



**St. Thomas United Church**  
Open Hands – Open Hearts – Open Minds

Welcome to Worship!

St. Thomas United is an open, affirming, accepting, and child friendly faith community. With children present we expect noise and movement, so there's no need to leave the Sanctuary when it happens. If parents feel more comfortable with their children in nursery care, we have a nursery for babies & children under 3 years of age – just follow the posted signs.

We hope that your worship experience will feed you and challenge you on your faith journey.

Please talk to a greeter or the folks wearing an “Ask Me” badge if there's anything you are unsure of or have a question about.

There are Hearing Assistance Sets available. Ask a greeter or Ask Me person to get one.

We project everything you will need to participate in worship. You will also find hymnbooks in your seats if you'd prefer to use them.

**Newcomers** – please fill out one of our Communication Cards. This is our first opportunity to be in touch with you so that we can begin to get to know one another.

**Ministers:** Rev. Tracy Robertson,  
Rev. Justin McNeill

**Office Manager:** Sandra Dusoswa

**Music Team:** Pam Bazinet, Barb Robertson,  
Dick Worton, Erin MacLean-Berko

**Accompanists:** Kari Orosz, Kloria Wen

**Youth Leaders:** Heather Robertson,  
Eden Middleton, Caitlin Hornbeck

**Sunday School & Nursery Coordinator:**  
Erin MacLean-Berko

**Office Email:** [office@stthomasunited.ca](mailto:office@stthomasunited.ca)

Sunday, February 3, 2019

10:00 am

Welcome Naked Faith Band

**NAKED FAITH**  
SPIRITUALITY STRIPPED DOWN

*Head and Heart*

Sunday, February 3  
St. Thomas United Church



**Mental Health Weekend at St. Thomas United!** Join us **February 1-3** as we explore mental health together. Mental health is something that we all struggle with from time to time, so let's talk about it! Join us on Feb. 1<sup>st</sup> at 7 pm for family movie night as we watch and discuss Pixar's Inside Out. Then on Feb. 2<sup>nd</sup> from 1-9 pm join us for a day of mental health workshops, resource booths, information, and fellowship. We will have groups from all over Calgary in to share the many ways that we can learn and support one another no matter where we are on the journey. Then, on Sunday morning, the Calgary regional youth band, Naked Faith, will be with us, leading a worship service in their signature style, centred on mental health. Mark your calendars and join us all weekend!!

**Tracy and Justin are offering confirmation classes** for anyone interested in becoming a member at St. Thomas. We will meet from **11:30-12:30** on the following days: **February 17, 24, March 3, 17, and April 7** (note: one of these dates will be a visit and tour of a funeral home). If you are interested, please sign up in the Narthex. If you are interested in baptism or transferring your membership from another church, please call the church office and speak to Tracy or Justin.

**2018 Income Tax Receipts:** Income tax receipts for your 2018 donations are available in the Narthex. Those that aren't picked up by the end of February will be mailed. You can help us reduce postage costs by delivering your neighbours' receipts. **2019 envelopes** are ready to pick up in the Narthex.

**Calling all coffee and tea makers and bakers!** Pastoral Care is in desperate need of some folks to join the coffee making team on Sunday mornings. The schedule is posted on the Narthex kitchen cupboard and is being circulated by clipboard. It takes two people per Sunday to start the coffee urn, set up the carts with supplies and treats, and clean up afterwards. We also need bakers to donate some cookies to the Narthex fridge freezer – our stash of goodies is getting low. This is a great way to get involved short term and get to know the regulars who hang around the coffee area. If you can help, please contact Marj at [marj123@shaw.ca](mailto:marj123@shaw.ca) or leave me a message 403.239.3057. Thank you!

