

St. James Visitor

Thanksgiving 2016

HAPPY THANKSGIVING

Thanksgiving is coming! When I think of Thanksgiving, I think of Pilgrims, turkey (with fixings), pies and family. It is a celebration, and when appropriately observed it has that sense of humility as we ponder all that has come to us. Legend says that Pilgrims celebrated their first harvest by gathering to offer thanks to God for all they had received.

I wonder how many of us realize what the Pilgrim people had been through in that first year of the New World. They left Europe on creaky wooden ships bound for a place they had never seen and could only imagine. The trip was stormy and dangerous.

Not all completed the journey. They landed in a place where the soil was rocky and had to till. They had to hunt for food. With bare hands and few tools, they built houses. Worst of all, many suffered from sickness and disease. Many of them died. After all of this, they took time to thank God with grateful hearts.

The deeper meaning of Thanksgiving is not so much thanking God for the bounty of our lives. Rather, it is learning to live our lives with grateful hearts, no matter what our circumstances.

To have a grateful heart is to be open to all that life offers: the good, the bad, the beautiful, the ugly, the happy and the sad. To have a grateful heart is a way of being in the world; it is not an act we must perform.

Life itself is the gift and being able to live that gift in a community of caring people is a blessing. May we observe this Thanksgiving with open, loving and grateful hearts, and may we offer a prayer for this community of St. James United Church that it might continue to be a blessed and blessing community.



By Rev. Pamela Jones-Fitzgerald

Thanksgiving

Give thanks for the world, for the beauty of the earth, for the wonder of human existence, for the gift of life. Give thanks for each person you know, those you love and those you find difficult to love. Open your eyes to the beauty and wonder of every person—and be thankful.

--Br. David Vryhof, The Society of Saint John the Evangelist

I receive a few lines of reflection from the Brothers of Saint John the Evangelist each morning in my email box. Today's was the one above. Every year in October, as we finish the harvest of berries and produce, we take time to be thankful for food, for as they say in *Game of Thrones*, "Winter is coming." But what are the things we forget to be thankful for? To be in awe of?

Well, in this season of change I'm thankful for the beginning of our 9:30 services, for the Sunday school leaders, children and parents, for Sight Restored, and our new Music Directors, Emma and Ashley; for the youth and young adults, their energy and willingness to share and be part of our congregation's life. If you get a chance, you should take a look at the beautiful mural some of them painted in the attic youth room this summer. I am thankful to be working with Rev. Pamela as we share the duties of ministry here at St. James and as we all travel the road of transition into a new ministry. I am also thankful for the new opportunity to be a part of the Faculty of Queen's College.

I am thankful for the staff of Glenbrook Lodge that cares for my father. It is not a job for which I am particularly suited. I am truly grateful for my children who can at times drive me crazy with all their activities, but who are a joy and a marvel to watch as they grow into adulthood.



This Thanksgiving, I invite you to bring along to our Worship Services symbols, photos, items or even the people you are thankful for. My symbol of thankfulness may be a stack of books; yours might be your favorite tea cup or your gardening boots. Bring them along on Thanksgiving Sunday, and let's decorate our Worship space with thanks and praise.

By Susan Sheppard, DLM



THANKSGIVING BLESSINGS FROM ST. JAMES AOTS (MEN'S) CLUB

The St. James Men's Club commenced its regular monthly meetings on September 21 and looks forward to playing an active role in the life and work of our congregation in the months ahead. Our new executive will be installed during an upcoming morning service. Our first major project this fall will be our annual fall fish dinner which will be held on October 21 at 6 p.m. Tickets can be obtained through David Hapgood at 576-4075 or Aubrey Hill at 726-8306. We warmly welcome any men of our congregation who wish to enjoy the fellowship offered by our Men's Club.

A THANKSGIVING BLESSING

It is not commonly known that Methodist missionaries from Ireland played a major role in the growth and expansion of the Methodist Church in our province especially over the 1766-1800 period. We can give thanks for their labours knowing that their faith commitment and spiritual calling indeed represented a true blessing. The following Irish blessing is reflective of the gospel messages they spread in a strange and rugged new land:

May love and laughter light your days,
 and warm your heart and home.
 May good and faithful friends be yours,
 wherever you may roam.
 May peace and plenty bless your world,
 with joy that long endures.
 May all life's passing seasons,
 bring the best to you and yours.

