



Weekly Update from First – September 9/21



**THIS SUNDAY at 10:30am**

**We invite you to return to in-person  
Worship at First Church!!**

**Safely, with social distancing & masks must be worn in the building.**

**Please enter through the Accessibility Door off the parking lot.**



**welcome**  
— B A C K —



**Rally Day will have a CAMP theme. Join us for stories, a campfire & crafts.**

**Following Worship we will have individually wrapped Ice Cream for everyone to celebrate!**

**As well, you can tour our revamped facilities - new paint, new flooring in the kitchen, new shrubbery, etc., etc. etc.**

**See you there!!!**

**You can still join us for Worship online as well:**

**<https://www.youtube.com/watch?v=Z45boaBA3sQ>**



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## IMPORTANT INFORMATION ABOUT



Our Shared Sunday Worship format has changed a little bit... Here's what you should know about Sunday Mornings going forward!

You are welcome to attend in-person at First Church – still 10:30am!

Please enter through the Accessibility door in the parking lot.

Our Music Ministry (by Jody 😊), the Opening & Announcements and the Prayers (as well as other aspects) are the responsibility of each Church.

The Family Worship Time (children's time) and the Message are shared between Central & First.

Church School is not shared, but we share the curriculum.

The Congregations and Church Schools will follow the same themes.

We are experimenting with the format and the technology. The service will be tweaked as we learn and grow. This is in preparation for sharing Ministry staff with Central UC.

We are so excited to share all of this with you!! See you Sunday!

Worship will still be offered Online for those who can't attend in person.

## Coffee & Curious Spirituality



**Monday 'Coffee & Conversation' returns as 'Coffee & Curious Spirituality' Monday, September 13th @ 10:30am**

Welcome back to a new season of 'Coffee & Curious Spirituality'. A new title that seems to be more true to the content of our videos and conversations!

This week we are introduced to Brene Brown who has spent 2 decades learning and teaching about belonging and shame in the human journey. Here Brene and Marie Forleo discuss Brene's new book called *Braving the Wilderness*. A perfect fit for our Sunday Morning Gatherings theme of Wilderness and a precursor to our Book Study with Susanna Suchack, "Braving the Wilderness".

All who can get connected are welcome to join us Monday mornings at 10:30am online. <https://meet.google.com/pjg-zbez-nax>

Here is the 30 minute video. You will enjoy it! Do bring a cup of java! <https://www.marieforleo.com/2017/09/brene-brown/>



Please help the people of Haiti. Make a gift today. [united-church.ca/social-action/act-now/earthquake-haiti](https://www.united-church.ca/social-action/act-now/earthquake-haiti)  
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Happy Anniversary to:

Nancy & Dave Copeland



Happy birthday to:

Liam West

Marion Bennell

Elfriede Atcheson

Sadie Whitman

Amanda Elford

Riley Buchanan



**Join Members of Central United for a bike ride! Starting this Monday at 6:30pm**

**Meet at Central's parking lot (off Moore Street) and then go for a leisurely bicycle ride around the paved paths of St. Thomas.**

**All ages are welcome. For more information contact Cathy @ Central's office (519) 631-3503.**



**Chess Club at Central United Church  
All welcome!**

**Wednesday evenings from 6:30-8:30pm  
in the Fellowship Hall**

**Call Cathy in Central's  
Church Office for more  
Information!  
519-631-3503**



Youth Group meets  
at First Church on  
Wednesday evenings  
from 7-8:15pm.

All Youth are welcome!

Youth Group Leader: Chris Ross



If you feel like you are traversing a wilderness and want to share with others how to find courage and belonging in this scary time, please join Susanna Suchak in the Fall (well after Labour Day) in an online book study of Brené Brown's book, ***BRAVING THE WILDERNESS***.

You could form your own group and gather together to participate in the discussions with others who are also venturing into new territory as we reopen our churches.

Sneak peek here:

<https://brenebrown.com/blog/2017/09/07/braving-the-wilderness-excerpt/>

There will be activities (mere suggestions) as well as discussions, so put on your best pilgrim gear and take a chance...

Curious, but still wondering exactly what this might look like, email susanna suchak – [susanna.suchak@gmail.com](mailto:susanna.suchak@gmail.com) to ask your questions.

