

This issue we reflect on the following words from the 2021 **United Church of Canada Vision Statement** approved at General Council 43:

*The United Church of Canada seeks to be  
church of communities united in inspiring worship*

This one is a tough one for me to write about, so I thought I'd cheat and read Gord's piece first. Looks like he's having the same problem 😊 He will be disappointed in only having one other reflection on the theme, as it won't give him much to listen to. So I hope you will take the time to send him an email, call him for a coffee visit and fill him in on what "Inspiring worship": looks, feels, smells, and when and how it happens for you.

I have always found that the music and the sounds seem to move me more than words. For example breath prayers, Alison did a prayer once with sound effects that caught my attention and focus. There have been many articles written about the joys of singing in a choir with the harmony and the drawing in of the breath together with the swelling and quieting together being good for the soul and body. I can relate to that. An object lesson at Children's Time always stays with me better than just reading a story. Baking the bread for communion in the sanctuary was an added smell one Sunday.

It always adds something to the summer with having different worship leaders taking turns at sharing what they have learned from a particular set of readings with us. Then there are speakers like Rev. Gary Paterson who, although he went longer than we let Gord speak, did not have me squirming in my seat.

I have enjoyed working with worship resources in my day job, that have "stations" that allow people to draw pictures, to interact with others in unfolding a particular scripture passage as a small group; or meditate on a song related to the scripture etc. while listening to the sermon. I don't know how it would work in reality though? Could I listen and visit a "station" at the same time? But I like the idea of doing something with my hands that would "illustrate" the message in a different way.

I have also found worship outdoors moving such as in the cemetery at Knox for Easter Sunday or the sunrise service at a home in the Okanagan, or a service picnic by the lake in the summer.

As Gord said, it is different for each of us, and different at various stages too, but for me a big part of it is seeing "family" each week and knowing they are still okay, they are here for me and each other, they make me feel like I belong to something bigger, and I am not alone in serving God in our community. You are each an inspiration in your service in church and beyond.

PS You may want to read the REFILL article on page 6 it is inspiring.

Sharon Adams

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## SEPTEMBER

2nd Sadie Macklin  
3rd Sonia Waldie  
5th Sherry Alstad  
11th Patricia Stebbing  
11th Susan K Thomson  
13th Eileen McCollum  
18th Mieke de Groot  
18th Alice Lorenz  
18th Hannah Schau  
23rd Marge Riley  
26th Alan Stebbing  
27th Karen DePottie

## OCTOBER

3rd Kathy Horreft  
4th Jaime Dowhy  
4th Marilyn Vekved  
6th Janice Schau  
10th Will Ayre  
11th Leo Dawson  
13th Sophia Steinke  
13th Bruce White  
14th Paula Anderson  
16th Désirée Maitland  
17th Janaya Stewart  
17th Patty Waldie  
18th Bev Walkner  
19th Gail Schau  
21st Lydia Steinke  
22nd Norman George



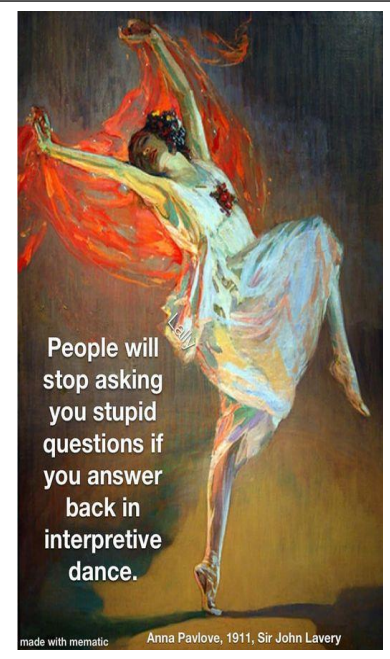
Our faith is 2000 years old. Our thinking is not.

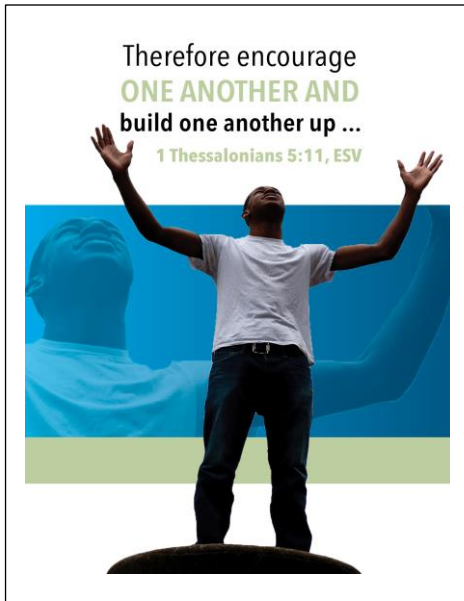
and if, when it is all over  
I am asked, what I did  
with my life--  
I want to be able to say--  
"I offered love."

Tom St. Cloud



Have you heard about  
✨glimmers✨?  
They are the opposite of  
triggers. A glimmer is a tiny  
micro-moment of happiness; a  
sign of hope. Once you begin to  
look for them, they will start to  
appear everywhere





### Inspiring Worship ...

Communities of inspirational worship....What does that look like? Sound like? Smell like? Feel like? I think truly inspirational worship touches many different senses, not just our ears.

It may in fact be a hard question to get one's head around, so I have a different way of asking (it is always good to have a few different ways to ask about the same thing). If you could describe your 'perfect' worship experience what would it look/sound/feel/smell like? And is the answer to that question always the same or does it vary over time?

Full disclosure, I am not sure that my 'perfect' worship experience would necessarily look exactly like our standard United Church worship experiences. In fact I remember a discussion amongst a group of clergy many years (close to 20 now) ago where the question was asked "If you weren't in leadership would you attend

your worship service/church?". At most there was a conditional maybe from some of us. All these years later I still ponder how best to answer that question.

To be honest a large part of me thinks that this edition's theme is one where I need to do more listening and less talking. I may know what I find inspirational, but what does the rest of the community think? Then there is the very real fact that what Bill finds deeply moving Sally absolutely detests and what Carol comes to church to find is the last thing Frank is looking for. Sometimes as a worship leader and planner you know that you are having to juggle a lot of different styles and wants and needs.

At the same time this question is very timely for me. As my vacation drew to a close I found myself pondering if it is time to shake up our standard order of worship and, if so, how. DO we need more silence? Less silence? More interaction? More visual (I admit as a word person the visual rarely comes into my head as something to consider)? If worship is meant to inspire and strengthen us to live as followers of God's Way then what is the best way to do that?

For me inspiration in worship can come from the music. It can come from the sermon (or maybe not). It can come from being in a safe place where I can allow my mind to drift and float and wander. It can come from the fact that there is a community of friends gathered together. It can come from prayers. AT the same time, on some days any of those things can make the experience less inspirational. For me it often depends on the day and what state I am in that day.

None of which helps me truly understand how best to build a community of inspirational worship....