St. James United Church, 330 Elizabeth Avenue

AOTS Men's Service Club

Fish Dinner

Friday, October 21, 2016

Time: 6pm Cost: \$20.00



NEW MEMBERS OF OUR MUSIC MINISTRY

EMMA CLARK
 Choir Director

Emma has been an active member of the Senior Choir at St. James for the past year. She comes to us with a great deal of experience and professional training as a musician. She graduated from Memorial University with a Bachelor of Music (Hons) in May 2015 and is currently pursuing a degree in Music Education at MUN. She acknowledges a deep love for music and its spiritual value to individuals, ministry and the community. She has piano training, but trumpet is her instrument of choice and she has performed in many local productions and events, including a number of services in our church. Emma is also a member of the Royal Newfoundland Regiment Band.

ASHLEY RUBY
 Organist

Ashley comes to us with a significant background in Music and Spirituality. She has had classical training in piano from a young age and served as assistant organist in various churches for over fifteen years. She graduated from Memorial University with a Bachelor of Social Sciences in Comparative Religions and Biblical Studies in May 2016 and is continuing with added training in theology from Queen's College. Ashley has a strong knowledge of liturgies and Christianity, which will assist her in her current role. It is worthy of note that she is a Reservist with the Royal Newfoundland Regiment Band.



Emma and Ashley

**THANKSGIVING MESSAGE FROM UCW - by Barbara Adams, Co-President**

My message at this time of year strays from the usual format. It is my own personal message of Thanksgiving.

This past year, from September 2015, has been a very tough one for me, one that made me question my faith in God. My health was repeatedly challenged. There were two fractures resulting from falls, one to my back and another to my wrist, a diagnosis of breast cancer with two subsequent surgeries, followed by radiation and a wound infection that took months to heal. My MS started to worsen quite rapidly to the point that my walking is now extremely difficult and my stamina significantly reduced. There also was a house move after 45 years in one home. Although the move was to make things easier for me, it was a huge physical and mental stressor. The list goes on, but that will suffice.

We all have tough times during our lives. We might ask why would God do this to me? In his book, *When Bad Things Happen to Good People*, Rabbi Harold S. Kushner says "God does not cause our misfortunes some are simply an inevitable consequence of our being human and being mortal ... Because the tragedy is not God's will, we can turn to Him for help in overcoming it If we concentrate on finding whatever is good in every situation, we will discover that our life will suddenly be filled with gratitude, a feeling that nurtures the soul."

So, how did I deal with the situation? How do you deal with tough times? I tried to keep my faith in a good God. I believed that this tough time will end. I am truly grateful that I have been blessed with tremendous inner strength that helps me cope with difficult situations. I tried to keep a positive attitude as I approached each challenge. Every night I would look back on the day and count all the good things that happened in what might have seemed like a bad day. My husband and I were in this together. What affects me also affects him, sometimes in a harder way. We are very fortunate to have wonderful family and friends who stayed by us and helped us out when needed. Women of the UCW told me they were keeping me in their prayers, and many offered help with our move, if needed. The UCW is a wonderful supportive and compassionate group of women that I am very thankful to be a part of.

Thanksgiving, our holiday of gratitude, was born and grew out of hard times. The first Thanksgiving took place after nearly half the pilgrims died from a rough winter and year. Trials and suffering can actually refine and deepen gratefulness.

My tough times did pass, and hopefully, when you have them, yours will too. I still believe that God is good and I am forever thankful for the good things in my life.

Now, on to our UCW business. The big event in the fall is our annual **Fall Sale & Morning Coffee**, being held on **Saturday, November 5**. We welcome contributions of crafted and/or baked goods. Please come and support us. Tickets are available from UCW members.

May you all have a very Happy Thanksgiving ... and remember to count your blessings!!

