

Sunday Morning
Worship Time
Every Sunday
Starting at 10:30 am



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The St. Thomas Newsletter is published monthly. Submissions are due by the 20th of the preceding month.

Send submissions to
pr@stthomasunited.ca

Minister's Message

Throughout Lent, we have journeyed together as wandering hearts trying to figure out faith with the disciple, Peter. I loved this theme because Peter wasn't perfect and neither am I, so this journey was one of inner reflection without feeling guilty about being human and fallible. I hope it was the same for you. Sometimes following the guide we call Jesus is easy and sometimes it's a struggle. It's like I know the right thing to do but still find myself doing the opposite or, just as bad, staying silent.

Throughout our Lent journey and into the Resurrection Hope of Easter, Peter shows us a "both/and" faith that persists even after mountain peaks and deep valleys. He made mistakes, but through it all Jesus gifts him with grace upon grace upon grace. We are as human as Peter and through the valleys of mistakes and challenges, our faith still stands on Jesus' strong foundation of grace. We can be both fallible and blessed beyond measure. As I said on Easter Sunday, we are not asked to explain the resurrection, offer proof for the resurrection, or make a case for the resurrection. Instead, like Peter, we live in wonder—for how belief in the God of resurrection truly can change the world. And with that blessing of grace, we try to live through Resurrection Hope that changing the world is possible, one little bit at a time.

One way St. Thomas has lived out Resurrection Hope has been through your hard work at being Affirming. In March, 2011, you voted to become and Affirming Ministry and since that time you have not treated it as a simple checked box. You work publicly, intentionally, and explicitly learning and re-learning to be a welcoming and inclusive space. We continue to gain insights and new information about the 2SLGBTQIA+ community and that work has led us to considering how we could expand our Affirming umbrella to publicly, intentionally, and explicitly explore ways to make our space even more inclusive of others who have been marginalized.

Continued...

I look forward to where YOU, the family of St. Thomas, will go as we consider additional aspects listed in our Affirming Statement to welcoming more people regardless of age, ethnic, cultural or spiritual background, gender identity, sexual orientation, family composition, physical or mental capabilities, and economic circumstance. Let's continue to move forward with open hands, open hearts, and open minds and live out Jesus' resurrection hope of a world that is embodying Jesus' inclusive welcoming of all. Oh, the places we'll go!

Reverend Tracy Robertson

Wanda's Fabulous Failures - Wanda Veer

Coconut/Cherry Tarts

Preheat oven to 320 F. Makes 18 – 20 tarts

Use purchased tart shells (or if you're ambitious, make your own).

- 2 cups shredded coconut.
- 1/2 to 3/4 cup chopped maraschino cherries & some juice * this doesn't have to be exact. (Glazed cherries could also be used).
- 2 tbsp flour.
- 1 tsp baking powder.
- 1/2 cup sugar.
- 1/2 cup milk.
- 1/2 cup sweetened condensed milk.
- 1.5 tsp vanilla.
- 4 tbsp melted butter or margarine.

Combine coconut, flour, baking powder in a bowl. Set aside.

In another bowl, add in the sugar, condensed milk, vanilla, melted butter, and milk. Mix well with whisk. Add in coconut/ flour mixture and whisk. Using a spoon or scoop, carefully add filling to tart shells. **DO NOT** overfill. Bake at 320 degrees Fahrenheit for 20 minutes or until they turn golden brown.

*****NOTE.** You may omit the cherries altogether. In that case, use 2 1/2 cups coconut and add 1 Tbsp sugar.



Worship at St. Thomas - Cathy Rivard

You don't want to miss our April 7 "Back To Our Roots" Worship Service and Luncheon. We will look back on our Church's history and all the wonderful memories that have been made along the way.

On April 14 Reverend Tracy and Reverend Marion will share a four-week sermon series, based on music from the Beatles. All of our musical groups will be involved, performing such favourites as: Let It Be, Here Comes the Sun, Yellow Submarine, John Lennon's Imagine, and more.

See you Sundays.