**Camp Kasota West:** Camp Kasota West is a United Church camp on Sylvan Lake near Red Deer. They offer week-long residential camping experiences in July and August for children who have completed grades 1 – 9. They also offer counsellor - in-training weeks for youth who have finished grades 9 – 11 and sailing camps for youth who have finished grades 8 – 11. The rates are very reasonable. An early bird discount of \$40 applies to registrations received by March 23. Several St. Thomas children have attended over the years; several of our former youth group members have been counsellors at camp. All have enjoyed the experience. For further information see <https://campkasotawest.com>

**Naramata Centre:** Naramata Centre is a conference and retreat centre of the United Church of Canada. They will be welcoming guests again this spring, summer, and fall. Children's programming is offered each week during the summer. Adult program choices include a variety of music options, arts and creative programs, spiritual development programs, and exercise classes. You don't have to participate in a program to go. It is a beautiful, peaceful, spiritual place on Okanagan Lake. There are cabins, hotel style rooms, and camping options. See <https://www.naramatacentresociety.org/> for program descriptions, accommodation descriptions, and to register. Registration opens February 4.

**Healing Touch** will be offered in the Sanctuary by appointment on the first Tuesday evening (7 pm and 8 pm) of each month, with the exception of March, when it will be offered on the last Tuesday evening (March 26). Please call or email the office, or email Daryl at [dfenty@telus.net](mailto:dfenty@telus.net) for an appointment. A Healing Touch Level 1 program will be offered in Calgary March 2-3, 2019. For more information contact Betty Minifie at 403-474-7399.

**St. Thomas Drumming Circle** will continue to be held the 2<sup>nd</sup> Tuesday of the month from Feb. to June. To register please email Daryl at [dfenty@telus.net](mailto:dfenty@telus.net), or call or email the church office. Registration is limited to 20 people.

**Leadership Opportunity!** This is Linda Miller's last year as chair of Executive Council. EC is seeking someone to take over following the ACM March 10, 2019. It is an opportunity to meet more people of St. Thomas and share in the leadership. Anyone interested in inquiring about the position, contact Linda at [ljmiller7@shaw.ca](mailto:ljmiller7@shaw.ca) or 403-383-9045.

**Trumpet Recital:** Dick Worton will be performing a recital of lyrical trumpet music at St. Thomas United Church on **Sunday, February 17 at 2:00 pm**. The program will also include readings of original poetry by Calgary poet and author Keith Worthington. Admission is free and everyone is encouraged to come and share this musical afternoon with us.

**Junior Youth Sunday Morning:** On Sunday, **February 10** during the service, there will be a special program geared towards children in grades 4 – 6. It will be led by one of the Junior Youth Leaders. The children will start the morning in the service and then leave for their program when the rest of the Sunday school and the Senior Youth Group leave. Friends are always welcome.

**Junior Youth Group Social Event:** Junior Youth Group is for grades 4 - 6 preteens. They meet once a month for fun and community building. The children are encouraged to bring their friends. The next Junior Youth Group is on Friday, **February 8 at 6:30 pm**. Volunteer leaders are Sam Abel, Evangeline Robertson, and Matthew Worton. All youth attending are requested to fill out a registration and waiver form the first time they attend during a school year. Forms are available on the website at <http://stthomasunited.ca/Junior-Youth-Group.aspx> or at the Church.

**Wild Rose United Church** is hosting their annual Women's Retreat and St. Thomas women are invited! Rev. Tracy will be facilitating the retreat happening **March 15-17** at King's Fold Retreat Centre in Cochrane. Theme of the weekend is "Don't Worry...Be Happy: Joy in Spirituality." Cost \$240. Check out the poster in the Narthex for details. This is the first joint event of the North Cluster (called SPARK), so Rev. Tracy would love to see a bunch of us join in this endeavour.

**Hymn Sing 9:45 am Feb 10:** Come early to Church on **February 10** and enjoy singing some hymns prior to the service. If you have a favourite you would like to sing, come prepared to suggest it!

**Avenue 15 help is needed.** Please join us on one of the following Sundays to help make a dinner at Avenue 15's Homeless Youth Shelter: **February 17, March 17, April 14, May 12, or June 9**. It takes approximately 3 hours to prepare and eat (staying to eat is not required). Any donations of toiletries, feminine hygiene products, condoms, and stuffed animals is much appreciated. For more information, contact Hope Cochran at 587-581-2619.