St. James United Church
330 Elizabeth Avenue

Fall Sale & Morning Coffee

Sponsored by the UCW
St. James Auditorium
Saturday, November 5, 2016

Time: 9:45 – 12 Noon Cost: \$7.00



ST. JAMES FINANCIAL UPDATE

For 2016, the Church's financial position has improved compared with 2015. We currently have a deficit of approximately \$21,000. When compared to 2015 the deficit was \$70,000. The primary reasons for this change is that in 2015 we had several one-time expenses for repairs to Hillcrest Daycare, the bank loan repayment and other repairs and maintenance costs.

In addition, AOTS and UCW have made significant contributions to the operations of the Church. We are very thankful for this.

The envelope givings are up over last year by about 3 percent, but this is still significantly less than years prior (2010 – 2014).

If we can maintain the level of givings we have had in past years for the next four months, we should be close to budget for the year. We will continue to monitor the financial position and update the Congregation if we see any concerns.

While 2016 looks much more positive, it does not address the accumulated deficit that was created in the prior years where we did not meet our budget for the year.

As we move into the fall, please consider the financial position of the Church when you prepare your contributions for the remainder of the year.

On behalf of the Finance Committee, we would like to thank all members of the congregation for their continued and ongoing support.

Respectively submitted,

Gerry Mayo
Chair, Finance

PAR AUTHORIZATION CARD

I hereby request and authorize The United Church of Canada:

Name and Address of Local Church

To issue a cheque each month on my account in the amount of \$ _____ as a contribution by me to the above local church.

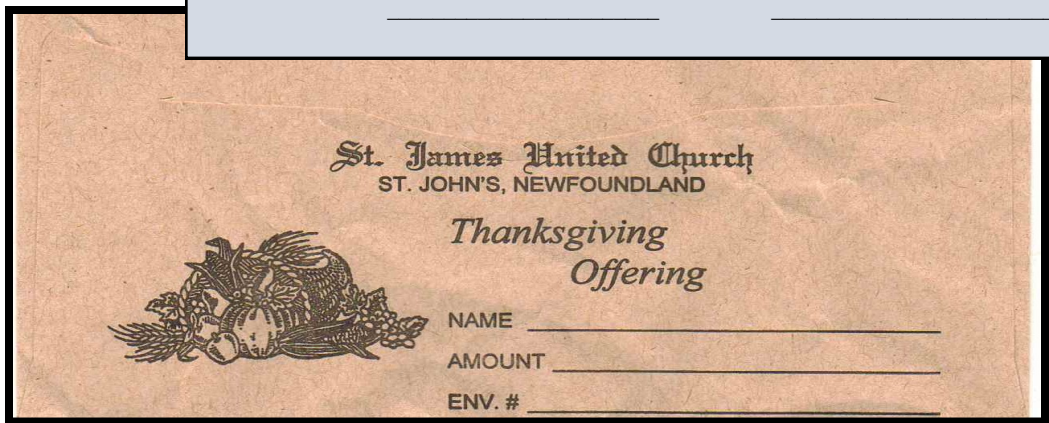
Contributor's Name _____

Bank A/C # _____ Type of Account _____

Distribution: Local _____ M&S _____ Other _____

Name and Address of Bank or Trust Co. _____

TO ENSURE ACCURACY, A SAMPLE CHEQUE MARKED "VOID" MUST ACCOMPANY THIS CARD



If you have not received your special givings envelope this year, please use a blank envelope and include the information outlined above or ask your usher at church for this one.



LIFE AS A DIACONAL MINISTRY STUDENT – Rebecca Pike

As many of you are probably aware, I am a candidate for Diaconal Ministry. Now that you all know this, you probably still have many questions about what Diaconal Ministry actually is. Don't worry, I answer this question pretty much every day!

Diaconal Ministers focus on Education, Social Justice and Pastoral Care. They may work in a congregational setting in team ministry or on their own (permission can be given to perform sacraments). They may also work outside of the traditional congregational setting; for example, they can work in a hospital, school, and prison or with an outreach program. If you have more questions, please feel free to ask me!

