

St. James United Church Life and Work, January 7, 2018

We offer our condolences to the family of George Charles Penney, a veteran of WW2 who passed away on December 30. His funeral took place from St. James last Thursday.

We gratefully acknowledge the following donations:

*to St. James Music Ministry in honour of grandfather Philip Saunders from Sarah Davis;

*to the GO Project in loving memory of grand-daughter Bethany from Dot & David Hapgood;

*to the Bethany Danielle Pike Memorial Camp Fund in loving memory of Bethany Danielle Pike from Stephen, Susan and Rebecca, remembering her birthday in January.

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/

www.stjamesuc.org/category/life-and-works-of-the-church/

Sign up for Congregational emails: info@stjamesuc.org

The next Pleasant View Towers Worship Service is at 2pm this coming Tuesday, January 9. Volunteers, please meet at 1.30 in the chapel.

Advance notice: What goes up must also come down! Next Saturday, January 13, we will meet in the Sanctuary from 10am-3pm to take down the Christmas decorations. Any assistance for any length of time is appreciated. Refreshments will be available.

Active Aging at St. James:

***NIA (no-impact aerobics)** with Elaine Dunphy; starting tomorrow, January 8 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 one kind of traditional Chinese medicine practiced worldwide for relaxation, preventive medicine and self-healing. The practice involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. It is suitable for all ages. To register for this course, please contact Dr. Song at 579-5799. Cost is \$80 for the 8 weeks, to be paid at the first class.

www.drsongsac.com

* **Spiritual Walk and Talk** with Rev. Pamela, starting Wednesday, January 17;

* **Beginners' Quilting** with Susan, starting Thursday, January 18. Register at 722-1881, ext. 204.

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.

Coffee Hour will be held after the 11 am service on Sunday, January 19. 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.

Pre-Lent Valentine's Day Fun-draiser on Friday, February 9 for our dessert party, silent auction and concert. Tickets will be available from the church office at \$20 each soon! We are looking for big ticket items (including gift cards) for the Silent Auction. If you can help, please contact Bill Legge, 576-0882, w.legge@nl.rogers.com or the church office, 722-1881, ext. 200.

Housekeeping: *If driving to St. James during the week, please park for free in the first line nearest to Elizabeth Avenue. Anywhere else in the parking lot is liable for a ticket. *Winter brings its share of challenges for St. James, one of which is keeping the floors of the Auditorium, Fellowship Room and Youth Church salt free. Please consider bringing indoor shoes with you when you visit the living rooms of St. James.

Minute for Mission: Our gifts for M&S support displaced people. The widespread displacement of people is a crisis around the world. In 2014, the UN High Commission for Refugees reported 19.5 million refugees (those fleeing their home across international borders) and 32.2 million internally displaced people (those who remain within their own country but cannot live in their own homes). Many more were undocumented - people were displaced due to natural disasters in 2015. More than half are under the age of 18. Through M&S, the United Church and our partners are addressing the needs of displaced people in many ways: Providing for the basic needs of displaced people i.e: housing, shelter; Through refugee sponsorship, congregations and community groups are working hard to provide the necessary support to refugees to positively integrate into Canadian society. M&S funds the refugee sponsorship program; staff provides advice and guidance to congregations. M&S funds the United Church's participation in the Canadian Council for Refugees so that we can advocate with the Canadian Government on refugee related issues. Loving our neighbour is at the heart of our Mission & Service.