



Welcome Lunch

Sunday, September 13 at 11:15am

Join us for a Welcome Lunch on Sunday, September 13 at 11:15am in Beecroft Hall. Buns, charcuterie (cold cuts and cheese), veggies and baking will be served. This event is open to all, not just church members, so tell your neighbours in the community that they are welcome. You do not need to RSVP and there is no charge for the lunch.

Rideau Park United Church

Telephone: 613-733-3156

Email: info@rideaupark.ca

Website: www.rideaupark.ca

Sunday Worship: 10am
(in person or [online](#))

Sunday School: 10am
Coffee Hour: 11am

OUR MINISTRY TEAM

Minister

Rev. Jim Baldwin

jbaldwin@rideaupark.ca

Organist & Music Director

Andrew Ager

organist@rideaupark.ca

Church Administrator

Kiersten Robison

administrator@rideaupark.ca

Ext. 229

Custodian

Geoff Scollick

custodian@rideaupark.ca

Minister's Message

So...when does the church year begin?

This is an interesting question, with more than one answer! Our secular calendar year begins on the first day of January...but our scripture readings begin a new cycle on the first day of Advent, which generally starts at the beginning of December...and most of our church activities, like the choir and Sunday School, take a break over the summer and start up again in September! If that isn't confusing enough, my first appointment started on September 9, 2024, so I am just about to start a new appointment with RPUC. The great news is that this time, the Region has approved a two-year appointment, which will take us to September 8, 2028.

For me, the church year really starts in September, when I come back from holidays and begin planning all of the worship events and activities that will take us through the next 12 months. For the past two weeks, I have been working on a service calendar that runs from September to January, so while we have been enjoying the last days of summer, my thoughts have been turned towards Christmas and Epiphany! To put it plainly, if it doesn't happen now, it won't get done... well...not in our usual, wonderful, RPUC fashion.

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ChurchPost Editor: Lynda Becker, churchpost@rideaupark.ca



Minister's Message (continued from page 1)

I am thrilled to be working with RPUC for another two years! One of the best parts is that being appointed for one 12-month and two six-month appointments has felt like there has been a cloud over our heads for the past two years. It's difficult to start something new, when you feel like you could be leaving in a few months. On the other hand, now that the cloud is gone and we can relax into our work, we have to be careful that we don't become complacent.

We have worked really hard these past two years. The Discernment and Search Committees put our church in a great position to hire a permanent, full-time minister. And while the process did not end as expected, it did not fail, because we have learned a lot about who we are and where we are going...we have gotten to know each other better through our work...and the energy that has been put into evaluating every aspect of ministry at RPUC has resulted in new initiatives, a growing membership and some brand new volunteers! Which brings me to my next point. I need your help.

We have new people in church every Sunday. A couple of weeks ago there was a mother and teenaged daughter, a young couple in their mid- to late-twenties, and a retired couple who had all come for the first time...and who were all looking for a church home. The Sunday before that, there were three Grade 12 students who decided to try out our church, and the Sunday before that...a newly retired couple who have recently moved to Ottawa to be near their children and grandchildren, and have attended worship for four Sundays in a row!

What can you do to help? Most people can tell you the name of the first person who made them feel welcome at church, and it is one of the most oft-quoted reasons why they chose to stay; more than the music, the beauty of the sanctuary or even the minister's sermons! Lol.

The majority of people are looking to worship with a church community (otherwise they could just watch the service online) and will base their decision about church membership on how they were greeted on their very first visit.

So please...please...make the effort to say hello. If you are too shy to speak to a new person...then let one of our greeters know we have a visitor...or send over a congregation member who is comfortable greeting someone they don't know. I can't tell you how often I have heard the story about someone who finally got up the courage to greet a visitor, only to discover they had been attending for the past three years. So, instead of saying "Are you new here?" you can simply say, "It's nice to see you...How is your day going?" or "What do you think of all this rain?"