I wanted to give you all an update what is happening in my life! I started at the Centre for Christian Studies in June, and I did a two-week course that was an introduction to the school and to leadership. This was a requirement for my acceptance into the school to complete a Diploma in Diaconal Ministry. The Centre for Christian Studies is in Winnipeg, but the school operates a little differently. I will still live here full time and take two trips to Winnipeg each year, one in the fall and one in the spring. During these trips I will be in class with other students studying for ministry. When I am not in Winnipeg I have readings, assignments and I work for a placement that I arrange. The placement changes each year, as it needs to match with what the learning theme for the year is. This program will take me four years to complete. The themes include Education and Liturgy, Social Justice, Pastoral Care and an Integrating year.

This year's theme is Education and Liturgy. I have arranged my placement with Cowan Heights United. It has to be a placement other than my home congregation. Over this coming year I will be working with the congregation of Cowan Heights, running programming and offering assistance and support. I fully intend and have made it clear to Cowan Heights that St. James is still my home church, but for this year I may not be around to the same degree on Sunday mornings.

I want to thank the Sunday School teachers, Sarah, Denise, Susan, and Katie, for stepping up and developing so many new and exciting ideas for the Sunday School and being so supportive of my schooling. I also want to thank Katie for stepping up to help me with the Youth Group so that the programs at St. James are in good hands if I am not around like I usually am. Finally, I also want to thank everyone in the congregation for their support, for challenging me and for always being there for me. I truly take each one of you on this journey with me. I would not be where I am today without the influence you have had on me.

FAREWELLS



Over the summer, we bid farewell to three of our treasured employees. After serving two years as our Choir Director and Organist, Amy Dalziel and Sophia Werder Adams moved on to further their careers. Amy (shown in the picture at the left with Rev. Terrie) moved to London, England, and Sophia moved to Ontario. Coincidentally, Sophia is Organist at another St. James! Sophia is shown above cutting the cake while hamming it up with Josh Fumo and Spencer Hartman who were both choir members.

Sadly, Rev. Terrie Jackson, our minister for three years, and her husband Richard also left in August to accept a position with Sherwood Park United in Alberta. We wish all three happiness and prosperity in their new ventures.



NOTES FROM THE WORSHIP AND SACRAMENTS COMMITTEE

The W&S Committee, a small group of dedicated members, endeavour to fulfill the requirements of their mandate. It is not always an easy task, especially when members and/or volunteers are increasingly more difficult to attract. To begin withwe NEED a chair for the Committee !!! This position has been vacant for many months now with no relief in sight. Could you be inclined or persuaded? This is an integral Committee within church organization, requires only that you are in full membership at St. James and have some time to offer. We meet after church usually on the last Sunday of the month, but are not bound to this schedule. Among our most active sub-committees are: Communion, Ushering, and the Worship Team (Scripture readers, Choir members)all of whom are totally dependent on volunteers to assist in the programs which are provided on Sunday mornings. Are you willing to help? We are open to weekly, monthly, short or long term commitments. Please check for the signup sheet in the vestibules or contact the Church Office

The success of our programs and support for youth at St. James is well evidenced in the fact that we have three young women keenly interested in Ministry as a career path. Rebecca Pike is an official Candidate for Ministry having completed her Discernment and Interview process; both Chelsea Skanes and Katelyn (Katie) Vardy have been accepted as Inquirers, and are in process of establishing Discernment Committees. We wish them all much success as they make this journey of faith.

The Worship Team continues to provide support to our clergy and music directors in any way possible, especially in the planning and delivery of worship services. As you are aware, both of our Music Directors and Rev. Terrie have moved on to exciting new career paths. The Committee and worship team will provide support to Rev. Pam and Susan during this time of transition. We thank Doreen Brown, who continues to provide untiring leadership with the Youth, AOTS and UCW choirs. We are very pleased to welcome Emma Clark as the new Senior Choir Director and Ashley Ruby as our organist. Please feel free to get to know them as your time allows.

The W&S Committee welcomes any and all input from the congregation...be it suggestion or constructive comment.

Blessings on everyone in this wonderful season of Thanksgiving.

St James United Church

Presents

All Ages

Open Mic Night and Coffee House

Friday, October 7, 2016

7-9 pm

Nachos, Poutine, Desserts, Coffee, Tea and Soft Drinks

Come with a story, song, a poem to share
or just come to enjoy.