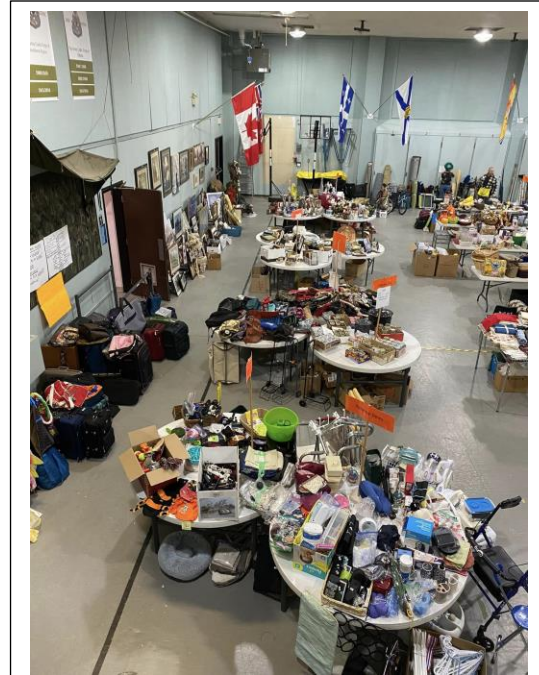
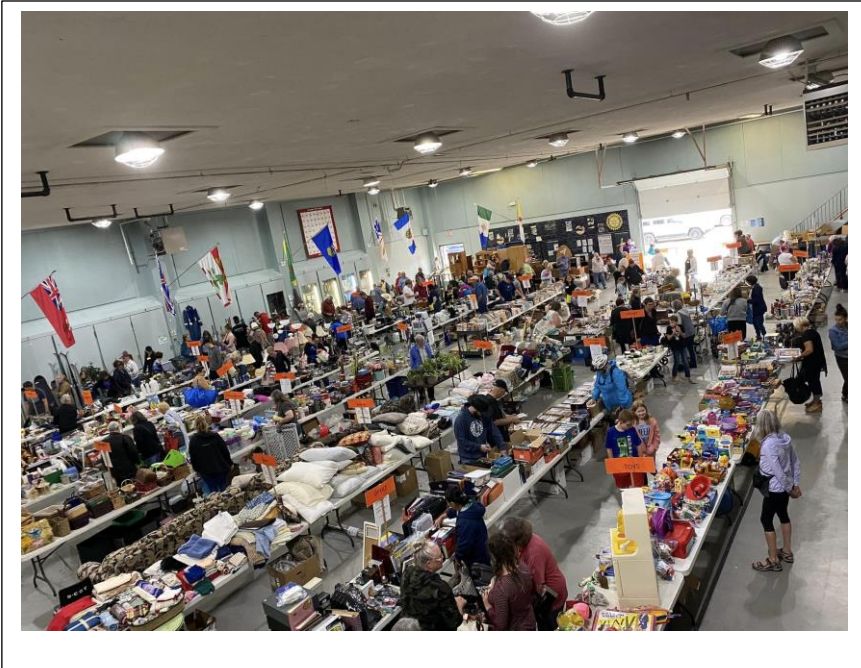
In the end I think we keep trying things and hope that in the long-term balance people get what they need for spiritual sustenance. I don't think any one worship experience will meet everyone's needs. But I hope that over a period of weeks that does happen. There is a place for the tried and true, the traditional and comfortable. There is also a place for the different and new and even uncomfortable.

I announced last Sunday that I am adding a time for folk to answer "where have you seen God this week?" into the service, at least for a season. Will this add or detract from how we are inspired in worship? Time will tell. Are there other things that you would like to change about how worship sounds/feels/looks/smells? What do you think would inspire you?

Gord



## St Paul's in the Community



An interesting video of the action on Thursday evening at the Garage Sale

<https://www.facebook.com/communitygaragesalegrandeprairiestpauls/videos/1090946272281966>

HERITAGE DAY...at Muskoseepi  
sharing our history in the community.....



I recommend highly the  
reading of this book  
about our history.

But a warning "The Little  
White Church" we talk about  
As being our first home...is  
now a little brown church.





**The Survivor's Flag**



The Survivors' Flag is an expression of remembrance, meant to honour residential school Survivors and all the lives and communities impacted by the residential school system in Canada. Each element depicted on the flag was carefully selected by Survivors from across Canada, who were consulted in the flag's creation.



**The Family**

Some saw the adults as our ancestors watching over us; others saw these as parents signifying

whole families ripped apart and also reuniting to represent healing.

**The Children**

More than one child is depicted in the design as often whole sibling groups were taken from their parents, younger siblings, grandparents, and community.



**The Seeds Below Ground**

Represent the spirits of the children who never returned home. Although they have always been present, they are now



seen and searched for.

**Tree of Peace**

Haudenosaunee symbol of how nations were united and brought to peace, which in turn, provides protection, comfort and renewal.



**Cedar Branch**

Sacred medicine that represents protection and healing, but also what is used by some Indigenous cultures when one enters the physical world and then again when they pass on to the next

(i.e. medicine bath). The seven branches acknowledges the seven sacred teachings taught in many Indigenous cultures.

**Cosmic Symbolism**

Represents Sun, Moon, Stars and Planets. The Sun represents the divine protection that ensure those who survived came home. The North Star is prominent as it is an important navigation guide for many Indigenous cultures



Cont'd on next page

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From Social Media

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**The Métis Sash**

The Sash is a prominent ceremonial regalia worn with pride. Certain colours of thread represent lives that were lost, while others

signal connectedness as humans and resilience through trauma. All the threads woven together spell out part of history, but no single thread defines the whole story.

**The Eagle Feather**

The Eagle Feather represents that the Creator's spirit is among us. It is depicting pointing upwards which mirrors how it is held when one speaks their Truth.



**The Inuksuit**

Inuksuit are used as navigational guides for Inuit people and link to tradition.



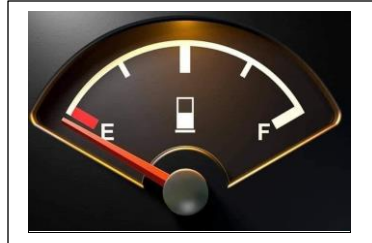
I have ordered some window stickers and lawn signs with this logo to place around the church for the Month of September as we approach September 30<sup>th</sup> which is known as both Orange Shirt Day and as of 2021 National Day for Truth and Reconciliation. Although only NWT, Nunavut, BC, and PEI have made it a stat holiday and Federal Employees get it as a paid holiday.

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From Social Media

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**REFILL:** The whole world paused this morning.

Do you know why? Because an 8 year old's tank was empty.

The boys had already started their school day at their desks and I was preparing to leave for work when I noticed my littlest standing in the bathroom wiping his face.

I paused at the door and asked if he was okay. He looked up with tears silently dripping and shook his head. When I questioned if something happened, again he shook his head.

So I sat on the side of the tub and pulled him in my lap. I told him sometimes our heart tanks feel empty and need to be refilled.

He cried into my chest and I held tight.

I asked if he could feel my love filling him up? A nod, and tears stopped...

I waited a minute...

'Has it reached your toes yet?'

He shook his head no...

'Okay man. We will take as long as you need.

Work doesn't matter right now. School isn't important either. This right here, is the most important thing today, okay? Filling you back to the top. Is that good?'

\*nods\*

One more minute...

'Is your heart full of mamas love now?'

'Yeah...'

\*looks in his eyes\* I see it shining in there, you're full to the top, and you're smiling!

Y'all. You may not be 8- you may be 28, 38, 48 or whatever- but ALL of us run on empty just like he did. His weekend was so busy and so full and his little soul was just dry!!!

We all have to pause, and take a moment to refill with the good things. Scripture, prayer, sunshine, worship, song, laughter, friends, hugs. Refill your empty, or you'll find those emotions (tears, anger, snappy words) overflowing with no reason why. Take a moment. Refill. It's the most important part of your day!

From [Amanda Mitchel](#) *Wise Lass Wellness*

This is a public group with lots of educational and growing tips for those folks that are in the Calgary area. But some of you may find it interesting too.



