



Greetings from First United Church

Thank you to everyone who participate in the Fall Food Drive!



We were able to deliver to car loads of food items as well as \$492 to the St. Thomas Elgin Food Bank! Thank you for sharing!



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 27Swifty@gmail.com or to answer any questions you may have.

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



We continue to meet online Sundays at **10:30am** for our Joint Worship Service with our own First family, as well as friends from Central, St. Andrew's & New Vision. **We'd love it if you joined us - even if you've never done so before!** This new season is a great time to connect with your faith community and our friends from other United Churches in St. Thomas (link to join is included in the weekly email).

Also, our sanctuary is open with 28 spots available. Please RSVP if you are planning on attending in person (email office@1stunitedchurch.ca or call 519-631-7570 x21 & leave a message)

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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Coffee & Conversation Time Monday @ 10:30am

Last week we spoke about solitude as an opportunity to speak with our old trauma and find a closer measure of healing. In our conversation we spoke about the ancient Christian practices of solitude and meditation. There are many! One form of Spiritual meditation in Christian tradition is contemplation through art. This week's video is about the process of praying over and creating art. Anyone can use this as a way to deepen our awareness of the Divine. Watch it early this week and share what you learned at coffee, or just share what you saw in the video.

<https://www.youtube.com/watch?v=VKiEpVfrJ7w>

You may also take any picture and pray over it using the following exercise. Here are a couple to go along with this week's scripture Matthew 22:34-46



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INSTRUCTIONS FOR VISIO DIVINA

Visio divina is a form of divine seeing in which we prayerfully invite God to speak to our hearts as we look at an image. As you gaze at an image, you will be offered some questions for silent reflection, some of which may speak to you, while others you may choose to ignore. At the end of the visio divina, you will be invited to share a word or phrase to express your experience of the image.

As you gaze at the image, notice your breath and your body.

Read Matthew 22:34-46 slowly a couple of times.

Simply be present to the image and allow it to speak to your heart, without any particular agenda. It might speak to you in words or wordlessly.

How do you feel looking at the image?

If you had to describe the image in a sentence or two silently to yourself, what would you say?

If you were in the image, where would you place yourself ?

Do you get a glimpse of the sacred from this image? Is God speaking in the image about the scripture?

In silence, sit with what you have received.

If you choose, share aloud a word or phrase to express your experience of the image at coffee time.



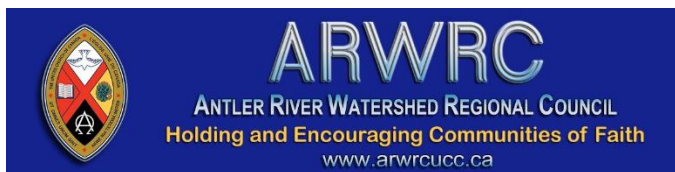
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Youth Group at First United!

Wednesday, October 28
from 7 -8pm



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



Join your Extended Family of United Church Folks (Antler River Watershed Regional Council) in a Special Virtual Service on Sunday, November 1 at 10am.

(This will take the place of the regular 10:30am Church Service that day)

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

A link to the Worship Celebration will be included in next week's Weekly Update email.



An Update Email was sent out last week with all the information for our **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

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- * Food
- * 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 Classes
 with Rev. Paul (Central)
 assisted by Rev. Daryl (First).

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



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!