**Veterans Association Food Bank:** Thank you everyone for your generous donations! We just delivered not one, but two boxes of food!! The new location for the Food Bank is #14, 2916 – 5<sup>th</sup> Avenue NE (Marlborough area) in case you would like to “check out their new digs”. Soon a new lounge for veterans will be completed upstairs. Please remember “veterans helping veterans” when you shop.

**BowWest Volunteer Opportunity:** BowWest is the Community Resource Centre that St. Thomas supports to help families struggling in our neighbourhood. They are looking for two adult volunteers to provide childcare for a program that they are running from the Ranchlands Community Association called Nurturing Parenting. It runs on Thursdays from 10 -11:30 am starting January 17 for 9 weeks. If you are able to help for any or all of the weeks, please contact Karen Kavanagh at 403-286-8073 or karenkavanagh80@gmail.com. This is a great way to support parents of young families improve their parenting skills and confidence.

**Quilting for Others:** Join us to make compassion quilts for charity and congregants. No experience necessary. Our quilts are generally made from scraps, so if you are unable to join us, we are always looking for donations of 100% cotton material, thread, or batting. For more information or to donate items, please contact Hope Cochran at 587-581-2619 or hopeco7@gmail.com.

**Habitat For Humanity - Volunteer Opportunity:** We have a fun opportunity for you to help with a casino fundraiser coming up **February 12<sup>th</sup> and 13<sup>th</sup>**  
The shifts are: Feb 12, 11 am – 7:30 pm and 11 pm – 3:45 am; Feb 13, 11 am – 7:30 am, 6:45 pm – 3:45 am, and 11 pm – 3:45 am. **If you are interested and available please let me know and I can sign you up. Melinda-Rae Lyse 403-926-2787 or email melindaraelyse@altig.com.**

**Exploring Social Justice Lunch and Learn:** On **Feb. 10<sup>th</sup>** Ryan Andersen, Lead Organizer of **Calgary Alliance for the Common Good** will join us to explain how this organization, new to Calgary, brings together faith-based and civic organizations of Calgary to transform our city into a community that acts justly and respects all, directed by a team of leaders from participating organizations. The objective of CACG is to harness the power of the people of Calgary to identify and address the systems, policies, and underlying causes of poverty and injustice. This is work in which our congregation cannot engage in a meaningful way at present. A number of us are excited by the vision of St. Thomas becoming a member organization of CACG in future, and this Lunch and Learn provides us with an opportunity to introduce its work to the congregation. Lunch is free, but donations are welcome.

**Staff Meetings:** Please note that every **Monday from 10 am to 11:30 am** we have our weekly staff meeting. We would very much appreciate your understanding during this time, and look forward to touching base with you before or after the staff meeting.

**Office Hours:** Regular office hours are Monday to Thursday 8:30-3:30, Fridays 8:30-12:30.

**United Church of Canada Calendars Are Here!** They are only \$6; get yours before they are gone. They are available in the Narthex on Sunday or in the office.

**Sign Up for St. Thomas Announcements and E-Letters:** Want to know what's going on? Sign up for announcements by filling out a Communication Card or calling the office at (403)241-0366.

**Hillhurst United Church:** The Right Relations Circle of Hillhurst United Church meets regularly on the 4th Tuesday of the month. All are welcome. Instead of the usual meeting on Tuesday February 26, we'll be going to see the play "Okotoks" at the Jubilee Auditorium at 7:30, presented by the Making Treaty 7 Cultural Society and the Niitsitapi Dance Company. Okotoks tells the story of Holy Bear Woman, a young Blackfoot girl who survived the Baker massacre in 1870. Her resilience is awe-inspiring, proof of which is in the fact that her bloodline has survived. Justin Many Fingers is one of her many descendants; take a journey with him as he tells this epic story of his grandmother through his art form. If you'd like to meet for dinner at 6 pm at Boston Pizza (North Hill Mall), please let Helena know: [rightrelations@hillhurstunited.com](mailto:rightrelations@hillhurstunited.com). Link for tickets: <https://www1.ticketmaster.ca/event/110055958E694811?dma id = 505>. Cost is \$40 + \$8.50 fees. There's a "Buy 4 for the price of 3" deal; if you'd like a ticket please contact Elaine Gray at [sarahegray@telus.net](mailto:sarahegray@telus.net).

