**SPA Events - YOGA –** Gentle Yoga for all levels of experience. Every Friday morning 9-10 am.

$15. Drop in, 10 sessions $10. Each

For registrations and more information

visit [www.abbyspa.com](http://www.abbyspa.com)

**Meditation & Mindfulness Classes**

Wednesday Afternoons 12:15 – 1:00pm.

Join Brandi Matheson for a 45-minute session for mindfulness and meditation. Develop practices to find peace and wellness in your life. Each class includes, an opening/closing practice, talk/discussion about mindfulness/meditation practices and how it relates to everyday life.

**“New Seeds of Contemplation"**

**Date:  October 26th, 2019 - 10 AM to Noon
Presenter:** Professor Ron Dart. - Fee: $10.

This workshop will focus on Thomas Merton's preeminent work which was first published in 1961. This book seeks to awaken the dormant inner depths of the spirit so long neglected by western people.

# Silent Day (Full Day) - October 26 – 9:30 am - 4pm

**Date:**October 26, 2019

**Time:** 9:30 AM - 4:00 PM

**Location:** SPA Facility, 33737 George Ferguson Way, Abbotsford. Upstairs in the Conference Room.

**Presenters:** Brandi M. and Dee M.

**Cost:**$65.00

Experience the nourishment that comes from prolonged silence and stillness in this full-day mindfulness and meditation retreat. This retreat is designed for all levels and includes instructions and guidance throughout the day on various meditative/contemplative practices including; walking, seated/lying down, and loving-kindness practice, as well as prolonged periods of silence for deeper introspection.

Time will be given before the end of the retreat to reflect and ask questions. Various props (including chairs) are available for use.

For more information about the program, the leaders and to register at information

visit [www.abbyspa.com](http://www.abbyspa.com)

**TRINITY MEMORIAL UNITED CHURCH**

**33737 George Ferguson Way, Abbotsford, BC**

**ANNOUNCEMENTS**

**October 20, 2019**

Welcome! If you are visiting, please sign our guest register.

If you are looking for a church home, fill out an “Information” card found in the pews and deposit it in the offering plate.

Contact Information: Phone 604-853-2591

E-mail Office: tmucabb@gmail.com

Minister: ministertmuc@gmail.com

Website: [www.trinitymemorialuc.com](http://www.trinitymemorialuc.com)

**Scripture Readings for Sunday, October 27, 2019**

Joel 2:23-32, Psalm 65 (VU pg 782-783),

 2 Timothy 4:6-8, 16-8, Luke 18:9-14

**Youth Group Sunday Evenings**

Next Meeting Tonight, October 20th at 6 pm. Heather Autio and Rev. Bill are hosting our youth group program this year.

Youth group is for youth 12 to 18 years old are welcome.

**Affirming Team**

There will be a short Affirming Team meeting after worship today at

 11:30 am.

Board Meeting

Thursday October 24TH at 6 pm in the Lounge

**Greetings Friends,**

 We have a new covenant to celebrate in the Fraser Valley. The Rev. Kirstin Autio will be covenanting with Carman United Church and The Pacific Mountain Region.

 October 20th at 3pm - Carman United Church

7258 Vedder Rd. Chilliwack B.C.

**All are welcome to come and share in this covenant!**

**All Saints Day**

On Nov 3rd, we are acknowledging

all Saints Day. Each year we light a candle in remembrance of those in our extended church family who have passed in God’s full presence. If you have lost a loved one these past 12 months and would like a candle lit in their memory, please send their names to the office at tmucabb@gmail.com or call 604-853-2591.

We will be sending letters of invitation to families for whom we hosted a memorial since last Nov 1st.

*God embraces us all with everlasting love.*

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Thank you to everyone for your generosity who donated canning jars. Now, we have enough and no more are needed.

**Christmas Fayre**

 Christmas Fayre, Saturday, November 16th from 9 am – 1 pm. Pancakes and sausages will be served from 8 am – 10 am, Community Coffee will be 10 am – noon, and Lunch will be 11 am – 1 pm.

Donations appreciated: cookies for the Cookie Walk, Christmas baking, Christmas treasures**, jewelry, teapots and teacups & saucers,** and handicrafts. New donation requests for 2019 are packaged items for hostess gifts, teacher gifts, Christmas favours, etc.**Please give your jewelry donations to Joanne Craven and give your teapots and teacups & saucers to Mary Turner by Nov 3rd.**

For the craft table, please provide a list of your donations with suggested prices.  It would help if you were to notify Marcia Smith (604-504-881)  before the sale, so we can set up a suitable area for display.

 **Thank you so much!** 

Let’s fill the lower halls with FUNdraising! All support is greatly appreciated ... contact Marcia for more information [604-850-5535].

 **UPCOMING EVENTS**

**Sunday, October 20**

Worship Service at Trinity 10 am

 Affirming Team Meeting 11:30 am

TMUC Book Study @11:45 at Sip-Chai Restaurant

Youth Group 6 -8 pm

**Monday, October 21**

Prayer Group 9:30 am in the Retreat room

 **Wednesday, October 23**

 Bible Study 10 am in the Lower Assembly

SPA Mediation & Mindfulness 12:15 – 1:00 - Upstairs

T**hursday, October 24**

Starfish Backpack Program 9:15 in the Church Hall

Board Meeting 6 pm in the Lounge

 Choir Practice 7 pm

**Friday, October 25**

SPA Yoga 9 - 10 am Upstairs

**Saturday, October 26**

SPA Silent Retreat 9:30-4 - Upstairs

Community Coffee Time at Trinity 10 am

**New Seeds of Contemplation Course – with Ron Dart**

10 AM to Noon - Lower Assembly

Youth Group 6 -8 pm

**Sunday, October 27**

 Worship Service at Trinity 10 am

 TMUC Book Study @11:45 at Sip-Chai Restaurant

Youth Group 6 -8 pm

**Monday, October 28**

Prayer Group 9:30 am in the Retreat room

**Wednesday, October 30**

 Bible Study 10 am in the Lower Assembly

SPA Mediation & Mindfulness 12:15 – 1:00 - Upstairs

SPA Enneagram Workshop 6:30 - 8:30 PM - Upstairs

**Thursday, October 31**

Starfish Backpack Program 9:15 in the Church Hall

 Choir Practice 7 pm

**Friday, November 1**

SPA Yoga 9 - 10 am Upstairs

**Saturday, November 2**

Community Coffee Time at Trinity 10 am

**Sunday, November 3 – All Saint’s Day Service**

 Worship Service at Trinity 10 am