Upcoming Services for March

April 7

Back To Our Roots
(Reverend Tracy)
Memories, stories, and
pictures from St.
Thomas' past

Music:
Kate Powers,
Kari Orosz

April 14

Beatles Sermon Se-
ries "Should We Real-
ly Let It Be?"
(Reverend Marion:
pre-recorded)
Scripture:
Matthew 21:12-17

Music:
Strummers,
Kari Orosz

April 21

Beatles Sermon Se-
ries Hope"
(Reverend Tracy)
Scripture:
Romans 8:24-25

Music:
Youth Choir,
Adult Choir,
Kari Orosz

April 28

Beatles Sermon Series
"Renewal"
Camp Sunday, Inter-
generational Service
(Reverend Marion)
Scripture:
Isaiah 40:31, Matthew
6:6

Music:
Children's Choir,
Kari Orosz

BACK TO OUR ROOTS WORSHIP SERVICE & LUNCHEON

Sunday, April 7



We'll revisit our past,
with stories, music,
photographs, and a
church luncheon
(potluck, potatoes, salads
and desserts).

Enjoy visiting with old
friends and new. Please put
this date on your calendar,
and plan to attend.

The Wise Women of St. Thomas

Anticipation and Fear - Ruthann Watson

Most of us see anticipation as positive and fear as negative. It all boils down to “what stories are you telling yourself?” Distilling an essay into a few sentences: it’s usually in someone else’s best interest to keep us fearful.

I admit, discerning which fears are based in reality as opposed to what is in someone else’s best interests can be a full-time job. Fear can be a tool or a weapon. Ad creators, political strategists, teachers, and influencers are well aware of its power and usefulness. Breaking news no longer means something that has occurred within the last hour. SUV’s and trucks are “safer” even though most of the world survives quite well without them. Schools, streets, communities, and social institutions like churches, are not safe according to social and mainstream media. It’s frightening to think of how much of our lives and attitudes are manipulated by people who see us as commodities or data points.

So, as I meander around this speck of dust in one of many solar systems, I will try to live out a story that reflects my own small understanding of God and trust that there is a moment beyond this moment. And that, I anticipate, will be a good thing.

Anticipation and/or Fear – Which Will We Choose?

- Maureen Dodd

Lately I’ve been having a hard time focusing on the joy of anticipation over the fear of “what might happen.”

It’s exciting to anticipate some new adventure, or a visit with friends, or a holiday, or starting a new hobby. And it’s also terrifying. What if I make a mistake? What if the visit doesn’t go well? What if I booked a flight to Sydney, Australia, instead of Sydney, Nova Scotia? EEK! And I can only imagine the anticipation and fear that poor Mary must have felt back in the day, an unmarried woman expecting a child in uncertain times.

I love hearing what little kids are looking forward to. They haven’t yet learned to worry, so they are excited about everything. “Just three more sleeps until we go to Mexico. It’s going to be hot, and there will be a beach, and I can swim every day.” Some well-meaning adult will likely point out that the forecast isn’t good for that week, or the resort will be crowded, or they will likely get a tummy bug, but the kids don’t care and don’t even hear that. They are just so excited and joyful at the thought of the adventure.

(Although I must say, those same eager children terrified me in my brief career teaching Sunday School. Their joyful persistence was relentless. They had hard questions, like “What is God’s dog’s name?” and “What is God’s middle name?” Even now, I search for answers.)

We have plenty in our lives to keep us fearful. And if the 6:00 pm news and its evil twin, Fake News, isn’t bad enough, even the Bible gets into the act, with the comments about seven plagues taking a bit of the shine off the anticipation of the Messiah’s reappearance.

Continued...

So, in spite of all the things that scare us every day, I think the best we can do for ourselves and for others is to be grateful and to have faith. And every morning, let's all belt out a lusty rendition of "This is the day that God has made, we will rejoice and be glad." You can't help but anticipate a joyous day after that.

Fear and / or Anticipation - Wanda Veer

What does the future hold? "Will I be happy, will I be rich, ... Que sera sera". We could learn a lot from that song. How many of our useful daytime, and sometimes nighttime, hours are spent worrying uselessly about the future and, always, it's fear or anticipation. And, as an aside, even worse is worrying about the past!

I believe that fear is a very essential piece of achievements. I've often been on stages, making speeches, playing the piano, or singing, and I am always terrified! What if I can't remember the words, or I stumble and fall, or I throw up? Fortunately, this has never happened. And, it took me until I was very old to realize that WAIT A MINUTE!, no one else wants to be up here doing this! When I speak about this with younger folks, I comment that I believe all good performances have a lot of "Fear" built into them. Our senses and memories are sharper when we are fearful.