**Open
Mic
Night**



Cover Charge \$5.00

Everyone Welcome to come and share your talents!

For information contact Susan 722-1881 ext 204 or
susan@stjamesuc.org



This summer, St. James was well represented at the Memorial service held at the Caribou Monument in Beaumont Hamel, France, on July 1st. Three of our youth, Bryan Snow (C.L.B.), Hannah Sheppard (C.L.B Regiment Band) and Rachel Moss (winner of Legion Heritage Fair Competition) were part of the ceremony. They also travelled throughout France and Belgium learning about the Newfoundland Regiment in World War I and paying their respects to the fallen at the many war cemeteries and monuments. We will be hearing from these youth at our Remembrance Service on November 13. For now, here is a taste of one of their experiences.

My Experience at Beaumont Hamel, July 1, 2016

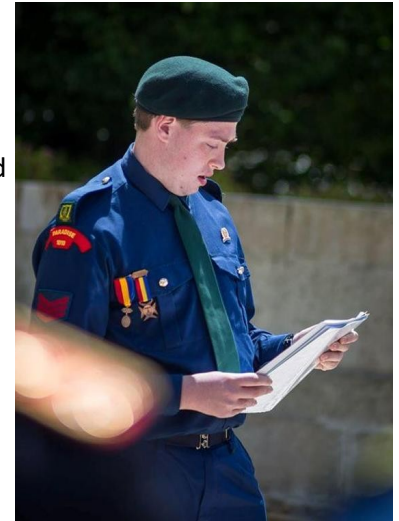
by Bryan Snow

I joined the Church Lad's Brigade (C.L.B.) six years ago. This past July I had the chance to go to Beaumont Hamel on the Tour of Honour with the C.L.B. Regimental Band and twelve other C.L.B. youth. On this trip, which was an emotional rollercoaster for everybody on it, we travelled to the five caribou memorials in France and Belgium.

This trip was important to all of us who took part, as we were in the ceremony at Beaumont Hamel Memorial Park in Northern France on July 1st. It was difficult for most of the youth on the trip, as many of the soldiers who fought and died on that day were not much older than we were.

Marching out of the Park was quite significant for me, since as we halted, it began to pour rain. We were marching out, unlike many of those who fought at the Battle of Beaumont Hamel, on the first day of the Battle of the Somme.

Picture Taken by Jenni Wheeler



Reading my Soldier's (L/Cpl. Fredrick Earnest Snow) Biography at Doullens Cemetery in France.

THANKSGIVING WISHES by Trevor Bartlett, Chair of the Church Council

We can't deny it; our always too brief summer in St. Johns is certainly coming to an end. The leaves are starting to turn colour and the overnight temperatures are dipping dangerously close to freezing. It is curious how the end of one season brings some regret, yet also invigorates.

St. James is currently going through a similar change. Over the summer we were sad to see the departure of Rev. Terrie as she, Richard, and their girls begin a new chapter in Alberta. Our two choir directors, Sophia and Amy, also left to pursue new opportunities. Their contributions over the past few years are greatly appreciated, and we wish them well in their future endeavours.

We were very fortunate to have landed on our feet with the choir positions. Emma Clark is our new director. Emma has been a member of the Senior Choir for several years and has often augmented our services with her fine trumpet playing. Ashley Ruby is our new organist who, despite her young age, has almost a decade of playing organ in church! We are truly blessed that Emma and Ashley bring their talents and enthusiasm to St. James - please introduce yourselves to them and welcome them to our family.

The search for a new minister has, of course, begun. St. James must follow the process of the United Church, which entails the formation of a Joint Needs Assessment Committee (JNAC) to define the desires of the congregation prior to the actual search and interview process. The JNAC committee has been assembled and will be reaching out to you all in the coming months to understand the priorities at St. James. Please extend your support to the committee and describe what you would like St. James to be, do, and represent.

This season is a time of change and it is also a time to give thanks. I would firstly like to thank Rev. Pamela and Susan for stepping up during the busiest time of the church year to cover ministerial duties while the JNAC process unfolds. They will shoulder quite a load in the next few months and have put St. James ahead of their own interests. Thanks to the staff at St. James who, along with their "official" work, do so many extra things (Linda, thank you for folding so many bulletins over the summer!).

