St David's United Church
Feb 3 Newsletter
www.sduc.ca

Growing & Deepening our Lives in an Affirming and Inclusive Community

Upcoming Events

February 6
Healing Touch
7:00 pm

February 8
Youth Group
Games Night
6:30 pm

February 17
Guest Speaker:
Brenda McQueen
from McDougall
Stoney Mission
Society

HEALING TOUCH:

- Healing Touch meets the first Wednesday of every month (unless otherwise specified)
- Appointments must be booked with the church office. We no longer accept walk ins
- When booking an appointment, you cannot book for other people, you must only book an appointment for yourself.
- Appointments are 30 minutes in length and begin at either 7:00 or 7:30.
- We have capacity for up to 3 people in the same time slot
- When arriving for your appointment, you must use the buzzer and state your name and appointment time.
- Payment is welcome in the form of donations.

Youth Cross Cultural Temple Tour

Who: Youth and others who would like to attend
What: Cross Cultural Temple Tour
Where: Guided visit to a Muslim Mosque, Sikh Temple, Hindu Temple, Buddhist Temple and an ethnic lunch
When: Saturday, March 2nd from 10:00 am – 3:00 pm
Why: To explore other faiths and to uphold the United Church's call to be open and respectful of diversity
Cost: SDUC Youth - $30.00 (we will pay $39.00 of youth costs), includes lunch
Parents - $69.00, includes lunch

To confirm your spot, please make a deposit of $30.00 to Alison by February 3rd.

Healing Touch

Level 1 Course

March 2 & 3
9:00 am to 6:00pm
$497

Contact office for a brochure

SPRING FOREST QIGONG

Bring in the New Year
with a meditative practice that will enhance
your mental and physical well-being.

The focus is on breath, movement and visualization while listening to soothing music.

Who:	You of course!
What:	Qigong (pronounced chee-gong)
Where:	Tatanga Mani (TM Room) St. David's United Church
When:	Wednesdays from 9:30 - 10:30 am

This practice is for everyone and may be done sitting or standing.

Coffee & Muffin

In the foyer of St. David's from 7:00 am to 2:00 pm on Feb 21

Everybody welcome!!!!

SPRING FOREST QIGONG

Level One for Health

Explore the wonderful world of Qigong!

Start the New Year on a positive note with an impactful practice that will make a difference in your life!

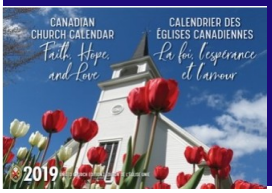
What:	Qigong – Level One for Health
When:	Friday, February 8, 2019
Time:	9:00 am – 5:30 pm
Where:	Tatanga Mani (TM Room) St. David's United Church – 3303 Capitol Hill Crescent NW
Who:	Janice Rider, Certified Trainer/Practitioner
Cost:	$149 USD
Register:	Go to www.springforestqigong.com and click on *Event and Services* or phone *1-952-593-5555*

If you have questions about the course, phone 403-239-2478 or email janicenrider@gmail.com.

WANTED: Administrative Assistance Coverage

We are looking for somebody who may be interested in learning the ins and outs of the office administration position. This will be a paid, casual position for office coverage at times when Chantal is out of the office and other office coverage is not available. If interested, please contact Chantal in the Church office.

United Church 2019 Calendars



Proceeds go to St. David's
Available now in the
Church office. 15/each

LET'S LEND A HAND

As a New Year begins we endeavor to become a more caring and connected church community. If you are aware of a member who is ill or needs assistance, please inform the church office so that we may offer our support.

Also, if you know someone in our congregation who has difficulty getting to church, perhaps you could offer them a ride on Sunday. Due to insurance reasons St. David's is unable to establish a more formal ride sharing service, so it's up to us to lend a hand!

Your assistance is greatly appreciated!

St David's Pastoral Care Committee