Sometimes the two, fear and anticipation, are intertwined. When we left on a holiday to an unknown destination, when we left home to go to post secondary school, when we interviewed for our first job. And now, as I grow older, do I fear or excitedly anticipate the future years. Will I be healthy, will I be mobile, will I be poor? Horrible questions with no answers.

The Lenten season always brings more questions. And if you listen carefully, some answers. Think of the people following Moses. Think of Peter and the other disciples. Think of Abraham and Sarah. Talk about putting your trust in God. These biblical stories weren't overnight events, or nice short Netflix series. Sometimes this faith and trust had to last for years!

I love Maureen's mention of kids. Perhaps we should adopt a childlike faith and just "play in the mud when it rains". Could we be overthinking things that we have no control over?

The best I can do is take a deep breath, know that I am not alone, make some plans, and soldier on. Pay attention to the fear, but joyously move forward with anticipation. Que Sera Sera.

Happy Springtime.

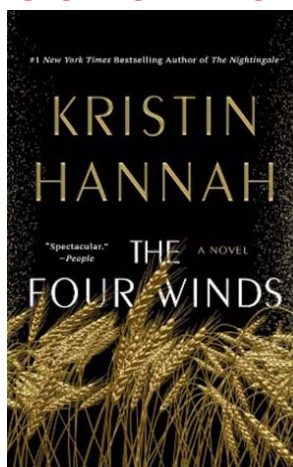
St. Thomas Book Club - Rachel Murray

For more information contact Rachel at

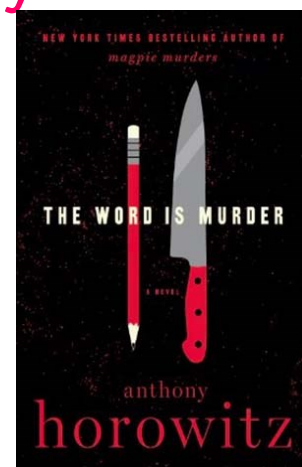
rachelmurray@shaw.ca

New members welcome!

Meets every second Wednesday of the month at 6:30 pm on Zoom. This year's remaining book choices are:



April 2024



May 2024

Pastoral Care - Richard Taylor-Kerr

What are Acts of Kindness?

(from *200+ Acts of Kindness to show Compassion, Kindness, and Love* – Rachel Sharpe)

An act of kindness is a good deed a person can do to show compassion and love to another person. The gesture is done out of the goodness of a person's heart, with zero expectation of reciprocation.

Acts of kindness can be shown towards someone you know like a family member, friend, or a complete stranger. A good person might commit an act of kindness towards another person to make someone feel happy, appreciated, or valued.

There's also an element of paying it forward. Sometimes people do acts of kindness to lead by example so that others will follow suit and be kind to others. When you do something kind for another person, often people will tell someone else about it or take action and do something kind for someone else. Thus, spreading a positive message about being kind-hearted. Some random acts of kindness:

- Leave books in a curbside library.
- Listen with care to someone's struggles.
- Compliment a friend.
- Visit an elderly relative at an old age home.
- Make people laugh.
- Show up on time.
- Return something you borrowed.

If you know of someone who could use a spiritual lift, a visit, a phone call, or some other kind of support, please do not hesitate to be in touch with any of us on the Pastoral Care committee.

(pastoral-care@stthomasunited.ca) or our ministers.



Offering 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.

For further information see www.campkasotawest.com

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. 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 www.campkasotawest.com

Faith Formation News - Gayle Wilderman

We are growing and getting busier. If you have an interest in helping out in the Sunday School, it would be much appreciated – especially when the Children’s Choir is singing. On those days, there can be up to 17 children! At the moment Ashley is our only the teacher! You will get a peek at the fun lessons and crafts that she has set up and can help her get around to everyone who may need help. On most Sundays, there are eight children, but everything runs a little more smoothly with a bit of help passing out materials or helping someone with cutting or gluing.

The Lent bulletins which are almost a theme oriented activity sheet can be a conversation opener with your child to assist in carrying on with the lesson from church and Sunday School.

A trip after church to the library gives parents, kids, and teens the chance to find some good books. I have been dipping into the famous Christian writer Ralph Milton’s Lectionary Story Bible. It is full of easy to read explanations of such things as the church Seasons of the Year and easy to understand stories of Jesus and His Ministry. It is set up in a pick-and-choose structure that tells a story behind the bible verses. It is very well done and Sheila Campbell, our volunteer Librarian, has purchased the set with funds donated to the Library.

