

InsideOUT LGBTQIA+ Spirituality Gathering - Sunday, September 20, 2026: InsideOUT is an LGBTQIA+ an opportunity to explore the intersection between queerness and spirituality. Held in the Multi-Purpose Room (old Quadrangle Outreach Room) at 7:30PM

Meditation for Busy People: Each Wednesday at 5:45 pm, we host a short time of Christian Meditation followed by additional spiritual practices like Lectio Divina, walking the labyrinth, a wonderful chance to come to inner quiet as we each focus on God's love within us. Come to the Fellowship Room. If you have not practiced Meditation before, arrive at 5:30 pm, and Rev. James will teach you how to go about it. Following meditation, each week there is an additional spiritual practice to take part in, such as Lectio Divina, walking the labyrinth, or Taizé.

Mediation Plus! Following our weekly meditation gathering, why not stay for another form of prayer or learning at 6:30 pm. The schedule is as follows:

First Wednesday of the month: Taizé Prayer (a time of singing and reflection)

Second Wednesday: Lectio Divina (shared reflection on a short Bible passage)

Third Wednesday: Post meditation teaching (learn more about Christian meditation)

Fourth Wednesday: Labyrinth Walk (a meditation practice focused on movement)

Fall Equinox Gathering, Monday, September 21 at 6 pm. Come to Long Pond (we will meet in the shelter by the Fluvarium parking lot) for a time to reflect together as autumn begins and a local artist leads us in an eco printing activity. Dress for the weather and bring a chair if you need one.

Labyrinth Walk on September 23 at 6:30pm, following Meditation: Did you know we have a labyrinth? A labyrinth is a circular winding path into a centre point. Unlike a maze there is only one path and you cannot get lost. Walking the labyrinth is an ancient prayer practice to quiet the mind and seek spiritual clarity. Throughout the summer we will have a group labyrinth walk on the fourth Wednesday of the month at Meet on the lawn between the church and Paton Street.

Connecting with our Neighbourhood: This summer and fall we are doing Prayer Walks in our neighbourhood. This is a simple weekly walk along the streets surrounding the church, praying, observing and connecting with neighbours as you go. We will form small teams of 2-3 people to walk each week (or every 2 weeks if that is easier). Contact Rev. James (james@stjamesuc.org) if this interests you or for more information.

Cochrane Street United Final Decommissioning Service: The congregation of Cochrane Street United Church and First Dawn Eastern Edge Regional Council warmly to invite you to the Closing Service of Cochrane Street United Church and the Disbanding of the Congregation. This service will take place on Sunday, September 27, 2026 at 2pm, at Cochrane Street United Church. An offering will be collected at the service with all proceeds going to Mission and Service of The United Church of Canada. We welcome everyone as we give God thanks for the years of ministry and outreach and the legacy of this faithful congregation.

Maintenance Person: St. James is looking for a part-time maintenance person for some odds and ends, up to a possible 15 hours per week. Please contact Stephanie at the church office for more information at info@stjamesuc.org