

St. David's United Church

*Growing & Deepening our
Spiritual Lives in an Affirming & Inclusive Community*

Upcoming Events

September 20, 2018

Coffee & Muffin Day
7:00 am to 2:00 pm

September 23, 2018

Welcome Back Lunch
11:00 am
Robertson Hall

Interested in learning more about the events
going on at St. David's? Want to
share events with your friends?

Like us on Facebook!

[https://www.facebook.com/
sduc.ca/](https://www.facebook.com/sduc.ca/)



HEALING TOUCH
FIRST WEDNESDAY OF EVERY MONTH

Contact the Church office to book
your appointment.

ACTS

Book Study starts Monday
September 17 at 7:00 pm

Bible Study starts
Thursday September 20 at
10:00 am

WELCOME BACK

On Sunday **September 23,**
2018 there will be a welcome
back gathering after worship.
Lunch will be provided by
donation. Come and join us to
celebrate the beginning of a
new season.

Come join us in the front
foyer of St. David's for a
coffee, muffin and friendly
conversation.

**Thursday September 20
from 7:00 am to 2:00 pm**

On September 30th, the Men's
Chorus, led by Clare Beers will
be singing at the worship
service.

Reminder:

Any meetings or
gatherings held at the
church must be booked
through our church office
so that there are no
conflicts with other
events. Please contact
Chantal at the church
office to make
arrangements.

Pastoral Care, Calgary Presbytery, invites you to join our weekly

POWER OF MINDFULNESS MEETUP

with Shirley McMillan

Our group will meet six Thursday evenings, September
27th to November 1st, from 7—9 p.m. Also planned is a
mindfulness retreat the morning of October 20.

With Shirley's guidance we will practice integrating practical,
mindfulness-based stress reduction and relaxation skills into our
everyday lives, developing calmness of mind and body.

Shirley McMillan is a practicing Registered Nurse with Alberta Health
Services, a Yoga teacher and Meditation facilitator. Her gentle,
compassionate approach reflects her respect for the individual
needs and abilities of each participant.

Shirley has trained with Dr. Jon Kabat-Zinn and Saki
Santorelli as well as with many internationally recognized
teachers in the Buddhist and Yoga traditions.

Cost: \$80/person
St David's United Church
3303 Capitol Hill Cr. NW

Register and pay online at:
pastoralcareunited.ca

or

ucpcare@telus.net
403.294.0378

Space is limited to 20 participants!

