

# St David's United Church

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



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## Upcoming Events

**April 8, 2018**

**Drumming**

**11:30 am**

**April 12, 2018**

**Coffee & Muffin**

**7:00 am**

**April 12-14, 2018**

**Photography**

**Appointments**

**April 15, 2018**

**Drama Production**

**11:30 am**

**Haydn Concert**

**7:30 pm**

Monday, April 30 at noon  
**Calgary Presbytery Mind-  
fulness 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. If you are interested, please contact Kelley Warner or Colleen at Calgary Presbytery at 403-294-0378. Space is limited.

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.

Haydn

## Theresienmesse

*Grace Presbyterian Church Choir*

&

*St. David's United Church Chamber Choir*

*with orchestra*

**Heather-Rose Locken - Soprano**

**Mariko Johnson - Alto**

**Chris Willott - Tenor**

**Ian Charter - Bass**

Sunday April 15 - 7:30 PM

St. David's United Church

3303 Capitol Hill Crescent NW

Tickets available at the door - \$20.00

Children under 12 - free

**Upcoming Dates:**

**April 12, 2018**

**May 10, 2018**

# NEW OFFICE HOURS

St. David's office hours are as follows:

**Monday to Thursday 9:00 am to 4:00 pm\***

**Friday 9:00 am to Noon**

(Closed Friday's from June to September)

\*Office is closed between 12:30 and 1:00 pm for lunch

If you require assistance outside of these office hours, please call the Church Office to discuss alternatives.

## **PAINT FUNDRAISER!**

April 28, 2018 at 1:00 pm  
Robertson Hall  
\$40.00



Come and paint this beautiful butterfly canvas. Alicia from Cre8tive Ways will teach us all, step by step, how to paint the butterfly pictured above. She will supply the acrylic paint and the 12x16 canvas. Don't be intimidated! This is for beginners and pros alike! Alicia will paint along with you and show you each step in front of the room, AND one on one if you need help. You are free to change up the colors if you like and really make it your own!

Reserve your tickets by visiting the office or signing up online:

<https://www.cre8tiveways.ca/product/fundraiser-st-davids-apr28/>

**Conversation Café on Seniors' Issues Sunday,  
April 22  
11:30-1:00**

Anyone 50 or older is invited to come and share your experiences, challenges, resources and ideas around living as a senior in Calgary. (transportation, shopping, health care, home repairs, yard maintenance...).

## **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.

We invite you to Metro Alliance for the Common Good's Delegate Assembly.

As a member of MACG we at St. David's are asked to send one or more representatives to learn how we are doing with seniors and reconciliation issues. Those people who are curious to learn about the value of such a partnership are also invited to attend.

**Monday. April 9 from 7:00-8:30pm**  
**Lutheran Church of Our Saviour,**  
**831 Fairmount Drive Southeast.**

**Seniors Team:**

Thursday April 12 at 7:00 pm  
Lutheran Church of Our Saviour

**Reconciliation Team:**

Wednesday April 18 at 3:00 – 5:00pm  
[Location to be finalized]

## **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.

## ***The Chameleon Drama Club***

is proud to announce its upcoming play production

### ***The Corsican Twins***

**April 15th.**

This is an adventure that follows the lives of Louise and Julien De Franchi, born on the island of Corsica. Louise, contrary to expectation, is fond of hunting, fencing, and climbing. Her brother, Julien, loves drawing, painting, and poetry. Their father is disappointed in his son and wants him to show the true Corsican spirit. Family feuds on the island can make life unpredictable and, when Monsieur De Franchi is tragically killed, his family must take their future into their own hands. Julien eventually travels to France, while his sister remains on Corsica; but, even in France, Corsican winds can blow!

Our play will take place following the church service. A light luncheon will precede the play.

We hope to see all of you there!

## **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.



# NaramataCentre

## Child & Youth, Intergenerational and Adult Programs 2018



June 29 - July 6 • Play! Ages 5-12

July 7 - 14 • Emerging Community Week

July 14 - 21

- Play! Ages 5-12
- Singing on Top of the World Ages 11+
- Bursting Out! Mono-Printing as a Spiritual Practice Ages 11+
- Knitting 101 Ages 8+
- Befriending the Bible: It Doesn't Bite Ages 18+
- Becoming an Everyday Mystic Ages 17+
- Harmonizing Soul and Role: A Circle of Trust Experience Ages 18+

July 21 - 28

- Naramata Children's Program Ages 4-11
- Solar Science and Robotics Ages 12+
- SoulCollage® Ages 17+
- Easy Tai Chi and Qigong Ages 18+
- Quilting and Singing Ages 18+
- Winter Session Redux Ages 18+

July 28 - August 4

- Free the Artist in You Ages 5-11
- Be a Musical Star! Ages 6+
- Play with Clay Ages 11+
- Traces of Nature: Eco-Printing & Solar Dyes Ages 12+
- Planet Songs: From the Heart of the World Ages 16+
- Slow Flow Yoga Ages 18+

August 4 - 11

- Magic and Imagination Ages 6-10
- Me, Myself and Nature! Ages 10-12
- Qigong Tai Chi Ages 12+
- Learn to Play Ukulele Ages 12+
- Singing Soul Ages 14+

August 11 - 18

- Play! Ages 5-12
- Nature Bathing in Naramata Ages 7+
- Beginning Watercolour Ages 10+
- Birds in the Morning, Bats in the Evening Ages 10+
- Recorder Revival: Learn the Recorder Ages 12+
- Feel Better Than Ever Ages 18+

August 18 - 25

- Inspired YogaFaith Ages 14+
- Lift Every Voice! Adult Choir Ages 18+
- Lift Every Voice! Youth Choir Grades 7-12
- Lift Every Voice! Children's Choir Grades 1-6

August 27 - 31

- Kid Yoga Ages 5-11

# NaramataCentre

## Child & Youth, Intergenerational and Adult Programs 2018

May 19 - 26 • Hearts and Hands Spring Wake-up

June 15-17 • Boys and Men: Smiles, Sweat and Soul

June 17-22 • Deepening our Relationship with the Earth

June 24 - 29 • Listening to the Spirit

June 29 - July 2 • Winter Session & Summer Staff Reunion weekend

## Spring

Revel in the freshness of Spring as the earth awakens! Join us in May and June for adult programming and retreats. Book accommodations for stays of 3 nights or more.



August 31 - Sept 3 • Winter session & Summer Staff Reunion weekend

September 6 - 9 • Yoga and Journal Writing: A Journey to Your Inner Spirit

September 9 - 14 • Spiritual Eldering

September 20 - 23 • Body Sensing Movement and Rest Meditation for Dynamic Aging Retreat

October 6 - 14 • Hearts and Hands Fall Clean-up

## Fall

Fall arrives with brilliant colours, bountiful harvest and rest. Seeking a quiet time of retreat, contemplation or volunteer service? Join other adults and elders in September and October for stays of 3 nights or more.

