

First United Church presents... A Communities of Kindness Project!

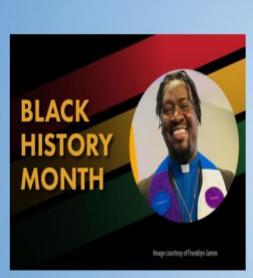
> Lets BE KIND and have some FUN in the process!!

Random Acts of Kindness Week 2024 is February 11-17th! Let's try to Achieve 250 Random Acts of Kindness before the 17th!!!

Here's how it works! Do something KIND and then go to our website (1stunitedchurch.ca) and submit your R.A.O.K. - we'll post it on our website (no names) and see if we can reach 250 by the 17th!

Share with family & friends!! LET'S SPREAD SOME KINDNESS!!





Read the latest Black History Month Blog from Rev. Franklyn James: <u>https://united-church.ca/blogs/rou</u> <u>nd-table/unity-and-legacy-celebra</u> <u>ting-black-history-canada-and-un</u> <u>ited-church</u>

February is Black History (or African Heritage) Month.

Officially recognized in Canada since 1996, this is a time to honour the contributions and struggles of people of African descent.





Have a Heart Day February 14th, 2024

Fairness

Have a Heart Day brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.

> To participate check out: https://fncaringsociety.com/have-a-heart



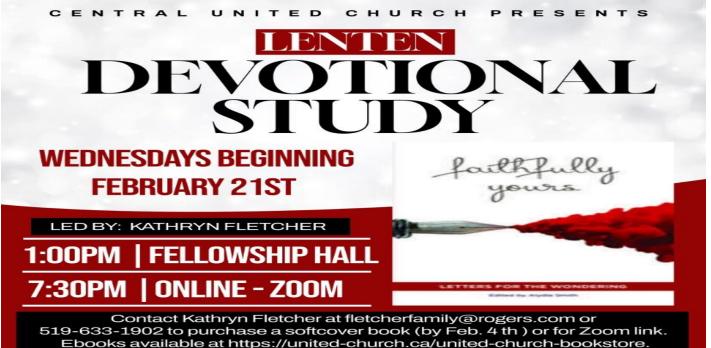


Central United is hosting a "Hot Diggity Dog Lunch & Bingo" for the St. Thomas 55+ Senior Connections group they oversee on Facebook!

Not a members of the Group? You're welcome to join. It's a group of St. Thomas residents aged 55+ who might like to chat or get together to share common interests! They have over 1700 members-some from First!

If you'd like to attend the Lunch/Bingo on February 17th, RSVP by email: <u>events@centraluc.ca</u> or text/call: 519-614-3249.

* Kíndness * Respect * Fairness *







Twice the money with half the volunteers!!

HINT: questions are geared for a wide age range so having different ages at your table will be helpful. So bring your friends, children and grandchildren and make up a table.

Sign up and pay in the Church Office!

Kind people have the most fun so let's have a good time.

This is a 'Communities of Kindness' project!



First Church Friends! Please save your POP TABS to help a little girl named McKenna ("Smiley"), who has cerebral palsy, get a new wheelchair!

There is a container in the Fellowship (Coffee) Room to collect your donations.

Kindness

Kindness

Respect

Faírness

2023 Tax urch **Receipts will be** 7 Curtis Street, St. Thomas, ON N5P 1H3 available for pick 1stunitedchurch.ca up at Church on **Rev. Paul Browning** Phone: 519-631-7570 ext. 22 (office) Sundays, firstunitedchurch 519-681-3521 (home) February 11 & 18. Email: paul@sharedministry.ca O' @firstunited1834 Rev. Paul's drop in hours at First are They will be put in Mondays from 9:30am to 2pm. Other times are available by Appointment. the mail on @FirstUnitedStT Lori Hoffman (church office) Monday, Phone: 519-631-7570 ext. 21 (office) First United Church, February 19th. Email: office@1stunitedchurch.ca St. Thomas

