

Connect your **JOY** with
known **NEEDS**

Gardening Group - be part of a team who meet regularly to tend the church gardens and have coffee together. Contact Bev Tracey 250-592-5931

Lunch- makers - join the roster of lunch-makers who feed the grateful Friday Thrift Shop volunteers. Contact Aleksa Harkness 250-384-6986

Sunday morning Coffee hour - join the roster of hosts who set up or provide food, or clean up; each task is more fun in teams of 2!
Contact Bev Tracey, 250 592 5931

Singers and other musicians - join the choir or be part of an instrumental ensemble. Contact Daniel Brandes at music.jamesbayunited@gmail.com

Children's ministry - if you have a heart for children, and if exploring faith and life questions lights you up, contact Karen Dickey 250-592-5931

H. R. help - we're looking for people with Human Resources experience who care about the relationship between staff and congregation.

Neighbourhood connections - if you are eager to be part of connecting with neighbours, discovering possibilities for collaboration and deepening a network of care. Contact Gordon Miller communication.jbuc@gmail.com

Life-Long Learning - if you are looking for opportunities to grow in faith, and would love to dream up events for congregation and neighbourhood.
Contact Karen Dickey: 250-592-5931



A Four Week Series

Saying Yes to Life:

Living fully as we Contemplate Dying

What if there was a way to embrace and befriend the lessons of loss and grief, death and dying in a manner that could enable you to live fully and joyfully no matter how much 'time' you have left on planet earth?

Join **Margaret Harper**, Loss & Grief Facilitator/Death Doula/Minister/Lover of Life and Death as together we explore, ponder, contemplate and imagine a way of approaching one's death that opens a space for peace, wellbeing and untold possibilities. Come to one or all of these sessions. Bring your questions, concerns, stories and insights. Open to any who believe that sooner or later, that bell is gonna toll for me! Sessions to be designed around the following:

Caring for Self and Others

Befriending the Lessons of Grief and Loss

Medical Assistance in Dying: The Basics 101

Planning For A Good Death

Four Tuesdays, 2-4pm beginning October 23 in the church hall. Questions? Please contact margaretaharper@gmail.com or Karen Dickey at 778-432-4331

Coming in December



A Retreat for Body and Soul in a place of beauty and quiet. December 2, 3, 4. Details to follow.

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Minister: Karen Dickey kdickey@shaw.ca

Music: Daniel Brandes

music.jamesbayunitedchurch@gmail.com

Office Administrator: Vanya Smith jbuchurch@gmail.com

Communication & Neighbourhood Engagement:

Gordon Miller communication.jbuc@gmail.com

Office phone: 250-384-5821

Website: www.jamesbayunited.com



James Bay
United Church

www.jamesbayunited.com
www.facebook.com/JamesBayUnitedChurch



Food, Fun, Friendship

Saturday November 10

Guess Who's Coming to Dinner

Back by popular demand! We sign up either to host a group of mystery guests for a simple meal, or to be one of those guests at the home of a mystery host. Then we all come together in the church hall for dessert. Watch for an opportunity to sign up.

Saturday December 15

Candlelight Dinner and Caroling

Enjoy a sumptuous candle-light dinner followed by a final course of Christmas Carols. 6pm in the church hall.

Monday December 31

New Year's Eve Friendship Dinner

No need to be alone to welcome in the New Year. Watch for details mid December
www.jamesbayunited.com



at James Bay United
6 weeks, beginning October 17th

Share in any or all of the flow of the following:
simple supper at 5:30
evening prayer at 6:30
series options at 6:45

Choose from one of these options:

Learning to Meditate with the Bible

An opportunity to learn some prayer practices that help you listen for the Spirit stirring in your soul. Each evening we will experience a way of using scripture as a means of connecting with God and our deepest self.
Led by Karen Dickey

Singing our Faith

Join in the conversation exploring 6 themes at the heart of the Christian Faith in dialogue with our own lives and the issues of our time. We'll use the Bible, our own faith stories, the United Church's *Song of Faith*, and our collection of hymns as resources for our conversation. And, of course, we won't just talk about these themes. We'll sing them! -- a whole other means of connecting with each other and being strengthened in faith.
Facilitated by Bev Tracey

And then there's this ...

A Deeper Dive

An on-going small group opportunity for anyone looking to bring what is unfolding in your life into conversation with your faith. A chance to consider the questions and insights life has raised about what you believe, what you trust to be true. Reflect on the resources you are discovering or clinging to or wish you had. An opportunity for spiritual growth within the surround of compassionate friendship. The time and frequency of gathering will be shaped by participants.

Facilitated by Rev. Karen Dickey Questions? Interested?
Contact Karen kdickey@shaw.ca 778-432-4331

Free the Voice

A 3 hour immersive workshop where participants explore the voice as an instrument that radiates and resonates from the imagination, body, and movement. A chance to not only discover but to fall in love with your voice. This is a healing practice brought to us by Los Angeles based vocalist, composer, teacher, internationally renowned artist and educator, Odeya Nini. **Thursday October 18, 6:30-9:30 pm** in the church hall. Cost: \$50. Space is limited (20 people). Participants need to book in advance: Vanya Smith at jbuchurch@gmail.com or Daniel Brandes music.jamesbayunitedchurch@gmail.com
more info: www.jamesbayunited.com

So you want to read the bible?

Maybe it's on your bucket list ... or not anymore because you tried and gave up! Susanne Abbuhl has a knack for helping people to read their way through the entire bible. She's spent over 30 years immersed in the ancient text and still lights up about it. She's offering an introductory workshop to help you get started, **Wednesday October 24, 7-8:30pm** in the church hall, and then a monthly check in, in which to bring your questions and talk about how it's going.