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**Opening Hearts:  
The United Church Affirming Process**

**October 18**  
**Invitation to the Banquet 11:30-1:30**

The Affirm group would like to invite all of you to Come to the Banquet this Sunday, October 18 after church from 11:30-1:30. This event has proven to be a lot of fun as we act out the story Jesus told, sing, share a meal together and discuss who is missing from church and consider why this is so. This is definitely an intergenerational event and all are welcome. A gluten free, vegan option will be available. For other dietary restrictions please contact Kelley at 403.284.2276 #103. **It would be helpful if you could email the church at [admin@sduc.ca](mailto:admin@sduc.ca) and let us know who plans to attend.**

*Evening Compline*  
***Evening Compline***

*The ancient service of plainchant and  
contemplative prayer October 18th @ 7:30 pm*

*Please join us for meditative organ and  
choral music in the serene and prayerful  
service of Evening Compline*

*Evening Compline will be held the 3<sup>rd</sup>  
Sunday of the month from October to March*



## ST. DAVID'S NEWS

QI GONG CLASSES EVERY WEDNESDAY MORNING AT 09:00 AM



### *Spring Forst Qi Gong*

*incorporates four elements:  
breathing, movement, meditation  
(a focused, still mind), and sound.*

*Qi Gong is a meditative technique to release  
and relax and breathe.*

*Held in the TM Room*

If you want to  
be healthy and  
live to one  
hundred...  
do Qi Gong

## ST. DAVID'S ANNUAL GENERAL MEETING NOVEMBER 8TH

A Pizza Lunch will  
be served after  
Sunday Worship



**2015**

## ALL THAT JAZZ!

The next Friendship Club Meeting

"ALL THAT JAZZ" is scheduled for  
Friday November 6th at 7:30 pm in

Robertson Hall.

Everyone is heartily invited!

The entertainment will be provided by Brandon  
Oberhamer, a professional Jazz musician

Cost \$10.00 per person ~ includes a delicious snack

The Friendship Club Presents



Coffee House

## Friday November 13th

Silent Auction

Talent Show

This is going to be an exciting evening of fundraising for both the organizers of this event and the talent. It a great way to spend a Friday evening being entertained while enjoying local talent along with some tasty and savory foods. The list for talent and silent auction items is still open for you, or anyone you know who would like to be a part of this.

*Don't miss out on this chance to express your talents...what ever they might be.*

We are looking for...

Acting, Impersonating,  
Dancing, Singing,

Stand up

Comedians, Oratory,

Mime it,

Poetry it, Musician it

Something not  
mentioned here?

Bring it on!

Friends of families welcome

## Bruce Sanguin "Evolving Mystics" Weekend



*You are invited*

November 6 and 7 with Bruce Sanguin, an international leader in evolutionary spirituality.

Course description

Friday evening: **"Why We Are All Mystics"**

Bruce Sanguin will introduce us to what it means to be an evolving mystic and Christian in the 21<sup>st</sup> Century. Evolution is not just about Darwin, DNA and dinosaurs. It is also happening, in you, through you, and as you. When we live consciously connected to this evolutionary current that is animating the whole universe, we touch into a holy longing for more beauty, truth, goodness, and love. We will look at Jesus as mystic, evolutionary, provocateur, and the Human One.

Saturday: **"Creating a Culture for Spiritual Evolution":**

How can a spiritual community intentionally show up for each other and with each other in a way that encourages the evolution of soul and of our spiritual intelligence? In this experiential workshop you will be introduced to *Eight Core Agreements and Practices* that your spiritual community can implement to foster the spiritual evolution of both individuals and the whole community.

**This event will be taking place in two parts at two different venues**

**"Why We Are All Mystics":** Friday evening November 6, 2016 from 7:00 PM until 9:00 PM at Hillhurst United Church, 1227 Kensington Close NW, Calgary, AB T2N 3J6; 403 283-1539); and

**"Creating a Culture for Spiritual Evolution":** Saturday November 7 from 9:30 AM until 2:00 PM at St. David's United Church, (3303 Capitol Hill Crescent NW, Calgary AB T2M 2R2; 403 284 2276).

A light lunch will be served on Saturday November 7

Please feel welcome to participate at either the Friday session or the Saturday session, or preferably both! The cost is \$15.00 for the Friday evening session at Hillhurst United, and \$30.00 for the Saturday session. Tickets will be available at the door and can be accessed on-line through:

<http://www.brownpapertickets.com/event/2402989>

Bruce Sanguin is an international speaker on evolutionary spirituality. After serving 30 years in congregational ministry, he offers keynotes and workshops on evolutionary Christian mysticism. He is the author of six books. His latest, "The Way of the Wind: The Path and Practice of Evolutionary Christian Mysticism (2015) is being published this Fall.



You Are Invited to Attend...

Ireland Presentation October 28th at 7:00 pm

St. David's United Church—TM Room

Contact the admin office to register 403-284-2276

## **May 3rd—19th 2016**

It is with great excitement that next year in May I will host my third tour with Rostad Tours to a destination I have long wanted to visit: Ireland. The name of the tour is *Ireland – Celtic Christianity* running from May 3 – 19<sup>th</sup>. This will be an amazing continuing education opportunity for me as together with those on the tour we will explore the ancient history and sites of Celtic Christianity and visit the Centre for Celtic Spirituality in Armagh.

Armagh is known as the ecclesiastical capital of Ireland, where Roman Catholic and Anglican Archbishops reside. The aims of the Centre are to share the ancient heritage of Celtic Spirituality, with the rest of the world; to inspire others – of all faiths or none – on their spiritual journey through the power of Celtic Spirituality. This Centre brings together all faith traditions in the spirit of peace, respect and understanding.

This tour will take us around the coastlines of both Northern Ireland and the Republic of Ireland where we will experience some of the most beautiful coastal scenes and sites along with some of Ireland's finest gardens. It will also take us into the places such as Belfast, Dublin, Derry, Galway, Killarney, to name a few. We will enjoy the friendliness and hospitality of a people who live in a land of myth and history. This is not an ACTS endeavor but a tour I am hosting as part of my continuing education. The tour is being publicized across Canada. It would be great to have St. David's people on the tour and some are already booked!

Visit [www.rostad.com](http://www.rostad.com) for more information or call the office at 403-284-2276

**\$300.00 discount if booked before the 31st of October**

