

## St. James United Church Life and Work, February 11, 2018

### Today, after the 11am Worship Service:

\*Remit 6 information session;

\*Tickets (\$10) will be available for our Pancake Supper on Tuesday, February 13 at 6pm; children under 12, \$5.

### Monday, February 12:

\***11am: NIA (no-impact aerobics)** with Elaine Dunphy; \$5 drop-in fee. Seniors are welcomed and encouraged;

\***UCW Monthly Meeting at 7:30pm:** New members are always welcome.

### Tuesday, February 13:

\***Spiritual Practices at 10am at Cowan Heights:** Rebecca Pike's second monthly session for exploring and discovering the spiritual practices right for each person;

\* **Pleasant View Towers Worship Service** at 2pm. Volunteers, please meet at 1.30 in the chapel. The St. James United Church guitar group will be in attendance for a Valentine's Day theme;

\***Annual Pancake Supper** for Shrove Tuesday at 6pm.

**Wednesday, February 14:** Ash Wednesday Service at 7pm in the Sanctuary.

**Lent:** \*Lenten message of UCC Moderator, The Right Rev. Jordan Cantwell is available for viewing at

[www.youtube.com/watch?v=dtXXPIWUgks&feature=youtu.be](http://www.youtube.com/watch?v=dtXXPIWUgks&feature=youtu.be)

\* daily Lenten Offering Folder, and/or a calendar of 40 spiritual practices, each with a value of \$20, available from the office, 722-1881, ext. 200

**Thursday February 15: Uppity Women of the Bible:** Come and join our discussion group at 7pm in the Fellowship Room.

**CPR Training for AED Machine:** We will be holding a retraining session here at St. James next Saturday, February 17, 1-4pm. If you are interested in participating, please contact Susan Pike by tomorrow. ([susanpike@warp.nfld.net](mailto:susanpike@warp.nfld.net) or 576-0703) Training is provided by The Heart and Stroke Foundation. A personal kit can be purchased for \$45.

**Save the Date:** Sunday, February 25, 11 am worship. The Stella's Circle Inclusion Choir will be sharing their love of music with the congregation. Envelopes will be available to donate to choir meals; \$5 provides 1 meal, \$10 provides two meals. Last year the service was moving and fun. The congregation raised over \$1,500 towards choir meals. Mark your calendar as you won't want to miss this special service!

**Minute for Mission:** Our gifts to M&S create safe spaces where people can come together as a family. Bissell Centre in Edmonton is one such place. Bissell Centre offers people living on the margins food, shelter and a feeling of belonging. People who visit the centre can immediately tell that the people there have a bond with one another. Staff comments that they miss the people at the centre when they are off. Comments from participants describe the centre as giving them a place of belonging, tradition and a foundation to start from: *"The staff have encouraged and supported me to my own place; we feel like we are family."* The community at Bissell Centre has grown and changed for over 100 years, thanks to the support provided from M&S. Loving our neighbours is at the heart of our M&S.

**Grief and Bereavement Information Session:** Tuesday, February 13, 7-9pm in the Cafeteria Conference Room of the L.A. Miller Centre, free and open to all. More information with Peter Barnes, 777-2167, [peter.barnes@easternhealth.ca](mailto:peter.barnes@easternhealth.ca) or Mag Snook, 777-8972 [margaret.snook@easternhealth.ca](mailto:margaret.snook@easternhealth.ca)

**Bread For Bridges To Hope:** Loblaws discovered that Canadians have been overcharged for packaged bread and have launched their \$25 gift card program for consumers. For those who are eligible, we invite you to pay it forward by donating your \$25 to Bridges. We can use that \$25 toward groceries we need to purchase, and toward the homemade bread we bake for each and every hamper.

**Sign up for Congregational emails:** [info@stjamesuc.org](mailto:info@stjamesuc.org)

### Fun Church Sign:

*"Be the kind of person your pet thinks you are."*