

# St David's United Church

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



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## Upcoming Events

**April 30, 2018**

**Mindfulness  
Workshop  
12:00 pm**

**May 2, 2018**

**Healing Touch  
7:00 pm**

**May 4, 2018**

**Friendship Club  
7:30 pm**

**May 5, 2018**

**Celebrating Wise  
Women  
10:00 am**

**May 10, 2018**

**Coffee & Muffin  
7:00 am**

Come Join us for a

## Coffee & Muffin

7:00 am to 2:00 pm

Bring a friend! Everybody  
welcome!

Stay for some conversation,  
or take it to go.

**May 10, 2018**

Monday, April 30 at noon

**Calgary Presbytery Mindfulness Workshop**  
At St. David's

Please join us for a light lunch and a presentation by Dr. Linda Carlson. Dr. Carlson, professor of psychosocial oncology at the U of C has taught mindfulness-based stress reduction to thousands of patients to relieve stress, lower blood pressure and to enhance our immune systems.

*\* This workshop is now full. Another workshop is being considered. Please stay tuned.*

## Friendship Club Meeting

### Canada in Song

The Friendship Club issues an open invitation to its May meeting. The Irish Cultural Society Choir is going to entertain us with its salute to Canada to celebrate Canada's 150<sup>th</sup> birthday. The program comprises a variety of songs from the Provinces and Territories with some introductory remarks about each one.

This meeting will be held in the sanctuary, on May 4<sup>th</sup> at 7:30pm. Cost \$10.00 per person. Light refreshments will be served.

We would love to have a great turnout for this, maybe last, celebration of Canada's 150<sup>th</sup> birthday.

## Healing Touch:

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

## **PICTORIAL DIRECTORY**

### **LAST CHANCE ALTERNATIVE**

If you are unable to get a photo appointment but still wish to get your photo taken, you are welcome to drop in at:

**Paroisse Ste. Famille Roman Catholic Church, 1717-5 St. S.W.  
Monday April 30th to Wednesday May 2nd, 2:30 to 8:30**

OR you are also welcome to submit your own photo for the directory. A \$12.50+tax fee applies. Please speak to Chantal for more details.

## **Living into Right Relations Events**

April 29- May 13 - Walking with our Sisters: A commemorative art installation and ceremony in honour of Murdered and Missing Indigenous Women, Girls and Two Spirit Relatives, Riddell Library and Learning Centre, 74 Mount Royal Circle.

**Saturday May 5**  
**Celebration of Women**  
**Workshop**  
**10 am to 3 pm**

The pastoral care team are hosting a workshop designed for women. This is a wonderful time to celebrate our daughters, mothers, girlfriends, mentors who have touched our lives and to honour the contribution of women to our world. There is a **suggested donation of twenty dollars** to cover costs. Sign up sheets will be forthcoming soon. For more information contact Kelley Warner or Janet Larson.



## Are you concerned about the world?

Ploughshares Calgary and Calgary Assoc. of Lifelong Learners invite you to a Community Conference. "CHALLENGES OF PEACE AND WAR", **Sat. May 5, 9.30 to 3.30pm**, Varsity Acres Presbyterian Church 4612 Varsity Dr.

Keynote address: Rob Huebert, Assoc. Prof of Political Science, U of C: "A return to power politics? What does it mean for international peace and security?"

Panel: distinguished representatives of CN Armed Forces, Mennonite Central Comm., Mt Royal University, Ploughshares.

### Catered lunch

Film "In Pursuit of Peace" (conflict transformation professionals working in 'hot spots').

Tickets are **\$25**.

To register on-line: <https://calgarylifelonglearners.ca/event-2873632/>  
[Registration](#) or by email: [dodd1@telus.net](mailto:dodd1@telus.net).

**All welcome.**

## Mother's Day Cake Sale

May 13, 2018  
After Worship

We will be selling cakes and cupcakes, all baked by the talented bakers at St. David's, after worship on Mother's Day.

Come pick up a beautiful treat to share with the mother's in your life.

If you are interested in baking a cake to sell, please contact the church office to sign up.

