

Life and Work - October 2, 2022

Notice: There will be a short congregation meeting immediately following the 11:00am service on Sunday, October 2, regarding membership on the Board of Trustees. Please make every effort to attend.

Calling all woodworkers: Have you noticed those little boxes with books while out on your walks? We'd like to install our own mini-library outside, increasing the impact of what we have had inside our foyer for the last few years. If you're a woodworker and would like to give us a hand on this project, email susan@stjamesuc.org.

EvenTide Worship: We have started our EvenTide Worship on Sunday evenings at 7 pm in the Fellowship Room. We welcome you to join us!

Pausing Bottle Caps: We have been asked by "Recycle on the Rock" to put a pause on collecting plastic pop bottle caps. Their bottle cap drive has been so successful that they are having trouble keeping up. Stay tuned for a notice of when to start bringing them in again.

The Men's Club: The Men's club after a long break will be having a Fish & Brewis dinner. The date is Friday, Oct 21st and the cost is \$ 25.00. For tickets, please contact any member of the Men's Club or Aubrey Hill at 726-8306.

Cafe of Memories: Please join us at Lodge Westmoorland, in partnership with the Alzheimer Society of Newfoundland & Labrador, as they host an afternoon of refreshments & entertainment for those with dementia and their caregivers.

When: Tuesday, October 4, 2022 from 2:00PM—4:00PM

Where: Freemason's Hall, 115 Mt. Carson Ave, Mount Pearl

Music By: M.J and The Masons

Registration is required, due to limited space

Please register by calling the Alzheimer Society at (709) 576-0608 or by email at: events@alzheimernl.ca

Masks are optional! All events are free of charge!

Virtual Grief Support Group - Living with Loss:

Thursday afternoons from 1:30pm to 3:30pm via Zoom beginning on October 20th. **Limited space available, registration required**

To register, or for more information, please contact:

Bereavement Services at 777-8940 or by email at: griefandbereavement@easternhealth.ca

The link to join the Zoom group will be e-mailed to you by your facilitator, once you have completed your registration.

PROGRAM OUTLINE

Session 1: Understanding Grief

Session 2: Experiencing Grief

Session 3: Types of Grief

Session 4: Healthy Grieving

Session 5: Taking Care of Yourself

Session 6: Grief and the Family

Session 7: Grief and Your Mental Health

Session 8: Your Journey of Healing

Responding to Hurricane Fiona: As we well know, the SW of our province was devastated by Hurricane Fiona over the past weekend, displacing many from their homes and leaving the residents of those communities traumatized. Given this, our instinct is to respond. Rather than send items to help people, we encourage you to send financial donations to the Canadian Red Cross - redcross.ca. Funds will be matched by the federal government up until October 24.

Pub Theology starting up again: On Wednesday, October 5, at 7:00 pm, come to Guv'nors for a time of conversation about faith, spirituality and life's big questions. Pub Theology will be held on the first Wednesday of each month so mark your calendars.