

The St. Paul's Page

St. Paul's United Church
11526 76 Avenue NW
Edmonton, Alberta T6G 0K7

Theological Banquet: Ecumenicals
October 13th, 2024

Sunday morning worship services begin at 10:30. Worship services are also live-streamed and uploaded for later viewing [here](#).

If you are joining us for the Sunday worship online, please see our [service bulletins](#). Alternatively, the QR code can be scanned to view the bulletin for this week.



Harvest of My Heart

When I pause to happily gather
The produce of my inner garden
Everything that yields abundance
Holds your flavor, scent, and shape.
The recognized fruits of daily effort,
The results of faithful discipline,
The increasing growth of healthy habits,
And the tender ripening of virtues,
All this comes from your grace,
From you, Harvest of My Heart.

Today: I collect my inner harvest with gratitude.
from *Fragments of Your Ancient Name* by Joyce Rupp

ACTIVITIES AT ST. PAUL'S OCTOBER 13 - 20

SUN 10.13	10:30 am	Sunday Worship Theological Banquet: Ecumenicals	Rev. Anna Constantin
MON 10.14	5:00 pm 7:00 pm 7:00 pm	Moxy B Studio AA Support Group A Joyful Noise Choir	Foote Auditorium Bentley Room Foote Auditorium
TUE 10.15	7:00 pm 7:30 pm	Tai Chi Nar Anon Support Group	Foote Auditorium Bentley Room
WED 10.16	9:30 am 7:30 pm	Staff Meeting Choir Rehearsal	Friendship Room Sanctuary
THU 10.17	9:30 am 5:00 pm 7:00 pm	Quilting Group Moxy B Studio Tai Chi	Foote Auditorium Foote Auditorium Foote Auditorium
FRI 10.18	1:00 pm 5:00 pm	Belgravia Bridge Club Social Justice Committee	Friendship Room Upper Hall
SAT 10.19	8:00 am 10:30 am	Social Justice Committee Braille Tones	Upper Hall Foote Auditorium
SUN 10.20	10:30 am 12:00 pm	Sunday Worship Celebration of Theological Banquet Potluck	Rev. Jordan Cantwell Foote Auditorium

We continue our study of the different ways we live out our faith in the church and the world using the metaphor of the **Theological Banquet** based on Janet Gear's book, *Undivided Love: Navigating Landscapes of Living Faith*. Please join us at

9-10 am on Sunday mornings in the Library October 20th
Wednesdays 1:30-2:30 October 16th via zoom. **Please join us when you can!**

You can contact the office to receive the zoom link. Please contact Rev. Anna for any questions or if you would like to purchase a copy of the book. Reading the book is optional for this study.

The Newcomers conversation group is meeting every other Sunday at 11:50 in the Bentley room. Upcoming dates:

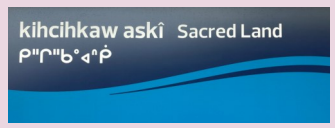
• **October 6, October 20, and November 3**

You do not need to be a newcomer to participate. This is a great way to learn about and get to know one another. Everyone is welcome.



Join us October 27, 2024 as Lewis Cardinal leads an interpretive walk to kihcihkaw aski ikwc.org the Indigenous Knowledge & Wisdom Centre located on Fox Drive. You are most welcome to bring a bag lunch and a water bottle and meet us at St. Paul's (11526 76 Avenue) at noon. For those who may be driving, a map will be posted in the

Friendship Room; smaller versions are available to go. More information TBA.



Do you prefer having coffee and tea in the Friendship room or downstairs in the auditorium?

Advantages of having it in the Friendship room include everyone is close when the service is over, access to the library, easier if someone is watching for a ride. Some of the disadvantages can be it is crowded, noisy and you have to protect your cup if you get jostled. Some may decide to go home rather than come downstairs.

Downstairs is spacious, we can set up tables and chairs providing a place for those who wish to sit down, that may encourage longer conversations and easier for the Welcome team to serve.

We will be asking for your opinions in the next weeks.

Pot Luck Celebration October 20th

From Rev. Anna: Following the positive response to the Theological Banquet we would like to have a **potluck after Church on October 20th** to celebrate the many ways we come together as a church. All are welcome.

Day 5 - Karin Stewart: Mindfulness

Day 5 returns this week, Thursday, October 17th at 7:30 pm on Zoom. Karin Stewart is a guided visualization and mindfulness guide with many years of experience in guiding individuals and groups in self-discovery, healing and enrichment. **Zoom link for Day 5 is emailed on Wednesdays.**



ST. PAUL'S LABYRINTH

MEDITATION IN MOTION

Invitation to Walk the Labyrinth at St. Paul's United Church on the **4th Friday of every month from 6:30 - 8 pm**

Lower Hall

Fee: \$15 per person

A labyrinth is an ancient contemplative tool. Walking the labyrinth is as simple as taking time to follow the path to the center, to pause there and to walk back out. You are also free to walk out of the labyrinth any time you wish.

For more information please contact the office at 780-436-1555 or at office@stpaulsunited.org

Winter Coat Season

Familiar, if somewhat unwelcome, to Canadians. Terrifying to Africans who are facing their first Edmonton winter.

Social Justice Committee has started scouring thrift stores and this purchase, totaling \$178 netted eleven jackets and coats. Average cost per coat just over \$16, with range from \$9 to \$30 with the senior's discount factored in.

Would you like to donate or buy a coat for a refugee? If yes, please visit a thrift store to select the kind of coat that you would want to wear on the coldest of days if you were standing outside, waiting for a bus. Select a jacket with a good zipper, without tears or stains.

Men's and Women's jackets/coats in sizes M, L, XL and 2XL are most needed.

Coats/Jackets can be left in the Donation Box over the next few weeks (although coats are welcome any time throughout the winter).

If you want to contribute but do not want to shop, a donation to the church with Refugee Support in the subject line would be most appreciated.



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St. Paul's YouTube channel: <https://www.youtube.com/c/StpaulsUCYEG>
St. Paul's Instagram - [stpaulsucyeg.youth](https://www.instagram.com/stpaulsucyeg.youth)
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Tyson Kerr
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