Pumpkin is quite versatile and hearty! I would love to try a pumpkin pudding roasted in the fire as mentioned below.

I use little dried bits to make a pumpkin spice blend that can be added to coconut milk or regular milk, which feels like a warm hug on a cold day.

Pumpkin Spice Tea Blend (by weight)

- 2 part dried pumpkin leaf
- 1 part cinnamon
- 1/2 part dried ginger
- 1/4 part nutmeg
- 1/8 part clove

- 1 part rama (holy basil/tulsi)
- 1/2 part orange peel
- 1/4 part cardamon
- 1/4 part fennel seed or star anise
- 1/8 part licorice root or dried sweet potato

Blend and use as loose tea. Steep covered for up to 5 mins with hot water.

Alternatively add to a pot of 1/2 water, 1/2 coconut milk, and tea and slowly bring up to heat until steaming. Pour and enjoy!

No need for sweetener. Licorice root contains glycyrrhizin which is MUCH sweeter than sugar. The sweet potato is also quite sweet when dried and used in this way.

🍂🍁 Harvest Magic Time! 🍂🍁

This magic and plant medicine also applies to squash and zucchini. These plants are grounding and speak to stability and protection; being solid and large. They make excellent cover crops for taller crops.

Collecting and drying my pumpkin leaves and stems early this year after the hail damage. Popularly cooked as a green food in Africa and used to make muboora. I use in my own green powder. Also a nice addition to your pumpkin teas or recipes.

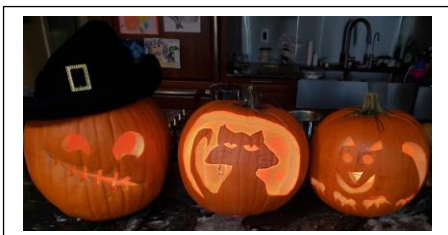
High in vit C (immune support and free radical damage), vit A (eye health and tissue repair), fibre (detox support), magnesium (critical for muscle relaxation and stress support), calcium (muscle function and bone health), and iron (energy and metabolic function).

The fruit itself is high in carotene and vitamin C. High in carbs and slightly drying it can be binding for those with loose stools. Pumpkin seeds are also excellent sources of zinc, an important mineral for the immune system, skin and tissue health, and for men's hormone health! The blossoms are also edible and make delicious shells for stuffed fritters!

Drying and cooking diminishes the vitamin C, however the other nutrients are retained or enhanced.

Cover cup when making tea to maintain the volatile components.

Pumpkin and squash is an indigenous food source to North America, and one of the "three sisters" typically grown together - corn, beans and squash. Each supporting the others to grow and thrive - structurally and chemically.



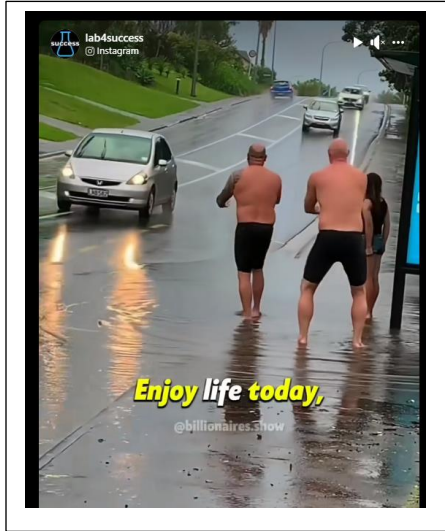
Check out some of the recipes here

<https://www.facebook.com/RecipessAtHome>



<https://www.facebook.com/reel/676439850687864>

a video post from Barry Page  
Never get too old to be a kid. Have fun out there.



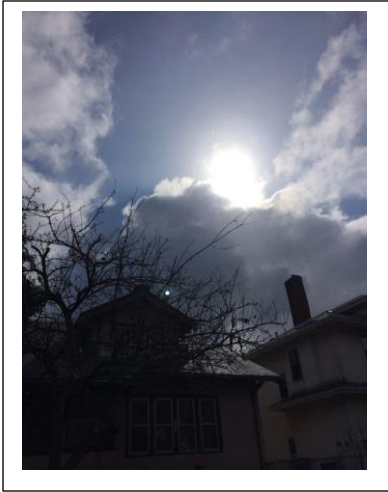
**A Dog's Purpose.** (from a 6-year-old).  
Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle. I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.  
As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.  
The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.  
The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's death, wondering aloud about the sad fact that animal lives are shorter than human lives. Shane, who had been listening quietly, piped up, "I know why."  
Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said, "People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?" The six-year-old continued,  
"Well, dogs already know how to do that, so they don't have to stay as long."  
Live simply.  
Love generously.  
Care deeply.  
Speak kindly.  
Remember, if a dog was the teacher you would learn things like:  
When loved ones come home, always run to greet them.  
Never pass up the opportunity to go for a joyride.  
Allow the experience of fresh air and the wind in your face to be pure Ecstasy.  
Take naps.  
Stretch before rising.  
Run, romp, and play daily.  
Thrive on attention and let people touch you.  
Avoid biting when a simple growl will do.  
On warm days, stop to lie on your back on the grass.  
On hot days, drink lots of water and lie under a shady tree.  
When you're happy, dance around and wag your entire body.  
Delight in the simple joy of a long walk.  
Be loyal.  
Never pretend to be something you're not.  
If what you want lies buried, dig until you find it.  
When someone is having a bad day, be silent, sit close by, and nuzzle them gently. ❤️  
Original source of this, unknown.

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If you don't believe in  
yourself nobody else will.  
Except your dog.  
Your dog always thinks  
you're a legend no matter  
what you think of yourself.





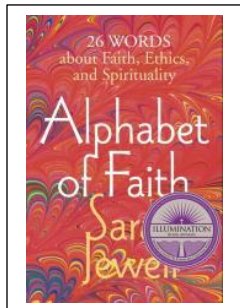
I signed for a package last week. The delivery guy said, “DiCamillo?” I said, “Yes.” “Wait,” he said. “Did you write *Because of Winn-Dixie*?” “I did.” “Oh, wow,” he said. “My third grade teacher read that book to us. I’ll never forget it.” And then he smiled at me—this radiant, beautiful smile—and I suddenly saw him as an eight-year old kid, sitting in class, listening to a story. That man’s third-grade teacher is out there somewhere, and I wanted to let her know this: he remembers. He remembers you reading to him.

This is for all you teachers and parents out there who read to your children.

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This month I’m including some quotes from Sara Jewell’s book *Alphabet of Faith*, 26 Words about Faith, Ethics, and Spirituality. Available in the church library.

