



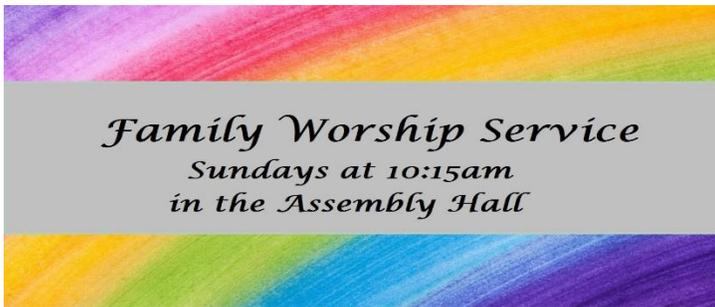
Greetings from First United Church

Celebrate!

Happy birthday this week to: Elly Jackson, Treana Fellows, Barb Watterworth, Lillian Anderson, Kim Hughson & John Anderson.

Happy Anniversary this week to: Jeremy & Rachel Gorman, Bert & Betty Lou Donaldson, Noel & Gerdy MacKay, Arnold and Natalie Catt.

Special Anniversary Wishes go out to Rev. Daryl & his wife Lynn who celebrate their 20th Anniversary on Tuesday!



Family Worship Service
Sundays at 10:15am
in the Assembly Hall

ATTENTION: Church School Families

An email was sent to church families last week, inviting **Families** to attend our family worship service beginning this **Sunday, October 4 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.**

If you want to participate but do not feel comfortable attending in person, please contact Karen, and she will deliver to your home, a packet of materials for your children to complete at home. These activities follow the children's time lesson being offered during our regular virtual service.

Many thanks to Central United for sharing these packets with us!



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.





Greetings from First United Church



Coffee & Conversation Time
Monday Mornings at 10:30am
(link to join is in the weekly email).

This week we'll listen to an audio interview between Krista Tippet (Onbeing.com) and author and therapist Resmaa Menakem. It is an hour long but listen for as long as you are able. It is very worthwhile!

Here is the introduction that Krista offers:
The best laws and diversity training have not gotten us anywhere near where we want to go. Therapist and trauma specialist Resmaa Menakem is working with old wisdom and very new science about our bodies and nervous systems, and all we condense into the word "race." Krista sat down with him in Minneapolis, where they both live and work, before the pandemic lockdown began. In this heartbreaking moment, after the killing of George Floyd and the history it carries, Resmaa Menakem's practices offer us the beginning to change at a cellular level."

Please join us for coffee and invite someone who is wrestling with trauma of various kinds and racial trauma specifically.

Here's the link:
<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>



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.

Youth Group Service at First United!

Starting next week...
Wednesday, October 7
from 7:00 - 8:00pm



Youth from all churches are welcome!
(There will be an ONLINE option)



Greetings from First United Church



You are invited, if you are able, to drop off items for the St. Thomas Elgin Food Bank in our Church Parking lot **on Saturday, October 17 from 10:00am-1:00pm** (Safe Porch pickups are also available during this time, if necessary – please message the church)

This is a SAFE, SOCIALLY DISTANCED Food Drive - you drive up, take your groceries out of your car and place them in the designated area. (Volunteers present to supervise)

Thank you for helping us to help stock the shelves at the Food Bank!

Here is their Grocery Item Wish List:

- *Full-size Juices & Juice boxes
- *Pudding cups
- *Peanut-free snacks for children
- *Snacks bags (baggies)
- *Pasta Sauce
- *Canned Pastas (Alpha-getti, Zoodles, Ravioli, etc.)
- *Canned Soups, Stews & Chili for single clients
- *Kraft Dinner/Mac'N Cheese/Sidekicks
- *Fresh potatoes, onions & apples, etc.



For Monetary donations to the Food bank:

- *via Canada Helps online
<https://www.canadahelps.org/en/charities/st-thomas-elgin-food-bank/>
- *Cash
- *Cheques (St. Thomas -Elgin Food Bank)
- *Grocery gift cards

(Cash/Cheques/Gift Cards can be put through the Church mail slot - Curtis Street door, south west corner of the church - or brought the Food Drive).



Remember!
Our 2nd Online Auction is Fast Approaching!

You are invited to start thinking about what you can donate to make this Auction a HUGE Success!

We hope EVERYONE will participate!

You can donate items, time, talent or service for this auction.

(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
- * Garden lovers basket
- * Lottery ticket arrangement in vase
- * Coffee or Tea Lovers gift basket



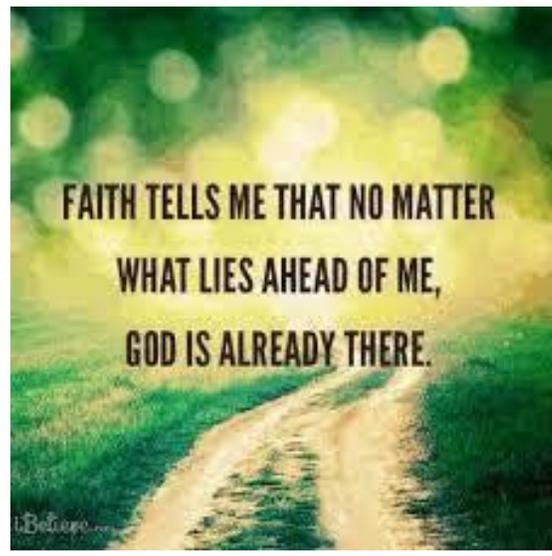
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[Auction continued...](#)

- * *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*
- * *Christmas cookie boxes*
- * *Squares,*
- * *Hand crafts*
- * *Christmas crafts*

[Deadline for submission of donations, at latest, is Friday October 23, 7 pm.](#)

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



Coming Soon...



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