**Primetimers:** Once again, the Primetimers, (32 of us!), gathered in the Narthex for Coffee and a Chat Tuesday, Jan 22. Many thanks to those who provided us with delicious treats (calories): Barb Lees, Betty Thompson, Myrna Malanik, Annette Steele, Beatrice Steele, Valda Clements, Tess Ashley, and Lyn McCrea (in absentia). All are welcome to attend. It is a wonderful event, where we can just come, visit, eat and relax. Of course, we openly share opinions and solutions, in a non-judgmental environment. Our **Pizza Party** will be held **Saturday, February 16, at 3:30 pm** in the Mountainview Hall at St. Thomas. There will be assorted pizza, salad, dessert, and beverages. Cost is \$10.00 at the door. Deadline to sign up is Sunday, February 10 (sign up on sheet in Narthex). Expect fun, food, and trivia challenges!

**Please Note:** We do Livestream most Worship Services. Here is the link with info: [https://youtu.be/wel\\_ZSaZpdU](https://youtu.be/wel_ZSaZpdU).

*Any announcements, advertisements, or requests for non-church related products, services, or donations to organizations contained in this bulletin/newsletter should not be interpreted as recommendations, endorsements, or permissions by St. Thomas United Church.*

# THIS WEEK AT ST. THOMAS

## Community Time After Each Service

### Sunday, February 3

10:00 am Worship

### Monday, February 4

9:30 am AM Fitness  
1:00 pm Bridge  
5:30 pm Worship Comm. Meeting  
7:00 pm Orchestra  
7:00 pm M&O Comm. Meeting

### Tuesday, February 5

10:00 am Quilting  
1:00 pm Strummers  
4:15 pm Karate  
6:30 pm Pathfinders/Brownies  
7:00/8:00 pm Healing Touch

### Wednesday, February 6

9:30 am AM Fitness  
1:00 pm Open Art Studio  
1:00 pm Prayer Shawl Knitters  
6:15 pm Sparks/Brownies  
7:00 pm Youth Choir  
7:00 pm Cool Choir

### Thursday, February 7

9:00 am Quilting for Others  
10:00 am Together We Worship  
4:15 pm Karate  
6:00 pm Children's Choir  
6:00 pm Strummers  
7:15 pm Adult Choir

### Friday, February 8

9:30 am AM Fitness  
10:30 am Sportball  
6:30 pm Youth Group  
6:30 pm Jr. Youth Group

Check the digital sign in the Narthex for location of activities.

## Today's Service

Thanks to everyone who helped make this Worship service a reality.

## Worship Services

February 3: Naked Faith  
Mental Health and the Power of the Word  
February 10: Being Surprised  
February 17: Being Blessed  
February 24: Be Holy  
March 3: Transfiguration Sunday  
March 10: Service of Ashes  
March 17: Youth Service  
March 24: Lenten Theme: Voices Against Violence



MISSION AND SERVICE FUND

Through our gifts we commit ourselves to live out the mission and ministry of the church. Please give generously to the Mission and Service Fund to make this possible.



St. Thomas is an Affirming Ministry within The United Church of Canada. LGBTQ2 people are whole people and full members in this community of faith.



## The United Church of Canada

St. Thomas is proud to be part of the United Church of Canada which ministers to close to 3 million people in 3,500 congregations across the country. (For more information about the United Church visit its website: [www.united-church.ca](http://www.united-church.ca))

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