A IS FOR Acceptance  
One thing is clear to me: We, as human beings, must be willing to accept people who are different from ourselves.  
– BARBARA JORDA



B IS FOR Box: If you want to know where God is find the space in your heart that is open to all of humankind. – SISTER JOAN CHITTISTER

C IS FOR Comfort: Not all of us can do great things, but we can do small things with great love.  
– MOTHER TERESA

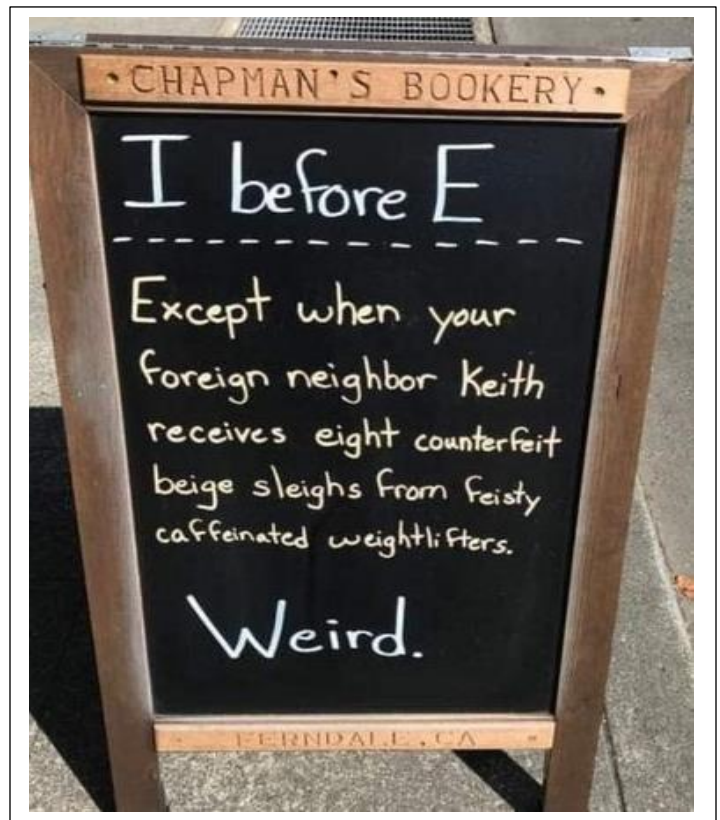
I IS FOR Image of God: No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love. – NELSON MANDELA

L IS FOR Liminal Space: All great spirituality is what we do with our pain. If we do not transform our pain, we will transmit it to those around us. ~ RICHARD ROHR

M IS FOR Miracle: Miracles happen every day. Change your perception of what a miracle is, and you’ll see them all around you. – JON BON JOVI

Q IS FOR Questions: A very powerful question may not have an answer at the moment it is asked. It will sit rattling in the mind for days or weeks as the person works on an answer. If the seed is planted, the answer will grow. Questions are alive. – FRAN PEAVEY, SOCIAL ACTIVIST

R IS FOR Rest: Rest and laughter are the most spiritual and subversive acts of all. Laugh, rest, slow down. – ANNE LAMOTT



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## We Lovingly Remember

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Kathy Jean MacLeod  
June 29, 1956 - August 21, 2023

With broken hearts the family of Kathy MacLeod announces her sudden passing at the age of 67. Kathy was born in Glace Bay, Nova Scotia to Patrick 'Paddy' and Flo Gilday.

She grew up with 5 sisters creating countless memories that are recounted today like current events. Kathy graduated from St Michael's High School in 1974 and met her forever love, Kevin shortly afterward. Kevin and Kathy married in 1978 and welcomed 2 daughters. Kathy focused on providing a happy love filled life for her girls as they grew, she and Kevin worked together in family business ventures until 19968 when life brought them to relocate to Grande Prairie, Alberta.....

.....She is dearly missed by her dedicated husband Kevin of 45 years. She leaves her legacy in daughters Leanne and Katie and her greatest joy, Archie, who she loved "around the world and back again." Kathy is survived by sisters Norma MacAdam (Donnie) Boutilier's Point, NS; Patricia Campbell (Peter) Glace Bay, NS; Eileen Flynn, Glace Bay, NS; Deane McDonald (Billy), Grande Prairie, AB; and Janet Gilday, Glace Bay, NS; Sisters-in-law; Shirley Maguire, Kitchener ON; and Ann McLeod, Kitchener ON; Brothers-in-law; John MacLeod, Grande Prairie, AB and Donnie MacLeod, Birch Grove, NS, as well as Katie's partner Jonathan Robideau, Grande Prairie, AB; along with many nieces, nephews, cousins, and close friends.

She is predeceased by her parents, parents-in-law Archibald and Annabel MacLeod, brothers-in-law; Darrell Flynn, William 'Bill' McLeod, and Gary Maguire, sisters-in-law; Linda Beaupre MacLeod and Emily MacLeod, and sister Judith Gilday in infancy.

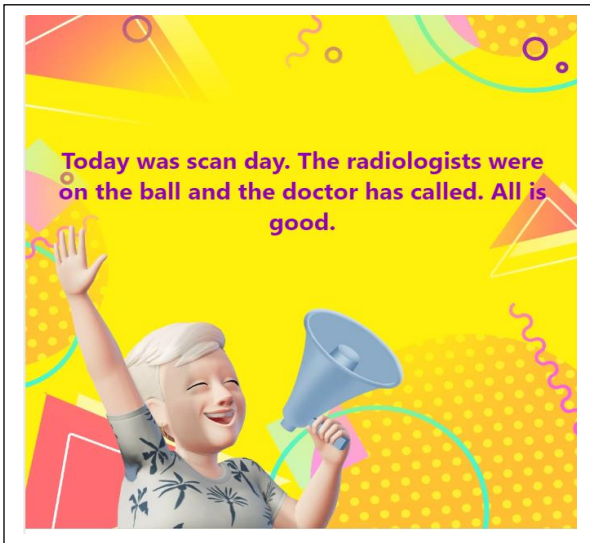
Cremation has taken place, celebrations of life in both Nova Scotia and Alberta will occur at later dates. In lieu of flowers, please make donations to the charity of your choice.

[You can read the full obituary here.](#)





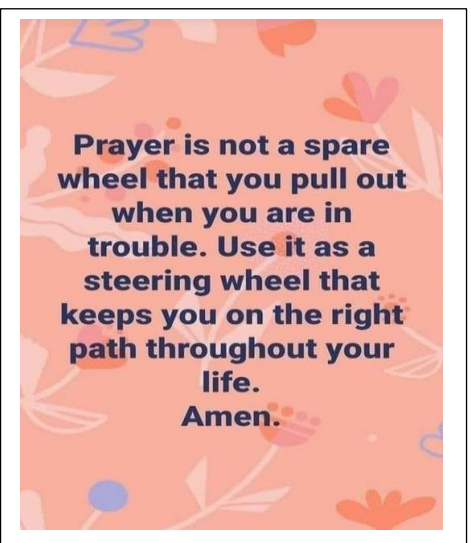
## Prayer Corner



Today was scan day. The radiologists were on the ball and the doctor has called. All is good.

A post about answered prayers  
From Kathryn  
Baverstock/..

We have a PRAYER TEAM that is happy to pray for your concerns, your joys and your sorrows. Please call or send an email to Gord or if you are speaking with someone on the prayer team they may



**Prayer is not a spare wheel that you pull out when you are in trouble. Use it as a steering wheel that keeps you on the right path throughout your life. Amen.**

ask if they can share your news with the prayer team. Your request will be confidential within the team unless you say otherwise. New members welcomed by speaking to Gord.

At this time of year we'd be happy to have you join us in prayer for teachers and students as the new school year begins.

Joan Kessler has started at her new 2 point charge in Watrous-Young Pastoral Charge SK so we wish her well and keep her in our prayers.

A pastoral prayer for our times, written by Gill Le Fevre and posted on [GatheringWorship.ca](https://gatheringworship.ca): Faithful God, it is easy to cry "Where is God in the world?" as disease disrupts lives and illness induces grief and pain.

Help us to encounter you, O God, in the dedication of nurses and doctors, in the wonder of science and research.

Help us to serve you by comforting those who suffer and accompanying those in distress.

It is easy to cry "Where is God in the world?" as war and violence spread fear and entrench hostility.