The Beach themed Messy Church looked like a lot of fun which I had to miss, but Ashley sent pictures. Tons of decorations, Tobin’s famous barbequed hot dogs, and a great message by Reverend Marion which was better heard using a microphone. Lots of families are coming, but we so appreciate the older members of the church coming and getting to know the kids. It is a lot of fun! We are thinking of expanding next year. Just remember, it starts early, around 5:00 pm and we go until 8:00 pm. There is food, a lesson, and a fun craft. Faith Formation members help out so you can just come enjoy. Myrna was even hobbling around on her sprained ankle making sure we had food. Come and join us at our next Messy Church in the fall.

Caravan: the United Church day camp is back this year July 8 to 12. Sign up at:

<https://fishcreekunitedchurch.ca/camp-caravan/>

Foothills United is hosting the Maundy Thursday service. It is a potluck and everyone is welcome. Come for 6:00 p.m. There will be Sunday School on Easter Sunday, but none on the May long weekend. The Beatles will be the next theme we explore after Easter.

Creation Care - Deyelle MacDonald

Creation Care invites you to a Lunch & Learn Sunday April 21st following the service. Join us for a presentation by the City of Calgary on how to properly sort your waste into the black, blue, and green bins.

There are many things that we often wonder about when sorting waste. It can be hard to tell which bin to put something in and contamination causes problems for the whole community. Sometimes we hear things on the news or in conversation that just complicate the issue. Come get the information from the people who know what they are talking about. This will help at home, and at St. Thomas. Then you can use your bins with confidence! Lunch will be provided. We hope to see you there!

Naramata Centre Summer Programs for all ages

Naramata Centre is conference and retreat centre of the United Church of Canada. Open to people of all ages, Naramata Centre is an inclusive, welcoming place to connect and deepen in mind, body and spirit. Situated on 23 acres of land on the east shore of Lake Okanagan, the Centre provides a peaceful oasis for children, teens, adults, families, and elders to play, relax, grow, and be authentically themselves, supported in community.

Naramata Centre draws and inspires people from many paths and walks of life, as a place for learning, sharing, contemplation, personal growth, and spiritual renewal. The Centre has long provided a space for spiritual retreat and reflection, intentional engagement, and professional development. The Centre offers a wide variety of programs in music, the arts, health and well-being, leadership, social justice, and spiritual nurture.

The essence of Naramata Centre is difficult to capture in words. It is a place where being present and connecting to oneself, others, nature, and the Sacred become easier. Come stay at the Centre to experience what it has to offer. Enjoy a program or retreat. Walk the labyrinth and visit the Chapel. Do yoga or play on the beach. Jump into the lake. Snooze or read in the shade under the canopy of trees. Sink into community and laugh and sing. Join others in Sacred Pause or meditate. Explore Naramata village and Naramata Bench wineries. So much to experience...come and discover!

Registration for summer weeks is open. See <https://www.naramatacentresociety.org/> for program descriptions, accommodation descriptions, and to register.

Executive Council - Linda Miller

In the interests of more open communication from executive council and as chair, I intend to provide a brief quarterly summary for our community of faith newsletter readers. The summary does not include procedural resolutions (approval of agenda, minutes, reports, etc.), discussions not resulting in decisions, nor unapproved items. Minutes are approved at the subsequent executive council meeting.

January

- As representative of St. Thomas UC, remit #1 on Establishing an Autonomous Indigenous Organization within the United Church of Canada was approved by a majority of council members.
- Annual Congregational Meeting (ACM) to be March 17, 2024 after the worship service.

February

- Approval of the Financial Statements for 2023 and 2024 Operating Budget in preparation for the ACM in March.
- Small team formed for the investigation of carpet selection and configuration of pews/chairs for the sanctuary proposal for 2025.

March

- Annual Congregational Meeting held March 17, 2024 after the worship service.

Youth News

Junior Youth Group

Junior Youth Group is for children in grades four, five, and six. We offer both virtual and in-person meetings. Friends are always welcome. An email will be sent from junior-youth@stthomasunited.ca with details before each meeting. If you know of a child in this age range who would be interested in joining us and they aren't already on the email distribution list, please email junior-youth@stthomasunited.ca to be added to the list.

