

Life and Work – October 9, 2022

We gratefully accept the following donation to the Memorial Fund:

* An acknowledgement in the memory of Agnes Baggs.

UCW Meeting: The UCW will be meeting on Oct. 17th at 2:00PM. Would all members attending please bring items for the grab bags for the Fall sale.

The Visitor: We are like busy-bee's here in the office getting The Visitor ready for pick-up. Zone Captains will be contacted once we are ready for pick-up's to start!

Responding to Hurricane Fiona: Hurricane Fiona has caused devastating damage across Atlantic Canada and Eastern Quebec. Communities throughout the regions of Fundy St. Lawrence Dawning Waters, First Dawn Eastern Edge, Regional Council 15, Nakonha:ka and beyond will need support as they navigate the road to recovery. The United Church of Canada Foundation is accepting donations to help support the areas rebuild as the longer-term needs become clear. Your donation to the Ann Baker Estate Trust for Emergency Relief in Canada will continue to provide flexible, reliable funding even after the media coverage wanes and as need for resources fluctuates. The donation page is here: <https://www.canadahelps.org/en/dn/75488>. We will update you on the situation as on-the-ground partnership information becomes available. Thank you for your generosity and please continue holding everyone affected by Hurricane Fiona in constant prayer.

Calling all woodworkers: Have you noticed those little boxes with books while out on your walks? We'd like to install our own mini-library outside, increasing the impact of what we have had inside our foyer for the last few years. If you're a woodworker and would like to give us a hand on this project, email susan@stjamesuc.org

Pausing Bottle Caps: We have been asked by "Recycle on the Rock" to put a pause on collecting plastic pop bottle caps. Their bottle cap drive has been so successful that they are having trouble keeping up. Stay tuned for a notice of when to start bringing them in again.

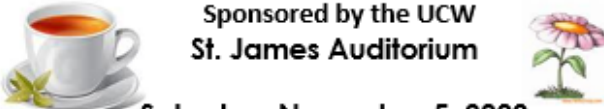
The Men's Club: The Men's club after a long break will be having a Fish & Brewis dinner. The date is on Friday, Oct 21st and the cost is \$ 25.00. For tickets, please contact any member of the Men's Club or Aubrey Hill at 726-8306.

UCW Fall Sale and Morning Coffee:

St. James United Church
330 Elizabeth Avenue

Fall Sale & Morning Coffee

Sponsored by the UCW
St. James Auditorium



Saturday, November 5, 2022

Time: 9:45 – 12 Noon Cost: \$8.00

Co-Conveners: Barbara Butt: (709) 687-1041
Sheliah Beckett: (709) 726-7421

Tickets: May be purchased at the church office or at the door.

Donations: all donations of baked goods, handiwork, knitted goods and crafts would be very much appreciated.

Sewing Group: Sewing Group will not be going ahead this Monday, October 10th.

Soup Luncheon: Wesley United Church will host a soup luncheon with a social (Auction & Bridge) to follow on Thursday, October 20th, starting at 12:30 pm. Tickets are \$12 and can be obtained by contacting Pheobe Sheppard at 726-1689 or Marvin Barnes at 579-7900.

Virtual Grief Support Group - Living with Loss:

Thursday afternoons from 1:30pm to 3:30pm via Zoom beginning on October 20th.

Limited space available, registration required

To register, or for more information, please contact: Bereavement Services at 777-8940 or by email at: griefandbereavement@easternhealth.ca The link to join the Zoom group will be e-mailed to you by your facilitator, once you have completed your registration.

PROGRAM OUTLINE

Session 1: Understanding Grief

Session 2: Experiencing Grief

Session 3: Types of Grief

Session 4: Healthy Grieving

Session 5: Taking Care of Yourself

Session 6: Grief and the Family

Session 7: Grief and Your Mental Health

Session 8: Your Journey of Healing

Concert at St. Teresa's Church: St Teresa's Parish, 120 Mundy Pond Road, invites you to our fundraising concert featuring our choirs and special guests. It will be held at the church on Sunday, October 30 at 4 pm. Tickets are \$20 each and may be purchased at the parish office, Tuesday to Friday. More information is available on our website, www.stteresa.ca.

Cowan Heights United Church Fundraising Concert:

Cowan Heights United Church is excited to announce a special fundraising concert for our congregation happening on Saturday, October 22 at 7:00 p.m. with one of Newfoundland's top entertainers, Sheila Williams, for an evening of music and laughter. Specials guests, Dr. Phil Roberts and Rev. Oliver Dingwell will also be performing. Tickets are \$40.00 each and are on sale now at the church office. Get your tickets by emailing: office@cowanheightsunited.ca or by phone at: (709) 745-2871. Tickets must be purchased and picked up in advance of the concert. Payment can be made by cash, cheque, or e-Transfer. Tickets will not be available for purchase at the door. We hope you can join for this incredible event! Get your tickets now! We look forward to seeing you!

A Yoga Class with a Difference: Somayog with SuAn:

Gower Street United extends an invitation to experience a yoga class with a difference: Somayog with SuAn.

When: Introductory class: Thursday, October 20, 11am - noon.

Where: Lecture Hall, Gower Street United Church

Cost: Donation of dry food item for Bridges To Hope

There will be standing moves, sitting moves, (chair or floor) and sequences done lying on the back and belly. You need to be able to get down to, and up from, the floor. Wear loose clothing and bring something to lie on (mat or blanket), and a belt or tie for the leg stretches. A shawl or blanket for the final relaxation is always a good idea, and some of you may want a cushion.

Somayog is a restorative yoga practice that brings a genuine lasting change in comfort, range of movement, posture and general body functioning. It is a treat for the back, the neck and every muscle and joint in the body. Its practice brings physical fitness, mental clarity and inner peace. We love to see you there!

If you have suffered an injury involving the spine, please check with your physician for any possible contraindications. www.yourlifestylecenter.com