

St David's United Church

Oct 23 Newsletter

www.sduc.ca
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)

Feb. 5: Labyrinth

April 12: TBD

May 7: TBD

PARKING!!!!

We are currently
making some
changes to our park-
ing system at St.
David's. Going forward,
if you are attending an
event at the church (or
just visiting) during nor-
mal business hours,
please see Chantal in the
office for a temporary
parking pass to prevent
being ticketed.



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

HEALING TOUCH:

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

Inn from the Cold is no longer run out of St. David's Church. We thank everybody who has dropped off donations or items for this program, however at this time, we can no longer accept donations of clothes, bedding, etc. If you would like to donate to Inn from the Cold, please do so through their downtown location.



QIGONG

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

Ways 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.**