One more simple thing we can all do to make the church a more welcoming place is to wear our name tags! I can guarantee that everyone does not know who you are... especially the new folks (and some of us older ones whose memories might fail us in the moment, lol).



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Minister's Message (continued from page 2)

If you have attended the coffee time in Beecroft Hall recently, you may have noticed that the number of people who stay after the service is growing! This is just another example of how people who come to church are looking for community. And it is another opportunity to welcome and get to know each other.

September 13 is our "Welcome Back Sunday." I hope I've given you some things to think about as we prepare to start another "New Year." The lunch after church is always a great event, so come! Join us! Bring a friend! And let's embrace the opportunities our church provides us to serve God and love one another...in Christ's name and example.

Rev. Jim Baldwin

Men's Breakfast

About a year ago, a Men's Breakfast group began meeting monthly at Hometown Sports Grill, 1525 Bank Street. It was decided that a fellowship gathering of the male members of Rideau Park may be a worthwhile endeavour and the experiment has been an overwhelming success. Rev. Jim was very supportive and has been able to make several of the mornings. The monthly breakfasts have become very popular and typically there are 15-25 attendees, who have all known each other for many years, but have not a chance to catch up on events for a while. There are a few who are still conversing at 10:30am and have obviously had a good time. Check the Friday weekly emails for the next breakfast. If you are interested in attending you can contact Wayne Bennett at 613-558-7773 or email bennettw@sympatico.ca.

Christmas Cheer

Christmas Cheer is getting organized for our annual campaign. We are starting a bit earlier this year. The primary tasks where we need help are calling clients to register them, calling to tell them when to come pick up their gift cards and stuffing envelopes. If you have time to help in late October or early December, email the office at info@rideaupark.ca. Stay tuned for more details.

Chancel Choir / Handbells

The Chancel Choir rehearses on Thursdays, 7:15pm-8:45pm with a break midway. They have a wide repertoire and sing in the Sunday morning worship service. Previous experience, or brand new to choral singing, all are welcome.

We also have three handbell choirs who practice on Monday and Tuesday evenings. If you are interested in joining or for more information, contact Gord at handbells@pinetree.org.

Our Hearts Remember



We hold in our thoughts and prayers the families and loved ones of these Rideau Park friends who have passed away.

Sandra Holdham	May 1
Lois Presley	May 5
Eldon Coombe	May 22
Violet Derouin	June 12
Stuart MacKinnon	June 28
Carol Shuttleworth	July 3
Kathy Mayes	July 10
Tony Woodward	July 13
Sandi Ford	July 29

I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.

John 11:25-26



Together with Joy: Stewardship Campaign 2027

Stewardship is how we turn our faith, gratitude and hope into action. Through the gifts we share – our time, talents and financial support – we help make Rideau Park a welcoming and caring community where people can worship, learn, serve and find belonging.

We are delighted to announce that Nancy McPherson has agreed to chair our 2027 Stewardship Campaign. We are grateful to Nancy for taking on this important role. She will address the congregation for Stewardship 2027 at the worship service on Sunday, October 18.



The theme **"Together with Joy"** reminds us that stewardship is more than an individual act. When each of us contributes what we can, our gifts come together to sustain the ministries we value and extend their impact beyond our church walls. The campaign invites you to consider supporting:

- **The Rideau Park Ministry and Programs Fund**, which sustains the worship, pastoral care, music, learning, community life and outreach at the heart of our congregation;
- **The United Church of Canada Mission and Service Fund**, which supports life-changing work in Canada and around the world; and
- **The Rideau Park Property Renewal Fund**, which helps us care for and renew the building that makes so much of our ministry and community service possible.

Stewardship also includes the many ways we share our time, abilities and experience. A **Time and Talents Form** will be included to record your volunteer interests, offering opportunities for everyone to "Be Part of the Heart" of Rideau Park.