Time is a valuable commodity and I offer a heartfelt thanks to all the wonderful volunteers at St. James who usher, serve communion, sit on committees, support projects as GO and Project Grace, and offer their talents to so many functions at the church. And finally, many thanks to all of you, the congregation, for your continued support of St. James and for making it the wonderful community that it is. Enjoy this issue of The Visitor and have a great Thanksgiving!



**Burris Heights Camp and Retreat
United Church of Canada
Newfoundland & Labrador Conference, East District
Board of Directors – Expression of Interest Information Sheet**

Do you have a love of Burris Heights Camp? Do you know and love the “Magic” of Burris Heights Camp? Do you feel called to serve the youth, our communities, the work and mission of the United Church of Canada? The Board of Directors of Burris Heights Camp is looking for new and energetic members to fill vacancies on the Board and to carry on the successful work of Burris Heights Camp. If you feel called or are interested in serving on the Board of Directors for the Camp, we ask you to fill out an “Expression of Interest Information Sheet” and send it to the camp. If you also know of others who you think might have the interest, time and skills to serve Burris Heights Camp on the Board of Directors, please pass this information on to them.

Skills and Experience:

The Burris Heights Board of Directors is looking for people with the following characteristics:

- committed to the mission and work of Burris Heights Camp and Retreat and willing to thoughtfully determine the future will for this work and for themselves;
- active participants in their local communities and/or Burris Heights Camp;
- willing to learn and work within the governance model Burris Heights Camp and the United Church of Canada;
- desire to work co-operatively and enthusiastically with the fellow members of the Board of Directors, and inasmuch as possible, persons who will be affected by decisions.

Expressions of Interest

Do you feel called for this work? If so, please consider sending an “expression of interest.” An “expression of interest” sheet is available at the office at St. James or through the contacts listed below.

Your “expression of interest” can be faxed, emailed or sent through regular mail to the: Newfoundland & Labrador Conference Office or a member of the Board of Directors of Burris Heights Camp. Our mailing address is Burris Heights Camp c/o The United Church of Canada, 320 Elizabeth Avenue, St. John’s, NL A1B 1T9 or email to: burrisheights@hotmail.com



We are thankful for our volunteers who meticulously looked after flowers around the church this summer.

58th ANNIVERSARY CELEBRATIONS

Saturday, November 19 at 4 p.m.

AN AFTERNOON GOSPEL CONCERT

with our very own

ST. JAMES GUITAR GROUP

Followed at 5:30 by

A HAM AND BEANS SUPPER

After supper there will be a one-hour auction
Silent Auction Items —— Live Auction

Tickets \$20 (available at the office after October 15)



THANKFULNESS

by Michael Ralph, a member of our congregation

In thinking about thankfulness, my thoughts turn readily to the Book of Job. Although hiding in the wisdom section of the Old Testament and perhaps little read beyond the common phrases, *"patience of Job"* and *"Job's comforter,"* the Book of Job has it all. Job addresses the big questions of life: is prosperity a sign of God's favour? How do we deal with suffering? And the smaller ones: what effect on our faith do our friends' opinions have?

We know the story; God and Satan discuss humanity. Satan suggests Job is faithful because he is materially prosperous. God says to test and see, but don't kill him. Then the drama begins. His servants are killed; his sheep and camels killed; his children die. Finally, Job himself is covered with sores.

His friends visit and berate him. *"Confess what you have done wrong,"* they urge. *"Your punishment is too little for your sins,"* they suggest. *"Your prosperity comes at the expense of the poor,"* they say. Job says: *"No. If I had done this evil, I would understand, but I have not, and still suffering occurs."* Then he accepts that there are limits to human wisdom. Things happen which we cannot control, but God is a constant. Our duty is to realize our limitations and be open to a relationship with God, not to receive blessings or avoid curses, but to strengthen our faith and be at peace; to enjoy the relationship as it is.

