WEEK AT A GLANCE: October 8 - October 14, 2023

Sunday	Service - Pastor Anne Telford	10:00 a.m.
	Service Assistant: Lynne Tedder	
	Scripture Reading:	
	2 Corinthians 9: 6-15	
	Luke 17: 11-19	
Tuesday	Bible Study	2:00 p.m.
	Worship and Ed	7:00 p.m.
	Finance	7:00 p.m.
Wednesday	Games	1:00 p.m.
Thursday	Ladies' meal out - Capital Pizza	Noon
	UCW - Kitchen	1:00 p.m.
	Ladies - Rundle Mission Wknd	1:30 p.m.
	meeting	
	-	

WEEK AT A GLANCE: October 15 - October 21, 2023

Sunday	Service - Pastor Anne Telford	10:00 a.m.
	Service Assistant:	
	Pam Sutherland	
	Scripture Reading: TBD	
Monday	Genesis	6:00 p.m.
	U.I.B.	7:00 p.m.
Tuesday	Council	7:00 p.m.
Wednesday	Broadview	10:30 a.m.
	UCW General	1:00 p.m.
Thursday	Prayer Shawl	1:30 p.m.
Friday	Youth Group	5:00 p.m.

SUNDAY SERVICE PARTICIPANTS: Oct. 8, 2023

Service: Pastor Anne Telford Service Assistant: Lynn Tedder

Music Ministry: Margaret Mitchell, Holly Parker &

Genesis Ringers, Amy Bautista & Choir

A.V. Technicians: Wade Hayden, Lionel Larcombe, Ken Hutchinson, Troy Sartison and Luke Sartison

Grapevine: October 8, 2023

PASTOR ANNE TELFORD: 780-458-8355

Cell: 780-938-8981

Thursday October 10: 9-10:45 a.m. and 1-3:30 pm. Please drop in for a visit during those hours. anne telford@hotmail.com

LAURIE SYMBALUK (Office Administrator): 780-458-8355 office@stalbertunited.ca

Kevin Sundquist (Church Treasurer) treasurer1@stalbertunited.ca

DONNA GRAHAM (Organist/Accompanist) donnalynngraham@gmail.com

MARGARET WARD-JACK (Music Director) wardjack@shaw.ca

ROBERT POIRIER (Property Contact) (587) 337-4256 properties@stalbertunited.ca

Outreach is looking for books!

Donate your recently published novels for our annual book sale **to be held on ovember 4**. Leave them in the cloak room at your convenience. Thank you so much!

THIS Sunday, October 8, is Thanksgiving Sunday.

We would like to create a cornucopia display for the front of the sanctuary with your help. If you are able, please bring food items to be part of the display and later donated to the St. Albert Food Bank. Suggested donations include: canned fruit, meat, fish, soup, milk, tomatoes, or vegetables; powdered milk; cereal; coffee; tea; crackers; flour; fruit & pudding cups; jams; juice boxes; pasta & pasta sauce; salt & pepper; sugar; rice; tomato paste; personal care items. Thank you, Ministry of Worship & Education Committee

SEEPEETZA

The novel, My Name Is Seepeetza is more than a mere expose. It is also a vehicle for healing for both author Shirley Sterling, and readers. Sterling was able to transfer the emotions of residential school experiences into language - something that many former students were unable to do. She helps those readers distance themselves from their pain. When traumatic feelings become text, they can be examined and understood and, consequently, their power to cause pain is diminished. Sterling attended the

Kamloops Residential School. Source: "Taking Back Our Spirits" by JoAnn Episkenew Living Into Right Relations (LIRR)

Time is running out to get your tickets!!! only 2 weeks left. Tickets are on sale at the office.

Harvest Dinner is back!!
October 22, 2023
\$49.00 per person

Tickets will be on sale every Sunday after church and at the office during regular office hours.

We are **ONLY selling 150 tickets**, so get yours while they last!!

We have secured a wonderful catering company called "Elegant Affairs" and an amazing live band "Sugar Time."

There will be a balloon game with gift cards to be won and a wine game.

Anyone willing to donate bottles of wine and or a gift certificate for this event would be greatly appreciated. (Drop off at the office).

Should you have any questions please contact:

Laurie Symbaluk: 780-458-8355



Meeting for the Ladies

We are having a follow-up meeting for our Rundles Mission Ladies Weekend on Thursday, October 12th @ 1:30. Please join us as we evaluate the past & possibly decide the future of this marvellous gathering.

Anne's Pastoral Care Thoughts for October 2023

What comes to my mind when I think of the month of October is Thanksgiving. I wonder what comes to your mind?

The thought of Thanksgiving brings up many aromas and thoughts in my head. The smell of turkey, roasted vegetables and always pie, and having my family all together to spend a couple of hours.

In the past couple of years, I have changed the word Thanksgiving in my own mind to using the word Thanks living. Take out the g and put in the letter s and l.

What did change for me was a purposeful way to express my Thanks throughout the whole year and not just on one weekend in a year. As I live my life, if I can be thankful and give thanks to God for whatever life brings me, my attitude changes and stress and worry seem to leave my body.

Joyce Rupp says it well for me in a writing she entitled:

Gratitude

To be grateful for what is, instead of underscoring what is not.

To find good amid the unwanted aspects of life, without denying the presence of the unwanted.

To focus on beauty in the little things of life, as well as being deliberate about the great beauties of art, literature music and nature.

To be present to one's own small space of life, while stretching to the wide world beyond it.

To find something to laugh about every day, even when there seems nothing to laugh about.

To search for and to see the good in others, rather than remembering their faults and weaknesses.

To be thankful for each loving deed done by another, no matter how insignificant it might appear.

To taste life to the fullest, and not take any part of it for granted.

To seek to forgive others for their wrongdoings, even immense ones, and to put the past behind.

To find ways to reach out and help the disenfranchised, while also preserving their dignity and self-worth.

To be as loving and caring as possible, in a culture that consistently challenges these virtues.

To remember to say or send "thank you" for whatever comes as a gift from another.

To be at peace with what cannot be changed.



Happy Thanks

living

LADIES MEAL OUT These are the dates!

- October 12, Thursday, 12:00, Capital Pizza
- November 1, Wednesday, 12:00, Capital Pizza
- November 27, Monday, 9:30, Socrates
 December no meals

You are invited out for a meal and a fun-filled visit, and maybe make a new friend or two!

BROADVIEW DISCUSSION GROUP OCTOBER 18, 2023

Wednesday 10:30 a.m. All Are Welcome

Page 16: Moment of Truth

Page 20: Reasons to Stay

Page 27: Unsung Heroes

Page 34: Canada's Big Gamble