Help us to notice you, O God, in unexpected bonds of peace and in the provision of refuge, food, and shelter.

Help us to serve you by confronting aggression and the abuse of power and by protecting those displaced by conflict.

It is easy to cry "Where is God in the world?" as racism diminishes our society and prejudice fuels distrust.

Help us to experience you, O God, in the friendships that bridge cultural divides and through the allies that advocate for those who are exploited.

Help us to serve you by adding our voices to calls for justice and by replacing suspicion with a desire for understanding.

It is easy to cry "Where is God in our lives?" as hopes are dashed and dreams delayed.

Help us to discover you, O God, in the small moments of each day that remind us of your persistent love for us.

Help us to serve you with welcoming hearts and acts of compassion, sharing your love in the world around us.

All this we pray in Jesus' name, who lived and loved as one of us. God in the world, we praise you, now and forever. Amen.

Gill Le Fevre, Walton Memorial U.C., Oakville, Ont.

For more inspiring worship ideas and resources, subscribe to <https://gatheringworship.ca>  
[#UCCan](#) [#DeepBoldDaring](#) [#GatheringWorship](#)

"We are all in this world together, and the only test of our character that matters is how we look after the least fortunate among us. How we look after each other, not how we look after ourselves. That's all that really matters."

- Tommy Douglas



Instead of polluting the planet with confetti, hole punch leaves instead! Fully biodegradable, and cute

"Okay here's the scenario. You are a crew member on a starship."  
 "Cool."  
 "Space travel is slow, you'll be stuck with your crewmates a long time."  
 "So we must get along."  
 "Yes. Communicate, listen, share limited resources."  
 "I can do that. What's the starship called?"  
 "Earth"

# PROTECTING OUR PLANET STARTS WITH YOU



**BIKE MORE  
DRIVE LESS**



**EDUCATE**

When you further your own education, you can help others understand the importance and value of our natural resources.



**Volunteer!**

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



**reduce  
REUSE  
recycle**

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

**CONSERVE WATER**



The less water you use, the less runoff and wastewater that eventually end up in the ocean.

**choose sustainable**



Learn how to make smart seafood choices at [www.FishWatch.gov](http://www.FishWatch.gov).



Buy less plastic and bring a reusable shopping bag.



**Long-lasting  
light bulbs  
- ARE A -  
BRIGHT  
IDEA**

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!



**Don't send  
chemicals  
into our  
waterways.**

Choose nontoxic chemicals in the home and office.



**PLANT  
A TREE**

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.





"I was waiting in line for a ride at the airport. When a cab pulled up, the first thing I noticed was the taxi was polished to a bright shine. Smartly dressed in a white shirt, black tie, and freshly pressed black slacks, the cab driver jumped out and rounded the car to open the back passenger door for me.

He handed me a laminated card and said, 'I'm Wasu, your driver. While I'm loading your bags in the trunk, I'd like you to read my mission statement.'

Taken aback, I read the card. It said, 'Wasu's Mission Statement: To get my customers to their destination in the quickest, safest, and cheapest way possible in a friendly environment.'

This blew me away. Especially when I noticed the inside of the cab matched the outside. Spotlessly clean!

As he slid behind the wheel, Wasu said, 'Would you like a cup of coffee? I have a thermos of regular and one of decaf.'

I said jokingly, 'No, I'd prefer a soft drink.'

Wasu smiled and said, 'No problem. I have a cooler up front with regular and Diet Coke, lassi, water, and orange juice.'

Almost stuttering, I said, 'I'll take a lassi since I've never had one before.'

Handing me my drink, Wasu said, 'If you'd like something to read, I have Good Housekeeping magazine, Reader's Digest, The Bible, and a Travel + Leisure magazine.'

As we were pulling away, Wasu handed me another laminated card, 'These are the stations I get and the music they play, if you'd like to listen to the radio.'

And as if that weren't enough, Wasu told me he had the heater on and asked if the temperature was comfortable for me.

Then he advised me of the best route to my destination for that time of day. He also let me know he'd be happy to chat and tell me about some of the sights or, if I preferred, to leave me with my own thoughts.

'Tell me, Wasu,' I was amazed and asked him, 'have you always served customers like this?'

Wasu smiled into the rear view mirror. 'No, not always. In fact, it's only been in the last two years. My first five years driving, I spent most of my time complaining like all the rest of the cabbies do. Then I heard about power of choice one day.'

'Power of choice is that you can be a duck or an eagle. If you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. Stop complaining! Don't be a duck. Be an eagle. Ducks quack and complain. Eagles soar above the crowd.'

'That hit me right,' said Wasu. He continued and said, 'It is about me. I was always quacking and complaining, so I decided to change my attitude and become an eagle. I looked around at the other cabs and their drivers. The cabs were dirty, the drivers were unfriendly, and the customers were unhappy. So I decided to make some changes. I put in a few at a time. When my customers responded well, I did more.'

'I take it that has paid off for you,' I said.

'It sure has,' Wasu replied. 'My first year as an eagle, I doubled my income from the previous year. This year, I'll probably quadruple it. My customers call me for appointments on my cell phone or leave a message on it.'

Wasu made a different choice. He decided to stop quacking like ducks and start soaring like eagles. I hope we all decide to soar like an eagle and not quack like a duck."





There once was a young boy with a very bad temper. The boy's father wanted to teach him a lesson, so he gave him a bag of nails and told him that every time he lost his temper he must hammer a nail into their wooden fence.

On the first day of this lesson, the little boy had driven 37 nails into the fence. He was really mad!

Over the course of the next few weeks, the little boy began to control his temper, so the number of nails that were hammered into the fence dramatically decreased. It wasn't long before the little boy discovered it was easier to hold his temper than to drive those nails into the fence.

Then, the day finally came when the little boy didn't lose his temper even once, and he became so proud of himself, he couldn't wait to tell his father.

Pleased, his father suggested that he now pull out one nail for each day that he could hold his temper.

Several weeks went by and the day finally came when the young boy was able to tell his father that all the nails were gone.

Very gently, the father took his son by the hand and led him to the fence.

"You have done very well, my son," he smiled, "but look at the holes in the fence. The fence will never be the same."

The little boy listened carefully as his father continued to speak.

"When you say things in anger, they leave permanent scars just like these. And no matter how many times you say you're sorry, the wounds will still be there"

---

There is a little coffee shop, where two people arrive and approached the counter.

"Five coffees ☕ please. Two for us and three hanging."

They paid, they took their two coffees and left.

I asked the waiter. "What's this about hanging coffees?"

"Wait and you'll see."

Some more people came in.

Two girls asked for a coffee each, they paid & left.

The following order was for seven coffees and it was made by three women - 'three for them and four hanging coffees.'

I was left wondering...what is the meaning of the hanging coffees, they leave.

Then, a man dressed in worn clothes, who looks like he might be homeless, arrives at the counter and asks sincerely...

"Do you have a coffee hanging?"

"Yes we do, sir."

They serve him a coffee.... I got my answer.

People pay in advance for a coffee that will be served to whoever can't afford a hot drink.

This tradition started in Naples.

Amazingly, it has spread throughout the world's cities and towns.

It's also possible to order not only "hanging coffees" but also a sandwich or a full low cost meal.

Wouldn't it be great if we could all start doing this in the cities and towns where we live?

Small kindnesses like this can impact so many lives, in ways we could never imagine.