Key Campaign Dates

- **October 11-14:** Stewardship material pickup and distribution by mail;
- **Sunday, October 18:** Stewardship Chair, Nancy McPherson, speaks to the congregation;
- **October 11-November 8:** Congregation returns stewardship pledges; and
- **November 10-November 23:** Follow-up for outstanding pledges.

We are thankful for your generosity in the past and look forward to your participation and support for this year's campaign. Together, and with joy, we can continue building a church where faith is nurtured, people are welcomed and love is put into action. It is wonderful how God smiles on us. We're looking forward to the campaign.

Gaveen Cadotte, Chair, Stewardship Committee
Brian Hamilton, Stewardship Campaign Coordinator

Next ChurchPost Submission Deadline

Due: 5pm, Friday, November 13, 2026

Submissions to *ChurchPost* should be emailed to: churchpost@rideaupark.ca

Please include the name and phone number of the author(s).



Nearly New Thrift Sale

**Friday, September 25, 6pm-8pm and
Saturday, September 26, 9am-11:30am**

Prepare for the cool days of fall and come to the Nearly New Thrift Sale to find pre-loved, good quality fall and winter clothing for the whole family. Donating? Please donate only gently used good quality seasonal clothing. **NO BOOKS!** **Donation drop-off dates:** Thursday, September 24, 9am-12pm, 1pm-4pm and 6pm-8pm; and Friday, September 25, 9am-12pm. As storage space is limited, please respect the drop-off dates. For more information, contact ucw@rideaupark.ca or visit www.rideaupark.ca.



Rideau Park Bookstore

Did you know that the Bookstore, located in the church's lower level beside Brackenridge Hall, has collected close to \$1,000 dollars since January 2026 and that all money collected is used towards the work of the church? The Bookstore offers books for children and young readers, recipe books, biographies, thrillers, reference books and much more. Please note that the Bookstore will be closed from Sunday, September 20 to Monday, November 9 as the room is being used for the Bazaar. Information regarding book donations for the Bazaar will be in future weekly emails.

Children's Choirs

Cherubs: Toddlers to age six and their grown-ups are invited to sing together! Starting September 17, join us Thursdays from 6pm-6:30pm for joyful music-making and fun. Cherubs perform in church twice a year – on Christmas Eve and Mother's Day. All are welcome – come join the fun and share the joy of singing together!

Youth Choir: Previously named Joyful Noise, this choir meets Thursdays from 6:30pm-7pm, starting September 17, in the Sanctuary and all youth from Grade 2 up are most welcome. The group will participate in services and musical events at the church.



Sunday School / Childcare

Sunday School resumes September 13. Kindergarten to Grade 6 meet in B13 and Grades 7 and up meet in the Parlour.

Our childcare space is staffed every Sunday in the Kindergarten Room.



Healing Pathway

Healing Pathway is a United Church program that develops the skills and gifts of healing hands within the Christian tradition, and fosters development of healing ministries in congregations and other communities. Rideau Park has its own Healing Pathway ministry and is currently offering healing sessions by appointment on alternating Tuesday and Thursday afternoons between 1pm and 3:15pm. Short, chair sessions are also offered most Sunday mornings in the Chapel after the worship service. For further information or to make an appointment, send an email to healingpathway@rideaupark.ca, or speak to Brian Neal.



Coffee Time



Help Rideau Park stay caffeinated! Helping at coffee hour on Sunday mornings doesn't take too much of your time. It's social and fun, and there's no paperwork required. We're looking for helpers in September and October, and the September sign-up sheet is now on the bulletin board in Beecroft Hall. You can help with set-up, serving and clean-up, but if you can only help before or after the service, that's still workable. Please contact Nancy at nancymcp58@gmail.com or call 613-286-5414. Many thanks!

Become a Rideau Park Volunteer!

Rideau Park needs people...people like you! For more information about any of the following positions, or to volunteer, email volunteers@rideaupark.ca.

- Co-chair of Worship and Music Committee – work with clergy, music staff, and committee members to coordinate worship, music, and related events for our congregation.



