



Greetings from First United Church

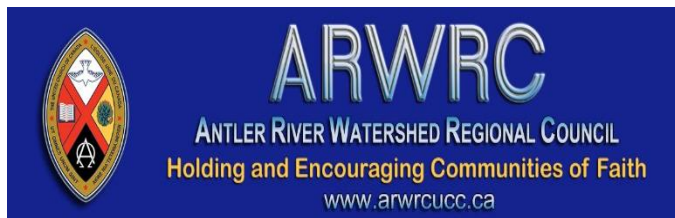
Don't forget to turn your clocks back Saturday night before you go to bed!



Families are invited to attend our family worship service **Sunday Mornings at 10:15 in the Assembly Hall at First.** We will be following all Co-vid guidelines and **parents & kids must wear a mask.** We are planning to have a lesson/scripture, video/activity, and a craft each week.

Please RSVP by emailing Karen Auckland at 27Swift@gmail.com or to answer any questions you may have.

See our website for more details!
<http://www.1stunitedchurch.ca/upcoming-events.html>



THIS SUNDAY

Join your Extended Family of United Church Folks (Antler River Watershed Regional Council) in a Special Virtual Service at 10am.

(This takes the place of the regular 10:30am Church Service)

Special guest preacher will offer reflection and the Celebration of New Ministries Service will include 1 ordination.

Here is the link to join:

<https://arwrucc.us20.list-manage.com/track/click?u=ee15470ca4eab124ea964929b&id=6bb182a52a&e=d0349e6078>

We hope to see everyone there!

**First Church will not be open/streaming on Sunday*



Happy birthday this week to:
Brooke Kewley, Lois Whiteman, Bill Turvey, June Harris, Noah West.

Have a fantastic week!



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Monday @ 10:30am

Continuing our exploration of Meditation and Mindfulness we are introduced to Ignatius of Loyola. This 20 minute documentary of an early founder of Meditation practice known as the Examin which is a simple way of praying over our day. While not specifically related to trauma as we've been talking about for the last few weeks, it is a practice that helps us get in touch with God's presence in our lives each day which was the hallmark of Christian life for Ignatius. I think you'll find this 20 minute bio of him very rooted in human life, so influential in Christian Spiritual Formation, and you may understand why people came to love him so deeply.

Here's the link to 20 minute Video:
<https://www.youtube.com/watch?v=lehPjhAky6E>

Here is the actual practice of the Examin. Try it daily or just once before we meet on Monday! You may want to use your settings to reduce speed to .75% it will make the 5 minute video about 8 minutes. Its very good!

<https://www.youtube.com/watch?v=pDQgjzJINdk>

Youth Group at First United!

Wednesday, November 4
from 7 -8pm



Youth from all churches are welcome!
(There is an ONLINE option – for more info, contact Chris Ross)

We hope everyone is well.
If there are any needs you have for groceries or a conversation, please contact the office to let us know.
We have people who are eager to help.





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2nd Online Blind Auction!

We invite you to donate your time, talents & treasures to make this Auction a HUGE Success! We hope EVERYONE will participate!

(The Auction is open to everyone, donations will be accepted from those outside the First Church Family as well!)

Items must be new or in like-new condition.

Donation ideas

- * Gift Cards
- * Family Movie Night basket
- * Snack Basket (granola bars/snacks)
- * Homemade pie(s)
- * Homemade Meal delivered to home for family of 4
- * 1 dozen homemade cookies every month for a year
- * Jewelry
- * Lottery ticket arrangement in vase
- * Coffee or Tea Lovers gift basket
- * Birds lovers basket (seed, bird feeder)
- * Dog/ Cat lovers basket (treats, toys)
- * Wine lovers gift pack
- * Assortment of baked goods
- * Local brewery Tour/Tasting
- * Food

Continued...

- * Christmas cookie boxes
- * Squares
- * Hand crafts
- * Christmas crafts
- * Children's activity gift basket
- * Family Mystery Box
- * Sock gift basket
- * Hot Chocolate Gift Basket
- * Hand sanitizer/soap gift basket

Deadline for submission of donations is maximum, Friday, November 6, 7 pm.

Please email all donation information to Sherry Johnstone
sjohnstone1959@gmail.com

For more information, see the Auction Announcement on our website!
<http://www.1stunitedchurch.ca/upcoming-events.html>

Coming Soon...

Confirmation

with Rev. Paul (Central)
assisted by Rev. Daryl (First).

Contact the Church Office or Rev. Daryl if you are interested in participating.



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Due to Covid-19 we are unsure of when we will be able to host another **Rummage Sale**. We ask that **NO items be brought to the Church** as we don't have the space to store them. Thank you.



If you would like to sign up to help with worship leadership please send an email to your church office.

We are in great need of volunteers to read scripture or offer as worship host.



We're looking for donations of **outdoor LED lights** or **outdoor extension cords** for an outdoor Christmas light display.



Contact Lori in the Church Office if you can help! Thank you!

Autumn Word Search

B U G U N T L C Z M A D A O F
M Q A E A T Y I Q U R P E A L
E T A U H S P S T K P E M G F
A C N A N A N U E L O I W N E
Y J N Z Y R M I E R L I G F T
S K G V O N D C P Y O G Z U A
S M X C M Y I D S U X M B V T
H Y A K S D S C D A M O S E X
J E R Q E H A G B L E P U C U
C K G R L R W S I L M A K S W
K R U X E J I K K E B V E I J
J U M C V V D D C A O Q S P N
S T R K A C D P D V T J O S X
O O B O N F I R E E L U T A I
W E D I R Y A H R S S O M D U

ACORN	FAMILY	SCARECROW
APPLE CIDER	HAYRIDE	SMORES
AUTUMN	LEAVES	TURKEY
BONFIRE	PUMPKIN	THANKS