Monthly Virtual Junior Youth Group meetings will include the opportunity to chat and play some online games. The next meetings will be Fridays, April 19, May 24, and June 14 from 6:30 pm – 7:30 pm. Ev looks forward to having you join in the fun.

Monthly in-person Junior Youth group meetings will include some active games, crafts, a snack, and the opportunity to get to know each other. The next meetings will be Fridays, April 12, May 3, and May 31 from 6:30 pm – 8:00 pm. Sam looks forward to having you join in the fun.

Youth Group (Grades 7 to 12)

The Youth Leaders of St. Thomas and Symons Valley United Churches are excited to invite you to Youth Group! Typically, we meet on Friday evenings for our social event and at service on Sunday morning. The Youth Leaders send out an email every Monday to let you know what activities will be taking place that week. Our social events typically last two hours. Our Sunday mornings are focused on checking in, discussing social justice issues, and doing activities to benefit our church community. Friends are always welcome to come to Friday activities and Sunday mornings as well! We ask that if you bring friends, please get them to fill out the forms, please and thanks! As we are getting deeper into the year, please email us if you want forms and we can pass those on to you.

If you are interested in joining us and aren't currently receiving our weekly emails, please reach out and send us an email at youth@stthomasunited.ca or call the church office to be added to our mail-out list!

From your youth leaders: Amanda, Caitlin, and Herman.

Rendez-Vous 2024

Rendez-vous 2024 is taking place July 3-6, 2024 at Brock University in St. Catharine's, Ontario. It is a few days of guest speakers, workshops, and lots of worship! It's primarily aimed at youth, young adults, and their leaders. Let the leaders know if you want more information!



Camp

Taking place June 7-9, 2024, join us for an amazing camp put on by the youth and young adults in our broader Church community. Forms and fees will be released soon, keep an eye on your email for them! Please let the youth leaders (youth@stthomasunited.ca) know if you need a bursary, or if you would like to sponsor a youth to go to camp!

What's Up in April?

Here are the social events we currently have planned for April. Please remember that this schedule is subject to change on short notice. Keep an eye on our weekly emails for the most up-to-date information!

Friday, April 5: We are going to see a movie at a movie theatre! Movie TBD, please also check the email this week to confirm and please RSVP!

Friday, April 12: Church Wide Games at Symons Valley from 7:00 pm - 9:00 pm. Join us for wild and wacky games! All are welcome to attend.

Friday, April 19: Naked Faith: From 6:00 pm -10:30 pm at St. Thomas United church. Come experience what it's like to have a rock band sing to you! Naked Faith is a worship service aimed at youth and young adults, with relevant themes and afterwards we'll play games! Dinner is provided, with vegetarian and gluten-free options available.

Friday, April 26: Join us at St. Thomas United Church for Minute-to-Win It games! From 7:00 pm - 9:00 pm join us as we give you 60 seconds to try and complete different tasks!

Calgary Regional Youth and Young Adult Ministry

Calgary Queer Church:

Calgary Queer Church is a community of people who are passionate about leading a spiritual life. We are an inclusive space where faith and identity can be reconciled. If it's your first time or you've come every time, you are welcome in the space and encouraged to check it out! Everyone is welcome at Calgary Queer Church. You can find more information about upcoming services on their website at <http://www.calgaryqueerchurch.com/> or on Facebook by searching Calgary Queer Church.

Naked Faith:

The next service will be April 19 at St. Thomas United Church! Naked Faith is an alternative worship experience aimed at youth and young adults, but open to all. The evening begins with dinner at 6:00 pm, with the service starting at 7:00 pm. Youth are welcome to stay for games after until 10:30 pm and young adults go out to a pub. All are welcome!

Dirty Theology:

Dirty Theology is hosted by Fish Creek Shared Ministries, a United Church ministry in the Calgary area and the next event will be April 7 from 6:00 pm - 8:00 pm at Fish Creek United Church. It is a Christian program, but very open and intended for all young adults across Calgary and beyond, from any or no faith tradition. It is the beautiful space you've all been waiting for, where adult conversations meet Christianity, no holds barred. It's a space for young adults to build connections, get real and dig deep into the lived reality of our faith and our lives - the good, the bad and the ugly.