MAKE A MUG WORKSHOP

Join us and Make a Mug!

- ☕ Your photo or your design of choice
- ☕ 12 or 15oz mugs
- ☕ \$25 per person

Rideau Park United Church
Saturday, October 3rd @ 1pm

To register email Chantal Crowell
Ctcdesigns70@gmail.com



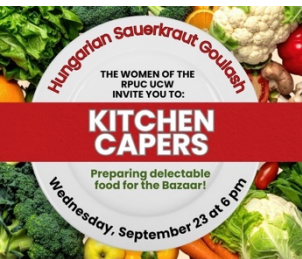
- Program Liaison for Council – help relay information back and forth between Council and each of the following committees and/or teams: Worship & Music, Volunteer Coordination, Social Action and Outreach.
- Three Members at Large for Council – to undertake ad hoc work that is often required by Council.
- Christian Education Committee – members for the committee along with Sunday School Teachers for every other month, and substitute teachers.
- Members for the Volunteer Coordination Team – to help plan the recruiting, supporting and possible training of our volunteers, along with differing methods to show appreciation for their value.

*Carolyn Scollick, Co-Chair
Volunteer Coordination Team*

Christmas Treasures Bazaar

Rideau Park's Christmas Treasures Bazaar is the church's biggest PARTY of the year – oops I mean fundraiser. The Bazaar is less than two months away, on **Saturday, November 7, 12pm-4pm**. Yes, we are trying **one extra hour of sale**; we will see how it goes. **We do need your help!**

Volunteer opportunities abound and it is easy to sign up. Check out the Volunteer Bulletin Board in the hallway outside the Parlour; information can be found on the www.rideaupark.ca and in the weekly email or contact ucw@rideaupark.ca. Your help is needed leading up to the Bazaar and on Bazaar Day. Teens, this is an opportunity to boost your volunteer hours by helping with the Bazaar.



- Turkey Pies? Help make delicious little turkey pot pies (and other varieties) sold at the Bazaar.
- Kitchen Capers? Join us and learn how to make small batch frozen deli meals.
- Tea Room Sandwiches? Learn how to make those delicious sandwiches including tearoom rolls. Some snacking is included.

These are food preparation events that bring together a community of home chefs who love to cook, enjoy food preparation, learning a new skill or recipe and thrive on socializing. Come join the UCW and others, men too, in preparing these popular items. See the schedule on page 8 with dates and contact details. Sign up early – these are popular events that you won't want to miss.

Rideau Park "Believe it or not..."

- Needed are your treasures to sell at the Bazaar" Gently used games, puzzles, toys, books, small sports equipment (no hockey equipment or skis), gadgets, small working kitchen appliances, costume jewelry, linens, fine china dishes, everyday dishes...we take it all.
- Get crafty and create handicrafts. (Something new in this area may be happening.)
- Gifted with a green thumb? Houseplants are always in demand at the Bazaar.
- More of a mind to bake? We'll take all the delicious baking you can do – frozen or fresh. Start early – pumpkin and apple season is just around the corner.
- Unbaked frozen fruit pies (ideal for fall apples) are always a hit. Make extra at Thanksgiving and freeze, labelled with baking instructions, for the Bazaar.
- Canning up summer's bounty into jams, jellies, pickles, and relishes? Share the summer sunshine and make extra for the Bazaar.
- More of an organization/neat freak? Come join the camaraderie – sorting treasures is always fun; many hands make light work and you never know what you might find.



One final word – like your home, our storage is tight so please keep your treasures until the drop-off week. Schedule to be posted in future weekly emails.

We delight in making use of everyone's talents and there is always a perfect spot for you to help. Get the word out, join the fun.

