

St. David's United Church

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

Upcoming Events

September 23, 2018

Welcome Back Lunch
11:00 am
Robertson Hall

September 27, 2018

Power of
Mindfulness
7:00 pm

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.

Save the Date

Blessing of the Animals
Service

October 28
10:00 am

Bring your pets to
worship!

FRIENDSHIP CLUB FALL KICK-OFF SUPPER

Friday, October 12

We cordially invite you to join us for an evening of Food, Fellowship and Fun at our annual Fall Supper, which will be held in Robertson Hall.

Enjoy ham, a variety of salads, dessert, tea and coffee, all spiced with good conversation and some entertaining activities.

Time: Doors open at 6:00 for supper at 6:30

Cost: \$12.00

Bring: Your own plate, cutlery, and mug.

If you would like to attend, and are not a member, please **RSVP** to Glen Campbell at 403-239-4400 or glen.campbell@ucalgary.ca by Sunday, October 7.

We look forward to welcoming you.

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

**Thursday October 17 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!