Young Adult Pub Night

Next Pub Night will be April 18, starting at 7:00 pm at the Southland Bull and Finch pub. For more information, check out the Regional Youth and Young Adult Facebook page, contact Brenda McKellar at 403-850-7874 or contact the youth leaders for more information.

Music News - Elaine Taylor-Kerr

Upcoming Special Music Presentations and Events:

April 14 – May 5: The Beatles! Reverend Tracy and Reverend Marion will be doing a sermon series on Beatles Music. All the anthems during this time period will be Beatles songs!

April 27 : STUC show featuring the music from the musical *Joseph and the Technicolor Dream Coat*. There will be an afternoon and an evening show with goodies and socializing to follow. See poster elsewhere in this newsletter for more details.

| Group | Practice Time | Ages | Contact |
|--------------------|---------------------------------|----------------------|--|
| Children's Choir | Thursdays 6:00 pm – 7:00 pm | ECS – Grade 6 | Kate Power childrens-choir@stthomasunited.ca |
| Youth Choir | Wednesdays 7:00 pm – 8:30 pm | Grade 6 – University | Barb Robertson barbrob@telus.net |
| Adult Choir | Thursdays 7:15 pm – 9:30 pm | | Pam Bazinet pmbazinet@shaw.ca |
| Orchestra | Mondays 7:00 pm – 8:30 pm | | Dick Worton dworton@telusplanet.net |
| Strummers | Thursdays 6:00 pm – 7:00 pm | | Ron French rondifrench@telus.net |
| Strummers Outreach | Tuesdays 1:00 pm - 3:00pm | | George Zirotf gzirotf@shaw.ca |

Adult Choir

Choir- the Ultimate Team Sport! Come join us. Singing is fun

By the time you read this, the wonderful Easter will be over. You will have heard the choir sing some stirring pieces accompanied by Dick Worton on his trumpet. Many thanks go to Dick for helping us out.

Then comes our STUC Show at the end of April. This presentation will feature the music of "Joseph and the Amazing Technicolor Dreamcoat". All groups are working hard to create this wonderful show. Joan Brooks, our costumer, and Sheila Humphries, our director, are doing amazing work. Kari Orosz our brilliant accompanist has made practice tapes for all the parts which is no mean feat. Many soloists and small groups are busy learning their music. Thanks to all of you for your work above and beyond expectation. Pamela Bazinet pmbazinet@shaw.ca

Youth Choir

We are still singing lots of music from *Joseph and the Technicolor Dreamcoat*, trying to memorize the names of his 11 brothers and all the colours of his coat....no wonder Crayola has so many colours. We had a pizza practice during spring break to work on staging for *Joseph* ...

We hope you bring friends and family as the music groups present excerpts from *Joseph* ... April 27. We are also preparing *Imagine* by John Lennon for the Beatles series. Then an end of year celebration TBD. Barbara Robertson and Charles Xing.

Email barbrob@telus.net for more information

Children's Choir

Our choir is a wonderful group of enthusiastic singers. We enjoyed singing in the Joy of Song service. We are excited for the songs we are preparing for the rest of the school year! We look forward to being a part of the Joseph show. It is not too late to join, if you have a kindergarten to grade six child in your life. Kate and Kari childrens-choir@stthomasunited.ca

Orchestra

The orchestra rehearses on Monday evenings from 7:00 pm to 8:30 pm. We share our music at services about once a month. We are looking forward to performing in the Joseph show and playing a Beatles Medley for the May 5 service.

The Orchestra is a friendly and welcoming group. New members are always welcome.

Dick Worton dworton@telusplanet.net

Strummers

The Strummers practice on Thursday evenings at 6:00 pm in the library. They sing at worship services about once a month. They look forward to presenting music for the STUC show in April and the Beatles sermon series coming up in the spring.

New members are always welcome. If anyone is interested in joining, please contact Ron French. rondifrench@telus.net

Other Opportunities for Soloists and Instrumentalists

If you would like to share your talents as a singer or instrumentalist during the offering time, as a Prelude or Postlude, or when one of our regular groups is not available to provide an Anthem, there are lots of opportunities to do so. This invitation is open to people of all skill levels. It would be particularly fun to have some children play the piano or another instrument, for example. If you are interested send an email to music-team@stthomasunited.ca or talk to Elaine Taylor-Kerr.