Maybe we should all try it. 😊❤️🌹



The Future's Committee has continued to meet regularly since May. We have reviewed the financial situation, we have informed Northern Spirit Regional Council of our situation. We have spoken candidly with all the staff and the chair of Ministry and Personnel (M&P). We spoke with other smaller congregations in similar situations. We plan to meet with a couple more people to wrap up our information gathering. We are trying hard to keep the congregation informed with the work of our committee so that we can work together towards a solution.

No decisions will be made without the voice of the congregation. We seek your input so we can meet our November deadline to present options for your consideration. Look forward to a short questionnaire coming on September 17<sup>th</sup>. It will be handed out in church and also emailed. Responses are to be returned NO LATER than Oct 3<sup>rd</sup>.

We are determined to find solutions that will keep our faith community at St. Paul's thriving and growing together into the future.

If you have something you would like us to consider before then please feel free to contact any of the committee members: Janis Schau-Steinke, Betty McNaught, Fred Radersma, Emily Bamforth, Patricia Stebbing.

We ask for your thoughts and prayers as we continue our work.

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### The Tale of Kate the Caterpillar

Once upon a time, there was a caterpillar named Kate. Caterpillar Kate lived in a lovely caterpillar community on a beautiful old tree. All of the caterpillars there were happy, and they all tried their best to look out for one another. More than anything, Caterpillar Kate loved gathering with her fellow caterpillars one morning a week in an old tree hollow to talk about important caterpillar's issues. Afterwards, they would hold Caterpillar Coffee Hour, and enjoy in the time of fun and fellowship. They always had lots to talk and laugh about as the baby caterpillars weaved in and out among them, playing tag. Caterpillar Kate loved to sing in the caterpillar choir. She was a second soprano and loved the old music they got to sing during the weekly caterpillar meeting. An older caterpillar, Caterpillar Constance, had told Kate that caterpillars had been singing these songs for generations. Caterpillar Kate hoped nothing would ever change about this special gathering.

Over time, however, Caterpillar Kate began to notice that fewer and fewer of the other caterpillars came to the weekly meetings. They said that they were too busy, or that they didn't really see why going was important anymore. The younger caterpillars slowly stopped coming as well, and there were no more games of tag played after Caterpillar Coffee. The Caterpillar Choir started shrinking as well, until there were no more caterpillar men in the choir. Caterpillar Constance had to sing baritone, and she was a little bit tone deaf. Some of the other caterpillars said the music was too old and dated, or it was too new and hard to sing. Why couldn't they just sing the songs they knew? Eventually, the Caterpillar Choir stopped meeting all together because there weren't enough members, which made Caterpillar Kate very sad.

One morning, Caterpillar Kate arrived at the weekly meeting to discover that only she and Caterpillar Constance had turned up. Caterpillar Constance went off grumbling, "I don't see what the point is anymore! Why do I bother? The caterpillar meetings are dying, we may as well accept it!"

Caterpillar Kate was very sad. The caterpillar meetings had been so important to her – why was no one coming any more? Dejectedly, she walked for a long time, and then sat down on an old twig. Suddenly, she heard a rush of wind and thought she heard someone calling her name.

Caterpillar Kate!"

Caterpillar Kate swung around, but she couldn't see anyone. Maybe she had misheard. She went back to her solitary, moody contemplations, until she heard it again

."Caterpillar Kate!"

"Whose there?" Caterpillar Kate demanded, peering into the foliage. She could still see no one.

"It's me," said the voice. "Wind. You can't see me, but you always know that I'm here."

"I know," Kate replied. "We had lots of power outages because of you. The last one lasted a whole day!"

"Sorry," said Wind on a sigh. "I get excited sometimes... But listen. I saw that you were sad and wanted to ask you why."

Caterpillar Kate, feeling a little foolish talking to thin air, nonetheless explained about the Caterpillar meetings, and how no one went to them anymore.

"Ahh..." said Wind. "I understand. But listen... I want to show you something. Watch carefully where you see me rustling the leaves and follow the path."

Kate did as Wind instructed, and they came out into a clearing in the branches. Kate gasped when she looked up and saw hundreds of silken cocoons hanging from silver threads. Kate's caterpillar teachers had explained that caterpillars spin themselves into cocoons when they are ready for a big change in their life. But after that change, they were told, you could never go back to being the same caterpillar again. It sounded scary to Kate, and she had vowed never to spin herself into a cocoon. She liked her life just as it was.

"See?" said wind in her ear. "Your friends haven't left. They've just decided that they are ready for a change. "

"But I don't want to change!" cried Caterpillar Kate. "I want the Caterpillars meetings to be just as they were when I was little! I want lots of caterpillars to come to them again, and I want to sing in the Caterpillar Choir!"

"Those times are gone, Caterpillar Kate," said Wind gently. "It is time for a change. Change happens all around us all the time, and we have to change too. Nothing lasts forever. But, while change can be scary and make you feel lost and uncomfortable, it can also be a wonderful, life-giving thing. Remember that..."

Kate felt the wind brush her cheek and ruffle her tuft of caterpillar hair, then it was gone. The air was still and soft and warm.

Caterpillar Kate looked up into the branches of the trees and looked at all of the hanging cocoons. She thought about what Wind had said. These caterpillars were ready for a change. Perhaps they might start meeting again after they had changed, and perhaps their meetings might be a little different than the old caterpillar meetings had been. Maybe they would talk about different, more edgy topics. Maybe their music would be lively and contemporary instead of old and traditional (although Kate hoped they'd keep some of the old songs). Perhaps they would drink green tea with matcha instead of drip coffee at the Caterpillar Coffee time, and perhaps they would find new and exciting places to hold the meetings. Maybe they would hold their meetings over Zoom, so that caterpillars in other trees could join in.

Kate suddenly realized that, unless she changed too, she would never know what it would be like to live that new kind of life. She would be left here with Caterpillar Constance until the Caterpillar Council told them they couldn't afford to use the old tree hollow anymore. Then, they would have nothing but memories.

It was really scary to change, Kate thought. It would be taking a risk. No one really knew what happened to you after you spun yourself into a cocoon. But, was it just possible that it was worth it?

Keeping Wind's words in her head, Kate took a deep breath and made an important decision.

Slowly, she began to spin herself a silken cocoon.





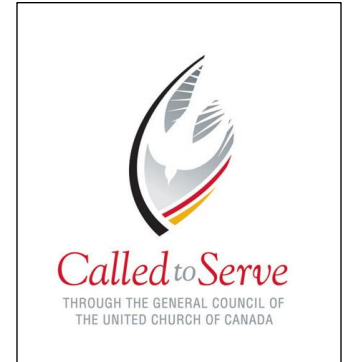


At 4:00 p.m. (CDT) on September 5, leaders of four major church denominations will join the voices of supporters in urging provincial political leaders to give the go-ahead to search the Prairie Green Landfill for the remains of two missing Indigenous women, Morgan Harris and Mercedes Myran. Harris has been missing since May 2022, and Myran since March of last year. [Read the full news story](#), and find out what you can do to help.

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### Call for Nominations for the Audit Committee

Call for Nominations for the [Audit Committee](#). This small but essential committee seeks one or more new members who have experience in financial reporting or risk management. Ministers with skills or lay people from outside Ontario would help broaden the perspectives of this committee. Nominations close September 25.



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### COP28: UN Climate Change Young Adult Delegation



The United Church of Canada is sending a small delegation of [young adults to COP28](#), the 2023 United Nations Climate Change Conference in Dubai, United Arab Emirates. Delegates will participate, learn, and advocate at COP and share to the wider church and beyond to bring attention to and grow support

for climate justice. Please circulate this opportunity to interested young adults (ages 19 - 35)  
**Deadline: September 13, 2023.**

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### Updates on Your Mission and Service

Did you know that all your calls to the Mission and Service Team are answered by United Church General Council staff members, not a call center?