This is a hard concept to grasp, but (and for this I am truly thankful) I see it manifested through the relationship with the cats of our lives and the unconditional love they demonstrate. A cat is, in part, beyond our humanity. *"I see things you cannot see. I hear things you cannot hear. I know things you cannot know"* could be their mantra. However, it is also a physical reality and a pointer to that deeper spiritual truth. We do not choose to have cats in our lives because they can reward us or because we wish to avoid punishment from them. As with people to God, we cannot force cats to enter into a relationship with us, and there is no place in that relationship for anger and pride. We come from different past experiences and we meet. We enter that relationship because it steadies us, it teaches us and it makes us better humans. It reminds us that we are not in control and that not to be is okay. Most important, it is reciprocal. Unconditional love is shown and unconditional acceptance is given.

Doing this is time consuming. Studying the cats of your life - how they move, where they sleep, what they eat, how they play - requires discipline, but leads to a deeper relationship. Time is also required to develop a deeper spiritual life. I have always favoured the gradual blossoming of the mustard seed and not the Damascus Road revelation.

Job tells us that God is a constant and beyond human control, offering neither blessings nor curses, but peace. *"I am with you and I accept you as you accept Me within the limits of your human understanding."* With their dignity and quiet grace, the cats of our lives point us to these deeper truths when we choose to be aware of them.

For this gift of Job and its physical embodiment, I am truly thankful. As the New Creed tells us: *"We are not alone. Thanks be to God."*



Bridges to Hope
39 Cookstown Road
709-722-9225

info@bridgestohope.ca www.bridgestohope.ca



Food insecurity is an important issue today. Contributing to organizations like Bridges to Hope helps people just like us, our neighbors, our families and our friends. St. James, as a United Church congregation, has been contributing to Bridges to Hope for many years. As summer turns into fall, the food bank once again needs our generosity.

The food bank is not just for "other people." It is a resource for anyone who falls on hard times and needs a helping hand. Please give. Any help is a wonderful contribution.

Non-perishables can be placed in the Food Chest located in the foyer of the church.



FALL THOUGHTS FROM SuAn our Office Administrator

The beginning of the fall months are a time of change for us all; the seasons demand it and our lifestyles encourage it - sweater weather, back to school, new classes to join and skills to learn.

In all respects, the life and work of St. James is a wonderful reflector; in the office we are missing Rev. Terrie's spark and creating new lines of communication to name just a couple of our Fall challenges.

For myself I have the good fortune to be given the prosperity of time over July and August. A student takes care of the office while I catch up on, and re-sort, my life. I have time for more involvement and activity with the world, and have come to see that there is a crazy mental busyness that has become the new normal.

Of course, this can be exciting, but our bodies and brains do have a stress threshold; when we exceed it, there's a price to be paid. Our ancestors probably experienced more physical but less mental fatigue than most people today, thus our bodies are adapted to weariness - *but our minds are not.*

It seems that our minds are being hauled behind a culture without a speed limit - we are flooded with words and images to process, whilst juggling unprecedented complexities within our families and work life. We're bombarded with things to think about all day long, flooded with words and images to process. It's like being trapped in rush hour our whole life.

The good news is that each time we know this, each time we pull out of the mental traffic, it's an act of freedom, kindness and wisdom. For this reason I meditate, and encourage and teach meditation.

If you feel you would like to make an experiment in your life, please join me for 6 consecutive Mondays, beginning **October 17, at 11 am in the Fellowship Room of St. James**, where we will practice the art and science of meditation, finding that when we re-enter the stream of thought, we are clearer, happier, and more effective.

Our overall topic will be '*Consciousness and Aging*', with each session exploring Consciousness via the theory of meditation, effective techniques and practice time, offering knowledge, skills and support to enhance your personal practice.

Studies of meditation have shown that its practice reduces stress and anxiety, lowers blood pressure, reduces chronic pain and improves health, vitality and self-esteem. If you have never meditated, or have tried and found it difficult to continue your practice, yet you still have interest, please join us!

If driving, please park for free in the first line nearest to Elizabeth Avenue. Anywhere else in the parking lot is liable for a ticket.

Testimonial: *"I feel saddened to leave the connection you opened up for me with both you and your meditation sessions. You immediately put me at ease and at home in your sessions. And, as I mentioned before, your Lifestyle website is very helpful."* Donna, as she moves away from St. John's.

