

# St David's United Church

## Jan 13 Newsletter

[www.sduc.ca](http://www.sduc.ca)

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

### Upcoming Events

January 17  
Muffin Day  
7:00 am

January 20  
Senior Moment  
"Cheap Thrills"

January 27  
Baptism Sunday

February 1  
Friendship Club

February 6  
Healing Touch  
7:00 pm

### HEALING TOUCH:

- Healing Touch meets the first Wednesday of every month (unless otherwise specified)
- Appointments must be booked with the church office. We no longer accept walk ins
- When booking an appointment, you cannot book for other people, you must only book an appointment for yourself.
- Appointments are 30 minutes in length and begin at either 7:00 or 7:30.
- We have capacity for up to 3 people in the same time slot
- When arriving for your appointment, you must use the buzzer and state your name and appointment time.
- Payment is welcome in the form of donations.

### LET'S LEND A HAND

As a New Year begins we endeavor to become a more caring and connected church community. If you are aware of a member who is ill or needs assistance, please inform the church office so that we may offer our support.

Also, if you know someone in our congregation who has difficulty getting to church, perhaps you could offer them a ride on Sunday. Due to insurance reasons St. David's is unable to establish a more formal ride sharing service, so it's up to us to lend a hand!

Your assistance is greatly appreciated!

**St David's Pastoral Care Committee**

### Healing Touch Level 1 Course

**March 2 & 3**  
**9:00 am to 6:00 pm**  
**\$497**

**Contact the office for  
a brochure**

### **WANTED: Administrative Assistance Coverage**

We are looking for somebody who may be interested in learning the ins and outs of the office administration position. This will be a paid, casual position for office coverage at times when Chantal is out of the office and other office coverage is not available. If interested, please contact Chantal in the Church office.

## **United Church 2019 Calendars**



Proceeds go to St. David's  
Available now in the  
Church office. \$15/each

## **Coffee & Muffin**

In the foyer of St.  
David's from  
**7:00 am to 2:00 pm**  
on **Jan 17 & Feb 21**

**Everybody  
welcome!!!!**

## **SPRING FOREST QIGONG**

*Bring in the New Year  
with a meditative practice that will enhance  
your mental and physical well-being.*



*The focus is on breath, movement and  
visualization while listening to soothing music.*

Who: You of course!  
What: Qigong (pronounced chee-gong)  
Where: Tatanga Mani (TM Room)  
St. David's United Church  
When: Wednesdays from 9:30 - 10:30 am

*This practice is for everyone and may be done sitting or standing.*



## **SPRING FOREST QIGONG**

### *Level One for Health*



Explore the wonderful world of Qigong!

Start the New Year on a positive note with an  
impactful practice that will make a difference  
in your life!

What: Qigong – Level One for Health  
When: Friday, February 8, 2019  
Time: 9:00 am – 5:30 pm  
Where: Tatanga Mani (TM Room)  
St. David's United Church – 3303 Capitol Hill Crescent NW  
Who: Janice Rider, Certified Trainer/Practitioner  
Cost: \$149 USD  
Register: Go to [www.springforestqigong.com](http://www.springforestqigong.com) and click on  
Event and Services or phone 1-952-593-5555

If you have questions about the course, phone 403-239-2478 or email  
[janicenrider@gmail.com](mailto:janicenrider@gmail.com).

## **A Senior's Moment : Cheap Thrills**

“Does saving loonies, toonies and bigger dollars make you shiver with delight? Do you rub your hands with glee when you find a great or even a good bargain? Join us on Sunday, January 20, after church, to share ideas on the creative ways we save money on our fixed incomes. Let's make Scrooge proud of how we can stretch a dollar and enjoy a 'cheap thrill'!

Your Seniors Core Team  
Sherri Melrose, Marlene Holst and Pat Fryers