

FALL & WINTER NEWSLETTER 2017

Minister's Message

Especially when the world and our busy lives tend to be ever so chaotic our faith in God and Christ becomes ever so much more of a necessity.

We remember God created the world out of nothing and then introduced the concept of order. During the Autumn we have the opportunity to look and marvel at the colours of the changing season. And, of course, Autumn is a transitional season in our part of the world (although many of us ask this year *When was Summer?*). It is most appropriate for us to give thanks to God for the bounties of harvest * and not just the harvest of those who bring us products from farm to table. We give thanks to God for the gifts others share with us through helping hands, listening ears and time, talents and skills * please add your ideas to this list as it can be as limitless as is God.

To add to all for which we are thankful, of course is God*s Special Gift to the World, our Lord and Saviour, Jesus Christ, whose birth we celebrate in Winter. So as the days shorten and the nights lengthen and some of us become concerned about the darkness of winter overwhelming us, we need to remember Christ brings Light to the world through Hope, Peace, Joy and Love.

This leads us to what comes next * the Celebration of a brand new year, marking the opportunity to wipe the slate of the past clean and begin anew.

As Christians we are always standing on the Promise of our Faith. Over and over again, God has entered the world to remind us of the Promise * *Lo, I am with you always*. Scripture tells us God has encountered people at times when they were ill prepared or absolutely unwilling to receive God*s Presence (presents, maybe). At other times God*s arrival or rather the person*s recognition of God being there, could not have been better timed. We are told God has foreknowledge of all that will be. God gives ahead of time. Thus God fore-gives. Part of our journey then needs to be forgiving of others around us, our selves and even forgiving of the circumstances and predicaments we so often find ourselves in.

May we remember to include God in our daily living and reach out in prayer sharing both the good, the bad, the sorrow and the laughter with our God in Christ who fully understands us * even better than we understand ourselves.

May we bask in our faith in God and Christ as we know we really ought to bask in the faith God has in us.

Blessings to all!

Rev. Bob (Matheson)

Dates to Remember!

October 8th - Thanksgiving



Sunday at 10:30am.

October 15th - This is our Church's 163rd Anniversary. Rev. Vickie Fulcher will be our guest speaker. There will be a light lunch afterward. We would love to see you there at the regular time.



November 5th - We will be having our Remembrance Day



service on this date.

December 3rd - White Gift Sunday featuring the Sunday School. We ask if you can bring a nonperishable food item wrapped in white paper. Toiletries such as toothbrushes, toothpaste, hand or shower some children's pj's, towels, or bedding, would be great as well. Monetary donations are gratefully received. All gifts will go to Three Oaks Foundation. The UCW will have a hot dog/ice cream sundae luncheon after the service.



December 24th - Christmas Eve We First one will be at 10:30am and the with communion, at 7pm. Hope you can



will be having two services this day. second, our candlelight service served join us to celebrate the birth of Jesus.

December 31st - New Year's Eve



service at our regular time of 10:30am

PAR -For those wishing to give by using the PreAuthorized Remittance through your financial institution, please see Carolyn Dafoe.



"Queso" is pronounced as "kay so" in this case.

UCW Happenings

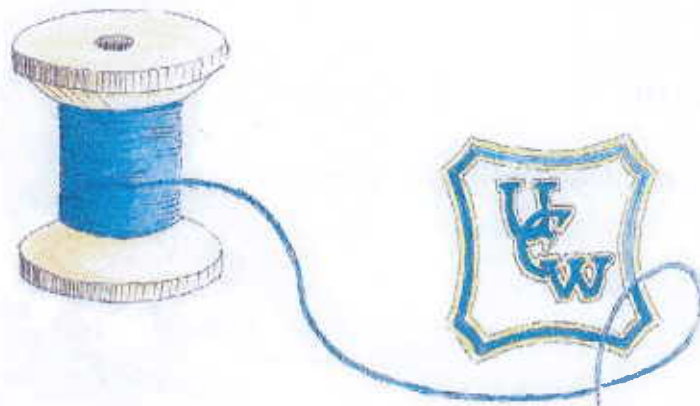
Wednesday October 25th

Annual Turkey Dinner at Emmanuel United Church, 458 Ashley in Foxboro with continuous sittings from 4:30 til 7. All are invited to feast on turkey, stuffing, harvest vegetables, coleslaw, all the trimmings, and home made pie! Sit down or takeout tickets are \$15 adults, \$5 for children ages 5 - 12 and free for preschoolers. Reserve tickets with Bev at 969 1312. Ground floor fully accessible building with lots of parking.

Saturday, November 11th

A Christmas Bazaar & Cafe will be held at Emmanuel United, 458 Ashley Street, Foxboro, from 9am to 2pm. Crafts, needlework, gift baskets for all, evergreen arrangements, preserves, home baking, back room treasures, and special cafe with hot beverages and special desserts - \$1 admission will be donated to local Legion and Christmas Sharing. Includes a complimentary hot beverage and special treat in the Christmas Cafe. Ground floor fully accessible building with lots of parking.

*UCW.... the thread
that connects*



VON Fall Prevention Program

Emmanuel United Church - Sept. 7 - Nov 23, 2017 9:15 a.m. - 11:15 a.m.

This is already underway and our classes are full. St. Mark's, Cannifton, is just starting the same classes on Thursday afternoons and would welcome more participants. If you are interested in joining them, either contact Beverly or call St Mark's at 613-968-4222 for more information.

Topic schedule:

- 1 - Assessment - How to stay safe - tripping hazards **DONE**
- 2 - Functional Fitness - strengthening exercises to keep you strong **DONE**
- 3 - Hydration & Nutrition **DONE**
- 4 - Bone Health - Osteoporosis
- 5 - Chronic Disease Management
- 6 - Medication use and misuse
- 7 - Mobility aids - safety tips
- 8 - Foot care
- 9 - Vision & Hearing
- 10 - How to stay safe in activities - ie bowling
- 11 - Re-assessment
- 12 - Party and Report Cards!

Funded by South Eastern Ontario Local Integrated Health Network.

Purchase rubber band - \$7.50