WE NEED YOUR RECYCLABLES:

An account has been set up at the Recycling Depot on O'Leary Avenue for the 'GO Project.'

If you have any refundable cans or bottles for recycling that you wish to donate, please bring them along to the O'Leary Avenue location and let them know they are for the St. James 'GO Project.'

ST. JOHN'S	O'LEARY AVENUE GREEN DEPOT 30 O'Leary Avenue Back of Car Quest Auto Supplies building	726-3515	Mon - Fri: 9:00 A.M. - 4:45 P.M. Sat: 8:45 A.M. - 4:45 P.M.
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ST. JAMES MUSIC



Youth Choir	Wed 6:45 p.m. (Doreen Brown) (Ages 8-18)
UCW Choir	As needed (Doreen Brown)
AOTS Choir	Wed 8pm (Doreen Brown)
Guitar Group	Thur. 10:30 a.m. (Herb Carruthers)
Senior Choir	7:30 Wednesday p.m.
Sight Restored (Praise Band, Contemporary Church Music)	Sat. 10:30 a.m.

CHILDREN AND YOUTH GROUPS



Sunday School and Nursery	11 a.m. service
Ready, Set, Go!	
- Senior Youth 14+	Two Saturdays each month 7 p.m.
- Junior Youth 11-13	One Saturday each month 6 p.m.
The GO Project (Grades 9 to age 19)	

DATES TO REMEMBER

Reminders

Friday, October 7:

Open Mic - Nachos and Poutine

Friday, October 21: AOTS Fish Dinner

Saturday, November 5:

UCW Fall Sale & Morning Coffee

Saturday, November 19: Gospel Hour, Supper and Auction. 58th Anniversary Celebrations

Sunday, November 20:

Anniversary Service and Coffee Hour

Sunday, December 4:

PWC Chamber Choir and St. James Choirs
present "The Hanging of the Greens"

ADULT GROUPS

AOTS (Men's Service Club)	3rd Wed each month: 5:30 p.m.
UCW (United Church Women)	2nd Mon each month: 7:30 p.m.
UCW Friendship Group	Resuming September 28 2nd/4th Wed each month 2 pm



PWC CHAMBER CHOIR
AND OUR ST. JAMES CHOIRS

present

"THE HANGING OF THE GREENS"

Sunday, December 4, at 7 p.m.

\$15 (tickets available at the office after November 20)





WORSHIP SCHEDULE October - December 2016

Date	Time	Details	Music
October 9	9:30am 11:00am	Contemporary Worship Thanksgiving Sunday	Sight Restored Senior
October 16	9:30am 11:00 am	Contemporary Worship 22 nd Sunday after Pentecost Baptism Coffee Hour—AOTS	Youth/AOTS/UCW
October 23	9:30am 11:00am	Contemporary Worship 23 rd Sunday after Pentecost	Sight Restored Senior Choir
October 30	9:30am 11:00am	Contemporary Worship 24 th Sunday after Pentecost GO Project Presents	GO participants
November 6	9:30am 11:00am	Contemporary Worship 25 th Sunday after Pentecost Baptism & Communion	Sight Restored Youth/AOTS/UCW
November 13	9:30am 11:00am	Contemporary Worship Remembrance Sunday CLB Band	Senior Choir
November 20	9:30 am 11:00 am	Contemporary Worship Reign of Christ / ANNIVERSARY Coffee Hour—Church Council	Sight Restored Senior Choir
November 27	9:30 am 11 :00am	Contemporary Worship Advent 1 HOPE	UCW
December 4	9:30 am 11 :00am	Contemporary Worship Advent 2 PEACE Baptism	Sight Restored Senior Choir
December 11	9:30 am 11:00 am	Contemporary Worship Advent 3 JOY White Gift / Youth Choir Christmas	Youth Choir
December 18	9:30am 11:00am	Contemporary Worship Advent 4 LOVE Coffee—CD/Sunday School	Sight Restored Senior Choir
December 24	7:00 – 8:30pm	Christmas Eve Service Communion	Youth Senior
December 25	11:00 am	Christmas Day Service	Senior

TO CONTACT US:

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