This means that we answer calls as quickly as possible, but you may reach our voicemail if we are on another call. It also means that we are not available on holidays or between Christmas and New Year. Please leave a message—we'll get back to you as soon as we can. You can reach us toll free at 1-800-465-3771 or by email at [ms@united-church.ca](mailto:ms@united-church.ca).



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### Learning to Connect: Youth Survey



The United Church of Canada is trying to learn from young people (ages 13-35 years) about what encourages a sense of connection to the church and what blocks their involvement. Please [share this survey](#) with Canadian young people that you know—they don't need to be currently connected with a church in any way!

In appreciation of participating and sharing the survey link, two individuals will be randomly selected to receive a \$25 dollar gift card (options provided).

**The Mod's Book Squad Monthly from Sept 2023 to June 2025**

First Session is September 21, 2023. <https://catalog.churchx.ca/product?catalog=UILX2010>

Learn all about this and many other opportunities through ChurchX here <https://catalog.churchx.ca/>

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★ **Confronted by Grace: Finding Balance in God - Friday September 22, 10 am and 2 pm CST, online**

An online contemplative gathering, with lectio divina and space for quiet shared reflection around a theme gifted by the fall equinox. **Friday September 22, at 10am and 2pm (Sask time)** ... please pre-register by emailing [bernon.lee@saskatoontheologicalunion.ca](mailto:bernon.lee@saskatoontheologicalunion.ca) and indicating whether you would like to attend the 10am or 2pm session time.

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★ **Rural Ministry Conference 2023: September 29 - October 1, 2023, High River Alberta**

A weekend gathering, for today's rural ministry context: come experience rural hospitality, inspiring theme sessions and practical workshops tuned to today's rural ministry contexts! [Click here for tickets & more information.](#)

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★ **An opportunity to take another step on the path of reconciliation:** A request has come from Charlene Burns, General Council Community Capacity Development Co-ordinator for the West, related to the Central Alberta Spiritual Circle/Center and Interconnect Foundation (the new Indigenous community of faith being established in the former Beverly United Church in Edmonton). Charlene wrote: *I am asking for contributions from friends far and wide to purchase 100 orange shirts to use as a fundraiser for Interconnect and the Central Alberta Spiritual Circle. They will have the logo for the Center on them and be sold for \$30 each. The cost will roughly be \$2700-2800 for 100 T-shirts with all the set up and GST. We would like to order the t-shirts to have on hand by the next Central Alberta Spiritual teaching Circle on Sept. 16th and for the National Day for Truth and Reconciliation on Sept. 30th. \*Financial contributions can be made by cash or cheque to Interconnect, Red Deer Office, 4825-47 street #300, Red Deer T4N 1R3 or to Interconnect at 11910- 40 street NW Edmonton T5W 2K9 with a note re Orange shirts.\* This is also an official invitation to Interconnect 'Orange Shirt Day', Sept. 30th at 5439-47 Street Red Deer. Further details to come.*

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**Northern Spirit Celebration of Ministries: October 21, 4 p.m., at Kirk United Church Community Centre, 13535 122 Ave, Edmonton AB**

Northern Spirit will be holding a 2nd Celebration of Ministries service this year. We will be celebrating new ministries, and also celebrating our decision to be an Affirming Region. Come celebrate with us!

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**United Church Office Administrators Conference: October 1 - 4, 2024\***

"Save The Date" ~ The retreat is planned for October 1 - 4, 2024, and it will take place at Queen's House in Saskatoon, SK. All church office administrators are welcome to attend! Further information and details will be coming soon.

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Communities from the Northwest Territories including Yellowknife, N'dilo, Depth, Ingraham Trail, Enterprise, Fort Smith, Hay River, K'atl'odeeche, Kakis, Jean Marie River, West Kelowna, West Kelowna First Nation and Kelowna residents have had to evacuate or are on alert.

So many people who have to leave their homes, their livelihoods because of this imminent danger. If communities want to donate to the emergency fund to aid these communities, they can do so by eTransfer to [northernspirit@united-church.ca](mailto:northernspirit@united-church.ca), with a note in the memo line indicating that it is for support for these Northwest Territories communities in crisis.



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## Around Town

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Everything GP – Community Calendar of Events <https://everythinggp.com/community-calendar/>

98.9 Rewind Radio Events Calendar <https://989rewindradio.com/events-calendar/>

My Grande Prairie Now events calendar <https://www.mygrandeprairienow.com/community-calendar/>

There are events like Bryan Adams at Bonnetts Sep 14<sup>th</sup>, 2023

Mary Walsh at Douglas J Cardinal Theatre Oct 30, 2023

[Grande Prairie Museum](#) – One Stop Destination for Local History Closed Mondays

TOO many to include them all...so check out the calendars above for more local events.

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### Traditional Medicine Walk with Elder Lorraine Cardinal

The Grande Prairie Friendship Centre is hosting a Medicine Walk with Elder Lorraine Cardinal. There will be two sessions available on **Wednesday, September 6, 2023 at 10:00 am to 12:00 pm and 1:00 pm to 3:00 pm at Saskatoon Mountain.**

Everyone is welcome!

Meet at Saskatoon Mountain. Bring a chair. Please arrive before the start times.

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### GIRLZONE

**Event date: Saturday, September 9, 2023** Time: 9:30 a.m. to 5 p.m.

Come try new skills with your peers under the guidance of instructors at GirlZone!

**Participant requirements:** Girls ages 10 to 15

**Location:** Eastlink Centre and South Bear Creek Park including the pavilion and Bike Skills Park.

**Cost:** \$20 per person

**Pre-registration:** required, please see bottom of the page.

Lunch is provided and the price is included in the program fee. **View the [schedule here](#).**

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### HARVEST FESTIVAL

**Event date: September 16, 2023** Time: 12 p.m. to 5 p.m.

Our fall-themed Harvest Festival returns this year to celebrate the season!

**Location:** Muskoseepi Park green space. **Cost:** Free

**Activities:** Live music. Spirit and wine tasting. Pie eating contest.  
Hobby horse racing. Fall-themed games and activities. Bouncy castles.  
Petting zoo. Cultural dancing. [View on cityofgp.com](#)

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**Event date: September 23, 2023** Time: 10 a.m. to 5 p.m.

Come celebrate **Two Decades of Twin Ice** in recognition of the 20-year anniversary of the Twin Ice Arenas with a FREE community event!

**Location:** Design Works Centre. **Cost:** Free

**Activities** The event includes a free community barbecue starting at 11 a.m., while supplies last, and free activities taking place throughout the day including:

Colouring contest. Public skate and stick & puck times.

Visitors can try different ice sports including speed skating, sledge hockey and ringette.

Cookie decorating (while supplies last). Hockey skills competition.

Figure skating demonstration.

Grande Peace Athletic Club (GPAC) alumni hockey game beginning at 3 p.m.

