St David's United Church Oct 23 Newsletter

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Growing & Deepening our Lives in Community

Upcoming Events

November 2 **Healing Touch** 7:00 pm

November 4

Friendship Club: Rick's Ukulele Group 7:30 pm

November 6

Spiritual Walk & Talk 11:30 am

November 10

Grief Workshop 7:00 pm

November 17

Muffin & Coffee Day 7:00 am

November 20

Evening Compline 7:00 pm

November 26

Christmas Decorating 10:00 am

November 27

Drama Show 11:30 am

The spirituality of walking.

11:30 to 1:30 pm

Join us for an easy paced walk and some guided contemplation.

Nov. 6:

Confederation Park or Market Mall (weather dictated)

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Feb. 5:

April 12: May 7:

Labyrinth

TBD

TBD

Friendship Club

Rick's Ukulele Group Singing and playing songs which will bring back memories.

November 4 at 7:30 pm Robertson Hall \$8.00/person

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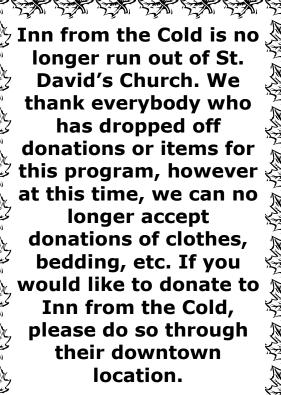
PARKING!!!!

We are currently making some changes to our parking system at St.

David's. Going forward, if you are attending an event at the church (or just visiting) during normal business hours. please see Chantal in the office for a temporary parking pass to prevent being ticketed.

HEALING TOUCH:

First Wednesday of every month. Book your appointment by calling the office.





Are you interested in learning a practice that will have a significant impact on your life? If you said "yes" come join us for Spring Forest Qigong on Wednesday mornings from 9:30 to 10:30 am. Simple, effective, meditative exercises combined with a focus on breathing and visualization will start your day off on the right foot.

32nd Annual Holiday Peace Fair

Saturday November 12, 2016 Parkdale United Church 2919—8 Avenue NW 9:30 am - 4 PM

Silent Auction Items Needed

Mays you can help:

- * Donate an item for the silent auction
- * Volunteer your professional Services
- * Ask a business to donate an item or gift Card
- * Ask friends, neighbors or colleagues to give

Please Call Karen at 403-804-4052 if you have any items to donate, or drop them off at Parkdale United Church.

Coffee & Muffin Morning

In the foyer of St. David's from 7:00 am to 2:00 pm on November 17, and December 15

Everybody welcome!!!! Come and enjoy a muffin, coffee

and some conversation.

