

# St David's United Church

## Feb 3 Newsletter

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

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

### Upcoming Events

February 17

Guest Speaker:  
Brenda McQueen  
from McDougall  
Stoney Mission  
Society

February 21

Coffee & Muffin  
7:00 am

March 1

Cannabis  
Conversation

### 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.

### Youth Cross Cultural Temple Tour

- Who:** Youth and others who would like to attend
- What:** Cross Cultural Temple Tour
- Where:** Guided visit to a Muslim Mosque, Sikh Temple, Hindu Temple, Buddhist Temple and an ethnic lunch
- When:** Saturday, March 2<sup>nd</sup> from 10:00 am – 3:00 pm
- Why:** To explore other faiths and to uphold the United Church's call to be open and respectful of diversity
- Cost:** SDUC Youth - \$30.00 (we will pay \$39.00 of youth costs), includes lunch  
Parents - \$69.00, includes lunch

**To confirm your spot, please make a deposit of \$30.00 to Alison by February 3<sup>rd</sup>.**

### Healing Touch

**Level 1 Course**

**March 2 & 3**

**9:00 am to**

**6:00pm**

**\$497**

**Contact office  
for a  
brochure**

## **CANNABIS CONVERSATION**

**St David's Friendship Club-March 1 Meeting  
7:30 - Robertson Hall**

We warmly welcome you to come and join us for a very timely, interesting and informative presentation/question period on Cannabis by:

### **Dr. Fiona Clement**

Her presentation will cover:

Why was Cannabis legalized? What was the policy rationale? How were the province specific policies developed and what are the priorities they are trying to achieve?

What is the evidence about the health harms of Cannabis use?

What have other jurisdictions who have legalized seen?

What are we watching in Canada?

What are my predictions for what's to come?

Tickets for her presentation are \$10.00 and will be available at the door. Refreshments will be served at the conclusion of her presentation. Please RSVP to Bob or Carol Liddle at 403 239 5254 or e-mail [liddlecarol@gmail.com](mailto:liddlecarol@gmail.com).

## **ANNUAL ST. DAVID'S LENTEN RETREAT**

**Mount St. Francis Retreat Centre  
Cochrane, AB**

<http://www.mountstfrancis.ca/>

**Theme: "Who Do You Say That I Am"**

**Led by Spiritual Director Susan Campbell**

**Sunday, March 10th, 2019**

**11:30 AM to 4:00 PM**

**Cost: \$30.**

**(includes registration, lunch and refreshments)**

**Restful Reflections and Nature walks, weather permitting...**

## **Coffee & Muffins**

**In the foyer of St.  
David's from  
7:00 am to 2:00 pm  
on 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.*

## **United Church 2019 Calendars**

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