Strummers Outreach

For more information please go to: stthomasunited.ca/strummer-outreach/

AM Fitness and Fun

Why do hamburgers go to the gym? To get better buns!

Keeping fit is hard work. Consider joining our exercise classes and the hard work becomes more fun. Really! Three times a week we use a combination of on-line and in-person classes. We do weights, aerobics, dance, stretches, yoga, and more. There is something for everyone.

Monthly fees remain at \$35 and daily drop in fees remain at \$5.

Newcomers are always welcome and your first class is free!

Barb Robertson barbrob@telus.net

Pam Bazinet pmbazinet@shaw.ca

Primetimers - Jan and Keith Campbell

We continue to be a very vibrant, active, fun-loving group. On Thursday, March 14, 30 of us were fortunate to have a guest speaker at our "Coffee and a Chat". Corinne Spronken, a Social Worker with AHS, enlightened us as to the valuable, necessary, green plastic sleeve which holds your personal health directives. This document, filled in properly and signed, should go with you when travelling, to emergency, and to your doctor's office. It should remain on your refrigerator top, for EMS access. Corinne was so informative and an excellent resource for everyone in attendance.

April 13 is fast approaching. About 40 of us will travel to Airdrie's Bert Church Theatre to experience the Prairie Mountain Fiddlers' performance, followed by a restaurant dinner.

Save the dates:

Our next Coffee and a Chat will be on Thursday, May 2 at 10:00 am in our Narthex. We are going with a spring theme, so, come dressed in your favourite spring season outfit. Hint: last time, Keith showed up in his cycling outfit. Murray Lees wore a rain outfit, involving a green garbage bag. It might just be a pretty spring dress. Put on your thinking caps and come dressed up.

Annual Primetimers' Picnic- Thursday, June 20, 2024

We are planning to have our annual Primetimers' picnic, Thursday, June 20, 11:30 am, in Bowness Park, just opposite the parking lot. We will provide everything for the luncheon. Bring a sun hat, optimistically, and a folding chair. The cost will be \$10.00 per person which you can pay at the park. The food will be hot dogs, chips, salads, beverages, and treats. Everyone is welcome to attend and share in our Primetimers' fun! We will have a sign-up sheet in the Narthex by our Bulletin Board. Then, we will know how many are attending and how much food to purchase. See you all there. Email Jan at campbell.janice.a@gmail.com (403-909-7402) if you have any questions.

Last year, as many will remember, the heavens opened up and we quickly moved to the church Mountainview Room. So that will be Plan B? We would send out an email that morning.

We know the farmers need the rain but hopefully the sun will shine upon us for this event. Who doesn't love a picnic?!

Peace. Jan and Keith Campbell.

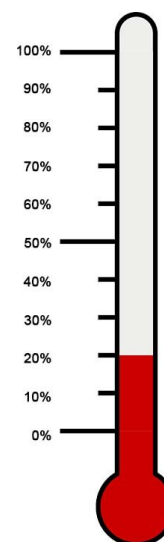
Gift Card Update -Richard Taylor-Kerr

As of mid March we are at 20% of our goal of \$8000. This puts us in very good position to achieve the target by year end.

We have gift cards available in \$50s and \$100s for Safeway/ Sobeys, Co-op, and Superstore. Payment is by e-transfer, cash, or cheque (payable to St. Thomas United Church). Safeway/Sobey's and Superstore cards can be used in any of their affiliated stores across Canada. Co-op cards can only be used in Calgary.