*Nancy Begg-Durkee,
Bazaar Communications*

Volunteers are needed to help with the Bazaar food preparation!

ucw@rideaupark.ca

Turkey Pie Making (Contact Lisa Sadler, 613-523-9101 or Nancy Begg-Durkee, 613-521-2051)
Thursdays from 8:30am-12pm, September 10, 17 and October 1, 8, 15, 22, 29

Kitchen Capers (Contact Sandra Weedmark, 613-731-6447)

- Wednesday, September 23 at 6pm – Hungarian Sauerkraut Goulash
- Wednesday, October 14 at 6pm – Stuffed Pasta Shells (vegetarian)
- Wednesday, October 21 at 6pm – Soup
- Wednesday, October 28 at 6pm – Chicken Enchiladas



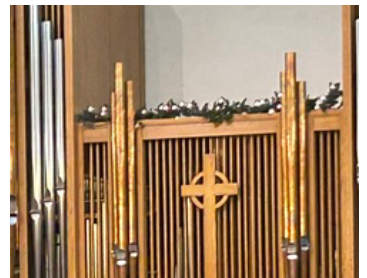
Tea Room Sandwiches (Contact Cathy Hollands, 613-738-9763)

Thursday, November 5 morning/afternoon, Friday, November 6 and Saturday, November 7 at 8:30am

Property Renewal at Rideau Park

This has been a busy year with a number of key property projects being undertaken, including:

- A leak at the Chancel window well adjacent to the flat roof over the music office has been repaired by the contractor. The recent July 1, four-inch rainfall yielded no water leakage. Painting of repairs in the office and the adjacent area has been completed.
- The rooftop exhaust fan motor was replaced and gasket and foam properly sealed the vent connection for the Brackenridge washrooms. The air is now properly exhausted.
- The storm inserts for three Chapel stained-glass windows were installed and complete the 2025 cold weather northern stained-glass Sanctuary energy saving initiative.
- \$10,000 was committed to the Sanctuary Roof and Furnace Replacement Contingency Fund bringing it to \$60,000 in total.
- The felts on 350 organ pipes have been replaced, which involved: pipe removal, cleaning, glue removal, refelting, and reinstallation. In addition, specific organ repairs have been made.
- The painting in the Sanctuary, Chancel, Chapel, Balcony, entry and vestibule areas has been completed. The need and results are very apparent.
- The stained-glass window plaques have been renewed by Ottawa Brass.
- The UCW, Property and Communications Committees have been involved in getting estimates to have the WiFi updated. We hope to have a solution in place by early November.
- The snow removal contract has been successfully negotiated at the same price as last year.



This work has been funded by the Property Renewal Fund pledges and in-year givings. Your financial support and consideration are greatly appreciated and needed. Contributions can be made using the multi-purpose envelopes in the Sanctuary pews.

*Brian Hamilton, Chair
Property Committee*

News from the Social Action and Outreach Committee

The Social Action and Outreach Committee (SAOC) thanks all those who have donated to our monthly collections of personal care items for four community houses in Ottawa South. Your donations are greatly appreciated.

This past spring we collected items for Confederation Court and Russell Heights Community Houses. In October and November, we will be collecting personal care items for Blair Court and Banff Ledbury Community Houses. Donations of small appliances such as crockpots, kettles, air fryers, and other electric utensils, which can be used by those living in rooming houses with no access to a kitchen, have also been requested. There is a list of organizations who accept these donations posted on the SAOC bulletin board in the hallway outside the Parlour. For a fee, [Matthew House](#) will pick up much needed larger furniture and appliances.



We thank the congregation for your wonderful support of the Big Soul Project concert for MultiFaith Housing Initiative (MHI) this past May. The concert raised \$11,110 and truly reflected the involvement of the whole congregation. We also appreciate your support for Sue Reive, whose concert fundraiser for Heron Emergency Food Centre raised \$2,800. Sue is now planning her next concert! In May, Nancy McPherson and Lynn Sherwood represented Rideau Park at the Tulipathon, which raised \$2,200 in pledges for MHI. Together, these three events raised \$16,110 helping to provide supportive housing and alleviate food insecurity. Working together, we can make a real difference – and build community at the same time!