[View on cityofgp.com](#)

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**Eastlink Centre aquatics area will fully close** to accommodate annual aquatics maintenance scheduled **from Sept 5 – Oct 22, 2023/**

[See more information in the Frequently Asked Questions here](#)

1. The biggest joke on mankind is that computers have begun asking humans to prove they aren't robots.
2. When a kid says "Daddy, I want mommy," that's the kid's version of "I'd like to speak to your supervisor."
3. I don't mean to interrupt people, but I just randomly remember things and get really excited.
4. I thought growing old would take longer.
5. It's weird being the same age as old people.
6. I'm at that delusional stage where I think everyone my age looks way older than I do.
7. Just once I want a username and password prompt to say, "CLOSE ENOUGH".
8. If I am ever on life support unplug me and plug me back in and see if that works.
9. Do you ever wake up in the morning, look in the mirror, and think, "That can't be accurate.?!"
10. I see people out there zip-lining and mountain climbing and here I am feeling good about myself because I got my leg through my underwear without losing my balance.
11. Last night the internet stopped working so I spent a few hours with my family. They seem like good people.
12. If Adam and Eve were Cajuns, they would have eaten the snake instead of the Apple and saved us all a lot of trouble.
13. We celebrated last night with a couple of adult beverages: Metamucil and Ensure.
14. You know you are getting old when friends with benefits means having someone who can drive at night.
15. Weight loss goal: To be able to clip my toenails and breathe at the same time.
16. Some of my friends exercise every day, meanwhile I am watching a show I don't like because the remote fell on the floor.
17. For those of you that don't want Alexa listening in on your conversation they are making a male version. It doesn't listen to anything.
18. Now that I have lived through a plague, I totally understand why Italian Renaissance paintings are full of fat people lying on couches.

We live on a  
blue planet  
that circles around  
a ball of fire  
next to moon that  
moves the sea.... and you  
don't believe in miracles?







Calling all puzzlers...stop in the Friendship room and help Get this puzzle completed before next New Years 🕒



To **THE GARAGE SALE TEAM** – for your leadership, your unflagging energy, your organizational skills, your dedication and your concern for our planet and community. THANK Y♥U !!!

To **THE VOLUNTEERS**: All those that greet and interact with the shoppers and donators that we meet over the week. There are the “movers and haulers” that pick up donated items. There was a strong core of volunteers that supported the Garage sale team by showing up to sort, price, organize, re-arrange; and set up. Once we opened then there are all those that keep the tables tidy and full, the cashiers that check the shoppers out, the folks that donated snacks to keep the workers energized. Finally when the doors close the clean up crew that sort and re-organize goods for distribution to various other charities in town by way of the movers and haulers that spread out all over town, . . . THANK Y♥U !!!

To the **COMMUNITY** for their support as donators, volunteers, and shoppers. We could not pull this off year after year without that support. THANK Y♥U !!!

Join us Sunday,  
September 10th for  
the Fall Start up of



All children infant  
to Grade 6 welcome!

Watch for Jr/Sr High Youth Group  
coming after Thanksgiving!

**Sunday Funday – St. Paul's Church Picnic – Intergenerational Event.**

**Sunday September 10, 2023 at 2:30 pm**

Swimming, games and gathering 'round the fire

Please bring some finger food and a drink. Bring your desire to have fun being active or by sitting and visiting (you may want to bring your favourite camp chair although there are many chairs available on site).

Hotdogs, maybe corn, coffee, and water will be available.

The pool (warm water and indoors) and hot tub are suitable for all ages.

Location – the home of Jarvis and Kim Dawson and now Martha and Leo. Located at 721038A Rg Rd 62 (also called 108 Street) approximately 2 kms north of the intersection of 132 Ave and 108 Street on the left or west side of the road. Look for the balloons. Call the Church office for further information. The washroom is four steps up but there is a ramp. The event will go rain or shine. Bring a friend, a neighbour, and your grandchildren. Martha and Leo are looking forward to welcoming you!

Save the Dates

**MINI CALENDAR** You can always check our church [website calendar](#) too

**Wed., Sept 6<sup>th</sup> – 1:30 pm UCW Meeting**

**Thu., Sept 7<sup>th</sup> – 11:30 am – 3 pm Open House at the Grande Prairie Friendship Centre**  
(Orange shirts for sale by local artist)

**Fri., Sept 8<sup>th</sup> – 9:00 am – 12 noon - 102 St Stitches** in the Friendship Room  
Join in the fun of a project of your own, or one on the go, bring your mending or just come and chat for a while.

**Sun., Sept 10<sup>th</sup> – 10:00 am Sunday School Kickoff Sunday**

**Sun., Sept 10<sup>th</sup> – Sunday FUN Day at the Dawson Property** – se details page .21

**Tue. Sept 12th - 7:00 - 8:30 - CGIT and Explorers - Registration Night**  
If you can't come on the 12th - you can register anytime. So join them any Tuesday evening in the St Paul's basement between 7 and 8:30. [View the poster for more details on this programs for all girls in Grande Prairie.](#)

**Wed., Sept 13th to Sun., Sept 17th - Women's Weekend at Camp Wohelo on Pigeon Lake.** Registration is now open. [Information poster can be found here](#)  
Registration deadline is Sept., 6, 2023. Make sure to claim your spot. Options for 4, 3, or 2 nights available - rates listed on the attached [registration form](#). We have recently learned that the future of Wohelo is uncertain, so there is a possibility this will be our last Women's Weekend at Camp Wohelo. We've chosen a theme of "Blast from the Past" and hope to spend some time reminiscing about past events and all the joy we've shared at Wohelo

**Thu., Sept 14<sup>th</sup> – 7:00 pm – Grande Prairie Museum** – Dr. David W. Leonard will be speaking on the history of Treaty 8 signing. For more information [visit the city website](#) or call GP Museum at 780-830-7090

**Thu., Sept 21<sup>st</sup> – 10:30 – 11:30 - Music Mornings begin again.**

**Fri., Sept 29<sup>th</sup> – 5:30 – 8:30 pm Pizza 'n' Ganes Night** in the Friendship Room

**Sat., Sept 30<sup>th</sup> – National Truth and Reconciliation Day (Orange Shirt Day)**  
**5K Run and Walk** – 9am Registration 10am Run / Walk Starts  
Please check out all the other events during the month on the [GPFC Newsletter on our website](#).

Watch for start dates and times for **Zoom Bible Study** in mid to late Sept. Looking at Tue. Or Wed. evenings?

**Sat., Oct., 7<sup>th</sup> – 5:00 pm - Naomi and Bev's Wedding**

**Sun., Oct. 8<sup>th</sup> 10:00 am Thanksgiving Sunday**

**Sun., Oct 8<sup>th</sup> – 4:00 pm Grande Prairie Care Centre** – Seniors Service all welcome to attend.

**Fri., Oct 13<sup>th</sup> – 9 am -12 noon setting up for Sale the next day.** (no 102 St Stitches in October)

**Sat., Oct. 14<sup>th</sup> – 10:00 am - 2:00 pm Crafters / Makers / Jewelry Sale and UCW Luncheon** – in the Basement  
Come and bring your friends to shop and have a bite to eat.

**Fri., Oct 27<sup>th</sup> – 5:30 – 8:30 pm - Pizza 'n' Games Night**

**Sun., Nov. 5<sup>th</sup> 6:00 pm – Pioneer Lodge Seniors Service**

No start date for choir as Alison will be doing pop up choirs rather than regular choir rehearsals watch for more details.

WEEKLY  
**Sun., 10 am – Worship in the Sanctuary**  
**Tue. 7:00 – 8:30 - CGIT And Exploders**  
**Thu., 10:30 – 11:30 Music Mornings**  
**Thu., 6:00 pm – Tai Chi – Large Basement**

The next newsletter should be out late October early November and the theme for Issue 6 will be:  
The United Church of Canada seeks to be a  
**church of communities united in daring justice**