

## St. James United Church Life and Work, October 8, 2017

### **We offer our condolences to:**

\* Edna Lewis, her family and friends, on the passing of Edna's husband, Alec, on September 29. His funeral took place from St. James last Tuesday;  
\* Jean Howse Babstock and family on the sudden passing of Jean's step-daughter, Kimberly Lewis, on September 30. Her funeral took place from Barrett's Funeral Home last Thursday.

**We gratefully acknowledge a donation to the Memorial Fund** in loving memory of step-daughter Kimberly Babstock Lewis from Jean Howse Babstock and family.

**Congratulations to Ethel & Graham Verge** on their 60<sup>th</sup> wedding anniversary, celebrated on October 3, from the St. James Church Congregation.

**Congratulations to Stephen Browne**, a tenor in our Senior Choir, for a really awesome achievement. As part of Team Canada, he went to London, England for the Enactus World Cup, an international competition in entrepreneurial innovation. Team Canada came in second place for their *Project Succeed*, a food growing system that can produce high quality fruits and vegetables year-round. Tim Hortons has partnered with them to place a mini-system in every elementary school in Canada. Way to go Stephen!  
[www.enactus.org/worldcup/meet-the-teams-canada-2017/](http://www.enactus.org/worldcup/meet-the-teams-canada-2017/)

**The church office is closed** tomorrow and Tuesday, October 9 and 10.

**UCW meet tomorrow night**, Monday, October 9 at 7:30. Members, please bring items for the grab bags.

**St. James monthly Pleasant View Towers Service** will be held on this coming Tuesday, October 10 at 2pm. All volunteers please meet in the chapel at 1:30pm.

### **Active Aging at St. James:**

**Chi Gong:** An 8 week program beginning this Tuesday morning, October 10, 10:30-11:30, led by Dr. Yajing Song, Ph. D. in Chinese Medicine. To register for this course, please contact Dr. Song at 579-5799. Cost is \$80 for the 8 weeks, to be paid at the first class. Chi Gong involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. It is suitable for all ages. 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.

**Meditation:** Four weekly sessions for the Fall Season begin on Monday, October 16 at 11am in the Fellowship Room, led by SuAn. If you have never meditated, or have tried and found it difficult to continue your practice, yet you still have interest, please join us! Donation basis.

**Chew on This!** Looking for a few volunteers to help with our *Chew on This!* event on October 17, the International Day for the Eradication of Poverty. We will join the national campaign by handing out *Chew on This!* lunch bags and materials, and engaging passersby on food insecurity and the need for a national anti-poverty plan. For more information or to volunteer, contact Susan at 722-1881, ext. 204 or [susan@stjamesuc.org](mailto:susan@stjamesuc.org)

**Students!** The deadline for the application for The Coughlan College Trust Fund Scholarship is next Sunday, October 15. A copy of the application form is on the notice board. For a digital or hard copy, please contact the office.

**The October meeting of AOTS will be held Wednesday, October 18**, with special guest Justin Barbour. Justin will speak about his recent 700 km trip through the Newfoundland Wilderness with only his faithful dog Saku to keep him company. Note a slight change in start time to encourage other members to attend. We will have a gospel sing-a-long at 5:30 and the meal will be served at 6:00 pm. We are hoping that more men of our congregation will be able to join us for a time of fellowship together. We would love to have new members with us to offer support to the life and work of St. James United Church.

**Minute for Mission:** Our gifts for M&S offer long-term support & solidarity with Cuba. In May 2016, United Theological College in Montreal presented Dr. Reinerio Arce with an honorary doctorate. Dr. Arce took the opportunity to thank the UCC for its decades of solidarity. He recalled shipments of food in the late 1990 through 2001 organized by the United Church through its membership in the Canadian Foodgrains Bank during a time of drought in eastern Cuba. As Cuba renews its relationship with the U.S., Cuban church leaders are saying thanks to Canadian churches that have accompanied them through nearly 6 decades of U.S. embargo. We sing thanksgiving for M&S support of the church in Cuba!

**CD Fundraiser:** The Clark Brown Trio, *Mothers and Angels*, a country gospel CD; Angela Brown's Solo CD, *Come Back Home*. CD's are \$20 each with \$5 going to the life and work of St. James. Contact Karen Brown at 437-1520 or [tombrown@nl.rogers.com](mailto:tombrown@nl.rogers.com)

**Grief and Bereavement Information Session**, Tuesday, October 10, 7-9pm at the Dr. L. A. Miller Centre, Harbour Room (Conference Room behind the Cafeteria) For additional information please call 777-8972.

**Cowan Heights UC Men's Club** is hosting a Garage Sale at Cowan Heights UC next Saturday October 14, 8 - 11:30am.

**Wesley's Fall Fair**, Saturday, October 14' sale of goods starting at 9:30am, followed by breakfast at 10am, all at a cost of \$12 (\$6 for children under 12).

For tickets contact Pheobe at 726-1689, Joan at 368-0434, Marvin at 579-7900 or the Church Office at 579-3682.