We continue to collect donations of nonperishable food for Heron Emergency Food Centre on the first Sunday of each month. Donations can also be put in the bins at all entrances at any time. They are currently not accepting egg cartons due to limited storage space.

Heron Emergency Food Centre is holding its annual **Walkathon "Step Up and Step Out to Stop Hunger"** on Saturday, September 19 at 9am at St. Thomas the Apostle Church, 2345 Alta Vista Drive. You can pick up a sponsorship form in the church office or by contacting Lynn Sherwood at sherwood3914@rogers.com. Information, including a QR code for making donations online, is posted at Rideau Park and on www.hefc.ca.

We invite everyone to check out the SAOC bulletin board in the hallway outside the Parlour. We are posting information about social justice issues, as well as events and general information on this bulletin board on a monthly basis. We have also provided information about local charities who accept donations of clothing, furniture, books and other items that you may no longer need, but may be of value to others in our community. Many thanks to Sandra Weedmark who has taken on this responsibility.

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News from the Social Action and Outreach Committee (continued from page 9)

Basic Income Workshop: Bells Corners United Church will be hosting a workshop with [Dr. Evelyn Forget](#) on Poverty Reduction and Bill S-206. The workshop will take place on Saturday, October 17 from 8:30am-12:30pm. For additional information, go to <https://eoorc.ca/event/workshop-on-poverty-reducation-bill-s-206/>. Information will be posted on the SAOC bulletin board outside the Parlour.

The Social Action and Outreach Committee welcomes new members. If you are interested in finding out more about our work, we will have a table in Beecroft Hall on Volunteer Recognition Day on September 20. We meet monthly to discuss and plan the many new projects which are being suggested. Stay tuned!

*Lynn Sherwood, Chair
Social Action and Outreach Committee*

What I Learned This Summer

I had a great time with the book study this summer. The book was *God Is Not One: The Eight Rival Religions That Run the World – and Why Their Differences Matter* by Stephen Prothero. His premise is that all religions have a common starting point – something is wrong with the world. They differ, however, on what exactly is wrong and how to fix it.

The two main things I learned are:

- Each religion had something good to offer; and
- It is great to be a member of the United Church of Canada! Because of our innate diversity, and because we do not hold tightly to a creed, I am free to incorporate what other religions offer into my life as a follower of Jesus.

Let's look at some examples.

Christianity – the problem is sin; the solution is salvation.

Islam – the problem is pride; the solution is submission to God. I certainly agree that believing we have all the answers or can even come up with all the answers by ourselves is disastrous. Following Jesus' example of living according to a vision of distributive justice, mercy and compassion, and submitting to God, is the Way.

Confucianism – the problem is chaos; the solution is order. While there is some question if this is a religion or merely a philosophy, it spells out clearly the type of behaviour that is similar to Jesus' Way. It focusses on social harmony through ritual, etiquette and respect for authority.

Hinduism – the problem is the vicious, eternal cycle of life, death and rebirth; the solution is release from the cycle. There are several ways to find/earn this release: by removing social and cosmic disorder through knowledge, and by loving your chosen god through prayer and offerings. Hinduism gave us meditation, yoga, Jainism and Buddhism.

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What I Learned This Summer (continued from page 10)

Buddhism – the problem is suffering; the solution is eliminating suffering and escaping the cycle of rebirth. Suffering is focussing on how we think things should be rather than how they really are. Once we accept how things really are, we can work to change them. Jesus saw the systemic injustice of his time and worked in, around, over, under and through it. We need to do the same.

Yoruba – the problem, disconnect from our destiny; our seemingly insatiable capacity to pretend that we are somehow independent atoms. The solution is to remember, so we can do what we were created to do for ourselves, our families, and the world and to reconnect ourselves to our destinies, to one another, and to sacred power.

