



Weekly Update from First – September 16/21

IMPORTANT INFORMATION ABOUT



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 & 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!

Here is the link to join online for this Sunday, September 19:

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



'Coffee & Curious Spirituality' Monday, September 20th @ 10:30am

We didn't get to this last week so...

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/>

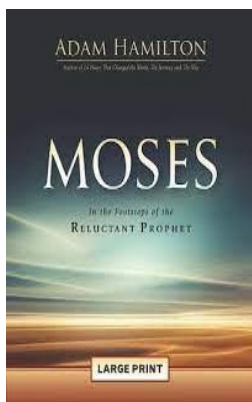
Happy birthday to:

Shelley West
Hunter Beamish
Debbie Traichevich
Allan Hughson
Ann Munroe
Vincent Elford
Carolyn Johnson





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Join members of Central UC for: **“Moses, In the Footsteps of the Reluctant Prophet”** is a 6-session bible study exploring Moses’s journey and what that means in our lives today.

Afternoon sessions: Pinafore Park (across from the main washrooms) starting Wednesday September 22nd at 1 pm. If able, bring a lawn chair, bible and paper or electronic

device for journaling. A study guide is available as well.

Evening sessions: Please contact Kathryn Fletcher at fletcherfamily@rogers.com or 519-633-1902 to consider a suitable night or if you have questions.

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 to ask your questions.