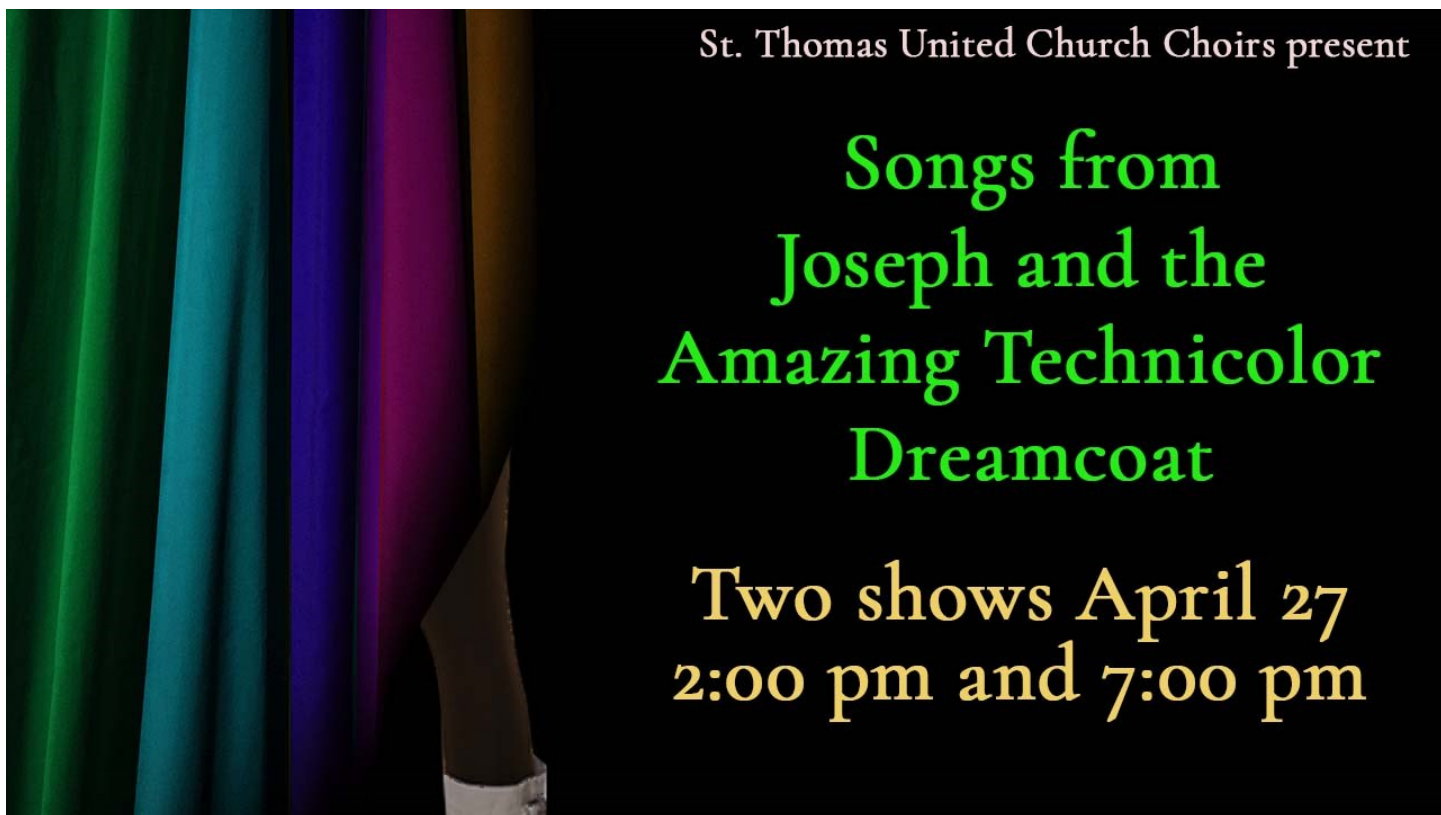
The best way to order cards is to e-mail fundraising@stthomasunited.ca. Cards will be ready for you on the following Sunday. We can also make arrangements for pickup.

Thanks for you for supporting this important fundraiser. Every purchase helps, no matter how small.



STUC on Joseph - Wanda Veer

The amazing talents of the St. Thomas music groups will be showcased on Saturday, April 27 as we present portions of *Joseph and the Amazing Technicolor Dreamcoat*. Performances will be held at 2:00 pm and 7:00 pm, followed by amazing food and drink. Save the date! Tickets can be purchased at stthomasunited.ca



St. Thomas United Church Choirs present

Songs from Joseph and the Amazing Technicolor Dreamcoat

Two shows April 27
2:00 pm and 7:00 pm



**Stuffed Companion
Sleepover
and
Tea party**
Saturday April 13, 2024
10:00 am – 11:30 am

**This is a family friendly event.
All the companions must
come with their guardian
(ages 4-9) and a responsible adult.**

Register at
tinyurl.com/stuc-2024-04-13-sleepover
or scan the QR Code





GARAGE SALE

SATURDAY MAY 18, 2024
9:00 AM - 1:00 PM
RECYCLE, RECYCLE, RECYCLE

**DONATIONS
(UPPER PARKING LOT)
FRIDAY, MAY 17
4:00 - 8:00 PM**