Judaism – the problem is distance from God and from where we ought to be; the solution is to walk humbly with God. As Christians we are familiar with much about Judaism. The one thing that surprised me was how much they value questions, discussions and debates about the meaning of their scripture and practices.

Daoism/Taoism – the problem is that we let life slip away, either by not living it fully or by not living it for long; we wear ourselves down by selling ourselves into the servitude of customary ways of thinking and acting. The solution is to live the Dao – the way, the path of untamed nature, the way of authentic human life, the harmonious union of the two; and to live the core values of naturalness, equanimity, spontaneity, and freedom. Like God, the Dao can never be fully understood or fully described.

Atheism – from this chapter, I got the impression that the author had little respect for atheists. But he raised an interesting question: Is it human nature to grasp after the sacred? He says “yes”.

What do you think?

Sharon Sanderson

Note: This article has been shortened due to space. [Click here](#) to read it in full.



Cluster Update

The Southeast Ottawa Cluster includes Rideau Park, Emmanuel, Riverside, Glebe-St. James and Southminster. We recently invited Centretown United to join and they have agreed. As a downtown church, Centretown shares some of the same challenges as Glebe-St. James and Southminster.

Most of the cluster work over the last several months has been related to getting support and funds for the Cluster Visioning process. This process will provide a roadmap to address [Towards 2035: Envisioning the Future of the United Church](#). Funding from EOORC has been approved. Next steps include organizing a Steering Committee and hiring Rev. Brian Copeland to facilitate our discussions. A Visioning Group will be formed, including two to three people from each cluster congregation.

If you are interested in representing Rideau Park, please let Rev. Jim know. Starting in the fall, this Visioning Group could meet approximately once a month with the facilitator to focus on a predetermined topic (e.g. finance, outreach, etc.). Some preparation work/information gathering

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Cluster Update (continued from page 11)

may be needed. They would bring back the discussions to their communities of faith and could also solicit items to be discussed at the facilitated meetings.

There was a discussion on the importance of external signs of welcome such as rainbow signs; information on how to reach the office, etc.

Sharon Sanderson

Upcoming Events

<https://www.rideaupark.ca/news-events/calendar-of-events/>

Sunday, September 13, 11:15am	Welcome Lunch
Sunday, September 20	Volunteer Appreciation Day
Thursday, September 24	Donation drop off, Nearly New Thrift Sale (9am-12pm, 1pm-4pm and 6-8pm)
Friday, September 25, 9am-12pm	Donation drop off, Nearly New Thrift Sale
Friday, September 25, 6pm-8pm	Nearly New Thrift Sale
Saturday, September 26, 9am-11:30am	Nearly New Thrift Sale
Sunday, September 27	Orange Shirt Sunday (wear an orange shirt)
Wednesday, September 30	National Day for Truth and Reconciliation (office closed)
Sunday, October 4	World Communion Sunday and Food Bank Sunday
Monday, October 12	Thanksgiving Day (office closed)
Sunday, November 1	Food Bank Sunday
November 4-6	Donation drop off for Christmas Treasures Bazaar
Saturday, November 7, 12pm-4pm	Christmas Treasures Bazaar (NEW START TIME)
Wednesday, November 11	Remembrance Day
Wednesday, November 25 at 12pm	55+ Lunch and Christmas Carols
Sunday, November 29 at 7pm	Ringing in Christmas Bell Concert

**Weekly Events****Social Activities**

Mondays, 1pm	Knitting Group
Wednesdays, 10am	Ladies Coffee Drop In
Thursdays, 9:30am	Quilting Group
Thursdays, 1pm	Euchre Club

Healing Pathway

Alternating Tuesdays and Thursdays at 1pm
(By appointment)

Meditation

Thursdays, 10am Meditation Online

Fitness Classes

Tuesdays, 9:15am	50+ Fitness with Faiza
Thursdays, 9:15am	50+ Fitness with Faiza
Saturdays, 9:15am	Tai-Chi Class (Beginners)
Saturdays, 11am	Tai-Chi Class (All)

