation to bring a small plate of sandwiches, cookies or fruit, downstairs to the kitchen before the service.

**Valentine's Day Friendship and Fun:** St. James is hosting a Valentine's Day Concert, Dessert Party and Silent Auction on February 9, with music by MUN Music students, including their Trumpet Ensemble. Doors open at 6:30pm for viewing of the auction items; the concert will start at 7pm. Desserts and the silent auction will follow the concert. Please contact the church office (722-1881, ext. 200 ([info@stjamesuc.org](mailto:info@stjamesuc.org))) for details of your donations of quality items and gift cards (minimum value of \$20) for the Silent Auction, donations of home-made desserts, or if you can assist with or perform in the concert, or to help us in any way. Let's make it happen! Tickets are \$20 and will be available from the Church office on January 18.

**Spiritual Practices at Cowan Heights:** Our Rebecca Pike is offering five monthly sessions for exploring and discovering the spiritual practices right for each person. The first one is on Tuesday, January 16 at 10am at Cowan Heights UC; full details on the purple flyer available in the foyer and vestibule.

**Minute for Mission:** Our gifts for M&S support community ministries for families. In 1986, Fairview U.C. in Halifax opened a family resource centre in its building, providing programs that focussed on education and support in a safe environment. One long-time participant, now a board member, speaks to the impact on her life. When my 3 children were young, it was hard for me to make connections. I was told there was a playgroup at the centre, so off we went. I am thankful every day for the program; my children made lasting friendships; I met people who became my support system in the city. I have been privileged to watch my children and their friends achieve amazing things. Due to its growth and success, the centre had to move out of the church to a larger building. Programs today offer advocacy, referrals, health & wellness, youth, preschool and adult skill development, health and safety, parenting skills and community partnerships. Thank you to the United Church; through your generous gifts to M&S you are making a true and lasting impact on communities and in the world.

**Please feel invited and welcomed** to open and/or download today's Sunday bulletin and Life&Work from our website for your perusal. The password for StJamesGuest is StJamesUC  
[www.stjamesuc.org/category/bulletins/](http://www.stjamesuc.org/category/bulletins/)  
[www.stjamesuc.org/category/life-and-works-of-the-church/](http://www.stjamesuc.org/category/life-and-works-of-the-church/)  
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